

VOLUNTEERS MAKE A DIFFERENCE!

The Arc is the largest voluntary organization in the United States devoted solely to working on behalf of children and adults with intellectual and developmental disabilities.

There's something wonderfully rewarding in being part of an effort that does make a difference. And there's something pleasing about being among other people when they're at their best. Say yes! I am willing to serve.

Place an "X" beside the committees/projects/events you might be interested in and our staff will contact you.

Committees

Committees typically meet once a month. Committee members determine the date, time & location.

_____ **Family Support and Education Committee**

Plans family support and education activities and conferences for families.

_____ **End the "R" Word Campaign**

Plans strategies for educating health care professionals and the general public about the harmful use of the "R" word.

_____ **Fundraising**

Plans strategies for raising money for the organization.

Short Term/On-going Projects

_____ **Speakers' Bureau**

Volunteers give presentations to civic, community, public schools, universities and church groups about intellectual and related disabilities. Family members, students (ages 14-21) with intellectual or a related disability, self-advocates and professionals in the field of disability are encouraged to sign-up and help increase public awareness.

_____ **Office Help**

Volunteers help with folding, mailing, photocopying and miscellaneous office work.

_____ **Valley Thrift Shoppe**

Volunteers assist customers, sort and price merchandise, create displays, organize sales floor, clean and fix toys, paint and make general repairs. The store is open 10:00 a.m. to 6:00 p.m. Monday – Friday and from 9:00 a.m. – 5:00 p.m. Saturday. Closed Sunday.

Special Events

Special Events committees typically meet once a month for several months leading up to an event. Committee members determine the date, time & location.

_____ **Spring Fundraiser - proposed event**

Volunteers to help plan a fundraising event and volunteer during the event.

_____ **Inter-Agency Picnic - June**

Volunteers cook and serve food and beverages, distribute door prizes and clean up after the event.

_____ **Arc Angel Project – October to December**

Volunteers help raise money, shop for and wrap Christmas gifts for residents of the Developmental Center at Grafton, ND.

_____ **Boo Bash (Devils Lake) - October**

Volunteers solicit door prizes, cook and serve food and distribute door prizes during this Halloween costume ball for teen and adult consumers.

_____ **Boo Bash (Grand Forks) – proposed event**

Volunteers solicit door prizes, cook and serve food and distribute door prizes during this special event for school-age children and their families.

_____ **Car Wash**

Volunteers to sell car washes during the event and wipe down vehicles after washing.

_____ **Pancake Breakfast – proposed event**

Volunteers to help plan a pancake breakfast fundraiser and cook, serve and clean up at the event.

_____ **Annual Dinner & Awards Celebration – November**

Volunteers to work registration and distribute nametags.

Yes, I am willing to volunteer for The Arc.

Name _____

Address _____

City _____ **State** _____ **Zip** _____

Email _____ **Phone** _____

Comments _____

**Mail or fax form to: The Arc, Upper Valley, Attn: Volunteer Coordinator,
2500 DeMers Ave, Grand Forks ND 58201**

Fax: (701) 772-2195

For more information, call (701) 772-6191.