

# Inspirations

March 2010

Terrebonne Association for Retarded Citizens



## Celebrating Intellectual Disabilities Awareness Month

### Director's Corner



Greetings to All TARC Supporters,

This newsletter represents the 3<sup>rd</sup> quarter of TARC's fiscal year. 2010 has

been filled with many activities and daily work schedules. The Martin Luther King March in January was once again a huge success. The march around TARC by staff and clients was fun and enjoyed by all who participated, ending at the TARC cafeteria, where Diedra Johnson, QMRP for Residential Services, gave a talk on the life of Dr. King; followed by refreshments and dancing. Everyone who attended was delighted with this activity and the honoring of such a great American.

February was filled with TARC Mardi Gras activities; from selecting the King and Queen for 2010 to the day of the parade. Tommy Collins Jr. was voted on by his peers to be TARC KING and Samantha Hymel, was voted to be TARC QUEEN. Although the day of the TARC parade, February 11<sup>th</sup>, was cold and rainy, the parade went on without a hitch. A king and queen brunch was held prior to the parade for family and friends of the royal duo and the keys to the parish was presented to the king and queen by Terrebonne's Parish President, Michel Claudet. Pictures were taken and TARC's royalty rode with Judge Jude Fanguy in his Mustang con-

vertible around TARC; throwing candy and trinkets supplied by the Parish President. King Tommy and Queen Samantha were awesome rulers for this "SPECIAL" event and will continue to reign as king and queen until next year's parade.

At the end of every February, staff evaluations are completed by managers, supervisors, and directors. These annual evaluations are mandated by TARC policy for staff to receive annual pay increases and are used to determine the amount of each staff's raise. Performance, attitude, achieving goals and objectives, production, communication, organizational support, and many other areas are used to identify outstanding performance, exceptional performance, average performance and skills that need improvement for each staff person, both part-time and full-time employees. This year's evaluations appear to be better than average and "IF" the TARC budget allows; everyone who merits an annual increase will receive one.

March madness is in the air! Everyone is tired of the cold winter and rainy weather that South Louisiana has experienced this year. With March winds blowing and the sun shining, the greenhouse crew, better known as HOUMA GROWN, is out in force cleaning vegetable beds, raking leaves, painting the hen house and getting ready for spring planting. TARC has partnered with the La-Terre Master Gardeners to host the Bonne Terre Garden Fair

on May 1<sup>st</sup> at TARC. The fair is open to the public from 9 A.M. until 4 P.M. on that Saturday.

**Please come and support this fair and TARC.**

TARC will have food, sweets, and drinks available from 9 A.M. until 3 P.M. and all funds will benefit TARC.

There will be vendors from all over Louisiana selling garden related items. Wine tasting, plants, flowers, used gardening tools and much more will be featured. TARC will open its newest venture that day! TARC's FARMER'S MARKET will have its debut on Saturday, May 1, 2010. TARC and the La-Terre Master Gardeners invite you to attend. The cost will be \$2.00 for advanced ticket admission and \$4.00 if purchased at the gate. YA'LL COME!

Mary Lynn Bisland  
Executive Director

TARC is now hiring the following:

PCA

CLS

Residential Floater

SIL Specialist

DSW

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# TARC Wish List

TARC is experiencing growth, now more than ever, and we need your help! We're looking for several donations. Your donation(s) to TARC will directly impact our individuals and help create opportunities in their lives. Please drop off any of the following at TARC or at our thrift store location (The Cedar Chest Boutique) at 6453 West Main Street. Thank You!

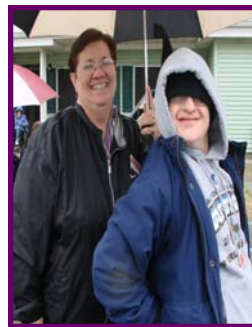
- ◆ Formal Dresses
- ◆ Garden Supplies
- ◆ Garden Decorations
- ◆ Mardi Gras Beads
- ◆ Thrift Store Donations

## TARC's Saints Pep Rally

On February 5th, by popular demand, TARC held its first Saints Pep Rally to cheer on the New Orleans Saints for the Super Bowl. A great time was had by all! Staff and clients enjoyed sharing their Saints Spirit with their own Black and Gold! Go Saints!



# TARC Mardi Gras Celebration 2010



## TARC Family Luncheon



Kicking off Intellectual Disability Awareness Month, TARC held it's annual Family Luncheon at TARC on March 17th. Over 150 family members attended and enjoyed a delicious meal prepared by our own Bon Appetit Cafeteria.

## MLK JR Celebration



TARC participants and staff enjoyed commemorating Dr. Martin Luther King Jr.'s birthday with an excerpt of his famous speech, "I Have A Dream." Everyone also enjoyed celebrating with cake and refreshments afterwards.

## People First



People First had a dinner and dance recently to celebrate the accomplishments of its members over the many years. Members enjoyed dancing, singing karaoke, and taking pictures.

People First has contributed to the community over the years by collecting food and giving cash to the Food Bank, collecting toys and making donations to Toys for Tots, raising money for the March of Dimes, helping at local

nursing home bingo games and singing at holiday time to nursing home residents. After Hurricane Andrew, members helped feed and serve evacuees staying at TARC as well as raise funds for the Red Cross. Members learned leadership skills, organizational and planning skills, improved their public speaking and even learned a bit about budgeting and banking. Most importantly, they learned to speak up for themselves and to share their ideas with others.

The group has recently decided to end it's membership. Any member

who wishes to continue to working as a self advocate can contact the Lafourche ARC and join their group. The Thibodaux group meets on the 3rd Tuesday of each month from 4:30-5:30 PM. For more information contact Erica Wolfe or Wendy Eschete at 985 447-6214.

We extend a big "thank you" to Yvonne Arcement, the many TARC staff, family, and community members who have supported People First over the many years and helped make our group successful.



2010 kicked off a new year of Let's Get Together events. The Let's Get Together club held a movie night in February which everyone enjoyed the movie, pizza, and popcorn. In April, we are looking forward to our annual field trip to the New Orleans Zephyrs game. Tickets are \$10 and due by April 9th. Everyone going to the game must wear a Let's Get Together T-Shirt and bring a minimum of \$15 for food. In June, we will have our formal dance at the Woodmen of the World in Houma. We are currently collecting formal dresses for our ladies to have something beautiful to wear for the dance. We will have a "Fitting Day" sometime in May for both men and women.

## Upcoming Events

- ◆ **April 2nd & 5th** – TARC Closed. Easter Holidays
- ◆ **April 17th**-Art After Dark
- ◆ **April 24th**—Let's Get Together Trip to the New Orleans Zephyrs game
- ◆ **May 1st**– Garden Fair at TARC
- ◆ **June 5**- Let's Get Together Formal Dance

## Be a Part of TARC Membership!

TARC provides a much needed service to our Terrebonne Parish Community. Programs for people with intellectual and developmental disabilities are open daily by providing:



- Residential Services
- Transportation
- Pre-Vocational Training
- Organizational Employment
- Supported Employment (in the community)
- Nursing
- Center Based Respite
- Options Plus (Day Habilitation)
- Volunteer Activities
- Day Care to children 0-5 years

When negotiating policies that affect the lives of people with disabilities, your membership adds to our voice.

With your support, we will be able to continue to fulfill these endeavors!

### MEMBERSHIP ORDER FORM

\_\_\_\_\_  
First Name

\_\_\_\_\_  
Last Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip Code

\_\_\_\_\_  
Telephone #

\_\_\_\_\_  
Email Address

\$15.00 Individual

\$20.00 Family

\$25.00 Organization

\$50.00 Business

\$500.00 Special Angel

\$1000.00 Lifetime Member

**Please send order form and money to:**

TARC

Phone: (985) 876-4465

No. 1 McCord Road

Fax: (985) 223-7387

Houma, LA 70363