

Welcome to our March 2026 ADT Newsletter!



*"The future belongs to those who believe in the beauty of their dreams."
- Eleanor Roosevelt*

February was filled with learning, creativity and connection at The Arc of Indian River County's Adult Day Training (ADT) Program. Participants stayed active and in addition to their own individualized training program they engaged in a variety of classes. These classes include Arts and Crafts, Life Skills, Social Skills, Money Management, Health and Hygiene, and the always-popular Baking with Deb. Chorus practice and karaoke sing-alongs added music that is always a favorite activity! This month also included a Valentine's Day Pajama Party!

Our participants also enjoyed meaningful time in the community with outings that included manatee sightings and a picnic at Round Island Park, lunch at Burger King, shopping at Dollar Tree and Fishing Club. These experiences encourage social interaction, independence, and exploration beyond the classroom.

We are especially thankful for our valued partners—Sunshine Physical Therapy Clinic, Sunday Strong, VNA and new this month was Special Equestrians of the Treasure Coast, each organization continues to enrich our ADT program.

Thank you for your continued support of our ADT program and the individuals we serve.

March Activity Calendar



Sunday Strong

Sunday Strong classes at The Arc of Indian River County's Adult Day Training (ADT) program continue to build confidence, wellness, and community among our participants. Each session focuses on strength-building exercises, balance, flexibility, and healthy lifestyle habits in a supportive and encouraging environment. Individuals work at their own pace while celebrating personal goals and cheering for one another.

We are grateful for our valued community partnership with Sunday Strong, whose dedication and encouragement make these classes possible. Sunday Strong is more than just fitness — it's about empowering our individuals to feel strong, capable, and proud of their progress every week.



Sunshine Physical Therapy Clinic

The Adult Day Training (ADT) program at The Arc of Indian River County had a fantastic time partnering with Sunshine Physical Therapy for a fun and interactive Muddy Buddies activity! Our individuals enjoyed getting hands-on in the kitchen, mixing, stirring, and assembling this sweet treat while building fine motor skills, following directions, and practicing teamwork.

Activities like these not only bring smiles and laughter but also support therapeutic goals in a creative and engaging way. We truly appreciate community partners like Sunshine Physical Therapy for bringing experiences that make learning engaging, interactive, and even a little delicious!



Special Equestrians of the Treasure Coast

Our Adult Day Training participants recently enjoyed a wonderful visit to Special Equestrians of the Treasure Coast for a day filled with learning, connection and hands on experience. The individuals had the opportunity to experience horse therapy by spending time with the horses and learning about their care, behavior and unique personalities.

A highlight of the visit was the chance to use the equicizer-a life sized mechanical horse that simulates the motion of riding. Participants practiced balance, posture, and coordination while building confidence in a supported environment. Being up close with the horses, asking questions, and interacting alongside staff created a calm and engaging atmosphere that everyone enjoyed.

Experiences like this highlight the power of community partnerships. Collaborations with organizations like Special Equestrians of the Treasure Coast allow us to provide enriching opportunities beyond our campus that promote growth, confidence and joy. Continued community support and donations help make these meaningful programs possible, ensuring our individuals can access experiences that broaden horizons and strengthen connections within our community.

[Donate Now](#)

Learning Time



No Cell Phones or Electronic Devices

New Cell Phone/Electronic Device Policy

As part of our ongoing commitment to creating a focused, engaging, and supportive learning environment, The Arc of Indian River County's ADT Program will be implementing a new policy regarding the use of personal cell phones and tablets during class time.

Effective March 1, 2026, personal electronic devices will be restricted during scheduled instructional periods. Phones and tablets may be used before class, during lunch, and at the end of the day. During instructional time, devices must be silenced and stored in a designated area unless specifically authorized by staff for program-related activities. Devices will also be permitted during community outings to encourage photography opportunities.

This update is designed to minimize distractions, encourage meaningful participation, and promote stronger social interaction among peers. Our goal is to ensure that each individual remains fully engaged in skill-building activities, community-based instruction, and group learning experiences that support personal growth and independence.

We appreciate the cooperation of our individuals, families, and caregivers as we implement this change. Together, we can continue fostering a positive and productive learning environment for everyone.

For questions or additional information contact:

Denise Sellers: Services Director: denises@arcir.org: 772-584-9604

Essential Support for individuals with intellectual and developmental disabilities (I/DD) starts with Stability and Competitive rates for providers!

Tell us your story! In just a few sentences, please share why the DSP Staff at The Arc of Indian River County is important to you! We can share your voice! Thank you!

Email Sue Rhinehart, Development Manager: susanr@arcir.org

Your **SUPPORT,** Their **CARE.**

A Rate Increase is Essential for Stability and Quality.

Essential Support for individuals with intellectual and developmental disabilities starts with **Stability and Competitive Rates** for providers. This will ensure the **Quality Care** I need.

My name is Henry and I absolutely love spending time with my **Direct Support Professionals**, friends, and caregivers. Patty and I had such a great time last fall at our holiday party and I feel so lucky to be able to participate in community events.

Direct Support Professionals play a **Vital Role** in my life and future by helping to maintain my care, my safety, my skills, and my happiness while enabling me to do the things I love in my own community. She and others like her have provided invaluable care and support in my life, allowing me to reach my **Full Potential**.

Your Support for this crucial workforce is fundamental for me to be **Successful**. We are asking for a rate increase for providers.



Special advertisement for our campaign to The Arc of Florida, Florida Association of Rehabilitation Facilities, and J&M Support Coordination Services, Inc.

The Arc of Florida recently spearheaded our **One Voice Campaign**, along with Florida Association of Rehabilitation Facilities, and J&M Support Coordination Services, for ALL ADVOCATES including self-advocates, families, and caregivers, to speak to the Legislature. The request is to **Ensure Stable Funding and Competitive Rates** for providers so individuals with intellectual and developmental disabilities (IDD) can continue to live, work, and thrive in their communities.

Direct Support Professionals (DSP) play a crucial role in community-based services for people with IDD providing daily support. This allows these individuals to live in their least restrictive environment and participate fully in their communities while remaining **Safe and Healthy**. DSPs help individuals build skills, maintain meaningful relationships, and reach their full potential. Without adequate funding and workforce stability, these essential services are at risk.

Please contact your representatives and share your voice!

Senator Erin Grall (district 29): Grall.Erin.web@flsenate.gov

3209 Virginia Avenue
Suite A149
Fort Pierce, FL 34981
(772) 595-1398

Representative Robert Brackett (district 34): Robert.Brackett@flhouse.gov

Suite B2-203
1800 27th Street
Vero Beach, FL 32960-0310

(772) 365-9230

"Behind every milestone achieved is a Direct Support Professional who believed it was possible!"



Pathway of Possibilities

The Arc of Indian River County's Engraved Brick Pathway Fundraiser "Supporting the future one brick at a time!"

The Arc of Indian River County invites our community to take part in something meaningful. Purchasing a brick is a great way to honor a loved one, recognize family & friends, celebrate a milestone, promote a business and much more!

At the heart of this project is our mission: The Arc of Indian River County supports and empowers individuals with special needs to achieve their life goals. Your participation directly supports programs and opportunities that help make those goals possible.

Join us in building a pathway that leads to greater independence, confidence, and community connection. Together, we can create a foundation that lasts for generations.

How to order: Price for each 12" x 12" brick: \$300.

Please complete the order form and return with payment, to The Arc of Indian River County, using the sample below as a guide. For questions or more information contact: Sue Rhinehart: susanr@arcir.org, 772-217-1491

**THE ARC OF IRC
BRICK FUNDRAISER
ORDER TODAY
12 x 12 BRICK
UP TO 6 LINES OF TEXT
20 CHARACTERS/LINE**

Brick Fundraiser Order Form



The Arc of Indian River County Wish List

The Arc of Indian River County always have an incredible time fishing on the beautiful Indian River Lagoon! Our new fishing program was made possible by a generous donation! We are grateful for your kindness and support!

As the only nonprofit 501(c) (3) Adult Day Training Program in Indian River County with comprehensive programs, we rely heavily on donations and grants. Help make our program wishes come true by donating one of the requested items on our Amazon Wish List, donating online to The Arc of Indian River County, Inc., or by mailing your donation to:

The Arc of Indian River County, Inc.

1375 16th Avenue

Vero Beach, FL 32960

Questions: Contact Sue Rhinehart: susanr@arcir.org or call 772-217-1491

Amazon Wish List

Donate Now



Upcoming Events: Save the Dates!

Save the Date:

- **March 6: All Staff Training: ADT/Transportation Closed (Arc IRC group homes only).**
- **March 8:** Daylight savings time begins.
- **March 9:** All Staff Training: ADT/Transportation Closed (Arc IRC group homes only).
- **April 15:** Jackie Robinson Celebration Game; Gates open at 5:00 PM; more details to follow. This replaces the Coffee House event for April.
- **May 12:** Ocean Grill Fundraising Night
- **May 25:** Holiday (Memorial Day): ADT/Transportation/Admin. closed.
- **July 3:** Closed in observance of July 4 Holiday: ADT/Transportation/Admin. closed.
- **September 25-27: Advocacy Days**, Disney's Coronado Springs Resort, Lake Buena Vista, FL; Registration opens in June!

Please remember these events are community activities! Follow our Facebook page for updated information!

ADT Staff Contact Information:

Terri Bagley: ADT Manager: terrib@arcir.org: 772-766-3896

Emily Tobias: ADT Manager: emilyt@arcir.org: 772-766-3603

Denise Sellers: Services Director: denises@arcir.org: 772-584-9604

Adrianna Larkey: Transportation: adrianna@arcir.org: 772-766-1552



March Safety Tips:

Spring break in Florida is a busy time for both tourists and locals, leading to increased traffic and accidents.

- **Avoid Distracted Driving:** Do not use your phone, read emails, or engage in other distractions while driving. This is illegal in Florida.
- **Follow Speed Limits:** Observe speed limit signs and pay attention to reduced speed areas such as work or school zones.
- **Use Designated Cross Walks:** Always use designated crosswalks and avoid crossing when not indicated.
- **Be Cautious at Night:** If walking or jogging at night, carry a flashlight, wear reflective clothing, and use a walking path as much as possible.
- **Stay Alert:** Be aware of your surroundings and slow down if you see an accident.
- **Flu and Cold Prevention:** Vaccinations are the first line of defense against the flu. Frequent handwashing, using alcohol-based hand sanitizers, and avoiding close contact with sick individuals can help prevent the spread of these illnesses.
- **Hydrate:** It is important, even in the winter months to drink plenty of water.

By following these tips, you can help protect yourself and your loved ones.

February Activities and Events!





Are you or your organization interested in volunteer opportunities or additional information regarding The Arc of Indian River County?
Contact:

Sue Rhinehart, Development Manager: susanr@arcir.org, 772-217-1491.

"The Arc of Indian River County supports and empowers individuals with special needs to achieve their life goals."

Please visit our Facebook page for additional photos of our events and activities!



The Arc of Indian River | 1375 16th Ave | Vero Beach, FL 32960 US

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March 2026-ADT Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 12:30 Music Therapy @ West	3 9:30 Special Equestrian/ Packed Lunch (Sharks) 10am Art Therapy @ West	4 1030am- Group Therapy (Sea Turtles)	5 10am Chorus @ West 12- Sunday Strong	6 Closed Arc Group Home Only ALL STAFF Training 9a-5p	7
8	9 Closed Arc Group Home Only ALL STAFF Training 9a-5p	10 10am Cooking with Deb	11 10:30am Group Therapy (Eels)@ West	12 10am-Chorus 12p Sunday Strong	13 9:30am UCF Cement Patties Outdoor activity Karaoke East	14
15	16 Octopi/ Sea Turtles Packed Lunch@ ELC	17 <i>St. Patrick's Day</i> 9:30a Special Equestrian/ Packed Lunch (Dolphins)	18 10:30a- Group Therapy (Sharks) Manta Rays/ Squids Packed Lunch@ ELC	19 10a- Chorus 12p- Sunday Strong Gators/ Eels Packed Lunch@ ELC	20 10a- Karaoke@ West Dolphins/Sharks Packed Lunch@ ELC	21
22	23 12:30-Music Therapy @West (Sharks) Octopi/Turtles Lunch Jaycee Beach	24 9:30am-Special Equestrian Packed Lunch (Eels) 10a Cooking with Deb	25 10:30am-Group Therapy (Dolphins) Manta Ray/ Squids Lunch Jaycee Beach	26 10a Chorus 12p Sunday Strong Eels/Gators Lunch Jaycee Beach	27 10am-Outdoor Activity Dolphins/Sharks Lunch Jaycee Beach	28
29	30	31 End of the month movie				

Outing Groups:

Monday: Octopi; Sea Turtles

Wednesday: Manta Rays; Squids

Thursday: Eels; Gators

Friday: Dolphins; Sharks