

Potomac Community Resources, Inc.

October 2006

Volume 12, Issue 10

Mailing Address Only: 9200 Kentsdale Drive, Potomac, MD 20854
301-365-0561, www.pcr-inc.org

WHAT'S MISSING FROM THIS PICTURE?

YOU
ARE!!!



PLEASE
COME AND
CELEBRATE
WITH US!

11th Annual Patricia Sullivan Dinner

Saturday, October 7, 2006

ALL PCR MEMBERS, FAMILIES, & FRIENDS:

Your presence is important !

For details and special pricing availability
contact joe feakes at PCR or joe@pcr-inc.org
no later than September 29th.

FROM JOE FEAKES, PCR DEVELOPMENT DIRECTOR

Over the past several weeks I have had the opportunity and pleasure to see and hear PCR in action. Talking with the staff, attending the programs, and meeting members, parents, volunteers, and Board Members has been a true learning experience.

These activities have further convinced me how important ensuring that the programs and services provided by PCR are fully equipped to respond to current needs and positioned for future growth and development.

I have seen firsthand the extraordinary level of commitment displayed by everyone associated with this wonderful work. Our challenge is to make certain it continues.

There are many ways available. I have mentioned several financial options in this column in the past, and I will continue to do so. The most common way is to make a cash gift. Beginning in the November Newsletter, and repeated every two months, we will provide you with a simple way to help PCR financially.

We will ask you to become a "Program Partner" by making a cash gift to assist PCR in those daily operations that provide the highest quality programs and services to our members.

In each newsletter you will find a return envelope asking for your support. Whatever you can give will be gratefully accepted and treated with very careful stewardship.

You already know how important our programs are to families, caregivers, especially our members. We will continue to keep you updated through this newsletter and our website. We are truly grateful for all your support and anxious to move forward together to create a more inclusive community. Thank you for being part of this most important work.



COME SUPPORT PCR ROAD RUNNERS BY VOLUNTEERING AT THE ROCKVILLE 5K

Over two dozen PCR members have been training all summer for the October 1st Rockville 5K race. The race will take place in King Farm. Please support them by cheering them on and/or volunteering at the race. Information about the race and volunteering can be found on The Montgomery County Road Runner's website at www.mcrrc.org.

Rockville 5K Race

October 1st, 2006

Starting Point: King Farm Village Center:

King Farm Blvd & Pleasant Drive

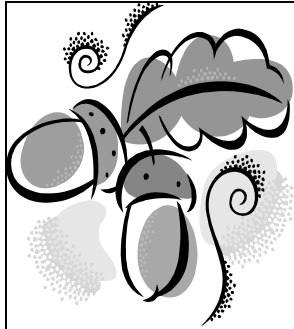
Start Time: Race starts at 8:30 AM

Please arrive before 8 AM as the streets are closed at 8 to ensure a prompt start time.



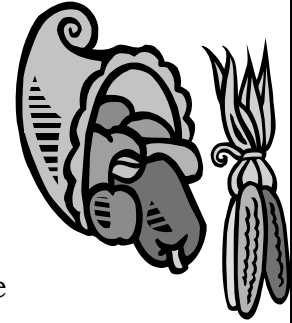
SPACES STILL AVAILABLE FOR ARC'S SIBSHOPS

The Arc of Montgomery County still has spaces in their "sibshops" program, which is a supportive group for children ages 8-13 who have siblings with disabilities. For more information, or to register, please contact the sibshop coordinator at 1-800-999-9442, extension 5169. Sibshop is a six-part series of programs that take place once a month at the Arc's Nebel Street location. The next sibshop is scheduled for October 15th.



PCR GARDEN CLUB

October 24th, 7:00-7:45 PM
Potomac Community Center
11315 Falls Rd., Potomac



Come out and create a Fall craft project with the Little Farms Garden Club. Please reserve your spot by calling Seth at 301-365-0561 or by email to seth@pcr-inc.org.
SPACE IS LIMITED!

In the Community

JSSA WORKSHOPS & GROUPS

- Stress Management for Caregivers
- Getting Started: Organizing Your Child's Life
- Parents of Children with Asperger's Syndrome, PDD, or Autism
- Growing Up: Getting Ready for the Next Step
- Family Support Group
- Siblings of Children with Disabilities
- Get Connected: Adult Social Skills

For more information about these groups call 301-990-6880 or visit www.jssa.org

HOW TO GET FROM START TO FINISH: A ROAD MAP OF SERVICES FOR CHILDREN WITH DISABILITIES

A seminar that will provide information on steps to take during your child's life in order to access community resources and services for your child with developmental disabilities.

Tuesday, October 10, 2006
6:45-8:45 PM
Department of Health and Human Services
401 Hungerford Drive, Rockville

Please call 240-777-1216 to RSVP

RUPPERT MASS with PERSONS with DISABILITIES

Saturday, October 14, 2006
11 AM

Shrine of the Most
Blessed Sacrament
6001 Western Ave., NW
Washington, DC 20015
202-966-6575

www.blessedsacramentdc.org

This liturgy, hosted by the Blessed Sacrament Disabilities Ministry, honors parishioners Carl and Antoinette Ruppert and brings together persons with disabilities, their families, and supporters. The Rupperts' daughter, Colleen, is a PCR Board member and will be involved in the service. Children and adults with disabilities will participate in the liturgy as well. Everyone is welcome to attend the service and the reception afterwards in the Msgr. Duffy Parish Center. This is the second annual Ruppert Liturgy. For more information, or to RSVP, email ruppertmass@yahoo.com.

SPACES STILL AVAILABLE FOR PCR'S WOMEN'S & MEN'S GROUPS AND BEST BUDDIES PROGRAM!

Contact Seth at 301-365-0561 or seth@pcr-inc.org for more information.

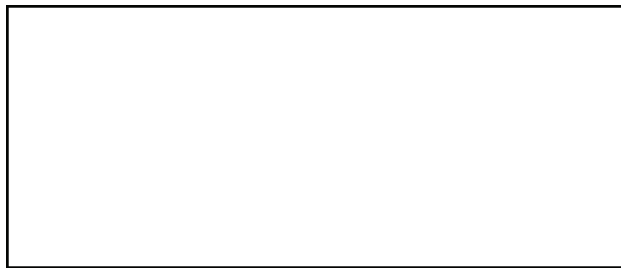
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**11th ANNUAL
PATRICIA
SULLIVAN DINNER
OCT. 7th!**



OCTOBER PROGRAM **SKIP DATES**

Basketball: 10/8, 10/29

Movin' Along III: 10/17

Line Dancing: 10/9

NoteAbles I & II: 10/12

Men's Group: 10/4

NoteAbles III & IV: 10/2, 10/9

Movin' Along I & II: 10/18

Women's Group: 10/10, 10/31

REMEMBER THE DATE!

First Wednesday Art: 10/4

Phabulous Photographers: 10/3

Studio 3F: 10/20

Transition Times: 10/18

Tricia Sullivan Respite I: 10/1, 10/15

Tricia Sullivan Respite II: 10/8