



Upcoming Events

Friends Like Me: Mondays , Tuesdays and Wednesday afternoon/evenings Some Saturdays
See our events calendar at <http://www.thearcsf.org/news-events/event-calendar.html>

Joint Press Conference on Street Crossing Wednesday May 9, 2018 11 AM Senior and Disability Action
(415)546-1333 or srira@sdaction.org

We Gotta Dance: Masquerade Prom Friday, May 18 , 2018 6:00 pm - 10:00 pm

Question for our editors: What's your favorite thing about spring.?

Anne: The birds. I like Canaries.

Jannaina Morbeck: Flowers!!!

Kelly: Vacation with Family, and romance. Seeing people fall in love, and being part of the LGBTQ community.

Mira: Hanging out with my friend Chloe.

Vernae: Going on Picnics

Gladys: The weather when its nice.

My Life Story

By Jason Hunt

It was hard for me growing up. I had made mistakes and was diagnosed with Bardet-Biedl syndrome. I was bullied and teased. I had a lot of stress to go through. I didn't know that I would fall in love, or have a family who would love me like one of the family. I didn't know that I would have a daughter. My girlfriend had a home birth and I got to be there when my daughter was born. I got to be a part of bringing her into the world. I had a lot of challenges to overcome. I have a nice girlfriend who loves me. I stand up for myself. I am independent and feel blessed that I have a nice apartment that I live in. I love sports,

Spit It Out is published by students in The Arc SF journalism class.

Info: kthelen@thearcsf.org Visit us at: www.thearcsf.org




The Arc
San Francisco

*For people with intellectual
and developmental disabilities*



Voices of the Magic Stars EARLY SUMMER 2018

The Arc Believes I can Fly

By Jason Hunt

I love coming to the ARC and hanging out with friends. It's a place where we can hang out and socialize. I get to know people who have the same likes and dislikes. We have great volunteers and staff who appreciate us and help us. They take the time to talk with us if we have issues. It would be sad if our program closes. I'm blessed to have a day program I can go to. Im glad we have classes at the ARC we can do like cooking, Zumba, Yoga, Learning Lab, Learning Styles, ARC Allie, Anti-bullying and Art class.

We have dances the third Friday and Friends

Friends Like Me

By Anne Slater

Lance Scott runs "Friends Like Me". He is doing a great job! We have a game night and cooking night. Tuesday we have Game day. Wednesday we have a movie night. We usually have dinner and watch a movie. We discuss the movie at the end sitting in a circle. We also do activities on some Saturdays. On April 28th we have an excursion to Angel Island. We always have it at the end of the month. We also have a dance every month called "We gotta Dance".

We need more volunteers to help Lance. We are looking for friendly people who know how to have fun. This is how we make friends. This is why we do Friends Like Me.

Anti Bullying Project

By Sarah Lim

I feel that bullying needs to stop right now because it damages people's physical and emotional health in a negative way. Bullying is a serious issue that needs to be addressed immediately because it can hurt people.

Victims who are bullied may feel depressed and have anxiety. They are more likely to drop out of school., programs or services they would like to attend.

Victims who are bullied can get help from teachers, staff, and managers to report the issue.

Sometimes people might have psychological and behavioral issues that are associated with bullying and self esteem.

It is extremely important to stop bullying and to be an ally. It is important to include everyone to feel special and be included.

Rob and I are working on a proposal to raise awareness about bullying at the Arc and in the community. This is super important.

I recently posted a music video on my Facebook page. It is called "I Have A Voice" by the Broadway Kids. We want support from people to help to end bullying.

Overcoming hurdles

By Jannaina Morbeck

When I was 3, I got very sick. My doctor in Brazil told me they had to cut my head open to do brain surgery. When I was 6 years old, I came to San Francisco to do more surgery on my foot and my arm. It was scary. I didn’t want to do it. I had to do therapy. When my dad went to Brazil to marry another woman, it was scary for me. I wanted him to stay here with me and my family.

When I went to Brazil in 2015, I had a lot of Seizures. It was really scary. I had to go to the doctor. I needed an MRI to check and see if my brain was ok. I needed to be asleep for the MRI, because I get too scared to do it when I’m awake and I panic- my legs and arms shake. I came back to the US and had it checked here. They found a tumor on my brain. They took it out. It was just a small tumor.

Now I’m ok. My foot is more straight, and nothing holds me back from my goals and dreams. I am really happy to have a boyfriend who is supportive and helps take care of me. I finished an internship at Deloitte and now Im looking for a job. My dream job is to work at the Academy of Sciences taking care of animals.

Poetry by Connie Chu

*Check out Connie’s new release on Amazon
(where several of her books may be purchased)*

Summer Glory

Sun dapple @ my sun-kissed hair
Surfer dudes and chicks on the beach having a
merry good time
Dreaming of ice cream and popsicles melting in
the sun
People watching the days away
Getting bronzed
Whiling the dayz away
Just letting the dayz be
The dogs dayz of summer come and go

Blessings

It’s the circle of life
Rejoice!
The blessing of a brand new day!
You made it so far
You can do it
Life’s a struggle
It’s the real deal
There may be bumps and grinds
But you can make it thru
Whatever it takes
You can pull through
‘Cuz everyday’s a blessings or a curse—
It’s what you make it

Vacation Journey- My trip to Texas

by Kelly Franklin
I’m going to Texas in May for a birthday vacation. I plan to go out and have fun. I love tak-
ing off and landing on the plane. My mom is a fraidy cat. Take offs and landings freak her
out, but I love em!
My plans include partying, staying up late and going out to lunch. I look forward to hugging
my cousin when I see her. I look forward to spending time with my sister and brother in law.
I will miss my friends, but I look forward to trying new food, and finding ways to beat the
heat. It’s going to be sweltering down there. It’s already in the 80s! I need to go dress shop-
ping this week.

My Family History

Mira Yoon
My family immigrated to USA from Ko-
rea. After my paternal aunt married in Korea,
she and her husband went to Michigan. Lat-
er, my dad went to Michigan, Wyoming,
Washington DC, Virginia, Maryland, Arizo-
na, and San Francisco. All my family includ-
ing my aunt, my mom, my paternal uncle,
and my grandma came to San Francisco. In
San Francisco, my mom and dad met each
other. Before my mom worked at my parents’
diner, my dad worked there first with my
grandma and aunt. My parents got married
and honeymooned in Hawaii. My parents’
marriage was arranged by my grandma. After
they married, my sister and I were born. My
mom was working at Bank of America.
Then, my aunt had breast cancer, so my mom
joined my dad working at my parents’ diner.
My dad has worked at the diner for around
30 years now while my mom has worked at
the diner for 25 years.

From my family, Korean school near Low-
ell High school, Korean dramas, and Korean
variety shows, I learned how to speak,
read and write Korean. I’m almost fluent in
Korean but some Korean words I don’t un-
derstand and not sure how to read some parts
of the Korean words on any reading material.
I can say a lot of Korean words and some
sentences. I also learned Korean culture. I
help some people including my Tang soo do
class and my best friend (Chloe) learn how to
speak Korean well and pronounce words
well. For example, I have taught Chloe to say
some Korean words to me while having cas-
ual conversation on texts everyday like
“chinguu” means friend.



My dreams and goals story

By Sarah Lim
I always want to inspire and motivate people to
feel good about themselves physically and emo-
tionally.
I want to give people emotional support when
they feel sad and depressed . I enjoy giving
people advice on how to deal with the loss of a
parent or a loved one.
I want to learn how to sing to express the joy in
my heart. Singing really helps me to let out all of
my emotions.
I am looking forward to taking Peter's Karaoke
class in the summer because he also gives me
emotional support and advice to help me feel bet-
ter about myself. He also told me that I am a
good singer.
For my ISP goals this year I really do want to fo-
cus on taking classes which help me express my
emotions in a healthy way such as taking Spit it
Out and Karaoke classes at the Arc.

My Mom Inspired Me

By Gladys Rodriguez
I really dislike what the president is doing to
America or trying to do. I’m a Nicaraguan Ameri-
can born and raised in the bay area. I am nearly
34yrs old. My Mother has inspired to stand up for
myself and I don’t let other people try to define
me because they don’t know me as well as I know
myself. My mom taught me to go for my dreams.
She has always been with me and my older broth-
er. She did everything alone without my dad’s
help. My mom is an incredible woman taking care
of a daughter born with Spina Biffa. I’ve come a
long way and I’m still fighting hard.