

UPCOMING EVENTS:

October 19th– **We Gotta Dance** 6-8 PM , \$1.00 entry
1500 Howard St
Friends Like Me– 1500 Howard Street:
Mondays– 5:30-8:30 Cooking Class and Game Night
Tuesdays -Game Afternoon 3-6PM
Wednesdays -Movie Night 530-8 PM

Welcome to the Arc San Francisco Matthew Tarver-Wahlquist!!

Interview by Connie Chu

Matthew heard about the Arc position of CEO in January or February of this year through a firm that was looking to find a new CEO or Chief Executive Officer and through someone that was working the field that was seeking their candidate. He was previously working at Lifehouse in Northern County as a COO (Chief Operating Officer) when the job offer came up. He was involved in lots of committees for service providers. Someone on one of the committees told him about the Arc opening position for a CEO and thought he might make a perfect candidate. The fellow member suggested he take a look at it, and that's what he did. It looked like an great opportunity, a great organization, so he applied for it. The rest, as they say, is history!

Matthew has sixteen years of experience in this field. First job in this field was in 2002 for a nonprofit called Opportunity for Independence. He was a DSP or Direct Service Provider at a group home. There were four men who live together in the group home. Two of them came from a developmental center, where he helped them become independent. Working in Opportunity for Independence was the beginning of his career in the disability field. He also had worked at various day programs. He had worked at Seers of Marin, where he was director of residential program for about 100 people in different types of homes that Seers provided. He then worked at Lifehouse, where he was the COO, where he oversaw all the programs there. He has dedicated his adult life to helping people with disabilities achieve independence.

Even before Matthew decided to work here, he knew some of the staff and its reputation preceded itself. Services that the Arc provide are pretty unique. Not a lot of providers have a lot of success with employment, with genuinely finding jobs for people, finding support, and really advocating for them. Arc has a great location here in San Francisco. A great place for our voices to be heard, to make things happen. Once he applied for the job, he gotten to know the Arc better before he was offered the job, before he took the job. He met with a lot of the clients of the Arc, staff of the Arc, with families. Everyone was nice and open. It felt like a great place to work.

One person Matthew knows personally with a disability is his beloved aunt, who lives in Abilene, TX in a group home and works. He visits her whenever he can.

Spit It Out is published by students in The Arc SF journalism class.
Info: kthelen@thearcsof.org Visit us at:
www.thearcsof.org



VOICES OF THE MAGIC STARS

Why Do I love Coming To The Arc

-Alessandra Lituanio

One reason I like coming to the Arc is I get to hang out with my friends. I get to do volunteer work I have not experienced before. I push myself by doing things have not done before. Also this semester I got a chance to join a class called “Spit It Out”. The reason I like this class I like I get to express myself and we talk about important topics that happen in life, and current events. Another reason I like the Arc is because they have a meditation class that I love. A little fact about myself: I love mediation and yoga classes. The Arc has so many different classes I’ve learned from. I’m very happy to be here and be a part of this program.

What Carnival of Inclusion means to me

Written By Sarah Lim

When I went to the carnival of inclusion on Wednesday when I play educational games to teach me and other people to be inclusive with each other .

I really do feel that being inclusive is super important to me because I really do want people to feel included and special.

I also want to help people to stop bullying each other and treat people with respect in a positive way.

I really do want to help people to resolve conflicts better and to be nicer to each other even though we have different skills and talents. That makes us special and unique in our own way.

This carnival helps me understand that it is okay to be different and not bully other people because of it. We all have unique talents and interests and we should not judge people based on that.

Treating people with respect is also important to me because being nice to people to help establish good friendships and to make healthy boundaries to make friendships stronger.

I always wanted to help people to stop bullying at the Arc and in the community as well to be nicer and more inclusive with each other. All bullying hurts people physically and emotionally. Bullying needs to stop before it it gets out of control. I want to make a difference in people’s lives to help stop and to prevent bullying from happening . I also want to make a difference to provide emotional support for victims who is suffering from bullying.

I want to provide victims who are bullied comfort by being their ally and to help them feel good about themselves. I always wanted to help and provide victims who are bullied with resources to help them feel more safe at the Arc and in the community.

I always wanted the victims to feel more openly with me to give them comfort advice and support they need from me. This is what the carnival of inclusion means to me personally.

**AUTUMN
2018**



The Arc

San Francisco

*For people with intellectual
and developmental disabilities*

This Issue

- Carnival of Inclusion
- Arc’s got Talent
- Poetry
- From our Editors:
“What do you enjoy
most at The Arc?”
- Welcome Matthew!!



The Arc's Got Talent Show

by Kelly Franklin

The Arc's Got Talent Show has been the highlight of my summer. I will make my mommy happy and proud. I guests laughed at the MCs voices. We had singing, dancing, poetry, magic tricks, and much more. It was a good show. I got to do voices. It made me very proud. I would like to thank my mother and my sister for coming to my performance. I feel very proud. It was a successful show. I cant wait to do another Arcs Got Talent Show! I will be singing in that show.

What the song "I have a voice" means to me

Written By Sarah Lim

The song "I Have A Voice" means a lot to me because we all have a unique voice to end bullying for everyone especially kids as well.

This song provides me a powerful message to stop bullying by using our powerful voice to end this serious issue.

I feel that it is important to treat others the way you want to be treated. It is important to treat others with respect and kindness.

Standing up to bullying is not an easy task. Bullies want us to react by giving them the power over us based on our fears.

We should not give them the power over us to treat us that way. We need to tell them that the behavior is not okay and cannot be tolerated by using our voice.

It is also important to tell them how we feel about it and talk it out with one another to solve these issues in a healthy manner.

I also feel that we need to learn how to be inclusive each other. It is super important to include people to make them feel happy and special .

We all have amazing skills and talents. It is extremely okay to be different and that is how we learn and grow new skills and incredible talents .

Nobody is perfect all the time . We all make mistakes from time to time . We all learn from it .

We all have a powerful voice and to stand together to make The Arc a special and a inclusive place for us to learn and grow to fulfill our dreams for our future.



My Interview With an Arc Employee

By: Laurette Helm



I wanted to do some research on an Arc employee, and what they do on a day to day basis. I chose to interview Toni who is a Direct Support Provider. My first question that I asked her was, "Why do you work at The Arc?" She said "I work at The Arc because it's a nice place. It's a rewarding job. I enjoy helping the clients with everyday living, helping them to be comfortable in the community." I then asked "how do you come up with a schedule?" She said "sitting down with my clients and choosing what suits their needs." My third question I asked was "what classes do you enjoy teaching the most?" She said "cooking is my favorite class." My forth questions to her was "how do you help people be on time?" "I put reminders on phones and watch alarms, sometimes I call if necessary." My last question was "what is your favorite part of your job?" She said "seeing my clients begin to work." I'm really happy I got to interview Toni and learn about some of the daily activities Arc employees do while they are working.

What do you enjoy the most at the Arc?

Francis: I like to hang out with Kobi in the community to watch movies, and going to the Ocean Campus of City College to exercise.

Gladys: I enjoy working the front desk. I get to meet visitors and see staff I haven't seen in a while.

JJ: I like "Spit it out". I like how people write their articles.

Kelly: I like hanging out with my motley crew of friends, going out to Alcatraz. I also like making money working at the front desk.

Sarah: I like to be inclusive and be included. I want people to feel happy and special. We all have special Skills and Talents.

Laurette: I like acting and being happy. I like Toni (my instructor) and Dee.

Connie: I enjoy Friends Like Me. I like the volunteers.

Subject of Article: love poem about him

By Jannaina Morbeck

I love the way you look at me, your eyes so and brown. I love the way you kiss me, your lips so soft and smooth. I love the way you make me so happy, and the ways you show you care. I love the way you say I love you and the way you're always there. I love the way you touch me, always sending chills down my spine. I love that you are with me and glad that you are mine. I love the way you support me even if you disagree. You never turn your back on me you're always there for me. I love the way we love each other and the time we spend together. I never want to lose you, I want to love you forever. Thinking of my babe.

Article: childhood Memories story

By Brandon Pon

When I was a little Boy I always dreamed of being a Rapper / Hip hop RnB Break Dancer. Also I really wanted to sing in front of the crowd over a Million people plus Fans Going crazy it's like my Dream come true. Not just that I also wanted to become a song writer why? It is my passion to go with the lyrics also the Beat. Every time I think of things I let it flow. Means I let it come to mind what pops into my head. And every feeling that I have in mind I let it come out from the Heart. Especially when it comes to hard times like break ups I think of something to write about to express my feelings. It is a Moment of Breathe Taking to come up with something like this. At Night when I am all alone walking around Downtown by myself at union square I look around to see what really express my motions then. When I go home I know what I will be thinking about to not let those hard times get to Me. I think of something that Makes me Happy in life.