



# The Arc<sup>®</sup>

## Cass County

### Director's Corner

#### Upholding Individual Rights For All

The Arc of Cass County's mission is primarily tasked with providing advocacy, education, and programming for people with Intellectual and Developmental disorders (IDD). People with disability diagnosis are entitled to the same rights as anyone—autonomy, dignity, community participation, and access to opportunities. They too should have opportunities to have a rewarding, meaningful, and self-directed life.

The foundation of disability rights is well publicized, and key concepts are shared by national and international organizations such as the UN Convention on the Rights of Persons with Disabilities (CRPD), NAIDD The Institute on Community Integration, the Americans with Disabilities Act (ADA), court cases like the Olmstead Decision, and on and on. Despite the mesmerizing array of disability related organizations and acts, similarities exist when discussing basic disability rights. We all must remember that rights are legally protected and non-negotiable. **Read on**



**OLMSTEAD: THE ROAD TO FREEDOM, CHOICE, AND DIGNITY**

FREE! LUNCH PROVIDED!

**Thursday, August 14th**  
**9am-3:30pm**

Soul Solutions Recovery Center  
1801 38th St. South  
Fargo, ND 58103

[ArcCassND.org/Olmstead-Conference](http://ArcCassND.org/Olmstead-Conference)

**Register by August 11th**

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## Did you know about?

### NDSU Bison Strides

Interview with Jessie Bailey

NDSU Bison Strides Program Assistant



This month, we are featuring NDSU Bison Strides!

#### What is NDSU Bison Strides?

NDSU Bison Strides is an Equine Assisted Services (EAS) program that is run out of the department of Animal Sciences at NDSU. We partner folks with cognitive, physical, and social emotional challenges with horses to improve strength, resiliency, independence, and more!

#### How do people participate in your services?

We offer services to Veteran and active duty military service members, adults and children with disabilities, and youth with social emotional, and behavioral challenges. We have both ground based and mounted session with lesson plans catered to each participants' individual needs. For those who may not want to work directly with the horses, we have options for participants to help with barn maintenance and outreach tasks!

#### What kind of changes have you seen in participants?

We have seen countless positive changes in our participants. From better physical mobility, to increased word use,

and cognitive response, as well as a major boost in confidence.

### Can I volunteer?

We are always in need of volunteers! There is no horse experience necessary and we host volunteer trainings before each 6 week session. We post about these trainings on our **Facebook** and **Instagram**. We could not do what we do and serve such a large population without our life changing volunteers!

### What else should we know about Bison Strides?

We try to have something for everyone! We just want everyone to get to experience the therapeutic power of the horse. Check out our **social media** and **website** for more information. Don't be afraid to reach out. We'd love to tell you more about us!

## Program Opportunities at The Arc



**Express Yourself!**  
A Traveling Art Workshop

Is your group looking to have an on-site art class? We would love to talk with you!  
Email Claire at [arcassistant@arccassnd.org](mailto:arcassistant@arccassnd.org) for more information!

**The Arc**  
Cass County



**Grow With Us**  
Adaptive Gardening

**Location: 3201 43rd St South**  
\*Meet in the donation area behind the store.

**Dates:**

- May: 8th, 22nd
- June: 5th, 19th
- July: 3rd, 17th, 31st
- August: 14th, 28th
- September: 11th, 25th
- October: (tentative) 9th, 23rd

**Time: 2:00 pm**

Please register by emailing [arcassistant@arccassnd.org](mailto:arcassistant@arccassnd.org)

**The Arc**  
Attic Treasures  
Cass County



**Monday, August 11th**

**YES! I AM CREATIVE!**  
Engaging, Encouraging & Celebrating Your Creative Side  
With Kay Hilde

**10:00 am, 1:00 p.m. or 2:00 p.m.**  
full full full  
at The Arc of Cass County

We will be painting ice cream cones with Kay Hilde!  
Please RSVP by Thursday, August 7th by emailing [arcassistant@arccassnd.org](mailto:arcassistant@arccassnd.org) or call (701)293-8191.

**215 N University Drive, Fargo, ND 58102**  
**701-293-8191 • [arcassistant@arccassnd.org](mailto:arcassistant@arccassnd.org)**

**The Arc**  
Cass County

## Good Reads

### North Dakota News

- City of Fargo - Mayoral Proclamation American with Disabilities Act Day 7/26/2025
- KX News - Disability Awareness Day brings advocates together

### US Disability News

- The White House - ENDING CRIME AND DISORDER ON AMERICA'S STREETS
- AOL - The Social Security Disability Application Process Could Take 8 Months — Here's What You Can Do To Prepare



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