

Did you know about?

Learn about services and organizations in our community we think you should know about!

Interview with Kelly Buhr
Office and Program Manager
HOPE, Inc.



What does HOPE, Inc. do?

HOPE, Inc. offers adaptive team sports and recreation activities for children and adults living with mobility challenges. We serve participants as young as 2 to well over 60!

What programs/events do you have available?

At HOPE, Inc. we offer 25 different adaptive sports and recreation activities including: Sled Hockey, Youth Wheelchair Baseball, Adult Wheelchair Softball, Fishing, Bowling, Curling, Archery, Adaptive Dance, Art Club, Women's Group, Adaptive CrossFit, Adaptive Music, Adaptive Track Meets, Rock Climbing, Annual Fashion Show, Adaptive Golf, Wheelchair Tennis, Adaptive Taekwondo, Socials, and more!

How much does it cost to participate and how do I sign up?

HOPE, Inc. Adaptive Sports & Recreation Activities are offered at no cost to the participant!

To get started with HOPE, Inc. call (701) 866-9002 or email info@hopeinc.org

You can also check us out on [Facebook](#) or our website: hopeinc.org

I don't use a wheelchair, can I still participate in your programs?

To qualify for HOPE, Inc. activities the participant must be living with a mobility challenge, but does not need to rely on a wheelchair for mobility. The majority of our adaptive sports are played in a wheelchair and HOPE, Inc. has a variety of sport wheelchairs participants are welcome to use to play our sports in.

I don't want to attend an event alone, can I bring a friend?

Family and friends of our participants are welcome and encouraged to attend our adaptive programs as well! For some specific activities there is a small fee for family and friends.

Anything else you want our readers to know?

HOPE, Inc. Adaptive Sports & Recreation has been serving the Fargo-Moorhead community for nearly 2 decades! We work to ensure those living with mobility challenges have the opportunity to be a part of a team. If you know of someone living with a mobility challenge, please share with them the many opportunities at HOPE, Inc!



WE'RE GOING TO THE STATE CAPITOL!

JANUARY 28TH & 29TH, 2025

The Arc of Cass County is organizing a trip to the state capitol in Bismarck for Disability Awareness Day! This trip includes: 1) learning about the legislature, 2) meeting self-advocates across the state, 3) sitting in on legislative sessions and 4) meeting state legislators.

Participants will meet at The Arc of Cass County on January 28th at 1:00 pm and return after supper on January 29th. This is a massive effort and is open to 57 lucky self advocates!

The cost for this overnight trip is \$50.00 (actual value \$250.00). It includes the ride to Bismarck, hotel stay and meals. Each hotel room will have two people.

Staff are an important part of this trip and therefore the cost for their ride, meals and shared hotel is covered. It is important that any self advocates who need assistance bring a staff person for that role.

Please RSVP by December 13th to janell@arcassnd.org or 701-293-8191, ext. 12, if you want to join us. Payment is required upon registration.

The Arc is looking for sponsorships for this event. See the attached handout for more information!

State Capitol Trip January 28th & 29th, 2025 Funding Opportunities

1



Platinum Sponsor - \$1000

Provides 20 sponsorships for self advocates to attend Disability Awareness Day at the state capitol in Bismarck. Includes ride, meals and hotel room.

Life Academy - Self Advocacy course that involves vision board planning, 4-6 weeks, one hour session per week

Self Advocacy Bingo - Bingo with a self advocacy theme; prizes included! One hour session

Interview Skills Training - Educational training about how to prepare for an interview. This is a partnership between The Arc and Job Service. Students will practice interviewing and receive feedback about their performance. One hour session

Practice Interviewing - Hands-on experience with interviewing at The Arc. Students will practice interviewing and receive feedback about their performance. One hour session

Virtual Reality Goggles - An opportunity for students to explore different professions by viewing virtual reality goggles. This is a partnership between The Arc and Job Service. One hour session

Educational Opportunities - Ongoing trainings about current issues and events affecting people with intellectual and developmental disabilities. Join our programs list to hear about these opportunities!

For any of the above services please contact Janell Ness at janell@arccassnd.org or 701-293-8191. Scheduling is flexible and based on the needs of your group!

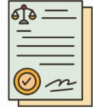
2



Gold Sponsor - \$750

Provides 15 sponsorships for self advocates to attend Disability Awareness Day at the state capitol in Bismarck. Includes ride, meals and shared hotel room.

3



Silver Sponsor - \$500

Provides 10 sponsorships for self advocates to attend Disability Awareness Day at the state capitol in Bismarck. Includes ride, meals and shared hotel room.

4



Bronze Sponsor - \$250

Provides 5 sponsorships for self advocates to attend Disability Awareness Day at the state capitol in Bismarck. Includes ride, meals and shared hotel room.

5



Champion Sponsor - You choose the amount!

Customized gifts will be pooled to sponsor self advocates to attend Disability Awareness Day at the state capitol in Bismarck. Includes ride, meals and a shared hotel room.



I want to support option ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 by contributing \$_____. Please contact us or return this form with a check by **December 13th, 2024.**

The Arc of Cass County
215 N University Drive
Fargo, ND 58102

Janell Ness
janell@arccassnd.org

701-293-8191,
ext. 12

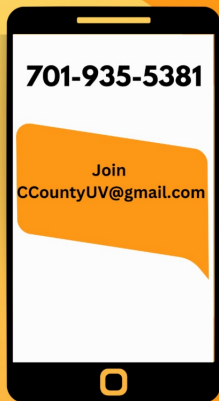
The Arc
Cass County



Join our **United Voices**
advocacy text group!

701-935-5381

Join
CCountyUV@gmail.com



Text

Join CCountyUV@gmail.com
to **701.935.5381**

The Arc
Cass County

FOLLOW US FOR 25
DAYS OF
THRIFTMAS



The Arc
Attic Treasures





Have you seen our NEW scholarship for students planning to go into Special Education, Social Work, or another Human Service career? Check it out!

Janell
Ness Academic Scholarship

Good Reads

North Dakota Events

- Public Notice - Public Comment Sought on Amendment of the Medicaid 1915(c) Traditional Individuals with Intellectual Disabilities/Developmental Disabilities (IID/DD) Home & Community-Based Services (HCBS) Waiver Application - comments will be taken until December 16, 2024 hzander@nd.gov
- Webinar on Supporting People With I/DD and Dementia in Adult Day Programs December 10th (virtual)

North Dakota News

- Burgum Burgum, Advisory Committee unveil recommendations to address housing needs in North Dakota
- KX News - How enrollment of students with disabilities compares in North Dakota

US Disability News

- Disability Scoop - Caregivers Hope Trump Makes Good On Proposal To Help Them Financially
- Disability Scoop - Civil Rights Commission To Examine Special Ed Teacher Shortages
- The Arc's Supreme Court Explainer

December Sales

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 SHIRTS buy 1 get one FREE	 SENIORS 55+ get 20% off your purchase	 SHOES 50% off	 TEACHERS, STUDENTS, & FIRST RESPONDERS get 20% off your purchase	 BOOKS, MOVIES & MUSIC 50% off	 EARLY BIRD 10-11:30am 20% off MYSTERY SALE all day	 25% OFF your purchase ALL DAY

Shopping Hours
Monday-Saturday 10-7:30

Shop with us.

Donations Hours
Monday-Saturday 10-6:00

[Visit our Website](#)



The Arc of Cass County | 215 N University Drive | Fargo, ND 58102 US

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