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The Arc of Frederick County's Culinary & Hospitality Training Program

- The Arc of Frederick County provides individually designed support services and collaborates with the community to build inclusive programs for adults and children with developmental disabilities.
- Founded by parents in 1958 because community programs for children and adults with disabilities did not exist, The Arc continues to be a leader in advocacy efforts and the creation of new services for families today.

Graphic: The Arc of Frederick County logo with the text: The Arc of Frederick County. Creating Enviably Lives for People with Developmental Disabilities.

Graphics: A sliced marguerita pizza. An industrial oven with the doors open. Inside are many pies being baked. A pulled pork sandwich, potato chips, a pickle, and some coleslaw on a plate.

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Training Objectives:

- Functions of operating a Culinary and Hospitality Training Program.
- Braiding DORS, DDA, and other resources to maximize funding opportunities.
- Building partnership with people served, local businesses, and the school system to support transitioning youth students and adults to access community employment.

Picture: The top of a pie with a golden-brown crust inside a cast iron skillet and on top of grey fabric.

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Overview of The Arc's Culinary Arts Training Program

This program is designed to teach individuals with developmental disabilities cooking/baking and hospitality skills so they can locate meaningful employment.

- More than 90 people have taken and completed the program since summer 2015
- Runs for 13 weeks, 4 days a week, 4 hours/day
- Taught at The Arc at Market Street
- Students are taught by Culinary Kitchen Manager

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This Is Not Your Final Destination

Picture: A stoplight with the green light lit in front of a blue sky with clouds.

Picture: The Go square from the Monopoly board game. Above the word GO is the text: Collect \$200.00 salary as you pass.

Picture: A paved road with fields on either side and the sun shining bright just on the horizon. On the road at the bottom of the picture is a white arrow pointing up the road and the text: MOVE FORWARD.

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Employment Supports

- Employment equals paid work where the person served is earning competitive wages, in an integrated setting, with opportunities for advancement and cross training, working a desired amount of hours, and with the same benefits as other employees.
- Obtaining employment is not contingent upon the person receiving support from The Arc and positions obtained are not reserved for people with developmental disabilities.
- Each worker is hired on an individual basis based on the applicant's qualifications as part of the open labor market.

Picture: A man wearing a black grocery store apron is standing next to shelves stocked with coffee and pointing up at flavored syrups.

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Employment Supports

Examples of employment activities can include:

- Providing a seamless transition from public education to the adult world and workforce

- Assessing career interests through a variety of tools
- Writing resumes and completing job applications
- Preparing for, securing, and attending job interviews
- attending job interviews
- Building natural supports at work
- Facilitating career advancement

Picture: A man and a woman standing in front of leafy plants and a lit-up sign that says "Coffee" in cursive.

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Employment Supports

- Providing on-the-job coaching
- Teaching travel training and locating transportation
- Making connections to opportunities of higher learning so people can earn college degrees or take classes that provide skills needed to compete in the job market
- Job Development and partnering with business to create jobs
- Developing fading schedules to maximize a person's independence
- Assisting people in navigating through the Social Security Administration and other systems to maintain benefits and protect financial resources

Picture: A grilled panini sandwich cut in half with potato chips, a pickle, and an herb garnish on a white plate.

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Funding

- Funded through DORS and/or DDA services
- Individually funded by Frederick County Public Schools for specific students related to their transition plans
- Used as a bridge between DORS and DDA as ongoing supports are put in place

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Funding

- Additional job development hours from DORS and/or DDA can be advocated for following completing the training to support a person to access community employment
- Follow up includes braiding DORS Job Development and Job Coaching
- Follow up includes braiding DDA Employment and Community Development Services

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Skills Mastered

- The objective of the program is to help individual's master baking skills in order to locate meaningful employment.
- The base of operations is equipped with two separate industrial kitchens; one gas operated and electric operated.
- Training participants' develop, learn, and master their skills while training at Marcia's Bakery, Charlotte's Coffee House, and 555 South Market Street's Catering Kitchen. Each entity is a separate business which is patronized by the general public.
- The training program will provide opportunities for individuals to begin, understand, and demonstrate the skills set to gain employment within a bakery setting.

Picture: A man holds dough in each hand.

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Skills Mastered

- The Training Program will provide information about safety, sanitation, handwashing, equipment, equipment placement, and Mise-en-place.

- The program will provide on job training by baking: breads, scones, and muffins; a variety of sandwiches, salads, wraps and other main courses; soups and side dishes; as well as cookies, cakes, pies, and other desserts.
- The program will provide a progression of skills; measuring, timing, rotation of ingredients and food, proper storage and organization of food, portion control, packaging procedures, and proper refrigerator logging.

Picture: Two different people's hands sprinkling sprinkles over top chocolate cupcakes with white frosting.

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Skills Mastered

- The Training Program will teach the foundations of working within a commercial kitchen by providing guided hands on opportunities to do the following: complete tasks correctly, maintain orderly and clean stations, understand the importance of safety, and provide wholesome nutritious food.
- The Culinary Manager will present weekly objectives and provide guidance and support ranging from the foundations of cooking to hospitality and service.
- Training participants will gain experience working with a variety of baking and culinary tools

Picture: A group of four people standing around a long metal table preparing pie crusts. Several finished pie crusts are on one end of the table, and a large pile of pie dough is in the center.

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Skills Mastered

Upon completion of The Arc's Culinary Arts Training Program, participants will have demonstrated experience and competencies with:

- Safety
- Sanitation
- Proper Uniform
- Equipment Identification
- Daily Logging Freezer/Refrigerator Temperature
- Thermometer Calibration
- HACCP (Hazard Analysis Critical Control Points)
- F.O.G. Training (Fats, oil, grease)
- Mise-en-Place
- Ware Washing
- Set-up/ Breaking Down Kitchen
- Proper Measuring & Scaling
- Recipe Comprehension
- FAT TOM (Food, Acidity, Time, Temperature, Oxygen, Moisture)
- Rotation of Ingredients
- Danger Zones
- Efficiency and Pace
- Working Efficiently Alone and as a Team
- Hours/Scheduling Work Shifts.

Picture Bottom Left: A young man standing in front of a stove with stacks of square bakery boxes in front of him on a metal table.

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The Arc at Market Street Use of Space

- Culinary Gardens
- Marcia's Bakery
- Charlotte's Coffee House
- 555 South Market Street

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Picture: A group of nine people all wearing blue shirts that say LIVE UNITED standing in a grassy field in front of a fenced garden.

SLIDE 16

Picture: A young woman and a man holding three painted signs on garden stakes. The first reads “Herbs” and has a painting of a sun and leaves. The second reads “Berries” inside a blue cloud and has a painting of green bushes with red berries. The third reads “Tomatoes” and has a painting of round red tomatoes.

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Picture: The painted “Herbs” garden stake is being put in the ground using a rubber mallet in front of basil plants.

Picture: A close-up picture of a healthy, green basil plant.

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Picture: Two young women are standing in a grassy field holding small clear containers filled with red raspberries. One is wearing a brown apron with the Marcia’s Bakery logo at the top.

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Picture: The Charlotte’s Coffee House logo. A pale green stylized line art coffee cup above dark green text that reads: Charlotte’s Coffee House.

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Picture: A hallway with many doors and windows in vibrant colors.

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Picture: Looking into a yellow room through a window. Inside the room, there are clusters of people sitting and talking to each other.

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Picture: A group of 5 uniformed U.S. Army soldiers sitting around a round dining table that’s been set with rolls of silverware and salt and pepper. They have bottled water and soda cans.

SLIDE 23

Picture: A large group of people standing in a circle in an orange room. You can see the back of the person closest to camera and the back of his shirt reads: Rotary Clubs of Frederick, The Art of Peace.

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Picture: A Menu for Charlotte’s Coffee House for February 12 to 14 with a background of red hearts. It has a list of entrees (Caesar salad, chili, roast beef melt, heart-shaped grilled cheese, and chicken and sausage gumbo), pastries (cookies and cherry cheese turnovers), and beverages (coffee, tea, soda, bottled water, and iced tea).

Picture: A Menu for Charlotte’s Coffee House for March 4 to 6 with a background of green and white leaves. It has a list of entrees (pizza, vegetable pizza, spinach salad, Reuben grilled sandwich, and lasagna), pastries (cookies and brownies), and beverages (coffee, tea, soda, bottled water, and iced tea).

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Picture: A flyer for “Dinner at Charlotte’s Coffee House.” At the top is a picture of a wooden table set with white plates and gold flatware. The information reads: Wednesday, July 31st, from 4pm-7pm. We are doing something a bit different this month! This is an excellent opportunity for anyone who has wondered what a catered meal for an event might be like, or those of us who can’t decide because it is all so good! Take-out orders also available (you will get a sample of each item!) Order ahead at www.marciabakery.com. Menu includes: Bread and butter, Garden Salad, Teriyaki Beef with Vegetables, Shrimp Risotto, Tuscan Penne

Pasta, Apple Pie, Cheesecake. \$15 per person. The Arc at Market Street 555 South Market Street, Frederick, MD 21701. You can make reservations by contacting Maya at 301-663-0909 x 158 or at mhoward@arcfc.org. At the bottom left is the Charlotte's Coffee House logo, and at the bottom right is The Arc of Frederick County logo.

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Picture: Two men wearing aprons, standing in front industrial ovens and gesturing at a freshly made pizza.

Picture: A man in chef's uniform standing at a metal table with two students wearing aprons. A metal mixing bowl, a cup with herbs, and a green cutting board are on the table.

Picture: A rectangular table covered in a white tablecloth and set with plates, flatware, blue napkins, and glasses. There is a pitcher of iced tea on the near end of the table and a bowl in the center of the table.

Picture: A man in chef's uniform assisting a student with making ravioli.

Picture: A plate full of ravioli with a flower and herb garnish.

Picture: A group of people around a table, smiling at the camera. They have plates of food and drink glasses in front of them.

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Picture: Marcia's Bakery logo.

Picture: A culinary student in an apron drizzles icing from a squeeze bottle over top a tray full of cinnamon rolls.

Picture: A masked culinary student is stirring a metal bowl full of melted chocolate.

Picture: A man in a chef's uniform is assisting a young man culinary student in holding a tray with a loaf pan with a freshly baked loaf of bread.

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Picture: The top of a golden-brown pie crust with a raised piece of crust added in the center in the shape of the pi symbol.

Picture: The top of another golden-brown pie crust with some raised pieces of crust added to form a pi symbol at the top and the number 3.14 at the bottom.

Picture: The top of a light golden-brown pie crust, with a quarter cut away to reveal the cherry filling inside.

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Picture: Two rows of uncooked chicken pot pies being prepared and filled with pot pie filling. The tops have not yet been added to the pies.

SLIDE 30

Picture: A flyer with the headline "December at The Arc at Market Street" and a blue, white, and silver snowflake background. The flyer has a list of events on different days as well as a photograph to accompany each. December 12, 4:00-6:00pm is a class to create gifts through repurposing items and has a photo of a wooden rack with books that says "Favorite Bedtime Stories". December 14, 11:00-1:00pm is a class to make a beaded bracelet and has a photo of some example bracelets. December 18, 4:00-6:00pm is a class to make, decorate, and package dipped pretzel rods and has a photo of some example decorated pretzel rods. December 19, 11:00-1:00pm or 4:00-6:00pm is a sugar cookie decorating class and has a photo of two sheet trays of iced sugar cookies in candy cane, Christmas tree, and snowflake shapes.

Picture: A white plate covered with a doily and various iced and decorated sugar cookies in shapes of snowflakes, candy canes, Christmas trees, and gingerbread men.

Picture: A closeup of a gingerbread man cookie decorated with icing for a face and buttons and packaged in a cellophane bag. More packaged cookies can be seen behind it.

Picture: The top of golden-brown pie with a berry filling and streusel topping on top of a cooling rack.

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Picture: A logo representing The Arc at Market Street location – "Five Five Five South."

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Picture: The event room - a large room with pale blue walls and light brown wooden flooring. At the opposite side of the room is a raised stage area with a dark brown podium recessed into the wall.

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Picture: The black silhouettes of a large group of people in blue-purple light. A band is playing in the back.

Picture: The black silhouettes of a large group of people in red light. A band is playing in the back.

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Picture: A man in semi-formal wear with a waistcoat and bowtie is standing at a tablecloth-covered table with DJ equipment.

Picture: A large group of people in the event room standing and socializing, while others in the back are seated at tables. A few others are dancing.

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Picture: A round table with chairs around it. The table is covered in a white table cloth and set with glasses, flatware folded in napkins, and a booklet that says "DoGood-er Awards 2016". In the center of the table are large pink and blue squares of paper, a green floral centerpiece, two lit candles floating in glasses of water, a sparkly silver 19 for a table number, and a pitcher each of water and iced tea.

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Picture: Two white plates covered with spinach salad, some roasted tomatoes, green beans, and potatoes, and a portion of glazed grilled salmon in the center. Flatware rolled in napkins are on either side of the plates.

Picture: A white plate with white rice, stir-fried vegetables, and sliced beef on top.

Picture: A white plate with a large serving of shrimp linguini with herbs and buttery sauce.

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Picture: A wooden cutting board with lines of chopped vegetables and herbs – black olives, yellow bell peppers, mushrooms, carrots, celery, garlic, red onions, and sage. At the top left of the cutting board is a small white bowl with melted butter and crushed dried herbs. To the right is a small pile of stuffed olives and a large pile of a parmesan cheese.

Picture: Three white square bakery boxes and a large round serving tray filled with an assortment of cookies and brownie bites.

Picture: Three unbaked pies filled with chopped strawberries and rhubarb. Fresh strawberries and rhubarb lie in front for the photo.

Picture: A white plate with a slice of cheesecake. Caramel has been drizzled over top and a fresh strawberry has been placed beside it.

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Picture: A white rectangular table has been covered with a large quantity of small plates of brownies cut into triangles with chocolate sauce drizzled over top. Each plate has a fork resting on it.

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Picture: A large gathering of people in the event room. Some people are sitting at the tables in the foreground, and a large group of people are standing or walking around in the back. String lights have been wrapped around a pole, and more are hanging from the ceiling along with white balloons.

SLIDE 40

Picture: A flyer with an abstract multi-colored striped background with the headline "Here Comes the Boom!" The event was April 6 from 6:00-11:00pm and featured live music from local artists Although, Alien Subculture, Bong City, Kryptomagna, and t00n0ut. Beer, wine, and snacks were available for purchase. Below is the address for The Arc at Market Street 555 South Market Street, Frederick, MD 21701. In the bottom right corner is The Arc of Frederick County logo.

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Picture: A navy blue flyer with pastel pink, yellow, blue, and green neon-like text and graphics with the headline “Join us for The Arc of Frederick County’s Blues Brunch”. Underneath is the tagline “Featuring live music from Pet Rock!” To the left of the words “Blues Brunch” is a guitar and music notes stylized to look like a neon sign. Below is information that the event was held August 28th 11:00-2:00pm and the address for The Arc at Market Street. To the right is half a donut stylized to look like neon. At the bottom is The Arc of Frederick County logo with contact and ticket purchase information.

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Picture: A light blue flyer with snowflakes falling into pine trees background and dark blue text. The headline reads “European Holiday Market”. Below is the address for The Arc at Market Street, the date of the event November 16th 10:00-5:00pm. The event included food, music, and vendor booths.

Picture: The event room set up with many tables for vendors with their products on display.

Picture: A plate with a small salad of greens, carrots, roasted tomatoes, and cucumber on the left. On the right is a bread bowl stuffed with beef stroganoff.

Picture: A family looking at a vendor booth with colorful leather goods.

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Community Outreach

Picture: A man at a podium holding a microphone and gesturing to a presentation on a dropdown projection screen on the event room stage.

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Self-Advocacy

Picture: A young man playing with a large version of Jenga.

Picture: A cerulean blue flyer with text in red, black, and white. At the top is The Arc of Frederick County logo and a line of five black stars. The headline reads “Election Presentation” with the tagline “Brought to you by Working Together & The Arc of Frederick County”. The event was to learn more about the voting process from a board of elections representatives, how to vote on a voting machine, and experience what election day is like. Below the information is a sunburst graphic with the word “Vote!” in the center. Below is the date October 18th 3:30pm and The Arc at Market address.

Picture: Two women appear to be talking to each other. One is slightly bent forward and seems to be gesturing to follow her. In the background are more people standing or sitting at tables.

SLIDE 45

Support Coordination Building Partnerships

- Support Coordinators work with individuals and their families to partner with natural supports and other community services to create opportunities for more effective community inclusion.
- Person-directed planning is designed and implemented in a way that promotes families and individuals having greater control over their lives and the services they receive but does not leave the person or family encumbered with handling all the daily and weekly details of implementing the supports and services.
- Services are flexible and dynamic to meet the needs of children, adults, and their families. The Arc remains sensitive to the whole family's needs when the individual is living with his/her family.

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Building Partnerships

Picture: The Frederick County Public Schools logo – blue lettering of the acronym “FCPS” with a yellow shooting star rising above it.

Picture: Masked students and coaches standing along long metal tables in the kitchen. One student is working on scooping cheesecake batter into mini muffin tins lined with paper liners and graham cracker crust, while the others watch.

Picture: A masked man is speaking to a group of students and coaches lined up in front of him in the kitchen.

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Building Partnerships

Picture: A grey and navy flyer for Frederick County Reverse Job Fair. The description reads “Inviting HR reps, hiring professionals, business executives, and anyone else seeking skilled employees to join their team. All participants must register at www.frederickreversejobfair.com.” The event is to be held November 16th at The Arc at Market Street and is hosted by Frederick County Certified Rehabilitation Providers, Frederick County Workforce Services, and MSDE’s Division of Rehabilitation Services.

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Building Partnerships

Picture: A blue and white flyer for Frederick County Employment Summit with the tagline “Supporting Local Businesses to Include People with Disabilities in the Workforce”. Below are the logos for Frederick Community College and The Arc of Frederick County and to the right is a photo of a young man in a blue polo. The event was held October 7th 8:00-11:30am at the Frederick Community College Conference Center. The event invited Frederick County business owners and managers to learn about ways to promote inclusion of individuals with developmental disabilities in their workplace.

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Thank You

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