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Life Sweeter: Two Cookies at a Time

Anchorage, Alaska: Ginger restaurant is making life a little sweeter for people who experience intellectual and developmental disabilities. This evening is the annual holiday dinner and dance for people served by The Arc of Anchorage. Ginger is baking more than two-hundred Ginger Cookies for the party. Along with cookies, Ginger is sending professional pastry chefs to assist with frosting and decorations to create the perfect holiday cookie. Together, The Arc and Ginger will honor a long standing two cookie rule.

Mali Durban, Catering Assistant Manager for Ginger, said “The Arc has a long history helping people in the community. We are excited to join them tonight for the holiday dinner and dance. We understand there is a two-cookie rule in effect.”

Each month, The Arc of Anchorage holds a social dinner and dance. This tradition dates back to the early days of Anchorage and the founding of The Arc. For several decades the monthly dance was organized by Helen Melick. Not only did Helen organize the dance but she also acted as Dee-jay and cookie monitor. She had a firm rule that people only eat two cookies. Earlier this year, Helen passed away. In honor of her rule, tonight each person will receive two Ginger Cookies to decorate.

Gwen Lee, Executive Director of The Arc, said “Helen was an important part of what makes The Arc a wonderful place to work and receive services. She was part of the fabric that formed our organizations’ identity. This is a wonderful way to remember a caring and loving person who gave so much to the community.”

Founded in 1957 by a group of parents, The Arc of Anchorage’s goal is to ensure people who experience intellectual and developmental disabilities have the opportunity to lead rich, full, satisfying lives as valued members of our community. The Arc of Anchorage has a full array of services available to people across the lifespan from birth through old age. The Arc of Anchorage recognizes each person has specific dreams, ambitions and interests, as well as aptitudes and abilities apart from the disability he/she experiences.

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B-roll available: Ginger cookie preparation and Helen Melick interview.