



ARCA's mission is working together to open doors for people with developmental disabilities to be valued members of the community.

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United Way
of Central New Mexico



2006 NEW MEXICO QUALITY AWARD

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Outlook

Opening doors for individuals with developmental disabilities since 1957.

www.ARCASpirit.org

Fall 2013

Please consider adding the ARCA Foundation to your will or estate plan. Contact Elaine Solimon at 505-480-4321



<https://www.facebook.com/arcaopeningdoors>

SAVE THE DATE!

Fascinating Poinsettia Facts

"Top 5" List

- 5 The Poinsettia is actually a small tropical tree.
- 4 In Spain, the Poinsettia is known as "Flor de Pascua" or "Easter Flower."
- 3 Montezuma had Poinsettias delivered to him by caravan.
- 2 Poinsettias are the most popular potted plant in the United States.

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ARCA's 2013 Poinsettia Celebration is Saturday, Nov. 23rd, 9 – 11 a.m. at 181 E. La Entrada Lane in Corrales.

Give Michele a call at 332-6803 or email Mcodey@ARCASpirit.org so we'll have plenty of hot apple cider and yummy snacks to keep you warm while you're shopping for your most beautiful seasonal plants. As always, every plant is grown with love by your ARCA family.

Look forward to seeing you!



ARCA's Bounty

At ARCA, we are privileged to share in the bountiful lives of the 600 children and adults we serve.

ARCA Buddies Civitan Club is thriving with over 25 members! This remarkable team is dedicated to making a difference in our community each and every day. Dozens of volunteers, generous donors and, of course, the extraordinary kindness of Scott and Pam Garrett, made it possible for over 100 people to create lifelong memories at ARCA's 2013 Apple Mountain Camp. The Trusted Advisor Network's (TAN) 3rd Annual Golf Tournament for ARCA (still weeks away as I write this letter) has already set new participation records and we are jazzed by their enthusiasm in creating lasting relationships.

At ARCA Organics, the harvest is rich with heirloom tomatoes, blackberries, dragon beans, eggplant, herbs, wheatgrass and so much more. Even richer is the confidence ARCA's Associate Employees emanate while relishing in their talent to create beautiful and nourishing crops. We are grateful to share our organic delights with local restaurants and markets, whose support helps ensure a bright future for those in our care.

When one door closes, we are reminded that opening new doors is at the very core of the culture and spirit of ARCA. In times of apparent scarcity, unexpected opportunities blossom. When

changes are necessary, we work behind the scenes to maintain stability in the lives of the children and adults we serve. The myriad of achievements, both great and small, for each person in our care deepens our commitment to increase and enrich opportunities for people with intellectual and developmental disabilities to lead causative, joyous lives.

Our Annual Membership Meeting is an opportunity to thank and celebrate the bounty of dedicated service and leadership you give to ARCA. We hope you can join us on Wednesday, November 6, 2013, 11:00 a.m., at our Lomas offices. While enjoying lunch, you will hear our 2013 State of ARCA Address, receive our new Annual Report and renew our leadership through the election of Board members.

On behalf of every child and adult ARCA has been privileged to serve over 56 years, thank you for your commitment to assuring our bounty of lifelong supports are available for as long as there is a need in central New Mexico.



Edward J. Kaul
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ARCA's Annual Membership Meeting

Our 2013 Membership Meeting will be **Wednesday, November 6th at 11300 Lomas Blvd., NE, 11:00 a.m.** Lunch will be served, followed by an overview of the year's highlights, a brief business meeting and election of board members. We welcome and encourage all members to attend. Please contact Mindy Allison at 332-6802 or MAllison@ARCASpirit.org if you have any questions or to reserve your place.

The Board of Director's Nominating Committee is pleased to present the following slate of Directors for election by the ARCA membership. Existing Board members Carol Pierce, Jim Stromberg and Jim Barton are recommended, each for another 3-year term. The following two new candidates have also agreed to have their names submitted, each for a 3-year term.

- **Lee Marley** is the Chief Information Officer and Senior Vice President for Presbyterian Health Service. She has served as CIO for Health Service and Health Care

organizations in California and Florida. Lee has held several other positions in the Health Services field since she completed her residency in NC. Lee has a Master of Science in Hospital and Health Administration from the University of Alabama in Birmingham.

- **Matt Maes** is a CPA and currently the Controller for Lovelace Health Plan. Matt is a graduate of the University of New Mexico Anderson School of Management and has 13 years experience in the field of accounting. Matt has served on the ARCA Finance Committee for several years.

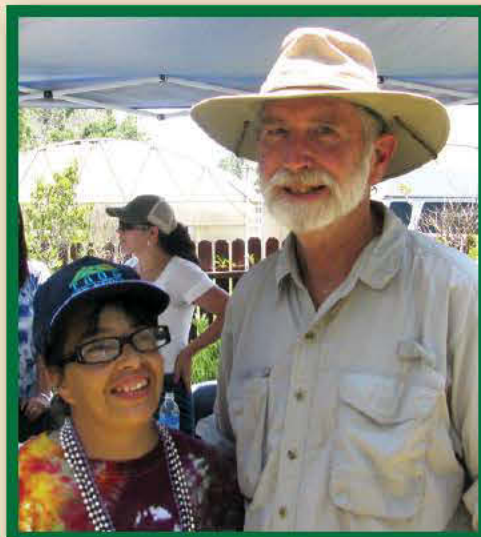
We Will Miss You Howard Farber!

Howard Farber has been a cornerstone for ARCA since 1978. When institutions closed in New Mexico, Howard was instrumental in helping people with intellectual and developmental disabilities transition to community based living. Since then, Howard has been the first person families turn to when looking for support for their loved one.

After months of planning and preparation, Howard retired in August. His last day at ARCA was filled with reminiscences; individuals receiving services, families and staff all stopped by to thank him and wish him well as he launched his next great adventure.

Debbie Redhouse, ARCA QMRP and Social Worker, reminisced about an individual receiving ARCA services, "Prescott always called him Howard Farmer...Howard never seemed to mind though! When Howard began an intake process, he established a good, strong connection. That positive relationship set the standard to follow in maintaining a good working relationship – so critical!"

"Howard always had a sense of calm...he was able to calm those around him, too. He taught me that we each have our own "tool box" and how to choose which "tool" would best fit the job. Each



person has different strengths and we need to use that to be a strong team!" Richanne Cunningham, ARCA RN and QDDP

"I had no knowledge of Medicaid when I came to ARCA," said Michele Cody, ARCA Foundation. "Howard sat with me and patiently explained the different funding streams. It was so easy to imagine the comfort a family member would feel in having Howard to lean on."

"Howard dedicated his life to helping others; he will truly be missed by his co-workers and all the families and individuals he assisted during his 35 year career with ARCA," said Vince Smith, ARCA InterCare Services Director.

Howard will be spending time camping, site seeing, reading and exploring America's hidden treasures, but is not going away completely. He has expressed an interest in volunteering with ARCA and we look forward to taking him up on it!

Howard consistently led with compassion, respect, knowledge and a hefty sense of humor that all of us will miss. Thank you, Howard. Your dedication and outstanding service to ARCA, individuals receiving services, families and our community have helped countless people lead great lives. We will always be grateful.

Maureen Gannon is PNM's Volunteer of the Year

Maureen Gannon was recognized as one of four Volunteer of the Year award recipients for her dedicated service to ARCA at PNM's 2013 Volunteer Excellence Award luncheon.

Maureen has served on the ARCA Foundation Board of Directors since 2008, spending two terms as co-President and one term as President. Her insights have been instrumental to various committees and task forces including Major Gifts, Finance, Social Enterprise and, most recently, Planned Giving. Maureen has spent countless hours with individuals receiving ARCA Services, families and our community partners. Maureen and her family have wrapped gifts and served food at our annual holiday party for individuals without families. Maureen and her extended family generate lots of smiles at our Annual Bowl-a-Thon, poinsettia and geranium celebrations, ARCA Day at the Zoo and countless events in celebration of achievements, both great and small, of individuals in ARCA's care.

ARCA is deeply and profoundly grateful for our relationship. What a difference our teamwork has made in our community! Maureen and PNM, independently and together, have offered leadership, service and infinite wisdom to our ARCA Family. Thank you for the bounty of gratitude we offer you each and every day.



In Loving Memory



Lorenzo Jaramillo, 54, passed away September 2, 2013. Lorenzo came to ARCA in 1984. He was always eager to share a hug and a

kiss with people he cared about. He loved going on daily walks with staff. Sometimes he would sit outside so he could enjoy the weather. He loved to share pictures of his family and the staff who cared for him. Lorenzo is survived by his sister Connie and numerous other family members as well as his ARCA family.

Lorenzo will be deeply missed by all who knew and loved him.



OUR GIVING JOURNEY

Chet and Diana Stewart opened their home and hearts to honor ARCA's Circle of Promise members at a brunch in their home on September 21st. Over 40 guests were inspired by the Stewarts' generous giving journey reflections and several attendees shared their personal stories about what it means to them to have made a planned gift to ARCA. We were thrilled with the outpouring of support at our first event to honor our Circle of Promise members and invite you to contact Elaine to learn how you can ensure a bright future for the generations of little ones through elders to come who will benefit from ARCA's stellar supports!

Elaine Solimon
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Elaine Solimon

Alfred Abbott ~ A Giant Among Men



Al Abbott, center, with Joseph Ciluzzi & Ollie Mae Hopper

Our beloved Al Abbott (Lt. Col. RET), lived his 101 years positively impacting so many people around him. ARCA was the beneficiary of his positive spirit and amazing generosity and we will deeply miss this weaver of engaging stories. He entrusted his nephew Joseph Ciluzzi to ARCA's care in 1995 and became a remarkable ARCA ambassador, friend and benefactor. Al provided the seed money for ARCA's Endowment Fund and he always answered "yes" when he learned of an unmet funding need in ARCA's vast array of services. His death on September 7, 2013 left a hole in our hearts and we join his dear friend of 17 years, Ollie Mae Hopper, in grieving this loss of a giant among men.

Lewis University Opens a New Door for ARCA

Jim Saya, Executive Director of Lewis University has been part of our ARCA family since 2012. After a tour of program offices, homes and our farm his only question was, "What can I do to help?" Jim was nominated for, and accepted, service on the ARCA Foundation Board of Directors. He served as co-chair of a milestone Joint Board Task Force, member of the ARCA Business Enterprises Leadership Advisory Council and Campaign Leadership Committee, and chair of the Social Media Task Force.



When the need to expand Lewis University's facilities arose, Jim asked if he could integrate ARCA into the planned build-out. He worked with our Training Department to provide state of the art classroom space. This amazing opportunity will allow much needed exposure and growth for one of ARCA's premiere Business Enterprise Units.

"We really owe a debt of gratitude to Jim Saya and Lewis University for partnering with ARCA's Training Center," said Budd Berman,

ARCA Training Manager. "Not only will this opportunity help us in training our employees, but it allows us to invite more members of the community to further their education through ARCA."

"It has been a distinct honor partnering with ARCA as we hoped to make a difference with an organization that has done so much for Albuquerque," said Jim Saya. "Little did we realize at the time what an impact ARCA would have on Lewis University."

Increased revenue through business enterprises helps supplement the gaps in current Medicaid funding and will help assure a strong future for hundreds of children and adults with intellectual and developmental disabilities in ARCA's care. We are grateful to Jim and to Lewis University for their gentle care and strategic tending of the spirit of ARCA.

"...it allows us to invite more members of the community to further their education through ARCA."



overnight campers



Please bus your own trash



Aaron expresses his thanks to those who made it possible for him to go to camp. He says "you're rock stars!"



FUN, FUN AND MORE FUN!

We were still a mile away from Apple Mountain Camp when the cheering started and it lasted all week! For many individuals receiving ARCA services, summer camp is a much anticipated holiday. The fun starts the minute we get off the bus. This year campers enjoyed all the usual favorites - arts and crafts, swimming, fishing, sports, hiking, carnival games, bingo - and lots of new activities, too! Kelly Gossett from New Mexico Kayak Instruction, Inc. helped people learn kayaking and, with the help of ARCA staff and volunteers, it quickly became a camp favorite. "It was an awesome experience for me and the campers. It's not unusual to see successful outcomes when we introduce kayaking to people with physical or developmental disabilities for the first time," said Kelly. We hope kayaking becomes a camp staple. Zoo to You, from Albuquerque's BioPark, brought reptiles, birds and an armadillo and educated campers about exotic animals. A visit to a nearby national park to hike and sight see was made educational by one of the park rangers.

The culmination of the week is always the big dance and this year's "Rockin' 80's" themed shindig was no different! Headbands, teased hair, leg warmers and Culture Club reminded everyone what the 80's were about. Smiles, laughter and so much dancing reminded everyone what ARCA's Apple Mountain Camp is all about.

THANK YOU!!!

We want to acknowledge our donors who made ARCA's 2013 Apple Mountain Camp possible. Your generous support provided scholarships and supplies. We hope you enjoy the photos and invite you to join us for next year's dance. Contact Michele Cody at MCody@ARCASpirit.org for all the details.



Jose, scholarship recipient, was initially apprehensive about camp. He didn't know anyone. Now he loves it and will finger wrestle with anyone who is willing!



Rocker wannabes



Casey was able to enjoy the unique kayaking experience!



overnight staff



ARCA Buddies Civitan Club By Carol Kline

ARCA Buddies Civitan Club is the newest Civitan Club in our Great Southwest Civitan District!

Civitan is an international community service organization; our District includes New Mexico, Colorado and El Paso, Texas. In the Albuquerque area, we have 20 Clubs and ARCA Buddies is one of two with a focus on people with intellectual and developmental disabilities giving back to our community.



ARCA Buddies Civitan Club Board (from left-right), Angel Lucero, Kipper Weil, Bobby Stevens, Tim Kominiak, Kathy Gnull, Todd Pettis, AJ Jojola, Pam Grimes, and Mark Fields.

In only a few short months, this Club has seen lots of exciting activity! In May, Club Members elected Kathy Gnull (President), Pam Grimes (President Elect), Angel Lucero (Secretary), Kipper Weil (Treasurer) and A.J. Jojola, Tim Kominiak, Brian Milam, Todd Pettis and Bobby Stevens (Directors). The three Club Builders are Dea Renfro, ARCA staff, Noel Behne, former ARCA Foundation Board President and Carol Kline, friend of ARCA.

Meetings are lots of fun and include interesting speakers! Topics so far have included job training, water aerobics, golf, camping and hunting, useless fun information!, balloon animals and speakers from Animal Humane, the Albuquerque Police Department and the "Lego" Guy!

Community service projects have included filling activity bags for UNM Children's Hospital and 'toiletry' bags for our City's homeless people, making sock puppets for children at Tingley Hospital and putting dog food and dog biscuits in bags with bows for Animal Humane. Club Members and staff deliver the items.

Organized fund raisers enable Civitans to purchase needed materials for service projects and ARCA Buddies has one already scheduled. **Mark your calendars for Saturday, November 9th, 11 a.m. to 3 p.m.** for the District *Civitan Claus for a Cause* at the Golf Training Center, Balloon Fiesta Park (behind the Balloon Museum). This will be a



A job well done! Club members proudly show off activity bags they put together for UNM Children's Hospital.

great opportunity to get the jump on holiday shopping with a variety of items for sale by 20+ District Civitan Clubs and, of course, ARCA's famous holiday poinsettias!

We are always looking for projects and fund raisers during our one hour meetings held Wednesdays, 12:30-1:30 p.m. at the North Valley Senior Center, 3825 4th St. NW (4th & Aztec). Please contact Carol Kline at 452-0585 if you have ideas or would like more information about Civitan or ARCA Buddies. For information on the Civitan International Research Center (CIRC), visit www.civitan.com. Just click on Charitable Programs then Civitan

Research Center. The CIRC improves the lives of people at risk for, or affected by, developmental disabilities.

We invite you to visit one of our meetings and hope you will consider membership in this great Club. Oh, and we dance at the end of every meeting!



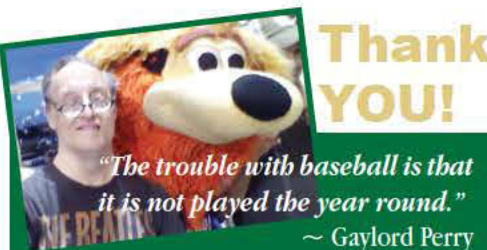
Kathy Gnull welcomes new member, Inez Tellez

New Opportunities

BJ Tucker RN, Certified Medication Nurse Educator/Nurse Services Coordinator sees the efficiency and compassion of Certified Medication Aides (CMAs) every day. She was confident these "everyday angels" had the ability and could assume responsibilities in medication and insulin delivery. With full support of ARCA she and two other nurses worked closely with the Board of Nursing and spearheaded an effort to create a new CMA II category. BJ was part of the development of the new curriculum and worked to implement a Pilot Program. In 2012, BJ's vision was realized when seven CMA Is successfully completed the program and passed the Board of Nursing Exam becoming the first CMA IIs in the state of New Mexico.

Congratulations to Vanessa Tyler, Sonja Aragon, Cecil Gabaldon, Eli Ortiz, Anna Garcia, Sharnae Beatty and Heather Haskins.

Thank you BJ, for using your intellect and keen insights to streamline medication delivery through stellar professional development opportunities for our CMAs!



Thanks to the generosity of Sheehan & Sheehan, Vanguard Media and our own Isotopes, baseball was our favorite pastime this summer!



Albuquerque Breakfast Civitan's Summer Treat



ARCA's favorite summer treat is spending time with friends and loved ones enjoying flawlessly grilled burgers. Our Albuquerque Breakfast Civitans hosted the perfect barbeque for our ARCA family with tasty burgers, desserts and snow cones. People danced to music by the New Mexico Special Orchestra and Individuals in ARCA's care got up on stage and played a variety of instruments. What a wonderful afternoon and all thanks to Albuquerque Breakfast Civitan members!



Star Athletes Take Home Gold, Silver and Bronze!

Athletes from all over New Mexico traveled to Farmington for the State Special Olympics Four Corners Invitational this August and ARCA coaches David Cunningham,



System Administrator, and Richanne Cunningham, RN, QDDP, led their teams to a bounty of medals!

The Los Amigos team was well represented with athletes golfing, playing softball and swimming. Softball stars Delbert S, and AJ took the gold

playing against competitors San Juan and Santa Fe. Golfers Karl S, David J, and Mike D took home silver and bronze medals and swimmers Brian H, Drake R, Kenny R, Angie V, Virginia G, Michelle M, Deena G, Paula O, Sara D, Loretta M, Ian H, Ramon B, Diana T, Dede M, Ernest K, Bob S and Krystal C took gold, bronze and silver medals.

After a hard day of competition everyone danced the night away at the closing ceremony celebrations!

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