



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.

Spring 2013

www.ARCASpirit.org

Moving Forward

I am frequently asked by families, staff and members of the community how ARCA is faring amidst the uncertainty surrounding the ongoing Medicaid Waiver upheaval and economic challenges. My answer is always, emphatically, "We are moving forward."

The implementation of the new Medicaid Waiver is presenting new challenges every day. Our focus is directed forward, working within the anticipated changes to develop and implement plans to ensure the people in our care have a future filled with the same stellar supports and services they receive today.

We continue to work side by side with our community partners and benefit greatly from the insights, efforts and generous investments made in support of those in our care. We are grateful for these strong relationships and know, together, we will move through this milestone time in our history and look forward to creating new and exciting opportunities for children and adults with developmental disabilities.

It is one year since I wrote my first letter for Outlook. Since that time we have reorganized the agency to further reduce administrative costs. We have strengthened our information technology processes, systems and documentation to streamline communication. We voluntarily completed our first internal HIPAA audit to increase our level of compliance. We continue to measure for success in our key processes and swiftly address any areas that fall below benchmark.

These initiatives serve the same outcome - increasing opportunities for people in our care to lead a life of purpose and significance, to work and learn, have fun, and enjoy health, safety and happiness surrounded by friends



Thank you. The focused commitment of our staff, families and community partners will always keep us moving forward.

Edward J. Kaul
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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!

Geranium Celebration

April 27th, 9 - 11 a.m.

We have geraniums galore and you'll know they were grown with love when you see them at our Annual Geranium Celebration on **April 27th, 9 - 11 a.m.** at 181 E. La Entrada Lane in Corrales. Let Michele know you're coming at MCody@ARCASpirit.org so we can have plenty of delicious snacks for you to enjoy while shopping, touring our amazing greenhouses and visiting with friends and family.

Can't wait to see you!



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A Big Welcome!

From left: Michele Cody, ARCA Foundation Executive Director, Elaine Solimon, ARCA Community Relations Director, Ed Kaul, ARCA CEO and LaDonna Hopkins, ARCA Donor Relations Director.



The ARCA Foundation is thrilled to welcome LaDonna Hopkins to our Development Team!

After 15 years of creating stellar opportunities throughout our community as United Way of Central New Mexico's VP and Chief Development Officer, LaDonna has accepted the position of ARCA's Donor Relations Director. LaDonna began her career as a special education teacher in Enid, Oklahoma. "It is remarkable to see the changes that have taken place," said LaDonna. "I remember teaching in an institutional setting. It was part of the public school system, but the kids were separated. There is something very satisfying about joining the ARCA team and working with a population I fell in love with so many years ago."

We hope you will have the opportunity to join us in welcoming LaDonna as we work together to bring a bright future to ARCA and the cherished individuals we are so privileged to serve.



CALLING ALL FORMER BOARD MEMBERS!

We are planning a reunion in May 2013 of all our amazing past ARCA and ARCA Foundation board members and need your help! We have mailed a "Save the Date" card to the addresses we have for past board members over the decades. If you served on our board and did not receive our Save the Date card please call Elaine at 505-480-4321 or send an email to esolimon@arcaspirit.org so we can get your current information and include you in the festivities!

CALENDAR CHANGE!

Our calendar in the Winter 2012 issue of Outlook showed incorrect dates for our Geranium and Poinsettia Celebrations. We will be sending reminders but please note the correct dates:

Geranium Celebration
April 27th, 9-11am

Poinsettia Celebration
November 23rd, 9-11am

ARCA Hosts Regional HealthMatters™ CAP Conference

Health Matters is improving the health of hundreds of New Mexicans with developmental disabilities.



Affiliates from all regions of New Mexico.

ARCA hosted the New Mexico HealthMatters™ Community Academic Partnership (CAP) Conference in Albuquerque this January where community-based organizations (CBO) from four New Mexico regions met to discuss health promotion capacity.

Individuals with disabilities, staff and family members from throughout the region convened with ARCA, NorthPointe Resources, the University of New Mexico's Dr. Lisa Cacari-Stone and the University of Illinois at Chicago to tell stories, learn from each other and set organizational goals for health promotion based on a comprehensive HealthMatters™ Assessment of current organizational status.

Jeff Foster, a self-advocate, confidently led forty-two conference attendees through a group meditation and discussed how health lessons helped him walk so much better he exchanged his walker for a cane!

CBO self-advocates hit the mark practice teaching the new *Peer-to-Peer Health Messaging Program*! Jeff F., Rolley L., Tom P. and Mark H. represented ARCA as role models at the conference while Chelsea Oppenheim, a Peer-to-Peer leader at ARCA's Career Enhancement Services (ACES) demonstrated a group session with her peers Ernesto, Kipper, Sam, Wendy and Pam. Huge thanks to Holli Fields and Jeanne Desjardins for helping ACES participate.



Jeff Foster and Holli Fields lead a group meditation.

At ARCA, healthy living is a commitment. HealthMatters™ CAP is a collaboration between ARCA, NorthPointe Resources in Zion, Illinois and the University of Illinois at Chicago funded by the Eunice Kennedy Shriver National Institute of Child Health and Human Development (RC4HD066915-01) and staffed at ARCA by Arielle Oetzel, Leslie Hoelzel and Mindy Allison.

Affiliates are a statewide network improving the health of people with DD, their service and regulatory systems. The New Mexico Affiliates that will support health promotion for people with DD in their organization/region with technical support from ARCA include Silver Lining Services (NW), Santa Lucia (NE), Tresco, Inc. (SW), and Tobosa Developmental Services (SE). Under the grant, ARCA provided affiliates with teaching tools, equipment and books to support their programs.

HealthMatters™ CAP is demonstrating how CBOs and academic partners can effectively collaborate to provide practical solutions people with DD can use to learn and maintain healthy lifestyles. For more information, visit www.HealthMattersProgram.org.

Remember, your Health Matters!

Wheatgrass from a Power Plant



Over a decade ago, ARCA had an idea to further our mission by creating job opportunities for individuals in our care while generating revenue to supplement funding gaps. It was a tiny idea, hardly a seed. We talked to our friends at PNM and they believed it was a seed worth nurturing.

We could grow wheatgrass if we had a greenhouse. PNM provided the resources and today we have a beautiful, organic greenhouse fondly known as "ARCA's Organic Power Plant." The seeds grew and so did our customer base. The wheatgrass was thriving, but the most extraordinary growth was in the skills and confidence of our Associate Employees. People who had spent a lifetime being told what they couldn't do were adding new meaning to their lives by, literally, nurturing their friends and neighbors.

Today we have two organically certified greenhouses and seven acres of prime farmland in the beautiful Village of Corrales. Along the way we've needed help and PNM has stood beside us. From garlic to blackberries, our crops are grown with love and in high demand. We knew we needed to significantly expand and last month PNM made it possible through a grant from their Foundation.



"The work of these organizations to develop jobs, provide greater opportunities in our state and help those in need is important to PNM, as it is to our state," says Diane Harrison Ogawa, executive director of the PNM Resources Foundation.

"PNM's investment in ARCA Organics will move us forward to fulfill our dream to employ people with developmental disabilities and sustain our commitment to the people in our care," said Edward Kaul, president and CEO, ARCA.

"Through this latest expansion," said Maureen Gannon, Executive Director, Environmental Services, PNM Resources, "ARCA continues to create economic value and demonstrate its commitment to building a strong workplace and strengthening communities. PNM is thrilled that ARCA will be here for years to come to serve the precious lives of those with developmental disabilities."

5th Annual Bob Scanlon/Steve Mackie Bowl-a-Thon Saturday, June 8, 2013

It's the 5th anniversary of our Annual Bob Scanlon/Steve Mackie Bowl-a-Thon and we are jazzed! We already have a team of volunteers working away to help make this the most memorable year yet and can hardly wait to share our excitement with you. More details (and surprises galore) will be available soon on our Facebook page and website, but if you want to reserve your spot early, or have items for our silent auction, just let Michele Cody know at MCody@ARCASpirit.org.



"Affiliates are a statewide network improving the health of people with developmental disabilities, their service and regulatory systems."



Tobosa team creates Affiliate Action Plan with Dr. Beth Marks (UIC).



ARCA has provided opportunities for children and adults with developmental disabilities to lead great lives since 1957. In 55 years we have grown from a small consortium of a few families working together to the largest provider of services in New Mexico. We have complex and diverse programs serving 600 people of varying ages with a wide range of interests and needs. In the upcoming issues of Outlook, we will highlight our different service areas and include contact information. We hope you will let us know if you have any questions or would like additional information. At ARCA, we are proud of the services we offer and always happy to take you on a tour.

Welcome to Independent Living

Individuals receiving services through ARCA's Independent Living division generally receive 5 – 20 hours of staff support per week while living in their own home. Services include assistance with navigating public transportation systems, accessing medical care, budgeting, supporting employment choices, cooking and housekeeping, planning vacations and providing opportunities to make friends and be a valued part of the community.

People often move between Independent Living and Supported Living, depending on their level of need. For example, Prescott has been in Independent Living for over 30 years and will soon be moving to a nice home in ARCA's Supported Living division. His staff will miss him, but know he will realize exciting opportunities with the additional support of his new team.

Jeff, on the other hand, has worked hard for many years to get an apartment of his own and live independently. Thanks to the support of his superb Supported Living staff, he has developed the necessary skills to take on this challenging endeavor.

We love to celebrate success and in 2012, our goal of increasing independence using public transportation exceeded our

expectations! ARCA's Smart Travel Project provided necessary skills and modern technology resulting in over 75% of the people Independent Living serves using public transportation independently!

This promises to be a year of challenges and opportunities. With the anticipated implementation of the new DD Waiver, our name will change to Customized In-Home Supports. We will continue to provide the same stellar services along with more group activities and services including people from other divisions.

Our goal to create increased independence for people we serve will be highlighted by a focus on additional health education. We will also work toward increasing communication with families and guardians, and look for new service opportunities for the division

We are excited to move forward and know great things await us! Please stop by for a visit at our 4th Street offices. You'll meet some amazing people! If you would like more information about Independent Living, or to schedule a tour, please give me a call at 243-3837. I look forward to seeing you soon!

Merry Murphy
Independent Living Division Director



Ready, Willing—and Employed!



"Shawniece is very talented and hard working, and Nathan began to think they could aim higher. . ."

Shawniece started working with her job coach, Nathan, in mid-July and since she was certified to work in childcare, they focused on employment opportunities in daycare centers.

After a fruitless summer, Shawniece told Nathan she really needed a job and widened her search to include retail and restaurants. Over the next several weeks, Shawniece became more and more determined—which inspired Nathan!

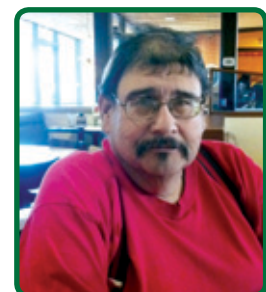
In November, Shawniece applied online to four different Albuquerque McDonald's and told Nathan her goal was to find a job before her March birthday. Shawniece is very talented and hard working, and Nathan began to think they could aim higher. Nathan told her his

birthday was in January and he'd set a personal goal to help Shawniece find a job before then!

A couple weeks later Nathan was with another client applying for a job at Village Inn. When the manager told him he might be looking for an extra busser on the weekends Nathan told the manager, "I think I've got just the person you're looking for."

Shawniece went in for an interview that weekend and nailed it! Shawniece had a tough schedule including Christmas Eve, Christmas Day, New Year's Eve, New Year's Day and four-hour weekend shifts. Shawniece showed up on time and in good spirits for every shift—and is now a valued member of the Village Inn team!

In Loving Memory



Clifford Martinez passed away on December 29. Cliff was 56 years old and part of our ARCA family for 38 years. "Big Guy" as he was affectionately called, was a man of few words who always

got his point across. Many of the staff who worked with Cliff shared their fondest memories at his memorial service. Some recalled how, because of his size, he seemed intimidating. Once you got to know him, which was immediately, he was a big teddy bear and a friend you knew would be in your corner. Others spoke fondly of how he would take care of people when he thought they needed a little extra help. He often asked about staff's families as if they were his own. He loved Spanish music, baseball caps and, of course, the ladies – memories which bring smiles to the faces of all who knew and loved Cliff.

We miss you Cliff. . . rest in peace.



With the launching of Circle of Promise in 2012, we learned a growing number of ARCA families, staff and community partners have chosen to name the ARCA Foundation in their estate or financial plans. We are so very grateful for the legacy gifts made today, knowing they will provide secure tomorrows for individuals in ARCA's care.

Your promises make my heart sing and make it possible for ARCA to be there for individuals with developmental disabilities and their families as long as there is a community need. The cumulative impact of planned gifts, both small and large, will be astounding and ensure a bright future for the hundreds of little ones through elders who will receive ARCA supports for generations to come!

Want to learn more? I would be honored to visit with you about the many options available in becoming a Circle of Promise member through your will, trust, retirement plan, life insurance or financial accounts. Please give me a call at 505-480-4321 or email me at esolimon@arcaspirit.org.

Every gift makes a positive difference, thank you!

Elaine Solimon
Elaine Solimon
Community Relations Director

