



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  
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# Outlook

Opening doors for individuals with developmental disabilities since 1957.

Volume I • 2014

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



To stay current with ARCA news, visit our Facebook page:  
<https://www.facebook.com/arcaopeningdoors>

## SAVE THE DATE!

**ARCA'S ANNUAL GERANIUM CELEBRATION!**  
**SATURDAY, APRIL 26TH**

This time of year, when our greenhouse are filled to the brim with 12,000 geraniums just beginning to bloom, our very favorite thing to do is dream about how lovely it will be to share them with you.

Please join in our annual celebration of geraniums **Saturday, April 26 from 9 – 11 a.m. at 181 E. La Entrada Lane in Corrales.** These are the most beautiful plants for decorating your home, office and garden and we have lots for sale! As always, each and every one is grown with love.

Let Michele know you're coming at [MCody@ARCASpirit.org](mailto:MCody@ARCASpirit.org). We want to have plenty of snacks for you to enjoy while we catch up. See you soon!

**ALBUQUERQUE BREAKFAST CIVITANS' ANNUAL PICNIC**  
**THURSDAY, JULY 10TH**

The Albuquerque Breakfast Civitans' Annual Picnic will be **July 10, 2014, from 6:00 - 9:00pm at EXPO New Mexico.** Please enter at the San Pedro/Copper gate and follow the signs. Delicious grilled burgers, snow cones, music and dance await you! Join in the festivities and don't forget to bring a dessert to share.



## Outlook UPDATE

Starting with this issue, the ARCA *Outlook* will be printed triannually instead of quarterly. We will continue to update our readers about ARCA and as always love your feedback on each issue. If you wish to get an electronic copy instead of a hard copy we will gladly add you to our email list. Just give us a call at (505) 332-6700.



## Opening Doors

Spring brings possibility; new doors open to welcome in the promise of the season.

"Opening doors" holds powerful meaning at ARCA, incorporated into both our logo and our mission statement. Implied in our message and apparent in our day to day lives is the knowledge our doors, happily, open both ways. We live in gratitude for the opportunities created by our volunteers; we rejoice over the gifts our volunteers receive through time spent with individuals in our care.

Our volunteers share stories about casual meetings with people in our

care growing into acquaintances that blossom into long term friendships. Stories describing the unexpected treasures these relationships have brought them.

Ron and Kelly formed a bond over 20 years ago through the Master Gardener Program where they appreciated one another's passion and expertise. Their friendship has only grown stronger through the years. Susan is considered a member of the family by Peter, Priscilla, Jerry and the direct support staff in their home. Bob first met Nancy when she was bowling with friends at TenPins and More in Rio Rancho. Today it's hard to tell whose smile is bigger when he stops by the farm for a visit. Dave and Rolley met through ARCA's annual golf tournament. Rolley has become an honorary member of the Trusted Advisor Network and Dave has become an honored and trusted friend. Teams of people from Intel, PNM, Bank of Albuquerque and so many other local businesses ask to come back, year after year after year, to share their expertise with, and revel in the joy of, ARCA.

We are proud to dedicate this issue of Outlook to the hundreds of volunteers who chose to open doors with ARCA. We can't help but wonder if when Ralph Waldo Emerson suggested we all "be an opener of doors," he knew about the very special gifts we'd find.

*Edward J. Kaul*

Edward J. Kaul

(505) 332-6825 • [Ekaul@arcaspirit.org](mailto:Ekaul@arcaspirit.org)

**A very special thank you** to the New Mexico Advertising Federation for donating a table to ARCA so we could attend the 2014 Addys, an award ceremony celebrating the best of the best in advertising. It was an honor to be in attendance when Lora Cunningham, Cunningham Productions, received the Silver Award and coveted Albuquerque 30 for the amazing PSAs she produced for ARCA! Lora donated her time and platinum level talent to bring the spirit of ARCA into two 30 second spots. Lora is a cherished member of our ARCA family, and we are deeply grateful.



Thank you to former Silver Medal Recipients Joanne Fine and Debbie Johnson for joining in the celebration!



Love & Committment

Jerry and Ella celebrated their 30th wedding anniversary this February with a special trip to Taos. In a recent conversation they shared that marriage has its ups and downs, but they love each other and look forward to a lifetime together.

In the late 1970s, Jerry and Ella met at a bus stop where, through ARCA's Customized Community Supports Services, they were increasing their independence by learning to use public transportation. Like many young couples they began married life in an apartment and in 1992, with the help of a city housing program, became home owners!

After 30 years, they still enjoy time spent alone together and in our community. Ella is a full time employee at the VA Hospital and Jerry recently retired to focus on volunteering at the VA Hospital and Meals on Wheels. A lifelong learner, he is also part of ARCA's specialized literacy program. They are church members, love Karaoke with their friends at the American Legion Hall,

travel, bowl and play board games. Throughout their marriage, Jerry and Ella have received services through ARCA's Customized Community Supports Services and exemplify how, with a little help, we all have the opportunity to live great lives.

Congratulations, Jerry and Ella, on 30 great years!



Decades of Generous Giving

*"It is always meaningful to have families stay connected and supportive long past the time we serve their loved one."*

It is a great joy for me to visit with individuals and families who have informed us of a planned gift to benefit future generations of individuals supported by ARCA. Last month, I was fortunate to meet with the latest couple to receive our Circle of Promise pins and wanted to share their story.

His brother received services from ARCA for many years before passing in the early 1990s. It is always meaningful to have families stay connected and supportive long past the time we serve their loved one. After years of faithful gifts, I was honored to see a contribution envelope indicating they had included ARCA in their estate plan. I called him at his San Diego home and asked if we could meet in January when I had a family trip planned in the area.

We reminisced over lunch about how determined his brother was to live his life as independently as possible. During our conversation he shared how grateful he was for ARCA services and how strongly he believed in our

mission. I expressed my gratitude to him for both his planned gift and ongoing contributions and we talked about the value added supports ARCA has been able to provide because of these gifts. It brought back a flood of memories when he learned our CEO was the same Ed Kaul who worked so effectively with his brother! These recollections were equally gratifying for Ed who shared detailed memories with me of how rewarding it was to support this donor's brother.

We salute our families past and present who are creating a strong future for individuals ARCA serves through their planned gifts. I am profoundly grateful to everyone who has named ARCA in their wills and other estate plans and love hearing your stories.

Thank you,  
*Elaine Solimon*  
Elaine Solimon  
(505) 480-4321

Donor Evening at Stanford

On the evening of January 30th, more than twenty people gathered in the welcoming ARCA home of Priscilla, Jerry and Peter for a donor relations social event. Amidst their beautiful art work, donors had a first-hand experience of what family means to ARCA. A special thanks to the Stanford home staff for their warm hospitality.



**Local Heroes** You probably know Josh "Big Country" Lanier is a heavyweight. At 6'6" and 220 pounds, he is one of Bellator's fighters. You may not know about his friendship with Todd.

Josh and Todd met at last year's Bowl-a-Thon and have been buddies ever since. They initially bonded over sports and last summer Josh invited Todd to join him ringside as an official member of his team from Lovato Total Fitness. With a matching uniform, Todd joined Josh in the cage after a speedy first round win under the Triple A MMA banner.

Their friendship continues to grow. After Josh's last MMA win, he had a duplicate of his medal made for Todd, which he presented over lunch along with a signed Bellator glove from the fight. Todd wears his medal with pride and Josh is tickled pink. It's good to have heroes. Josh and Todd are two of our favorites.

The 6th Annual Bob Scanlon/Steve Mackie Bowl-a-Thon  
Saturday, June 7, 2014 • 10:30 a.m. – 3:30 p.m.

Join us for a day of smiles!



In 2008, Bob Scanlon invited us to visit about an idea he had. Recently retired, he'd joined a league at TenPins and More where he met some very special bowlers who received ARCA services. He believed a Bowl-a-Thon would be a great venue for ARCA, and was willing to underwrite the costs on three conditions. Most importantly, everyone had to have a great time; secondly, it should be an opportunity to increase community awareness about ARCA; and, thirdly, it should generate much needed revenue to supplement funding gaps.

Bob's vision was extraordinary and on June 7th we will be celebrating our 6th Annual Bob Scanlon/Steve Mackie Bowl-a-Thon! To date, thousands of people have joined in the fun of our "smile-a-thon" and generated nearly \$450,000 in support of individuals receiving ARCA services!

This year promises to be the best yet. There'll be bowling galore, great food, amazing prizes, the best silent auction in town, lots of surprises and, most importantly, we get to spend time with you.

More details will be available soon on our Facebook page [www.facebook.com/arcaopeningdoors](http://www.facebook.com/arcaopeningdoors), but if you want to reserve your spot early, or have items for our Silent Auction, just let me know at [MCody@ARCASpirit.org](mailto:MCody@ARCASpirit.org). As always, the cost to bowl is \$0, the cost for lunch is \$0, the cost for lifelong memories of pure joy – well, that's priceless.





## Wonderful Volunteers

Last year ARCA volunteers donated 2,278 hours in support of ARCA - a value of \$50,434.92\*! Individuals and groups from various organizations were instrumental in making a difference each and every day. Here are a few examples...

Over 40 students from **UNM Beta Alpha Psi** and ten reviewers from **REDW** volunteered 200 man-hours helping prepare 340 individual Federal and State returns for people in ARCA's care. This dedicated service resulted in excess of \$45,000 in refunds!

**CNM students** assisted with teaching specialized literacy and health and wellness classes. These students initially chose ARCA because they wanted to learn about people with disabilities. One student wrote "We learned so much more than how to teach people with disabilities. We learned how important it is to see the person first and their challenges second."

**PNM** and **Intel** both sent teams of volunteers to help prepare and maintain our farmland. A dedicated group of **Vietnam Veterans** planted, nurtured and harvested a gorgeous crop of tomatoes at ARCA Organics. These volunteers help create new and exciting opportunities through our Business Enterprises.

**Bank of Albuquerque** associates and their families are ARCA's holiday angels, returning every December to support our annual party for individuals receiving services. One family has been part of our holidays for so long we've watched their children grow! What a treat to see how they've learned about ARCA through their generous donation of time and talent.



**Local Civitan organizations** sponsored or helped organize ARCA events like our annual picnic, a beloved event with socializing, dancing and the very best hamburgers. They lent a valuable hand at our annual geranium and poinsettia celebrations and Apple Mountain Camp.

**Individual volunteers** helped at events including ARCA's Apple Mountain Camp and our Bob Scanlon/Steve Mackie

Bowl-a-Thon. They always remind us of the joy they experience and the new friends they make – it's a blast for everyone!

ARCA is an amazing organization with volunteer opportunities for people with diverse interests. **Mike**

and **Fran Ford** have been volunteers at ARCA for many years, but in very different roles. Mike is a master gardener and lends his expertise to ARCA Organics and people who have an interest in home gardening while Fran helps out in our human resources office.

Volunteers make an impact at ARCA! If you have a skill to share and time to give we have a place for you! Please contact Paylene Wytewa-Alire at (505) 332-6816 or [fwytewa@arcaspirit.org](mailto:fwytewa@arcaspirit.org). We look forward to hearing from you.

\*The Value of Volunteer Time is updated annually and made available by Independent Sector. The current Independent Sector rate (2012) is \$22.14 per hour.

## Mary's Laundry Service



Mary has been with ARCA's Prader-Willi Syndrome Project since 1991. With a warm smile and amazing spirit, Mary has taught us about this rare genetic syndrome and the extraordinary successes people can realize. Mary recently launched her own business! **Mary's Laundry Service** offers both pick up and delivery, with prices comparable to "wash and fold" services you would find at any professional laundry. Mary does an excellent job and offers one day service!

To arrange for service, give Clarissa a call at 228-4334. Clarissa is Mary's Job Coach and, through ARCA Career Enhancement Services (ACES), is working with Mary to fine tune her entrepreneurial skills.

If you don't like going to the Laundromat or your machine keeps breaking down or you just want to treat yourself to a week without laundry – try **Mary's Laundry Service**. As Mary says, with her trademark smile, "I like doing laundry and I want your business."

## In Loving Memory



**Lloyd Cieslar**, 81, passed away on December 26, 2013. Lloyd came to ARCA in 1979 and was involved in ARCA activities and his

community. He served on the ARCA Board for nine years and Consumer Council, which promoted self-advocacy. Lloyd was an ARCA trainer, helping teach the TIPS class for incoming ARCA staff to learn the responsibilities of working at ARCA and treating people with dignity and respect. He was very proud of these accomplishments. Lloyd loved his church and his community. Lloyd was truly a gentleman and always had a compliment for the ladies in his life. He left a legacy as an ARCA Ambassador. Lloyd will be greatly missed.



**Gail Bertholf**, 54, passed away on January 31, 2014. Gail was a sweet lady who had the brightest, most infectious smile for

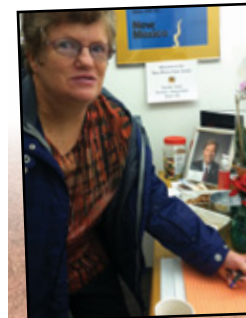
everyone she met. She looked on the bright side of things and even in difficult times would always say she was happy. She was sensitive to the needs of others and happiest when she could help others be happy. She loved to listen to her favorite country western music and would always carry her CD player. She loved her church, her family and everyone she knew at ARCA. We miss you Gail and know your gift of a smile will stay with us always.



**Dan Criswell**, 46, a cherished member of our Louisiana home for over nine years, enjoyed a variety of community activities

including Adelante, church, Merrymakers, shopping and going out to eat at restaurants. Dan was fascinated with the moon. He loved football and telling everyone about his team, the Pittsburgh Steelers. Outgoing and friendly, Dan never forgot the name of anyone he met. Following a lengthy hospitalization, Dan moved to his cousin's home in Estancia in January where he spent his final weeks surrounded by family. Dan passed away on February 16, 2014. He will be deeply missed by his loving family and his many friends.

**A Visit to Santa Fe** ARCA staff and individuals receiving services took a trip to Santa Fe to visit with their legislators on Thursday, February 13. Although their senators and representatives were in session, everyone had the opportunity to leave important messages about how important it is to continue living in a safe home, have the opportunity to work in the community and "have a voice in my quality of life."



Colleen Monaghan making a visit to Senator Tim Keller's office.





Falls Assessment

“Since 1957, ARCA’s proactive approach to creating opportunities has helped people with Intellectual and developmental disabilities lead great lives,” said Ed Kaul, President/CEO of ARCA. “We are excited about the work being done by The Electronic Caregiver to help people retain their independence through avoidance of potential falls; for ARCA to be included early in this collaborative effort is especially wonderful.”

The Electronic Caregiver Mobile Fall Risk Assessment Lab spent three days at ARCA collecting data for research they are conducting with New Mexico State University’s (NMSU) Department of Dance and Human Performance.

Falling is a primary cause among seniors of visits to the emergency room. The Electronic Caregiver and NMSU believe there are preventative measures available – if we know we are at risk. Together they have created the nation’s second largest database, containing thousands of key factors collected from assessments they are conducting across the country.

Initially the assessments focused on seniors in assisted living facilities. Through affiliations and partnerships with Stanford University, the Barrow Neurological Institute in Phoenix and Google, they are not only expanding the circle of who they assess, but the information they are able to collect.

“Having people come into the lab at NMSU severely limited the number of people the researchers could assess,” said Toby Cohantz, Director, Mobile Fall Risk Assessment Lab. “We realized if we could mobilize the equipment and visit facilities directly the potential benefit was extraordinary.” Four months later, outfitted with state-of-the-art equipment and a team representing the best from across the country, they hit the road.

Walking into the assessment room is like walking onto a movie set.



There are 3D motion capture infrared cameras, large screen monitors, laptops and tablets and a large pressure mat walkway. Two technicians affix between 18 – 44 body markers to key points on the person. Oh, and each person assessed gets a very cool pair of socks.

All it takes is two quick strolls across the walkway and everything from gait velocity to swing time is measured and a series of reports and graphs are generated to show the individuals’ percentage of risks for falling as compared to a normal gait.

“The results and recommendations from the assessments provide invaluable information enabling each individual’s residential and medical team to implement appropriate supports and services to keep them as safe, mobile and independent as possible,” said Charlie Hogan, ARCA Division Director

The Electronic Caregiver was selected through Google’s Explorer Program to develop assessment software for Google Glass. This additional technology will gather data based on eye and head movement and pupil dilatation.

“Falls translate to \$30 Billion in direct healthcare costs annually,” said Anthony Dohrmann, CEO of The Electronic Caregiver. “The data we collect translates to predictive models and improved diagnostics. Data becomes life saving.”

Membership Corner

ARCA members are integral in our mission of working together to open doors for people with developmental disabilities to be valued members of our community. Your advocacy for the children and adults in our care means the world in securing a strong future for people with intellectual and developmental disabilities and for ARCA.

In 2013, when ARCA discontinued our Arc NM and Arc US affiliation all existing annual memberships were placed in active status through June 30, 2014. **If you would like to continue your annual membership, or become a new member, please complete the form above** and mail it to ARCA, 11300 Lomas Blvd., NE, Albuquerque, NM 87112, Attention: Mindy Allison. Annual memberships coincide with ARCA’s fiscal year, July 1 – June 30. Lifetime members do not require renewal.

In the next few weeks current lifetime members will receive a membership card and lapel pin. Annual members will receive a card and pin upon renewal. We hope you’ll wear the pin with pride, knowing you are helping 600 children and adults receiving services from ARCA lead great lives. We look forward to ongoing conversation during the year and welcome your suggestions; let us know if you are interested in participating in our membership committee! In the meanwhile, if you have any questions or need additional information, please let Mindy know at [MAllison@ARCASpirit.org](mailto:MAllison@ARCASpirit.org).

By the way, **our 2014 Annual Luncheon Meeting is scheduled for Nov. 5th, 11:00am – 1:30pm.** We hope you’ll save the date!



**Yes, I am interested in becoming a member of ARCA!**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

Email Address \_\_\_\_\_

Relationship to ARCA \_\_\_\_\_

**Membership Fees**

**General Public**  
\$20 Annual, \$100 Lifetime

**ARCA Staff**  
\$15 Annual, \$75 Lifetime

**Individuals Receiving Services and their Families**  
\$5 Annual, \$20 Lifetime

ARCA Buddies Civitan Club by Carol Kline

ARCA Buddies Civitan Club is strong with dedicated members who give back to our community in so many ways. We are working on lots of exciting projects, including assembling toiletry bags for those in need and activity packets and sock puppets for children who are in the hospital or experiencing homelessness. We are putting dog food and biscuits in bags with bows for Animal Humane and making beautiful cards for our troops overseas.

**Do you have ideas for service projects, speakers or ways to raise money for our projects?** We would love to hear from you! Give us a call, stop by for a visit or share in the fun by joining (or volunteering to help) our Club! We welcome all new members and think you’ll look forward to our time together as much as we do.

➤ **ARCA Buddies meet** ◀

**Wednesdays, 3:00 – 4:00 p.m. at the North Valley Senior Center**  
located at 3825 4th St., NW (4th & Aztec).

We have a one-time initiation fee of \$25, with quarterly dues of \$24 (\$12 if you have an intellectual and/or developmental disability).

For more information, please contact  
Faylene Wytewa-Alire at 332-6816 or  
[FWytewa@ARCASpirit.org](mailto:FWytewa@ARCASpirit.org). **Hope to see you soon!**



Past President Kathy Gnall passes the gavel to incoming President Pam Grimes.



James Marquez receives his membership certificate from Stew Reinhold the Civitan District Governor Elect.



Mark Fields honored with ARCA Buddies Civitan of the Period.

Special Thanks!

The holidays have come and gone, but our gratitude is ongoing. To the delight of many individuals in ARCA’s care, Santa and his elves joined in our annual holiday celebration and made sure everyone had a gift to open. These individual often have no biological family to provide those special items from their wish list, a task Santa and his elves lovingly take on every year. A very special thank you to Francie Rawlins and her team from Bank of Albuquerque and Chris Isengard (Santa) for once again making magic.



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