



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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# Outlook

Opening doors for individuals with developmental disabilities since 1957.

Summer 2013

www.ARCAOpeningDoors.org

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



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

## Kim Jew Has a Picture Perfect Opportunity

In appreciation of the opportunities ARCA creates for individuals in our care, Kim Jew has a very special offer for members of our ARCA family. During the month of July, \$99 will buy you a \$500 Gift Certificate (a \$200 deluxe family studio session and \$300 towards portraits of your choice, 12x16 and larger). Kim Jew's creative photographers will capture unique memories sure to be treasured by your family for generations. Wonderful opportunity to bring your extended family (and yes, those adorable family pets are welcome, too) into the studio. **Kim Jew will donate 100% of the proceeds to ARCA!!!** Just email Don Brenner ([don.brenner@kimjew.com](mailto:don.brenner@kimjew.com)) and in the Subject Line, type "ARCA Gift Certificate". Please specify your address, phone number and best time to contact you. Don or one of his amazing staff will call you back to schedule the time/location and answer any questions you may have. Certificates must be used before July 31, 2013. Thank you Kim Jew, for taking such special care of each and every member of our ARCA family!



## SAVE THE DATE!

### CIVITAN PICNIC • JUNE 27, 6PM-8PM

The Albuquerque Breakfast Civitans will host another festive picnic on June 27, 2013, 6:00 p.m. - 8:00 p.m., at EXPO New Mexico and we hope you'll join us! Enter through the San Pedro/Copper gate and follow the signs. Great food, snow cones and live music are sure to leave everyone smiling! There is no cost to attend, just bring your favorite dessert to share. Thank you Albuquerque Breakfast Civitans for this very special tradition of summer fun in the sun!

### GOLF TOURNAMENT • SEPTEMBER 26TH

The 3rd Annual Trusted Advisor Network Golf Tournament for ARCA will be September 26th at Paako Ridge. For more information, to register a team or sign up as a hole sponsor, please contact David Sahd at [david@davidsahd.com](mailto:david@davidsahd.com). There are so many surprises in store – you won't want to miss it!!!



## Celebrating ARCA

As I write this letter, I see the onset of summer through my office window. For me, the warm summer days have always brought a sense of vigor, growth and renewal. I greet this particular summer of 2013 with special anticipation, an excellent time to reflect on our history, embrace new challenges, renew our commitment to growth for ourselves and the people we serve and, above all, celebrate ARCA.

In ARCA's early days, societal norms perceived the needs and differences of people with intellectual and developmental disabilities prevented them from leading meaningful, contributory lives. As one of the first organizations in the country to fully embrace Community Living, ARCA was a pioneer in assisting people, often seamlessly, in meeting their needs. As those needs were met, people were able to showcase their abilities – to live, work and play, in fact to thrive. Today, people with intellectual and developmental disabilities are wholly accepted as valued members of our community.

The countless milestones along the way could not have been achieved without the drive, desire and bravery shown by people in our care.

While we celebrate their extraordinary successes, we are humbled by the remarkable people who support them on their journey. Because of our history, we celebrate our future; we celebrate the people whose dedicated service will light the way through the challenges we face today, to a bright tomorrow.

This issue of Outlook is dedicated to all the celebrations, both great and small, reflecting the ongoing ARCA story. Our joy as an organization, the successes of individuals who have chosen to receive services from ARCA and the extraordinary people who have dedicated their lives to providing service excellence, weave together with our community partners make for a lasting, agile fabric that is ARCA.



Ed Kaul with Richard and Gail Womack

*Edward J. Kaul*  
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## A Walk Down Memory Lane

Over 40 past and current ARCA and ARCA Foundation Board members gathered at Gail and Richard Womack's home on May 18th over brunch for our first annual board reunion. We reminisced about ARCA's accomplishments over the decades and heard priceless anecdotes. Beth shared how she took a leap of faith when personally signing off to purchase our property in Corrales. There were tender moments when Trina described how ARCA services gave their whole family a "brand new life" and Lori talked about what it meant to be able to include the ARCA Foundation as a beneficiary in her life insurance policy. Laughter erupted when Lloyd recalled being asked to testify before the legislature after he began receiving ARCA services in 1979, sharing that his most memorable experience was going out for lunch and a beer afterward!

Throughout the morning, memories were shared, milestones celebrated and all of us left with a commitment to ensure ARCA will be around as long as



the need exists. We remarked what a different world it is today for people with developmental disabilities than it was when ARCA opened our doors over 55 years ago. Some



of us can only imagine what it was like for our founding members in the 1950's, such as Marta Lauser, whose recent obituary highlighted the work she did because of her daughter, Sue. "She recognized and worked to help establish opportunities and support for families and their children with developmental delays." Because of Marta and so many visionaries who followed, hundreds of individuals with developmental disabilities live joy-filled and meaningful lives.



We salute our board leadership throughout these five decades for its tireless, visionary work to create the framework for ARCA to provide stellar supports for babies through seniors each and every day, year after year, decade after decade, as long as the need exists.



## A Promise of Smiles at ARCA's 5th Annual Bob Scanlon/Steve Mackie Bowl-a-Thon

For a few hours each June, Albuquerqueans come together at *TenPins and More* to have fun. Challenges, worries and self-doubt are left outside the door. You may not know the people bowling next to you when you arrive; they will be your friends before you finish your first game. Bob Scanlon's vision of the Bowl-a-Thon has grown each year based on his conditions of having fun, increasing awareness and, always in third place, raising much needed money to supplement gaps in funding. This year was no different. Smiles and blossoming friendships were in abundance and, with a goal of \$100,000, we have already received almost \$95,000 - pledges are still coming in!!!

In between hugs and smiles and the clang of bowling ramps, Bob asked, "How can I help assure the future is as bright as today?" Bob consistently makes financial commitments to ARCA in three year increments. "I want the folks at ARCA to know they will have the money they need each year to build a solid budget. Medicaid funding is dwindling and in this economy there are fewer donors. Long-term plans require long-term commitments – of every size." In the midst of our 5th Annual Bowl-a-Thon, Bob issued a challenge to match every three-year commitment of \$250 a year or more up to \$25,000 per year.

ARCA is profoundly grateful for Bob's vision of a future secure in the knowledge that each and every person with developmental disabilities will have the resources to lead a meaningful life. We hope you will take this opportunity to leverage your investment in ARCA. Just include a note with your check for \$250 or more indicating it is the first of three annual payments. If you have any questions or would like additional information, please contact Michele at [Mcodey@ARCASpirit.org](mailto:Mcodey@ARCASpirit.org). Thank you for helping us keep our promise of providing premier, lifelong services for cherished children and adults with developmental disabilities for as long as the need exists.



## Our Legacy Donors



One of the great joys in my role as ARCA's Community Relations Director is the privilege of "pinning" those very special members of our ARCA family who have named ARCA/ARCA Foundation in their wills, insurance policies or other estate planning instruments.

While visiting with our Circle of Promise members, I've learned about the varying reasons for leaving a legacy gift from family members of individuals currently receiving ARCA services wanting to ensure ARCA is there for families in the future, to community members who want the financial

security they have experienced in their lives to further ARCA's stellar and innovative services. I love how each person's story is uniquely theirs and I envision how each planned gift will touch the lives of countless little ones through elders who will receive ARCA supports for generations to come.

There are many ways to make a planned gift and I would be honored to visit with you about the options available to become a treasured Circle of Promise member. Please give me a call at 505-480-4321 or email me at [esolimon@arcaspirit.org](mailto:esolimon@arcaspirit.org).

Every gift makes a positive difference and our entire ARCA family thanks you!

*Elaine Solimon*

Elaine Solimon  
Community Relations Director



## 2013 ARCA's APPLE MOUNTAIN CAMP

Planning is underway for ARCA's 2013 Apple Mountain Camp! Once again, 100+ campers will be enjoying activities including arts and crafts, swimming, fishing, playing sports, or just relaxing on the porch of the dining hall taking in the magnificent views of the Manzano Mountains.

Apple Mountain Camp would not be possible without the generosity of our partners. Last year, many of you made it possible for 18 people who could not afford the camp fees to go to camp; and those memories will last a lifetime! You helped cover the cost of necessary medical supplies, program materials, prizes for our popular Camp Bingo games and other essential supplies. We need your support for this year's camp and gifts of any amount will help.

Volunteer opportunities are available for all interested parties 16 years and older. If interested please contact Faylene Wytewa-Alire at (505)332-6816 or [fwytewa@arcaspirit.org](mailto:fwytewa@arcaspirit.org)

Thank you for the gift of creating camp memories.

## SMART Travel: Innovating Inclusion and Efficiencies and Decreasing Organizational Costs

"Like your organization, our member agencies are in the midst of the largest shake-up of DD service models and attendant funding since the....1970s. Sometimes it takes a serious shock to a system to get it to reevaluate its core principals." This is according to Glenn Godin, Assoc. ED for the Interagency Council of Developmental Disabilities Agencies, Inc., NY, NY.

ARCA's SMART Travel Program, envisioned and developed in-house in 2010, is attracting national attention for best practices. Utilizing Able Link Technologies' WayFinder application, ARCA staff creates prompted, customized travel routes for the nearly 30 people participating in the program. The opportunity to safely and independently travel using public transportation is a dream come true. The extraordinary outcomes of this program led to ARCA writing a journal article case study for national publication.

This program is only partially funded through a grant with the Department of Transportation. **We need forward thinking investors to cover the match costs!** If you are interested in learning more about this innovative, results based success, please contact Leslie Hoelzel at [LHoelzel@ARCASpirit.org](mailto:LHoelzel@ARCASpirit.org).



Kendrick Hanks enjoys his independence and loves getting around town using his Smartphone PDA

## Afternoon Tea at ARCA

Rio Grande Civitans and Joan Campbell worked tirelessly to host afternoon tea for the ladies of ARCA's ACES program. Buckingham palace would have been envious of the gorgeous scones, finger sandwiches, chocolate covered strawberries and assortment of specialty teas served at this stellar occasion. Special thanks to Casa Esperanza for letting us use their lovely facilities, the Farmer's Market for donating delectable fruits and veggies and Dianne Edwards from the New Mexico Tea Company for donating delightful teas and preparing a beautiful menu describing each of the specialty blends. A most heartfelt thank you to Dea Renfro, whose vision and hard work make all things possible.



Dea Renfro and Diane Fisher model their tea attire.



## Caring and Compassion

ARCA provides lifelong services for children and adults with developmental disabilities, but what is that special spark; what makes ARCA a source of hope, a place of comfort, a family? Faylene Wytewa-Alire has been on a quest to better define just what makes ARCA tick. Here is what she found.

People work at ARCA because they have compassion for the people in ARCA's care. We are here because we want to help people with developmental disabilities lead great lives. The belief in our mission of working together to open doors for people with developmental disabilities to be valued members of the community is evident throughout all divisions of ARCA. This is true whether you have worked here a few months or 30+ years.

Glenda Tate and Gail Manning, ARCA nurses, believe ARCA is like an extended family and there is a feeling of being appreciated by everyone, especially the individuals in our care. Gail has been with ARCA for 31 years and her daughter has lived in an ARCA home for 20 years. "There is a feeling of camaraderie throughout the agency," she says. "You are part of a team and being part of a team makes you want to do your best."

Direct support professionals (DSPs) are the lifeline of ARCA and Gail knows her daughter will be taken care of long after she and her husband are gone. "I am lucky to know first hand, the pride staff takes in caring for our daughter and the opportunities they help create for her to be part of our community."

Staff makes meaningful memories for individuals in ARCA's care. Lives are celebrated. Recently an individual's birthday party was almost cancelled because of his failing health, but staff moved forward so he would know how much he was loved before his health worsened.

Staff has memories, too, both happy and painful. Glenda reminisced about an individual she worked with who kept telling her to bring her car to the garage where he worked. "I was new to ARCA and thought he worked at a service station." She later learned he liked to imitate his favorite TV characters – namely Goober from the Andy Griffith Show. She laughs, recalling "I was ready to take my car to his garage!"

Memories can be very painful when staff works through end of life issues. They become a counselor to family and housemates while dealing with their own grief. Sheri Quam, ARCA Home Supervisor for Supported Living, has been with ARCA for eight years and has had to deal with

the passing of several individuals. She credits her team with giving her strength.

ARCA's administrative staff doesn't always have the opportunity for daily interaction with individuals in our care. Special events like ARCA's Apple Mountain Camp give employees like Bernadette Yazzie and Jean Lovato, from ARCA's Finance Department, that opportunity. Every summer, Bernadette and Jean decorate for the dance at camp. Bernadette says "Meeting the people personalizes it for me, and I also get to be involved in an event that the individuals look forward to every year!"

Another benefit at ARCA is the opportunity to work in different areas of the company. For example Aaron Roth who has been with ARCA for 15 years, has worked in human resources, as a DSP in supported employment and in residential services. He has fond memories of being a literacy instructor. Now, he is a member of the IT Department. "I've found at ARCA that if your passion and interest change, opportunities will come your way," says Aaron.

There are staff who leave and later return to ARCA. Laura Leigh Barrett, who has worked a total of over 20 years in the nutrition department, says "When I left and came back Elaine Solimon, CEO at the time and Judith Parsons, HR Director welcomed me at the lobby with hugs! What other organization would do that for a returning employee. It made me feel special!"

So, not only does our staff have compassion for individuals in our care, but also for each other. ARCA is our extended family. So many who were interviewed reflected on their memories

of team members and one person said it all "There is true heart at ARCA and that is why I stay!"

ARCA staff has a positive impact on individuals in our care everyday. Whether working as a DSP, in finance, nursing, nutrition, human resources, IT, the maintenance department or the other valuable divisions within ARCA, our goal is to improve their quality of life. We do so with pride and care!



Felix Madrid and Bernadette Yazzie live it up at the camp dance!



Gail Manning (left) and Glenda Tate (right), ARCA nurses have a combined 40 years experience working at ARCA. What a team!



Laura Leigh Barrett supports Justin's goal to stay healthy.



Catherine La Roque (middle) loves that she represents ARCA and the Prader Willi Syndrome Project all over the state of New Mexico. After 20 years at ARCA she says the families she works with call her "the lady who knows the most about PWS!"



Sheri Quam (right) says, "I love that we create memories for people we work with. Sometimes it is a memory of something they have done for the very first time." An example of that would be Sheri accompanying Prescilla Marquez (left) on a trip. It was Prescilla's first time ever riding on a plane!



Betsy Baca, ARCA Home Supervisor, says, "My job makes my life meaningful and I wish I had discovered ARCA earlier in my life." She has been with ARCA seven years and will be retiring in the fall.



Martin Nutt, who has been with ARCA's Maintenance Department for 11 years, says, "I like the projects that community volunteers bring to ARCA." He helped coordinate the building of a vegetable stand and pump house on the Corrales properties.

## We are Actors; We are Leaders

### ACES Staff Offer Performance and Leadership Opportunities to Individuals

by Carrie Bowen-Mercer



ARCA's Career Enhancement Services (ACES) staff create stellar opportunities. The "above and beyond" efforts of Jeanne Desjardins and Dea Renfro have led to two new community inclusion activities, the ARCA Traveling Theater Group and ARCA Buddies Civitan Club.

Over the past year ARCA's Traveling Theater has surpassed our vision of a drama program by collaborating with professional acting companies and performing at venues throughout our community. With 11 dedicated actors and Jeanne's leadership, we are a hit! In partnership with Sol Acting Academy, Jeanne coached ARCA's troupe who wrote and performed two plays, "Menagerie" and "Challenges," which were performed at venues throughout Albuquerque. In a new collaboration with the Marshall Performing Arts Conservatory, the focus is on the leadership of student and professional performers which will culminate in a performance at the African American Performing Arts Center. Jeanne credits the acting group's commitment and dedication as the reason for their success and asserts each individual has demonstrated increased self-confidence, self-determination and self-advocacy. Jeanne believes the future is limitless because of the devotion of the actors to become all they can and want to be. Thank you, Jeanne, for believing every individual's creativity matters!

The launch of the ARCA Buddies Civitan Club will provide opportunities for individuals to hone their leadership skills and expand community involvement. Dea, a long time Civitan member, had a vision to build an inclusive Civitan Club at ARCA. Dea took the lead in developing the club by working with other club builders, securing a meeting site and encouraging club membership. ARCA Buddies Civitan Club has already met four times and club members are excited. They look forward to running for office and assuming leadership roles. The club will be chartered in early June when members will begin working on volunteer service projects. ARCA Buddies Civitan Club encourages all interested ARCA individuals and staff to become members. Meetings are Wednesdays, 12:30-1:30 p.m., at the North Valley Senior Center. Thank you, Dea, for having the vision that individuals can be community leaders and for your dedication to making the ARCA Buddies Civitan Club a reality.

ARCA Traveling Theater Group will perform at the African American Performing Arts Center at Expo NM on July 6, 2013. Information on time and tickets will be on our website or contact Faylene Wytewa-Alire at (505) 332-6816.

## In Loving Memory

### Issa Abraham Sakaki Merrill



Issa passed away on February 23, he was 32. Issa was a bright young man who faced many challenges as he coped with Batten's Disease, a progressive neurological disorder, yet he maintained his love of dogs, music, literature and current events. Issa faced his ordeals with laughter. He was a volunteer docent at the N. M. Museum of Natural History and Science. In his last days many gathered around and Issa was able to enjoy live guitar and harp music.

### Katie Serna



Katie passed away on February 16, she was 58 years old. Katie loved weddings but wedding dresses in particular. Every girl has a dream of what their wedding will be like and Katie was no exception. At the memorial, her family remembered how, as a little girl, she would always be the bride when playing with dolls. She had pictures of wedding dresses plastered in her bedroom. A few years ago ARCA staff assisted her with a "friendship ceremony." She invited her friends and family and gave friendship rings to everyone in attendance. She had a blast! Her boisterous laugh was contagious and would lift your spirits. We miss your hugs, Katie.

### Alex Aragon



Alex Aragon passed away on March 28, he was 75 years old. Alex came to ARCA in 1993 and with his dynamic personality he could command a roomful of people like no other. His gusto for life was depicted through his artwork. Alex touched many lives during his 20 years at ARCA. His roommates were like family to him as was the staff who worked with him for many years. Alex was full of energy right up until his passing. He had a great sense of humor and loved his parakeet, Porky and the Denver Broncos.

We miss you Issa, Katie and Alex. Thank you for the joy you brought to everyone who knew you.

## Thank You Rio Grande Civitans!!

The Rio Grande Civitans raised over \$330.00 for ARCA's Apple Mountain Camp by having a yard sale in

May! Camp brings such joy to so many of the people in ARCA's care and your donation will help support such a great event.





My Story

by Antoinette Jojola  
Intro Written by Catherine La Roque

In 1991, New Mexico became the first and only state in the Nation to fund a special project for persons with Prader-Willi Syndrome (PWS). Along with other serious issues, this rare and unique genetic disability causes people to be unable to stop eating. Antoinette Jojola, better known as AJ, was one of eight original people in the New Mexico PWS Project. She has been a delight to work with and has taught all of us about PWS and how best to support people who live with it everyday. Following is a talk she gave to our ARCA Foundation Board. She was wonderful!



My name is Antoinette Jojola. I'm from Isleta Pueblo. I have three sisters and I stay a lot with my oldest sister, Judy.

My Dad put me in a group home because he could not take care of me. It is hard to live in a group home.

I have PWS. It is an eating disorder. I cannot stop myself from eating. I don't know when my stomach is full. I'm on a special diet for my weight. If I eat too much I can die. My staff controls my meals. Everything is locked up at my group home.

It is hard to have PWS. Nobody understands.

I like the things I do. I do Special Olympics. I love to do ceramics, softball and Health and Wellness. I like to do arts and crafts. I like to go to my Feasts. (AJ is a member of the Isleta Pueblo and they have religious ceremonies called "feast days".)

With PWS all I see is food everywhere I go. Everything is food and more food. I wish people could understand me.

ARCA Celebrates Our Health Professional Staff



ARCA nurses, nutritionists, Certified Medication Aids, dieticians and our PWS Program staff enjoyed a morning brunch visiting and reflecting on how their care for the individuals at ARCA has changed throughout the years. Thank you for making a difference in the lives of people who are in our care!

ARCA on the Move

by Loretta Pacheco



The 5th annual ARCA on the Move kicked off Friday, March 15th and Ignited the Sparks of our ARCA community. The 14-week program engages ARCA employees and individuals in ARCA's care to strive to live a healthier life through walking and being more physically active every day.

The program continues to grow in popularity as demonstrated by a 560% increase in participation. It is amazing, five years ago the program started with 75 participants and this year we have over 420 participants representing every ARCA worksite location. ARCA employees and individuals in ARCA's care create teams of five to compete for team and individual prizes. The teams flex their creative side with fun names like the Sparkling Unicorns, Happy Feet, Walking Dead, the Flash, Human Racehorses, Old Broads Walking (OBW's), Zumba Zombies, Blister Sisters and the Major Movers.

Catherine LaRoque, Caseworker for the NM Prader-Willi Syndrome Project said, "ARCA on the MOVE is so helpful! When I lose my energy at 2 o'clock in the afternoon, the walking break rejuvenates me and I am more productive the rest of the day."

Nathan Peebles, ACES Job Developer reported, "I have lost 15 pounds and feel great! My favorite part of ARCA on the Move is the support I receive from my teammates and the spirit of competition. The program truly builds a fun camaraderie and positive workplace environment."

Erica Ford, ARCA Office Support Assistant: "I have lost 10 pounds! ARCA on the Move motivates me through peer influence; I see my co-workers excelling and I try harder to achieve more".

ARCA ROCKS! Halfway through the program, ARCA employees and individuals receiving ARCA services have traveled over 30,000 miles, truly illustrating the strong work ethic in the ARCA culture.

A Happy Birthday!

Dorothy Gallegos recently celebrated her 60th birthday. She was surprised by the staff at Gardunos with a happy birthday song and a serenade from a Mariachi duo! Dorothy has been with ARCA for 35 years and served on ARCA's leadership advisory council for many years.



Herman Mauney Recognized

ARCA Foundation Board Member and Co-Chair of our Campaign Leadership Committee, Herman Mauney, was recognized by Mayor Berry for his stellar volunteer service throughout our community. Thank you Herman for the countless ways you help Albuquerque shine!



Thank you John and Julie Brown

It is an honor to be invited into someone's home to share the ARCA story - heartfelt thanks to John and Julie Brown for opening their beautiful home and warm spirit to ARCA. We had a great time meeting the Brown's lovely family and friends, enjoying delightful food and sharing the joy of ARCA!



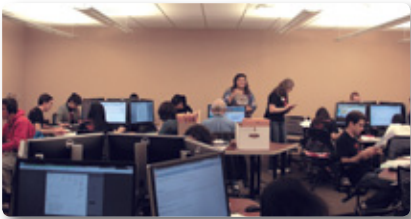
Nonprofit of the Year

ARCA was humbled to be nominated as Nonprofit of the Year by Albuquerque Business Weekly, which recognized 24 New Mexico nonprofit organizations for their contributions to the community at its inaugural awards luncheon. Tom Pino and Ed Kaul accepted the award.



Amazing Volunteers

In 1919, Beta Alpha Psi was founded to stimulate interest in accounting through the principals of scholarship, practicality and sociability. In ARCA's eyes, the students of Beta Alpha Psi are angels. For over a decade, these remarkable students have used their expertise to prepare tax returns for hundreds of individuals with developmental disabilities served by ARCA. This April, they once again volunteered their precious weekend hours to analyze, prepare and review each and every return. Thank you from everyone at ARCA!



A Bounty of Blossoms

From mixing the soil to pruning the early buds, ARCA's associate employees lovingly tend to thousands of geraniums each spring. The last Saturday in April our facility at La Entrada Lane in Corrales is overflowing with family, friends and neighbors looking for (and finding!) the perfect addition to their gardens. Smiles were as bountiful as the vibrant blooms this year as shoppers made their selections before taking a few minutes to visit and enjoy a mid-morning snack.



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