



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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www.ARCASpirit.org



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Outlook

Opening doors for individuals with developmental disabilities since 1957.

Winter 2013

www.ARCASpirit.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>

Veterans Day - A Time to Say Thank You!



ARCA staff who served in the military gathered together for ARCA's Annual Veterans Day Brunch. These remarkable men and women were honored for their service to our nation and to ARCA.

What is ARCA Membership?

ARCA, a Membership Organization as defined by its Articles of Incorporation, is comprised of people supporting the mission of ARCA, the ARCA Foundation and children and adults receiving services. Joining is easy and the benefits include a variety of opportunities to advocate for and with individuals in ARCA's care. Whether you choose to engage in legislative activities or join us for ARCA Day at the Zoo, your participation will help over 600 children and adults live a great life.

Fees for the general public are \$20 (annual) or \$100 (lifetime). For more information about the benefits of ARCA Membership or to join, please contact Mindy Allison at MAllison@ARCASpirit.org.

Wishing you
a happy and
joyous holiday
season from
your entire
ARCA family.



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The Spirit of the Season



Ed welcomed everyone who came to the annual ARCA Day at the Zoo held in November.

As we approach another holiday season, I recall the old proverb reminding us that when we eat a fruit, we should think of the person who planted the tree. At ARCA, the quality and variety of services people enjoy today is in large part due to the seeds planted by our founding families. These parents had a rich and groundbreaking vision of what life in our community could be like for their children, if only the

opportunities to grow and flourish existed. I am filled with gratitude for their insight and the enormity of the mission they undertook.

These "trees of opportunity" did not flourish overnight, but through the years grew strong roots and flexible limbs. Our community,

where sharing, acceptance and optimism are celebrated, embraced ARCA's mission. Since 1957, each remarkable relationship has directly impacted the people we serve, our staff and families – in fact, each and every one of us. I am thankful for the love, laughter, tears and companionship we have shared and the strength and creativity we have found together.

With each lesson learned, whether through joy or heartache, a new seed is planted that will someday bear fruit for future generations. As a new year dawns, we reflect on these lessons and pledge to sustain, improve, grow and, above all else, continue to learn.

ARCA extends our heartfelt gratitude to the people we serve and you, our extended family. Thank you for our rich history and a bright future sustaining the mission of ARCA.

Best wishes to you and yours for a healthy, happy holiday season and a prosperous new year!

Edward J. Kaul

Edward J. Kaul
(505) 332-6825
Ekaul@arcaspirit.org

Congratulations Ed!



ARCA's own Ed Kaul was recognized as a finalist by Albuquerque Business First in their selection of Albuquerque's Top CEOs for 2013!

Congratulations, Ed and on behalf of your entire ARCA Family, thank you for the countless ways you help 600 children and adults with intellectual and developmental disabilities in ARCA's care lead great lives.

Telling Our Story Thanks to the generosity of the Pregenzer, Baysinger, Wideman and Sale, PC (PBWS) Law Firm, four ARCA staff were able to attend the New Mexico Estate Planning Council's November meeting. As PBWS' guests, we were invited to share ARCA's story and information about the services we offer. We are so grateful to have this opportunity and love showcasing the important work ARCA does on behalf of over 600 individuals with intellectual and developmental disabilities each and every day. Please contact Michele Cody at MCody@ARCASpirit.org if you would like someone from ARCA to speak at your upcoming event.





Oh, What a Night! Over 100 friends gathered on a picture-perfect evening in November at our Corrales greenhouses for an exclusive early bird peek at ARCA's 7,000 poinsettias. It was chilly outside but the warm festivities celebrated our generous community partners. Larry Alei, Mobile Sound Services and The 505 Chorus, Albuquerque's premier young men's a capella group, donated their extraordinary time and talent, treating guests to soft jazz and enchanting harmonies. It was the perfect setting to express our gratitude for the critical support we receive for ARCA's value added programs. These services, which receive no state or federal dollars, provide opportunities for children and adults in ARCA's care to live meaningful lives. Programs like specialized literacy, health and wellness, Smart Travel, ARCA's Little Theater and Apple Mountain Camp would not be possible without the strong financial support of our donors. You make it possible for individuals in ARCA's care to be contributing, joyful members of our community and we are deeply grateful.



ARCA is recognized at Bank of the West's Philanthropy Awards Ceremony in San Francisco



ARCA was among the winners of Bank of the West's fourth annual National Philanthropy Awards. ARCA received \$10,000 during an awards dinner held October 22 in San Francisco, California. Nine nonprofits from across the bank's 19 state footprint were awarded a total of \$210,000 in cash grants in recognition of the leadership and nonprofit organizations that advance innovative solutions and

demonstrate meaningful progress in our local communities.

"Everything we do at ARCA is about creating opportunities for people with developmental disabilities," said Lori Ortiz, Vice President Area Manager, Bank of the West and ARCA Foundation Board Member. "In working with ARCA over the past five years, I realize how many opportunities the children and adults served by ARCA create for the rest of our community. I am grateful to be a part of this amazing family."

"The national media seldom reports on Albuquerque as a center of excellence," said Ed Kaul, ARCA President and CEO. "Nominations were received from 19 states and two of the finalists, ARCA and ACCION, are Albuquerque based. Over 25% of the \$210,000 in grants came here. I think that speaks volumes. ARCA and ACCION are models of excellence and we are honored to have Bank of the West believe in the work we do and how we do it."

Bank of the West's Wealth Management Group and Community Affairs created the Philanthropy Awards program in 2010 to recognize outstanding examples of organizations and individuals who are making a difference in their communities.

Opening Doors

Melony is a very happy person. She is a hard worker, has a strong work ethic and loves to help. Her nickname is Miss Happy because she can light up any room with her smile and cheerful disposition. When Melony reached all the goals she set for the year, her staff wanted to help make her dream of touring a police facility and meeting a real police officer come true. Joanne Fine learned about Melony's dream and immediately set about making magic!

Melony had an unforgettable tour of police headquarters and got to meet Albuquerque's Chief of Police Alan Banks. Melony asked lots of questions and Chief Banks happily answered every one. He even gave her an official APD patch!

"Melody was so thrilled to meet Chief Banks she seemed to vibrate with joy," said Joanne. "The Chief thanked Melody for coming to meet him and for wanting to help the police department."

Melony hasn't stopped smiling and, now that she's realized one dream, has started looking at even greater opportunities. She is filling out a volunteer application and hopes to support our community by helping APD.

ARCA Opens Doors. It's people like Joanne Fine, Chief Banks and Melony's dedicated staff who invite opportunity in.



Update on Trusts

One of the ways families are choosing to support both their loved ones with disabilities and ARCA is through ARCA's Donor and Grantor Special Needs Pooled Trusts. Nell Graham Sale, Chair, ARCA's Planned Giving Committee, brings expertise as an attorney with extensive knowledge about special needs trusts. Nell recently wrote an article clarifying a question from a family about the remainder funds left in a Grantor pooled trust following the death of the individual.

Ms. Graham Sale wrote, "New Mexico has agreed for many years there is no payback to the state from accounts such as the Grantor Pooled Trust after the death of the beneficiary of these accounts." ARCA is able to retain these residual funds and "use them for the benefit of other individuals with developmental disabilities who have clear needs and might never have any other way of providing for them."

Nell also shared the ARCA Foundation Donor Pooled Trust is a "great way to provide for a loved one with disabilities by naming the Trust as a beneficiary in your estate plan." Nell's full article regarding this topic is available on our website. You may also contact Elaine Solimon at 480-4321 or esolimon@arcaspirit.org for a copy or to receive more information about ARCA's special needs pooled trusts and leaving a legacy gift to ensure supports are available for people with developmental disabilities as long as there is a need.

Elaine Solimon

Elaine Solimon
Community Relations Director

ARCA's 2013 Annual Membership Meeting

An enthusiastic crowd was present on November 6th to hear updates shared by our CEO, Edward J. Kaul and to unanimously elect the following board members for three-year terms: Jim Barton, Matt Maes, Lee Marley, Carol Pierce and Jim Stromberg. It was a time of renewing friendships, connecting with others who support ARCA's mission and thanking outgoing board member Doug Cox for a decade of leadership and service on our ARCA Board.



Leslie's Legacy

Leslie Hoelzel, ARCA's Senior Grant Manager, passed away this fall after a long illness. A fierce advocate and powerful voice for people with intellectual and developmental disabilities, Leslie initiated ARCA's grant program and grew it into an extremely successful funding source through her comprehensive research, writing and management. Leslie's legacy will continue through her work in support of individuals in ARCA's care and ARCA staff. She will be greatly missed by everyone who knew and loved her.



Grant Corner

Thanks to the generous support of the **PNM Resources Foundation**, we were able to replace old windows and appliances with new efficient models in several ARCA homes. The new low-emission and argon vinyl windows drastically reduce costs by lowering energy consumption.



With the help of **Blue Cross Blue Shield of New Mexico**, ARCA's Wellness Institute continues to offer fun and informative opportunities for individuals in our care to improve their health.

The **New Mexico Department of Transportation's** support of our Smart Travel Program will create opportunities for 10 new program participants to use public transit to independently manage activities such as traveling from work, medical appointments and recreational activities.



PWS Conference

For 23 years ARCA has administered the Prader-Willi Syndrome (PWS) Project for New Mexico, providing services to people with this rare genetic developmental disability and support for their families. On October 18, ARCA's PWS Project hosted its annual conference. Three panels consisting of parents, behavior therapists and people with PWS presented detailed information about the syndrome, successful management techniques and ways to ensure a healthy, happy life for those born with PWS.

Presentations from people who live with PWS were thoughtful, instructive and quite moving. These testimonials, filled with the emotion of living with the challenges of this syndrome, gave attendees a deeper understanding of daily life for people with PWS.

The Project's Medical Advisor, Carol Clericuzio, MD, gave the keynote address, "Endocrine Complications of PWS" with emphasis on the use of growth hormone. ARCA's Cyndi Hedgren presented an overview of the Affordable Care Act and expansion of Medicaid.

Special thanks to our panelists including parents Diana de la Rosa, Sylvia Calderon and Connie Baugher; behavior therapists Jeanine Forsythe Cordoba, M.A., LPCC, CCFC, CCJS, Cynthia K. Spencer, MEd, LPCC, Sandy Orne, MA, NCC, LPC and Cynthia D. Ramirez, LISW, LCSW; and clients Antoinette Jojola, James Scharber, Gavin Baugher, Camille Dobberowsky and Joanie Demchok.

The Conference closed with the reading of a poem written by Rose Gonzales entitled "Prader-Willi Prayer."



Prader Willi Prayer
by Rose Gonzales

*Please do not give me food that I am not allowed, or leave food where I can sneak it.
It sets me up for failure, and I do not handle this well.
Please be firm with me, it gives me security.
Love me, even if I am not kind to you.
Be consistent with me, I do not handle changes well.
Try to be honest with me, even if I am not always honest.
I am a very demanding person, handle my demands with respect but do not give in to me unless it is appropriate.
Praise me when I do something well.
Food is my only thought. Give me an appropriate time to discuss it.
Tell me I am beautiful or handsome, I do not hear that very often.
Do not make promises you cannot keep.
Please do not use the words "No" or "Can't", they are too final for me.
I am argumentative.
Do not argue with me, it prolongs the time to calm down.
Try to understand and be my friend.
When days are good, I can be witty, loving, and appreciative.
Let me live one day at a time, so the next day will be fresh.
Thank you for trying, and I will try my best.*

In Loving Memory



Sheryl Libby, 46, passed away on September 28, 2013. Sheryl was fiercely loyal to her family; her mother, brothers and extended family were the center of her life. Sheryl had a knack for knowing when someone needed a "pick me up" and was always there with a handmade treasure, smile or hug.

She had lifelong friends and always stayed in contact with people in her vast social network. Sheryl had many challenges, but never let a challenge beat her. She was a well known, beloved member of our community. Sheryl's optimism, kind heartedness and creativity will be truly missed by all who knew and loved her.



Frank "Alan" Shay, 56, passed away in his home of many years on October 11, 2013. Alan came to ARCA in 1989. Except for a few years in the early 1990's, Alan lived in ARCA's Louisiana home which he called "my house." He worked hard at a variety of jobs, but was most proud of his years on the Adelante Mobile

Work Crew when he drove around Albuquerque and Rio Rancho with a janitorial crew cleaning ATM's. Alan was equally enthusiastic about having fun and socializing. His favorite weekly activities were Merrymakers, church, going out to eat, listening to Spanish music and hanging out with his housemates and staff at home. He enjoyed the State Fair, bowling, picnics, van rides, Apple Mountain Camp and traveling. Alan was generous, caring and loyal to his countless friends, many of whom shared his final days with him. Alan was truly a person who loved life and lived it to the fullest!

ARCA FAMILY AND FRIENDS ENJOY THE ZOO

We had a great time at our 6th Annual ARCA Day at the Zoo. Not only did we see the new baby elephant, Jazmine, but a lucky few got to attend a shower for her! Nearly 800 members of our ARCA family were treated to exotic and native animals - made all the more special because we were able to share the day with family and friends. Thanks to the generosity of the ARCA Foundation and the City of Albuquerque, this annual event has become a favorite for everyone at ARCA!





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2014

Make sure to visit www.arcaopeningdoors.org for a calendar of current events and volunteer opportunities.

January

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April *Geranium Celebration*

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June *Bowl-A-Thon*

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August *Apple Mountain Camp*

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November *Poinsettia Celebration*

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Jan 1 New Year's Day
Jan 20 Martin Luther King Jr. Day
Feb 2 Groundhog Day
Feb 14 Valentine's Day
Feb 17 President's Day
Mar 9 Daylight Saving Time Starts

Mar 17 St. Patrick's Day
Apr 1 April Fool's Day
Apr 20 Easter
May 11 Mother's Day
May 26 Memorial Day
Jun 15 Father's Day

Jul 4 Independence Day
Sep 1 Labor Day
Sep 25 Rosh Hashanah begins
Oct 13 Columbus Day
Oct 31 Halloween
Nov 2 Daylight Saving Time Ends

Nov 11 Veterans Day
Nov 27 Thanksgiving Day
Dec 17 Hanukkah Begins
Dec 25 Christmas Day
Dec 26 Kwanzaa Begins
Dec 31 New Year's Eve



Thank You!

Every donor is important in the lives of children and adults with developmental disabilities served by ARCA. Thank you for making dreams come true.

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A&B Hair Studio
Alfred Abbott
Margaret Ann Abbott
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Achievement Gallery
Bernadette Aguirre
Stewart and Vivian Ahn
Patricia Albani
Ralph Albi
Albuquerque Breakfast Civitans
Albuquerque Business Law
Albuquerque Country Club
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Albuquerque The Magazine
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Sandra Graves
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Pete Griego
Courtney Guest
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Reyes and Cecilia Gurule
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Kimberly N. Hallatt
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Sharon Hannah
Eugenia C. Hanosh
Grace Hanosh
Joseph M. Hanosh
Susan A. Hansen-Shikenjanski
Larry Harris
Pamela Harris
William Hartman
Heather Haskins

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Warren and Rosalee Heffron
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ARCA Buddies Civitan Club by Carol Kline

Only six months old and our ARCA Buddies Civitan Club has already done so much to help our community! We've been giving back by filling toiletry bags for some of our city's homeless, making activity packets for children at UNM Children's Hospital, sock hand-puppets for children at Carrie Tingley Hospital and making Holiday cards for our troops overseas. We even sent a check to our Civitan Clubs in the Philippines to help with typhoon devastation efforts.

Service projects often need funding and our members have been working hard on creative fundraisers like inserting colorful paperclips and writing pens into tubes and selling Poinsettias at **Civitan Claus for a Cause**. Way to go ARCA Buddies Civitan Club!

We've also had terrific guest speakers on Prader Willi Syndrome and Healthy Living. We hope to sponsor more Members and know this is one meeting you'll look forward to attending! There is a one-time initiation fee of \$25 to join and quarterly dues of \$24 (\$12 if you have an intellectual or developmental disability). Please stop by for a visit Wednesdays, 12:30-1:30 p.m. at the North Valley Senior Center, 3825 4th St. NW (4th & Aztec).

If you have ideas about guest speakers, projects or fund raisers Members can participate in during our meetings, please let us know. We look forward to hearing from you.

We are looking for interested volunteers to attend meetings and help coordinate activities and fundraisers.

For more information please contact
Faylene Wytewa-Alire, ARCA Events/
Volunteer Coordinator at (505) 332-6816
or email Fwytewa@arcaspirit.org.

TAN Holiday Social

The Trusted Advisor Network's holiday social was a great success, with over 80 members attending! Rolley, named an honorary member of the group at this year's golf tournament, had a blast meeting new people and reconnecting with friends from the tournament. All proceeds from the silent auction and raffle benefit ARCA.

Heartfelt thanks to this remarkable group for their tender care of ARCA.

Rolley is pictured with members Jacqueline Gould, Bill Moya and Brad Yablonsky.

Los Amigos Comes Home with Medals!

On October 26 and 27, over 750 athletes from central and northern New Mexico competed in the Special Olympics North Regional Classic Bowling Tournament at Santa Ana Star Center. Los Amigos was there in full force and left with plenty of Gold, Silver and Bronze medals! Mike Dushi bowled 221 and went on to win the Gold medal. Special thanks to all the family members who cheered on our athletes and helped with the ramps. Special thanks to "Cam" Campbell for his assistance at the bowling competition. These competitions would not be possible without the helping hands and support of our families and volunteers.

Corrales Elementary School Master Gardening Club

We are very proud of the amazing produce and beautiful plants grown at ARCA Organics and La Paloma greenhouses and cherish the opportunity to welcome visitors. Recently, the Corrales Elementary School Master Gardening Club came for a visit. We all had a blast and learned from one another. A few weeks ago, Jim Douglas, Division Director, got quite a surprise when an envelope filled with hand made cards and thank you notes arrived! These young students enjoyed listening to Jim explain the work we do, meeting Associate Employees and, most of all, tasting the yummy produce. According to Mary, "the carrots were really good!" Ryan wrote, "The wheatgrass was cool. It looks fluffy as a field of tall grass." "Your wheatgrass was such a bright green color," wrote Josh. "I'll probably never see it again."

CJ's letter was particularly poignant. He wrote, "I am so thankful you let my school go to your beautiful garden. I loved how the carrots were freshly picked from the garden. I really liked all of your employees. I also liked how all of them saw the beauty in every every thing."

Thank you, Corrales Elementary School. We really like you, too.

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