



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

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[www.ARCAOpeningDoors.org](http://www.ARCAOpeningDoors.org)

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# Outlook

Volume III • 2016

Opening Doors for individuals with intellectual and developmental disabilities since 1957. [www.ARCAOpeningDoors.org](http://www.ARCAOpeningDoors.org)

## What a summer we've had!

Our 8th Annual Bob Scanlon/Steve Mackie Bowl-a-Thon was the best yet. Mayor Gregg Hull, City of Rio Rancho, hosted our 2nd Annual Mayors on Strike competition and we were over the moon to once again welcome our mayors to share in a morning filled with the joy of ARCA. Scott Kominiak, Mayor of the Village of Corrales, won the coveted George J. Kominiak Leadership award. It was especially meaningful to present him with this award named in memory of his father.

The fruits and vegetables at ARCA Organics are spectacular. We welcomed a new farm manager, Fergus Whitney (*pictured at right*), and have expanded the number of Associate Employees nurturing our crops. Stop by our farm stand at 181 E. La Entrada Lane on Fridays between 8:00 – 2:00 through the end of October to do some seasonal produce shopping!

We completed the move to our new building! Our administrative and program offices are now located right next door. We continue to create ever greater efficiencies and combining staff at a central location has been at the top of our list for years. If you'd like a tour of our new space, please give me a call to arrange a visit.

Camp was a roaring success. All the coolest super heroes were there splaying their super powers of kindness, happiness and love with abandon. I was fortunate to have been in the line of fire, knowing the impact will stay with me until next year.



With the days getting shorter, we realize we are once again on the cusp of Fall. Our newly planted poinsettias are showing early signs of grandeur. We hope you'll join us in celebrating these beauties on November 19th!



As we begin our 60th year at ARCA, I want to thank you for another successful season of working together to face ever present challenges and reap the indescribable delight of creating meaningful opportunities for the cherished children and adults we are so privileged to serve. It would not be possible without you and we remain grateful.

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

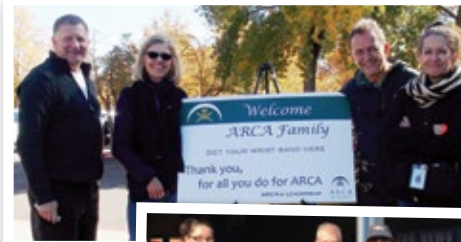
Please consider adding the ARCA Foundation to your will or estate plan.  
Contact Elaine Solimon at (505) 480-4321



## SAVE THE DATE! DON'T MISS THESE ARCA EVENTS!

### ● SATURDAY, OCTOBER 15TH Annual ARCA Day at the Zoo

Thanks to the City of Albuquerque and the ARCA Foundation, we will celebrate our Annual ARCA Day at the Zoo on **Saturday, October 15th, 9:00 a.m. – 2:00 p.m.** Every year we have 1,000 individuals receiving services, families, staff and community partners join in the fun while we say thank you for the amazing contributions you make in the lives of each and every Albuquerquean. ARCA's Leadership Team will be at the front entrance to greet you and distribute tickets. There is no cost to attend, but please email Faylene at [FWytewa@ARCASpirit.org](mailto:FWytewa@ARCASpirit.org) to let us know you're coming. See you then!



### ● SATURDAY, NOVEMBER 19TH ARCA's Annual Poinsettia Sale

Join us **Saturday, November 19th, 9:00 – 11:00 a.m.** for our annual Poinsettia sale at 181 E. La Entrada Lane in Corrales! They are still babies now, but show promise of being our best crop yet! Don't miss out on this once a year opportunity to tour our greenhouses, visit with friends and neighbors, enjoy spectacular snacks from City Treats and experience the charm and beauty of 7,000 poinsettias grown with love by our nurturing Associate Employees! Let Michele know you're coming at [MCody@ARCASpirit.org](mailto:MCody@ARCASpirit.org) and don't forget your camera. It's the perfect setting for that special holiday card.



## ANNUAL MEETING

ARCA is a Membership Organization as defined by its Articles of Incorporation.

ARCA's Annual Meeting will be held **Wednesday, Nov. 2nd, 11:00 a.m.** at 11300 Lomas Blvd., NE. ARCA President/CEO Edward J. Kaul and Board President Matthew Maes will present updates on the agency. Board elections will be held. The Board of Directors' Nominating Committee is pleased to present the following nominees for a three-year term of service. Carol Pierce, Laurel Shelton and Jim Stromberg currently serve on the Board and are being recommended for an additional term. Diane Fisher and Pat Kominiak have previously served and are being recommended for reappointment. Jennifer Lehman is a new Board nominee.

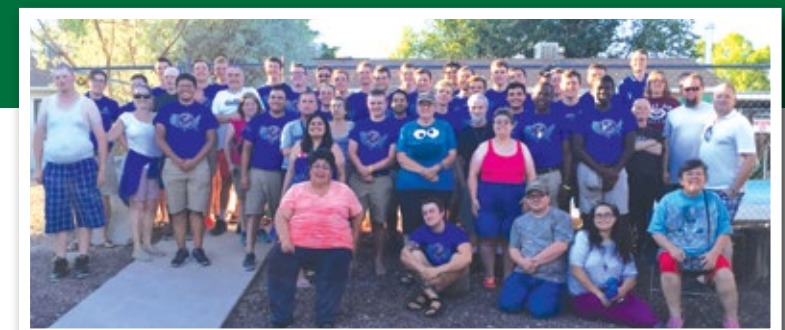
*All members are invited to attend. Please RSVP to Faylene at [FWytewa@ARCASpirit.org](mailto:FWytewa@ARCASpirit.org) no later than October 26th.*

## Journey of Hope

The Ability Experience was founded by members of Pi Kappa Phi in 1977 with the mission of using shared experiences to support people with disabilities and develop the men of Pi Kappa Phi into servant leaders. Their annual program, The Journey of Hope, was founded in 1987 and today covers 32 states.

Each summer, four fraternity teams bicycle a different route across the country, all leading to Washington, D. C. Along the way they visit with providers, families and individuals with intellectual and developmental disabilities making new friends and garnering experiences they will carry for a lifetime.

We were thrilled to visit with the 36 cyclists on the South Route Team at our Sandia View Apartments again this year. Ed Kaul and his sister Lynn Drake created a feast at the barbeque; Sandia View staff made delicious side dishes and decorated to perfection! Our ARCA Buddies Civitan Club shared stories about their work in the community and several individuals proudly offered to show the cyclists their apartments. We each shared an interesting fact about ourselves, a game that ended in lots of surprises and laughter!



We love it when these bright, enthusiastic young men come to visit and hope to see them again next year! Special thanks to Spencer Haworth, Director of Logistics for the Ability Experience!

For more information about The Ability Experience, visit their website at [www.abilityexperience.org](http://www.abilityexperience.org).



## ARCA BOUNTY!

ARCA Organics has had quite a growth spurt this season and what a bounty we have to show for it! With the addition of Heritage Field at Casa San Ysidro and the Village of Corrales' Juan Gonzales Bas Heritage Farm we added lots of potatoes (both sweet and white) and early this fall expect a bumper crop of Autumn Beauty Sunflowers. **We'll be having a "Pick your Own" day in October** - stay tuned to our Facebook page at [www.facebook.com/arcaoopeningdoors](http://www.facebook.com/arcaoopeningdoors) for date and time.

Our seasonal fare of tomatoes, peppers, eggplant, garlic, cucumbers, carrots and a large variety of herbs had plenty of room to stretch and, in appreciation, turned out stellar results! Our hoop houses at La Entrada and Scanlon Farm have been filled to the brim since early summer. We've even reintroduced a variety of sprouts and microgreens to our offerings.

Wheatgrass production has continued to lead our organic entourage. Prime flats go to local area juice bars and pet shops, but we've also found a niche market for our "slightly past peak" flats. Sold as fodder flats in several local farm outlets including The Mercantile in Corrales and Horseman's on 2nd street, these yummy treats offer remarkable nutritional value for hens, chickens, horses, cows, goats – even llamas!

Our Community Supported Agriculture (CSA) pilot program was a great success and we will be offering additional memberships in 2017. For more information, please contact Fergus at [FWhitney@ARCASpirit.org](mailto:FWhitney@ARCASpirit.org).

**It's not too late to share in the fruit of our fields! Fall crops include carrots, beets and a variety of winter greens and hearty herbs. Stop by at our farm stand at 181 E. La Entrada Lane Fridays 8:00 a.m. – 2:00 p.m. or the Corrales farmers market, Sundays 9:00 a.m. – noon.**

While you're shopping, introduce yourself to Fergus Whitney, our new Farm Manager. He'd love to meet you and is happy to answer any questions you might have!



## MESSAGE FROM FRED

Fred D. recently started a new job at our farm in Corrales. He loves it and asked if we would please print the following article he wrote. Thank you, Fred, for your hard work and excellent message!

*Do you like saving money? Do you like seeing that your money is going to a good cause? If you do, well, come visit us at 181 E. La Entrada Lane in Corrales.*

*Enjoy the ride out and the beautiful countryside. Everyone on our farm is an adult with intellectual and developmental disabilities BUT that does not get in the way of a productive life. We all work together like one big happy family. We grow everything from seasonal flowers to organic food.*

*Come and check us out and see how far we can go with a little bit of help!!*

## Circle of Promise



Apple Mountain Camp's "super hero" theme this year made my heart sing. When Ed referenced our ARCA super heroes "splaying their super powers of kindness, happiness and love with abandon," I couldn't help but compare these traits to our 50 Circle of Promise families.



I am inspired by the impact our legacy donors will have on future generations of folks we will serve by including ARCA in their estate plans now. While our Circle of Promise members may not have a mask, cape or other outward signs of their super powers, they are conquering future "super villains" with their gifts mindfully pledged to avert barriers for little ones through elders with intellectual and developmental disabilities to live joy filled lives.

Are you considering being an ARCA super hero? I would be honored to visit with you about establishing a Donor Pooled Trust for your loved one with disabilities or including ARCA in your will.

Like The Flash says, "Life doesn't give us purpose. We give life purpose." Thank you for giving the extraordinary gift of purpose through your generosity and belief in great lives.

*Elaine Solimon*

Elaine Solimon  
Community Relations Director  
505-480-4321 • [esolimon@arcaspirit.org](mailto:esolimon@arcaspirit.org)

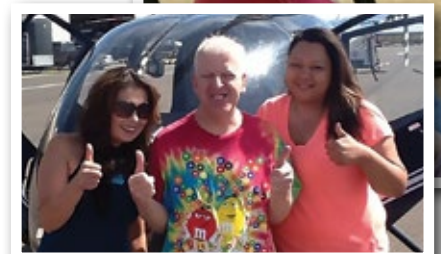
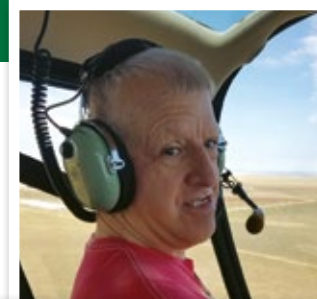
## Designated vs. Unrestricted Donations to ARCA

ARCA receives no government funding for our "value added" services, including Apple Mountain Camp, Specialized Literacy, Health and Wellness and our Theater Group. We made the difficult decision this year to reduce our number of mailings and eliminated our annual "Camp" letter requesting your support. Without asking, we still received checks from many of you and made it through another year. About 100 individuals enjoy camp each year at a cost of over \$15,000.

When you make a gift to ARCA and designate it to one of our many services, 100% of your gift goes to support that specific service. When we find ourselves with insufficient funding to support either a value added or a core service, we apply funds from gifts you have designated "unrestricted" or "where the need is greatest." It is because of your ongoing, generous support, we are able to continue providing opportunities for children and adults with intellectual and developmental disabilities to live meaningful lives. If you have any questions, or would like additional information, please contact Michele Cody at [MCody@ARCASpirit.org](mailto:MCody@ARCASpirit.org). Thank you for your unwavering belief in the work we do and the cherished individuals we serve.

## The Sky is the Limit

Shawn likes being in the sky and has ridden in airplanes and hot air balloons. His lifelong dream has been a helicopter ride and this summer, with his staff Sheri Quam and Diana Sedillo, his dream came true! Shawn flew roundtrip from Double Eagle airport to the Sandia Mountains and enjoyed every minute. He especially loved his job as "co-pilot" - sitting up front and wearing his headset. Shawn says it was a little scary, but he would do it again! Way to go, Shawn!



## Special Olympics Four Corners Invitational

August 2016 • by Richanne Cunningham, BSN, RN, CDDN, NSC/QIDP

As the World Olympics were drawing to a close in Rio, athletes from across New Mexico converged on Farmington for the State Special Olympics Unified Golf, Swimming and Softball Competition. Our Los Amigos swimmers rocked the competition and took home gold! Golfers won a total of five gold, three silver and one bronze while our Softball teams took one gold and one bronze.

Congratulations to athletes Ashley Reader, Loretta Montoya, Deena Gurule, Pauline Ornelas, Lori Harkins, Christopher Hamilton, Ian Harrison, Mike Dushi, Paul Anaya, Daniel Vaisa, Angie Valdez, Drake Rodriguez, Steve Harris, Donna Lund, AJ Jojola, Ernest Kindrick, Phillip Longley, Mark Diener, Diego Chavez, Delbert Sandoval, Karl Steinhaus, James Delgado, DeDe Montano, Diana Twiss, David Jones and Sam Smith for a terrific event!

A special thank you to our Unified Partners for Softball and Honeywell's Unified Partners for golf for their support and Jim Harrison, Yvette Montano and David Cunningham for traveling to Farmington and helping make the games, and our athletes, shine!



## The Prader-Willi Syndrome Project for New Mexico

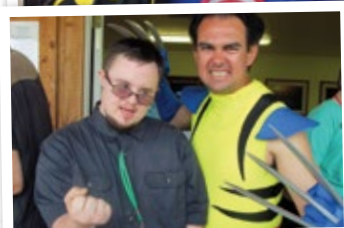
ARCA's Prader-Willi Syndrome (PWS) Project is busy! Case Coordinator Penny Chavez attended the 9th Annual International Prader-Willi Syndrome Conference in Toronto this summer, a wonderful opportunity to learn and network with experts from around the world. Access to the newest research and recommended supports for this population has strengthened our stellar PWS Project, where we continue to provide exceptional services and supports for our clients and families in New Mexico. We are the only Project that provides in person visits, training and consultation for our clients, families and support staff; our unique service approach was admired by the other professionals at the conference.

After returning from the Conference, the Project jumped right into the busy month of August to attend school meetings, modify school menus and provide training for school staff across the State who support our twenty two school aged children.





# Superheroes Converge at Apple Mountain Camp!

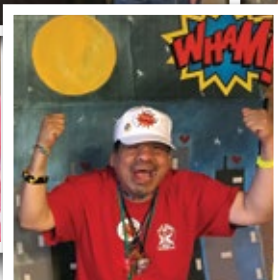


ARCA's 2016 Apple Mountain Camp theme was all about superheroes. Everyone has one, some people pretend they are one and on rare occasions, people discover the true super powers they have to share.



The week started with campers making costumes to fit their special powers and Spider Man, Wonder Woman and the Wolverine made a surprise visit! Exciting adventures ensued - Richard caught a fish and so did Jose! A group toured local Native American ruins and the craft room was always busy with artists creating a variety of hand crafted goods. Camp fires were banned the first couple of nights, but that didn't dampen spirits as campers sat around a "fireless" campfire singing songs and telling stories. The last night was the big dance and everyone came dressed in their superhero costume. Staff and campers even made a "Super CEO" costume for Ed Kaul!

Special thanks to the 2016 ARCA Apple Mountain Camp Committee for planning another spectacular camp, Manzano Mountain Retreat for welcoming us and the ARCA Foundation for funding this very special week of adventure, camaraderie and fun. Apple Mountain Camp receives no government funding. It is possible only through your gifts to the ARCA Foundation. If you would like to support this annual event or have questions on how you can help, please contact Michele at [MCody@ARCASpirit.org](mailto:MCody@ARCASpirit.org).



## Community Integrated Employment

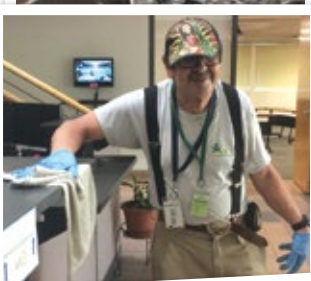
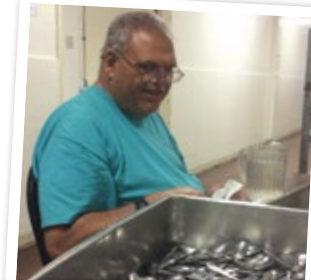
Our professional credentials are part of our personal identity. ARCA's Community Integrated Employment (CIE) Services currently works with 72 individuals to find meaningful employment in environments that increase their economic independence, self-reliance and social connections while giving them the ability to grow within a career.

Staff work with individuals and their employers (local businesses including the City of Albuquerque, Albertsons, Kohl's and many more) to build successful career opportunities by developing job skills, honing interpersonal relationships and on the job training.

Four individuals have an entrepreneurial streak and have successfully built licensed businesses. At Bill's Classic Candy Stand, Steve's Snack Shop, Mary's Laundry Service and Jeff's Crafts and Clothing, each individual receives supports to develop business plans, manage their business and provide unbeatable customer service!

We have contracts with Goodwill, ARCA, ARCA Organics and ARCA Janitorial Services to provide paid employment opportunities for individuals who want to learn specific job skills they can then apply in future community placements. For example, ARCA currently employs over 90 associate employees who provide office supports, work in our shredding and recycling department, help our community shine in our janitorial business and nourish our friends and neighbors through their work at ARCA Organics.

Every member of our CIE Management team has been with ARCA for over 10 years and works with our Employment Instructors and Job Developers who are trained in job coaching, resume writing, interviewing and developing community relationships. Our CIE team strives to open doors to meaningful, valued workplace opportunities in our community for the men and women we serve.



## Jerry & Priscilla

Susan Hansen-Shikenjanski hosted a charming gathering in her home to celebrate Jerry and Priscilla's ten year anniversary! Dozens of friends and family were present as Kim Kinsey from Christ United Methodist Church presided over the happy couple's vow renewal ceremony. They each wrote their own vows, expressing how the joy and companionship between them continues to grow. Here's wishing many more years of love and happiness to this inspiring couple!

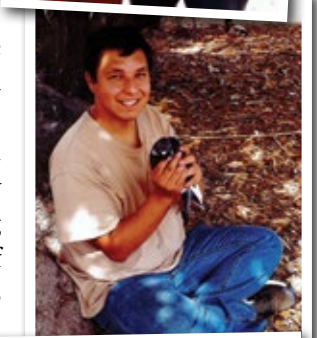


## Farewell to Circle of Supports

In January, 2015, ARCA was honored to receive a contract from the Department of Health to design, implement and manage a pilot project for 27 young adults in the greater Albuquerque area who, although eligible for services through the Developmental Disabilities Waiver, were receiving no supports because of their "wait list" status. ARCA called this project Circle of Supports.

The goal of this project was to increase independence and community participation and to help individuals develop natural supports. The people who participated in Circle of Supports identified the outcomes they wanted to achieve.

For example, Ismael wanted to be a cowboy, so we found him horseback riding lessons. Jessica wanted to lose weight, so she joined a gym and started hiking and swimming. Kayla, who didn't speak for months, learned communication skills and is now visiting with new friends and talking about her dreams with members of our community. Jessica, who loves cartoon characters, visited the mall and made a connection with the manager who oversees employment for holiday events - including hiring characters like the Easter Bunny and Santa Claus. She asked about volunteer opportunities and was offered a job to be one of Santa's elves this Christmas! Cesar, who was so shy he would only interact with one person, now has a job in the community where he is talking and working with many people. Each individual in the program has a new found confidence and belief in themselves.



Whether travelling to Santa Fe via Rail Runner, developing the skills to maneuver our city on the bus line, enrolling in music and art lessons, learning to plan, shop, cook and enjoy a variety of new foods or about our State by hiking historic trails and visiting museums, for over a year and a half these 27 individuals learned skills necessary to independently navigate and engage in their communities and developed natural supports they will use for the rest of their lives.

This innovative project received 100% of its funding from the State General Fund. Our hearts were broken when we received notification funding would end August 31, 2016. ARCA is grateful for the warm praise from individuals served and their parents/guardians for enriching the lives of their young family members. We consider ourselves blessed to have had the opportunity to make a difference in these very special lives.



## National Direct Support Professionals Week

ARCA is grateful for the Direct Support Professionals (DSPs) who diligently provide supports for people with intellectual and developmental disabilities (IDD). Becoming a DSP is not an easy career choice. It is not 9 – 5, but often long hours. Every activity requires extensive planning, but demands flexibility. Mindfulness is mandatory, with a sense of humor. Consistency is crucial, alongside sudden change. Regulations are epic, but creativity is vital. A DSP wears many hats – teacher, advocate, caregiver, mentor and friend. At the end of the day, it's not just a job well done. It's the gift of helping someone realize their dream.

As we celebrate National Direct Support Professionals week this September, we invite you to join us in saluting the men and women of ARCA who have made compassionate care their career choice.



**A Park Above** Individuals living in ARCA's Sooner Trail home finally took the opportunity to enjoy a trip to A Park Above in Rio Rancho. We enjoyed making beautiful music on the interesting instruments, swinging on the handicap accessible swings and playing on the teeter totter with staff. This is the perfect setting for individuals of all abilities to have a blast! We brought lunch with us and enjoyed a delightful picnic at the park's picnic tables. The family restroom, specifically designed for those who need assistance, made us feel even more welcome. We love A Park Above!



**Health Matters** ARCA's Health Matters Program hosted a Move and Groove celebration emphasizing the importance of adequate hydration at our Sandia View apartments. Over 20 ARCA individuals and employees participated in an interactive lesson about hydration, sampled fruit infused water and played water balloon basketball. In an innovative fruit tasting segment of the program, an elegant assortment of familiar and exotic fruits was sampled and individuals were encouraged to express their views about the experience. Laughter and fun echoed throughout Sandia View as individuals moved, grooved and splashed their way toward health through physical activity!



## HR Corner



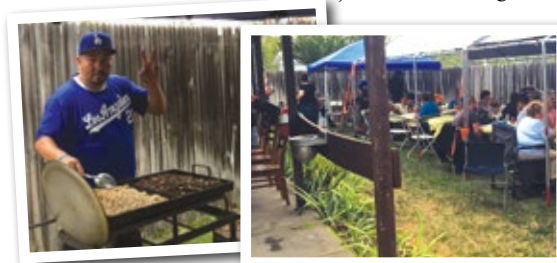
**Job opportunities are available at ARCA and we need your help to spread the word!** If you know a compassionate person looking for meaningful work, please refer them to ARCA. No experience is needed; we provide two weeks of paid training and a custom job matching process. Employees enjoy excellent benefits and a lifetime of memories providing GREAT LIVES to the cherished individuals we serve!

## South Valley Summer Party

by Richanne Cunningham, BSN, RN, CDDN, NSC/QIDP

A Discada is a dish from northern Mexico which is named because of its "plow disc" shape. Thanks to Jay and Nerio, individuals, staff and families got to enjoy a true Discada of flank steak, beef and chicken fajitas and a mixture of pork, ground beef, chorizo, onion and potatoes cooked over an open flame at South Valley's annual summer party. A great time was had by all and, when Mother Nature tried to move us inside, we persevered!

A very special thank you to Jay and Nerio (staff members Michelle and Brenda's husbands) for the amazing food!



## ARCA Buddies Civitan Club

Our ARCA Buddies Civitan Club was captivated when KOB co-host and weatherman Steve Stucker joined us as guest speaker. Everyone was fascinated to learn about meteorology, but getting the inside scoop on Steve's celebrity weather dogs left us over the moon!



**THANK YOU!** Congresswoman Michelle Lujan Grisham's Field Representatives Stephanie Kean and Elizabeth Reitzel and Constituent Representative Arturo Lemos brought a beautiful flowering tree to ARCA's Corrales facility, where it will be planted and enjoyed for generations to come. The tree was one of five used in a gun violence prevention rally hosted by the Congresswoman in Albuquerque. Thank you for this meaningful gift and memorable visit.



**High 5!** Lori McKee, Bank of Albuquerque Downtown banking center assistant manager was nominated to receive a "High 5" Award by John Barela, SVP, branch delivery manager and Mike Bickel, SVP, director, treasury services regional sales. One of the benefits of receiving a High 5 Award is the opportunity to select an area nonprofit organization to receive a \$100 Together We Give Award.



Lori selected ARCA to receive her award. Accepting the check on behalf of ARCA was Michele Cody, ARCA Foundation Executive Director and Elaine Solimon, Community Relations Director.

Bank of Albuquerque's leadership team conducts a monthly recognition program called the "High 5" Award, which acknowledges employees that have gone above and beyond, or displayed extraordinary effort on behalf of our team and/or our customers. Monthly winners are selected by Jennifer Thomas, Bank of Albuquerque Chairman and CEO with the awards presented during the monthly leadership team meetings.

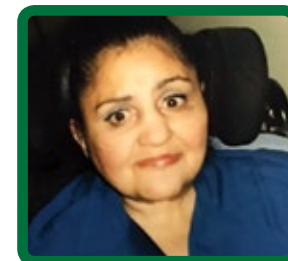
**Community** ARCA joined Haverland Carter Lifestyle Group's CEO E. DeAnn Eaton and Board Member Ron Solimon at the ribbon cutting ceremony celebrating the opening of The Neighborhood in Rio Rancho. What a lovely opportunity to view their stellar amenities and enjoy the delicious food Chef Greg Galle prepared using ARCA Organics' fruits and vegetables. Thank you, Haverland Carter, for all you do in our community and your amazing partnership with ARCA!



## In Loving Memory



**Steven Guzman** It is with a heavy heart that we announce the passing of Steven Guzman from our Snowheights home. Steven passed away on Saturday night surrounded by those who loved him, family and staff members alike. Steven was welcomed into the Snowheights home three years ago, and under ARCA's care, Steven blossomed. He attended ACES and participated in community activities. At home, he loved to relax in his backyard and soak up the sun. Steven enjoyed music, dancing and good food. He enjoyed a good joke and had a great sense of humor. He will be missed by all who knew and loved him.



**Juanita Mares** Our dear Juanita Mares, better known as "Jenny" passed away in her home. Jenny lived at our Trumbull home for over 15 years and had a vivacious smile that could immediately put you in a wonderful mood. Even in her final hours, Jenny enjoyed the companionship of family and friends. All who knew her are comforted by our happy memories of times with Jenny.

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