



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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Outlook

Volume IV • 2016

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Contact Elaine Solimon at (505) 480-4321



ARCA's Annual Meeting

ARCA's 2016 Annual Meeting was held Wednesday November 2, 2016, at 11300 Lomas Blvd., NE. Members enjoyed lunch catered by City Treats Catering while catching up and browsing through the Annual Report. Edward J. Kaul, ARCA President/CEO, Matt Maes, ARCA Board Chair and Angie Julian, ARCA CFO shared updates with the membership, who unanimously elected Pat Kominiak, Diane Fisher, Jennifer Lehman, Laurel Shelton, Jim Stromberg and Carol Pierce for three-year terms. Jack Holmes and Lee Marley were thanked for their service and strong leadership.

C. Herman Mauney was presented with the Award of Distinction for his key leadership and embodiment of ARCA values. Judith Parsons was presented with flowers in recognition of her 30+ years of service and upcoming retirement.



Wishing you and yours a happy holiday season!

Together

As one of twelve children, I vividly remember the holiday traditions my family cherished. The sustainability of our farm demanded a strong work ethic and holidays were a time of celebration. Today we have children and grandchildren of our own and, while our traditions have changed, the core remains the same. We are together; grateful to share our life experiences. And so it is with our ARCA family. When I find myself focused solely on the intense challenges of complex changes in regulation, funding cuts and the ever more demanding issues to resolve - my perspective is quickly "righted" by the thrilling stories from individuals in ARCA's care realizing dreams of success in sports, work, friendships and family. Our model of supports may change, but our core remains solid as we continue to create opportunities for children and adults with intellectual and developmental disabilities (IDD) to have meaningful lives.

I am beholden to our community partners. For years I have thanked you for supporting programs like Health and Wellness, our Theater Troupe, Specialized Literacy and so many other "value added" services creating great lives, but receiving no federal or state funding. The sharp decline in Medicaid and State General Fund dollars are now impacting basic services. It is your ongoing belief in the work we do and the people we serve which ensures ARCA will remain strong.

On the cusp of this holiday season, my blessings are abundant. As we approach our 60th year, the values of our founding families remain strong. Nationally, ARCA is leading the way in honoring the rights of people with IDD. Locally, individuals we serve are contributing in real and meaningful ways to our community. Organizationally, our dedicated staff works diligently, creatively and joyfully to assure the health, safety and happiness of children and adults in our care. Personally, I am reminded each and every day about the reasons I chose a career at ARCA and how fortunate I am to share in the tradition of my extended family.

For each of you, I wish a holiday season filled with love, family and our profound gratitude.

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



New Mexico Brain Injury Resource Center (NMBIRC)

ARCA is honored to have been selected by the NM Department of Health to manage the New Mexico Brain Injury Resource Center (NMBIRC).

Brain injury has become a major public health problem, representing the second most prevalent disability in the United States. Affecting 13.5 million people, disabilities as a result of a brain injury are second only to depression.

Dealing with the reality of brain injury can be difficult for both the person affected and their family. Confusion, grief and the daunting task of countless decisions related to recovery are just some of the challenges thousands of New Mexicans are faced with every day.

Reliable access to information and referrals is crucial and available to all

New Mexicans, free of charge, through NMBIRC. Information on a variety of brain injury related topics is available and includes services, education, advocacy, resources and guidance with complex systems.

The New Mexico Brain Injury Resource Center is located at 1503 4th St. NW, Albuquerque, NM 87102. For more information, please visit our website at <http://www.nmbirc.org> or contact us at 1-844-366-2472 (1-844-3NMBIRC) or nmbirc@arcaspirit.org.





Our 2016 poinsettia celebration

was warm and wonderful; precious time spent with dear friends. City Treats catered a bounty of delightful morsels while Entourage Jazz decked the halls with melodious tunes.


In this season of thanksgiving, we are blessed to have this special opportunity to express our profound gratitude for your belief, leadership and unending support of the cherished individuals with intellectual and developmental disabilities we are so privileged to serve.



Circle of Promise

As we embark on our 60th anniversary, I remain grateful to have been part of this remarkable ARCA family since the 1970's.

It is an honor and a privilege to stay connected with beloved individuals, families and community members who believe in our mission and support a bright future for children and adults in our care. So many of you have helped ensure our services will be available for generations to come through your legacy gift.

This issue of Outlook is filled with stories of gratitude and includes our special holiday "Thank You List" recognizing every generous gift made to ARCA this year. Members of our Circle of Promise are noted with a  symbol; we have honored the privacy of those who wish to remain anonymous. To each of our legacy donors who have notified ARCA of a planned gift, please know how you truly make my heart sing; you have given the greatest gift of all by ensuring the magic of ARCA will continue as long as there is a need.

If you are considering updating your estate plan or want to learn more about how you can keep your family traditions alive through our special needs pooled trusts, please contact me!

With blessings and gratitude,



Elaine Solimon
Community Relations Director
505-480-4321 • esolimon@arcaspirit.org

What Keeps You Up At Night?

As a parent there are countless reasons for the occasional sleepless night; for those who have children with disabilities they can be more frequent and often filled with anxiety about how to maintain quality of life for your loved ones during or after you lifetime. I frequently hear from families about the difference ARCA's special needs pooled trusts have made in their sense of well being. Our special needs pooled trusts are perfect for both families with financial resources now and families who might wish to name the special needs trust in their will. Funds are available for the benefit of your loved one during his or her lifetime and provide for the quality of life activities and events important to you.



Please contact Elaine Solimon at 505-480-4321 or esolimon@arcaspirit.org to assure a more secure future for your loved one with intellectual/developmental disabilities. Sweet dreams!

Learning Opportunities

Individuals in ARCA's Customized In-Home Supports Division live relatively independent lives. Even with a job, many of these 77 remarkable people often find it nearly impossible to make ends meet. Healthy, nutritious groceries can be near the bottom of the monthly priority list when there are so many other expenses to address. LDS Humanitarian Services opened their warm heart and Bishops Storehouse doors to create amazing opportunities – some of them pretty unexpected!

Each week staff works with individuals to plan meals and prepare the grocery list. It's a learning opportunity for nutrition and wellness, but also for math and reading! People especially look forward to our weekly Breakfast and Dinner Club gatherings. It sets the stage for terrific camaraderie while improving conversational and social skills and, since everyone contributes to the meal, is a perfect way to learn how to prepare new recipes!

What are often the most profound teachable moments can occur during every day activities. Thank you LDS Humanitarian Services for the gift of nutritious, delicious groceries and the profound journey of dining with friends.



The Prader-Willi Syndrome Project for New Mexico

ARCA's Prader-Willi Syndrome (PWS) Project has a long history of working with NICUs and birthing centers to provide education in support of early identification. Historically a diagnosis of PWS was difficult, often depending on information gleaned from a checklist with subjective observations such as "abnormal skill with jigsaw puzzles." People living in New Mexico were rarely diagnosed before their late teens or early twenties.

The last decade or so has brought about tremendous advancements resulting in newborns being accurately diagnosed before they ever leave the birthing center. A simple blood test captures each abnormality with the 15th chromosome, the root cause of PWS, and is 99% accurate. Early therapies, including hormone replacement, speech, occupational and physical, and special education programs create endless possibilities for these kiddos.

People who came into ARCA's program early on are some of our greatest advocates and have taught us what is truly needed to help people with this syndrome live a great life. They are champions of support for our younger clients and beacons of a bright future for individuals with PWS and their families.



Rose is a mentor and friend. She and Jenna were superstars in the Special Olympic swimming competition in Farmington!



Gonzales Field in Corrales has been ablaze with sunflowers and ARCA Organics had a successful "U-Pick" sale which, thanks to the late season warm temperatures, continued through the end of November! Special thanks to Will Rindom of Albuquerque for sending us these gorgeous pictures of his visit!

Thank You, George!

In 1976, George Gardner had a summer job as a camp counselor at Beacon Lodge Camp for the Blind in Pennsylvania. He found himself working with young campers who wanted to live their lives as independently as possible; they just needed a little help. George saw dedicated social workers who gave them the supports they needed to succeed. At Beacon Lodge Camp, George met Kathleen, a beautiful, young woman who would become his wife. Together, they found their life's calling.



George became a Licensed Social Worker and, in 2005, retired from a 30 year career with New Mexico's Children's, Youth and Family Department (CYFD). As a supervisor, he responded to difficult abuse and neglect crisis situations. He also worked with families who wanted to open their homes as a safe, loving refuge for little ones who had never experienced safety before. These foster children and families were George's heroes.

Retirement was short lived and in 2007, George

accepted a position in ARCA's Family Based Services. George said, "At ARCA, I continued to help these new, wonderful families opening doors and opening their homes to our very special population. People who just need a family to love and care for them; someone to guide them through daily life."

"What a privilege and honor it has been to be a part of ARCA and the lives of all my hero individuals and families!!! I've looked forward to coming to work every day," George continued, "and the love each and every ARCA employee has given me is so appreciated. I will miss and never forget you!!!"

George will be giving retirement another try in December. While we wish George and his family a wonderful new chapter in their lives, we know his warm smile and compassionate spirit will be greatly missed at ARCA.

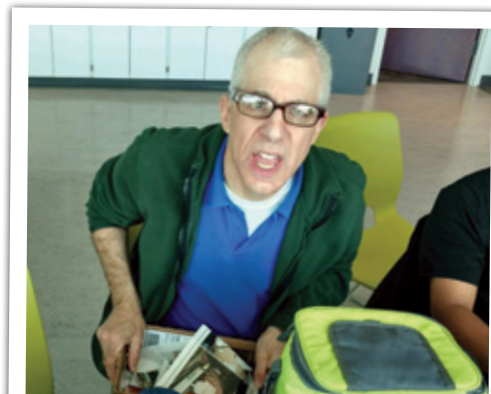
Community Life Engagement Project

ARCA's Customized Community Supports program (ACES) was selected by the New Mexico Developmental Disabilities Supports Division (DDSD), National Association of the State Employment Leadership Network and the University of Massachusetts Boston (UMB) to participate in the Community Life Engagement Project.

Funded through **Think Work** (a division of the Institute for Community Inclusion at UMB), this project will develop guidance for service providers to offer people with intellectual and developmental disabilities (IDD) opportunities to access and participate in their community outside of the workplace. Activities support career exploration for those not yet working or between jobs, supplement employment hours for those who work part time or serve as a retirement option for older adults and include volunteer work, postsecondary, adult, or continuing education, accessing community facilities such as libraries, gyms or recreation centers and participation in retirement or senior activities.

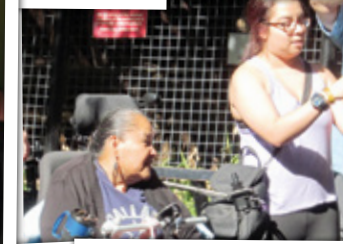
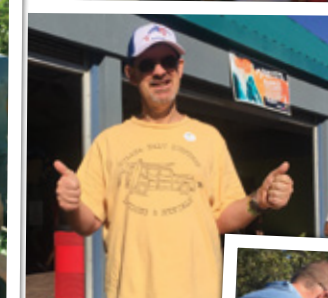
ACES uses the four guideposts model which includes advocating for individualized supports, promoting community memberships and contribution, using human and social capital to decrease dependence on paid supports and ensuring supports are outcome oriented and regularly monitored. Using this model assists ACES in helping individuals become part of their community in meaningful ways.

The UMB researchers were impressed with ARCA's strong history and ongoing commitment to providing supports for people to be in and of the community, and reported our services exceeded the initial outcomes they had established for us. We are excited to have been selected as a pilot for this innovative program and look forward to receiving the next level of outcomes to realize new opportunities to provide outstanding supports for individuals we serve.



Zoo Day 2016!

Thanks to the City of Albuquerque and the ARCA Foundation, ARCA Day at the Zoo was a roaring success! Over 1,100 individuals receiving services, family, staff and friends spent time together under sunny skies enjoying the antics of critters from apes to zebras.



Thank You

The children and adults with intellectual and developmental disabilities served by ARCA are grateful for each of our 2016 donors.

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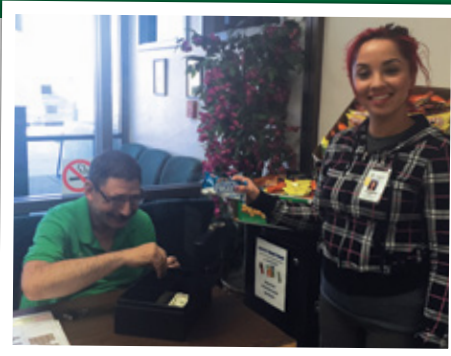
 Circle of Promise Member

Every effort has been made to compile a complete and accurate list of donors from 11/1/2015 - 10/31/2016. If your name has been inadvertently omitted or misspelled, please accept our apologies and contact Michele at MCody@ArcaSpirit.org with corrections.

Another Entrepreneurial Expansion!

It's always busy at ARCA; sometimes you just need a snack to keep moving! No worries, on Tuesdays and Thursdays just head over to Steve's Snack Stand!

Steve is a self-employed entrepreneur who loves his job and has enjoyed an increase in business since moving his wares from the Lomas break room into the front lobby. One thing he didn't have, though, was a logo. Steve prepared a list of what he wanted his logo to include and took it to the ARCA Foundation, where Megan Ward created several designs for him to choose from. After careful analysis, Steve picked his favorite elements from each and asked they be incorporated. He was thrilled with the outcome (especially the moustache) and is planning to have the logo embroidered onto several work shirts soon!

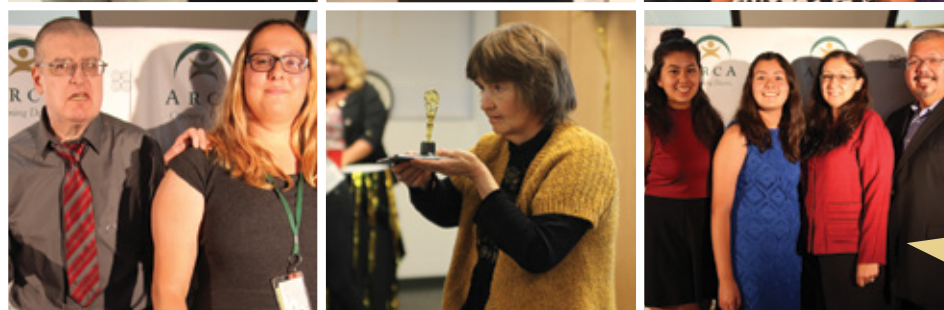
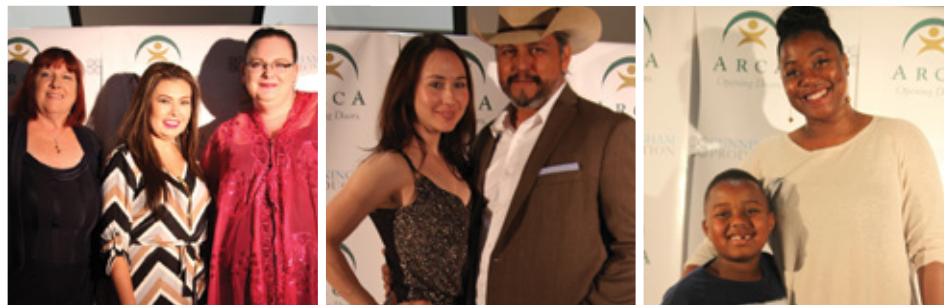


Steve runs an efficient business and is grateful for the support he receives from his job coach La Dawna.

Veteran's Day Lunch



Staff who served in the military were honored at our annual Veterans Day Lunch for their service to our country and to ARCA.



Rolling Out the Red Carpet!

For Lora Cunningham's large fan base she is a super star. At ARCA, she is our super hero.

About a year ago, ARCA realized it was time to make a u-turn. The changes in many state and federal regulations had refocused our supports away from our traditional model of independence building toward one of care giving. While the health and safety of each individual is embedded in ARCA's core, independence is the foundation of happiness. We looked at readily available training materials and none embraced the spirit and values of ARCA. We turned to Lora for help and once again, she put her Director/Producer talents to work alongside her platinum team of Corey Weintraub, Director of Photography, Levi Martinez, Jesse Heidenfeld and Grant MacAllister, Camera Operators, Alex Raguini, Sound Mixer and Editors Clark Morris and Jade Norris from 30 Second Street. Together, they made magic.

The result is a 45-minute training video starring individuals receiving ARCA services who have enhanced their lives by increasing their independence. Their stories, told in their own voices, reinforce each of the nine Ethics Principles that are the foundation of ARCA's values.

All movie stars need premiers and we rolled out the red carpet for this one! Individuals, families and staff were greeted by our very favorite paparazzi Megan Ward in front of the Step and Repeat Backdrop wearing their finest evening apparel. At the conclusion of the film, each of our stars received an academy award.

Special thanks to Cecile Evola, ARCA's Supported Living Operations Director, for stepping entirely out of her comfort zone to spearhead this exciting project. Cecile shared it was a huge learning experience for her, "but I will tell you, when I laid in bed at night I started to tear up as I remembered Richie and his joy, the beautiful setting we filmed him in, the love he has for his neighbor Vicky and her dog Tonia," she said. "Where in our lives but at ARCA do we see such joy and happiness in people? I am tearing up again. This is why we do what we do. We always need to remember this."

Smart Travel

One Giant Leap

Christopher is a kind, polite young man who likes to play the piano and listen to music; he had a long-time fear of public transportation. His family recently referred Christopher to ARCA's Smart Travel Program and, despite his fear of riding the bus for the first time, he was excited for the new opportunity. A Smart Travel Project Instructor worked alongside Christopher each day and provided him with essential tools such as prompt cards to help him travel safely on his own. When Christopher became increasingly nervous while learning how to ride the bus, Christopher's family joined in on a Smart Travel training session to provide additional support! The word happiness is an understatement to describe Christopher's sense of accomplishment on the day he proudly reached his goal of traveling independently from home to a nearby mall. After completing his route, Christopher jumped up and down shouting "I did it!"

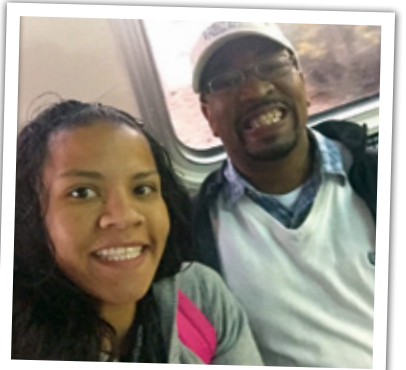
We are incredibly proud of Christopher and all the participants who have gained greater independence through ARCA's Smart Travel Program.

Rolling Thunder

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

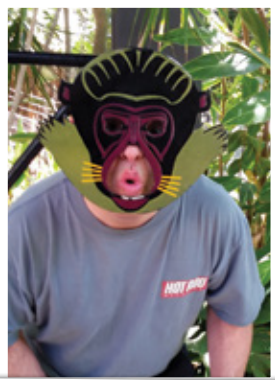
This October, athletes from the greater Albuquerque area converged on Santa Ana Star Light Lanes to compete in the Area Special Olympics bowling competition. Los Amigos had 55 athletes compete in the competition to qualify for the State Tournament in November. Ashley Reader carried the Torch to help declare the start of the games!

This stellar team earned 26 1st place, 11 2nd place, 6 3rd place and 4 4th place ribbons. Congratulations to all the athletes and a special thank you to the coaches and direct support professionals for supporting these great contenders.



Bucket List

What a great sense of satisfaction to accomplish items from our bucket list! For Matt, Todd, Steve, Geno, Steven and David, ARCA staff Charles Brescia and Susan St. Jean made dreams come true with a weekend in San Diego to see the USS Midway aircraft carrier. Everyone embraced our group and shared stories of loved ones growing up with a disability. It was an action packed couple of days including a train trolley ride to Old Town, a visit to La Jolla cove to see the sea lions, a three hour dinner cruise, Sea World, monkeying around at the Zoo and Todd was even able to walk somebody's dog we met while having a picnic!



HR Corner

ARCA is Hiring!

ARCA hosted two Job Fairs recently with a great turnout of new candidates! Although we filled over 30 jobs, ARCA needs additional staff before the holidays, particularly on weekends.

If you are looking for evening or weekend work, we offer an alternative evening and weekend new hire training track. ARCA pays an additional \$1.00/hour for weekend shifts! If you know of students looking for a meaningful job, ARCA is offering a training track immediately after New Year's, which means students can complete the full paid training program before classes resume.

What a wonderful opportunity to make a difference in our community with a meaningful job at ARCA.

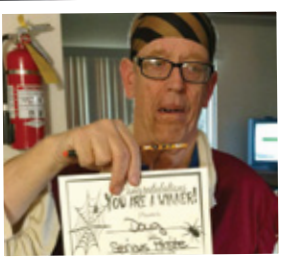
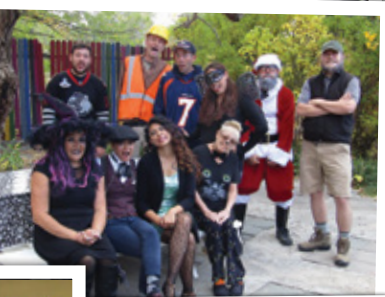
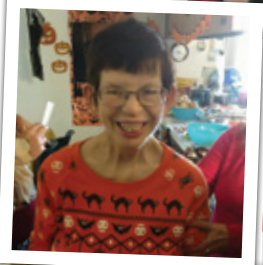
Rio Rancho Mayor's Gala

The Rio Rancho Mayor's Gala is an annual fundraiser supporting the Rio Rancho Community Foundation, which in turn provides grants for local nonprofits. This year's gala theme was "An Old Fashioned Circus." We had an absolute blast and are grateful to be a grant recipient this year!



Goblins and Pirates and Wolves, Oh my!

Halloween fun was in the air this fall with parties, haunted houses and costumes galore! Over 40 individuals attended Independent Living's annual party and everyone had a great time – some guests even braved the haunted house where they were spooked by a flying ghost, wicked witch and a skeleton engrossed in magazine fodder! Individuals and staff in full costume enjoyed our annual "We'll be Grillin' While you're Chillin'" barbeque at La Entrada and rocked to the music of Chuck Hawley & Friends while folks at our San Francisco home turned the garage into a dance floor!



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