



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

11300 Lomas Blvd. NE • Albuquerque, NM 87112
Tel: (505) 332-6700 | Fax: (505) 332-6800
www.ARCASpirit.org

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Outlook

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Opening Doors for individuals with intellectual and developmental disabilities since 1957. | ARCAOpeningDoors.org

The Brightness of Summer

"Summertime is always the best of what might be."

~ Charles Bowden

Summer is a time for barbeques, baseball and, at ARCA, Bowl-a-Thons. The contented sighs and easy laughter embedded in long, sunny days; spending languid hours with people whose singular expectation is the joy of each moment and the takeaway of summertime memories.

Over 1,000 of us launched into summer with our 10th Annual Bob Scanlon/Steve Mackie Bowl-a-Thon. It's hard to believe this celebration of family and community has been with us for a decade. Mayor Hull hosted the 4th Annual Mayors on Strike for ARCA competition and took home the first ever double crown, winning both the First Strike Award and the coveted George J. Kominiak Leadership Award. Orbit charmed everyone with his generous hugs, high-fives and stellar bowling arm. ARCA Man swooped in with his green and gold cape, amazing the crowd with his super powers of strength, kindness and compassion – and he's a pretty good bowler, too! Laughter filled the lanes at Ten Pins and More and the biggest smile of the day belonged to Bob Scanlon.

Thanks to generous community partners like the French Family of Companies, we'll spend much of the summer at Isotopes Park. Whether



we're sitting behind the dugout or picnicking on the lawn, we know we're in for a good time!

Soon we'll welcome 38 Pi Kappa Phi bicyclists in route to Washington, D.C. where they will carry their message of acceptance and understanding for people with intellectual and developmental disabilities. We'll spend a warm afternoon around the barbeque, reconnecting with old friends and making new ones.

I wish each of you a summer filled with opportunities to live memorable moments - to enjoy the very best of what might be.

Edward J. Kaul
(505) 332-6825 • EKaul@ARCASpirit.org

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Please consider adding the ARCA Foundation to your will or estate plan.
Contact Elaine Solimon at (505) 332-6805



ARCA's Annual Geranium Celebration



Our geraniums were so beautiful this year, we had to make sure our celebration was worthy of the wonderful gardeners who grew them. The ARCA Buddies Civitan group greeted neighbors, family members, associate employees, staff and community partners while *City Treats* catered a delightful brunch buffet.

Geranium season at ARCA is over until next Spring, but the greenhouses are vibrant with activity. If you'd like to learn more or schedule a tour, contact Michele Cody at MCody@ARCASpirit.org.



ARCA's SMART TRAVEL Program Expands Services!

ARCA's **SMART TRAVEL Program** has been working with individuals in ARCA's care to gain independence through customized assistive technology for over eight years. Using a person-centered approach customized to meet each individual's needs, our program enhances quality of life while helping develop confidence in navigating our community.

SMART TRAVEL provides essential skill-building, training and support for people in navigating the public transit system, budgeting and finances, safety, goal setting, communication and so much more. We are thrilled to offer this service to individuals and agencies throughout our greater community. *For more information, please contact ARCA's Smart Travel Program Manager, Keely Frazier, at (505) 573-0249 or KFrazier@ARCASpirit.org*



Top Workplace 2018



ARCA received a 2018 Top Workplaces honor by The Albuquerque Journal. The list is based solely on employee feedback gathered through a third-party survey administered by research partner Energage, LLC (formerly WorkplaceDynamics), a leading provider of technology-based employee engagement tools. The anonymous survey measures various aspects of workplace culture, including alignment, execution and connection, just to name a few.

"Top Workplaces is more than just recognition," said Doug Claffey, CEO of Energage. "Our research shows organizations that earn the award attract better talent, experience lower turnover and are better equipped to deliver bottom-line results. Their leaders prioritize and carefully craft a healthy workplace culture that supports employee engagement."

"ARCA is proud to be recognized as a top workplace," said Edward J. Kaul, ARCA President/CEO. "We work hard to provide the individualized supports children and adults with intellectual and developmental disabilities need to live a great life. Every day is filled with challenges and the tremendous joy of helping someone achieve their dream. We are a top workplace because of the dedicated service of every member of our team for people we serve and for one another."

"Becoming a Top Workplace isn't something organizations can buy," Claffey said. "It's an achievement organizations have worked for and a distinction that gives them a competitive advantage. It's a big deal."

EXTRA KUDOS!

In addition to receiving a Top Workplace award, ARCA was thrilled to learn its Training department was voted **#1 in New Mexico** in the Special Awards category. We appreciate how staff take learning seriously, in order to better the lives of people we serve. ARCA Training is in-depth, engaging and as diverse as the trainers themselves. The Training department is honored to receive this award, and to continue to cultivate learning opportunities for new and seasoned staff alike.

Spring Dance

Independent Living throws great parties! Our Spring Dance was a delightful opportunity to dress up, socialize and move! Spirits were high and smiles were contagious as we sang along to songs we love and stepped onto our dance floor.

A special thanks to Merry Murphy and her team for creating these joyful opportunities and for prioritizing the importance of celebration in every day life.



Employee Appreciation

We had a lot to share and celebrate at our recent Employee Appreciation meeting, coordinated by our Human Resources department. Highlights included ARCA's IT department making huge strides in increasing efficiency throughout the organization and our Health & Wellness Program being well into another successful ARCA on the Move campaign. Naomi Serna-Olander, ARCA's Human Resources Director, reviewed the details of our Top Work Places award and honored Mary Helen Martinez, Benefits Coordinator, for her 30 years of service to ARCA. Gratefulness for ARCA's conscientious, collaborative and professional employees fueled the morning.



Circle of Promise



It is a joy to know so many philanthropic individuals and families who become Circle of Promise members through their planned gift to ARCA, ensuring ARCA will be here as long as the need exists.

Prospective members often approach me about including the ARCA Foundation Donor Pooled Trust in their estate plan. Our special needs pooled trusts are perfect for both families with financial resources now and families who might wish to name this trust in their will. Funds placed in our pooled trusts are available for the supplemental needs of your loved ones with intellectual disabilities and assure they maintain their critical government benefits during their lifetime.

We can tailor distributions to continue your family traditions when you are unable to personally do so. Through the Joinder Agreement, you are also able to direct any remainder funds to benefit other individuals and organizations, including ARCA. We accept special needs pooled trusts for individuals with intellectual and developmental disabilities regardless of whether they receive services from ARCA.

There are many ways to make a lasting legacy for individuals supported by ARCA and I would be honored to visit with you about which option best meets your needs. Your support will make dreams come true for generations to come.

With gratitude,

Elaine Solimon

Elaine Solimon • Community Relations Director
(505) 332-6805 • esolimon@arcaspirit.org

The Prader-Willi Syndrome Project for New Mexico

April was a month of change at ARCA's Prader-Willi Syndrome Project. Penny Chavez, our Case Coordinator, bid ARCA farewell after many years of dedicated service to begin a new chapter in her professional life. We are thrilled to welcome Shirley Stevens to ARCA. Shirley first became familiar with ARCA through her work with the New Mexico Brain Injury Resource Center.

Shirley has a passion for helping people. She has been learning about each person in our PWS program so she can discover how best to support them. Shirley is also making plans for a Walk/Run with the NM Chapter of the Prader-Willi Syndrome Association (PWSAUSA) later this year to raise awareness and create an opportunity for individuals and families to meet one another and have a good time. Details to follow!

If you have questions for Shirley or would like to learn more about this program, she can be reached at (505) 243-3817 or SStevens@ARCASpirit.org.

Special Recognition!



ARCA was thrilled to be recognized in *Albuquerque the Magazine* with a Hot Plate Award for ARCA Organics! This is the 12th year the magazine has bestowed this coveted award to restaurants serving "must have" delights and the first time the award has been given to a farm. We are over the moon! For more information about ARCA Organics or to purchase fresh, organic produce, please contact Carmelle Sabater at csabater@arcaspirit.org.



Mike Dushi was recognized for being featured in the *Albuquerque the Magazine* Hot Plate Award article. Friends and family arrived to see the award and honor Mike's celebrity! Mike carefully autographed copies as a memento of this special occasion.



"What I truly consider remarkable is how, through the loving efforts of so many who have taken ownership of the event and all it entails, our Bowl-a-Thon has taken on its own life. A "seed" that has been nurtured into a mature, fruit bearing tree of Love and Life."

~ Bob Scanlon

It is said people overestimate what can be done in a year and underestimate what can be done in a decade. My, what a decade of surprises this has been! In 2008, Bob Scanlon first suggested a Bowl-a-Thon would be a fun venue for individuals receiving services, families, staff and community members. He hoped it might increase community awareness and we all wondered if it might generate some much needed revenue. Each year our Bowl-a-Thon has assumed a new personality, welcoming state and community leadership,

television and film personalities, MMA stars and always celebrating the diverse talents of people we support. We never dreamed Mayor Hull would launch Mayors on Strike for ARCA, welcoming mayors from across New Mexico in what has become our signature competition! We could not have imagined the thousands of people who would join in the fun, each year building new relationships and leaving at the end of the day with a pocketful of joyful memories. At the end of ten years, this splendidly chaotic annual day of bowling, laughter, friendships and utter compassion has raised nearly \$1,000,000 to supplement the gaps in Medicaid funding. In reflection, we realize how very much we underestimated the power of our community and the enormity of the gratitude we are so blessed to carry in our hearts.



Arranging a Bowl-a-Thon for 1,000 people is lots of work, but what makes it shine are the unexpected gifts that come straight from the heart. In the hectic moments before the big day, Diane Fisher and Elaine Solimon came to the office with a "lane full" of homemade bowling pins/ ball cupcakes! What a fabulous way to boost our spirits – and our blood sugar! Meanwhile, Kimberly Caudill, ARCA's Health Services Manager, used her creativity and amazing sewing skills to bring ARCA Man to life – our very own mascot, WOW!!! Don't tell anyone, but Kimberly's husband, Tom, is ARCA Man's Clark Kent.



Global Ties

Every day ARCA benefits greatly from the generosity of our community partners. We are always honored when Global Ties ABQ, one of 92 community organizations working under the auspices of the U.S. State Department’s International Visitor Leadership Program (IVLP), asks us to meet with representatives from around the world. Just recently we visited with representatives from NGOs in Moscow, St. Petersburg, Mytishchi and Pskov, Russia about improving accessibility for people with disabilities in urban environments. A few weeks later, we toured ARCA Organics with guests from Central and Eastern Europe to discuss advancing minority rights.

These conversations benefit all of us and, while we need interpreters to translate the words, the message from these stellar advocates is universal – finding opportunities for people to live great lives enriches us all.



Civitans Craft Up Some Fun!

Thank you to all who participated in our club’s service project for dogs and cats at the Animal Humane shelter in Albuquerque! People donated t-shirts and paper rolls to make toys and even stopped by the meeting to help put them together. We made 75 colorful pull toys for the dogs and about the same number of fun cat toys! Gina Sena, an educator at the animal shelter, extended her heartfelt thanks on behalf of the staff at animal humane and the animals they serve -- she says they will surely enjoy the toys!



TAX HELP



This year, tax returns were prepared and submitted for 219 ARCA individuals by a brilliant community of volunteers. Once again, 43 Beta Alpha Psi student volunteers from UNM Anderson School of Management spent 155 hours preparing 185 returns and reviewing 94 returns. An additional 12 volunteers from the professional community, including Atkinson, REDW, UNM ASM and ARCA volunteered over 43 hours preparing and reviewing returns. Federal refunds for individuals exceeded \$22,000 and New Mexico refunds were over \$25,000.

The entire process went exceedingly well. Thanks to everyone’s skill and efficiency, we beat our anticipated time with few corrections and did not have to amend any submitted returns due to incorrect or missing information. Great job Preparers and Reviewers!

Albuquerque INVOLVED



“If A Job’s Worth Doing, It’s Worth Doing Well” could be Albuquerque Involved’s motto!

Once we were past the risk of a freeze, they headed to our Rustler home to fill the stunning planter boxes they’d built earlier in the year with fruits and vegetables. Howard, Matthew and Mike are jazzed to care for their new gardens and invited everyone to come over for a barbeque when the watermelon is ripe!

ABI/Domestic Violence Forum

In conjunction with the Brain Injury Advisory Council (BIAC), a program of the New Mexico Governor’s Commission on Disability, ARCA hosted a public forum to gather information about the need for education and resources on concussion and traumatic brain injury resulting from domestic violence (DV).



The multidisciplinary panel included:

- **Michael Langford**, Certified Brain Injury Specialist; Acquired Brain Injury Division Director, ARCA
- **The Honorable Jane E. Powdrell-Culbert**; New Mexico State House of Representatives, District 44
- **Sesha Lee**; Brain Injury Program Manager, Goodwill Industries of New Mexico (GINM)
- **Monica Montoya**; Program Coordinator, BIAC
- **Gail Starr, RN**; Clinical Coordinator, Albuquerque Sexual Assault Nurse Examiners (SANE) Collaborative

DV providers from around the state were invited to submit questions and attend. The forum was recorded and is available on ARCA’s website at www.ARCAOpeningDoors.org/BIAC-forum/.

INTEL Volunteers!

Many hands make light work. Intel has proven this adage repeatedly over the years through their coordinated volunteer days at **ARCA Organics**. We are thrilled with their enthusiasm and ongoing support and thanks to their hard work our Spring planting is on schedule! Fields have been weeded and prepped, irrigation has been installed and seeds have been planted, transforming our land and to-do lists!

Thank you, Intel employees, for contributing your time, expertise and energy to ARCA!

ARCA Organics has many team building/volunteer opportunities for businesses in our community. For more information, please contact Faith Crowe at (505) 264-0645



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