



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


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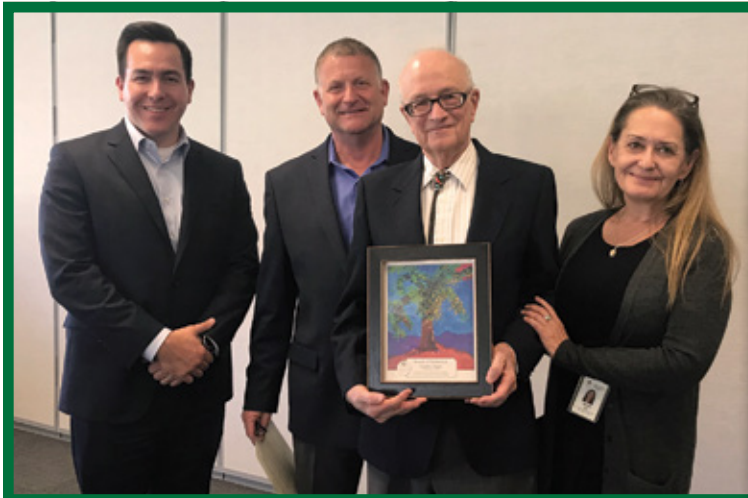
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**Contact Elaine Solimon at (505) 332-6805**



**ARCA's 2018 Annual Meeting** was a time to reflect on the developments of the past fiscal year, reconnect with each other and celebrate the people who, through their extraordinary commitment, help make ARCA shine.

Edward J. Kaul, ARCA President/CEO, and Angie Julian, ARCA CFO, reported on the challenges and successes of the year. Matt Maes, Sonya Adams and Doug Cox were recognized for their exemplary service as board members. Barbara Lewis and Laurel Shelton accepted a second term of service and Adam Thompson's nomination for his first three-year term on the ARCA Board was unanimously approved.

Don Wright was the 2018 recipient of ARCA's Award of Distinction. Don's volunteer work at ARCA began in 1978 when he joined our Board of Directors. He has served on numerous Boards, Committees and Councils in a variety of roles, as well as volunteering thousands of hours in the office. His leadership has kept ARCA on a steady path of innovation for decades and we are profoundly grateful.



*Wishing you  
and yours a  
happy holiday  
season!*



# Outlook

**Volume IV  
2018**

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

## Gifts of the Season

Every autumn as I watch the leaves turning color and tumbling into our yards and roadways, I find myself reflecting on the ebb and flow of ARCA. The constant fluctuation in programs, regulatory standards and models of service; changing our processes to adapt while continuing to accommodate the individual needs of people we serve and provide the best opportunity for a meaningful life. This year has offered several milestone moments, primarily the realization of community based services for adults with acquired brain injury (ABI). These services have never existed in New Mexico, forcing people to go out of state for long-term supports. Now, people with an ABI will enjoy the comfort of their friends and family as they learn the skills necessary to move forward.

It was a delight to welcome staff, individuals and families to ARCA Day at the Zoo. I'm grateful to the City of Albuquerque and the ARCA Foundation for making it possible. It is truly special to witness such extraordinary diversity; to experience the kindness of people helping one another enjoy the day. The laughter stayed with me for hours after I'd gone home.

Our poinsettia celebrations were spectacular, thanks to the rare beauty of our plants and cherished community partners. This time spent together in gratitude is my favorite time of the year. In the next few weeks, the LDS Edgewood Ward will be decorating a tree, singing



carols and delivering presents for adults in our Independent Living Program and Bank of Albuquerque elves will be working hard serving festive goodies and assisting Santa at our party for individuals in our ICF/IID and Supported Living programs.

This holiday season, my spirit is filled with awe for the opportunities you make possible. You bring the resources, experience and wisdom that lead to success. Each gift strengthens the work we do and empowers the people we serve. Mary Anne Radmacher so perfectly phrased my wish for you, "May your walls know joy, may every room hold laughter and every window open to great possibility."

With blessings and gratitude this holiday season and always,

(505) 332-6825 • [EKaul@ARCASpirit.org](mailto:EKaul@ARCASpirit.org)

## Pearls of Wisdom

Pearl Koski was born and raised in South Africa. In the 1960s, she and her husband moved to England and a few years later arrived in New York aboard the Queen Mary. After a few years in Massachusetts, they traveled across the United States, spending time in Santa Fe and Los Alamos. They settled into the beautiful Pajarito Plateau community where they raised their two young daughters before eventually returning to South Africa. Nearly 20 years later, Pearl came to Albuquerque.

We recently spent a few hours with Pearl, entranced by her fascinating stories, inspiring philosophy and inimitable spirit. A survivor of cancer and a stroke, Pearl is beautiful, gentle and quick to laugh. She wakes early every morning, dresses, puts on her makeup, has breakfast and begins her work – knitting beautiful scarves and lap blankets for children and adults receiving ARCA services. "I've knitted all my life," she shared, "but knitting for ARCA is what I am meant to do. God gives us a mission and this is mine. Every morning I wake up and thank God for being alive."

We thank God for Pearl.



Pearl Koski with Michele Cody next to a few of the many beautiful scarves Pearl has knitted for individuals in ARCA's care.



## An ARCA Tradition

After months of tender care, we opened our doors to celebrate 7,000 glorious poinsettias and the amazing families, friends and neighbors who help ARCA shine! We were humbled to learn how this special evening has become part of so many annual traditions and welcomed the opportunity to spend time together.



## Why ARCA?

In our continuing series on why our esteemed volunteer leadership have chosen to share their time, treasure and talents with ARCA, we reached out to past president of the ARCA Foundation Board of Directors John H. Stichman, PhD and Kris Stichman. John has served on the Board for nine years, as well as terms on our Executive, Finance and Joint Board Committees. He also chaired our Business Enterprises Task Force and Kris serves on our Donor Relations Committee. John and Kris have opened their home to host ARCA events and are honored members of our Circle of Promise and Emily and Herman Mauney Legacy Society. John and Kris are tender, articulate advocates for people served by ARCA and an integral part of our fundraising efforts to supplement gaps in Medicaid resources for core services. They are mentors for staff and individuals, readily lending a shoulder to lean on and guidance to learn from.

When we asked John and Kris why they choose ARCA, John replied, "ARCA isn't about just sustaining a person's existence, it's about enriching lives. I regularly cite ARCA as an example of how to effectively implement goals and objectives. They find and create opportunities for people they serve to live a full life." Kris said, "I have served on many Boards and Committees and at some point always thought it was time to move on. That has never happened with ARCA. It's a joy."

As for us? We think spending time with the Stichmans is a joy, too.



From left, Elaine Solimon, John Stichman, Hiroshi Miyamura and Kris Stichman at an ARCA event hosted by the Stichmans.

## Circle of Promise

Catherine Poverstein has a longstanding, monthly tradition with her son, Ray, who receives supports from ARCA. They meet over dinner at one of several of Ray's favorite restaurants. During dinner, Catherine writes a generous check to the ARCA Foundation to support our mission. At the same time, Ray writes a personal note about his life, his experiences and anything he wants to share with us. We always look forward to Ray's note and the opportunity to read about his adventures.

I was privileged to spend an evening with Catherine and Ray over dinner recently and it was an absolute joy. There was much reminiscing about trips they had taken together over the years, excitement about upcoming events and tender reflections.

"ARCA has been a godsend for our family for many years," began Catherine. "I know Ray will not only be taken care of when I'm no longer here, but that he will continue to thrive." ARCA is honored to support Ray and to have Catherine entrust his day to day care with us.

For over 60 years, ARCA has encouraged and celebrated great lives for people we serve. There are so many ways each of us can help ensure bright todays and promising tomorrows. I invite you to contact me to learn how you can leave a legacy for the hundreds of children and adults we serve



Dear ARCA  
I like my house  
I moved in to it is  
very quiet at night  
I like the staff  
You are very nice  
to me  
Love  
Ray + +

today as well as those future generations who, like Ray, will thrive with ARCA services, tomorrow.

Thank you,

*Elaine Solimon*

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

## The Prader-Willi Syndrome Project for New Mexico

Shirley Stevens, New Mexico Prader-Willi Syndrome Project Case Coordinator

The First Annual Prader-Willi Syndrome (PWS) Family Fun Day was a blast! The sun was out and spirits were high; a perfect setting to expand awareness of PWS and spend time with friends and family.

Activities included face painting, an assortment of games and we even got to hang out with a few Star Wars characters! The ARCA Buddies Civitan Club hosted BINGO (and prizes!) while people enjoying the arts and crafts table reconnected with old friends and made amazing art. Families and providers shared stories and helpful information.

For people living with PWS, it's important to have the opportunity to socialize and engage in our community in food-safe, stress-free settings. In a few weeks we'll be celebrating the holidays together.

A very special thank you to everyone who donates their time, spirit and creativity to help make these extraordinary gatherings possible.





# Acquired Brain Injury Services

Since 2016, ARCA has been proud to serve as the managing partner of the New Mexico Human Services Department's Brain Injury Resource Center (BIRC). The BIRC's mission is "To provide information, referrals and outreach services for people with brain injuries, opening doors to needed services and helping them become valued members of the community." It is a one-stop shop for information and referrals on a wide variety of topics related to brain injury including services, supports and education.

In 2017, ARCA began offering Certified Brain Injury Specialist (CBIS) training. Already, this training has doubled the number of people who are CBIS certified in New Mexico. If you are interested in certification, please check our website at [www.ARCASpirit.org](http://www.ARCASpirit.org). We will announce the 2019 training schedule as it becomes available.

While ARCA has historically provided long-term, community based services for people whose brain injury occurred prior to age 21, this year, we opened our doors for adults with acquired brain injury (ABI). Other than acute care, services have never been available in New Mexico for this vulnerable population, forcing people to leave their families and familiar surroundings to find post-acute and/or long-term care in Texas, Colorado or elsewhere.

## Creating Opportunities

In recognition of our 10th Anniversary of ARCA Bowl-a-Thons, this year we added a raffle of fabulous experiential opportunities. Marina Mauney won the weekend getaway at Sunrise Springs - an Ojo Spa Resort, and sent us a few photos of her memorable getaway! Marina's trip included three days at this tranquil 70 acre oasis fed by natural springs, where she enjoyed yoga, cooking classes, sketching the extraordinary fall foliage, delicious meals and even time getting to know playful, fluffy Silkie chickens living on site!

We are grateful to Sunrise Springs and all our raffle prize donors for the beautiful experiences they contributed. It was a delight to be able to make such lovely opportunities available for those who give so much.

*p.s. Wait until you see the photos of Cabo. Let's just say there was a 300 pound Marlin involved...*



Michael Langford leading December's CBIS training at ARCA.

ARCA has implemented a community based model of service, specializing in functional skills development and self-management strategies for people living with ABI. The impact of a brain injury is as unique to each person as the level, type and duration of care. ARCA's person centered, community based program provides a full continuum of care including residential, rehabilitation, long-term, in-home services, community inclusion and day treatment services. Our model provides options based on the needs of the individual and welcomes the family into the rehabilitation process.

For more information on these services, please contact Michael Langford, CBIS at [mlangford@arcaspirit.org](mailto:mlangford@arcaspirit.org) or (505)235-7478.



# ZOO DAY!








With the ABQ BioPark on a gorgeous fall day as our backdrop, over 1,100 friends, family, colleagues and housemates were out to have fun. The outcome was non-stop smiling. A giant thank you to the City of Albuquerque and the ARCA Foundation for making this spectacular day possible.













# Thank You!





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







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

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# Olympic Bowlers

Bowling has become a popular day activity, offering individuals time to practice for ARCA's own Bowl-a-Thon and Special Olympics competitions. We have several bowling teams, including Los Amigos, coached by Richanne and David Cunningham, ARCA QIDP/Nurse Services Coordinator and ARCA IT Division Director.

After participating in the Special Olympics Regional Bowling competition at Santa Ana Starlight Lanes in October, ARCA's teams qualified for the State competition. Lots of medals were won and everyone had a great time.

Congratulations to all the bowlers and coaches who participated this year!



# GIVING THANKS

At ARCA, we are blessed by the people we serve and our co-workers. We set aside the fourth Wednesday each November to thank one another for the gifts we share. Vince Smith spearheaded this holiday tradition over 20 years ago as a way to bring our ARCA Family together. ARCA administrative staff volunteer their time and culinary skills to prepare turkeys, hams, stuffing and a bounty of side dishes and desserts to feed our front line staff, individuals we support and families. Like Clark Kent's transformation into Superman, our otherwise functional training rooms, break rooms and offices are magically altered into festive dining rooms with a non-stop buffet from 8 a.m. – noon.

This year, Monica Sandoval, ARCA's Quality Coordinator, asked individuals and staff to share what they are thankful for and the responses made our hearts sing. Thank you to everyone for making this a meal to remember.

"I am thankful for my family and the world." - John



"I am thankful for my life." - Paula



"I am thankful for carousels" - Ricky

"I am thankful for today." - Lavra



"I am thankful for TURKEY!" - Tim

"I am thankful for my friends." - Gary



"I am thankful for the sun." - DeeDee



Express Yourself!

ARCA's HR Department recruits new staff by inviting people to "bring who you are to ARCA." ARCA's success as an organization is only possible through the diversity of its workforce; people who bring their unique skills and talents to the table in support of the individual needs, hopes and dreams of people we serve.

When Halloween rolls around, it's a treat to see the innovative costumes staff and individuals we serve wear to the office and our annual bbq in Corrales. From all the characters in Alice in Wonderland to a handful of M&Ms, no one expresses themselves better than our ARCA family!



ARCA Civitan BUSY Buddies!

The ARCA Buddies Civitan (ABC) Club works to find ways to support people with needs in our community. After completing a project that supplied foster care kids with school supplies, ARCA Buddies started thinking about the kids who had no home at all. How can we brighten their lives? How can we let them know we are thinking of them? Their answer was to give the children something fun and creative. Reusable bags filled with coloring sheets, crayons, stickers, stamps and other craft items as well as snacks were delivered to Joy Junction, Barrett House and Family Promise.

The club loves to participate in and support community events. When news about the Prader-Willi Syndrome Family Fun Day was shared during a meeting, the club decided to support the event with a BINGO table. It was the perfect contribution to the event and everyone had a great time.

Members decided to make beautiful holiday wreaths and brought a batch to ARCA's Poinsettia Sale as a fundraiser. They sold out!

Deborah Lucas' tireless enthusiasm and dedication to this club has been a huge asset to its success. The club has more members now than ever and continues to grow. If you would like to join, volunteer or share ideas, please contact Deborah at DLucas@ARCASpirit.org.



Business Expansion

Steve's Snack Stand is growing! Steve has been selling packaged snacks and beverages at ARCA's Lomas East building for several years. He loves to cook at home and wondered if he could increase sales by selling freshly prepared food. His job coach researched the regulation and told Steve he would need to get certified in proper food handling. They found Learn-2-Serve, an online course, which Steve completed in two days. With his Certified Food Handler certification in hand, he started planning what foods he'd like to serve! In December, he will add fresh nachos to his menu and early next year he hopes to include Frito Pie – two of his favorites. Congratulations to Steve for assessing the market and developing the necessary skills to expand his business!



Family

Families gathered at ARCA's South Valley home for companionship and a Jamaican themed meal. New friendships were built around lawn games and a photo booth with Jamaican props, while families with decades of shared experiences had the opportunity to reconnect. It is always inspiring to spend time with our families, whose support and advocacy have made a lifetime of opportunities possible for their loved ones.



Developmental Disabilities Nurses Association State Conference

Incorporated in 1997, the Developmental Disabilities Nurses Association (DDNA), New Mexico Chapter is a nursing specialty organization that is committed to advocacy, education and support for nurses who provide services to people with intellectual and developmental disabilities (IDD).



ARCA recently hosted the DDNA New Mexico Chapter's annual conference. It was a wonderful opportunity for IDD nurses from around the state to connect with each other and foster the growth of nursing knowledge and expertise about optimal care of people with IDD, improving their care, services and quality of life.

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