



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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Outlook

Volume I
2019

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

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



Mark Your Calendar!

Don't miss these ARCA events!

- APRIL 8-12** Certified Brain Injury Specialist Training *details at right*
- APRIL 27** ARCA's Annual Geranium Celebration *see page 6 for details*
- JUNE 1** ARCA's 11th Annual Bowl-a-Thon *see page 2 for details*

ARCA BOARD MEETING DATES 2019

- MAY 1**
- JUNE 5**
- AUGUST 7**
- OCTOBER 2** *All ARCA Board meetings will be held at 12000 Lomas at 11:30am*
- NOVEMBER 6** *Annual Meeting*

MARCH is Brain Injury Awareness Month
Not all wounds are visible.



CBIS 2019 Trainings

The ACBIS program provides the opportunity to learn important information about brain injury, to demonstrate learning in a written examination and to earn a nationally recognized credential.

APRIL 8-12

SCHEDULE: Training: April 8-11 • 8am to 5pm
Testing: April 12 • 8am to Noon

AUGUST 5-9

SCHEDULE: Training: August 5-8 • 8am to 5pm
Testing: August 9 • 8am to Noon

December 2-6

SCHEDULE: Training: December 2-5 • 8am to 5pm
Testing: December 6 • 8am to Noon

Visit ARCAOpeningDoors.org to learn more.

Clearing a Path

It's a new year and life is abuzz at ARCA. Nearly 50 adults receiving services and their staff had a great visit to Santa Fe. Our SMART Living program used the trip as an opportunity to practice safety and etiquette while riding the Rail Runner. The Roundhouse, always beautiful, was a flurry of activity, with hundreds of New Mexicans lending their voice to our democratic process. It's always a special learning experience to meet our legislators and thank them for their ongoing leadership.

Thousands of geraniums and other spring baskets have been planted and early indicators show this year's crop may be our best, yet. We hope you can join us April 27th in celebrating the talent and dedication of everyone who works at our Corrales greenhouses.

Nearly 30 individuals and their staff had a blast seeing Murphy's Celtic Legacy at Popejoy Hall. Kings and Queens, battles, magic and amazing music – we're still tapping our feet!

Our Bowl-a-Thon team is hard at work. A dozen mayors from across the state are already confirmed to launch the day with our annual Mayors on Strike competition. Amazing items are being collected for the Silent Auction and we've decided to bring back our raffle! I won't spoil the surprises, but stay tuned to hear about the once in a lifetime travel packages being donated this year. If you have questions or something you'd like to donate please contact Michele at MCody@ARCASpirit.org. Special thanks to Bob Scanlon, Steve Mackie, Mayor and First Lady Hull and David Sahd. After 10 fabulous years, your vision just continues to grow!

We debuted Phillip Hughes and Jenn Daugherty's documentary film 57 · 17 · 77, which beautifully chronicles ARCA's 60 year journey of opening doors for individuals with intellectual and developmental disabilities. If you haven't seen it, please go to our website www.ARCASOpeningDoors.org and click on See Our Videos. We think you'll love it as much as we do.

Throughout our history your leadership and vision cleared the path for people with intellectual, developmental and cognitive disabilities in New Mexico to live a causative life and in the process made our community a more meaningful place to call home. You celebrate our successes, however small, and lessen our challenges, however big. Each and every day we are grateful.

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



ARCA Day at the Legislature

We had a record turnout this year for ARCA Day at the Legislature! Individuals and staff gathered bright and early to utilize their Smart Travel skills by traveling to the Roundhouse via Rail Runner while others went by bus.

In February, the ARCA Buddies Civitan Club hosted an informational meeting to talk about upcoming legislation. During the meeting, members wrote cards to their legislators sharing their thoughts and thanking them for their support. It was a great experience to personally deliver the cards and spend a few minutes talking with our State's leadership. Several members of the group even got to meet our Governor. Special thanks to everyone who helped make this special day possible.



Three Conditions

It's been 11 years since Bob Scanlon first suggested the ARCA Bowl-a-Thon. He offered to underwrite all the costs – on three conditions. First, it had to be fun; second, it should increase community awareness; and third, it would be great if it raised a little money to supplement gaps in Medicaid and other government funding. We thought those were pretty fabulous conditions, and year after year, this joyful day welcomes over 1,000 individuals, families and community partners and has raised nearly \$1,000,000! Bob continues to lead the charge and signature events have been incorporated. Mayor Hull, Rio Rancho, spearheads Mayors on Strike for ARCA, welcoming mayors from across New Mexico to launch the day with a fun spirited completion and a chance to win the coveted First Strike Award and George J. Kominiak Leadership Award. Manzano High School's Special Olympics Cheer Squad keep everybody hopping!

Steve Mackie will present another beautiful lunch buffet and, as always, there is no cost to participate. We have some terrific sponsorship



opportunities available and, if you'd like to bowl, be sure and get a pledge form! Just contact Michele at MCody@ARCASpirit.org or visit ARCABOWL.org for all the information.

See you June 1st!



JOIN US!!

ARCA's 11th Annual Bob Scanlon/Steve Mackie Bowl-a-Thon

featuring Mayors on Strike!!

Saturday, June 1st, 2019
10:30 AM - 3:30 PM

TenPins and More
1416 Deborah Rd SE, Rio Rancho, NM 87124



It Could Happen to You!

While Andres was purchasing a raffle ticket last year, he explained, "These prizes are amazing, but I've never won anything in my life. I'll buy a ticket because I love ARCA, not because I expect to spend a week on a private yacht." Andres and Paula were in the car when they got the call they weren't expecting. They won the yacht holiday. Their response was pure and total disbelief, followed by lots and lots of giggles.

It was the trip of a lifetime. The fishing was stellar and included a 300 pound Marlin. The food was delightful, the accommodations luxurious. But the best part, according to Andres and Paula, was the time spent together.

Andres and Paula had a spectacular trip and you could, too! This year, six adults can once again enjoy life aboard the Jellyfisher. Docked in beautiful San Diego California, this trip includes a three-day excursion to the romantic Catalina Island, deep sea fishing, whale watching and so much more. Contact Michele or visit our website ARCABowl.org for all the details.



Circle of Promise



People served by ARCA enjoy great lives because of the generosity of community partners. During a recent visit, Marina de Vos Mauney shared her thoughts about continuing her late husband, Herman Mauney's, legacy of giving.

Herman served on the ARCA Foundation Board of Directors for over a decade. As his friendship with Marina grew, prior to their marriage in 2013, Herman engaged her in more and more ARCA activities. "It was an important part of his life," Marina recalled, "and of our life together." Marina reflected on Herman's vision for ensuring future generations served by ARCA would always have the opportunity to live a full life. He arranged for his Charitable Remainder Trust to be placed in ARCA's Endowment following his death and established a Donor Advised Fund to provide annual gifts. "It brings me enormous comfort to know Herman's legacy will live on through these planned gifts in support of his vision of a promising future for generations to come."

Marina added, "ARCA's mission was important to Herman and I feel the same way. I see the good done at ARCA to improve the lives of people served. I will always support ARCA in any way I can."

Marina's continued financial support and enthusiastic volunteer work can be seen regularly at ARCA. We are profoundly grateful for the



Marina and Herman Mauney (at left) at ARCA's Bowl-a-Thon.

transformational opportunities made possible by the Mauneys and so many generous Circle of Promise members each day.

If you are interested in learning more about the many ways to support bright todays and promising tomorrows, please contact me. We'd love to welcome you to ARCA's Circle of Promise Legacy Society!

With gratitude,

Elaine Solimon

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

Why ARCA?

Maureen Gannon is the Executive Director, Environment & Land, at PNM and Mike is a Nuclear Safety Engineer at Sandia National Labs. They have three sons and a grandbaby due in March. Maureen has served on the ARCA Foundation Board of Directors since 2008, including two terms as President, as well as on the Executive, Major Gifts and Finance Committees and Planned Giving Task Force.

Mike has been part of the ARCA family for over 15 years, sharing ARCA's story through his work on the Donor Relations Committee, and by inviting their nephew and his wife, filmmakers Phil Hughes and Jenn Daugherty, to produce ARCA's 60th anniversary documentary. They are beloved members of our Circle of Promise and Emily and Herman Mauney Legacy Society. Maureen and Mike exemplify the joy of ARCA through their relationships with individuals receiving services, families and staff and their leadership in ensuring the necessary resources are available to supplement the gaps in Medicaid and other government funding.

With so many demands on their time, we asked why they choose ARCA. "What a gift and honor to be part of ARCA for so long," said Maureen. "There are so many wonderful people who have touched our lives and our hearts and I am reminded of how fortunate I am to have known them-- especially through ARCA." Mike recalled, "I originally got involved with ARCA several years ago organizing volunteer days for my team at Intel. We'd work hard, usually at the farm, but by the end of the day felt great. Years later, and ARCA still encourages the best in people. I'm proud to support their mission."

We're proud to stand in the Gannons' influence.



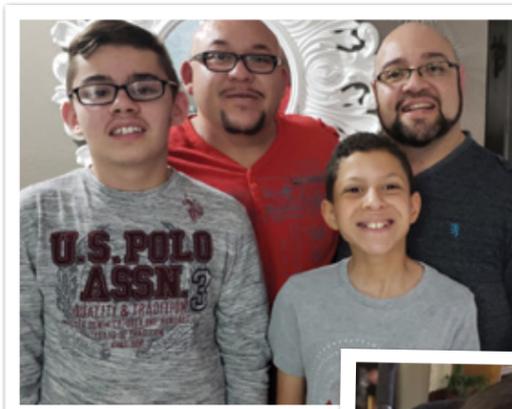
Measure of Success

At ARCA, we measure success by the opportunities created for people we serve. This year, ten little ones in our Foster Care program found a lifetime of opportunity with their forever families.

At ten years old, "John" was put into CYFD custody as a result of neglect. Because of his diagnoses, CYFD placed him with ARCA, where he was matched with a newly-licensed foster family. John thrived and, after four years, the courts determined reunification with his biological family would not be an appropriate path. The adoption was official this year and his family continues to grow! His parents are fostering two more children through ARCA, with another adoption process underway.

In 2014, Saul and Fernando began a new chapter of their lives as foster parents. That same year, they welcomed ten year old Isaiah and six year old Eugene. Over the years the family grew, ultimately welcoming two more children into their fold. Of these four very special kiddos, Isaiah and Eugene were adopted by Saul and Fernando this year and another adoption is in the works.

The phrase "forever family" is sometimes used casually, but the reality is vast and profound. For some, the care of a child with IDD can be overwhelming. For some, it is a blessing. The moment when a forever family is born, whether through reunification or adoption, is magical. However you measure it, this is success.



Serving Our Community: Brain Injury Supports

ARCA's ABI Division has developed a customized, community based model of service for people with a brain injury to continue their recuperative journey while remaining in New Mexico with their loved ones. The causes and symptoms of brain injuries vary greatly and often go undiagnosed and/or untreated. The most common questions we hear are "What is a brain injury?", "What should I do if I suspect an undiagnosed brain injury?" and "Are there resources available for people with a diagnosed brain injury?"

An acquired brain injury (ABI) can result from a traumatic or non-traumatic event. A traumatic brain injury (TBI) is an alteration in brain function caused by an external force, either penetrating or non-penetrating. TBI is the result of an impact to the head through a wide variety of circumstances, including falls, vehicle accidents, sports and assaults. A non-traumatic brain injury is an alteration in brain function or pathology caused by an internal force, including stroke, infectious disease, seizure, electric shock, poisoning or drug overdose. Whether traumatic or non-traumatic, a brain injury can lead to a lifetime of physical and cognitive changes that can affect a person's ability to function in everyday life. Brain injuries are unbiased and unpredictable in their consequences, affecting the way a person thinks, acts and feels.

If you think you or a loved one has experienced an ABI, contact your primary care physician and explain the symptoms. Most insurance companies require a referral to see a neuropsychologist, who will conduct a series of evaluations to determine if a brain injury has occurred and, if so, the level of severity. Once diagnosed, there are acute, post-acute and long-term services available to help you or your loved one find maximum independence.

If you have a diagnosed brain injury and are looking for services, visit the New Mexico Brain Injury Resource Center at 1503 4th St., NW. Dedicated staff will work with you to find the resources, training, screening, advocacy and post-acute cognitive rehabilitation services you need. For more information, visit their website at www.nmbirc.org or contact Crystal Cantu at 1-844-366-2472.



Crystal Cantu, at right, assisting Steve at the NMBIRC.

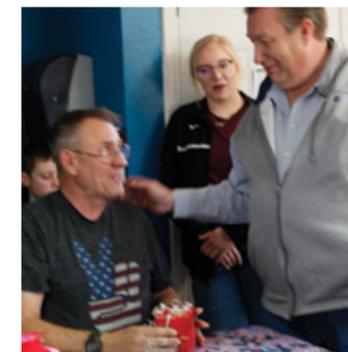


Purpose

"The meaning of life is to find your gift. The purpose of life is to give it away." ~William Shakespeare

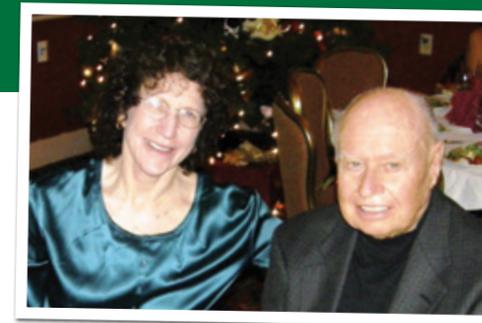
At ARCA, we are blessed with community volunteers who freely share their gifts of time and expertise. Holidays are extra special, when Bank of Albuquerque elves create magic at our holiday party for individuals who don't have a family outside of ARCA. For adults in our Independent Living program, members of Albuquerque's East Stake of the LDS Church make every holiday wish come true. The presents are bountiful, our singing is enthusiastic and the time we spend together is priceless.

We are grateful for the diversity of gifts our volunteers bring to ARCA. From administrative supports to making the holidays perfect and implementing LEAN methodologies to harvesting organic crops, you make great lives possible.



Champions

ARCA has been blessed to work with incredible people who have shared in our commitment to open doors for individuals with intellectual, developmental and cognitive disabilities.

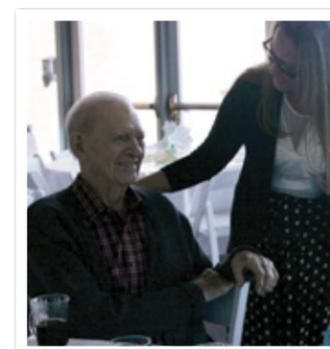


Joe Mateju with Diane Fisber at an ARCA event.

Joe Mateju devoted his life to individuals with developmental disabilities. As a member of the ARCA Board of Directors he collaborated with ARCA to open some of our first community homes in the early 1970's. He was a tremendous advocate for people with disabilities, lobbying for equal rights, increased funding and quality services. In his later years, he continued support of ARCA and the individuals in our care with dedicated service on ARCA committees. Joe passed away on October 9, 2018, at the age of 91.

Francis (Frank) W. Nye, Major General, USAF, Retired, had a passion for living that fit with ARCA's mission. His oldest daughter, Cynthia Jane Nye, was a champion swimmer, bowler, bocce player and the 1989 Special Olympian of the Year for the state of New Mexico. Frank was instrumental in advancing the causes of people with disabilities in our community and was a generous supporter of ARCA for decades. He died at the age of 100 on January 13, 2019.

Without the passion and commitment of these two incredible people, ARCA would not be what it is today.



Francis Nye at ARCA's 60th Anniversary gathering (left). His daughter, Cynthia, with Ed Kaul in 2013.

Opening Doors



Thank you, Nusenda Credit Union, for your ongoing partnership and to Jonathan Schaumburg for stopping by to personally deliver a check in support of children and adults in ARCA's care.



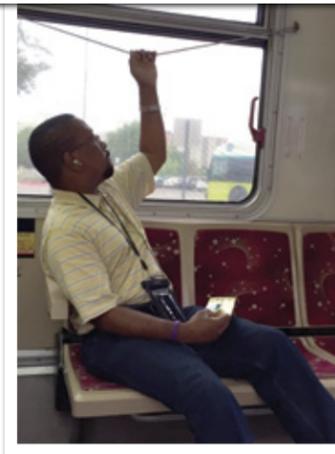
ARCA's SMART Travel Program is Now ARCA's SMART Living Program!

Years ago, as mobile technology was becoming more accessible, ARCA's SMART Travel program was developed to assist individuals in ARCA's care in navigating

Albuquerque's public transportation system safely and confidently. The program was customized to meet each individual's needs and included training on everything from planning routes to reading road signs to ensure positive outcomes.

As technology changed, possibilities have expanded. Today, our program can be customized to do so much more than just navigate public transportation. It can remind us to do the day to day activities we might sometimes overlook. With a focus on safety and maximizing independence, ARCA's SMART Living program can support every aspect of a person's day -- kind of like a personal assistant, but with assessments and training brought in to ensure success. Programing schedules and alerts (for taking medication, for example) are enhanced with goal setting and visual or auditory guides to help complete tasks. Money management, social etiquette and even emergency procedures are addressed to successfully navigate life.

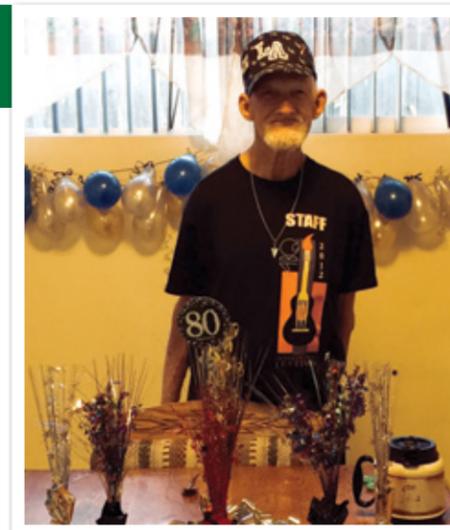
This program is open to people of all abilities. If you or someone you know needs a little help navigating their day, SMART Living could be the answer. For more information contact Keely Frazier, ARCA's SMART Living Program Manager, at (505) 573-0249 or KFrazier@ARCASpirit.org.



Turning 80!

Prescott was born December 27, 1938 in Washington D. C. where he attended school and lived with his parents. As an adult, Prescott moved to New Mexico and in 1975, he became a resident of ARCA. He has been with ARCA 51 years!

Prescott enjoys traveling on the train and visiting new places. He finds great deals at the Flea Market where he likes to spend time on the weekends. When the weather is good, he sits in his chair outside his home, watching cars go by and soaking in the sun. He attends church where he visits with friends. On the weekend he spends time with his girlfriend and friends at ARCA's Sandia View Apartments. You will find him at Lomas West having coffee and visiting with friends every Friday. Come have a cup with him and say "Hi."



On December 27, 2018 Prescott turned 80!

HR CORNER

TOP WORK PLACES 2018

AlbuquerqueJournal



Natalie Kelley with Sophia Arviso, ARCA's Benefits Specialist

ARCA's Human Resources department works consistently to find new ways of reaching potential ARCA employees in the community. It's a task that takes a lot of thought and creativity, even with the advancements of social media.

In an effort to fill job openings in specific ARCA homes, Natalie Kelley, ARCA Human Resources Recruitment/Staffing Manager, came up with a wonderful plan. Instead of having the bulk of ARCA's job fairs at our 11200 Lomas location, why not go out into the neighborhoods where jobs need to be filled? Many people in Albuquerque know about ARCA and what we do, but they may not know that an ARCA home and an opportunity for employment exists just down the street from them.



Richanne Cunningham, NSC/QIDP ARCA InterCare South Valley Home, and Mike attended a neighborhood job fair to meet with potential employees.

By pinpointing homes that needed staff, Natalie was able to locate a nearby community center that could house an ARCA job fair. Postcards announcing the fair were mailed to surrounding neighborhoods and posted on social media as staff and individuals served prepared to greet the community. It has turned out to be a wonderful way to connect with potential employees and the community at large.

If you or someone you know would like more information about applying with ARCA, or if you know of opportunities in your neighborhood to spread the word about job openings at ARCA, please contact Natalie Kelley at NKelley@ARCASpirit.org.

Spring Celebration!

"Though I do not believe that a plant will spring up where no seed has been, I have great faith in a seed... Convince me that you have a seed there, and I am prepared to expect wonders."

- Henry David Thoreau

Start making room in your garden and patio now! The happy plants being nurtured at our Corrales greenhouses are well on their way to becoming our most beautiful assortment of spring plants yet!

Join us Saturday, April 27th from 9:00 a.m. to noon for our annual Spring Celebration featuring gorgeous plants, light brunch fare and beverages from City Treats and an opportunity to catch up with friends and neighbors. Co-hosted by the ARCA Buddies Civitan Group! Tours of the greenhouses will be available throughout the morning.

Contact Michele at MCody@ARCASpirit.org with questions or to RSVP.

Geranium Sale!

Saturday, April 27, 2019

9am to Noon • 181 E. La Entrada, Corrales

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Maureen Gannon
PNM
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Christopher Keller

James J. Saya

Joey Sanchez

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Betty Valdez

Susan Hansen, CFE

Michael Gannon

Jim Myers

Kris Stichman

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Nancy Baker

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Lewis University

Adam Thompson
Century Bank

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Laurel Shelton, CPA

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