




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

11300 Lomas Blvd. NE • Albuquerque, NM 87112  
Tel: (505) 332-6700 | Fax: (505) 332-6800  
[www.ARCAOpeningDoors.org](http://www.ARCAOpeningDoors.org)

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



## Mark Your **Calendar**

Don't miss these ARCA events!



### ARCA's Annual Geranium Celebration

Saturday, April 27, 2023 • 9:00 - 11:00 a.m.

181 E. La Entrada Lane, Corrales 87048

*See Page 3 for Details*



### ARCA's 13<sup>th</sup> Annual Bob Scanlon/Steve Mackie Bowl-a-Thon

Saturday, June 1, 2024 • 10:30 a.m. - 3:30 p.m.

Ten Pins & More

1416 Deborah Rd. SE, Rio Rancho 87124

*See Page 4 for Details*





# Outlook

Volume I  
2024

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

*“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.” - Leo Buscaglia*

I am constantly delighted, intrigued and inspired by our community’s engagement with people receiving ARCA services.

Vitality Works, Smith’s, Dion’s Pizza, Southwest Child Care and dozens of other local businesses hire adults receiving ARCA services, changing their label from “disabled” to “successfully employed.” Who doesn’t love a good ball game? FRENCH regularly donates tickets so ARCA sports fans can see our Lobos, Isotopes and New Mexico Runners play. The staff at Albuquerque Country Club go the extra mile to make sure every individual at ARCA’s holiday party has a fabulous evening.



Leadership Sandoval’s Team Pivot and Red Shovel Landscaping are working hard to restore the beauty and fun of our farm, where hundreds of families come to enjoy our plant sales. Ten Pins and More is our annual gathering spot to reconnect with old friends and make new ones at our Bob Scanlon/Steve Mackie Bowl-a-Thon.

This issue of Outlook is dedicated to the goodness of people living in our community. Store clerks, wait staff, churches, senior centers, neighbors and even strangers who offer the extra bit of help to make people with disabilities part of something special. ARCA is in and of our community because of you.

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

## What is Respite?

*“The closest thing to being cared for is to care for someone else.” Carson McCullers*

Respite providers enhance the quality of life for children and adults with intellectual and developmental disabilities (IDD) and their caregivers.

As a respite provider, you’ll participate in activities tailored to each person’s interests and needs, providing companionship in a safe and nurturing environment. If you have a passion for helping others and want to make a difference in the lives of people with IDD and their families, consider becoming a respite provider. ARCA has full and part time positions available and offers paid training and great benefits. For more information, please contact Jennifer Madrid at [JMadrid@ARCASpirit.org](mailto:JMadrid@ARCASpirit.org).



# Holiday Dreams Come True



For people receiving ARCA services, spending time with family can be a special part of the holiday season. For many, ARCA is their only family and holiday dreams can seem out of reach. Employees from Intel, New Mexico Anesthesia Associates, CliftonLarsonAllen LLP, REDW, Kris and John Stichman and DeAnn Eaton and Steve Azar made sure every gift on their holiday wish list came true. Charles Schwab Corp. furnished the beautiful Albuquerque Country Club for the venue and the Club's wait staff made sure the evening was flawless. Phil and Karen Mayo arranged for a delicious enchilada holiday buffet and Bank of Albuquerque elves took care of 1,001 tasks to support Santa. Speaking of Santa, he took time out of his very busy schedule to personally distribute gifts and spend time with each individual.

The excitement was palpable, the laughter and smiles contagious. The love was a glorious reflection of the holidays.



Camylle put her stunning quilting talents into two gorgeous blankets she gave as holiday gifts. It's always inspiring to spend time with Camylle and her mom Kenedi!

# ARCA Receives Cigna's Gold-Level Healthy Workforce Recognition



ARCA is honored to have been recognized with Cigna Healthcare's 2023 Gold-Level Healthy Workforce Designation for demonstrating a strong commitment to improving the health and vitality of our employees through our wellness program.

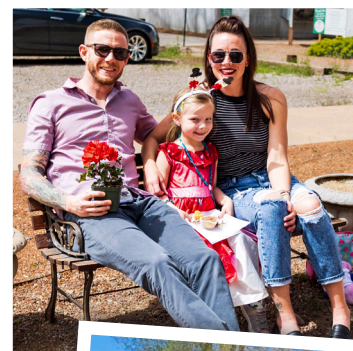
The Cigna Healthy Workforce Designation evaluates organizations based on the core components of their well-being program including leadership and culture, program foundations and execution, policies and accommodations. Organizations recognized with this designation set the standard of excellence for organizational health and vitality.

ARCA's wellness program includes biometric screenings at annual health fairs, on-site educational and virtual wellness classes, monthly health awareness articles, a fun 14-week walking competition and incentives to keep everyone engaged. "Given our staffing challenges, it would have been easy to put wellness on the sideline," said Loretta Sesbeau, ARCA Nutrition Department Manager. "Gold level recognition from Cigna, especially during these challenging times, speaks volumes about ARCA's culture and commitment to the vitality and wellbeing of both staff and individuals receiving services."

Healthy practices both in and outside the workplace are part of ARCA's culture. The outcomes include reducing stress and burnout, lowering healthcare costs and improving overall well-being and satisfaction.

Special thanks to ARCA Wellness Team members Karen Hughes, Lena Fabry, Loretta Sesbeau, Stephanie Johnston, Valerie Gately, Mariah Lujan and the incredible support of Kim Daye, Lisa Chavez, Natalie Kelley, Jessica Charlie and Segi Carter.

## Join Us April 27<sup>th</sup>!



Thomas Jefferson first imported geraniums from France in 1786. Their variety of colors, scents and leaf patterns have made them a favorite in American homes and gardens for over 200 years. They thrive in our New Mexico climate, adding vibrant color throughout the growing season.

Please join us for our annual geranium sale, Saturday, April 27th, 9:00 – 11:00 a.m. at 181 E. La Entrada Lane in Corrales. We can't wait to see you!

Laughter, Lunch, Friendship and Fun at ARCA's

# 13<sup>th</sup> Annual Bob Scanlon/Steve Mackie Bowl-a-Thon

featuring Mayors on Strike for ARCA

Saturday, June 1, 10:30 a.m. - 3:30 p.m.

Ten Pins & More, Rio Rancho

Mayors on Strike for ARCA launches at 10:30 a.m. and is hosted by Rio Rancho Mayor Gregg Hull. Cheer on your favorite mayor and then enjoy a spectacular lunch!

Cost: \$0.

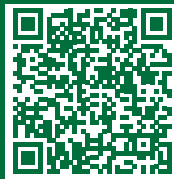


Make a positive difference in the lives of children and adults served by ARCA by sponsoring a team or pledging your favorite bowler! Checks should be made payable to The ARCA Foundation or scan the QR code to make an online donation.



Register your teams today! Scan the QR code to download registration forms!

Cost: \$0.



Are you an artist? Do you have a vacation property? Want to highlight your local restaurant, winery or photo studio? Consider making an inkind donation to the Silent Auction! Scan the QR code to download the form or email Michele at MCody@ARCASpirit.org.



# Brain Injury Awareness Month

March is Brain Injury Awareness Month, dedicated to raising awareness about brain injuries and their impact on individuals, families and our community, along with strategies to improve the quality of life for survivors and their loved ones.

It was apropos when NeuRoads NM received full licensure for two new facilities this month. One is a three-person residential facility in Albuquerque's Northwest Quadrant and the second a ten-person intake facility in the South Valley. These new facilities provide a supportive and nurturing environment for people to regain maximum independence and quality of life following a brain injury. Local access to specialized, residential neuro rehab services, dedicated healthcare professionals and tailored treatment plans play a crucial role in improving outcomes for individuals affected by brain injuries and their families.

Very special thanks to Blue Cross Blue Shield NM and Bernalillo County Department of Behavioral Health Services for their partnership in making these opportunities available in New Mexico.



# Heart Health Month Celebration

ARCA celebrated National Heart Month with a fun line up of events! Individuals and staff gathered at our administrative offices for free blood pressure screenings, manicures, hair styling, chair massages, heart healthy goodies, a craft station and lots of door prizes! The Solutions Group offered an insightful seminar on caring for loved ones with dementia and Brad Yablonsky, RBC Wealth Management, provided valuable information about Social Security. Very special thanks to students from CNM's Cosmetology Program for your great work!



# Out and About



Stephanie loves to spend afternoons at the BioPark. She smiles extra bright when people say “hi” and compliment her outfit.



Matthew is a talented artist. He attended a glass blowing class where he made a gorgeous hot air balloon and is working on a project at the Barelvas Community Center to enter into competition at the State Fair.



Patricia enjoys taking ceramics classes at the Mesa Verde Community Center. She just finished making a duck for her mom!



Buenos Aires staff take Gail for a special outing every week. She loves to visit Old Town, enjoys the excitement and beauty of Balloon Fiesta and taking the Rail Runner to Santa Fe. She keeps a scrapbook of pictures from her outings. Oh, and her very favorite restaurant is Dion's!

# Circle of Promise

The ARCA Foundation Board Designated Endowment is growing. In 2023, we realized endowed gifts of \$259,966.63 and welcomed four new Circle of Promise members in recognition of their planned gifts.

Endowed funds are critical in ensuring ARCA's future. Our goal of \$50,000,000 is based on having the sustainable resources to maintain and grow the nationally recognized services ARCA provides children and adults with intellectual, developmental and cognitive disabilities. Stellar services require a stellar direct support professional (DSP) workforce. Critical staffing shortages nationwide illustrate what we have been working toward for the past decade; DSPs require a living wage for their highly skilled work. This is only possible by having the sustainable resources to supplement inadequate reimbursement rates.

There are many ways to leave a Planned Gift to ARCA. I hope you'll take a few minutes to review the enclosed Circle of Promise brochure with your financial planner. Your gift is tax deductible to the full extent allowed by law.

ARCA is blessed by your generous annual support. I hope you'll consider joining our Circle of Promise. Your legacy will “Open Doors for people with intellectual, developmental and cognitive disabilities to be valued members of the community” for as long as there is a need.

*Nadine Mary*

Nadine Mary • ARCA Endowment & Pooled Trust Coordinator  
(505) 313-3514 • NMary@ARCASpirit.org



Nadine and Ricky at Camp 2005

# Red Shovel

Novelist Wendell Berry wrote, “A good farm is recognized as good partly by its beauty.” Critical staffing shortages have left many chores undone at our farm and when Larry Espinoza, Director of Operations at Red Shovel Landscaping, came by for a visit he quickly recognized our most pressing needs. A few days later, Red Shovel surprised us by clearing and hauling away four dump trucks of overgrowth. Not only do the gardens look reborn, we had a blast spending time with our talented new friends. When we thanked Larry for his generous support, he told us, “The difference between where we are and where we want to be is what we do!” Thank you, Red Shovel, for what you do.



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