



Outlook

Volume I
2022

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

Every man and every living creature has a sacred right to the gladness of springtime. — Leo Tolstoy

Spring has always been my favorite season. This year it seems bigger than usual. I feel like the world has been stuck in a long, COVID induced, wintery hibernation leaving us bundled up against the virus and, in too many ways, one another. I was thrilled when Governor Lujan Grisham lifted, with the exception of hospitals and congregate care settings such as ARCA, the state's mask mandate for indoor public spaces. It will be refreshing to see people's faces; to return a smile from a stranger.

It feels like a new beginning. As ARCA celebrates its 65th anniversary, we naturally reflect on the many turns we've taken during our journey. We're filled with hope, wondering where new forks in the road will lead us. We're proud to move forward alongside our remarkable staff, families, our community and most importantly individuals receiving services, who remind us every day to live life in the moment and cherish unexpected opportunities.

It will take a while to bring on sufficient staff and reestablish the community-based nature of our programs, assured we can meet the needs and circumstances of each individual entrusted to our care.

It's Spring. A time of nurturing and growth. It's my favorite season and I am filled with gratitude for the opportunities we'll find on this new leg of our journey.



(505) 332-6825 • EKaul@ARCASpirit.org

Geranium Celebration

Saturday, April 23rd, 9:00am–11:00am
at 181 E. La Entrada Lane, Corrales

At ARCA, Geraniums are so much more than a hardy genus in the Geraniaceae plant family. Geraniums are the beautiful outcomes of a job well done. An opportunity to celebrate with friends and family. A token of our gratitude for the love and support of our community.

We've sorely missed this favorite annual celebration the past two years and can't wait to welcome you to our greenhouses on Saturday, April 23rd, 9:00am–11:00am. Please join us for yummy delights from City Treats Catering, greenhouse tours, visits with our talented gardeners and a bounty of spring plants for shopping!

Did you know these hardy beauties can be grown in window boxes, pots on your patio, as focal points in your flower bed or inside your home or office? Geraniums love our southwestern climate and will thrive outdoors in a moderately shady area. Geraniums are often given as housewarming presents to bring beauty and joy into the home year around.

We have a wide variety of plants available including Ivy and Zonal Geraniums, Daisies and Petunias in an assortment of sizes and colors. For large orders, please contact Matt at (505) 205-4879 or MFarber@ARCASpirit.org. To RSVP, contact Michele at MCody@ARCASpirit.org.

Geraniums symbolize happiness, health and friendship – all the things we love to celebrate with you!



Understanding Brain Injuries

March is Brain Injury Awareness Month

In December, ARCA completed a two-year contract with Bernalillo County Department of Behavioral Health Services to provide customized training to help first responders, healthcare professionals and community providers better identify and work with people living with a brain injury. COVID shut down all in-person classes just as we were launching, but our team was able to deliver stellar content for 433 attendees from 28 local agencies through virtual trainings. Brain injury is a complex and all too common condition which can prompt mild to severe behavioral challenges for a survivor and their family. Providing the necessary tools to effectively communicate with a brain injury survivor can improve the outcomes of any scenario, whether the interaction is with a landlord, case manager or law enforcement. Each class was customized to meet the unique needs of the attendees based on their primary interactions with brain injury survivors. The feedback was telling and exemplified the importance of proper diagnosis and effective treatment.



“This training provided me with the knowledge that behaviors/change in behaviors can be the result of a brain injury, even if the brain injury is mild. It also provided me with factors that influence behavior, which can be a helpful tool when interacting with someone who has a brain injury.”

“My job requires me to be out in the field, now I can have a better conversation understanding that there may be some underlying complications that will help me communicate better.”

This year, ARCA is offering two, 40-hour Certified Brain Injury Specialist trainings in June and December. **If you have questions, or would like more information, please contact Michael Langford at MLangford@ARCASpirit.org.**

Foster Families Make a Difference in the Life of a Child

Consider becoming a foster parent.

Caring for dependent children has been considered a social responsibility since Biblical times. While historically foster care was designed for children who were orphaned, today's little ones are brought into foster care most often for allegations of abuse and/or neglect. New Mexico currently has as many as 2,600 children living in foster care.

In 1977, ARCA began its Specialized Foster Care program to offer a loving, highly trained family for infants and children with intellectual and developmental disabilities (IDD) experiencing abuse or neglect. All these years later, ARCA is still the only licensed Child Placement Agency in New Mexico working with the Children, Youth and Families Department (CYFD) to place infants and children with disabilities in loving homes. CYFD, Tribal and Navajo Nation Social Services refer vulnerable babies and children to ARCA's Family Based Services (FBS). Our social workers respond within one hour of receiving a call and match each child with a carefully screened and trained family.

When possible, ARCA works with the biological family to provide the guidance and support needed for successful reunification. In cases where the courts decide it is in the best interest of the child to be freed for adoption, 90% of children in ARCA's care are adopted by their foster family.

ARCA's foster families work miracles, opening their homes and their hearts with love, compassion and commitment for children with IDD to know the joy of a devoted family. With ARCA's skilled workforce providing 24/7 support, the outcomes can bring tremendous rewards to the entire family. To learn more about how to become a licensed foster parent, **please contact Jennifer Madrid at JMadrid@ARCASpirit.org or (505) 332-6826.**



Circle of Promise

ARCA provides services for people of all ages. Currently, our youngest is a 2-year-old boy and our most senior is an 84-year-old man who joined us in 1975.

As a Social Worker in Supported Living for 30+ years, I had the privilege of getting to know so many of our individuals, from their first years of young adulthood through middle age and well into their (*our*) golden years. I have attended their birthday parties, high school graduations, weddings, retirement parties and anniversaries. They have invited me into their comfortable homes to visit and sometimes to stay for dinner. For 18 summers, we went to camp together.

Yesterday, I attended the funeral services for an individual who received ARCA services for 36 years, one of the first residents of ARCA's Sandia View Apartments. Actually, the service was not so much a funeral as a celebration of his life. As the photos taken during his years with ARCA ran on the screen and people shared remembrances, it was apparent to me that this gentle person, known and admired by so many, lived a happy, meaningful life. He had a career, volunteer experiences in our community and a beloved kitty-cat. He loved to read, made a mean hot Cheetos meatloaf, had many hobbies and took wonderful vacations. He passed away, in his home, surrounded by his ARCA family of long-time housemates and caring staff. I thought, isn't that what most of us want, the company of caring people and the simple pleasures of life.

ARCA considers it a privilege to support individuals throughout their lifetime, but we cannot do it without your support. A legacy gift to ARCA will enhance our mission to open doors for people with intellectual, developmental, and cognitive disabilities to be valued members of the community now and for as long as there is a need.

If you would like more information about how to include ARCA in your will or estate plan, I hope you'll reach out to me or to your financial advisor.

Thank you,



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



Correction

In our holiday issue of Outlook, we honor our donors. It means the world to us to be able to thank, publicly and in writing, the people who do so much to make it possible for ARCA to continue providing lifelong services for children and adults with intellectual, developmental and cognitive disabilities. This past December, we inadvertently omitted E. DeAnn Eaton and Steve Azar from our recognition list. DeAnn and Steve are beloved members of our ARCA family, whose leadership and support have created meaningful opportunities for people in our care for decades. Thank you, DeAnn and Steve, for all you do to help people live great lives.

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


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



HR Corner

Since 1957, ARCA has created meaningful opportunities for people with intellectual, developmental and cognitive disabilities to live full lives in our community. Our successful outcomes are only possible because of our direct support professionals (DSPs). Our workforce is compassionate, intelligent and creative – qualities that have shined particularly bright during COVID. As an organization, ARCA works to support this stellar workforce through competitive salaries, a generous benefits package and a considerate workplace.



ARCA's workforce is diverse. Students work part-time at ARCA and schedule their shifts around their classes. Retirees who enjoy working an occasional shift come to ARCA as "casual status" and tell us about the fulfillment this time brings them. Many people who come to ARCA have no experience, but give it a try because of the confidence they develop through comprehensive, paid training. Sometimes, they stay for a few years. Often, it becomes a career.

No two days are ever the same and benefits like tuition reimbursement help staff move into a variety of roles with increasing responsibility. At ARCA, we invite you to consider how you want to achieve your goals. Whether you are looking for a temporary, part-time opportunity or building a career, how do you want to reflect on your journey? Are your career ambitions focused on administration, social work, finance or are you just not sure? This may be the moment you take that first step of discovery. Whatever your destination, what a gift to be able to fill your journey with recollections of helping others become their best and, along the way, finding the very best in you.

For more information on job opportunities at ARCA, please visit www.ARCASpirit.org or contact Natalie Kelley at NKelley@ARCASpirit.org. We look forward to hearing from you.

