



Outlook

Volume III
2024

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

ARCA measures progress by envisioning the outcomes we want to see and then mapping a road of individual goals leading toward success. As goals are achieved, those imagined outcomes become more focused and soon the road is paved with positive growth. This purposeful perseverance is evident every day, in every aspect of our work.

I see it most clearly in how our direct support professionals (DSPs) work with individuals in ARCA's care. People choose ARCA as their provider because they find hope. Adults with developmental disabilities, tired of wearing the "can't" label, find a job coach and embark on a valued career opportunity. Adults with a brain injury who arrive at NeuRoads scared, unable to process thoughts, lashing out at family, friends and strangers, find their future. Children, unable to live with their biological family, find a loving home. People dreaming of a life of maximum independence experience living in their own home, with or without roommates, knowing they are safe.

Each person is unique; there is no rote approach for DSPs to follow. It can be a lengthy process of building mutual trust, learning effective strategies, teaching skills, managing challenges and always celebrating successes. It requires massive planning and the ability to change course rapidly alongside compassion, innovation, consistency and vast knowledge. This is the everyday work of DSPs.

As we celebrate national DSP Recognition Week, I want to offer my deepest gratitude for the countless ways ARCA DSPs help every child and adult in our care live their best life.

(505) 332-6825 • EKaul@ARCASpirit.org

ARCA's Annual Poinsettia Sale



Join us for our Annual Poinsettia Sale!

Snacks, good friends and Poinsettias grown with love.

Saturday, November 23, 2024

9:00 a.m. - 11:00 a.m.

181 E. La Entrada Lane, Corrales

NeuRoads NM Comprehensive Community Support Services



People with an acquired brain injury (ABI) may suffer from short- and long-term cognitive, emotional and behavioral changes. Effective community supports help provide continuity of care while preventing the escalation of problems. Facilitating timely access to appropriate services and identifying and addressing changing and unmet needs help maximize psychosocial functioning.

NeuRoads NM is continuing to grow, now offering Comprehensive Community Support Services (CCSS) for people with a brain injury. CCSS coordinates and provides necessary services and resources to eligible clients and families to promote recovery, rehabilitation and resiliency. These culturally sensitive services identify and address the barriers that impede the development of skills necessary for independent functioning in the community as well as strengths, goals and measurable objectives. CCSS addresses goals as identified by the client or family in the areas of independent living, learning, working, socializing and recreation.



ARCA Community Support workers provide services to identify and achieve outcomes in maximizing independence.

If you or someone you know is in need of CCSS as a result of a diagnosed brain injury, please contact Mariah Jimenez at MaJimenez@NeuRoadsNM.org or (505) 332-6828.

ARCA on the Move

ARCA on the Move (AOTM) 2024 was a huge success, celebrating 15 years as the premiere health and wellness event for individuals receiving services and staff to build a culture of healthy behaviors. “This fun, casual event promoting physical and mental health has become one of the most highly anticipated events of the year. We are proud of the recognition ARCA has received for being a national health and wellness leader,” said Loretta Sesbeau, Nutrition Dept. Manager.



AOTM is a team-centric, 14-week competition designed to encourage physical activity, healthy dietary choices and peer-to-peer support. “It is amazing to see all the service areas represented and joining in the fun,” said Loretta. The winning team “Ay Dios Mio” was from ARCA’s La Paloma Greenhouse.

This year, 144 participants on 18 teams walked a combined total of 29,967.45 miles. Along the way, there were celebrations and some pretty great prizes, including a \$250 Sprouts gift card, a one-year gym membership, lots of Target gift cards and even a Peloton Bike!



Lucas Renton, Applications Developer, IT Dept., rolled out a database to help participants track their steps and gauge each team’s progress on-line.

“ARCA on the Move improves wellness for individuals receiving services and staff, even the agency as a whole. Our insurance premium increases have stayed in the single digits for at least the past decade, a direct reflection on the health benefits of walking, mindfulness and achieving goals together,” said Ed Kaul, ARCA CEO.



Transdisciplinary Evaluation and Support Clinic (TEASC) and ARCA Partner on SPECTROM Training

Shelly Marek, MBA, MA, LPCC Program Therapist of the UNM Transdisciplinary Evaluation and Support Clinic (TEASC) and licensed mental health therapist, is spearheading the introduction of the Short-term Psycho-Education for Carers to Reduce Over Medication of people with intellectual disabilities (SPECTROM) Project training. She is working with Dr. Antoinette Benton, UNM Family Medicine/TEASC and ARCA Board member.



“I am honored to be part of the SPECTROM training program, which offers a transformative approach to supporting individuals with intellectual disabilities,” said Shelly Marek. “By equipping carers with the skills to reduce reliance on medications and implement more person-centered strategies, we are not only improving care but also empowering staff to make a lasting impact on the lives of those they support.”

The Project, initially funded by the Department of Health, UK (National Institute for Health Research) and by the Central and North West London NHS Foundation Trust, was developed at Imperial College London in association with the Stopping Over-Medication of People with a learning disability, autism or both (STOMP) campaign.

This is the first time the SPECTROM approach is being offered in the United States and ARCA is honored to partner with TEASC to deliver this state of the art training to its direct support professionals. SPECTROM helps staff determine the best way to support someone with intellectual and developmental disabilities (IDD) when they are distressed and teaches DSPs about medication, when it should and should not be used and potential effects. The training will also teach DSPs ways to handle their own stress.



“Implementation of appropriate therapeutic strategies and advocacy are one of the most common and challenging issues faced by ARCA DSPs,” said Michelle Harmon, ARCA Clinical Service Director. “We are honored to partner with the UNM TEASC Team as a research site for SPECTROM and look forward to empowering our DSPs with new tools to provide effective care and advocacy for individuals we serve.”

The emphasis of the training is to effectively use behavior assessment and person-centered care as a means to reduce over medication of people with IDD and provide them and their support providers with a better quality of life.

This is a terrific collaboration between ARCA and the TEASC team. Ms. Marek is an experienced mental health counselor with IDD expertise. Dr. Benton is a leader in the field of IDD and has served as the primary medical consultant to the NM Health Care Authority (HCA) Developmental Disabilities Supports Division (DDSD), Clinical Services Bureau (CSB) and Bureau of Behavioral Supports (BBS).

ARCA is excited to begin this collaboration with the TEASC team and looks forward to the benefits it will bring to people we serve.

Direct Support Professionals, We Thank You!



"I really like my staff. They do just about everything for me. They really help me." - John



"My staff do a lot for me. They are awesome." - Josh



"I like my staff. They help me grocery shop and cook and they are always nice to me." - David



"I like that we have things in common." - Misaka



"I like my staff. They make coffee for me and help me with my job. They also take me shopping." - Steve



"I love my staff. They make me food and they really help me." - Freddie

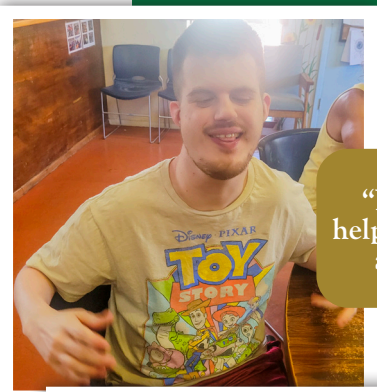


"I like my staff. They always help me" - S.R.

I really like working with my staff. They help me a lot. - Felix

"I like my staff. They make me feel comfortable and help with what I need and make sure I get to all of my appointments" - J.G.

Direct Support Professionals are the heart and soul of ARCA! In honor of the extraordinary work they do each and every day and in recognition of ANCOR's Direct Support Professions week, we wanted to share what these remarkable people mean to the individuals they support.



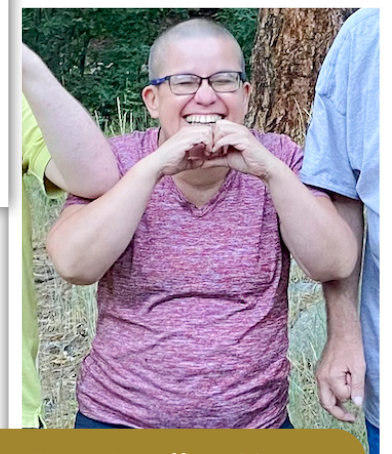
"I like my staff they help me water the plants at work." - Heath



"I like my staff. They help me eat and take care of me." - Susan



"I like my staff; they help me with my job. They help me plant the plants." - Ray



"ARCA staff are like heroes without the padded muscles and capes. They truly do a lot." - Louisa



"I really like my staff. They help us keep our house clean." - Jennifer

"They helped us make a chore chart to keep our house clean and they help me live independently." - Kimmie

"My staff help me grocery shop and help me at my work." - Linda



"I'm able to make my own choices. I can do things that I couldn't imagine doing without my staffs' support." - David



"I really like my staff. They help me get to my appointments. We go on outings like picnics and to the movies. They always make me really good food and they really help me." - Barbara



"I like that my staff treat me like a friend and not an individual." - Brandon



"I love my staff. They are always there to help me when I need it." - Neal



"I like my staff. They are always nice to me. They help me cook and learn to follow recipes. I laugh a lot. My staff make me happy." - David

Circle of Promise

As Michele Cody retires, I think it is the perfect time for me to “retire” from my role as Endowment Coordinator and hand the torch to the Foundation’s new Executive Director, Jennifer Greenwood. Working with a great mentor like Michele, and learning how essential legacy gifts are to ARCA, has been interesting and educational and I am so grateful for having had the opportunity to be a player on yet another important team in this great organization!



Our Endowment Funds have grown substantially over the past 4+ years. At the end of 2019, our Estimated Endowed Resources, (realized planned gifts, land assets and pledged legacy gifts), totaled \$11,667,956. By the end of FY 2024, these resources have grown to \$13,875,495.

I am proud of our accomplishments in creating a more sustainable future for people ARCA serves. However, the best part has been meeting so many of you. I hope you are proud of being part of a great team working tirelessly to enhance the lives of hundreds of individuals with intellectual, developmental and cognitive disabilities in ARCA’s care.

I hope I said “thank you” at every opportunity, to each and every Circle of Promise member and that you feel our sincere gratitude. Your generosity is amazing!

If you would like more information about how you can join this stellar group of legacy donors and discover how you can help secure ARCA’s future, please contact Jennifer Greenwood at JGreenwood@ARCASpirit.org.



Nadine Mary

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

ARCA’s Prader-Willi Syndrome Project

“Establishing PWS specific supports and accommodations can truly enhance the life of the individual and their family.”
Loretta Sesbeau

ARCA’s Prader-Willi Syndrome (PWS) Project identifies people with PWS and assists them and their families in finding services to promote their health, choose and achieve their goals and fully experience community life.

The only program of its kind in the United States, ARCA’s PWS Project is a statewide program offering consultation and specialized case management for individuals with this life threatening genetic disability. Affecting 1:12,000 – 15,000 live births, PWS has no known cure. If left untreated, PWS can lead to morbid obesity and death. ARCA’s PWS Project offers Case Consultations, Training and Education, Nutrition Consultation, Family and Social Supports.

ARCA is dedicated to promoting an increased awareness and understanding of PWS and offers written information, training, and seminars to individuals and groups interested in learning more.

If you or someone you know would like more information about ARCA’s PWS Project, please contact Loretta Sesbeau at LSesbeau@ARCASpirit.org for nutrition consultation or Vanessa Lucero VaLucero@ARCASpirit.org for case coordination, training and education about the syndrome.



Out and About

David is an excellent golfer and loves to practice his swing at Topgolf Albuquerque.

Linda celebrated her birthday with friends at Chili's, her favorite restaurant.

Jennifer enjoys shopping at the mall, especially when there is time to browse through Lolli & Pops.

Kimmie also chose Chili's to celebrate her birthday with friends!



Annual Meeting

ARCA's Annual Meeting is scheduled for Wednesday, November 6, 2024, 11:00 a.m. - 12:30 p.m. at 11200 Lomas Blvd., NE.

The ARCA Board of Directors' Nominating Committee is pleased to present the following nominees for a three-year term of service:

Mandy Funchess, CPA, CGMA (1st term) graduated from New Mexico State University with a Bachelor of Accountancy. Mandy is a partner with Schlenker & Cantwell, where her responsibilities include planning and performing financial statement audits and reviews and internal control assessments for corporations and not-for-profit organizations. She is active in community and professional associations and a founding member of the Women's Circle of Wishes with New Mexico Make A Wish Foundation.

Eve Rossignol (1st term) has received services from ARCA since 2005. She is an active and supportive advocate for people with intellectual, development and cognitive disabilities. Eve has worked as a teacher's aide at Southwest Childcare for 18 years.

Adam Thompson – 3rd 3-year term

All ARCA Members are invited to attend. Please RSVP to Mindy at MAllison@ARCASpirit.org no later than Oct. 30th.

ARCA Board

Jennifer Lehman
Community Volunteer
CHAIR

David Mork
Community Volunteer
VICE-CHAIR

Pat Komihiak
Community Volunteer
SECRETARY

Adam Thompson
Century Bank
TREASURER

Barbara Lewis
CliftonLarsonAllen

Rudy Miera
Community Volunteer

Andrea Kinsley, CPA
Presbyterian Health Services

Toni Benton, MD
UNM Hospital

James J. Saya
Lewis University

Bernadette Miera, MCRP
Community Volunteer

Ron O'Dowd
Community Volunteer

Cindy Faris
Community Volunteer

Deanna Mielke
Community Volunteer

John Phillips, MD
UNM/HSC

Louisa Ball
Advocate

ARCA Committees

Finance

Barbara Lewis, CPA
Matt Maes, CPA
Jim Culpepper
Adam Thompson
Dorothy Wood
James J. Saya
John Phillips
Andrea Kinsley

Human Resource Advisory

Matt Maes, CPA
Phil Mayo
Carol Cochran
Amy Rehfeld
Bernadette Miera
Ron O'Dowd
Cindy Faris

Joint Board

Jennifer Lehman
Phil Mayo
Joey Sanchez
James J. Saya
Lori Ferraro
Rudy Miera

ARCA Foundation Board

David Sahd
Cedar Marketing Group
PRESIDENT

Misty Sanders, SHRM-SCP
REDW
VICE-PRESIDENT

Phil Mayo
RBC Wealth Management
TREASURER

DeeVonda Batres
Century Bank
SECRETARY

Kris Stichman
Community Volunteer
IMMEDIATE PAST PRESIDENT

Maureen Gannon
PNM

Joey Sanchez
Community Volunteer

E. DeAnn Eaton, CPA
Community Volunteer

Betty Valdez
Community Volunteer

Lori Ferraro
BMO

James Stromberg
Community Volunteer

Gary Berthoff
Advocate

ARCA Foundation Committees

Finance

Phil Mayo
E. DeAnn Eaton, CPA
Tom Mitchell
James J. Saya
Joey Sanchez

Planned Giving Task Force

Nell Graham Sale, CELA
Nancy Baker
Madeline Dunn
S. Carlene Patterson, CFP, ChFC
Maureen Gannon
John Attwood
Robert A. De Pasquale

Pooled-Trusts

Phil Mayo
E. DeAnn Eaton, CPA
Karen Gmyr
Tom Mitchell
Christopher Ortiz
Joey Sanchez




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

Non-Profit Organization
U. S. Postage
PAID
Albuquerque, NM
Permit No. 100

ADDRESS SERVICE REQUESTED

FOLLOW US!

 [instagram.com/arcaopeningdoors](https://www.instagram.com/arcaopeningdoors)

 [facebook.com/arcaopeningdoors](https://www.facebook.com/arcaopeningdoors)

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 Poinsettia Sale

Saturday, November 23, 2024 • 9:00 - 11:00 a.m.

181 E. La Entrada Lane, Corrales 87048

See Page 1 for Details



ARCA's Annual Meeting

Wednesday, November 6, 2024 • 11:00 a.m. - 12:30 p.m.

11200 Lomas Blvd., NE, Albuquerque 87112

See Page 7 for Details