



Outlook

Volume I
2025

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

“Spring: a lovely reminder of how beautiful change can truly be.” – Anonymous

As we welcome the arrival of spring, we are reminded of the beauty of renewal and the promise of growth. This season brings with it a sense of optimism and the opportunity to embrace new beginnings. We are excited to share some important updates and initiatives that reflect our commitment to excellence.

Advocacy has always been a cornerstone of ARCA's legacy. Our leadership continues to work diligently on legislative initiatives at both the state and federal level, aiming to positively impact the lives of those we serve. ARCA remains steadfast in advocating for our dedicated staff, who support individuals every day. The shared vision of ARCA's mission remains the agency's top priority.

Our quality initiatives are focused on enhancing choice and control, ensuring dignity and respect, improving access to healthcare, and fostering inclusion. These priorities are at the forefront of our internal efforts to provide health, safety, and love for the people we serve.

As we step into this season of renewal, let us embrace the changes and opportunities that lie ahead. Together, we can create a future that is bright, inclusive, and full of promise. Thank you for your continued dedication to the ARCA mission.

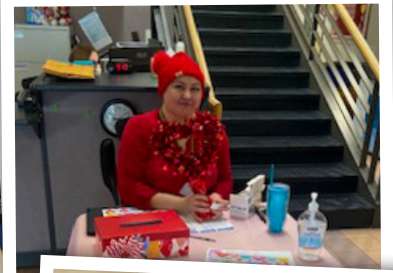
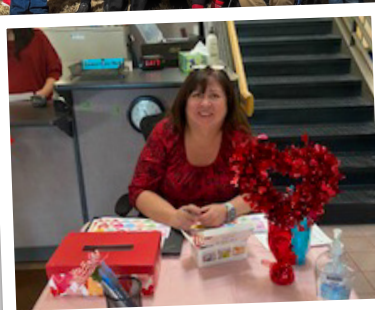
Michelle Harmon

ARCA President & Chief Executive Officer



Heart Health Month Celebration

ARCA kicked off Heart Health Month, in February, with an incredible series of events. Employees and individuals gathered at the Lomas West office for a fun-filled day, including blood pressure screenings, hairstyling, chair massages, heart-healthy breakfast options, a craft station, and exciting prizes. The Bank of Oklahoma presented a session on budgeting and debt management, while The Solutions Group offered valuable self-care tips. Staff and individuals also enjoyed a delicious lunch catered by Chicken Salad Chick. A huge thank you to everyone who participated and contributed to making this event a great success!



Making Holiday Dreams a Reality



A HUGE thank you to our generous 2024 Holiday Party Sponsors and those who purchased gifts for the individuals we serve. Your support made this very special event possible, and without you, this important celebration would not have been the same.

Our incredible sponsors: Intel Corporation, New Mexico Anesthesia Associates, LLC, JB Henderson Construction, Singleton Schreiber, Brian S. Colón, Esq., CFE, and many generous individual donors.

Also, a heartfelt thank you to the Bank of Albuquerque elves and many other volunteers who helped with countless tasks to ensure a smooth event.

As we look ahead to this year's upcoming Holiday Party, we are actively securing sponsors and "elves" (gift givers) to help make this event truly magical again. If you'd like to be part of this joyful occasion, we'd love to have you involved. Whether you want to sponsor or become an elf and brighten someone's holiday with a thoughtful gift, your participation will make all the difference.

Reach out to Jennifer at JGreenwood@ARCASpirit.org to learn how you can be a part of the magic this year. Let's create another unforgettable holiday experience together!



ARCA Launches New Website

We are excited to unveil ARCA's new website: ARCAOpeningDoors.org. With accessibility, user-friendliness, and community involvement in mind, our refreshed online platform makes it easier than ever to discover ARCA's mission, programs, and the impact we make. Whether you are interested in getting involved, supporting our cause, or finding resources, our website is here to help you every step of the way.

With a contemporary design and enhanced navigation, ARCAOpeningDoors.org is a one-stop hub for anyone eager to learn how we empower individuals with intellectual, developmental, and cognitive disabilities. Visitors can delve into ARCA's diverse programs, check out volunteer opportunities, contribute, or keep up with the latest news and events. We simplified the process for individuals, families, supporters, and community partners to connect with ARCA and access the information they seek.

Beyond showcasing the incredible individuals we serve, the new website provides valuable resources for families, caregivers, and advocates and opportunities for businesses and community members to help foster a more inclusive world. Whether you've been a supporter for years or are new to ARCA, we invite you to explore the revamped site, share it with others, and join us in creating a future ripe with opportunities.

Visit ARCAOpeningDoors.org today or scan the QR code on this page and discover how you can be a part of this journey!



ARCA Receives Cigna's Gold-Level Healthy Workforce Recognition

ARCA is proud to be recognized with Cigna Healthcare's 2024 Gold-Level Healthy Workforce Designation for our commitment to fostering a healthy and vibrant workplace. This prestigious award acknowledges organizations prioritizing employee well-being through comprehensive wellness programs and setting organizational health and vitality standards.



The Cigna Healthy Workforce Designation evaluates companies based on key well-being components, including leadership and culture, program foundations and execution, and workplace policies. ARCA's wellness program thrives by offering biometric screenings at annual health fairs, on-site and virtual wellness classes, monthly health awareness articles, and a fun 14-week walking competition with incentives to keep participation high.

Maintaining a strong wellness program in today's workforce climate isn't always easy. Being awarded Gold-Level recognition from Cigna speaks volumes about ARCA's culture and ongoing dedication to the health and well-being of our employees and the individuals we serve.

At ARCA, wellness is more than a program—it's a core part of our culture, helping to reduce stress, prevent burnout, lower healthcare costs, and improve overall job satisfaction. We are grateful to Cigna Healthcare for this recognition and thank the ARCA Wellness Team for their dedication to keeping our workforce healthy and engaged!

Make a Splash at ARCA's

Annual Bob Scanlon/Steve Mackie Bowl-a-Thon: Beach Party Edition

Saturday, June 7, 10:30 a.m. - 3:30 p.m.
Ten Pins & More, Rio Rancho



Get ready to grab your shades and slip into your favorite beach themed shirt as we prepare to **hit the bowling lanes for an amazing cause!** ARCA's **Annual Bowl-a-Thon: Beach Party Edition** is set to make waves on Saturday, June 7, 2025, from 10:30 a.m. - 3:30 p.m. at Ten Pins & More in Rio Rancho. This year's theme is about embracing **fun in the sun**—right at the bowling alley!

A Day Filled with Strikes, Sun, and Smiles

The Bowl-a-Thon is not just about bowling; it's a chance to **support nearly 600 individuals** with intellectual, developmental, and cognitive disabilities. Whether you're a **pro bowler** or **trying it out for the first time**, we invite you to **join the fun**, **don your beachy attire**, and **compete for exciting prizes**. Highlights of the day will include:

- ◆ **Mayors on Strike!**
- ◆ **Bowling Fun** – Gather your friends or come solo for a day of friendly rivalry.
- ◆ **Best Beach Attire Contest** – Stand out with your most colorful beach outfit for a chance to snag a prize.
- ◆ **Silent Auction** – Bid on fantastic experiences and take part in fun giveaways.
- ◆ **Lunch & Refreshments** – Savor a delicious meal and refreshing drinks to keep you energized.

How You Can Participate

- ◆ **Register a Team** – Gather your friends, family, or coworkers to bowl for a great cause.
- ◆ **Become a Sponsor** – Promote your business while making a significant impact.
- ◆ **Make a Donation** – Can't be there in person? You can still contribute through a donation.

Join us as we bowl, celebrate, and raise funds to support ARCA's mission of working together to open doors for individuals with intellectual, developmental and cognitive disabilities to be valued members of the community.

For more information on **registration, sponsorships, and donations**, visit us at ARCAOpeningDoors.org/Bowl-a-Thon/ or scan the QR Code on this page.

Let's make a splash for a worthy cause; we can't wait to see you at the lanes!



Brain Injury Awareness Month

March is Brain Injury Awareness Month, a reminder to focus on preventing brain injuries where possible and spreading awareness of people living with brain injuries. Brain injury is a leading cause of death and disability. Most of the brain injuries reported in the United States are children under the age of 5, young people ages 15-24, and adults over 75.

An estimated 5.3 million Americans live with long-term disabilities as a result of a brain injury. Brain injuries account for at least a million emergency department visits per year. Acquired brain injuries are those that are not hereditary, congenital, degenerative, or induced by birth trauma. They can be either traumatic or non-traumatic. Traumatic brain injuries, or TBIs, involve trauma to the brain from an external force, such as during a fall, ejection from a moving vehicle, or blunt force trauma to the head. Non-traumatic brain injuries are caused by stroke, seizure, oxygen deprivation, tumor, or substance use. Regardless of the cause, the impact of complete or partial paralysis on an individual's life can be significant, affecting their independence, mobility, and overall quality of life.

Brain injuries, including concussions, are extremely serious and require immediate evaluation by a provider who has experience assessing head injuries, and can perform a neurological exam to judge motor and sensory skills. They can also test hearing and speech, coordination and balance, mental status, and changes in mood or behavior.

The risk of head injuries can be reduced by taking some precautions, such as wearing seat belts while driving, not driving under the influence, using safety gates at the top and bottom of stairs in homes with young children, wearing a helmet while riding and wearing appropriate headgear for contact sports, and installing handrails in the bathrooms and on stairways which reduces the risk of falls in older adults. Additional brain injury preventive measures include consulting a pharmacist to review medications, prescribed and over-the-counter, herbal supplements, or vitamins that may cause sedation, dizziness, or loss of balance. Schedule your annual eye examine to check visual acuity and update eyeglasses. Strength and balance exercises can improve balance and reduce the risk of falls.

Brain injuries affect millions of people worldwide, but the risk of a brain injury can be reduced through mindful precautions.



Tina Bui-Burgos, DNP, FNP-C, RN
NeuRoads Division and
LTC Director



Join Us April 26th!



Spring has arrived, and so will ARCA's Annual Geranium Sale! Join us on Saturday, April 26, 2025, from 9:00 to 11:00 a.m. at La Paloma Greenhouse in Corrales for a lovely morning filled with vibrant geraniums.

Each plant has been carefully nurtured in our greenhouses and is ready to add a splash of color to your home, office, or garden. This is a wonderful chance to refresh your space for the season while supporting ARCA's mission of providing opportunities for individuals with intellectual, developmental, and cognitive disabilities.

Be sure to mark your calendar! We look forward to seeing you at La Paloma Greenhouse, located at 181 E. La Entrada Lane, Corrales, NM 87048.



Annual Membership

Join ARCA – Empower Lives, Get Perks!

Hey there, changemaker! Yes, YOU! We know you're someone who cares about making the world a better, more inclusive place—so why not make it official? Becoming a member of ARCA isn't just about a donation (though we won't say no to that). It's about joining a movement—a community of passionate, driven individuals committed to ensuring people with disabilities thrive. Plus, who doesn't love a little VIP treatment?

What's in It for You?

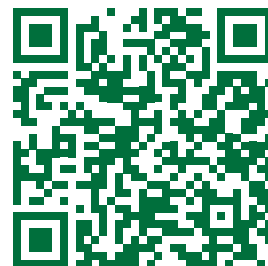
Aside from the warm, fuzzy feeling of doing good, here's what you get when you say "Yes!" to ARCA membership:

- ◆ **Exclusive Insider Access** – Stay in the loop with our quarterly Outlook newsletter and special member updates.
- ◆ **Plant Perks** – Love plants? So do we! Get invitations to our annual plant sales with access to free and discounted leafy friends.
- ◆ **Party with a Purpose** – Get invited to ARCA's Annual Board Meeting (sounds official, right?) and other exciting events.
- ◆ **Hall of Fame Status** – Okay, maybe not exactly, but you'll be recognized in the ARCA Newsletter and Annual Report—because you deserve the spotlight!
- ◆ **Make Your Voice Count** – As a member, you have voting rights at our Annual Board Meeting.
- ◆ **Exclusive ARCA Swag** – Rock an official ARCA pin and enjoy extra perks based on your membership level.

Why Join Now?

Because the world needs more doers, more dreamers, and more people like YOU. Together, we can empower lives, build community, and create a future full of possibilities. So what do you say? Join ARCA today—because making a difference should always come with a little fun!

For more information about ARCA's Annual Memberships or to join, please visit us at ARCAOpeningDoors.org/annual-membership/ or scan the QR Code on this page.



Circle of Promise

What is your Legacy?

Your legacy is more than just a memory—it's the lasting impact you make on the lives of others. At ARCA, we are dedicated to ensuring that individuals with intellectual, developmental, and cognitive disabilities are valued members of the community. As we work toward our \$50,000,000 goal, we are focused on creating a sustainable future for the critical services we provide.

Endowed funds are essential in supporting this mission. These resources help us maintain and grow our nationally recognized programs and, most importantly, ensure that our Direct Support Professionals (DSPs) receive the compensation they deserve. A living wage for DSPs is crucial to address the ongoing workforce shortages and enable us to continue offering the exceptional care that these individuals need and deserve.

Becoming a member of the Circle of Promise is simple. By making a legacy gift, you can help ARCA continue its mission for years to come. To begin, visit ARCAOpeningDoors.org/Legacy-Giving and download the Bequest Form.

ARCA is deeply grateful for your ongoing support. By joining the Circle of Promise, your legacy will continue to "Open Doors for people with intellectual, developmental, and cognitive disabilities to be valued members of the community" long into the future.

Thank you for considering this important step in creating a lasting impact. *Your gift is tax-deductible to the fullest extent allowed by law.*

Jennifer Maldonado Greenwood

Executive Director and Chief Development Officer, ARCA Foundation
(505) 607-9574 • JGreenwood@ARCASpirit.org

We're Going Paperless! Stay Connected Your Way!

Great news! ARCA is enhancing our digital communications to keep you updated while minimizing our environmental footprint. From now on, our newsletter and important updates will be sent directly to your email for your convenience.

We invite you to sign up for email communications today at:

ARCAOpeningDoors.org/Newsletter-Sign-Up/

If you would prefer to stick with paper communications, that's fine! We will continue to mail newsletters and updates to those who wish to receive them.

Thank you for being part of the ARCA community!



ARCA Board

Jennifer Lehman
Community Volunteer
CHAIR

Cindy Faris
Community Volunteer
VICE-CHAIR

Pat Komiinak
Community Volunteer
SECRETARY

Adam Thompson
Century Bank
TREASURER

Mandy Funchess
Community Volunteer

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

David Mork
Community Volunteer

Deanna Mielke
Community Volunteer

John Phillips, MD
UNM/HSC

Eve Rossignol
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

Betty Valdez
Community Volunteer

James Stromberg
Community Volunteer

John Attwood
Community Volunteer

Gary Bertholf
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.ARCASOpeningDoors.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 Jennifer Maldonado Greenwood at (505) 607-9574**



Mark Your **Calendar**

Don't miss these ARCA events!

ARCA's Annual Geranium Celebration

Saturday, April 26, 2025 • 9:00 - 11:00 a.m.

181 E. La Entrada Lane, Corrales 87048

See Page 6 for Details

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

Saturday, June 7, 2025 • 10:30 a.m. - 3:30 p.m.

Ten Pins & More

1416 Deborah Rd. SE, Rio Rancho 87124

See Page 4 for Details

Thank You for Opening Doors!

At ARCA, we recognize that every opportunity, smile, and success story is made possible through the kindness and generosity of our incredible donors. Your support enables individuals with intellectual, developmental, and cognitive disabilities to lead meaningful and fulfilling lives.

Thanks to you, we can keep offering essential services, creating new opportunities, and fostering a more inclusive community. Your generosity truly has a significant impact!

On behalf of everyone at ARCA, thank you for helping to open doors to possibilities, independence, and joy.