



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

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Outlook

Opening Doors for individuals with intellectual and developmental disabilities since 1957. www.ARCASOpeningDoors.org

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Please consider adding the ARCA Foundation to your will or estate plan. Contact Elaine Solimon at 505-480-4321



<https://www.facebook.com/arcaoopeningdoors>

SAVE THE DATE!

WEDNESDAY APRIL 6TH Second Annual Update for Special Needs Planning

Do you want to learn about the ABLE Act passed by Congress and acted upon by the NM Legislature this year and other newly authorized tools to maximize resources for adults and children with intellectual and developmental disabilities receiving government benefits?

Join us April 6th from 3:00 pm to 5:00 pm at the New Mexico Society of CPAs (3400 Menaul, NE). Seating is limited and there is a \$10.00 fee to attend. If you would like more information please contact Elaine Solimon at esolimon@arcaspirit.org or 480-4321.



This event is sponsored by Zia Trust, Inc. and presented by ARCA, UNM Department of Special Education, The Arc of NM and Pregonzer Baysinger Wideman & Sale.

SATURDAY APRIL 23RD ARCA's Annual Geranium Celebration (see page 6 for details)

THURSDAY MAY 19TH Albuquerque Breakfast Civitan's ARCA Picnic (see page 7 for details)

SATURDAY JUNE 4TH Bob Scanlon/Steve Mackie Bowl-a-Thon (see page 2 for details)

ARCA Membership

ARCA has worked diligently to strengthen the number of voices advocating for individuals in our care through ARCA Membership. **Beginning this July, any gift of \$100 or more from the general public, \$75 from an ARCA employee or \$20 from a person receiving services will entitle the donor to a Lifetime ARCA Membership.** As a thank you for your support, donors will receive a Membership Pin and Card. We hope you'll wear the pin with pride, knowing you are helping 650 children and adults receiving services from ARCA lead great lives. ARCA membership does not require renewal and if you are already a member of ARCA, no further action is required.

Opportunity to Dream

Great lives are not determined by social ranking or economic condition, but by the opportunity to dream. At ARCA, opportunity is embedded in our culture. Opportunities to imagine, learn and grow. Opportunities to fail in a safe environment and try again. Opportunities to succeed and build on that success to overcome increasingly greater challenges. You present us with unexpected opportunities every day and, in return, we happily share our moments of successes. I hope you'll join us **April 23, 9:00 – 11:00 a.m. to celebrate spring at our Corrales greenhouses.** Our Associate Employees have lovingly nurtured 12,000 geraniums and they are spectacular! If you're in the mood for a stellar barbeque, come by EXPO NM on **May 19, 5:00 – 7:00 p.m. and enjoy the best burgers in town as the Albuquerque Breakfast Civitan's host their annual ARCA picnic.** Our **Bob Scanlon/Steve Mackie Bowl-a-Thon is June 4th** and it wouldn't be the same without you! We love making new friends and think you'll enjoy spending time with us.



Edward Kaul and ARCA Board member Jim Culpepper

Of course, none of this would be possible without the dedicated service of ARCA staff and hard work of the people we serve. Congratulations to Iris; she is the recipient of the prestigious New Mexico Direct Support

Professional Recognition Award and is a finalist for the national award. Ian was recognized as the FRENCH Athlete of the Game and Jerry and Ella celebrated their 32nd anniversary. Casa San Ysidro welcomed us on board and everyone at ARCA Organics is busily preparing the land for a spring crop. Our HR Department has implemented new and innovative methods for engaging the best of the best and Ruben is on his way to becoming a star athlete.

The legislative session ended and there were no significant cuts to our funding. Although we realize this could change at any time, we know you will always stand proudly by our side creating innovative opportunities for each and every infant, child and adult we serve to live a great life. We are profoundly grateful.

Edward J. Kaul
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"Great lives are not determined by social ranking or economic condition, but by the opportunity to dream."



Iris Lucario 2016 NM Direct Support Profession Recognition Award Recipient

The American Network of Community Options and Resources (ANCOR) Direct Support Professional Recognition Award honors excellence in the dedicated individuals who enrich the lives of people with intellectual and developmental disabilities each and every day. Of the thousands of nominations received each year for this prestigious recognition, only one award is presented in each state. ARCA's own Iris Lucario, Instructor 3, is the recipient of the 2016 NM Direct Support Profession Recognition Award. She will receive her award at the ANCOR national conference held in Chicago this May.

In return, he depends on Iris for structure and support. Iris's relationship with him has allowed others to see past the intense aggression and understand his giftedness. Iris shared, "Every day is something new. Some ideas work once and never again. I have to think on my feet."

"... Iris has nurtured a trusting and secure connection by speaking with kind, understanding words."

Iris focuses on his happiness by maintaining an interactive and fun environment, creating a daily visual schedule using photos to show which staff is on duty and what changes to expect. Iris also creates first-person "social stories" to help him understand and prepare for new things that are happening. When a padded headboard was to be installed on his bed, Iris told him a "story" about the adventures of a new headboard that would keep him safe.

Iris has only been with ARCA since January 2015, and in that time has positively influenced the lives of people we serve. One example is her work with a man with infantile autism who is nonverbal and has severely challenging behaviors including daily concussive head banging and physical aggression. Working with a person with this severity of behaviors is difficult, but Iris has nurtured a trusting and secure connection by speaking with kind, understanding words.

"I've always been told respect is earned not given and this man has shown me the true meaning of these words," said Iris. "I try to honor his needs, give him space, treat him like an adult and let him know he is not alone." Iris recognizes him as a person worthy of respect and upholds him as a valuable member of our community, empowering him to live a happy, healthy and safe life.

Wellness

I Can Do It!

ARCA's Health and Wellness Program offers a plethora of possibilities for employees and individuals receiving ARCA services. Building on a culture of health and wellness, ARCA has an annual walking campaign called ARCA on the MOVE, a 14-week program engaging individuals and employees in walking with cool incentives!



Our 2016 program begins in March and Ruben's story inspired this year's NFL football theme! Other activities include monthly wellness charts to provide a wealth of information about stress, nutrition, workplace safety and self care and provides incentives for completing resistance, cardiovascular and flexibility exercises. We conduct weekly community walks on Thursday mornings to encourage an active lifestyle. Onsite informational seminars, biometric screening and health risk assessments are included in the ARCA Health and Wellness package.

Opening doors for individuals with intellectual and developmental disabilities is ARCA's mission and our community partnerships help create amazing opportunities for the children and adults we serve. When our New Mexico Stars hosted a football tournament for ARCA last September, they changed lives.

Ruben's Story

Playing football with the New Mexico Stars changed something inside me. After that sunny, fun filled day, something inside of me just clicked! A door to possibility opened and I found a part of myself. I discovered my desire and my ability to be an athlete. I love football, especially the Dallas Cowboys. I love watching the NFL games on Sunday! But, I realized I was sitting on the bench and not being an active participant in my life. I realized exercise can be enjoyable and fun! Most of all, I gained the confidence and realized, I CAN DO IT! This was the beginning of a new future and, with this new found confidence, I joined the ARCA Wellness Community Walks and started by doing a quarter of a mile and I have already progressed to over one mile and I can do it easily! I also regularly began to walk around my neighborhood and exercise has become part of my lifestyle. I love it because I fell better and happier.

8th ANNUAL BOB SCANLON/STEVE MACKIE BOWL-A-THON!

Saturday, June 4th, 2016 • 10:30 AM - 3:30 PM
TenPins and More, Rio Rancho

It seems like only yesterday we gathered for the first time at Ten Pins and More with joy in our hearts and bowling shoes in our hands. On Saturday, June 4th, Bob Scanlon and Steve Mackie will host our 8th Annual Bowl-a-Thon and we are already counting down the days!

I talked with Bob recently and asked why this is such a special day for him. *"I never imagined ARCA would burrow into my heart the way it has," he explained. "I've never experienced anything like our Bowl-a-Thon. Everyone is together. Challenges fade and talents shine. There are 1,000+ people who are enjoying life 'in the moment' and laughter is rich and contagious. I guess it's just all about unconditional love – pure, simple, unconditional love. And gutter balls!"*

Rio Rancho Mayor Hull promises our 2nd Annual Mayors on Strike for ARCA, 10:30 a.m. - 11:30 a.m., will have even more surprises in store! Be there to cheer on your favorite mayor!

More details will be available on our Facebook page www.Facebook.com/ARCAOpeningDoors, but to reserve your lane early or if you have items for our Silent Auction, please let Michele know at MCody@ARCASpirit.org. As always, the cost to bowl is \$0; the cost of lunch is \$0; the memories – well those are priceless.



Circle of Promise



ARCA is fortunate to have an esteemed group of professionals volunteering their time to counsel us on the technical aspects of planned giving, investment strategies and trusts. They not only meet quarterly with me on our Task Force, but avail themselves on an as needed basis for specific, technical questions.



John Attwood is one of our Task Force members and when I met with him recently, he reminded me why he is so invested in and supportive of ARCA. Prior to joining Zia Trust over a dozen years ago, John was a court appointed guardian. John made regular, unannounced visits to residents in Supported Living homes. "I was always so pleased by the positive energy at ARCA. The individuals I visited were happy; there was joy in their lives and an openness and transparency among the staff. I got to see first hand the 'Magic of ARCA' and am delighted to volunteer my time to assist individuals and families interested in leaving a legacy to ensure great lives at ARCA for generations to come!"

If you would like more information about how you can include ARCA in your estate plan or establish a Special Needs Donor Pooled Trust with us, please contact me at 505-480-4321. The Task Force and I are here to help you meet your goals for a lasting legacy.

With gratitude,

Elaine Solimon
Community Relations Director
505-480-4321 • esolimon@arcaspirit.org

The Prader-Willi Syndrome Project for New Mexico

Penny Chavez, ARCA's Prader-Willi Syndrome (PWS) Project Case Coordinator, attended the 2015 National Prader-Willi Syndrome Conference hosted by PWSA (USA). The theme was Circus of Hope, more than appropriate considering the hundreds of clients, families and professionals who participated with a common goal to increase knowledge and resources. This was a wonderful opportunity for our Project to get the most up-to-date information presented by leading experts in PWS. It was beneficial to participate in sessions including effective treatments, support strategies, services offered in other states, current research findings and medications being tested.

"This conference is a vital learning opportunity and I was grateful to attend," said Penny. "Equally important was confirming the platinum level of our program quality. Our services are top notch and the support we provide meets or exceeds current recommendations."

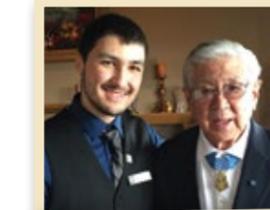
ARCA's PWS Project is the only agency providing local, face to face, unlimited training and consultation for anyone caring for or working with a person affected by PWS or PWS like symptoms. Our unique service model empowers people with PWS with the supports they need to enjoy rich experiences. For more information, please contact Penny at PCHavez@ARCASpirit.org.

Gift of Gratitude

It is said the gift of gratitude is our greatest blessing. Never was this more evident that at our March Brunch, where we celebrated our past and current Board, Emily and Herman Mauney Legacy Society and Circle of Promise members. As our 75 guests gathered at the home of Kris and John Stichman, Joan Zucker, principal cellist, New Mexico Philharmonic, graced us with her extraordinary talent on a magical 17th century cello. Christopher Ortiz, 19, shared his thoughts about his eight year relationship with ARCA. "ARCA means so much to me," he said. "ARCA is the unconditional love of a family, the infinite hope of a turtle dove and the beauty of a rose all mixed together."



Our keynote speaker was Congressional Medal of Honor recipient Hiroshi Miyamura. Hiroshi's inspiring words about the power of hope were captivating.



Hiroshi's inspiring words about the power of hope were captivating. This quiet, humble man is, at 91, an extraordinary teacher, gently reminding us of the endless opportunities that lay beyond our challenges. He is the answer to Thomas Jefferson's prayer, "God grant that men of principle shall be our principal men."



ARCA is profoundly grateful for the service and leadership of our beloved community partners. The time we spend together opens our mind to new perspectives, our heart to new beginnings and our spirit to the abundance of opportunities offered to us.

Athlete of the Game: Ian Harrison



Ian Harrison was recognized as Special Olympian of the Game on January 27th at the Lobo Men's Basketball game! FRENCH Funerals & Cremations has sponsored this program for nearly a decade. We asked Chris Keller, Vice President of FRENCH Funerals & Cremations, why.

"We feel so passionately about sponsoring the Special Olympian of the Game because the values

of that program so closely match our own values as a company," he shared. "Values like tenacity and hard work, teamwork and community, always striving for excellence, and giving your best effort regardless of what challenges you face. These are all things this program encourages and embodies and that we strongly advocate."

"Just like our association with ARCA, sponsoring the Special Olympian of the Game is a privilege and honor for FRENCH," explained Chris. "On that one night, that individual is the entire focus, and their accomplishments are celebrated by thousands of people—and that changes lives! The life of the Special Olympian of the Game is changed, as are those of the coaches and family who have supported them. What's more, the lives of all those in attendance and watching can be changed, as well as the lives of the UNM Student Athletes who are present and honoring that Special Olympian of the Game. What a great way to illustrate the point that all human lives are special and unique, and all are deserving of honor and respect."

Ian will never forget standing center court, awash in applause, the crowd celebrating his special and meaningful role in our community.

Teacher and Caregiver

Several years ago State regulations moved from a teaching model, essential for an independent life, to a data driven, medical model of care. Focused on caregiving, this model discourages people from dreaming big. We knew individuals in our care were leading great lives, so we engaged individuals and staff to share practices in teaching and showcase the principles driving their methods.

With the help of our amazing filmmaker, Lora Cunningham, we created two teaching videos showcasing nine individuals and their staff working to build independence. The videos are filled with the joy that is inherent in teaching someone the life skills necessary to enjoy freedom and independence and are used in our new hire training as well as being accessible from every ARCA worksite. The videos reinforce the transition from thinking "I can't" to "I can," and give practical tools to reinforce this model.

Cecile Evola, ARCA Operations Manager, has spearheaded this effort. "Part of our approach is to 'catch' staff in the act of best practices," Cecile explained. "Once 'caught,' we present the staff with a card featuring a seascape painting by an individual in ARCA's care. Inside the card is the quote 'Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime.' It is a reminder of why we do the work we do."

"We always have dual roles of teacher and caretaker, said Cecile, "but our goal is to see the potential, help our individuals dream big and create the opportunity to realize every dream."

Family Foundations

ARCA is blessed with the leadership and support of several family foundations and their commitment to sustaining ARCA's mission. Due to their anonymity, we are unable to acknowledge them publicly, but would like to share just a few examples of the dreams they help us realize.



Little ones supported by ARCA experience the happiest place on earth with their forever families.

ARCA's Supported Living program received a grant to help manage staffing demands through enhanced recruitment and training of the most qualified, highest performing people. ARCA's Foster Care Program found permanent, safe families for medically fragile children removed from their homes and certified seven foster and biological families to meet each child's special needs through funding they received. ARCA's Business Enterprises and Service Development Divisions received the necessary resources to create opportunities to expand and enhance services and generate much needed income to supplement Medicaid Waiver funding gaps.



Cunningham Productions filming ARCA's new training video.

Awesome Acrobats at Popejoy

Thanks to the generous support of Popejoy Hall's Community Outreach Program, ARCA's Travelling Theater Troupe was able to attend a spectacular performance of Peking Acrobats! Filled with awe inspiring feats of agility, it was the topic of conversation for days and a perfect opportunity to reinforce skills we've been working on such as costumes, voice projection, positioning, sets and movement. Our Troupe's interest in acting seems to have jumped 200%!



WB observed, "Wow, that's a lot of work and their costumes really make them look good" and her friend remarked, "I bet that took a lot of practice." MF pondered, "Hmm...I wonder how he did that? He must really be strong or have some sort of technique," when recalling a performer stacking chairs and then lifting himself on top with feet in the air.

ARCA staff surmised, "It was such a unique experience for our actors. Throughout the performance, their eyes were wide and their expressions were full of awe and smiling."

The Popejoy Community Outreach Program made tickets available to ARCA as part of their mission to make the performing arts accessible to all New Mexicans. Our actors had a wonderful time, learned valuable lessons to bring to their own performances and are already on the edge of their seats about the opportunity to see One Night of Queen this spring!

Farming with Friends

ARCA is thrilled to partner with the Albuquerque Museum to farm the Heritage Field at the Museum's satellite property Casa San Ysidro: The Gutiérrez/Minge House in Corrales. This exciting partnership will help fulfill the Museum's intent to preserve New Mexican heritage by keeping Heritage Field agriculturally productive and expand Casa San Ysidro's educational programming and community involvement to include local agriculture while providing needed land expansion for ARCA Organics.

"We are excited beyond measure about this partnership," explained Carol Kennis Lopez, Casa San Ysidro Site Manager. "Keeping this field in production serves us all and this partnership will expand the interpretation at Casa to include our relationship with land, water and community." Ed Kaul, ARCA President/CEO said, "Creating opportunities is at the core of ARCA's culture. We view this partnership as a rich opportunity to create a sustainable future by celebrating the history of agriculture in New Mexico."



ARCA Volunteers National Volunteer Week is April 10-16, 2016



We are blessed with volunteers who happily share their skills and expertise throughout ARCA's varied locations. In 2015 alone, ARCA volunteers generously donated 3,561 hours.

Young adults and retirees alike contact ARCA to volunteer and are amazed at the variety of things we

have to offer. High school and college students engaged in Service Learning often volunteer at ARCA's Career Enhancement Services (ACES). Special activities like the Bowl-a-thon, Geranium and Poinsettia Celebrations and Apple Mountain Camp always need extra hands and our volunteers have a great time! For many years, Santa and the Bank of Albuquerque elves have helped distribute presents to individuals who might not otherwise receive a gift.

Master Gardeners and Vietnam Veterans provide much needed help on our farm and young members of The Church of Jesus Christ of Latter-day Saints' missionary program have been working hard clearing out our new building.



When a raised garden bed was needed at one of our homes, the Eagle Scouts built it in a day. Groups from UNM and REDW helped prepare tax returns for individuals receiving services and volunteers help with administrative chores throughout the year. We are grateful to our very special volunteers for the countless ways they make a difference!



Please contact Faylene Wytewa-Alire at FWytewa@ARCASpirit.org or call (505) 332-6816 for more information. We welcome groups and individuals.

ADDCP Day at the Legislature



On February 3rd, 49 adults receiving ARCA services, staff and family members visited their Representatives and Senators in the Roundhouse to advocate for themselves and in support of increasing DD Waiver funding. Individuals shared firsthand their challenges and successes with legislators and had a chance to spend time on the floor listening to interesting debate.

The ARCA Smart Travel Program incorporated an additional learning opportunity into the day by providing Rail Runner safety training and free passes for 13 ARCA individuals, caregivers and staff for the event. ADDCP Day was an interesting and educational adventure shared with good friends.

Jerry and Ella



Jerry and Ella celebrated their 32nd anniversary this year. Ella and Jerry met at a bus stop where, through ARCA's Customized Community Supports Services, they were increasing their independence by learning to use public transportation. The first time they met, Ella remembers thinking she would marry Jerry. Jerry thought she was 'really cute,' and before long surprised Ella with an engagement ring. All these years later they say they are still best friends. "I like Jerry to sing Tiny Bubbles at Karaoke Night and he cooks great meatloaf," said Ella. "But the secret to a happy marriage is remembering life has its ups and downs. Just stay strong. And travel once in a while."

Ella still works at the VA Hospital where Jerry volunteers helping patients get from their rooms to appointments. They hope to take a trip to Disneyland this summer.

Leadership

Individuals served by ARCA wear many hats in our community including innovative entrepreneurs, loyal employees, dedicated volunteers and trusted advisors. Jeannie Patrick (upper right, with fellow board members Jim Stromberg and Jim Culpepper) has served on the ARCA Board of Directors for seven years and Rolley Longley (right) was just appointed as a member of the ARCA Foundation Board of Directors. We are proud of Jeannie and Rolley for their service and grateful for the leadership they offer each and every day.



Jeff's Craft's and Clothing is now selling ARCA branded pet attire!

For more information, please contact Jeff at MStoddard@ARCASpirit.org.



Annual Civitan Picnic

Thursday, May 19th
5pm-7pm • Expo NM

Please enter at the San Pedro gate.

Our Albuquerque Breakfast Civitans began a treasured tradition of hosting an annual picnic for ARCA over 30 years ago. Every year we anticipate the best grilled burgers, yummy side dishes served with a smile, live music with lots of dancing and the chance to spend time with good friends. If you'd like to join us, please contact Faylene at FWytewa@ARCASpirit.org. The event is free; just bring a desert of your choosing to share! Hope to see you there!



ARCA's Annual Geranium Celebration

Please join us in welcoming spring! We have gorgeous baskets of geraniums, daisies and other beauties to decorate your home, office and garden. If you haven't had an opportunity to take a tour of our greenhouses yet, this is a perfect time. With 12,000 geraniums in bloom it's just spectacular.

Saturday, April 23rd
9:00 – 11:00 a.m.
181 E. La Entrada Ln
Corrales



Let Michele know you're coming at Mcody@ARCASpirit.org. Can't wait to see you!

In Loving Memory



It is with a heavy heart we announce the passing of **Marcy Flores** who resided in our Snowheights home for many years.

Marcy was a one-of-a-kind guy with a great sense of humor. No one ever had a dull moment with him. He was a collector of clocks, trains and goofy hats and loved Mariachi music. Marcy's bedroom was a cacophony of sounds: wall to wall clocks chiming while his beloved Mariachi music played. Marcy loved trains and loved to be out and about in the community having a good time. His passing leaves a tremendous void and he will be greatly missed by all who knew and loved him.



Dolores "Dolly" Armijo, 70, passed away on December 8th. She was a beloved member of our ARCA family for 20 years. Though small in stature, Dolly was a commanding presence in any room. She always spoke fondly of her parents, many siblings and growing up on the family ranch in Pena Blanca. Dolly loved to read the bible and sing hymns. She had a singing voice that could make anyone smile and her laughter was contagious.

She also enjoyed dancing to Spanish music and could get the whole house dancing with her. Dolly loved her work at ARCA's Greenhouse both for the plants and the socialization. Everyone who knew Dolly knew she loved to look through magazines and watch cooking shows. Dolly will be missed by all who knew her, but she leaves a legacy of finding joy in the little things.

HR Corner



With an array of positions open and a diverse population to serve, we pride ourselves on our custom job match process. This process gives ARCA a leading edge in the field. When new employees are hired, they are called Substitute Instructors. Their first job is to be a full-time student, taking ten days of paid training. ARCA offers a daytime class schedule as well as a flexible evening & weekend training track. We want to set new hires up for success and give them the tools they need to feel well prepared to launch into this very special field with confidence.

Once training is complete, new hires have the opportunity to visit various job sites and work sample shifts to find the right fit. This also gives our individuals served the chance to preview potential employees to provide input into staff selection at their location. After all, they are the BOSS! Our philosophy attracts both well-seasoned staff who have worked in the field for years as well as those who are venturing into a whole new career.

We believe this job is about relationships, not just about filling jobs/shifts. The relationships are the glue that build ARCA's strong workforce. Our philosophy is if we show care and concern for our new hires, they will blossom into exceptional staff who will truly be dedicated to providing GREAT LIVES to those served.

If you know of someone with a compassionate heart who is looking for a meaningful job, please encourage them to contact Natalie at NKelley@ARCASpirit.org.

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