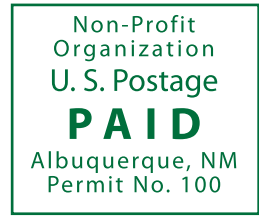




ARCA's mission is working together to open doors for individuals with intellectual, developmental and cognitive disabilities to be valued members of the community.

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Outlook

Volume III
2020

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



Circle of Promise

Our Circle of Promise was created in 2012 to honor community partners, staff and families who have included ARCA in their will or estate plan. These generous legacy gifts have helped build over \$4 million in endowed funds, ensuring critical resources are available not only today, but for generations to come.



Never before has the urgency for a strong endowment been more evident than during these past months. The economic downturn and historic unemployment rates resulting from the COVID-19 pandemic have made clear the fragile nature of our funding.

There are many different ways to leave a legacy gift. If you would like to visit about options for you and your family, please talk with your financial advisor or contact me directly. I would love to present you with ARCA's Circle of Promise pin and welcome you into a very special group dedicated to ensuring ARCA's services are available for as long as there is a need.

Look forward to hearing from you.
Nadine Mary
Nadine Mary • ARCA Endowment & Pooled Trust Coordinator
(505) 313-3514 • NMary@ARCASpirit.org



Congratulations to Edward J. Kaul, recipient of the Albuquerque Journal's 2020 Top CEO in the Nonprofit/Government sector. ARCA staff, families and community partners are grateful for his ongoing service and leadership.

ARCA's Annual Meeting will be November 4, 2020, 11:30 – noon, via conference call, followed by the November ARCA Board meeting. The Board of Directors' Nominating Committee is pleased to present the following nominees for a three-year term of service:

- **Toni Benton, MD** – 2nd 3-year term
- **James Saya** – 2nd 3-year term
- **Joan Campbell** – 3rd 3-year term
- **James Culpepper** – 3rd 3-year term
- **Louisa Ball** (1st term) has received services from ARCA since childhood. She is an active and supportive advocate for people with intellectual, development and cognitive disabilities and currently serves on ARCA's Human Rights Committee.
- **Kristen Kauffman** (1st term) is a financial professional, investment advisor and works as a financial planning consultant at Fidelity Investments. She was recently chosen by her firm to be part of their New Mexico Region Diversity and Inclusion Task Force and is passionate about helping create an inclusive local community. She enjoys family camping trips, reading, baking and playing with her wonderful family and one very spoiled cat.

All members are invited to attend. Please RSVP to Mindy at MAllison@ARCASpirit.org no later than October 30. Mindy will provide dial-in details with RSVP confirmation.



Your life does not get better by chance, it gets better by change.
~ Jim Robn

ARCA is tucking our summer adventures into the memory books and ready to move into a new season filled with a realm of opportunities only discoverable through challenge. We had to forego our annual Bowl-a-Thon, but figured out how to Bowl-at-Home using empty plastic water bottles and balled up tin foil. We couldn't visit with our favorite bicyclists from Pi Kappa Phi, but found a TV stand and rolled the television and DVD player onto the patio for a great, socially distanced movie night. Our 4th of July picnic was cancelled, but we celebrated Rich's birthday with a water balloon fight between his natural supports on one side of the yard wall and home staff and individuals on the other side.



Our Annual Meeting will be via phone for the first time in ARCA's history and we look forward to welcoming new Board members. ARCA on the Move went virtual, but the health improvements were real. With 250 participants, teams walked over 45,000 miles this year, all while practicing COVID safe habits! There will be no ARCA Day at Zoo or traditional Poinsettia Celebrations, but we'll never need to stop having fun, learning and finding ways to say thank you.

2020 has brought extraordinary changes, but like so many of you, our family has grown even closer. We miss our bright lives in the community, but are embracing every day in these new circumstances. Our days are rich not by chance, but by mindfully engaging change.

Edward J. Kaul
(505) 332-6825 • EKaul@ARCASpirit.org

Drive Thru Poinsettias!

Poinsettia season is right around the corner and with social distancing mandates in place we've been thinking about the best way to make our spectacular holiday plants available to you. Instead of our traditional Saturday sale, this year we'll be offering several "drive through" opportunities in Corrales and Albuquerque. **On Wednesday, Nov. 18th and Dec. 2nd, 10:00 a.m. – noon, poinsettias will be available for sale at 181 E. La Entrada Lane in Corrales.** Simply pull up to the flower stand just inside the front gate (signs will be posted) and let the attendant know how many you would like and your color preferences. We are growing red, white, pink, marble and cinnamon varieties. The attendant will put them in your car. We can only accept cash (exact change) or check. Plants are \$8.00 each.



On Thursday, Nov. 19th, 10:00 a.m. – 1:00 p.m. we'll have a drive through sale in the south parking lot of our 11300 Lomas Blvd., NE offices. Enter the parking lot from Tomasita St., NE and follow the signs. Just like at the Corrales location, we'll pack them up and put them in your vehicle. Cash and checks only, please.

For pre-orders of 10 poinsettias or more, please go to ARCAOpeningDoors.org/poinsettias2020 (where you can also pre-pay by credit card), or contact Michele Cody at MCody@ARCASpirit.org. We cannot guarantee color availability.

Can't wait to see you!

Employees returned to work at ARCA's greenhouses in Corrales. Mike is happy to be caring for this year's poinsettia crop. Matt, Terry and the rest of the team are happy folks are back!



Embracing Change

ARCA staff in our homes and ACES program have adjusted to the enormous changes resulting from the COVID-19 pandemic by creating educational, social and recreational opportunities in the home. While many workplaces are closed, individuals receiving services are learning new skills and honing up on proper mask wearing and handwashing techniques for when they are able to return to the jobsite. In many cases, consistency is crucial for wellbeing, so when someone can't go for a weekly haircut staff will drive them by the salon and talk about why change is important before heading home to enjoy a stylish trim. Establishing new routines within the home and virtually has helped everyone feel more comfortable during challenging times.

Some homes have been enjoying socially distanced movie nights on the patio. Even food has become an adventure – when staff and individuals decide to take a night off from cooking, it's straight to the computer to see what's available for delivery or pickup and learning about the differences in quality, calories and cost. Regular exercise, especially long walks, helps everyone stay healthy!



David is a receptionist at ARCA. He loves geography and has been applying his knowledge and skills to detailed map making.



Steve has his own business, Steve's Snack Stand. For years he has been selling treats in our Lomas East office building. During the pandemic, he's been thinking a lot about his business and has decided to expand, offering ARCA branded t-shirts, hats and other apparel. This will be a big change, so Steve has taken this time at home to learn about inventory, banking and accounting. He spends time every day studying!



Roland loves visiting the model car store, where he can search for hours for the perfect kit to bring home and build. With stay-at-home mandates in place, staff helped him shop online and arrange for curbside pick-up. The result – a dream car!



Tim and Roland are great friends and missed hanging out together. Thanks to ZOOM, they are able to visit regularly. They spend time reading the newspaper and staff is working to schedule classes they can take together – virtually!



Lew works in the food court at the mall. He does a great job bringing meals to customers and has really missed both the professional and social aspects of his job. With the help of staff, Lew planted a garden in his back yard and what a successful crop he's grown! He's having a blast and enjoys sharing his veggies with housemates.



Diana enjoys expressing her thoughts and feelings through art. When staff suggested art to decorate the yard, she said, "I'll take the biggest rock you can find!" Virginia works in ARCA's Shredding Department and enjoys an active social life at the Senior Center, movies and shopping at the Flea Market. She has used time during the pandemic to improve her fine motor skills by making beautiful beaded bracelets!



David had a successful phone interview and will soon be starting his new job at Albertson's!



Kenny was thrilled to get back to work at La Entrada greenhouses, but didn't waste a minute of his time at home. He is a talented singer/songwriter and started his own podcast where he interviews friends and shares some of his favorite music.

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