



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 IV
2020

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

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ARCA's 2021 CBIS Trainings

The ACBIS program provides the opportunity to learn important information about brain injury, to demonstrate learning in a written examination and to earn a nationally recognized credential.

April 2021 • April 12 to April 15, with testing on April 16
Registration deadline March 13

August 2021 • August 9 to August 12, with testing on August 13
Registration deadline July 10

December 2021 • December 6 to December 9, testing on December 10
Registration deadline November 7

If we are able to have in-person training, all classes will take place at 11300 Lomas NE, Albuquerque 87112. Otherwise, classes will occur online using the GoToWebinar platform. Participants will only need a computer and internet access to participate.

Visit ARCAOpeningDoors/CBIS to learn more.



When faced with a challenge, look for a way, not a way out.
~ David Weatherford

At ARCA, we face challenges head on. For over 60 years, we have advocated for people with intellectual, developmental and cognitive disabilities, modelled new community based services and worked closely with families and other community partners to build opportunities for children and adults we serve to realize their dreams. Since 1957, we have been living, working and recreating in our community. While the COVID-19 pandemic impacts our core culture, we work hard every day to adapt our tenets of health, safety and happiness of people in our care into every single change.

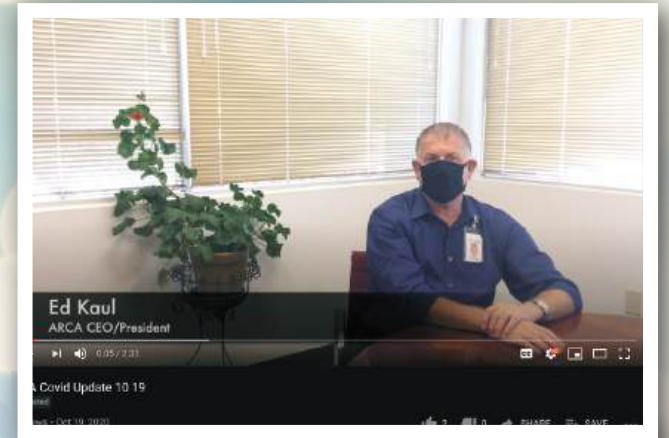
It's been a hard year for everyone. Individuals, parents, staff and our community at large have worked to keep one another safe. We've all been affected by the virus and the impacts on our careers, education and family. I am grateful for the leadership of New Mexico's Department of Health for frequent, sometimes daily, guidance on appropriate protocols for implementing safety measures. As always I am awed by the dedicated service of ARCA's workforce. We are struggling with staffing shortages as people must stay at home to care for children home schooling, elderly or medically fragile family members or quarantine. Fear of COVID is an obstacle in finding new, qualified employees. To meet the needs of people we serve, staff are working long hours to cover shifts with professionalism, grace and compassion.

The holidays are right around the corner. While there will be no holiday party with Santa distributing gifts, staff are finding creative ways to include traditional elements, perhaps Santa via Zoom and porch front gift drop offs.

We have hope for an effective COVID vaccine soon. Until then, masks, lots of hand washing and social distancing will remain part of our day to day routine. With a new year right around the corner we look forward to a time we can be together in person – hopefully without a computer camera in sight! Until then, please know you are in our hearts.

We wish you a healthy, safe and happy holiday season.

(505) 332-6825 • EKaul@ARCASpirit.org



Magical Spirit

Francie Monteith's day job is at Bank of Albuquerque, but during the winter months she is also Santa's Chief Executive Director of Elves.

For years, our favorite elves from Bank of Albuquerque have volunteered countless hours to ensure our holiday party for individuals receiving Supported Living Services goes on without a hitch. From wrapping presents to serving food, they make sure everyone has a blast!

While COVID may make holiday parties and volunteer gatherings in 2020 impossible, Bank of Albuquerque wanted to remain a part of our Supported Living Services holiday celebration. Maintaining social distancing requirements, Francie called upon her youngest elves to help prepare Christmas stockings, courtesy of Bank of Albuquerque, to ensure everyone has a holiday surprise and a stellar Christmas!

By the way, these two elves inherited Francie's magical spirit – they are also her granddaughters Lilly and Ava-Grace!



ARCA's Annual Meeting

ARCA's Annual meeting was held on-line, a first in our 63 year history! Elected to serve for a first term was Louisa Ball, Advocate. Dr. Toni Benton, Jim Saya, Joan Campbell and Jim Culpepper were elected to serve an additional term.

Edward J. Kaul, ARCA President/CEO presented Patricia (Pat) Kominiak with ARCA's 2020 Award of Distinction, recognizing distinguished leaders who embody key attributes inherent in our organizational culture. Pat has been part of our ARCA family since 1970. She has served on numerous Committees, Councils and Boards and works tirelessly to ensure people with intellectual, developmental and cognitive disabilities have the opportunities and support necessary to live meaningful lives, giving back to our community in real and causative ways. Ed shared, "Pat's dedication to family, friends, neighbors and the community at large exemplifies her mission to create opportunities for all people."



Thanksgiving Feast

"Be present in all things and thankful for all."
~ Maya Angelou

For decades, ARCA's administrative teams have cooked Thanksgiving dinner for individuals receiving services, direct support staff and families the Wednesday before the holiday. Hundreds of dishes of homemade turkeys, hams and all the fixings are presented at our Lomas office in gratitude for extraordinary work done throughout the year. It's a much anticipated time to spend together over the great gift of food. While our tradition felt a little whopperjawed this year, with the help of City Treats Catering, ARCA leadership distributed over 500 delicious meals to homes and staff during a three hour, contactless, drive-through, pick-up. We missed sitting together and catching up, but were thankful for the waves and smiles through closed car windows and the knowledge this favorite ARCA tradition will continue.

Maximum Independence

In 2019, ARCA opened New Mexico's first community based, residential cognitive functional rehabilitation services. The outcomes have been remarkable and we recently opened our second home for acquired brain injury survivors. In just this past year, survivors have relearned life skills including walking, verbal and nonverbal communication, self-care, medication management, cooking, maintaining a home and so much more. Survivors who had to leave the state to receive services can now come home to family and friends.

Our biggest celebration is for a young man who has been receiving ARCA's residential supports since April. His personal growth has been so successful, he was able to transition into his own apartment and is now living independently! ARCA staff remain available to him as needed to continue his journey toward maximum independence.



Circle of Promise

As this year draws to a close, it would be is easy to think of 2020 as "the year of lost opportunity." Too many milestones with family and friends went by without traditional celebrations. From cancelled vacations and weddings to Bowl-a-thons and gathering around poinsettias, the lack of everyday human interaction to feed our spirits has been sorely missed.

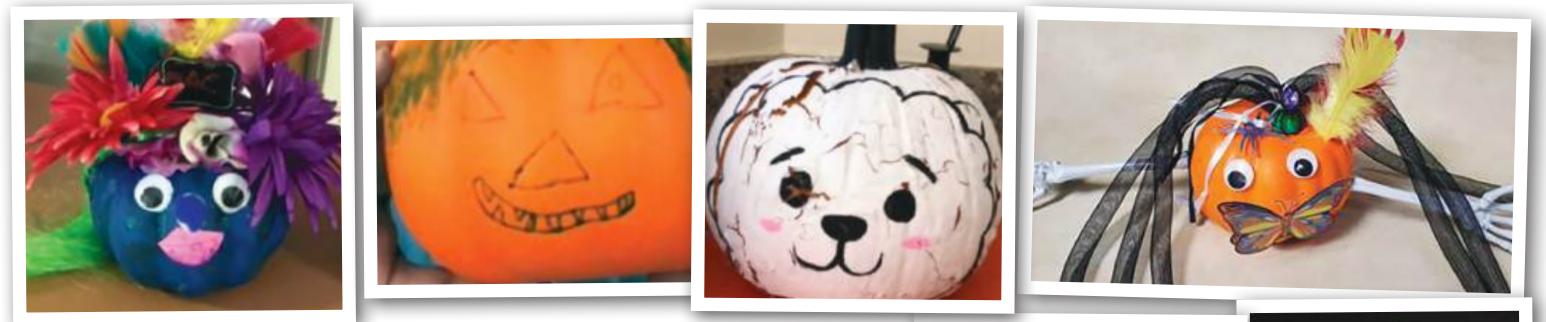
It was my goal this year to get to know ARCA's wonderful Circle of Promise members better. I have missed having opportunities to spend time with you, but will not miss this opportunity to say "thank you" for your generous decision to include ARCA in your legacy giving. Now, more than ever, your gifts have sustained our ability to provide excellent services for individuals with developmental, intellectual and cognitive disabilities. Just as importantly, your gifts ensure we can continue to do this essential work for as long as there is a need.

I am confident we will have opportunities to shake hands and have leisurely, mask-free, face-to-face conversations in 2021, a time I will cherish.

Until then, if you would like more information about becoming a Circle of Promise member, please contact me for information.

I sincerely hope you are all staying well.

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



Pumpkin Parade

This Fall, Loretta Sesbeau, ARCA's Nutrition Services Manager, was thinking of ways to celebrate Halloween in a socially distanced world. Halloween has always been a favorite holiday for individuals served and staff. Inspired by an adorable decorated pumpkin created by one of her colleagues last Halloween, Loretta envisioned everyone having an opportunity to create their own pumpkins to include in a virtual pumpkin parade.


"Due to COVID-19, we were going to be limited in our celebrations and Halloween activities. I wanted to come up with a way we could engage our employees and individuals and create a great sense of social connection to something bigger," Loretta explained. Supplies were distributed along with simple instructions to decorate your pumpkin, take a picture of it and send the photo to Loretta.






Nearly 60 participants submitted photos of their creations and Loretta turned the photos into a six minute video "parade" shared throughout ARCA.







Thank You






Every donor is important in the lives of children and adults with intellectual, developmental and cognitive disabilities served by ARCA. Thank you for making dreams come true.

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Christmas Dreams

In 2017, Larry Colson called to let us know his buddy, Santa Claus, wanted to visit with his friends in ARCA's Independent Living Program. Larry asked for a Christmas gift list to pass along to Santa. Individuals asked for presents ranging from sports memorabilia to popcorn. What a thrill when everyone's dreams came true that Christmas! Larry, with the help and support of wonderful friends and neighbors, has made the same arrangements every year since. With COVID numbers spiking in New Mexico, we didn't think Santa could travel in 2020, but boy were we wrong!



Larry sent us an email to let us know, "I'm also going to be honest - I was a bit worried (but had faith- you can still worry and have faith, right?) - worried that we would have a hard time this year due to COVID. I know so many people that are concerned or lacking this year. But I just didn't want to think about it. I knew a way would be provided."

"So....this is what happened today," he continued. "I posted the list of presents on our Facebook page for our Church around 5:00 p.m. By 8:00 p.m. ALL presents were provided for - I had people literally minutes after I posted it, ask for a name, etc. This just testifies to me, that more than ever at this time, we ALL need this in our lives. What a great experience this is...and it just seems to get better and better every year. I'm realizing the more we do this...the more we get to know these folks like they are family....knowing their likes, etc... Thank you! Thank you! Thank you!"

Heartfelt thanks to you, Larry, Santa and the inspiring families from the Church of Jesus Christ of Latter Day Saints East Stake from Edgewood for reminding us that worry never beats faith and that Christmas dreams can come true even in trying times.

Empowered Choices

Voting is an important part of our democracy and this year's elections had everyone engaged. People receiving ARCA services had lots of questions, ranging from the U. S. party system to our electoral process. ARCA's Independent Living managers helped individuals understand the process and, when asked, learn how to register to vote.



Dava Matillano, ARCA's Independent Living Director, said the time invested led to wonderful outcomes. "This was actually one of the great things that happened in the midst of COVID. The individuals in our care are usually really busy. This year, they had the space and time needed to explore the electoral process and participate in a way they never had before. I'm so proud of our managers and individuals served for their enthusiasm and what they were able to accomplish."

Nearly 40% of individuals in ARCA's Independent Living Program cast their vote with a deeper understanding of our political history, electoral process and how to make empowered choices.

- | | |
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