



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

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# Outlook

Volume III  
2018

Opening Doors for individuals with intellectual, developmental and cognitive disabilities since 1957. | [ARCAOpeningDoors.org](http://ARCAOpeningDoors.org)



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Please consider adding the ARCA Foundation to your will or estate plan.  
Contact Elaine Solimon at (505) 332-6805



## SAVE THE DATE! Don't miss these ARCA events!

- September 17-21 **Certified Brain Injury Specialist Training**  
*see page 5 for details*
- Saturday, October 20th **PWS First Annual Family Fun Day**  
*see page 3 for details*
- Saturday, November 3rd **Annual ARCA Day at the Zoo**

Our Annual ARCA Day at the Zoo is **Saturday, November 3rd, 9:00 a.m. – 2:00 p.m.** ARCA's Leadership Team will be at the front entrance to greet you and distribute tickets. There is no cost to attend, but **please e-mail Mindy at [MAllison@ARCASpirit.org](mailto:MAllison@ARCASpirit.org) to let us know you're coming.** Special thanks to the City of Albuquerque and the ARCA Foundation for supporting this event!



- Saturday, November 17th **ARCA's Annual Poinsettia Sale**

Join us **Saturday, November 17th, 9:00 – 11:00 a.m.** for our annual Poinsettia sale at 181 E. La Entrada Lane in Corrales! Enjoy snacks from City Treats and experience the charm and beauty of 7,000 poinsettias grown with love by our amazing gardeners! **Please RSVP to Michele at [MCody@ARCASpirit.org](mailto:MCody@ARCASpirit.org)**



## ANNUAL MEETING

ARCA is a Membership Organization as defined by its Articles of Incorporation.

ARCA's Annual Meeting will be held **Wednesday, November 7th at 11200 Lomas Blvd., NE.** Lunch will be served from 11:30 AM - 12:30 PM and the meeting will occur from 12:30 PM to 1:30 PM. ARCA CEO Edward J. Kaul and Board President Matthew Maes will present updates on the agency. Board elections will be held.

All members are invited to attend. Please **RSVP to Mindy at [MAllison@ARCASpirit.org](mailto:MAllison@ARCASpirit.org) no later than October 25.**



Joy is a decision. I am reminded of this truth every day. Children and adults served by ARCA, our families and staff often face extraordinary challenges, yet embrace each morning with a sense of adventure and the foremost desire to welcome new opportunities into their life. We are blessed to work with people whose heartfelt wish is to create these opportunities to learn, work, volunteer and nurture meaningful relationships in our community. ARCA staff and volunteer leadership work diligently to assure the tools and training necessary for success are available in a safe home and workplace. Developing and maintaining effective service models, providing appropriate training and securing specialized equipment requires sustainable funding. Sound budgetary decisions by our state leadership can only be based on a common understanding of regulation and outcome.

As New Mexico's largest provider of IDD services, we work with our community, state and national partners to help them understand the complexities and benefits of providing the necessary supports for people with intellectual, developmental and cognitive disabilities to thrive. Communication and understanding between our nonprofit, government and corporate citizens is imperative for our community's continued growth toward a strong future.

In this issue of Outlook, we celebrate Direct Support Professionals (DSPs) week with a photo montage depicting the joy our DSPs bring to work every day. We are introducing a new series highlighting legislative topics of interest and spotlighting our volunteer leadership's answer to the question of "why?"

We are grateful to you for your ongoing investment of expertise and financial resources. You spend countless hours helping us assess, and assure efficiency in, our processes. You work with us to analyze local and national data surrounding DD Waivers and develop effective recommendations to lessen the challenges in New Mexico. You supplement the gaps in funding necessary to help people live meaningful lives in accordance with complex regulations often enacted without accompanying resources.

You remind us to cherish this journey; joy is a decision that is only possible through work, patience and intelligent compassion. We are strengthened by the knowledge that in New Mexico we will work together to find common understanding of how every citizen can best contribute toward and experience a safe, healthy, happy life.

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## In honor of National DSP Week: Thank You ARCA Direct Service Professionals!!



**Summer Road Trip!** Housemates Fred, Karl, James and Delbert all had the same idea -- to travel to Denver to visit a dear friend. Plans were made and they hit the road, heading north.

The big draw was Jesus, who had been their Direct Service Professional (DSP) for years. He left Albuquerque to pursue a career in Denver and Fred, Karl, James and Delbert wanted to learn more about his new life and share time with him again.

They all agreed it was a very long drive! In addition to a happy reunion, they took a grand tour of the mile-high city, including a trip to Broncos Stadium and Denver's Downtown Aquarium. What a great trip!



## Figuring it Out, Together

For Lori Calhoun-Gonzales, ARCA's Independent Living and In-Home Custom Supports Program Manager, her work begins with paying attention.

Lori noticed Juan's eating habits were changing. Despite her cooking with Juan to help keep his fridge stocked with healthy options, he only wanted to eat burritos he picked up from the neighborhood convenience store. After a few unsuccessful attempts to help him make different food choices, it hit her: if all Juan wants is burritos, we'll make burritos! And so they did, picking up fresh, delicious ingredients from the Bishop's Storehouse and filling Juan's freezer with a healthy, easy to heat-and-eat version of his favorite food.



## Circle of Promise



Amazing opportunities are possible because of the generosity of ARCA supporters. We are over the moon when we receive news of a donor who chooses to designate ARCA with a Qualified Charitable Distribution (QCD) from their retirement account. With recent federal tax law changes, these gifts are now even more advantageous. QCD gifts to ARCA lower taxable income for the donors and 100% of their pre-taxed gift goes to support our mission.

Beloved Circle of Promise members, John and Kris Stichman, have been doing this for several years. Their generous annual QCD gifts through their IRA account are making dreams come true for the hundreds of little ones through elders we support today. In addition, they have assigned this IRA account to be their planned gift to our endowment in order to leave a lasting legacy for individuals we will serve in the future.

"For Kris and me, it's important to support ARCA's day to day mission. In addition, ARCA's Board Designated Endowment is an opportunity for us to have a future role in ARCA's journey. After we named the ARCA Foundation as the beneficiary of our IRA in our estate plan, we gifted them with the annual distribution. Interestingly, the recent changes to the tax law created benefits for us as well and these annual gifts have not impacted the amount we intend to ultimately go to ARCA," said John Stichman. "There are so many ways to support ARCA. I encourage people to find what's best for them."

Kris added, "We love ARCA. It's important for us to know we'll be helping shape opportunities for children and adults with intellectual, developmental and cognitive disabilities for generations to come."

If you are interested in learning more about the many ways to support bright todays and promising tomorrows, please contact me. We'd love to welcome you to ARCA's Circle of Promise Legacy Society!

With gratitude,  
*Elaine Solimon*

Elaine Solimon • Community Relations Director  
(505) 332-6805 • [esolimon@arcaspirit.org](mailto:esolimon@arcaspirit.org)

## Why ARCA?

ARCA and The ARCA Foundation are fortunate to have strong volunteer leadership. While members of our Boards, Councils and Committees come from diverse industry, socio-economic, cultural and geographic backgrounds, they share a common desire to help people served by ARCA live a meaningful life. As leaders in our community, they have a choice in how they spend their time and treasure. We wondered why they chose ARCA.



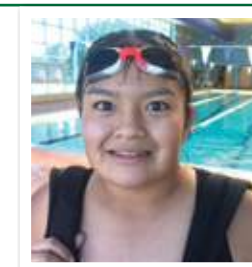
Joey Sanchez is beginning his second term as President of the ARCA Foundation Board of Directors. In addition to his Board service, Joey is a member of the Foundation's Executive, Finance and Pooled Trusts Committees. He leads the charge to realize the Foundation's primary goal of raising over \$1,000,000 in annual supplemental funding for ARCA and is at the helm whether the task is geraniums, bowling or sharing the ARCA story over a cup of coffee.

"It's all about awareness," said Joey. "When people experience the gifts shared by children and adults receiving ARCA services, they want to be involved."

When asked why he chooses ARCA, Joey replied, "ARCA enriches my life - my family, my home, my work. People served by ARCA live in the moment. They don't carry grudges and fret over trivial mishaps. They live life with passion and courage and gratitude. They teach me and in turn I try to introduce the value of ARCA to others. Some people decide to become donors or volunteers, but even if they're not in a position to help, I know their exposure to ARCA will impact their life. Every time someone from ARCA thanks us for our support, we remind them of the blessings ARCA brings to us."

## The Prader-Willi Syndrome Project for New Mexico

As summer comes to an end, a new school year begins. While this can be a stressful time for any child, people with PWS are especially vulnerable. To help, ARCA's PWS Project focuses on supporting individuals and their family through each challenge and celebrating every accomplishment.



ARCA provides supports for over 60 New Mexico families in their communities, enhancing quality of life for children and adults with PWS through education, advocacy and awareness. Aryianah Eaton is a great example of how necessary supports can help a person achieve their personal goals. Aryianah's dedication to her chosen sports, track and swimming, strengthen her body while determination drives her to compete in the Special Olympics. ARCA is very proud of all she has accomplished!

ARCA's PWS Project is pleased to announce its **First Annual "Family Fun Day" on October 20, 2018** at North Domingo Baca Park (7520 Corona Ave., NE, Albuquerque, NM 87112). This event will run from 9:00 a.m. – noon and includes games and a chance to learn more about PWS. There is no cost to attend. Wear sneakers and be prepared for fun! For more information about ARCA's PWS Project or Family Fun Day, please contact Shirley at [sstevens@arcaspirit.org](mailto:sstevens@arcaspirit.org).



## Bicycles, Barbeques and Best New Friends

Pi Kappa Phi members rode their bikes over 11,500 miles this summer, arriving on the Capital lawn in Washington, D.C. on August 11th. This year's Journey of Hope teams raised over \$600,000 in support of people with intellectual and developmental disabilities. The very best part of their annual trip for us is the time we get to spend with 35 members of the South Route Team. Barbequed chicken, burgers and a chance to visit with amazing young men making the most of their university experience is our idea of one terrific summer afternoon! Thank you, Pi Kappa Phi, for including ARCA in your journey.



## Meaningful Employment in the Community

ARCA's Career Enhancement Services (ACES) is a customized community supports program that is person-centered, offering participants meaningful community inclusion and skill-building opportunities based on personal choice. For many individuals, the end-goal of the program is to gain meaningful employment in the community. ACES staff strive to help individuals meet this goal and find success.



The ACES team works with individuals to explore interests, pinpoint potential employers, schedule interviews and negotiate schedules and salaries once the job is acquired. They also act as personal support/supervisors at these new jobs to help build tools for success.

Because of these supports, we have 72 individuals who are currently employed through the program. They have great jobs, based on their interests and skills, with a variety of employers, from Forever 21 to La Montanita Co-op and Highland Pool. Most recently, two ACES participants acquired positions with Bueno Foods and Vitality Works is now employing four ACES graduates!

Our community has been amazing in collaborating with ACES and sharing our belief that everyone deserves an opportunity to become a contributing member of the workforce.

## Honoring Thomas



Thomas Edwards has received services from ARCA for many years and is one of ARCA's best ambassadors. He was recently honored by the ARCA Foundation Board of Directors with an ARCA Ambassador Award for his stellar support of ARCA's 10th Annual Bowl-a-Thon.

We are inspired by Thomas' insights, dedication and hard work!



## Certified Brain Injury Specialist (CBIS) Training

ARCA's ABI Division is proud to offer CBIS Training on **September 17 – 21, 2018** at 11300 Lomas Blvd NE, Albuquerque, NM 87112.

This nationally recognized certification program is offered through the Academy of Certified Brain Injury Specialists (ACBIS) for both direct care staff and professionals working in brain injury services. Certification is not restricted to one profession or discipline, but is intended for anyone who delivers services specific to brain injury. Three certification options representing distinct levels of experience and supervisory skills are available: Certified Brain Injury Specialist (CBIS), Certified Brain Injury Specialist Trainer (CBIST) and Provisional Certified Brain Injury Specialist (PCBIS).

For more information or to register, please visit our website at [ARCAOpeningDoors.org/CBIS](http://ARCAOpeningDoors.org/CBIS).

## Electronic Visit Verification (EVV)

The 21st Century Cures Act, signed into law by Congress in December 2016, requires states with Medicaid funded personal care services programs adopt an electronic system to monitor care provided in the home. The EVV system was established to prevent Medicaid fraud without infringing on the privacy of individuals with disabilities. Implementation was originally scheduled for January 1, 2019 and included a reduction in Federal funding for states which do not comply.

Issues with the interpretation and application of the EVV include privacy for the consumer as well as funding shortfalls and a lack of stakeholder input required by the statute for both states and providers. While the legislation contained provisions which would reduce the Federal Medicaid Assistance Percentage (FMAP) for states which do not comply, it neglected to address implementation challenges, leaving states, and by extension providers, struggling with another unfunded mandate.

The President signed the EVV Implementation Delay Bill on July 30, 2018. H.R. 6042 passed the House on June 19th and on July 16th cleared the Senate through the unanimous consent process.

In response to the efforts of advocates nationwide, EVV implementation has been delayed until January 1, 2020. During this time CMS will be meeting with stakeholders to develop and issue implementation guidelines.

## The Power of Together

Right in the middle of Corrales, New Mexico there is a parcel of land where lives are changed. It began with a desire to create meaningful employment. Like all good things, it grew into so much more.

ARCA Organics employs people with intellectual, developmental and cognitive disabilities and supplies fresh, organic produce to individuals and businesses in our community. It distributes produce to ARCA homes so individuals receiving residential supports can benefit from the best organic fruits and veggies available. While this is amazing on its own, what has been unexpectedly magical is the way ARCA Organics has awakened a common desire in our community to support people, share knowledge and get a little dirty -- together.

Volunteers are crucial to ARCA Organics' success, with hundreds of hours of work donated annually. Volunteers tell us there is something special in this experience that keeps them coming back. Maybe it's the smell soil, the feeling of making a difference with immediate, tangible results or working together toward a common goal. Whatever the reason, it's proof that magic is built from the little moments of attention, intention and heart that serves our own spirit as much as others.





## GRANTS CORNER

The PNM Resources Foundation chose ARCA as a 2018 New Century of Service Grant Recipient. We are grateful to the PNM Resources Foundation for their continued support of ARCA and the innovative services we provide for people with IDD in New Mexico.



ARCA's Foster Care Services has been recommended for United Way funding again this year. This crucial program is the only community based resource in New Mexico for medically fragile children with IDD who have been abused and/or neglected.



NMDOT has been a strong supporter of ARCA for many years and will continue for their FY2019 cycle which begins in October. Our 2019 request for specialized vans, fleet management software and Smart Travel devices has been approved and will create extraordinary opportunities for people we serve.



## HR CORNER

HR and Training would like to use this opportunity to say a special "Thank You" to all our Direct Support Professionals (DSPs). You help the children and adults receiving ARCA services live meaningful, productive lives in our communities. You compassionately support those who rely on you for assistance with everyday tasks such as eating, bathing, dressing, taking medications, overcoming mobility issues and attending school, work, religious and recreational activities.

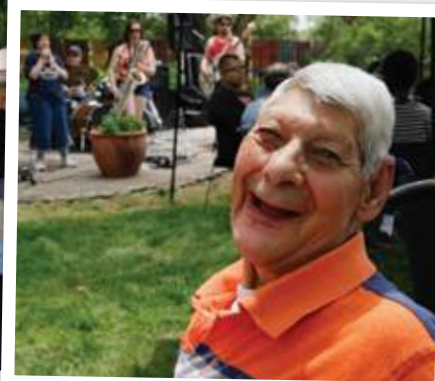
We join communities across the nation in extending profound thanks to each of you for accepting this demanding, yet rewarding role. Your contributions are indispensable to countless people. We hope everyone will join ARCA in observing Direct Support Professionals Recognition Week and honoring the vital contributions of our DSPs to our community.



## Celebrating Independence



There's nothing like summer gatherings with friends. The combination of good food, familiar faces and sunshine is just always good. ARCA's annual 4th of July celebration was no exception as everyone gathered together to celebrate our Nation's independence. Special thanks to the Chuck Hawley Band (AKA Kenny and Angel's Back-Up Band) for keeping everybody rockin'!



## A Special Evening



Very special thanks to Armado Peña, La Fonda del Bosque restaurant at the National Hispanic Cultural Center and our wonderful Stefani Magrum for a lovely evening in support of ARCA!

## Happy Birthday



Carolyn celebrated her 60th birthday with family and friends. Congratulations Carolyn, and here's to 60 more!!

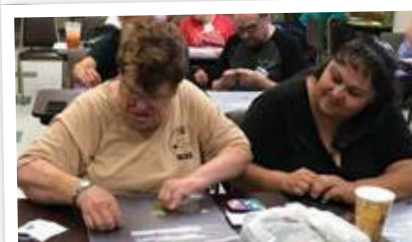
## QIDP Conference

ARCA's InterCare staff members BJ Tucker, Jim Douglas, Vince Smith and Tiffany Morris attended the National Qualified Intellectual Disability Professional (QIDP) Conference in Milwaukee, Wisconsin in early August. The four attended various meetings and discussions focused on person centered planning, individual rights, team building, staff retention systems and ICF/IID regulations and oversight. The group was able to meet and interact with staff and QIDPs from around the nation.



## Supporting Our Community

The ARCA Buddies Civitan Group's latest project had members collecting school supplies and books for foster children. The supplies were packaged in bags they decorated using stickers with positive messages. The festive bags were delivered to The New Mexico Children, Youth and Families Department to be distributed. A big thanks to all those who donated supplies and their time to help out with this project!



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