



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

11300 Lomas Blvd. NE • Albuquerque, NM 87112
Tel: (505) 332-6700 | Fax: (505) 332-6800
www.ARCASpirit.org



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Outlook

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

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

To stay current with ARCA news, visit our Facebook page: <https://www.facebook.com/arcaopeningdoors>

MARK YOUR CALENDARS!

ARCA'S ANNUAL GERANIUM CELEBRATION!

SATURDAY, APRIL 25TH, 9:00AM - 11:00AM

Our second favorite part of spring is nurturing our young geraniums with love and attention. Our favorite part of spring is sharing these beauties with you.



Please join us Saturday, April 25th, 9:00 a.m. – 11:00 a.m. at 181 E. La Entrada Lane in Corrales. This is the perfect opportunity to purchase plants to decorate your home, office and garden. If you've never seen 12,000 geraniums in bloom, we hope you'll have time to take a tour of the facility. It's pretty remarkable.

Let Michele know you're coming at MCody@ARCASpirit.org. We want to have plenty of snacks for you to enjoy while we catch up. See you then!

ABC ANNUAL PICNIC!

THURSDAY, MAY 21ST

NEW DATE & TIME!

Albuquerque Breakfast Civitans Host Annual Picnic
Thursday, May 21, 2015, 5p.m. - 7p.m. • EXPO New Mexico-enter at the San Pedro gate.

The Albuquerque Breakfast Civitans will once again be hosting this favorite ARCA summertime tradition. Individuals receiving ARCA services, families and staff enjoy delicious grilled burgers, lots of yummy sides and fun activities. We hope you'll join us – there is no cost, just bring a dessert to share! For questions or more information, please contact Faylene at Fwyte@a@ARCASpirit.org. Thank you, ABC Club Members!

I WAS SPOTLIGHTED!

We are excited to introduce our new weekly Facebook series "Staff in the Spotlight," an opportunity to introduce you to the many faces of our workforce and insights into the heart of ARCA.

Each week we highlight an employee and share the story of why they originally came to ARCA and choose to build a career here. These are the dedicated people who, each and every day, help children and adults with intellectual and developmental disabilities live great lives. We hope you'll share these compelling stories with your friends and family. We are always recruiting for caring and compassionate staff to join the ARCA team and who knows, they may be inspired to join our family, too!

"Staff in the Spotlight" is a weekly series available at www.facebook.com/arcaopeningdoors. To automatically see our updates in your newsfeed "like" our page.

Team ARCA

There is a Phil Jackson quote that sums up basketball, "The strength of the team is each individual member. The strength of each member is the team." It also describes team ARCA.

We have so many reasons to celebrate and every single one is a result of amazing collaborations. In just a few days we will be reveling with our friends and families among 12,000 geraniums. These beauties will be gracing the tables at the Mayor and First Lady's Charity Gala this year, too! Our Janitorial Business was awarded a contract for the newly renovated Plaza Maya building, providing 20+ meaningful jobs for individuals with intellectual and developmental disabilities. Our 7th Annual Bob Scanlon/Steve Mackie Bowl-a-Thon will have an extra special competition called Mayors on Strike for ARCA! Check our Facebook page for fun, exciting updates! The ARCA Buddies Civitan Group had a hoot raising money for their club with a pancake breakfast at Applebee's. They'll use these funds to pay for supplies for their community service projects. As a result of the work between providers and DDS we are seeing encouraging proposals to streamline and simplify regulatory requirements and adjust DD waiver rates to create a sustainable service model. We hope this momentum will continue into the upcoming Waiver rewrite. The State has announced they will be scheduling public meetings in the upcoming months to solicit input from stakeholders.



Working as a team at ADDCP Day at the Legislature.

We will keep you informed of the meeting dates and locations on our Facebook page. The Albuquerque Breakfast Civitans are hosting their annual BBQ for ARCA this summer. They make the very best burgers and we always look forward to that dunk tank! A national nonprofit, VSP Mobile Eyes, selected ARCA as the recipient of free eye care for eligible ARCA staff. Our dedicated staff has made a career of caring for others – it is rewarding to see the very special care these doctors will take with them in return.

At ARCA, we are a team, grateful to have partners who selflessly create so many special opportunities, both great and small, to celebrate.

Edward J. Kaul
(505) 332-6825 • Ekaul@arcaspirit.org

Volunteers make a difference.

National Volunteer Week: April 12-18, 2015

Last year volunteers donated over 3,572 hours to ARCA!

What did these amazing people do? Some went to ARCA's Apple Mountain camp to help a first time camper catch a fish. Others taught classes for health and wellness and literacy. Groups lent their strong spirit – and backs – at the farm by moving compost piles, plowing, raking and planting and harvesting organic vegetables. Sometimes a small garden at an apartment complex needs help, too and volunteers made that tiny plot of land thrive. Our Board, Committee and Council members provide ongoing leadership, happily sharing their expertise and insights; they offer endless service from working with potential donors and community partners to transporting silent auction items. When we needed a special sign for our Planned Giving Task Force to use at presentations – well, a volunteer made that, too. The list of tasks our volunteers perform is as endless as our gratitude. Thank you for giving of your precious time to make a difference in the lives of the children and adults we are so privileged to serve.

Individual and group volunteers are always welcome at ARCA. If you are interested in giving of your time and talent, please contact Faylene Wytewa-Alire at Fwyte@a@ARCASpirit.org or (505) 332-6816. We would love to hear from you!





George Kominiak's Legacy

George Kominiak moved to New Mexico in 1969 to join the staff at Sandia National Labs. He and his beloved wife Pat quickly became an integral part of ARCA where their mindful leadership and tireless service became central to the culture of ARCA. George's humor, clear vision and articulate strategies created countless opportunities for people with intellectual and developmental disabilities. Oh, and it was not unusual to see him on his tractor Saturday mornings plowing a field or two in support of ARCA Organics. Next time you're at La Entrada, stop by the Pat Kominiak Greenhouse. When you're at Scanlon Farm, enjoy Kominiak Acre. When you see someone with disabilities accept a challenge and win, know that George's thoughtfulness, kindness and generosity helped make it possible. George passed away February 13 after a brief illness. We miss him greatly.

ARCA's Traveling Theater Troupe

By Jeanne Desjardins, Employment Coach 3

ARCA's Traveling Theater Troupe was founded in June, 2013 and today includes a dozen talented actors, writers and singers. Originally, the Troupe collaborated with the spectacular Sol Acting Academy to learn the complex aspects of theater production, but it wasn't long before they decided to undertake a full scale performance of their own.

Our Troupe is driven by the actors and from the beginning they wanted to perform original works. Their first script, *Challenges*, was a hit with audiences near and far. *Challenges* depicted personal difficulties encountered in their daily lives and words like "WOW" and "POWERFUL" are tame descriptors of the message. *Challenges* was performed throughout Albuquerque in venues including Heights Community Center Performing Space, Adelante Performing Theater, Sol Acting Academy, House of Memories, the Center for Self-Advocacy and Paloma Blanca Nursing Home. Every time an encore performance was requested, the actors would respond, "The show must go on!"

Marshall Performing Arts Conservatory was a wonderful collaborator and their drama experts Christie and Linnea provided our emergent ARCA actors with an advanced education. Within six weeks, they wrote, rehearsed and performed a new play *A Walk Down Hollywood Boulevard* at the African American Arts Performance Theater.

One actor told me she only wanted a small role in *A Walk Down Hollywood Boulevard*. She did not feel confident in her ability to express herself in front of strangers. When extenuating circumstances arose, she was asked to perform a major role and, although not overwhelmingly happy about the request, agreed to try. *A Walk Down Hollywood Boulevard* was performed in July



at the African American Performing Arts Theater and was sensational! While mingling during the cast party, this proud actor told me, "I didn't think I could do it, but I did. I am now really ready for Hollywood. Thank you for giving me the chance."



The Traveling Theater Group decided to venture into the too familiar topic of bullying and wrote and produced *Taming the Bully*. It was beautifully and delicately crafted so the audience would appreciate the power of kindness. The opening performance at The Fusion Theater was a smash. The actors journeyed throughout Albuquerque sharing this story and audiences ranged from Head Start children to seniors in Nursing Homes.

With their skills further honed, the Troupe was ready for a new challenge. *The Wizard of Oz* continued the theme of bullying and peer pressure with familiar characters from the Wizard of Oz. Stephen Villella took on the role of Assistant Director and created a sensitive drama with extraordinary costumes, scenery and special effects including a tornado.

The ARCA Traveling Theater Troupe continues to share their messages of diversity, hope and kindness throughout Albuquerque and, in the process, learn about themselves, sharpen their abilities and grow as self-determined citizens in our society. For more information on upcoming performances, contact me at jdesjardins@ARCAspirit.org.

The Journey included ARCA

Up With People (UWP) has developed a reputation for performance excellence over the past 50 years, both on and off the stage. The week of Feb. 23, more than 100 young adults from 20 countries brought a musical production called "The Journey" to Albuquerque's Highland Theater. Between rehearsals and performances, the cast and crew worked hard to make a difference through community service projects.

According to Natalie Kelley, Recruitment and Staffing Manager, ARCA and UWP Alumni, "The reason I originally came to ARCA was my experience with UWP. My time touring was filled with community service, adventure, meeting new people and helping others. Years later I was reminiscing – and really missing that part of my life - when I saw an ad for ARCA. It seemed like a perfect fit and now, 13 years later, it's still perfect. I am thrilled these two stellar nonprofits that have been so important in my life are spending time together."

UWP members worked side by side with individuals receiving ARCA services preparing the fields at Scanlon Farm for spring planting and nurturing our spectacular geranium crop at our La Entrada Greenhouses.



Village Pizza hosted the UWP volunteers, ARCA staff and individuals receiving ARCA services for a delicious lunch. Afterwards, UWP members performed alongside ARCA's Traveling Theater Troupe in a performance of the Troupe's blockbuster play *The Wizard of Oz*.

This hardworking group had an enormous impact on our fields, our greenhouses and our hearts.

Mobile Vision Clinic

Thanks to the dedicated support of Dr. Larry and the generosity of VSP, ARCA has been selected as the recipient of the VSP Mobile Eyes program - three days of eye care, including glasses, at no cost for eligible staff.

VSP Mobile Eyes grew from relief efforts following Hurricanes Katrina and Rita in 2005. Today, VSP Mobile Eyes includes three mobile eye care clinics that feature exam rooms with the latest technology, dispensaries with popular frame brands donated by Marchon Eyewear and Altair Eyewear, UNITY® lenses donated by VSP Optics Group and finishing labs to make glasses on-site. Working in partnership with VSP providers who volunteer their time and expertise, patients receive comprehensive eye exams and, if needed, glasses.

When not helping in times of disaster, VSP's fully funded mobile eye care clinics travel to communities across North America. ARCA is grateful to have such skilled optometrists providing exemplary care for staff who have dedicated their own lives to the care of others.



Grant Corner

ARCA is grateful to receive ongoing support from community organizations and charitable foundations to help sustain our programs and services and meet the needs of individuals in our care.

Blue Cross Blue Shield of New Mexico Community Giving funding of \$2,000 in support of ARCA Wellness Institute will enable ARCA individuals to improve fitness, learn about nutrition and healthy food choices and encourage an overall healthy lifestyle!

A grant in the amount of \$30,000 toward ARCA Foster Care Services will be used to provide a permanent, safe home for infants and children with disabilities, including training foster and biological families to meet each child's foster care and medical needs.



Thank you for your continued support of ARCA's life enhancing services.

In Loving Memory



Paul Hern, 58, passed away in his home on March 3rd surrounded by those he loved. With the support of his dedicated staff he enjoyed a healthy, happy life. He was charming, sweet and always had a smile on his face. He enjoyed the Avengers, loud music and hanging out with people he valued. He was loved by all who met him. Staff was never considered staff to Paul. . .

they were family. His housemates were his brothers. Paul you are missed by all who knew and loved you.

**7th Annual Bob Scanlon/
Steve Mackie
BOWL-A-THON**
Saturday, June 6th, 2015



In 2008, Bob Scanlon proposed the idea of a Bowl-a-Thon where individuals receiving services, families, staff and community partners could spend a day together just having fun. Secondly, he thought it would be a good way to increase community awareness and perhaps even raise some money. Bob loved bowling at Ten Pins and More in Rio Rancho where he met and enjoyed spending time with individuals in ARCA's care.

It's hard to believe we'll soon be celebrating our 7th Annual Bob Scanlon/Steve Mackie Bowl-a-Thon! And what a celebration – thousands of people have joined in the fun generating millions of smiles and new friendships and over \$500,000 in much needed funding. Bob underwrites all the costs, so 100% of every pledge and sponsorship goes to support the cherished children and adults ARCA is so privileged to serve.

This year has a special surprise in store! Rio Rancho Mayor Gregg Hull has organized a competition called Mayors on Strike for ARCA. Competition starts at noon – be there to cheer on your favorite Mayor – there may even be an extra special surprise in store...

More details will be available on our Facebook page, www.facebook.com/ARCAOpeningDoors, but to reserve your spot early or if you have items for our Silent Auction let Michele know at MCody@ARCASpirit.org. As always, the cost to bowl is \$0; the cost for lunch is \$0; the smiles, love and friendship – that's priceless.



A Newsworthy Invitation!



Steve Stucker is a reliable and valued member of the Channel 4 News Team with charismatic weather dogs and the best Balloon Fiesta button collection in town.

He also makes dreams come true.

Bob's is a talented, warm spirited man with a big dream – to meet Steve Stucker. Bob watches him every morning and loves to mimic his reporting – he has a KOB hat and Bob's staff made him an "official" news pass he had laminated and wears around his neck.

Recently, Steve invited Bob for a tour of the studio. For weeks Bob told staff, neighbors and family – everyone he met – about his upcoming tour. When Monday morning finally arrived, Bob walked through the front door of KOB on tiptoes – his feet barely touching the ground he was so excited.

Steve greeted him with that famous smile and Bob presented him with an original painting he'd done of the KOB logo. Steve has received many honors in his years on KOB 4 and he placed Bob's painting alongside them.

Steve took him through the entire facility – from computer and control rooms to green screens and even the studio Bob sees every morning on his television. Steve answered every question and shared interesting stories. He invited Bob to sit at the desk and together they changed the displays on the green screen.

Bob will never forget this adventure. We will never forget the man who made Bob's dream come true.



Holiday Spirit

Sometimes your heart keeps singing long after the music has stopped. Our holiday party for individuals in ARCA's care may only last a few hours, but for those of us who have the chance to participate, the memories keep the spirit of Christmas alive throughout the year. Very special thanks to Francie Monteith and her fabulous band of Bank of Albuquerque elves, Michael Druxman and the spectacular music of Last Call and Santa - who with a wink of his eye and a twist of his head made holiday magic once again.



**Special Needs Trust Workshop
a Great Success**

Dozens of families gathered at UNM on March 26th to hear Nell Graham Sale of Pregoner Baysinger Wideman & Sale present an informative update on Special Needs Planning, including benefits, types of trusts, and the new Achieving a Better Life Experience (ABLE) Act of 2014. Nell joined a panel comprised of Ruth Luckasson, Chair of the Department of Educational Specialties at UNM; Sheila Hard, Director of Planned Giving at the UNM Foundation; Mary Wolford, Director of Development and Philanthropy for the UNM College of Education; JoAnn Baxter, Trust Administrator at The Arc New Mexico; and Elaine Solimon, Community Relations Director at ARCA. Participants gained practical guidance on creating an estate plan to provide for loved ones with special needs and supporting their favorite non-profit organization.

If you missed the evening presentation or would like more information about this topic, please contact Elaine Solimon at 505-480-4321 or esolimon@arcaspirit.org.



Panel members:
Elaine Solimon,
Mary Wolford,
JoAnn Baxter,
Nell Graham
Sale, Sheila
Hard and Ruth
Luckasson.

ARCA Buddies Civitan Club

ARCA Buddies Civitan Club members enjoy giving back to our community, socializing at our Club meetings and learning from our speakers!

Thank you to everyone who helped at our Applebee's Pancake Breakfast fundraiser, especially our stellar servers from the Manzano High School Key Club! We raised \$469 for Club service projects including Valentines for the children at All Faith's Home, filling plastic bags with dog food and dog treats for dogs of homeless individuals and making Tray Cards for patients at Presbyterian Hospital on St. Patrick's Day.

April 22nd we will join ARCA at their Spring Carnival and are having a blast with ARCA on the Move. This is a great motivator to get healthy together and have fun celebrating our success at the Move and Groove events!

Do you have an interesting job, hobby or talent you would like to share with our Club? We would love to have you speak at one of our meetings! If you or someone you know like giving back, ARCA Buddies Civitans might be just what you're looking for.

We meet Wednesdays, 2:30-3:30 p.m. at the North Valley Senior Center (4th & Aztec). There is a one-time initiation fee of \$25 with quarterly dues of \$24, or \$12 if you have an intellectual or developmental disability. For more information please contact Carol Kline at 505-452-0585 carol@eventsplus.net, Noel Behne at 505-897-7997 nanfbne@aol.com, Dea Renfro at 505-296-8215 dearenfro@juno.com or Faylene Wytewa-Alire at 505-332-6816 FWytewa@arcaspirit.org.

Doing for Others

While visiting a museum in California, I came across a quote from Dr. Josephine Odumakin. From Nigeria, she is the 2013 recipient of the International Women of Courage award.

"What I do for myself dies with me. What I do for others lives on forever."

Her message immediately brought to mind our Circle of Promise members who so generously include ARCA in their estate plans. The endowed gifts from our planned giving donors will indeed live on forever, ensuring great lives for future generations of individuals supported by ARCA. While I grieve our recent loss of Rocco Crowley and Nancy Mearns, two beloved Circle of Promise donors, I am comforted knowing their legacies will live on forever, touching countless lives in the decades to come.

Please contact me at any time if you are considering including ARCA in your estate plan. You will forever enhance the lives of the precious individuals we are so privileged to serve.

With gratitude,

Elaine Solimon

Elaine Solimon

505-480-4321 • esolimon@arcaspirit.org



ARCA had another successful tax day for Individuals we serve. On March 29, 2015, our generous volunteer team of Don Wright, ARCA's Finance Department, UNM Beta Alpha Psi members, REDW and Atkinsons & Co. completed tax returns for 230 individuals receiving ARCA services. Very special thanks to our Supported Living Case Workers, Independent Living Program Managers and InterCare Social Workers who provided the extra documents needed to complete the tax packets. Lastly, our very own CEO, Edward Kaul stopped by to show his support in the morning and in the afternoon.

This yearly tax event adds new perspective to the services we provide our individuals each and every day!



Smart Travel

What is "travel training" and what does it look like?

Travel training extends beyond trained instructors teaching individuals with intellectual and developmental disabilities how to safely and independently travel throughout their community. ARCA's Smart Travel Program enables staff, family members and caregivers to rest assured their loved one has received training on which routes are safest to travel, instructions on appropriate interactions with strangers and coaching on what to do in the event of an emergency. ARCA's Smart Travel Program opens doors for individuals to enjoy gainful employment, an afternoon watching the Isotopes, shopping at their favorite department store or a matinee with a friend – confident in the knowledge of safely travelling from one destination to the next. For more information on ARCA's Smart Travel Program or if you know someone who would like to receive travel training, please contact Antoinette Wright, Program Supervisor at awright@arcaspirit.org.



Jessica and Pam get Smart Travel training by ARCA staff before going on their community outings.

What a Gift!

We want to extend a very special thank you to Frances and Jack Holmes and President Brett Remund of the Church of Jesus Christ of Latter-Day Saints for making a wonderful gift to ARCA through the LDS Community Support Services. We received one year of commodities from the Albuquerque Bishop's Storehouse, beautiful brand new bedroom and dining room furniture for individuals receiving services through ARCA's Customized In-Home Supports and lovely bed linens and blankets for people in Supported Living and Customized In-Home Supports.



ARCA staff work with individuals to make a grocery shopping list each week, fax in the order and make a quick trip to pick up meat, dairy, fruits, vegetables and personal care items. The volunteers at the Storehouse are amazing – everything is ready for pickup when we arrive and everyone always has time for a visit at this immaculate, warm facility.

The furniture is scheduled to arrive this spring – the flowers may be in bloom but it sure feels like Christmas Eve!

With the severity of recent funding cuts, many of these daily items we take for granted would not be possible without the ongoing support of our most remarkable community. Heartfelt thanks to LDS Community Support Services for your generous support.

Circle of Supports

Elizabeth had a blast at the 2015 Safari Cat Show. She got a chance to pet one of the cats!

Circle of Supports is a new project of the New Mexico Department of Health designed to create greater independence for people on the DD Waiver waiting list. ARCA is jazzed to have been selected by the State to deliver these supports in the Albuquerque Metro Region.



With the help of ARCA employees called Community Guides, these remarkable young people ages 18 - 25 make friends, find resources and develop natural supports in the community. The first step is to facilitate a My Star meeting - a fun, personal planning process in which the individual, family and friends discuss their dreams and aspirations both vocationally and for leisure time. After the My Star is completed, individuals begin their adventures in the community by participating in activities they have chosen.

Participants and family members are giving Circle of Supports rave reviews. One participant was so thrilled when staff arrived at his home he jumped up and down, smiling and shouting, "ARCA is here! ARCA is here!" Participants are enjoying meaningful activities including volunteer work with animals, applying for jobs and attending classes. Most importantly, they are gaining confidence in their own ability to become more independent.

This project is currently funded through June 30, 2015.

We appreciate the opportunity to facilitate this worthwhile project and see joy on the faces of these young adults as they gain independence each and every day!

Merry Murphy
Independent Living Division Director
Circle of Supports Project Facilitator



Cesar enjoying the Unser Museum.

ADDCP Day

The Association of Developmental Disabilities Community Providers (ADDCP) is a statewide coalition of providers supporting thousands of people with intellectual and developmental disabilities. On Wednesday, February 11th, ARCA staff and individuals receiving services traveled to the State Capitol for ADDCP Day - an opportunity to become actively involved in the legislative process.

The fun side of the day was walking the halls of the Capitol and meeting with State Representatives, Senators and their staff. Some Senators were pulled from the Senate floor during a session so they could spend one on one time with individuals! The rally in the Capitol Rotunda and the opportunity for people to take the microphone and express their thoughts was very powerful. Everyone enjoyed the spectacular art exhibits on display in the Capitol.

ADDCP Day is always filled with seeing exciting new things, meeting new people and making memories.



Entrepreneurship at ARCA

Entrepreneurship at ARCA is growing by leaps and bounds! Steve's Snacks and Mary's Laundry Service are doing well and now Jeff Foster, with the help of his job coach Mary Nicole Stoddard, has opened **Jeff's Crafts and Clothing**. Jeff loves his new logo, designed by Megan Ward, and the opportunity to engage with his customers. He sells beautiful, hand made jewelry and crafts and t-shirts, hats and other clothing with the ARCA logo. We asked Jeff why he wanted to have his own business and he explained, "I like to make jewelry and my business gives me the freedom of having money." If you would like a copy of Jeff's catalog, please contact Mary Nicole at MStoddard@ARCASpirit.org. Congratulations, Jeff!



Training Goes High Tech

ARCA is always looking for ways to streamline our costs while enhancing experiences and our Training Department is no exception. The cost to produce paper handouts is staggering and studies consistently show engaging students visually, aurally and kinesthetically improves retention and skill level. In response, we implemented tablets in the classroom.

Students love this new technology which will soon replace all paper handouts – a benefit that fits perfectly into our Environmental Initiative as well. Comments from students include "Loved the tablets" and "Great improvement." Students are enjoying themselves, with 97% saying they prefer the tablets over paper handouts.

With the success at our Lomas facility, we look forward to bringing the tablets to all our classes.



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