



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.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


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

ARCA's Annual Meeting



ARCA, a Membership Organization as defined by its Articles of Incorporation, is comprised of people supporting the mission of ARCA, the ARCA Foundation and children and adults receiving services. Joining is easy and the benefits include a variety of opportunities to advocate for and with individuals in ARCA's care. Whether you choose to engage in legislative activities or join us for ARCA Day at the Zoo, your participation will help over 650 children and adults live great lives.

ARCA's annual membership meeting was held November 4th. Members took the opportunity to reconnect over lunch at ARCA's Lomas office. Edward J. Kaul, ARCA President/CEO shared updates on the agency alongside Carol Pierce, ARCA Board Chair. Membership unanimously elected the following

Board members for three-year terms: Douglas Cox, Sonya Adams and Barbara Lewis. Diane Fisher, Don Wright and Grant Slade were presented with gifts of appreciation for their combined decades of leadership and service.

For information on how to become a member of ARCA, please contact Antoinette Wright at AWright@ARCASpirit.org.

Veteran's Day



ARCA staff who served in the military gathered together for ARCA's Annual Veterans Day Brunch. These remarkable men and women were honored for their service to our nation and to ARCA.

The Gift of Home

English poet Edith Sitwell wrote, "Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home." As the holidays draw near we are reminded that these universal traditions are the heart of ARCA's mission of lifelong care.

Since 1957 we have depended on our Albuquerque home to offer open arms and creative strategies to provide opportunities for children and adults with intellectual and developmental disabilities served by ARCA. We are inspired by the support of our Circle of Promise members, so dedicated to assuring ARCA's strong future through their planned gifts. Families of individuals we serve warm our hearts sharing stories about the successes of their loved ones. Staff create ongoing opportunities for people to learn; and CNM is a wonderful example of teachers making dreams come true. The New Mexico Stars Football team had so much fun at ARCA's Bowl-a-Thon, they planned and hosted a truly remarkable football tournament engaging people of all ages and abilities. Our Theater Troupe has unveiled its latest original production, *Road Trip*, which opened to a full house at the Fusion Theater and our innovative Smart Travel

program continues to grow. RL stopped in the other day to talk about how much he loves the roast beef from Bishops Storehouse, "I never bought a roast before," he said. We just learned we received another one-year grant from the Storehouse to provide nutritious food for 77 people in our Customized In-Home Supports Program.

Thank you for your blessings and the comfort, warmth, friendship and love you so abundantly share with us. On behalf of our entire ARCA family, we hope your holidays are filled with the gift of home.



Edward J. Kaul
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Ekaul@arcaspirit.org



Mary's Laundry Service

October is National Women's Small Business Month and we thought this was an excellent time to recognize Mary Gonzales as the owner/operator of Mary's Laundry Service. We talked with Mary about why she started her business. "At home I do everyone's laundry," she shared. "I like to help and I have always been really good at doing laundry. I love the smell of clean clothes. I wash the clothes, dry and fold them and bring them to my housemates. I like doing laundry so much and needed more money so I talked with Stevie about having my own business." Stevie, Mary's Program Manager, suggested her business should be doing something she really enjoyed and Mary immediately thought about a laundry service.

"I put up flyers at ARCA and now I have three clients. I work two days a week and I might have to start working three days if I get more customers," Mary told us.

With the help of Mary's Job Coach Lorial, she picks the laundry up and weighs it to calculate the cost; she charges \$1.10 per pound. "I sort, wash, fold and hang and then we deliver the clean clothes to the customer. I give everyone a receipt. One of my favorite customers is Derek's mom

but I don't have a favorite part of my job. I like it all!"

"I wanted a logo for my business so I called the ARCA Foundation. They asked me what I wanted it to be like and I told them it should have my favorite colors. They gave me choices and this was just what I wanted. I love my logo because it is colorful and looks like my laundry business!"



Mary's
LAUNDRY SERVICE

To arrange for laundry services with Mary, please contact Lorial at LGray@ARCASpirit.org.

ARCA is proud of all our entrepreneurs and excited to celebrate Mary's hard work and success during National Women's Small Business Month.





Wishing you a happy and joyous holiday season from your entire ARCA family.



ABUNDANCE

Melodie Beattie wrote, "Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow."

Our 2015 Poinsettia Celebration found us awash in gratitude and embraced by our extraordinary community who, throughout the year, turn enough into more, chaos into order and create a strong vision for a future filled with great lives for the children and adults in ARCA's care. Next Three Miles performed – we were in awe of their extraordinary talent and the food was delectable thanks to the culinary genius of City Treats.

In this season of thanksgiving, we are especially blessed to have the opportunity to express our gratitude for your belief, leadership and unwavering support of the cherished individuals with intellectual and developmental disabilities we are so privileged to serve.

Road Trip

What does a "Road Trip" mean to you? For some, it might mean taking the car to the beach for the day, a trip to visit the in-laws three hours away or a drive to the mountains. But, to the ARCA Traveling Theater Troupe it means something they have experienced all their life. "Road Trip," ARCA's newest production, was written by the actors of the Theater Troupe. The theme of being different and underappreciated is held close to their heart and is examined brilliantly in this must see production.

From the USS Firestar Space Station crashing in a Las Vegas desert and Elvis flirting with Boom Boom the nurse to the space alien Simon saving the day, Road Trip is about how being different is really pretty cool.

On October 19th, the ARCA Traveling Theater Troupe performed their opening show of "Road Trip" at the fabulous FUSION Theater downtown to a full house. There wasn't a single empty seat in the house. For information about upcoming productions of Road Trip, please contact Jeanne at JDesjardins@ARCASpirit.org.



Smart Travel

ARCA's Smart Travel Program had the opportunity to present alongside AbleLink Technologies, the developers of one-of-a-kind multimedia software utilized within our program, at the 15th Annual Coleman Institute Conference on Cognitive Disability and Technology in Broomfield, CO. ARCA's Grant Manager and Project Supervisor shared the program's success, progress and innovative methods used to teach and empower individuals to travel independently throughout the community. Program staff also attended the ANCOR Technology Summit, held the following day, and learned about the latest innovative ideas and technologies available to enhance services and supports for people with I/DD as well as promote independent living.



Circle of Promise

With the holidays quickly upon us, I want to extend my heartfelt gratitude to our Circle of Promise members (recognized in this issue with the symbol  beside their names.) It is an honor and privilege for me to visit with individuals and families who are considering leaving a gift to enhance the lives of the cherished individuals in our care, now and for generations to come. I cannot describe the joy I feel when our donors want to ensure the magic of ARCA will be here as long as the need exists.



I also love staying connected with the families of individuals we serve. It is so heart warming to hear that, in addition to ARCA providing great lives for individuals in our care, we alleviate

the families' fears for the future of their loved one. Our Donor Pooled Trusts are an avenue to keep family traditions alive and support available during a loved one's lifetime and ultimately, if the family chooses, support the future sustainability of ARCA.

Please contact me if you would like more information about including ARCA in your estate plan or establishing a Donor Pooled Trust with us. We are here to help you meet your goals for a lasting legacy.

Blessings and gratitude,

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

The Prader-Willi Syndrome Project for New Mexico

ARCA provides services to individuals with Prader-Willi Syndrome (PWS) and their families on a statewide basis through The Prader-Willi Syndrome Project for New Mexico - the first full time professional project of its kind in the country. The Project was established in 1991 and today provides specialized consultation and services for 65 children and adults throughout New Mexico.



PWS is a life-threatening genetic developmental disability that effects the functioning of the hypothalamus. Among the results of this disability are muscle weakness, a lack of the satiety signal to stop eating, learning and behavior challenges. The Project works with families and providers to develop individualized programs to support our clients' needs in all environments including residential, community, vocational and employment.

After 22 years of stellar service, Catherine La Roque retired earlier this year and we have welcomed Penny Chavez as the new Prader-Willi Syndrome Project Case Coordinator. In the upcoming issues of Outlook, Penny will be sharing information about PWS and the challenges and successes of individuals in ARCA's program.



What a Difference a Day Makes!

According to the Boy Scouts of America, “Since Arthur Eldred became the first Eagle Scout in 1912, the rank has represented a milestone of accomplishment that is recognized across the country and even the world. Those who earned it as boys continue to earn it every day as men. That is why an Eagle Scout IS an Eagle Scout—not was.”

Completing an Eagle Scout project is challenging and success requires a dedicated scout. When Adam Peterson began the rigorous process, he came to ARCA. Adam spent weeks defining the project with ARCA, his fellow Eagle Scouts and their friends and families.

On August 29th, Adam brought 40 people to build a brick patio and four raised garden beds - in just one day. This beautiful addition will be shared by individuals living in two neighboring ARCA homes and will create endless hours of joy. In fact, it already has – everyone spent the day engaging with these stellar volunteers and anticipating the luscious veggies they will grow next spring.

What a transformation! Not only is it beautiful, but individuals at these two homes will truly enjoy their backyard. . .sipping a lemonade while relaxing in the shade on their lovely and fully accessible new patio.

Heartfelt thanks to the Eagle Scouts and their families for all their hard work. A special thank you to Adam, his parents Brent and Amber and sister Rebecca for their ongoing belief in ARCA and generous support in creating wonderful opportunities for individuals in ARCA's care.



Karen's Perfect Day

Karen has always loved the gallantry of weddings, especially the pretty dresses. Her birthday was coming up so she asked staff if her party could have a wedding theme. Tori, Brianna and Christa went to work making this a special party Karen will always remember. Everything from the invitations to the cake and all the decorations were hand made by staff and Karen was dressed to the nines in a lovely dress. They even made the dining room look like a reception hall!



The party was a great success and Karen, her friends and staff all had a blast. Karen said it was the best party she'd ever had and noted, “I think I'm going to dress like this every day!”

Teachers Making Dreams Come True

Dane loves to prepare food for his housemates, friends and family and wanted to learn cooking and baking skills. He looked into CNM's culinary arts program and felt overwhelmed. He wanted to learn the basics so he could have fun and express his creativity, not become a professional chef. So, Dane took his staff, LeAnn and Alicia, to visit with CNM's program coordinator, Dawnn Moore, to ask if they could create a program geared toward his special abilities. CNM and ARCA's training department worked together and came up with a plan! Classes are underway and later this month Dane will be learning how to bake pies!



“If Dane believes he can do it, I want to help him find the opportunity,” said LeAnn. “CNM worked with us to make Dane's dream come true and we're all so happy to see him succeed!”

ARCA DAY AT THE ZOO!

Every day is a celebration at ARCA but one of our most anticipated is ARCA Day at the Zoo. This year was no exception, with nearly 900 individuals receiving services, family, staff and friends turning out to enjoy the animals' antics - from the roar of gorillas to sea lions barking for their dinner. The very best part of the day is spending time together. Very special thanks to the City of Albuquerque and the ARCA Foundation for making this annual event a memory we hold dear throughout the year.



Thank You!

The children and adults with intellectual and developmental disabilities served by ARCA are grateful for each of our 2015 donors.

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Every effort has been made to compile a complete and accurate list of donors from 11/1/2014 - 10/31/2015. If your name has been inadvertently omitted or misspelled, please accept our apologies and contact Michele at MCody@ArcaSpirit.org with corrections.

ARCA Buddies Civitan Club

ARCA Buddies Civitan Club members enjoy helping people in need and learning from our speakers. Recent projects have included support for our homeless population including toiletry bags, handmade sock puppets for homeless children and plastic bags with food and treats for dogs of homeless individuals. We also made activity bags for children in the hospital, red/white/blue placemats for ARCA Veterans and hand made thank you cards for everyone who helps us. We decorated Sandia View apartments to celebrate our Journey of Hope bicyclists' barbeque and served as greeters for Mayors on Strike at this year's Bowl-a-Thon.

We've had fascinating speakers and some included dogs in their presentations! TALES of JOY R.E.A.D. Program brought Scarlet the dog who loves it when people read to her, NM Kid's Matter have a pup in their program and Canine Companions brought two dogs demonstrating different levels of training. ARCA Buddies Members were thrilled to meet the speakers and their dogs!

If you, or someone you know, would like to join our club or help at our meetings, please contact Carol Kline at 452-0585 • carol@eventsplus.net or Faylene Wytewa-Alire at 332-6700 • FWytewa@arcaspirit.org. ARCA Buddies Civitan Club meets the 1st, 2nd, 3rd and 4th Wednesday, 2:30-3:30PM at the North Valley Senior Center (4th & Aztec). There is a one-time initiation fee of \$25, with quarterly dues at \$24, or \$12 if you have an intellectual or developmental disability. Come check us out!



SAVE THE DATE!!

ARCA Buddies Civitan Club
will be hosting a
Pancake Breakfast to raise
funds for their club on
January 9, 2016
8:00 - 10:00 a.m. at Applebee's
at 10600 Lomas Blvd. NE.



NM Stars Football Tournament



Our New Mexico Stars hosted a football tournament for ARCA. It was SO MUCH FUN.

Seeing staff, their little kiddos and nearly grown children, individuals in wheelchairs, brothers, sisters, moms and dads, community partners and our Stars players all together on the field having a blast made lifelong memories for each of us.

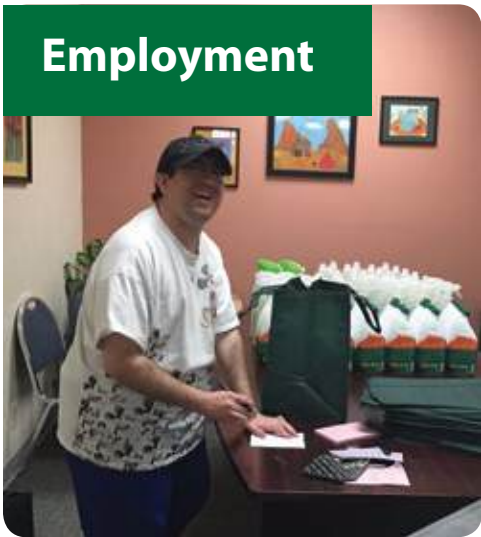
Mayor Hull warmed up with us and then hit the field - he's a pretty fierce quarterback! KDSK Radio played music that had us all rockin'! Chick-Fil-A at Cottonwood brought delicious sandwiches (and a frisky mascot!) and the pizza from Bubba's 33 was out of this world!

It was a spectacular day where people of ALL abilities spent time together - supporting one another. Challenges didn't matter nearly as much as the opportunity to teach, to learn, to share, and above all to laugh.

We were inspired countless times watching the interactions at Haynes Park. Mostly, we were grateful for the gift of spending a few hours with some of the greatest people in our community.

Heartfelt thanks to Tracy and Crystal Duran, Coach Adrian and every member of this inspiring organization for making such a glorious day possible. To our amazing partners in Rio Rancho who provided everything from t-shirts to trophies - you made the day shine.

Employment



Employment is an important factor for each of us in defining who we are. At ARCA, we are blessed by the dedication and hard work of our Associate Employees and thrilled when new job opportunities become available. John was recently hired by ARCA's "Green Team" to sort, count and package our green cleaning products into individual kits for monthly distribution to each ARCA home. John says he finds this work "very satisfying." John is a tremendous help to ARCA as we continue to green our practices.

HR Corner



One of the many joys of working for ARCA lies in the gift of finding a place where you can be who you are. Diversity is everywhere at ARCA. Our individuals have a safe haven to flourish and our employees are given the opportunity to share their talents. Many staff are drawn to ARCA in search of a place they can feel valued and make a difference in our community. They are looking for deeper meaning in their lives and work that means more than a paycheck. They are looking for an organization that mirrors their values.

The Magic of ARCA

Throughout our history, our ARCA family has stuck together through the joyous times and the toughest times. A recent encounter brought both of these highs and lows together when we gathered at our South Valley home following Ralph DeLucco's funeral mass. Ralph was part of our ARCA family for half his life and his siblings (traveling from Arizona, California, Washington and Africa) stated they were "not sure if there's a distinction between our family and ARCA. For thirty-seven years, Ralph's life has been enriched with all the love, care and attention provided by ARCA."

In conversation over lunch, we learned his family felt ARCA was totally unique in the way we deliver care, calling what we do each day the "magic of ARCA." They hoped we could spread this magic to organizations in our field across our country. Their comments were intriguing and we asked what they meant. Their examples included how even when Ralph was hospitalized, staff would take turns staying up all night so he wouldn't be scared should he wake up, visiting after hours to bring him books and coming on a day off to give him a shave. As stories were recalled of Ralph's life over these many decades, we found ourselves laughing through our tears at the tender moments of being part of Ralph's life. Following their departure, we received a lovely note from one of Ralph's beloved sisters, concluding with: "Ralph's passing was smooth and easy for us due to the outpouring of kindness and love expressed on Ralph's behalf. I will never again in my lifetime ever see so many people celebrating a life. It is a testimony to both ARCA and Ralph."

We are grateful for the opportunity to have hundreds of families entrust their loved ones to our care and consider it an honor and privilege to share the "magic of ARCA."

"As stories were recalled of Ralph's life . . . we found ourselves laughing through our tears at the tender moments of being part of Ralph's life."

Our best recruiting source is our staff and volunteers. When people share their stories about the lives they have touched at ARCA, their eyes light up. People pay attention and want to be a part of it. It's like a magnet of positive energy!

Here's how some of our staff describe their experience at ARCA:

"The people we support open my eyes to what is important in life and make me thankful for what we have and how we give to one another." JM

"My heart keeps me at ARCA. I am constantly impressed and inspired by the people we serve, their families, my coworkers, and the Albuquerque community." JG

"After a day of work, I tell my wife, 'I feel more fully human because of today.'" RW

"The individuals teach me life's most important lessons. They help me remain grounded. Every single day, the individuals we serve place their lives into our hands and trust that we will provide exemplary services. Wow, where else do you have an opportunity to do this?" JD

"I feel like ARCA is my 2nd family and I am just meant to be here." MW

Help spread the word about the life changing job opportunities at ARCA. If you know someone with a compassionate heart who is looking for a meaningful job, please encourage them to contact Natalie at NKelley@ARCASpirit.org. Together, we can all make a difference!

Community Adventures

Thanks to the generosity of Document Solutions, Inc., individuals receiving ARCA services had a blast at this year's State Fair enjoying stellar concerts, rides and, of course, the rodeo! Thanks to PNM and the French Family of Companies we had a wonderful time cheering on our Isotopes. The Albuquerque Museum donated day passes and Rosie, Fred, Danny and Bob had a glorious afternoon with staff enjoying spectacular exhibits. Heartfelt thanks to all our community partners who make these exciting adventures possible.



ARCA Ambassador

Josh Allison, Attorney, Sheehan & Sheehan was recognized with the 2015 ARCA Ambassador Award by the ARCA Foundation Board of Directors. Pictured are Ed Kaul, E. DeAnn Eaton, Josh Allison and Michele Cody.



In Loving Memory



Ralph DeLucco, a long time ARCA individual (36 years), passed away at home surrounded by his family and friends. Ralph was with Independent Living and Community Services prior to his move to the South Valley Men's home six years ago. He retired from Aces in 2009. He continued to be involved for many years as a TIPS trainer for ARCA.

Ralph touched many lives. He was a very compassionate man and would ask about your health as well as that of your family; he kept many in his prayers. He was always rooting for you! Ralph loved to read books and newspapers, go on outings and bowl with Special Olympics, visit with his family in person and on the phone and he loved to tell jokes.

Ralph will be greatly missed.



Andrea Kuckartz, age 25, lived in the Kuckartz Family Based home since August, 1992. She passed away on Thursday, October 29, 2015.

Andrea was the type of person who put the meaning behind the phrase "heart of gold." She had a genuine love for others and a love for Christ that showed itself every day of her life. Andrea didn't hold back any part of her heart . . . she freely, willingly and selflessly gave it away to everyone who was blessed enough to be part of her life. In the end, her heart was weak and tired and it is only fitting that her heart was spent . . . a true picture of her life and testimony of giving her all to everyone around her.

May she rest in peace.

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