

70 Years and Counting!

Happy Anniversary to our amazing Arc Family! Founded in 1953, The Arc of East Central Iowa has grown and expanded from our humble beginnings. As we reflect on our organization's journey, we review what things were like in 1953 for someone with a disability.



Even into the 1950's, little was known about intellectual disability (then referred to as 'mental retardation') and developmental disability, or its causes. There were virtually no programs and activities to assist in the development and care of people with I/DD or to support families. It was common for doctors to tell parents that the best place for their child was in an institution. But the 1950's brought a reawakening of hope and possibilities. Frustrated and angry over poor living conditions in institutions and the lack of community services, parents began to organize and demand services for their sons

and daughters. The efforts of a few groups of parents, scattered across the United States, led to a strong, national movement of parents who declared "The Retarded Can Be Helped." A few famous people at the time began speaking out about their disabled children. Groups started to form across the country to support parents and their children. The National Association of Parents and Friends of Retarded Children was first registered as a nonprofit organization in 1953 and renamed the National Association for Retarded Children (in the 1980's this organization becomes The Arc of the United States).

Locally here in Cedar Rapids, families began to organize in the early 1950's as well. In October of 1952, an article in the Saturday Evening Post titled "Retarded Children Can Be Helped" brought many more parents together in eastern Iowa. Some of them traveled to Chicago with staff of the Special Education Department at the Cedar Rapids Schools to visit State Side Play School. This visit encouraged the dream of one day having similar facilities for their own children. In December 1952, 18 parents met at the home of Mr. and Mrs. Karl Henrikson to plan the formation of the Linn County Association for Retarded Children (LCARC). On January 11, 1953, the association elected their first officers: President Bob Hahn, Vice President Jim Colbert, Secretary Kathleen Dougherty, Treasurer Marian Morrow, Financial Secretary Helen Jacobs, Corresponding Secretary Dorothy Hahn, and Second Vice President Bob Close. They then applied for membership to the National Association for Retarded Children. Once accepted, the association applied for nonprofit status and on April 1, 1953, LCARC officially became a nonprofit agency and would eventually become known as The Arc of East Central Iowa.



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From the Director's Desk

Hello Arc Friends and Family!

2023 brings many exciting possibilities and events for The Arc of East Central Iowa!

Our year-long 70th Anniversary celebration starts with our annual **Arc March**, and then moves on to an opportunity for each Arc family and participant to receive **donated trees through the Monarch Research Project** to plant and re-green Cedar Rapids. We will begin the building of our **first integrated, inclusive, and full-sized playground** in The Arc's current parking lot. An exciting **partnership with Theater Cedar Rapids** will come together to produce a show starring our Arc participants! To finish out our celebratory year we will host a **community Open House** and ribbon cutting to commemorate our history and the people we have served and continue to serve and recognize the new playground and reconstruction on our building.

Kicking off the year we started our new program, **Integrated Health Homes (IHH)**. This care coordination program is designed to provide holistic care management for participants who have both a disability and a serious mental illness. Adding IHH to our scope of services allows us to serve our participants in a different, yet very important way, and opens up new opportunities for business.

Also beginning January 3, The Arc's **Day Habilitation** program moved back to our facility and is no longer utilizing space at the Veteran's Memorial Building. This move was preceded by an upgrade to our first floor, including knocking down walls, repainting, new flooring, new furniture, and upgraded restrooms. The Day Hab crew is adjusting to their new environment, happy to be more integrated with The Arc's other services and teams and closer to public transportation and local businesses. We are so glad Day Hab is back in our space and look forward to expanding this program further.

We are so excited to spend the year working hard, having fun, and acknowledging the rich history of the people who made The Arc possible and helped get us to where we are today. Thank you to all of you who advocate for those we serve, support us through volunteerism, and those who donate their time, knowledge, and treasures to our mission. And of course, a huge shout out to our staff and DSPs who work tirelessly to coach, mentor, and provide the critical services our participants need to grow their independence and self-sufficiency! Happy 70th!

With appreciation,



Theresa Lewis
Executive Director



Theresa Lewis

Advocacy Corner

For over 70 years members of our community have advocated for disability services. Each person has their own story and while the subject and places for advocacy may have changed, the need for advocating on behalf of people remains. You may be an individual self-advocating to express your wants and needs to improve your daily life, a caregiver requesting additional support at school for your loved one, or a board member using your voice and community connections to bring awareness to disability services. You may be a business owner changing your company policies to support hiring individuals with disabilities and their caregivers, and all of us can talk with local, state, and federal lawmakers on the legal changes needed to ensure equality for all.

Over the last 70 years, The Arc of East Central Iowa has been proud to advocate alongside you. As we continue moving forward, remember every voice pointed in the right direction wields extraordinary power.

If you need assistance or would like to support our advocacy efforts, contact our Advocacy Program Coordinator Kristen Krambeer at kkrambeer@arceci.org.

Clarence Emmanuel

Clarence Emmanuel is a familiar face around The Arc. Perhaps that's because he's been participating in programming here for over 45 years!

In a recent visit with Clarence, he spent a lot of time remembering all the names of the people who have helped him in one way or another. As he remembered different people, his smile grew bigger and bigger. He's so grateful for everyone who has helped him in one way or another. Clarence is appreciative for all the things he's learned and for the skills he continues to work on, including his manners and being a good advocate for himself and for his friends.

Clarence has participated in many of our Arc programs over the years. He currently enjoys working one-on-one with his staff on personal goals through



our Supported Community Living service and attending CHOICE, our Adult Enrichment Program which allows him to socialize with peers. He also enjoys his time playing on The Arc's softball team and he's active in Special Olympics in swimming and track. Clarence is proud of all he's accomplished!

When asked why he likes coming to The Arc so much after all these years, he said, "It's safe. My friends are here. I have nice staff. Everyone's nice. We have puzzles here." With The Arc celebrating our 70th anniversary in 2023, it's a fun claim for Clarence to make that he's been part of The Arc of East Central Iowa for well over half of the time we've been here.

Upcoming Advocacy Event

Human Trafficking with Chains Interrupted

April 3rd • 6:00 – 7:00 PM
Via Zoom

More information will be released in the coming month.



Services Spotlight

Group Respite

In 1953 When The Arc first opened, we had little idea of the expanse of opportunities we would be able to offer, but one thing has always remained consistent; the kindness of citizens in our community opening doors to allow our individuals to live, learn, work and play with full dignity and inclusion in their community.



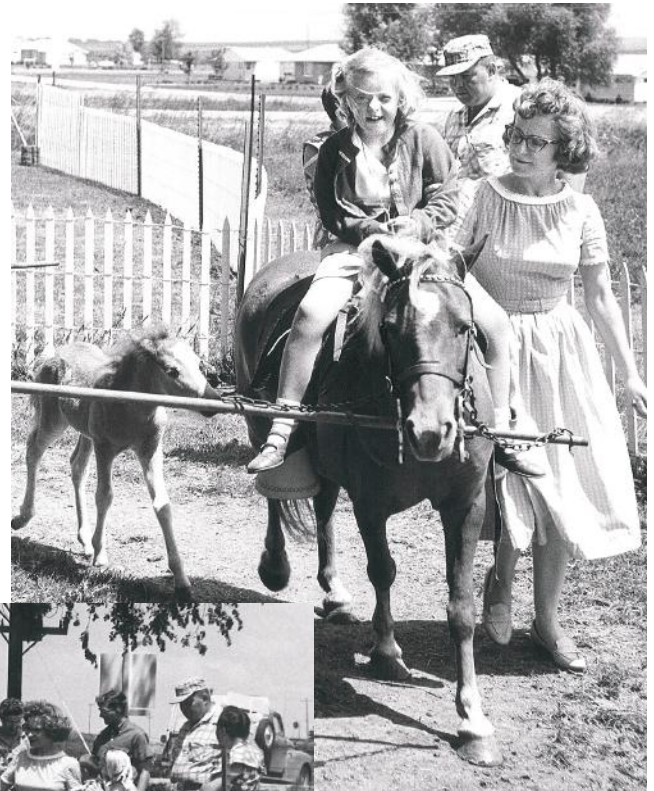
From pony rides at a farm in Marion to the present day, we have seen the growth of services in Eastern Iowa. In 1988, The Arc began a respite program funded by United Way - 25 families entered the program.

We became authorized to provide Home and Community Based Waiver Services in 1994, and respite was amongst those services. In 1999, we launched our Respite Pilot Project. Our first event was a Getaway Weekend at the Long Branch Hotel in Cedar Rapids and it was held from June 11th through the 13th. We served 7 participants with 4 staff. Throughout the weekend they enjoyed swimming, pizza, socializing in their hotel rooms, and even got out to cheer on the Cedar Rapids Roughriders Hockey Team.

While regulations and funding for our group respite activities have changed over the years, we are still going strong with some of these same activities today. We have had to pivot away from weekend getaways at various hotels, but we are able to do overnights onsite at our Arc building. In fact, coming up this month, is a Rough Riders Hockey Game Overnight!

In addition to the longer activities we can offer on the weekends, we have some tried and true 2-3 hour activities that are well-loved during the week. Mondays are for bowling! Tuesdays we rotate between karaoke and rec nights; Wednesdays are pizza and game nights; Thursdays are typically cooking or baking nights, and Fridays rotate between pizza/movie nights and young adult social club where they go out on the town!

A new brochure with various activities is created each month and we do our best to connect our themes and activities to events that are going on in our community. If you are interested in attending group respite activities, please reach out to your SSC.



Welcome To The Arc



Hi, I'm Shelby Roth and I am the new Administrative Specialist.

I live in Marion, married to Walt, and mom to 1 adult daughter, Courtney.

Some of my interests include photography, traveling, geocaching, attending concerts and Orchestra Iowa events and reading. Christmas is my favorite holiday and I collect nutcrackers.

I am really excited to work here, and look forward to meeting everyone.

Providing New Services

Integrated Health Home

In January 2023, we became an Integrated Health Home (IHH) provider. Don't let the name fool you – we are not actually a “home” of any sort; an Integrated Health Home is a team of professionals working together to provide whole-person, patient-centered, coordinated care for adults with a serious mental illness and children with a serious emotional disturbance.



The IHH team provides ongoing monitoring, support, and care coordination to enrolled members to assure their mental, physical, and emotional needs are being met. Our IHH team consists of an IHH Director, Care Coordinator, Nurse Care Manager, Family Support Specialist, and two Peer Support Specialists. Each participant enrolled in our IHH receives an individualized meeting where we explore and identify their strengths, needs, wishes and goals to develop a customized care plan to support them in achieving their goals throughout the year.

Our IHH staff have a lot of tools and resources to provide to our participants, no matter what life circumstances they are going through at that time. Our goal is to help individuals remain in their own homes, manage their mental and physical health symptoms, and lead productive, happy lives. For some people, this means a monthly check in from our care coordinator; for others, it may mean weekly visits from our peer support specialist or nurse. Some participants are enrolled solely in the IHH program, and others have both IHH as well as receive support services such as home based habilitation or respite under the Children's Mental Health Waiver.

We are so excited to offer this service to our region. If you or someone you know is interested in learning more about IHH or how to enroll, please contact Whitney Alber at walber@arceci.org or 319-365-0487 ext. 1022.



Participant Spotlight

Celeste Kenney



About Me.

I am 58 years old and live in Cedar Rapids.

Favorite Arc Memory?

When I was cooking with a friend at the Cooking Club and we made lasagna.

Favorite Arc Activity?

The Arc March!

Favorite Things To Do?

I like playing games on my tablet like bowling, word searches, and BINGO. I also like to walk outside with friends and going to parks.

Favorite Foods?

Pizza and mashed potatoes!

Planned Giving

Charitable giving has multiple benefits, most notably to the non-profit who receives financial support from donors. The Arc of East Central Iowa is grateful for all donors and donations that come in to support our mission. For 70 years, we have relied on the generosity of others to help us bridge funding gaps in our programs and services. Do you know there are also benefits to the donor? Your impact in charitable giving cannot be measured in dollars alone.

Charitable giving has an impact in multiple ways:

- Your giving allows you to support causes that are important to you and your family.
- You can benefit from potential tax savings and, in some cases, enable additional cash flow.
- Planned giving and donor advised funds enable generations to join together on a journey of giving.
- Making charitable giving decisions as a family is a great opportunity to support causes that mean the most to your entire household.
- Purposeful giving to agencies that align with your personal mission can enhance your life by improving the lives of others.

Would you like to explore different ways you might be able to support The Arc of East Central Iowa? Please contact Jenny Bosking at jbosking@arceci.org or give her a call at 319-365-0487 ext 1024.

From cash donations to planned gifts, The Arc is thankful for all ways you are able to support our mission.



Thank You Volunteers (Nov. '22 - Jan. '23)

Hours - 107

Amy Belice, Matthew Berst, Adam Brown, Kara Callanan, Shaun Clasen, Jeff Corrigan, Jody Donaldson, Jessica Fahey, Terese Fisher, Lori Frett, Teri Gibson, Nate Haas, Brad Hauge, Darrin Keller, Heidi Kinder, James Lang, Cherri Lock, Carol Meade, Carol Meier, Tom Miller, Ben Mulholland, Jackie Nau, Michael Neuerburg, Michelle Owens, Danielle Rodriguez, Waldemar Rodriguez - Sanchez, Monica Rouse, Kristin Schaefer, Erica Smothers, Cindy Smothers, Mindy Sorg, Amy Stevens, Shelly Strellner, Melissa Tandy, Jordan Taylor, Sara Todd, Aimee Vaupel, Blake Wilkinson

You Make a Difference

Thank you for all of your continued generous contributions to The Arc. This edition of the Challenger recognizes volunteers, donors and members who generously supported The Arc from November 1, 2022 through January 31, 2023.

Thank You

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*For people with intellectual
and developmental disabilities*

Member of The Arc of Iowa & The Arc of the United States

The Arc of East Central Iowa

680 2nd Street SE
Cedar Rapids, IA 52401
Phone: 319-365-0487
Fax: 319-365-9938
www.arceci.org

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Mission Statement

The Arc of East Central Iowa empowers individuals with disabilities and their families to engage in lifelong opportunities to live, learn, work, play, and advocate with full dignity and inclusion in their communities.

Make a Difference
Donate at www.arceci.org



*Join us as we walk together to raise awareness about intellectual and developmental disabilities at the **26th Annual Arc March!***

March 25th, 2023

Washington High School Gym

9:00 AM - Activities Begin | 10:30 AM - Walk Starts



Go to www.arceci.org for details on
this event or to make a donation!



Register by March 5th to guarantee a t-shirt!

• **CELEBRATING THE ABILITIES IN ALL OF US!** •