

## Grants and Gratitude!

The Arc of East Central Iowa has been fortunate to be the recipient of many grants over the past several months that are helping us to improve our building and operations. **THANK YOU** to each of our funders listed below! Here is an update on how these funds have been or will be used.

- **America Rescue Plan Act (ARPA) Recruitment & Retention Funds**
- **Future Ready Iowa Child Care Challenge Grant**
- **Greater Cedar Rapids Community Foundation Operations Support Grant**
- **Mental Health and Disability Services (MHDS)  
East Central Region Operations & Technology Support**
- **Linn County America Rescue Plan Act (ARPA)**
- **Linn County Region Surplus**
- **Transamerica**

Thank  
You!

### This funding will allow The Arc to:

- Implement a recruitment and retention program for staff through a series of bonuses. As we continue to face a critical staff shortage, we are grateful for this opportunity to provide retention bonuses of up to \$1000 and new hire bonuses of up to \$500.
- Remodel the first floor to increase our space utilization and to prepare for the transition of our Day Hab program onsite. This will include remodeled restrooms, updated programming spaces and a much-needed facelift to the common areas with new floors and fresh paint throughout. Enhancements to the kitchen will round out the first-floor remodel.
- Develop a professional development program for administrative staff. The Arc is working with a consultant to host focus groups, and facilitate training, coaching, and mentoring. This program is underway with focus groups scheduled for early August and training set to begin September 7th.
- Move our Diversity, Equity, and Inclusion program to the next level. A consultant will identify needs and provide guidance and direction to The Arc's top leadership.
- Address transportation needs through the purchase of a 2016 Hyundai Sonata sedan for staff transportation and 2020 Chrysler Pacifica minivan for participant transport.
- Enhance program needs with the addition of couches and chairs, sensory swings, and a new washer and dryer.
- Upgrade technology to better support a hybrid workforce with more robust hardware to better meet the needs of existing and emerging technology. Conference room technology was deployed that offers flexibility for attendees to join in person or remotely.
- Increase building security for our staff and participants through the implementation of a new integrated phone and secured door system throughout the building.
- Begin the plans for an inclusive playground. The Arc is still in the process of securing all of the funds, but all construction is being managed by a single contractor.

# Board of Directors

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# From the Director's Desk

Hello Arc Friends and Family!

In July, The Arc launched our new **Strategic Plan**. It is important for everyone to understand our direction over the next few years: **1) sustainability through expansion, prioritization, technology, and fund development;** and **2) quality outcomes through best practices, metrics, and advocacy.**



Theresa Lewis

What do these mean? Well, our focus areas of **Purpose, People, Performance, and Permanence** are designed to make progress and lead us in this strategic direction. Coming up on our 70th year serving the community, we want to assure we are here for those who need us for another 70 years. That means we need to assess our array of services and expand or add programs which are revenue generating and can cover the loss of equally valuable programs that receive lower reimbursements. It means we need to invest in technology that will help DSPs do their work better and create efficiencies for the agency as a whole. And we've invested in a Development & Communications Director who is focusing on donors and planned giving. All of these together help us prioritize what we need to be sustainable. We are proud to have a balanced budget for FY 2023, but that still comes with assistance. Our efforts will set the stage for revenue/expense stability in preparation for FY 24.

In addition, quality is very important to us. The individuals and families we serve deserve to have the best programming and the best outcomes for their loved ones. To improve services for some of our participants, **beginning January 2, 2023, The Arc will become an Integrated Health Home (IHH) provider.** This service will allow us to streamline care coordination and focus on the health and wellbeing of our Children's Mental Health and Habilitation participants. Internally, we will also be developing quality measures per program to better demonstrate our impact, and through targeted advocacy efforts, we will work to assure equity and inclusion so individuals and their families can learn, work, play, and advocate and live their best lives.

With much appreciation,



Theresa Lewis  
Executive Director

- **PURPOSE**
- **PEOPLE**
- **PERFORMANCE**
- **PERMANENCE**



# Advocacy Corner

## Get Out and Vote!

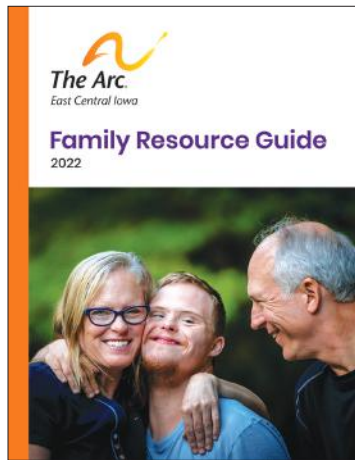
We are only a few months out from election day on November 8th, 2022 and every person's vote will impact what happens to the disability community in the coming years. In the 2020 election, 17.7 million individuals diagnosed with a disability voted, while another 16.8 million never made it to the polls.



- Are you registered to vote? Visit the Iowa Secretary of State website to verify your voter status at <https://sos.iowa.gov/elections/voterinformation/voterregistration.html>.
- Would you like to vote absentee? Visit the Iowa Secretary of State website to request your absentee ballot <https://sos.iowa.gov/elections/electioninfo/absenteeinfo.html> and select absentee ballot request form.
- Would you like to vote in person, but don't know your polling location? Visit the Iowa Secretary of State website to verify your polling location <https://sos.iowa.gov/elections/voterreg/pollingplace/search.aspx>.

This year, voters will be selecting members of the U.S. House of Representatives, U.S. Senate, State Officials for Iowa (Governor, Lieutenant Governor, Attorney General, Secretary of State, Treasurer of State, Auditor of State, and Secretary of Agriculture), and members of the Iowa State Senate and House of Representatives.

Our local community providers will be hosting a voter engagement event this fall in Cedar Rapids. More details will be made available by email and social media in the coming month.



## Family Resource Guide

We are excited to release our Family Resource Guide to the community. The guide is a breakdown of information, resources, and tools to support individuals diagnosed with a disability, their caregivers, guardians, families, friends, and community members. Electronic distribution of the guide will be made available through an extensive planned release for school districts, medical offices, human resource departments, community partners, and other service providers in our coverage area. Visit <https://arceci.org/family-resource-guide> to view or download your free electronic guide. Please feel free to share this resource throughout the community. Contact Kristen Krambeer at [kkrambeer@arceci.org](mailto:kkrambeer@arceci.org) with any questions.

## I Need Your Help Cards

In the Spring of 2021, we began to build an identification card to help our participants in a moment of emergency or crisis support while out in the community. The fillable card includes an individual's name, pertinent information (i.e., emergency medications, seizure disorder, etc.), and The Arc's emergency line. Over the last year we have distributed our "I Need Your Help Cards" to all participants receiving services from The Arc of East Central Iowa. Thank you to all of the staff, families and community members who have supported this initiative. If you have lost or need a replacement card, please contact Kristen Krambeer at [kkrambeer@arceci.org](mailto:kkrambeer@arceci.org).

**I NEED YOUR HELP**

I have an intellectual, developmental, or mental disability. My medical condition may impair my behavior and/or ability to communicate with others, especially with strangers or in stressful situations.

To better communicate with me, it can be helpful to speak slowly and clearly, repeat questions, and allow me time to respond. Please do not interpret my behavior as refusal to cooperate.  
**I may need assistance.**  
(Please see reverse side for additional details.)



The Arc  
for people with intellectual  
and developmental disabilities

I receive services from **The Arc of East Central Iowa**. You can contact my coordinator at **319-385-0487**. If after 4:30 pm or a weekend, call The Arc emergency line at **319-521-5242**.

**My name is:** \_\_\_\_\_

Additional information to know about me (i.e. I am diabetic, I take medication, I have allergies etc.)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Services Spotlight

## Summer Fun at The Arc!

It has been a very fun and busy summer for our Daycare Enrichment Program! Every day our school aged participants go off site for a field trip in our community. Some of our favorites include swimming at the YMCA, having some quiet time at the local libraries, and visiting many of our local parks/splashpads. A recent favorite field trip was a creamery tour at Dan and Debbie's Ice cream (with ice cream to end the tour of course)! On site we stay busy doing many things like arts and crafts, singing karaoke, and socializing with one another. One participant said that their favorite part of this summer is, "being able to go to parks, pools, and having time to do some drawing." Our staff are having a great summer too, they love "having a very supportive team that helps each other out" and "getting to see the participants have new experiences in the community." Thank you for an awesome summer here at The Arc!



The Arc's Day Hab program also has enjoyed taking advantage of all the fun opportunities that our community has to offer! So far, summer participants have been able to take a tour of Cedar Rapids Animal Care and Control, The Cedar Rapids Museum of Art and Theater Cedar Rapids. The Firefighters from Engine #1 with the Cedar Rapids Fire Department also came to our Day Hab building to talk to us about how to stay safe in a fire and to show us all the equipment they use to fight a fire. Everyone had a great time at all these events and appreciated the hard work and effort from our tour guides!

We are looking forward to a strong finish for our summer participants with plans to tour the Paramount Theater and lunch at 350 First!

***Our staff, Kathy Patrick, stated "I have really enjoyed assisting our participants to work towards their goals. We wanted to focus on having fun while still seeing growth in each area and I think we have been able to achieve that this summer!"***





# Mission Moments

## *Journey of Hope*

We had the honor of hosting the Ability Experience riders for the Journey of Hope ride again this year on Tuesday, July 19th and 20th. The gentlemen cycle across the United States to raise awareness for disability services. This year they joined The Arc Angels and The Arc Aces as they played softball at Ellis Park. For more information on the Ability Experience visit <https://abilityexperience.org/journey-of-hope>. We look forward to seeing them again next July.



## *The Arc Night with the Kernels*

Thank you to all who were able to join us for The Arc Night at the Kernels in celebration of the 32nd Anniversary of the Americans with Disabilities Act. On July 26th, 1990 President George H. W. Bush signed the Americans with Disabilities (ADA) Act into law prohibiting discrimination based on disability in the private and government sectors. ADA enacted a comprehensive set of national goals to ensure individuals with disabilities enjoy equality of opportunity, full community participation, independent living, and economic self-sufficiency. In 2008 President George W. Bush signed a revision expanding the term of disability to broaden the definition resulting in protection for more Americans under the ADA and other federal disability nondiscrimination laws.



## Welcome to The Arc



***Devin Hartl***  
***Program Specialist***

Hi, I'm Devin, the new Program Specialist for the Daycare & Adult Enrichment and Group Respite programs! I grew up in the Cedar Rapids area and attended Kirkwood for my AA degree. After college, I worked as a Paraeducator at Iowa City Schools for four years. As a Para, I discovered I had a passion for helping those with disabilities.

Fun fact: I spent the summer of 2019 working for The Arc's Summer Day program and now I'm happy to be back at The Arc! When I'm not at work, I like to spend time at home with my husband, cat, and two dogs.

# Participant Spotlight

## Jonathon Blankenship



### About Me.

I am 31 years old, live in Cedar Rapids, and am a recent Project SEARCH graduate.

I am a Special Olympic athlete; I participate in basketball, softball, flag football, soccer, track and field and bowling. I recently participated in the National Special Olympics games in Florida in June. I was on the Iowa Track and Field Team.

I love sports. I love to watch sports and play sports. I am an avid Iowa Hawkeyes fan...I love all the Hawkeye sports team. I enjoy working out and going for walks.

### What did you learn/like the most about Project SEARCH.

At Project SEARCH, I learned how to be more patient and not rush in doing my job tasks. I liked working with the hospital staff, and my fellow interns. I also enjoyed all my internships.

### Did Project SEARCH assist you in finding a job?

Yes, I was hired part-time for a housekeeping position at St. Luke's. I like St. Luke's because it's a good environment and the people are kind.

### What is one thing you want people to know about you?

I am a honest person and I like bringing a smile to everyone's faces.

## Planned Giving

The Arc is proud and honored to have served thousands of families and caregivers in Eastern Iowa during our nearly 70-year history. As we look toward our next 70+ years, we want to ensure we can continue providing and even expanding the vital programs and services our participants and their families depend on every day.

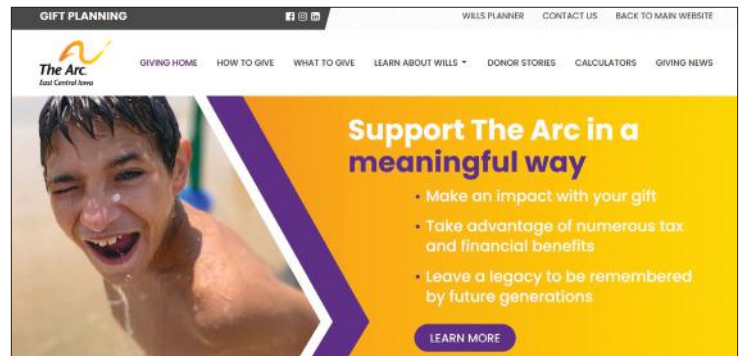
We are thrilled to introduce **The Arc of East Central Iowa Planned Giving Program**, a dynamic new element in our network of financial support tools for donors and supporters.

The Arc has always welcomed planned gifts in the form of bequests, IRA rollovers, Donor Advised Funds and other financial support tools. We now invite you to explore the opportunities our Planned Giving program offers for expanding donor options while also supporting our Arc programs and services.

Planned Giving comes in many forms, each with unique benefits for donors. In addition to your gift supporting those we are entrusted to serve, your financial support can also provide personal tax and financial benefits. Our website contains helpful information and tips for making a purposeful financial gift to The Arc of East Central Iowa. It offers everything from estate and will-planning guides to gift calculators to newsletters with the most up-to-date news and information available.

We are proud to be a resource for your estate planning. Visit [www.arcecigiving.org](http://www.arcecigiving.org) for more information. Whatever your plans, know that The Arc is grateful for your support and we promise to be good stewards of your giving plans.

Do you have questions about Planned Giving or do you wish to visit with someone to learn more about giving opportunities? Call or email Jenny Bosking directly at 319-365-0487, ext. 1024 or at [jbosking@arceci.org](mailto:jbosking@arceci.org).





# You Make a Difference

Thank you for all of your continued generous contributions to The Arc. We will continue to recognize volunteers, donations and members in the quarterly editions of the Challenger newsletter. *May - July 2022.*

## Thank You

### General Donations

Andrew Bellagsmba, Michael Benson, Breanna Davison-Vandemark, Cheryl Duke, Equitable Foundation, Jessica & John Fahey, General Mills, Karen Gomez, Louis Harvieux, Todd Henry, Ruth Hojka, Kevin Huls, James Jandl, Ann Jeffries, John Deere, Justice Electric, Walter & Ida Kansky (Walter & Ida Kansky Charitable Foundation), Kari Klien (State Farm), Randall Krejci, Kim Kriegbaum-Walker, Clayton Lindwall, David Maier & Matt McGrane, McIntyre Foundation, Carol Meade, Laurel Murphy, Dawn Betzer Null, Nicole Ohrt, Mary & Michael Parrish, Susan Polglaze, Randy & Lisa Ramlo, Kiel Rickels, Randee Ricklefs, Randall & Danielle Rings, Jess Rockwell, Kristin Schaefer, Anthony Schwendinger, St. Pius X Parish, St. Stephen Catholic Church, Robert & Marilyn Stabenow, Louis Stepanek, Shelly Strellner, Joseph Terfler, Texas Roadhouse, The Ability Experience, Jeffrey & Katherine Thorsteinson, Cheryl Tlusty-Marsh

### Memorials

#### Julie Beckett

Richard Murphy, James & Cindy Smothers

#### Stevie Ray Barber

Donald & Becky Haas, Gary & Kathleen Pechota, Margaret Wieneke

#### Bill Elijah

Karen Bachman

#### David Plueger

Karen Bachman

#### Sara Smith

Ryan Smith

## Membership

### Arc Angel

Phil & Laura White

### Arc Builder

Tom & Kathleen Aller, Mark Hanrahan (MidAmerican Aerospace), Bill & Cheryl Lehman & Family, Clint & Gale Mote, Pete & Delaine Petersen

### Arc Friend

Dianne & John Austad, Judi & Jeff Barta, Lucretia Canning, Beverly Dorch, Eric & Ann Hearn, Larry & Angie Ihnen, Dale & Debra Rettenmeier, Philip & Kyle Schramp, Albert & Marcia Simon, Amy Stevens, Craig & Candy Wood

### Arc Advocate

Patty & Jim Booth, Kay & Terry Crist, Harvey & Ellie Denlinger, John & Mary Florang, Darrin Keller, Margaret Kenney, Doriene Loomis, John & Edna Lyons, Cheryl Tlusty-Marsh & Gary Marsh, Bill & Sandy McVicker, Michelle & David Pfoff, Ted & Nancy Priebe, Herb & Marilyn Schaefer, Joan & John Schneiter, Scott & Terrie Seibert, Raakhee & Niranjan Singh, Dave Thinnies (Thinnies & Liesveld), Tim & Sue Winegarden, Richard & Julie Woods

## Volunteers

### Hours - 93

Patience Aaron, Amy Belice, Adam Brown, Jeff Corrigan, Jody Donaldson, Hall & Hall Engineers & UnityPoint - St. Luke's Hospital Day of Caring Volunteers, Terese Fisher, Nate Haas, Brad Hauge, Darrin Keller, Cheryl Kiburz, Heidi Kinder, Cherri Lock, Carol Meade, Brian Miller, Ben Mulholland, Jackie Nau, Michael Neuerburg, Kristin Schaefer, Erica Smothers, Cindy Smothers, Jay Smothers, Amy Stevens, Shelly Strellner, Melissa Tandy, Sara Todd, Blake Wilkinson

## Raffle

*We have many great packages up for grabs!*

Sponsored by: **Modern Woodmen**  
FRATERNAL FINANCIAL

1. Extreme Blackstone Grilling Set-up
2. Family Weekend Fun Package
3. I'll Take the Cash, Please!
4. Java From Your Favorite Local Coffeehouses!
5. Let's Go Hawks!
6. Notre Dame Football Tickets
7. Outdoor Fun Ready with My Super - Cool Yetis
8. Perfect Picnic
9. Take Care of YOU!
10. Travel Ready
11. Ultimate Car Care
12. YMCA Family Membership

*Package descriptions are available at [arceci.org](http://arceci.org).*

### There are many ways for you to purchase your raffle tickets.

- Add them to your Bike Ride registration.
- Buy them online at [arceci.org](http://arceci.org).
- Stop by The Arc's main office Monday - Friday from 9:00 - 3:00.
- Purchase them from any office staff member.
- Purchase them from an Arc Board Member.

*Drawing will be held Wednesday, Sept. 28th via Facebook Live. Need not be present to win.*

### TICKET PRICING:

1 - \$5.00 • 3 - \$10.00  
10 - \$25.00 • 50 - \$100.00

Shop for yourself and support  
The Arc of East Central Iowa  
at the same time!

**amazon**smile  
You shop. Amazon gives.

Choose The Arc of East Central Iowa as your beneficiary when shopping on [smile.amazon.com](http://smile.amazon.com). At no cost to you, Amazon will donate a portion of your purchase price to The Arc of East Central Iowa.



For people with intellectual and developmental disabilities

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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](http://www.arceci.org)

Address Service Requested

### 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](http://www.arceci.org)



## The Arc's Community Bike Ride



Presented By:



**PLEASE JOIN US!**

### EVENT DETAILS

- Sunday, September 25, 2022
- Ride Starts and Stops at Sag Wagon, 827 Shaver Road NE
- Starts at Noon
- Two Routes Offered
  - Short Route: Approx. 5 miles
  - Long Route: Approx. 20 miles

### REGISTRATION

- \$50 per rider • \$450 for a team of 10
- Under 18 participant for FREE (will not receive a goodie bag)
- Each paid registrant gets:
  - Cross-Body Sling Bag
  - 3 Raffle Tickets
  - "Wheel Deal Passport" with Discounts at Area Businesses on the Route



To register go to: [www.arceci.org](http://www.arceci.org) or use the QR code above.

If you don't care to bike but would still love to join us, please do!  
There is plenty of room for walkers and bikers alike!