

Challenger

A NEWSLETTER THAT CONNECTS, ENGAGES AND INFORMS

Our 2022 Annual Campaign

Dusty has never met a stranger

A charmer and instant friend to everyone he meets, Dusty has a well-earned reputation for lifting spirits and brightening days everywhere he goes. But, Dusty has had quite a journey getting to where he is today.

In 1993, at just 3 months old, his mother, Dawn, received a call from his daycare that Dusty was having seizures. Over a horrifying 17 days in the pediatric ICU, his mother learned Dusty had been shaken by his sitter. He had a broken leg and had lost his vision in one eye and had serious damage to the other. His mom was told he would likely not ever walk or talk and may have seizures the rest of his life. After the heartbreaking news settled in, Dawn turned her focus to find ways to make the rest of Dusty's life the best it could be.

In the midst of managing their new reality, Dawn learned about The Arc from a friend who had a son who was an Arc participant. She gave Dawn helpful information and insight to make her aware of how The Arc could support Dusty and her throughout his life.

It's important to dress for success

Dusty has defied the odds! He not only walks and talks, he also rides his adaptive bike and he loves to learn about airplanes. He is active and engages in the world around him.

Dusty sees his Arc activities and outings as "going to work," and you'll rarely encounter him engaging in our programs without a hat, a tie or both. Not only do they make him very dapper, but they make it instantly obvious that Dusty is fully engaged in our programs and our community.

Dusty's enthusiasm for life mirrors his enthusiasm for The Arc programs he enjoys. He loves to bowl every Monday and he has a reputation for sharing high-fives with his team. He has been an enthusiastic participant in our daycare enrichment and summer programs and he loves his time each day in our Day Hab program. He specifically enjoys The Arc overnights because he gets to sing karaoke with his friends.

"The Arc has become so much a part of us."

"We have used just about every program The Arc offers, starting with respite," his mother tells us. In addition to our programs that directly serve Dusty, respite has been a lifesaver for Dawn, giving her anywhere from a few hours to a whole weekend where she can take a break knowing that Dusty is with his friends and is thriving in life. Like so many other families served by The Arc, it has become a way of life for Dusty and his mom.

Please join us in supporting Dusty and our entire Arc family

Your tax-deductible donation will stay right here with The Arc of East Central Iowa, helping us serve participants like Dusty and the people who care for them. You'll help us help people reach their full potential and spread the joys of their successes throughout our entire community. Thank you for being a part of all our lives.



***Don't wait...
make your donation today!
Help support wonderful
individuals like Dusty.***

Please mail your donation to:
The Arc of East Central Iowa
680 2nd Street SE
Cedar Rapids, IA 52401
Attn: 2022 Annual Campaign
or donate online at www.arceci.org.

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A partner agency of the
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From the Director's Desk

Hello Arc Friends and Family!

Gratitude. This November The Arc has much for which to be thankful. Not only are we growing and expanding services by adding Integrated Health Homes (IHH) in January, but we are deep in the restructuring of our first floor. This construction is preparing classrooms and updating restrooms for the transition of the Day Habilitation program back to The Arc. The first retention bonus payment went out to ALL Arc staff on November 1st. These funds are specifically to reward our team for staying with The Arc and living our mission every day. We also are upgrading our technology and providing all administrative staff with new laptops that have significantly increased satisfaction with our computers and completing work – who knew such speed was possible!



Theresa Lewis

But all of this would not be achievable without the generous support of so many donors and community supporters. We are humbled by the availability of funds which allow us to improve our facilities, our work, incentivize staff, and prepare an outdoor recreation area for our participants and the community. The Arc gives a big **THANK YOU** to the funders who have made this all possible. We are grateful to you and hope you know what a critical role you are playing for The Arc.

During this holiday season, let us reflect, celebrate, and give thanks. As we move forward into our 70th year, we will be remembering the journey this agency embarked on in 1953. It is such a testament to the families who advocated for needed change, pushed this agency to do more, and made us part of their families that we have adapted, filled gaps, and built programs and services to support individuals with disabilities and their families for the past 69 years. We are excited to bring light to our history and the history of disability rights in our community and across the country, as well as celebrate our 70th anniversary with you next fall!

We are thankful to our Arc community for allowing us to fulfill our mission each day. We wish each of you a very special holiday season!

With much appreciation,

Theresa Lewis
Executive Director



Advocacy Corner

Fall Training Events

This fall we were proud to offer two free presentations with Frank Varvaris on Estate Planning for People with Disabilities and How to Apply for SSI/SSDI. Frank is the proprietor of Frank Varvaris & Associates in Cedar Rapids and has provided planning assistance to people with disabilities and their families across the state since 1990. Frank has been a vital part of our organization's success for 30 years servicing as a past board president and on our Foundation Board. Frank wrote the Iowa State law on Special Needs Trusts for people with disabilities. For additional planning assistance support connect with Frank at 319-862-0363.



Estate Planning for People with Disabilities

Was held - Thursday, September 29th, 2022

<https://www.youtube.com/watch?v=GmUp6wwU4IU>

Applying for SSI/SSDI

Was held - Wednesday, October 19th, 2022

<https://www.youtube.com/watch?v=fC72OYBoSKM>



Upcoming Training Event

Mark your calendars for our upcoming **Guardianship** event with Richard Mitvalsky from Gray, Stefani & Mitvalsky PLC on Tuesday, **January 17th, 2023, from 6:00 - 7:00 PM via Zoom**. This one-hour free event will provide information on guardianship with a Q & A session to answer your guardianship questions. This event will not be recorded, and you must register and attend to receive the information provided. Registration will be emailed the first week of December. For questions on our upcoming event or suggestions for future events contact our Advocacy Program Coordinator Kristen Krambeer at kkrambeer@arceci.org.



Thank You!

A ripple effect is defined as the continuing and spreading results of an event or action. As we prepare for this upcoming holiday season, we want to share our gratefulness for each action you have taken in 2022 to improve disability services in our community, state, and nation. Every individual, staff, family member, and community partner has made an impact. Each person's individualized drop in the water has continued to make positive ripples and moved disability awareness forward. This year we have seen an overwhelming spread of knowledge and education requests in our community in one-on-one conversations, training events, posts shared on social media, and letters sent to lawmakers. Each one of you has continued to push forward why the individuals we serve deserve the very best and why Home and Community Based Services are so important. Thank you for your continued advocacy and ensuring our individuals voices are heard. We appreciate you and hope you and your family have a joyful holiday season.

If you would like to participate in our advocacy efforts in 2023, contact our Advocacy Program Coordinator Kristen Krambeer at kkrambeer@arceci.org.



Services Spotlight

The Impact of Respite

Participant Eloise's Mom: Haley started respite services for us in 2018. What started as small amount of time to grab groceries has turned into something so much more! When we receive services during the week, Haley helps Eloise bathe and get ready for bed. Because I have this help, I am able to spend more time playing with my kids, helping with homework and just being mom. On the weekends, Eloise and Haley spend time working on her therapies or just resting up. This lets me have one on one time with my other child who was thrilled to get to play on a soccer team for the first time this fall.

Haley also provides deep support for our family during hard times as well. She was present for Eloise's recovery from spinal fusion surgery this summer, giving me significant periods of decompression during a very stressful time. Eloise took great comfort having her around during a time that was hard for her too.



Haley: I first began working with Eloise at The Arc in 2018. She was my first and only individual I was serving at the time. I got to spend a lot of time with her on the weekend and soon got a strong understanding of her needs and how to interact/communicate with her. As the years went on, I became very close with her family. In 2020, when the pandemic arose, I spent every day with her and her family until they began school again in 2021. Working with Eloise had prepared me more for becoming a teacher for those with severe and profound disabilities. To say the impact Eloise and her family has had on me has changed my life is an understatement. Our families have become close and my love for Eloise and her family continues to grow!



Thank You 2022 Community Partners

The support of local businesses is an integral piece in The Arc's ability to carry out programs and services to as many participants as possible. We are incredibly grateful to the many businesses in the Cedar Rapids area who not only helped us fulfill our mission in 2022, but also underwrote the costs of putting on our Arc March, raffle and our bike ride. It takes a village of support to make The Arc run and our business friends are vital to our success in all aspects of what we do!

It's bigger than just financial support too! Our Community Partners' fund programs that provide caregivers with peace of mind so they can work and contribute to our economy. It's an important and impactful cycle that has a positive financial impact on Cedar Rapids. Every program, every initiative, every outing relies on the financial support of local businesses and the ripple effect is incredible!

If your company would like to be a Community Sponsor for 2023, or would like more information about our Community Partner program, please contact Jenny Bosking at jbosking@arceci.org or 319-365-0487 ext. 1024 to learn more.

Presenting Partner

United Fire Group

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New Leader Manufacturing

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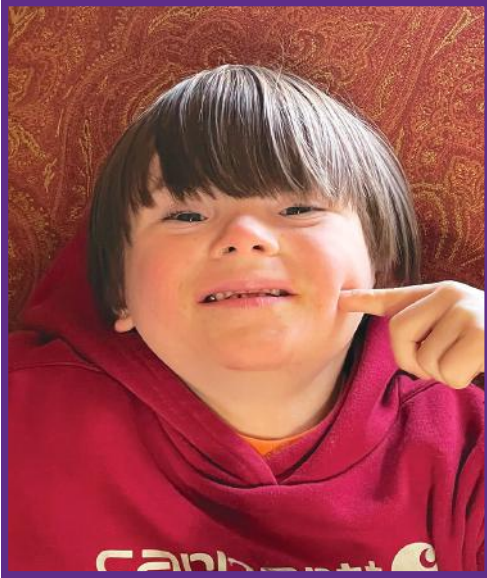
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Participant Spotlight

Drake Melichar



About Me.

I am 6 years old and live in Cedar Rapids. I have 2 brothers and 3 sisters and 2 dogs, Miah & Bagel.

Favorite Arc Activities?

I like to spend time with my respite staff. We spend a lot of time at the park and library. I also like to explore new activities with them like going to the Iowa City Blues and BBQ event.

Favorite Things To Do?

I'm very curious and like to learn how things move and work. I also enjoy going to the park and playing ball. The swings are the best!

Favorite Foods?

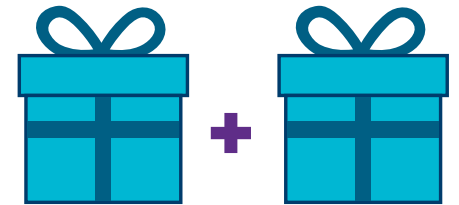
Pizza, bacon, and cheesy chips!

I am a very friendly kid who loves to smile, wave, and even offer hugs! I've been known to brighten the room each time I walk in!

Does Your Employer Match Contributions?

The Arc of East Central Iowa relies heavily on the generosity of our supporters and friends to help bridge funding gaps in our programs and services. If you are a donor already or are considering a gift to The Arc of East Central Iowa, THANK YOU! We are so deeply grateful! Your financial support is so impactful!

Do you know your gifts have the potential to be doubled or even tripled at no cost to you? Many companies encourage employees to donate to their favorite charities by matching their contributions. That means the impact of your gift to The Arc may be doubled or possibly tripled! Before you give, check with your human resources office or community impact officer at your place of work to see if your company offers this benefit.



Double Your Donation!

Some examples of ways businesses match employee giving include:

- Employees submit a matching form each time they make a donation
- Employers match volunteer hours with cash gifts to the agency you volunteer for
- Employers match through established payroll deduction giving
- Giving Tuesday programs (Tuesday, November 29th, 2022)

Check with your employer and thank you once again for being a supporter of The Arc of East Central Iowa!

The Arc's Wish List

From every day items to special requests. We are always in need of items to keep our office and programs running! Check out our General Wish List at www.arceci.org/give/shop-wish-list/ or visit our [Charity List](#) on AmazonSmile. Donations can be dropped off to The Arc's main office Monday - Friday 9:00 AM - 3:30 PM or you can have them shipped directly to us. **Thank you for your support!**

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. Aug. - Oct. 2022.

Thank You

General Donations

Alliant Energy, Janet Angotti, Andrea Autumn, Diane Henry Barrigar, Ryan Beardsworth, Andrew Bellagamba, Michael Benson, Dawn Betzer Null, Alicia Brooksie, Cargill, Courtney Butler, Chad Champion, Cedar Rapids Bank & Trust, Marcia Correll, Cheryl Duke, Carol Ekstrand, Leah Engel, Todd Erickson, Jessica Fahey, Evie Faurote, Dudley Fleck, Doris P Fry Trust, Rosemary Gabe, General Mills, Teri Gibson, Karen Gomez, David & Sharon Harris, Andrew Helle, Todd Henry, Ruth Hojka, Bill Howard, Kevin Huls, Elizabeth Jacobi, Shea Jana, James Jandl, Ann Jeffries, Margie Jenkins, Robin Joens, John Deere, Angie Kahl, Lauren Kay, Douglas Kelly, Jeffrey Keslar, Larry Kramer, Teri Krumm, Carolyn Laxson, Cheryl Lehman, David Lenzen, Lynette Marling, Janet May, Wanda McCready, Carol Meade, Melwood Horticulture Training Center, Lauren Miller, Thomas Moore, Michelle Moorehead, Mt Vernon Bank & Trust Company, Wendy Mudd, Laurel Murphy, Joseph Nachazel, Scott & Jackie Nau, Nordstrom, Bobbi O'Connell, Nicole Ohrt, Pat & Kris Owara, Mary Parrish, Esther Pistek, Bryce Plathe, Susan Polglaze, Marcia Primus, William Quinby, Randy Ramlo, Dale & Debra Rettenmeier, Liddie Ribble, Randee Ricklefs, Randall Rings, Kerry Rivera, Jess Rockwell, Jeff & Kristin Schaefer, Schimberg Company, Anthony Schwendinger, Cindy Smothers, Stacy Stastny, Jake Stigers, Shelly Strellner, Joseph Terfler, Cheryl Tlusty-Marsh, TrueNorth Companies, Kari Vong, Diane Walsh, Jeanne Wampler, Shannon Wedding, Joanna

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Sara Smith

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& Sandy David, Chris Stebral & Jody Donaldson, Dale & Judy Fitzgibbons, Nathan Haas, Robert Jansen, David & Karen Kroeger, Dawn McArtor, Ellen Mouw, Leslie Petersen (Leslie C Petersen Guardianship), Susan Polglaze, Jeff & Kristin Schaefer, Loren & Lois Schmitz, Kody Slife, Erica Smothers, Melissa Tandy, Larry & Peggy Wright

Volunteers

Hours - 206.5

Patience Aaron, Jordyn Akers, Terra Akers, Amy Belice, Jim Bernstein, Anna Bosking, Jenny Bosking, Steve Bosking, Adam Brown, Jacquelyn Burmeister, Tara Cornelius, Jeff Corrigan, Melissa Cullum, Jody Donaldson, Cheryl Duke, David Evans, Jessica Fahey, Terese Fisher, Caolyn Gallagher, Teri Gibson, Nate Haas, Brad Hauge, Elizabeth Hoagland, Annabelle Hoagland, Monika Jacobsen, Darrin Keller, Cheryl Kiburz, Paul Kiburz, Heidi Kinder, Kristen Krambeer, Jacob Krambeer, Madison Krambeer, Theresa Lewis, Cherri Lock, Jenna Maere, Carol Meade, Kaitlyn Mell, Brian Miller, Leah Moser, Ben Mulholland, Candice Murphy, Jacki Nau, Michael Neuerburg, Jen Olson, Gary Olson, Larry Potter, Diane Potter, Kristin Schaefer, Kirk Schmidt, Heather Schmidt, Philip Schramp, Kyle Schramp, Mark Sillman, Erica Smothers, Jay Smothers, Cindy Smothers, Mindy Sorg, Carlie Sorg, Emma Sorg, Amy Stevens, Oline Stigers, Jake Stigers, Shelly Strellner, Melissa Tandy, Sara Todd, Blake Wilkinson, Angie Wilkinson, Cynthia Zenk



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

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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



We THANK YOU for your support!

