

2023 ANNUAL REPORT



Celebrating 70 years!

70

Years
ANNIVERSARY

In 1953, a group of parents of children with special needs got together and changed history. They had a dream of raising their disabled children at home and sending them to school to get an education. This advocacy started the organization that would eventually become The Arc of East Central Iowa. Our roots are in advocacy, but today we also provide supports to individuals with disabilities of all ages and their caregivers. We are not only a safety net service: we are a lifestyle and beacon of hope. The Arc exists because individuals with disabilities need us, their caregivers need us, and the community-at-large needs us.

As the largest Arc Chapter in Iowa, we take pride in our history, service to our community for the last seven decades, and for our strong foundation to serve for another seventy years. Thank you to everyone who has been supported by or who has supported The Arc since our humble beginnings. We could not be here without you.

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Progress • Responsive • Adaptation • Persistence

These are the words that come to mind when thinking about an organization that has made a significant impact over the past 70 years. The Arc is so proud of our roots, advocacy, and legacy in creating lasting change. Over seven decades, we have become a lifestyle for our participants and families, building lifelong opportunities for friendships and community, fostering empowerment, and driving the economy through our programs. But all of this would not be possible without an idea, a simple idea, about equity and inclusion that turned into a movement.

As the current Board President and Executive Director, we would like to thank everyone who has made The Arc possible: from the founding families to the first staff, through those who benefit from our services and the communities who support our continued work. We would also like to recognize those who served in a leadership role since 1953 and led The Arc through 70 years of change. To past Board Presidents, thank you for your dedication and service to The Arc of East Central Iowa!

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With much appreciation,



Carol Meade
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Executive Director



2023 in Review

2nd Annual Bike, Pedal & Stroll

On September 25th The Arc hosted our bike ride fundraiser. **Bike, Pedal, & Stroll: The Wheely Big Bike Ride for The Arc** welcomed people of all abilities to ride the south-bound trail to Ely or walk the path. Hawkeye Bicycling Club kept the riders safe on the trails.



9-11 Day of Service & Remembrance

The Arc was awarded a grant from The Arc of the United States to host events related to disaster preparedness and response, and for a 9-11 memorial. In partnership with United Way of East Central Iowa and OPN Architects, **volunteers prepared over 800 emergency disaster kits** to provide to vulnerable members of our communities.

Family Resource Guide

The Arc understands the plight of caregivers navigating the system when they learn their loved one has a disability. Until this guide, there was not a **one-stop-shop for information** on how to get services, what services to get, education supports, transitions, and other valuable knowledge for caregivers. Check out this virtual resource on The Arc's website to view this living and frequently updated document: www.arceci.org/resources.

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2023 in Review

26th Annual Arc March

The Arc March friend- and fund-raising event was held at Washington High School on March 25th and allowed our participants, their caregivers, and other supporters the opportunity to celebrate, connect, and of course, dance!



Downtown Inclusive Recreation Area

FY23 was filled with much planning, grant writing, and fundraising to break ground and complete Cedar Rapids' first ever **downtown inclusive recreation area**. Many partners made this project a success including our lead funders, City of Cedar Rapids, Linn County, and Hall Perrine Foundation, and many businesses and donors. Stop by to have a great time and view our unique and beautiful donor wall!!

“Friendship Garden”

Such beauty from artist **Jennifer Davis** adorns the 2nd Street side and front of The Arc's building in downtown Cedar Rapids. Thanks to Murals & More and generous funding from David Maier, Matt McGrane, and Cedar Rapids Self-Supported Municipal Improvement District (SSMID) for making this a reality for our community.



Our Impact

232 Event Participants **ADVOCACY & COMMUNITY ENGAGEMENT** 145 Training Attendees

88 Children Served **AFTERSCHOOL AND SUMMER CHILDCARE** 15,265 Hours of Enrichment

Started in 3/2023 **AKTION CLUB** Partnership with Cedar Rapids Kiwanis Club

5 Team Members **CARE COORDINATION** 550 Participants

15 Adults Served **CHOICE** 6,095 Hours of Care

88 Adults Served **DAY HABILITATION** 50,107 Hours of Programming

10,314 Hours of Support to Caregivers **GROUP RECREATION** 200 Children and Adults Served

277 Children and Adults Served **HOME & COMMUNITY** 35,396 DSP Hours of Supports

Started 1/2023 **INTEGRATED HEALTH HOMES** 23 Members

11,400 Hours of On-Site Job Skills Training **PROJECT SEARCH** Partnership with UnityPoint - St. Luke's Hospital

4,592 Hours of Support **SUPPORTED EMPLOYMENT** 85 Adults Served

124,690

Hours of Services
Provided to Individuals
with Disabilities

4,563

Community Volunteer
Hours by Day Habilitation
Participants

168

Arc
Team
Members

Social Media
as of July 1, 2023



Facebook
@arceci
3,153 Followers



Instagram
@thearcofeastcentraliowa
864 Followers

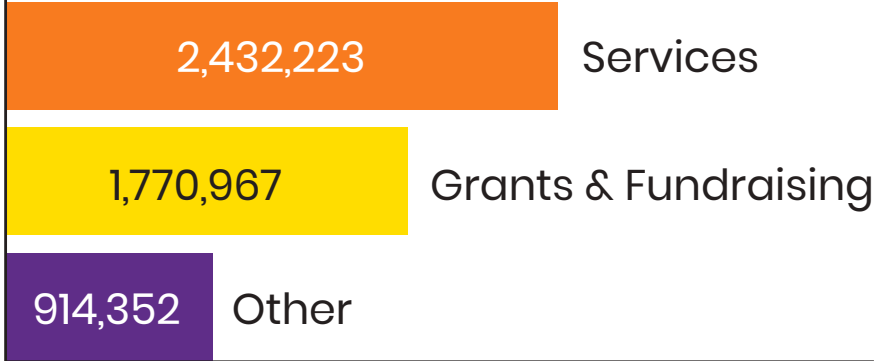


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420 Followers

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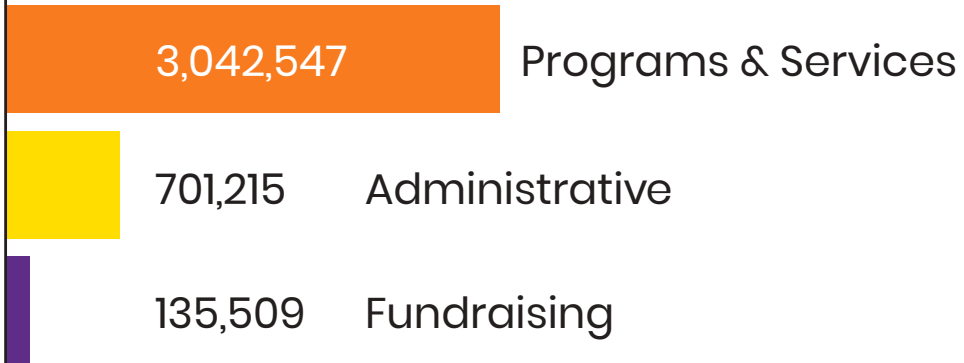
FY2023 7.1.22 - 6.30.23, unaudited

REVENUE



\$5,117,542 Total Operating Revenue

EXPENSES



\$3,879,271 Total Operating Expenses

In July 2022, Journey of Hope - The Ability Riders, members of the fraternity Pi Kappa Phi, joined us as they rode across the country raising awareness about the abilities in each of us. They celebrated with us at the annual Arc vs. Arc softball game.



A Day in the Life...

Helping others achieve their goals and dreams. That's what an Arc Direct Support Professional (DSP) does every day. Whether it's going with an Arc participant to Subway to help order a sandwich, taking in a Kernel's game on a Saturday afternoon, or volunteering in the community, the life of a DSP is an adventure!

Each Arc participant has a service plan which outlines their goals for learning new skills, like shopping, cooking, or budgeting, and how to stay healthy. DSPs are responsible for helping participants learn these skills through a variety of opportunities and activities each day. The Arc supports people with different abilities so they can be independent and self-sufficient and can live, learn, work, and play with dignity and full inclusion.

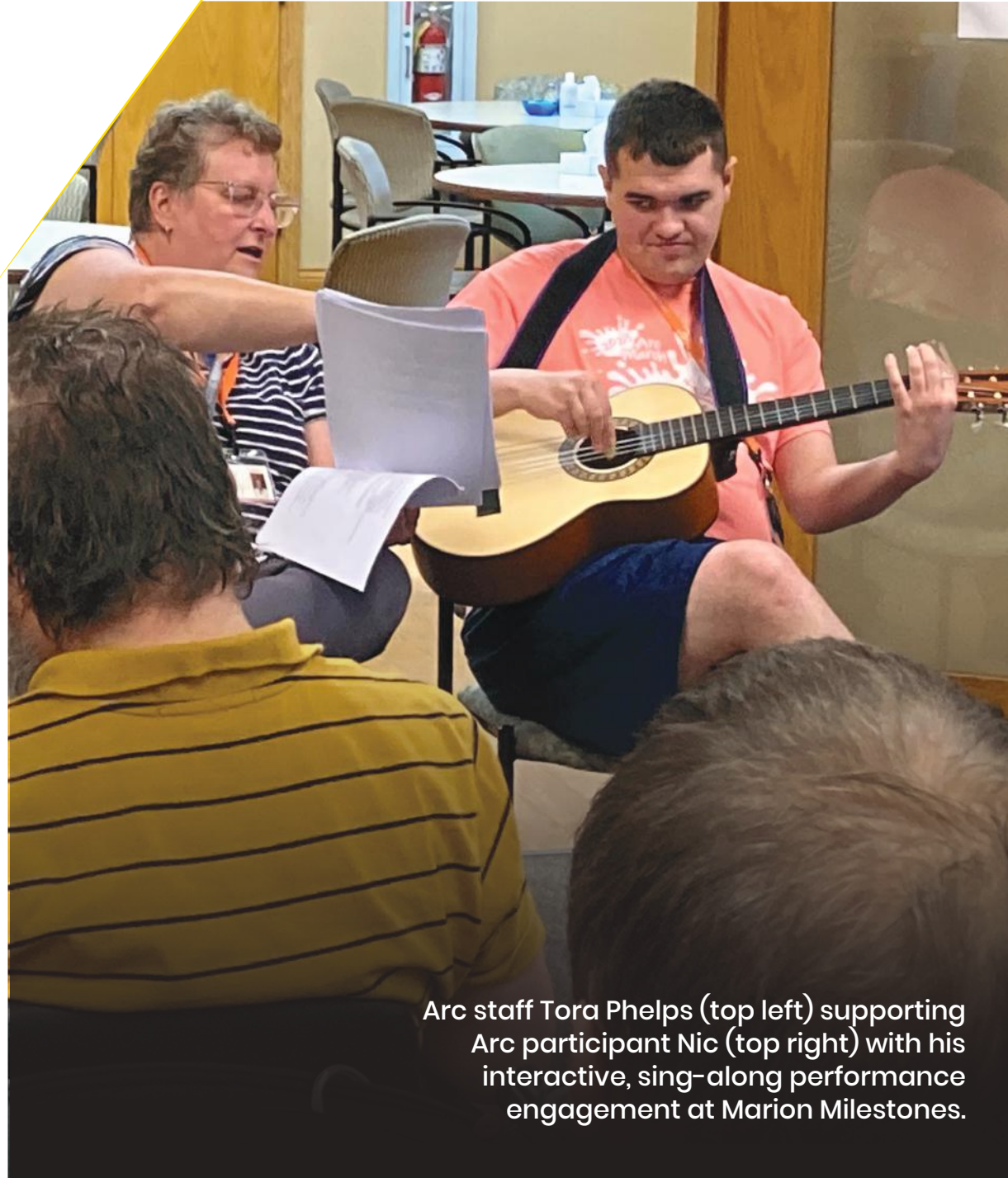


Paving New Roads of Opportunity

Customized Discovery is a new service being provided by The Arc. It is funded through Iowa Vocational Rehabilitation Services (IVRS) and targets job candidates who are most significantly disabled, have not worked, worked primarily in segregated settings (meaning only with other people who have a disability) or had little vocational success. The results from each process are used to generate information by identifying a job candidate's skills, interests, abilities, conditions, contributions, and support needed for employment to design a career pathway. In addition, it also includes working with potential employers to customize a job in the community that does not exist, based on the information about the job candidate, as well as providing consultative support to ensure the job candidate is successful.

One of our job candidates is Nic who was meeting with Arc staff Tora Phelps for Customized Discovery. Nic is nonverbal. In Tora's exploration of Nic's strengths, likes, and skills, she noticed he had a guitar in his bedroom. Tora asked about it, and Nic went over and picked it up. He began to strum the guitar and sing! Discovering this love of music, Tora arranged for guitar lessons. Now Nic has his own business, playing and singing in day programs and retirement communities all across Linn County.

Customized Discovery is just one of the many ways The Arc works to find unique, creative, and competitive integrated employment opportunities for people of all abilities.



Arc staff Tora Phelps (top left) supporting Arc participant Nic (top right) with his interactive, sing-along performance engagement at Marion Milestones.

Thank You Donors

The Arc of East Central Iowa is deeply grateful for the support of our donors. Donors listed on these pages have supported our work in a variety of ways including memberships, annual giving, grants, memorials, Community Partnerships, Arc March, in-kind giving, playground support, endowment gifts, payroll deductions and planned giving.

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Gloria & Raymond Short
Pamela Shrauger
Darcey Siemering
Nelson Silva
Alice Silver
Albert Simon
Noah Simons
Niranjan & Raakhee Singh
Marilyn Sippy
Aaron & Christy Sisco
Lu Patterson Sisco
Jeffrey Slavik
Kody Slife
Josh Smothers
Laura Smth
Jennifer Snook
Sashi Solomon
Eric & Roxann Sorenson
Jaqueline Soukup
Tim & Barb Soukup
Robert & Kay Spading
Kimberlee Staab
Robert & Marilynn Stabenow
Susan Staed
Wayne & Nancy Stagg

Julie Staker
Wilma Stallman
Kevin & Kimberlee Steele
Alexis Stevens
John & Mary Stevens
Eleanor Stever
Stillwater Coffee Company
Janet & Chester Sullivan
Vicki Sullivan
Sunshine Fund
Jeffrey & Lori Swanson
Karl & Linda Sward
Tabor Family Fund
Cynthia Tague
Julie Tague Tague
Mary Tarbox
TeresaAnn Taylor
Emily Ternus
Theatre Cedar Rapids
Richard Their
Theisens
Dave & Karen Thinnes
Dale & Joy Thompson
Katherine & Jeffrey
Thorsteinson
Jamie Tiernan
Randy & Joyce Tietz
Tom Riley Law Firm P.L.C.
Tomaso's Pizza
Tornado's Grub & Pub
Melissa Griffith Trca
Mary Troxel
Brenda Truelsen
Carlee Tumilty
Mitchell Turner
Jessica Turnley
Deborah Uhrina
Becky Ulferts
Curtis & Mary Updegraff
Kim Urban
Tina Usher
Village Cooperative of
Cedar Rapids
Virtue Extension Lounge/
Salon + Spa
Kathleen Voet
Amy Vogel
Diane Vrbicek

Clint Wade
Darci Wagner
Sheila Wallace
Diane Walsh
Jeanne Wampler
Philip & Joanne Ward
Joanne Ward
Tara Ward
Deb Dietz Warner
L.A. Warren
Robert & Judy Warrington
Washington High School
Special Ed Department
Dr. Cynthia & Gary Waters
Keith & Lanae Weber
Shannon Wedding
Jeffrey & Julie Wenzel
Cindy Werges
Kevin & Becky Whitman
Cheri Whittaker
Ann Wicke
Kathleen Wickham
Margaret Wieneke
Sharon Wilcox
Stacy Wilkinson-Miller
Carl Williams
Virginia & John Wilts
Beth & Leo Wilz
Timothy & Susan Winegarden
Melissa Winter
Jacob Wittrock
Shannon Wood
Craig & Candice Wood
Judy Woods
Larry & Peggy Wright
Rick & Lois Yoerger
Richard & Margaret York
Marjie Zach
Michael Zimmerman
Deb Zumbach

We apologize if we have listed your name incorrectly or have omitted your name. Please contact us so we may correct our error. We are grateful for all support provided to the agency.

70 Years- Where We've Been

1950's

- 18 parents formed the Linn County Association of Retarded Children (LCARC) – it was the first chapter in Iowa.
- The first class for trainable mentally retarded students in Iowa opened at Jackson Elementary in Cedar Rapids in 1955.
- In 1958, LCARC opened “The Center for the Mentally Retarded” at 318 E Ave NW to provide daycare, preschool, and programs for children who completed school or were not accepted in public school.

1960's

- In 1964, twelve Center students attended public school due to 3 new trainable classes added to the district.
- LCARC moved summer camp to Camp Good Health in Cedar Rapids. The cost to attend was \$25 a week and over 34 campers attended.
- The Center provided programs for 73 children but had to move to 1120 2nd St SE to accommodate the waiting list.

1970's

- The Special Education classes in Linn County were held in new schools with rooms designed for children with special needs.
- Kevin Heald, member of LCARC, was chosen as the national ARC poster child photographed with Barbara Streisand.
- Mandatory Special Education became a law and Title XIX money was allowed to be used for ICF/MR programs.

1980's

- LCARC changes its name to Linn ARC.
- Summer Day program opened in Benton County.
- The ARC of Linn County conducted a phone-a-thon and raised enough money to purchase 3 homes for residential placement.

1990's

- In support of the 'people first' movement, focusing on the person and not their disability, the ARC (Association of Retarded Citizens) transformed from an acronym to The Arc of East Central Iowa.
- The Arc became certified to provide services under a new Title XIX program called Home & Community Based Waiver which allowed more people to access Respite and Supported Community Living programs.

2000's

- The Arc started an inclusive Daycare Pilot Program at Aurthur Elementary.
- The Buddy Walk moved indoors to Lindale Mall attracting over 600 participants.
- The US Supreme Court upheld the Olmstead Act, helping to pave a path for community integration for everyone.

2010's

- New Arc logo and branding.
- Introduction of Day Habilitation, Project SEARCH, and Supported Employment.
- Began serving children on Title 19 through the Children's Mental Health Waiver.

*And Where We're
Going for 70 more...*

2020's and Beyond

- Upgraded classrooms.
- New inclusive recreation area.
- New programming, adding mental and behavioral health supports.
- New partnerships and community initiatives.

***What do YOU want
to see from The Arc?***

• Our Mission •

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.

Why Do You Support The Arc?

The Arc relies on the generosity of our community to help bridge funding gaps in our programs and services. Our donors are motivated to support The Arc for different reasons and the variety of ways people find they can support our mission is so meaningful and impactful.



Ways She Gives: Membership, Recreation Area, Facebook Fundraiser, Annual Campaign, United Way, Raffle Donation

"I support The Arc because it is a great organization with wonderful people from the participants and their families to employees, volunteers and board. The mission is powerful, and the need keeps growing so the work will continue. I am happy to help in any way I can whether through time, talent or treasure to this great organization that gives so much to so many!"

~ Teri Gibson

Ways They Give: United Way, Annual Campaign, Arc Membership, General Giving

"We first became aware of The Arc as an organization through my (Kristin's) intellectually-challenged brother who lives in Wisconsin. We are happy to be able to support the tremendous work of The Arc in assisting those with intellectual disabilities."

~ Jeff & Kristin Schaefer



Ways They Give: In-Kind, Community Partner

"Justice Electric Co. has been a neighbor and friend of The Arc for many years. We've seen The Arc provide friends' children the type of inclusion and dignity they otherwise would not have had the chance to experience. We will proudly continue to support The Arc of East Central Iowa so that others may also get to experience the wide range of programs and services they provide. We feel it is very important to give back to the local community and this is a great way to support an organization that continues to make a positive impact on so many lives."

~ Joe & Nancy Justice

Ways He Gives: Endowment Monthly Giving, MidAmerican Aerospace is a Community Partner, he is an Arc Member

"Supporting The Arc makes sense to me. You're never closer to God than when you are caring for the people around you who most need your help."

~ Mark Hanrahan / MidAmerican Aerospace



Ways They Give: Arc March

"The Arc of East Central Iowa has been such a blessing for our

family! The annual Arc March is such a great way to create awareness of The Arc and to educate more people on the services they provide. There are so many kids and adults right here in our community who desperately need these services, and we love supporting this amazing organization as much as we can."

~ Mark & Jennifer Krautbauer



Ways He Gives: Membership, Annual Campaign

"The Arc makes a real and substantial difference in the lives of the families and individuals it serves, and in doing so, provides a great community benefit as well. We are fortunate to have such a solid and meaningful organization committed to

servicing this community and our families."

~ Brian Fagan

Justice Electric Co.

"Who Says There's No Justice"

EST. 1961