

History of Inclusive Play

Play has always been an innate part of the childhood experience. Long before there were playgrounds of any kind, children created their own using little more than their imaginations. Play is important for the cultivation of motor skills as well as physical strength and stamina. Children also learn social skills from playing together in groups. Play occurs in all cultures and is an essential part of healthy childhood development, even though playgrounds themselves are a relatively recent addition. The first public playground was built in San Francisco in the year 1887, and playgrounds as we know them gradually came into existence. However, it took over a century for the idea of inclusive playgrounds to even begin to make a dent in America's cultural landscape.

A 1991 study brought awareness to the lack of inclusive playgrounds in public places when it suggested that disabled children were experiencing "play deprivation," which has been found to seriously impact healthy childhood development. The Architectural and Transportation Barriers Compliance Board developed accessibility guidelines in the year 2000 that were enacted into federal law one decade later, giving play areas until March 15, 2011, to be in compliance. The ruling was specific to new construction and alterations of existing playgrounds.

However, differences exist between Americans with Disabilities Act (ADA)-accessible play areas and inclusive playgrounds. ADA requirements involve accessibility for children with physical disabilities, while inclusive playgrounds also take the specific needs of children with sensory processing disorders such as autism into consideration in their design plans. ADA-compliant facts include wheelchair ramps with double rails that provide superior grip, barrier-free travel routes, low-impact surfaces, and a variety of accessible play options such as wheelchair-height sandboxes and customized swings. Inclusive playgrounds feature sensory-rich options such as activity panels that provide children with the opportunity to express themselves in a variety of ways, including music, touch, and mental exploration. They also include areas where children who are prone to sensory overload can get some downtime, such as talking tubes and other safe spaces.

There are currently more than 2,500 inclusive playgrounds available to the general public in the U.S., and more are being built every day. Playgrounds all across the country will continue to make great strides in becoming both ADA-compliant and inclusive, and there will be an increased emphasis on innovative play equipment designed with input from child-development experts and physical therapists.

The Arc is so proud to be part of this list and bring accessibility and inclusivity to downtown Cedar Rapids!



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From the Director's Desk

Hello Arc Friends and Family!

Happy 70th Anniversary! Our year-long celebration is underway. First up, a big thank you to everyone who supported this year's **Arc March!** It was a very fun morning filled with friends. In April, so many of you took advantage of **donated trees from the Monarch Research Project.** We distributed 108 trees out in the community and appreciate each of you for helping to re-green Cedar Rapids. This month we are well into the building of our **integrated, inclusive, and full-sized playground** in The Arc's current parking lot. We anticipate it being ready for public use in June. Continuing the celebration, please save the date for August 10 from 6-7:30 PM for our **Open House and Ribbon Cutting Event.** This FREE event is to celebrate the families and caregivers who had a dream in 1953 and everyone who has benefited from The Arc over the past 70 years, including the staff, board, and community who made us what we are today. Please also save the date September 30th and join us as we **partner with Theater Cedar Rapids** to produce a show starring our Arc participants.



Theresa Lewis

In addition to celebrating, we are planning for summer programs and summer group respite activities in the evenings and on weekends. Supported Employment is expanding, and we are currently the only agency in the region providing Customized Discovery services through a partnership and grant with Iowa Vocational Rehabilitation Services (IVRS). Our Integrated Health Homes (IHH) program continues to grow, and we have been able to hire additional staff to serve more participants, both with site-based and in-home programming.

While we welcome you to have summer fun with The Arc, here are some other adventures for individuals of all ages and abilities:

<https://www.askresource.org/filesimages/SummerCamp/2023SummerCampList.pdf>

https://www.cedar-rapids.org/residents/parks_and_recreation/play_program_guide.php

<https://cedarrapids.macaronikid.com/guides/58af408b75ee6d1de771e8fb/cedar-rapids-summer-camp-and-activities-guide-2023>

<https://www.tourismcedarrapids.com/blog/disability-friendly-cedar-rapids/>

We are so excited to celebrate with all of you in the coming months!

With appreciation,



Theresa Lewis
Executive Director

Advocacy Corner

Did you Know?

A student diagnosed with a disability can remain in school till the age of 22. The Individuals with Disabilities Education Act (IDEA) is a federal law ensuring free appropriate public education (FAPE) to all students diagnosed with a disability ages 3 to 21. By law, students who turn 21 in the middle of the school year can remain in school for the duration of the year and receive their diploma or certificate. At the age of 22, a student is required to leave the school system and access available adult services.

While a student utilizes public education, schools are required to provide all students with the means to learn and progress through the school system with access to necessary services throughout the school day at no cost to the family.

For more information or advocacy support contact our Advocacy Program Coordinator, Kristen Krambeer at kkrambeer@arceci.org or our local Area Education Agency, Grant Wood Area Education Agency at 319-399-6700 or <https://www.gwaea.org>.

Aktion Club

The Arc of East Central Iowa is very excited to be partnering with our local Kiwanis Club to start an Aktion Club for adult participants at The Arc of East Central Iowa. Aktion Club is a service organization whose mission is to provide adults with disabilities an opportunity to develop initiative, leadership skills and to serve their communities. The Arc's Aktion Club meets the first Thursday of each month at 5:00 for one hour.

We share happy news with each other, learn about ways we can support others in our community and try to do a service project at each meeting. In our first two meetings, we made "Shamrocks for Soldiers," made Easter baskets for people who we are grateful for in our lives and we also made dog chew toys to give to the Humane Society.

We are so thankful for our local Kiwanis Club for sponsoring our new club and for helping us to get things up and running. We are excited to find ways to give back to our community while building lasting friendships with Arc members and members of the Kiwanis Club.

We have room for more members. If you are interested in joining this group, contact Jenny Bosking at jbosking@arceci.org or Theresa Lewis at tlewis@arceci.org.



Upcoming Advocacy Event

Internet Safety

with Investigator Rob Kasper
of the Cedar Rapids Police Dept.

May 22nd • 6:00 – 7:00 PM

Via Zoom

Register at: [www.arceci.org/
event/internet-safety](http://www.arceci.org/event/internet-safety)



Services Spotlight

Day Habilitation

The Arc started their Day Habilitation program on Monday April 1st, 2013. On the first day of programming The Arc provided service to 3 individuals. The program started to grow rather quickly, and 2 regular groups were formed with 8 participants. Starting in June 2013 another group was brought on to start with individuals that had graduated from school programs.

Over the last 10 years, we have continued to take on more individuals and create more groups of individuals. These 9 groups are made up of 51 individuals who have different schedules to make up their time at Day Hab. The program relies heavily on utilizing the city bus for transportation to and from activities. Daily activities are chosen by the individuals within the program daily. Groups have the opportunity to select recreational or to take part in volunteer jobs.

Groups enjoy going to the mall, going to parks, walking trails, going shopping, spending time at local coffee shops, and spending time at the library. Some of the volunteer opportunities that the groups get to participate in include delivering Meals On Wheels, delivering Breakfast Bags (similar to Meals On Wheels), cleaning at the daily meal sites for Salvation Army, cleaning at the library, cleaning at the Free Health Clinic, and delivering Tidbit newspapers to downtown businesses.

Day Hab is a great opportunity for individuals to grow in their social skills, safety skills, self-advocacy skills, and a great place to make new friends!

Flash Back to 2013...



Welcome To The Arc



Hi, I'm Amber Nelson and I am the new Recreation Supervisor.

I was born and raised in Cedar Rapids. I have 2 boys who both are on the Autism spectrum. I spent my high school days volunteering in the special education rooms and continued my advocacy well into my adulthood.

I've worked for Tanager, served on the board of directors of the East Central Autism Society and run the local Autism support group. I'm a huge animal lover and enjoy vacations in California with my family.

The Arc March

We would like to thank everyone for joining us! It was great to see everyone enjoy the morning as they saw old friends, did a little dancing, and did our annual walk for awareness. We want to give a special thanks to all participants, donors, community partners, mascots, and volunteers!

Thank you to everyone who attended, fundraised or donated... you all are truly amazing!



Participant Spotlight

Christine Griffin



About Me.

I am 22 years old and live in Cedar Rapids.

Favorite Arc Memory?

I loved participating in Group Respite, I really enjoyed Cooking Club and the Movie Nights. Now I really enjoy Project SEARCH.

Favorite Things About Project SEARCH?

I enjoy the staff, meeting new people, wearing scrubs, working in the cafeteria and the tray line!

Favorite Things To Do?

I love to be outdoors. I also like to swim, bowl, and watch movies.

Favorite Foods?

Sugar cookies with chocolate in them, spaghetti, and chicken parmesan.

Planned Giving

Have an Impact on The Arc While Helping Your Bottom Line

With an IRA charitable rollover gift, you can help the work being done here at The Arc while enjoying valuable tax and income benefits. If you are 70½ or older, you can roll over up to \$100,000 from your IRA without paying federal income tax. Even better, your gift may qualify for your required minimum distribution (RMD). Here are some of the ways you can benefit from an IRA rollover gift this year:

Reduce Your Taxable Income.

By rolling over some or all of your RMD from your IRA to charity, you may reduce your taxable income this year.

Lower Your Social Security Tax.

Reducing your taxable income with an IRA rollover gift may also reduce the tax due on your social security payments.

Avoid IRS Tax Limits.

IRA rollover gifts may be made over and above the normal cash gift limit.

Nonitemizers: Enjoy Charitable Gift Benefits!

If you do not itemize your deductions, you can still benefit from the reduction in income and tax resulting from an IRA rollover gift.

A New Source for Major Gifts!

If you wish to make a larger gift to a campaign or special cause, you can make that gift from your IRA rather than tapping into your bank account this year.



To learn more about IRA rollovers or other planned gift options, please call Jenny Bosking at 319-365-0487, ext. 1024.

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 February through April 2023.

Thank You

General Donations

Aktion Club, Alliant Energy, Steve & Mary Beth Allsop - Voice of Hope Foundation, Amy Stevens, Kristi Ann, Andrew Bellagamba, Devin & Jessica Bettmann, BladeWorks, Jane Bockenstedt, Jenny Bosking, James & Carol Brewer, Plathe Bryce, Cargill, Cedar Rapids Kernels Foundation, Tom Chalstrom, First Federal Credit Union, Terri Christoffersen, Marcia Correll, Jesse & Cassie Costigan, Sue & Joe Cunningham, Deb Dietz-Warner, Jody Donaldson, Christopher & Melanie Donohue, Scott Drzycimski, Don & Gwen Eells, Michael & Cora Engelken, Janette Fiedler, Marjorie Fletcher, Kevin Flood, Andre' Gallet, Betty Garthwaite, Theresa Garthwaite, Russell Gibson, Teri Gibson, Thomas Hajek, Mark Hanrahan - MidAmerican Aerospace, David Harris, Sharon Harschnek, Todd Henry, Ruth Hojka, Kristine Howser Herkelman, Ruthanne Hughes, Ann Jeffries, John Deere, Nachazel Joseph, Justice Electric, Paul Kiecksee, Joyce Bush Kirzlaff, Kiwanis Club of Cedar Rapids, Jodie Kollsmith, Larry & Mary Kramer, Mindy Kruckenberg, Blue LaRoux, Leap Promotions, Thea Leslie - Roger & Thea Leslie Endowed Fund IV of the GCRCF, Theresa Lewis, Clayton & Rebecca Lindwall, Joe & Cheri Lock, Lynette Marling, David Maier & Matt McGrane, Bill Mead, George Morrison, Laurel Murphy, New Leader Manufacturing, Tom Nugent, James O'Hara, Tom & Sonja Penaluna - Todd Penaluna Memorial Fund of the GCRCF, Delaine & Duane Petersen - Leslie and Matthew Petersen Memorial Fund of the GCRCF, Susan Polglaze, Raytheon Technologies, Randall Rings, Robert & Marilyn Stabenow, Jennifer Roberts, Jess Rockwell, Jeff & Kristin Schaefer, Anthony Schwendinger, Sue Sedrel, Terry Shaffer, Duane & Laura Smith, Jim Smothers, St Elizabeth Ann Seaton Church, Patrick Stepanek, Shelly Strellner, Vicki Sullivan, Julie & Byron Tabor - Tabor Family Fund of the GCRCF, Joseph Terfler, Cheryl Tlusty-Marsh, Diane Vrbicek, Clint

Wade, Jake Wagner - 100+ Who Care, Washington High School Special Ed, Blake & Angie Wilkinson, Dick Woodward, Keith & Gretchen Wright - Keith & Gretch Wright Fund of the GCRCF, David & Cynthia Zenk - Zachary C Zenk Fund of the GCRCF, Michael Zimmermann

Memorials

Cherie Clark

Peer Action Disability Support

Lee Liu

Philip & Joanne Ward

Sara Smith

Ryan Smith

Donald Stagg

Donna Rouner, Karl & Linda Sward

Thomas Wiegand

Janice & Martha Albaugh, Randy & Pat Busch, LD & DA Gray, Alan & Janine Kimball, Micheal & Julie Lenius, Donna Mooney, Larry & Patty Netolicky, Troy & Jen Oltman, James & Judith Phillips, Bill & Karen Schlue, Dale & Joy Thompson, Robert & Judy Warrington, Dr. Cynthia & Gary Waters, Beth & Leo Wilz

Volunteers

Hours - 181

Brayden Alber, Amy Belice, Steve Bosking, Adam Brown, Mary Brownfield, Jace Coberly, Tiffany Crider-Jensen, Jody Donaldson, Randi Estabrook, Jessica Fahey, Terese Fisher, Michele Foreman, Teri Gibson, Nate Haas, Brad Hauge, Darrin Keller, Heidi Kinder, Cheri Lock, Marisa Mathson, Carol Meade, Ben Muholland, Jackie Nau, Michael Neuerburg, Melissa Ortberg, Logan Ortberg, Texas Roadhouse, Danielle Rodriguez, Waldemar Rodriguez, Sanchez, Kristin Schaefer, Erica Smothers, Dave Sorg, Carlie Sorg, Landen Sorg, Mindy Sorg, Amy Stevens, Jake Stigers, Shelly Strellner, Melissa Tandy, Sara Todd, Tara Toyne, Tina Wiggins, Kristin Wilcox, Blake Wilkinson

Membership

Arc Angel

Mark & Denise Mitchell, Phil & Laura White

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Arc Friend

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Arc Advocate

Amy Belice, Kerri & Terry Benda, Patty & Jim Booth, Jenny & Steve Bosking, Jim & Tobi Branam, Jim & JoEllen Bridgewater, June Cach, Christine & Charles Gaal, Lisa Gericke, Ron & Pat Gonder, Dave & Diane Graham, Troy Burckhart & Sara Griffin, Betty Hass, Janet & Kevin Heald, Ken & Sue Kleinmeyer, Christopher & Erin Meyer, George & Barbara Neff, Dallas & Twila Nissen, Bobbi Oakley, Herb & Marilyn Schaefer, John Schneiter Schneiter, Kathy Shelton, Ray & Gloria Short, Raakhee & Niranjan Singh, Marilyn Sippy, James & Cindy Smothers, Tyler Smothers, Bob & Kay Spading, Curtis & Mary Updegraff, Greg & Kelly Wilkinson, Tim & Sue Winegarden

OFFICE HOURS

Monday - Friday
9:00 AM - 3:30 PM

If you arrive before or after this time and are meeting with a staff member, please use the phone located near the front entrance. A staff roster is posted to assist you in locating their number.

If you need to schedule time outside of business hours we are happy to coordinate this in advance.



For people with intellectual and developmental disabilities

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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

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



SAVE THE DATE

70th Anniversary

OPEN HOUSE

August 10th from 6:00 - 7:30 PM

Everyone is welcome!

Help us celebrate the individuals and families The Arc has supported and everyone who has supported The Arc since 1953!

Sponsored by:



Serving free hot dogs, chips, popcorn, & cookies.



6:30 PM Brief Program:

Yesterday, Today, and Tomorrow

- *Yesterday* - Our Community Impact
- *Today* - Ribbon Cutting for our New Inclusive Community Playground
- *Tomorrow* - What Lies Ahead for the Future

