

FROM THE DIRECTOR'S DESK

I hope that everyone enjoyed this past holiday season, and are ready to move forward into a hopeful and optimistic year. Often during this time of year, many people will set New Year's resolutions, looking to make changes in their lives. A resolution is basically a firm decision to do, or not do, something. Quit smoking, lose weight, fix up that old house, decrease caffeine are all common resolutions. These all require a significant, long term behavior change to meet the goal. And often we hear on the news how these new year's resolutions are short lived. I would like to throw out to you an alternative New Year's resolution for you to try. It will take very little effort, you can do it easily on a daily basis, it is habit forming, and it will help others as well as yourself. **Smile more. Yep... Smile more.** Often during our busy days we are lucky to even make eye contact with those around us, let alone giving a smile to the person we pass on the street or in the hallway. Our country seems to have become less tolerant and more divisive. I worry that these negative behaviors and attitudes will trickle down to the people we serve at The Arc. If this is a possibility, our advocacy for inclusion and community integration becomes even more important than ever. As we practice kindness, as we connect with those who may seem different from us, we can combat these attitudes. So please join me this year in smiling more. Let that lady on the street know she has on a beautiful scarf. Hold the door and smile at the person behind you. Thank the kid sacking your groceries. I know it will make you feel better, and it may also just make someone else's day brighter as well.



Sincerely,
Anne Armknecht, MBA HC
Executive Director

VOLUNTEER INCOME TAX ASSISTANCE (VITA) PROGRAM

Volunteer Income Tax Assistance (VITA) is a national program sponsored by the IRS which offers free tax help to individuals and families whose household income is \$54,000 or less and who need assistance in preparing their own tax returns. IRS-certified

volunteers provide free income tax return preparation with electronic filing to qualified individuals. In the Cedar Rapids metropolitan area, United Way of East Central Iowa sponsors the VITA program. To schedule a tax appointment, in the Cedar Rapids area, individuals should call 2-1-1 from a landline or 319-739-4211 from a cell phone.



Special Needs Trusts

Tuesday, January 29th
5:30 - 6:30 pm

The Arc Building
680 2nd St. SE | Cedar Rapids



Please join us here at The Arc as Kyle Wilcox, Attorney from Simmons Perrine Moyer Bergmann PLC, & Teresa Hackenmiller from Thrivent Financial share with us some information on the basics of Special Needs Trusts.

Part of the Family & Community Workshop Series.

Please RSVP by January 24th to Lexi at lcoberly@arceci.org or 319-365-0487 ext. 1024.

Space is limited!

RSVP NOW

Understanding ABLA Accounts

Tuesday, February 5th
5:30 - 6:30 pm

The Arc Building
680 2nd St. SE | Cedar Rapids



Please join us here at The Arc as Frank Varvaris from Frank Varvaris & Associates talks about the Achieving a Better Life Experience Act (ABLE Act) and how it allows individuals to establish tax-free savings accounts where the individual or their friends and family can save money throughout the year. The savings account can help those with disabilities maintain their health, independence, and quality of life.

Part of the Family & Community Workshop Series.

Please RSVP by January 31st to Lexi at lcoberly@arceci.org or 319-365-0487 ext. 1024.

Space is limited!

RSVP NOW

ANNUAL SWEETHEART DANCE

Friday, February 15th
7:00 - 9:00 pm

St. Matthew's Church
2310 1st Ave. NE | Cedar Rapids

\$5.00 per person



Whether you have a sweetheart or not, join us for an evening of dancing, socialization, and snacks at the Annual Sweetheart Dance. Hosted by the St. Matthew's Church and school staff.

For more information contact Derek at dxayasouk@arceci.org or 319-365-0487 ext. 1056.

PROJECT SEARCH INFORMATION NIGHT

Thursday, March 7th
5:00 - 6:30 pm

St. Luke's Hospital
Formal Lounge, Resource Center
1026 A Ave. NE | Cedar Rapids

Building just to the east of St. Luke's Hospital



Come learn how young adults with disabilities can become involved in this unique employment internship training program. For adults age 18-30.

For more information please contact:

Stephanie Beary at sbeary@arceci.org or 319-369-7739
or Nancy Rife at nrife@arceci.org or 319-365-0487 ext. 1063.

ARC MARCH - SAVE THE DATE

Mark your calendars and save the date!
The 22nd annual Arc March is March 23, 2019!
Stay tuned for the launch coming soon!



14TH ANNUAL SPECIAL NEEDS EASTER EGG HUNT

Saturday, March 30th
10:00 am - Activities
11:00 am - Egg Hunt

Regis Middle School
735 Prairie Dr. NE | Cedar Rapids



For those with special needs ages 21 and under and their siblings up to age 10. Activities include: Arts & Crafts, Games, Prizes, and a visit from the Easter Bunny! **Please bring along your Easter Basket to collect your eggs!**

Please RSVP by March 25th to Lexi at lcoberly@arceci.org or 319-365-0487 ext. 1024.

RSVP NOW

WRAPPING FOR A CAUSE

Thank You! Thank You! Thank You!

With the help from our wonderful sponsor **Veridian Credit Union** and over 250 volunteers putting in over 1,100 hours, we were able to raise over \$21,059 during our Wrapping for a Cause fundraiser this year!



**Thank you to everyone stopped to support us.
We'll see you all next year!**

GAZETTE GIVES BACK

A large purple banner with the text 'THANK YOU!' in white. Below the banner is a collage of six photos showing people engaged in various activities: a woman in a green shirt and goggles, a woman in a white shirt, a group of people with green bags, a boy in a green shirt, a woman in a blue shirt, and two boys at a table.

We would like to say **Thank You** to everyone who voted for us!

Keep an eye out for our ads throughout the year!

The Arc.
East Central Iowa

The Gazette
GIVES BACK

sponsored by
FARMERS STATE BANK
FSB
Rustic. Sprungie Better.

ANNUAL CAMPAIGN

We would like to say **Thank You** to everyone who supported our 2018 A Better Place Annual Campaign. Your support means so much to us, our consumers, and their families. We would not be able to continue our mission without your support... **we thank you for helping us in making it A Better Place!**



CONGRATULATIONS KELLY

Congratulations to Kelly Neuroth on her new position with The Arc as a Service & Support Coordinator.



Your donations
help us support those
with disabilities in
our community.

