

FROM THE DIRECTOR'S DESK

The Arc is continually working to improve in order to provide the highest quality of services possible. One of the ways we do this is to send out satisfaction surveys to consumers and their families asking for feedback. Results are compiled and shared with staff. They are then reviewed by the Board of Directors Services and Supports Committee. This committee is comprised of Arc staff, board members, and consumers & family members. Its purpose is to provide oversight and guidance on programs and policies related to service provision. On occasion, we will get questions from survey responders. For example, in our last survey a family member asked why we don't hire more staff. A great question! One of our biggest challenges is recruiting new staff members. There is a national shortage of direct support professionals (DSPs). We are constantly recruiting staff in a variety of ways. And we are currently working on several initiatives to improve our recruiting and retention efforts. So if you know of someone with a compassionate heart who would make a great DSP please send them our way. Another person asked about how to request new care needs. If you or your family member have a new need for services, please reach out to your Service and Support Coordinator. They will help you through the process of securing additional funding if necessary as well as work to find staff to fill the need. Several others commented on adding new and longer activities to our services, as well as activities geared towards specific age groups. This is great feedback! We are constantly looking for new, fun activities and events. If you have any suggestions please give us a call. We would love to hear from you! We are very open to feedback, not just on the annual survey, but any time that you feel you have something to share. So please don't hesitate to call, write or stop in.



Sincerely,
Anne Armknecht, MBA HC
Executive Director

THE ARC'S UNITED WAY CAMPAIGN

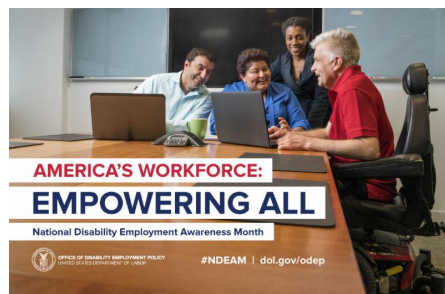
It's that time of year again when the United Way of East Central Iowa holds their annual campaign. As a funded partner of United Way, The Arc utilizes United Way funding to support our many community events, including Voices Unlimited, which provides fun, social opportunities for individuals diagnosed



with disabilities. United Way funds also help subsidize Arc Daycare costs so parents are able to continue to work. As a proud supporter and funded partner of the United Way, The Arc is happy to participate in their annual campaign and encourage you to also LIVE UNITED.

OCTOBER IS NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH

Held each October, National Disability Employment Awareness Month (NDEAM) is a national campaign that raises awareness about disability employment issues and celebrates the many and varied contributions of America's workers with disabilities. The theme for 2018 is "America's Workforce: Empowering All"



NDEAM's roots go back to 1945, when Congress enacted a law declaring the first week in October each year "National Employ the Physically Handicapped Week." In 1962, the word "physically" was removed to acknowledge the employment needs and contributions of individuals with all types of disabilities. In 1988, Congress expanded the week to a month and changed the name to "National Disability Employment Awareness Month." Upon its establishment in 2001, ODEP assumed responsibility for NDEAM and has worked to expand its reach and scope ever since.

MANAGED CARE

It has been several months since we last asked about how things are going with the Managed Care Organization that you are working with. Do you feel they are responsive to your needs? Are you authorized for the amount and types of services that you feel is adequate to meet your needs? Have you had to appeal any decisions, and if so, how did that go? If you are having any issues with your funder of services please contact your Service & Support Coordinator. **We are here to help!**

ARC APPAREL

It's that time of the year to get your Arc apparel! We have lots of options available such as: t-shirts, long sleeve shirts, sweatshirts, hooded sweatshirts, polos, fleece, and more!



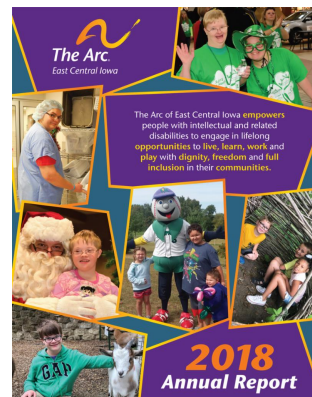
If you would like to place an order please fill out the order form and return with payment to The Arc's main office before November 2nd!

[Arc Apparel Order Form](#)

ANNUAL REPORT

The Arc of East Central Iowa's annual report is now available. Please click on the image to the right to view.

Thank you for everyone's continued support!



RELATIONSHIP CLASSES

Presented by Bridgehaven PSC



The curriculum teaches life, love, and leadership skills. It is a high-energy, fun, positive program that empowers a person to make healthy life choices. The topics and classes that will be presented are:

- Understanding Our Bodies
- Social Skills
- Healthy Friendships and Dating
- Sexual Health and Risk Avoidance
- Pregnancy and Parenting
- Refusal Skills, Decision Making, Awareness

For more information about these classes or to sign up please download the following document [Relationship Classes Information and Registration Form](#).

HALLOWEEN DANCE

Friday, October 26th
7:00 - 9:00 pm

NW Rec Center
1340 11th St. NW | Cedar Rapids



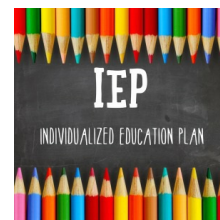
Put on your costume and join your friends at the NW Rec Center for a night of dancing and fun! Dance and groove to the music and enjoy snacks and drinks. Prizes will be awarded for the best costume!

*All Ages Welcome * \$5.00 per person * No need to pre-register. Pay at the door!*

IEP 101

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

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



Please join us here at The Arc as Sara Kane from Grant Wood AEA covers IEP basics and how to handle situations where IEPs aren't being followed so that your child has a successful school year. There will also be a question and answer time. **Part of the Family & Community Workshop Series.**

Please RSVP by October 26th to Lexi at lcoberly@arceci.org or 319-365-0487 ext. 1024.

Space is limited!

HCBS Waivers 101

Tuesday, November 6th
6:00 - 7:00 pm

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



Completing a Home and Community Based Services (HCBS) Waiver application can be a difficult job. Most individuals want help understanding when to start the process, how to submit the forms, which waiver to select, how to qualify for each based on age and formal diagnoses, countable resource limitations, determining at what age waiver coverage stops, etc. - these can all be overwhelming questions and concerns. Our HCBS Waivers 101 will help answer some of your questions in regards to the different waivers.

We will also have a special guest, Julie Beckett, joining us. She is going to talk about how she helped bring Waivers to our state. Julie started the Katie Beckett Waiver which is the very first Waiver. Julie is also a past board member of The Arc and we are very excited to have her be a part of this workshop!

Part of the Family & Community Workshop Series.

Please RSVP by November 1st to Lexi at lcoberly@arceci.org or 319-365-0487 ext. 1024.

Space is limited!

THE ARC'S HOLIDAY PARTY

**Sunday, December 9th
1:00 - 3:00 pm**

**Hallagan Center - Mercy Medical Center
Cedar Rapids**

Santa, Hot Cocoa Bar, Cookie Decorating, Crafts, Games, Balloon Twisting, Photo Booth, Mr. Shucks, and more!

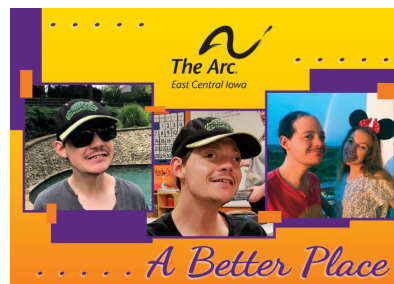
Fun for the whole family!



Please RSVP with number attending no later than Monday, December 3rd to Lexi at lcoberly@arceci.org or 319-365-0487 ext. 1024.

2018 A BETTER PLACE ANNUAL CAMPAIGN

This world is a Better Place because of the amazing individuals in our lives with intellectual and developmental disabilities and it's The Arc's mission to help make it a Better Place for them, but we can't do this alone. We need your support to help maintain and grow programs vital to those we serve. Please consider a donation to our **2018 A Better Place Annual Campaign.**



**[A Better Place Family Story](#)
[A Better Place Campaign Video](#)**

YES! I WANT TO HELP MAKE IT A BETTER PLACE!

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

