As an expectant parent Amy Belice had all of the normal thoughts and feelings of excitement, joy, and fear that all parents go through during pregnancy. Will he be healthy? Will he like sports, reading, theater? Will he do well in school? Perhaps go to college? Will he look more like me or his dad? By all medical standards Amy’s pregnancy was normal, even routine, and as her ninth month approached the anticipation and impending joy grew. With all prenatal checkups and tests normal, there was little thought about the possibility of something going wrong. But it did.

During labor Amy and her medical team discovered something very wrong. Jared was born with a rare disorder called Arnold-Chiari Malformation Type 3 and Hydrocephalous. Her dreams and hopes for her son Jared’s future were now replaced with the deepest of fears that only a parent can fully understand. The shock of the diagnosis was something Amy and her family were not prepared for, but they knew that they were going to do everything in their power to give Jared the best life possible.

When Jared was six weeks old Amy learned of The Arc of East Central Iowa. That was the beginning of an ongoing 26-year relationship with The Arc. Through the years Amy, Jared, and their entire family have benefited from nearly every service The Arc provides. Especially in his early years, Jared benefited from our Intermittent Medical Monitoring and Treatment (IMMT) Services. Our Respite Services allowed the family a much needed break, and gave them piece of mind knowing that he was receiving specialized care while they needed to be away from home. At age seven Jared started attending The Arc’s Summer Day Program where he could meet friends, learn skills, go on field trips and just have fun! Once Jared reached middle school he began participating in The Arc’s After School Enrichment Program. This program not only benefited Jared, but also allowed Amy to be able to continue to work and care for the needs of her daughters. Amy relates that she has always felt safe knowing that Jared was in the care of The Arc, knowing the specially trained staff loved him like their own.

Fast forward to today. Jared is a wonderful 26-year-old man who LOVES sports. One of his highlights was when he got to throw out the first pitch at The Arc’s Night with the Kernels baseball game. Today he attends The Arc’s Day Habilitation Program where he has many friends, volunteers in the community, and learns social skills. Jared has been challenged throughout his entire life with significant medical and intellectual issues, but he continues to smile that big smile, be active in his community, and bring joy to all around him. The Arc will continue to be here for him, and for the 800 other individuals and families that rely on us each and every day.

“Jared has trust, comfort and emotional security in the staff at The Arc. That gives me and the family great comfort in knowing that he is in such trusting care. The Arc not only meets the needs of Jared, but as his mom I have felt so supported by them through all these years.” ~ Amy Belice

Our community is a better place because of individuals like Jared, his family, and those like you who support the efforts of The Arc of East Central Iowa. With your support we can continue to make life a better place for the over 800 individuals and families that we serve. Your donation goes directly into our local programs that help our consumers reach their full potential and give their families the peace of mind knowing that their loved ones are getting the loving and dedicated care they need. Your past donations have played an integral part in helping to make it a “better place” for so many in our community. We sincerely hope you consider giving a tax deductible gift today.

Please consider making a tax deductible donation to The Arc so that we can continue to make this A Better Place for individuals, such as Jared, for years to come. Please mail your donation to:

The Arc of East Central Iowa
680 2nd Street SE • Cedar Rapids, IA 52401
Attn: A Better Place Annual Campaign
or donate online at www.arceci.org
From the Director’s Desk

I recently saw a quote from none other than Charlie Brown that said “What if, today, we were grateful for everything?” With Thanksgiving just around the corner, it feels like a good time to reflect on what we all can be grateful for in our lives. We all want the “best life” possible for those we love. But in reality we all face our own challenges, crisis and fears along this journey of life. So it’s not the absence of conflict that leads to a satisfied life, it is our ability to deal with the hardships that come our way. Many of our internal worries are not readily apparent from the outside. Yet everyone we meet has a struggle, concern, crisis that they are dealing with that we may not know anything about. In this often divisive world we live in it is even more important to practice kindness and gratitude, for it can be contagious. Let us help it spread. Not just during this Thanksgiving season, but every day.

So today, I am grateful for those people I meet throughout my day whose simple gestures of kindness and humanity help to raise others up. For the DSPs who come to the office to look for additional people to help. The Service and Support Coordinators who I hear on the phone encouraging and supporting others. The families that are fighting every day for a better life for their loved one. For all the volunteers that help The Arc meet our mission, and for the donors that allow us to continue to serve over 800 individuals and families. And to the consumers receiving services, who show us that we can and need to find joy and laughter every day. I am grateful to all of you. Here’s wishing a wonderful Thanksgiving to you all. And may you all find something to be grateful for every day. No matter our age, we can all still learn from Charlie Brown!

Anne Armknecht, MBA HC
Executive Director

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Doctor of Chiropractic

Melissa Tandy
Iowa AEAs and Iowa Dept. of Ed, Project Manager for Special Education Guidance

Sue Wilber
Clear Creek Amana School District, Director Human Resources

SAVE THE DATE!

22nd Annual Arc March
March 23rd • Lindale Mall

SAVE THE DATE!

28th Annual Golf Tournament
June 13, 2019
Hunters Ridge Golf Course
Welcome

Please Welcome Our New Board Members!
At our annual meeting in September, four new members for our Board of Directors were elected. We look forward to the contributions they will make and welcome their diverse fields of expertise. Their passion will surely be felt in the months to come, and if you see a few new faces at our events please make sure to say hello!

Teri Copler - True North Companies
Why are you interested in The Arc?
I joined The Arc Board because I truly believe in the mission statement and the core values of The Arc. I know several people who have benefitted greatly from the services that The Arc provides and I truly love volunteering and giving back to my community through time, talent and treasures.

Jackie Nau - University of Iowa, Center for Disabilities & Development
Why are you interested in The Arc?
I have loved and had compassion for people with special needs since I was young. I was blessed with a child that had disabilities and I cherished every moment with him. After he passed away I changed careers and started working for The Arc and the Center for Disabilities and Development and have dedicated my life to this wonderful population ever since. Being on the board of directors allows me to be not only a voice for my son and his legacy but a voice for all of the voiceless in our community and I am honored to be here!

Meghann Pasker - Hills Bank
Why are you interested in The Arc?
When approached with the opportunity to join The Arc’s board of directors, I instantly had a smile on my face. My boss always says don’t join a board to just join a board. Do something that you are interested in. So when this came along, I jumped right on it. This is where I’m supposed to be. This is what I need to be doing. These are my people. Growing up, my mom taught and worked with individuals with intellectual and development disabilities. I always enjoyed going to work with her whenever I could and stopping by the classroom during hall passing time. I’m extremely thankful for this opportunity to help make a difference in the lives of these amazing individuals.

Sue Wilber - Clear Creek Amana School District
Why are you interested in The Arc?
I want to make a difference. I value every unique individual that makes up the community we all live and work in and want everyone in that community to have a voice. I also love that this opportunity is something that my children can be part of as well and help guide them along the path of inclusion of all people.

Wrapping for a Cause
FOR TWO SPECIAL DAYS

Can’t make it to the mall? Bring your holiday gifts to The Arc’s downtown office on Dec. 10th or Dec. 17th from 7:30 am - 6:00 pm and we’ll wrap them for you! Drop off and pick up later in the day will be available for these two special days only at...
• 680 2nd Street SE •

All proceeds benefit The Arc of East Central Iowa.
Sponsored By: Veridian Credit Union
**Upcoming Events**

**The Arc’s Holiday Party**

Sunday, December 9th, 2018  
1:00-3:00 pm  
Hallagan Center - Mercy Medical Center

Santa, Hot Cocoa Bar, Cookie Decorating,  
Crafts, Games, Balloon Twisting,  
Photo Booth, 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

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**Upcoming Family & Community Workshops**

**Special Needs Trusts**

with Kyle Wilcox, Attorney from  
Simmons Perrine Moyer Bergmann PLC  
& Teressa Hackenmiller from Thrivent Financial

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

The Arc Building  
680 2nd Street SE • Cedar Rapids

Please join us here at The Arc as Kyle Wilcox  
and Teressa Hackenmiller share with us some  
information on the basics of Special Needs Trusts.

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

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**Understanding ABLE Accounts**

with Frank Varvaris from Frank Varvaris & Associates

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

The Arc Building  
680 2nd Street SE • Cedar Rapids

The Achieving a Better Life Experience Act (ABLE Act) 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.

Please RSVP by January 31st to Lexi at  
lcoberly@arceci.org or 319-365-0487 ext.1024.
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. August - October 2018.

Volunteers  Hours - 447.50

Thank You

General Donations

Membership
Arc Advocate

Arc Friend
Brad & Jody Bridgewater, Paul & Cheryl Kiburz, James & Dorothy Klosterbuer, Glen & Karen Muters, Dale & Debra Rettenmeier, Emmett & Ann Scherrman, Sharon Wilcox, Craig & Candy Wood

Arc Builder
Teri Copler, Brian Fagan, Bob & Stephanie Grovert, Mark Hanrahan, Jim LeMaster, Suzanne Revers

HCBS Rent Subsidy
Some good news to share! Iowa Finance Authority (IFA) is close to working its way through what had been a lengthy waiting list for HCBS Rent Subsidy assistance. That means new application submissions would be welcomed! Although applications for assistance under the program are accepted at any time, some may have been reluctant to submit an application given the lengthy waiting list that previously existed. If you or someone you know is receiving services under a Medicaid HCBS Waiver (including Habilitation services) who are in need of rental assistance now is a great time to apply!

For more information about the HCBS Rent Subsidy Program, including eligibility requirements, the application form and instructions can be found at http://iowafinanceauthority.gov/Public/Pages/PC81LN11.

Please contact Nancy Wallis, HCBS Rent Subsidy Program Manager, at 515-725-4942 or Nancy.Wallis@iowa.gov with any questions.

In Honor Of
Gary Cordell’s Bike Ride
Ray & Mary Collins, Teresa Dusil, Brad Jenewein, Melinda Kranig, Danette Kremer, Judith Lehman, Michael Nurre, Cindy Ribble, Terrie & Scott Seibert, Barbara Soukup, Eric Villhauer, Winks Tap, Inc.

Birdies for Charity Donors
Steve & Cheryl Duke, Carol Klocke, Dustin & Tate Moser, Andrew Schaefer, Kristin Schaefer, Matt Taylor, Duane Willhite

Thank You

General Donations

Memorials
Sara Smith
Ryan Smith

In Honor Of
Gary Cordell’s Bike Ride
Ray & Mary Collins, Teresa Dusil, Brad Jenewein, Melinda Kranig, Danette Kremer, Judith Lehman, Michael Nurre, Cindy Ribble, Terrie & Scott Seibert, Barbara Soukup, Eric Villhauer, Winks Tap, Inc.

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Arc Builder
Teri Copler, Brian Fagan, Bob & Stephanie Grovert, Mark Hanrahan, Jim LeMaster, Suzanne Revers

VOTE FOR US!
We are a 2019 The Gazette Gives Back recipient.


Your vote gives us FREE advertising space in The Gazette!
Consumer Spotlight

Allyson “Ally” Jonesi
Hi, my name is Ally and I live in Cedar Rapids. I have three dogs, Gemma, Wrigley, & Ziggy.

My Favorite Arc Event:
I like attending the The Arc’s holiday party because I can make crafts and hang out with my friends and family all together.

My Favorite Arc Memory:
I love The Arc’s getaways! Especially the ones just for us over 21 because you get to do “big kid stuff” and still have fun.

My Favorite Outside Activity:
I enjoy playing with my niece, Bayleigh, and chasing her around.

My Favorite Hobbies:
I like to play video games like Mario or Just Dance. I also enjoy getting my nails done.

My Favorite Food:
Pasta... any kind! But I really LOVE Olive Garden! I also really like french toast with Nutella... yum!

FOR SALE

We have an abundance of this past years’ Arc March T-shirts left.

Select sizes available.

Stop in at The Arc’s main office to see what is available.

First Come - First Serve.

| Wish List |

$3.00 each

We hope everyone has a happy and safe holiday season!

Happy Holidays

Wish List

From every day items to special requests. We are always in need of items to keep our office and programs running. Donations can be dropped off at The Arc’s main office anytime. Thank you for your support!

Kitchen Needs
- Paper Towels / Paper Plates
- Ziploc Bags (Gallon & Sandwich Size)
- Plastic Spoons & Forks / Plastic Wrap
- Scrubbers For Washing Dishes
- Digital Kitchen Timer

Snack/Cooking Activity Items
- 100% Juice
- Snack Crackers (Whole Wheat)
- Cake Pans / Blender

General Supplies
- Baby Wipes / Kleenex
- Dish Soap / Bleach
- Hand Sanitizer, Soap, Soap Refills
- Garbage Bags / Disinfectant Wipes

Office Supplies
- Sharpies / Ink Pens (blue/black ink)
- Dry Erase Markers / Clipboards
- Composition Notebooks
- Plastic/Paper Folder (2 pocket)
- Loose Leaf Paper (Wide Ruled)
- 3-Ring Binders (2-inch)
- Coloring Pencils & Washable Markers
- Mechanical Pencils
- Masking Tape / Duck Tape
- White Construction Paper

Program Needs
- Batteries (AA, C and D)
- Dolls/Barbies/Transformers/Dinosaurs
- Star Wars & Marvel Toys
- Adult Coloring Books
- Kids Coloring/Activity Books (Super Hero/Contemporary)
- Board Games For Teens/Adults (Scattergories, Pay Day, Life, Clue, Apples to Apples Jr., Heads Up!, Scrabble, Monopoly)
- CDs (Kid Music, Nursery Rhymes)
- Karaoke CDs (w/ Vocals)
- Legos (Ages 8+) / Kinex
- Whiffle Ball & Bat Set
- Dramatic Play Sets (Kitchen, Grocery Store, Tools, etc.)
- Bingo Prizes (Assortment)
- Sensory Items (Water Tubes, Soft Plastic Gel Filled Shapes)
- Books On CD For Kids & Teens
- Weighted Blankets
- Newer DVDs (G or PG)
- Paint For Crafts
- Weaving & Jewelry Making Kits
- Bean Bag Chairs / Bubbles
- Reusable Water Bottles

Clothes
- Towels (Bath or Beach)
- Teenage Sized Shorts/Swimsuits (Boys & Girls - Draw Strings or Elastic)
- Dress Up Clothes (Various Sizes)
- Travel Size Deodorant (Mens & Womens)
- Combs/Hair Brushes / Elastic Hair Ties

Holiday Schedule

The Arc offices will be closed the following days for the upcoming holidays.

Thanksgiving
- November 22nd & 23rd

Christmas
- December 24th & 25th

New Years
- December 31st & January 1st

* The Arc Daycare WILL BE OPEN December 31st.
Choose The Arc of East Central Iowa as your beneficiary when shopping on smile.amazon.com. At no cost to you, Amazon will donate a portion of your purchase price to The Arc of East Central Iowa.

DONATE A CAR
CHANGE A LIFE

Tax Deduction
Free Towing

1-877-272-2270

www.thearc.org

Identify The Arc of East Central Iowa and we will receive 90% of proceeds. Program administered by Melwood Co. in cooperation w/The Arc of the US.

CLEAN YOUR CLOSETS
SUPPORT THE ARC

Use the following number to donate in support of The Arc of East Central Iowa
Arc # 1957 - 252 Blairs Ferry Rd NE, Cedar Rapids
More information please call 319-365-0487
No appointment needed when contributing to a Non-profit.

Want to advertise on this page?
Please contact us at 319-365-0487 for more details!

Large & Small Ads Available

Want a job where you’ll make a difference?

Come work for us!

A Direct Support Professional (DSP) assists with activities of daily living, encourage attitudes and behaviors, assist individuals to lead a self-directed life, and contribute to the community. A DSP also acts as an advocate, in communicating their needs, self-expression, and goals.

Flexible hours • Work with a variety of ages • Work in various settings • Participate in an assortment of activities

* Must be 18 years or older and have a valid driver’s license.

Applications are available at The Arc or online at www.arceci.org.
Please return to HumanResources@arceci.org or 680 2nd Street SE, Cedar Rapids, IA 52401

The Arc
East Central Iowa

Frank A. Varvaris
Serving All People with Disabilities and Their Families Since 1990

Assisting with:
Disability Eligibility and Benefits Navigation
Special Needs Planning
Social Security Disability
Special Needs Trust Administration
HCBS Waiver Applications
... and more!
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Providing individualized and quality residential (intermediate care facility, supported community living and host homes) and vocational services across Iowa for over 30 years.

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Asst. Director
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• Volunteer Opportunities
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www.optionsoflinn.org

Valuing every person, every day, for over 35 years

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www.disabilityplanning.org

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Mission Statement

The Arc of East Central Iowa empowers people with intellectual and related disabilities to engage in lifelong opportunities to live, learn, work and play with dignity, freedom and full inclusion in their communities.

Make a Difference
Donate at www.arceci.org

Wrapping for a Cause

No matter where you do your holiday shopping... online or in a store... bring your gifts to us and let us do the wrapping for you!

Lindale Mall Food Court
Nov. 30th - Dec. 24th • Open daily at 11:00

All proceeds benefit The Arc of East Central Iowa

Sponsored By: