

Learning the Impacts of Healthcare Legislation

As a parent and caregiver to a child with significant disabilities, I've learned to embrace and even see the value in not knowing what's coming next. Koan, my youngest son, has global developmental delays. He is nine years old and doesn't walk, talk, or feed himself. No doctor or specialist has been able to tell us why this happened. He is who he is. With Koan in my life, I've learned to be more present in the moment.

The efforts to repeal and replace the ACA or Obamacare got my attention last spring and really started my efforts in disabilities advocacy. Even though I had no idea what to do or where to start, I knew I had to do something. While I'm sure that I'm making a lot of rookie mistakes, I've also discovered that my voice has real power. And, since Koan has no voice in our political system, it's my responsibility to speak for him.

I have largely been focusing my advocacy efforts on educating legislators and policymakers on what the changes to the ACA will mean for people with disabilities. My primary method has been to tell Koan's story and let them know what we stand to lose. While it's difficult to say with certainty what the exact impacts would be if the proposed Medicaid cuts went through, it is safe to say that many services that are essential to my family would be significantly degraded or removed. For example, it's possible that disabled people in Iowa would lose access to "Optional Medicaid" services such as prescription drug coverage, therapy (physical, occupational, speech), mobility/prosthetics, and community and home-based services like respite care just to name a few. Of course, the loss of these types of services would be a disaster for individuals with disabilities, caregivers, and families who support disabled people. This is both ethically and morally reprehensible.

Uncertainty is really difficult. And, while it is pointless to worry about things that are beyond our control, policy is something all of us can work to change. I am striving to become a strong advocate for disabled people and caregivers. While I often don't know what I don't know about how to be a good advocate, I've come to realize that I do have power to effect change. I would encourage all parents, caregivers, and disabled people to take the same journey toward advocacy and empowerment that I've started this year. Our voices do matter, and together we can make a difference.

Craig Barnum

P.S. To learn more about The Arc's stance on Health Care Legislation please visit <http://insider.thearc.org/category/health-care/>



You can follow Koan's journey at <https://KoansAnswer.wordpress.com>

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From the Director's Desk

Greetings!

August finds us wondering what happened to summer. Here at The Arc summer time means we see a welcome increase in program attendees. An additional 70 individuals partake in a variety of activities that requires an intensive amount of planning to coordinate hiring and training, planning activities, and getting sites prepared.

Thankfully due to dedicated staff with many years of experience they make this seem like just another summer. As programming winds down we hope that the memories of a fun filled summer will live on.

In this edition of the Challenger you will learn about a new volunteer program we are introducing in partnership with United Way. We look forward to building our volunteer base to partner with our staff to bring about greater efficiencies and outcomes. If you have a skill that you would like to share please make sure to read the article to learn more.

On our front cover one of our caregivers, Craig Barnum, shares his insights on caring for a child with a disability and potential impacts to changes in healthcare legislation. After three attempts no healthcare bill has been signed. We will keep a vigilant eye on any further actions and keep you updated. Another valuable resource is The Arc of the US. They provide position statements about the impact the proposed healthcare bills could have on Medicaid along with information regarding legislative action and how to contact your legislators. Please visit their website for up to date information; www.thearc.org/what-we-do/public-policy.

The search for an Executive Director is still underway with interviews in progress. The objective of the Search Committee is to find the best possible candidate to move The Arc forward in achieving its mission. The expectations for this position are high to protect the strong reputation our agency has in the community, especially to those we are privileged to serve. We hope to have an announcement to share with you soon.

One of the greatest challenges we face as an agency is finding qualified staff. The competition is fierce! If you or anyone you know of might be interested in a meaningful career that makes a positive impact on the lives of individuals with disabilities and their families please encourage them to apply at The Arc. Applications are online at www.arceci.org. Inquiries can be sent to HumanResources@arceci.org.

Summer will soon give way to fall, my favorite time of year. I hope you enjoy the beauty Mother Nature bestows upon us with family and friends. To all the students returning to the classroom we wish you the best in the year ahead.

Kyle P. Schramp

Kyle Schramp
Interim Executive Director



Kyle Schramp



A partner agency of
United Way of East Central Iowa

ABOVE & BEYOND
WHEN A TEAM OF DEDICATED INDIVIDUALS MAKES A COMMITMENT TO ACT AS ONE...
THE SKY'S THE LIMIT.

Join us as we highlight the success of the past year
and recognize the many great citizens that help
make a difference in our community.

THE ARC OF EAST CENTRAL IOWA ANNUAL MEETING & AWARDS
Monday, September 25th at 7:00 pm
St. Patrick Parish Center - 120 5th Street NW • Cedar Rapids (Entrance is on 5th Street behind St. Patrick Church)

SUMMER 2017

Thank you to all who participated this year, and a big thanks to all the staff who made it happen!

Daycare groups enjoyed going on fieldtrips to places like Ushers Ferry, Wickiup Hill, going bowling at CRBC, to the Cedar Rapids Library, and Lindale Mall.



Some of Summer Day's favorite activities this summer were rocket building, putting on their own carnival including face painting and ring toss, trips to the mall to see the life size Lego displays, bowling, and going to the movies.

Summer Day in Linn County served close to 50 participants out at Kennedy High School for seven weeks in June and July. Thank you to Kennedy High School and the Cedar Rapids School District for allowing us to use your facilities each year to be able to put on this program.



The Jones County Summer Day group did a lot of activities and had a lot of field trips including splash pads, library activities, parks, swimming, and programs with the ISU extension. They participated in a lot of wonderful programs put on by the Monticello and Anamosa Public Libraries and learned about many animals, flowers, and enjoyed story times.

Summer Dayhab individuals participated in activities such as going to the mall, the library, local parks, Target, Walmart, and local coffee shops to name a few.



It's great to see friendships develop, and independence shine as Summer Dayhab participants advocate for themselves on where they would like to go in the community.



The Arc's Daycare Enrichment Program had a very active summer with 42 staff working various shifts to support 70+ consumers on various times and days each week.

Summer Dayhab individuals were provided with volunteer opportunities which included cleaning coolers at Horizons that are used to deliver meals on wheels, cleaning at the library, and stocking the food pantry at the Catherine McCauley Center.



Beginnings is a group for 0-5 year olds. Activities that they enjoyed were going to the Cedar Rapids Library, the area splash pads, and attending the Children's Museum in Coralville.



Achieve With Us

Project SEARCH graduation...next step is Supported Employment

The Arc's employment training program, Project SEARCH, had 12 interns successfully graduate from the program in June. The goal of the program is to have each participant develop the skills to assist them in getting a job in the community. Project SEARCH has a high rate of placing individuals with disabilities in competitive employment. Some of our graduates have received wage increases, secured benefits and have advanced in their positions. This success is due to the belief that individuals with disabilities can work in an integrated setting with the appropriate training and supports.



To assist with the transition from the Project SEARCH program to the workforce, The Arc provides Supported Employment Services to our graduates. Supported employment includes these components: Discovery, Job Shadow, Workplace Readiness, Job Development and Job Coaching. Newly hired interns and employers are offered job coaching support and natural support strategies from the Supported Employment team in order for the intern to be successful in their job.

Individuals with disabilities want to work, they want to contribute and earn a paycheck. Through their experience in Project SEARCH, they gain confidence, flexibility, independence, communication skills, and specific work skills--- all things they need to be successful in employment

settings. With the assistance of our Supported Employment team, they secure jobs that match their abilities and interests.



Service Enterprise

In January of 2017, The Arc of East Central Iowa began a journey with United Way to become a "Service Enterprise." What does this mean for us? Over the course of several months, The Arc team went through training sessions to create a new vision of a volunteer program, as well as a focus and a path to achieve that vision. After completing 16 hours of group workshop sessions, and individualized consulting, we started to bring the vision to life.

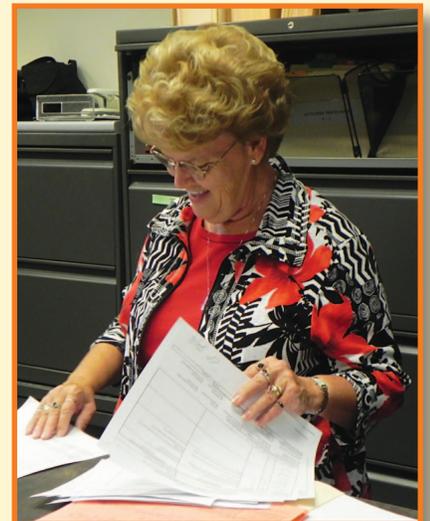
It all began with a self-assessment of our current volunteer program. At Service Enterprise Orientation, we began to assess our current program and find ways to strengthen our overall utilization of volunteers.

Our first task was to create a vision statement. **Our vision: The Arc staff will be more productive and will serve more consumers by efficiently and effectively managing volunteers in all departments while saving money and increasing our community outreach and donor base in the Cedar Rapids community.**

Next, we explored Service Enterprise through a series of workshops with 3 other local non-profits to aide and assist one another in the Service Enterprise journey. We created a variety of new strategies with the volunteer onboarding process at The Arc.

A strong volunteer program strengthens staff and maximizes outcomes. Volunteers are an integral part of a successful non-profit, and our mission with this program is to help maximize efficiency and effectiveness of volunteer hours. We will actively track the program outcomes to ensure we're making good volunteer investments. By seeing the impact they're making, we hope to keep the volunteers engaged with our organization.

We've already begun to see the benefits of Service Enterprise. Each volunteer brings a new perspective and a potential to spread knowledge of our organization's mission. With the variety of changes our organization faces each year, volunteers can help lessen the impact. Volunteers play an important role in helping us to achieve our mission. Let's see how far this journey can take us! If you or someone you know is interested in volunteering, please visit our website at www.arceci.org or contact Lexi Coberly at lcoberly@arceci.org or call her at 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. May - July 2017

Volunteers Hours - 373

Johanna Abernathy, Dianne Austad, Matt Baumann, Gary Blin, Jody Brandenburg, Chris Cahalan, Jeff Corrigan, Melissa Cullum, Janie Dawson, Jody Donaldson, Luvoria Duckett, Stephanie Erbe, Julie Gasway, Chris Graeter, Scott Griffin, Debbie Hahn, Brad Hauge, Mark Hudson, Darren Keller, Spencer Kennedy, Cheryl Kiburz, Paul Kiburz, Carla Labus, John McCuronny, Paul Meeker, Christopher Meier, Jim Messina, Mark Mitchell, Leah Moser, Ellen Mouw, Brittany Murray, Molly Nielsen, Michelle Noonan, Robin Palumbo, Brian Patton, Renae Petersen, Sara Powell, Ben Rogers, Rebecca Samcad, Kristin Schaefer, Marilyn Schaefer, Sheila Scheib, Laura Sellers, Cindy Smothers, Tyler Smothers, Erica Smothers, Jodi Sorensen, Shelby Spurgeon, Katie Streit, Melissa Tandy, Pam Thys, David Wenzel, Blake Wilkinson, Tamra Williams

Membership

Arc Friend

Judi & Jeff Barta, John & Diane Dougherty, Steven & Mary Eyanson, Eric & Ann Hearn, Clint & Gale Mote, Jim & Geri Pettitt, Dale & Debra Rettenmeier, Emmett & Ann Scherrman, Albert & Marcia Simon, Roger & Jodi Weiss, Craig & Candy Wood

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Arc Angel

Brian & Connie Bennett, Dan & Jo Blanchard, Matthew & Wendy

Bollwitt, Jim & Tobi Branam, Amir Brown, Thomas & Patty Chester, James Colbert, Mary Craven, Kay & Terry Crist, Valerie Daily, Harvey & Ellie Denlinger, John & Mary Florang, Fred Haley, Brian Jensen & Verna Hartz, Margaret Kenney, Doriene Loomis, Brian & Joanie Louis, John & Edna Lyons, Gary & Cheryl Marsh, Bill & Sandy McVicker, Mindy Meyne, Jacki Mihm, Mike & Mary Ohlhauser, Leslie Petersen, Michelle & David Pfoff, Ted & Nancy Priebe, Herb & Marilyn Schaefer, Scott & Terrie Seibert, Mary Sellers, Lou Stepanek, Bob & Jane Stolen, Mary Swanson, Melissa Tandy, Dave Thinnis (Thinnis & Liesveld), Jeffrey & Kathy Thorsteinson, Richard & Judy Woods, Nancy Woodward

Thank You

General Donations

Karen Bachman, City of Cedar Rapids Public Works/Doug McArtor, Crescent Janko Masonic Foundation, Jeff Disterhoft, Jacob Haar, Jim LeMaster, Patricia Maher, Mount Vernon Community Chest, Quota International of Cedar Rapids, Saint Pius Parish, John & Joan Schneider, United Way of Central Ohio, Veridian Credit Union, Eric Villhauer, Wells Fargo Community Support, Wellmark & Ted Messer

In Celebration of
*The Unity of Mike,
Jill & Taylor Petersen*
Rebecca Votrobeck

Memorials

Doris Donohoe

Brad & Jody Bridgewater, Chuck & Carol Butler (Artist in Ministry), Peg Carrothers, Daniel & Donna Dennis, Michael & Janice Drahozal, Bernard Drahozal, Ann & James Dunnigan, Janet & Norm Ford, Carol Gilds, James

& Valerie Gray, Mr. & Mrs. Denny Haines, Mr. & Mrs. Steve Jensen, Michael & Mary Kelley, Sven & Carol Larson, Jim LeMaster, Tom Moran, Dennis & Betty Northland, Delaine & Duane Petersen, Delores Prucha, John & Juanita Roling, Ruth Runde, Richard & Elaine Samek, Mary Lou Sanborn, William & Catherine Sheka

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James & Geraldine Pettitt

Richard H. Schulte

CRANDIC/AET

Sara Smith

Ryan Smith

Amy Smothers

James & Cindy Smothers



SUNDAY FUN DAY

KONA ICE

Sunday, September 18th
1:30 - 3:30
Clark Park
1200 N 18th Ave, Hiawatha

Free event for family and friends of The Arc!
• bring lawn chairs - park has limited benches •

Activities:
Kona Ice, Face Painting, Balloon Twisting, Yard Games, Walking and Biking Around the Track (Bring your bike/scooter/etc.), Appearance by Mr. Shucks, And More!

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Please RSVP by September 12th to Lexi at lcoberly@arceci.org or 319-365-0487 ext.1024.

Consumer Spotlight



Ellie Grovert

Hi, my name is Ellie. I'm 18 years old and live in Cedar Rapids. I have one brother, Jake. He is 21 and attends the University of Iowa. I also have a dog, Miley, and a goldfish named Smalls.

My Favorite Arc Activity:

I love the annual Easter Egg Hunt! I also enjoy going on field trips and cooking at Oasis.

My Favorite Arc Memory:

A few weeks ago I got to yell "Play Ball" before the Kernels game. I got to meet and get hugs from the players and Shucks out on the field before the game!

My Favorite Outside Activity:

I enjoy fishing with my brother, going to baseball games, and splashing in any puddles I can find!

My Favorite Hobby:

I enjoy hanging out with my best friend, Aubs, watching and or going to the movies, shopping, and going to the pet store.

My Favorite Foods:

My favorite foods are bananas, popcorn, ice cream, and tacos!

I love being out in the community and running into people I know and making new friends!

No Bake Cherry Cheese Cake Jars



Ingredients:

- 1½ cups finely ground graham cracker crumbs
- 1/3 cup white sugar
- 6 tbsp butter, melted
- 1 pkg (250g) cream cheese, softened
- 1 can sweetened condensed milk
- 1/3 cup lemon juice
- 1 tsp vanilla extract
- 1 can cherry pie filling

Directions:

1. Mix graham cracker crumbs, melted butter, and white sugar together. Press into the bottom of mason jars (or a pie plate). Let this set in the fridge for an hour.
2. Beat the cream cheese until fluffy. Gradually beat in sweetened condensed milk until combined. Stir in lemon juice and vanilla. Pour over the prepared crust in the mason jars and let chill for 3 hours.
3. Top with cherry pie filling before serving. ***Serve and enjoy!***

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

Snack/Cooking Activity Items

100% Juice
Snack Crackers (Whole Wheat)
Cake Pans
Blender
Medium & Large Sauce Pans

General Supplies

Laundry Detergent (HE type only)
Baby Wipes / Kleenex
Dish Soap / Bleach
Hand Sanitizer, Soap, Soap Refills
Broom/Dust Pan (4)
Garbage Bags

Office Supplies

Copy Paper (8.5" x 11")
Post-It Notes / Notebooks
Sharpies / Masking Tape
White Construction Paper
Colored Pencils / Pencil Sharpeners

Program Needs

Batteries (AA, C and D)
Jewelry Kits
Dolls / Barbies / Transformers
Star Wars & Marvel Toys
Coloring/Activity Books
(*Super Hero/Contemporary*)
Board Games For Teens
(*Scattergories, Pay Day, Life, Clue*)
CD's (*Kid Music, Nursery Rhymes*)
Karaoke CDs (w/ Vocals)
Karaoke Machine/Microphone
Bean Bag Chairs / Wagon
Legos (Ages 8+) / Kinex
Whiffle Ball & Bat Set
Dramatic Play Sets
(*Kitchen, Grocery Store, Tools, etc.*)
Bingo Prizes (Assortment)
Bubbles / Pool Toys
Sensory Items (*Water Tubes, Soft Plastic Gel Filled Shapes*)
Books On CD For Kids
Weighted Blankets
Newer DVDs (G or PG)
Paint For Crafts / Hairdryers
5 Point Harness Car Seats

Clothes

Towels (Bath or Beach)
Teenage Sized Shorts/Swimsuits
(Boys & Girls - Draw Strings or Elastic)
Dress Up Clothes (Various Sizes)

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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.

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Make a Difference
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May 22-26, 2017 was Public Works Week. Public Works employees are tasked with being responsive to the needs of the community on a daily basis, and the department took time during that week to thank employees for the work they do in the community.

One of the special activities that week included a dunk tank fundraiser. Several managers and supervisors were good sports and helped raise funds for a local charity by allowing their fellow colleagues to purchase throws and try to dunk them.

The person who raised the most money was given the privilege of selecting the nonprofit. Attached is a photo of Doug McArtor participating in the dunk tank fundraiser, raising the most money overall and the chance to select the winning nonprofit. Thank you Doug for selecting The Arc of East Central Iowa!



Ted Messer from TrueNorth was recently acknowledged as a top agent for Wellmark Blue Cross and Blue Shield of Iowa. Along with the award, Ted had an opportunity to select an organization of his choice to receive a substantial donation. Ted chose The Arc of East Central Iowa!

Ted is a Benefits Advisor at TrueNorth.

With 24 years of experience, Ted specializes in helping secure health and dental insurance for individuals and their dependents. He also works with individuals when they become Medicare-eligible and educates them on their options.

"I know how involved The Arc of East Central Iowa is with helping families. They provide valuable programs and support for family members, as well as respite care. I know many families who have benefited from their support and resources over the years. I'm pleased to offer this donation to their organization," said Messer.

