Inclusion

All people with intellectual and/or developmental disabilities benefit when fully included in community life.

Issue

Individuals with intellectual and/or developmental disabilities often are not treated equally. They have been labeled by their disability and separated from the community. For many years they were relegated to sterile, dehumanizing institutions. Even as they have begun living in the community, they have experienced exclusion from its schools, jobs, and social life. Moreover, the services they receive frequently segregate, isolate, and focus on an individual’s deficits rather than their strengths and lifestyle choices.

Position

All people benefit when persons with intellectual and/or developmental disabilities are included in community life. People with disabilities should be welcomed and included in all aspects of our society. This includes public activities, programs and settings, and private establishments which are open and accessible to members of the general public. People with disabilities should receive the supports they need to participate actively in community life without having to wait.

Children should have the opportunity to:

- Live in a family home;
- Have access to the supports that they need;
- Grow up enjoying nurturing adult relationships both inside and outside a family home;
- Enjoy typical childhood relationships and friendships;
- Learn in their neighborhood school in a general education classroom that contains children of the same age without disabilities;
- Participate in the same activities as children without disabilities;
- Play and participate with all children in community recreation; and
- Participate fully in the religious observances, practices, events, and ceremonies of the family’s choice.

Adults should have the opportunity to:

- Have relationships of their own choosing with individuals in the community, in addition to paid staff and/or immediate family;
- Live in a home where and with whom they choose;
- Have access to the supports that they need;
- Engage in meaningful work in a inclusive setting;
- Enjoy the same recreation and other leisure activities that are available to the general public; and
- Participate fully in the religious observances, practices, events, and ceremonies of the individual’s choice.

1 “People with intellectual disability and/or developmental disabilities” refers to those defined by the AAIDD classification and DSM IV. In everyday language they are frequently referred to as people with cognitive, intellectual and/or developmental disabilities although the professional and legal definitions of those terms both include others and exclude some defined by DSM IV.
From the Director’s Desk

The front page of this month’s Challenger discusses The Arc of the United States position on inclusion. Full inclusion and integration of persons with disabilities is a top priority for The Arc of Eastern Iowa. The notion that everyone deserves to experience all aspects of life, to me, is one of those “well of course” moments. But it hasn’t been that easy. It’s been 29 years since the Americans with Disabilities Act was signed, and we still have a ways to go. The Arc of ECI is proud to be a leader in helping individuals to access their entire community, regardless of disability. Our Day Habilitation Program is a prime example. Over 50 participants are out in the community every day, enjoying what our community has to offer. And they are also giving back by volunteering at over 20 different sites. From these community experiences they are learning about different kinds of jobs, meeting new people, learning to socialize and so much more. The secondary benefit to inclusion is the impact it has on community members that have no experience with persons diagnosed with a disability. The more we are seen, the more people will see that we are all the same. They want to have fun, work, live and gain friends just like you. The same holds true for our Supported Employment Services here at The Arc of ECI. I am happy to report that we are expanding this program to meet the growing need of persons with disabilities wanting to work in competitive employment. We are currently hiring our first full time Supported Employment Specialist. This person, along with our Supported Employment Manager and part time job coaches are working hard to make community employment at a competitive wage a reality for many. Skills assessments, job searches, resume writing and interviewing all help to prepare individuals for employment. We then help to find jobs that are of interest and support people with job coaching once they get a job. Being a part of these opportunities improves lives. And you can be a part of it. Are you an employer looking for dedicated employees? Or perhaps you want to work at The Arc and experience the joys of growth firsthand? Do you need volunteers at your place of business? If so give us a call. Be a part of the change, and watch it change you! We are all better when we include everyone!

Anne Armknecht, MBA HC
Executive Director

SUNDAY FUN DAY

Sunday, September 8th
12:00 - 2:00
Variety Star Playground at Noelridge Park
4900 Council St. NE, Cedar Rapids

Free event for family and friends of The Arc!

Please RSVP by September 3rd to Lexi at lcoberly@arceci.org or 319-365-0487 ext.1024.

Activities:
Kona Ice
Face Painting
Walking and Biking
Around the Path
(Bring your bike/scooter/etc.)

A partner agency of United Way of East Central Iowa
Managed Care Transitions Update

Iowa Medicaid Enterprise has stated that all members should have received notification of which Managed Care Organization (MCO) they have been assigned to or chosen. You also should have received your ID card from either Amerigroup or Iowa Total Care. Letters were sent by mail to notify you which MCO you are with. We have been told that Amerigroup is reaching out to all its members by phone as well. If you receive a voice mail from a MCO it is very important that you return the call as soon as possible so you can connect with your Case Manager. They will be working to set up meetings with you and your family, providers, supports. If you still do not know which MCO you are with, who your case manager is, or have not yet received your ID card, you need to call Iowa Medicaid Member services at 1-800-338-8366.

Contact information for the MCO’s is:

**Amerigroup Iowa Member Services:** 1-800-600-4441  
**Iowa Total Care:** 1-833-404-1061

If you would like The Arc of ECI to help you please contact our office, or your Service & Support Coordinator at 1-319-365-0487. We are here to help!

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**Volunteers**

As we close our FY19 books we’d like to take a moment to thank our 400 volunteers that helped us from July 1, 2018 - June 30, 2019. These volunteers were critical in the success of our Wrapping For a Cause (we were able to set a new sales record), Arc March and our Golf Tournament. In addition to helping at our fundraising events, over 100 individuals volunteered their time to make our Holiday Party, Easter Egg Hunt and even our Family & Community informational workshops possible.

Our board of director’s work tirelessly to advocate, promote and support our mission each and every day. What can we say about our volunteers who work with our consumers and help keep our administrative staff organized? We’d be lost without them. If we had to pay each of these 400 individuals what they are worth we’d be spending another $45,000! To us these volunteers are invaluable.

*A great big heartfelt thank you goes out to all of them for their passion, dedication and support!*

If you are interested in volunteering with us you can go to our website [www.arceci.org](http://www.arceci.org) and click on the volunteer tab or contact Lexi at [LCoberly@arceci.org](mailto:LCoberly@arceci.org).

We LOVE Our Volunteers!
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 2019.

Volunteers Hours - 359.25

Membership

Arc Angel
Scott & Lisa Griffin, Mark & Denise Mitchell

Arc Builder
Bob & Stephanie Grovert, Mark Hanrahan (MidAmerican Aerospace), Harvey & Judy Landt, Jim LeMaster, Clint & Gale Mote, Pete & Delaine Petersen

Arc Friend
Terry & Johanna Abernathy, Judi & Jeff Barta, Eric & Ann Hearne, Verne & Joyce Hosek (Bill and Judy King Memorial Fund), Mike & Suzanne Myers, Tod & Lori Pike, Dale & Debra Rettenmeier, Philip & Kyle Schramp, Albert & Marcia Simon, Craig & Candy Wood

Arc Advocate

Thank You

General Donations
John & Madonna Albright, Lindsey Barnes (College Community Key Club), Joan Beckman (Alpha Omega Master Chapter MA 1891), Beta Sigma Phi, Wayne Breckon, Sue & Joe Cunningham (Cunningham Family Fund of the GCRCF), Peter Gasper (BladeWorks), Jane Goedken (The Wellmark Foundation), Justice Electric, Spencer & Jaye Kennedy, Ashley Leitner, Thea Leslie (Roger & Thea Leslie Endowed Fund IV of the GCRCF), Patricia Mahler (Wal-Mart Foundation), Kathy Nelson, Tom & Sonja Penaluna (Todd Penaluna Memorial Fund of the GCRCF), Delaine & Pete Petersen (Leslie & Matthew Petersen Memorial Fund of the GCRCF), Kimberly & Thomas Petersen, Nancy Roth (CRBT), Saint Pius X Parish, John Weeks, Gretchen & Keith Wright (Keith & Gretchen Wright Fund of the GCRCF), David & Cindy Zenk (Zachary C. Zenk Fund of the GCRCF)

Memorials

David & Ethan Mortensen
Dustin & Sarah Adams, Steven & Debra Boyd, Brian & Mary Burk, George & Joann Chadima, Robert Cook, Michael & Patti Doser, Todd & Alyson Edie, Lindsey & Alexi Gustafson, Kimberly Hillyard, Kathryn & James Hoogestaat, Debra Horak, Hunters Specialties, Carolyn Lochner, Rachelle Mineck, Laura Montgomery, Leah & Dustin Moser, Diane & Jeffrey Reist, Gregg & Peggy Stark, Kevin & Teresa Wake, Robert & Carla Webster, West Bertram Fire Dept., Everett & Linda Williams, Karen Zacek, Carl & Barb Zaharadnik

Merilee Rosberg
Jim LeMaster
Sara Smith
Ryan Smith

Thank you

A huge thank you to all the staff and board members who took the time to complete our recent surveys. We appreciate the feedback! The Arc strives to improve the quality of our services on a daily basis. We are dedicated to learning from our employees as we work to ensure your employment with us is a satisfying and enjoyable experience. Your responses will be used as part of our strategic planning process. If you have comments or suggestions, please do not hesitate to reach out to us at any time. We want to hear from you!
Consumer Spotlight

Larin Krautbauer

Hi, my name is Larin and I am 19 years old and live in Cedar Rapids. I have a cat named Ozzie and this past spring I graduated from Kennedy High School.

My Favorite Arc Activities:
I like going on field trips, swimming, and The Arc March every year!

My Favorite Arc Memory:
Getting to be a part of the high five-tunnel at the last Arc night at the Kernels.

My Favorite Activities:
Swimming, watching TV (especially NCIS!), riding exercise bike, and going places with friends.

My Favorite Hobbies:
I really like swimming, listening to music, and hanging out with everybody.

My Favorite Foods:
I like to eat hamburgers, brussel sprouts, shrimp, pizza, carrot sticks, and tacos.

Family & Community Workshops
Input Needed

Throughout the year The Arc of East Central Iowa is proud to bring in individuals to talk about a variety of topics in our Family & Community Workshops.

Topics such as Special Needs Trusts, Information on SSI/SSDI, Guardianships, IEP 101 and more. While we plan to continue to bring in guest speakers to present on those very popular topics, we know there are more topics that you as a loved one would like information on. So if you have an idea for a Family & Community Workshop please send it to Lexi at LCoberly@arceci.org and we will try to get a workshop scheduled as we are sure many others would want to learn about that same topic.

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
- Nylon Pot & Pan Scrapers

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

General Supplies
- Baby & Disinfectant Wipes / Kleenex
- Dish Soap / Bleach / Garbage Bags
- Hand Sanitizer, Soap, Soap Refills
- Travel Size Febreeze / Lint Rollers

Office Supplies
- Sharpies / Ink Pens (blue/black ink)
- #2 Pencils & Pencil Top Erasers
- Dry Erase Markers & Erasers
- Composition Notebooks
- Plastic/Paper Folder (2 pocket)
- Coloring Pencils & Washable Markers
- Masking Tape / Painters Tape
- White Construction Paper
- Pocket Dictionaries
- Calculators
- Padlocks

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, Heads Up!)
- CDs (Kid Music, Nursery Rhymes)
- Karaoke CDs (w/ Vocals)
- Legos (Ages 8+) / Kinex
- Whiffle Ball & Bat Set
- 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
- Yards of Fleece

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)
- Travel Size Combs / Hair Brushes
- Travel Size Toothpaste/Toothbrush/Brush Holder

We’ve Been Selected for Operation Overnight!

Each October, Geonetric (a local digital agency) gives back to local non profits. They will work with us to strategize, code, design, write and launch a new website that helps us fulfill our mission. And they do this all within a 24-hour time period!

After our Operation Overnight experience, we will walk away with an awesome new website. This year’s Operation Overnight will occur on October 17-18th. We are very honored to be selected for this great opportunity!
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. Shop for yourself and support The Arc of East Central Iowa at the same time!

Want a job where you’ll make a difference? 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.

Want to advertise on this page? Please contact us at 319-365-0487 for more details! Large & Small Ads Available

IDENTIFY THE ARC OF EAST CENTRAL IOWA:

1. Call 319-365-0487
2. Email: arc@arceci.org
3. Visit www.arceci.org

IOWA REIMBURSEMENT LEVELS:

1. Residential
2. Supported Living
3. Day Habilitation
4. Respite

COMING IN 2023:

1. Direct Support Professionals (DSPs) will receive 100% of the wage and benefits for each position.
2. Individuals receiving services will receive 100% of the wage and benefits for each position.

Please call 319-365-0487 for more details! 

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www.disabilityplanning.org

Serving All People with Disabilities and Their Families Since 1990

Frank A. Varvaris
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

The Arc of East Central Iowa
ANNUAL MEETING & AWARDS
Tuesday, September 24th at 7:00 pm
St. Patrick’s Parish Center • 120 5th Street NW • Cedar Rapids
(Entrance is on 5th Street behind St. Patrick’s Church)
Please join us as we celebrate the success of the past year and recognize the many great citizens and employees that help make a difference in our community and at The Arc.