**The Arc Celebrates Law Enacted to Support Family Caregivers**

**Washington, DC** - The Arc released the following statement in response to the bipartisan Recognize, Assist, Include, Support, and Engage (RAISE) Family Caregivers Act being signed into law by President Trump.

“Most people with intellectual and developmental disabilities (I/DD) in our nation live with family caregivers, and nearly 900,000 of these family caregivers are over the age of 60. For many individuals with I/DD, their caregivers mean a life in the community with their family and friends. Without support for these caregivers, individuals with I/DD could face seclusion in institutional settings.

These caregivers are providing invaluable assistance with meals, transportation, personal hygiene, money management, and any other support needed. Even families that are fortunate enough to have formal long term supports and services in place for their loved ones - overwhelmingly funded through Medicaid - often maintain lifelong caregiving responsibilities. The demands of caregiving can be enormous, particularly for aging caregivers, which is why this law is so meaningful to The Arc’s community.

We thank the law’s champions, Senator Collins, Senator Baldwin, Representative Harper, and Representative Castor, for ensuring the development of a national strategy to support our family caregivers. Each vote for this bill was a vote to support caregivers so that they can continue in their critical roles in supporting their loved ones. The bipartisan support of this bill is a heartening reminder that Members of Congress can successfully work across the aisle to support the needs of their constituents with disabilities. Disability rights are human rights and the overwhelming support of this new law should be celebrated by individuals with disabilities and their families nationwide,” said Peter Berns, CEO of The Arc.

This legislation directs the Department of Health and Human Services to develop, maintain, and periodically update a National Family Caregiving Strategy, a recommendation of the national Commission on Long-Term Care. The Department is also charged with convening a Family Caregiving Advisory Council for the joint development of the strategy. Elements of the strategy are to include recommended actions that Federal State, and local governments and other entities may take to promote person and family-centered care, family involvement in assessment and service planning, information sharing and care coordination with service providers, respite options, financial security and workplace issues, and efficient service delivery.

**Meanwhile, here in Iowa...**

There are several active bills in the Iowa Legislature now related to Managed Care Organizations (MCO). Several of them call for ending the contracts of all the MCO’s and having the State take over funding of Medicaid services. Several other bills call for Long Term Services and Supports (LTSS) to be pulled out of the MCO contracts and managed by the state. The services that The Arc provides are considered LTSS services. The Director of the Department of Human Services, Jerry Foxhoven, reported to the press that managed care is here to stay and 39 states are using managed care systems now. What Mr. Foxhoven failed to mention was that in 37 of these 39 states, they do not include LTSS to be managed by the MCO’s. The only states that have managed care companies fund services like respite, Day Habilitation, etc. are Iowa and Kansas.

An argument can be made that the MCO insurance companies do not have the systems or knowledge base in place to adequately fund and understand long term services that are not solely medically based. Your elected representatives need to hear from you if you are experiencing any kind of difficulty with the many changes that have occurred with Medicaid funding/MCO’s in Iowa. They need to hear your stories. Have you had services cut or modified? Have you lost transportation services? Have you not yet been assigned a case manager? Let your elected representatives know how you have been impacted. You can find your local legislators easily by going to www.legis.iowa.gov. Then click on Find Your Legislator. Type in the town you live in and hit search. A list will pop up with a picture of your senator or representative. If you click on each of their names it will give you a great deal of information, including their email. As a helpful hint, their emails all end with @legis.iowa.gov. For example, Liz Mathis, can be reached at liz.mathis@legis.iowa.gov or you can mail them your concerns at: State Capitol Des Moines, IA 50319. To send a message directly to Governor Reynolds, go to www.governor.iowa.gov/contact. From here it is very easy to register your opinion right from this site. If you wish to mail your stories or concerns the governor may be reached at Governor Reynolds 1007 E. Grand Ave. Des Moines, IA 50319. Her phone number is (515) 281-5211. Please let The Arc staff know if we can be of any assistance with your advocacy efforts!
From the Director’s Desk

It was nearly one year ago that The Arc was selected by the United Way of East Central Iowa to participate in the Service Enterprise Initiative certification training. A Service Enterprise is an organization that strategically embeds volunteers and their skills across all levels of the organization to more successfully deliver on its social mission. The Arc partners with volunteers on a daily basis. They are an important part of our team that works to decrease barriers, educate the community, and help us raise funds for critical programs and services. They are vital to our continued success.

With the help of the United Way we have made great strides in accomplishing our Service Enterprise goals. We have developed and improved policies and procedures related to our wonderful volunteers. We have opened up new avenues for volunteer participation. For example, we currently have a volunteer from Coe College in our Marketing Department. We have made changes to our web site that make it easier to find and review volunteer opportunities at The Arc. We are surveying our volunteers to make sure they are satisfied with their experiences and to ensure they feel valued, and we have developed volunteer job descriptions. These are just a few of the improvements we have made to not only create more volunteer opportunities, but to also make sure that our volunteers know how much we appreciate and need them to meet our mission.

If you are interested in volunteering at a place that values your contributions, that helps to make positive changes in people’s lives, that rewards your heart and mind, then please contact: Lexi Coberly at lcoberly@arceci.org or 319-365-0487 ext.1024. We are currently looking for volunteers to help with the 21st annual Arc March, held March 17th. Thanks for all you do to make this world a better place for everyone!

Anne Armknecht
Executive Director

Save the Date!
June 14th

• Hunters Ridge Golf Course •

28th Annual Golf Tournament

A partner agency of United Way of East Central Iowa
2017 The Gift of a Friend Annual Campaign

We would like to thank everyone who contributed to our 2017 The Gift of a Friend Annual Campaign and to the Todd family for sharing their story with us.


Please Welcome Our New Board Member!

Wayne Breckon - Cedar Rapids Bank & Trust

Why are you interested in The Arc?

Our first child was born with Down Syndrome, which came as a total surprise to us. We were first time parents, let alone first time parents of a child with special needs. As time went on, we were continually encouraged by others that everything would be okay, and they were right. Within a few years of his birth, I got involved in an organization in Illinois very similar to The Arc, which I really enjoyed. We just moved to Cedar Rapids and I’m eager to get involved again and The Arc feels like a great fit. My favorite part is interacting with the clients.

Summer Programs - ENROLL TODAY

The Arc has various summer programs for your child and teen to participate in. Sign up for summer programming has begun for all sites. Think warm thoughts and start your summer off right!

Daycare/Enrichment Program is a year round Iowa Department of Human Services (DHS) licensed daycare program, designed to serve school aged children and young adults with and without disabilities. This program focuses on skill development such as sharing, appropriate social skills, personal hygiene, and incorporates learning through field trips, crafts, and activities, and is held Monday through Friday at The Arc’s main office, 680 2nd St SE, Cedar Rapids, Iowa. For more information contact Tara Cornelius by phone at 319-365-0487, ext. 1044.

Summer Day Program - The Arc provides Summer Day programming in Linn (Cedar Rapids) and Jones (Monticello/Anamosa) counties. Both programs run for various weeks/times during the summer months and are designed as a group respite/break for parents. For more information or to request an application please contact:

Linn County - contact Tara Cornelius by phone at 319-365-0487, ext. 1044.
Jones County - contact Emily Pennington by phone at 319-365-0487, ext. 1016.

Both programs are currently accepting employment applications.
The wonderful support of our sponsors over the past several years has helped us continue the expansion of services for those with intellectual and developmental disabilities in the community. Last year The Arc served over 800 individuals through its In-home Services, Groups Program, Daycare Services, and Adult Services. It is with assistance from our corporate sponsors that invest their financial contributions that The Arc is able to fulfill its mission to empower 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.

Sponsors are able to set a benchmark about the importance of giving to a local non-profit in the community who provides individuals with disabilities opportunities when they need it most. Our sponsors are associated with one of the longest standing non-profits serving those with disabilities in the area. The Arc of East Central Iowa is grateful to have so many strong community partners. Through these partnerships our mission to support our consumers & their families’ has become a reality.

The Arc is very thoughtful about how financial resources are utilized. It takes non-government funding to research and implement new programs and to meet the growing needs of the individuals served by The Arc. The Arc is committed to continuing to research and implement new programs to meet the unmet opportunities. Sponsorships have allowed The Arc to bring more valued services to the community and are humbled by the ongoing support to us. As we look ahead and plan for the future, The Arc hopes to continue with your partnership and support to help us reach new heights. If you would like additional information regarding our many sponsorship opportunities please contact Lexi Coberly at lcoberly@arceci.org or 319-365-0487 ext. 1024. We would love to talk with you about how we can highlight your business as you support families with disabilities in your community. Thank you!!
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. November 2017 - January 2018.

**Volunteers**  Hours - 1176.75


Tim & Barb Soukup, Mark & Angela Sturtz, Keith and LaNae Weber, Jeffrey & Julie Wenzel, Larry & Peggy Wright

**Arc Friend**

Anne Armknecht, Dianne & John Austad, Brenda Carter, Jack & Nancy Evans, Eugene & Crystal Fisher, Dudley Fleck (Fleck Sales), Doug & Sara Kelley, Karen Knox, Scott & Kim Loggins, Mark & Sheryl Morgan, Mark Ogden & Iris Muchmore, Pam & Barb & Susan Polglaze, David Wenzel

**Arc Builder**

Mark Hanrahan (MidAmerican Aerospace), Spencer Kennedy, Chuck & Mary Ann Peters, Sandra Raymon, Sara Raymon, David & Rhonda Schulz (Transamerica), Gretchen & Keith Wright

**Arc Angel**

Dennis & Rebecca McCollough

**Thank You**

**General Donations**

Karen Bachman, Teresa Barmore (U of I CCU), Julianni Beckett, Cedar Valley Chapter of CPCU, Peter & Deanne Doval, Elaine Duvall (CRANDIC), W.S. Elliott (Crescent Janko Masonic Foundation), Doris Fry (Doris Fry Charitable Trust), Rosemary Gabe, Mark Hanrahan (MidAmerican Aerospace), Daniel & Gail Hawthorne, Jim LeMaster, Patricia Maher (Wal-Mart Foundation), Scott McLeod (May G. Gortner Charitable Trust), Kathleen Poynter, Julie & Rich Shebek

**Memorials**

Isabelle Chadim
Beth Bakeris, Sharon & Gary Knapp, Marilyn Patterson, Julie Vanous

Toni Giannini
Stephanie & Keith Allison, Dennis & Patricia Coon, Lola & Robert Galiher, Mark & Lori Haight, Lucia Hutchcroft, Annette Knipper (Regional Medical Center Employees), Jan Schmidt, Mary Boland Twonmey, Bret & Dana Worley

**Mary Labarge**
First Federal Credit Union

Sara Smith
Ryan Smith

**United Way**

Thank you to those below and the anonymous donors who designated their 2017 United Way donations to The Arc of East Central Iowa.


**Photography**

Special thanks to Jim Messina from Prairie Wings Media Productions, LLC for our wonderful event photographs.
Consumer Spotlight

Hi, my name is John. I’m 24 years old and I live in Robins. I have one brother, Sam who lives in Seattle, WA.

My Favorite Arc Activity: Being out in the community with my Dayhab friends.

My Favorite Arc Memory: Attending sporting events; especially had fun at the rodeo a couple of years ago.

My Favorite Outside Activity: I love being my dad’s caddy out on the golf course.

My Favorite Hobby: I love watching movies filled with suspense.

My Favorite Foods: My favorite foods are steak with mashed potatoes and fresh veggies; chicken fettuccine alfredo with broccoli; and of course ice cream!

I love to follow sports—especially baseball and football.

13th Annual Special Needs Easter Egg Hunt

Saturday, March 24th
Regis Middle School
735 Prairie Dr. NE | Cedar Rapids
10:00 am - Activities
11:00 am - Egg Hunt
For those with special needs ages 21 and under and their siblings up to age 10.

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

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

Office Supplies
- Sharpies
- Masking Tape
- White Construction Paper

Program Needs
- Batteries (AA, C and D)
- Dolls / Barbies / Transformers
- Star Wars & Marvel Toys
- Coloring/Activity Books (Super Hero/Contemporary)
- Board Games For Teens (Scattergories, Pay Day, Life, Clue)
- 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)
- Bubbles
- 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

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

Project SEARCH Information Night

Thursday, March 8th, 2018
5:30 - 7:00 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)

The Arc of East Central Iowa, in partnership with UnityPoint - St. Luke’s Hospital and Iowa Vocational Rehabilitation Services, is hosting a Project SEARCH Information Night to discover more about the program. 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

13th Annual Special Needs Easter Egg Hunt

Saturday, March 24th
Regis Middle School
735 Prairie Dr. NE | Cedar Rapids
10:00 am - Activities
11:00 am - Egg Hunt
For those with special needs ages 21 and under and their siblings up to age 10.

Join us rain, snow, or shine! In case of inclement weather, activities will be held inside.

Activities Include:
- Arts & Crafts, Games, Prizes, and a visit from the Easter Bunny!

Please RSVP by March 16th to Lexi at lcoberly@arceci.org or 319-365-0487 ext. 1024.

13th Annual Special Needs Easter Egg Hunt

Saturday, March 24th
Regis Middle School
735 Prairie Dr. NE | Cedar Rapids
10:00 am - Activities
11:00 am - Egg Hunt
For those with special needs ages 21 and under and their siblings up to age 10.

Join us rain, snow, or shine! In case of inclement weather, activities will be held inside.

Activities Include:
- Arts & Crafts, Games, Prizes, and a visit from the Easter Bunny!

Please RSVP by March 16th to Lexi at lcoberly@arceci.org or 319-365-0487 ext. 1024.

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

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

Office Supplies
- Sharpies
- Masking Tape
- White Construction Paper

Program Needs
- Batteries (AA, C and D)
- Dolls / Barbies / Transformers
- Star Wars & Marvel Toys
- Coloring/Activity Books (Super Hero/Contemporary)
- Board Games For Teens (Scattergories, Pay Day, Life, Clue)
- 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)
- Bubbles
- 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

Clothes
- Towels (Bath or Beach)
- Teenage Sized Shorts/Swimsuits (Boys & Girls - Draw Strings or Elastic)
- Dress Up Clothes (Various Sizes)
Shop for yourself and support The Arc of East Central Iowa at the same time!

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 a job where you’ll make a difference?

Come work for us!

Want to advertise on this page?

Please contact us at 319-365-0487 for more details!

Large & Small Ads Available

Frank A. Varvaris
Serving All People With Disabilities Since 1990
Comprehensive Estate & Life Planning For Individuals and Their Families

CONSULTING • PLANNING • NAVIGATING

• Applying for SSI/SSDI
• Title 19 Eligibility
• HCBS Waivers
• Spend Down Strategies
• Medicare Eligibility
• Use of Special Needs Trusts
• Administration of S N Trusts
• Understanding CDAC & CCO
• Ticket to Work (EN)
• Inheritance Issues

www.disabilityplanning.org • 319-862-0363

Life to the fullest.
Every day.

319.393.1944
www.remiowa.com

www.disabilityplanning.org

319-862-0363

• Applying for SSI / SSDI
• Title 19 Eligibility
• HCBS Waivers
• Spend Down Strategies
• Medicare Eligibility

www.disabilityplanning.org

• Use of Special Needs Trusts
• Administration of S N Trusts
• Understanding CDAC & CCO
• Ticket to Work (EN)
• Inheritance Issues

www.disabilityplanning.org

Philanthropic Planning: Charitable Giving Strategies
Estate Planning: Probate Avoidance, Trusts, Wills
Life Insurance Planning
Medicaid Planning

www.disabilityplanning.org

CONSULTING • PLANNING • NAVIGATING

Providing individualized and quality residential (intermediate care facility, supported community living and host homes) and vocational services across Iowa for over 30 years.

Providing Vacation Experiences for Persons with Physical and Developmental Challenges since 1972

7900 Old York Road, Suite 111-B
Elkins Park, PA 19027-2310
215.782.1370
fax: 215.635.2637

Irv Segal, DCSW, LSW
Director
gtour400@aol.com

www.guidetour.com

www.thearc.org

Day Habilitation Services with many Options

Options of Linn County

Celebrating 50 Years of Services to the Community

1240 26th Ave. Court SW Cedar Rapids, IA 52404 • Ph: 319-892-5800

• Partnering with over 150 Community Organizations and Businesses
• Consumer developed calendar of activities with dozens of choices each day.
• Volunteer Opportunities
• Transportation Provided
• Customized Activities
• Daily full and half day integrated community opportunities.

Want to advertise on this page?

Please contact us at 319-365-0487 for more details!

Large & Small Ads Available

Come work for us!

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.

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

Please contact us at 319-365-0487 for more details!

Large & Small Ads Available

Consumer Marketplace
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

Come walk with us as we join together to raise awareness about intellectual and related disabilities at the 21st Annual Arc March

March 17th, 2018 • Lindale Mall
8:00 am - T-Shirt pick-up / Breakfast / Entertainment
9:30 am - Walk begins

Go to www.arceci.org for details on this event or to make a donation!

• CELEBRATING THE ABILITIES IN ALL OF US! •