Rise Up Annual Campaign

We are excited to share with you a story of how your support of The Arc of East Central Iowa has helped a young boy rise up into the man he is today. Price Strunk-Sosalla is a 28-year-old man who has risen up against many challenges to accomplish some great things in his life!

At 20 months of age this intelligent and caring young man just stopped talking. He was diagnosed with an intellectual disability, autism and attention deficit disorder. Price’s early years were marked with behavior problems, aggressive tendencies and hypersensitivity to sound and light. Regardless of these challenges, Price’s mom Sandra was determined to find a way for him to be his best self. Price was about 10 years old when his family moved to Cedar Rapids and he began using The Arc of ECI Respite and Group Services. He later also participated in the Supported Community Living Program, where he worked on goals such as socialization and communication. He began to meet peers and experience many community activities and events. Price participated in special school activities and was very proud of his graduation from High School and then later the Success Center.

However, Sandra worried what would be the next step for him. She was determined to find something for Price that allowed him to continue his journey of being involved in the community and that placed expectations on him. The Arc of ECI’s Day Habilitation program was the perfect fit! Here Price was able to work on skills and get his first real opportunity to volunteer in the community. Although Price remained fairly nonverbal he excelled. He continued to rise to every challenge and every new opportunity that came his way. In fact, after two years he told his mom it was time for him to graduate from Day Habilitation! This decision would change Price’s life forever.

Price and his team got together to brainstorm next steps. The Arc’s Project SEARCH nine-month vocational internship program was discussed. But not everyone on his team thought he would be a good fit. Price was barely verbal, rarely made eye contact, and had limited social skills. But Sandra and The Arc of ECI staff were convinced that, with some special accommodations, Price could do it. More importantly, Price wanted to try! Throughout his internship with Project SEARCH Price began to, as his mom puts it, “blossom into the person he was meant to be.” He discovered that he enjoyed washing tables and excelled working in the dining department at UnityPoint-St. Luke’s Hospital. As his independence grew his personality began to blossom as well. To the amazement of all, at his graduation from Project SEARCH, Price got up and gave a speech to the entire crowd! Something no one ever imagined they would see Price do.

Following his success in Project SEARCH, Price went on to participate in The Arc of ECI’s Supported Employment Program. Knowing that Price would not be able to do a verbal job interview, The Arc of ECI staff came up with the idea of creating a video resume. Crystal Group, a local business, watched his video resume, loved it and he was hired!

Currently, The Arc of ECI Job Coaches check in with Price occasionally to make sure everything is going well. Price works five days a week, he excels in casual conversations, and greets his coworkers with high fives in the hallways. He loves his job! Sandra describes Price’s journey thus far as an awakening. She credits The Arc staff, calling them “incredible human beings that have that extra something special in their hearts.”

Despite being non-verbal for most of his life Price has also taken an interest in other cultures. He has been able to teach himself by watching YouTube videos to write and speak four languages. He says he loves the idea that people of different nationalities get together and love each other.

Will you join us in opening your heart to over 800 individuals as they work to realize their full potential? With your support we can continue to provide services that help individuals like Price to rise up! Your gift will stay with The Arc of East Central Iowa, helping to provide the same services and programming that helped Price become the man he is today. Price is nothing short of an inspiration as to what is possible!

We sincerely hope you consider giving a tax-deductible gift today.

Rise with us...
From the Director’s Desk

November is National Caregivers Month. The Arc of East Central Iowa would like to recognize and thank all of the caregivers in our community who are helping to take care of a family member or friend. Nationally, it is estimated more than 43.5 million Americans provide care for a loved one. Caregivers provide assistance with meals, transportation, personal care, money management, companionship, healthcare and so much more. These special people find it in their hearts to take care of those in need. Unless you have been in the position to be a caregiver, it is very hard to understand the enormity of such responsibility. The Arc of ECI works to support these “in-home heroes” by offering respite services. Respite allows the caregiver and family to take a break from their responsibilities so they can recharge, relax, relieve stress, and maintain their own health. To all of you caregivers, we support and admire what you do every day.

Anne Armknecht, MBA HC
Executive Director

The Arc’s Holiday Party
Sunday, December 8th, 2019
1:00-3:00 pm
Hallagan Center - Mercy Medical Center

Santa, Hot Cocoa Bar, Cookie Decorating,
Crafts, Games, BINGO, Balloon Twisting,
Face Painting, Photo Booth, and more!

Fun for the whole family!

Please RSVP with number attending
no later than Monday, December 2nd
to Lexi at lcoberly@arceci.org or
(319)365-0487 ext.1024

Thank you to the employees of
Collins Community Credit Union for sponsoring this event.
Changes to Conservatorship & Guardianship starting in Jan. 2020

Did you know that there will be changes starting in January 2020 to our state’s current laws in regard to Conservatorship and Guardianship? It should be noted that these new changes will affect everyone that is either thinking of getting one for their loved one or has one (or both) in place currently. While there are still some details left to be finalized by our legislature below are some of the bigger changes that most people will notice. Please consult your attorney for more information and how it impacts your Guardianship & Conservatorship.

Conservatorship Law

• Personal Property - Starting in January you will no longer be able to sell any personal property without going to the court for approval first.
• You are more likely to have put up a bond to be a conservator.
• The conservator will need to complete an “initial plan” with the court. The most important part of this is the annual budget. It will also state in the initial plan how long the conservatorship will last, how the conservator will involve the protected person and if ordered by the court state how the conservator will restore the protected person’s right to their money. It is important to note the initial plan cannot be waived and must be filed with the court.

Guardianship Law

• All guardians and conservators are now required to undergo a background check and if you are the person that starts the process, then you will be responsible for paying the fee for the background checks.
• The time period to file an annual report for both adult and minor guardianships is now shortened.
• For both minor and adults, the petition that must be filed includes extra requirements and expanded list of interested persons entitled to receive notice of petition. For adult guardianships, the people entitled to notice include not only the spouse but also (1) adult child and (2) parents of the protected persons.
• For adults, the guardians must state why there is no less restrictive alternative to having a guardianship. The legislators want to make sure that a guardianship is absolutely necessary for the protected person.

This is not a list of all the changes, but rather those that will impact the most people. We want to thank David Wenzel and Noah Schmall both attorneys from Lynch Dallas, PC for presenting these new changes in our family & community workshop in October. Be on the lookout for more information on a repeat presentation from David and Noah in the spring of 2020.
Things to Share

A New Website

October 17th marked the start of a major undertaking for The Arc of East Central Iowa’s website. By midday on October 18th, a new website was revealed. A very collaborative team worked on various aspects of the website including selecting a design, creating and revising content, creating online forms, expanding social media outreach, development of an employee portal, enhancing customer service, and incorporating photos and videos that reflect our mission in action.

Each year Geonetric, a local digital agency and software developer for the healthcare industry, takes time away from their normal business of building websites for their own clients and hosts Operation Overnight. Geonetric seeks applications from local nonprofits who are in need of a new or enhanced website, to submit an application for Operation Overnight. As part of the application process we were asked to create a wish list of the changes we would like to make to our website. Being selected for Operation Overnight was like a dream come true. To make sure our requirements were understood a preliminary meeting took place with the team who would be working on our website. This allowed us to better understand what to expect and to ask questions of each other for planning prior to the event.

We are truly grateful to have such amazingly talented and generous community partners who share their talents with their local communities. Without Operation Overnight, The Arc of East Central Iowa would not have had the resources to do this. Thankfully, Geonetric understands the value and impact that an effective website has in helping an organization to share its mission.

As Operation Overnight drew to a close, we were elated that our wish list had been fulfilled...they made all of our wishes come true. It was as though we were participants in a top notch magic show. The new website will provide a launching pad that will enable more effective communication with our employees, clients, families, members, volunteers, donors and the general public. If you have not yet visited our new website, please check us out at www.arceci.org and experience the magic.

Energy Assistance Programs at HACAP

HACAP has different energy assistance programs available. The **Low Income Heat Energy Assistance Program (LIHEAP)** is the main program. They integrate this vital program with Emergency Crisis Intervention (ECIP) and their homeowner furnace projects, providing furnace maintenance, repair and replacement.

It is designed to help low-income families meet the cost of home heating. It is not intended to pay your household’s total energy costs, but to pay a portion of residential heating costs for eligible households. In most cases, benefits will be in the form of a credit applied to your utility company heating bill. All households applying for LIHEAP will also be applying for Weatherization Assistance Program at the same time.

**Emergency Crisis Intervention Program (ECIP) and Assessment & Resolution**

are energy crisis programs. These programs can provide assistance for a variety of energy crises, including:

- Emergency Heating Fuel
- Utility Disconnection and/or Service Re-connection
- Furnace Repair/Replacement for Homeowners

LIHEAP approved households are eligible for crisis program consideration. Being approved for crisis programs is based on specific program guidelines and if funds are currently available.

**For questions, call the Energy Line at (319) 739-0100.**

To download an application please go to:

https://www.hacap.org/what-we-do/energy-conservation/apply-liheap/
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 2019.

Volunteers Hours - 238.50

Thank You

General Donations
Debbie Ackerman, Amanda Bair, BMO Harris NA, Molly Burma, Crescent-Janko Masonic Foundation, Doris P. Fry Trust, Jacob Harr, Andrew Helle, Vance & Debra Hinrichs, Shawn Hoffmann, Justice Electric Co.-Award from Ryan Companies, Ashley Leitner, James LeMaster, Darin Lilie, Janet Mason, Margaret Mineart, Carolyn Muehlbauer, Karen Nelson, Deloris Russo, James Smothers, Sonja Steinhauser, Christy Taylor

Memorials
Cornelius Burke
Debra Walderbach

Karen Grummer
Diane Garber

Dorothy McGuire
Anne Davis

David & Ethan Mortensen
Christine Duffy

Amy Rettenmeier

Sara Smith
Ryan Smith

In Honor Of
Cordell Bike Ride 2019
Laurie & Tim Cooper, Matthew Cover, Teresa & Randall Dusil, Cynthia Erger, Brandi Flood, Jean & Clayton Harmon, Melinda & Brian Kranig, Karen Landuyt, Robert & Judith Lehman, Lineea Martin, Andrew & Jessica Muxen, Nicolas & Elisabeth Parilo, Neil & Tara Patterson, Nate & Nathan Petersburg, Steven & Cindy Ribble, Debra Riley, Gerry & Janet Tener, Sara & Dale Todd

Larin Krautbauer
Leeann Hoffstrom

Membership

Arc Builder
Teri Gibson

Arc Friend
Brad & Jody Bridgewater, Lu Canning, John & Diane Dougherty, Frances Hatfield, Annette Kenney, Paul & Cheryl Kiburz, James Klosterbuer, Emmet & Mary Ann Scherrman, Kevin & Kim Steele, Sharon Wilcox

Arc Advocate
Keenan Flood

Hi, my name is Keenan and I am 16 years old. I have 2 sisters and a brother. I also have 2 dogs at my mom’s house: Tessa and Josie.

**My Favorite Arc Activity:**
I like going on outings with groups of my peers.

**My Favorite Memory:**
Going to the Children’s Museum at the Coral Ridge Mall.

**My Favorite Activities:**
I like to sit on the bench outside The Arc and people watch. I also enjoy Wii Let’s Dance.

**My Favorite Foods:**
I love ‘sweets’ and Dr. Pepper! I also like healthy foods like yogurt, pretzels, and bananas, but I can be picky sometimes. My all-time favorite things are chicken nuggets, pizza, chips and ice cream!!!!

I am a very social person; I like to make people laugh. I love watching Lion King & Shrek the Musical! I also love listening to Michael Jackson music.

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**Holiday Schedule**

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

**Thanksgiving**
November 28th & 29th

**Christmas**
December 24th & 25th

**New Years**
December 31st & January 1st

* The Arc Daycare WILL BE OPEN December 31st.

We hope everyone has a happy and safe holiday season!

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**President Signs Autism CARES Act**

On September 30, the President signed into law the Autism Collaboration, Accountability, Research, Education, and Support (CARES) Act of 2019 (H.R.1058). The Arc strongly supports this bill to reauthorize the Autism CARES Act, which funds critical autism research, surveillance, and education programs at the National Institutes of Health (NIH), Centers for Disease Control and Prevention (CDC), and Health Resources and Services Administration (HRSA). This reauthorization includes a greater focus on the needs of people with autism and other developmental disabilities across the lifespan. It also increases the minimum number of self-advocates on the Interagency Autism Coordinating Committee (IACC). The law was reauthorized for five years.

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**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 or shop our Charity List on AmazonSmile. Thank you for your support!

**Kitchen Needs**
- Aluminum foil
- Can opener – heavy duty
- Dish soap
- Paper bowls
- Paper plates
- Paper towels
- Plastic spoons and forks
- Plastic wrap
- Ziploc bags (gallon, quart, sandwich size)
- Ziploc FREEZER bags (gallon)

**Snack & Cooking Activity Items**
- 100% juice
- Cookie sheets
- Disposable cake pans (9x13 foil pans w/ lids)
- Frosting for cakes
- Muffin tins
- Pan non-stick spray
- Re-useable cake pans (9 x 13)
- Snack crackers (Ritz, Graham, Club, Oyster, Saltine)

**General Supplies**
- Baby wipes (unscented/sensitive)
- Hand sanitizer & refills
- Hand soap & refills
- Kleenex/Tissues

**Office Supplies**
- Batteries (AAA, AA, C & D)
- Double-sided tape
- Dry erase markers/erasers
- Ink pens (blue and black)
- Masking tape
- Sharpies
- Sticky tack

**Program Needs**
- Adult coloring books
- Bean bag chairs or bean refills
- Board games for teens/adults (Scattegories, Pay Day, Life, Clue, Heads Up, etc.)
- Books on CD for kids & teens
- Bubbles
- Coloring/activity books (super hero/contemporary)
- Construction paper (8.5x11-various colors)
- Crayola crayons
- Dice
- Dinosaurs
- DVDs (newer G/PG)
- Kinex
- Master Pieces NFL Matching Game
- Sensory items (water tubes, soft plastic gel-filled shapes)
- Transformers
- Washable markers
- Weaving & jewelry making kits

**Clothes**
- Teenage-sized shorts and jogging pants and swimsuits (boys & girls – draw strings or elastic)
- Towels (bath & beach)
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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
Dec. 6th - 24th • Open daily at 11:00

All proceeds benefit The Arc of East Central Iowa

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