

FROM THE DIRECTOR'S DESK

Happy Spring Arc Friends and Family!

As the weather improves and we shake off months of snow, shoveling, and freezing weather, let's celebrate the end of a year where we survived and thrived despite adversity! It was this month in 2020 when COVID-19 intensified – our kids were out of school for spring break and many never went back. Offices and programs closed, and working from home became the standard. Personally and professionally, each of us had to constantly adapt to new information, new challenges, and determine the best ways to keep ourselves and loved ones safe. Slowly things began to open up again, and today brings hope with the roll-out of the COVID-19 vaccines. The Governor announced recently that beginning this month, people with disabilities will be offered the COVID-19 vaccine. This is good news! The Arc will work in partnership with Linn County Public Health, and as soon as we have information how to sign up and where to go, we will share that with you.



While March will be a busy month, we don't want COVID to overshadow the importance of celebrating Developmental Disabilities Awareness Month! We ask you to please share our social media posts so we can raise greater awareness about all that is possible when individuals with developmental disabilities (DD) are included in the community. With a single "share", you can be part of our strategy to further equity and inclusion for individuals with IDD and highlight the work The Arc does in the community!

Sincerely,
Theresa Lewis
Executive Director

DEVELOPMENTAL DISABILITIES AWARENESS MONTH

What a perfect month to Advocate! Developmental Disabilities Awareness Month is all about making everyone aware of the importance of including people with developmental disabilities in all areas of community life, as well as educating about the barriers people with disabilities still sometimes face in connecting to the communities in which they live.



What is a Developmental Disability (DD)?

A DD is a group of conditions that impair physical, learning, language or behavior areas. They begin during the 'developmental' period and usually last throughout a person's lifetime. Most DDs develop before a baby is born but some can happen after birth because

of injury, infection, or other factors. About one in six children in the US have one or more developmental disabilities or other developmental delays. The most common developmental disabilities are ADHD, intellectual disability (Down syndrome, fetal alcohol syndrome, fragile X syndrome, and other genetic conditions), autism spectrum disorder, and Cerebral palsy.

The Individuals with Disabilities Education Act (IDEA) created the Infants and Toddlers with Disabilities Program in 1986. The purpose is to reduce the delays in development and improve outcomes for children before they enter school. In Iowa, if a child is under three years, Early ACCESS can provide early intervention services. Early intervention is important because a child's brain will grow the most during the first 5 years of life, reaching 90% of its final size. When young children do not achieve the milestones linked to healthy development, they are at risk to do poorly in the early school years, putting them at increased risk for school failure, juvenile delinquency, adult mental health concerns, and other problems. High quality early intervention services can change a child's developmental trajectory and improve outcomes for children, families, and communities.

In 1987 President Ronald Reagan proclaimed March "Developmental Disabilities Awareness Month." The de-institutionalization movement of the seventies and early eighties had laid the foundation for significant social change, and the presidential proclamation called upon Americans to provide the "encouragement and opportunities" necessary for people with developmental disabilities to reach their potential.

While we have made great progress since 1987, we still have room to grow to eliminate the barriers people with DD face in education, employment, and full inclusion in the community. We invite you to join our advocacy work and help us continue to create awareness and community change all year long. If interested, please email Theresa at tlewis@arceci.org on more information for how to get involved!

DAYCARE/ADULT ENRICHMENT & SUMMER DAY HIGHLIGHT

Change is never easy, especially for those that don't quite understand what all of the shifting is for; and this last year has been the year for change! However, the Daycare and Adult Enrichment participants have been phenomenal throughout this last year of ever-changing programming. They have dealt with constant schedule adjustments, learned about social distancing, added additional sensory input (wearing masks or face shields) and have mastered the art of being flexible in general. During all of this unpredictability, classrooms continue to keep things as consistent as possible by working on projects that correlate with themes of the week and helping to build social skills and friendships. Staff have encouraged problem solving skills and creativeness through group activities to increase participant interaction and engagement. The adult classroom has a poll going to guess when all of the snow will be melted from the parking lot. What's your guess?



With the snow melting, it means summer is getting closer, so the planning of yet another change for most of these individuals is coming as we start hiring new staff for summer hours. We are hoping for many return clients and the start of some new in June.

Summer Day Program is also ramping up, and will have its own set of changes. This year, documents will be accessible online for a quicker and easier registration process for

families. Online Registration will open in mid-March, and you will receive an email from Tara Cornelius with instructions. Summer Day will be held from June 15 - July 29, and runs Monday-Friday from 9 am - 3 pm. The location is tentatively set for CR Washington High School, and is dependent upon COVID restrictions in the CR School District. We are actively working on a backup location, much like last year. Summer Day will be accepting Child Care Assistance (CCA), also known as Block Grant, through DHS during the 2021 summer. CCA is a funding stream that was an option in the past for program fee payment, and has made its way back as a choice for families that are working during service hours. [Click to learn more about the Child Care Assistance Program and eligibility requirements.](#)

We are hoping to move towards more community activities for all programming, but it is slow-going and we are very appreciative of the continued understanding and cooperation from families. Our mask policy remains in place at this time.

PROJECT SEARCH ACCEPTING APPLICATIONS

We are accepting applications for the next Project SEARCH group which begins September 2021.



Project SEARCH is an employment training program for young adults ages 18-30 who have graduated high school (or the equivalent) with an intellectual or related disability. It is held at UnityPoint Health - St. Luke's Hospital.

Please click on the button below for an application and if you have any questions please contact Stephanie Beary at sbeary@arceci.org. **Application deadline is March 31st.**

[PROJECT SEARCH APPLICATION](#)

BUNNY CAR HOP

Arc clients, staff and immediate family members under the age of 21 please join us for our upcoming drive-thru **Bunny Car Hop!**

Saturday, March 27th

10:00 - 11:30 AM

TrueNorth Parking Garage | 500 2nd St. SE

Please enter coming from 8th Ave



Bring your own basket to fill. As you drive thru the parking garage, staff and volunteers will hand goodies to you through your window.

To keep this event fun and safe we are asking everyone attending to please wear a mask and if anyone in your family has not been feeling well that you please remain at home.

[MAP TO LOCATION](#)

UPCOMING PARTNER EVENTS

Chick-fil-A Spirit Night

Tuesday, March 30th

5:00 - 7:00 PM

Lindale Mall - 217 Collins Rd NE, Cedar Rapids



Mention The Arc when you order and a percentage of the sale will come back to us! Not valid for curbside pickup - **DRIVE-THRU ONLY!**

Don't forget to mention our name when ordering!

MODE (Women's Clothing Store)

Tuesday, May 4th

5:00 - 7:00 PM

Collins Road Square - 1394 Twixt Town Rd
#1394, Marion

The logo for MODE, consisting of the word "MODE" in a bold, black, sans-serif font, with a registered trademark symbol (®) to the upper right, all contained within a light pink rectangular background.

20% of all sales will be donated to The Arc!

Chipotle

Saturday, May 8th

3:00 - 7:00 PM

Lindale Mall - 4444 1st Ave NE Suite 538, Cedar
Rapids



Tell them you're with The Arc and we'll receive a portion of the sale!

ARC MARCH - SAVE THE DATE

Mark your calendars and save the date!

The 24th annual Arc March is....

Saturday, May 8th, 2021

Details coming soon!



GOLF TOURNAMENT - SAVE THE DATE

Mark your calendars and save the date!

The Arc's Golf Tournament will be on....

Thursday, June 17th, 2021

At Hunter's Ridge Golf Course

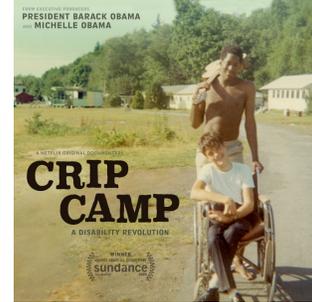
This year we celebrate 30 years of golf! **Details coming soon!**



CRIP CAMP: A DISABILITY REVOLUTION

Ready for a peek into the past? Released in 2020, Crip Camp

is a Netflix documentary that takes a look back to the start of the disability rights movement.



Storyline: In the early 1970s, teenagers with disabilities faced a future shaped by isolation, discrimination and institutionalization. Camp Jened, a ramshackle camp "for the handicapped" in the Catskills, exploded those confines. Jened was their freewheeling Utopia, a place with summertime sports, smoking and makeout sessions awaiting everyone, and campers who felt fulfilled as human beings. Their bonds endured as they migrated West to Berkeley, California - a promised land for a growing and diverse disability community - where friends from Camp Jened realized that disruption and unity might secure life-changing accessibility for millions. Co-directed by Emmy®-winning filmmaker Nicole Newnham and film mixer and former camper Jim LeBrecht, this joyous and exuberant documentary arrives the same year as the 30th anniversary of the Americans with Disabilities Act, at a time when the country's largest minority group still battles daily for the freedom to exist.

You can view it on Netflix or [YouTube](#).

WELCOME TO THE ARC!

Hi, I'm Tora Phelps and I am a new Employment Specialist. I like to put puzzles together. I collect socks. I love animals. I'm excited to be working at The Arc!



WE ARE HIRING

We have open positions for our Before and After School Daycare Program and Summer Program. We are looking for highly motivated individuals who want to play a key role in fulfilling our mission of making a difference in the lives of those with intellectual and related disabilities.

Join Our
TEAM

Duties included but are not limited to:

- providing direct supervision
- adherence to clients care plan including personal needs
- ongoing communication with clients, caregivers, and service team
- timely and accurate documentation of services provided

Must be at least 18 years of age. Candidates should possess effective problem solving skills, leadership and strong written/verbal communication skills.

Hours: *Before/After School* Mon-Fri 6 AM - 8:30 AM and 2 PM - 6 PM and ***Summer*** Mon-Fri 6:30 AM - 6:30 PM. Pay is \$10.50 - \$12.25 per hour.

To apply, please go to www.arceci.org/jobs/.

APPLY NOW

We currently have many other open positions also! Check them out at www.arceci.org/jobs. **Join our team and make a difference!**

Your donations help us support those with disabilities in our community.

