

The Challenger

A newsletter that connects, engages and informs



The Arc
East Central Iowa

Spring 2021 • Volume 69 • Issue 2

The Arc March 2021... Celebrating the ABILITIES in all of us!



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From the Director's Desk

Hello Arc Friends and Family!

Thank you to everyone who supported The Arc March and celebrated the ABILITIES in each of us! It was a fantastic event, raising \$30,000 to continue the exceptional services we provide each day for individuals with an intellectual and/or developmental disability.

Advocacy is a key area of our Strategic Plan. We are partnering with The Arc of Iowa to have a greater impact in our advocacy work, and they are assisting us with legislative advocacy to assure our needs are heard. It is important to our agency that we continue a strong focus on Advocacy, and to demonstrate our commitment we are dedicating a position to lead our efforts.

Please help me welcome **Kristen Krambeer** to the role of **Advocacy Program Coordinator**! Some of you may know Kristen through her work as Service and Support Coordinator. Kristen brings passion and excitement to this role, and we are eager for her to help strengthen our presence in the community. Kristen will oversee our new Advocacy & Community Engagement (ACE) Program, which will host a diverse array of initiatives designed to create community change and improve the quality of life for individuals with IDD.

We will "Educate to Advocate" through community outreach and will focus on areas of disparity for individuals with IDD, such as the criminal justice system, physical and mental health, victimization, and education. We will be expanding our Caregiver Trainings and Educational opportunities and engaging other agencies and businesses in our work. We look forward to further development and implementation of the ACE Program initiatives under Kristen's leadership!

Exciting things are happening at The Arc!
Will you join us?

Theresa Lewis
Executive Director



Theresa Lewis



John Deere Classic Birdies for Charity

We are a participating charity!



Chip in for your chance to win some great prizes while helping out your favorite charity, The Arc!
We receive 100% of your donation plus a bonus of their guaranteed 5% match!

Simply make a one-time flat donation through Birdies for Charity. Then take a guess on the number of birdies that will be made for your chance to win the grand prize.

Please go online to our Events page at www.arceci.org to download a brochure or go to <https://birdiesforcharity.com/donate> to make your donation. (Bird Number 1459)

Service Center Update

Join The Arc in supporting Mental Health Awareness Month! The effects of social isolation for someone who has mental health needs are significant, especially with COVID-19. It is extremely important to care for your emotional and mental health.

Did you know? We serve individuals with intellectual and developmental disabilities who also have co-occurring mental health conditions! We are grateful to be able to offer services and supports that address all aspects of their needs. On the in home side, we offer individualized supported community living and habilitative services that promote skill building in the areas of daily living, while helping them to recognize and address their signs and symptoms of increasing mental health needs, develop and utilize healthy coping skills and follow through with their appointments. We also offer respite services to support caregivers. We are a provider under the Children's Mental Health Waiver and Habilitation Services. We also work closely with Linn County and the MHDS East Central Region to meet the needs of individuals with mental health conditions that do not have another funding source. If you or a loved one are in need of assistance, please contact Whitney Alber at 319-365-0487 ext. 1022 or walber@arceci.org.

In honor of Mental Health Awareness month, here is a brief story of someone currently receiving our Habilitation Services:

We have an individual that used to be very quiet, unsocial, and isolated. With The Arc supporting her weekly, she now enjoys interacting and exercising in the community. She does well with communication and interacting with others. She has been able to manage a lot of her anxiety and knows when to ask staff for help.



The Arc March

We would like to thank everyone for joining us on May 8th for the 24th Annual Arc March! It was great to gather again and see everyone enjoy the morning as they saw old friends, did a little dancing, played some yard games, and walked the track at Coe College's Clark Field. We want to give a special thanks to all participants, donors, sponsors, mascots, and volunteers!

A number of teams and individuals really put their heart and soul into what it means to be an advocate for The Arc. In the spirit of competition they reached out far and wide to seek donations. The Arc March would not be what it is without all of the great people working so hard to make it a success.

Congratulations to our top three fundraising teams!



- 1st Place - **Team Emma**
- 2nd Place - **Team Larin**
- 3rd Place - **Team Charlea**



























**Thank you to everyone who either fundraised or donated...
you all are truly amazing!**

COVID And Safe Activities

This graphic below released by the Centers for Disease Control on May 13th shows the relaxing of masking and physical distancing requirements recommended by the CDC for individuals who have been vaccinated. Essentially those who are fully vaccinated no longer need to wear masks, unless required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance. To those who are still seeking vaccines, including the now eligible 12-15 year old age group, you can text your zip code to 438829 and you will receive a listing of three locations near you with vaccines available. We will continue advocating for the safety of all so we can cross this finish line together.

Choosing Safer Activities

Accessible link: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html>

	Unvaccinated People	Examples of Activities	Fully Vaccinated People
		Outdoor	
Safest		Walk, run, wheelchair roll, or bike outdoors with members of your household	
		Attend a small, outdoor gathering with fully vaccinated family and friends	
		Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	
Less Safe		Dine at an outdoor restaurant with friends from multiple households	
Least Safe		Attend a crowded, outdoor event, like a live performance, parade, or sports event	
		Indoor	
Less Safe		Visit a barber or hair salon	
		Go to an uncrowded, indoor shopping center or museum	
		Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households	
Least Safe		Go to an indoor movie theater	
		Attend a full-capacity worship service	
		Sing in an indoor chorus	
		Eat at an indoor restaurant or bar	
		Participate in an indoor, high intensity exercise class	

Get a COVID-19 vaccine



Prevention measures not needed



Take prevention measures

Wear a mask, stay 6 feet apart, and wash your hands.

- Safety levels assume the recommended prevention measures are followed, both by the individual and the venue (if applicable).
- CDC cannot provide the specific risk level for every activity in every community. It is important to consider your own personal situation and the risk to you, your family, and your community before venturing out.

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. February - April 2021.

Volunteers *Hours - 173*

Addy Alber, Whitney Alber, Isaac Beary, Stephanie Beary, Amy Belice, Steve Bosking, Jenny Bosking, David Casper, Tara Cornelius, Jeff Corrigan, Melissa Cullum, Jody Donaldson, Terese Fisher, Bailey Freese, Teri Gibson, Nate Haas, Brad Hauge, Monika Jacobsen, Darrin Keller, Cheryl Kiburz, Heidi Kinder, Kristen Krambeer, Vaughan Lewis, Theresa Lewis, Cherri Lock, James McDonald, Carol Meade, Michele Means, Brian Miller, Leah Moser, Ben Mulholland, Candice Murphy, Jackie Nau, Michael Neuerburg, Gary Olson, Emily Pennington, Cheryl Pettit, Tora Phelps, Kristin Schaefer, Sue Schantz, Heather Schmidt, Kirk Schmidt, Erica Smothers, Cindy Smothers, Shelly Strellner, Melissa Tandy, Sara Todd, Sue Wilber, Blake Wilkinson, Nate Willimack

Thank You

General Donations

Alliant Energy Foundation, American Family, Tina Arbore, Awaken Family Chiropractic, Michael Barrett, Joshua Baynes, Andrew Bellagamba, Michael Benson, Brandon Blietz, Cargill, Chick-fil-A, Scott & Cindy Crawford, Cunningham Family Fund of the GCRCF (Sue & Joe Cunningham), Lawrence Eckhardt, Michael & Cora Engelken, Rosemary Gabe, Jacob Harr, Andrew Helle, Shawn Hoffmann, Kevin Huls, Daniel Jennings, John Deere, Jeffrey Keslar, Sleiman Kherbaqui, Knights of Columbus-Marion Council #3893, Lynette Marling, Mark & Denise Mitchell, Craig Morrison, Nordstrom, PepsiCo, Eric Peterson, Bryce Plathe, James Potts, Riverside Casino & Golf Resort, MaryAnn Shinrock, Eleanor Stever, Jake Stigers, Tammy Thompson, Robert Tierney, US Bank Foundation, Dawn Van Dorston, Dawn Waite, Johnathan & Sharen Weeks, Pamela Wild, Blake Wilkinson

Memorials

Dominique Williams

Lori Ampey

Sara Smith

Ryan Smith

Membership

Arc Angel

Scott & Lisa Griffin, Dawn & Stan Herkelman, Mark & Denise Mitchell

Arc Builder

Tom & Kathleen Aller, Michele Means, Pete & Delaine Petersen, Sharon Wagner

Arc Friend

Judi & Jeff Barta, Lucretia Canning, Scott & JoAnne Carbaugh, Arie & Peggy DeJong, Kristen & Don Hatfield, Brad Hauge, Verne & Joyce Hosek, Randy Krejci, Mindy Kruckenberg, Carol Meade, Dorothy Pool, David & Mary Rater, Dale & Sara Todd

Arc Advocate

Della Barnett, Amy Belice, Kerri & Terry Benda, Jenny & Steve Bosking, Jim & Tobi Branam, Jim & JoEllen Bridgewater, June Cach, Maria Cashman, James Colbert, Anne Davis, Leah Engel, James & Joyce Ferguson, Collin Frost, Ken & Nina Frost, Don & Karen Frost, Christine Gaal, Lisa Gericke, Ron & Pat Gonder, Kathleen Good, Dave & Diane Graham, Laura Grempp, Janet & Kevin Heald, Ken & Sue Kleinmeyer, Christopher & Erin Meyer, George & Barbara Neff, James & Laurie Neuhaus, Dallas & Twila Nissen, Bobbi Oakley, Myron & Arlene Olson, Herb & Marilyn Schaefer, Ray & Gloria Short, Raakhee & Niranjana Singh, Marilyn Sippy, Tyler Smothers, Erica Smothers, James & Cindy Smothers, Bob & Kay Spading, Joyce & Randy Tietz, Curtis & Mary Updegraff, Mary Van Cleve, Janet & Wade Wagner, Keith & LaNae Weber

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- CSS Consulting

Participant Spotlight



Andrew Ziskovsky

I am 20 years old and live in Swisher. I live with my mom and dad. My older brother, Aaron, is graduating college this year. We have a dog named Ava.

My Favorite Hobbies:

I love clocks, tractors, semi-trucks and my iPad. I love going to the Old Threshers' Reunion in the fall. I also like PIXAR movies, my favorite right now is "Sing". I really enjoy learning how things work.

My Favorite Arc Activity:

Summer Day!

My Favorite Outside Activities:

Going for walks, watching my dad mow the lawn, and swimming.

My Favorite Foods:

Strawberry cheesecake and mashed potatoes from Kentucky Fried Chicken.

I enjoy Face Timing with my grandma and my brother. I like going to church and spending time with friends.

Butterfly Snack Bags

What you need:

- Sandwich Bags
- Clothespins
- Paint
- Small Googly Eyes
- Pipe Cleaners
- Small Pom Poms
- Sharpie
- Jelly Beans or Other Treats to go Inside the Bags

Instructions:

Make the clothespin butterfly by first painting the clothespins. Add two small googly eyes to the top. Draw a smile on with a sharpie. Fold over a pipe cleaner to make the antennae and then glue on two small pom poms to the tips. Glue the antennae to the back of the top of the pipe cleaner.

Place the jelly beans or another snack inside the sandwich bag and then seal them. Fold the top part of the bag backwards and clip the clothespin in the middle to make the butterfly bags.



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 / Plastic Wrap
- Can opener - heavy duty
- Digital kitchen timers
- Dish soap
- Paper bowls, plates, towels
- Plastic spoons and forks
- Ziploc bags (gallon, quart, sandwich size)
- Ziploc FREEZER bags (gallon)

Snack & Cooking Activity Items

- 100% juice
- Cookie sheets / Muffin tins
- Disposable cake pans (9x13 foil pans w/ lids)
- Frosting for cakes
- Fruit snacks / Granola bars
- Pan non-stick spray
- Re-usable cake pans (9 x 13)
- Snack crackers (Ritz, Graham, Club, Oyster, Saltine)

General Supplies

- Baby wipes (unscented/sensitive)
- Disinfectant spray/wipes
- Hand sanitizer & refills
- Hand soap & refills
- Kleenex/Tissues

Office Supplies

- Batteries (AAA, AA, C & D)
- Calculators
- Double-sided tape
- Dry erase markers/erasers
- Eraser and eraser tops
- File Folders (regular and hanging)
- Ink pens (blue and black ink)
- Masking/Duct tape
- Pocket Dictionaries
- Pocket folders (durable)
- Sharpies / Markers (washable)
- Sticky tack

Program Needs

- Adult coloring books
- Bean bag chairs or bean refills
- Board games for teens/adults (Life, Clue, Scattagories, Pay Day, Heads Up, etc.)
- Books on CD for kids & teens
- Bubbles
- Coloring/activity books
- Construction paper (8.5x11-various colors)
- Crayola crayons / Colored pencils
- Dice / Kinex
- DVDs (newer G/PG)
- Master Pieces NFL Matching Game
- Padlocks with keys
- Sensory items (water tubes, soft plastic gel-filled shapes)
- Transformers
- TVs (flat screen at least 32 inches)
- Water Bottles (Reusable)
- 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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More information please call 319-365-0487

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Mission Statement

The Arc of East Central Iowa
empowers people with intellectual
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in lifelong **opportunities** to live,
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dignity, freedom and full
inclusion in their communities.

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**The Arc's 30th & Final
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Registration deadline is June 8th

**Thursday, June 17th
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Marion, Iowa**

Tee-time 12:30 PM

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