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

From the Director’s Desk

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Center for Disabilities & Development
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Erica Smothers
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Doctor of Chiropractic

Shelly Strellner
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Private Banking Manager

Sue Wilber
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What’s Happening

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

$30,000

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

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

### Get a COVID-19 vaccine

- **Prevention measures not needed**
  - 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.

- **Take prevention measures**
  - Wear a mask, stay 6 feet apart, and wash your hands.
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

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

Thank You
General Donations

Presenting
• United Fire Group

Champion
• Bowker Mechanical Contractors
• Cedar Rapids Bank & Trust
• Cedar Rapids Toyota
• New Leader Manufacturing

Advocate
• GreenState Credit Union
• LL Pelling
• Veridian Credit Union

Guardian
• Cedar Valley Steel Inc.
• Coldwell Banker Hedges Realty
• In Tolerance Contract Manufacturing
• Ingredion Incorporated
• Mercy Medical Center
• Schimberg Co.
• Travero
• Tricon Construction Group
• TrueNorth Companies
• TSF Structures, Inc.
• UnityPoint Health - St. Luke's Hospital
• Van Meter

Leader
• Central Iowa Power Cooperative
• CliftonLarsonAllen
• Dakota Red Corporation
• Hills Bank
• Kwik Star
• Linn Area Credit Union
• MidAmerican Aerospace Ltd.
• O’Connell’s Transport
• Solum Lang Architects

Mentor
• 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.

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**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.

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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 / 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 (9×13 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, Scattegories, 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)
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!

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

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?

A Direct Support Professional (DSP) assists with activities of daily living, encourages 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 17 years or older and a valid driver’s license is preferred.

Apply online at www.arceci.org.
For questions, please contact HumanResources@arceci.org.
680 2nd Street SE, Cedar Rapids, IA 52401 | 319-365-0487

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

Large & Small Ads Available
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’s 30th & Final Golf Tournament

Register Now at
www.arceci.org

Thursday, June 17th
Hunters Ridge Golf Course
Marion, Iowa

Tee-time 12:30 PM

JOIN US AS WE GOLF FOR A CAUSE!