Your ride will be self-paced, festive, inclusive and fun. There will be multiple stops along the routes for people to rest, rejuvenate and enjoy the company of other riders. Route maps will be announced two weeks prior to the event and will be included in your goodie bag.

Both routes will conclude at Kickstand where riders and supporters will be able to enjoy live music by The Eastern Iowa Arts Academy from 4:00 - 6:00 PM. Dancing, camaraderie, food for purchase will all take place at Kickstand.
Hello Arc Friends and Family!

With the relentless pandemic, August finds us returning to the previous years’ safety protocols. The Arc is committed to keeping everyone safe and continuing to serve those in need, and we will do this by following CDC and local data and guidance. We remain thankful for the flexibility and adaptability of our teams and Board of Directors, our participants and families, and our generous supporters. Resiliency, Compassion, and Fortitude continue to be strong words which define The Arc.

In last month’s Challenger, I informed you of our rate increases from Iowa Medicaid and Vocational Rehabilitation. Unfortunately, we did not receive the anticipated (and expected) 5.25% increase to our services. Instead, due to a calculation error by the state, agencies across Iowa only received a 3.55% rate increase. This is very disappointing. But we knew our advocacy to increase DSP wages and rates was not over. We will continue to educate the community about the value and necessity of our critical services. We welcome you to join our efforts. You can help by liking and sharing our posts on social media, donating your time and/or money to support our programming, or spreading the message of Access, Equity, and Inclusion in your workplaces and neighborhoods.

In July, we began year 2 of our Strategic Plan. We have accomplished so much in a short period of time! We enhanced and expanded our advocacy program, grew a new fund development department, improved the recruitment and retention of DSPs, and there is much more to come in the months ahead. We look for opportunities to diversify our funding sources and expand our reach. Stay tuned for future updates on our progress!

With appreciation,

Theresa Lewis
Executive Director

ANNUAL MEETING
• LIVE ONLINE VIA ZOOM •

Monday, September 27th at 6:30 PM

We will share highlights, year-end financials, plus a peek at our direction for the coming year. We hope you will join us!

To be sent the registration link please contact Theresa Lewis at tlewis@arceci.org or call 319-365-0487 ext. 1024 with your email address.
Update from In-Home Services

Wow, this summer flew by! The In-Home Service participants enjoyed getting back to a somewhat normal summer. We are thankful that services were able to continue in the community and in individual’s homes. Swimming, splash pads, baseball games, fairs, concerts, parks, fishing, fireworks, shopping, and crafts were just a few of the activities that were enjoyed by so many this summer.

Josh and staff enjoy staying cool while cleaning up his apartment.

Eloise and staff enjoying a great day at the park!

Drake enjoying the park!

Cory and staff enjoying lunch in Cedar Rapids.
Good Vibes... Summer of ‘21

We are so grateful that this summer was a bit more normal than the last! We enjoyed being with friends and getting out into the community.
Thank You

General Donations

Volunteers

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. May - July 2021.

You Make a Difference

“Those who bring sunshine to the lives of others cannot keep it from themselves.”
~ James Matthew Barrie
Tyler Smothers

I am 37 years old and live in Cedar Rapids. I have a brother, Josh and 3 sisters, Erica, Samantha and Sara. I have 5 nieces and nephews, Jackson is my godson! No pets, mom says no to that. My Favorite Hobbies: I have lots! There’s not enough room to list them all!

Favorite Arc Memories: 1) My trip to Washington DC to meet the national Arc staff and senators and see the sights. 2) Riding my bike a little ways with the Journey of Hope guys when they left CR from The Arc.

Favorite Outside Activities: Riding my adapted bike, lounging in the pool, and going to my families’ ball games.

Recent Achievements: I met Willie Ray at The Arc golf outing! I got an odometer on my adapted bike and going for 100 miles this summer, so far up to 40! I also got in some Arc unified softball games. I have 3 volunteer jobs that I do with my SCL worker and I love that!

I really love the Hawkeyes, you should see my decked out wheelchair! Also the Cubs and Green Bay Packers. I am a real sociable guy, I like meeting people I know and new people, I like going to community events and sports games and do fun stuff like that, I like to chit chat with family and friends.

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Participant Spotlight

Rice Cake Owl

You Will Need:
- Rice Cake
- Peanut Butter
- Apple
- Banana
- Blue Berries
- Cantaloupe
- Round Cereal

Directions:
1. Cover rice cake in peanut butter.
2. Place two apple slice wings on rice cake at an angle, on opposite sides of the rice cake.
3. Add two slices of bananas at the top of the rice cakes. Add a little peanut butter to the bottom of two blueberries and place in center of sliced bananas.
4. Add a small triangle of cantaloupe below the banana eyes.
5. Finish by adding round cereal feathers below the cantaloupe beak and between the apple slice wings.

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Wish List

You Will Need:
- Rice Cake
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- Banana
- Blue Berries
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Kitchen Needs
- Plastic Wrap
- Can opener - heavy duty
- Digital kitchen timers
- Dish soap
- Paper bowls, plates, towels
- Plastic spoons and forks
- Ziploc bags (gallon, quart, sandwich)
- Ziploc FREEZER bags (gallon)

Snack & Cooking Activity Items
- 100% juice
- 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)
- Double-sided tape
- Dry erase markers/erasers
- File Folders (regular and hanging)
- Ink pens (blue and black ink)
- Masking/Duct tape
- Pocket folders (durable)
- Sharpies / Markers (washable)
- Sticky tack

Program Needs
- Adult coloring books
- Bean bag chairs or bean refill
- 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
- 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)
- Weaving & jewelry making kits

Clothes
- Teenage-sized shorts and jogging pants and swimsuits (boys & girls – draw strings or elastic)
- Towels (bath & beach)

From everyday 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!
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!

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Work in various settings • Participate in an assortment of activities
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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
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Mission Statement
The Arc of East Central Iowa empowers people with intellectual and developmental 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

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We have many great packages up for grabs and YOU get to choose which one you would like to go for!

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2. Are You Ready For Christmas?
3. Cedar Rapids Staycation
4. Get Outta Town
5. Home Office Envy
6. Notre Dame Football Tickets
7. Pub Crawl Party
8. Service, Repair, & Personal Care
9. Shop Local
10. Tailgate! Let’s Go Hawkeyes!
11. Travel Ready
12. Ultimate Skin Care

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- Add them to your Bike Ride registration.
- Buy them online at arceci.org.
- Stop by The Arc’s main office Monday – Friday from 9:00 – 3:00.
- Purchase them from any office staff member.
- Purchase them from an Arc Board Member.

Drawing will be held Friday, Oct. 15th. Need not be present to win.