

FROM THE DIRECTOR'S DESK

October Greetings!

Thank you to everyone who volunteered or participated in our inaugural Bike Ride on Sunday, October 10th! While the weather did not cooperate, it was a day filled with laughter, comradery, and fun along the ride! A special thank you to all the volunteers and Kickstand, Sag Wagon, Dan & Debbie's, and House Divided for being hosts along the routes. We also appreciate everyone who donated items and who bought tickets for our amazing Raffle for a Cause. The lucky winners are listed below!



October 1st marked my one-year anniversary with The Arc of East Central Iowa. As I reflect over the past year, I continued to be humbled by the selfless work our Direct Support Professionals (DSPs) do every day, as well as the talent, commitment and engagement of our Board of Directors and Administrative and Leadership Teams. We accomplished so much over the past year, from developing and implementing a new Strategic Plan, to hiring two new positions (Development & Communications Director and Advocacy Coordinator), to successfully hosting The Arc March in May, to winning the United Way's Game Changer Award, to increasing DSP wages, to developing trainings and resources for the community, and finally, launching a new fundraising event. This all occurred during the continued pandemic's ups and downs and highs and lows. Year 2 will be equally as exciting and with newly available local funding and America Rescue Plan dollars headed our way, we have the opportunity to serve more and creatively expand. Staff challenges continue but we are tackling this head-on, looking for innovative ways to attract and retain good talent. Thank you for taking this journey with us – I look forward to my second year with The Arc and am excited for all of the opportunities the future brings!

With appreciation,
Theresa Lewis
Executive Director

PLEASE SHARE YOUR VOICE

We appreciate all of your advocacy and support for the America Rescue Plan which brings a significant amount of money into Iowa. But we continue to need your help in making sure the Home and Community Based Services (HCBS) section of the plan gets *fully funded* so we can expand the services we provide to your loved ones. The Arc of the US has made it very easy to let legislators hear your voice. Click on the 'Call Now' button below to advocate for the needs of our community!



NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH

October is National Disability Employment Awareness Month (NDEAM), and all members of The Arc of East Central Iowa are encouraged to participate. The purpose of National Disability Employment Awareness Month is to educate about disability employment issues and celebrate the many and varied contributions of America's workers with disabilities.



Annually, National Disability Employment Awareness Month is led by the U.S. Department of Labor's Office of Disability Employment Policy, but its true spirit lies in the many observances held at the grassroots level across the nation every year. Employers of all sizes and in all industries are encouraged to participate in NDEAM.

For specific ideas about how you can support National Disability Employment Awareness Month, visit www.dol.gov/NDEAM. Suggestions range from simple, such as putting up a [poster](#), to comprehensive, such as implementing a disability education program. Regardless, all play an important part in fostering a more inclusive workforce, one where every person is recognized for his or her abilities - every day of every month.

EMPLOYMENT FIRST

Iowa is an Employment First State. Employment First is a "framework for systems change that is centered on the premise that all citizens, including individuals with significant disabilities, are capable of full participation in integrated employment and community life." (US Department of Labor, Office of Disability Employment Policy at: <http://www.dol.gov/odep/topics/EmploymentFirst.htm>)



Here at The Arc of East Central Iowa, we offer a wide range of Supported Employment and Job Development Services to individuals with disabilities. Project SEARCH is our 9 month work skills training program, in partnership with UnityPoint - St. Luke's Hospital. The goal for all individuals that complete this program is to obtain competitive, integrated, employment at the end. We had 9 job candidates graduate from Project SEARCH in June, and 6 of them are already working competitively in our community! Our Supported Employment Program consists of two Employment Specialists who assist individuals in their journey to find and secure a job that matches their work skills and interests. We also have job coaches who provide on the job support at the level necessary for the individual to be successful, while working towards independence at work.

Did you know?

- We currently have individuals employed at 25 different community businesses.
- Since January 1, 2021 we have successfully closed out 8 individuals that no longer needed the support of a Job Coach to maintain their employment.
- We are currently assisting 37 individuals with employment.

We are very excited to announce a new opportunity we have through Iowa Vocational Rehabilitation Services (IVRS) and Griffin-Hammis Associates, called "Customized Employment (CE)". Customized Employment is more than just applying for current/open

positions in the community. It analyzes the strengths and interests of the job candidate along with the needs of a business, and collaborates with all parties to customize or carve out a position that meets both the employer's and the job candidate's needs. CE aligns very closely with the Employment First Philosophy. Tora, one of our Employment Specialists, is currently in the process of becoming certified to provide this much needed service to our job candidates. Please reach out to Leah Moser at lmoser@arceci.org, with any questions or referrals you may have for our Supported Employment Program.

BIKE, PEDAL & ROLL: THE WHEELY BIG BIKE RIDE FOR THE ARC PRESENTED BY VERIDIAN CREDIT UNION

Thank you to all who joined in as a participant or volunteer for our inaugural bike ride. It was a great day and we are already looking ahead to next year!

You can see some photos from that day on our [Facebook page](#).



CONGRATULATIONS RAFFLE WINNERS

Thank you to everyone who participated in this years' raffle. *Congratulations to this years' lucky winners!*



- Adaptive Tricycle - **Lori Kelley**
- Are You Ready For Christmas? - **Ashley Bissell**
- Cedar Rapids Staycation - **Tyrone Powers**
- Get Outta Town! - **Leah Moser**
- Home Office Envy - **Alisha Chambers**
- Notre Dame Football Tickets - **Darrell Andersen**
- Pub Crawl Party - **Delaine Petersen**
- Service, Repair & Personal Care - **Kim McAleer**
- Shop Local! - **Dina Dusek**
- Tailgate! Let's Go Hawks! - **Terry Shie**
- Travel-Ready - **Doriene Loomis**
- Ultimate Skincare - **Elizabeth Farmer**

Special thanks to:

- **This years' raffle sponsors:** Modern Woodmen and Goldfinch Cyclery
- **Thank you to all raffle prize donors:** Albert Auto, Almost Famous Popcorn, Amy Belice, Dr. Andrews Plastic Surgery, Board & Brush, The Bohemian Restaurant, Cedar Rapids Bank & Trust, Becky Roach Chipera, Chipera Collective, Cory Nanke, Culver's Garden Center & Greenhouse, Dan & Debbie's Ice Cream, Deeply Rooted LLC, Dick's Sporting Goods, First Avenue Wine House, Goldfinch Cyclery, Hangry Lady at Newbo Market, House Divided Brewery, Innovative Aesthetics, Iowa Heartlanders Hockey, Jackie Nau, Kickstand, Loosies, Mary McEniry Pet Sitting, Brad & Nancy Mowry, Newbo Market, Mode Cedar Rapids, Modern Woodmen, Morey Home Services & Landscaping, Mutual of Omaha, Greg Hodge, Riverside Casino & Resort, Sandy Edmonds at Serendipity Salon, Scout of Marion, Scribe Stationer, Soko Outfitters, Smothers Family, Teri Gibson, Texas Roadhouse, Theatre Cedar Rapids
- **Thank you to everyone who helped sell tickets and everyone who purchased!**

TRUNK OR TREAT - DRIVE THRU STYLE

Saturday, October 30th
10:00 - 11:00 AM

Arc participants, staff and immediate family members of



all ages are welcome to dress up and join us for a drive thru trunk or treat! This fun event will be hosted by **The Arc** and the **Shueyville United Methodist Church Youth Group**. It will be held in the **South Side Parking Ramp across the street from our main office off 2nd Street SE**.

In order to control the flow of traffic we ask that you **ENTER through the 2nd Street side**. As you drive thru the ramp our staff & volunteers will hand goodies to you through your window. You will then **EXIT out onto 6th Ave SE**.

To keep this event fun and safe for everyone, we ask that if anyone in your family has not been feeling well that you remain at home. We are excited to see you at The Arc's Trunk or Treat!

Please RSVP with number attending by October 25th to Kristen Krambeer at kkrambeer@arceci.org.

RSVP NOW

HALLOWEEN SAFETY FOR CHILDREN

Halloween celebrations can come with a range of fun activities and lead to lasting memories for your children. It's important to have precautions in place to protect your kids from the risk of Halloween-related injuries or accidents. Here are some Halloween safety tips for your kids.



Costume Precautions

- Do not let children wear baggy or long costumes, as they are difficult to walk in and can be tripping hazards.
- Place reflective tape on your children's costumes and candy buckets if they are going trick-or-treating at night.

Trick-or-Treating Safety

- Remind children to never approach or get into a car with a stranger offering them candy.
- Once your children get home, inspect their candy to ensure it's safe to eat.

Pumpkin Carving Tips

- Only carve pumpkins on a flat surface with adequate lighting, such as a kitchen table.
- Place lit jack-o'-lanterns away from flammable objects, such as sheets and curtains.

COOL CUPS FOR SALE

We have some of these awesome, one of a kind, colorful cups for sale!

This 16 oz pint glass is great for everyday adventures at home or on the go. They are unbreakable and flexible in shape as they are in utility. They are perfect for your morning coffee, afternoon smoothie and after dinner drinks. It even comes with a lid!

They are on sale for only \$18.00 each! Limited quantity available and will be sold on a first come first served basis. Stop by The Arc's main office Monday - Friday from 8:00 - 4:30 to get yours today! Cash, check, credit card accepted!



Don't forget the holidays are right around the corner... they would make great gifts!

SAVE THE DATE

The Arc March
Saturday, March 12th, 2022
8:00 - 10:00 AM



Mark your calendars!

WE ARE HIRING

Are you looking for a new job or maybe a second job? Do you know someone who is? We have many open positions available right now! Please go to www.arceci.org/jobs/ to view all job openings and apply!

Join Our
TEAM

APPLY NOW

Join our team and make a difference!

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

DONATE NOW

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