The Arc’s New Vision, Mission, & Values

With a strong focus of diversity, equity, and inclusion in mind, our goal was to ensure these key statements are truly representative of who we are and what we do. We felt it was important to add a Vision Statement. This represents the ‘why’ of what we do. The changes to our Mission are reflective of our inclusion focus by identifying that we serve individuals with a variety of different disabilities. And equally as important, their families. We want everyone who qualifies for our services to feel they are included and belong at The Arc. Each of our Values has a statement that expresses exactly what Dignity, Diversity, Equity, and Inclusion mean to us, and they are also more inclusive to fully support our Mission and new Vision Statement.

**OUR VISION**
A world where everyone belongs.

**OUR MISSION**
The Arc of East Central Iowa empowers people with disabilities and their families to engage in lifelong opportunities to live, learn, work, and play with dignity and full inclusion in their communities.

**OUR VALUES**

*Dignity*
Everyone has a right to be treated with dignity and respect. Their thoughts, feelings and desires define the priorities of the agency.

*Diversity*
Everyone adds to the tapestry of their community. Diversity challenges us to understand others, grow stronger together, increase our cultural responsiveness, and broaden our perspectives in meeting the needs of our organization and community.

*Equity*
Everyone is unique and has value. We are committed to building upon each person’s strengths, visions, and needs to support access to lifelong opportunities.

*Inclusion*
Everyone deserves quality education, vocational, social, and living opportunities in an integrated and diverse community. Eliminating systemic barriers ensures the voices of individuals with disabilities and their families are heard.
From the Director’s Desk

Hello Arc Friends and Family!

Happy May! The Arc of East Central Iowa was founded in May 1953 – 69 years ago! We are actively planning for next year’s 70th Anniversary Celebration of our mission and all of the past and current individuals and families we have the privilege to support. When we think back on our legacy, so much has changed since our humble beginnings, but there is still so much that needs to be done.

The Arc’s Advocacy & Community Engagement (ACE) Program is designed to create community change that allows the individuals we serve and their families to realize our Vision: A world where everyone belongs. Our approach is three-fold.

First, we know legislative advocacy is critical to creating the changes needed in policy and practice, and ACE works to create more self-advocates to tell their stories and speak for their needs.

Second, educational and supportive opportunities for caregivers and the community is critical. Every other month ACE offers opportunities for learning and sharing about topics which improve knowledge, understanding, and safety.

And finally, ACE has several initiatives designed to reduce disproportionate outcomes for those we serve in the areas of criminal justice, health & wellbeing, mental health, and violence/abuse and partner with local nonprofits on these initiatives. Regarding the ‘I Need Your Help Cards’ and Helper’s Guide we created, here is feedback from one of our community partners: “This Helper’s Guide truly saves lives. So do cards that people with disabilities can carry and present. It is astounding to think how such a simple little card can help minimize trauma, and how many people do or would benefit, and would have benefitted, from a card like this.”

Advocacy is a key part of our Strategic Plan and we are committed to making a difference one person at a time and within the communities we serve through our ACE Program.

With much appreciation,

Theresa Lewis
Executive Director
Advocacy Corner

Who is Your Why?

When you are fighting for a cause for so long, it can be easy to get wrapped up in the big picture moments and lose sight of the who that drew you to becoming an advocate in the first place. Everyone’s story is different.

As our Advocacy Program Coordinator, my who is my nephew. The work I do each day, the conversations I have out in our community, and the resources I build are because of him. As we move through Spring into Summer take time to think about who makes you the advocate you are for disability services. Is it your child, sibling, parent, student, neighbor, or friend? Are there things they need and still don’t have access to, resources or programs that are missing from our community, or conversations needing to take place at the school, community, state, or federal levels? I’ve had the opportunity to have amazing conversations out in our community and many people don’t realize what it means to be an advocate.

The first step in advocacy is having a why and in every conversation, the why is always a person. Once you identify the person, every interaction you have to ensure they are getting the things they need is you advocating. You’re using your voice to make someone else’s life better. For the month of May, I want to hear your stories of who is your why. You can email me at kkrambeer@arceci.org, call 319-365-0487 ext. 1028, or setup a time for us to meet and share your story.

From one advocate to another, thank you for all of the little things you do and the big conversations you have each day. They all play a role in enriching the lives of those in our community.

Project SEARCH

Project SEARCH is currently in its 8th year at UnityPoint - St. Luke’s Hospital. The interns are currently in their third and final internships for the program year. The program will soon be coming to an end in June. We will have 11 interns successfully complete the program this year and we will celebrate their success at a graduation ceremony on June 10.

One of our current interns applied for a job at a nursing home at the end of March and was offered a part-time position; they will start their new job at the end of April. Another intern was recently offered a part-time job here at St Luke’s Hospital and will begin that position in June. In addition, we have a few others that have begun the process of exploring jobs that they are interested in applying for after completion of Project SEARCH. We are excited to see the interns step into the next chapter of their work career.

Interviewing for our next program year that will start in September is taking place this month. Project SEARCH is open to individuals with a disability between the ages of 18-30 who have completed high school and have a desire to work. If you have any questions about the program or would like more information, please reach out to Stephanie Beary, Project SEARCH Skills Instructor at sbeary@arceci.org or at 319-721-6245.
May Day Fun

May Day has a fun tradition of delivering May baskets filled with flowers or treats to friends’ doorsteps. It is a simple and sweet celebration of spring and friendship and it also happens to be the day that The Arc was founded in 1953. So what better way to combine both celebrations than by delivering May baskets to some of our friends and supporters of The Arc. Day Hab participants delivered May baskets to a few downtown businesses and friends and additional baskets were delivered to the homes of a few Arc supporters. We are so grateful to ALL of our Arc friends and supporters who cheer us on, donate financially, share their space with us or welcome us into their businesses. Many thanks to Culvers Garden Center & Greenhouse for their donation of flowers for our May baskets!
Thank You

General Donations

Memorials
Austin Ohrt
Nicholas Warneke

Dean Schminke
David & Diane Graham

Sara Smith
Ryan Smith

Gary Whitehead
Larry Eckhardt

Volunteers
Hours – 383.5

Membership
Arc Angel
Scott & Lisa Griffin, Dawn & Stan Herkelman, Mark & Denise Mitchell

Arc Builder
Don & Gwen Eells, Sharon Wagner

Arc Friend
Mindy Kruckenbery, Scott & JoAnne Carbaugh, Arie & Peggy DeJong, Jack & Nancy Evans, Kathleen Good, Kristen & Don Hatfield, Brad Hauge, Gary & Bev Kotowske, Dorothy Pool, David & Mary Rater, Joel & Sandra Schmidt

Arc Advocate
James & Jodi Balvanz, Della Barnett, Amy Belice, Kerri & Terry Benda, Jenny & Steve Bosking, Jim & Tobi Branam, Jim & JoEllen Bridgewater, June Cach, Christine Gaal, Lisa Gericke, Ron & Pat Gonder, Laura Gremp, Sara Griffin & Troy Burckhart, Janet & Kevin Heald, Ken & Sue Kleinmeyer, Christopher & Erin Meyer, George & Barbara Neff, James & Laurie Neuhaus, Dallas & Twila Nissen, Bobbi Oakley, Myron & Arlene Olson, Kathy Shelton, Ray & Gloria Short, Raakhee & Niranjan Singh, Marilyn Sippy, James & Cindy Smothers, Tyler Smothers, Bob & Kay Spading, Mark & Angela Sturtz, Curtis & Mary Updegraff, Tom Wiegand

You Make a Difference
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. Feb. - April 2022.
Participant Spotlight

Eloise Boals

I am 9 years old and live in Cedar Rapids. I have one brother, Joey who is 6, and a dog named Raven.

Favorite Arc Memory:
I love summers at The Arc and field trips. I especially like to go to the Children’s Museum in Iowa City and swim at the YMCA.

Favorite Arc Event:
I LOVE Santa so I really enjoy The Arc’s Christmas Parties. I make a special effort to attend each year and last years’ drive thru was super fun!

Favorite Hobby:
I love to play with my switch toys. My favorites are my Linkimals but I also like Cookie Monster and my hamburger.

Favorite Outside Activities:
I like taking walks, swinging on The Arc’s patio swing, and learning to ride my new adaptive bike.

I also love riding the bus, unicorns, Blue’s Clues, and music!

Spoon Flowers

You Will Need:
- Styrofoam Cup
- Paint
- Tissue Paper
- Plastic Spoon
- Glue
- Pom Poms

Directions:
1. Start by cutting out flower petals from tissue paper. We found out the darker color the tissue paper, the better since it won’t show the imperfections.

2. Grab some glue and stick each petal on the spoon (5 in total). Put a glob of glue in the middle and stick on a white or colored pom pom.

3. Paint the spoon “stem” with green paint as well as the styrofoam cups. On the top, use brown paint to make the “dirt.” Once the flowers are dry, stick them in the upside-down cup and you’re done!

Craftymorning.com

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
- Can opener – heavy duty
- Dish soap
- Paper plates & towels
- Pitchers with lids
- Plastic spoons & forks
- Sponges & scrub brushes
- Ziploc bags (gallon, quart, sandwich)
- Ziploc FREEZER bags (gallon)

Snack & Cooking Activity Items
- 100% juice
- Cake mixes
- Canned fruit & vegetables
- Disposable cake pans (9×13 foil pans w/ lids)
- Dried fruit
- Frosting for cakes
- Fruit snacks / Granola bars
- Non-stick spray
- Pretzels
- Re-usable cake pans (9 x 13)
- Snack crackers
  - (Ritz, Graham, Club, Oyster, Saltine)
- Tortilla chips & salsa

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

Office Supplies
- Batteries (AAA, AA, C & D)
- Glue - bottles & sticks
- Hot glue gun refills
- Ink pens (blue and black ink)
- Markers
  - (washable)/Sharpies/Dry Erase
- Pocket folders (durable)
- Sticky tack
- Tape (Masking, Duct, double-sided)

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)
- Digital kitchen timers
- DVDs (newer G/PG)
- Kinex
- Padlocks with keys
- Sensory items (water tubes, soft plastic gel-filled shapes)
- TVs (flat screen at least 32 inches)
- Weaving & jewelry making kits
- Winter Sleds / Kites

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

DONATE A CAR CHANGE A LIFE

1-877-272-2270

www.thearc.org

Identify The Arc of East Central Iowa and we will receive 90% of proceeds. Program administered by Melwood Co. in cooperation w/The Arc of the US.

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Consumer developed calendar of activities with dozens of choices each day.
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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.
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Mission Statement
The Arc of East Central Iowa empowers individuals with disabilities and their families to engage in lifelong opportunities to live, learn, work, play, and advocate with full dignity and inclusion in their communities.

Make a Difference
Donate at www.arceci.org

SAVE THE DATE!
Sunday, September 25

Presented By: