

Winter 2020

# SPOTLIGHT



## Give The Gift of Mobility in the New Year with #VansforGood

The Arc of San Diego invites you to give the gift of mobility this New Year by supporting our new campaign **#VansforGood**. The goal of #VansforGood is to raise funds for new, wheelchair accessible vans to transport people with disabilities as they pursue their goals in the community. Safe, reliable transportation helps level the playing field for people with disabilities and helps them live more fully integrated throughout our community.

We currently transport close to 300 clients each day to activities like employment opportunities, volunteer activities, medical appointments, and recreational excursions. Because many of our clients have mobility challenges, it is imperative that these vans are outfitted with wheelchair lifts so they can serve our non-ambulatory clients. Your gift will help increase independence, encourage mobility, and strengthen the physical and mental wellness of those we serve as they participate in many different activities throughout the community.

The Arc of San Diego has a fleet of 80 vehicles and over 70% of our vehicles are more than 10 years old. We are



seeking to improve safety, increase reliability, and reduce maintenance costs by upgrading and replacing our vehicles, especially those with wheelchair lifts.

Although The Arc of San Diego receives state funding, these funds do not fully cover the costs of operations and no funds are provided to purchase vehicles. Our campaign goal is to raise **\$195,000** for three

new wheelchair accessible vans. We have matching funds from The Ron Blair Future Needs Fund at the Arc San Diego Foundation to assist with this campaign. All donations will be matched with \$1 for every \$2 raised.

There are many different gift-giving options to support #VansforGood, some of which offer significant tax and income benefits. You can support #VansforGood

by making a donation on The Arc of San Diego's secure website at [www.arc-sd.com/donate](http://www.arc-sd.com/donate) or by contacting Jennifer Navarra at (619) 685-1175, ext. 291 or [jnavarra@arc-sd.com](mailto:jnavarra@arc-sd.com).

Not only will your contribution help improve the safety and reliability of our transportation, but also increase the independence for those we serve countywide. Thank you for helping us make a difference!



## President's Message

Dear Friends,

As the new year begins, I find myself reflecting on the influence and the role we played in people's lives during the past year. Despite the challenges we encountered, I am thankful to have an active network of self-advocates, family members, staff, volunteers, donors, supporters, board members and friends working to find solutions and opportunities.

**With your help, we seized upon these opportunities to create brighter futures and empower more than 2,000 children and adults with disabilities to achieve their life's goals.**

Last year our Employment Services helped **110** people find new jobs of their choice while continuing to support the **400** people already enrolled.

Through our Personal and Leisure Services, **100** adults took part in The Arc's Our Place Wellness Enrichment Program, giving participants a choice of nine health and wellness classes including yoga, adaptive fitness, Zumba, aerobic drumming, Taekwondo, healthy cooking, music, art and more at two locations. While an additional **379** people attended sporting events, plays, festivals, fairs and other recreational activities, which may otherwise have been a challenge to attend.

Last year marked the completion of our Building for Self Sufficiency Capital Campaign, a **\$4.5 million** renovation of The Sol and Ruth Gerber Family Center in Chula Vista. With the help of generous supporters including The Gerber Family and the David C. Copley Foundation, **300** children and adults with disabilities annually will be able to learn, develop and achieve their goals of being a part of a community.

**None of this would have been possible without you.** I hope you will continue to join us in enhancing the quality of life for so many individuals in our community.

Anthony J. DeSalis, Esq.  
President & CEO

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# Introductions

## Getting to Know...



### Alisa Dean

#### *Senior Director, Adult Day Services*

Since December 2018, Alisa Dean has served as the Senior Director of Adult Day Services for The Arc of San Diego. In this role, she handles the planning, development and implementation of The Arc of San Diego's Adult Day Services. Prior to this position, Alisa gained extensive leadership experience at other nonprofit organizations providing innovative programs and services to people with disabilities at all stages of life. She earned her Bachelor's degree in Psychology from UCSD and her Master's degree in education from Cal State San Marcos with teaching credentials in general and special education.

Alisa's passion for helping people with disabilities began at a young age when she started volunteering at her mother's adult day center for people with Alzheimer's disease. She had heard of The Arc of San Diego through networking with employees who had spoken highly of the organization and was eager to bring her leadership experience and background to our organization. In her role as Senior Director of Adult Day Services, she plans on creating more opportunities for clients to integrate in their communities through a person-centered approach to providing services.



### Valentino Separa

#### *Director of Community Inclusion Services*

The Arc of San Diego is pleased to welcome Valentino Separa as the Director of Community Inclusion Services. Valentino has been with The Arc since 2011 when he was first hired as a Substitute Direct Support Professional. Since then he has worked as a Direct Support Professional, Case Manager and Program Manager positions, most recently serving as the Program Manager for Group Employment.

As the Director of Community Inclusion Services, Valentino will be responsible for the development and implementation of strategic plans for community-based service model programs. Valentino hopes to use his previous experience to expand community-based services, engage community partners and expand awareness on The Arc of San Diego and its programs.

Valentino holds a Bachelor's degree in Criminal Justice Administration and Political Science and a Master's degree in Public Administration, both from San Diego State University. In his free time, Valentino enjoys traveling, he visited Mexico City and London in the past year. He also enjoys watching sports, especially football and basketball, and is a professional referee for high school and collegiate volleyball.

# Make Us Your Resolution This New Year



**D**uring this new year, we encourage you to give the gift of empowerment by donating to The Arc of San Diego. Your gift will provide support for the life-changing services we offer that empower more than 2,000 children and adults with disabilities to achieve their life goals. Here are a few ways you can make a contribution to The Arc of San Diego this year:

## ***Gifts of Cash, Check, Credit***

Simple, convenient, direct. If you itemize, gifts of cash are deductible up to 50% of adjusted gross income. To make a donation on our secure website, visit [www.arc-sd.com/donate](http://www.arc-sd.com/donate)

## ***Gifts of Securities***

When you donate stock, bonds, or mutual funds that have appreciated, you may get relief from capital gains tax. We strongly encourage gifts of stock via electronic transfer from a brokerage.

## ***Gifts of Real Estate***

Depending on the type of gift (personal home, vacation home, acreage, or farm), you may enjoy tax savings, lifetime payments and freedom from carrying costs once the property is sold.

## ***Gifts through your Will or Living Trust***

After providing for your loved ones, we hope you will consider remembering us in your estate. Gifts included in wills and living trusts are flexible and easy to arrange.

## ***Gifts from Retirement Accounts***

Your retirement-plan benefits, IRA, 401(k), 403(b), are an excellent way to fund a charitable gift. Last year, Congress made the IRA charitable rollover permanent. So, if you are 70½ and older and have an IRA, you can directly transfer, tax-free, up to \$100,000 per year to eligible charities.

To make a donation online, visit [www.arc-sd.com/donate](http://www.arc-sd.com/donate) or visit [www.arc-sd.com/support](http://www.arc-sd.com/support) to learn different ways to give. Please contact Jennifer Bates Navarra, Vice President of Marketing & Development, at (619) 685-1185, ext. 291 or [jnavarra@arc-sd.com](mailto:jnavarra@arc-sd.com) if you have questions about how your gift will make an impact.

# Winter Wonderland Fashion Show & Luncheon Benefiting The Arc of San Diego

Photography by Vincent Andrunas

On Thursday, December 5th, more than 300 of San Diego's most fashionable and philanthropic citizens gathered at The U.S. Grant Hotel for Winter Wonderland Fashion Show & Luncheon. Guests enjoyed a runway show produced by Leonard Simpson and Fashion Forward, incredible dining, and the opportunity to bid on enticing auction items during a silent and live auction. Master of Ceremonies Aimee Fuller guided guests through the afternoon's program. All funds raised from the affair directly benefited children and adults with disabilities receiving services from The Arc of San Diego. Winter Wonderland Fashion Show & Luncheon was made possible through the generous support of Presenting Sponsor Dr. Howard & Barbara Milstein and event chairs Maria Stanley and Cici Stanley. The Arc of San Diego is also grateful for support from Show Sponsors Judi Gottschalk, Taylor Miller and Dan & Barbie Spinazzola, and Table Sponsors Fred & Laura Applegate, Therese Garces, Mariel Filippone, Karian Forsyth, Kathryn Murphy, Maria Stanley, Margarita Wilkinson and Emma Zuckerman.



Emma Zuckerman, Jennifer Navarra (The Arc of San Diego's VP of Marketing & Development), Phyllis Parrish and Roxi Link



Sally Irwin, Kathryn Murphy, Patricia Clark, Barbara Tobler and Mattar Lambazzo



Left to right: Dr. Howard & Barbara Milstein, Presenting Sponsors, Malissa Sanfilippo, Event Co-Chair, Cici Stanley and Maria Stanley, Event Chairs, Dr. Gaynell Laptosky and Anthony J. DeSalis, Esq., President & CEO of The Arc of San Diego



Models with Joy Sargis and Scott Muske's champion show dogs during the runway fashion show produced by Leonard Simpson and Fashion Forward



Fashion show models during the runway fashion show produced by Leonard Simpson and Fashion Forward

## Hope and Health at Sulpizio Family Center Thanks to Las Patronas

Las Patronas, one of San Diego's largest philanthropic organizations, has partnered with The Arc of San Diego to provide new fitness equipment. This equipment has been installed and will help bolster the Hope and Health project, conducted at the Sulpizio Family Center.

The adaptive fitness equipment includes a treadmill, rope climber and stepper machine, which will contribute to an active and healthy lifestyle for clients at The Arc's Sulpizio Family Center. The fitness equipment is the foundation for a new program at the center called Hope and Health, which provides classes on the importance of daily exercise, nutrition, food preparation, and weight control led by guest speakers. All activities invite our client's family, loved ones, or care givers to ensure the information and recommended activities are reinforced while away from The Arc of San Diego.

The Arc has always striven to provide healthcare that is unique and suitable for our community. For example, those that are wheelchair bound have a greater need for



a more accessible, patient-centered, and comprehensive routine to maintain their health.

Las Patronas is a philanthropic organization with a long history of giving. Since its inception in 1946, Las Patronas has donated more than \$17 million to over a thousand charitable institutions in San Diego. All funds raised by Las Patronas stay in San Diego County and are distributed to many small grass-root nonprofits as well as larger, more visible organizations.

## Mel's Kitchen at Our Place Café Made Possible by the Garb Foundation



Construction is complete for Mel's Kitchen at Our Place Café inside The Arc's North Shore Vocational Center. Thanks to a generous donation from the Garb Foundation, the kitchen underwent renovations that will provide vocational training and employment opportunities for clients at The Arc of San Diego. Individuals will learn how to maintain a food service area, complete point-of-sale transactions, serve coffee and other foods, and provide customer service all while making lasting friendships and healthy food choices. These invaluable skills will improve the overall physical, mental and economic health and well-being of those we serve and help to develop greater inclusion, independence, and employability in the community.



The funding provided by the Garb Foundation also ensures that individuals with disabilities will receive healthy and nutritious meals while they participate in The Arc of San Diego's programs. The kitchen now features commercial appliances such as a double hot sink, dishwasher and freezer, with improvements to plumbing and ventilation systems. Mel's Kitchen is a welcome addition to Our Place Café at North Shores Vocational Center, which has been an environment that encourages health, nutrition, socialization and creativity to improve the quality of life for members our community with disabilities. The Arc of San Diego is proud to recognize support from the Garb Foundation by naming the kitchen "Mel's Kitchen at Our Place Café" after the Melvin Garb Foundation.

# Measuring Excellence

The Arc of San Diego reaches out to clients, families, community members and funders annually, to evaluate programs provided. The Outcome Measurements Tool aims to assess the following Questions: Has the program made a positive difference? What significant changes have occurred in the lives of those we work with? In what ways are their lives better?

Below is a summary of results from fiscal year 2019:

- 99% of clients report satisfaction with the overall quality of services.
- 99% of the children served progressed in a minimum of three developmental areas.
- 31% of clients in day programs actively gave back to their community through volunteer activities.
- 39% of clients enrolled in The Arc of San Diego's Employment Services have maintained their jobs for more than 5 years, with 25% maintaining the same job for more than 10 years.

## Highlights:

### Day Program Activity Centers

The Activity Centers at The Arc of San Diego remain a highly utilized service. Clients and their families enjoyed the ability to participate in a variety of activities, as well as day trips and excursions. In addition to this, the Sulpizio Family Center continues to see an increase in self-confidence, communication skills, and confidence in trying new things.



### Employment Services

The Arc's Employment Services has continued to assist individuals by breaking down barriers to employment through training and job placement, with a 24% increase in jobs available for Arc clients at MCRD Food Services. Clients who are satisfied with Employment Services indicated that the services they received from the program and its job coaches and case management had provided them the opportunity to achieve and maintain their employment.

### Residential Services

The program usage has held steady over the last year with few vacancies in residential homes and high satisfaction rates. Residents saw an increase in their ability to reach their individual goals. Clients made great achievements in physical fitness activities and Community Based Training.

### Independent Living Services

The Independent Living Services (ILS) Program saw an increase in the number of clients that were able to achieve their goal of living on their own. This was, in part, due to additional pre-ILS services provided to aid in the preparation for this transition.

# The Arc of San Diego

Providing services for people with disabilities and their families since 1951

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THE ARC OF SAN DIEGO'S  
**ANNUAL GALA**

**SAVE THE DATE**

**APRIL 25, 2020**

**THE GUILD HOTEL**

500 W BROADWAY  
SAN DIEGO, CA 92101

## All Fore The Arc of San Diego



The 27th Annual Arc San Diego Foundation Invitational Holiday Golf Tournament, held at The Santaluz Club on December 16, 2019 was a great success! More than 120 golfers took to the links to support vital services at The Arc of San Diego. Proceeds from the tournament contributed to Our Place, The Arc of San Diego's comprehensive wellness program that provides adaptive yoga, fitness, nutrition and wellness classes. The event was spearheaded by Jon Kurtin, Arc San Diego Foundation board member, who had the idea to host a golf tournament in 1993 when he realized that many clients did not receive holiday gifts. He rallied his friends and fellow golf enthusiasts to raise funds, brightening the holiday season for clients at The Arc of San Diego. We are grateful to **Jon, Linda, Berni, and Hannah Kurtin** for their dedication and generosity. We also greatly appreciate support from everyone who sponsored and supported the event.