



Spotlight

www.arc-sd.com



Providing services for people with disabilities and their families since 1951.



Join our Circle of Friends

Membership is an important way to support The Arc of San Diego. As a member and friend, you help us give individuals with disabilities the opportunity to find a job, live independently, participate in activities of their choice, and contribute to their communities. Your contribution not only provides much needed funding for programs but also helps us raise visibility and awareness about our cause.

Alanna works in the kitchen at The Sol and Ruth Gerber Family Center in Chula Vista where she assists in the preparation of meals for preschool children living in the community. She serves drinks, handles money, does a lot of cleaning, and is good at customer service. Alanna is learning to use the grill, cooking cheese burgers and chicken. Her supervisors are eloquent in their praise and describe her as: "cheerful," "self-starter," and "helpful." Alanna loves to dance, sing, and participate in talent shows. She is also actively involved in self-advocacy.

Your membership helps us continue our mission to support and empower people with disabilities to achieve their life goals.

Become a member of The Arc of San Diego through our monthly giving program or by making a one-time contribution today. From five different levels of membership, choose the one that best fits your individual needs.

Circle of Light (\$1,000 or more, *Arc San Diego Foundation*)

Circle of Love (\$500-\$999)

Circle of Hope (\$100-\$499)

Circle of Friendship (\$25-\$99)

\$5 on the 5th of each month

Get involved with The Arc. Join today! As a member, you will make a difference in the lives of more than 2,500 children and adults with disabilities in San Diego County. Mail your gift in the enclosed membership envelope or visit our website, www.arc-sd.com/membership.

Contact us about membership. If you have a question, please contact Barbara Gelsomino, Marketing & Development Assistant, at (619) 685-1175, ext. 292 or via email, bgelsomino@arc-sd.com.

Your Membership Dollars at Work

- \$25 covers a bus pass for one month
- \$50 buys plants & supplies for gardening classes
- \$100 provides two months of paint supplies for art therapy classes
- \$250 provides one partial scholarship to camp
- \$1,000 gives 50 toddlers two months of music therapy



President's Message



We're a few weeks into our 2016 annual membership campaign,

Every ONE Counts!, and I am pleased to invite you to join The Arc of San Diego. As a member, you make it possible for us to carry out our mission by helping children and adults with disabilities reach their potential. Together, we strengthen our community. Support us today - membership starts at \$25. Become a member, renew or upgrade your membership, or gift a membership to family and friends. For more information, please visit www.arc-sd.com/membership. Together, we can do so much more.

As we enter the final quarter of the year and you begin making plans for your charitable gifts between now and the end of the year, I ask that you please consider a gift to The Arc of San Diego so we can continue making a difference in the lives of our clients.

It is with great sorrow that I share with you the passing of a friend, colleague, mentor and inspiration, Barbara Maizie, who served as Executive Director of Contra Costa Arc since 1986. Barbara was a widely respected leader who worked tirelessly to protect the Lanterman Act. We all owe her a big THANK YOU for many years of fighting to ensure quality services are available to every individual with intellectual and developmental disabilities and their families. Everyone in the developmental disabilities field will feel her loss.

David W. Schneider
President & CEO

Plan Early for Year-End Giving

As you consider your charitable gifts between now and the end of the year, we ask that you please make a donation to The Arc of San Diego. Your gift will provide important support for our programs and give you significant and timely tax savings. Gifts must be made by 11:59 p.m. on Saturday, December 31, 2016 in order to be eligible for a 2016 tax deduction.

There are several options available to you and the following information may be helpful.

Gifts of Cash, Check, Credit. Simple, convenient, direct. If you itemize, gifts of cash are deductible up to 50% of adjusted gross income.

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. To ensure proper gift credit, please notify us in advance when you are ready to make a transfer.

Gifts of Real Estate. Takes time to facilitate and is considered complete the day we receive the signed deed. Depending on the type of gift (personal or 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. Flexible and easy to arrange. After providing for your loved ones, we hope you will consider remembering us in your estate.

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. Do not wait till year-end to set this in motion - contact your IRA administrator as soon as possible.

Always consult your tax advisor to determine the gift option that is best for you. At The Arc, we are happy to answer questions about how your gift will make an impact. Please contact Jennifer Bates Navarra, Vice President of Marketing & Development, at (619) 685-1185, ext. 291 or jnavarra@arc-sd.com.



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Thank You to Our Donors

July 1, 2016 through September 15, 2016

The Arc of San Diego greatly appreciates the assistance we receive to help us enhance the services we provide to children and adults with disabilities. We are grateful for your support and commitment to improving their quality of life. Thank you to all of our wonderful supporters!

Grants

Thank you to **AT&T** for a grant to support furniture and computer equipment for our vocational training program at The Sol and Ruth Gerber Family Center.

We are grateful for a grant from the **County of San Diego Community Enhancement Fund** as recommended by Supervisor Greg Cox for landscaping equipment for Arc Community Employment Services.

Thank you to **Oak Tree Philanthropic Foundation** for their unrestricted grant to the Arc San Diego Foundation.

Memorials

In Memory of Darlene Trent
Benjamin Kraudel
Pamela J. Trent
Betty Wolfe

Tribute Gifts

In Honor of Bernard Blotner
Morgan Stanley

In Honor of Douglas Bosley
James Bosley

In Honor of Robert W. Lesage
Suzanne Lesage

In Honor of Eduardo Luna
Sylvia Canizales

In Honor of Elida Madriz & Marie Michalak
Sylvia Canizales

Capital Campaign

We greatly appreciate the generous support from the **Star Larcs** for our **Building for Self-Sufficiency** Capital Campaign and Parent/Infant Program.

Thank you to the **Charles and Ruth Billingsley Foundation** for their grant to our **Building for Self-Sufficiency** Capital Campaign.

Many thanks to the following donors for their generous support of our capital campaign:

Raquel Arce-De Vasquez
AT&T California
Ernestine Bentley
Mike & Kathy Brault
Eri & Martha Dorado
Estate of James L. Campbell Trust
Jon Pak
Star Larcs
Dr. Charles and Trudy Umansky
Charles & Ruth Billingsley Foundation

Building For Self-Sufficiency

The Arc of San Diego thanks AT&T for their grant to the **Building for Self-Sufficiency** Capital Campaign to purchase furniture and computer equipment at The Sol and Ruth Gerber Family Center. The grant will have a positive impact on many lives as more than 65 individuals with disabilities learn essential work skills while earning a paycheck through their work at the center's vocational training program.

We also thank all our donors for their support and contributions. Since we launched the campaign, more than 150 supporters have shown their strong commitment, with gifts totaling \$3,328,656. So far, we have raised 74% towards completion of our \$4,500,000 goal.

Naming opportunities are available and can be reserved with recognition at \$250 for a donor wall tile, \$2,500 for trees, and \$5,000 for benches. Classroom naming opportunities available for \$25,000 include the Multi-Media, Life Skills Training, Animal & Nature, Music, and Seniors Classrooms. Pledges can be paid immediately or over a three-year period.

For more information, please contact Jennifer Bates Navarra, Vice President of Marketing & Development at (619) 685-1175, ext. 291 or by email at jnavarra@arc-sd.com.



Holly Nanula and Jen Pazos.



Cocktail Reception

The breathtaking home on Camino de la Costa in La Jolla was the perfect setting for a fabulous cocktail reception that benefited The Arc of San Diego.

Generously hosted by realtor **Holly Nanula** of The Holly Nanula Group, the magnificent evening treated guests to stunning ocean views, hors d'oeuvres and cocktails, and the awe-inspiring architecture of the home.

A silent auction featured incredible items including original artwork by Erik Skoldberg, whose pieces adorn the home, as well as stunning jewelry and gift certificates to The French Gourmet, Eddie V's, and Sbicca Del Mar.

Among the guests were Phyllis & John Parrish, Patti & Coop Coopriider, Charlotte Rand, Quentin Smith, Eric Dale, Kristi Pieper, and Jen Pazos. We are deeply grateful to Holly Nanula for her support of The Arc of San Diego.



National Disability Employment Awareness Month (NDEAM), observed in October, celebrates contributions of workers with disabilities. The hashtag theme, “#InclusionWorks,” is intended to encourage individuals and groups to post images and stimulate discussion on social media about the many ways “inclusion works.”

At The Arc of San Diego, our programs, Arc Community Employment Services (ACES) and Arc Enterprises, have successfully created employment opportunities for more than 641 individuals with disabilities. We are proud of our staff and their commitment to helping people with disabilities find employment. For more information, contact George Stone at (619) 685-1175, ext. 297.

CELEBRATING



Quick and Efficient

William "Bill" Butkiewicz came to The Arc of San Diego in 2004 seeking employment. He began work as a Courtesy Clerk at VONS in La Mesa but after 11 years, the store was bought by Haggen. Bill was laid off in 2015 when Haggen closed all its Southern California stores. His exemplary work ethic led to his being rehired by VONS on Mission Gorge Road.



Bill works 20 hours a week in shifts of four to six hours. Duties include bagging groceries, helping customers with carry-out services, collecting carts from the parking lot, doing price checks, restocking and reshelving products, sweeping and mopping floors, cleaning up spills, and providing customer service. Bill loves his job, knows most customers by first name, and gets along well with his co-workers. According to his supervisor, "Bill is a great guy. He is very good with customers."

A sports enthusiast, Bill plays baseball and was a Pop Warner football coach. He often goes bowling with his co-workers. He wants everyone to know that his job helps him feel like part of the community.

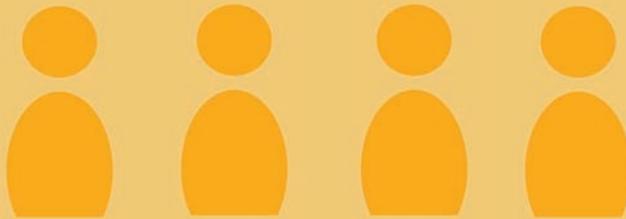
Celebrating National Disability Employment Awareness Month, we offer our congratulations to Bill.

EMPLOYMENT



NDEAM

National Disability Employment Awareness Month



400

clients received ongoing employment support & training

\$

PAY TO THE ORDER OF: ACES Clients

DATE: 2015-2016

\$6,014,603

\$

MEMO: Wages earned by ACES program participants over the past year

86

employment placements throughout San Diego County



Barbara Maizie Memorial Scholarship

The Arc of San Diego has established the Barbara Maizie Memorial Camp Scholarship. During her lifetime, Barbara Maizie, Executive Director of Contra Costa Arc, was a driving force behind the developmental disabilities movement in California, inspiring and encouraging through good and tough times. For three decades, Barbara gave her time, talent, and energy to help children and adults with developmental disabilities flourish in Contra Costa. She was committed to protection of the Lanterman Act, informing families of their rights and taking legislators who tried to defund it to task.

Barbara recently passed away and, in an effort to recognize her contributions to individuals with disabilities throughout our state and all she accomplished, we are pleased to honor and remember Barbara with this scholarship fund. Starting in 2017, individuals will be able to apply for a scholarship for campers to attend The Arc of San Diego's Summer Camp. Campers will be required to complete an application and preference will be given to youth. For more information, please contact Lin Taylor, Camp Director, at (619) 685-1175 or via email at ltaylor@arc-sd.com.

Many Thanks

A heartfelt thank you to our counselors, aides, and volunteers who made the 2016 summer camp experience amazing! We appreciate your responsibility, patience, motivation, care, creativity, and sense of humor in making camp a magical place of discovery, fun, and support. Your hard work, each and every day, is critical to the success of Camp-A-Lot & Camp-A-Little.



Summer Is Special

Thanks to our donors, 42 campers received the gift of camp – a scholarship making it possible for them to enjoy a week of outdoor fun and adventure. Attending a camp session can be expensive; it costs \$1,180 for the week. This poses a financial hardship for campers coming from single parent homes, those who live at home with aging parents on limited incomes or in residential homes with no family, or those who save all year long so they can “go to camp” but need a little help. At The Arc of San Diego, we are grateful for your support and thank you.

Our Appreciation

We greatly appreciate the support that allowed our campers to have this experience. Thank You so much.

Connie J. Baer

Douglas R. Barrett

Mary K. Bartholomew

Robert & Maria Bauter

Stephanie G. Blankenship

James Bosley

Jessica Brown

Robert & Norma Cameron

Sylvia Canizales

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School of Nursing

Point Loma Nazarene University's School of Nursing approached The Arc of San Diego in July 2014 to be the nursing program's community service partner. The goal of the program is to "bridge the gap" between education and practice by supporting student nurses before they transition into their new professional role. The collaboration has proven to be mutually rewarding.

Student nurses in their senior year complete service hours at Arc locations and gain practical hands-on experience. Groups of 5-6 students toured The Sol and Ruth Gerber Family Center in Chula Vista and meet with staff and clients in the Senior, Community-based, and Activity Center programs. They return for five consecutive Tuesdays from 8 a.m. to 2 p.m. to observe, assess, discuss findings, and make recommendations for a health education plan.

Emphasizing the importance of taking greater control over their health and managing chronic conditions, clients are screened for vision, blood pressure, and height/weight. Teaching topics include nutrition, diet, weight management, exercise, fall prevention, safety, and oral and personal hygiene. Clients have a good rapport with students, enjoying talking and Zumba dancing with them!

Information reviewed with staff covers lifestyle-related issues and risk factors for heart attack, stroke, and diabetes. Training topics include helping clients make better lifestyle choices, choosing a diet with plenty of vegetables, fruits and grains, understanding the increased risk of falls, physical therapy, dehydration, hand washing hygiene, what everyone should know about epi-pen, and more.

At the end of the semester, students present a summary report of their findings and recommendations to staff and clients. This summer, the program will expand to Sulpizio Family Center, East County Training Center, and Arc North County. Its success will strengthen competence in caring for people with disabilities and create a richer understanding of the needs and health risk behaviors of the community.

Our thanks to Point Loma Associate Professor Judy Scott and Adjunct Faculty member Jennifer King for starting this project and encouraging senior nursing students to ask questions, think critically, and integrate knowledge with new nursing practice.

Namaste

Every Thursday, Dr. Paul Kurtin, founder and medical director of *Our Place* – a wellness and fitness center at North Shores Vocational Center – teaches chair yoga, a gentle form of yoga specifically for people in wheelchairs and those who cannot stand for long periods.



The class has between 20-30 participants and runs 45 minutes. Dr. Kurtin, a practitioner of yoga since 1968, has adapted a sequence of poses and breathing techniques to

meet student needs and objectives. While seated on chairs, students do simple twists and stretches, mild forward bends and light backbends. As a result, they enjoy improved muscle tone, better balance and breathing habits, a reduction in stress, and sense of well-being.

Our Place, a 1,500 sq. ft. yoga studio filled wall-to-wall with yoga mats, is a peaceful, welcoming space. Keeping the comfort of students in mind, small details and modifications, such as color-coded triangles on walls to indicate direction, are an important consideration. The studio is open two days, Thursday and Saturday, and instructors volunteer teaching time. For more information, contact Michael Mather, Marketing & Community Outreach Manager, at (619) 685-1175, ext. 294.

Common Good

Students from Pacific Ridge School bid farewell to their friends at Arc North County on May 25th with a talent show featuring poetry, singing, and dancing. This concluded a year of community service as part of the school's Service Learning Program.

Service Learning programs involve students in organized community service that address local needs while developing academic skills, sense of civic responsibility, and commitment to the community. The Arc is one of six community partners in this project.



On Monday and Tuesday mornings, through the entire school year, up to 20 middle and high school students arrive at the San Marcos Day Program to meet and talk with clients, play electronic games and outdoor sports, make crafts, perform music, read books, and more. Friendships develop and familiarity is crucial in reducing stereotypes and improving intercultural understanding.

"The program offers a lifelong lesson about diversity, disabilities, and our responsibility to one another as human beings," said David W. Schneider, President & CEO. "Bonds have developed through these friendly visits that make a remarkable difference in the lives of people with disabilities."

Arc North County has been involved with the Pacific Ridge Service Learning Program for almost a decade and is a popular choice of students.



Calendar

OCTOBER

22

Second Annual Fall Fest

10:00 a.m. – 5:00 p.m.

North Shores Vocational Center

Contact Joanne Mull, Steve Hojsan,
or William Evans

(858) 715-3780

23, 1951

Founding of The Arc of San Diego

27–29

The Arc's 2016

National Convention

Orlando, Florida

NOVEMBER

5

Seminar: Understanding Social Security & SSI Benefits

9:00 a.m. – 12:00 noon

12

Seminar: Special Needs Trust

9:30 a.m. – 11:30 a.m.

North Shores Vocational Center

9575 Aero Drive, San Diego

\$8 per person; \$10 family;

free for person with disability

Contact Leslie Autry (619) 201-2672

DECEMBER

9

Holiday Bazaar

Arc North County

Contact Julie Lyon or Laura Orcutt

(760) 740-6800

MISSION

The Arc of San Diego
supports and empowers
people with disabilities to
achieve their life goals.

The Arc of San Diego

Providing services for people with disabilities and their families since 1951

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This newsletter is produced and distributed by The Arc of San Diego. **Board Chair** Doug Hoehn, **President & CEO** David W. Schneider.

If you would prefer receiving the Spotlight via email, please email us at info@arc-sd.com
The Spotlight is published quarterly. You can find the online version of the newsletter at www.arc-sd.com

Fresh Holiday Greens!

With the holiday season around the corner, the Star Larcs have begun their annual sale of holiday wreaths and greenery, with proceeds benefiting The Sol and Ruth Gerber Family Center's **Building for Self-Sufficiency** Capital Campaign.

This is a wonderful opportunity for you to bring in the warmth of the holiday season by decorating your home with fragrant greens! You have a variety to choose from - wreaths in two sizes, 22 or 28 inches; the beautiful Noble Fir or large dramatic Mixed Evergreen with incense cedar, berried junipers, faux holly berries and

red velvet or plaid bow, aromatic ten-foot garlands, table centerpieces, and assortment of small, medium, and large pinecones.

These freshly cut greens from the Pacific Northwest make lovely gifts for family, friends, colleagues, business associates, or your office. Orders can be picked up shortly after Thanksgiving. If you plan on ordering greens for out-of-towners, direct delivery is available for certain items.

For a brochure and price list, stop by The Sol and Ruth Gerber Family Center, 1280 Nolan Avenue, Chula Vista or contact Joann Coats at (619) 427-7524 or jcoats@arc-sd.com.

Order forms are also available at all Arc centers. **DEADLINE FOR ORDERING** is Friday, October 28, 2016.



The
Arc
of
San Diego

Please **REMEMBER** The Arc of San Diego
in your year-end giving.
Your giving makes our mission possible.

DEADLINE:
DECEMBER 31