

# empower

REAL PEOPLE, REAL PROGRESS

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# WHAT WILL YOUR LEGACY BE?



Leaving a gift to The Arc through your estate or trust ensures that The Arc will always be there, supporting individuals with I/DD, their families and friends. We don't know what tomorrow will bring, but with your help we can be ready for it. *Remember that our plans depend on your plans!*

Your gift creates an enduring expression of your values and has a significant impact on the future of people with I/DD. What's more, your deep commitment to The Arc inspires others to do the same.

For more information on how to make a charitable bequest to The Arc please contact us at **202.600.3495** or send us an email at [plannedgiving@thearc.org](mailto:plannedgiving@thearc.org).



# LETTER FROM THE PRESIDENT



## WILL YOU JOIN ME IN TELLING OUR STORIES DURING THIS CRITICAL TIME?

I am honored to be serving as President of The Arc's Board of Directors during such a critical time for people with intellectual and developmental disabilities (I/DD).

A priority of mine has been and remains The Arc's leadership in the world of public policy, which is the foundation for all of our work—access to supports and services across the lifespan that make living in the community possible. We face many unknowns in Washington, D.C. as the programs people with I/DD and their families rely on to live, work, and fully participate in the community are on the chopping block.

I've been involved with The Arc at the local, state, or national level for 28 years—I've never seen anything like this. Buzz words like block grants and per capita caps all mean the same thing—cuts. Will you join me in telling your story so that public officials and policymakers understand the impact these threatened cuts could have?

Medicaid, Supplemental Security Income, and the Affordable Care Act are critical to the lives of people with I/DD—they provide protection against hardship with income for basics like food and shelter; access to what many of us see as a fundamental human right—health care; and so much more that can

mean the difference between a life in the community and a life of seclusion.

**Now is the time for us to be empowered!** I am calling The Arc's network to action! Your story is a powerful tool and I urge each of you to share your story with leaders in your community, including your Members of Congress and with The Arc. Together we can put a face to these issues for decision makers at a critical time.

Take the step to sign up with The Arc's Disability Advocacy Network to be informed and take action when it's needed most—go to [thearc.org](http://thearc.org), and click on the Take Action tab to sign up. Join thousands of advocates like yourself and do something to protect the keys to your independence. Every call, email, letter, visit and tweet counts in the minds of our elected leaders.

Don't hesitate to reach out to The Arc's National Office ([info@thearc.org](mailto:info@thearc.org)) if you have specific public policy related questions or want to learn how to get more involved. Thank you for your commitment to our collective work. ●

A handwritten signature in black ink that reads "Elise McMillan". The signature is written in a cursive, flowing style.

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Real People, Real Progress

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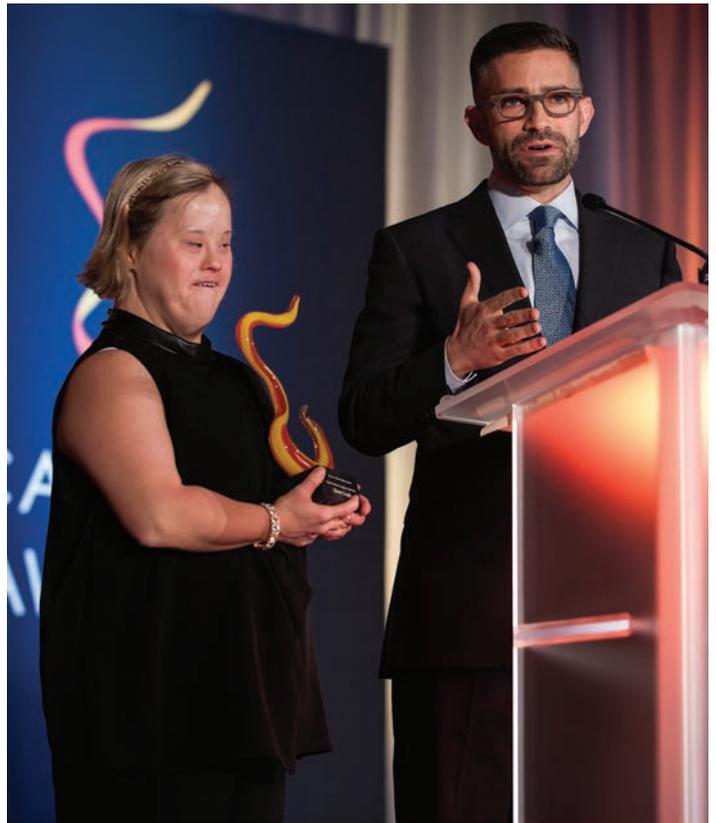
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*Throughout this publication the term intellectual and developmental disabilities may be replaced with the acronym I/DD.*

# THE CATALYST AWARDS – IGNITING A PASSION FOR INCLUSION

Last year, the Catalyst Awards were a rousing success, bringing together a remarkable group of honorees, all of whom have made extraordinary contributions in the lives of people with I/DD. Our winners represented a wide swath of our society, including Fortune 100 companies, a top university, a literary giant, and the cast of a new hit television show, breaking ground in how society perceives people with disabilities. ●



**Top:** Marisa Niwa presents *Regional Employer of the Year Award* to Giant Eagle (award accepted by Jeremy Shapira)  
**Left:** Sara Wolff



**The 2017 Catalyst Award Winners:** Back Row (from l to r): Jay Ruderman, Shira Ruderman, Jonathan Murray, Jeremy Shapira, Pablo Juárez, Steve Silberman, Nick Cain, Tobie Hatfield. Second Row (from l to r): Rachel Osterbach, Megan Bomgaars, Steven Clark, John Tucker, Connor Long, Patti Saylor, Matthew Walzer, Heidi Burgett. Front Row (from l to r): Elena Ashmore, Christina Sanz, Sean McElwee, Erica Wheeler



What will it take for us to provide more opportunity and greater independence to people with disabilities?



This is one of the central challenges facing our community.

The Arc is tackling this question every single day and working with partners across the country to develop solutions that work, and bring them to the individuals and families who need them. The most immediate need is your support!

We've fought for better housing and employment options, secured financial benefits, and made universal access to education for people with disabilities the law of our land.

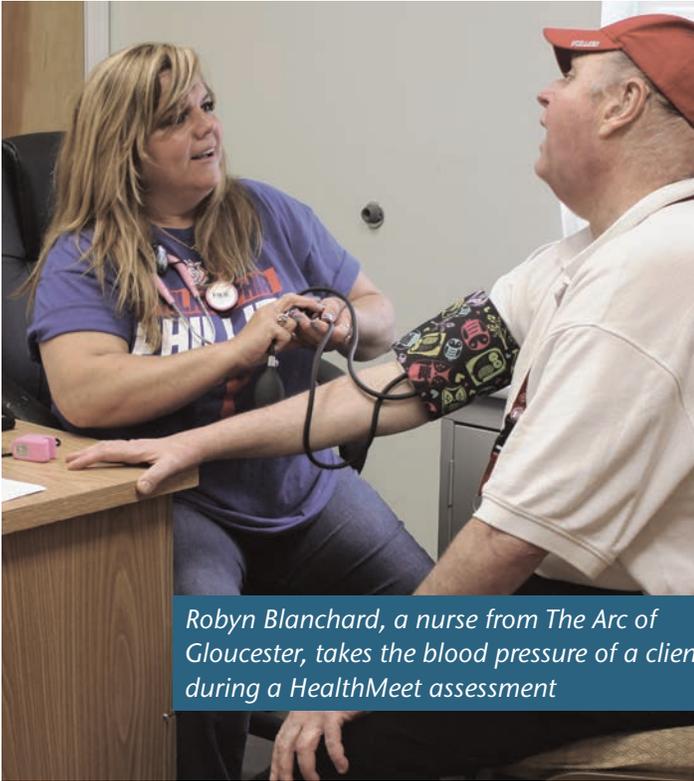
**When you support The Arc today, you are investing in today's immediate needs as well as the future for people with I/DD and their families.**

Together, we are building a world where people with I/DD can thrive, take risks, and participate fully in their communities as they achieve their goals. Thank you.



**Top:** Steve Silberman accepts award for Author of the Year  
**Bottom:** Matthew Walzer accepts award for Corporate Advocate of the Year

**DONATE TODAY**  
using the enclosed envelope or by visiting [thearc.org/donate](http://thearc.org/donate).



*Robyn Blanchard, a nurse from The Arc of Gloucester, takes the blood pressure of a client during a HealthMeet assessment*



## EXCITING NEW RESOURCES FROM HEALTHMEET®

Since 2012, HealthMeet has promoted the health of people with I/DD, providing individual assessments and referrals, educating through nutrition and exercise programs, and training health care providers to better serve people with I/DD. According to The Centers for Disease Control and Prevention (CDC), adults with any disability experience three times the risk of heart disease, diabetes, stroke, and cancer as compared to the general population. This data highlights the stark disparities and critical need for programs like HealthMeet.

The Arc is proud to release a wealth of resources on the redesigned page. Check out our new look and new resources at [thearc.org/healthmeet](http://thearc.org/healthmeet).

And, a HUGE thank you to the many chapters who participated in this important program! See the full list at [thearc.org/healthmeet/partners](http://thearc.org/healthmeet/partners). ●

*HealthMeet® is a project of The Arc and was supported by Grant/Cooperative Agreement Number 6NU59DD00093-03-02 from the Centers for Disease Control and Prevention from August 2012 – December 2016.*

## WE NEED YOUR INSIGHT! HELP INFORM THE FUTURE OF DISABILITY ADVOCACY

Are you 18 years or older and the family member of a person with an I/DD?

Do you provide primary unpaid and frequent support to a person with an I/DD living in the United States and U.S. territories?

If so, you're invited to participate in the Family and Individual Needs for Disability (FINDS) Survey. This survey is being conducted by the University of Minnesota's Research and Training Center on Community Living and The Arc to learn more about the experiences of parents and family members who provide support to their family member with intellectual or developmental disability.

The results of the 2010 survey provided unique insight into the growing gaps in education, employment, and other life-span activities that exist between persons with disabilities and their non-disabled peers, which has informed further dialogue and policy changes at the Federal and State levels.

To learn more about the 2017 study visit, [thearc.org/finds](http://thearc.org/finds). Questions? Contact Amie Lulinski at [Lulinski@thearc.org](mailto:Lulinski@thearc.org) or 202.534.3724. ●

# NATIONAL INITIATIVES

## BUILDING THE BRIDGE TO INCLUSION THROUGH TECHNOLOGY

**M**any day-to-day technology tasks have become so intuitive for many of us that it's easy to forget how essential they are. For people with I/DD, these simple skills can make a world of difference by building bridges to community participation.

Over the last year, through our partnership with Comcast NBCUniversal, six chapters across the country hosted "Learning Labs" to foster digital literacy skills in their constituents. The classes' content varies between chapters based on individual needs:

### **The Arc Baltimore (Maryland)**

The Arc Baltimore's labs provided an overview of Assistive Technology and a demonstration of devices and software to address communication, computer access, eating, environmental control, hearing, home safety, memory and cognition, telephone access, recreation, and vision. Stories were shared on how individuals have utilized devices. A certified Assistive Technology Professional worked one-on-one with participants to identify and experiment with tools that would be a good fit for them.

### **Easter Seals Arc of Northern Indiana (Indiana)**

Easter Seals/The Arc of Northern Indiana hosted an instructional computer lab focusing on life skills, employment, internet safety, and money management. One participant even landed an interview using their skills to complete job applications!

### **The Arc of Prince George's County (Maryland)**

The Arc of Prince George's County hosted labs covering topics related to independent living, including eating healthy, resume building, tech tools for reading, grocery shopping, job seeking/applications, money value, and understanding maps. At the conclusion of the event, local companies even pledged to employ more people with I/DD!

### **NewStar Services (Illinois)**

NewStar's labs had a strong focus on iPad skills, including skills for independent living like taking pictures, iMovie, iModeling, maps, planning a trip, and setting and using reminders.

### **The Arc of San Francisco (California)**

The Arc of San Francisco's labs were centered on using technology for independence and employment. Topics covered included internet safety, Microsoft, LinkedIn, online job searching, and the basics of email.

### **The Arc of Lane County (Oregon)**

Topics on computer basics, including terminology, parts, safety/care, and typing, were covered. They worked in Microsoft Word, Publisher, Powerpoint, email, and iPads. Most importantly, they learned about internet safety like identity theft protection, safe passwords, and digital footprints.

Through this simple exposure to the basics of digital technology, participants are building the skills that will support them to become more independent within their communities. We look forward to expanding Learning Labs to more chapters and building the skills to succeed in people across the country! Check out coverage from each event on our blog at [blog.thearc.org/2017/02/08/building-bridge-inclusion-technology/](http://blog.thearc.org/2017/02/08/building-bridge-inclusion-technology/). ●



*The Arc Baltimore's Daphni Steffin works with a Comcast NBCUniversal Learning Lab participant to explore assistive technology devices*



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You Hold the Key to  
**Independence**

Do you have an old or unneeded car, truck, boat or other vehicle taking up space? Give someone with I/DD the key to their independence by donating it to The Arc today. Proceeds benefit your local chapter.

We accept any vehicle with a title and arrange free pick up or towing. Plus, your donation is tax-deductible! Call 1.877.ARC.CAR.0 or donate online by visiting [thearc.org/donate-my-vehicle](http://thearc.org/donate-my-vehicle).



[bbb.org/charity](http://bbb.org/charity)

The BBB Wise Giving Alliance National Charity Seal carries a lot of meaning for both donors and charities. After undergoing a rigorous evaluation by the BBB Wise Giving Alliance, The Arc is proud to have received their seal for meeting the Standards for Charity Accountability!

