



A Note from the President(s)

The State of The Arc of Cedar Valley. It has been awhile since we have sent out a newsletter, as The Arc of Cedar Valley has been trying to figure out how to stay present in the lives of our people with disabilities population. Membership and volunteer numbers have been dwindling for years and efforts to reach and involve young parents of children with intellectual developmental disabilities have been difficult.

The Arc of Cedar Valley Board has been having on-going conversations with The Arc of Iowa on ways chapters can work together to decrease costs and innovative ways to raise funds. Some items of discussion include chapters contracting insurance through The Arc of Iowa instead of independently, having a consolidated website with The Arc of Iowa with the different chapters running off that site, and the purchase of vending machines placed throughout the community to raise funds.

The Arc of Cedar Valley has launched a new Facebook page and can be reached at <https://www.facebook.com/Arccedarvalley/>. We can still be reached by email or phone number listed on the next page, but figured it was time to step into the technological age. The Arc of Cedar Valley will respond to messages left on the Facebook page and tries to add new content daily.

Our chapter, as well as many others, are trying to figure out how to make this transition (less funding, increasing needs) the best way possible to assist the populations we serve. As we celebrate The Arc of Cedar Valley's 65th year we will continue to strive towards our mission and values of advocating for individuals with intellectual and developmental disabilities and their families!

Bret & Ronda Eick, Co-Presidents

Community Commitment



The Arc of Cedar Valley is celebrating 65 years as a non-profit agency for people with disabilities. The agency started as the Association for Mentally Retarded, became Black Hawk County Arc, and now is The Arc of Cedar Valley. The name has changed but we're still providing the same services to the community.

The Arc will host a fundraiser/anniversary celebration on October 17th this year. We look forward to renewing old memberships and making new ones. Grants and fundraisers are critical to The Arc's success, as we've been without funding by the United Way for the last four years. In its place, we've been pleased to accept several grants from the Community Foundation of Northeast Iowa and Ronald McDonald House Charities. These grants were used for music therapy, art therapy, and recreation for our

special needs people.

The Arc has held a bowling fundraiser and coordinates gift-wrapping at Crossroads Mall. Our board welcomes new members and anyone interested in helping plan and manage future fundraisers. Our only income comes from membership dues and donations.

Mark your calendars and save the date October 17th so you can join us in celebrating 65 years in the Cedar Valley. More information to come.

Elite 8

The Eight Over Eighty Award annually recognizes eight residents in the Cedar Valley area over the age of 80. Individuals are nominated by their peers and are recognized for demonstrating leadership, contributing now and in the past to the betterment of the community, or who continue to be a success in their vocation. A committee of community leaders read the nominations and make the final selection.



The Arc of Cedar Valley has had two past winners of the award; Gene Anderson and Dolly Fortier. We are excited to announce another board member, Marie Nitzschke, will be a 2019 Eight Over Eighty recipient. Marie is an integral part of the Gopherettes who volunteers her time in mending and altering clothing items for the special needs population in the area. Marie also contributes by making catnip toys and baked goods for the annual Cookie Walk.

Also a member of The Arc of Cedar Valley, Miller Roskamp, will also be a 2019 Eight Over Eighty recipient. The Arc association is extremely proud these members have received the recognition they deserve. These individuals have contributed many, many hours of volunteer work for our special needs people. There will be an award luncheon on June 26th at the Diamond Event Center in Cedar Falls for this year's recipients. Thank you and congratulations!

Annual Meeting Invite

Members- mark your calendars for July 18th for the annual meeting of The Arc of Cedar Valley. It will be held at 6:30 pm at Exceptional Persons Inc., 760 Ansborough Ave., Waterloo. We will have a brief discussion on what The Arc of Cedar Valley has been doing, vote in new Board Members, and allow for networking and conversations. If you have information that needs updated, know of others interested in attending, or interested in membership, please let us know or share your newsletter with them.

Up With Families

Our 25th annual Up With Families "weekend getaway" was April 12-14, 2019. We had 10 families attend with 23 children with 17 of those children having special needs. Each child has a carefully-chosen companion assigned to them on a one-on-one basis. The kids enjoy a wide array of activities and entertainment tailored to each age group. Meanwhile, adults are treated to a day designed just for them providing an opportunity to talk to professionals, network with other parents, learn about resources, relax, and have fun. Planning has already started for the 2020 Up With Families weekend.

We also had our 2nd Annual Cedar Valley Celebrity Trivia Night fundraiser the week before to raise money for the weekend, since the weekend is free for families attending. This fundraiser has brought in local and some national celebrities such as Gary Kroeger, Brad Meester, Tim Dwight, Mark Farley, Doug Schwab, Jim Miller, Lew Montgomery, and Gary Dolphin to name a few. If you would like more information on the weekend or the fundraising event, you can email us at uwfcedarvalley@yahoo.com.

Gopherettes

Exciting news for The Gopherettes- we have found a permanent location! Through some networking, The Gopherettes have partnered with Western Home Communities. The Western Home has given us a room in their Stanard Family Assisted Living building, located at 420 E. 11th Street in Cedar Falls. In return, for the use of the room, we will be doing the mending for the downtown campus of the Western Home.

Through the summer we will be mending clothes the second Wednesday of every month and starting in September return to our previous schedule of every other Wednesday. If you have items or wish to volunteer your sewing skills contact Marie Nitzschke or Arc of Cedar Valley.

People First

People First of Black Hawk County is a self-advocacy group for people with developmental disabilities. They learn to speak for themselves and teach others about their rights and responsibilities as citizens. They do this through study; discussion and social interaction; and through other appropriate advocacy approaches.

Membership

For those that have not renewed a membership with us, please do so with the information on the backside of this newsletter, we look forward to keeping you informed. You may also renew at The Arc's annual meeting in July.

With so many programs 'up in the air' families will need to work together to ensure we keep the services we have. There is a force in numbers. We've needed to circle the wagons in the past and know it works.

The Adult Bowling Program

It was another fun and successful season of bowling at Maple Lanes Bowling Center in Waterloo. There were 50 bowlers in attendance on Saturday mornings from November 10, 2018 to January 26, 2019. Christmas parties for each of the two leagues were also held.

The Adult Winter bowling league has been in operation for more than 48 years and saw a decrease in participation this year. This last winter was extremely brutal with record amounts of snow and ice storms. Consideration has been given to moving the bowling program to summer, but no changes have been decided yet. We will keep you posted!

Thank you to all of our faithful volunteers! The success of this program is due to the volunteers who continue to offer their time each week and to the individuals who come each Saturday to bowl with their friends. Want to join a league this fall, contact us to be added to our list to get you the registration form when they become available. Call or email today!



Joint Volunteers

In 1989, a group of family members formed a volunteer group for Adults Inc. to raise funds for the equipment and misc needs for the clients. Dorothy Cleveland started the first Christmas Cookie Walk in 1990. In 1995, EPI created CHOICE and a volunteer group for them was formed in 1996.

In 1997, it was agreed by the volunteer group to form the Volunteer Group for both EPI CHOICE and North Star, becoming Joint Volunteers, or JV's, Arc of Cedar Valley. This will be JV's 30th year anniversary. Presently, there are three active committee members who have been with the JV's all 30 years and many, many bakers contributing for all those years.

Each year, around \$3,500 is raised from the Cookie Walk which is divided equally between the two agencies. These funds are used for activities and equipment needs. Each agency submits a request for the monies they need throughout the year.

The JV's are grateful for all the people who bake the cookies and candies, dog and cat treats, and especially the Bernard family and First United Methodist Church of Cedar Falls who bake around 2500 cookies for us every year. Both agencies contribute with baked goods and help on the day of the cookie walk. We appreciate that North Star annually has provided the location, press releases, and any help the JV's need.

History & Mission Statement

The Arc of Cedar Valley was founded in 1954, we have a consistent history of providing a strong voice for people with intellectual and related developmental disabilities and their families.

Our mission statement is to advance the total well-being, dignity, individual potential, and rights of persons with intellectual and related developmental disabilities and their families.

Volunteering

All of The Arc of Cedar Valley programs are accepting volunteers, if you are interested, please contact us!

"The most precious thing I have to give is my time." - Silvia Hartmann



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Member of The Arc of Iowa and
The Arc of the United States

Mark Your Calendars Annual Meeting July 18, 2019

Achieve with us.

Board of Directors:

Bret & Ronda Eick, Co-Presidents
Vicki Schueler, Vice President
Gene Anderson, Treasurer
Lonnie Polok, Secretary
Shirley Fogleman
Dolly Fortier
Kay Lemmon
Cheri Mabon
Mary McCalley
Marie Nitzschke
Vicki Schueler
Ben Snyder
Karolyn Zbornik

Contact us:

<https://www.facebook.com/Arccedarvalley/>
arccv@episervice.org
(319) 232-0437



Membership Means . . .

- You strengthen The Arc's voice to protect the human rights of people with intellectual and developmental disabilities (I/DD).
- You receive newsletters and alerts to keep current on I/DD issues.
- You join forces to have one collective voice at the local, state, and national levels.
- You get the satisfaction of knowing you helped others.

Annual Membership:

<input type="checkbox"/> Angel	\$500	<input type="checkbox"/> Family	\$30
<input type="checkbox"/> Builder	\$250	<input type="checkbox"/> Individual	\$20
<input type="checkbox"/> Supporter	\$100	<input type="checkbox"/> Student	\$10
<input type="checkbox"/> Friend	\$ 50	<input type="checkbox"/> Self-Advocate	\$ 1

Name: _____

Address: _____

City/State/Zip Code: _____

Email: _____ Date: _____

Make Checks Payable to: The Arc Cedar Valley

Mail Form and Payment to: PO Box 4090, Waterloo, IA 50704-4090

Your membership or donation is tax deductible.

