



The Arc
Central Virginia

2022

IMPACT

REPORT





OUR MISSION

The Arc promotes and protects the human rights of people with intellectual and developmental disabilities and actively supports their inclusion and participation in the community throughout their lifetime.

LETTER FROM THE DIRECTOR

From an early age I had a desire to help people with disabilities. This stemmed from walking alongside my twin brother as he navigated the often cruel waters that came along with having a learning disability. When my mother was told that he would need to repeat the first grade because he was unable to read or write, she held us both back. From being called out in Sunday school class because he could not read, to being teased by classmates, and even expressing his situation through anger, often directed at me, I was always there for him. When he was feeling defeated, I would make him laugh. When he was being bullied I would jump to his defense (Even though I was smaller!)

As we grew, I questioned why the two of us were so different, and I wondered how I would act if I had to deal with all of the situations he faced on a daily basis. I gained great respect and admiration for him for having the strength and courage to endure all that he faced. It was all those years ago that I decided that I wanted to help figure out ways to improve the quality of life for people with disabilities. Working with The Arc gives me the opportunity to do just that!

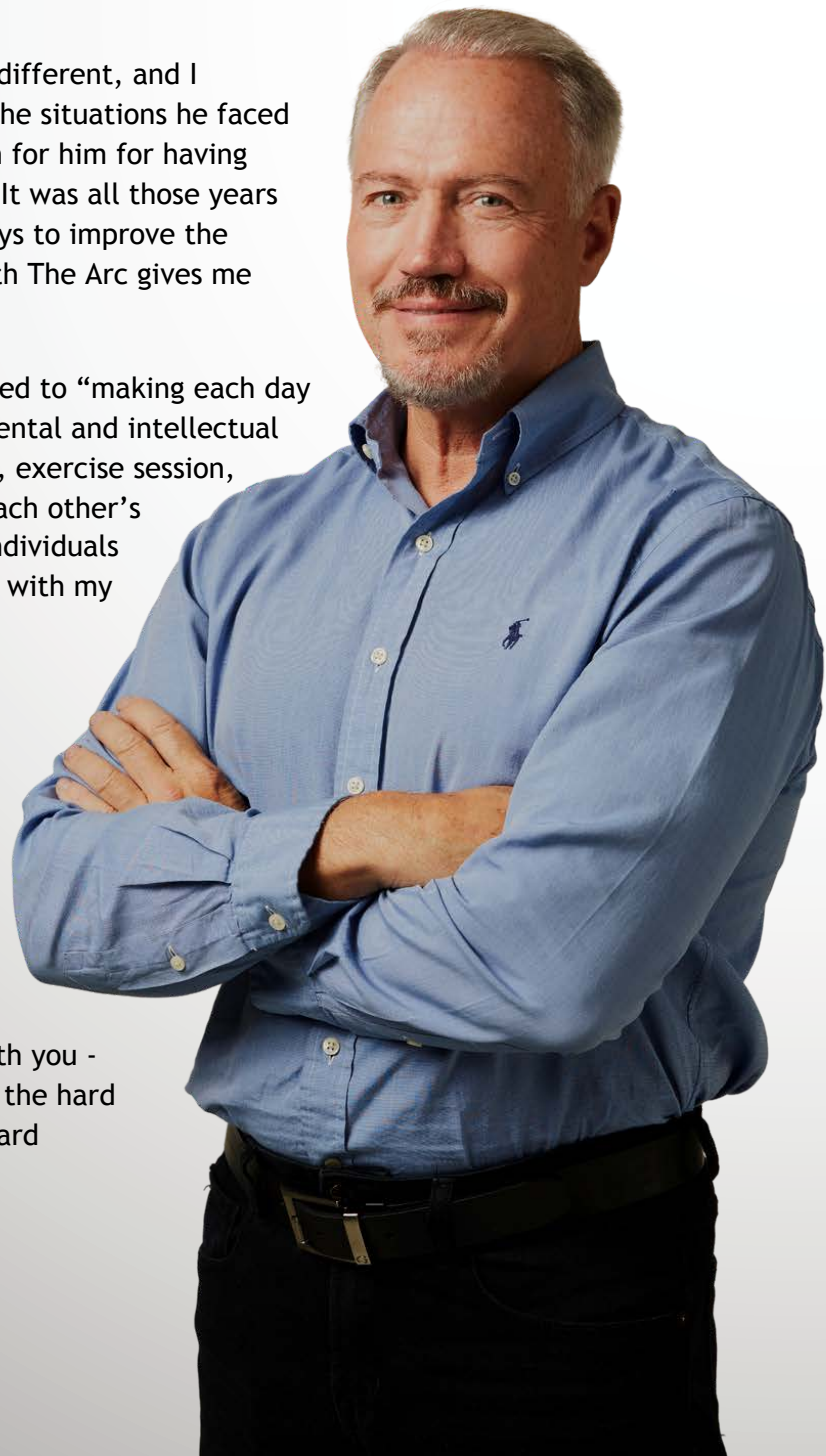
Here at The Arc of Central Virginia, we are committed to “making each day a little different” for nearly 70 people with developmental and intellectual disabilities. Whether it be a cooking class, art project, exercise session, community outing, or just hanging out and enjoying each other’s company, each time we bring joy to the lives of the individuals we serve - it reminds me of my childhood experiences with my twin and the feelings of joy I wished for him.

Throughout my career, I have witnessed amazing opportunities for people with disabilities, and I am so very proud to be involved with an organization that spearheaded so many of these changes and opportunities. Many of the advances in quality of life, equal rights, accessibility and accommodations are a direct result of the tireless work of Arc chapters across the country.

I look forward to continuing our important efforts with you - our community partners. This Impact Report highlights the hard work and commitment of an amazing team of staff, board members and community partners.

Together we can do great things!

Boie T. Baker





In 1950, little was known about intellectual disability and developmental disability, or their causes. There were virtually no programs or activities to assist in the development and care of people with intellectual and developmental disabilities (I/DD) or to support families. It was common for doctors to tell parents that the best place for their child was in an institution. But these advocates wanted more. Fulfilling lives in the community. An end to dark institutions and isolation. Emboldened by their collective desire to raise their children at home, their refusal to accept institutionalization as the only option, and the belief that their collective voices gave their movement strength, The Arc of Central Virginia was created.

The Arc of Central Virginia is one of 600 State and Local Chapters that exist to uphold a vision that every individual and family living with intellectual and developmental disabilities (I/DD) in The United States has access to the information, advocacy, and skills they need to support their full inclusion and participation in the community throughout their lifetimes. In addition, our chapter also provides services and support.

The Arc of Central Virginia provides opportunities for individuals with I/DD to experience life to the fullest - A life based on choices and preference.

- We empower adults with disabilities to design the kind of life that they want to live.
- We help people find volunteer and employment opportunities.
- We provide access to recreational and social activities.

People with I/DD must be able to lead the life they choose so that they can have a quality of life that is meaningful to them.

2022 YOU ACHIEVED WITH US!



The Arc provides a wealth of services to persons with disabilities and their families. In addition to transportation, supportive friendships and group activities, they support individuals as they acquire life skills at The Day Program as well as in the community. It is always a pleasure to visit The Arc and see the impact the program has in our community.

-Dr. Elizabeth Farnsworth



1

Individuals attending The Arc's programs increased 148%.

Prior to March 2020, The Arc served 80 people with an average daily attendance of about 75. When The Arc re-opened its doors in March 2021, we had 27 individuals return to the Day Support Program. As of November 2022, 67 people are participating in the Day Support and Community Engagement Programs. Your faithful support allowed us the ability to keep the focus on what was truly important - our mission!

3

You raised the roof!

Being hit with an unexpected repair can be an organizations worst nightmare. Especially when the sum is \$50,000! However, this amazing community rallied together in a big way. Your generous donations, an outpouring of spreading awareness, and contributions from Perimeter Roofing covered every single shingle.

2

Two "new to us" cars acquired for Community Engagement.

As our Community Engagement groups continue to grow, so does the need for vehicles. Currently we have 7 groups comprised of one DSP and 3 individuals. Through generous partners and funding through grants, we were able to add 2 more Honda Odysseys to our fleet. Having reliable transportation provides experiences that are independence optimizing and offer opportunities to learn, socialize, and promote active lifestyles

4

12.5% rate increase extended for Medicaid Waivers.

Your voice matters! In partnership with The Arc of Virginia and the Developmental Disability (DD) Coalition, a bold agenda was put forth in the 2022 Session. Many advocated for policy and funding decisions to benefit people with DD and families. Thanks to the tireless work of advocates and coalition partners, the rate increase was achieved!

OUR 2023 GOALS

1

Programs and Services

A major goal for our Group Day Program is to further expand the variety of enriching activities that will ensure that each day is different than the day before. We also want to connect with new community partners and re-engage with those that can offer both in-house and community based experiences for our participants. We are currently working on a large project with The Academy Center of The arts to bring a unique art experience to The Arc. In addition, we will continue to investigate “gaps” in services delivery system that exists in our community and assess our ability to respond.

3

Financial Stewardship

While remaining fiscally strong, The Arc has experienced a period of “rebounding” since the pandemic. Both service delivery and charitable funding are increasing as we move further away from its threat. In the coming year we will increase the volume of people participating in billable services, as well as, increase the number of community partners, members and contributions by building relationships and bringing awareness through our events.

2

Supporting Our Direct Support Professionals

We are fortunate to have outstanding members of our team. Supporting them to be able to do their best work is a priority. In the coming year, we will seek out additional methods to provide training and team building. Adequate compensation and benefits are vital to maintaining a secure workforce. Within the next few months we will also implement a minimum hourly wage of \$15.00 per hour. The Arc will continue to expand our Direct Support team and Management staff as the Day Program attendance continues to grow.

4

Accessible Sensory Garden

We are in the preliminary design stages for The Arc Sensory Garden. This garden is unique from traditional gardens, as it is designed specifically to stimulate the Five Senses: Seeing, Hearing, Smelling, Touching and Tasting. The Garden will provide each guest with an interactive journey through the senses, by having plants and materials of different textures, colors, scents, sounds and heights. More details to come. Garden completion date is projected for 2024.

YOUR COMMUNITY YARD SALE

THANK YOU for making our 2nd Annual Arc Community Yard Sale a **HUGE** success! Through your generous donations, we **RAISED** \$4,500 to benefit our Day Support Program. Day Support provides services to over 60 people with intellectual and developmental disabilities.

We had hundreds of people stop by and shop with us. We are continuously humbled by your support, whether through donating items or purchasing them.

A very special thank you to all of our amazing volunteers who make this event possible. We couldn't do it without you!

Mark your calendars for 2023! The Arc Community Yard Sale is the 4th Saturday in June.



OUR VOLUNTEERS



The founder of Southern Air, Inc, Mr. Costan believed in giving back to the community. The Arc of Central Virginia was one of the programs he felt passionate about due to the services they provide. Southern Air has supported the program for more than 25 years. The Arc of Central Virginia offers programs for adults with special needs that are inviting, fun and actually help members to expand their skills. Over my 18 year tenure with Southern Air, Inc., I have had the opportunity to build a relationship with the staff during the Day of Caring and other various events on site. I find all the staff to be engaging with a variety of activities, both in-center and in the community, to improve skills and help clients reach their goals. Because of the services offered at The Arc of Central Virginia, challenges have opened up unique opportunities to reach so many in need!



Sierra Lopez Phillips
Southern Air, Inc.



OUR VOLUNTEERS



The Arc of Central Virginia provides an indispensable service to those in our community who live with challenging disabilities. By allowing our students on its campus for an annual work day, The Arc offers another service, one that allows our children the opportunity to serve others, to learn about their lives, and thereby participate in the work of The Arc.

Our project teaches our students empathy for those who are less fortunate, and makes them aware of the kinds of services that healthy communities support and maintain. We are pleased to partner with The Arc with our time and resources, and we value the outstanding work its staff accomplishes every day.

—John Heaton, Headmaster, New Covenant Schools



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Help for today. Hope for tomorrow.



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Meals on
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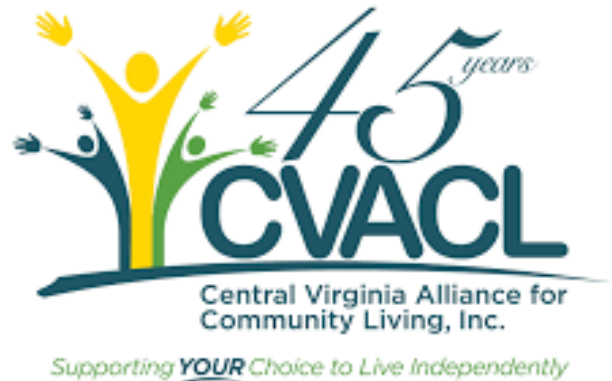
Delivering independence, nourishing body and spirit



LYNCHBURG PARKS & REC



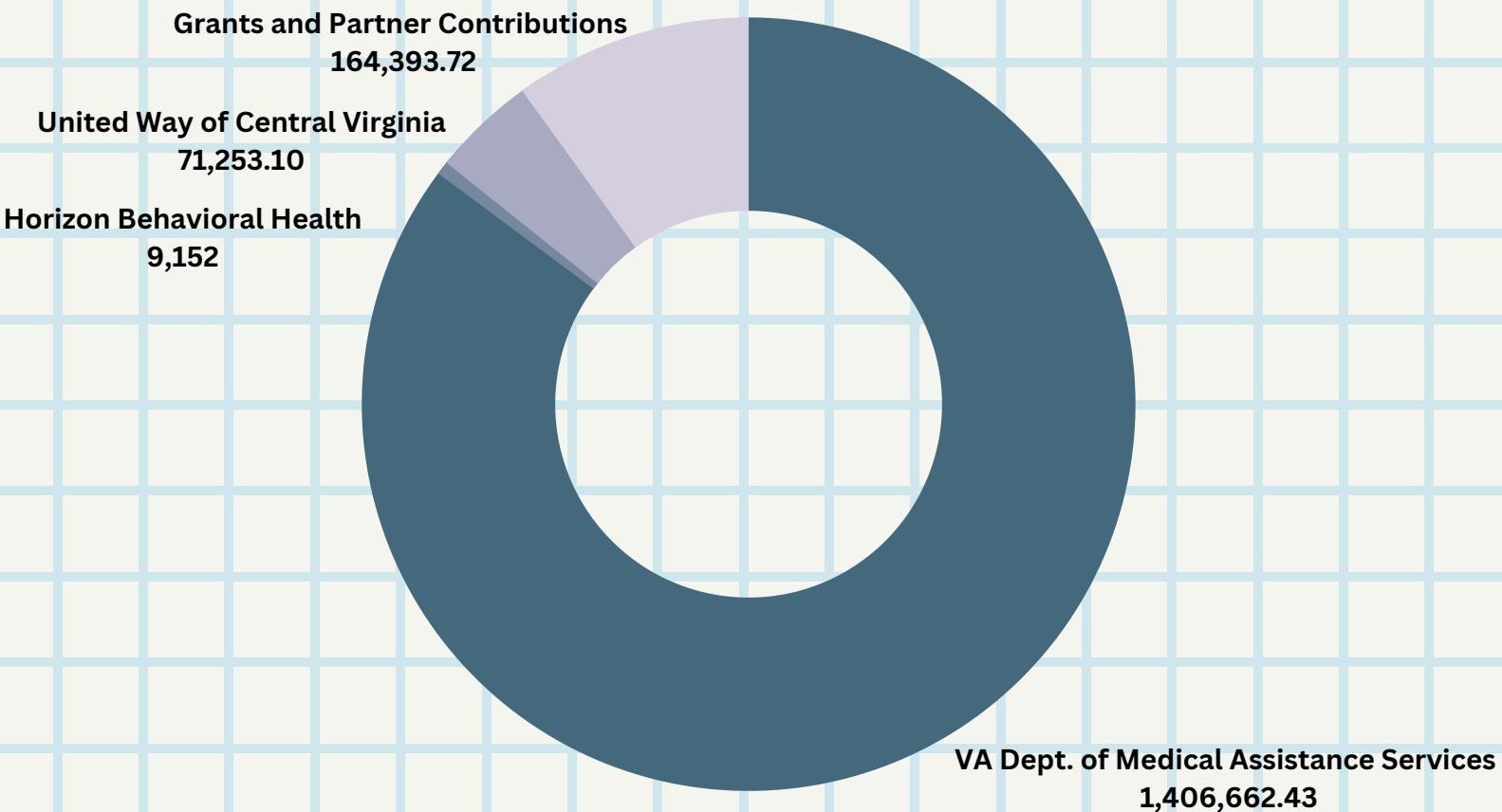
Help. Healing. Hope.



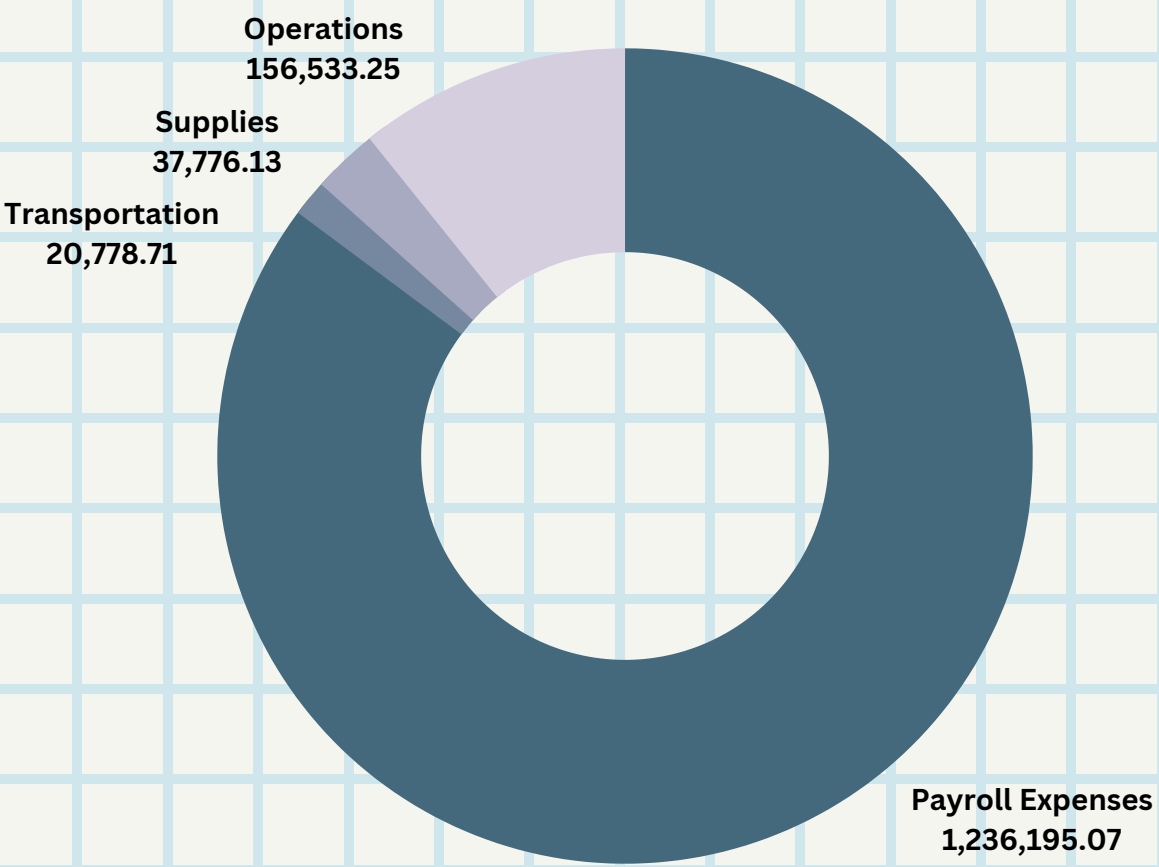
Central Virginia Alliance for
Community Living, Inc.

Supporting YOUR Choice to Live Independently

REVENUE \$1,683,753.97



EXPENSES \$1,636,092.08



\$5.50

Average DSP Hourly Rate
Increase Since 2019

As a Direct Support Professional, the appearance to others is that we are the ones that are giving so much. However, it is quite the opposite. What we receive from each individual - communicating (verbally or nonverbally) how special we are to that person, the unconditional love expressed, the gratitude shown for providing support and having a day they simply enjoyed - sparks an abundance of joy. No matter what kind of day or week I might be having, the smiles, claps, hugs and "thank you for making today a great day" always makes me happy and thankful for what I get to do!

-Cindy, DSP



CAMP MEADOWLARK

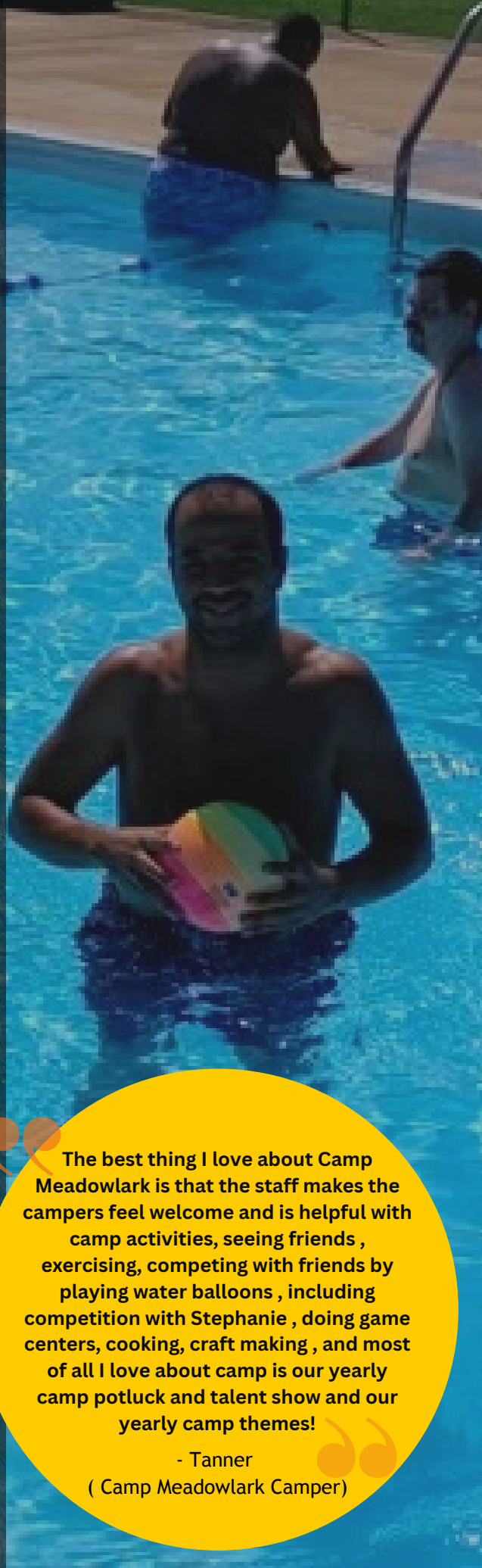
For years, I've always said, camp is one of my favorite places on earth - happiness, fun, friends, and family is how I describe our group! We have all heard the saying "the proof is in the pudding."

I am excited to share about a camper who embodies and confirms this. When Tanner first came to camp, he was very sensitive and timid. He often stayed to himself. That is definitely not the young man I now know. Tanner is a light in every group he is in. He is helpful, kind, funny, full of ideas, engaging, dedicated and friendly (just to name a few). He is quick to support others in need. If I was going to pick one word to describe Tanner, it would be "joyful!" Tanner brings a positive attitude to everything he does.

Tanner's favorites activities are most of the things we do every day. It is nearly impossible for me to pick ONE favorite activity- I see now, that it's the same for our campers!

Tanner has formed reciprocal relationships not only with his peers, but also with my staff. It continues to be my honor and privilege to know Tanner. I look forward to witnessing his growth in the years to come!

Gail Ballowe
Camp Meadowlark Director

A photograph of a man, Tanner, standing in a swimming pool. He is smiling and holding a large, colorful beach ball. In the background, other people are visible in the pool, and a pool ladder is on the right side.

The best thing I love about Camp Meadowlark is that the staff makes the campers feel welcome and is helpful with camp activities, seeing friends , exercising, competing with friends by playing water balloons , including competition with Stephanie , doing game centers, cooking, craft making , and most of all I love about camp is our yearly camp potluck and talent show and our yearly camp themes!

- Tanner
(Camp Meadowlark Camper)

OUR COMMUNITY PARTNERS

Ability Experience
Adam Rabung
Alisa & Ken Hite
Alistair Bahar
Anonymous Partners
Arielou Marcy
Elizabeth Rinckel
Beverly Thompson
Bill & Nancy Schneider
Bob Boyle
Bob & Linda Ingram
Bruce Hildenberger
Carol Harris
Catherine Joseph
Catherine Domby
Catherine & Mike Madden
Centenary United Methodist
Church
Charles Layne
Christine Goss
Cindy Ward
Clif Coleman
Constance Dahlberg
Dan & Deborah Raessler
Daniel Monahan
Darleen Pannell
David & Catherine Ferguson
David & Elizabeth Farnsworth
Dayrich Enterprises
Debbie & Ron Overstreet
Deborah Blanchard
Deborah Brinkley
Dennis Gottuso
Dennis Goff
Don Freeland
Dora Pavia
Doris Padgett
Dr. & Mrs. John Halpin
Dr. Cary Roberts
Dr. John R. Smith

Dr. Kevin McLaren
Dr. Parham Fox
Ed Polloway
Eileen Tuttle
Ellen & Thomas Nygaard
Farley Dawson
Fredericka Young
Fredrick Reynolds
Gary & Marcia Marple
Dr. Geeta Rakheram
George Mautry
Ginger Young
Glen & Lisa Lang
Gregory Brown
Gregory Lindsay
Heather Allen
Holy Cross Council 595
I Scream, You Scream
Ilse Schall
Jacob Gordon
James Callaham Jr.
Jimmy & Amy Davis
Jane & Neal Sumerlin
Janice Burton
Jennifer Porter
Jennifer McCarthy
Jennifer & Jennell Foreman
Jessica Utt
Jo Overby
Jo & TJ Matthews
John & Trudy Phillips
Joyce Guion
Judith Schulz
Judy & Linnie Dudley
Dr. Kappa Peddy
Karen Reynolds
Karen Baxter
Karen & James Loughney
Kate & Chuck Wall

Kayne Foutz
Lara Williams
Laura Bailey
Laura & Charles Gauldin
Lauren Johnson
Lawrence Hassler
Leigh & Billy Giles
Linda Butts
Lyn Long
Marc Schewel
Mark & Susan Davis
Mark & Susan Schewel
Marshall & Brenda Monroe
Martha Miller
Martin Day
Mary Lynch
Melanie & Lynch Christian
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Michole Pineda
Mike Mahone
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Patty & Ken West
Paula & Tom Warwick
Peggy Berger
Peggy & Bille Andrews
Perimeter Roofing
Rebecca Golden

Regina Rice
Renell Meeks
Robert Allen
Robert & Karen Merryman
Roger Akers
Ron & Nita Reynolds
Sage Tryall Salon
Sam Cardwell
Scott Wade
Sharon Jones
Stephen & Meg Smith
Stuart & Christine Trepanitis
Surekha and Nipun Parikh
Susan & Rick Cremering
Teresa McGatha
Thomas Hill
Thomas Viall
Thomas & Laura Stevens
Tom & Elizabeth Wilson
Toni Hill
United Way of Central VA
Will Absher
William & Marjorie Pressly
Wooldridge Heating & Air



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Robing Baker - Executive Director
Chaunta Mclvor - Director of Program Services
Diane Kitts - Director of Finance
Heather Allen - Director of Development
Theresa Simmons - Program Manager
Marquita Farmer - Program Assistant
Monica Mayberry - Administrative Support Specialist

DIRECT SUPPORT PROFESSIONALS

Sandra Lindsay
Angie Thomas
LA Robertson
Beverly White
Minnie Giles

Donna Branham
Barbara Jones
Cindy Kidd
Katie Wilson
LeBre Annan

Octavia Davis
Teresa Johnson
Hazel Morris
Stella Culpepper
Anna Davis

Kathy Jones
LaKeila Barnett
Shawntaya Cabler
Shenequa Sandidge
Krista Rhodes

OUR LEADERSHIP IS OUR GREATEST ASSET

MAKE AN IMPACT ALL YEAR LONG

“There are a number of citizens of our community that need constant assistance just to be able to do simple things that most of us take for granted. We support The Arc because of the great work they do in helping and caring for people, and making them feel valued--which they are!”

-Clif Coleman
Coleman-Adams Construction

BE A CHAMPION!

Champions are very important to The Arc of Central Virginia. In fact, they are the backbone that sustains our work. And these generous folks are more than just kind, they're also practical thinkers: They know that giving monthly allows us to spend less time fundraising and more time making sure each day is unique, full of choices and opportunities for each person to live life to the fullest. And in the end, that's what it's all about!

PARTNER WITH US!

Through the years, with the help of generous supporters, we have improved the quality of life for people with disabilities. We are asking you to show your support to The Arc of Central Virginia and those we serve by becoming a partner. This is your chance to make a positive, lasting impact, in the lives of children and adults with disabilities.

VOLUNTEER!

Get involved with The Arc of Central Virginia through the gift of your time. We love having volunteer musicians, singers, story-tellers or other performers to come and share your talents during our Day Support Program. Do you like events? Ask us how to be a part of Arc Aid Music Festival and/or The Arc Community Yard Sale. Volunteers can be placed in a variety of settings and times according to your interests and availability.

Every Day You Have An Opportunity To Make A Difference In Somebody's Life.

AMAZON SMILE PROGRAM

Turn your online Amazon shopping into money for The Arc of Central Virginia. To enroll in AmazonSmile, log into your Amazon account and go to <https://smile.amazon.com/> and select the The Arc of Central Virginia.

KROGER PLUS PROGRAM

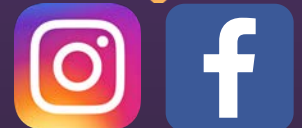
Do you have a Kroger Plus card? All we need you to do is register for the program and select The Arc of Central Virginia as your cause, and then every time you shop and scan your Kroger Plus Card, we will receive 1% of that back as a donation from Kroger. It's easy and takes less than 5 minutes to register for the program.

- Register online at <http://www.krogercommunityrewards.com>
- Click on Edit Kroger Community Rewards information and input your Kroger Plus card number
- Click Sign In/ Register
- Update or confirm your information
- Enter NPO number (VP605) or name of organization (THE Arc of Central Virginia), select organization from list and click on confirm
- To verify you are enrolled correctly, you will see Columbus Historical Society's name on the right side of your information page

The Arc of Central Virginia
1508 Bedford Ave
Lynchburg, VA 24504
434.845.4071
www.arcofcva.org
info@arcofcva.org



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PEOPLE AT THE ARC