



Area
Residential
Care
Accolades

Empowering *together.*

Spring/Summer 2022

Tom and George





MISSION

Empowering people with intellectual disabilities to achieve their highest quality of life.

VISION

It is the vision of Area Residential Care that every individual has the opportunity to live, work and participate in a supportive and accessible community.

VALUES

- Every person has rights and the responsibilities associated with them.
- Every person is to be treated with dignity and respect.
- Every person has unique needs and preferences that influence the choices he or she makes about his or her life and services.
- Every person is to be provided the opportunity to live, work and participate in recreational activities in the community as the natural environment.
- Every person is to be provided with encouragement, opportunity and support to live life to the fullest.
- Every person is to be given the opportunity to provide direct feedback on his or her satisfaction with services, and given prompt response to concerns.

Dear Friends,

Spring is here and we are feeling the excitement of warmer weather, outdoor activities, and the anticipation of summer right around the corner. At Area Residential Care we have been busy working to improve our day habilitation programs to include more crafts, engaging activities, and even monthly dances for those in services to all come together for some fun and socialization!

To really celebrate spring, we're hosting a 'Spring Formal' for our consumers in late April. After a social media request for donations, we had several individuals donate menswear, dresses, and Cheryl-Ann Bridals and Tuxedo donated 70 beautiful formal gowns! With fancy hair and clothes, we'll enjoy a meal together and then dance the night away.

To help purge the winter blues and get our staff and consumers active, director of quality assurance, Cindy Leifker, developed the "Walking Club." Each day from 12:15 – 12:45 p.m. our hallways have music blasting and are packed with "walking club" participants getting their laps in. Together, we have walked more than 30 miles. This club has created a wonderful opportunity for socialization for both our staff and consumers. not only between consumers. We look forward to taking this program outdoors as the weather continues to warm up.

Looking ahead, we continue to fundraise for improved accessibility both in our homes and with vehicles. Thanks to a generous donor (read more on page ---) we have completed our fifth full bathroom renovation, but we still have more improvements to make to ensure that all consumers can comfortably stay in their homes as they age.

We are also thrilled to have the Corporate and Community Games back and better than ever on June 10! The games are fully back to "normal" with no covid restrictions. This year we are in a new location next to the Grand Harbor Resort and Waterpark. We look forward to celebrating the mission of Area Residential Care while teams compete in eight very silly games – and we hope you will join us!

Thanks for all you do to support Area Residential Care.

Sincerely,

Sue Freeman

Executive Director

THROWBACK WITH ARC



Mary Jane has been with the ARC since childhood.



Mimi joined ARC in 1975!



Kathy has been with us since 1968, starting when she was five years old!



WHAT: Great Give Day, a 24-hour, online giving event

WHEN: Wednesday, May 18, 12 a.m. to 11:59 p.m.

WHERE: www.GreatGiveDay.org

WHO: Area Residential Care is participating in this exciting online giving day hosted by the Community Foundation of Greater Dubuque—and we invite you to join us!

WHY: Great Give Day is a wonderful opportunity for the DRHS to raise dollars and share our mission with the community.

Your giving will go further as your gift goes directly to our organization and helps us qualify for additional prize dollars.

It's FUN! Great Give Day brings our community together to celebrate and support local nonprofits.

HOW: Go to www.GreatGiveDay.org on Wednesday, May 18 and look for Area Residential Care on the leaderboard. Make a gift of \$10 or more and spread the word in person and on social media! (Or schedule your gift ahead of time beginning



Painting the Picture OF AREA RESIDENTIAL CARE

59 Residents

145 Employees

37 Consumers enrolled in vocational programming

5 Employers offering vocational opportunities

53 Day services consumers



AREA RESIDENTIAL CARE

FALL AND WINTER ACTIVITIES



Reuniting with Friends

Valentine's Day Dance



Halloween



Birthday Celebrations





2022 AREA RESIDENTIAL CARE CORPORATE & COMMUNITY GAMES

SPONSORSHIPS

PREMIER SPONSOR - \$2,500

Two team registrations
One full-page color program ad
Company logo on event t-shirt and website
Five packets of raffle tickets

MAJOR SPONSOR - \$1,500

Two team registrations
One full-page color program ad
Company logo on event t-shirt

PLATINUM SPONSOR - \$1,000

Two team registrations
One half-page color program ad

GOLD SPONSOR - \$500

One team registration
One quarter-page color program ad

SILVER SPONSOR - \$300

One team registration
Listed in program

REGISTER AS A SPONSOR ONLINE AT
WWW.AREARESIDENTIALCARE.ORG.
SPONSORSHIPS ARE DUE BY MAY 1, 2022

ABOUT CORPORATE AND COMMUNITY GAMES

Area Residential Care's Annual Corporate & Community Games is one of our largest fundraisers, raising money to support our mission of empowering people with intellectual disabilities to achieve their highest quality of life. Teams of 8-12 players from businesses around the tri-state area come together to compete by playing several team building, brain-teasing and physical games. In 2019, we had 64 teams compete. Come join us for our silly games for a serious mission!



JOIN IN THE FUN!

DATE: Friday, June 10, 2022 (Rain Date June 17, 2022)

TIME: 5:30 - 10 p.m.

WHERE: Port of Dubuque (next to the Grand Harbor Resort)

WHO: Teams of 8 - 12 players (most games are based on 8 players)

REGISTER A TEAM - \$250
Minimum of eight players,
ten is recommended.

Register online at
www.arearesidentialcare.org.
Registrations are due by May 20, 2022!

HOW CAN I GET INVOLVED?

- Grab your friends or co-workers and register a team to compete in the games.
- Show your support of Area Residential Care's mission by choosing to be a sponsor.
- Raise money to win the Athletic Supporter Award. The team that raises the most money for Area Residential Care will take home the coveted Chicken on a Stick trophy. All teams that raise funds will have a chance to win points that will help your team's overall ranking.
- Volunteer with us! We need many hands to make this event successful.

Questions? Contact Eva Schmid:
EvaSchmid@lotus-marketing.net
or 563.650.5750

REMOVING BARRIERS

TRANSFORMING RESTROOMS TO PROMOTE INDEPENDENCE



A fully accessible bathroom can make a world of difference in the life of someone with a disability. Bathrooms are an essential room in every home, office, restaurant and building that each of us use daily. For someone with a disability, this essential task can become much more burdensome without accessibility features. In 2019 bathrooms in four of our homes were fully renovated thanks to overwhelming community support. Over the past several months, we have expanded on this project with a

bathroom renovation in our JFK community living home. Renovations included replacing the existing floor with new ceramic tile, creating a large accessible shower with newly installed shower chairs, replacing the toilet and shower stall plumbing fixtures. The larger shower stall will be able to accommodate wheelchairs.

Area Residential Care is committed to providing the best quality of care to those we serve. As our population ages it is essential to provide



*Pictured above:
Sue Freeman, Executive Director
Richard Bradley, Donor
Cindy Leifker, Quality Assurance Director*

them the ability to stay in their homes with their trusted and natural support network. Accessible bathrooms allow them the freedom, independence, and privacy in the safety of their own home. This renovation will not only benefit the current residents but any future individuals who will reside in the home.

We would like to thank the Bradley family for their generous and long-term support that made this

renovation possible. Due to the generous spirit of this family, our residents have a beautiful and safe bathroom space.

“On behalf of the agency, we are extremely grateful for the generosity shown by the Bradley family. Not only for this project, but their steadfast support to this organization and those we serve. Their sizable donation has made this project come to fruition,” said Sue Freeman, Executive Director.



SHARING SMILES AND *joy.*

In the late 1800s, Florence Nightingale found animal companionship beneficial to her patients. Since then, dogs have been used in many capacities to bring people with disabilities comfort. We are thrilled to welcome therapy dog, Layla, for regular visits! Layla is a member of the Alliance of Therapy Dogs (ATD). The ATD is an international registry of certified therapy dog teams. Their objective is to form a network of caring individuals and their special dogs are willing to share smiles and joy with people, young and old alike.

Children and adults with developmental and intellectual disabilities can benefit greatly from spending time with a service

dog. Some of the top benefits of service dogs for those with disabilities include:

- Increased independence
- Decreased Anxiety
- Increased Awareness
- Sense of safety
- Improved Communication
- Increased self-esteem
- Increased social interaction

Layla has proven to be a bright light for our consumers. With her visits we have seen non-verbal consumers communicate, smile, and interact with both Layla and each other. We are incredibly grateful to Layla's humans for bringing her on-site and supplying immeasurable joy for those in our services.





Walking into Spring



If you were to show up at Area Residential Care between 12:15 – 12:45 p.m. you would notice many of our consumers and staff out for a stroll through our hallways, chatting and listening to music. Our Walking Club is not only a great way to socialize, it also provides numerous physical health

benefits! By walking for just 30 minutes a day, we can increase our muscle strength and endurance, make our bones stronger, improve our balance, improve our sleep, and so much more. Walking every day also has many advantages when it comes to mental health. It is a good way to relieve stress and improve our mood, as well as increasing our energy.

“Our consumers love having this opportunity to spend time together while getting in their daily exercise. This fun club allows them to build relationships with those around them who are also walking. Our staff also gets to participate, giving them a chance to get out and visit with our residents,” said Cindy Leifker, Quality Assurance Director.



Recognizing Staff Excellence

STAR Award Winner Stephanie Lange, Case Manager



The STAR (Staff Tribute Administrative Reward) award was established in 1986 to recognize the special efforts that individual staff members contribute to the agency. Stephanie is the recipient of this award as a result of her efforts helping move a consumer. She packed for the individual, labeled everything and had it ready to go. Her dedication made this move possible under a tight timeline and for that we are thrilled to see her receive the STAR award.



Employee Excellence Award Winners Latrease Sutton-Smith Kilie Shaw

We are thrilled to introduce the Employee Excellence Award this year. This award is designated for employees for their day-to-day excellence in their service to our clients; dedication to the agency; and leadership.

Latrease was nominated for always going above and beyond, and staying positive. She continued professional development by becoming a lead and earning her medicine manager certificate.

Kilie became a lead instructor and was nominated for excelling in consumer support, filling-in whenever and wherever asked, and being a team member other staff can count on.

Pictured (left to right): Tammy Schmit, Kilie Shaw, Latrease Sutton-Smith and Nicole Lahr.



Anniversaries

35 Years

Jon Brotheridge, Lead Instructor

30 Years

Kim Hanten, Individual Services Coordinator

25 Years

Angie Benn, Night Instructor
Sheila Butler, Residential Supervisor



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YOUR FUTURE STARTS HERE.

Join a mission-driven team that has been empowering people with intellectual disabilities to achieve their highest quality of life for more than 50 years.

Learn more and apply by visiting www.arearesidentialcare.org
or calling 563.556.7560!

1ST, 2ND AND 3RD SHIFT AVAILABLE.

NO EXPERIENCE NECESSARY, TRAINING PROVIDED!

\$1,000 RETENTION BONUS!