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Our mission is to serve people with
intellectual and developmental disabilities
by promoting self-determination, dignity
and quality of life.

Explore. Extend. Expand.

CALENDAR

All events at The Arc San Francisco, 1500 Howard St., SF, CA unless noted. Info: www.thearc.org

MARCH

14 De Young Disability Arts Fest, De Young Museum, 10am-3:30pm;
Art Slam w/ Artists from The Arc, 1-3:30pm,
Golden Gate Park, San Francisco
Info: [Nicole Hall, nhall@thearc.org](mailto:Nicole.Hall@thearc.org) or access@famsf.org
20 We Gotta Dance / Family Coalition Mtg. 6-8pm
Info: [Lance Scott & Joanne Rolle, lscott@thearc.org; jrolle@thearc.org](mailto:Lance.Scott@thearc.org)
24 Board Meeting 5:30pm Info: [Jacy Cohen, jcohen@thearc.org](mailto:Jacy.Cohen@thearc.org)
27 Legislative Breakfast w/ Sen. Mark Leno, 8:30am-11am, Pomeroy
Center, 207 Skyline Blvd., SF Info: <http://tinyurl.com/Legislative2015>
31 Cesar Chavez Day – Holiday Closure

APRIL

4-26 "You Can't Judge a Book" w/ Artists from The Arc at three
SF Public Library locations
Info: www.thearc.org (Calendar) or lscott@thearc.org
15 Day of Grassroots Advocacy, SF & Sacramento
Info: [Norm Manglona, GGRC, nmanglona@ggrrc.org](mailto:Norm.Manglona@ggrrc.org)
17 We Gotta Dance / Family Coalition 6-8pm
28 Board Meeting 5:30 PM
30 WorkLife Awards 5-7pm
Info: [Kristen Pedersen, kpedersen@thearc.org](mailto:Kristen.Pedersen@thearc.org)

MAY

15 We Gotta Dance / Family Coalition 6-8pm
25 Memorial Day – Holiday Closure

Friends Like Me (FLM) After Hours Standing Schedule:

Game Nights: Mon 5:30-8:30pm, Tue 3-6pm (except 3/31)
Cooking/Dinner Group: Mon 5:30-8:30pm
Drama/Theatre Workshop: Mon 3-5pm, Thu 5-7pm
Movie Night: Wed 5:30pm-8pm
We Gotta Dance: Every 3rd Fri, 6-8pm
Diabetes Prevention Cooking/Dinner Group: 2nd & 4th Tue, 3-6pm
2nd Saturdays: 11-3pm with Zumba, Classes, Board/Wii Games & Pool
End of Month Excursions: (to be announced)
FLM info: [Lance Scott, lscott@thearc.org](mailto:Lance.Scott@thearc.org)



1500 Howard Street
San Francisco, CA 94103

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givearc.org



THE ARC SAN FRANCISCO 2014 SEASON OF PROMISE

Over \$100,000 was raised during the Season of Promise, ensuring a bright holiday and wonderful year ahead for more than 700 Arc clients with developmental disabilities. The Arc San Francisco recognizes with gratitude these generous Season of Promise donors.
YOU MAKE THE DIFFERENCE!

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If you made a donation to The Arc San Francisco Season of Promise and your name is not listed, please accept our apologies and contact Marti Sullivan at 415-255-7200 x119, msullivan@thearc.org.

Events in the News

Valentine's Eve Gala Benefits Popular Recreation Program



(Back row) Barbara Johnson, Gala Committee Member; Kitty Glamour, MC; Pamela Buttery, program founder and Gala Chair; (Front row, in red) Arc Unstoppables performers Jenny and Anna.

Our "Friends of Friends" Valentine's Gala was a big success, raising over \$40,000 thanks to our event committee led by **Pamela Buttery**, founder of "Friends Like Me" at The Arc San Francisco.

Funds raised will help to support and expand this vital program that provides after-hours recreation for those we serve.

For Friends Like Me program information and volunteering opportunities, contact Lance Scott, lscott@thearc.org.

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Message from our Chief Executive Officer

Dear Friends,

March is Developmental Disabilities Awareness Month, a time to reflect on the progress we've made and the way forward for our clients, families and partners in the community.

Looking back, the deinstitutionalization movement of 40 years ago laid the foundation for community living and the idea that providing support for every individual to lead an independent life is a responsibility we all share.

Today, we aspire much higher.

In this issue of *Turning Point*, you'll read how The Arc San Francisco is creating new options and opportunities through continuing education, employment internships, individualized health advocacy and new programs that support learning and achievement throughout a person's lifespan.

Finding the right job, the right class or the right doctor is never easy. As a young college student, I struggled to find my path to success and I know our clients face many more significant challenges. But everyone has the potential to achieve success, however it's personally defined.

A quarter century after the establishment of Developmental Disabilities Awareness Month, The Arc San Francisco continues to raise the bar on expectations for our organization and those we serve. I am proud of our progress and the many supporters like you who make our work and our dreams possible.

In gratitude,

Dr. Glenn Motola, CEO

Learn more about our plans for the year ahead.
See Dr. Motola's CEO "State of The Arc San Francisco" Letter 2015 at www.thearcssf.org

Donate

givearcssf.org

Community Connections

The Arc and SFPL: Better Together

New Classes Teach Nutrition Smarts

"Eat more strawberries!" (Lakeshia) "Try drinking more water." (George) "Don't eat so much!" (Sean)



This smart advice is brought to you by three participants in a new "Nutrition & Healthy Choices" class taught by Arc staff at the San Francisco Public Library's just-opened "Bridge at the Main" learning center.



"We talk about shopping smarter, soda alternatives, better portion control and more exercise. The participants have great ideas, and we're all learning from each other," says **Toby Dixon**, a class instructor and manager from The Arc San Francisco.

The Arc's workshops on Computer Basics and Community Safety are also attracting a diverse range of students who benefit from the 90-minute, 4-week sessions.

Top: Arc instructor **Rebecca Frank** leads a class in "Junk Food: The Supersize Threat."
Bottom: SF Mayor **Ed Lee** with Dr. **Glenn Motola**, CEO, The Arc San Francisco, at SFPL learning center opening in February.

DID YOU
KNOW



Individuals with mobility limitations and intellectual or learning disabilities are at greater risk for obesity, a factor in other health conditions including diabetes. (Centers for Disease Control, 2010) The Arc's Health & Wellness team train clients to be active agents in their own health through education and advocacy.



"Welcome!" from interns Kelly and Feven.

Interns at Cal Academy

A World of Possibilities

"Today our word is...canopy!" And with that, class begins for six interns from The Arc who are learning the ropes at the California Academy of Sciences museum in San Francisco.

The interns are participants in a site-based immersion program for individuals with developmental disabilities who hope to improve their chances for careers in customer service.

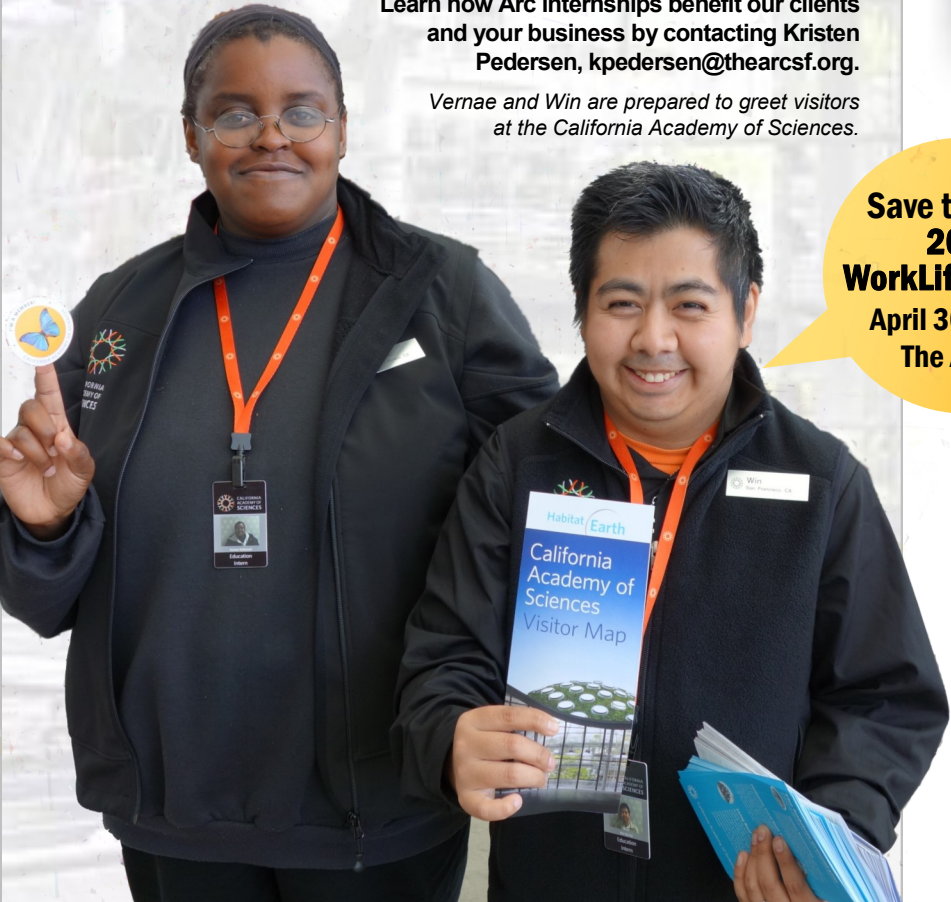
Vernae, an intern, explains: "I know I need more experience to find a good job. At Cal Academy, we see thousands of people every day and I'm learning how to greet our guests, help them find where they're going and answer questions if I can—like 'What's a rainforest canopy?' I'm ready for that one!"

This group has the added advantage of a dedicated coach from The Arc, **Jessica Krieger**, as well as mentors from The Academy who feel each intern is part of the team.

Kristen Pedersen, Director of Employment Services, notes that individuals who complete the program are well-positioned for success. "Our internships at the Academy and at PG&E are working really well, and we're developing three more programs at a day care center, an animal shelter and with the City. It's a true testament to our community's commitment to diversity, and I look forward to seeing what the future holds for these promising job-seekers."

Learn how Arc internships benefit our clients and your business by contacting **Kristen Pedersen**, kpetersen@thearcssf.org.

Vernae and Win are prepared to greet visitors at the California Academy of Sciences.



Save the Date
2015
WorkLife Awards
April 30th, 5pm
The Arc SF

Sophia's New Take on Health

Confusion around medication is a common and often dangerous problem, especially for individuals with developmental disabilities.

"One of our clients, **Sophia**, stopped taking her diabetes medication suddenly after seeing an ad that she thought connected her meds to a risk of a heart attack," says **Margaret Young**, Sophia's Arc Health Advocate. "If we hadn't been monitoring her, this situation could have become acute."

Once the problem was identified, Margaret and Sophia revisited the role of medication in managing her conditions and the importance of a regular regimen.

Advocate and client continue to work closely in this and other areas of Sophia's health, including addressing critical dental and vision needs.

Today, sporting new glasses and a bright smile, Sophia says, "It's not that hard to stay healthy—you just need a Health Advocate to help."

Sophia (above) gets support at The Arc to manage chronic health conditions, dental treatment and vision care.

For Health Advocacy info, contact **Jennifer Dresen** at jdresen@thearcssf.org



Sophia

Medications can be a lifeline—or an accident waiting to happen.

- Only 50% of seniors adhere to prescribed medication regimens
- Medication non-adherence accounts for 10% of hospital admissions due to adverse drug reactions

- The problem is compounded for people with developmental disabilities

Key reasons why seniors and people with developmental disabilities don't take their medications as prescribed:

Confusion: Understanding which med to take and when is difficult without help
Vision: Labels and pills are easy to mix up if you can't see them

Memory: Forgetting when to take a medication or skipping doses is not uncommon

(Dept. of Health & Human Services 1990; Texas University Health Sciences 2012)

Arc Health Advocacy

107 Arc clients benefit from over **6,600** hours of health support annually to improve medication compliance, increase access to medical, dental and vision care and realize improved health outcomes.

"I donate to The Arc because I believe everyone can learn, grow and achieve their best. With the right support, anything's possible."

-Kim, parent, educator and donor since 1994

Please support us at givearcssf.org

- Advocacy
- Continuing Education
- Independent Living
- Career Coaching
- Health & Wellness
- Friends Like Me



Fast Facts

702 number of clients currently served at The Arc San Francisco
63% of Arc clients are employed or in job prep or work training
37 employment placements were secured in Q1-2 (7/1/14-12/31/14)
10,000 hours of Job Coaching are provided annually to working clients

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