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www.thearcssf.org



Spring Forward 2019

Time to get moving! Arc participants in a dance class designed for all abilities.

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THE ARC SAN FRANCISCO
SEASON OF PROMISE
2018

2018 SEASON OF PROMISE
Over \$160,000 was raised during the Season of Promise, ensuring a bright holiday and wonderful year ahead for more than 750 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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Events in the News

Valentine's Eve Gala Benefits Popular Recreation Program



Our recent "Friends of Friends" Valentine's Gala was a great success, raising over \$50,000 thanks to our amazing Friends Like Me program founder and event chair **Pamela Buttery** and co-chairs **Galina Miloslavsky** and **Greg Vogel**.

In addition to a silent and live auction, guests were treated to a sparkling, wine-matched dinner plus dancing to MPulse.

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

For Friends Like Me program and volunteer info, contact Lance Scott, lsccott@thearcssf.org.

Watch FLM video at <https://vimeo.com/321373451>



SAVE THE DATE!

Marin Annual Arc Breakfast Celebration

Thu. April 18, 2019
San Rafael, CA

arcmarinbreakfast2019.eventbrite.com

THE MISSION OF THE ARC SAN FRANCISCO IS TO TRANSFORM THE LIVES OF ADULTS WITH DEVELOPMENTAL DISABILITIES BY ADVANCING LIFELONG LEARNING, PERSONAL ACHIEVEMENT AND INDEPENDENCE. OUR VISION IS AN INCLUSIVE WORLD IN WHICH ALL PEOPLE WITH DISABILITIES CAN THRIVE.

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Message from our Chief Executive Officer

Dear Friends,

March is Developmental Disabilities Awareness Month which was established more than 30 years ago when the landscape for people with disabilities looked very different.

Today, we talk about young adults like Chris finding careers in new industries like shared transportation.

We think about education throughout the lifespan and creating more paths to personal and professional success. And we make healthcare access a priority so that every individual we serve can optimize his or her health and thrive.

In this issue of *Turning Point*, we share how our business, education and healthcare partners are creating the solutions needed to transform lives. Like our transition age students coming out of high school, we all need guidance for a better future. Like Stephanie, we all need champions to speak and act on our behalf.

Over a quarter century after Developmental Disabilities Awareness Month was introduced, I'm proud to acknowledge the achievements of Arc clients and everyone working so hard to further our mission and build a more inclusive future.

I thank all of you for helping us advance the dreams and aspirations of The Arc SF clients, increasing our impact through continued collaboration and imagination.

Sincerely,

Matt T-W

Matthew Tarver-Wahlquist, CEO

Learn more about our plans for the year ahead.
See Matt's "State of The Arc San Francisco"
Letter 2019 at www.thearcsf.org

Teaching HEALTH MATTERS



Weekly health education class is putting the power of healthy living in students' hands.



moving
for health

It's first period at The Arc, and the *Health Matters* class is in full swing discussing the choices that affect our health.

Miranda turns the page in her workbook that highlights the benefits of exercise. "Having better balance so you don't fall and hurt yourself—that's one really good reason," she says.

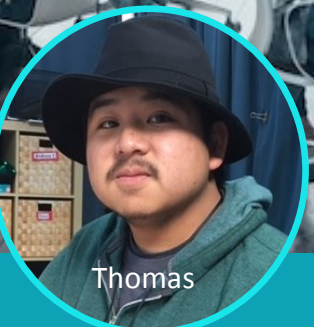
Miranda is part of the new University of Illinois program at The Arc designed to promote the health of individuals with developmental disabilities—a population that is challenged to connect to the information and resources that support healthy living. The grant-funded program provides Arc staff with the training, materials and structure needed to provide classes and support throughout the day around individual wellness goals from improving nutrition to increasing flexibility.

Health Matters is one of 30 classes held at The Arc and the main San Francisco Public Library as part of The Arc's Adult Life and Skills curriculum. Info: Cynthia Kreuz-Uhr, Associate Director of Education, ckreuz-uhr@thearcsf.org.

YOUNG ADULTS & CAREER DEVELOPMENT

"I don't really know what I want to do in the future. So that's what I'm here to find out."
—Mara

Site visits to local companies like Salesforce bring the working world into focus for program participants Mara (top) and Thomas (below).



Youth Workforce Development, Education & Career Prep Program Launches with First Cohort of Students

The first group of 50 participants in a new young adult transition program began classes this month, taking their first steps toward a future of new possibilities. Thanks to a grant-funded program at The Arc SF, transition age youth 18-24 with developmental disabilities are finding the guidance and tools they need to succeed as adults. In partnership with the SF Unified School District and the SF Department of Children, Youth & Their Families, the innovative 5-year program provides assessments, career exploration and customized job placement for participants eager to take on the responsibilities of adulthood.

The program includes peer-led site visits to local companies where employees with developmental disabilities provide a tour and discuss what to expect in a demanding, real-world job. The work culture, performance expectations, understanding your own communication style—it's all new territory for most young adults who face a challenging future in today's marketplace.

"Support for transition age youth is critical after high school when all supports shift significantly," says Kristen Pedersen, Chief of Services: Education and Workforce Inclusion. "Our goal is to fill that gap with the education and experiences needed for adulthood. From career planning to communication, this program provides our participants with a structured, supported path to a more prepared, promising future."

For more information about Arc employment programs and services, contact Kristen Pedersen, Chief of Services: Education & Workforce Inclusion at kpetersen@thearcsf.org.

Spotlight on Stephanie

Stephanie's health depends on following her diabetes treatment plan, but managing all the details can be overwhelming. So her Arc team put together a personalized tote bag with everything she needs to manage her medications, monitor her blood sugar levels and record her progress.

Arc Health Advocate **Barbara Streett** checks in with Stephanie (and her tote) weekly, supports her at doctor visits and makes sure she coordinates her meals and medications. **Lonita Britton**, her DSPII (Direct Support Professional) helps Stephanie stay connected to her health classes with text reminders and lots of personal encouragement.

From blue totes to texts, Stephanie feels supported and optimistic about her health.

"I love my team and my big blue bag," she says. "They keep me organized."



Arc Health Advocacy
In FY2018, 145 Arc clients benefited from over 1,800 health interventions to improve medication compliance, increase access to medical, dental and vision care and increase positive health outcomes.

Info: Jennifer Dresen, Chief of Wellness & Life Skills, jdresen@thearcsf.org.

CHRIS KEEPS IT rolling at scoot

Meet Chris, a young man with a work ethic that's an employer's dream come true.

Starting with The Arc in 2010, Chris had no trouble getting placed in jobs that were "back-of-the-house" where he was more comfortable.

"He's such a hard worker. But after years behind the scenes, it was time to talk about a more skilled position where he could build on his strengths and grow," says Kristen Pedersen, Chief of Services: Education & Workforce Inclusion.

Today, he's a jack-of-all trades at Scoot, whose electric scooters are a favorite mode of transportation for thousands on San Francisco's busy—and often clogged—roadways. His position in Office Services takes him from stocking kitchens and cleaning conference rooms to moving offices at the company's SOMA SF location.

"He's always moving," says Arc Job Coach Yuki Li. "In addition to his regular rounds, some days he's organizing the recycling; other days he's spending time charging the scooter battery packs. It's the perfect job for a guy who doesn't like to sit still."

"He's working more, he's earning more and he's a great example of the untapped potential of so many underemployed individuals with developmental disabilities. I'm thrilled for his success," says Pedersen.

"Workforce expansion in the new transportation sector is a huge opportunity for our clients, and Chris is leading the way."

—Kristen Pedersen, The Arc SF

Chris (above) on his way to recharge e-moped battery packs at Scoot.



SAVE THE DATE
2019
WorkLife Awards
May 16, 2019



Fast
Facts

751 number of clients served at The Arc SF
280 Arc clients employed and in workforce prep
52 job placements of Arc clients since July 1, 2018