

Our mission is to empower people with intellectual and developmental disabilities and their families to lead better lives by providing a lifetime of high-quality services, family support, and advocacy.

Nutrition Center Opens at Dautel Circle

After more than a year of planning, executing renovations, installing new equipment, and passing stringent health inspections, the Nutrition Center at Dautel Circle began meal service in late March.

The opening of the Nutrition Center is a big step forward in the Arc's efforts to improve the overall health and immunity levels of the people we support. Individuals with intellectual and developmental disabilities are disproportionately impacted by chronic illnesses, including obesity, diabetes, and cardiovascular disease. The Nutrition Center allows us to establish a new model for how meals are planned and prepared to better meet the nutritional needs of residents.

The Nutrition Center builds on the success of a pilot project the Arc launched in 2019 in four residential homes. The project centered on the use of whole food ingredients that were rich in fiber, low in saturated fat, and low in added sodium. The results of the project included increased vegetable intake, weight loss, and improved blood pressure among residents.



Claude, Matt, and Sam, residents at Dautel Circle, enjoy dinner prepared and delivered by the Nutrition Center team.

So how do we get the residents to buy into healthier meals? A key part of the process with the Nutrition Center is involving residents in meal planning. Each week, house managers work with the residents to choose five dinner meal options and five snack options. Recipes are designed to incorporate nutritional ingredients in a way that is appealing and familiar to residents. We also involve residents and staff in taste tests and satisfaction surveys.

The kitchen boasts commercial-grade equipment, including two refrigerators, a walk-in freezer, a double stack oven, and dishwasher. Meals are prepared using a "cook and chill" method that utilizes special equipment such as a blast chiller to quickly cool foods down for refrigeration. Meals are then portioned and frozen before delivery to ensure optimal food safety.

While the benefit to the residents is obvious, the Nutrition Center is also proving to be a hit with support staff who are reporting decreased stress,



Kelly Robinson prepares meals for the residents at Dautel Circle.

Mark's Message



Like a phoenix rising from the ashes, the St. Louis Arc is emerging from the pandemic as a stronger, more cohesive agency, focused on expansion, innovation, new programs, and greater community access to services.

Throughout the pandemic, we learned a great deal about the needs of our participants, their families, and the community. Our Family Support team was able to provide virtual workshops that greatly increased our outreach. We have expanded our services to new sites in Maplewood and the Delmar Divine, located in the city's West End neighborhood. We have expanded our Day Services program to include Learning Independence for Tomorrow (LIFT), so individuals can develop the foundation necessary to pursue more traditional day programs and supported employment. In addition, we have piloted a program around nutrition, which has led to the creation of our new Nutrition Center that improves diets and health outcomes for all of our residents.

These innovations and expansion of services would not be possible without our outstanding staff. We are grateful to Missouri legislators for the additional funding to pay our valued staff members a living wage. We also could not achieve our outcomes without the continued support of our donors, funders, volunteers, and community partners. We are looking forward to a bright future as we continue to support and serve our participants, their families, and the St. Louis community.

Mark A. Keeley, MSW, LCSW
President and CEO

In Memoriam

The St. Louis Arc mourns the recent passing of Michael Neidorff, a dear friend to the Arc and an extraordinary leader in the St. Louis community and beyond. For more than 20 years Michael was a loyal supporter of the Arc and an ardent advocate for people with intellectual and developmental disabilities. He was always ready to commit his leadership and financial support to any initiative that would further our mission. Michael's vision and commitment to institutions that make St. Louis a better place to live will be felt for generations to come. We extend our deepest sympathies to Noémi, Peter and the Neidorff family and to Michael's colleagues at Centene.

New Board Chair



We are pleased to welcome Ron Reim as the St. Louis Arc's Board Chair for 2022-2023. Ron first joined the Arc Board in 2003, but his involvement dates back to the mid-90s when his children were enrolled at Childgarden. Over the past 25 years Ron has provided leadership for every one of the Arc's major facilities projects, including the new nutrition center and Maplewood program site.

Ron is the Executive Vice President and Owner of Oculus, Inc., the architecture and design firm he co-founded with his wife Lisa in 1994. He received his Bachelor of Architecture and Bachelor of Science degrees from Ball State University.

Nutrition Center at Dautel Circle (continued from page 1)

especially around mealtime. Our house managers estimate that staff are saving eight hours per week on grocery shopping and meal preparation.

When fully operational, the Nutrition Center will provide meals and snacks to 90 residents in 27 community homes at Dautel Circle and in the broader community. In addition, we plan to increase the impact of this program by using the kitchen as a pre-employment training site for individuals with disabilities who would like to work in the food service industry.

The St. Louis Arc would like to thank the following donors for helping make the Nutrition Center possible: The Gertrude and William A. Bernoudy Foundation, the John Allan Love Foundation, Michael and Barbara Rea, Jenny Huffman, Joe and Colleen Kinnison, Van and Jeanie Brokaw, Ben and Eleanor Janson, and Promise Community Homes.

Top Right: Kristey serving dinner to Dwight, one of the residents; Bottom Right: Alysha Broughton, Food Service Manager & Chef; Kelly Robinson, Food Service Technician; Kate Rug, Director of Nutrition Services & Project Management.



FUNdraiser for Capable Kids and Families



The McGinnis family sponsored a benefit for the St. Louis Arc's Capable Kids and Families® (CKF) program at Global Brew Tap House on Saturday, June 25. Family, friends, coworkers, and Arc staff gathered to enjoy some beverages and fun for a great cause! Through their kindness and generous donations from those who attended, more resources and support will be available to other families in CKF! We are very grateful to Evan, Katie, and Ronan for organizing this event on our behalf!

Left: Evan, Katie, and Ronan McGinnis



Be Part of the Arc Advantage

Day Program Services

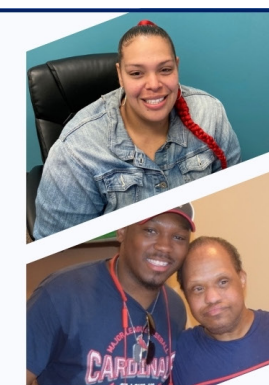
Community Support Specialist (CSS) - \$20/Hour

Community Behavioral Specialist (CBS) - \$21/Hour

Residential Services

Direct Support Professionals (DSP) - \$18/Hour

New Competitive Pay!



Expanding Our Reach: The New Maplewood Hub

As we emerge from the pandemic, the St. Louis Arc's Day Programs have resumed in-person supports and expanded to meet growing needs in both St. Louis City and County. Our Day Services programs are now in nine sites across the St. Louis area.

We recently opened a new mid-County location in Maplewood that will allow us to expand the Community Engagement and Aging With Empowerment programs. We are also launching a new program, Learning Independence for Tomorrow (LIFT), that addresses the unmet need for behavioral support services.

Through these programs, our participants are actively engaged in onsite activities, including dancing, arts and crafts, online educational games and sports, while also having opportunities to be out in the community participating in activities and volunteering.



Clockwise from top left: Robert and Matt enjoying time at the Kirkwood Farmer's Market; A participant engaging in technology learning with staff; Participants playing a new dance video game.

WHAT IS LIFT? LEARNING INDEPENDENCE FOR TOMORROW



Using a variety of strategies, LIFT works with individuals to develop skills to best manage their own behaviors. LIFT offers intensive skill-building based on person-centered goals, learning styles, and preferences. Individuals in the program have the opportunity to develop skills both on-site and in the community through engagement, volunteer, and leisure activities. LIFT offers low support ratios, so individuals can develop the foundation necessary to pursue more traditional day programs and supported employment.

Taylor (center) engaging with staff, Shanntae (left), and Brittney (right).

Expanding Our Reach: Delmar DivINE

The St. Louis Arc is excited to be one of the inaugural tenants of Delmar DivINE, a hub for non-profit organizations located in the former St. Luke's Hospital at 5501 Delmar Boulevard. Delmar DivINE is the brainchild of Maxine Clark, founder of Build-A-Bear, who envisioned transforming the abandoned property into a meeting ground for social innovators and community organizations.

Delmar DivINE will be a site for the Arc's programs for St. Louis City residents, including children's services, transition-aged offerings and a day program for adults.

"Delmar DivINE gives us an opportunity to affirm the Arc's commitment to strengthening services for City residents with disabilities," says Arc President and CEO Mark Keeley. "We are proud to be a part of this unique collaborative environment for non-profit organizations."



Artist rendering of the Delmar DivINE

Inside the New Parents Learning Together Space

The Arc's Parents Learning Together (PLT) program is flourishing in its new space in the Delmar DivINE. PLT is a parenting program that helps parents who have intellectual or developmental disabilities to successfully raise their children and promote their healthy development. The new space is set up to accommodate both the parents as they participate in skill-building activities and the children as they engage in reading and play time. There is also a small kitchen for staff to teach parents about nutrition and how to prepare healthy meals and snacks for their families.



Above: PLT staff member leading a parents group session; Top right: PLT family spending time together in the new space; Bottom: Dana Walker, Director of Children's Services, and young PLT participant engaging in play activity with blocks.

St. Louis Arc *Accentuate the Positive*

Spectrum Digital Education Grant

The St. Louis Arc received a Spectrum Digital Education grant of \$14,000 to purchase adaptive technology for the new Maplewood location. This is St. Louis Arc's fourth SDE grant, totaling nearly \$60,000 for our Aging With Empowerment and Community Engagement programs.

"We appreciate the partnership with St. Louis Arc and our other Spectrum Digital Education grantees, as they are instrumental in helping us provide support for digital literacy in the St. Louis community," said Rahman Khan, Vice President, Community Impact, at Charter Communications.



Left to Right: Karrin Smoley, Wes Shirley, and Damehy Rodriguez from Spectrum present a check to Arc President & CEO Mark Keeley.

Teddy Bears for PLT and CKF

Maxine Clark welcomed the children in our Parents Learning Together and Capable Kids and Families® programs to the Delmar DivINE with a donation 100 teddy bears from Build-A-Bear Workshop. As the founder of Build-A-Bear, Maxine knows that a bear never fails to put a smile on the face of a child. Thank you, Maxine, for the 100 smiles you generated through your kindness and generosity!



We Love Our Volunteers!

April was Volunteer Appreciation month, and to celebrate we hosted an outdoor party at Des Peres Park. Volunteers enjoyed an evening of connecting with other volunteers, and being thanked for their support over the past year. Thank you to all of our volunteers for their continued support and dedication to the St. Louis Arc's programs and participants. The Arc offers a wide range of volunteer opportunities, and we are committed to finding the right fit for you and the people we support. Email Megan Eader, Volunteer Manager, at volunteer@slarc.org, to learn more.



Left to Right: Volunteers Molly, Kelsee, and Shari enjoying the party.

St. Louis Arc *Around the Arc*

Annual Golf Tournament

The 32nd Annual St. Louis Arc Golf Tournament at the Country Club of St. Albans on May 23 was a big success, raising more than \$200,000 for Arc programs. Congratulations to the Sandberg Phoenix and Lewis Rice teams for taking home first place trophies. The tournament was chaired by Ron Kruszewski (Stifel) and Derek Martin (US Bank) along with Michael Neidorff, who had served as co-chair every year since 2004.



Left: Tavern Creek 1st Place Team, Lewis Rice: Dave Wulkolpf, Eric Wood, Jeff Sauer, and Larry Parres.

Right: Lewis & Clark 1st Place Team: Sandberg Phoenix, Aaron French, Todd Stanton, Clayton Kubn, and Bhavik Patel.

St. Louis European Auto Show

For the past seven years, the St. Louis Arc has been the charity partner for the St. Louis European Auto Show. This year's show, hosted at MINI of St. Louis on June 5, brought an incredible array of Europe's finest automobiles. We thank the sponsors, participants, and car enthusiasts for a fantastic event.



Left to Right: The rare Bugatti Chiron leads the pack from sponsor, Holman Motors; Arc volunteers Anne, Lisa, and Laysbona; the Best in Show trophy.

Missouri's Youth Opportunity Program (YOP) Tax Credits

The St. Louis Arc has tax credits available to donors who make a gift of \$1,000 or more. Any individual or entity with Missouri income tax liability may qualify. Donors will receive a 50% tax credit for their gift amount, in addition to the standard federal and state charitable deductions. The net cost to you could be as low as **29 cents on the dollar!** Even if you take the standard deduction (i.e., don't itemize) you can apply the 50% credit on your taxes.

For more information contact (314) 817-2240.

Gift Amount:	\$1,000	\$5,000	\$10,000
Federal Charitable Deduction (@ 35% tax bracket)	-\$175	-\$875	-\$1,750
Missouri Charitable Deduction (@ 6% bracket)	-\$30	-\$150	-\$300
Tax Credit (50% of gift amount)	-\$500	-\$2,500	-\$5,000
Out of Pocket Cost*	\$295	\$1,475	\$2,950

*As with any charitable giving, please consult with your tax advisor to determine individual tax savings.



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