

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.

## TECHNOLOGY FOR DAILY LIFE

### New LifeTech Service Offers Training, Access, and Ongoing Support

Moti Savi uses a doorbell camera to view and screen visitors. With a phone app, he can control his television and other smart equipment in his home. His Amazon Alexa helps him to stay in touch with his brother, who lives about 20 minutes away. Moti is learning to use Alexa to shop, make appointments, and even order Call-a-Ride. “These are tools I needed to live on my own and be safe,” says Moti.

Luke Friedel uses the Transit app on his phone or iPad to guide his use of Metrolink and UMSL’s campus shuttles. Recording features on his devices supplement his note-taking in class, and calendar apps are helping him learn to manage his time. All these technologies help Luke be successful as a student in UMSL’s Succeed program.

St. Louis Arc established the new LifeTech service to increase people’s access to enabling technologies like these, so they can be more independent and achieve individual goals in their home, school, or workplace.

Three LifeTech Specialists are credentialed in Enabling Technology, and Manager Chris Helmick is a certified Enabling Technology Navigator (ETN). Their process includes: conducting assessments, identifying technologies that increase independence, looking at



*LifeTech Specialist Colin Marino provides training and support to a person who is learning to use a cellphone accessibility app to do laundry.*

what devices the person has or purchasing needed devices, training on new or previously owned devices, and providing a year of ongoing support.

“We want to meet people where they’re at,” said Helmick. “It’s person-centered. We make sure we’re suggesting technology that is useful in their everyday lives, so they actually use it.”

One feature of LifeTech is the ongoing support it provides. LifeTech specialists answer questions and provide virtual support through Zoom and in-person assistance when needed. LifeTech also provides monthly tech training that targets parents, caregivers, and direct support staff who make up people’s circles of support.

Thanks to funding from Productive Living Board, St. Louis Developmental Disabilities Resources and Developmental Disability Resource Board of St. Charles County, LifeTech services and many of the devices people use in daily living are provided at no cost.

### Interested in LifeTech?

LifeTech is available to people age 18 and up who have an intellectual or developmental disability.

Participants may live in St. Louis City, St. Louis County or St. Charles County. Eligible participants are those who do not have Medicaid-Waiver.

For more information, contact [LifeTech@slarc.org](mailto:LifeTech@slarc.org).



# *From the Top*

## Mark's Message



As a human services organization, no ingredient is more important to the St. Louis Arc's success than our people: the staff and volunteers who empower our participants to live their best lives. Simply stated, we would not be able to maintain the quality that is our hallmark without their talent, passion, and commitment.

Throughout this issue of the Arc Times, you will see examples of how our staff and volunteers make the extraordinary seem ordinary. We held our Staff Appreciation party in March, and in April, we celebrate Volunteer Appreciation Month. In truth, our appreciation for the efforts of these unsung heroes isn't solely focused on one month. At the St. Louis Arc, we strive to acknowledge and celebrate their contributions every

day. The impact they make is that important to our mission.

If you or someone you know would like to join the St. Louis Arc as a volunteer or staff member, contact us at (314) 569-2211 or visit [www.slarc.org](http://www.slarc.org) and click on Volunteers or Careers.

There is a place for your talent at the St. Louis Arc!

Sincerely,  
Mark A. Keeley, President & CEO

## New Board Member

We are pleased to welcome Zikomo Simmons as a new Board Member for 2023. Zikomo is a senior investment risk manager at Edward Jones' Advice & Guidance area and is the firm's Derivatives Risk Manager. After starting his career as an investment analyst in Wilton, CT, he worked for Iris Reinsurance and Orbis Investment Management Ltd., both located in Bermuda. Zikomo then returned to New York as a credit analyst at S&P Global before coming to St. Louis.



Zikomo holds a bachelor's degree in finance, management and organizational behavior from New York University's Leonard N. Stern School of Business. He also holds the Financial Risk Manager designation and is a CFA charterholder, member of the CFA Institute, the CFA Society of St. Louis and the Global Association of Risk Professionals. He joined the Arc Investment Committee in 2021 and we are delighted to welcome Zikomo to the Board!

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## Thank You United Way

The United Way raised \$79 million through their 2022 campaign, and the St. Louis Arc benefits from their success. Our Safety Net Organization allocation increased by 2.59% for 2023. We salute the United Way for their successful campaign, and we look forward to continuing our partnership throughout this year and beyond.

Proud partner of



Greater St. Louis



## United for the Love of Sports

The St. Louis Arc inclusive Arc United programs encourage athletes with and without disabilities to participate together in community sports leagues. The Arc United program started ten years ago with a single basketball team. The program has grown over the years, and this season we have six teams featuring 68 athletes playing in the only inclusive coed league in the St. Louis area. The Arc United Basketball program was recently featured in a story with Steve Harris on KMOV. You can view the story on KMOV's website.

In addition to basketball, the Arc's Leisure department has added other United sports, including soccer, softball, and an Esports program called Plug In. Later this summer, bowling and pickleball will make their debut.

Community athletes interested in joining the Arc United programs should contact Dan Correll at [dcorrell@slarc.org](mailto:dcorrell@slarc.org).

*Left: Steve Harris and Thomas H.  
Right: On the court from left: Matt L.,  
Shane K., Zion C.*



## Creative Music Making Returns

Creative Music Making returned to an in-person format this year! St. Louis Symphony Orchestra musicians, music therapists from Maryville University, and participants from the St. Louis Arc came together to create beautiful music and movement to entertain friends, families, and guests at Powell Hall. Everyone was thrilled to be together again!



## Disability Rights Legislative Day

For nearly 20 years disability advocates from around Missouri have traveled to the State Capitol to participate in Disability Rights Legislative Day and have their voices heard. On March 1, Arc staff, self-advocates, and Arc families made the trip to show the legislature that "WE are the People."



# St. Louis Arc Happenings

## US Bank and the Giving Tree

Each year the St. Louis Arc hosts the Giving Tree Program. Individuals and companies donate gifts of clothing, educational toys, books, and more, so that children in the Parents Learning Together and Capable Kids & Families programs can have a joyful Christmas and New Year. Thank you to the amazing volunteers from US Bank, who continued their tradition of helping organize and wrap presents.



## BJC Healthcare – Valentine's Fun at Maplewood

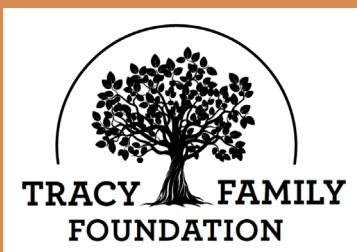
The participants in the Maplewood Day Program spent time engaging in fun activities to get ready for Valentine's Day. Volunteers from BJC Healthcare assisted participants in making Valentine cards and crafts to give to their family and friends.

## Landscaping with World Wide Technology

St. Louis Arc provides residential support to individuals living in homes and apartments throughout the metropolitan area. When the seasons change, the residential homes need landscaping, weed removal, and yard beautification. Thank you to the volunteers from World Wide Technology who recently spent time assisting with yardwork at one of our homes in the community.



## Tracy Family Foundation



The St. Louis Arc has received a \$30,000 grant from the Tracy Family Foundation to help expand the Capable Kids & Families program to serve more children and families in 2023. "We are honored to partner with the Foundation to pursue our shared vision for keeping families strong, healthy and resilient," said Arc President and CEO Mark Keeley. The Tracy Family Foundation was established to maintain the philanthropic legacy of Robert and Dorothy Tracy, founders of Dot Foods, the nation's largest food industry redistributor.



## MACDDS Cutting Edge Awards

The Arc's Launch program and Family Navigator program were both recognized with the Missouri Association of County Developmental Disabilities Services (MACDDS) Cutting Edge Award. The award honors organizations that provide unique, inclusive, dignified programs and services that promote learning for people with disabilities so that they may live more independently.



*From left: Sarah Smith, Coordinator, Transition Services, Stephanie Scott, VP of Support Services and Strategy, JR Johnson, Assistant Director, Transition Services, Ann Mangelsdorf, Assistant Director, Family Support and Advocacy, Lee Anna Sanders, Family Navigator, and Hannah Satterwhite, Family Navigator*

## Community Impact Network 2022 Solutions Award

The Community Impact Network presented its 2022 Solutions Award to Tina Closson, Early Learning Specialist at Belle Children's Services of St. Louis Arc. Tina was chosen for her excellence in establishing meaningful relationships with children, teachers and



directors of childcare organizations. The St. Louis Arc partners with the Community Impact Network to provide early childhood support in the Normandy Schools Collaborative boundary.

## ANCOR DSP Award

We are honored to announce that Anna Carroll, St. Louis Arc Employment Specialist, has been named the winner of the 2023 American Network of Community Options and Resources (ANCOR) Missouri Direct Support Professional of the Year. Anna has been a solid asset to our Employment Services for the past six years. She excels at bringing a person-centered approach to empower and support individuals to live their best life.



*Winner Anna Carroll (center), with nominators Amanda Deters and Taylor Hartmann*

## Bryan Miller Service Excellence Award

Delicia Shannon, Assistant Support Manager at the Heathercroft home, has received the Bryan Miller Service Excellence Award. Named for a beloved former Arc employee, this award is given to a staff member who brings positivity, eagerness to help others, a collaborative spirit and exemplary work ethic to their job. Noteworthy examples of Delicia's work include helping train new staff, supporting volunteers, hosting weekly pizza-and-movie nights, and serving as barber for the entire household.



*Delicia pictured with resident Matt J.*

# St. Louis Arc *centuate the Positive*

## DJ Lance Rock Book Signing

The St. Louis Arc held a special event and book signing with DJ Lance Rock from Yo Gabba Gabba. Children's entertainer and book author DJ Lance signed books, took photos, and spent time talking to all the families who came to the event. Thank you to David Steward II and the Harold & Dorothy Steward Center for Jazz for hosting the event.



*Top Left: DJ Lance Rock; Top Right: David Steward II with his son, Julian, and talent agent Oscar Arce*

## Benson Hill

Thank you to Nan Langevin and our neighbors at Benson Hill for supporting our Capable Kids & Families program. Nan won Benson Hill's inaugural Mockler Innovator Award, named in honor of co-founder Todd Mockler who passed away earlier this year. Nan selected the Arc to receive the monetary donation that goes with the award. Congratulations Nan and thank you for being a friend of the Arc!



*Left: Kate Hannon and Dana Walker from Arc's Children's Services with Nan Langevin, Director of Genotyping at Benson Hill*

## Special Education Advocacy Clinics

The Arc Family Supports team launched a new community outreach event in partnership with Missouri Disability Empowerment Foundation (MoDE). Under the direction of Christina Ingoglia, Assistant Director of Family Support and Advocacy, the Special Education Advocacy free clinics were available for all families with school age children who receive, or should receive, special education services. Held at Delmar DivINE and at The Leadership School, the clinics offered families resources, opportunities to speak with advocates and attorneys, and free vision and hearing screenings for children. Additional clinics are planned for later this spring and in the fall.



*Top: Christina Ingoglia, in pink, with the MoDE team. Bottom: Free hearing screenings were conducted by BJC*



# Around the St. Louis Arc

## SUPERHEROES FOR KIDS

Superheroes for Kids made a triumphant return this past October. The event, held at 18Rails in the City Foundry, raised over \$300,000 for our Children's Services. The Superhero for Kids award was presented to Melinda Monroe, CEO of Nurses for Newborns, for her heroic commitment to early intervention, and the Mosby Family shared their experiences and story of daughter Blaire's success.

*Pictured from Left: Garon Mosby, Kathy Meath, Melinda Monroe, Leann Mosby, in front, Blaire Mosby*



## Trivia Night - March 2023

The return of our annual Trivia night was Madness – March Madness! With more than 500 people in attendance, this year's event raised over \$30,000. Congratulations to all of the trivia winners, including the best decorated table – The Mad Hatters!

## SAVE THE DATE: EUROPEAN AUTO SHOW JUNE 11

The St. Louis Arc is proud to have been selected once again as the charity partner for the St. Louis European Auto Show scheduled for Sunday, June 11 at MINI of St. Louis. Mark your calendars to join us! Vehicles on display include Ferrari, Audi, Lotus, BMW, Mercedes, MG, Bugatti, Porsche, Lamborghini, Ducati, and many more. This free event has been a St. Louis tradition since 1987 and occurs each year, rain or shine.



### Be Part of Our Circle

The St. Louis Arc is now hiring full-time, part-time, and seasonal staff who want to make a difference in their community.



### Join Our Circle

We embrace, celebrate, and empower your unique gifts and contributions.

Scan the QR Code or visit  
[www.stlouisarcjobs.org](http://www.stlouisarcjobs.org)



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For information on how you can leave a legacy of caring,  
contact the Arc at 314-817-2240.

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