



The Arc-South Bay
1735 West Rosecrans Ave.
Gardena, CA 90249
(310) 532-6333

THE VANGUARD

FALL / WINTER 2014

2013-2014 Board of Directors

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PRESIDENT'S MESSAGE

Fall / Winter 2014

Dear Members,

By the time you read this, the new Board of Directors will have been elected, and perhaps even installed. I would like to take this opportunity to thank you for allowing me to serve in the role of President for the last year.

Being on a board of directors for a nonprofit is a great responsibility. The following list covers the major areas of responsibility:

- Determine the organization's mission and purpose
 - (See the Mission Statement in the newsletter)
 - Ensure effective organizational planning
 - The conduct and coordination of planning are entrusted to staff
- Ensure adequate resources
- Manage resources effectively
 - The Board and individual members are ultimately responsible for the financial state of the organization
- Determine and monitor the organization's programs and services
 - There is a delicate balance between the Board's responsibility to ensure quality, cost-effective programs and services, and the staff's responsibility to creatively initiate and conduct them
- Enhance the organization's public image
 - The Board serves as a link between staff and membership/clients
- Serve as a "court of appeal" for grievances

While the Board may not address each of these areas at any particular time, they must be ready when the time comes. With that in mind, I charge the incoming Board with their duties and stand ready to fulfill mine.

Ed Feuer

President, 2013-2014
The Arc-South Bay Board of Directors

Providing programs and services for people with intellectual and developmental disabilities in the South Bay since 1959.

COMING TO AN ARC NEAR YOU... ...In Mid-December

A two-person team of surveyors will be converging on the Arc offices to assess the programs and services of The Arc-South Bay administration and Southwest Industries. Every three years, the Arc undergoes a re-accreditation process by CARF.

What is CARF?

CARF is an independent, not-for-profit accrediting body whose mission is to promote the quality, value, and optimal outcomes of services through a consultative accreditation process that centers on enhancing the lives of the persons served. Founded in 1966 as the Commission on Accreditation of Rehabilitation Facilities, and now known as CARF, the accrediting body establishes consumer-focused standards to help organizations measure and improve the quality of their programs and services.

We are striving for a Three-Year Accreditation. Why?

An organization receiving a Three-Year Accreditation outcome has put itself through a rigorous peer review process and has demonstrated to a team of surveyors during an on-site visit that its programs and services are of the highest quality, measurable, and accountable.

This accreditation outcome represents the highest level of accreditation that can be awarded to an organization and shows the organization's substantial conformance to the standards established by CARF.

Hermosa Clients get in Shape with Poise

Poise in Hermosa Beach is not just your regular fitness studio. Yes, they offer fun and effective fitness classes, which follow their signature format combining strength, functional movement and cardiovascular exercises; but the breadth of their reach has spread beyond that.

Poise was founded by Justin Roth, who got his start in fitness over 16 years ago when he formed a group fitness program for the developmentally disabled members of the community in his hometown of Cupertino, CA.

Justin opened Poise in March of 2014 with the intention of making fitness accessible to every member in the community, no matter their physical background. This led to a partnership with The Arc South Bay's Adult Development Center in Hermosa Beach. Since then, every Tuesday and Thursday the ADC clients attend a 30-minute movement class, which follows the same format as Poise's signature classes.



They started with the basics, and now have progressed to a level that would challenge even some of Poise's regular members. The participants get to dance to the high-energy music, laugh as they exercise, and have noticed some positive changes in their body and overall health!



Thanks to a grant from a private donor, Poise and The Arc will continue their partnership for the rest of 2014 with the intention of inspiring healthy values in not just the clients from ADC-Hermosa, but all members who step foot in their studio.

CONNECT WITH US ELECTRONICALLY

Please visit our newly revamped webpage at www.arcsobay.org. Calendar items will be posted as they become available.

Also, we are re-launching our Facebook page, which will be updated weekly with timely events and photos. Go to "The Arc South Bay" on Facebook.

Do you want to receive your Vanguard and other correspondence from us in your inbox rather than your mailbox? If so, please give us a shout at: arcsobay@arcsobay.org. Include the email address you wish us to use in your message.



SAF KEEP STORAGE TO DONATE TO ARC SOUTH BAY

The Arc has been selected by the Saf Keep Storage Gardena facility at 2045 W Rosecrans Ave (310-594-5234) as their charity of choice through <http://www.charitystorage.org/>. The facility designates a storage unit for the Arc and advertises that they are taking item donations from their tenants, customers, and community members and stores the items in the designated unit. The storage company auctions the unit off, and the money received for the designated unit is distributed as follows: 60% will be donated to The Arc, 30% to Kure It for Cancer, and 10% to the Self Storage Association. The unit will be auctioned once it is full.

Here's a few ways you can help:

- Donate new or unwanted items to the unit
- Ask friends to donate items or to bid on the unit
- Bid at the auction

LANTERMAN ACT - PROMISES, PROMISES, PROMISES

Over fifty years ago, California made a promise to this state's most vulnerable residents. The Lanterman Developmental Disabilities Services Act sets forth the state's commitment to the people with developmental disabilities as follows: *The State of California accepts a responsibility for persons with developmental disabilities and an obligation to them which it must discharge...An array of services and supports should be established which is sufficiently complete to meet the needs and choices of each person with developmental disabilities, regardless of age or degree of disability, and at each stage of life and to support their integration into the mainstream life of the community.*

Due to budget cuts over the past 30 years, California is failing to keep its promise to Californians with developmental disabilities. In order to keep that promise to individuals with developmental disabilities living in the community and to provide a viable community alternative to persons currently living in the Developmental Centers, the Lanterman Coalition makes the following budget recommendation (edited from Arc-CA website):

Down Payment of System Sustainability - We are requesting a 5% annual increase in provider rates and regional center operations budgets as a down payment to ensure system stability while DDS arrives at a cost-based rates/budgeting system.

Begin the Work of Creating a Cost Based Rate Model - As a result of a series of budget crises, California had abandoned the practice of setting rates based on reasonable assumptions about the actual cost of providing services. It is imperative that

California begin the work of creating a cost based rate model for delivering services.

Invest in Work for Adults with Developmental Disabilities - California needs to invest in the future of persons with developmental disabilities by providing an effective path to employment. We request that the legislature increase supported employment services by 10%, as described in AB 1626 (Maienschein – currently in committee) to begin investing in employment outcomes for people with developmental disabilities.

Invest in Supporting Family Caregivers - Limitations on the number of respite hours that regional centers can authorize combined with a proposal to limit each IHSS worker's hours to forty per week will stretch many families' emotional and financial resources to the point that maintaining the individual in the family home is no longer feasible. In the interest of supporting individuals in their chosen setting and keeping families together, the Lanterman Coalition asks that the Legislature make cost-effective decisions to determine respite hours based only on the needs of each family and to allow chosen IHSS workers to provide the necessary hours of assistance to each individual. Additional information can be found at <http://www.thearca.org>.

OPENING AT SOUTHWEST HOUSE

Southwest House, located in central Torrance, housing six adults in a semi-independent living setting, now has an opening for a female over 18.

Staff is present during the morning, evening, and night-time hours. Residents must be ambulatory, possess self-help skills, and attend a program during the day. For a tour or more information, call Richard Pierce at 310-532-6333, ext. 225. Placements are done through your local Regional Center.

TIME FOR THE PIN WIZARDS!

Fall is the startup of League bowling for our Saturday A.M. Bowlers. They meet every Saturday at 9:00 a.m. at the Bowl-A-Drome (pre-registration required). This fall, the bowlers are sporting a newly-designed shirt, shown here modeled by Pam Spomer. The back of the shirt says, "Pin Wizards."

The Arc wishes to thank volunteer parents Dorothy Spomer and Marge Bernhardt for their many years of helping run this program! Dorothy and Marge have put in hours each week to keep the program running smoothly. Brava!



MIXPAK AND SWI – A PERFECT MATCH!

We would like to take this opportunity to share with you one of Southwest Industries' long term customers: Mixpak. Located here in Gardena, Mixpak has been providing many jobs to Southwest Industries for over 20 years. Mixpak makes and fills foiled pouches and tubes with creams for various cosmetic companies, as shown below.

When retail packaging is needed, Jerry Richman, Mixpak President, and his team turn to SWI for their dedicated consumers and staff in fulfilling his projects.

According to Jerry, "The quality of SWI's work is excellent and their turnaround time is outstanding."



THE ARC BIDS GOODBYE TO MICHELE COLE

With tears, smiles and hugs, The Arc South Bay bid farewell to Michele Cole, Administrative Secretary, after 18 years of service. Michele was the smiling face that greeted clients, caregivers, bus drivers and all others walking through the front door. She also kept track of membership and other record-keeping. We wish her lots of good fortune in her move to Arizona.



In Memoriam

Our sincere sympathies to all of the loved ones of the departed – they will be missed.

Mae McElroy (5/1/25 – 6/19/14). Mae and her late husband Mike (1996) were long-time members of The Arc South Bay. She is survived by five of her six children, including son Matthew, who has been especially active in bowling and other Recreation programs sponsored by The Arc.

Donald Kuehnle (1926 – 6/6/14) Don was a prime mover in the Arc's Golfathon for all of its 13 years. Because of that, he was honored in 1993 as "Volunteer of the Year" for the Arc South Bay. He and his wife Joan had been supporting members of the Arc for many years, and have a daughter (Karla) with developmental disabilities.

Laura (Steinhoff) Johnson (July, 2014) A founding member of the Arc, Laura served many years on the Board of Directors and committees. Through her employment with Torrance Memorial Medical Center, they became active and provided financial support and the ongoing First Aid/CPR training for our staff. Her daughter Marjorie attended all three Adult Development Centers until she passed away several years ago. Laura is survived by her husband Wayne.



The Arc-South Bay Mission Statement

Our mission is to attract and serve consumers with developmental disabilities by:

- Promoting the general welfare of individuals with developmental disabilities
- Providing services to individuals with developmental disabilities which will enhance their opportunities for growth and independence
- Providing support to the families of individuals with developmental disabilities
- Reducing the incidence and limiting the consequence of mental retardation through education and advocacy and through supporting research with the help of families, friends and the community
- Facilitating equal access to society for individuals with developmental disabilities

October 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 <i>Sat A.M. Bowling Bowl O Drome 9:30am</i> <i>Heritage Festival 9a.m.—3p.m Nakaoka Community Center</i>
5	6	7 <i>Bocce Practice 6p.m.-7:15p.m. Nakaoka Community Center</i>	8	9	10 <i>DDP Dance Nakaoka Community Center 7p.m.-9p.m.</i>	11 <i>Sat A.M. Bowling Bowl O Drome 9:30am</i>
12	13 <i>Columbus Day All Arc Programs Closed</i>	14 <i>Bocce Practice 6p.m.-7:15p.m. Nakaoka Community Center</i>	15	16	17	18 <i>Sat. A.M. Bowling Bowl O Drome 9:30am</i>
19	20	21 <i>Bocce Practice 6p.m.-7:15p.m. Nakaoka Community Center</i>	22	23 <i>Board of Director's Meeting</i>	24 <i>Halloween Dance Nakaoka Community Center 7p.m.-9p.m.</i>	25 <i>Sat A.M. Bowling Bowl O Drome 9:30am</i>
26	27	28 <i>Bocce Practice 6p.m.-7:15p.m. Nakaoka Community Center</i>	29	30	31	

November 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <i>Sat A.M. Bowling Bowl O Drome 9:30am</i>
2	3	4 <i>Bocce Practice 6p.m.-7:15p.m. Nakaoka Community Center</i>	5	6	7	8 <i>Sat A.M. Bowling Bowl O Drome 9:30am</i>
9	10	11 <i>Veteran's Day All Arc Programs Closed Bocce Practice 6p.m.-7:15p.m. Nakaoka Community Center</i>	12	13	14 <i>DDP Dance Nakaoka Community Center 7p.m.-9p.m.</i>	15 <i>Sat A.M. Bowling Bowl O Drome 9:30am</i>
16	17	18 <i>Bocce Practice 6p.m.-7:15p.m. Nakaoka Community Center</i>	19	20 <i>Board of Director's Meeting</i>	21	22 <i>Sat A.M. Bowling Bowl O Drome 9:30am</i>
23	27	25 <i>Bocce Practice 6p.m.-7:15p.m. Nakaoka Community Center</i>	26	27 <i>Thanksgiving Holiday All Arc Programs Closed</i>	28 <i>Thanksgiving Holiday All Arc Programs Closed</i>	29 <i>Sat A.M. Bowling Bowl O Drome 9:30am</i>
30						



1735 W. Rosecrans Ave.
Gardena, CA 90249

Address Correction Requested

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Help us promote the welfare of people with developmental disabilities by becoming an Arc member – We Need You!



1735 West Rosecrans Avenue
Gardena, CA 90249

(310) 532-6333 (310) 532-0623 (FAX)

www.arcsobay.org

E-mail us at arcsobay@arcsobay.org

Name: _____ Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Type of Membership:

- Regular - \$15.00
- Silver - \$25.00
- Gold - \$100.00
- Lifetime - \$1000.00
- Associate (non-voting) -\$10.00

Method of Payment

Enclosed is my check for \$ _____ Enclosed is my cash for \$ _____

Check here if you do not wish your name, address and phone number to be included on a membership list made available to other members of The Arc-South Bay upon their request.