



Five Minutes to Start the Day!

~ Mindfulness sessions at ARCH ~



Did you know that as part of our STEPS to Health & Wellness program our participants do mindfulness sessions every morning at ARCH?

Attendance is optional, but many participants attend the 5 minutes a day session every morning and some attend the longer session (combined with Yoga) on Tuesday afternoons.

TJ Geist Anderson, our STEPS to Health & Wellness Coordinator, said "We want to help our participants achieve a better quality of life and this includes health and wellness. They often get a lot of focus on improving their physical fitness, and we do that, but we wanted to look also at their mental health and how to improve their self-esteem and fulfillment and help give them the tools to face their lives."

"We have been doing mindfulness now every morning for 9 months and I can honestly say we have seen small shifts in those participants who attend. They say "We need this today" and they tell me they've missed doing it if I'm ever off work. From their own perspective they are starting to make the connections, seeing that just a few moments of breathing meditation can help them calm down when they are upset."

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Invest in AZ!

ARCH
A Place to Thrive, Enriching Lives

**ARIZONA
GIVES DAY
APRIL 4, 2017**

We are excited to announce that ARCH is joining this year's Arizona Gives Day, a statewide, 24-hour, online giving campaign. You can preschedule your donation today via this link or donate on April 4

'Tickle your Funny Bone' performance tickets now available!

ARCH's Advanced Acting Troupe, The Company, will present 'Tickle your Funny Bone', in the Big Room at the ARCH campus, 1550 W. Colter Street, Phoenix, AZ 85015.

Wednesday, April 5 and Thursday, April 6 at 6:30pm.

Seating is limited and reservations are required. Reservations can be made by calling 602-230-9734 or book online <http://archaz.org/tickle-your-funny-bone-2/>

Tickets are: \$8.00 with premium beverage, \$6.00 with regular beverage and \$5.00 without a beverage. Nachos will be offered for \$3.00.



Dogs whose job is to play cool games at ARCH!



Every Thursday, Karen and Wendi from Raising Hope Dogs, bring over their professional working dogs to play a variety of games with us at ARCH.

Karen said, "The activities we do at ARCH with your participants helps train our dogs for Raising Hope's main community event, HopeDog Challenge."

"The participants get them used to working with other people and understanding different people's voices. We love coming to ARCH!"

HopeDog Challenge is an exciting day of dog sports competition for kids and teens with autism, down syndrome and cerebral palsy. There are currently 3 competition seasons a year; learn more at www.hopedogchallenge.org. The next Game Day at ARCH will be Saturday April 8 from 10-4.

We interviewed Karen on our [blog](#) to find out more.



Gold and Bronze for ARCH at the State Special Olympics Basketball

ARCH Athletes recently enjoyed a trip to Tucson to participate in a State Special Olympic basketball tournament. ARCH loaded up its two teams into the vans to head out Thursday March 16th and arrived in Tucson with enough time to relax and prepare for the tournament. Over the next two days, both teams played 5 exhausting games on the University of Arizona Campus. ARCH Coaches are incredibly proud of the teamwork, sportsmanship, and camaraderie shown throughout the weekend. The ARCH Ballers brought home the Gold and the ARCH Jumpshots brought home the bronze as a result of being bumped up to a higher division after exceptional pool play games. Well done to all our ARCH players!



Save the Dates!

Spring Prom will be May 5, 2017

The Havasupai Adventure Club trip will be May 17-21

Booking details and more info coming soon!

Thank you Season for Sharing and AZ Republic

Thanks to Season for Sharing from the AZ Republic newspaper for choosing us in their grant awards this year.

They generously donated \$5,000 towards our ARCHKids Program.



STEPS to Health & Wellness Fitness Club Points System

We are running a new points system to help our participants keep track of their progress in our health and wellness activities. This month participants received a new water bottle for doing 1 physical activity a day in the last month as well as 1 participation in something that makes them happy! The water bottles will come in useful for next month's challenge which is to drink 48oz of water per day and cut soda intake in half.



Staff Spotlight: TJ Geist Anderson

It is often said at ARCH that many of the staff wear many hats! Many of you may know TJ, one of our most popular staff members. TJ optimizes this more than most, so much so that it is difficult to list her here as just one thing!

She is the STEPS to Health & Wellness Coordinator as well as Codirector of many of our performing arts activities. What many don't know is that TJ is a trained actor with an extensive theatre background throughout the US. We interviewed TJ for this month's Staff Spotlight.

Luckily there were plenty of photos in ARCH's photo collection that shows off her multiple

hats!

Read more about TJ [here](#) on our blog.



Cornerstone the Future of ARCH

~ There's Still Time to Donate your year-end Arizona Tax Credit ~

Although the deadline has passed for the end of year Federal Tax credit donations, you can still donate up to \$400 per person or \$800 per couple from your Arizona tax payment up until April 15, 2017.

[Donate](#)

Thank you ~ every donation gets us closer to securing ARCH's services for future generations.



Arizona Recreation Center for the Handicapped is a 501(c)(3) not-profit organization.
Your contribution is tax-deductible to the extent of the IRS codes.

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