

SPARC Saves Millions in Opportunity Costs

WHO WE SERVE

Some SPARC participants have developmental delays. Others have intellectual delays. Some have been diagnosed with cerebral palsy, autism, epilepsy, spina bifida, non-verbal and other similar conditions. Most of SPARC's participants lack self-care and social skills, effective verbal communication, and basic physical mobility. **They need support with all daily living activities and have difficulty seeing, hearing, speaking, and moving.** They are unable to work and often feel isolated with few opportunities to interact with their peers.

\$2 Million Per Person in Housing Costs

With SPARC providing meaningful day programs for adults with severe and multiple disabilities, the option to continue to live with family members rather than transitioning to a group home or supported housing is often selected. Over a ten year period this is a cost savings of \$2 million per person.

\$1.5 Million Per Year in Program Enhancement Fees (per 50 attendees)

Attending five days at SPARC costs the participant \$9,000 per year. According to the Community Services Board, the County pays for an individual on the Medicaid waiver waitlist to go to a Medicaid provider in the range of \$28,000-\$34,000 per year plus transportation costs of \$9,000 per year. If SPARC's current participants had to go to a Medicaid provider that would cost the County \$1.5 million annually plus the cost of transportation.

Specially Adapted Resource Clubs

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www.sparsolutions.org



PLEASE
PLACE
STAMP
HERE



Our Commitment is Our Promise

Seventeen years ago, Fairfax County, through the Long-Term Care Coordinating Council, recognized the need for an alternative to the Medicaid model for day programming to better serve the needs of individuals with severe and multiple disabilities. SPARC is that alternative.



Over the course of the last half century, the United States made many promises to its citizens with intellectual and developmental disabilities through legislation and programs such as the Developmental Disabilities Assistance and Bill of Rights Act; the Americans with Disabilities Act; the Individuals with Disabilities Education Act; the Rehabilitation Act of 1973; the Medicaid Program; Home and Community-Based Services Waivers, and other Federal laws and regulations. The United States promised that those with disabilities would have access to the community services and individualized support they need, and such access is crucial to those with disabilities so severe that they are unable to work and completely dependent on the care of others for the basic necessities of life. These promises were intended to make it possible for all Americans with severe and multiple disabilities to live their best and most significant lives, but legislation and regulation cannot do this alone.



SPARC fills the gap. **SPARC empowers adults with severe and multiple disabilities to live their best lives and is committed to making its therapeutic day programs available to all in need.** Such availability requires establishing additional centers throughout Northern Virginia and reducing or eliminating fees, which requires sustainable funding. It is time for both the public and private sectors to fully invest in the SPARC option, and make SPARC's therapeutic day programming available to anyone.

Adults with severe and multiple disabilities deserve a real choice.

Debi Alexander
Executive Director

Specially Adapted Resource Clubs 2022 Annual Report

A Note From Our Board Chair



2022 was a crucial year for SPARC. We boldly envisioned the way things could be for young adults with severe and multiple disabilities. With resolve, we embarked on a path to make our vision a reality.

Our young adults maneuver through a difficult world when looking for quality of life options. Their choice is between (a) a SPARC community where they are given the tools to live a more meaningful life, but which can be financially problematic for a population that lives in poverty, or (b) existing in isolation and with vulnerability in a government provided facility. Our mission is to make the SPARC choice easy and affordable.

First, we would generate additional financial resources. We strategically chose business entities whose principles aligned with SPARC's ideals with which to partner. In addition, we enlisted many public officials to enhance our use of Federal, state, and local funds. Our many new donors and public friends are the initial result of our efforts.

Second, we created an infrastructure that would attract sizable partnerships. This infrastructure includes governing documents that are commensurate with a substantive charitable organization, a Board of Directors comprised of talented regional leaders, and a strategic plan that is bold, but realistic.

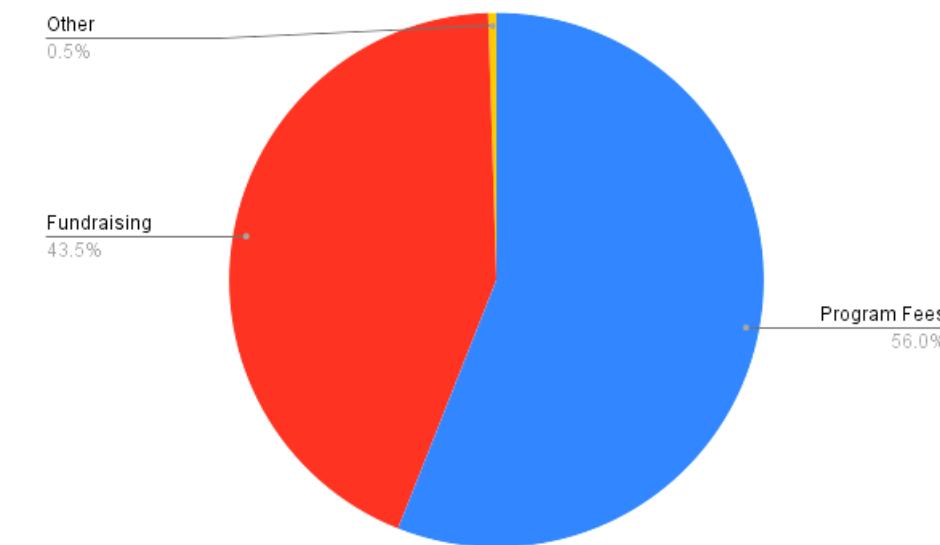
Third, we would reduce expenses. Since 90% of SPARC's costs are attributable to staff salaries, we looked for a less expensive, but talented workforce pipeline. Partnering with institutions of higher education could provide such a pipeline through internships and clinical course work. We entered discussions with three such institutions which are especially interested in meeting SPARC's staffing needs.

SPARC continues to offer young adults with severe and multiple disabilities learning opportunities, social connections, and a rightful and meaningful place in our community. That will never change.

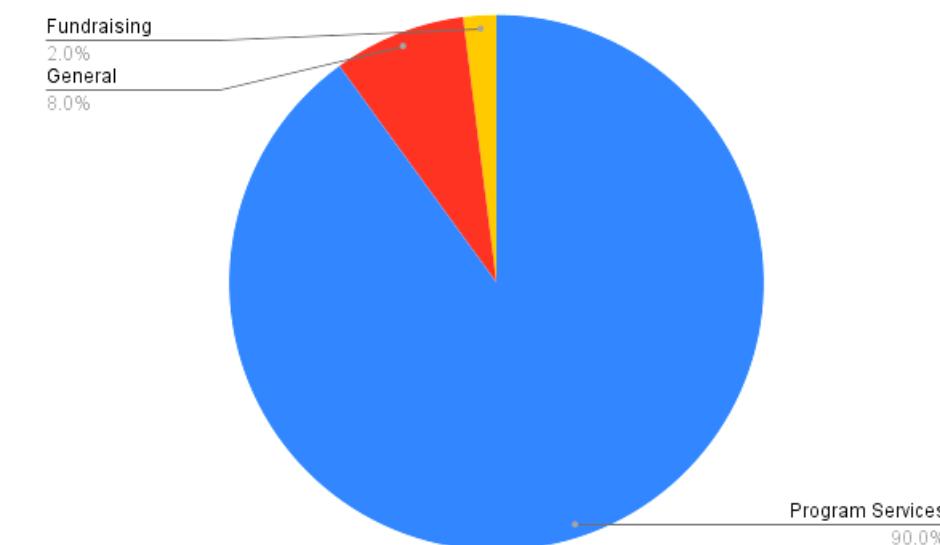
- Ellen Dyke, Board Chair

2022 Financials

Income: \$292, 147.89



Expenses: \$262,603.73



**98 cents of every dollar
donated goes to
program services.**

Donor Spotlight: Tullman Family Office



The Tullman Family Office supported SPARC this year with a grant of \$10,000. Cayley Tullman, President, recently wrote:

"Advances in science, technology, and medicine have resulted in millions of children with severe disabilities living to adulthood. This progress, while incredible, has introduced new challenges for those helping to provide the safety net to ensure that, not only are the basic needs of this growing population met, but also that:

- Every individual can live their best and most meaningful life; and
- Their families earn enough to meet both the long-term care requirements for themselves and for their children.

At the Tullman Family Office, we work to realize the potential of all Americans through targeted investments in philanthropic causes that help people live healthier and more prosperous lives, enable businesses to focus more on social impact, and empower moderate politicians to serve our country with reason and compassion.

For families with little or no resources, the choice between a program paid for by Medicaid, however inadequate the program, is the only option available. That choice is unacceptable to SPARC and to the Tullman Family Office.

We believe in SPARC's mission to ensure all adults with severe disabilities live a productive and meaningful life."

*- Cayley Tullman, President
Tullman Family Office*

Testimonials From Vital Stakeholders

"SPARC addresses the needs of [adults with severe disabilities], who have aged out of the special ed support provided by the K-12 system, are medically fragile and lack self-care and social skills, effective verbal communication, and basic physical mobilities."

- Dr. Tracy Fitzsimmons, President, Shenandoah University

"[SPARC ensures] access to integrated and respectful community living for people with severe disabilities."

- Caroline Sutter, RN DNP-BC, Co-Director Center for Health Workforce, George Mason University

"As a social and service enterprise, SPARC provides an environment where young adults with severe disabilities can build relationships and community."

- Honorable Justin M. Wilson, Mayor, City of Alexandria, Virginia



The 2022 Bowl-a-Thon was a Huge Success!

The 2nd Annual Bowl-a-Thon welcomed last year's sponsors along with 24 new sponsors! Adam Wingo won the King of the Pins trophy. He received over \$1,000 in sponsorships in a contest to knock down the most pins! It was a wonderful day for participants, families, friends and our corporate partners. In 2024, we will say farewell to the Bowl-a-Thon and introduce our first annual Gratitude Gala. SPARC is very grateful to Dave and JoAnne Adams, the co-chairs of the SPARC Events Committee!



Thank You to Our Bowl-a-Thon Sponsors!



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Planning Team**



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AUTHOR | SPEAKER | TRAINER



Dave & JoAnne Adams
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FVCbank
Success has a bank.



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98 cents of every dollar donated goes to program services.

A Blueprint for Success: SPARC's Five Year Strategic Plan

To further SPARC's Mission and in compliance with SPARC's Vision and Core Values, SPARC will focus on achieving three overarching goals:

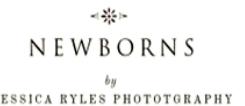
CAPACITY: To provide SPARC programming to everyone who lives in the areas currently serviced by the existing five centers; to include young adults with severe and multiple disabilities who live in those Northern Virginia counties not currently served; offer virtual programming to those who are confined to home or live too far from a SPARC center to physically attend; and, provide programming to young adults living on military bases.

SUSTAINABILITY: To generate new financial resources necessary to sustain and expand SPARC's operations, either through partnerships with business, foundations, and government, and to monetize and replicate the SPARC program so that it would be available throughout the country.

HIGHER EDUCATION: To partner with one or more institutions of higher education so that

- (a) SPARC's programming stays current and utilizes the most innovative ideas being developed in the special education, therapeutic recreation, social work, and other health professional fields;
- (b) through internships, clinical work, and coursework requirements there is a readily available pool of talented and trained staff that will provide leadership to SPARC's programming;
- (c) SPARC will have the opportunity to create new relationships with existing partners of these educational institutions, thereby increasing fund raising to sustain and expand SPARC operations; and
- (d) SPARC will have available the expertise to develop tools to better measure achievement and success.

Thank You to Our Auction Donors and T-Shirt Sponsors!



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Optimal Dental Center
Jessica Lyles Photography
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True Food Kitchen

GMU Center for the Performing Arts
Catoctin Creek

FOGO DE CHAO

Crochet Designs By Toni
4 Commanders Tickets and 2 Parking Passes

Mancrate from Donna Goldbranson

Wine Basket from Donna Goldbranson

Artwork from Jim & Ellen Dyke

Congressional Chorus

Pet Portrait by Linda Nedilsky

Crochet Designs by Toni

The Cotnoir Family

Aglow Dentistry

Scherff Consulting



SPARC by the Numbers

17 years of service

5 locations

SPARC serves

- Fairfax
- Arlington
- Loudoun
- Falls Church
- Warren

SPARC welcomed 47 new donors to our community

Meet Kaitlin

I have been a member of SPARC for eight years and love attending four days a week.

I am 35 and can't walk or use my hands due to quadriplegic cerebral palsy.

I also have low vision, and my voice is slow and difficult for some to understand.

At SPARC, I have friends and involvement in the community, and the activities are adapted. I love it. No other day program offers opportunities that truly include me.



21%
of
participants
attend on full
scholarship

1st Annual Pancake Breakfast, June 2022

SPARC hosted its 1st Annual Pancake Breakfast in June 2022! This event supports scholarships. Delegate Marcus Simon presented the Volunteer of the Year awards to the Advocates Advisory Council made up of Mo and Dee Shields, Justin Dolan, Jonah Gilman and Kaitlin Payne. Also recognized were: Mary Burger, Jane Karpick and Barry Moore. The McLean Business Forum provided volunteers to staff the kitchen. Over 150 guests enjoyed pancakes, fruit, muffins, coffee, juice, bingo and a cupcake walk.



Advocates Advisory Council

In 2022, the members of the AAC participated in the Long Term Care Coordinating Councils Social Engagement Subcommittee. Their input led to SPARC being included to write the LTCCC's three year strategic plan.



"SPARC's unique public-private partnership with Fairfax County has proven that this alternative to the Medicaid model provides a choice for many adults with severe disabilities who do not fit into traditional day support programs funded by Medicaid."

SPARC has changed the long-term care blueprint for young adults with severe disabilities by providing a safe, caring environment where young adults with severe disabilities learn and have fun together. The SPARC model is designed to provide access to community services, individualized supports, and other forms of assistance that promote self determination."

*- Rose Mario Risley, Chair,
Fairfax Area Long Term Care Coordinating Council*



Adam's Story



"[My son] Adam has participated in SPARC since it began. As many other young adults with disabilities, he was not able to get a full-time job. So, unlike typical adults, there was little for him to do while my husband and I worked. He always has a personal care attendant with him but being at home all day without a place to go does not provide the opportunity for meaningful social interaction and participation in diverse

activities. And so the desire to lead a purposeful life becomes limited. Awakening in the morning and having a plan for the day other than sitting at home and staring at the four walls is imperative for all to create a well-balanced life for themselves. This is what SPARC has given Adam.

Attendance at SPARC provides the young adult attendees with an unlimited amount of potential to enrich their lives. The staff provides meaningful and purposeful activities that awaken their minds and help them to become creative human beings.

Without SPARC, Adam never would have had the opportunity to make friends, participate in beneficial activities and create a satisfying life for himself."

– Merle Toobin, parent of Adam Toobin, a 40-year-old who has cerebral palsy and is totally dependent for all Activities of Daily Living.

SPARC's Day Program Model Works!

"The Fairfax County Long Term Care Coordinating Council, Fairfax County Therapeutic Recreation and the Community Services Board helped create SPARC **to provide expanded choices** for adults with severe and multiple disabilities who require 1:1 support for all daily living activities. The SPARC model is designed to provide access to community services, individualized supports, and other forms of assistance that promote self-determination. It is an inclusive day program model that works for everyone meeting the goal of providing services to all residents."

- Honorable, Rodney L. Lusk, Franconia District Supervisor

