



The Arctarian

Achieve with us.®

Newsletter of The Arc Quinebaug Valley

A Message from our Board Vice President:

INSIDE THIS ISSUE:

| | |
|--|---|
| GARDNER JOHNSON MEMORIAL GOLF TOURNAMENT | 2 |
| Awards Night | 3 |
| THE 17TH ANNUAL RUBBER DUCKIE RACE | 4 |
| TRIVIA MOGUL | 4 |
| WALK ACROSS AMERICA | 5 |
| SELF ADVOCACY CORNER | 5 |

Summer is almost over! I am sure that most of you join me in thinking it was too short this year! Hopefully we won't have a difficult winter like last year in the Northeast corner, with record low temperatures and more than our share of snow!! It was easy to forget that these past few months, when we were seeing roses and daisies blooming, hearing the birds singing, and feeling the warmth of the sun.

No matter what the weather, The Arc continues on its mission, providing programs and supports to individuals with intellectual, developmental, and other life affecting disabilities. In addition to the main service areas of Advocacy, Day Services, Education Services, Employment Services, Residential Services and Retirement Services, our creative, energetic, and dedicated staff continue to expand options for our participants.

Our Positive Choices Program provides education in forming healthy relationships, caring for our bodies, the life cycle, sexual health, and safety training. The Health Matters Program follows a health, exercise and nutrition curriculum. We strive to

improve fitness and increase knowledge about healthy lifestyles. The Arc has embarked on a multi-tier health initiative, including a partnership with Special Olympics. A Unified Health Group and a Walk Across America program has been formed to provide opportunities for exercise and nutrition. The agency is very proud of these programs, designed to improve the overall well-being of those supported, their families, and staff.

The journey of The Arc Quinebaug Valley is also experiencing the sweet characteristics of beginnings! There are so many activities and events on our calendars. On May 9, 2014, we celebrated with our participants, their families, staff, board members, and community partners at our Annual Meeting and Awards Night Celebration at Wrights Mill in Canterbury. As the summer progressed, we held two of our largest fundraisers. On July 11, 2014 we held the Gardner Johnson Memorial Golf Tournament at Foster Country Club, where golfers and Friends of The Arc raised about \$21,000 in funding to support The Arc and our mission.



Board Vice President, Pamela Brown

And raising more than \$18,000 on August 10th, The Arc Rubber Duck Race was held again in Downtown Putnam along with the Putnam Car Show, bringing fun and festivity to what has always been an action packed weekend for the northeastern communities!!

What I love about The Arc is that, like seasons, it energizes me. The activities planned for the summer were fun and raised money, but they also showcased how valued each participant is, and the joy of being part of "creating opportunities for each person to experience love, work, play and friendships while living life to its fullest." We are witness to seeing each individual begin to bloom, our collective voices sing of awareness, and we feel the warmth of working together to live our mission while helping those around us achieve their goals and realize their dreams.

Achieve with us.®

GET INVOLVED



Join our Teams!



"Like" us on Facebook!

Achieve with us.®

THE GARDNER JOHNSON MEMORIAL GOLF TOURNAMENT

Thank you to everyone who made the 27th Annual Gardner Johnson Memorial Golf Tournament a success. The tournament was held on July 11th, 2014 at Foster Country Club in Foster, R.I., with perfect weather for the event. Congratulations to the winners, listed below!

1st Place: Gerardi Insurance's team—Matt Desaulnier, Ed Desaulnier, Ed Morrisette, and Kevin Marcoux

2nd Place: Rawson Materials' team —Jeff Rawson, Neil Bernier, Dan St. Laurent, and Mike Greene

3rd Place: Verizon Wireless Zone's team — Chris Krushefsky, Frank Lotti, Jeff Johnson, and Brendan Meehan

Last Place: Linemaster Switch's team: Joe Carlone, Sr., Joe Carlone Jr., Tim Carlone, and Jim Carlone

Betting Hole: Al Sanholm

Skins: DiZazzo team: Christi DiZazzo, Frances Knaplik, Tony Pasiakos, and Will McNicky

Hole #3 Closest to the Pin: Jay Hanfield at 19' 8.5"

Hole #7 Closest to the Pin: Bruce McLeod at 6'

Hole #17 Closest to the Pin: Greg Martel at 6' 5"

Hole #18 Closest to the Pin: Peter Jacques at 6' 3.5"

A good time was had by all! **For information about next year's event, or to inquire about sponsorship or playing in a foursome in 2015, please contact Sandi Riemann in the Development Office at (860) 774-2827 or email sriemann@qvarc.org.**



The Deary Team: Mike, John, Gene Michael, & Peter Deary



The Rawson Materials Team: Jeff Rawson, Neil Bernier, Dan St. Laurent, & Mike Greene



Foster Country Club in nearby Foster, R.I. provided a beautiful setting for the Golf Tournament.



Our friend, Erika Salvas, does the tee-off at the Gardner Johnson Memorial Golf Tournament.

AWARDS NIGHT

The Arc Quinebaug Valley, Inc. Annual Membership Meeting and Awards Night Celebration

The Arc Quinebaug Valley, Inc.'s Annual Membership Meeting and Awards Night Celebration was held this year on Friday, May 9th at Wright's Mill Farm in Canterbury. It was an enjoyable evening honoring those we support, our staff, our volunteers, and the community who support us. The evening included dinner, an awards ceremony, and dancing to celebrate the contributions of everyone.

The Arc inducted a new slate of officers and directors at the event. In addition to the new group of officers and directors, more than 30 individuals were recognized for their dedication to The Arc's mission, volunteering their support, personal achievements, heroic actions, and years of service to the agency. Congratulations to the following award recipients:

Spirit Award: Gayle Vare

Dove Award: Dennis Walsh

O'Keefe Award: Tracy Zenzen

Norma Cassettari Award: Geri White

Community Partnership Award: Lauren Mooney and Emily Langer

Education Achievement Award: Erika Salvas

Volunteer Award: AT&T Employees Community Services Fund

Helping Hand Award: Mike Waters, Alyssia Stiggle, Dawn Lazaroff, & Erin Lambert

One Person Can Make a Difference Award: David Barton, Crystal DiZazzo, Chris Roberts, Andy Cohen, Sarah Johnson, Nichole Hubert, Jennifer Annese, Kocoa-Jean LaRiviere, Sandra Krauchick, Kara Noel, Colleen Shashok, Danielle Larson, and Genevieve Sandoval.

Special Appreciation Award: Susan Johnston and 4-G's Restaurant & Pizza

Retirement Services Award: Patricia Cusson

Ron Johnson Award: Robert Brunelle

Self-Advocacy Award: Laura Leroux

Special Recognition Award: Frances Bousquet

Community Support Award: The Savings Institute Bank and Trust

Residential Achievement Award: Heather Motyl

Supported Employment Achievement Award: Christopher Choquette



Board President Jeff Rawson and Executive Director Sue Desrosiers present an award to Arc Participant Laura LeRoux.



Board President Jeff Rawson and Executive Director Sue Desrosiers present an award to Arc Participant Bobby Brunelle



Thank you to our Garden Fairy, who has cleaned and cared for our gardens at the Cook Hill office. We truly appreciate all your hard work!

THE 17TH ANNUAL RUBBER DUCKIE RACE

The Arc Quinebaug Valley's 17th Annual Arc Rubber Duckie Race was held Sunday, August 10, 2014 at Rotary Park in Downtown Putnam, in conjunction with Putnam's Annual Main Street Car Cruise.

Sunday, August 10th was a great day for The Arc Quinebaug Valley's esteemed Rubber Duckie Race. We had perfect weather for the event, with clear skies throughout the day. When volunteers arrived early in the morning to set up, the local ducks at Rotary Park welcomed us back for another year of fun by approaching us and "quacking" in approval! Downtown Putnam and Rotary Park quickly filled with classic cars from the car show, classic music from eras past, and plenty of people who came out to experience this fun day for the community. The Arc Quinebaug Valley sold rubber ducks for the race throughout the morning, and the ducks hit the water for the race at 1:30 pm— to the delight of crowds of people who watched in anticipation of their duck hitting the finish line.

The Arc's annual Rubber Duckie Race is one of the agency's most successful fundraisers. Just as important as the money raised is the community awareness that results from the event, and publicity surrounding it, for our programs and services. All proceeds from the race go directly to the services that support individuals with intellectual, developmental, and other life-affecting disabilities here in Northeastern Connecticut. We are very grateful to the business community for their support as sponsors and prize donors. The Rubber Duckie Race also succeeded through the participation of staff, volunteers, and community groups, such as the Young Marines, who helped load the ducks. **For information about how to participate in next year's race as a sponsor, raffle prize donor, or volunteer — or how to "adopt" a raffle duck, contact The Development Department at (860) 774-2827 or email ssansom@qvarc.org.**



TRIVIA MOGUL



Play games online to WIN PRIZES for yourself and raise money for The Arc Quinebaug Valley by gifting your points! Choose from Trivia, Solitaire, and Spades, just to name a few.

The Steps are easy to register and it's FREE!

- 1. Go to www.triviamogul.com**
- 2. Once the page opens, click on "Register" in the top right hand corner.**
- 3. Fill in your name and information, then choose a username and password.**
- 4. Enter **QVARC** in the Referral Username box.**

WALK ACROSS AMERICA

By Susan Levesque, RN

As part of our organization's health initiative, Mallory Murray, Director of Education, created a program to keep us moving. Our data collection has shown that our health and wellness activities have increased. Staff and participants in each department wear pedometers when exercising and track their steps. There are five locations throughout the U.S. with a pre-calculated amount of steps to get to each location.

When a department reaches a major destination, they are able to obtain an "educational box" about their destination that may include information about the city, recipes, and sites that

the area is known for. Individual staff and participants receive different colored bands that denote the number of steps they have achieved.

The challenge to "Walk across America" has brought some friendly competition among departments. Currently, Administration is not far from Denver. Education and Residential have reached Chicago! The program has created learning, opportunities to lose weight, lower blood pressure, improve mood, and reunite with friends.



SELF ADVOCACY CORNER

*The Arc Quinebaug Valley Self Advocate Coordinator **Jamie Lazaroff** writes each article about his latest activities.*

The past legislative session has been very successful. At the beginning of this legislative session we were struggling to identify legislators who could champion our cause. Now we have an I/DD Caucus - a legislative body of 52 legislators, and growing, who have committed to working with The Arc for the long haul.

Connecticut is the first state in the nation to develop a Legislative I/DD Caucus whose mission and goal is to focus on and promote good outcomes for individuals with I/DD and their families. We were successful in getting \$4 million dollars in funding to

provide residential supports to 100 individuals in need on the waiting list. This is the first time in many years, in the absence of a lawsuit, that DDS will move a significant number of people off the waiting list and into their own homes.

I continue to facilitate our Youth Self Advocacy Group in collaboration with the Education Department at Cook Hill; we meet the 2nd and 4th Wednesday of every month. Also, this March marked the 3rd year anniversary of our adult Self-Advocacy Group, which meets the 4th Wednesday of each month at our Mechanic Street location. I also have a daytime Self-Advocacy group for our folks at Mechanic Street the 2nd and 4th Thursday of every month.



Our Mission:

The Arc Quinebaug Valley, Inc. is a nonprofit human services agency committed to supporting individuals (and their families) with intellectual, developmental, and other life-affecting disabilities. The Arc provides opportunities through advocacy and supports for work, play and education so each person experiences personal growth, dignity, respect, choice and greater independence to live life to its fullest.



The Arc's Vehicle Donation Program supports efforts to ensure that people with disabilities enjoy full participation in the community and are granted the same respect, equality, and security as every member of society. We accept cars, vans, trucks, boats with a trailer, and recreational vehicles seven days a week, 24 hours a day. All vehicles must have a valid title. For more information or to fill out the online form, visit

www.qvarc.org.

Save the Dates!

September 13th, 2014: Picnic at The Arc Quinebaug Valley, Danielson.

September 14th, 2014: 4G's Fundraiser at Danielson Airport.

Real Progress

Real People,

empower

www.qvarc.org

For people with intellectual
and developmental disabilities
687 Cook Hill Road
Danielson, CT 06239

The Arc
Achieve with us.



Non-Profit Org. U.S.
Postage
PAID
Danielson, CT
Permit No. 100