



# Did You Know?

\* The Arc Quinebaug Valley is embarking on The Arc's Building Health for Life Program? We are looking to teach healthy food choices, to promote the amazing benefits of exercise, and to understand how our minds, bodies and spirits/emotions work together.

\* The Arc's Individual Family Supports Department has grown by 20% in the past month? We are now offering In Home Services to 26 people! The IFS Department staff teach daily living skills, encourage community participation and promote independence through enhancing natural supports.

\* The Education Department offers several programs to school age students up to 21 years old? We offer The Extended Day Program, The Young Adult Transition Program, and The Extended Year Program. These programs are based on the individual student's IEP as well as offering community based opportunities daily.

- The Education Department has 10 students that attend the programs offered every day.
- We have 5 students in the Young Adult Transition Program which runs from 8:00am to 5:00pm each day. We have 5 school students who join the programs in an Extended Day Program
- The students who attend the programs come from Killingly, Brooklyn, Plainfield, and Putnam.
- Each program teaches social skills, independent living skills, vocational exploration, as well functional math and reading.

\* The Arc has been training a troupe of puppeteers to take our Kids on the Block puppets in to schools where the puppets teach acceptance of differences and diversity? If you are interested in scheduling a show or want more information please call us at 860-774-2827 and ask for Linda Lamoureux.

Check back each Monday for the next issue of "Did You Know?" to learn more about The Arc Quinebaug Valley!

