



The Arctarian

Achieve with us.®



A Message from The President of the Board of Directors



I love the autumn!!

The air is crisp, the sun is shining, and the world begins to wrap itself in color. So much is happening!

The Arc is looking forward to the opening of our new CLA and we are excited to announce the recent opening of The Arc Redemption Center in Putnam.

The Arc's Educational program is in full gear and the Kids on the Block program is being resurrected!

The agency's wellness initiative has re-started that places an emphasis on healthy habits for participants, staff, and administrators (and yes, Board members too).

In the midst of the excitement of autumn, we continue to face the struggles of state budget cuts and other challenges that come with operating our agency. Through it all, dedicated Arc staff, managers and administrators continue to provide the best services possible to our community.

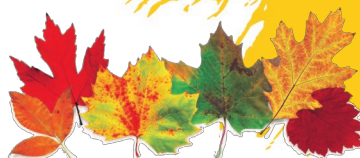
On behalf of a committed and dedicated Board of Directors, I thank everyone involved.

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We will weather the challenges and will continue to move forward into the new year!

Sincerely,

Pamela Brown



A Message from The Executive Director



We are so grateful for the tremendous continued community support that we receive! Your kindness helps us to meet the needs of the individuals whom we provide services to. Whenever we ask, the northeast CT community

steps up. It is all

of you who truly make a difference in someone's life here at The Arc!

Please don't forget our Annual Appeal is under way! Thank you to those who have already donated, as we appreciate your support! Read Gloria's story inside and you will understand how much your contribution helps our agency thrive and remain successful!

Happy Fall!

Susan M. Desrosiers

I hope that everyone had a wonderful summer. As fall begins to arrive here at The Arc, we are getting ready to open our newest group home – a five bedroom home in Danielson! By the time that you read this, everyone will be moved in and adjusting to their new home. We are very excited about this newest venture and look forward to sharing updates with you over time.

As you all know, the governor has ordered another round of rescissions to the budget. Families for Families, a

group through The Arc CT, worked tirelessly during the last budget season and continues to work and advocate for individuals who currently receive services through DDS and those who are on the waiting list hoping to receive services. It is extremely important that our voices are heard regarding these cuts, as they will affect our agency. At this time, we are still waiting to hear what the latest round of cuts will mean to private providers.

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The Arc's 18th Annual Rubber Duckie Race

THANK YOU

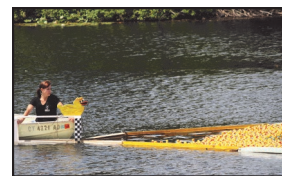
The Arc Quinebaug Valley would like to extend a warm **THANK YOU** to everyone who took part in our 2015 Rubber Duckie Race held on August 9, 2015 in downtown Putnam, in conjunction with Putnam's Annual Car Cruise. From our ticket sellers at various businesses, our Arc and community volunteers, ticket buyers, to the payloader that is donated for the day by Rawson Materials and all of our sponsors, we appreciate the continued support! This race is one of the agency's most successful fundraisers and we are truly blessed to have been able to raise over \$20,000 from this event. Just as important as the money raised, is the community awareness that comes as a direct result of all the publicity and the event itself 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.



As always, we are very grateful to the business community for their support. All of the 50 + prizes were donated by our community supporters! Our sponsors were a huge part of our Duck Race as well, and we truly value each and every one of them! Prize Sponsors were Spirol International Corporation, Mutual of America, Quinebaug Valley Regional Rotaract Club, and Roland H. Lupien, DDS. Rubber Duckie Sponsors were Deary's Gymnastics, The Inn at Woodstock Hill, Putnam Ford, Inc., Gerardi Insurance Services, Putnam Plastics Corporation, Demers Accounting Services, Borner, Aleman & Davis, LLC, Parker Memorials & Stone Co., 85 Main, NE CT Healthcare Credit Union, Business Systems & Incentives, Inc., Jewett City Savings bank, Titan Energy NE, Tazmanian Tree Devil, LLC, and Taylor Brooke Winery.

For those of you that may not be familiar with our Rubber Duckie Race, each duck has a number on the front which corresponds to a number on a ticket. A large payloader truck is filled with the sold ducks that are then dumped into the river from the bridge on Bridge Street. The ducks float down a raceway constructed of foam barriers. About 200 yards down they cross the finish line and are retrieved one at a time by a Town Representative. This year we had Alma Morey, Putnam's Deputy Mayor, retrieving the ducks! These ducks are then bagged in numbered bags and brought up to the shore where they are matched with the corresponding prize.

This event was a wonderful day filled with joy, laughter, perfect weather, and overwhelming support!



Are You Interested in Getting Involved with The Arc??

Being involved and staying involved with happenings at our agency is crucial to the longevity and success of The Arc Quinebaug Valley. We have had so many members of the community, as well as families of our individuals, reach out to us and question what opportunities are available to become more involved at The Arc. Whether it is working at The Arc Emporium, helping on the Golf Committee, taking part in the Duck Race event, volunteering time in our main office to complete bulk mailings, or even picking up bottles and cans for our Project Redemption facility, we are always looking for help! The Arc encourages and welcomes all volunteers, so should you be interested in becoming more involved, please contact our office at 860-774-2827. We thank you in advance for aiding us in becoming a better agency each and every day—your support and time is very valuable to The Arc and we truly appreciate your assistance in any way possible!

Making a Difference in Someone's Life!

Please consider supporting our Annual Giving Appeal. As our agency expands, our programs advance, and goals are being reached, The Arc continuously strives to maintain a high degree of excellence in our delivery of services, but we truly need your help, as we always want to improve and strengthen our capabilities to ensure success!

Meet Gloria...

Gloria resided in a group home supported by The Arc Quinebaug Valley. Over the years, the home and the roommates changed but her desire for her own home without roommates never changed. She loved the possibility of independence and proved that she could in fact handle such a major life choice. The Arc stood by her side, and with the help and support of those around her, Gloria's dream came true.

Gloria moved into an apartment which was enhanced with assistive technology. Our staff worked around the clock to map out a schedule of service hours for Gloria, and they assured staffing, utilities, rent subsidy, supplies, and furniture. It was exciting and scary; a brand new adventure for everyone involved!

The journey for Gloria and The Arc has been remarkable. She and her staff work on healthy choices, cooking, cleaning, shopping for quality foods and presenting her needs in a calm, organized, reality-oriented manner. Gloria comments, "I really love living on my own. I have so much freedom and I am meeting new people."



**Help us reach our goal of \$25,000
and be part of a success story such as Gloria's
by partnering with The Arc!**

Like Gloria's family, families supporting individuals with intellectual and developmental disabilities face unique and significant challenges. The Arc understands these challenges and is continuously devoted to providing 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. Your investment will directly provide these critical services and resources to the individuals our agency serves.

By joining us in supporting our Annual Giving Appeal, you will make a difference in someone's life. Gloria's life has forever changed in a positive way, and that was made possible by the support of friends, family, and the community. Every gift is meaningful and will improve the quality of life for individuals with intellectual and developmental disabilities. Please make your fully tax deductible pledge today! We have enclosed an Arc addressed envelope for your convenience!

Thank YOU for your gift!!

**Exciting
News
Alert!!**

**Come visit us at our NEW Project Redemption
location! 96 Front Street in Putnam, CT!
Returning your bottles and cans truly make a
difference – so please bring them to us!**



Happenings at The Arc!

The fall has approached, but that has not stopped our healthy and fit initiatives here at The Arc! Our Wellness Committee met in September and there are many great things in store to keep everyone active and knowledgeable about the importance of healthy living and healthy choices. From weekly walks with the FitClub in the community to healthy cooking lessons, we are all on a mission to stay focused on our goals! Interested in joining us? We meet at Owen Bell Park in Dayville, CT on Thursday & Friday each week at 9:30 a.m.!



Members of our Group Supported Employment Program have adopted one of the “Welcome to Putnam” signs in Putnam! Shown here at the sign on Route 44 going towards the Day Kimball Hospital are Vic Johnson - Job Coach, Josh and Laura sprucing up the sign by planting fall mums and cleaning out the flower beds. This project is in partnership with the Putnam Business Association’s Putnam Beautification Committee.



DID YOU KNOW.....The Arc Quinebaug Valley has partnered with Wonderland at Lions Park to help promote inclusion in our community through play. Building community relationships, strengthening family bonds, fostering independence in a safe, fun, accessible, barrier free atmosphere (such as a playground) for all is our mission. The vision of Wonderland is an addition of a fenced in and ramped pre-k unit in Plainfield, CT. The goal is to raise \$300,000 and start construction in the fall of 2015. Please consider volunteering, donating, organizing an event and investing time into our children and our community!



For more information or to donate, go to:
www.wonderlandparkct.org
Donations can also be made on The Arc website:
www.qvarc.org

From Our Kitchen To Yours

PB Yogurt Dip & Apple Slices

Ingredients:

3/4 cup plain non-fat Greek yogurt
1 Tbsp Honey
1 Tbsp natural peanut butter
1 Tsp vanilla extract
1/4 tsp cinnamon
5 apples, sliced



Instructions:

1. In a small microwave safe bowl, melt peanut butter for 20 seconds.
2. Stir in yogurt, honey, vanilla and cinnamon until smooth.
3. Slice apples and dip!

Appreciation BBQ

In recognition of Direct Support Professionals Month, The Arc hosted a BBQ in September for our staff and participants for all of their hard work and dedication to this agency! The weather was perfect and we had plenty of delicious food! It was a day of laughter and togetherness that will be remembered!



Our Wish List

DVD Players * Appropriate DVDs * Books (Related to disabilities or Teaching) * Adult Halloween Costumes
* iPod Touch * iPad/Tablets * Construction Paper * Markers * Bulletin Board Supplies * Extra Large Portable White Board * Wall Mounted White Board * Tickets to Events, Movies or Amusements

To donate, please call 860-774-2827 – Thank you for your generosity!

Self Advocacy Talk

A Word From Our Self Advocacy Coordinator:

The Self-advocacy group has been very busy the last three months. Our goal is to alternate a fun activity with an educational component all linking back to self-advocacy. In July, we had the Human Resources Manager at The Arc Quinebaug Valley, Cori Castro, speak about sexual harassment in the work place. In August, Detective Brown from the Putnam Police Department gave a presentation on emergency preparedness. She taught us how to prepare for natural disasters like hurricanes and earthquakes. In September, we had State Representative Christine Rosati come speak on how she advocates at the state Capitol in Hartford. Representative Rosati shared her own experiences with being an advocate, so she understands the battle we are fighting to fully fund the DDS waiting list for all residents.



I continue to fight in Hartford, reminding legislators and the Governor's office that all "people matter", and convey the importance of fully funding the DDS residential waiting list, as well as supporting recent High School graduates and students that will age out at 21. The adult system is **not** an entitlement; we have to fight for our piece of the pie. The fight will not be over until people with intellectual, developmental and other life affecting disabilities are included in all aspects of society.

Charitable gift planning can have many benefits to yourself and the receiving party. Maybe you are thinking about incorporating The Arc QV into your will? Maybe you want to leave a legacy behind to an agency that you truly believe in, all while enjoying tax savings now? Please visit our website at qvarc.org under **PLANNED GIVING** for more information, or contact Crystal Simonson at csimonson@qvarc.org or (860) 774-2827.

A Heart-Felt THANK YOU To These WONDERFUL Donors!

We are truly blessed here at The Arc Quinebaug Valley due to the community support and generosity that is shown to our agency! Check out some of the donors below who have recently made differences in the lives of individuals with intellectual and developmental disabilities below! We thank all of you!

Thank you to Sharon Hudon for donating the \$348 valued Fourth Place Rubber Duckie Prize back to The Arc!

Thank you to Putnam Bank for their donation of \$2,000!



Thank you to Putnam Chrysler Dodge Jeep & Kia for donating their \$500 First Place Rubber Duckie Prize back to The Arc!



Thank you to The Putnam Rotary Club for a donation of \$1,000!



Thank you to Bank of America Charitable Foundation for their \$250 donation!



Achieve with us.®



Follow Us!



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.

Our Annual Giving Appeal is STILL Underway!

Interested in making a donation? This can be done online at our website, via mail, or by calling our office! Every penny helps and we truly appreciate it!



Take a peek inside this newsletter for more information on the annual giving appeal as well as an Arc addressed envelope for easier submission!



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empower

Real People,

Real Progress

www.qvarc.org

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