

The Arc Quinebaug Valley

The Arctarian

Achieve with us.®



A Message from The President of the Board of Directors



The summer months at The Arc have been very busy!

In July and August, we held our two largest fundraisers. The golf tournament, as you all know, was an enormous success!

Following that, we had thousands of individuals adopt our little rubber duckies for the Annual Duck Race.

Despite the horrible heat, dozens of volunteers came out to Rotary Park to work at the Duck Race. It is such a testament to the work of The Arc to see so many staff, participants, administrators, and board

members give up a very hot Sunday to promote the agency and the people that we serve.

As I watched the ducks slowly float downstream to the finish line, I felt that it was symbolic of The Arc's march towards improvements in the lives of people with developmental and other life altering disabilities.

Now autumn is upon us and we are not "winding down" but beginning another year of advocacy and service to our communities. F. Scott Fitzgerald was quoted as saying "Life starts all over again when it gets crisp in the Fall".

At the Arc, this is the life cycle of our business!

Thank you to all that made the summer so successful and I look forward to working with everyone in the fall.



~ Pam Brown

A Message from The Executive Director



Although summer has officially ended for the year, there has still been a lot of fun and excitement happening at our agency!

Direct Support Professionals' Appreciation Week was recognized on September 11th through the 17th. We celebrated with a cook out on Wednesday, September 14th.

Our employees work so hard to assure that the individuals in our programs have community access and as independent a life as they can. We are so grateful for all that they do and how hard that they work.

It seems as if we are always asking more and more of them and they continue to step up and do what needs to be done. We are eternally grateful for all that they do!

Fall also brings with it election time. As you know, Connecticut has a very large budget deficit which will be difficult to

close without painful reductions to all agencies.

Please talk to your current legislators and those running for office about how important it is to preserve the Department of Developmental Services' budget.

This is going to be a tough legislative session no matter who gets into office. Make sure that your story is told and your voice is heard!

It is more important than ever for families to make their voices heard. Budget cuts will have to be made – let's work together to minimize the cuts to DDS.



~ Susan Desrosiers

**Make sure
that your
story is
told and
your voice
is heard!**

**Now autumn is
upon us and we
are not
"winding down"
but beginning
another year of
advocacy and
service to our
communities.**

The Arc's 19th Annual Rubber Duckie Race

The Arc Quinebaug Valley would like to extend a warm THANK YOU to everyone that participated in or supported our 2016 Rubber Duckie Race held on August 14, 2016 in downtown Putnam. In conjunction with Putnam's Annual Car Show, this race is one of the agency's most successful fundraisers. 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. With over 3,500 rubber ducks sold, as well as sponsors and donations, The Arc grossed over \$20,000! All proceeds from the race go directly to the services that support individuals with intellectual, developmental and other life-affecting disabilities here in Northeastern CT. All of the 50+ prizes were donated by our business and community supporters! First place winner received a \$500 VISA Gift Card!

Each duck has a number on the front which corresponds to a number on a ticket. A large payloader truck provided by Rawson Materials 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 Town Representatives. For the second year in a row, 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.

There was something for everyone at this event! From kettle corn, ice cream, snow-cones, complimentary massages by Back & Body Chiropractic, and a demo by Quest Martial Arts, to a bounce house, kids games, food trailers, show cars and so much more, this was a fun-filled day with much to offer. If you missed it this year, don't worry, we will make sure to keep everyone posted on next year's event details in 2017!



September 2016

DIRECT SUPPORT PROFESSIONALS APPRECIATION COOKOUT

In September, The Arc held a cookout to celebrate Direct Support Professionals! It was a great day filled with laughter, stories, and togetherness! Our staff is simply **AMAZING** and continue to **MAKE A DIFFERENCE!**

Happy Fall!!



Looking for some Fun Fall Activities? How about trying some of these ideas out!

- Go Apple Picking
- Carve a Pumpkin
- Take a Hay Wagon Ride
- Go Leaf-Peeping
- Visit a Corn Maze



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!

Annual Appeal

Be the change. Make a difference. Annual Giving Appeal 2016-2017

We are in the midst of The Arc Quinebaug Valley's 2016-2017 Annual Giving Appeal. Not only does this appeal promote a fresh start for our agency to begin raising funds to enhance services for the amazing individuals we serve, but it brings a sense of hope to these same individuals that a bright future will continue to shine ahead.

Meet Chris...

Independent, driven and focused are only a few of the characteristics that Chris portrays while receiving services at The Arc. In February 2016, Chris graduated from the GSE program, and moved ahead to The Arc's Individual Supported Employment (ISE) program.

This occurs when an individual shows exemplary skills in their job field and is directly hired by an employer outside of our agency. Chris is currently a part-time employee of Rite Aid in Dayville, CT, as he was able to prove to this employer that his work ethic and skills instilled through The Arc's programs are top-notch and utilized in everyday life.



The people we serve deserve a chance to succeed, just as the young man described above has done through the enhanced services at our agency. And so, we are turning to you to help us in our journey of making a difference in the lives of those with disabilities. It is all of you who make it possible for our services to improve year after year!

Will you please help us reach our goal of \$25,000?

Your tax deductible gift this year will help us advance and enrich the critical supports we provide to so many deserving families in Windham County. Please consider making a donation to help better the lives of individuals with disabilities in our community.

They need us. We truly need you. You are the difference.

Looking for businesses to partner with The Arc!

Are you a business owner or work for a business that might be interested in partnering with The Arc Quinebaug Valley? Our agency is currently looking to partner with local businesses to employ individuals from our Group Supported Employment (GSE) and Individual Supported Employment (ISE) programs. *Please contact Linda Lamoureux at 860-774-2827 to discuss this awesome opportunity!*



A Little Bit of THIS & A Little Bit of THAT



Keeping Active!

Hale YMCA Youth and Family Center in Putnam, CT has been a key location for the individuals at our agency to visit! Health and wellness is a priority at The Arc and the YMCA helps our departments be pro-active in fulfilling daily exercise routines! Our agency membership at the YMCA allows staff and participants to participate in all activities/facilities. From swimming, walking, using the fitness room, yoga and so much more, this continues to be a wonderful opportunity for our agency!

From Our Kitchen To Yours

Pumpkin Spice Trail Mix

Ingredients:

1/2 cup raw pecans
1/2 cup raw cashews
1/2 cup raw almonds
1/4 cup maple syrup
1 tsp. gluten free vanilla extract
1/4 tsp. ground cinnamon
1/4 tsp. ground ginger
1/8 tsp. ground nutmeg
pinch of ground cloves
pinch of salt
1/4 cup dried cranberries
1/4 cup crystallized ginger chunks

Preparation:

Preheat oven to 350 F. Line a baking sheet with parchment paper and place nuts in a single layer. Roast about 10 minutes, turning once until the nuts smell nice and toasty. Remove the nuts from the oven and place them in a mixing bowl, set aside. Reduce oven temperature to 300 F.

While the oven is cooling bring the remaining ingredients to a boil. After the mixture boils remove the pan from the heat and drizzle the syrup over the mixed nuts and stir well to coat.

Spread the nuts back out evenly onto the lined cookie sheet in a single layer and bake for 20-25 minutes. Remove the nut mix from the oven and allow to completely cool before mixing in the cranberries and crystallized ginger.



*Gluten-Free & Vegan

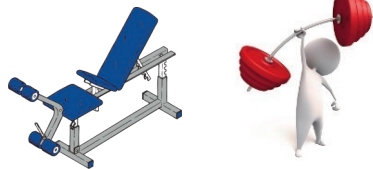


#GivingTuesday is a day for giving thanks. On Tuesday, November 29, 2016, charities, families, businesses, community centers, and students around the world will come together for one common purpose: to celebrate generosity and to give.

Please consider supporting The Arc Quinebaug Valley on this day.

Sending a check via mail with the memo "Giving Tuesday" or donating online at our website on this date, will truly mean a lot! Every gift we receive will help our agency continue to provide services needed to the people we serve in this community.

We appreciate your support!



HELPING HANDS

Our individuals love making a difference in the community by volunteering their time to help with food preparation at Community Café in Putnam!

☆☆ Wish List ☆☆

The Vocational Department employees are working on some unique and artistic designs for the home and garden. These creations will be featured for sale at The Arc Emporium and other venues. The following items are needed to complete these projects: odd plates, cups and saucers with designs or patterns, heavier gauge wire, beads, glass décor beads, glass drawer/cabinet knobs, epoxy glue, glass stemmed plates and glass bud vases. Items may be dropped off at the Emporium or at Cook Hill. Call Linda or Nikki at 860-774-2827 with any questions... THANK YOU!

Self Advocacy Talk

A Word From Our Self-Advocate Coordinator:

The summer has been a bit slow, but the Self Advocacy Groups are in full gear! Our afternoon group is learning about their dreams and how to make them happen by making collages. Our evening group had a hiatus in June and watched the movie “Where Hope Grows” in July.

Autumn has been very eventful so far! Ann Tetreault came in August to present “Good Grief”. In September, Ashly Lebeau spoke about living her dream of singing the national anthem at Fenway Park. In October, we have a meeting scheduled regarding a presentation from the Office of Protection and Advocacy about voting.

Did you know ADULTS WITH DISABILITIES ARE TWICE AS LIKELY TO LIVE IN POVERTY AS THOSE WITHOUT A DISABILITY? People with disabilities face many barriers to economic success — low expectations, discrimination and a complex public support system that often limit employment opportunities and upward mobility. Millions of American adults with disabilities are caught in this endless poverty cycle. This wording comes from a campaign poster by the National Disability Institute (NDI).



~ Jamie Lazaroff, Self-Advocate Coordinator

Charitable gift planning can have many benefits to you 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 www.qvarc.org under **PLANNED GIVING** for more information, or contact Crystal Simonson at csimonson@qvarc.org or (860) 774-2827.

Free Workshops Hosted at The Arc!



After The Cap & Gown

As part of *Families for Families* "Navigate the Advocate Workshop Series" for Transitioning Families, The Arc Connecticut is offering a free workshop titled “After the Cap & Gown: How to prepare for the future for young adults with intellectual and developmental disabilities.”

This workshop, which was developed by families for families, will be offered free of charge to schools, community agencies, advocacy organizations, SEPTOs, SEPTAs and other parent & family groups, at The Arc Quinebaug Valley on **October 18, 2016** from **6:00 p.m.—7:30 p.m.** at our Cook Hill Office location. (687 Cook Hill Rd. in Danielson)

This workshop is for parents and caregivers of teens and young adults, age 13-21, who meet the eligibility criteria for the Department of Developmental Services (DDS) and will be seeking DDS services upon high school graduation. Topics covered will include:

- What services will be available to young adults when they transition from school to adult services?
- When should families start planning?
- What services should families apply for and when?
- Will there be funding for adult services when new graduates turn 21?
- How to advocate for funding for your child or loved one with intellectual and developmental disabilities.



Housing

Part of the DD Council Housing Grant is to continue the Housing Workshop Series. This workshop will focus on housing options through Community First Choice and Self Direction separate from DDS.

The Arc Quinebaug Valley will be hosting this workshop at our Cook Hill Office location at 687 Cook Hill Road in Danielson, CT on **November 9, 2016** from **6:00 p.m.—8:00 p.m.**

RSVP today by calling Crystal Simonson at The Arc - 860-774-2827!



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!

Please help us reach our goal of \$25,000! This can be done online at our website, via mail or by calling our office. Every penny helps and we truly appreciate it! See page 3 for more information!



*For people with intellectual
and developmental disabilities*

687 Cook Hill Road
Danielson, CT 06239



empower

Real People,

Real Progress

www.qvarc.org

Non-Profit Org.
U.S. Postage
PAID
Danielson, CT