



The Arctarian

Achieve with us.®



A Message from The President of the Board of Directors



Last newsletter I wrote about the inspiration I received from the participants of The Arc. Whether they are part of our lives for an extended period of time, a short time, or for many years, my life is touched not only from what The Arc means to those that are served, but what each participant means to The Arc.

I have enormous respect for the men and women who work at The Arc. It is a difficult job and there are times when you can see how weary they are as they battle with the State for funding, ensure good living conditions in

our homes, and ensuring that our participants receive quality services that will enhance their lives.

The most important fact, however, is that they do not give up. They continue the fight from the Executive Director to the Direct Support Professionals. They are fueled by their commitment to the participants and they are energized by the support that The Arc receives from the community.

My hope is that our legislators will recognize the hard work and motivation of our Arc and will provide the necessary funding to continue to make a difference in the lives of so many!

~Pam Brown



A Message from The Executive Director



Summer has come and gone and the state is still without a budget. This has put a huge strain on resources for nonprofits as we continue to provide services during uncertain times.

At The Arc, we have tightened our belts even more than usual and have been extra diligent with spending to assure that we can continue to provide the services that the people we support and their families expect from us.

What is affected are the extra things that we do – no long day trips and no extras. We can only provide services that are funded – nothing more.

The Arc has had to experience two furlough days thus far, with a few more scheduled in the future. This means our staff will not be paid on these days

and our participants will not receive the services they need.

Please call or write your legislators and tell them to get to work and pass a budget that doesn't hurt the most vulnerable citizens of the state. Tell them to pass a budget that protects community services – which are less expensive than state services.

It is time that CT does the right thing. We need a budget that funds community services.

~Susan Desrosiers



The Arc's 20th Annual Rubber Duckie Race

The Arc Quinebaug Valley held its 20th Annual Rubber Duckie Race on Sunday, August 13th in Putnam, in conjunction with Putnam's Car Cruise. With over 3,800 rubber ducks sold for the 20th Annual Rubber Duckie Race, along with event sponsors of various levels and community donations, The Arc Quinebaug Valley grossed over \$20,000.

Major event sponsors for this event included Advantage Resourcing, Putnam Rotary Club and Renewal by Anderson. Prize sponsors were Arnio Welding, LLC, Mutual of America, Northeast Flooring & Kitchens, Roland H. Lupien, DDS, Spirol International and Tazmanian Tree Devil, LLC. Other sponsors included 85 Main, Deary's Gymnastics, Demers Accounting Services, Foster Corporation, NE CT Healthcare Credit Union, Inc., Putnam Ford, Inc., Putnam Plastics Corporation and Titan Energy NE.

Rubber ducks were transported by a Rawson Materials payload and released over the bridge. As the ducks floated down the race course, Deputy Mayor Alma Morey sat in a boat prepared to pluck the first 50 ducks to cross the finish line. Businesses far and near donated the various 50+ prizes for this event. The first duck to cross the finish line guaranteed their ticket holder a \$500 VISA gift card prize. Winner of this prize was Marcy Dawley of Putnam, CT and she donated the prize back to The Arc! We couldn't be more thankful for her generous act! Thank you, Marcy, and thank you to everyone who helped with the success of our event! We appreciate all of you!



SEPTEMBER 10TH - 16TH

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We would like to recognize the dedication and accomplishments of our outstanding Arc Direct Support Professionals! YOU are AMAZING and we truly appreciate all of you!



Do you have a fall bucket list?

Here are some ideas....

Carve Pumpkins * Go on a Hayride * Bake Pies *
Drink Apple Cider * Walk through a Corn Maze
* Sit by the Fire * Trick-or-Treat * Pick Apples

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 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

The Arc Quinebaug Valley offers a lifetime of hope and growth for individuals with intellectual and developmental disabilities. We provide 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 the fullest.

Now, in our 65th year, we continue to achieve excellence within our community. The Arc focuses on enhancing our programs to increase the quality of life for those we serve. They are our priority and always will be, as each individual counts on us to ensure their future is bright and their needs are met.

State funding is scarce. Nonprofit human service agencies, such as The Arc, are being faced with budget cuts every year. Our hearts are so big, but we are forced to operate on such little funding. We truly need your help to secure the longevity and success of The Arc.

We are strong. Our individuals, Arc staff, Board Members and community members are extremely dedicated to The Arc's mission and endlessly advocate for the rights of individuals with disabilities. We are constantly fundraising, always thinking of ways to enhance our agency, expanding our departments when possible and sharing our stories with legislators to help aid in positive change. We will always fight for what we believe in. We are family here at The Arc.

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.



Thank you for sharing in the joy of our 65th year celebration!

We have come so far with your help!



Why give to our organization?

- * We provide a focused path of life-time services from birth to the twilight years.
- * Our organization has not received a Cost of Living Increase through State Funding since 2007, yet our daily program and operating expenses continue to rise.
- * We have 65 years of experience and over 150 qualified and dedicated staff supporting our individuals.
- * We give-back. You will see our staff and individuals out in the community volunteering their time and efforts.
- * Without our supporters, our programs would not be possible and the fate of the agency would be unknown.
- * Your tax-deductible gift will truly make a difference in the lives of those with disabilities in this community.

Legislative Concerns & More!

Connecticut has NO budget...

We need a budget that funds community supports for people with I/DD right **NOW**. The State of CT having NO budget put into place has been devastating for many nonprofits, including The Arc. This has meant furlough days, participants not receiving services they need, employees not being able to work, and the fear of layoffs and programs being cut in the near future. **THIS IS NOT FAIR**. The Arc can provide services to people for less than the state institutions, and they are the **SAME** services. Recently, there was a rally in Hartford to pass a state budget. Our voices were heard, but we still need your help.



Black Friday. Cyber Monday.

#GIVINGTUESDAY™

November 28, 2017

#GivingTuesday is a day for giving thanks. On Tuesday, November 28th, 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!

ACTION ALERT!

We need your help! Please contact your local legislators and let them know that CT can no longer afford to continue increasing funding for state institutions, group homes and overtime at the expense of your loved one, your family and others who need community supports.

Every call and email counts!

You can find your legislator by visiting:

<https://www.cga.ct.gov/asp/menu/cgafindleg.asp>

From Our Kitchen To Yours Pumpkin Banana Bread

Ingredients:

Butter Cake Mix
Two Ripe Bananas
1 Can of Pumpkin Puree
1/2 Cup Chocolate Chips
1/4 Cup Canola Oil

Directions:

Preheat the oven to 350 degrees. Mash your bananas and add them to the cake mix. Pour in the oil and pumpkin. Mix well. Add the chocolate chips. Spray your bread pan before adding the mixture. Bake for 35-40 minutes at 350 degrees.

Let cool and enjoy!



In the Spotlight



Kristina has been at The Arc for one year and is a full time participant in the DSO program.

What is your favorite part of the day in the Day Services Options (DSO) program?

All of the activities that we do.

What skills have you learned while at The Arc QV?

I have learned more coping skills.

Do you have a hobby? *Cheerleading.*

Is there a fall activity or event you are looking forward to this year? *The Halloween Party!*

What do you see yourself doing in 5 years?

Hopefully getting a job.



Amazon has a program within their site (called **Amazon Smile**) in which Amazon agrees to donate .5% of the price of your eligible Amazon Smile purchases to the charitable organization of your choice. The Arc Quinebaug Valley has signed up to be on the list of charitable organizations on this site. You would not have to pay anything extra to be part of this wonderful opportunity. If you are interested, please go to <http://smile.amazon.com/> and log into your amazon account from this site. You will be prompted to choose a charitable organization and you can search for The Arc Quinebaug Valley. Then, you shop! We appreciate your support!

Self Advocacy Talk

A Word From Our Self-Advocate Coordinator:

As you may know, the summer has been very busy as we have gone many days without a state budget. As a result of no state budget, The Arc has had two furlough days that DDS has not funded employment and day services for the people we support. But the good news is due to Governor's Revised Executive Order Resource Allocation Plan, the September 27th furlough day has been eliminated and The Arc will be open.

Our self-advocacy evening group has suffered and been unable to meet due to the furlough days. Most recently, we were able to meet in August. Gene Deary came to this meeting and talked about working in The Arc's Education Department to becoming a Special Education teacher in Waltham, Massachusetts.



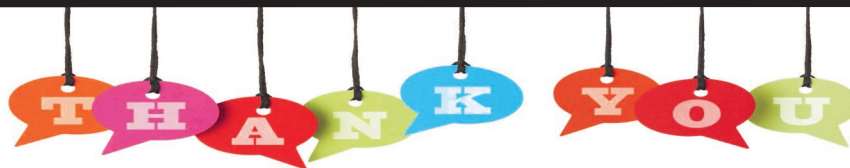
Our afternoon self-advocacy groups have been quite busy, as we have started to meet every week. In July, we watched and discussed the CPTV "Building a Great Life" documentary. In August, I gave the presentation I give to the new hires at the agency and in September we will be discussing disability disclosure.

Are you ready for the "Wonder" movie premiering on November 17th? The movie is the story of Auggie Pullman. Based on a New York Times bestselling book, Auggie was born with facial differences that have prevented him from going to a mainstream school. Auggie becomes the most unlikely of heroes when he enters the local fifth grade. As his family, his new classmates, and the larger community all struggle to find their compassion and acceptance, Auggie's extraordinary journey will unite them all and prove you can't blend in when you were born to stand out.

~ 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.

Community Support Makes A Difference!



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! We thank all of you & many more!

Putnam Bank Foundation

Donated \$1,000 in grant funds to The Arc for the Job Development Enhancement Program.

Workers' Compensation Trust

Gifted \$1,814 in grant funds to The Arc for the purchase of safety supplies at The Arc Emporium & The Arc's Redemption Center.

Putnam Rotary Club

Gifted \$415 to The Arc as a general donation wherever needed.

Charter Oak Federal Credit Union

Provided \$2,000 in grant funds to The Arc to help with costs associated with creating a Sensory Garden.

New London Telephone Employees Community Services Fund

Donated \$742 to help enhance services at The Arc

Martin Recruitment Solutions

Donated \$510 to The Arc as a general donation wherever needed due to the request of **Hutchinson Precision Sealing Systems** in Danielson.

SI Financial Group, Inc.

Gifted \$3,400 in grant funds to The Arc for the Job Development Enhancement Program.

Electric Boat ECS Association

Donated \$4,500 in grant funds to The Arc for costs associated with creating a Sensory Garden.





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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 & We Need Your Help!

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!



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Real Progress

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