

## Our Mission Statement

*The Arc Quinebaug Valley, Inc. is a nonprofit human service 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.*



Many years ago, it was common for a state to create large institutions to accommodate many people with various degrees of disabilities. Life in these institutions was limiting and impersonal. Smaller individualized community living arrangements have shown that, with the proper supports, people with disabilities can not only benefit in measurable ways but thrive. Anne now lives in a rental home where she enjoys having a room of her own and where her belongings are secure. At 59 years of age this is the first time she has ever lived outside of an institution. She now has many opportunities to be part of her community. She can go shopping and out to eat and participates in recreation and health classes in town. She is making friends and becoming more self-sufficient. She is learning to cook and help in the daily tasks around the house.

Her sister writes, "I've been so impressed with the great strides Anne has made these past months. She is markedly more expressive, appropriately assertive, and obviously more confident. I can only credit these changes to the kindness, skillfulness, and careful attentiveness of your staff." You can tell that Anne is happy – she has a ready smile and you'll often find her dancing and humming along to her favorite tunes. She attends a day program where she enjoys many activities and trips out to area attractions. The Arc is in the process of renovating a home in Danielson where Anne and her housemates will be able to live out their lives among family and friends. They have the freedom and the right to make their own choices, be as independent as possible and enjoy their lives.

# Achieve with us.

## Our Goal: \$25,000

### Employment Services:

Your support will help The Arc maintain and grow programs that have a direct impact on the lives of individuals with disabilities. One new initiative for our vocational department is the acquisition of Project Redemption, a bottle and can redemption business, this past year. Initially established in 2012 in Woodstock, its purpose was to raise money to support animal welfare and local charities in the area. They depended heavily on a volunteer work force which had proven to be the most challenging aspect of the business. As the business grew, help came from the work crews of The Arc Quinebaug Valley. For about two years they processed the donations received from the community and learned the business inside and out. A decision was made to turn the business over to The Arc which had the manpower and the resources needed to grow the business even more.



Project Redemption now provides a paid vocational opportunity for the individuals with disabilities supported by The Arc. "The social and work related skills that this business will provide are invaluable," said Susan M. Desrosiers, Executive Director. "We are very proud to be able to help those we support increase their independence as well as help the community reduce waste and litter." By using a network of outdoor collection bins located throughout six towns, Project Redemption received donations of cans and bottles from the community. The Arc serves all of Windham County and has begun to partner with local businesses, schools, churches, municipalities and individual homeowners.

Items that may be redeemed include water bottles and soda and beer cans and bottles that carry the CT 5 cent Deposit mark. Everyone can help The Arc provide this "real work for real pay" opportunity for individuals with disabilities in our community. You can deposit your bottles and cans in a local collection bin, call for a pick-up at your home or host interior collection boxes. The Arc will also offer support to groups doing bottle/can drives.

Did you know that it takes about 1,000 years for a plastic bottle to decompose in a landfill? Help save our environment and help local citizens with disabilities looking for meaningful employment. What does a nickel buy? A question most people might answer with, "Not very much these days." Here at The Arc however a nickel, when multiplied by many nickels, can provide individuals with disabilities a chance to have the life they want and the supports they may need.

**Other Employment Services:** Supports include career exploration, interviewing skills and job training. Pre-employment training includes the development of work skills and positive interpersonal relationship building.

## Other Programs

**Education:** Programs for students ages 3-21 years old include Extended Day, Extended Year and Young Adult Transition Program.

**Retirement Services:** Integrated with The Quinebaug Valley Senior Center, seniors have the opportunity to be with friends, participate in local events, and be included in community life.

**Day Services:** Supports provide opportunities for individuals to learn a variety of work skills and develop social skills through participation in the community. Our program is located in Danielson.

**Residential:** Assists individuals and families in creating a safe home environment suitable to a person's needs. We help people develop skills needed to become active members of their community. The Arc offers group homes, individual family support and supported living.

**Quinebaug Valley Self-Advocacy Group:** Self-Advocacy is people with disabilities speaking up for themselves. This group, which meets the fourth Wednesday of every month, helps to teach people how to find their voice.





## Campaign Chairpersons

Willie and Fran Bousquet, community activists in the town of Putnam, are this year's Chairpersons for The Arc's "A Life of Our Own – A Life Like Yours" giving appeal. Born and raised in Northeastern CT, they both have lived a life of service in their community. Willie is a graduate of the University of Connecticut, holds a Master's Degree in mathematics and has held the position of Recreation Director in Putnam for the past 26 years.



Under Willie's leadership, the activities in Putnam have grown to make the town a true destination. He instituted the Riverfires and concert series, the "Al Fresco" opera programs and the Razzle Dazzle Light Parade each year. A varsity coach in Putnam for 30 years and then at Woodstock Academy for the past year Willie has contributed greatly to the local sports programs. In the year 2000, Willie received the Community Support Award from The Arc for his work in creating an inclusive community for everyone.

Fran graduated from the University of Southern Connecticut and holds a Master's Degree in Special Education from the University of Connecticut. A special education teacher at the Putnam Middle School for almost 40 years, Fran has helped children with disabilities achieve their greatest potential and given them the foundation they would need to help build a life of their own. For many years, Fran also coached youth sports teams and for Special Olympics. She has been an active member of The Arc's Board of Directors for the past 15 years.

Both Willie and Fran strongly support The Arc's mission to provide advocacy and supports to individuals with life-affecting disabilities and their families. "We believe in the goal of The Arc to create opportunities where each person can achieve success, be valued for their individual strengths and contributions and live the life they want to live. We hope the community will follow our lead in supporting this campaign which will give The Arc the resources it needs to continue this important life changing work for individuals with disabilities."



The Arc Quinebaug Valley has been helping people with intellectual, developmental, and other life-affecting disabilities lead happier, healthier, and more fulfilling lives for more than 60 years.

Across the country, The Arc has more than 140,000 members and 700 State and Local Chapters. The Arc is the nation's 9th largest charity, providing services.

**The Arc is one of the top non-profits serving the needs of individuals with disabilities.**

- The Arc Quinebaug Valley provides services to about 120 individuals with life-affecting disabilities per year.
- The Arc employs approximately 236 people in Northeastern Connecticut, and contributes \$3.3 million in wages to the local economy.
- There is a public transportation route in Northeastern Connecticut for people who use wheelchairs or have mobility issues. It does not provide door to door transport so people must get to a bus stop on the fixed route or live within three quarters of a mile of the fixed route. If qualified, there is a door to door service which operates on a medical priority basis, so individuals who may need a ride to work can be bumped from day to day. In 2013, The Arc drove more than 520,000 miles to transport people to their jobs, day programs, and other activities such as medical appointments, errands, and recreational activities. Transportation costs exceeded \$315,000, the vast majority for which The Arc was not reimbursed.

### Our Board of Directors

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**The Arc**  
Quinebaug Valley

***Achieve with us.***



**"A Life of Our Own -  
A Life Like Yours"**

**Hope For Individuals with  
Life-Affecting Disabilities**

**Goal: \$25,000**

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