

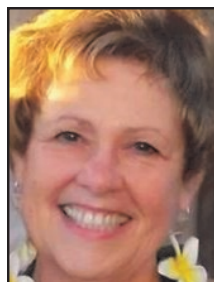


# The Arctarian

*Achieve with us.®*



## A Message from The President of the Board of Directors



One of my favorite office posters depicts the picture of a large pelican swallowing a frog. The frog's arms are outside the beak and wrapped tightly around the throat of the pelican so that the bird could not swallow him. The caption reads,

**"NEVER GIVE UP!"**

The Arc Quinebaug Valley is faced with proposed state budget cuts that will affect our participants' and families' ability to have a fulfilling and independent life. It is appalling to me how one of the purported

"richest" states in the union can turn its back on the most vulnerable of its citizens.

On behalf of the Board of Directors, I am proud to report that we are committed to fighting the good fight, alongside our local legislators, to ensure that all persons with developmental and other

The Arc Quinebaug Valley is faced with proposed state budget cuts that will affect our participants' and families' ability to have a fulfilling and independent life.

life changing disabilities in Northeastern CT have access to the services they need, starting with a legislative meeting that

was held on March 28th at The Arc Quinebaug Valley. "Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all." ~ Dale Carnegie

~ Pam Brown



## A Message from The Executive Director



We do our best, with your help through fundraising, to continue to meet the needs of the individuals at our agency. Thank you for all that you do for us.

Please continue to help us by calling your legislators and telling them not to cut funding for the most vulnerable members of our community.

Please continue to help us by calling your legislators and telling them not to cut funding

Spring is here and with it every year comes the uncertainty over funding for community nonprofit providers. This year is no different except that the state budget is in worse shape than usual with the projection of devastating cuts to the private provider community.

As we wait to hear what the cuts will mean to our agency this year, please know how much we appreciate the support from all of you to help us assist individuals with intellectual, developmental and other life affecting disabilities reach their goals and be as independent as they can be.

The staff at this agency work very hard every day to assure that the individuals who come to The Arc Quinebaug Valley receive quality services and supports. Their happiness and well-being is of our utmost priority at this agency and always will be.

for the most vulnerable members of our community. Working together, we can help everyone achieve their goals and make our community a great place for all individuals to live!

~ Susan Desrosiers



## Legislative Meeting at The Arc

As you may be aware, Governor Dannel P. Malloy recently ordered more than \$65 million in state budget cuts. These cuts have been spread among more than 40 departments and agencies, but the Department of Developmental Services certainly took the biggest hit at \$17 million dollars. People with intellectual and developmental disabilities did not cause the deficit, however, it appears as though they will be paying the price for it. This directly affects The Arc Quinebaug Valley, and all similar agencies in the community.

DDS Commissioner Morna Murray had announced that due to the magnitude of Governor Malloy's proposed cuts, 2016 would be the first year DDS could not guarantee there would be any services for new graduates and age-outs. This meant that in addition to a growing residential waiting list of more than 2,000 people, we would also now have a Day and Employment waiting list. Graduates should be able to look forward and start a new chapter in their lives by using their hard earned skills, but instead graduates would have languished at home, until legislators rejected the Governor's proposals and fund DDS services. Knowing how important it is to make all of our voices heard, The Arc Quinebaug Valley hosted a Legislative Meeting at our agency on the night of March 28th.

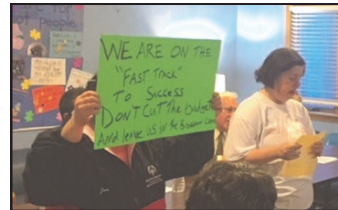
Over 60 people were in attendance, including State Representative Mike Alberts, State Representative Daniel Rovero, State Representative Christine Randall, Shannon Jacovino from The Arc CT, Arc Administrators, Arc Board Members, Arc employees, families who are and will be directly affected by these cuts, and community members.

Parents of individuals with disabilities in the community stood up and spoke directly to the legislators about their hardships with the already under-funded DDS system. Tears were shed due to the fear and severity of these proposed budget cuts, but there was still a sense of hope in the air that the legislators could help stop these budget cuts from happening.

Legislators voted on an alternative to Governor Malloy's plan on March 29th, the very next day after our Legislative Meeting. The deficit mitigation plan resulted in a cut of \$3,393,681 from the DDS budget, however Day Services & Employment funding was spared. Hard works pays off, and although there is still a cut occurring, our voices were definitely heard, and we will stand together and continue to be heard.

Thank you to all who attended this meeting, helped make this meeting possible, or supported The Arc with regards to this meeting.

You have helped to make a difference with regards to the budget cuts!



### **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!

## The Arc's Business Ventures

### The Arc Emporium

Have you had the chance to stop by The Arc Emporium in Putnam, CT? This store has a variety of offerings and treasures! From clothing for adults and children, furniture, housewares, décor, books, toys, kitchenware, to craft items and even food, we know you will be able to find something to your liking!

Are you interested in donating items to our store?  
Call The Arc Office and ask for Nikki Williams today!



160 Main Street, Putnam  
(860) 928-4727

Hours: M-F 8:30 a.m. - 7:00 p.m. & Sat 9:00 a.m. - 4:00 p.m.

### Project Redemption

Our Project Redemption business has been a remarkable journey for all of us here at The Arc! Over 2 million bottles and cans have been redeemed or donated through our program! Five cents may seem to be a small amount, but when multiplied by many bottles and cans, it helps to make quite the difference. Proceeds directly benefit individuals with intellectual and developmental disabilities at our agency.



**Come redeem  
or donate your  
bottles & cans today!**

96 Front Street, Putnam  
(860) 928-1401

Hours: M-F 8:30 a.m. - 7:00 p.m.  
Sat 8:00 a.m. - 12:00 p.m.

Cans & Bottles can be  
donated by dropping them  
in these bins around town  
as well!



## Hard Work Pays Off

A BIG CONGRATULATIONS goes out to two individuals from our agency who progressed from our Group Supported Employment (GSE) program to our Independent Supported Employment (ISE) program, and were recently hired at Rite-Aid in Dayville, CT! David Isa & Christopher Choquette are both extremely dedicated to their part-time positions and demonstrate amazing work ethic. They are very deserving of this opportunity and The Arc Quinebaug Valley is very proud of each of them!





## Fitness In Motion



### Fit Club Challenge

With Spring in the air, everyone at our agency has fitness on the brain! With that being said, we decided to host a BIGGEST WINNER CHALLENGE, in hopes to motivate as many people as possible to make healthy choices and feel good about doing so! This challenge started on March 1st and will end on April 29th. 40 people joined! Registration was \$5 and it was open to all Arc staff, participants, and community members. The first 25 people to sign up received yoga mats and a fitness towel! From weekly walks, yoga, pilates, dance fit classes, fitness tests, healthy recipe groups and weigh-ins, all members have been having a blast! The winner will receive 3/4 of the total money collected and runner up will receive 1/4 of the total money collected. We will be sure to keep everyone updated on the total group results at the end of the challenge!



## From Our Kitchen To Yours

### Sunburst Smoothie

Here's what you'll need:

- 1 banana
- 1 1/2 cup frozen fruit (your choice)
- 1 tablespoon flax or chia seeds
- 1 cup Orange Juice

#### Preparation:

Blend ingredients until smooth and creamy.

Serve in a glass and enjoy!



## ☆☆ 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, Nikki or Patrick at 860-774-2827 with any questions... THANK YOU!

## Self Advocacy Talk

### A Word From Our Self-Advocate Coordinator:

The Self-Advocacy Group is changing to a more educational group that links back to self-advocacy and the group members' lives. We have developed our own steps to being an effective Self Advocate, which include: believing in yourself, having a goal, making a plan, gathering resources, accepting differences, avenues to advocate, taking chances, making your voice count and re-evaluating your goal.



In the first two months of the year, we had a group activity involving having a goal. We also had a speaker, Ann Tetreault, come in to talk about making a plan and who to ask for help on your journey. At our May 25<sup>th</sup> meeting we will have Representative Danny Rovero come and speak about his job as a state Representative in Hartford. We will also ask him questions about the state budget.

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 who will age out at 21. The fight will not be over until people with intellectual, developmental and other life affecting disabilities are included in all aspects of society. I would like to paraphrase State Senator Ted Kennedy Jr., "We are advocating for civil rights, equality, self-determination and dignity for all citizens of this great state."

~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](http://www.qvarc.org) under **PLANNED GIVING** for more information, or contact Crystal Simonson at [csimonson@qvarc.org](mailto:csimonson@qvarc.org) or (860) 774-2827.

## Upcoming Fundraising Events

### The Arc's 29th Annual Gardner Johnson Memorial Golf Tournament

**Presented by Gerardi Insurance Services, Inc.**



**When?** July 8, 2016

**Where?** CT National Golf Course (Putnam, CT)

**Time?** 8:00 a.m. Registration / 9:00 a.m. Start

*Raffles/Free Breakfast & Lunch/Acoustic Band/  
Golfer Gift/Massages/Best Dressed Contest & More!*

### The Arc's 19th Annual Rubber Duckie Race



**When?** August 14, 2016

**Where?** Rotary Park/Quinebaug River  
(Putnam, CT)

**Time?** Ducks are dumped into river at 1:30 p.m.

*In conjunction with Putnam's Car Cruise  
Vendors/Food/Music & More!*

Contact Crystal Simonson with any questions regarding both events at The Arc Office. 860-774-2827  
More Details/Forms can be found at [www.qvarc.org](http://www.qvarc.org)

## Thank You to our SPONSORS & SUPPORTERS of both events!



*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](http://www.qvarc.org).

**Important Dates:**

**The Arc Awards Night Celebration: May 6, 2016**

**The Arc's 29th Annual Gardner Memorial Golf Tournament: July 8, 2016**

**The Arc's 19th Annual Rubber Duckie Race: August 14, 2016**



*For people with intellectual  
and developmental disabilities*

687 Cook Hill Road  
Danielson, CT 06239



**empower**

Real People,

Real Progress

[www.qvarc.org](http://www.qvarc.org)

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