

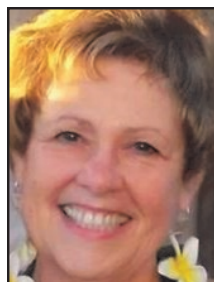


# The Arctarian

*Achieve with us.®*



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



“If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome” ~ (Anne Bradstreet). What a wonderful quote for this time of year!

We have survived another winter and spring is around the corner where everything becomes alive again. The importance of The Arc to our communities has never been more apparent, especially in light of the struggles to maintain services that are strong and responsive to our community residents.

The adversity is difficult, but we have a long history of fighting for the needs of our participants.

Families of individuals with developmental and other life altering disabilities fought to have The Arc established in the Northeast Corner. With the help of families and community members, The Arc will continue to provide quality services and care to those who need it most.

**The adversity is difficult, but we have a long history of fighting for the needs of our participants.**

Please join the strong voices of the members of the Board of Directors, the administration, and staff of The Arc in demanding that the state legislature explore and support the cost effectiveness of community based programming for individuals with developmental disabilities so that they can live full lives and prosper! Thank you!

~ Pam Brown

## A Message from The Executive Director



Spring brings a new sense of promise. Here at The Arc, we always look forward to spring and all of the new opportunities that it brings. This spring we will be relocating two of our businesses to Woodstock. Watch for our Grand Opening! We are excited to have the opportunity to bring our businesses together as they both encompass recycling in the community.

Our thrift store, The Arc Emporium, sells new and gently used clothing, household goods, books and a variety of locally made products.

The Arc Redemption Center is a great place to come in and donate or redeem your bottles and cans. We make redemption easy!!

How can you help? Think of us as you spring clean your closets. Do you have clothing or household items in good

condition? Donate these items to the store and you will not only help the environment but you will help us to continue to teach our individuals skills for obtaining retail positions in the community.

Do you put your bottles and cans in your recycling bin for the trash man to take? Donate it to the Redemption Center or drop it in one of our large white bins that you see with The Arc logo. You will help to provide meaningful jobs for individuals in our community with disabilities. How much is your nickel worth?

~ Susan M. Desrosiers

**This spring we will be relocating two of our businesses to Woodstock.**

## Legislative Meeting

April 4th marked a very important night at The Arc Quinebaug Valley. A legislative meeting was held at our Cook Hill Office location from 6:30 p.m.—8:00 p.m. to discuss important items concerning the crisis in Department of Developmental Services (DDS) supports. Families whose children and loved ones rely on DDS services now or who will need them in the future have much to be anxious about, therefore, The Arc wanted to provide an outlet for people to voice their opinion to our local legislators.

Legislators in attendance were State Representative Anne Dauphinais, State Representative Daniel Rovero, State Representative Pat Boyd and State Representative Doug Dubitsky. Arc Board Members, Arc staff, Arc individuals and their families were also present, many of whom shared their frustrations with the state budget in regards to nonprofit human service agencies. It is always important to realize the stance that our legislators have on specific topics. The more information that legislators have, the more informed they are when making decisions.

Shannon Jacovino with The Arc Connecticut stood before everyone and provided a brief overview of budget happenings and ways in which families can be proactive. Other topics raised at this meeting included the need to restore funding for Day & Employment Services for new graduates, restore funding for Family Support Grants and for new families who need Behavioral Support Services, overtime costs and waste in DDS, and long-term budget savings for the state by using community services.

Although we are continuously faced with budget cuts, we will never give up on the individuals we serve. We will continue to speak to our local legislators about our concerns and help to promote positive changes within the state budget regarding non-profit service agencies. Community based supports can be provided to individuals for lower cost than that of state agencies. Not only do non-profits help to save the state money, but we provide the same exact services and a very high quality of care right in your own hometown! The Arc may encompass a little portion of Connecticut, but our hearts are big and our dedication to our individuals is strong! It was evident from this Legislative Meeting that the legislators are on our side, and we couldn't be more proud that our advocacy is working!



**Our Businesses are MOVING to....**  
**WOODSTOCK!**

**Information on our GRAND OPENING coming soon!**





## Did You Know?

### 2017-2018 Annual Appeal

Did you know The Arc has reached 65 years of excellence, due to YOUR help?

Founded in 1952, The Arc continues to provide services for individuals with intellectual and developmental disabilities. This is made possible by the continued support we receive from our friends, family, community businesses and community members!

The Arc's 2017-2018 Annual Appeal is coming out in May, and we truly need your help once again! All gifts will make a difference!

Thank you for your continued support! Please look for our mailing in May!



## In the Spotlight

Abby joined us at The Arc in 2004. She applied for the receptionist position at our agency and was hired immediately! She has wonderful people skills and everyone enjoys having her as part of The Arc team! She receives Individualized Supported Employment supports and is constantly growing in her job!



**What is your favorite part of your day at The Arc?** I really enjoy seeing my co-workers everyday. I think everyone here is very nice.

**What are some of your daily tasks as the receptionist?** I answer the phones, make copies, file and help with mailings.

**Have you applied any job skills to your home life?** Yes. I know how to answer the phone politely and correctly at home. I also am able to organize all my papers at home.

**Do you like your job?** I really like my job because it teaches me new skills every day. I love to interact with people and help The Arc any way I can.

**Are you involved in any extra-curricular activities or clubs?** Yes. I am in Special Olympics and participate in Spirit Squad. I learn cheers and dances and perform at events around the state. I am also President of the Self-Advocacy Group. I run the meeting of the group and we learn how to advocate for ourselves.

**Where do you see yourself in the next 5 years?** I think I will still be living on my own and working at The Arc.

## Spectrum of Sports

On Sunday, April 2nd, The Arc Quinebaug Valley & NOW-Northeast Opportunities for Wellness partnered to host the first Spectrum of Sports event at Killingly High School.

This event was an inclusive sports clinic and resource fair for children of all abilities. With approximately 30 children ages 7-16 in attendance, all were able to enjoy 6 sports stations, including soccer, basketball, running, yoga, cheer and a nutrition obstacle course.



While the kids were having fun at the various sports stations, resource vendors were set-up outside of the gymnasium for parents/guardians to peruse. Besides The Arc and NOW, resource vendors included Community Health Resources, Special Olympics Quinebaug Valley, Quiet Corner Speech & Language LLC, Putnam Science Academy, UConn KIDS, PATH, Generations Family Health Center, Midtown Fitness/Quest Martial Arts, Hale YMCA Youth & Family Center, Boy Scout Troop 21 Putnam and Connecticut Legal Services, Inc.

Each child received their own soccer ball, donated by Pomfret School, as a thank you for being part of this event! We truly appreciate everyone that helped make this a great day!



## Staying Healthy & Motivated!

### **THE BIGGEST WINNER** Fit Club Challenge

Round 2

## From Our Kitchen To Yours

### Tomato Cucumber Avocado Salad

#### Ingredients:

- 1 large avocado, peeled, seeded chopped
- 1 tsp. lemon juice
- 2 cups cherry tomatoes, halved
- 2 cups yellow cherry tomatoes, halved
- 1-2 english cucumbers, peeled and chopped
- 1/4 cup chopped red onion
- 4 oz. feta cheese crumbles
- 1 Tbsp. red wine vinegar
- 2 Tbsp. olive oil
- salt and pepper, to taste
- 1/4 cup fresh chopped parsley

#### Directions:

Drizzle lemon juice over chopped avocado. Place avocado, tomatoes, cucumbers, onion and feta cheese in a large bowl. Whisk together red wine vinegar, olive oil and salt and pepper. Pour over salad. Top with fresh parsley. Toss gently to combine.



The Arc's Biggest Winner Fit Club Challenge ended on April 5th. It has been an amazing twelve weeks with an abundance of motivation from everyone! With over 30 staff and participants that signed up for only \$5 each, there was a total weight loss of over 90 pounds!! WOW! Everyone should give themselves a round of applause!

Congratulations to Cori Castro, Arc HR Manger, for losing a total of 23 lbs., and winning the first place prize of \$123.75. Second Place winner, Nikki Williams, Arc Director of Supported Employment, also triumphed by losing a total of 21.6 lbs. and winning the second place prize of \$41.25! Winners received their monetary prizes through the total amount of registration that was collected.



Being healthy and incorporating exercise into a daily schedule is a priority here at The Arc. We truly encourage all of our staff and Arc individuals to take their health and well-being very seriously.

Our Wellness Committee meets once a month to discuss ways to allow all departments the opportunity to make healthier choices and to be involved with healthy initiatives that take place at the agency. Our goal



is to make everyone more aware of their health and wellness and incorporate that knowledge into everyday life. Are you interested in being on the Health & Wellness Committee? We would love some new ideas and support with our goals!

Please contact Mallory Moreau, Chair, at 860-774-2827 to sign up today!

## ☆☆ Wish List ☆☆

If you would like to donate any of the following items, we would greatly appreciate it: 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, clear shoe box sized plastic containers with lids and glass bud vases. Items may be dropped off at The Arc Emporium or at our Cook Hill office.

Call Linda or Nikki at 860-774-2827 with any questions... THANK YOU!

## Self Advocacy Talk

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

Spring is very busy for your Self Advocate Coordinator. It's state budget season. There are about 35,000 bills in the legislature this session, and about 30 that can affect people (and their families) with intellectual, developmental and other life-affecting disabilities that I am personally tracking and submitting testimony on. I receive most of my information from DDS itself and its legislative affairs department, as part of the council on Developmental Services and the CT Cross Disability Lifespan Alliance.



Our two Self Advocacy Groups are moving beyond our "10 Steps to Being an Effective Self Advocate." We have more similar monthly topics for each group. Our latest topic has been "How to speak up at your IP meetings."

Our evening group has also been raising money for transportation to our People First Conference in June, in Meriden. We have been doing this by selling Yankee Candle products. My long term goal is to raise money to take a tour of the Capital in Hartford with our groups.

Winning hearts and minds is not easy but it must be done to promote equality for all citizens of this world.

*~ 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.

## 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!

### Schuster Driscoll, LLC

Schuster Driscoll, LLC, The Arc's Health Insurance Broker, provided the agency with a general donation of \$250.

### Thompson Lions Club

Gifted \$1,000 to The Arc at The Thompson Lions Annual Night of Giving Event.

### Putnam Lions Club

Donated \$400 to The Arc at The Putnam Lions' Night of Giving as a general donation.

### Plainfield Rotary Interact Club

Donated \$200 to The Arc to help enhance services at the agency.

### Scott Gebo & Sons Construction, LLC

Gifted \$100 to The Arc to be used wherever needed at the agency.

### The Putnam II Leo Club

Provided The Arc with a \$50 donation at The Putnam Lions' Night of Giving.

### The Arc's 20th Annual Duck Race

We have received over \$3,000 in donations for this event so far!

### The Arc's 30th Annual Golf Tournament

We have received over \$16,000 in donations for this event so far!

### Bailey's Team for Autism

Provided The Arc with a grant for \$2,086 for autism trainings.





*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).

**Save the Dates:**

The Arc's Annual Membership Meeting & Awards Night Celebration: Friday, May 5, 2017  
The Arc's 30th Annual Gardner Johnson Memorial Golf Tournament: Friday, June 16, 2017  
The Arc's 20th Annual Rubber Duckie Race: Sunday, August 13, 2017



687 Cook Hill Road  
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Real Progress

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