

The Arc Quinebaug Valley

The Arctarian

Achieve with us.®



A Message from The President of the Board of Directors



It is with great pride and much humility that I begin my tenure as President of The Arc Quinebaug Valley. I have witnessed, with immense respect, the leadership that Jeffrey Rawson has provided to The Arc during the past few years. Because of his vision and guidance, and that of Gene Michael Deary before him, I have seen The Arc grow and strengthen the strategic mission to benefit individuals with developmental and other life altering disabilities.

Mahatma Gandhi once said, ***“Strength does not come from physical capacity. It comes from an indomitable will”***.

The participants of The Arc demonstrate that will each and every day and it is their spirit that inspires me and will guide me as my relationship with The Arc continues.

There is so much hope for the future! Although we hear about funding cuts and financial struggles – and they are very real – we have exciting things happening. It is my

It is my goal to focus on the growth, the dreams, the hopes, and The potential that is The Arc Quinebaug Valley.

goal to focus on the growth, the dreams, the hopes, and the potential that is The Arc Quinebaug Valley. I am looking forward to working with our board, administrators, and staff to keep the vision alive and moving towards success.

~ Pamela Brown

A Message from The Executive Director



July marks the beginning of a new year for us at The Arc. It is a time of reflection on what we did last year and our hopes and dreams for this year. We have worked hard to assure that our services are the best that they can be despite the continued lack of funding from the state for private agencies.

Our Board of Directors and management recently gathered to put a new Strategic Plan in place for the next two years that will help to guide us in reaching our goals. We have great things in mind for the future of The Arc!

One major focus will be on job development. It is imperative that our individuals continue the mind set and active commitment of ***“real work for real pay”*** as they truly find joy in their accomplishments each and every day at the workplace.

Are you a business owner or part of a company that is

We have worked hard to assure that our services are the best that they can be despite the continued lack of funding from the state for private agencies.

searching for great help? If so, the individuals we support are ready and eager to work for you! Your business might even qualify for a tax credit too!

Don't forget our 18th Annual Rubber Duckie Race is just around the corner on August 9th. It is always a fun day filled with wonderful community support and celebration. These fundraising efforts help to keep our agency thriving, so make sure to stop by and get your duck tickets!

~ Sue Desrosiers

The Arc's 28th Annual Gardner Johnson Memorial Golf Tournament!

The Arc Quinebaug Valley held its 28th Annual Gardner Johnson Memorial Golf Tournament on July 10th at Foster Country Club in Foster, RI. A full golf course comprised of local businesses and community members, an overwhelming spirit of support for The Arc, a wonderful dinner hosted by the venue, some amazing raffle prizes, and surprisingly great weather after a little rain set the tone for a wonderful day had by all.

Prizes were offered to the top finishing teams, as well as other contests throughout the play - closest to the pin, betting hole, and skins. This year's tournament featured a chance to sink a hole in one on Hole 18 to win a car. Our raffle offered even more chances to win some great prizes, which were donated by local businesses, community members, committee members, and Arc employees.

Platinum Sponsors of the event were Rawson Materials, Advantage Home Medical, LLC, Frito Lay and Fluid Coating Technology, Inc. Our Diamond Sponsor was Gerardi Insurance Services, Inc. Gold Sponsors were Wheelabrator Putnam Inc., Putnam Bank, Cigna, Killingly Asphalt Products, LLC, Gates GMC, Savings Institute Bank & Trust, Westview Health Care, Linemaster Switch Corporation, RPC Associates, East Commerce Solutions, Inc., and Northeast Computer Services. Silver Sponsor was Weiss & Hale Financial, LLC and our Bronze Sponsors were Jewett City Savings Bank, Woodstock Building Associates, LLC, and Atty, Thomas & Julie Ann Dupont, Sr. We also had a large amount of Tee Sponsors! We thank you all!

With a score of -13 on the Par 72 Foster Country Club course, the Gerardi Insurance Services, Inc. foursome of Matt Desaulnier, Ed Desaulnier, Kevin Marcoux and Bob Bernier took first place.

Golf Committee Chairman and Treasurer of the Board of Directors, Gene Michael Deary, was presented with the Gardner Johnson Award to his surprise during the tournament dinner. Gardner Johnson, for whom the golf tournament is named, was the loving father of a child with intellectual and developmental disabilities. He was a champion advocate for his son and The Arc Quinebaug Valley.

The tournament grossed more then \$38,000!!

Working with Mr. Deary on the golf tournament committee were Jeff Rawson, Eric Quinn, Earl Rosebrooks, David Stuyinski, Jeff Rizer, Julie Ann Dupont, Kristine Durocher, Lynn Bourque, Pam Brown, Rick Dion, Brandy Hapgood and The Arc staff Susan Desrosiers, Crystal Simonson, Linda Lamoureux, Sandi Riemann and Abby Snyder.

The Annual Gardner Johnson Memorial Golf Tournament is a major fundraising event for The Arc and is well known in the community. People seem to really look forward to this event and for that we are truly thankful, as proceeds directly benefit programs at The Arc Quinebaug Valley. As always, we would like to express our gratitude to our community of players, volunteers, staff, participants, donors, and sponsors for supporting our agency!

A GREAT DAY FOR ALL!



A New Group Home Is Underway!

Our dream of creating a new group home at our agency has turned into a reality! We are proud to announce our newest Community Living Arrangement (CLA) is currently under construction on Lafantasie Road in Danielson, CT. A quiet street, a large backyard, handicap accessibility and a cozy place to call home are only a few positive aspects for the five ladies that will move in! The home has five bedrooms, three bathrooms, two sitting rooms, a large eat-in kitchen and a screen porch. The design of this home allows privacy for each individual yet areas of social interaction and togetherness as well! We hope to have this CLA fully operational by late summer or early fall. As we anxiously await all construction to be completed, there will be extensive landscaping taking place. Should you be interested in volunteering some time to help with the plantings, or making a donation towards the purchase of shrubs and plants, please contact our office.



Thank You! Thank You! Thank You!

Dreams continue to come true 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 below!

Thank you to Electric Boat Employees' Community Services Association for providing our agency with a \$5,000 grant for a Hi-Riser electrically operated changing table!

Thank you to Tootin' Hills Elementary School PTO (W. Simsbury, CT) for a donation of \$200!



Thank you to the Putnam Lions Club for a donation of \$300!

Thank you to the employees of Savings Institute Bank & Trust "Caring & Giving" Campaign for a donation of \$425!



Thank you to Schuster Driscoll, LLC for donating \$300 to our Unified Fit Club and Wellness Programs!

Thank you to Mike Smith Transmission & Auto Centers Inc. for donating \$3,000 towards Transport Services at The Arc!



Thank you to Danielson Rotary for a donation of \$500!

Thank you to Putnam Rotary for a donation of \$500!

Let's Get Healthy & Fit!

Our Fit Club has been underway and going strong! With all the nice weather that has approached us, our agency has been enjoying Fit Club walks and our Healthy Choices group!

The Special Olympics Connecticut Unified Sports Fitness Club brings together people with and without intellectual disabilities and provides opportunities for regular fitness activity to enhance fitness and inspire friendships among participants. Each Club participant receives an individual tracking device which is used to monitor individual and Club progress. Every week, the club participates in a walk at a different scenic location. Being healthy is a major priority at The Arc, so making the healthy process a fun process is enjoyable and beneficial to everyone.

This club meets every Tuesday at 4 p.m. for a two mile walk at various locations. This group has visited the Putnam River Trail, Mashamoquet State Park, Roseland Park, Owen Bell Park, and many more! To date, the club has logged approximately 775 total miles, which is simply great and such a healthy accomplishment for all involved.

Just recently, we received a donation from Schuster Driscoll, LLC for our Wellness programs, which made it possible for all Healthy Choices group members to receive t-shirts! Such a great gift! A big THANK YOU from The Arc to Schuster Driscoll, LLC!

Although Fit Club is coming to an end on July 21, do not worry, because the next session will soon be coming in August! We will of course keep everyone posted on the new schedule as we encourage new members to join!



From Our Kitchen To Yours

Frozen Yogurt Covered Blueberries

Serves 2

Ingredients:

- 1 (6 oz) Container of fresh blueberries
- 1 (6 oz) container nonfat blueberry Greek yogurt.

NOTE: Honey, vanilla and strawberry can all be used and are delicious!

Instructions:

1. Start by washing your blueberries and lining a small baking sheet with parchment or wax paper.
2. Using a toothpick, dip each blueberry into the Greek yogurt and swirl until the blueberry is nicely coated with yogurt. Place on baking sheet. Continue this until all blueberries are coated.
3. Place baking sheet into freezer, and let freeze for at least an hour.
4. After about an hour, your Frozen Yogurt Covered Blueberries can be placed in a ziplock baggie and stored in the freezer. Take out what you need for snack time and enjoy!



Our Wish List



- * DVD Players
- * Appropriate DVDs
- * Books (Related to Disabilities or Teaching)
- * Adult Halloween Costumes
- * iPod Touch
- * iPads/Tablets

- * Construction Paper
- * Markers
- * Bulletin Board Supplies
- * Extra Large Portable White Board
- * Wall Mounted White Board
- * Tickets to Events, Movies or Amusements



To donate, please call 860-774-2827 – Thank you for your generosity!

Self-Advocacy Talk

A Word From Our Self Advocacy Coordinator!

The Self-advocacy group has been extremely busy with very interesting guest speakers. In April we had Beth Regan, who is a Native American of the Mohegan Tribe. She wore her regalia which shows they are proud of who they are and of their heritage. Other items of her regalia were a medicine wheel, a decorative walking stick and a turtle pouch, all of which she described in detail. She talked about how they have had to advocate for themselves for many years. We were all very inspired.

In May we had a fire safety demonstration at the East Putnam Fire Department by Assistant Chief Bates and Captain Huhtala. We talked about having the right to have a safe home and the responsibility to talk to our supporters about escape plans in case of a fire and to practice that plan. It is very important to have a meeting place outside the home and account for everyone.

In June four Self-advocates from our group attended the annual People First Statewide Conference in Meriden. Our keynote speaker was Lydia Brown who spoke about a variety of topics regarding violence against people with disabilities, celebrating who we are and a broad spectrum of issues affecting people with disabilities such as rights, inclusion and self-determination. A great day was had by all.

I continue to advocate at the state level in Hartford by writing letters and e-mailing our legislators and the Governor's office asking them to restore the cuts to the DDS budget. Our advocacy worked as the DDS final approved budget was spared the severest cuts proposed by the Governor. I'm fighting hard to protect the "safety net" and remind legislators that "all people matter."

~ Jamie Lazaroff, Self Advocacy Coordinator



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!



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 Underway!

Interested in making a donation? This can be done online at our website, via mail, or by calling our office! Every penny helps and we truly appreciate it!

Save the Date!

August 9, 2015: The 18th Annual Arc Quinebaug Valley Rubber Duckie Race



687 Cook Hill Road
Danielson, CT 06239



empower

Real People,

Real Progress

www.qvarc.org

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