

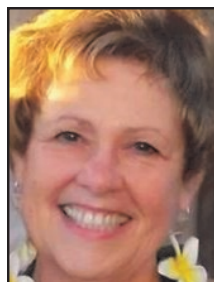


The Arctarian

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A Message from The President of the Board of Directors



Summer months are full of activity at The Arc Quinebaug Valley. We completed another fiscal year and there is the anticipation of a new year ahead.

The Gardner Johnson Memorial Golf Tournament was held on July 8th and was our most successful tournament yet!

Although we did not have a sunny day, the weather held up and nearly 150 golfers enjoyed the beautiful CT National Golf Course.

Just around the corner is the Duck Race on August 14th when our rubber ducks will hit the Quinebaug bringing

wonderful prizes to fifty lucky winners!

The summer months are also a time to dust off our strategic objectives and determine what works, what needs to change, and how we can promote the good work of The Arc in our communities.

Without a doubt we are moving in a positive direction, during very difficult fiscal times.

I wish to thank a

strong and committed Board of Directors – volunteers who give of their wisdom, wealth, and

work tirelessly to promote the mission of The Arc. It would be remiss to not recognize the wonderful work of The Arc staff and administration for all they do! Thank you!

~ Pam Brown

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A Message from The Executive Director



Summer is upon us and with it comes a new fiscal year for us here at The Arc. We want to thank the community for all that you do for us to help us to continue to offer quality services – we couldn't do it without you!

Community support is extremely vital to our agency. We recently had our most successful

golf tournament to date – thank you to our terrific sponsors and everyone who played or had a part in making the event a great success. You can read all about it on page 2.

Our Annual Rubber Duckie Race will be here shortly – August 14th. You can adopt a duck for \$5 and have the chance to win one of 50 prizes!! Mark the date on your calendar to come down to Rotary Park in Putnam for a fun filled afternoon.

We want to thank the community for all that you do for us to help us to continue to offer quality services – we couldn't do it without you!

This coming fiscal year will be another tough one as the state struggles to balance its budget, but

we know that we can count on the wonderful community of Northeast Connecticut to help us get through it. From the bottom of our hearts, THANK YOU!

Don't forget to "Like" us on Facebook so that you can keep up with the great things going on here at the agency and see how we put your donations to work!

Have a great summer!

~ Susan Desrosiers

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

The Arc Quinebaug Valley held its 29th Annual Gardner Johnson Memorial Golf Tournament, presented by Tournament Sponsor Gerardi Insurance Services, Inc., on July 8th at Connecticut National Golf Club in Putnam, CT. Other major sponsors included Rawson Materials, Advantage Home Medical, LLC, Putnam Bank, Fluid Coating Technology, Inc. and Byrnes Agency.

Local businesses, Arc Board members and community members formed a full course of players. From a friendly yet competitive day out on the course, complimentary massages provided by Adept Bodywork, acoustic music performed by Stanley & Libera, complimentary photographs taken by Clarus Studios, Inc., delicious meals prepared by the venue, snacks donated by Frito Lay and wonderful raffles and auction items, the event proved to be a fun-filled and successful day for all.

Four different vehicles from The Gates Automotive Group were displayed at the tournament entrance, enticing golfers to try sinking a Hole-In-One on hole four, for the chance to win one of the four staged vehicles.

With a score of 56 on the Par 71 Connecticut National Golf Club course, the Gerardi Insurance Services, Inc. foursome of Ed Desaulnier, Luke Desaulnier, John Aitken and Drew Aitken took first place. Second place winners were the ReMax Bell Park foursome of Brendan Meehan, Mike Meehan, Jared Meehan and Ryan Salvas, with a score of 56 as well. The Gerardi Insurance Services, Inc. second foursome, Matt Desaulnier, Mark Seiffert, Kevin Cole and Jim Quigley, took third place with a score of 57.

Golf Committee member and President of the Board of Directors, Mrs. Pamela B. Brown, was presented with the Gardner Johnson Award to her 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. Gardner knew that all people, regardless of a disability, should have the life they want, and to be cared for with dignity and respect.

Working with Mrs. Brown on the golf tournament committee were Co-Chairs Lynn Bourque and Brandy Hapgood, as well as members Jeff Rawson, Gene Michael Deary, Tedd Hudon, Ryan Plummer, Eric Quinn, Earl Rosebrooks, David Stuyanski, Jeff Rizer, Julie Ann Dupont, Kristine Durocher, Geoff Bolte, Rick Dion and The Arc staff Susan Desrosiers, Crystal Simonson, Linda Lamoureux, Sandi Riemann and Abby Snyder.

The tournament grossed more than \$45,000. Proceeds from The Annual Gardner Johnson Memorial Golf Tournament help to enhance services provided by The Arc for individuals with intellectual, developmental, and other life-affecting disabilities. Thank you to everyone involved with this event, we appreciate all of you!



Graduation



On June 10th, three students from The Arc's Transition Program proudly graduated.

These individuals are confident, smart and vibrant.

They have made such a difference at The Arc and we couldn't be happier for them to start the next chapter in their lives. Great Job Graduates!



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!

Cornhole Classic to benefit The Arc

In June, the Quinebaug Valley Regional Rotaract Club hosted their 1st Annual Cornhole Classic at The Thompson Speedway Motorsports Park. Event proceeds helped to benefit The Arc Quinebaug Valley!

In July, The Arc was presented with a donation check in the amount of \$2,500 from the Rotaract Club – WOW! We truly appreciate the Rotaract Club for thinking of our agency, as well as all event sponsors and supporters, as it is all of you that truly make a difference for the individuals we serve at The Arc Quinebaug Valley!

To learn more about the Rotaract Club,
please visit:

<http://www.qvrrotaractclub.com>



Fitness In Motion



Fit Club Challenge

UPDATE!

The Fit Club BIGGEST WINNER CHALLENGE has recently ended, not only with phenomenal results but with extremely happy and healthy individuals that participated! A total loss of weight amongst the 40 people that joined the challenge exceeded **100 pounds**.

This challenge took place over a two month span. Registration was \$5 and it was open to all Arc staff, participants, and community members.

The winner of this challenge, Nikki, is an Arc individual that resides in one of our agency homes. She received \$150 and was absolutely ecstatic about achieving her goal! She alone lost a total of 17 pounds. Remarkable.

The Arc is in the midst of planning another Fit Club Challenge in the fall, so we will be sure to keep everyone posted once finalized. We are hoping to obtain more challenge participants next time around, which will prompt even more unity and motivation within our group!

Being healthy is fun!

From Our Kitchen To Yours

Mini Frozen Yogurt Pops

Ingredients:

- 16 oz. fresh strawberries, hulled/halved
- Four (4 oz.) cups strawberry yogurt
- Four (4 oz.) cups berry yogurt
- 6 oz. fresh blueberries
- Ice cube trays
- Mini craft sticks

Instructions:

Place about 3/4 of the strawberries in a blender. Add all strawberry yogurt and pulse a few times to chop the fruit.

Spoon into ice cube trays.

Rinse out blender and place the remaining strawberries and all blueberries in the blender with all berry yogurt. Pulse a few times to chop the fruit.

Spoon into ice cube trays.

Cover ice cube trays with aluminum foil and press down so you can see the outline of the trays.

Take a mini craft stick and poke through the aluminum foil and into the center of the pop (the aluminum will hold the stick in place until pops are frozen.)

Place in freezer and freeze until solid. (Approximately 4 hours)



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

Self Advocacy Talk

A Word From Our Self-Advocate Coordinator:

The Self Advocacy Department has been very busy starting a new group for our Group Supported Employment Department and students from our Education Department. This group is part of the Vocational Education Training program here at The Arc that meets bimonthly at 1:30PM on Friday. We follow the same guiding principles as our monthly Self-Advocacy Group.

The evening monthly group has been busy with great guest speakers and special events. In March, we had Brian Reddy from DDS come talk about having action steps to reach our goals and dreams. A great discussion was had by all and we learned a lot. In April, we had our "Painting for a Cause" fundraiser. The money will be used for group activities. In May, we had a visit from state representative Danny Rovero. He talked about his philosophy and process at the capitol in Hartford.

On June 25th, the President of our Self Advocacy Group, along with our Secretary and I, attended the People First of CT conference. We brought back a lot of great ideas that will be incorporated into our groups. A great day was had by all.

~Jamie Lazaroff, Self-Advocate Coordinator

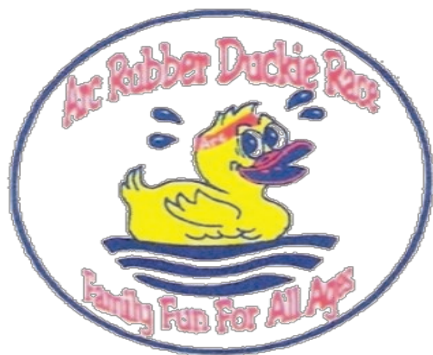


Don't forget to donate or redeem your bottles and cans at The Arc Redemption Center at 90 Front Street in Putnam!

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.

Quack Quack Quack!

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.

Duck Tickets are still available at various community businesses, The Arc Offices, and will of course be sold on Race Day in the park!

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

Please contact Crystal Simonson with any questions at The Arc Office. (860)-774-2827

Thank You to our **SPONSORS & SUPPORTERS** of this event!



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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.

Save the Date!

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



*For people with intellectual
and developmental disabilities*

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Real People,

Real Progress

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