

Achieve with us.®



# The Arctarian



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



As I begin my third year as the President of the Board of The Arc Quinebaug Valley, I am struck by the seasonal battles that we must fight to maintain the level of services that we offer to our participants and their families.

Once again, we end the fiscal year without a State budget and we are faced with the uncertainty of what the future might hold. I am sure that you have received countless email messages asking that you write to your congressmen and state representatives on matters that are urgent in maintaining services and a good quality of life for Arc participants. Please take action! Please

**Once again we end the fiscal year without a State budget and we are faced with the uncertainty of what the future might hold.**

answer the call.

We understand that the girls and boys, men and women of The Arc struggle every day to live their dreams. They display true courage to keep the fight going. They inspire the administration, and staff to take action. We have a responsibility to stand with them in their struggle. We must not let them down.

Nishan Panwar stated, "True strength is the ability to go through life each day accomplish-

ing the impossible and doing what no one thought you could".

Let this be a summer of accomplishment!

~ Pam Brown



## A Message from The Executive Director



Our businesses have moved!! Have you been to our new locations? I hope that you have stopped in to our beautiful new store located at 22 Route 171 in Woodstock. There are many great deals to be had on terrific gently used and some new clothing and housewares. If you are looking for a bargain – check out The Arc Emporium.

The Arc Redemption Center has moved also – to the same location. You can donate or redeem your bottles and cans and then stop into the Emporium to shop. Your donation of your redeemable bottles and cans helps to provide a community employment position for an individual with developmental disabilities.

In this time of "throw away", The Arc is trying to do our part to recycle and reuse. We are hoping to leave our community a better place.

So before you toss those redeemable bottles

**Our businesses have moved!!**

and cans in your trash bin or blue recycling bucket – think about donating them to The Arc and helping to keep individuals employed.

Cleaning out your closets? Think about donating to The Arc Emporium – Emporium jobs help to teach valuable skills to individuals with developmental disabilities so that they may someday have independent community employment.

We can achieve much if all work together! The Arc is thrilled to be a part of the wonderful community of Northeast CT.

~ Susan M. Desrosiers



## Legislative Concerns

As everyone knows, the State of Connecticut started the new fiscal year without a budget. This means that the state is operating under Executive Order and is very damaging to all nonprofit providers in the state. Many state agencies had their budgets cut and those cuts were passed on to the private provider community. The Department of Developmental Services sent all private agencies their Resource Allocation Plan which includes six furlough days for which agencies will not be paid for Day and Employment Programs and as of November 1<sup>st</sup>, there will be a 10% cut to agency rates – which are already below the cost of providing services. In addition, there are no funds for new graduates from school nor any funds for residential placements other than emergencies. There is also no money for Community First Choice and budget cuts to several other line items.

What does this mean for us here at The Arc of Quinebaug Valley? We will be closed (except for our 24/7 Residential Homes) on July 26<sup>th</sup>, August 23<sup>rd</sup>, September 27<sup>th</sup>, October 25<sup>th</sup>, February 28<sup>th</sup> and April 25<sup>th</sup>. The state will not pay for services on those days so we have no choice but to close, which is not only devastating to the individuals we serve, but also to our employees. On November 1<sup>st</sup>, all employment and day rates will be reduced by 10% and all rates for services in our group homes will be reduced by 10%. We are doing our best to try to make as many small changes as we can to try to avoid layoffs and group home closures. They are still possible as operations without a state budget continue. Many agencies have already laid employees off and closed group homes, along with closing programs that operate in a deficit.

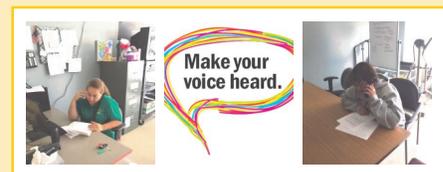
Agencies have been underfunded for years. We were operating on rates that were developed 10 years ago with no increases but rescissions and unfunded mandates added on every year. Meanwhile, utility costs, fuel costs, employee costs, etc. have continued to increase. To think that we can absorb a 10% cut is unimaginable.

Who loses??? The state's most vulnerable citizens will be without the services they so desperately need. Our individuals rely on us to give them a better quality of life and we are committed to their needs each and every day, but how can we continue to enrich their lives when we are continuously fighting to dodge fiscal cuts and being forced to close on certain days? **Please contact your legislators today and take a stand with us.** Encourage them to fund our services. We need your help NOW more than ever.

### EMPLOYEE DAY OF ACTION

#### *Budget cuts will be devastating.*

Employees contacted our state legislators to encourage them to save the services we provide. Will you take a stand with us? We need your help.



## 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!

Our Businesses Have Moved!!

Are you familiar with the former Bardell's Decorating Center in Woodstock? The Arc purchased this building for our TWO businesses!



Shop at our Thrift Store!

Tues: 8:30 a.m. - 3:00 p.m.  
Wed - Fri: 8:30 a.m. - 6:00 p.m.  
Sat: 10:00 a.m. - 4:00 p.m.



Month of July!  
(Exclusions Apply)



Great Day!



Redeem or donate your bottles and cans at our Redemption Center!

M, W, Th & F: 8:30 a.m. - 7:00 p.m.  
Tues: 8:30 a.m. - 2:30 p.m.  
Sat: 9:00 a.m. - 1:00 p.m.

Please come visit The Arc Emporium & The Arc's Redemption Center located at 22 Route 171 in Woodstock, CT!

In the Spotlight



Andre came to The Arc in October 2016 from the Thompson Public School System. He is enrolled in our Education Dept. and is a joy to be around!

**What is your favorite part of the day in the Education program?** I get to learn new things each day and be part of cool work studies and jobs while also making new friends.

**What skills have you learned while at The Arc QV?** I have vocational training that allows me to work at places like Up Top Screen Printing in Danielson.

**Do you have a hobby?** I like to explore and research new ideas and also draw and create graphic design.

**Do you have anything fun going on this summer?** I will be going on a lot of field trips. So far I have gone to the Worcester Art Museum, Patriots Place at Gillette Stadium and the movies. I also spend time with my family and friends during the weekends and vacations.

**What do you see yourself doing in 5 years?** I hope to be a professional artist or graphic designer and enrolled in college classes.

20th Annual Arc Rubber Duckie Race



EVENT SPONSORS  
Putnam Rotary Advantage Resourcing

August 13, 2017

1:30 p.m. Ducks are Dropped in Water!  
Rotary Park/Quinebaug River - Putnam, CT  
\$5 per Ticket / 50 Prizes

Tickets being sold at:

- The Arc Quinebaug Valley
- Quinebaug Valley Senior Center
- Arc Emporium
- The Arc's Redemption Center
- Savings Institute Bank & Trust branches
- bankHometown branches
- Putnam Bank branches
- Midtown Fitness
- WINY Radio
- Putnam Farmers Co-Op
- Aubuchon Hardware
- Crystal's Hallmark Shop

## The Arc's 30th Annual Gardner Johnson Memorial Golf Tournament

The Arc Quinebaug Valley held its 30<sup>th</sup> Annual Gardner Johnson Memorial Golf Tournament, presented by Tournament Sponsor Gerardi Insurance Services, Inc., on June 16<sup>th</sup> at Connecticut National Golf Club in Putnam, CT. Other major sponsors included Rawson Materials, Putnam Bank, Fluid Coating Technology, Inc., Byrnes Insurance Agency and East Commerce Solutions, Inc.

Local businesses, Arc Board members and community members came together on the course as golfers to support The Arc Quinebaug Valley. From fun and competitive play, complimentary massages provided by Caroline D'Elia, L.M.T., acoustic music performed by Stanley & Libera, complimentary foursome portfolios 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 an enjoyable and successful day for all.

Four different vehicles from The Gates Automotive Group, The Arc's Car Sponsor, were displayed at the tournament entrance, enticing golfers to be the first to sink a Hole-In-One on hole four, for the chance to win one of the four present vehicles.

With a score of 57 on the Par 71 Connecticut National Golf Club course, the foursome of Tim Cunha, Pete Cunha, Scott Derosier and Tommy Derosier took first place. Second place winners were the foursome of Dr. Jack Mooney, Mike Cristina, Jeff Clang, Sr. and Jeff Clang, Jr., with a score of 60. The foursome of Rick Dion, Paul Roy, Doug May and Chris Ketrulis took third place with a score of 61.

Golf Committee member and Past President of The Arc Board of Directors, Mr. Jeffrey Rawson, was presented with the Gardner Johnson Award to his surprise during the tournament dinner. "I was honored to receive the award and to join the list of so many wonderful and impactful people before me who have positively changed the lives of folks with intellectual and developmental disabilities." said Mr. Rawson.

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

"This golf tournament is one of our biggest fundraising events each year and we are forever grateful for the continued support of our wonderful community. It is the generosity and kindness of those dedicated to our mission who truly help our agency continue to shine." said Susan Desrosiers, Executive Director of The Arc Quinebaug Valley.

The tournament grossed more than \$40,000. 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.



### From Our Kitchen To Yours

## Watermelon Feta Salad with Mint

### Ingredients:

- 1 7-8 lb. seedless watermelon, chilled
- 1/2 cup extra virgin olive oil
- 3 limes, juiced
- 1 1/2 tsp salt
- 3/4 tsp black pepper
- 1 cup fresh chopped mint leaves
- 1 1/2 cups crumbled feta cheese

### Directions:

Cut rind from watermelon, then chop fruit into 1 inch chunks. Place chunks in a colander to drain as you chop. In a small bowl, whisk together olive oil, fresh lime juice, salt and black pepper to create a dressing. Place watermelon in a large salad bowl. Pour dressing and chopped mint over the watermelon and toss gently to coat. Pour the crumbled feta into the salad bowl and stir gently to integrate the cheese into the salad.

(Please note: This salad is best made just prior to serving. Prepare one hour or less before your meal.)



## Self Advocacy Talk

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

The end of the legislative session came and went on June 7<sup>th</sup> without a budget. Five bills that will help people (and their families) with intellectual, developmental and other life-affecting disabilities were passed and signed by the governor to become law. Without a budget, we do not know how state government will begin on July 1<sup>st</sup>. As a reminder, Governor Malloy's budget proposal would eliminate Employment & Day Funding for 2017 & 2018 Graduates with IDD, eliminate the Community First Choice Program (CFC), cut \$2 million from existing Day & Employment Services, cut \$8.5 million from existing Behavioral Services Program Services, decrease funding for the IDD Partnership and close Camp Harkness & Camp Quinebaug. If there is no budget approved by June 30<sup>th</sup>, the job of running the state is up to the Governor, which could create a rough year for people with disabilities.



The Arc Self-Advocacy Evening Groups took June off to attend the statewide People First Conference on June 17<sup>th</sup>. We had six members of our group attend this conference. I attended and brought back many ideas for topics for our groups. Our afternoon group is making a big step: beginning July 11<sup>th</sup> we will be having the group every week and not just every other week.

I hope you're following my self advocacy corner on The Arc Quinebaug Valley Facebook page. Don't forget, the movie, "Wonder", is coming out November 17<sup>th</sup>. My favorite quote from the trailer is "You can't blend in when you're born to stand out".

~ 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 & many more!

#### The Mitchell D. Phaiah Foundation, Inc.

Donated \$500 to The Arc to help enhance services at the agency.

#### Killingly Brooklyn Rotary Club

Gifted \$500 to The Arc through our Annual Giving Appeal.

#### Jewett City Savings Bank

Gifted \$250 to The Arc to help enhance services at the agency.

#### Christ Church of Pomfret

Gifted \$500 to The Arc as a general donation towards whatever is needed.

#### Tootin' Hills School P.T.O.

Donated \$200 to The Arc from the proceeds raised from their Third Annual Rubber Duck Race. For the past three years, the PTO has borrowed The Arc's Rubber Ducks for their race and we are so happy to be able to help!

#### O & G Industries, Inc.

Donated \$250 to The Arc through our Annual Giving Appeal.

#### State of CT Department of Correction

Donated \$500 to The Arc through our Annual Giving Appeal.

#### Savings Institute Bank & Trust

Donated \$175 to The Arc through their Caring & Giving Campaign.



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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 20th Annual Rubber Duckie Race: Sunday, August 13, 2017 Rotary Park in Putnam, CT



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Real Progress

www.qvarc.org