



The Arctarian

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Newsletter of The Arc Quinebaug Valley

A Message from our Executive Director:

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Dear Friends and Family,
 Happy Spring!! It is great to see sun and flowers growing. Spring always feels like a time of new growth here at The Arc Quinebaug Valley. This past March, we ventured down a new path and through a collaborative group of Board Members, Management and Staff, we put together a new PATH for The Arc. PATH stands for Planning Alternative Tomorrows with Hope. It is a little different from a Strategic Plan in the way the plan comes together. It was a very exciting day and many great ideas were put forward. We will keep you posted as we move forward to put our plans into place.

The Kids on the Block program was launched this spring at Hampton Elementary School. The "Kids" are large puppets with disabilities or life-affecting illnesses. Each puppet has its own story. There is a puppet seated in a wheelchair, one with cancer, a burn victim, an individual with Down Syndrome and another who is blind to name a few. The program is offered to help students in the schools ask questions in a very comfortable environment about other children who they might look at as "different." The

premise of the program is that we are all different – we have different eye colors and different hair colors. However, we are all the same in one respect – we all have feelings. This puppet show is designed to help answer questions so that students are more comfortable with their peers whom they might think are "different". We are very excited about bringing this program back to the schools.

HAPPY SPRING

Our Giving Appeal will soon be arriving in your mailbox. With the severe budget cuts from the Department of Developmental Services this year, your gift is more important than ever. As always, we are being asked by the state to do more with less. This year is a little different as the state has actually taken back money that was paid to the agency during this fiscal year per our contract with DDS. As everyone knows, expenses continue to rise. The cost to transport individuals to program, heat the buildings and keep the lights on have all increased as they have for all of



**Executive Director
Susan Desrosiers**

you. We are ever so grateful for all of the fantastic support that The Arc continues to receive from the surrounding community. I thank you in advance for your incredible generosity.

The Arc continues to grow and reach out to new families. As a friend of The Arc, you can help us by telling your friends and family about us. Perhaps you know someone in need of our services. Please let them know about us. The Arc Quinebaug Valley is a valuable resource to the community and a source of comfort for families of individuals with intellectual and developmental disabilities.

I hope to see you this summer at our Annual Golf Tournament or the ever popular Rubber Duckie Race!

Don't forget to buy a duck ticket for your chance to win a terrific prize!

GET INVOLVED



Join our Teams!
 "Like" us on Facebook!



For people with intellectual and developmental disabilities

DEVELOPMENTAL DISABILITIES AWARENESS MONTH

March was Developmental Disabilities Awareness Month and The Arc Quinebaug Valley celebrated with an array of activities.

The Education Department led an online pledge drive for Spread the Word to End the Word, and motivated 75 people to make the online pledge to end the demeaning use of the R-Word.

The Education and Development Departments wore T-shirts to celebrate the National Day of Awareness for Spread the Word to End the Word on March 6th. Students and staff filmed a video for the campaign, which you can find by visiting YouTube.com and searching for “The Arc Quinebaug Valley Spread the Word.”

The Arc’s Facebook page was very active in March. A social media and website campaign with daily posts about The Awareness Month brought new viewers to the pages. The Facebook page reached an average of 2,000 people per week in March, with some single posts reaching more than 1,000 people. The page received 47 new “Likes” in March.

The Arc is also grateful for the exposure that Thompson-based Man Around the House NE brought to the agency in March. Company owner Roger Boisvert hosted a Facebook campaign, and pledged to donate \$1 to The Arc for every new “Like” of Man Around the House NE’s Facebook page in March. Boisvert increased his donation to \$2 per “Like” in the last week in March. Boisvert posted daily about the campaign, using The Arc’s name and logo, which provided great online exposure to a new audience. The month-end total was 198 new likes for the Man Around the House NE page. Boisvert donated \$230 to The Arc.



Back Row, from left: Jamie Lazaroff, Andrew Germano, Nikki Hammon, Terence Chambers, Sandi Riemann, Rebecca Tarbox, Emily Garrity, Matt Lefebvre, Christian Fazzina, Andrew Cohen. Middle Row, from left: Mallory Murray, Jenny-Lynn Baron, Evan Hennessey, Alysia Stiggle, Jordan Cote, Erin Lambert, Dante Lamusta. Front Row, from left: Anthony Devlin, Dylan Peterson, Erika Salvias, Emily Groves, Dawn Lazaroff.

Other March activities included a media campaign. Executive Director Susan Desrosiers published a guest column in The Bulletin and a letter to the editor in The Villager about Awareness Month. A press release led to publicity in The Reminder News as well.

The Arc is grateful to WINY Radio and Gary Osbrey, who donated the airing of Public Service Announcements throughout the month.

Executive Director Susan Desrosiers, Administrator of Education Services Dawn Lazaroff and Individual and Family Advocate for The Arc Connecticut Shannon Jacovino were also featured on the WINY Talk Show with Paul Coutu on April 1st. The three spoke about state funding cuts and the importance of parent and family involvement in efforts to protect services for individuals with intellectual, developmental and other life-affecting disabilities.

Board Members and Agency leadership held a day-long retreat to create a new Strategic Plan, which includes vision and goals for the coming years.

The Arc also launched our Building Health for Life Program in March. The program will promote healthier eating, an increase in exercise and encouragement toward an overall healthier lifestyle. Program components include growing gardens at agency locations and participating in clean-ups in Putnam, Killingly and at Frito-Lay in the Spring. Other program features will include a healthy newsletter and a healthy recipe exchange.



The Arc’s display at the Windham Chamber’s 2013 Home & Business Expo.

The Arc attended the Windham Chamber’s 2013 Home & Business Expo and held an open house at The Arc’s Chaplin Day Program Center and Emporium II.

The Arc also hosted an After the Cap & Gown Transition Presentation for parents of children with intellectual or developmental disabilities ages 15-21 on the transition from school to the world of adult services. The free program was designed and presented by a parent and was part of a series of statewide presentations.



From left, Susan Desrosiers, Paul Coutu, Dawn Lazaroff and Shannon Jacovino at their WINY Radio appearance April 1st.

The new Strategic Plan was worked on by 30 Board Members and staff during a day-long retreat.



SELF ADVOCACY CORNER



The Arc Quinebaug Valley Self Advocate Coordinator Jamie Lazaroff writes each issue on his latest advocacy efforts.

In January I attended a rally at the State Capitol to protect the budget cut to DDS services. There were about a thousand people representing the not-for-profit private providers like The Arc Quinebaug Valley. To look out from the capitol steps and see my fellow advocates with signs, banners and T-shirts reading “Save our Services” was very inspiring.

Governor Malloy gave a speech at the rally and said that he is

setting up a fund for the not-for-profit organizations to keep up with various building improvements such as roofing, electrical or plumbing. This is a good first step but more needs to be done with providing important human services. As one of the legislators who also spoke at the rally said, “People with disabilities only want a hand up not a hand out.” The positive support from everyone at the capitol was very encouraging.

In the afternoon I was fortunate and honored to have a meeting with our State Representative Mae Flexer to discuss the DDS budget cuts. Incidentally, Representative Flexer is the co-chair of the budget writing appropriations committee. This was a very promising meeting as Rep. Flexer has been to The Arc Quinebaug Valley for a tour and ribbon cutting ceremony for our new elevator at Cook Hill. Since that meeting I feel our interests are well represented in Hartford. On February 7th I testified at the Capitol on the DDS budget cuts and as of this writing the budget has not been approved.



Self-Advocate Group Members from left: Fred Decoster, Jamie Lazaroff, Nicki Rizner, Robyn Webster, Detective Donna Brown, Abby Snyder, Officer Mike Termini and canine officer Aron, Pauline Caye, Robert Brunelle, Laura Leroux and Laura Brelsford.

The Arc’s Self-Advocate group was treated to a visit from the Putnam Police Department at their meeting on March 27th. Officer Mike Termini and Detective Donna Brown accompanied by canine officer Aron shared some ideas to help individuals stay safe in their community. They also shared the process of acquiring a police dog and how the dog is used in the prevention of and solving of crimes. Using their well-tuned sense of smell, dogs are trained to locate missing people, drugs, and evidence used to solve a crime. Our Putnam department has two dogs that help keep the officers safe, as well as provide community public relations. We are most grateful to Chief Ricky Hayes as well for allowing his officers to present at our meeting.



THE KIDS ON THE BLOCK



The Kids on the Block Puppeteers, from left: Nikki Hammon, Dante Lamusta, Emily Groves and Mallory Murray. The Puppets, from left: Ellen Jane Peterson, Mark Reilly, Brenda Dubrowski and Melody James.

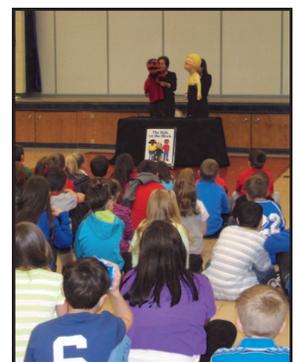
The Arc Quinebaug Valley delivered its first “Kids on the Block” performance April 23rd at Hampton Elementary School.

“The Kids on the Block,” are a well-known troupe of puppets. They are children who are disabled and non-disabled and designed to teach what it is like to have a disability.

The Hampton Elementary School performance was before all of the school’s first through fifth grade students. Students asked thoughtful and empathetic questions and were engaged throughout the performance.

Help The Arc spread the message of inclusion to other schools and public settings such as summer camps! Program topics The Arc will educate local students on include: inclusion, intellectual disability, cerebral palsy and blindness.

For more information, contact Linda Lamoureux at (860) 774-2827.



Renaldo Rodriguez and Brenda Dubrowski during their conversation before the students at Hampton Elementary School.

Achieve with us.

THE 26TH ANNUAL GARDNER JOHNSON MEMORIAL GOLF TOURNAMENT



The Arc Quinebaug Valley's 26th Annual Gardner Johnson Memorial Golf Tournament will be held on

Friday, July 12, 2013 at Foster Country Club in Foster, Rhode Island.

Registration begins at 8 a.m. and there will be a shotgun start at 9 a.m.

Continental breakfast served during registration. Hot dogs on the turn.
Steak supper after the game!



Win a car!

The tournament offers prizes for the top finishing teams, as well as other contests throughout the play—closest to the pin, betting hole and skins. Sink a hole in one on a designated hole and win a new car! More chances to win some great prizes during the tournament's raffle.

We have a variety of sponsorship levels to suit any business need. Participation in the tournament ensures presence in The Arc's extensive advertising campaign prior to and at the tournament.

The Golf Tournament is a major fundraiser for The Arc and is well known in the community. Proceeds directly benefit The Arc programs.

The player registration deadline is June 21st. Cost is \$500 per foursome or \$125 per person.

Please call Sandi Riemann at (860) 774-2827 for more information!

GIVING APPEAL

Ron and Donna Coderre of Putnam return as the General Chairpersons for The Arc Quinebaug Valley 2013-2014 Giving Appeal. Last year the couple led the campaign for the first time and was moved by the generosity of the community in its support of The Arc and its programs.

Joining Ron and Donna Coderre will be a group of community volunteers on the Giving Appeal Committee:

Warren Scholl, President/CEO CorePlus Federal Credit Union; **Meg Popiak**, and **Liz Zachow**, CorePlus; **Ronald Robinson**, Retired, Rogers Corporation; **Joshua Peach**, **Honora Butts**, and **Lorraine LaGarde**, Board Members; and **Misty Bennett**, Staff Giving Chairperson.



This year's Giving Appeal is in memory of Terry Chambers and in honor of all our families whose lives have been challenged and enriched by the birth of their children with disabilities. It is also in honor of this community that has embraced these families and the mission of The Arc.

You can help us reach our goal of \$20,000 by partnering with The Arc. Your investment will directly provide critical services and resources. The Arc maintains a high degree of excellence in the delivery of these services but we need your help. Make a difference in someone's life by joining with us in "Strengthening Families and Community." Take the next step, a gift of any size is meaningful and is tax deductible to the fullest extent of the law.

THE ARC AND RELAY FOR LIFE



For the first time, The Arc Quinebaug Valley will be entering a team to the Northeastern Connecticut Relay for Life. The Relay will be held from 11 a.m. Saturday May 18th to 11 a.m. Sunday May 19th at the Woodstock Fairgrounds.

YOU can help The Arc support the American Cancer Society!

We would like to assemble three raffle baskets, with all of the proceeds going to the Relay. We will place the baskets at Cook Hill, Chaplin and at The Emporium. Raffle tickets will be sold in advance of the Relay and at the event.

Would you consider making a donation toward our baskets? We would like to assemble a:

- ◆ **Wine and Spirits Basket** 
- ◆ **Spaghetti/Italian Dinner Basket** 
- ◆ **Coffee, Tea and Chocolate Basket** 

For more information or to make a donation, please contact Sandi Riemann or Emily Groves at (860) 774-2827.

To join our team, the registration fee is \$10. Everyone is welcome! Contact Sandi or Emily.

THE 16TH ANNUAL ARC RUBBER DUCKIE RACE



Tickets to “adopt” a duck are \$5 and will be sold at many locations in Northeastern Connecticut in June and July. You can also call The Arc for tickets! Tickets will also be sold on Race Day in downtown Putnam.

The 16th Annual Arc Rubber Duckie Race will be held in conjunction with **The Putnam Car Show** on **Sunday, August 11, 2013.** Race time is 1:30 p.m. in Rotary Park, Kennedy Drive, Putnam. Check out our website in May for the list of **50 Great Prizes** the race will offer this year. www.qvarc.org

On Race Day, crowds of 5,000 to 10,000 people are expected in downtown Putnam. Participation in The Arc’s Rubber Duckie Race offers a strong advertising opportunity.

Volunteer and sponsorship opportunities available!

For more information on how YOU can be a part of this community event, call Emily Groves at (860) 774-2827.

Come join The Town of Putnam and The Arc Quinebaug Valley for a day of fun and entertainment!

- * The Car Show
- * Children’s Games
- * Face Painting
- * Duck Walk Races
- * Music
- * Snow Cones
- * Duck Pond Fishing
- * Moon Bounce
- * T-shirts and souvenirs
- * Obstacle course



IN THE COMMUNITY

Bousquet’s Appliance & TV Annual Ice Fishing Derby raises \$5,300 for The Arc!

The Bousquet’s Appliance & TV Annual Ice Fishing Derby was a great success this year and raised funds for The Arc’s next capital project, an accessible bathroom and shower and training kitchen on the second floor of the Cook Hill Road Education Center. More than 100 fishermen attended the derby. Jeff Bousquet (right) presented a check to Executive Director Susan Desrosiers for \$5,300 raised at the derby during an appearance on WINY Radio. “The Arc is extremely grateful to Jeff Bousquet and the entire team at Bousquet’s Appliance for their generosity. This community has made it possible to provide supports that reflect dignity, respect and choice for individuals with disabilities now and in the years to come,” said Susan Desrosiers.



Thank you to Killingly Intermediate School’s Special Education Department for their \$145 donation in memory of Terry Chambers. Photographed are KIS paraprofessional Sandy Schaefer, Terence Chambers and Administrator of Education Services Dawn Lazaroff.



Achieve with us.



Joan St. Ament presented Executive Director Susan Desrosiers with a check for \$275 from the Savings Institute Caring and Giving Program in March. Each quarter, employees of the Savings Institute Bank & Trust donate funds to local organizations. Thank you for choosing The Arc!



The Danielson Elks Club #1706 presented a check in the amount of \$2,000 to Linda Lamoureux, Administrator of Development, at their Installation of Officers on March 23, 2013. Our thanks to Carmel Osterlund who served on the Capital Campaign Committee for The Arc and initiated the request to the Elks Club for a donation. Many thanks also to Edward Gumula, Jr. who wrote the grant to the Elks Foundation on The Arc’s behalf. The funds from this most generous gift will be used to complete renovations at the Cook Hill Road Education Center for the accessible bathroom and training kitchen. The Danielson Elks Club is well known for their support of many community projects and we are most grateful to them for their donation. It will make a difference in the lives of children and adults with disabilities.



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.

Save the Dates!

May 10, 2013: Annual Membership Meeting and Awards Night Celebration, Wrights Mill, Canterbury.

May 18-19, 2013: Northeastern Connecticut Relay for Life, Woodstock Fairgrounds

July 12, 2013: Gardner Johnson Memorial Golf Tournament, Foster Country Club, Foster, R.I.

August 11, 2013: The Arc Rubber Duckie Race, Downtown Putnam.

Real People,
Real Progress

empower

www.qvarc.org

For people with intellectual
and developmental disabilities
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