



The Arctarian

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Newsletter of The Arc Quinebaug Valley

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A Message from our Board President:



Board President Jeffrey A. Rawson

Strategic planning is a process that any prudent and responsible business or organization undertakes from time to time to help define or redefine its strategy and provide direction for the future. On March 16, 2013, The Arc Quinebaug Valley held a strategic planning session for its administration and board of directors during which the agency reassessed its mission, defined its vision, reinforced its values, and developed a strategic plan for implementation of its vision pursuant to its mission.

More specifically, five committees were created, each with its own specific objective. The following are those Strategic Committees and objectives:

Education: Diversify educational offerings, create a training center and library, and provide inclusive social opportunities.

Residential: Increase agency living options including a new Community Living Arrangement.

Wellness: Initiate a health and wellness program for everyone in the agency.

Technology: Improve efficiency and productivity through enhanced technology in all areas.

Employment: Create a for-profit inclusive business which will afford many new opportunities for the individuals we support.

With lofty yet obtainable objectives in place, the board of directors voted to make the

committees official ad hoc committees of the board for FY2013-2014, cautiously optimistic that each would receive the diligent and conscientious efforts of its volunteer membership including our directors, administrators and staff. Less than a year removed from the strategic planning session, cautious optimism has been transformed into excitement, eagerness, and pride!

We are happy to report that each of the committees meets with regularity and the list of initiatives and accomplishments continues to grow exponentially. The committee on education is in the midst of planning its library/training center in a space already designated for that purpose at our Cook Hill Road facility. A user friendly cataloguing system, computers and other technology, and an abundance of resources will be at the disposal of our participants. The committee on residential has executed a lease agreement on a property that will soon become home to 4-5 of our participants under a new Community Living Arrangement (CLA), while the committee on technology has been resolved to inventorying the current hardware and software used by The Arc and will develop a cyclical replacement plan and provide oversight of the implementation of state-of-the-art equipment for staff and participants alike. The committee on wellness initiated an agency-wide health survey from which a detailed and comprehensive wellness program will be

developed. New programs such as "Health Matters" and "Walking for Wellness" have been designed and implemented and are steadily gaining in popularity. And, finally, the committee on employment has adopted a local existing business on a 3-month exploratory basis and is analyzing the long-term viability of acquiring the business. During the trial period, 100% of those participants supported by the agency who wish to be employed have realized that desire. Please stay tuned for updates as we continue to make strategy a reality at The Arc Quinebaug Valley.

At The Arc Quinebaug Valley we stand behind our mission wholeheartedly and those of us who have the opportunity to travel The Arc's "ROAD", a road paved with **R**espect, **O**ppportunity, **A**dvocacy, and **D**edication, not only make a difference in people's lives, we make a difference in our own lives. Please consider volunteering your time with The Arc Quinebaug Valley today by calling 860-774-2827.

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THE KIDS ON THE BLOCK ANTI-BULLYING PROGRAM

The Arc's Educational Puppet Program, The Kids on the Block, is growing! We are excited to debut our new Bullies and School Safety Program.

The Kids on the Block Program on Bullies and School Safety has been developed to educate children about these worldwide issues, to promote sensitivity toward peers, to provide specific strategies to make schools a safer place and to help children avoid or cope with bad situations. The program is designed for students in the third through sixth grades.

This program was made possible through a grant from the Putnam Elks Club — Thank You!

We are now scheduling performances at schools, groups and organizations. Help The Arc spread the message of inclusion! For more information, contact Linda Lamoureux at 860-774-2827 or llamoureux@qvarc.org.



The Kids on the Block puppets!

1952 SOCIETY

The Arc Quinebaug Valley is pleased to announce the creation of the 1952 Society to honor donors who have donated at least \$1,952 to The Arc since January 2012.

The Arc Quinebaug Valley was founded in 1952 by parents seeking supports and a better life for their children with intellectual, developmental and other life-affecting disabilities.

“For more than 60 years The Arc Quinebaug Valley has continued to grow thanks to community support,” said Executive Director Susan Desrosiers. “The 1952 Society will recognize those people whose exceptional generosity has made many of our endeavors possible.”

The Arc chose a start date of January 2012 for 1952 Society membership qualifications to coincide with the start of their 2012 Capital Campaign. The campaign raised more than \$300,000, exceeding its \$250,000 goal, and installed an elevator in The Arc's Cook Hill Road Office, Education and Training Center in Danielson.

The Arc will induct its first set of members to the 1952 Society at its annual Membership Meeting in October 2014. The Arc estimates 20 members will be inducted in the first year.

“The Arc is the largest national grassroots organization advocating for the rights of people with intellectual and developmental disabilities,” said Lynn Bourque, member of The Arc's Board of Directors and Chairman of the Membership Committee. “The people who support the agency are the heart of everything we do: they support our programs, they give us a voice with policymakers at the local, state and national level, and so much more. The 1952 Society is a new way to recognize and thank our most dedicated supporters for their commitment to individuals with disabilities in our community.”

Members will be honored with a short ceremony and a pin. The Arc plans to hold inductions for new members each year at its October Membership Meeting. The society is modeled after a group by the same name at The Arc New London County.

ANNUAL MEMBERSHIP MEETING AND AWARDS NIGHT

Each year in May, The Arc Quinebaug Valley celebrates its accomplishments with an evening of appreciation at our **Annual Membership Meeting and Awards Night at Wright's Mill Farm in Canterbury**. Attendance has exceeded 225 people in the past few years, including community supporters, friends, parents, staff and participants in The Arc's community-based programs for individuals with intellectual, developmental or other life-affecting disabilities.

The Arc is proud to offer a night dedicated to thanking community partners and sponsors, as well as congratulating individuals who have achieved or exceeded their goals in the previous year.

Budget cuts at the state level have dramatically impacted The Arc in the last several years. The Arc faces difficult decisions every day while trying to improve our programs and services for individuals with disabilities with fewer dollars from our state contracts.

For the first time, The Arc is seeking community support to host our Annual Membership Meeting and Awards Night.

We are seeking community partners to provide a night of celebrating the achievement of goals and dreams and the dedicated staff, volunteers and supporters who help make that achievement possible.

The event offers a significant advertising opportunity for local companies. In addition to presence at the event, sponsorship will also include you in The Arc's publicity. Last year's event generated prominently placed news articles in The Bulletin and all issues of The Villager newspapers as well as The Villager's 2013 Year in Review. Different sponsorship levels are available. For more information, please call the Development Office at 860-774-2827.

IN THE COMMUNITY



Donny the Duck tied on his warlock Halloween costume for downtown Putnam's Trick or Treat night on October 25th. Donny had help from The Arc Emporium staff and handed out candy to hundreds of children.

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The Arc hosted a Dining for a Cause event at the 99 Restaurant in Killingly Commons on Sunday December 15th.

During the event, 15% of food and drink bills by patrons who presented a coupon was donated to The Arc. The Arc also held a raffle. Thank you

Donny the Duck and his Helper Elf once again starred in Putnam's Holiday Dazzle Light Parade on Sunday December 1st.

Thanks to Rawson Materials for donating the use of their payloader and Peter and Kelly Newth for driving Donny's chariot!



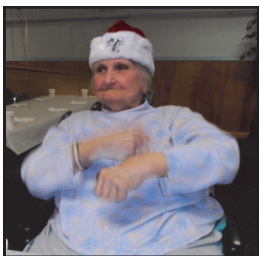
Thank you to students from The Rectory School who donated time on January 20th to volunteer at The Arc: Faculty Leader Scott Green and students Luke L., Chris L., Daniel L. and Seiya N. They were a great help in clearing out and re-organizing our basement at Cook Hill!

to everyone who came out and helped us raise \$628 for the installation of an accessible bathroom and training kitchen in our Cook Hill Road Center!

Caption below: The ladies of River Street came out to support The Arc at Dining for a Cause! Thanks to Kim Malone, Gloria Beaudet, Amy Grant, Anne Brown and Michelle Pepin.



HOLIDAY PARTY

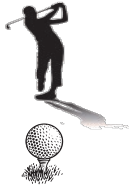


A few scenes from the agency Holiday Party December 13th at St. Mary's Church in Putnam. Captions from Top Left: Everyone was up and dancing to the tunes of DJ Al Berger! Lois Mayer brought some cheer and great dance moves! Warren Robbins and Paul Perry led the party train. The Education Services group of Alyssa Ritchie, Erika Salvas, Erin Lambert, Connor Gerlach, Terrence Chambers, Harrison Schroder and Matt Lefebvre posed for a picture. Nickie Rizner and Erika were dressed for the holidays. Paul Perry and Vicky Billington were excited to see Santa! (Special thanks to David Barton for bringing the Jolly Old Elf to the party!) What rivalry?

Jamie Lazaroff and Sandi Riemann put aside their baseball differences for the holidays!



DEVELOPMENT CORNER



The Arc Quinebaug Valley's 27th Annual Gardner Johnson Memorial Golf Tournament will be held on

Friday, July 11, 2014 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.

Hot dogs on the turn. Steak supper after the game!

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.

Win a car!



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. In 2013, The Golf Tournament raised more than \$42,000 for The Arc.

The player registration deadline is June 20th. Cost is \$500 per foursome or \$125 per person.

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



The 16th Annual Arc Rubber Duckie Race

will be held in conjunction with **The Putnam Car Show** on

Sunday, August 10, 2014.

Race time is 1:30 p.m. in Rotary Park, Kennedy Drive, Putnam.

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.

Donations of gift certificates, tickets, baskets and more toward one of our 50 prize packages are greatly appreciated! Sponsorship opportunities are also available!

For more information on how YOU can be a part of this community event and included in our extensive advertising campaign, call Emily Groves at (860) 774-2827.

We will also have many volunteer opportunities before the event and on race day.



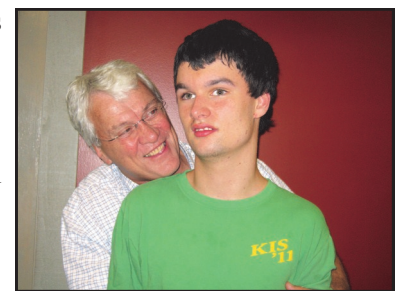
The Arc's Giving Appeal, "**Strengthening Families and Community**," is underway! Help us reach our goal of \$20,000 to maintain and improve our programs.

Thanks to community support, we are living our mission by creating new and valued vocational opportunities and are moving forward in acquiring a new residential home which will provide a safe and nurturing environment. We continue to provide quality education and supports to individuals and their families throughout Northeastern Connecticut.



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.

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.



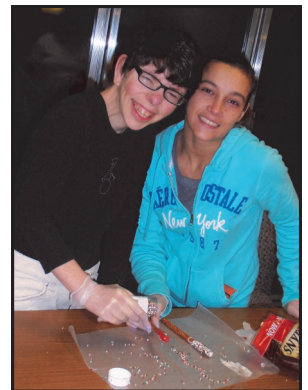
Terry Chambers and his son, Terence.

CRAFT CLASSES and HEALTH MATTERS

The Arc hosted Holiday Craft classes over three weeks in November and December. The 10 students learned tips and tricks to make several crafts and edible treats. The class made wreaths and baskets, made and decorated ornaments and baked and decorated some tasty treats.

The craft classes followed a four-week series of cooking classes which taught healthy recipes and basic cooking and food safety skills. The Arc plans to continue the learning series of cooking and craft classes offered in addition to our programs in 2014.

Photo captions from top right: Gloria Beaudet shows off her festive creations. Pauline Caye created some pretty (and tasty!) chocolate covered pretzels. Ann Tetreault demonstrates a cookie rolling technique as Abby Snyder, Crystal Goddette and Heather Motyl looked on.



The Arc Quinebaug Valley has embarked on a 12-week wellness initiative: Health Matters! The weekly 90-minute sessions are a mix of health education and "good for you" fun. The first class was held January 7th and the classes will continue each Tuesday into March.

We have 13 people who have joined the group. Health Matters is led by Director of Education Mallory Murray, who trained last year in The Arc of the United States health initiative Health Meet.

The Arc Quinebaug Valley is excited to be a participating chapter in this training initiative of The Arc of the United States. As a participating chapter, The Arc Quinebaug Valley will also be included in an upcoming article on The Arc's Health Meet in Exceptional Parent Magazine.

Photo captions from top left: Part of The Health Matters group! Abby Snyder, Sonja Packlaian, Laura Leroux, Megan O'Rourke, Jamie Lazaroff, Anne Brown, Bobby Brunelle and Amy Grant. Mallory Murray checks Bobby's blood pressure.

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SELF ADVOCACY CORNER

The Arc Quinebaug Valley Self Advocate Coordinator Jamie Lazaroff writes each article about his latest activities.

The department of one has been working with The Arc Connecticut to study transportation issues affecting people with disabilities and senior citizens around the state. We held 13 forums statewide through November to talk to transportation providers, legislators and community members that use public transportation on how to make the system better.

The feedback and consensus has been that the public transportation system in Connecticut is very diverse from one locality to another. Our goal of the focus groups was to identify "next steps" for the creation of a Mobility Manager system. This system will be easily accessible by people with disabilities and

older adults and will result in a more inclusive transportation system for all. This will include a call center where you could get the most economical and direct point to point public transportation information available in your area. We will also be reporting our findings to the Commissioner of Transportation and the Connecticut Public Transportation Commission. We are hopeful that the next round of funding will help us with the implementation of our suggestions.

I continue to facilitate our Youth Self-Advocacy Group in collaboration with the Education Department at Cook Hill; we meet the 2nd and 4th Wednesday of each month. Also, this March will mark the 3rd year anniversary of our adult Self-Advocacy Group which meets the 4th Wednesday of each month at The Arc's Mechanic Street location.



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 Dates!

May 9, 2014: Annual Membership Meeting and Awards Night, Wrights Mill Farm, Canterbury

July 11, 2014: Gardner Johnson Memorial Golf Tournament, Foster Country Club, Foster, RI

August 10, 2014: The Arc Rubber Duckie Race, Rotary Park, Putnam

Real Progress

Real People,

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For people with intellectual
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