



# The Arctarian

*Achieve with us.*

*Newsletter of The Arc Quinebaug Valley*

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**A Message from our Board President:**

**“Hi, How are you?”**

We hear that quite often. Have you ever noticed how many times someone might say, “Hi, How are you?” ... But never stop to really listen to the answer. I happen to think it is important to stop and listen to the answer, OR don't ask if you don't want to know.

In the natural course of managing, directing, shepherding and just basically pointing at a great organization like The Arc Quinebaug Valley it becomes necessary to ask “How are you?” And, it is critically important to listen to the answers. This is what will allow us to continue to grow and keep focused on our mission.

I was reminded recently about our Core Values and thought it appropriate to share them with you, both as a reminder and a challenge. The reminder is to be that light touch on the shoulder that says, “psst, this is what we are about.” The challenge is to not only hear the “psst,” but to act on it and to act on it at every possible moment.

We use the acronym **R.O.A.D** to describe our Core Values:

- R**ESPECT
- O**PPORTUNITY
- A**DVOCACY
- D**EDICATION

This is me asking each and every member of our organization: Staff, Administration, Directors, Participants, Board Members, Vendors and Partners, to find these Core Values in all your interactions.

**Respect** is sending love and not judging all the time, not just when it is easy or convenient or popular.

**Opportunity** isn't only big numbers like capital campaigns and employment engagements with large companies.



Opportunity is taking the time to listen when you ask, “how are you,” and giving that person an opportunity to be heard. Opportunity is being sure a colleague knows how much you appreciate their commitment.

**Advocacy** is never settling for something that is not ALL THE WAY right. We are in the business of speaking our mind and finding ways through work, play and education for each person we support to experience personal growth, dignity, respect, choice and the greatest possible independence.



**Gene Michael Deary**  
Board President

**Dedication.** Well, dedication is our most valuable asset at The Arc Quinebaug Valley. It is on display at every turn and I believe it is the single component that will ensure our success in the difficult 18 to 24 months of fiscal challenges ahead of us.

I am comforted by the fact that we are blessed with a staff of dedicated professionals who are eager to understand our mission and play their part in it. That staff is supported by managers, supervisors and administrators that are focused on the biggest picture, of working in the direction of our mission statement, and that awesome management team is supported by an executive director, whose singular focus of delivering the best possible care is constantly checked against our strategic plan.

So, “How Are You?” and I'll just wait to hear what you have to say.

**GET INVOLVED**



## Facing the Governor's Budget Cuts

In November 2012, the Office of Policy & Management and the Legislative Office of Fiscal Analysis both projected a budget deficit in the current fiscal year of \$365 million.

On November 28th, Governor Malloy announced budget rescissions (automatic cuts) for the current fiscal year within his unilateral statutory authority in the amount of \$170 million. The rescissions will not carry over into the new fiscal year beginning July 1, 2013 unless the Legislature were to incorporate them into the Biennial Budget when it completes its business in early June, 2013.

On December 7th, the Governor announced his "Roadmap to a Deficit Mitigation Plan" to address the remaining \$240 million deficit. The Legislature approved that plan on December 19th - with some modifications to the Governor's initial plan, totaling an additional \$210,540,125 from the General Fund and \$7,414,380 from the Special Transportation Fund.

Advocacy efforts, including calls to the Governor by The Arc and other Connecticut nonprofits, resulted in fewer cuts to the Department of Developmental Services, Department of Public Health and Department of Children & Families budgets.

Unfortunately, nonprofits did not escape. There are important cuts exacted from community health services, re-entry services to ex-offenders, autism services, arts & culture organizations, after school programs, job training programs, mental health housing supports, jail diversion and others. *(Source: Connecticut Association of Nonprofits)*

The Arc Quinebaug Valley is making every effort to try to minimize the negative impact these cuts will have on our programs and those we support. We are, once again, being made to do more with less – which is always a challenge. While we have never backed down from a challenge this funding setback is very stressful. Our participants, our families and our staff deserve the best supports we can give them. As a community, together we will.

### ANNUAL APPEAL

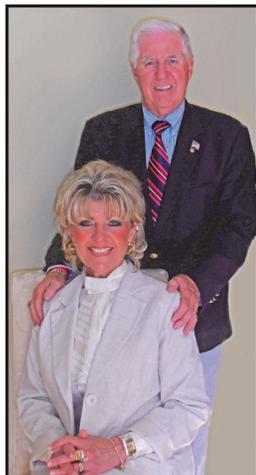
The Arc Quinebaug Valley has launched its 2012-2013 Annual Giving Appeal: "Improving Lives Through Service, Learning and Community – A LIFELINE of Hope For Individuals and Families with Life-Affecting Disabilities."

Ron and Donna Coderre of Putnam are leading the campaign as General Chairpersons.

The Annual Appeal will allow The Arc to maintain and improve its many programs, including education, employment, day, residential, retirement and self advocacy services. The Arc has been dedicated for more than 60 years to providing programs for people of all ages and disabilities in northeastern Connecticut.

Over the years, The Arc has celebrated the success of numerous individuals, who are either gainfully employed, providing self-advocacy, receiving mentoring in life skills, or simply enjoying retirement. It is through the support of the community that The Arc is able to continue these vital programs and services.

The campaign goal is \$20,000. For more information, contact Linda Lamoureux at (860) 774-2827.



### SAVE THE DATE: 2013 EVENTS



The 26th Annual Gardner Johnson Memorial Golf Tournament will be held on July 12, 2013 at Foster Country Club in Foster, R.I.

The Golf Tournament Committee will begin meeting in January.

Interested in having a role in planning this year's tournament? Please contact Sandi Riemann at (860) 774-2827.



We're readying our ducks for 2013!

The 16th Annual Arc Rubber Duckie Race will be held on Sunday, August 11, 2013 in Rotary Park in downtown Putnam.

Check out future newsletters and our website, [www.qvarc.org](http://www.qvarc.org), for information on the great prizes the ducks will be racing for this year!

## THE KIDS ON THE BLOCK

While working to enhance the “Inclusion Model” in schools, The Arc Quinebaug Valley feels a responsibility to reach out to our local school systems to help students understand and appreciate disabilities.

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

“The purpose of The Kids on the Block is to provide an educational puppet program which enlightens all children about disability awareness, medical/educational differences and social concerns. By extensively researching and developing relevant and timely topics, KOB addresses a wide range of issues that affect today’s children. KOB has a strong commitment to supplying communities around the world with programs that address children’s questions, concerns and needs. The type of education KOB programs provide will create positive attitudinal and behavioral change for present and future generations.” (The Kids on the Block, Inc.)

The Arc has trained four puppeteers in The Kids on the Block program and will train more in 2013. The Arc has begun reaching out to schools to bring this educational program to local elementary school students.

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.



A few of The Kids on the Block. From left: Ellen Jane Peterson, Renaldo Rodriguez, Mark Reilly, Brenda Dubrowski and Melody James.

## BOUSQUET’S APPLIANCE & TV ANNUAL ICE FISHING DERBY



The derby will be held at Valley Springs Sportsman’s Club, seen here. Photographs courtesy of Valley Springs.



The 2013 Bousquet’s Appliance & TV Annual Fishing Derby will benefit The Arc Quinebaug Valley!

The funds raised from the Derby will help The Arc achieve a capital goal of renovating space in the Education Center to include a fully handicapped accessible bathroom and training kitchen facility.

With the successful addition of an elevator at the Cook Hill Rd. location this past year all individuals served by The Arc will be able to access the training area and sensory room located on the second floor. Many students and participants have mobility and health issues which previously prevented them from accessing this space. The new space will include a wheelchair accessible shower and facilities. The training kitchen will offer space for students to learn cooking, cleaning and social skills.

All these skills are necessary to achieve independence.

***Achieve with us.***

**When: Sunday, February 17, 2013**

**Valley Springs Sportsman’s Club, 65 Valley Road, Thompson, CT**

**Time: 8:00 a.m. – 1:00 p.m.**

**Prizes: Catch tagged trout for cash and other great prizes!**

**Entry Fee: \$50**

**For more information or to register, contact Jeff Bousquet at (860) 774-5821**

HAPPY HOLIDAYS!



The Arc honored our five faithful volunteers with a Volunteer Tea in December. From left they are, Patty Burke, Rita Durand, Vic Marquis, Joan Fox and Elizabeth Geary (standing is Administrative Assistant Sandi Riemann).

Liz and Patty help the Development and Human Resources departments each Tuesday. Vic has been a huge help to the Development office with computer tasks. Rita and Joan are always willing to help compile our many large mailings.

We are so grateful to have such hardworking people willing to give their time and talents to our organization!

The Arc held its annual Holiday Party on December 14th. Thank you to St. Mary Church for the use of their hall for the celebration, and to Al Berger for his DJ Services!

Right, Sharon Musial and Kathleen and Colleen Lawless and many others had a great time dancing!

Bottom left, the Education Department sure knows how to do holidays right! From left are Dawn Lazaroff, Connor Gerlach, Erin Lambert, Jenny Lynn Baron, Joe Carbone and Mallory Murray.

Bottom center, Jessica Rucki and Gloria Beaudet were grooving to the festive music!

Bottom right, Donald Tavernier and David Matteau enjoyed a visit from Santa! (Special thanks to Albert Mailloux for wearing the red suit!)



**THANK YOU!!**





A BIG Thank You from everyone at The Arc to the anonymous donor who donated more than 100 Beanie Babies and several bags of cookies to our programs. We truly appreciate the holiday cheer this generous person brought to our agency!



IN THE COMMUNITY



The Arc Emporium participated in the downtown Putnam Trick or Treat on October 26th.



Donny the Duck and his helper elf rolled through Putnam as part of the Holiday Dazzle Light Parade on November 25th. Thank you to Jeff Rawson and Rawson Materials, who once again donated use of a payloader, and to the volunteers who helped cover it with lights!



The Arc Board Treasurer Joshua Peach and a Halloween Donny the Duck.



HAPPY BIRTHDAY TO NORMA AND THE ARC EMPORIUM!



The Arc Emporium celebrated its 4th birthday on November 20th. The birthday celebrations included refreshment and in-store specials. Below, employees Nicki Rizner and Shirley Berry were on hand to celebrate. Be sure to check out our stores in Putnam (160 Main Street) and Chaplin (174 Willimantic Road, Route 6)!



Happy 92nd birthday to Norma Cassettari! More than 60 years ago, Norma and other parents from our area banded together to fight for the human rights of their children who had developmental disabilities. Together they forged the path for equal education and all of the programs The Arc offers today. Their courage and determination is what has made our agency what it is today.



Her birthday was December 22nd, but you can still send her a card and we will pass it on: The Arc Quinebaug Valley, 687 Cook Hill Road, Danielson, 06239.

## THE ARC AND RELAY FOR LIFE



**The Arc Quinebaug Valley is excited to announce we will be Rallying for Relay at The Relay for Life of Northeastern Connecticut!**

This is the first year The Arc has formed a team for the annual, all-night fundraiser for The American Cancer Society. The Relay event will be held from 11 a.m. Saturday May 18th to 11 a.m. Sunday May 19th at the Woodstock Fairgrounds.

If you are interested in joining our team or would like more information, please contact Sandi Riemann at (860) 774-2827. Registration fee is \$10 per person. We are excited about this opportunity to give back to our community! We will have a table set up with materials about The Arc at the Relay.

## THE ARC APPAREL



The Arc has partnered with Danielson Surplus to offer short-sleeved and long-sleeved polo shirts and hooded sweatshirts embroidered with The Arc logo.



Colors available are black and cranberry and sizes available are S-6XL in men's and S-4XL in ladies.

Short-sleeved polo: \$16.22 (S-XL) \$18.08 (XXL) \$19.14 (3X)

Long-sleeved polo: \$20.27 (S-XL) \$23.34 (XXL) \$24.46 (3X)

Sweatshirts: \$17.28 (S-XL) \$21.54 (XXL and above)

Prices include 6.35% CT Sales Tax.

To place an order, contact Emily Groves at 860-774-2827. Cash or check payable to The Arc Quinebaug Valley accepted.

## THE ARC JOB FAIR

The Arc Quinebaug Valley hosted a job fair on December 13th at our Cook Hill Road Office, Education and Training Center.



In the photograph above, A few applicants hand in their applications to Human Resources Assistant Sarah Adams (left) and Director of Group Supported Employment Patrick Kuhn (center.)

## DONATE YOUR CAR

### What is The Arc's Vehicle Donation Program?

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.



### How to donate?

The Arc's Vehicle Donation Program accepts ALL cars, trucks, motorcycles and RV's, regardless of the condition of the vehicle. Towing is FREE to the donor. Car must have a valid title to donate.

To donate, call 1-877-Arc-Car0 (1-877-272-2270) or visit [www.qvarc.org](http://www.qvarc.org) to fill out the online form.

Once the donation is accepted, the vehicle will be assigned to a local auction company and a local towing company will arrange pick up of the vehicle. Normally, vehicles are picked up within one to two business days.

The Arc partners with Melwood Charity Car Donation Center, a non-profit agency, to manage the Vehicle Donation program. Since 1963, Melwood has provided job training and employment for more than 2,000 individuals with disabilities.

## LEGISLATIVE BREAKFAST

The Arc Quinebaug Valley, together with United Services and the Northeastern Connecticut Members of the Connecticut Community Providers Association hosted a Legislative Breakfast for the Northeastern Connecticut General Assembly Delegation. The breakfast was held December 19th in the Johnson Community Room of the J. Eugene Smith Library at Eastern Connecticut State University.

Delegates from The Arc’s Self Advocate Group, Education Services Department, Administration and Board of Directors all attended the Breakfast to alert legislators of the importance of The Arc in the region.



Below, Self Advocate coordinator Jamie Lazaroff speaks about needs he sees in his work across the state.



(left) Administrator of Education Services Dawn Lazaroff and student Joe Carbone address the delegation. (right) The Arc Board of Directors Secretary Mary Ellen Snyder and her daughter Abby, an employee of The Arc, speak out.



## SELF ADVOCACY CORNER

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

One of the most important aspects of our society is the right to vote. People with disabilities also have that right and legislators listen to their constituents that vote. We, as a group of like-minded individuals, need to use this power. Helping people to register and get out to vote has been my goal since May 2012.

Earlier this year, I created a power point voter information presentation for the state-wide People First of Connecticut conference in June and presented this information at our Self-Advocacy group in September and October. We got a couple of self-advocates to register for the first time and a few actually went to the polls on November 6<sup>th</sup>. My hope was to raise awareness of the voting process and I feel we accomplished that with engaging conversation. I was moved by the interest of the self-advocates and their participation in this process.

On the state level, we have been working on the public transportation issue. The Arc Self Advocacy Advisory Panel is planning a “ride the bus” campaign for the spring of 2013. Our goal is to highlight the issue of spotty public transportation options in suburban and rural Connecticut.

We are also trying to get the 20 plus different transportation companies on the same page with one centralized, state-wide call-in information center. People with disabilities have the need and capacity to work but without reliable and economical transportation options, opportunities are limited.

**The Self Advocate Group meetings are the 4<sup>th</sup> Wednesday of every month at The Arc’s offices at 193 Mechanic Street, Danielson, CT from 6 p.m. to 7:30 p.m. This group is a mix of learning and social opportunities to see your friends and make new ones. Please come join the fun. We also provide light refreshments.**



Members of the Self Advocate Group at their holiday party. From left: Mike Bernier, Fred Decoster, Kyle Anderson, Laura Leroux, Jamie Lazaroff and Bobby Brunelle.



**Our Mission:**

*The Arc of 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.*

Celebrating **60 years** of providing a lifeline of support to individuals with intellectual, developmental and other life-affecting disabilities and their families in Northeastern Connecticut.

***Save the Dates!***

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

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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