



# The Arctarian

*Newsletter of The Arc Quinebaug Valley*

*Achieve with us.*

## A Message from our Board President:

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Greetings Family, Friends, and Supporters of The Arc:

As The Arc Quinebaug Valley continues to face difficult economic times with respect to the fiscal constraints that the State of Connecticut has imposed in the form of rescissions and cuts to contracts that enable us to provide services to the individuals we support, it is of paramount importance that as an agency we exercise an unwavering commitment to provide quality support. Executive Director Susan Desrosiers and her team of professionals, in conjunction with the Board of Directors, are committed to doing just that. In any business, there are two ways in which to combat a difficult economic climate. First, you attempt to cut expenses. The Arc Quinebaug Valley will not decrease its expenses to a level that will compromise the quality and integrity of the services we provide.

Second, you attempt to increase income in a manner by which you will more universally distribute your fixed costs. The Arc has the luxury of having both a professional, well-trained workforce and the facilities to accommodate an increased number of individuals to accomplish just that objective. We graciously ask that you spread the word

about The Arc Quinebaug Valley and our willingness and availability to serve others.

### Ode to The Arc's Lion

At The Arc Quinebaug Valley we are blessed with the opportunity to do some pretty amazing things with some pretty amazing people. We measure our success as an agency by the success of the individuals we serve. The catalyst for success at The Arc Quinebaug Valley is leadership and I would be remiss if I did not publicly recognize past-President Gene Michael Deary for what he has meant to The Arc Quinebaug Valley including the individuals we serve and their families, the administrators and staff, the Board of Directors, and me personally.

Gene Michael accepted his role as President of the Board of Directors in 2008 and served until June of 2013, completing a total of five years of service and dedication. Our Chapter of The Arc has been forever transformed for the better due to the steadfast, nurturing, supportive and intelligent approach Gene Michael took with respect to every challenge The Arc faced during his tenure. To elaborate, since the onset of his tenure, The Arc has realized some remarkable achievements, including but certainly not limited to:



Jeffrey A. Rawson  
President, Board of Directors

opening The Emporium store in Putnam, securing a new center for Day Services at Mechanic Street in Danielson, purchasing a home pursuant to a Community Living Arrangement (CLA) for three individuals, embarking on a successful Capital Campaign that realized contributions of more than \$300,000, installing a new septic system, paving the parking lot, and installing an elevator at our Cook Hill Road facility in an effort to improve services and accessibility for all.

At The Arc's Annual Dinner and Awards Night in May, Gene Michael was honored for being The Arc's "lion" for the bravery and courage with which he met every new challenge. Gene Michael will remain an instrumental and integral member of the Board of Directors. He has bestowed his wisdom upon us all and has inspired us to be better leaders, better friends, and better nurturers. For all Gene Michael has been to The Arc, we are forever grateful.

## GET INVOLVED



**Join our Teams!**



"Like" us on Facebook!

## ANNUAL MEMBERSHIP MEETING AND AWARDS NIGHT

On Friday, May 10<sup>th</sup> The Arc Quinebaug Valley celebrated an evening of appreciation and success at their Annual Membership Meeting and Awards Night at the Wright's Mill Farm in Canterbury. In attendance were 224 parents, friends, community supporters, staff and participants from the many programs that support individuals with intellectual, developmental and other life-affecting disabilities.

The theme of the evening centered on achievement. What began as a group of parents who wanted more for their children

continues to be a grassroots organization with more than 730 chapters nationwide. All are committed to working at local, state and federal levels to promote and protect human rights and help people with disabilities achieve full and satisfying lives.

"We are so grateful to our staff and our community for their support. The Arc is truly a place where everyone is valued for their gifts and talents. For more than 60 years, The Arc has been a life-line for individuals with life-affecting disabilities and their families," said Executive Director Susan Desrosiers.



Photo Captions From Top Left: Gene Michael Deary receives a Special Appreciation Award from Susan Desrosiers and Jeff Rawson; Board Members Pam Brown, Nora Butts and Lynn Bourque enjoy the festivities; Kristen Bedard accepts the Education Employer Award for Aubuchon's Hardware from Evan Hennessey and Dawn Lazaroff; Julie Ann Dupont presents Angel Ruiz with the Everett O'Keefe award with Susan Desrosiers; Susan Desrosiers poses with Star Award Winners Matt Stringer, Emily Groves, Regena Flaherty, Erin Lambert, Nikki Hammon and Jade Flynn; Ron and Donna Coderre enjoy the night; Anthony Devlin, Andy Cohen and Jordan Cote are excited to celebrate; Gene Michael Deary presents Betty Hale with a Special Appreciation Award with Susan Desrosiers; Mary Ellen and Abby Snyder enjoying the night; Gene Michael Deary presents Ann Tetreault with the Norma Cassettari award with Linda Lamoureux and Susan Desrosiers; Shana Tedford and Judy Daviau dance the night away; David Barton presented Deborah Varela and Anna McCord of Lisbon Walmart with the Supported Employer Award with Nikki Williams; Jean Ann Moore, Julie Ann Dupont and Norma Cassettari are all smiles at Awards Night.



### Receiving awards were:

**Spirit Award:** Jennifer Annese

**Dove Award:** Debra Combies

**Everett O'Keefe Award:** Angel Ruiz

**Norma Cassettari Award:** Ann Tetreault

**Community Partnership Award:** Gerardi Insurance

**Community Support Award:** Putnam Bank

**Volunteer Awards:** Patti Burke and Lynn Bourque

**Ron Johnson Memorial Award:** Kathleen Lawless

**Self-Advocacy Award:** Abby Snyder

**Special Appreciation Awards:** Betty Hale, Jeff Bousquet, Ron and Donna Coderre, and Gene Michael Deary

**Special Recognition Award:** Dawn Lazaroff

**Education Employer Award:** Aubuchon's Hardware

**Support Employment Employer Award:** Lisbon Walmart

**Achievement Award Education Services:** Terence Chambers

**Achievement Award Residential Services:** Gloria Beaudet

**Achievement Award Supported Employment:** Brian Guertin

**Achievement Award Retirement Services:** Betty Scheinman

**Achievement Award Day Services:** Shana Tedford

**One Person Can Make A Difference Awards:** Erin Lambert, Nikki Hammon, Matt Stringer, Garry Brown, Regena Flaherty, Emiy Groves, Jade Flynn

**Five Years of Service Awards:** Lee Achten, Jennifer Annese, Misty Bennett, Ryan Bissonnette, Steven Chase, Elizabeth Kirkconnell, Kaitlin Main, Kayla Sikora

**Ten Years of Service Awards:** Susan James, Kingsley Otuorimou, Kara Noel

**Twenty Years of Service Award:** Michael Waters



## IN THE COMMUNITY



The Arc paired up with The Citizens National Bank and washed customers' windows May 3rd. Photographed from left are: Abby Snyder, Dante Lamusta, Andres Torres, Christopher Choquette, Eric Jurglewicz and David Barton.



Thanks to a grant from The Last Green Valley, The Arc Quinebaug Valley held clean ups at Owen Bell Park and Frito Lay in Dayville. Photographed are: (left) Alan Smith, Nikki Williams, Carol Reed, Bonnie Hoisington, Patrick Kuhn, Bethany Barrette, Donald Tavernier, Kaitlin Main, Jeremy Fox, Anthony Devlin, Josh Oliveira, Jenny Lynn Baron and Anthony Boulais. (center) Christopher Biron cleaning up along the Owen Bell Park pond. (right) Chris Roberts and Eric Spinnato cleaning up at Frito Lay.



The Education Department was featured on Charter TV's Channel 14 in May. From left are Alysia Stiggle, Emily Garrity and Mallory Murray. Also included in the program were Dawn Lazaroff, Anthony Devlin and Jenny Lynn Baron.



**The Arc**  
For people with intellectual and developmental disabilities

The Arc Emporium participated in Putnam Business Association's First Friday on May 3rd. The theme of the night was "At the Circus." Left are President of the Board of Directors Jeff Rawson, Bobby Brunelle and Squeaky the Clown (Linda Lamoureux by day.) Right are Squeaky and her counterpart Sunny the Clown (Sandi Riemann) and The Arc's Penny Candy display.



Thank You to Savings Institute Bank & Trust Employees, who donated \$200 to The Arc through its Caring and Giving program in June. Joan St. Ament, Dayville branch manager presents Susan Desrosiers with the check.

*Achieve with us.*



The Arc Quinebaug Valley participated in the Relay for Life of Northeastern Connecticut on May 18th and 19th at the Woodstock Fairgrounds. Through individual fundraising and a basket raffle held at the event, The Arc Team raised more than \$800 for the American Cancer Society. The Arc is proud to give back to our community and grateful to team leaders Sandi Riemann and Robyn Webster!

Man Around the House, NE and Stamped Concrete, NE held another Facebook promotion for The Arc. For every new like the two pages received in May, owner Roger Boisvert donated \$2 to The Arc's 2013 Giving Appeal, "Strengthening Families and Communities," and donated \$88 at the end of the month. THANK YOU Roger and everyone who helped spread the word about the campaign!



## THE 26TH ANNUAL GARDNER JOHNSON MEMORIAL GOLF TOURNAMENT

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

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

### THANK YOU to our 2013 Golf Tournament Sponsors

#### Platinum Sponsors

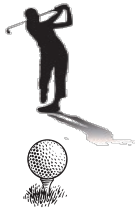


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## THE 16TH ANNUAL ARC RUBBER DUCKIE RACE



Tickets to "adopt" a duck are \$5 and are on sale at more than 50 locations in Northeastern Connecticut.

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 for the list of **50 Great Prizes** the race will offer this year, [www.qvarc.org](http://www.qvarc.org)

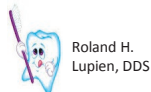
On Race Day, crowds of 5,000 to 10,000 people are expected in downtown Putnam. Participation in The Arc's Rubber Duckie Race offers a strong advertising opportunity.

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



Thank You Event Sponsors!





## THE ARC'S BUILDING HEALTH FOR LIFE PROGRAM



Above, Walking Program at Owen Bell Park. Randy White of the Brooklyn Correctional Institution donated seeds and plants for gardens. Board members Lorraine LaGarde and Julie Ann Dupont were on hand to say thanks!



The Arc kicked off its "Building Health for Life" Program in April. In addition to working exercise and nutrition education into daily activities, The Arc has started several exciting initiatives. Afternoon walks were held in Owen Bell Park in the spring before the weather was too hot. A vegetable garden has been planted at the Cook Hill Road Center, thanks to a plant and seed donation from Randy White at the Brooklyn Correctional Institution.

The Day Services Program has also started a free and fun way to spend time exercising outdoors. Direct Support Professional Andrea Byberg began The Arc's Letterboxing program this past Fall. By using the website [www.letterboxing.org](http://www.letterboxing.org), program staff find nature walks within Windham County. These are often on walking trails, in or around historic sites or in cemeteries. A start place is listed and the group follows the clues from there, searching for a small container that has a notebook and stamp in it.

Day Program participants have been keeping "Letterboxing Journals." When they find a new Letterbox, they stamp their journal with the hidden stamp, and write their names and the date they found the Letterbox in the hidden journal. The Day Program is looking to create their own Letterbox and add it to the website next.

The treasure hunters in Day Program said they enjoy the group activity and the variety of stamps they find. Circus and clown stamps are a particular favorite stamp, and making the journals and stamping them each time are also fun, they said.



Christine Robey and Jessica Rucki found a Letterbox!

## SELF ADVOCACY CORNER

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

An update: The state budget for the next two years was passed. Leading up to the vote there were many rallies and events to "Save our Services" that included many legislators that supported our cause. Despite our best efforts, DDS is making cuts to private agencies again this year.

On June 15th, two other self advocates from our group and I attended the People First statewide conference in Meriden. The morning program included inspiring opening remarks from DDS Commissioner Terrence Macy and the state self advocate coordinators presented an interactive People First language trivia power point. Prizes were given for correct answers and a good time was had by all to start the day.

Our first workshops were Healthy Living, Degrees of Mean (bullying, abuse and neglect), Creation Studio and The Wizard of Oz. I attended The Wizard of Oz which was about understanding self-determination through walking down the Yellow Brick Road. This was a new and creative way to teach self-determination and that we need heart, courage and brains to navigate through this world.

The guest speaker for the afternoon was actor Chris Burke from the TV show, "Life Goes On," and many other guest-starring roles that include, "Touched by an Angel." He told his life story about how he and his parents never gave up on his

dreams and how he was able to realize those dreams. After a few more workshops, Chris and his band, Joe and John DeMasi, performed a mini concert of inspiring music from their CDs to end the day on a high note.

Fun was had by all and we brought back valuable information and ideas about self-advocacy.



Self Advocate Coordinator Jamie Lazaroff with Department of Developmental Services Commissioner Terrence Macy, Administrator of Human Resources and Training Lee Achten and Self Advocate Group Secretary Abby Snyder.



One conference activity was decorating boxes to express each advocate's personality.

**Achieve with 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 2013 Giving Appeal, "**Strengthening Families and Community**," is underway! Help us reach our goal of \$20,000 to maintain and improve our programs. 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.

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.

### ***Save the Date!***

August 11, 2013: The 16th Annual 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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