



The Arctarian

Achieve with us.®

Newsletter of The Arc Quinebaug Valley

A Message from our Board President:

INSIDE THIS ISSUE:

COMMUNITY PARTY: 4 G'S AND GOLDEN GREEK FOR THE ARC	2
DAY SERVICE OPTIONS PROGRAM: NEW CLASSROOM BASED MODEL	2
IN THE COMMUNITY	3
DAY SERVICE OPTIONS SPECIAL EVENTS	3
PAST AND UPCOMING DEVELOPMENT EVENTS	4
COOKING CLASSES	5
SELF ADVOCACY CORNER	5

Happy Fall to Fellow Family, Friends, and Supporters of The Arc:

It is said that “history repeats itself”, but does that clichéd repetition occur due to some natural, unplanned and uncontrollable progression, or do we as humans have the ability to impact our future by looking to our past, a past that was a time of strength and gratification?

In 1952, a small group of parents, family members and concerned citizens came forward with an initiative to act as a united voice for change on behalf of people with intellectual and developmental disabilities and thus The Arc was formed. These advocates became “members” of The Arc and due the power of their numbers and their resolve, were able to change the perception of people with disabilities and more specifically, institutionalization, dependence, and embarrassment were replaced with individuality, independence and pride on a national scale.

In 2013, The Arc and the individuals for whom we provide support and advocacy, find ourselves in a position which will require us to impart what we have learned from our proud history. Due primarily to decreased funding at both the State and Federal levels, The Arc will once again need

to commence a grassroots campaign to build our numbers, our “members” for the purpose of increasing recognition to affect a change in the priority and continuity of funding.

The Arc Quinebaug Valley is committed to realizing growth in membership and has made this a strategic goal for the foreseeable future. To that end, and under the leadership of Lynn Bourque, Membership Committee Chairperson, we are proud to announce the launch of our membership drive. Membership in The Arc represents your belief that the progress made since 1952 must continue and that you are an advocate for individuals with disabilities within our community.

The cost of membership is \$25 per year, a portion of which is remitted to The Arc of the United States to be used for lobbying and other advocacy efforts. A membership affords you the right to attend annual meetings and to vote on the leadership of your local chapter. Additionally, you will receive a quarterly electronic newsletter from The Arc Quinebaug Valley and The Arc of the United States and you will receive invitations to special events at The Arc.

Please consider becoming a member of The Arc by contacting 860-774-2827 or by visiting www.qvarc.org/membership.php. Let’s prove that we can impact our future by learning from our past!



Jeffrey A. Rawson
President, Board of Directors

Help The Arc Welcome its New CHIEF BUSINESS DEVELOPMENT OFFICER

In an effort to fulfill our short term and long term strategic objectives, to develop new partnerships and foster existing ones, and to create new revenue streams, The Arc’s Board of Directors, in conjunction with Executive Director Susan Desrosiers, created the position of Chief Business Development Officer. Those of you who are at all familiar with The Arc Quinebaug Valley know that one of the greatest strengths we possess today is the same strength we possessed nearly three decades ago: Linda Lamoureux!

Please help us welcome Linda Lamoureux to her new position at The Arc Quinebaug Valley. Linda’s leadership, passion, and compassion will undoubtedly prove to be a catalyst for the growth of the organization. If a potential exists for your business to partner with The Arc Quinebaug Valley, please contact Linda Lamoureux at 860-774-2827.

Achieve with us.®

GET INVOLVED



Join our Teams!



“Like” us on Facebook!

COMMUNITY PARTY: RESTAURANTS FOR The Arc



On Sunday, September 15, 4 G's Restaurant & Pizzeria and the Golden Greek Restaurant & Pub joined forces to host a Community Party at 4 G's in Dayville, raising more than \$3,800 for The Arc Quinebaug Valley.

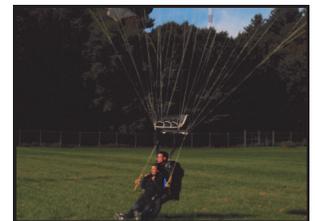
Funds raised will go toward The Arc's next capital project, the installation of an accessible bathroom and shower and a training kitchen, all on the second floor of our Cook Hill Road Office, Education and Training Center.

The event featured demonstrations from Eric the Fun-Guy Chainsaw Artist, who raised \$389 by raffling off his chainsaw carving to benefit The Arc. Music was provided by DJ Majestic Melodies. Family fun was had by all with raffles, face painting, pony rides, a Girl Scouts of America troop as well as food and beer.

4 G's employees Marcia Page and Roni Perry also raised funds for The Arc through a pledge drive. Page jumped out of a plane at Danielson Airport Sunday and raised \$1,781 in pledges for the plunge.

Several businesses also donated to the Party: Sky Dive Danielson, Levine Distribution, Utz Quality Chips, Roma Foods, Calise Bakery, Sysco, Coca Cola, The Sunshine Shop, Punch, Fine Lines, Mandalay Hair Salon and Wireless Zone.

Photo captions, from top left: Kerry Laonto and Crystal Goddette enjoy the party. Erika Salvias saddles up for a pony ride. Emily Groves and Dawn Lazaroff with the information display and raffle table. From top right: Eric the Fun-Guy carves his masterpiece. Marcia Page flying high and then landing safely at Danielson Airport.



DAY SERVICE OPTIONS PROGRAM: NEW CLASSROOM-BASED MODEL

By DSO Coordinator Dennis Walsh

Over the last few months there have been many changes to the DSO program at The Arc Quinebaug Valley Mechanic Street location. After the hiring of DSO Director Sean Cristofori in August, Chief Operating Officer Judy Daviau approached me with the idea of changing around the day program to make it different and more functional to the goals of the great people we serve.

The new program was then put into the planning stages, with the idea that it was going to mimic a school-type block schedule. These blocks would be one hour in length and offer four activities per block. The block schedule is in place Monday through Wednesday, preserving Thursdays and Fridays for our community based activities. The new activities are: fine motor exercises, sports/Wii, cooking, reading, crafts, Legos, music, nature culture, writing and life skills math.

These activities came from researching the people we support and what activities they enjoy, as well as looking at their IP goals. During these blocks many amazing talents in our participants and staff are coming to the forefront, IP goals are being met and we are having a blast doing it!!!

The program was launched on September 16, 2013 and has received tremendous feedback! We look forward to improving and expanding as we grow together. A big thank you to our tremendous DSO staff for their dedication, and hard work.

Photo captions, from left: Judy Daviau leads a Fine Motor Exercise session. Day Service Program at the beach! From left are Shana Tedford, Andres Torres, Dennis Walsh and Jessica Rucki. Paul Perry preparing pizza during cooking class.



IN THE COMMUNITY



The Arc is thankful for volunteers from AT&T who came to our Cook Hill Road Office, Education and Training Center over three days and gave our walls a much-needed new coat of paint. Our building is brighter and looks great!

Lysa Molnar, of the Putnam BPO Elks Lodge #574, presented Executive Director Susan Desrosiers and Board President Jeffrey Rawson with \$2,000 for The Kids on the Block at WINY Radio in August. Also on hand for the presentation were Kids on the Block Renaldo Rodriguez and Brenda Dubrowski.



The Arc is grateful for the Elks' support and have used the funds to purchase two new puppets and a new program on Bullying for our friends The Kids on the Block. Puppeteers are training in the new program now and will be ready to bring the educational program on inclusion and anti-bullying to schools later this fall.

For more information or to schedule a performance, please contact The Arc at 860-774-2827.

DAY SERVICE OPTIONS PROGRAM: SPECIAL EVENTS



The Day Service Options Program has been mixing in some special events with their new classroom-based approach.

At the top, Carnival Day was held October 14th. At left, DSO Coordinator Dennis Walsh with Paul Perry. At right, Sharon Musial and Paul are excited for the chance to dump DSO Director Sean Cristofori into the pool!



Middle left was Music Day earlier in July, Pauline Caye had a blast dancing to some karaoke from David Matteau. Faith Briere was making some music of her own!



At middle right, the program took in a free painting class from local artist and the new Manager of The Arc's Tamarack Community Living Arrangement, Becky Montgomery. Laura Brelsford was well on her way to creating a masterpiece!



Wellness Day is a monthly fixture at The Arc's Mechanic Street Program Center. Volunteers offer services varying from Tai Chi and Yoga instruction to massage and reflexology. It's one of many steps we're taking to have a healthier agency. All staff and program participants are welcome. Wellness Day is held on the last Monday of each month.

At left, Sharon was enjoying a reflexology session. At right, Erika Salvias gave the massage session a thumbs up!



PAST AND UPCOMING DEVELOPMENT EVENTS



The 26th Annual Gardner Johnson Memorial Golf Tournament was held Friday July 12, 2013 at Foster Country Club. THANK YOU to all the sponsors, golfers, raffle and auction prize donors and volunteers who helped raise more than \$42,000 for The Arc!

SAVE THE DATE! Next year's tournament will be held on **July 11, 2014** at Foster Country Club.

Photos: (From Top Left) Platinum Sponsor Haskell's two teams at the tournament. Board President Jeff Rawson presents Matt Desaulnier of Gerardi Insurance with the Community Partnership Award. Board Member Julie Ann Dupont presents Ed Desaulnier of Gerardi Insurance with the Gardner Johnson Memorial Award. The Citizens National Bank team prepares to sink a put. The best dressed team of Gregory Glovach, Tom Masso, Albert Amato and Brian Gill.



The 16th Annual Arc Rubber Duckie Race was held in conjunction with The Putnam Car Show on Sunday, August 11, 2013.



A HUGE DUCKIE THANK YOU to all the sponsors, prize donors, ticket buyers and volunteers. This year's race raised more than \$27,000 for The Arc's programs!

Crowds of 6,000 people were estimated in downtown Putnam that day for The Arc Rubber Duckie Race and the Main Street Car Cruise!

Race Day Ticket Sales by volunteers Lorraine LaGarde, Dale Clark, Beverly Orzulak, Garry Brown, Gary Cote, Lynn Bourque, Mary Ellen Snyder and Pam Brown.

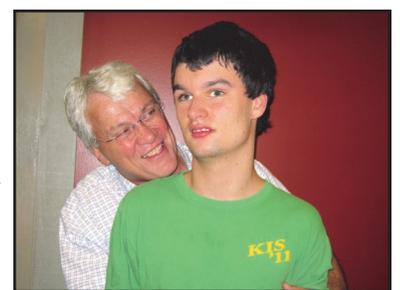
The Arc's 2013 Giving Appeal, **"Strengthening Families and Community,"** is underway! Help us reach our goal of \$20,000 to maintain and improve our programs.

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 CT.



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.

COOKING CLASSES



The Arc held a five week cooking class, teaching healthy recipes and food safety.

From top left: Instructor Ann Tetreault with Megan O'Rourke, Abby Snyder, Sonja Packlaian, Robyn Webster and Nicki Rizner making pizza. Nicki, Heather Motyl and Katelyn Young making wraps. The full class of Pauline Caye, Ann, Abby, Annette Grenier, Dawn Lazaroff, Sonja, Bobby Brunelle, Megan O'Rourke Laura Leroux, Robyn, Heather, Katelyn, Nicki and Neysha Larkin. Robyn prepares a salad. Sonja readies to dig in. Laura cuts strawberries. Enjoying a meal together.



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 very busy the last three months. I have been active in The Arc's National Council of Self-Advocates in preparation for the National Convention in Bellevue, Washington. We planned a pre-conference and other sessions at the convention. We are currently in the process of figuring out the next steps.

I am working with The Arc Connecticut, which received a \$20,000 grant to study transportation issues for people with disabilities and senior citizens around the state. We, in collaboration with the Commission on Aging and the Department of Developmental Services, have 13 forums scheduled statewide through November and we are inviting transportation providers, legislators and community members that use public transportation. As of this writing, we have held 7 meetings and the feedback and consensus has been that the public transportation system in Connecticut is very diverse from one locality to another. For dates of upcoming meetings, visit www.qvarc.org and click on the link for "The Arc Connecticut Transportation Forums" on the left hand side.

On a positive note, there are organizations around the state like the Eastern Connecticut Transit Consortium (etctinc.com) that if you call (860-859-5791) and describe your transportation needs, they will advise you of options to get to your destination as quickly and economically as possible. Our goal of the focus groups will be a work plan that identifies "next steps" for the creation of a Mobility Manager system that can be accessed by people with disabilities and older adults and which results in more inclusive transportation systems for all. We will also be reporting our findings to the Commissioner of Transportation.

I started a Youth Self Advocacy Group with the Education Department at our Cook Hill office. There are about six students and we meet twice a month on a variety of self-advocacy topics. We are currently learning about human rights. I have also started a peer one-on-one program to help mentor young adults about advocacy. In November I will have office hours at our Mechanic St. location for people who cannot make it to Cook Hill. I will be available on the second and fourth Thursday of each month from 9 a.m. to 2 p.m. If you have any questions or concerns, please call or stop by.



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



The Arc
Achieve with us.

*For people with intellectual
and developmental disabilities*
687 Cook Hill Road
Danielson, CT 06239

www.qvarc.org

empower

Real People,

Real Progress