



# The Arctarian

*Newsletter of The Arc of Quinebaug Valley*



## INSIDE THIS ISSUE:

EMPLOYMENT DISABILITY AWARENESS MONTH	2
CELEBRITY BARTENDER NIGHT	2
DANCING WITH THE ARC	3
DONATE YOUR VEHICLE PROGRAM	3
SELF ADVOCACY CORNER	3
HOLIDAY PARTY 2011	4
AFTER THE CAP AND GOWN	4
In the Community	5

## A message from our board president:

If you are going to dream, and we at The Arc of Quinebaug Valley certainly think that you should, then you should dream BIG. I am so proud and pleased to be associated with an organization that is brave enough to dream BIG, proud enough to declare those dreams and skillful enough to accomplish them. 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.

The very first dream for The Arc of Quinebaug Valley was that of a concerned group of parents of children with developmental disabilities. They dreamed of an environment in which their children could live, learn, work and play to their fullest potential. They dreamed of a nurturing and caring environment in which support was delivered from the heart and not just from a manual. They dreamed of an organization that would advocate diligently and persistently on behalf of their children and their right to experience life with respect,

dignity, choice and the greatest level of independence possible.

I want to thank every person who played a part in what was a successful 2011 for The Arc of Quinebaug Valley.

A little while ago, we took the bold step of writing down our goals and developing a strategic plan to guide us. We said we would be willing to check our progress against that plan periodically to create a culture of

# DREAM BIG

continuous improvement. I am pleased to report that we have systematically checked off several of our goals and we strive to complete them all. We have created a physical campus that is conducive to delivering our supports. We have expanded our footprint to include new facilities dedicated to day services, education and employee training. We have jumped all the way into self-advocacy by employing an expert in the field who promises to spread the word to our entire Arc family. We have increased our professional and community presence with the success of our Arc Emporium. We have broken ground and will soon take our first



**Gene Michael Deary**  
Board President

trip to the second floor in our elevator at the Cook Hill Road Office and Education Center.

As we embark on a capital campaign this year to improve our facilities, as well as, our abilities, I am reminded none of these accomplishments compares to the one goal we met this year. The one goal that has more value than any other, Trust and Confidence. We are blessed and trusted by the families of the people to whom we provide supports. We have hundreds of men and women, boys and girls who choose to be a part of what we do at The Arc and I am most proud of that.

So go ahead and DREAM BIG this year, because that's what we are going to do at The Arc of Quinebaug Valley, because that's what Norma and Gardner would want us to do.

## GET INVOLVED



**2012**

**Join our Teams!**



"Like" us on Facebook!

## OCTOBER IS NATIONAL DISABILITIES EMPLOYMENT AWARENESS MONTH

On October 3, 2011 President Barack Obama proclaimed October as National Disability Employment Awareness Month. In his proclamation the President highlighted that "In order to win the future we must harness the power of our nation's richest resource—our people." At a time when the economy has hit an all time low it is important to recognize that the employment rate for people with disabilities is also at an all time low, and the impending questions of how to improve employment opportunities, maintain equal hiring practices, and increase retention still remain. We'd like to say that bridging the gap between society and the perception of a

person with disabilities is a start. A multitude of hard work combined with the support and continued education of the community is merely a step that we are taking to ensure that the words of our mission are fully maintained. Not just for us but especially for the people that we care so much about. Here at The Arc of Quinebaug Valley, the Employment Services Program offers job readiness and interview preparedness classes, situational assessments, job development and placement, and job coaching for individuals with intellectual, developmental, and other life-affecting disabilities. The skills that our individuals learn are fully set in motion when they are hired not only teaching the individual

what it is like to be empowered over their own lives and dreams, but also giving the employer an opportunity to see that people with disabilities are able to do just as much as someone without a disability. Here at The Arc we like to maintain that ABILITY is an all inclusive concept in everything that we teach but we also hope that through this proclamation society will one day be conditioned to do the same. Think ability not disability.

*"Alone we can do so little; together we can do so much.— Helen Keller"*

## CELEBRITY BARTENDER NIGHT 2011

On November 3, 2011 at the Lake Restaurant in Dayville, CT, The Arc of Quinebaug Valley Celebrated its 5th Annual Celebrity Bartender Night.

This event helped raise more than \$3,000 to enhance programs and complete building projects at The Arc.

Our celebrity bartenders consisted of teams from The Arc Board members, Putnam Mayor Peter Place, Mayoral Candidate Doug Cutler, State Representative Danny Rovero, and

the wonderful teams from Studio 114, Salon Evolution, and Deary's Gymnastics. Participants, staff and individuals from the community sang their hearts out with Karaoke by Wolff Entertainment.

A big thanks to all of those who attended, volunteered, bartended and donated items to our huge basket raffle. We would also like to send a big shout out and Thank You to Lenny and Robin Wojik owners of the Lake Restaurant for allowing us to host

this exciting event at their beautiful venue. We are so lucky to have had the wonderful staff as well to help us keep the night going.

Thank you for Achieving With Us!





## DANCING WITH THE ARC



Here are some pictures from Dancing with The Arc on October 28, 2011. The Arc of Quinebaug Valley participated as a Chapter of The Arc of Connecticut. What a great night!

### From Left to Right First Photo-

Ashley Franculli, Abby Snyder, Director of Education Mallory Murray, Administrator of Education Dawn Lazaroff, Jen Baron, Erin Mahoney, and Development Assistant Sandy Barton

### Second Photo-

Self Advocate Coordinator Jamie Lazaroff and Secretary of The Quinebaug Valley Self-Advocacy Group Abby Snyder



## DONATE YOUR VEHICLE PROGRAM

### What is The Arc's Vehicle Donation

#### Program?

The Arc's Vehicle Donation Program supports efforts in ensuring that people with disabilities enjoy full participation in the community and are granted the same respect, equality, and security as every member of society.

#### Benefits

- Free towing whether your vehicle is running or not!
- Eliminates the hassle of repairing, advertising, and selling your car!
- Potential IRS Deduction!

### How to donate?

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.

Fill out the Online Form at

**[www.thearc.org](http://www.thearc.org)**

(Click on the button)

like the one on the right

and get started!



## SELF ADVOCACY CORNER

We need the right to advance as far as we can in any task, without artificial limits, interventions or prejudgments from others.

-Jamie Lazaroff (Self Advocate Coordinator)

**What are you doing to grow your voice?**

**\*Make Friends \*Become involved\***

**\*Learn what it means to be a self advocate \***

**Come to The Arc of Quinebaug Valley's**

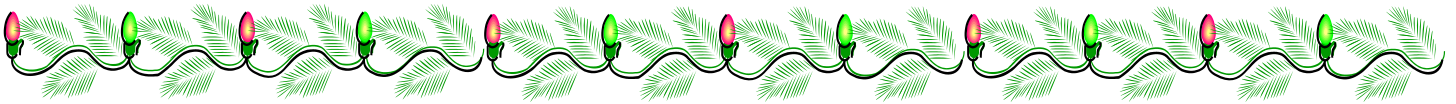
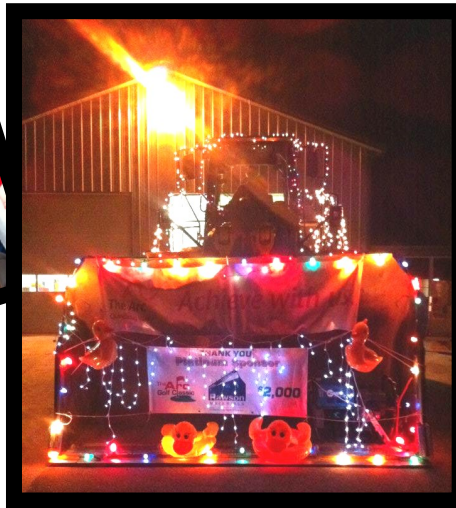
**Self-Advocacy Meetings every 4th**

**Wednesday of the month**

**@ 6 p.m.**

**193 Mechanic Street**

**Danielson, CT 06239**



To kick off this Holiday's season festivities, The Arc of Quinebaug Valley participated in the grandest of all light festivals. The Razzle Dazzle Parade! The pay loader was driven by Rawson Material's Pete Newth. It was decorated with thousands of lights to bring cheer and joy to the thousands who watched it rumble down Main Street Putnam. The pay loader is also used to dump thousands and thousands of ducks into the Quinebaug River at the Rubber Duckie Race. A big thanks to Jeffery Rawson, Jessica

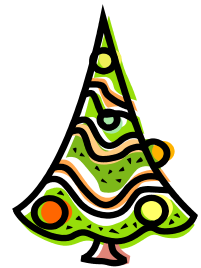
DiZazzo and all of those from The Arc staff and participants who helped to decorate the pay loader.

Shortly after the Razzle Dazzle celebration, The Arc had its Annual Holiday Party. Everyone feasted on sandwiches, pizza, pasta salads, and delicious cake! Participants got to dance to DJ Al Berger's compilation of festive holiday music. The vocal styling's of Elvis, Faith, Andy, and Kyle were a top hit at the party!

As The Arc reflects on this past year, we are thankful for the dedication, hard work, and

commitment that is shown by all of our staff, participants, volunteers, Board members, and The Arc community. We would be incomplete without you and we are so excited to bring in the New Year with so many of you by our side helping us to continue our Mission.

Thank you!



## "After the Cap and Gown"



The Arc CT along with the STAR foundation has been presenting a series of free workshops entitled "After the Cap and Gown." This workshop was designed for parents of children with intellectual, developmental, and other life-affecting disabilities between the ages of 15-21 years of

age. This workshop is all about parents empowering parents. "After the Cap and Gown" workshops help parents obtain crucial information that is important to their child's future.

### Interested in attending?

The next meeting is:

March 27th

6:00-7:30PM

Litchfield County Arc office (LARC)

314 Main Street

Torrington, CT

860-482-9364





## Generosity Changes Lives at The Arc of Quinebaug Valley



At holiday time there tends to be an outpouring of kindness and good will from individuals, groups and organizations that try to improve the lives of others. The Arc of Quinebaug Valley has been the recipient of such generosity this holiday season. Our mission is to provide the services and supports needed to improve the lives of individuals with intellectual, developmental and other life-affecting disabilities and provide support to families. "We are so appreciative of our community partners who have embraced our mission and work tirelessly to assure that we have the resources necessary to change lives in a positive way," said Susan Desrosiers, Executive Director of The Arc.

This season we received from The Putnam Lions a donation of \$400. This was followed by a \$650 grant from the Jewett City Bank Foundation for the purchase of

Health Education Materials. These health classes will empower individuals with life-affecting disabilities to advocate for themselves and make positive choices regarding their health. Studies show that individuals with disabilities are at a greater risk of developing various diseases and can be victims of violence and abuse.

Several of The Arc's staff have received their certification as instructors of these classes and this grant will help to facilitate this training opportunity for those we support.

A member of the AT&T Employee Community Services Fund came into The Arc with a check for \$375 raised from the generous donations of their employees. Other individuals through the AT&T United Way Employee Giving Campaign donated \$240. Teachers and staff from the Woodstock Elementary School Dress Down Day raised \$100 for The Arc. Frito Lay Employees held a Fishing Derby for a \$150 donation, and the Putnam and Danielson Rotary Clubs donated \$300 and \$250 respectively. The Newell and Betty Hale Fund of The Greater Worcester Community Foundation made a gift of \$1,000.

On Tuesday, December 20, 2011 we were invited to Frito Lay where members of their staff presented us with an incredible gift of a check for \$5,000. Their goal was to make the holidays a little brighter for the individuals supported by The Arc. It is absolutely gratifying to

have so many members of the community believe in and support our mission. This outpouring of generosity will provide many opportunities for education, employment and life skills training that will enable those with disabilities a chance to fulfill their goals and dreams and live a fulfilling life. We are humbled and most grateful for the level of confidence and trust the community has shown for our agency.



*Achieve with us.*



"Like" us on  
Facebook!



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

Non-Profit Org. U.S.  
Postage  
P A I D  
Danielson, CT  
Permit No. 100

www.qvarc.org

empower

Real People,  
Real Progress



**2012 Rubber Duck Race**

The Arc of Quinebaug Valley's Rubber Duckie Race is celebrating its **15th year!** This year our event will be held in conjunction with the Putnam Car Show, on Sunday August 12, 2012. We have many sponsorship and volunteer opportunities available. Come and join our team! Call Linda Lamoureux or Sandi Riemann at (860) 774-2827. Don't think you can make the meetings? Let us know and we will e-mail you the meeting minutes.



**Win a car!**



**OR**

**Make a hole in one and win \$25,000!**

*It's our 25th year!*

The Arc will be hosting its 25th Annual Golf Tournament on Friday, July 13, 2012 at Foster County Club. Registration begins at 8 a.m. and there will be a shot gun start at 9 a.m. There are many sponsorship opportunities available. We are also accepting prize donations such as golf items, gift basket items, and gift certificates. Donating your business logo items is a great way to advertise your business! Please call Linda Lamoureux or Sandy Riemann at (860) 774-2827 for more information! Continental breakfast served during registration. Steak supper after the game!

*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.*

**Our Mission**