



The Arctarian

Achieve with us.®



A Message from The President of the Board of Directors



I love New Year's Day! It is a time to wipe the slate clean and to begin new resolutions, hopes, and plans. It allows us to look at the year past and celebrate the accomplishments, correct the mistakes, and proceed to dream of things that can be realized in the coming months. I love to make lists. What I sometimes forget to do is review them with any regularity.

The year 2016 will be an important one for our Arc.

Our new strategic plan is a working document, and we will all be a part of it moving from a concept on paper to a reality in practice.

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with the needs of our participants and their families will continue to be a main focus. There is a need to be bold in how we proceed. I am confident that our Board of Directors, Administrators, Managers, and staff are up to the challenge, and that our participants will provide us with the inspiration that we need to complete another successful year!

Happy New Year!

~Pamela Brown

A Message from The Executive Director



As I look back on 2015, I am proud of all that our agency has accomplished. We opened two new group homes, completed some renovations at our Cook Hill facility and opened a new business in Putnam, The Arc Redemption Center.

Starting a new venture, whether it is a group home or a new business, takes enormous cooperation from multiple departments. It is always a special time here when the venture comes to fruition.

The Arc Redemption Center is our second business that we opened in Putnam in order to provide employment for individuals with developmental disabilities. If you haven't stopped by, please do so. Donate your recyclable bottles and cans after the holiday – keep the community clean and help a nonprofit at the same time. What a way to start the new year!

The Arc Redemption Center is our second business that we opened in Putnam in order to provide employment for individuals with developmental disabilities.

The address for The Arc Redemption Center is **96 Front Street in Putnam.**

Thank you to all of our donors who have helped us to continue to reach our goals. We are very blessed to live in such a caring community. As we enter 2016, we will continue our work towards ensuring that all of our individuals experience growth, dignity, respect and choice to live life to the fullest.

Wishing everyone a very Happy New Year!

~Susan M. Desrosiers

Holiday Happenings at The Arc

The Arc Quinebaug Valley participated in The 14th Annual Holiday Dazzle Parade in Putnam. Thanks to Rawson Materials, we were able to use a payloader for our agency float! From bright colored lights, bows, banners and wreaths, our float was one to remember! You may have even noticed a big yellow duck, Arc staff members and individuals from our Education and Residential departments waving to everyone! It was a great night for the community!



The Annual Arc Holiday Party was held at St. Mary's Church in Putnam. In attendance were Arc Board Members, Arc staff, the individuals we serve, and even Santa! It was a party not only to celebrate the holidays, but to celebrate a wonderful year together! From a delicious lunch that was provided, tasty desserts, hours of dancing and pictures with Santa, everyone seemed to really enjoy the special time of year.



Project Redemption



Looking to redeem or donate your bottles & cans???

Please come to The Arc Redemption Center located at **96 Front Street in Putnam!** Every bottle that is redeemed or donated helps our individuals with intellectual and developmental disabilities. You can help make a difference, one nickel at a time!

Hours:
Mon-Fri: 8:30 a.m.—7:00 p.m.
Sat: 8:00 a.m.—12:00 p.m.

Questions?
Call Us:
860-928-1401

Boxes Needed

We are looking for cardboard boxes or trays that are about 11" x 16" inches and can be any kind of box (diaper boxes, grocery boxes, beer boxes etc.) These can be dropped off at our Cook Hill Office location, Mechanic Street Office location, or at The Arc Redemption Center!



Thank you!

Are You Interested in Getting Involved with The Arc??

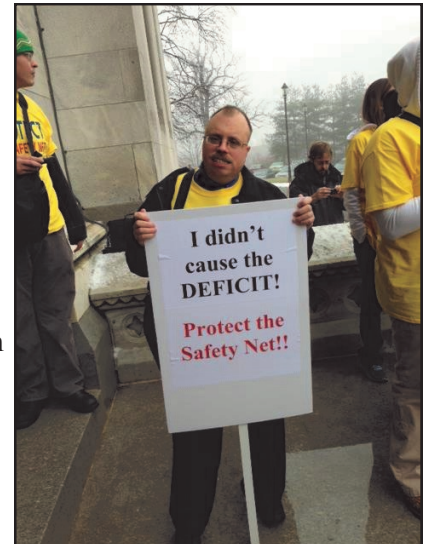
Being involved and staying involved with happenings at our agency is crucial to the longevity and success of The Arc Quinebaug Valley. We have had so many members of the community, as well as families of our individuals, reach out to us and question what opportunities are available to become more involved at The Arc. Whether it is working at The Arc Emporium, helping on the Golf Committee, taking part in the Duck Race event, volunteering time in our main office to complete bulk mailings, or even picking up bottles and cans for our Project Redemption facility, we are always looking for help! The Arc encourages and welcomes all volunteers, so should you be interested in becoming more involved, please contact our office at 860-774-2827. We thank you in advance for aiding us in becoming a better agency each and every day—your support and time is very valuable to The Arc and we truly appreciate your assistance in any way possible!

Knowledge is Power

Knowledge is power. The more we know about certain topics, the better prepared we all can be in the steps that need to be taken to make a difference. This past year has brought serious challenges to the human service field in Connecticut, including The Arc Quinebaug Valley. Non-profits could face drastic funding reductions and limitations on provided services, which can truly hurt the individuals we serve, as well as their families. The time to advocate is NOW and the time to make your voice heard is ALWAYS.

The DDS budget has already been cut by more than \$50 million in the past three years. Due to these massive cuts, people in need are now routinely denied or put on waiting lists for all DDS services including residential, day, employment and respite. Our Arc individuals and their families need our help now more than ever to stand up for what is right and needed for a thriving future.

This fight is on-going. Efforts need to be continuously made to advocate for our individuals and their families. The budget truly affects the community and it is very important we all stand together to educate legislators and the Governor on why funding is crucial. Please join us in helping to protect our individuals and their families by contacting your local legislators about restoring funding for human service agencies and by spreading awareness about this urgent matter. We commend you for your hard-work, support and dedication to The Arc Quinebaug Valley. Together we will make a difference!



Agency News

**TOGETHER
we make a
DIFFERENCE!**



Recently, due to an abundance of cans and bottles being donated and redeemed at our Redemption Center, Arc Administration team members committed to helping sort bottles and cans that were being stored in The Arc Cook Hill Office basement!

Teamwork is essential to The Arc's mission!

Tommy Toy Fund

The Tommy Toy Fund is intended to help children who will receive few or no holiday gifts without this assistance.

Pictured are two of our Education students who volunteered their time to help with this program in Dayville, CT.



Arc Wellness Committee



Being healthy & fit is a priority here at The Arc! Please join our committee so together we can ensure everyone's involvement and success in the future wellness goals at our agency! Next meeting date is schedule for 1/19/16 at 3:00 p.m. at our Cook Hill Office. Please RSVP at 860-774-2827.

Annual Giving Appeal

Please consider supporting our Annual Giving Appeal. As our agency expands, our programs advance and goals are being reached, The Arc continuously strives to maintain a high degree of excellence in our delivery of services, but we need your help, as we always want to improve and strengthen our capabilities to ensure success!

Donations can be made online at our website, via phone, or by mailing a check made payable to "The Arc Quinebaug Valley" addressed to 687 Cook Hill Road, Danielson, CT 06239, with "Annual Appeal" written in the memo.

Please help us reach our goal of \$25,000!

A Little Bit of This & A Little Bit of That



What was your New Year's Resolution?

The Arc Quinebaug Valley
would like to focus on
continuing to enhance the
services we provide to our
individuals.



Congratulations Dawn Lazaroff

on accepting the
role of President at
The Arc
Connecticut!

From Our Kitchen To Yours

Crock Pot Beef Stew

Ingredients:

- 2 (1 oz) packages dry onion soup mix
- 1/2 teaspoon paprika
- 2 pounds lean beef stew meat (cut up into bite sized pieces)
- 5 medium potatoes, peeled and diced
- 2 to 3 cups baby carrots
- 1 small Onion, chopped
- 2 (10 oz.) cans cream of celery soup
- 1 cup ketchup

Instructions:

In a large plastic bag, combine the dry onion soup mix and paprika. Add in meat and shake the bag to coat meat with the seasonings. (You may have to do that step in two batches, for all the meat to fit) Once meat is coated, spread out evenly into a greased 7 quart crock pot. Top meat evenly with diced potatoes, carrots and onion. Mix the cream of celery soup and ketchup in a small bowl. Pour mixture over the meat and vegetables. Cover crock pot with lid. Cook on low heat for 8 hours or until meat is cooked through and vegetables are tender. Stir to combine everything then serve.



BORN THIS WAY ~ An A&E Docu-Series

This series premiered on December 8th and offers an intimate look into the lives of young men and women born with down syndrome. Cameras follow these young men and women, as they pursue their passions and lifelong dreams, explore friendships, romantic relationships and work, all while defying society's expectations. A&E has partnered with Best Buddies International on this docu-series to raise awareness and encourage opportunities for people with intellectual and developmental disabilities.

Make sure to check it out ~ Tuesdays on A&E at 10:00 p.m.



Interested in being
on The Arc
Golf Committee?

PLEASE JOIN US!

First Meeting will be held on January 12th at
The Arc Cook Hill Office at 4:00 p.m. RSVP
to Crystal Simonson at 860-774-2827.

Save the Tournament Date:
July 8, 2016
Connecticut National Golf Club
Putnam, CT

Our Wish List

DVD Players * Appropriate DVDs * Books (Related to disabilities or Teaching) * iPod Touch * iPad/Tablets *
Construction Paper * Markers * Bulletin Board Supplies * Extra Large Portable White Board * Wall Mounted
White Board * Tickets to Events, Movies or Amusements

To donate, please call 860-774-2827 – Thank you for your generosity!

Self Advocacy Talk

A Word From Our Self-Advocate Coordinator:

The focus of our Self Advocacy Group is now education based. I have developed 10 steps to being an Effective Self-Advocate that are our guiding principles. We are using a video series called ACTIVATE HERE! that was developed for The Arc United States in collaboration with Academy award nominated documentary filmmaker Alice Elliot. This training video is used to refresh self-advocates with intellectual and developmental disabilities on their advocacy skills so that they may participate more actively in decisions about their own lives and advocate for policy changes.



I continue to advocate at the state level in Hartford by writing letters and e-mailing our legislators and the Governor's office asking them to restore the cuts to the DDS budget. Our hard work as advocates has been successful. The legislature went into Special Session on December 8th. The deficit mitigation plan, passed in that Session, restored some of the cuts to the Department of Developmental Services from the Governor's September rescissions. The plan calls for state officials to develop a plan to close Southbury Training School and the five other institutions, known as regional centers, operated by the state Department of Developmental Services within the next year. Changes are occurring and we must continue to stick together and advocate!

~Jamie Lazaroff, Self-Advocate Coordinator

Charitable gift planning can have many benefits to you and the receiving party. Maybe you are thinking about incorporating The Arc QV into your will? Maybe you want to leave a legacy behind to an agency that you truly believe in, all while enjoying tax savings now? Please visit our website at qvarc.org under **PLANNED GIVING** for more information, or contact Crystal Simonson at csimonson@qvarc.org or (860) 774-2827.

A Heart-Felt THANK YOU To These WONDERFUL Donors!

We are truly blessed here at The Arc Quinebaug Valley due to the community support and generosity that is shown to our agency! Check out some of the donors below who have recently made differences in the lives of individuals with intellectual and developmental disabilities! We thank all of you!

Thank you to everyone who donated towards our Giving Tuesday Campaign on Tuesday, December 1st! With your help, The Arc was able to raise over \$650 towards our services!

Thank you to Jewett City Savings Bank for their donation of \$1,000 towards The Arc Redemption Center!

Thank you to ARS Products for donating a check in the amount of \$1,000 to our agency!

Thank you to the Savings Institute Bank & Trust for donating a check in the amount of \$260 from their Caring & Giving Campaign!





Achieve with us.



Follow 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 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.

Our Annual Giving Appeal is STILL Underway!

Please help us reach our goal of \$25,000! This can be done online at our website, via mail, or by calling our office! Every penny helps and we truly appreciate it! See page 3 for more information!



*For people with intellectual
and developmental disabilities*

687 Cook Hill Road
Danielson, CT 06239



empower

Real People,

Real Progress

www.qvarc.org

Non-Profit Org.
U.S. Postage
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Danielson, CT