

# The Arc Quinebaug Valley

# The Arctarian

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## A Message from The President of the Board of Directors



I just love the holiday season! Everyone seems to be joyful, a little kinder, and filled with the spirit of generosity. It is a time when we can look past all of the world's ills, focus on the spirit of love, and be amazed by the miracles of the season.

At The Arc Quinebaug Valley, that spirit is demonstrated all year long!

Each Arc participant is wrapped in the care and devotion of a dedicated staff. This job is not an easy one. I have witnessed the patience, kindness, and

caring first hand during difficult times with a participant who has great need.

I have also witnessed incredible outcomes with these participants as they learn how to take care of themselves, their health, and make contributions to their communities.

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Christmas miracles happen at The Arc all year long! Let's begin 2017 with the resolve to keep the spirit of The Arc alive and vibrant throughout the New Year!

~ Pam Brown

## A Message from The Executive Director

Happy New Year!!

As we ring in the new, I want to be sure to thank everyone for your overwhelming support of The Arc of Quinebaug Valley during 2016. We really couldn't do it without you!

As everyone knows, the state continues to struggle with an enormous budget deficit which has hit state human service agencies, putting services in peril. Thanks to the generosity of our donors, we have been able to sustain our services this past year.

Our main concern is always to assure that the families and individuals whom we support have the services that they need.

These next few years will continue to be a struggle as CT works to close the deficit in the budget. Advocacy will be more important than



ever as we strive to educate our legislators on the needs of the most vulnerable of our population.

One way for CT to reduce expenses is for the state to discontinue providing supports that the private sector can provide in a less costly, more efficient manner.

More individuals could be served and the state would be able to address the deficit.

The private sector is a network that must be part of CT's solution to closing the enormous deficit.

~ Susan M. Desrosiers

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## Holiday Cheer

The holiday months at The Arc were filled with many activities! November brought various Thanksgiving feasts within departments, while Christmas brought multiple holiday crafts, parties and even a light parade. (Thanks to Rawson Materials for the use of the payloader for the parade event!) Take a glimpse at some very special moments we shared together through the most wonderful time of year!



### Ugly Sweater Party

Our staff members are truly dedicated to The Arc's mission, and for that, we are very grateful! Sometimes a "Thank You" just doesn't seem to justify how appreciative we are for everyone, so we decided to hold an Ugly Holiday Sweater Party for the staff, which incorporated a delicious lasagna lunch!

Looking at the picture, who do you think has the ugliest holiday sweater??

**Great party!**



### TALENT SHOW!

Our Day Service Options (DSO) program hosted a Talent Show that was filled with fun! From singing, magic tricks and dancing, our individuals had the best time showing off their talents! Great job to all who participated in this wonderful show! We cannot wait for the next one!



## 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!



## The Arc Welcomes 2017!



### What is your New Years Resolution???

The Arc Quinebaug Valley is determined to increase the success of all programs, services, events and business ventures we offer in 2017. We pride ourselves on always striving for more and we love making a difference in the lives of our individuals!

### Stay Tuned!



Exciting news coming in 2017 regarding our Arc Emporium & Project Redemption businesses!

### Legislative Breakfast

As the legislators gear up for another term, we believe it is important to keep them informed on the happenings at The Arc! We plan to host a Legislative Breakfast in early 2017 and all are welcome to make your voices heard! We will keep you updated on the date once determined!

### Activities for Winter 2017!

Not sure what to do in the cold weather that has approached? Try some of these activities!

1. Head for the ski slopes
2. Go ice skating
3. Build a snowman
4. Take winter photos
5. Go to the theater
6. Sit by the fireplace
7. Cook an amazing meal
8. Go sledding
9. Spend time crafting
10. Read a book



## In the Spotlight



Tiffany joined us at The Arc in 2015. She has since graduated from the Education Department and currently participates in the Supported Employment Department. This department provides her with the opportunity to gain skills needed to enter the workforce world. Let's hear from Tiffany regarding her experience thus far and her goals for 2017!

**What is your favorite part of the Supported Employment Department?** "My favorite part is working with my job coach Wayne. He is so fun to work with and he is a good person."

**What is something you are learning in this department?** "I am learning how to make food for the people that go to Community Cafe. I like to make the fruit salad, I am good at it!"

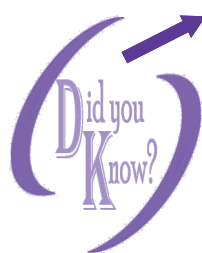
**What kind of job do you want to have one day?** "I want to work at Big Y Bakery. I love to bake desserts. My favorite dessert is cookies."

**What is something you would like to do in 2017?** "I am excited for the new year! I would like to visit my new baby cousin. She lives in Virginia."

## A Little Bit of This & A Little Bit of That

### Annual Giving Appeal 2016-2017

Would you consider supporting our 2016-2017 Annual Giving Appeal? We are halfway to our goal and really need your help to reach \$25,000! This appeal helps to enhance the services provided at our agency to each and every individual we serve, which truly makes a difference! All donations can be mailed to our Main Office at 687 Cook Hill Rd. in Danielson. Thank you for your generosity and kindness!



If Amazon is a site you shop on, please keep us in mind! Amazon agrees to donate .5% of the price of your eligible Amazon Smile purchase and does not cost you a single penny! Simply go to [www.smile.amazon.com](http://www.smile.amazon.com) and log in from this website to get to your amazon account. You will then be prompted to choose a charitable organization where you will find The Arc Quinebaug Valley listed!

Thank you!



**Spectrum of Sports Event!**

An inclusive sports clinic & resource fair for children of all abilities hosted by  
**The Arc & NOW-Northeast Opportunities for Wellness**

**SAVE THE DATE!**

Sunday, April 2, 2017  
Killingly High School in CT  
12:00 p.m. - 2:30 p.m.  
All Children Aged 7 - 15 Years Old

**More Information To Come!**





## Congratulations!

to Tom Fiorentino for his new role as The Arc Connecticut President as of November 2016! We look forward to working together to make a difference!

## Staying Healthy & Motivated!

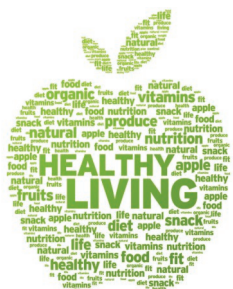


### Fit Club Challenge

Now that the Holiday season has passed, along with all the delicious desserts that come with it, January seems to be a great time for everyone at The Arc to start getting back on the fitness track! Our agency will be hosting its second Biggest Winner Challenge for the individuals we serve, as well as our staff, starting on January 11th through April 5th!

Last year, this challenge proved to be a great success and we are anticipating even more participation this time around. Our goal is to motivate as many people in this agency to make healthy choices and feel good about doing so! Registration will be \$5 and the first 50 people to sign up receive a prize!

With this challenge, various fitness classes will be offered to all that would like to take advantage! From laughter yoga, dance, pilates and a resistance band class, there is a little something for everyone! Weigh-ins will also occur every other week during this 12-week challenge for those who would like to assess their results.



The person who loses the most weight will receive 3/4 of the total money collected from registration and the runner up will receive 1/4 of the total money collected. We will be sure to keep everyone updated on the total group weight loss results at the end of the challenge!

## From Our Kitchen To Yours

### Tomato-Tortellini Soup

#### Ingredients:

- 2 - 14 1/2 ounce cans reduced-sodium Chicken broth or vegetable broth
- 1 - 9 ounce package refrigerated cheese-filled tortellini
- 1/2 - of an 8-ounce tub cream cheese spread with chive and onion
- 1 - 10.75 ounce can condensed tomato bisque soup

#### Directions:

In a medium saucepan bring broth to a boil. Stir in tortellini. Return to boiling then reduce heat. Simmer, uncovered, for 5 minutes.

Gradually whisk about 1/3 cup of the hot broth into cream cheese spread until smooth. Stir cream cheese mixture into broth in saucepan. Gradually stir in tomato soup; heat through. If desired, sprinkle each serving with chives.



## ☆☆ Wish List ☆☆

The Vocational Department employees are working on some unique and artistic designs for the home and garden. These creations will be featured for sale at The Arc Emporium and other venues. The following items are needed to complete these projects: odd plates, cups and saucers with designs or patterns, heavier gauge wire, beads, glass décor beads, glass drawer/cabinet knobs, epoxy glue, glass stemmed plates, clear shoe box sized plastic containers with lids and glass bud vases. Items may be dropped off at the Emporium or at Cook Hill. Call Linda or Nikki at 860-774-2827 with any questions... THANK YOU!

## Self Advocacy Talk

### A Word From Our Self-Advocate Coordinator:

The Self Advocacy Department has been quite busy! Our two Self Advocacy Groups have been talking about voting in the Presidential election that occurred. We recently had a successful fundraiser selling Yankee Candles. The money raised will go to providing transportation to the People First Conference in June 2017 in Meriden. I hope you are friends of the Arc Quinebaug Valley on Facebook. Every Tuesday I post what's going on in the world of Self Advocacy.



The legislative session will be upon us in no time. The session convenes January 4<sup>th</sup> and ends June 7<sup>th</sup> at midnight. This would be a great time to contact your legislators and tell your story about how any more cuts to the DDS budget would be devastating to your family. You can find your legislator by town on this website:

<https://www.cga.ct.gov/asp/Content/Townlist.asp>.

Remember Disability Rights are Civil Rights. I hope you have a great 2017.

*~ 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 [www.qvarc.org](http://www.qvarc.org) under **PLANNED GIVING** for more information, or contact Crystal Simonson at [csimonson@qvarc.org](mailto:csimonson@qvarc.org) or (860) 774-2827.

## A Round of Applause!



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 Putnam Bank for donating \$2,000 as a Platinum Sponsor for our Golf Tournament!

Thank you to Gerardi Insurance Services for donating \$3,000 as a Tournament Sponsor for our Golf Tournament!

Thank you to Jewett City Savings Bank Foundation for their grant donation of \$1,000 to help with the installation of LVP Flooring in our Recreation Room!

Thank you to Savings Institute Bank & Trust for donating \$300 through their Caring & Giving Campaign!

Thank you to Community Foundation of Northeastern Connecticut Women & Girls Fund for their grant donation of \$2,400 for our Healthy Relationships/Positive Choices curriculum.

Thank you to the American Truck Historical Society for their donation of \$750 to enhance our programs!

Thank you to everyone who donated to The Arc through our "Giving Tuesday" campaign!

Thank you to Charter Oak Federal Credit Union for their grant donation of \$3,000 for two Project Redemption bins for bottle/can collections!

Thank you to the State of CT Nonprofit Grant program for their grant donation of over \$340,000 for the purchase of 11 new vehicles to transport our individuals.

Thank you to New London Telephone Employees Community Service Fund for donating \$365 to enhance our programs!

Thank you to The Mitchell D. Phaiah Foundation for their donation of \$5,000 for a Sensory Garden at our agency!





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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](http://www.qvarc.org).

**Save the Dates:**

Spectrum of Sports Clinic & Resource Fair: Sunday, April 2, 2017  
The Arc's Annual Membership Meeting & Awards Night Celebration: Friday, May 5, 2017  
The Arc's 30th Annual Gardner Johnson Memorial Golf Tournament: Friday, June 16, 2017  
The Arc's 20th Annual Rubber Duckie Race: Sunday, August 13, 2017



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[www.qvarc.org](http://www.qvarc.org)

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