

The Arc Quinebaug Valley

The Arctarian

Achieve with us.®



A Message from The President of the Board of Directors



I love snow at Christmastime! It makes the atmosphere feel a little more magical. Once the holidays are over, I am ready for spring. Even so, each snowfall becomes a blanket of white that covers all the grey, dirt, and grime that we live with from January until the world blossoms back to life.

The year 2018 will be an important one for our Arc. The final passage of a new state budget is welcome, but like the snow it only covers the

ugliness of the state's financial situation and its effect on our most vulnerable citizens.

The Arc's strategic plan will be reviewed and we will be establishing new goals as we strive to move the agency successfully forward. The challenge of balancing funding decisions by Hartford, and our government, with the needs of the people we support 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 those we support will provide us with the inspiration that we need to complete another successful year!

~ Pam B. Brown



A Message from The Executive Director



We are half way through our fiscal year at the agency and with the help of our wonderful donor community and some tightening of our belts here at The Arc, we have been able to continue to provide the quality services that we are known for to support people with intellectual and developmental disabilities.

The Department of Developmental Services has reissued their directive to all state and private agencies to assure that the people we support are viewed as just that – people – not “clients” or “consumers” – but people.

People First language, which has been in use for a decade, is important. People have a disability – they are not “disabled”. A person isn't a “mentally handicapped person”. They are a person with a developmental disability. Try to look at what a person can do as opposed to what a person can't do. The people we support want to be contributing members of our community and can be found volunteering for Community Café, NECOG Animal Shelter, the Last Green Valley and other nonprofits.

Some also work at various businesses in the area and all spend their money locally helping the economy of northeast Connecticut. Please – as your New Year's Resolution – look at the PERSON FIRST – not the disability.

Check out the article inside about our new Transition and Customized Employment Programs. If you have a business need that is not being met, please give us a call and we may be able to help. Working together is what makes our community such a special place.

May you have a happy and healthy 2018.

~ Susan M. Desrosiers



Holiday Festivities

The Arc's Annual Holiday Party



We simply love the holidays at The Arc! Each year we have an annual holiday party which brings much joy to everyone — especially the individuals we support!

Held at St. Mary's Church in Putnam, we invite our staff, Arc individuals and our Arc Board Members to join in celebrating this festive time! From lunch, dancing and an appearance from Santa, this is a wonderful gathering we all spend together! Thank you to all who make this party possible!

Holiday Dazzle Light Parade

What a night! It may have been cold, but this event was truly amazing! Thank you to **Rawson Materials** for use of their payload and to all event volunteers!



STAFF UGLY HOLIDAY SWEATER PARTY

Laughter is the key to happiness!

Our staff came together for a party that no one will forget! The amount of laughter and ugly sweaters made this gathering a true success!

A New Year of Upcoming Events & Fundraisers

Annual Appeal

Please consider supporting The Arc by giving towards our Annual Appeal. Nonprofit human service agencies, such as The Arc, are being faced with budget cuts every year. Our hearts are so big, but we are forced to operate on such little funding. We truly need your help to secure the longevity and success of The Arc. Will you please help us reach our goal of \$25,000? Every penny counts. Gifts can be made online at www.qvarc.org or by mailing in a check made payable to The Arc Quinebaug Valley.



The Arc's Murder Mystery Dinner Event

Friday, April 13, 2018

**NEW
EVENT!!**

CT National
6 p.m.—10 p.m.
(R-Rated Show) Must be 18



This event is a Murder Mystery Dinner titled "Midnight at The Masquerade". All proceeds will go towards a sensory garden for people with disabilities. Cocktail attire is encouraged and masquerade masks will be provided to all guests. Limited seating available and no tickets will be sold at the door.

Tickets Coming Soon!

Sponsorship Opportunities Available Now!

The Arc's 21st Annual Rubber Duck Race

Sunday, August 12, 2018

Rotary Park / Quinebaug River

8 a.m.—2 p.m.



This event is family-friendly! From food vendors, classic cars, a bounce house, kids games, and the duck race, there is surely something for everyone in your family! All proceeds to benefit The Arc Quinebaug Valley!

Duck Tickets Available Closer to Event!

Sponsorship Opportunities Coming Soon!

2nd Annual Spectrum of Sports



Sunday, April 8, 2018

Killingly High School

10 a.m.—2 p.m.

Children 7—15 Years Old

Hosted by The Arc & NOW

This FREE event is an inclusive clinic and resource fair for children of all abilities.

Various sports stations and nutrition information will be available for participating children. Resource Vendors will have a focus on providing information with regards to people with disabilities and their families.

Registration Coming Soon!

The Arc's 31st Annual Gardner Johnson Memorial Golf Tournament



Friday, July 27, 2018

CT National



8 a.m. Registration / 9 a.m. Start

This event is always a fun time! Hot breakfast, lunch & dinner included. Acoustic music, contests, raffles, and even a BEST DRESSED TEAM contest ~ Hawaiian themed this year! This event has it all! All proceeds to benefit The Arc Quinebaug Valley!

Registration Coming Soon!

Sponsorship Opportunities Available Now!

**Questions? Please contact Crystal Simonson
at 860.774.2827 or csimonson@qvarc.org!**

Arc News & More!

Have you heard that The Arc Quinebaug Valley has a new look to their Employment Services? Our agency is fully supporting the State of Connecticut in their emphasis on “Employment First”—that is, integrated employment as the first and preferred option for all people with disabilities.



Employment Services will focus on Customized Employment (CE) strategies. CE refers to individualizing the relationship between employees and employers in ways that are mutually beneficial. It is based on each individual's strengths, needs, and interests while also meeting the specific needs of the employer.

Are you an employer looking for some help at your business? Please consider contacting The Arc's Transitional Employment Specialist, Kevin Davis, at 860.949.6473. Let our folks help you, while you help provide opportunities for our folks!

In the Spotlight



Meet Anna!

Anna has been with us in the Retirement Services Program (RSP) at The Arc since August 2016!

What is your favorite part of the day in the RSP program?

Play games and go out to eat.

What skills have you learned while at The Arc QV?

I learned how to play Wii bowling.

Do you have a hobby?

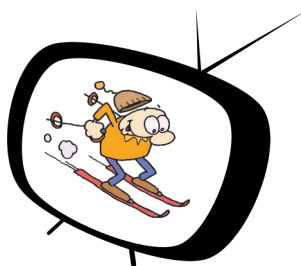
I do embroidery and puzzles.

Is there a winter activity or event you are looking forward to this year?

I like to watch skiing on TV. It is too cold to go outside.

What is something that you want everyone to know about you?

I am a nice person.



From Our Kitchen To Yours Crock Pot Sweet & Spicy Nuts

Ingredients:

1 tbsp butter, unsalted
3 cups pecan halves
2 cups almonds
2 tbsp pure maple syrup
1 tsp kosher salt
1/2 tsp cayenne pepper

Directions:

*Rub the inside of the slow cooker with butter and add in pecans and almonds

*Drizzle with maple syrup, stir to coat well. Sprinkle with salt and cayenne

*Cover and cook on high for 30 minutes, uncover and cook on low for 1 1/2 to 2 hours, stir every 30 minutes



You shop. Amazon gives.

Amazon has a program within their site (called **Amazon Smile**) in which Amazon agrees to donate .5% of the price of your eligible Amazon Smile purchases to the charitable organization of your choice. The Arc Quinebaug Valley has signed up to be on the list of charitable organizations on this site. You would not have to pay anything extra to be part of this wonderful opportunity. If you are interested, please go to <http://smile.amazon.com/> and log into your amazon account from this site. You will be prompted to choose a charitable organization and you can search for The Arc Quinebaug Valley. Then, you shop! We appreciate your support!

Self Advocacy Talk

A Word From Our Self-Advocate Coordinator:

We do have a state budget! It will fund all of the 2017 high school graduates with intellectual, developmental and other life-affecting disabilities. We have a big fight in 2018, as State Comptroller Kevin Lembo certified a \$207.8 million deficit, which obligates Governor Malloy to submit a deficit mitigation plan to the legislature. In the new budget, legislators also issued changes to the Medicare Savings Program. This program is getting a two-month reprieve, which is good news, but, when the legislature is back in session in February, we have to fight to save this program. You can be sure that

I will be testifying on behalf of the 113,000 seniors and people with disabilities who would be impacted by eligibility reductions to this program.



At The Arc, our in house self-advocacy group has moved to Friday morning. This group meets every week. Our evening self-advocacy group has been back on track with interesting guests and presentations, such as respectful language and bullying and the teaching of Nelson Mandela.

~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 under **PLANNED GIVING** for more information, or contact Crystal Simonson at csimonson@qvarc.org or (860) 774-2827.

Community Support Makes A Difference!



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 & many more!

Titan Energy

Donated \$250 to help enhance services at The Arc.

bankHometown

Gifted \$556 to The Arc through their employee "Jeans Day" campaign.

Giving Tuesday Donors

Thank you to all of our Giving Tuesday donors! We raised \$275!

Jewett City Savings Bank Foundation

Provided \$1,000 in grant funds to help create a Sensory Garden at The Arc.

Rite Aid Distribution Center

Provided The Arc with \$1,230 as a general donation as a recipient of their KLT Charitable Event Program. Rite Aid also donated \$510 to The Arc as a general donation from their Dunk Tank fundraiser.

Savings Institute Bank & Trust

Donated \$400 to help enhance services at The Arc through their Caring & Giving Campaign.

2018 Golf Tournament Donors

Thank you to all of our 2018 Golf Tournament donors! We raised \$6,175 thus far!

Staples Foundation, Inc.

Gifted \$1,000 in grant funds to help with technology costs for The Arc's Job Development Enhancement Program.

Frontier Communications

Employees donated \$680 to The Arc to enhance services.

American Truck Historical Society

Thank you to The Nutmeg Chapter for their general donation of \$750!





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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.

SAVE THE DATES!

Spectrum of Sports hosted by The Arc & NOW ~ Sunday, April 8, 2018

The Arc's Murder Mystery Dinner Event ~ Friday, April 13, 2018

The Arc's 31st Annual Gardner Johnson Memorial Golf Tournament ~ Friday, July 27, 2018

The Arc's 21st Annual Duck Race ~ Sunday, August 12, 2018



687 Cook Hill Road
Danielson, CT 06239



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Real Progress

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