



The Arctarian

Newsletter of The Arc Quinebaug Valley



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A Message from our Board President:

Is it just me or does it seem everywhere you look these days you see The Arc Quinebaug Valley?

I turn on the TV and I see the best looking and clearly the industry leader in Self Advocacy, our own Jamie Lazaroff as the keynote speaker before a very important audience at the 19th Annual West Virginia People First Self-Advocacy Convention.

I go for a stroll through the buildings at the Woodstock Fair and I see the award winning hand knit afghans from our own Susan Cote. The artistry and talent she displayed was fantastic.

I decide a Friday night would be a good time to take in the sights of downtown Putnam, and prominently displayed in front of our very own Arc Emporium are the works of some very talented artisans from our woodworking program and artwork from students in the Education Department.

I convince myself I should go for a bicycle ride to get some exercise and I ride by our beautiful new facility on Route 6 in Chaplin, and it is bright and vibrant and bursting with good vibes.

The people there are helping

to expand our outreach and getting involved with their community.

I pick up the newspaper and read about a tremendously successful capital campaign, one that allowed us to fulfill a dream of installing an elevator at our Cook Hill Road Office, Education and Training Center. I continue to be overwhelmed with the amount we raised and



Gene Michael Deary
Board President

LOOK...

IT'S
THE ARC

THANK YOU to all the staff, direct support professionals, administrators, leadership team and vendor relationships we have. It is a direct result of your incredible dedication that we are able to provide the valuable services we do.

I hope and pray (and plan a little) that you will continue to be dedicated and committed to making this year our most successful ever.

And by the way, the measure of our success will not come from the color of the ink on our bottom line, but rather from the amount of smiles on the faces of the many wonderful people who entrust us with their precious commodity, the people they love.

I love The Arc Quinebaug Valley and am proud to be the President of their very dedicated Board!

the good will that folks passed along to our enterprise.

Businesses and the people that run them recognize The Arc for professional and life-changing work. They want to be a part of it and I am so thankful for it.

I went to a town meeting where I live and someone from the Board of Education discovered that I had an affiliation with The Arc and twenty minutes later she was still telling me how wonderful her experience has been with our education department.

GET INVOLVED



Join our Teams!



“Like” us on Facebook!

“ELEVATING EDUCATION” CAPITAL CAMPAIGN

The Arc celebrated the success of our “Elevating Education: The Power to Transform Lives” Capital Campaign with an Elevator Ribbon Cutting and Open House on July 30th.

The Arc started the campaign in November with the goal of raising \$250,000 toward the installation of an elevator at our Cook Hill Road Office, Education and Training center and other capital improvements.

Gene Michael Deary, President of the Board of Directors, announced July 30th the campaign surpassed its goal and raised:

\$306,628

We could not have had the tremendous success of the campaign without the hard work of many people!

THANK YOU to: General Chairpersons Jason and Amy St. Onge, Honorary Chairpersons State Rep. Daniel Rovero and his wife Judy, Vice Chairpersons Jeffrey and Jessica Rawson.

Thank you to campaign consultant Ronald Coderre of RPC Associates and everyone who served on our committees.



The first ride in the elevator! From left are: Susan Cote, Gene Michael Deary, Norma Cassettari, Betty Hale and David Conrad.



Thank you to: (from left) Citizens National Bank President and CEO David Conrad, Amy St. Onge, Executive Director Susan Desrosiers, State Rep. Daniel Rovero, Putnam Mayor Peter Place, State Rep. Mae Flexer, Founding Parent Norma Cassettari, Betty Hale, Plainfield First Selectman Paul Sweet, Killingly Economic Development Coordinator Elsie Bissett.

Major Gifts: Chairperson Gene Michael Deary, Peter Deary, Denny Gates, Bob Halloran, Tom Harney, David Panteleakos, Jeff Rizer, Bill St. Onge and Charlie Tracy.

Corporate/Finance: Chairperson Joshua Peach, Peter Benoit, Jo-Ann Chenail, Al Cormier, Matt Desaulnier and Cheryl Guillot.

Community: Chairperson Lynn Bourque, Bill Andrzejcik,

Pegi Breckel, Jennifer Brytowski, Judy Haines, Brandy Hapgood, Nancy Hutchens Reif, LeeAnn KIELTYKA, Cheryl Lewis, Leona Mainville, Nick Mainville, Joyce McOsker, Rich and Wanda Mineo, Carmel Osterlund, Carrie Szymanski, Ashley Thorstenson.

Family/Staff Giving: Chairperson Terence Chambers.

Social/Public Relations: Chairperson Pamela Brown, Nora Butts, Julie Ann Dupont, Suzanne Franklin, Susan Johnston, Martha Harrison, Ann Tetreault.

THANK YOU to our donors!

101 Business Solutions, Saul and Sandra Ahola, Rochelle Alix, Arlene Altmeier, William Andrzejcik, Archambault Insurance, Denise Archambault, Arthur Parent Contractor, Dan and Mary Atwood, Keith Aubin, Dick and Linda Auger, Bachand Longo and Higgins, Helen Ballou, Raymond Baribeault, Leah and Justin Barry, Richard and Louise Bennett Jr., Cathy Bontempo, Thomas and Kathy Borner, David and Lynn Bourque, Roger and Patricia Breault, Pegi Breckel, Brian Arnio Welding and Fabrication, Gregory and Tonya Brock, Theresa Brodeur, Brooklyn Builders LLC, George and Pamela Brown, Mae Brownell, Christopher and Patricia Burke, Business Systems & Incentives Inc., Byrnes Agency, Rick and Dee Carnahan, Norma

Cassettari, Tyla Cazeault, The Center for Bone and Joint Care, Terence and Jan Chambers, Louis and Suzanne Chartier, Chase Graphics, Peter and Dawn Chmura, Ronald and Donna Coderre, Suzanne Cohen, Common Sense Payroll, Congregational Church of Thompson, CorePlus Federal Credit Union, Irene Crabtree Patricia Daviau, Helen Marie Dearden, Deary Electric and Renovations, Michael Deary, Peter Deary, Michelle DeMarco, Pearl Dubay, Paul and Judy Durand, Anne Duval, DW King, Barbara Elliott, Herbert and Alice Elliott, Ernest J. Cotnoir, ERW, Dorothy Fazzina, Kathleen Fitch, Joseph and Mary Ann Fodor Jr., Foster Corporation, Suzanne Franklin, Denny Gates, Claire Gaudreau, David Gaudreau, Robert Gauthier,

Gerardi Insurance, Bernard and Mary Gilbert, Global Design and Publishing, Yvette Gordon, Don and Ellie Grant, Paul Grenier, George and Sandy Groom, Leon Grudzinski, Habitat for Humanity NECT, Betty Hale, James and Patricia Hall, Bob Halloran, Fred Hedenberg, Michael and Deborah Herlihy, Hometown T&S Energy, Clayton and Arlene Hooper, Richard and Nancy Horsfield, Marge Hoskin, Nancy Hutchens Reif, Patricia Jennings, Jewett City Savings Bank, Mark and Susan Johnston, Joseph J. Botta MD and Associates, Kaplan and Brennan, Kelly's Tire, LeeAnn KIELTYKA, King Cadillac and GMC, Kingsbury Septic, Nancy Kurek, Mary LaFontaine, Lorraine LaGarde, Robert and Simonne Lamothe, Leslie Lavalley, Cheryl

Lewis, Elaine Lippke, Brenda Lonardelli, Loomis Real Estate, William and Susan Lucchesi Jr., Thomas and Gail Masso, Thomas and Mildred McBroome, George and Thalia Meehan, Kevin Merchant, Richard Moore, NECT Healthcare Credit Union, Kim and Pat Neely, New England Plasma, PAP Auto, Kate Lynn Paradise, Melissa Parr, Laura Parziale, Krishna Patel, Margaret Payne, Joshua and Karalee Peach, Raymond Perry, James and Linda Phaiiah, Plainfield Rotary Club, Bill and Louise Pockoski, H. Douglas and Gail Porter, Gail Posten, Lisa Pratt, John Prihoda, Productivity Resources Northeast, Providence and Worcester Railroad, Putnam Bank, Putnam Ford, Putnam Police Union, Putnam Rotary Club, Putnam Supermarket, Quinebaug Lawn, Rawson Materials, Allan and Kathie Rawson, Jeffrey and Jessica Rawson, Lawrence Ring,

Ronald Robinson, Frank and Carol Rogers, Daniel and Judy Rovero, Louise Salmon, Cheryl Salvias, Sarantopoulos and Sarantopoulos, Mike Schaefer, Stanley and Joan Scraba, Kevin Shaw, Bob and Jinny Smanik, Eugene Smith, Phyllis Smith, Mary Ellen Snyder, Jason and Amy St. Onge, Kathleen Stauffer, Paul Swantek, Carrie Szymanski, Deb Tavernier, Ann Tetreault, The Citizens National Bank, The Savings Institute Bank and Trust, Ashley Thorstenson, Steven and Mary Tomeo, Town of Plainfield, Steve and Marje Townsend, Tractors 2 Trimmers LLC, Dorothy Trama, Tri-State Rehabilitation, United Natural Foods Inc., Daniel and Delpha Very, Robert and Sue Vincent, James and Eleanor Warren, Weiss & Hale Financial, Wheelabrator, Whitcraft, WINY Radio, Robert Wood, William Zamagni Sr., Robert Zdankiewicz.

25th ANNUAL GARDNER JOHNSON MEMORIAL GOLF TOURNAMENT



This year's 25th Annual Gardner Johnson Memorial Golf Tournament was held July 13th at Foster County Club in Foster, R.I., and included 32 foursomes.

THANK YOU to all players, sponsors and volunteers who helped us raise nearly \$20,000 for our programs!



The RPC Associates foursome of Ronald Coderre, Joseph Undley, Christopher Coderre and Roger Franklin are ready to tee off!

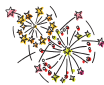


THANK YOU To our Golf Committee!

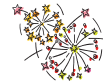
Chairman Susan S. Johnston, Jeff Rawson, Josh Peach, Julie Ann Dupont, Pam Brown, Linda Lamoureux, Greg Thompson, Patrick Kuhn, David Stuyanski, Emily Groves and Sandi Riemann.



Jamie Lazaroff and Erica Salvas hit the ceremonial first balls.



THANK YOU to our Sponsors!!



Platinum Sponsors: Rawson Materials, The G-Seven Catering Company and Frito Lay

Gold Sponsors: Gerardi Insurance, Fluid Coating Technology, Northeast Computer Services, RPC Associates and Wheelabrator Putnam Inc.

Silver Sponsor: Advantage Home Medical LLC

Bronze Sponsors: United Natural Foods Inc., Tompkins Insurance Agencies, LaFramboise Sand and Stone, Gates GMC Buick Nissan and Woodstock Building Associates

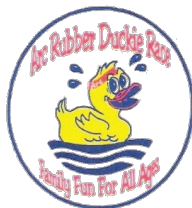


David Stuyanski of Frito Lay and a member of the Golf Committee was awarded the Gardner Johnson Memorial Award for his tireless work on behalf of The Arc. Thank you David!

15th ANNUAL ARC RUBBER DUCKIE RACE

Celebrating a Record Year!

Our 15th Annual Arc Rubber Duckie Race was held August 12th in downtown Putnam, in conjunction with the Putnam Car Show. The 4,309 ducks sold this year (a new record) were dumped from a pay loader into the Quinebaug River, as hundreds of people lined the edge of Rotary Park to cheer on their ducks! The hardworking duckies raised \$25,000 for our programs!



The Duck Race wouldn't be possible without YOU!

Thank you to Mayor Peter Place, Putnam Ford, the Main Street Car Cruise Committee, the many businesses who donated prizes and sold tickets, The Arc Board of Directors and staff, Rawson Materials, Glenn Goodno, everyone who bought a ticket, Quinebaug Valley Young Marines and all the volunteers who worked so hard to help us reach our goals. Thank you to our Cook Hill crew who counted, sorted and loaded up the ducks, and to our Education Department who washed and dried the ducks after their big swim!

Together we will make a difference in many lives! Congratulations to the winners!

A very special THANK YOU to our sponsors:

Prize Sponsors: The Baker's Dozen, Bella's Bistro, The Citizens National Bank, Spirol International Corp., Roland H. Lupien, Metrocast.

Rubber Duckie Sponsors: 85 Main, Cote's Flooring, Demers Accounting Services, Gil's Shoe Barn, The Inn at Woodstock Hill, Jewett City Savings Bank, Mantec, Parker Memorials & Stone Co., Putnam Chrysler Dodge Jeep Kia, Putnam Ford, Putnam Plastics, Taylor Brooke Winery.



WE'RE GROWING! COME SEE OUR NEW CHAPLIN LOCATION.

The Arc Quinebaug Valley's new Day Program Center is now open at 174 Willimantic Rd. (Rte.6) in Chaplin.

The Emporium II is now open, a smaller version of our very successful store in Putnam. The store features household goods, furniture, ladies' accessories, jewelry, and local items like honey and maple sugar products. There is a sweet shop and visitors will be able to find brochures for attractions in the area. The Emporium II is a unique blend of gift items, books, one-of-a-kind furniture pieces and so much more!

The new location will also offer a Day Services Program that will provide a safe and nurturing environment for individuals with intellectual, developmental and other life-affecting disabilities. We are now accepting referrals for both Chaplin and our Day Program in Danielson. Contact Executive Director Susan Desrosiers at (860) 774-2827 or sdesrosiers@qvarc.org Chaplin will also feature a satellite



A digital creation of what our building will look like with our future signs.

Supplies, Karaoke Machine, wooden display shelves.

We are also in the process of creating a therapeutic drumming circle group to benefit all of our programs in the agency. If anyone has a set of bongo drums, djembe drums or other percussion instruments they no longer use, we

will gladly accept them. This activity will benefit individuals of all ages.

If you wish to make a donation of any items listed or make a cash donation to purchase any of these items, please contact Linda Lamoureux at (860) 774-2827 or llamoureux@qvarc.org

Thank you for helping us create this wonderful opportunity for those we support!

Achieve with us.

Supported Employment Program. Community employment will be developed for those interested in finding meaningful work and competitive wages.

Wish List: As we prepare to open this wonderful new opportunity for The Arc and the community of Chaplin and surrounding towns we are accepting donations of the following: Arts & Crafts Supplies, Games, Puzzles, Snack Items, Radio/CD Player, Wii, Drawing/Art

ANNUAL APPEAL

Ron and Donna Coderre of Putnam join The Arc Quinebaug Valley as the General Chairpersons for the 2012 – 2013 Annual Giving Campaign: "Improving Lives through Service, Learning and Community—A LIFELINE of Hope for Individuals and Families with Life-Affecting Disabilities."

Well-known as community activists for years around Northeastern Connecticut, they are anxious to assist with The Arc's philanthropic endeavors.

"We've been involved with The Arc Quinebaug Valley for many years. We admire the programs and personnel of the agency for the much needed services they provide to individuals with life-affecting disabilities, which they serve. It's an honor to be part of this energetic team as we embark on this important campaign," said Mr. and Mrs. Coderre.

As General Chairpersons of the Annual Campaign, Ron and Donna look forward to being very active in ensuring the success of the agency's fundraising efforts.

For more information on the campaign, please contact Linda Lamoureux at (860) 774-2827.



DONATE YOUR CAR

What is The Arc's Vehicle Donation Program?

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.



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.

For more information or to fill out the online form, visit www.qvarc.org.

IN THE COMMUNITY

After the Cap & Gown



(L-R) Shannon Jacovino, Lois Nitch, Dawn Lazaroff and Leslie Simoes.

An information session for families of individuals with intellectual and developmental disabilities was held on Tuesday, September 25th at our Chaplin Center. Parent and advocate Lois Nitch shared her story about her son, Andy. Lois and her family worked diligently to advocate for appropriate services and supports for Andy as he moved from the school setting to adulthood. She shared what questions parents should be asking and where to go to find the answers. For more information, please contact Dawn Lazaroff at dlazaroff@qvarc.org or 860-774-2827.



Joan St. Ament (left) presents Executive Director Susan Desrosiers with a check for \$200 from Savings Institute Bank & Trust employees through the Caring and Giving Program. Thank you Savings Institute employees!

News from The Arc Connecticut: *Families for Families Campaign*

The Arc Connecticut is launching a grassroots campaign designed to draw attention to a two-fold problem: the critical need of the State's hundreds of families and individuals with intellectual and developmental disabilities and the inability of the State and federal government to provide the necessary infrastructure, resources and vision to adequately serve this fragile population.

The goal of *Families for Families* is to establish and mobilize a state-wide network of families and individuals to educate, engage and empower one another to effectively communicate a message that individuals with intellectual and developmental disabilities deserve the right to grow and thrive in the communities of their choosing, while it also points to the lack of sufficient infrastructure, resources and vision necessary to promote those rights.

For more information, please contact Shannon Jacovino at sjacovino@arcocfct.org or 860-246-6400, ext. 102 or Leslie Simoes at lsimoes@arcocfct.org or 860-246-6400, ext. 101.

SELF ADVOCACY CORNER



The Arc Quinebaug Valley Self Advocate Coordinator Jamie Lazaroff writes each issue on his latest activities.

In September I had the pleasure of giving the keynote address at the People First of West Virginia 3 day conference. About 280 Self Advocates from around West Virginia attended this conference to learn self advocacy and self determination.

I traveled in on Tuesday to Parkersburg to rest up for the big day on Wednesday. On Wednesday, we traveled down to the conference at the state 4H camp called Jackson's Mill in the small town of Jane Lew. I gave the keynote on Wednesday at the opening ceremony. I talked about self advocacy and why speaking up for yourself is important, using some of my personal experiences to reflect upon.

My speech was followed up with a question and answer session and the self advocates in the audience were truly engaged with much enthusiasm. I was very

impressed with their appetite for knowledge and information.

On Thursday, I co-presented a workshop on "How to Interview" for television or radio that was very interactive, including role playing with people in the group. The rest of the day was for leisure time, a candidate forum and other workshops and activities such as arts and crafts, games, etc. The end of the day was their banquet and dance. Friday was closing ceremonies which included recognition and awards for who stood out as leaders in the self advocacy movement around the state. I also got the chance to thank them for their warm hospitality and congratulate the People First members for their vision and conducting a successful conference.

In all my years of self advocacy and all the conferences I have attended, this was one of the best and most well-organized. I brought back lots of information and ideas to help our self advocate group here in Connecticut grow. We also plan to start a youth self advocacy group in the near future.

One of the slogans I liked was "If you're not at the table, you're on the menu."





Our Mission:

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.

Celebrating **60 years** of providing a lifeline of support to individuals with intellectual, developmental and other life-affecting disabilities and their families in Northeastern Connecticut.

Save the Dates!

December 14, 2012: The Arc Quinebaug Valley Holiday Party.

May 10, 2013: Annual Membership Meeting and Awards Night Celebration, Wrights Mill, Canterbury.

July 12, 2013: Gardner Johnson Memorial Golf Tournament, Foster Country Club, Foster, R.I.

August 11, 2013: Arc Rubber Duckie Race, Downtown Putnam.

Real People,
Real Progress

empower

www.qvarc.org

For people with intellectual
and developmental disabilities
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