

The Arc News

of New London County
www.thearcnlc.org

Arc of New London County Annual Meeting June 23, 2009 President's Report

The past year has been one filled with growth, celebration and reflection. We enjoyed another successful Strides Road Race, experienced the grand opening and dedication of the Thomas J. Sullivan Employment Transition Center in Groton, hosted a very successful 2nd annual Pirate Party at the Mystic Arts Center, conducted a nationwide search for a new executive director due to Tom's much-deserved retirement, and are embarking on our 8th Annual Appeal.

The Board kept a careful watch on the economy in general, and especially on the budget issues in Connecticut that affect us directly. Thanks to previous Boards' foresight and insistence that Tom diversify our funding sources, and the present Board's commitment to expanding that diversification, we continue to be able to offer top quality programs that fulfill our vision and mission. As a result of fundraising at our Pirate Party, the board raised enough money to keep the cost of camp at the 2007 rate and still support respite and recreation. We continue to be guided by our Strategic Plan and look forward to more success.



Tom Sullivan

I would like to take this opportunity to ask you to join me in thanking Tom for providing us with seven years of his dedication, leadership and expertise. We have him to thank for making the organization so visible, viable, respected and sought-after by families and leaders in New London County, and in the state.

At this time, I would also like to introduce the new Executive Director of The Arc of New London County, Kathleen Stauffer. Kathleen comes to us from a background in executive management and media that will help us keep Arc on the positive track Tom established while opening new doors, particularly in terms of public education regarding disability.

She began her career as a journalist and was named a publisher at Bayard Inc. in 2003. In 2005 she was named president and publisher of Bayard's U.S. magazine division in New London, which includes Catholic Digest – a publication noted for celebrating human triumph over adversity. She brings to The Arc experience in strategic planning, coaching and achieving customer satisfaction.



Diane Aubin

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—Diane Aubin

Thank you, Tom — and welcome, Kathleen.

Diane Aubin, President
Arc of New London County
Board of Directors

PAYING TRIBUTE TO TOM SULLIVAN & THE SPIRIT OF THE ARC

T'was a night to remember: After a career of more than four decades of service, Tom Sullivan was retiring! With his humble beginnings as an aide at Southbury Training School as a backdrop, Tom's career spanned 42 years of providing programs, services and supports to individuals with disabilities and their families in three states (Connecticut, Tennessee and Florida).

Though we knew him as the Executive Director of The Arc of New London County for the last 7 years, Tom was also a Special Education Teacher, a Supervisor, Program Manager, Superintendent of Seaside Regional Center, Regional Director of the Northeast Region (DMR Region 3) and the Eastern Region, Superintendent of the Sunland Center in Miami, Florida, and the Commissioner of Mental Retardation Services in Tennessee. We asked him how his retirement was going, and he graciously gave us this reply:

Retirement has been a busy and enjoyable time. It has also been a time to reflect on the many experiences and friends I was fortunate to have made as Executive Director of The Arc of New London County over the past seven years. The Arc is fortunate to be governed by a Board of Directors that is dedicated and committed to the Mission and Vision of the agency. As I have said on many occasions, "they are the best 13 bosses a person could ever have!"

The staff of The Arc are as talented and diverse a group of people anyone could wish for. With over 150 dedicated and skilled employees, The Arc of New London County stands out as one of the premier agencies supporting people with intellectual disabilities in the state. The Management Team of The Arc is comprised of a group of experienced professionals who bring different sets of skills and talents to the agency. I have often likened them to individually unique and colorful

threads that when woven together form a magnificent tapestry.

The communities of Southeastern Connecticut have been very supportive of The Arc. Many businesses, Foundations, individual donors and volunteers continuously demonstrate that this part of the state is the best place to live and work. And most important, the individuals and families we support have always been our *raison d'être* or reason for being. The Board, staff, management and volunteers of The Arc of New London County have always been driven to improve the lives of the people we support.



Tom receiving a Proclamation from CT lawmakers Tom Reynolds and Kevin Ryan



A picture of the links in Adare, Ireland, from the Council of United Way Executives

It is an honor to have turned the reins of the agency over to a very talented person, your new Executive Director, Kathleen Stauffer. I have had many opportunities to work with Kathleen over the past few months and I am most confident that she will provide a stable and clear direction for the future of this wonderful agency.

In closing, I would like to thank all who made my Retirement Party in June a most memorable occasion for me and my family. It was not necessary, as working with all of you over the past seven years was gift enough...but it was great fun!

Fondly,
Tom Sullivan

June 23, 2009 Ocean Beach Park



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thank all who made
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*Fondly,
Tom Sullivan*



It's That Time of Year Again!

The Arc's Camp Harkness Summer Camp is Open!

Entering its 10th year, The Arc of New London County's Camp Harkness Summer Camp invites campers with disabilities and their families to share some fun in the sun! Camp activities include swimming, recreation, arts and crafts, dances, campfires, nightly entertainment and more!

Run by the Arc of Connecticut for 30 years, the Arc of New London County assumed operations in 1999 and the Camp has continued to grow every year. While it provides recreational and social activities for campers, the Camp also provides a week of respite for families, an important part of the Arc's Mission to help support persons with disabilities and their families.

The Arc's Camp Harkness experience consists of eight 1-week sessions serving between 250 and 270 campers supported by a staff of 30. Week 7 is specifically designated for Youth, and Week 8 for Youth day campers with disabilities. Arc staff maintain a 3:1 ratio in the general program, and 1:1 in a limited Special Needs program.

Daily positive interactions between campers and counselors create a loving community at camp. Campers rely on the counselors for assistance with daily living skills and a unique camping experience. By working and living together, friendships are formed which truly last a lifetime

A typical day at begins with a 7:30 wake-up, breakfast at 8:30 and morning "Circle" activities at 10:00, a choice between recreation and arts and crafts. Afternoon activities include swimming at beautiful Harkness Beach located on Long Island Sound. Evening activities begin at 7:30 and include dances, carnivals, cookouts and memorable rides on the Sunshine Train!

Everyone retires to their cabins at 10:30.

Campers reside in a cabin with five other campers and two staff members. An on-site nurse is available 24 hours each day.

Campers may be dropped off from 2:00 and 4:00 on Sundays, and picked up from 2:00 and 4:00 on Fridays. For more information write: jhickey@thearcncl.org.

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The Arc of New London County's Annual Appeal

Please support our 2009 - 2010 Annual Appeal and make **"25 from 10"** a big success in 2010.

How it works...

If every person receiving this letter gives a **\$25** donation and passes this message to **10** family members and friends who do the same, we will have one of our best campaigns ever...in spite of this challenging economy!

It's easy!

Simply give a copy of this letter to 10 friends or family members. Or, just email it by visiting our Web page at www.thearcncl.org.

Look for this logo:



and follow the quick steps.

Thanks!



*Are You an Arc
Member?*

ANNUAL MEMBERSHIP APPLICATION

July 1, 2009—June 30, 2010

Last Name:		First Name:		Date:	
Street Address:		Email:		Home Phone:	
City:	State:	Zip:	Work Phone:		
ANNUAL MEMBERSHIP CATEGORIES (Please check one):					
Note: If you are an Arc of New London County employee or relative, you must select Non-Voting.					
Voting Membership			Non-Voting Membership		
Individual	☐	\$15.00	Individual	☐	\$15.00
Senior Citizen	☐	\$10.00	Senior Citizen	☐	\$10.00
Self Advocate	☐	\$10.00	Self Advocate	☐	\$10.00
			Corporate	☐	\$100.00

Please make checks payable to The Arc of New London County, Inc.—Thank you

Membership is for one year and renews on June 30. Membership in our local chapter also entitles you to membership in The Arc of Connecticut and The Arc of The United States.

Voting Membership entitles you to one vote at general membership meetings.

Membership entitles your family member to a discounted fee at Camp Harkness.

Please check here if you do not want to be listed in the membership directory: ☐

The Directory will be available to all Arc Members in order to improve communication between families, self advocates, and service providers.

Please check here if you would like to receive The Arc Today, our National Newsletter: ☐ (No extra charge)

Optional Information:

In order to gather data about our membership, we request that you fill out the following information for our records. This information is optional, but will be helpful in determining the demographic base of our membership:

Age Group of Member:					
☐	1-24	☐	25-34	☐	35-44
☐	45-54	☐	55-64	☐	65+

If Family Member, age group of person with disability:			
☐	1-21	☐	22-35
☐	36-50	☐	51+

Classification:			
☐	Self Advocate	☐	Volunteer
☐	Provider	☐	Employee
☐	Family Member of person with developmental disability		

Call 860-889-4435 to learn how membership can benefit you.

Making Strides!

The Arc of New London County and The Cactus Jack Foundation announce the 32nd Annual Jack O'Keefe Memorial Strides Road Race to be held at Camp Harkness in Waterford, CT, on Sunday, October 4, 2009 at 10:00 am. This unique fund-raising effort for The Arc of New London County has enjoyed extraordinary success over the years.

Named in honor of Jack O'Keefe, Sr., in celebration of his legacy of supporting people with disabilities, the race honors a man who was the first Recreation Director at Seaside Regional Center and founded the inaugural race in 1978 along with the late George Daly (Camp Harkness Director from 1976 through 1997) and retiring Arc of New London County Executive Director Tom Sullivan.

Long before it became an academic philosophy, Jack O'Keefe embodied the spirit of unified recreation, encouraging people with abilities and disabilities to find joy by participating together in recreation and sports. All proceeds from the race will be used to support recreational, leisure and sports activities for people with disabilities.

With 8 divisions that start with racers 11 years old and younger and go all the way through the Veterans Division where racers are 70 years old or older, the Strides Road Race offers fun for everyone.

Registration fees: \$15 per runner or \$30 per family of four in advance, and \$20 per runner or \$35 per family of four on race day. Children under 12 years of age pay only \$5, and Patron Ads cost \$50. Fees include food provided by Outback Steakhouse, a T-shirt sponsored by the Lake of Isles, a Race Packet and entertainment.

Long before it became an academic philosophy, Jack O'Keefe embodied the spirit of unified recreation, encouraging people with abilities and disabilities to find joy by participating together in recreation and sports.



The 2006 Road Race starting line

Thanks to Our Recent Donors:

AHEPA

**Arc of Greater New Haven
Arc of Meriden/Wallingford
Bruno Plumbing
Chelsea Groton Bank
Chester Kitchings Foundation
Central CT Carpenters
CT Coastal Dentistry
Dime Bank
J Solomon
Knights of Columbus
Linda Kidder Associates
Mattern Construction**

Montville Rotary Club

**O'Keefe Controls
Oriental Rugs Ltd
Pampered Chef
Pentecostal Temple Church
Rugh Protection Agency
Sacred Heart Parish—Groton
Shop Rite of Norwich/New London
Smith Insurance
Sportee's llc
Steve David's HVAC
Tom and Candy Sullivan**



The 32nd Annual Jack O'Keefe Memorial

Strides Road Race



Sponsored by

LAKE OF ISLES &



Sunday, October 4, 2009

At Camp Harkness
301 Great Neck Road
Waterford, CT 06385

Starting Gun Times

10K 10:00 am

5K 11:30 am

Fun Run 1:00 pm

*All races start & finish at
Camp Harkness

Check here for
Wheelchair
Division

☐

Race officiating
By **SNERRO**

Cash Prizes for first male and female finishers in 5K and 10K Races!

Outback gift certificates to
top 3 finishers in each division
for 5K and 10K races!

Team competition will be held at the 10K
race. Top three finishers for each team
will be scored- Jack O'Keefe trophy to be
awarded to winning team!

Changing areas, prizes,
and family entertainment
available.

Registration Fees*:		Mail In:	\$15.00/runner or \$30.00/family (Max of 4)				
		Race Day:	\$20.00/runner or \$35.00/family (Max of 4)				
		Children under 12:	\$5.00		Patron Ad: \$50.00		
*Fee includes food provided by Outback Steakhouse, T-Shirt sponsored by Lake of Isles and race packet. All proceeds benefit The Arc of New London County Recreation Program							
Runner Information (Please fill out one application for each runner— each runner must sign the waiver below)		Age	Div	Sex	T Size	5K, 10K, or Fun Run	Fee
Runner							
Address						Patron Ad	
Phone						Other Contributions	
If family runner, indicate family member paying here:						Total Enclosed (if family runner-enter "Family")	
Women's Divisions Girls (G) 11 and under Women's Juniors (WJ) 12-17 Women's Open (WO) 18-39 Women's Masters (WM) 40-49 Women's Grandmasters (WG) 50-59 Women's Seniors (WS) 60-69 Women's Veteran (WV) 70+ Women's Wheelchair (WW)		Men's Divisions Boys (B) 11 and under Men's Juniors (MJ) 12-17 Men's Open (MO) 18-39 Men's Masters (MM) 40-49 Men's Grandmasters (MG) 50-59 Men's Seniors (MS) 60-69 Men's Veteran (MV) 70+ Men's Wheelchair (MW)		Make check payable & mail to: Arc of New London County 125 Sachem St Norwich, CT 06360 Tel: (860) 889-4435 Fax: (860) 889-4662 Email: info@thearcnlc.org			
Waiver: (Must be signed by each runner in order to participate— Under 18 must be signed by parent/guardian). In consideration of my accepting this entry, I do hereby for myself, my heirs, executors, waive, and release forever and discharge any and all claims for damages which I may have or which hereafter may occur to me against The Arc of New London County, The Cactus Jack Foundation, The Department of Developmental Services, Camp Harkness, Outback Steakhouse, The Town of Waterford, and any other sponsors for all claims arising out of my participation in said athletic event.							
Signature _____				Date _____			

COMING EVENTS! MARK YOUR CALENDARS!

The 32nd Annual Jack O'Keefe Memorial

Strides Road Race

Sunday, October 4, 2009

At Camp Harkness
Waterford, CT

Starting Gun Times

10K	10:00 am
5K	11:30 am
Fun Run	1:00 pm



PIRATE PARTY 2010!

**SET YOUR SAILS, MATES,
THE TREASURE AWAITS!**



SAVE THE DATE

Saturday, April 24, 2010

Our 3rd Annual **PIRATE PARTY!**
at The Mystic Arts Center