



Summer/Fall 2012

The Arc™ NEWS

New London County

www.thearcncl.org



A Message from The President

Directors Get Busy by Adopting New Schedule

Meeting format accommodates monthly Committee work

We've all been to our share of meetings. Through the years, thought and effort have been applied to improve Board meeting productivity for The Arc New London County.

Our Board meets on the fourth Tuesday of each month, from 6 – 8 p.m. One of my goals as Board President was to ensure that Committees are fully operational. Recently, we instituted a new process for Board recruitment, encouraging those interested to join in Committee work prior to Board nomination. This allows individuals to better understand our organization and its mission.

Now, in an effort to support our Committee work more fully, there's a new Board meeting format. Beginning in September,



John Fournier

Finance, Funding, Facility Maintenance, Program / Personnel and Board Development Committees will meet at 6 p.m. rather than 7 p.m. After

We're delighted so many highly qualified people are stepping forward to join us.

an hour of Committee work, speak up time and any questions or discussion of Executive Team reports will follow. (Previously, these activities occurred in the first hour.) We're delighted so many highly qualified people are stepping forward to join us. If you are interested, please contact Enrico DeMatto, Vice President and Board Development Committee chair at :

info@thearcncl.org.

A Message from The Chief

Legislators Discover The Arc Difference

Delegation learns about amazing possibilities

At the request of Department of Developmental Disabilities Commissioner Terrence Macy, The Arc New London County in August hosted a Legislative Delegation including State Representative Betsy Ritter, Rod O'Connor and Janine Pettinico of DDS, and a legislative intern. First on the agenda was The Arc's philosophy: *Full inclusion means choice, from homes to schools to jobs.*

At the Sullivan Employment Center, participants learned skills for jobs paying minimum wage or higher. In Norwich, sensory rooms offered choices from manicures to crafts to music to movies.

Delegates were impressed with our approach of moving people from intensive supports to increasing independence. Melissa lives on a bus line and enjoys her job and home. Nathan works toward his dream of becoming a security guard.



Kathleen Stauffer

People with significant involvement, over a few years, can require as little as 10% of their original support dollars.

Melissa lives on a bus line and enjoys her job and home.

Nathan works toward his dream of becoming a security guard.

Better than any savings are the results: *Lives are*

changed every day.

Our Annual Appeal mails shortly. Please be generous!

P.S. – Don't miss our 35th Annual Jack O'Keefe Memorial / Cactus Jack Strides Road Race Sunday, October 7, at Harkness. Register at www.thearcncl.org.

Food provided by Outback Steakhouse.

The Arc NEWS

A New Look For Our Residents' Home



Local Businesses Create Backyard Paradise

Thanks to two days of hard work by two local corporations, NRG Energy and Pfizer, Inc., residents of one of The Arc's homes in Norwich got the yard of their dreams. Two teams of volunteers donated time and landscaping skills to transform an ordinary lawn into a manicured outdoor haven, complete with a vegetable garden lined with pink, purple, and white flowers— color choices of the home's residents.

NRG team leader Ian Cambridge recruited seven volunteers who spent five hours trimming bushes, cleaning up and planting flowers. And that was just the front yard!

Day two brought a team from Pfizer, coordinated through a United Way Day of Caring initiative and Nancy Locklear, Pfizer Administrative Lead, who turned a large segment of yard into a vegetable garden so residents can grow their own food. The team also painted three decks and removed tree limbs to increase sun exposure for the yard and garden. *Thank you NRG and Pfizer!*



'Tis The Season!

Community Life & Advocacy Fundraiser Gets Underway

The Community Life & Advocacy program kicks off its Fall fundraiser on October 1. This year, participants and staff will sell holiday wreaths. **Wreaths can be purchased online at www.thearcnlc.org and will be available for pick up at The Arc during the weeks before and after the Thanksgiving holiday. Wreaths can also be purchased as a gift and shipped directly to friends and family across the country.** Proceeds from the fundraiser provide opportunities for people with intellectual disabilities to actively engage in the community by volunteering at local charities, by participating in programs such as Elements of Ellen and The Janine Theve Gallery; by participating in support groups, Special Olympics, dances and more.

Please consider decking the halls of your home or workplace this season by purchasing a wreath to support the important activities of our Community Life & Advocacy participants.

The Arc Connecticut Launches Families for Families Project

The Arc Connecticut is launching a grassroots campaign to draw attention to the critical needs of hundreds of families and individuals with intellectual and developmental disabilities (I/DD) in Connecticut.

Families for Families kicks off in September 2012 and aims to mobilize a state-wide network of families and individuals to educate, engage, and empower to effectively communicate a message that individuals with I/DD deserve the right to grow and thrive in the communities of their choosing.

"While community organizing is a slow process, there is no better way to build momentum than through a grassroots approach that brings together small groups of individuals to energize and inspire one another, and then to take their message out into the community," said The Arc Connecticut's Executive Director Leslie Simoes. It's imperative that we work together to prevent harmful changes from being implemented while promoting positive changes to the Department of Developmental Services private system of supports."

For more information about The Arc Connecticut and the *Families for Families* initiative, contact Leslie Simoes at (860) 246-6400 x101. Or, email: Lsimoes@arcofct.org.



DDS Unveils Employment First Website

The Department of Developmental Services is taking a second look at Employment Services. Having updated its Web site through a Connect-Ability Medicaid Infrastructure Grant, DDS has launched a comprehensive site to help individuals, families and businesses connect. At the Web site, an employment guide for families and employment resources for providers, employees and individuals can be found.

"Employment is the first goal of our five year plan," said DDS Commissioner Terrence W. Macy, Ph.D. "We are striving to increase the number of individuals who are gainfully employed, including self-employment, and double the number of people who are competitively employed. The Employment First Initiative is the roadmap to reach our goal."

Check out the new site at www.ct.gov/dds for more resources and information.



Meet The Arc's Newest Reporter!

"I want to meet Joe Courtney"

Courtney Kelleher walked up to The Arc New London County's CEO Kathleen Stauffer at a dance and didn't mince words. "I want to meet Joe Courtney. I want to tell him to save Louie's job at Electric Boat." (Lou Riccio is a part-time employee of The Arc New London county and a full-time employee at Electric Boat.)

Courtney asked the right person. Kathleen ran into the Congressman the following week and told him about Courtney's desire to discuss her concerns. Congressman Joe Courtney willingly agreed to be interviewed.

Courtney Kelleher worked with staff at The Arc to draft her interview questions. She read about the Congressman on his website and researched the issues. She picked out a special outfit, took time off from her job at Good Will and changed her recreation schedule... **Stay tuned. In our next issue ... Courtney meets Courtney. An exclusive of The Arc New London County.**

Carolyn Builds A New Life

Could she live on her own? Nobody was sure... except Carolyn

Carolyn felt alone, afraid, and on the verge of losing her independence. It was Fall 2009, and her husband of 39 years had just moved to a convalescent home. Their house was big. Carolyn was scared. How could she keep it all going? She needed to move. But where could she go? Carolyn called out for help. The Arc New London County answered.

Carolyn was born on December 11, 1940 in Des Moines, Iowa. She was the youngest of six children. When her mother abandoned her, Carolyn was sent to live with her paternal grandparents.

At age 4, Carolyn moved to Connecticut. But her grandparents had difficulty accepting a child with disabilities, and the Department of Children and Families was forced to intervene. Carolyn was placed in a Training School, what today we would call an institution. Her experience there was typical of the times. “We sat and watched television all day and worked at night. We had to mop floors and clean toilets.” Carolyn remembers being locked in a room with no windows. She doesn’t remember going outside. And she didn’t go to school, learn to read and write or develop skills necessary to live an independent life.

Carolyn moved out of the Training School in her early 20s. She bounced from group home to group home. While living in New London, Carolyn met Frankie. She and Frankie wanted to build a life together, and so they got married in 1970. The relationship was rocky, but they made it work. Frankie worked at Electric Boat and paid the bills. Car-

olyn worked as a crossing guard and did the cooking and cleaning.

The couple enjoyed an independent life until Frankie’s health began to decline in early 2009. That’s when Carolyn’s case manager from the Department of Developmental Services contacted The Arc New London County. The State eventually intervened and Frankie went to a convalescent home.

“We sat and watched television all day and worked at night. We had to mop floors and clean toilets.” Carolyn remembers being locked in a room with no windows. She doesn’t remember going outside.

Many people wondered if Carolyn really could live alone. From the outside, it looked like Carolyn might not be able to take care of herself. No one had bothered to look deeper though.

Then The Arc New London County and Tracie Reed, Supported Living Coordinator, weighed in. Tracie remembers the first time she met Carolyn. “She was physically fighting with her support staff. I asked her what she wanted. The last thing she wanted was to be institutionalized again. I told her The Arc could help, and from that moment, she began to change.”

Carolyn found a new place to live, with Tracie’s help. Carolyn chose a studio apartment in New London as the first step along the road to a new start. The new apartment eased Carolyn’s fears. Carolyn began to see strengths and identify areas where she needed support.

Carolyn is fully capable of caring for herself. She manages the details of her day-to-day living, virtually independent.



Carolyn at The Arc Halloween party in 2011



Carolyn with Tracie Reid

Today, Carolyn is a 71-year-old self-determined woman who pays her own bills. She manages her budget and does her grocery shopping. She attends doctor appointments by herself and takes her medications and exercises precautions to manage her diabetes.

Carolyn is an active member of the New London Senior Citizens Center and participates in programs and day trips on a regular basis. She looks forward to her weekly Tai Chi and yoga classes. Tracie remembers the way things used to be. "When I met Carolyn, she had a wheelchair and a walker to get around. Not anymore! We got rid of those and now we take walks in Mystic and at Ocean Beach."

Carolyn has lived in her studio apartment for 2 ½ years now. She is a far cry from the woman many thought couldn't care for herself. She loves to watch *I love Lucy* and *Bonanza*, and she is a devoted UConn women's basketball fan. Carolyn too remembers. "I came a long way. I am a strong, independent woman. Now I have a nice house, by myself. I love it."

From Patios to Aquaponics to Cafés... **Community Partners Make Dreams Come True**

Norwich gets a new neighborhood patio

The Arc New London County reached its goal of raising \$2,500 to build a community patio, thanks to generous donations from the Eastern Federal Savings Bank Foundation, the Knights of Columbus #12705, Chelsea Groton Bank Foundation, and The Mystic Rotary Club.

Ledyard Rotary helps fund gardening project

The Arc received a \$1,000 grant from the Ledyard Rotary to support the Employment Transition Center's Aquaponics project. The grant fund the purchase of seeds and materials necessary to start the project.

People's United Community Foundation supports job creation

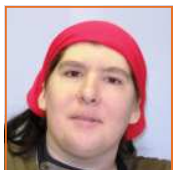
People's United Community Foundation awarded \$4,000 to The Arc New London County for the Sachem Street Café Cart, a project which will put 7 young adults to work.



Kathleen Stauffer, CEO, receives \$4,000 grant from Tammy Torres (left) and Dianne Kent of People's United Community Foundation. The grant supports the Sachem Street Café cart, opening soon!

Quiet Soul

a column by
Jocelyn LaMarsh



Jocelyn LaMarsh is 27 years old and has been with The Arc New London County for six years. Jocelyn was raised in Canada before moving to the United States, where she graduated from Norwich Free Academy. In this edition of The Arc News, Jocelyn talks about her travels and her experience at the Employment Transition Center in Groton.

You love to travel. Where would you like to go?

I want to go to the Appleby Horse Fair in Cumbria, England. It looks like a fun place to go and meet other travelers and exchange information.

Where did you go this summer?

My mentor and I went to New York City to the Terra Cotta Warrior exhibit at Discovery Times Square.

What is that?

It is an exhibit on Chinese history. I am fascinated by history and love to watch the History Channel.

What else do you and your mentor do?

We hang out at home, play laser tag. We are looking for a good place to go horseback riding.

What is your day like at ETC?

On Monday, Tuesday and Thursday I am upstairs cooking in the kitchen. I like to cook all kinds of things. On Wednesday and Friday I am downstairs in the General Store. I greet the customers.

What would you like to add to the curriculum at ETC?

I would like to have a sewing circle for people interested in learning how to sew. I'd also like to try some new recipes.

What would you like to see taken out?

The Circles curriculum. I think it teaches people to be antisocial.



Our Wish List

We value your donations...

The Arc always appreciates donations. Volunteers with special skills to help make our programs successful are needed! If you or someone you know would like to help, please contact Lara Chiaverini at 860-889-4435 x103 or lchiaverini@thearcncl.org.

Current needs: "The Puppy Project"

The Community Integration Program is collecting supplies to donate to the Norwich Dog Pound. Requested donations include:

- Pedigree® small dog food
- Pedigree® soft dog food
- Blue Seal® brand dog food
- Beds & Blankets (new and used)

Donations can be dropped off at The Arc New London County, 125 Sachem Street in Norwich, Monday through Friday from 7:30-3:30.



Would you like to volunteer?

Elements of Ellen is a creative idea that encourages professional retailers, beauticians and others to share their knowledge of and experience in the elements of style – fashion, hair care, skin care and more – with individuals with intellectual and developmental disabilities. The heart of Elements of Ellen lies in the development of self-presentation skills and the exploration of self-expression through style. Particularly important is the project's vocational component, which supports workplace self-presentation and professional success.

Elements of Ellen seeks volunteers to mentor people taking part in this life-changing program. Volunteers must believe in and advocate for full inclusion for individuals with intellectual disabilities, pass a background check and drug test, and commit to a mentoring experience.

If you are interested in becoming an Elements of Ellen mentor, contact Lara Chiaverini, 860-889-4435



From Our Kitchen to Yours

Jo Jo and the staff at The Arc know that a good batch of baked beans makes every picnic better! Try this slow cooker recipe for “cowboy beans,” which is sure to be the hit of any party!

Ingredients:

- ◆ 1 pound lean ground beef
- ◆ 1/2 cup chopped onion
- ◆ 1/4 cup ketchup
- ◆ 1/4 cup barbecue sauce
- ◆ 1/4 c. granulated sugar
- ◆ 1/4 c. brown sugar
- ◆ 2 tbsp. sorghum or other molasses
- ◆ 1 tbsp. chili powder
- ◆ 1 tsp. salt
- ◆ 1 tsp. pepper
- ◆ 2 tbsp. mustard
- ◆ 1 can (approx. 16 ounces) pork 'n beans
- ◆ 1 can (approx. 16 ounces) butter beans, drained

- ◆ 1 can (approx. 16 ounces) kidney beans, drained
- ◆ 1 can (approx. 16 ounces) pinto beans, drained
- ◆ 1/2 lb. bacon, cooked and crumbled

Preparation:

Cook ground beef until browned, breaking up and stirring as it cooks. Add onion and cook until tender; drain off excess grease. Add remaining ingredients, except bacon. Put in casserole or crockpot and top with bacon crumbs. Bake at 350° for an hour, or cook in covered slow cooker or crockpot on HIGH for 1 hour, then reduce heat to LOW and cook 2 to 4 hours.



Register Online: www.thearcnlc.org



Your Logo could be here, too!
Call 860-889-4435 x 116

Sunday, October 7, 2012
Camp Harkness

301 Great Neck Road
Waterford, CT 06385

Team Competition

Held at the 10K race
Top 3 finishers for each team will be scored— Jack O'Keefe Trophy to be awarded to winning team!

Race officiating
by **SNERRO**

Cash Prizes

*for 1st male & female
finishers in 5K and 10K races!*

Outback Gift Certificates

*to top 3 finishers in each
division for 5K and 10K races!*

Starting Gun Times

10K 10:00 am

5K 11:30 am

Family Fun Run, Walk & Roll!

1:00 pm

All races start & finish
at Camp Harkness

Changing areas, prizes, &
family entertainment available!

Register Online: www.thearcnlc.org



125 Sachem Street
Norwich, CT 06360
860-889-4435



Achieve with us.

The Arc NEWS

Mark Your Calendars!

**The 35th Annual
Strides Road Race**
Sunday, October 7, 2012
at Camp Harkness
Waterford, CT

**Our 6th Annual
PIRATE PARTY!**
Saturday, April 27, 2013
at The Mystic Arts Center

Thanksgiving Made Easy!



*Let The Arc make your
baked goods for you*

Easy Order Online: www.thearcnlc.org



**Buy your holiday
wreaths from
The Arc!**

www.thearcnlc.org

Wreaths on sale Oct 1 –22, 2012