



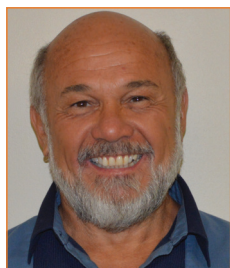
The Arc® NEWS

New London County



TheArcNLC.org

A Message from The President of The Board of Directors



Enrico DeMatto

Can We Make the World a Better Place?

*Our Board believes
we must!*

Nearly 500,000 people with I/DD in America earn less than minimum wage.

But not at The Arc New London County. Our Board believes our partnership for full equality requires more: **At The Arc New London County, every person earns minimum wage or higher.**

For years, even as providers nationwide paid people with I/DD subminimum wages under dispensations, The Arc NLC refused.

It wasn't easy. State reimbursements do not cover minimum wages. **The Arc NLC has one of the largest job placement programs for people with I/DD in Connecticut.** Our policy required us to work hard to place people in real community jobs.

And now we have our own business. **Thanks to Ken Capano and ShopRite, people with I/DD can earn minimum wage baking and selling cookies in New London County.**

Want to support minimum wage jobs for people with I/DD? *Buy The Arc Classic Crunch Chocolate Chip Cookies at ShopRite today.*

**Nearly 500,000
people with I/DD in
America earn less
than minimum wage.**

STRIDES! Don't miss our 39th Walk, Run and Roll on October 2. Call us: 860.889.4435 x 116. Or, visit TheArcNLC.org. 🍪

A Message from The Chief Executive Officer of The Arc

Inside the Cookie Factory

*Success can be sweet
indeed.*

Five years ago The Arc NLC's visionary Board issued a challenge: Ensure a stable agency bottom line amid draconian social service cuts.

Where to begin? **We had a fine new kitchen. But, we needed talent.** And... along came Chef Tom.

What to sell? We had a kitchen. We had a chef. **And then... along came the Mentoring Corps for Community Development (MCCD),** a group of volunteer business retirees including Dick Shriver and Sydney Williams.

MCCD located snack distributors and other experts who advised pro-bono. From design to programming to finance – The Arc leadership team rolled

up its sleeves and launched a whole new business on a shoestring.

Chef Tom transformed a chewy cookie into a crunchy one. Finance ran numbers. Employment embraced competition. Operations and IT provided intricate team supports.

From design to programming to finance – The Arc leadership team rolled up its sleeves and launched a whole new business on a shoestring.

Focus groups. National package designers. FDA labels. **The Arc Classic Crunch Chocolate Chip Cookie was born!**

Discover today why **#GivingTastesSoGood!**... at ShopRite. 🍪



Kathleen Stauffer

Meeting the Needs of Connecticut's Families

Help Preserve Day & Employment Funding for Youth!

Partial funding approved; ongoing cuts to hurt new grads

After months of speculation about the status of Day & Employment Services funding for 2016 graduates, Department of Developmental Services (DDS) Commissioner Morna Murray confirmed ALL 2016 graduates will receive Day & Employment services. However, the number of days per week new graduates can work is greatly reduced due to budget shortfalls necessitating a 6-month availability of funds versus a full year. **The Arc CT and The Arc NLC encourage families and friends to contact local legislators and thank representatives for fighting to keep funding in this budget.** Also, please remind lawmakers that current cuts have been incredibly detrimental for people with I/DD and their families. **It is critical to ensure all cuts are fully restored in the next budget session and that services are fully funded for the entire year.**

Additionally, DDS is in the process of responding to the new Workforce Innovation and Opportunities Act (WIOA) of July 22, 2016 which affects people with disabilities age 16-24. This key initiative of the Obama administration replaces the Workforce Investment Act of 1998 and significantly expands job opportunities for people with disabilities by incentivizing employers to diversify the workforce. **The initiative also takes aim at sub-minimum wages for people with I/DD, restricting current allowances and significantly limiting the circumstances under which private I/DD service providers and local business are permitted to pay sub-minimum wage.**

New London County ♥ The Arc Farm Stand

Successful first year leads to expansion, increased employment opportunities

Aquaponics Supporters

- ★ Community Foundation of Eastern CT
- ★ Gildersleeve White Fund
- ★ Chelsea Groton Foundation
- ★ Dime Bank Foundation
- ★ Ledyard Rotary Club

Farm Stand Supporters

- ★ People's United Community Foundation
- ★ Mystic Rotary Club

170 tomato plants stretch in long, neat rows in the expanded garden of **The Arc NLC Farm Stand on RT 117 in Ledyard.** The Farm Stand's second season is busier than ever. 20,000 square feet of new growing space has nearly doubled crops of squash, beans, peas and peppers. Expanded hours are planned **(Monday-Friday 7:30AM-4PM)** with a goal of staying open through October. **Chef Tom's renowned baked goods also are available.**

Currently 6 people from The Arc NLC's Employment Program **work at the Farm Stand and aquaponics program,** which supplies specialty lettuce to an area restaurant. The hard-working team is gaining important skills in horticulture, soil testing, equipment maintenance and sales in preparation for **competitive-wage retail, culinary and farming jobs in the community.** Local businesses offer helpful tips and even free starter plants. *For a favorite Farm Stand Fall recipe, see Page 7. ♡*



Task Force Works to Prevent Employment Discrimination

CCD Rights appeals to Senator Blumenthal to protect people with I/DD

The Arc US reports that representatives from the Consortium for Citizens with Disabilities (CCD) Rights Task Force, the National Council on Independent Living, Paralyzed Veterans of America, the National Disability Rights Network and others submitted a joint letter to **Senator Richard Blumenthal** in June "in support of your amendment (#4255) to the fiscal year 2017 National Defense Authorization Act (NDAA) to ensure that **organizations and businesses who want to do business with the federal government understand and comply with long-standing laws that protect individuals with disabilities, veterans and others from employment discrimination.**" The CCD is a coalition representing 57 million Americans with disabilities fighting to "ensure that **veterans and people with disabilities are not unfairly denied the opportunity to pursue and attain these jobs.**"

Support The Arc With Planned Giving

Consider a gift of Real Estate . . .

Donating a home, vacation property, undeveloped land, farmland, ranch or commercial property can be a great gift to The Arc NLC.

Benefits to donors include reducing or eliminating capital gains tax, receiving a charitable income tax deduction, and **leaving a lasting legacy.** To make a special gift to The Arc NLC, please contact Bambi Poppick, the Director of Community Outreach, at 860.889.4435 x116. 💡



The Arc NLC Makes a Difference

What the Volunteer Corps is teaching Southeastern CT about people with Intellectual disability

The Volunteer Corps, now in its second year, helps people **showcase talents and skills** as well as make important contacts with employers and new friends. The Corps now boasts **38 members who donated 528 hours of service at 24 events in 2015-16.**



Projects included providing food and water at road races, helping sell baked goods, providing lawn maintenance and cleanup, and more.

Organizations benefitting from the Volunteer Corps included the **Mashantucket Health Department, Griswold Youth Center, the Norwich Area Chamber of Commerce, the Hartford Marathon Foundation, Comcast Day of Caring at Easter Seals, the United Way of SECT, Mystic Noank Library, Terri Brodeur Breast Cancer Walk, Mystic Rotary, Norwich free Academy and Sailfest 2015.**



To join or suggest a project, contact Director of Community Life and Advocacy Denise Tift (860-889-4435, ext. 110). 💡

Run, Walk and Stroll at the annual *Strides Race!*

Registration is open for this year's race on **October 2nd at Camp Harkness**, featuring great food from Outback Steakhouse.

The 5k and 10k race start at 9:30 am, with a one-mile fun run following at 11 am.

"I Like Helping People"

Keith discovers volunteerism . . . and quickly becomes a star volunteer

At 4 a.m. the house is dark and silent, but Keith is already up, volunteer shirt on, ready to make the trip to East Hartford for the "Bubble Run" charity race to benefit the Girls on the Run program. He has asked two of his five housemates to go with him, and he thinks his persistence has paid off, but at the last minute they decide to sleep in.

"Not many people would get up at 4 in the morning to volunteer." Denise Tift, Director of Community Life and Advocacy (CL&A), oversees the Volunteer Corps in which Keith has been an active member since 2013. **Keith is now one of the Corps' key members. "I like helping people," he says.**



Keith began to participate in The Arc's community programming in 2012, beginning with CL&A's recreational activities, which are not only great fun but teach valuable lessons in independence, socialization, communication, and responsibility. **Keith discovered he really, really loved dancing and music. He began taking drum lessons.**

His comfort level and confidence grew. Last year he participated in over 60 sponsored activities and programs and volunteered for 10 Volunteer Corps projects.

From cleanups at Fort Trumbull, Camp Harkness and the Denison Pequotsepos Nature Center to supporting 15,000 racers at the Bubble Run, Keith embraces every challenge. Lead staff Debbie Densmore witnessed his growth. **"Keith is**



really focused. Even doing intensive lawn work, or doing what he just did at the race for 6 hours in 100-degree heat, **he's the one who doesn't stop until the job's done."**

At the Bubble Run Keith gains more fans — two boys pause on the course to hang out with him till the rest of their group arrives. When they do, the younger boy grabs Keith's legs in a big goodbye bear hug.



"Keith takes a lot of pride in his work." Debbie says one of his best qualities is the way he shares. "He goes so far beyond what most volunteers would do."

Keith has learned to read people's personal signals to gauge different social situations. He's become an astute observer and delights in the variety of people he encounters and gets to know. Keith soon falls into step with some other Bubble race volunteers.

Throughout the event he greets runners and gives high-fives to those in the home stretch.

He's already gearing up for The Arc's October 2nd Strides Road Race, one of his favorites. Vision and mobility challenges keep Keith from participating in football, and running, which he loves. But that doesn't stop him from spending as much time as he can helping folks cross the finish line. That's what makes him a winner. 🍌



Community Partners Make Dreams Come True

The Arc NLC Receives Federal Van Grant

Thanks to assistance from the **Southeastern Council of Governments (SCCOG)**, The Arc NLC won a Federal Transit Administration grant, administered by CT DOT, for a new 6-passenger van to for continuation of **door-to-door services for people requiring wheelchairs and those with limited mobility.**

Eastern Connecticut Chamber Foundation Funds SPARCS Program

The Chamber of Commerce of Eastern Connecticut Foundation awarded \$2,000 to The Arc NLC for a **facilitator and program materials** to establish the Student Peer Advocates Raising Community Support (SPARCS) program. **The innovative program serves adolescents with I/DD age 16-23 transitioning from high school to adult life.** The program fosters young people's right to make choices, advocate for themselves on the journey to optimal independence and to responsibly use technology.

Knights' Tootsie Roll Drive Supports People with Intellectual Disabilities

Knights of Columbus Council #12705 in Norwich presented The Arc NLC with \$840 from this year's Tootsie Roll Drive. **The popular fundraiser is part of the Knights' Campaign for People with I/DD.** Proceeds benefit CL & A, which offers opportunities to volunteer, support groups for survivors of sex abuse, and self-presentation skills for career and life success.

Chelsea Groton Bank Supports Employment

Chelsea Groton Bank continues to support The Arc Farm Stand in Ledyard with a **\$1,000 grant for a Troy-Bilt Horse Garden Tiller.** The Farm Stand provides on-the-job vocational training in retail, farming, and distribution and offers community neighbors opportunity to buy local, seasonal, fresh produce close to home.

The Arc New London County in the Spotlight

Awards and Great Food, Anyone?

The Arc NLC's 2016 Annual Meeting at the Employment Transition Center (ETC) in Groton featured a dinner by Chef Tom Murphy and his culinary team. Longevity awards, presented by **Board President Rick DeMatto**, were a highlight.

Congratulations to: 5 years - **Julius Anighoro, Tina Baker, Joseph Bartolucci, Rose Herlihy, Joseph Jimsly, Jakisha Kydd, David Mauldin, Rebecca Parsons, Tamora Peck, Russell Ripley, Kaylie Silva, Lisa Taber, Sheral Tate, Mackenzie Whitlock, Jennifer Withee, Stephanie Zito.** 10 years - **Antoinette Howard, Elaine Kononchik, Stephanie Lisee, Yasmin Pastrana, Karan Terry, Nancy Terry, Denise Tift, Lindsey Trakas.** 15 years - **Keesha Kroft, Naomi Crowley, Tremaine Swinson.** 20 Years - **Audrey Snelgrove;** and, 30 years - **Peter Chojnicki**

New Board Member Welcomed

Michael Demers was appointed to The Arc NLC's Board of Directors at the Annual Meeting on June 28. Mike works at the Farm Stand and in Aquaculture.



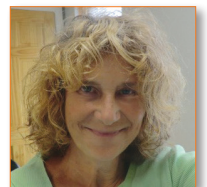
Red Hat Society and CIP Honor Participant

The international **Red Hat Society**, a woman's organization, threw a 30th anniversary party for Mary

B. this Spring. Mary, 82, has been served by The Arc NLC since 1986.

A Hello to New Development Director

Director of Development **Penny Newbury** joined the team in July, bringing over **15 years' experience in grant writing, grants management and development.** Prior, she was Program/Grants Manager for a New York-based foundation assisting victims of natural disaster and conflict.



The Arc Through My Eyes



By Nick Carter

In this issue of **The Arc News**, columnist **Nick Carter** interviews Job Coach **Billie Jo Durfe**.

Nick: *How long have you worked at The Arc?*

Billie Jo: I've been here 8 years. Before I came here, I volunteered at a program like this one. That's how I learned about The Arc.

Nick: *What do you like best?*

Billie Jo: Really, what brings me here every day is you guys — I love working with you.

Nick: *What's your job here like?*

Billie Jo: Right now I work in the kitchen with you and the rest of the culinary team. I love to cook, bake— anything to do with the kitchen.

Nick: *Do you want to continue in this field?*

Billie Jo: I'd really like to take some courses in food safety. I hope to go to culinary arts school someday and maybe own my own restaurant.

Nick: *What do you like to do outside of work?*

Billie Jo: I like to spend time with my nieces and nephews, and my dog Sammy.

Nick: *What kinds of challenges are there working in the Arc's kitchen program?*

Billie Jo: Well, we're doing a lot of baking now to sell at our carts and the Farm Stand — breads, muffins, granola, brownies, magic bars . . .

Nick: *A little square of heaven.*

Billie Jo: They sure are! And of course our cookies. With pastries, you have to measure carefully. I help everyone understand why it has to be perfect.

Nick: *It's really important, isn't it? Because it's chemistry.*

Billie Jo: Exactly.



Run With Us

Strides is Just Around the Corner!



The 39th Annual **Jack O'Keefe/Cactus Jack Memorial Strides Road Race** takes place **Sunday, October 2, 2016** at picturesque **Camp Harkness** in

Waterford. Races kick off at 9:30 a.m. Please help with a sponsorship this year!

Race Sponsorship Levels

Strides Official T-Shirt Sponsor	\$3,000
Platinum Sponsor	\$1,000
Gold Sponsor	\$500
Silver Sponsor	\$250
Bronze Sponsor	\$100

Company names and logos appear on commemorative T-shirts, in the Race Program Book, and in pre- and post-race advertisements. In addition, all sponsors are recognized in a display thank-you advertisement in The Day newspaper, in The Arc NLC's online and hard copy newsletter mailed to over 5,000 businesses and families, at TheArcNLC.org, on The Arc's Facebook page (over 1,000 followers) and via Twitter. **Please contact Bambi Poppick, Director of Community Outreach (860) 889-4435 x 116 for more information.**



Vote: It's Empowering!

The 2016 Presidential Election is weeks away. The Arc NLC's "Get Out the Vote" workshop at ETC in Groton this past Spring featured **Secretary of the State Denise Merrill, Norwich Mayor Deb Hinchey, and Representatives John Scott, Kathleen McCarty and Mike France**. Your full participation in the election process matters!



Fall is on the way, and The Arc's Farm Stand features a variety of cold-weather vegetables. Here's an easy pasta dish combining roasted vegetables, sauce and parmesan cheese that's sure to warm you up as nights get cooler. The Arc NLC's Farm Stand team hopes you'll enjoy this dish as much as they do!

Penne Pasta with Farm Stand Fresh Fall Vegetables

Vegetables you will need:

2 red peppers, 2 zucchini, 1 yellow onion, cut in strips
2 peeled summer squash cut into 4-inch cubes; 4 cremini mushrooms, halved

Preparation:

Preheat the oven to 450 degrees F.

On a baking sheet, toss peppers, zucchini, squash, mushrooms and onions with ¼ cup olive oil, ½ teaspoon salt, ½ teaspoon pepper, and 1 tsp dried Italian herbs. Mix. Roast until tender, about 15 minutes.

Cook pasta for 6 minutes in boiling water (do not overcook), drain.

In large bowl, toss drained pasta with roasted vegetables, 3 cups marinara sauce, 1 cup grated fontina cheese, ½ cup grated smoked mozzarella, 1 ½ cups frozen peas, thawed, ½ teaspoon salt, ½ tsp. pepper. With wooden spoon, gently mix, until all pasta is coated with sauce and ingredients are combined. Pour pasta into a greased 9 by 13-inch pan. Top with the remaining 1/3 cup Parmesan cheese and 2 tbsps butter, cut into small pieces.

Bake until top is golden and cheese melts, about 25 minutes. Yum! 🍴



The Arc NLC's First Annual Film Festival raises over \$21,000

Critically acclaimed films help break stereotypes of disability

Over 120 people attended **The Arc NLC's First Annual Film Festival**, hosted at Norwich Free Academy.

Six short films spotlighted people with I/DD living their best life. *Be My Brother* earned star Gerard O'Dwyer Best Male Actor at the Trop Fest Film Festival in 2009. *Chimes for Tyler* was a

"You couldn't have asked for a better way to spread your mission!"

local audience favorite, as was *Bumblebees*, written and directed by Jenna Kanell and starring her

19-year old brother Vince. *Bumblebees* won Best Film of the 2015 Disability Film Challenge. Other films included *Sheri & Paul* (2004), *Distinctively* (2010), and the documentary *Get That Gold* (2014).

A silent and live auction, wonderful food provided by Matthew's Catering and community generosity **raised more than \$21,000 for The Arc NLC's CL&A outreach which include a volunteer corps that donated 528 service hours back to Southeastern Connecticut last year**, support groups for survivors of sexual abuse, and other vital programs.

Filmgoers confided that they didn't know what to expect, but were **completely amazed and moved by the stories and the impressive filmmaking**. One attendee wrote in a thank-you email: "That was a great event last night. You couldn't have asked for a better way to spread our mission!"

SAVE THE DATE: Next year's Film Festival: April 27, 2017. 🍴





New London County

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The Arc NEWS

Everyone of All Ages & Abilities WELCOME!



Starting Gun Times

NEW!

5K & 10K
9:30 am

Family Fun Run,
Walk & Roll

11:00 am

All races start & finish
at Camp Harkness

Sunday,
October 2, 2016

Camp Harkness
301 Great Neck Road
Waterford, CT 06385

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Vehicle Donation
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The Arc. FILM FESTIVAL

Thursday April 27, 2017 5:30 - 7:30 pm
The Atrium & Slater Auditorium at Norwich Free Academy
305 Broadway, Norwich, CT 06360

a collection
of short films
to change
your life

**Celebrating
People
with
Developmental
Disabilities**