



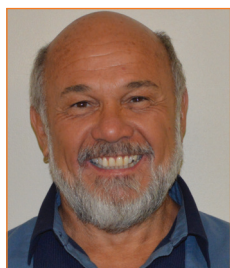
# The Arc® NEWS

## New London County



[TheArcNLC.org](http://TheArcNLC.org)

### A Message from The President of The Board of Directors



Enrico DeMatto

**Looking at the World in  
a Whole New Way**  
*"In Partnership for Full  
Equality" becomes a reality*

Imagine people with I/DD describing the vocational supports they want. **Imagine the staff listening to those dreams** and approaching the agency leadership. "We would like a big garden so we can open a farm stand. *Can we build it?"*

First, The Arc New London County's **community partners helped us to create an Aquaponics lab** where green gardening technologies expanded resumes for high school students seeking real jobs for real pay (A similar program prepares students working with Chef Tom in our

cookie factory for culinary jobs at Mohegan Sun Casino.) As talents grow, so do ambitions. An aquaponics lab? Why not a commercial garden? Why not a farm stand where retail skills grow with passions for gardening? **And so it came to be! The Arc NLC Farm Stand (page 2)** illustrates how our new mission "In Partnership for Full Equality" is bearing fruit and opportunity in Southeastern Connecticut.

**Imagine the staff listening to those dreams and approaching the agency CEO. "We would like a big garden so we can open a farm stand. Can we build it?"**

**STRIDES!** Don't miss our 38th Walk, Run and Roll on October 4. Call Meghan: 860.889.4435 Ext. 116. Or, visit [TheArcNLC.org](http://TheArcNLC.org). **ALL proceeds benefit Community Life & Advocacy!** PS – Our Annual Appeal mails soon. Please be generous! 🍌

### A Message from The Chief Executive Officer of The Arc

**Surviving the State  
Budget Battle of 2015**  
*Funding services for people  
with I/DD competes with  
providing services*

**W**hen Gov. Dannel P. Malloy proposed cutting critical supports for people with I/DD, **The Arc New London County rallied at the Capitol in January, February and May.** Visits with U.S. Rep. Joe Courtney and Sens. Richard Blumenthal and Chris Murphy followed. Along with services themselves, maintaining funding for people with I/DD and their families assumed equal priority.

**Our Annual Report ([thearcncl.org/pdf/annualreport.pdf](http://thearcncl.org/pdf/annualreport.pdf)) details on pages 8 and 9 a month-by-month battle for services and a fight for fair wages for our dedicated, professional direct-support team.** The Report also highlights The Arc NLC's Quality Service Review Scores, well above state averages (page 26) despite our trials.

*How do we do it? Community partners are generous. We work "In Partnership for Full Equality" with families. Our smart team thinks creatively.* At The Arc national convention in Indianapolis this month, we will discuss our agency's reinvention amid industry-shaking challenges.

**Our annual report details a month-by-month battle for services and a fight for fair wages.**

Our Annual Appeal mails shortly. **Please recognize our efforts with your gift!** P.S. – **DON'T MISS BOSTON MARATHON CHAMP AMBY BURFOOT** at our 38th Annual Strides Road Race October 4 @Camp Harkness. Register: [TheArcNLC.org](http://TheArcNLC.org). Food by **Outback Steakhouse.** 🍌



Kathleen Stauffer

## Meeting the Needs of Connecticut's Families

### Saving For The Future Is Now Possible

#### CT passes legislation authorizing tax free savings accounts for families

**O**n June 19, Gov. Dannel P. Malloy **signed into law a bill enabling families to create tax-free savings accounts** for loved ones with disabilities to help plan for their future.

The new law authorizes the establishment of tax-exempt accounts in the state to help eligible people with I/DD and their families maintain health, independence and quality of life.

The state's legislation was a necessary step so that Connecticut residents can take advantage of the tax-free accounts, which were **made possible in December 2014 when the federal Achieving a Better Life Experience (ABLE) Act became law.** "The ABLE Act is a good example of how members of both political parties can work together to craft legislation that benefits people with disabilities, as disability knows no political, geographic, gender or ethnic boundaries" said Peter V. Berns, CEO of The Arc US. The Arc US proved instrumental in the passing and signing of the ABLE act into law.

**The funds can cover disability-related expenses including education, housing, transportation, job training and a host of other essential needs.** These funds can supplement, not supplant, benefits provided through private insurance, Medicaid, SSI, employment and other sources.

To learn more about the ABLE Act and tax-free savings accounts, contact your local state representative or The Arc NLC at 860-889-4435. 🍌



### From Arugula to Zucchini

#### The Arc NLC Employment Program Builds Farm Stand

#### Thank You!

*The following community partners are making the Farm Stand possible*

#### Aquaponics Supporters

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

#### Farm Stand Supporters

- ♦ Mystic Rotary Club
- ♦ Chelsea Groton Foundation
- ♦ Chamber of Commerce of Eastern CT

**R**ows of tomatoes, squash, zucchini and lettuce fill the 100 by 100 foot garden outside a residential home in Ledyard, CT. The Arc NLC Farm stand is a new project initiated by people with I/DD and job coaches to create new employment training opportunities. The Farm Stand is an expansion of The Arc's Aquaponics project housed at the same location. **The Farm Stand is selling produce grown in - and outdoors at the roadside stand on Rte. 117. Hours of operation are Monday – Friday, 7:30am-2pm.** Produce is shared with The Arc NLC's 14 residential homes to stretch tight grocery budgets just a little farther.

**The project provides year round employment training opportunities leading to competitive-wage retail, culinary and farming jobs in the community.** This year, The Arc NLC employed 20 people at minimum wage through the Farm Stand project.

To learn more about The Arc NLC Farm Stand or schedule a tour of the gardens, contact Meghan Horan at 860-889-4435 ext. 116. 🍌



## Violence on The Rise for People With Disabilities *Shocking statistics on bullying and people with I/DD*

The February 2014 Bureau of Judicial Statistics report titled "Crime against People with Disabilities, 2009 - 2012" estimated **1.3 million violent crimes occurred against people with disabilities in 2012**, a rate nearly three times higher than the general population.



Factors increasing this rate of violence against people with disabilities include lack of support systems, dependence on an abuser, and physical and social isolation.

**Educating both people with disabilities and criminal justice professionals may be the key to preventing violence from rising.** Victim Service providers and people with disabilities can create a personal safety plan highlighting who to talk to, contact information for local police department, and one's own personal rules for staying safe.

To read The Arc US article, "Violence, Abuse and Bullying affecting People with Intellectual/Developmental Disabilities, visit TheArc.org or contact Lara Chiaverini at 860-889-4435 ext. 103. Accessible links for protection and advocacy contacts are also available at TheArcNLC.org/waiHelp.php. 🍌

## Creative Donation Yields Big Dividend *How the Bednar family is changing lives*

Looking for a way to support The Arc NLC, **Martin and Arlean Bednar chose a donation of stocks to the agency.** Since Martin Bednar's employer, Pfizer, offers a match program, the Bednars' original donation of \$2038 has doubled to \$4076. **The Arc NLC is grateful to the Bednar family and Pfizer for the generous donation.** The

Bednar family's exploration of corporate matching programs is truly appreciated.

To donate stock or inquire about corporate matching programs, please contact Director of Community Outreach Meghan Horan at 860-889-4435 ext. 116 or email at mhoran@thearcnlc.org. 🍌



## The Arc NLC Makes a Difference *What the Volunteer Corps is teaching Southeastern CT about people with Intellectual disability*

The Arc NLC Volunteer Corps has been busy! **One year after its creation, The Arc NLC and Volunteer Corps members are making a real difference in the community.** Among the Corps' projects: outdoor beautification, painting, spring clean-up, directing traffic, cheering on athletes, handing out water and indoor cleaning.



Organizations benefitting from the Volunteer Corps service include **Easter Seals, Mystic & Noank Library, Hartford Marathon Foundation, Easter Seals, United Way of Southeastern CT, Fort Trumbull and the Lyman Art Museum**, just to name a few. With over **500 hours of service donated to the community** in 2014-15, the Volunteer Corps is proving that people with I/DD can use their talents to give to those in need.

To learn more about the Volunteer Corps, to participate or to have a project considered, please contact Director of Community Life & Advocacy Denise Tift at 860-889-4435 ext. 110 or email at dtift@thearcnlc.org. 🍌



## Run, Walk and Stroll to annual *Strides Race!*

Registration is open for this year's race on  
**October 4th at Camp Harkness!**

Meet running legend Amby Burfoot and enjoy great food from Outback Steakhouse. The 5K and 10k races start at 9:30 am, followed by a 1 mile fun-run at 11 am. **To register, visit TheArcNLC.org.**



## Mitch Goes To The Prom

*How Hannah's promposal turned a Stonington senior into a king*

**M**itch stood in front of the store mirror and took a selfie. He tugged at his shirt cuffs and carefully buttoned the suit jacket. It was a little loose in the waist and long in the leg, but the grin on his face told everyone that he loved it.

**"I am going to the prom!"** Mitch, a student attending The Arc NLC's School to Work Transition program through the Employment Transition Center, proudly showed a picture of Hannah's "promposal." Hannah and Mitch have been friends since freshman year. Still, Mitch had no idea she planned to ask him to the prom. **He eagerly said yes, but soon realized he had one very big problem.**



Mitch had nothing to wear.

Mitch's mom worried that her son would not be able to attend the prom. She could not afford to rent him a tuxedo. **Times are tough and the family needed all their money to**

**prepare for a move.** Mitch would be crushed if he could not attend the prom.

Bonnie Jones, Director of the Employment Transition Center in Groton, was determined that Mitch's prom dream would come true.



**Bonnie connected Mitch with The Arc NLC's Elements of Ellen program, an outreach of Community Life & Advocacy.** Elements of Ellen supports people with I/DD to prepare for employment and independent living through the development of social skills, choosing appropriate workplace attire, and self presentation skills.

Mitch was the perfect candidate.

Elements of Ellen coordinator and CL&A Director Denise Tift met with Mitch to discuss the program. **Just a few weeks from graduation, Denise knew Mitch would need a suit to attend job interviews and important life events.** She researched local shops to find one that would fit Mitch with a modern suit he could wear to the prom

and use for many occasions in the future, including job interviews.

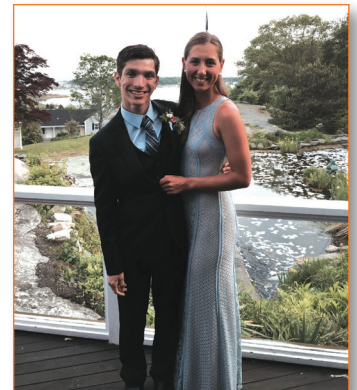
**"Hannah's dress is blue."** Mitch picked out a light blue shirt to wear with his dark gray jacket and pants. **"And I want a vest."** Mitch's outfit was slowly coming together. Two stores later, Mitch had a tie and shoes to complete his look.



The next stop was Marinello's Salon in Niantic. **"I really need a haircut!"** Mitch patted his shaggy head. **"I want to shave it, but my mom would kill me!"** Mitch opted for a stylish cut that would be easy to replicate the night of the prom.

Mitch patiently let his mom and sister fuss over him on the big day. His mom styled his hair and made sure everything was tucked and tied properly. **Mitch rode with a friend to the prom, where he met Hannah at the door.** The two friends walked in together and spent the first part of the night laughing and dancing with friends.

Just before nine, it was time to crown the king and queen. Mitch stood to the side with his friends, joking around as the royal court was announced.



**Then he heard his name.**

Mitch realized his classmates had voted him 2015 Stonington High School Prom King. For a split second Mitch was frozen in place. He couldn't believe what was happening. **Slowly, that same familiar smile spread over his face as his friends pulled him to the center of the room.** A

crown was placed on his head. Mitch felt like a king. Now, he really is one. 🙌



## Community Partners Make Dreams Come True

### State Awards The Arc NLC grants to install elevator; repair residential bathrooms

The Arc NLC was awarded two bonds through the state of Connecticut's **NonProfit Grant program**. The Arc NLC will install an elevator in the Sachem Street campus to ensure the building is ADA compliant. Two bathrooms at a residential home will also receive much needed repair.



### Mystic Rotary, Chelsea Groton Foundation support The Arc NLC Farm Stand

**Mystic Rotary Club's** generous donation of \$900, combined with a **Chelsea Groton Foundation** gift of \$1,000 are helping to jumpstart The Arc NLC Farm Stand.



The Farm Stand sells produce grown in The Arc NLC aquaponics system as well as the 100x100ft garden located at a residential home in Ledyard, CT. **Hours of operation are Monday –Friday, 9am-1pm and Saturdays 9am to 12pm.**



### Bodenwein Benevolent Fund becomes Newest Supporter of CL&A

Thank you to **Bodenwein Benevolent Public Foundation** for supporting The Arc's Community Life & Advocacy program. Funds will be used to offer empowerment groups for people with I/DD surviving sexual abuse and domestic violence, athletics, social and self-improvement activities for people with I/DD in the community.

### Community Foundation Supports CL&A

Thank you to the **Community Foundation of Eastern CT** and the **Gildersleeve White Fund** for supporting Community Life & Advocacy with a generous \$8,000 grant this year. Your support for this unfunded program is appreciated. Funds will support CL&A's Volunteer Corps and a host of other vital programs.



### Chamber of Commerce Funds New iPads for Youth

The Arc NLC will put two new iPads to good use, thanks to a grant from the **Chamber of Commerce of Eastern CT**. Students in the School to Work transition program will use the iPads in the culinary program and the Arc NLC Farm stand to gain critical skills for job placement.



## Congratulations to The Arc New London County's Newest Stars

### Annual Meeting Highlights Dedicated and Professional Team

The Arc NLC's annual meeting was held at the Sachem Street Campus on June 23rd, 2015. Congratulations to our exemplary staff who received longevity awards:

#### 10 Years

Bobbie Artis  
Jacqueline Cambridge  
Debbie Densmore  
Michele Densmore  
Tammie Gromko  
Pat Grygorcewicz  
Jacqueline L'Heureux  
Sabrina Stewart

#### 15 Years

Betty-Jo Davis

#### 20 Years

Kathleen Rivers  
Darlene Williams

#### 25 Years

Joann Cirrito  
Dinamarie Harris

### Crocetta Earns TVCCA Award

Congratulations to **Matt Crocetta** for receiving an award in July from **TVCCA** Senior Nutrition Program for his volunteer work with Meals On Wheels. Matt has been a dedicated volunteer for the past four years.



### Nutritionist Shares Summer Health Tips

The Arc NLC welcomed **Lynn Siniscalchi** to the Shooting Stars Self Advocacy meeting in June to discuss ways to stay healthy and fit during the



summer. Lynn is a certified wellness coach with a Master's Degree in Human Nutrition. Thank you for volunteering to help our advocates stay healthy!

### The Arc NLC Welcomes New Director of Human Resources

The Arc NLC welcomes **Susan Stailing** as new Director of Human Resources. Susan comes to the agency with more than 10 years experience, having served as Human Resources Specialist at General Dynamics before joining The Arc NLC team.



## The Arc Through My Eyes

By Nick Carter

In this issue of The Arc News, Nick Carter, a columnist from the Employment Transition Center (ETC), interviews new ETC director Bonnie Jones.

**Nick:** What most interests you about your new job?

**Bonnie:** I love my new job. The ETC team is amazing and I have enjoyed meeting everyone in all the programs.



**Nick:** How long have you been in this field?

**Bonnie:** I have worked with people with I/DD for 25 years. I was a manager in The Arc NLC Community Integration program (CIP) for the past five years.

**Nick:** What are your favorite things to do outside of work?

**Bonnie:** I love to cook! My friends ask me to cater their parties and cookouts. I love to plan events for family and friends too.

**Nick:** What is your favorite thing to cook?

**Bonnie:** Italian foods. I make a mean lasagna!

**Nick:** Why did you move from CIP to ETC?

**Bonnie:** I had been a supervisor for five years, but never had the opportunity to support people with employment goals. It is a new and exciting position and I welcome the change and new challenge! 🙌



Nick and Bonnie at ETC

## Our Wish List

### Strides Is Just Around The Corner!

*Come out and meet Boston Marathon Champion and running legend Amby Burfoot!*

This Fall, The Arc NLC welcomes Amby Burfoot of Runner's World to host the 38th Annual Jack O'Keefe/Cactus Jack Memorial Strides Road Race on Sunday, October 4, 2015, at Camp Harkness in Waterford. Races kick off at 9:30 am. Please help us 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 will be printed on commemorative T-shirts; in the Race Program Book; and in pre- and post-race advertisements. In addition,



all sponsors will be recognized in a thank-you display advertisement published in The Day newspaper; in The Arc NLC's online and hard copy agency newsletter mailed to over

3,500 businesses and families; at TheArcNLC.org, The Arc's Facebook page (over 1,000 followers) and Twitter feed.

Please contact  
Director of  
Community Outreach  
Meghan Horan (860)  
889-4435 x 116 or at  
[mhoran@thearcnlc.org](mailto:mhoran@thearcnlc.org) for more information. 🙌





**F**uel up for Strides! Whether you are planning to set a personal record or just support fellow runners and walkers, try this high protein recipe rich in omega-3 the night before the race. See you at the finish line!

## Apple and Horseradish-Glazed Salmon

### Ingredients:

- ♦ 1/3 cup apple jelly
- ♦ 1 tablespoon finely chopped fresh chives
- ♦ 2 tablespoons prepared horseradish
- ♦ 1 tablespoon champagne vinegar
- ♦ 1/2 teaspoon kosher salt, divided
- ♦ 4 (6-ounce) salmon fillets (about 1 inch thick), skinned
- ♦ 1/4 teaspoon freshly ground black pepper
- ♦ 2 teaspoons olive oil

### Preparation:

Preheat oven to 350°. Combine apple jelly, chives, horseradish, vinegar, and 1/4 teaspoon salt, stirring well

with a whisk.

Sprinkle salmon with 1/4 teaspoon salt and pepper.

Heat oil in a large nonstick skillet over medium heat.

Add salmon, and cook 3 minutes. Turn salmon over; brush with half of apple mixture. Wrap handle of skillet with foil; bake at 350° for 5 minutes or until fish flakes easily when tested with a fork. Brush with remaining apple mixture. 🍴



## Pirate Party Ends on a High Note

*The Arc NLC thanks loyal supporters; announces teaser for new spring fundraiser*

**T**he 8th Annual Pirate Party drew pirates from many seas to raise money for The Arc New London County's Community Life & Advocacy program. This year's Pirate Party raised over \$27,000 to support critical programs such as empowerment groups, advocacy, Special Olympics, Volunteer Corps, and many more activities that foster friendships and community involvement. **A special thank you to Free Men of the Sea Gary Cameron, Mace Baudro and their gang of pirates for supporting the event year after year.** Don't forget to sign up for Strides on October 4th and keep an eye out for The Arc NLC Film Festival in spring 2016! For a full list of this year's Pirate Party sponsors, please visit [TheArcNLC.org](http://TheArcNLC.org). 🍴





*Achieve with us.®*

## The Arc NEWS

*Everyone of All Ages & Abilities WELCOME!*



**STRIDES**  
*Road Race*

The Arc  
New London County

**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 4, 2015**

**Camp Harkness**  
301 Great Neck Road  
Waterford, CT 06385

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*The Arc's  
Vehicle Donation  
Program*



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**COMING  
SPRING 2016!**

**The Arc.**  
New London County

**FILM  
FESTIVAL**