

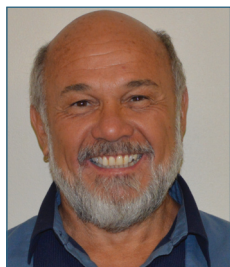


The Arc® NEWS

New London County

TheArcNLC.org


A Message from The President of The Board of Directors



Enrico DeMatto

Avast, me hearties!
Pirates, a terrific team
... and a powerful plan
for the future

A few months ago, our Board of Directors approved a new Strategic Plan that is quickly becoming a dynamic reality. **A true team effort, it was a year in the making.**

The result is a progressive mission and vision – created by us all. **When Boards sit side-by-side with agency leaders and customers to envision possibilities, great things happen.**

But wait ... it's me for my favorite announcement: **Ahoy there! The Arc New London County's 8th Annual Pirate Party kicks off April**

25th at The Mystic Arts Center from 7 to 10 p.m. We will salute our Celebrity Pirate Party chair, Resident Publisher Alexis Ann, regional legislative champion Sen. Cathy Osten and Community Volunteer Tiffany Stanley.

Enjoy Shanteys, the Tony and Denise Band, a Silent Auction and a pirate fight aboard Mystic's sailing ship

When Boards sit side-by-side with agency leaders and customers to envision possibilities, great things happen.

The Argia. Sponsors include The Day, Schuster-Driscoll, Inc, Advanced Improvements and The Resident. Master of Ceremonies is Franco of ROXY 100.9 FM.

To join the fun, call Meghan: 860.889.4435x116. Or, visit TheArcNLC.org. **All proceeds benefit Community Life & Advocacy!** PS – Our Annual Appeal mails soon. Please be generous! 🙌

In partnership for full equality!

A new vision, scallywags ... and a busy Governor's Cabinet

"Why do you come to work every day?" The Arc asked the question and **the team's answer – with input from families and the people we serve – laid the foundation for a new Strategic Plan** ratified by our Board of Directors in January.

The Plan calls for each department to reinvent itself, moving the current "person-centered" model more ambitiously to a customer-driven model. **In Partnership for Full Equality. It's a mission statement for us all.**

Looking to our greater community, it's an honor to represent Southeastern Connecticut on Governor Dannel Malloy's Nonprofit Health & Human Services Cabinet. **Established to strengthen health and human services statewide, the Cabinet includes Nonprofit Liaison Terry Edelstein, public Commis-**

sioners and private nonprofit chief executive officers. After each year's work, the Cabinet recommends private and public sector efficiencies to the Governor.

In Partnership for Full Equality.
It's a mission for us all.

Argh, ye scallywags! Make a splash at our 8th Annual Pirate Party, 7 to 10 p.m. on April 25th at The Mystic Arts Center. Our community programs need your help!

PS – Special thanks to employees and campaign leader Christine Pemberton. **The Arc NLC has raised \$24,000 in pledges for United Way!** 🙌



Kathleen Stauffer

Meeting the Needs of Connecticut's Families

Legislative Session Kicks Off With The Arc Connecticut's Family Hearing Day Hundreds Gather to Speak with Legislators

In a historic turnout of over 30 legislators from both parties, including Senate Minority Leader **Len Fasano**, House Minority Leader **Themis Klaridis**, and Speaker of the House **Brendan Sharkey**, families made their voices heard on the critical need for support for people with intellectual and developmental disabilities. **"This is the nation's first and**



CEO Kathleen Stauffer talks to Lt. Governor Nancy Wyman and Rep. Joe Courtney (D) 2nd District

only I/DD caucus" said Senator Beth Bye, D-West Hartford, and caucus co-chair. **The message was clear: families need help now. Cuts to Connecticut's Department of Developmental Services far exceed cuts to any other department in the last five years, and families gathered to just say "stop!"**



Co-chairs (l-r) Rep. John Hampton, Sen. Beth Bye and Rep. Jay Case show support of people with I/DD and families.

January's Family Hearing Day kicked off the first of many opportunities to speak with legislators. **For more information, contact The Arc Connecticut at 860-246-6400 or "like" The Arc New London County Facebook page for updates and to learn ways you can support the movement for full equality for people with I/DD in our community.** 🙌

New Report finds that Greater New London's 150 public charities are an Engine for Economic Well-being throughout the Region

Local nonprofits fare worse than those in the rest of the state during the Great Recession, further slowing the region's economy

A recent Nonprofit Economic Impact Study (NEIS), authored by economist Stanley McMillen, Ph.D., found that nonprofits providing a variety of health and human services to residents in the region are a key engine for economic health in New London County and the need for these agencies' services continues to grow. But as government economic aid shrinks within the county, local human service agencies are falling behind other regions of the state at an alarming rate.

New London County's health and human service nonprofits – 150 in all – account for more than 11,000 jobs and nearly \$560 million in wages, about seven percent of the area's entire economy.

But the report also found that many of these agencies are at risk. While donor contributions and gifts are up 24 percent statewide, they decreased by an alarming 22 percent from 2006 to 2011 in New London County – **at a time when Norwich and New London ranked among the ten cities in America hardest-hit by the Great Recession of 2008.**



The report, funded with grants from the **Chamber of Commerce of Eastern Connecticut, the United Way of Southeast Connecticut, and the Community Foundation of Eastern Connecticut** demonstrates the impact non-profits have on workforce development, educational programs, and critical access to healthcare and human services for individuals and families. **Moreover, as nonprofits strongly support local commerce, residents and local businesses are equally hard-hit when nonprofits struggle.** To read the entire study, please visit TheArcNLC.org. 🙌

Will Connecticut Close Its Last Institutions?

The DD Council and The Arc CT calls for closure of Southbury Training School, regional centers by 2020

Currently in Connecticut, about 500 people with I/DD live in six regional institutions, including Southbury Training School. **The average per-client costs are more than double those of private providers.**

In a press conference on November 18, 2014, spearheaded by The Arc Connecticut Executive Director Leslie Simoes and Council on Developmental Disabilities Chairperson Shelagh McClure, **families asked Governor Dannel Malloy to close Southbury Training School and the six regional centers for good.**



DD Council Chairperson Shelagh McClure

Closing institutions could provide much-needed funding for over 2,000 people currently on the DDS residential waiting and planning lists, lists that continue to grow.

“Connecticut keeps these institutions open even though extremely well-researched longitudinal **studies have established that a move from segregation into the community greatly enhances the quality of life** of our formerly institutionalized fellow citizens,” says McClure in an Op-Ed she and her husband submitted to the CT Mirror. “Enough is enough.”

To support efforts to close Southbury Training School and other regional centers, visit TheArcCt.org or contact Shannon Jacovino at 860-246-6400 or email sjacovino@thearcct.org. 🙌

Elements Of Ellen Mid-Year Report

“It was marvelous!”



Elements of Ellen participants celebrate in December 2014.

how to find and access critical services, like transportation. The final course ties previous lessons together to discuss the way appearance and body language affect perception, friendships and professional development. For more information or to support Elements of Ellen, visit TheArcNLC.org. 🙌

The Elements of Ellen project wrapped up its second course in December. And the best is yet to come! **Spring courses will teach participants to research resources in the community and**

Connecticut's New Age in Farming

Local Entrepreneurs help with Aquaponics

When Spencer Curry graduated from college, he never guessed a small desktop aquaponics system would lead to a career.

Curry and his friend, Kieran Foran, decided in 2012 to pursue the idea of indoor farming and aquaponics. When they connected with Matt Braddon shortly thereafter, Fresh Farm Aquaponics was born.



In 2013, the trio approached a local farmer with hopes of expanding their fledgling operations. After a year-long construction project, **Fresh Farm Aquaponics' Conscious Community Garden in South Glastonbury began producing steady crops in the summer of 2014.**



The Arc NLC staff member Jason Brear showing Matt Braddon (center) and Spencer Curran (right) the aquaponics tank.

The Arc NLC connected with Fresh Farm in November 2014 when Chief Operations and Quality Officer Laurie Herring contacted the group to support The Arc's new aquaponics venture, located in a renovated garage in Ledyard. **Together with The Arc NLC team, a layout and growing system was**

designed to maximize the space and optimize vegetable production year-round. The Arc NLC completed the system in January and planted its first crops in February 2015.

To learn more about The Arc NLC's aquaponics project visit TheArcNLC.org. 🙌

The Arc NLC's new mission and vision are on its website!
Learn more at
TheArcNLC.org.

Journey To The Center Of The Heart

Renee learns to trust and love again

Renee loves puzzles. “Cat puzzles are my favorite,” but really any picture will do. After work, puzzles and Murder She Wrote re-runs help Renee unwind from the day and settle in.

Three years after leaving an abusive husband, **Renee, whose name was changed to protect her privacy, finally enjoys the simple things in life.** She works three days a week in a restaurant prepping food, washing dishes and sorting mail. Renee spends days off doing puzzles and socializing with friends in the community. **She belongs to a local church. “They are like a family to me.”** Friends pick Renee up for Sunday service and take her to the ladies group, where she is learning to knit. Renee is convinced that the best is yet to come.

But Renee’s life once was different.

For 15 years, Renee tried to hold her marriage together. **Her husband was physically and verbally abusive. He hurt her pets to scare her into staying.** For a long time, Renee tried to convince herself she could make her husband happy and stop the abuse.

Renee’s only family was the man who consistently hurt her. **Did she have the strength to walk away?**

Renee packed a change of clothes. She put a few pictures from her childhood into a bag. Unsure where to go, Renee turned to her pastor. He suggested she call a local domestic violence shelter. **Renee picked up the phone.**

All the while, Renee dreamed of a home of her own. With support from the Department of Developmental Services, **Renee found an apartment and learned to take the city bus.** She got a job and started paying her own bills. But Renee’s journey was just beginning.

Renee needed friends. Someone suggested she sign up for The Arc NLC’s Community Life & Advocacy program. **Voices, an empowerment group for women who have survived physical, emotional or sexual abuse in their**

lifetime, was just what Renee was looking for.

For months, Renee sat silent in the group, listening to other women. She saw the power of the group firsthand. She felt the support of the group’s members. **Then, one day, Renee spoke.**

1 in 4 women
will experience
domestic violence
in her lifetime.

It was a guest speaker at Voices that sparked Renee’s breakthrough. During a discussion about the impact of negative feelings, Renee felt like the speaker was talking directly to her. Renee remembers the reason for her silence. **“I was holding on to grudges. And it was time to let go.”**

That night, Renee called her sister. After 15 years, the two had much to catch up on. They talked for hours. They traded email addresses and vowed to keep in touch. **Renee had opened the door to let love in again.**

Renee was on a roll. She joined The Arc’s Shooting Stars Advocates. **She started bowling and signed up for Elements of Ellen, a self improvement class focusing on self presentation and self esteem.** She found herself signing up to attend birthday socials and holiday parties. She made friends.

She built a life.

Today, Renee is ecstatic over a recent visit to her family. She took a train for the first time to visit her sister and brother over the Christmas holidays. “I am excited to be so independent.” **Renee beams as she talks about reconnecting with her family.** “We are already planning a another trip together for the summer.”

Renee offers powerful words for those who might be struggling in an abusive relationship. **“Keep fighting, keep moving and keep your head up.”** When Renee smiles, anything seems possible. 🙌



Community Partners Make Dreams Come True

Ahoy Mateys! Local Newspapers sponsor Pirate Party at Captain's Level



The Day and **The Resident**, with celebrity Pirate Party chair **Alexis Ann**, along with many other community businesses, stepped up to sponsor the 8th annual Pirate Party at the Mystic Arts Center on April 25th. The event supports The Arc NLC's Community Life & Advocacy program, with 100% of proceeds providing community-based activities, empowerment groups, and respite for hard working families. Thank you!



PUCF Funds Elements of Ellen

People's United Community Foundation generously donated \$4,000 to support the Elements of Ellen project, a year-long educational course that prepares people with I/DD for employment and independent living through development of social skills, appropriate workplace attire, financial management and building friendships.



Chelsea Groton Supports Aquaponics

Chelsea Groton The Chelsea Groton Foundation granted \$500 to The Arc NLC to purchase a generator for the new aquaponics system in Ledyard. The system can now remain running even when power is lost, safeguarding fish and vegetation alike.



Befriend a Family "Adopts" The Arc NLC

Befriend a Family, a Waterford organization that serves as a "match-maker" for people wishing to donate items and to people who need them, helped to make the holidays special for five people supported by The Arc. The generosity of the community is a blessing for people who are struggling this time of year.

Local Beauty School Partners With CL&A

Marinello Schools of Beauty hosted a night of beauty in their Niantic salon for participants of the Elements of Ellen project. Instructors **Eric Bowen** and **Tara Raschello** welcomed seven people from the Elements of Ellen project offering facials and manicures. 🙌



Congratulations to The Arc NLC's Newest Stars

The Arc NLC Welcomes Norwich Free Academy Volunteers



Nine students from Norwich Free Academy chose The Arc NLC as their volunteer site for the 2014-15 school year. **Robert, Tyra, Kylie, Virginia, Lauryn, Marissa, Nicole, Brenna and Patience** are helping in the Community Integration program as well as providing administrative support in the Development, Payroll and Human Resources departments. Thank you NFA volunteers!

Interns Make a Big Difference



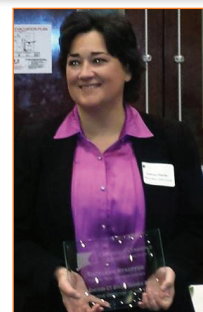
Cori (right) with Elements of Ellen Participant Kevin

Mitchell College seniors **Cori Boroski** and **Evan Peck** volunteered 200 hours this semester with The Arc NLC. **Each finished a special project, including Elements of Ellen and a partnership program for volunteering.** Cori continues to volunteer with the Special Olympics Swim team.



CEO Earns Recognition

The Arc NLC's CEO **Kathleen Stauffer** was named the 2014 Executive Director of the year by the Chamber of Commerce of Eastern Connecticut. 🙌



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 Jordan, a student in the culinary program.

Nick: Tell me a little about yourself.

Jordan: My name is Jorda and I am 20 years old.

Nick: Do you play sports?

Jordan: I play basketball. That's my favorite sport.

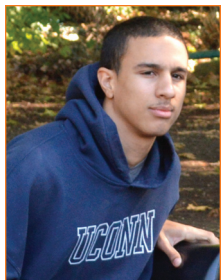
Nick: What would you like to do for work if you could do anything?

"Working with the elderly is my dream job. I love talking with them about their grandkids."

Jordan: I like working with people. And I would like a job that keeps me busy.

Nick: If you worked in an office, what would you like to do?

Jordan: I love computers. I am really good with them.



Jordan

Nick: You used to work at McDonald's. Where else have you worked?

Jordan: I also worked at a nursing home. Working with the elderly is my dream job. I love talking with them about their lives and their grandkids.

Nick: Have you ever thought about going back to school?

Jordan: I have thought about it, but I really want to get a job. I think it would be hard to do both. I wouldn't want to "slack off" and not do well in school because I was busy at work. I would rather work two jobs and earn more money! 🙌

Our Wish List

Shiver Our Timbers! A Pirate's Life For Everyone...

Sponsorships, donations needed for The Arc NLC's 8th annual Pirate Party in Mystic

Surrender your booty, mates, it's time once again for **The Arc New London County's 8th annual Pirate Party in Mystic!** Join your fellow sea-mates for a swashbuckling good time on April 25th, 2015 from 7 to 10 p.m. at the Mystic Arts Center. **Batten down the hatches as pirates hoist the colors and board Mystic's sailing ship, The Argia,** causing knaves and scallywags to contemplate the nefarious lure of Davey Jones' locker by way of a quality silent auction, tasty vittles and flowing spirits.

All proceeds – 100%! – benefit The Arc New London County and the people and families we serve. **You can provide respite, empowerment groups for survivors of domestic and sexual violence and much more.**

Become a Sponsor Today!

Sponsor Level		Bounty	Plunder
<input type="checkbox"/>	Captain	\$5,000	12 tickets
<input type="checkbox"/>	First Mate	\$2,500	10 tickets
<input type="checkbox"/>	Privateer	\$1,500	8 tickets
<input type="checkbox"/>	Swashbuckler	\$1,000	6 tickets
<input type="checkbox"/>	Buccaneer	\$500	4 tickets
<input type="checkbox"/>	Matey	\$250	2 tickets

Promotions run through June 2015. **Sign on now to optimize your promotional investment!** Please contact Meghan Horan at **860-889-4435 ext. 116** or visit TheArcNLC.org to sponsor the event today! 🙌

The Arc NEWS

Dress like a pirate. Talk like a pirate. Eat like one too! 'Tis mouth waterin' vittles. Give 'em a go next time ye 'n yer buckos be together splicin' the mainbrace!

Me Hearty's Swashbuckling Pirate Stew

Ingredients:

1 pound beef stew meat, cut into 1-inch pieces	2 tablespoons balsamic vinegar
3 tablespoons all-purpose flour	1 tablespoon butter
salt and round black pepper to taste	1 small onion, chopped
2 tablespoons olive oil	3/4 cup pineapple juice
1 small sweet potato, chopped	1 tablespoon Worcestershire sauce
4 small potatoes, chopped	1/4 cup brown sugar
1 celery rib, chopped	1 teaspoon crushed garlic
1 turnip, chopped	1 cube beef bouillon
2 parsnips, chopped	3 tablespoons rum



Preparation:

Combine beef, flour, salt and pepper in a resealable plastic bag. Shake to evenly coat the beef. Heat olive oil in a skillet over medium heat. Brown beef in olive oil. Transfer meat into a slow cooker and return the skillet to the heat. Add sweet potato, potato, celery, turnip, and parsnip. Pour vinegar into hot skillet to deglaze the pan, scraping loose particles from the bottom with a spatula; empty into the slow cooker. Return the skillet to the heat and melt the butter. Cook and stir the onion in melted butter until softened; scrape into the slow cooker. Combine pineapple juice, Worcestershire sauce, brown sugar, garlic, beef bouillon, and rum in a small saucepan; cook until bouillon cube dissolves. Pour into slow cooker. Turn slow cooker on High; cook for 1 hour. Switch heat to Low and cook an additional 6 hours.

The Jack O'Keefe Memorial Strides Road Race

Runners from across the state gathered at Camp Harkness in October to support full equality for all people. **More than 500 runners competed in the 10k, 5k and Family Fun Run. Proceeds from the race support the Community Life & Advocacy program, which relies solely on funding from the community to provide social and enrichment opportunities for people with I/DD.** Thank you to all racers, sponsors, families and volunteers who came to the event. **A special shout-out to Outback Steakhouse for feeding a hungry crowd.** We look forward to seeing you again on October 4th, 2015!





125 Sachem Street
Norwich, CT 06360
T: 860.889.4435

Nonprofit
U.S. Postage
PAID
Permit #30
Norwich, CT



Achieve with us.®

The Arc NEWS

**MYSTIC'S Annual
PIRATE PARTY!**

Mystic Arts Center
Saturday,
April 25, 2015

**Save
the
Date**



The Arc
New London County

Fun for the 21 & Over Crowd!

Everyone of All Ages & Abilities WELCOME!



The Arc
New London County

**STRIDES
Road Race**

Starting Gun Times

10K.....	10:00 am
5K.....	11:30 am

**Family Fun Run,
Walk & Roll
12:30 pm**

All races start & finish
at Camp Harkness

**Sunday,
October 4, 2015**

Camp Harkness
301 Great Neck Road
Waterford, CT 06385

DONATE YOUR VEHICLE

*The Arc's
Vehicle Donation
Program*



**Tax Deduction!
Free Towing!**

Call Today!
1-800-272-2270