

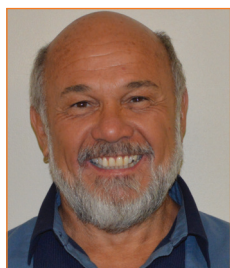


The Arc® NEWS

New London County

TheArcNLC.org


A Message from The President of The Board of Directors



Enrico DeMatto

Do the right thing! *It's Time to Close Southbury*

In 1993, Connecticut became a national leader, announcing it would shutter institutions for people with I/DD.

What happened? The Arc looked on in shock recently when Gov. Dannel Malloy rescinded yet another pledge to close the state's remaining institution, Southbury. **Twenty years after Gov. Lowell Weicker set a path for closure, Malloy reversed it (as did former Gov. John Rowland).**

I wrote to the Governor to declare my outrage. I hope you will do the same! In spite of urging from the federal government and demands from many citizens, Connecticut

spends obscene numbers of tax-payer dollars to maintain the antiquated concept of large institutions. **Southbury is philosophically out of step and financially irresponsible. Let's close Southbury now!**

A happier note: **Don't miss The Arc Film Festival at 5:30 pm at Norwich Free Academy on April 28.** I have been touched by these films about people with I/DD. You will be too.

The Arc looked on in shock recently when Gov. Dannel Malloy rescinded yet another pledge to close the state's remaining institution, Southbury.

Enjoy a Silent Auction, fine wine and food. **Sponsors include Chelsea Groton Bank, The Day, The Norwich Rotary, Dr. Barbara Deindorfer and Schuster-Driscoll.**

To join us, call Meghan: 860.889.4435 ext. 116. Or, visit TheArcNLC.org. **Proceeds benefit Community Life & Advocacy!** 🍷

A Message from The Chief Executive Officer of The Arc

Dream big!

Can a Film Really Change Your Life?

Imagine that you want to be an actor. You love the stage, the audience. You have talent! And... you have Down Syndrome.

Meet Gerard O'Dwyer. Like you, Gerard dreams about his future. And, Gerard is a star.

You really can meet Gerard... in a film. Join us Thursday, April 28, from 5:30 to 7:30 p.m. at Norwich Free Academy's Slater Auditorium. **We promise an entertaining and inspiring evening of short films about people like Gerard, who have Intellectual and Developmental Disability. People living their dreams, just like you and me.** Enjoy fine food provided by Matthew's Catering along with a quality silent auction and basket raffle.

All proceeds - 100% - benefit The Arc NLC and

the families we serve, funding a volunteer corps that has donated 528 service hours back to our local community, support groups for survivors of sexual abuse and similar vital programs for people with I/DD and their families.

**Join us on Thursday,
April 28, from
5:30 to 7:30 p.m. at
Slater Auditorium.**

You can change lives for people with I/DD and their families in New London County!

PS – Special thanks to employees and campaign leaders Susan Stailing and Elizabeth Korineck. **The Arc NLC has raised \$28,000 in pledges for United Way!** 🍷



Kathleen Stauffer

A Plan For Connecticut

New bill provides greater resources for families

A half-million people and families in Connecticut rely on a strong system of human services. In order to provide well rounded and accurate information, The Arc Connecticut is putting forth a bill this legislative season to establish rights of families within the DDS system. The bill will focus on:



☆ **Level of Need Assessments:** Providing families with greater access to the process of creating LON scores.

☆ **PRAT Increases and Denials:** Providing families with access to submitted reports and a copy of denials in writing.

☆ **Unused DDS Funding:** Create a mechanism to allow for savings and unused funds to be placed in a trust that stays within DDS.



Justin and his mom, Lauralyn, meet Rep. Jay Case (R-63)

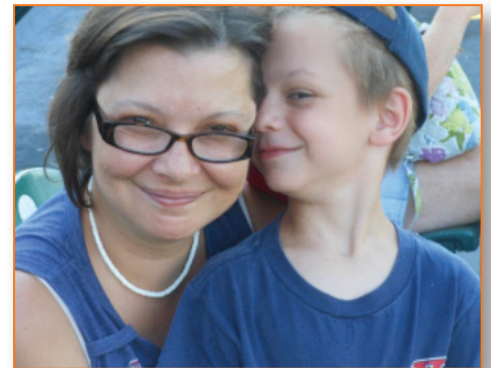
Talk to your legislators! A strong human services system is critical to the well-being of our communities, their residents and society at large. Human services not only improve the quality of life for recipients, but in doing so contribute to the vitality of communities and the state. **Working together, we can find budget solutions that will protect at-risk people and families.** 🙌

The Arc NLC Training, Quick-thinking Manager Saves A Life

Nurse Ripley's CPR training helps employee's father

Melissa had just returned home from work at one of The Arc NLC's residential homes. Her father, John, was babysitting her son. **Suddenly, Melissa heard a loud noise upstairs.** She ran to the bathroom and found her father unconscious on the floor!

Melissa quickly turned her dad on his back. She checked his breathing by putting her head close to his face. Nothing. **Her father's life was on the line.**



Melissa with her son



Michele Ripley, R.N. trains a new class in CPR

Melissa's head raced. "My mind flashed to the CPR training I learned at The Arc." She began chest compressions, hard and fast. Melissa tilted John's head, pinched his nose and breathed into his mouth until his chest rose three times.

He coughed. Melissa angled his head to the side so he would not aspirate. Within minutes, the ambulance was there. Paramedics took over. "It was my first time doing CPR and I wasn't perfect, but I kept my cool and the training came to me."

Melissa is grateful to The Arc NLC and CPR trainer Michele Ripley, R.N. for the training she received. Recently moving into a manager position at The Arc NLC, Melissa reinforces the importance of training. "It is not just a requirement for the job. This training affected me personally and saved my dad's life." 🙌

Want to enjoy Melissa's heart-healthy Heroic Chicken? See p. 7 for the recipe!

**Thank you for helping to make The Arc NLC Farm Stand a success!
Look for more veggies and big announcements this Spring!**

The Arc NLC Gives Back To The Community

Kids find toys make scary time easier

The Arc NLC's Community Life & Advocacy program donated \$500 in toys to L+M Hospital's pediatric inpatient unit this holiday season. **All the toys were given to children who come in to the pediatric emergency room** to help ease fears and comfort scared little ones.



Insuring the Future of The Arc New London County

Discover a new option in planned giving

Have you ever considered the possibility of making a more significant donation to The Arc New London County? **It is easier than you think.**

When you were young and concerned about an uncertain future, **you may have bought life insurance as a hedge against a situation that could devastate your family.**

Time passes, "nest-eggs" grow and the importance of life insurance lessens. **Life insurance policies paid for over many years can be an excellent way to give a valuable gift to The Arc NLC.**



Please take a few moments to think about gifting a life insurance policy to The Arc NLC. It's easy! **Simply add The Arc NLC as a beneficiary or transfer the ownership on an existing policy.** If the policy is already paid up, there is no additional cost.

To discuss a gift of life insurance or another special gift, please contact Meghan Horan, Director of Community Outreach, at 860.889.4435, ext. 116 or mhoran@thearcnlc.org. 🌟

The Arc
New London County

FILM FESTIVAL

Thursday April 28, 2016 5:30 - 7:30 pm
The Atrium & Slater Auditorium at Norwich Free Academy
305 Broadway, Norwich, CT 06360

Tickets \$35

Order Now!

Wine & Hors d'oeuvres!
Silent Auction!
Big Item Live Auction!
Basket Raffle!

Questions? visit:
TheArcNLC.org
or call: 860.889.4435 ext. 116

Proceeds make family Respite Services, Peer Groups and Community Life & Advocacy programming possible

a collection of short films
to change your life

FUN!

Celebrating People with Developmental Disabilities

Tattoos and a Pair of Hermit Crabs for Merisha

A young Waterford woman takes charge of her life

Merisha's hot pink walker is hard to miss in a crowd. She slowly walks by an electric wheelchair. Merisha has something else on her mind. **"When I am inside, I am going to walk,"** she says with determination as she walks into The Arc NLC's Employment Transition Center (ETC).

Fifty years ago, Merisha's life would have been very different. **Born with Pfeiffer Syndrome and Obstructive Hydrocephalus, Merisha lives with sight and hearing loss and physical disabilities.** Once upon a time, Merisha's parents would have been pressured to put her in an institution. To leave her care to the state. To forget about her.

But Merisha was born in 1993. **She went to school in Colchester like everyone else her age. She learned to read.** "I had a nurse with me all the time. She helped me with my braces and my tracheostomy. She would even pull up my socks."

Merisha next attended Fitch High School, where she continued to learn and socialize. At 18, she moved into a residential home to begin a transition to adulthood. **But Merisha remained in a wheelchair for much of her day, a nurse by her side.** She was capable of more. And, Merisha knew it.

When Merisha began attending The Arc's School to Work Transition program in 2012, her job coach knew she was capable of more too. Merisha insisted on using a walker instead of an electric wheelchair when she was at her vocational program. **As graduation approached, Merisha decided it was time to really take control.**

That meant learning to care for her own needs. "I don't need help pulling up my socks. I just didn't

get the chance to do it myself." With her job coach, Merisha took charge. "First my socks."

Merisha worked on learning to walk safely down the street, like you and I. "I would rather walk when I am at the mall." **She began watching work out videos at home and following along to build physical strength.** She learned to manage her anxiety in stressful situations.

"Loud noises scare me, but stress balls help to keep me calm." Even with all her efforts, a nurse was still by her side. Merisha had one thing left to learn.

It was the tracheostomy that kept a nurse in her life. "I had to learn to manage it myself." **With the support of her housemates, and with assistance from her residential support team and The Arc NLC employment team, Merisha learned to handle her tracheostomy herself.** "No more nurse!"

Today, Merisha takes care of herself, but not just herself. **"I have two hermit crabs, Kermit and Nala.** I didn't think 'Miss Piggy' was appropriate." She loves watching *Law & Order* and *Grey's Anatomy*. "I hang out with my friends at the Brown Derby (a local bar in Stonington). I even have two tattoos!"

Merisha's life is what she makes it. She loves to bake and spend time with her housemates and friends. **"I go to the beach with my mom. That is my favorite thing to do."** Her future is hers to design. Thanks to fifty years of advocacy for equal rights for people with intellectual and developmental disabilities, Merisha's journey has just begun.

To learn more about The Arc NLC's School to Work Transition program, contact ETC Director Bonnie Jones at 860-449-1529 or bjones@thearcnlc.org



Merisha works in The Arc culinary kitchen two days a week. "I love to bake brownies!"



Merisha works at The Arc Snack Cart at the Waterford Community Center one day a week to gain valuable retail skills.

Community Partners Make Dreams Come True

People's United Community Foundation Supports Local Growing Initiative

People's United
Community
Foundation's



generous grant of \$4,000 will get The Arc NLC Farm Stand up and running again this spring. The Farm Stand sells produce grown in the indoor aquaponics system as well as in the outdoor garden and serves as a valuable vocational tool for people with I/DD. See you in Spring!

Chelsea Groton Foundation Continues Support of The Arc Farm Stand



Thank you to **Chelsea Groton Foundation** for granting \$2,000 to purchase a remote monitoring system for The

Arc NLC's aquaponics system. The system, thriving in a retrofitted garage at a residential home, provides year-round produce shared with The Arc NLC's 14 residential homes and provides valuable job training.

Comcast Foundation Launches Digital Literacy Program

The Arc NLC thanks the **Comcast Foundation** for a \$10,000 grant to provide computer literacy classes for people with I/DD. Classes focus on basic computer skills, navigating the Internet and Internet safety. The Arc NLC is partnering with **Community Navigators Inc.** and



Mitchell College to create and teach the curriculum.

Holidays Brighten Thanks to SE CT Neighbors

The generosity of our regional community supported 24 people for a brighter holiday.

The Arc NLC wishes to thank The Day, Fleet Reserve Women's Auxiliary,

Befriend a Family, Dominion, Toys for Tots, and VFW Post 189, as well as many individuals

and families in the community who reached out with donations of clothing, house hold goods, toys, food and gift cards.

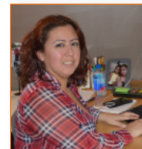


Dominion

Congratulations to The Arc New London County's Newest Stars

The Arc NLC Welcomes New Staff

The Arc NLC welcomes two new residential managers, **Melissa Gordon** and **Lewis Beasley**, to the team. Both Melissa and Lewis were direct support providers in two of The Arc NLC's 14 residential homes before successfully completing an apprentice training program and accepting their new manager positions.



The Arc NLC also welcomes **Kaylie Silva**, Data Support Specialist and **Alba Trevino**, Agency Compliance Auditor, to the Administrative team. Kaylie provides Therap support to departments to enter and update information, while Alba monitors the system data for billing and compliance.

Edwin Meets the Cake Boss

This fall, **Edwin** fulfilled a dream to meet "Cake Boss," **Buddy Valastro** at the grand opening of **Carlo's Bakery** at the **Mohegan Sun Casino**. Edwin and his sister had a great time hobnobbing and sampling all the sweets!



Museum Partnership Brings Furry Friends, Fun

The Community Integration Program (CIP) worked with the **Connecticut Children's Museum** to adopt Lacey the Chinchilla. CIP receives regular updates on Lacey and, through their group membership, participants can visit her and the other animals whenever they like. CIP raised the money for Lacey's adoption through a series of small fundraisers that included collecting donations from The Arc NLC's Administrative team in Norwich. Follow CIP's adventures at the Children's Museum on Facebook!



The Arc Through My Eyes



By Nick Carter

In this issue of The Arc News, columnist Nick Carter interviews Tyler Homand. Tyler recently graduated from Stonington High School and is a participant in The Arc's Group Supported Employment program.

Nick: What do you do at The Arc?

Tyler: I do lots of things. On Monday and Friday I work at Big Y. On Tuesday I do dishes for the culinary crew. On Wednesday I work on the cleaning crew at the Norwich building. And on Thursday I have Life Skills. I have a busy schedule.

Nick: What is your favorite job?

Tyler: I like to do the hand baskets at Big Y best.

Nick: What do you like to do at home?

Tyler: I help my mom and brother with the wood in the back yard. I practice piano. And I clean my room.

Nick: Do you like sports?

Tyler: I like the baseball and basketball. I like the Red Sox and the Stonington Bears. I graduated from Stonington High School. I like to go watch the games.

Nick: You went on a train ride recently. How was it?

Tyler: It was awesome. I rode on the Essex Steam Train. We went down the tracks. It was a fun train ride!



The Arc NLC Film Festival

You can change lives for people with I/DD and their families in New London County!

Please join The Arc New London County on Thursday, April 28, 2016 from 5:30 to 7:30p.m. at Norwich Free Academy's Slater Auditorium for an evening of short films about people who have Intellectual and Developmental Disability.



Meet Gerard. He has a dream ...

People who are living their dreams just like you. Meet Gerard. Enjoy an evening of **culture** and **fine food** provided by Matthew's Catering along with a quality silent auction and basket raffle.

WHO: The Arc New London County

WHAT: Film Festival

WHEN: Thursday, April 28, 2016 from 5:30 to 7:30 p.m.

WHERE: The Slater Auditorium at Norwich Free Academy, 305 Broadway, Norwich, CT 06360

WHY: Make a difference in the lives of people with I/DD!

Sponsorships, goods, services and items for our silent auction also are welcome.

Studio Sponsorship	\$2,000
Producer Sponsorship	\$1,500
Red Carpet Refreshments Sponsorship	\$1,000
Director Sponsorship	\$750
Talent Sponsorship	\$250

All sponsors receive social media promotion via Facebook and Twitter & a complimentary invitation to The Arc NLC's Annual Meeting.

Please contact Meghan Horan at 860.889.4435, ext. 116, or mhoran@thearcnlc.org to pledge your support or to purchase tickets.

Visit
TheArcNLC.org
for more
information
and to pledge
your support.



Melissa saved her father's life (see p. 2) and now she offers up this heart-healthy meal for your loved ones. A squeeze of lemon and a dash of pepper are all it takes to turn ordinary chicken into a zesty, flavorful entree.

Melissa's Heroic Lemon Chicken

Ingredients:

- ♦ 1/4 cup (plus 2 tablespoons, if roasting) extra-virgin olive oil
- ♦ 2 lemons, divided
- ♦ 3 to 4 cloves garlic, finely grated or pasted
- ♦ 1 teaspoon ground black pepper
- ♦ Salt
- ♦ 1 3- to 4-pound chicken, skin removed and cut into 8 pieces



Preparation:

Preheat oven to 450F or a grill or grill pan over medium-high heat. In a large mixing bowl, whisk together the olive oil, zest and juice of 1 lemon, garlic and black pepper. Season the chicken well with salt and toss into the bowl. Marinate the chicken for 15 minutes. If roasting, place a large, cast-iron skillet over medium-high heat with 2 tablespoons of olive oil. Sear the chicken, meat side-down until golden brown, about 5 minutes, then turn over and transfer the pan to the oven. Roast until cooked through, about 15 minutes. If grilling, grill chicken until marked and cooked through, 8-10 minutes per side. Squeeze the juice of the remaining lemon over the cooked chicken. 🍋

The Jack O'Keefe Memorial Strides Road Race Leads the Pack in Donations

Boston Marathoner Amby Burfoot and local sponsors make this year's event a success

The Jack O'Keefe Memorial Strides Road Race gathered runners from across Connecticut 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 supported the event. A special shout-out to **Outback Steakhouse** for feeding a hungry crowd. **See you again on Oct. 2, 2016!** 🍋





125 Sachem Street
Norwich, CT 06360

T: 860.889.4435

TheArcNLC.org

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



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 2, 2016**

Camp Harkness
301 Great Neck Road
Waterford, CT 06385


DONATE YOUR VEHICLE

*The Arc's
Vehicle Donation
Program*



**Tax Deduction!
Free Towing!**

Call Today!
1-877-272-2270



The Arc
New London County **FILM
FESTIVAL**

Thursday April 28, 2016 5:30 - 7:30 pm
The Atrium & Slater Auditorium at Norwich Free Academy
305 Broadway, Norwich, CT 06360

**Celebrating
People
with
Developmental
Disabilities**

a collection
of short films
to change
your life