



The Arc® NEWS

New London County

TheArcNLC.org


A Message from The President of The Board of Directors



Enrico DeMatto

Why do Bumblebees fly?

*Don't Miss These
Films to Change
Your Life!*

Do you remember your first date? Did you know that bumblebees, aerodynamically speaking, are not supposed to fly? And yet . . . they do!

Meet Vance Kanell, a young man with cerebral palsy. Like you and me, Vance dreams of going on his first date. Will Paige like him? Why does Vance find bumblebees so inspiring?

We promise an inspiring evening of short films about folks like Vance. **People living their dreams, finding inspiration in the smallest things, like a can-do bumblebee flying through a garden** Enjoy fine food, spirits, and a quality auction.

All proceeds - 100% - benefit The Arc NLC and the families we serve, funding a Volunteer Corps donating 1,379 service hours to our local community, support

**You really can meet
Vance . . . in a film.
Join us Thursday, April 27,
from 5:30 to 8 p.m.
at Mashantucket
Pequot Museum and
Research Center.**

groups for survivors of sexual abuse and similar vital programs.

You *can* change lives for people with I/DD in New London County! 🍀

A Message from The Chief Executive Officer of The Arc

Real Work for Real Pay! **Community Support Drives Microbusiness Success**

What happens to employment for people with I/DD in a Recession?

A thriving factory supplies all-natural, hand-crafted chocolate chip cookies to ShopRite in New London and Norwich, Mohegan Sun, Flanders Fish Market, Village Market and Thames Valley Alternative Relief.

Farm Stand expansion this Spring comes courtesy of a **partnership with Ledyard**, and a budding lawncare enterprise that just doubled in size thanks to a **new truck courtesy of the Lord Foundation (and a generous MJ Sullivan Automotive quote).**

There's a lot to celebrate!
Kudos to Sen. Paul Formica, of The Arc NLC Board, and Sen.

Cathy Osten, tapped to chair the Legislature's Appropriations Committee. These hard-working representatives earned their stripes and clout!

The Arc NLC boldly launched three microbusinesses to create minimum wage jobs amid a faltering economy.

ALSO – Don't miss our 2nd Annual Film Festival on April 27. Special thanks to **Premier Sponsors Comcast and Mashantucket Pequot Museum.** Host is Franco of ROXY-101 FM.

To join us, visit TheArcNLC.org. **Proceeds benefit Community Life & Advocacy!** 🍀



Kathleen Stauffer

Family Hearing Day at the Capitol



“A core function of this government must be helping people with I/DD.”

– Sen. Len Fasano

Over 150 people attended a Feb. 7 Family Hearing Day at the Capitol testifying about the **need for critical supports for people with intellectual and developmental disabilities (I/DD) and their families**. The I/DD Caucus, led by co-chairs Sen. Art Linares, R-Dist. 33, and Rep. John Hampton, D-Dist. 16, heard from families, caregivers, and provider

“We live in constant fear.”
– concerned parent

representatives **implored legislators to maintain Department of Developmental Services (DDS) funding** and to use existing funds more efficiently, similar to Massachusetts and New Hampshire. The bi-partisan legislative panel, including Rep. Kathleen McCarty, R-Dist. 38, listened as families, some in tears, told stories of heartbreak.

“We live in constant fear,” one parent said, expressing exasperation about Connecticut’s ambivalence toward essential services “at the core of our humanity.” A repeated concern of family members and people with I/DD was the **2,000-person waiting list for housing**. Parent Tom Fiorentino, current president of The Arc Connecticut Board of Directors, was emphatic. **“Our communities are improved by the inclusion of people with I/DD.”** 🍀

We’re planning on growing this spring!

The Arc Farm Stand needs a lot of water, so using well water for irrigation is one of this season’s goals. And thanks to support from Ledyard’s organic **Aiki Farms**, a **water-saving drip system** will be installed again, **reducing water use and costs by more than 50%**. Speaking of water, several new **aquaponics initiatives** are underway including an expansion accommodating vertical growing towers and optimization of the original grow beds, which now produce record **amounts of microgreens** for The Arc’s food service programs and community living homes.

The Arc’s Green Farming Partners

- ★ The Town of Ledyard
- ★ Flanders Fish Market
- ★ Chelsea Groton Foundation
- ★ Aiki Farms
- ★ Charter Oak Credit Union

Participants rapidly are becoming proficient with the new **Osmobot**, a gift from the **Chelsea Groton Bank Foundation**. The **Osmobot** remotely monitors water temperature and pH levels via the Internet to keep plants and fish healthy. The possibility of expanding aquaponics into the basement of **Flanders Fish Market in Niantic** at the invitation of owner and Board member **Sen. Paul Formica** also is underway. All options



represent **increased opportunity for people with I/DD to receive training and employment experience for great community jobs in green farming**.

Later this spring, a larger garden supplying up to 100 paying community “shareholders” with three seasons’ worth of fresh vegetables will be in development on land generously donated by the **Town of Ledyard** for a **CSA (Community Supported Agriculture) program**. 🍀

Holiday Wishes Come True for Those in Need

Our southeastern Connecticut neighbors reached from the heart to support 33 people with I/DD and their families over the holidays. The Arc NLC thanks **The Day, Befriend A Family, Dominion, the American Legion Post 9, the Montville Rotary, and VFW Post 189** as well as the many individuals and families donated clothing, household goods, toys, food and gift cards.



Support The Arc with Planned Giving

Create your own charitable legacy

Although many of would like to give more, a **bequest** enables us to do more than we thought possible.

It's **easy** — Simply name The Arc NLC as a beneficiary in your will. We can work with you to outline implementation of your personal wishes.

It's **revocable** — Change your gift at any time.

It's **personally rewarding** — Imagine giving people with I/DD opportunities otherwise not possible!

It's **inspiring to others** — Lead by example . . . and consider sharing your personal experience and why you decided to donate in this thoughtful way.

For more information, please contact **Bambi Poppick, Director of Community Outreach**, at (860) 889-4435 x 116. 🍀

The Arc
New London County

2nd Annual
FILM FESTIVAL

PREMIER SPONSORS
COMCAST
PEQUOT MUSEUM
A RESEARCH CENTER

Thursday, April 27, 2017 5:30 - 8:00 pm
Mashantucket Pequot Museum and Research Center
110 Pequot Trail, Mashantucket, CT 06336

Tickets \$35

Wine, Beer &
Hors d'oeuvres!
Silent Auction!
Basket Raffle!

Order Now!

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 about and
featuring people with I/DD
to change your life

FUN!

**Celebrating
People
with
Developmental
Disabilities**

Film Festival supporters can tour the Pequot Museum's award winning facility and exhibits on April 27, 2017 before the film festival, so be sure to arrive early! Additionally, you will receive a 50% discount voucher towards the purchase of a museum membership, a value up to \$67!

“I just choose everything!”

The more projects Bill has, the happier he is

Bill's shy smile and easygoing manner belie a determination to be as active as possible. **Bill has lived with his sister Dawn since their mom died seven years ago.** He attended a program in Rhode Island for some time for people with I/DD but he wasn't too happy. “There was nothing to do — I just sat around all day.”

“So we came to The Arc and I can't believe the transformation.”

Bill is especially happy when he's helping people. “We got him involved in volunteering right away.” Debbie Densmore, the new Coordinator of The Arc's Community Life &

Advocacy program, has a knack for matching people with activities they love — sports, volunteer work, and more.

After seven years of Bill coming home depressed, his sister Dawn just knew there had to be somewhere better for him.

Bill has fond memories of his grandmother, who took care of him while his mom worked. She taught him to read and to cook— something he still loves to do with his sister. Now, whenever

he gets the chance, he volunteers to help Seniors. Over the holidays, the Volunteer Corps prepared food and gifts for Senior living facilities.

“Of course Bill wanted to go on the Community Life program's scheduled activity the evening before the Senior volunteer outing,” and CL&A's Denise Tift certainly wasn't surprised to see him show up. “He got home at — when was it, Bill?”

“After midnight. But that was okay.”

As one of The Arc's core group of volunteers, Bill was happy to set his alarm for 5 a.m. to

help prepare the Seniors' Holiday Tea. He not only made the food and wrapped gifts, but once everyone was at the residence he served food and visited.

Since coming to The Arc, Bill has made up for lost

time. **He works five days a week as a member of the Employment Transition Center's cleaning crew.** He's made new friends, and their respect for him is evident. “He really opens up when he's with his friends,” says his sister.



Bill's job on the Cleaning Crew includes the offices of CEO Kathleen Stauffer and her assistant Karen Warfield, pictured.

Dawn is amazed in the changes she's seen in just the year Bill has been with The Arc.

“When he comes home he's actually humming. He loves keeping busy.”

When asked how he chooses which activity to participate in, Bill grins slyly. “I just look at the schedule for that week and choose everything!”



Dawn and Bill

Bill also serves on the Film Festival Committee, selecting the films to be shown at the April 27th fundraiser at the Mashantucket Museum and Research Center from 5:30 to 8:30pm.

“Coming to The Arc was wonderful for him,” says Dawn. “And wonderful for us.”

Do you like pizza? Bill does too! See p. 7 for his favorite recipe. 🍕

Community Partners Make Dreams Come True

We're extremely fortunate to have the support of such amazing foundations and businesses throughout the region. **Without your help, many of the services we provide to people with I/DD would not exist.**

The **Edwin and Mary Lord Foundation's** \$38,000 donation allowed the Lawn/Landscape microbusiness to purchase a new truck, landscape trailer and snowplow for its growing customer base.

Comcast once again provided The Arc with a \$10,000 Digital Literacy grant for IT training, and **The Dime Bank Foundation** awarded The Arc NLC \$1,536 in much-needed transportation funds for the program.

A big thank-you also to the **Elsie Brown Fund** for a generous donation of \$10,000.

The **Anne Capano Charitable Foundation** donated a critical \$4,000 to help maintain two of The Arc's homes.

The women at Cedar Street are deeply grateful to **Lowe's in Waterford** for a donation of an electric range allowing for family celebrations and holiday turkey preparations.

Community Life & Advocacy's Empowerment and Enrichment programs, serving over 170 people annually, received much-needed support as well: \$2,500 from **The Dominion Foundation**, \$500 from the **Niantic Rotary**, \$4,000 from **People's United Foundation** and \$2,500 from the **Liberty Bank Foundation**.

An expanding aquaponics program received \$2,000 in continuing support from **The Charter Oak Federal Credit Union**, and **The Chelsea Groton Foundation** awarded the In-Home Supports program \$969 for weighted blankets for people on the Autism spectrum.

The Arc New London County in the Spotlight

Debbie Densmore has been promoted to **Coordinator for the Community Life & Advocacy** program. Starting at The Arc in 1987 (!!), Debbie plans to include more volunteer activities in all participant programming in the future.

Tom Murphy, The Arc NLC's Chef for more than six years in the Culinary Arts program at the Employment Transition Center, has been promoted to **Director of Community Enterprise**. He'll now oversee all of The Arc's microbusinesses including the expanding cookie production facility.

Bambi Poppick is our new **Director of Community Outreach**. Previously Director of the Eastern Community Gardens Association, she brings over 20 years' experience in marketing, community outreach and event planning.

Michelle Scott joined **The Arc NLC Board of Directors** this past September. Currently **Executive Director of the Eastern CT Area Health Education Center (AHEC)**, Michelle was previously Community Development Strategist with the Mashantucket Pequot Tribal Nation.

The Arc NLC joins United Way of SECT for National Reading Day

Denise Tift, Cheryl, Tiffany, and Bambi Poppick represented The Arc NLC on October 27 at the Catherine Kolnaski Magnet School in Groton as part of this year's **Read For the Record**, the largest one-day shared reading experience in the nation.



The Arc Through My Eyes



By Nick Carter

In this issue of **The Arc News**, columnist **Nick Carter** interviews Job Coach **Kim Sandberg**.

Nick: How long have you been with **The Arc**?

Kim: Five years . . . I started at one of the residences, then I moved here to ETC.

Nick: What do you do here?

Kim: Besides make you guys laugh?

Nick: I know that takes up a big part of your day!

Kim: We have a lot of fun, don't we? I'm here to help you become as independent as possible. So we're going to make herb bread for the bakery, and you're pretty much experts now, so I'm just here to help if you need something.

Nick: You taught the computer class, right?

Kim: Yes I did, and I loved it. I trained as a teacher so this was a really great opportunity. We had three Internet safety classes and we're going to be starting iPad training next month.

Nick: Are the students interested in learning more?

Kim: Yes, people keep asking about what they've learned—

Nick: You helped me with a Facebook privacy question this week.

Kim: I'm going to try and set up a drop-in class once a month, because so many people are interested.

Nick: So . . . you like it here at **The Arc**?

Kim: You bet. This is a great family. I love working with people — I always have.



Nick: We love you, Kim. 🍷

The Arc NLC 2nd Annual Film Festival

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

Please join The Arc New London County at the Mashantucket Pequot Museum and Research Center for an entertaining and inspiring evening of short films about people like Vance, who have

intellectual and developmental disabilities.

Celebrate as Vance and his friends live their dreams. Enjoy an evening of culture and fine food provided by MPMRC Catering along with a quality silent and basket auction.



Vance is the star of "Bumblebees," one of the featured films.

Last year's festival drew rave reviews from all attendees. This year's lineup promises to be even better. **100% of proceeds benefit The Arc New London County.** Last year we served over 620 individual and their families, providing a variety of residential, day, employment and recreation/enrichment opportunities.

WHEN: Thursday, April 27 from 5:30-8:00pm

WHERE: The Mashantucket Pequot Museum and Research Center, 110 Pequot Trail, Mashantucket, CT 06336

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

Premier Sponsorship	\$5,000
Studio Sponsorship	\$2,000
Producer Sponsorship	\$1,500
Red Carpet Sponsorship	\$1,000
Director Sponsorship	\$750
Talent Sponsorship	\$250

Please contact **Bambi Poppick** at 860-889-4435 x 116, or Bpoppick@theArcNLC.org with your pledge of support or to purchase tickets. 🍷

Bill loves to cook (read all about him on page 4), and one of his favorite things to make with his sister Dawn is pizza. But not just any pizza — it has to have **lots of everything**. Try out this easy recipe, using ready-made dough or your own. Either way, it's delicious.

Bill and Dawn's Homemade Pizza with "The Works"

Ingredients:

1 teaspoon olive oil
1/4 pound bulk sausage
1 cup chopped red bell pepper
1 cup sliced button mushrooms
1/2 cup finely chopped onion
1 small garlic clove, minced
1/4 cup sliced, drained ripe olives
3/4 cup bottled pizza sauce
1 1/2 cups (6 ounces) shredded part-skim mozzarella cheese



Preparation:

Preheat oven to 450°.

Topping: heat 1 tsp olive oil in a heavy medium skillet over medium heat. Cook sausage in hot oil 5 min. or until browned; stir to crumble.

Add pepper, mushrooms, and onion; cook 4 minutes or until vegetables are tender.

Add garlic; sauté 1 minute.

Stir in olives; drain sausage mixture on paper towels.

Coat a 12-inch pizza pan with cooking spray. Press dough into pan; place on bottom rack of oven; bake 10 minutes. Brush edges of crust with remaining 1 teaspoon olive oil. Spread pizza sauce over crust; top with sausage mixture and cheese. Place on middle rack of oven. Bake at 450° for 15 minutes. 🍕

The Annual Jack O'Keefe Memorial Strides Road Race —always one of the year's most popular events

The sun came out despite all predictions on October 2, 2016 and provided a spectacular day for The **39th Cactus Jack Strides Road Race** at Waterford's Camp Harkness. Thanks to all racers, sponsors, and

Over 300 runners and walkers of all abilities enjoyed the venue and amazing food by The Arc's Culinary program and the Terri Brodeur Breast Cancer Foundation



families, **The Arc NLC** raised \$13,927 for **Community Life & Advocacy** which relies solely on community support. Volunteers from **The U.S. Coast Guard Academy, Waterford and Fitch High Schools** and our own **Volunteer Corps** helped the event run smoothly. An even bigger crowd is expected next year! 🍕





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Norwich, CT 06360

T: 860.889.4435

TheArcNLC.org

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The Arc NEWS



Thursday April 27, 2017 5:30 - 8:00 pm
Mashantucket Pequot Museum and Research Center
110 Pequot Trail, Mashantucket, CT 06336

**Celebrating
People
with
Developmental
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a collection of short films about
and featuring people with I/DD
to change your life



DONATE YOUR VEHICLE

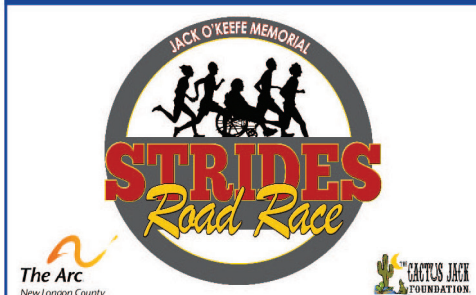
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Everyone of All Ages & Abilities WELCOME!



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 1, 2017**

Camp Harkness
301 Great Neck Road
Waterford, CT 06385