

A Message from The President of The Board of Directors



Enrico DeMatto

Ahoy there...

Callin' all swabs and scallywags!

And now for my favorite night of the year, The Arc New London County's **7th Annual Pirate Party from 7 to 10 p.m. on April 26th at The Mystic Arts Center**. Haul out yer best swash-bucklin' garb and walk the plank to a great time and tremendous treasures!

We are particularly honored this year: Special guests include The Resident publisher Alexis Ann; Community Advocate Kristina Emerson and State Senator Cathy Osten.

Enjoy Chantey Songs, The Den-

ise and Tony Band, a Silent Auction and a visit from Mystic's own sailing ship *The Argia*. Sponsors include Chelsea Groton Bank, The Norwich Rotary Club, Advanced Improvements, The Real McCoy Rum, Reid & Riege, SAVA Insurance, Beachside Catering, Disney, Southwest Airlines and more. Master of Ceremonies is Franco from ROXY-101 FM.

To become a sponsor or join the rest of us scallywags, call Meghan at 860.889.4435 ... or

Special guests include The Resident publisher Alexis Ann, Community Advocate Kristina Emerson and State Senator Cathy Osten.

visit TheArcNLC.org. **Proceeds benefit Community Life & Advocacy, whose services go unfunded but for your community donations and United Way!**

See you at The Pirate Party! And be on the lookout, mate, for our Annual Appeal. **We work so hard to serve ... and we are so grateful for your support!** 🍀



A Message from The Chief Executive Officer of The Arc

New ideas for a new era of services...

Community of Practice grant one of just eight in the state

The Arc New London County joins agencies in five states to **explore policies, practices, trends and barriers for people with intellectual and developmental disabilities following the award of a Community of Practice grant** from Connecticut's Department of Developmental Disabilities.

"Each state will form a team with partners from their service system," said Commissioner Terrence Macy, Ph.D., "including members from self-advocacy and family organizations, universities, education, aging and other organizations."

Funded by the Administration on Intellectual and Developmental Disabilities (AIDD), **the grant allows The Arc NLC and seven other provider agencies in the state to embark on a five-year quest to develop innovative supports that serve**

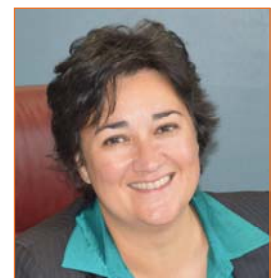
families while simultaneously seeking new efficiencies.

Avast all deckhands! Make a splash at our 7th Annual Pirate Party, 7 to 10 p.m. on April 26th at The Mystic Arts Center. Back The Arc's Community Life & Advocacy Program including

"Each state will form a team with partners from their service system," said Commissioner Terrence Macy, Ph.D.

Special Olympics, support groups for survivors of domestic violence and sexual abuse and similar critical programs.

PS – *Special thanks to employees and campaign leader Christine Pemberton. **The Arc NLC raised more than \$20,000 for United Way – an 8% increase over last year!*** 🍀



Kathleen Stauffer

Meeting the Needs of Connecticut's Families

A New Voice for Statewide Families

Families and The Arc Connecticut form Legislative Caucus



The Arc NLC Families pose inside the Capitol.



Families, staff and participants at The Arc NLC listen to the speakers.

The Arc Connecticut announced the creation of a Legislative Caucus to address issues facing families needing DDS supports now and in the future. Senator Beth Bye (D) West Hartford chairs the caucus. Members include Rep. John Hampton (D) Simsbury, Rep. Jay Case (R) Winsted, Torrington, Colebrook and Goshen, Sen. Paul Doyle (D) Cromwell, Middletown, Newington, Rocky Hill and Wethersfield, Rep. Mike Demicco (D) Farmington, Rep. Jason Rojas (D) East Hartford and Manchester and Rep. Ed Vargas (D) Hartford.

A Family Hearing Day, held on February 7 in Hartford, proved a phenomenal success when over 400 families, people with I/DD, and advocates poured into the Capitol from across the state to share their stories and listen to the struggles of peers. Elderly parents expressed concerns about where their children will live when they die, and siblings as young as 14 questioned how they would afford to care for their brother or sister if there was no support from DDS. Senators and Representatives listened intently to each speaker, some expressing the same tearful emotion as the audience. 🙌



Leslie Simoes, Executive Director of The Arc Connecticut, takes a moment at the end of the hearing to encourage the audience to continue the conversation with their legislators.

What Can You Do?

Your voice can still be heard!

To learn more about The Arc Connecticut's Families for Families and be a part of the movement, visit TheArcCT.org. Click on "Families for Families."

Elements of Ellen Gets Makeover

Small project makes big impact in people's lives

This year, The Arc expanded the Elements of Ellen project founded to honor Norwich native Ellen Lassonde. In June 2013, twelve people were nominated from three programs to take part in special activities and one-time, individualized experience of health and wellness. Among the 12 project participants were Joe, who recently lost 150 pounds, and Kristina, who was featured in this year's Annual Appeal. Joe, Kristina and ten others have chosen to learn about hair, nail and skin care while meeting with professionals in the community to learn about professional dress, personal comportment and self-presentation proficiency.

To learn more about the Elements of Ellen project, visit TheArcNLC.org/ellen.php. 🙌



To donate to Elements of Ellen or learn how your business can become part of the project, contact Lara Chiaverini, 860-889-4435 ext. 103 or lchiaverini@thearcnlc.org.

News You Can Use

Credit Unions Support Jobs for Young People *Students with intellectual disabilities gain valuable experience in local banks*

In October 2013, the Employment Transition Center (ETC) partnered with two local credit unions and the Credit Union League of Connecticut to sponsor an eight-week internship for young adults in the School-to-Work Transition program. Groton Municipal Employees Federal Credit Union and the Scient Federal Credit Union each worked with one student focusing on customer service skills, filing, data entry, shredding and entry-level office skills. Feedback from both the credit unions and the student interns was highly positive and ETC is currently in its second eight-week cycle. 🌟



Join the Advocacy Movement

DDS Advisory Council seeks new members

The Department of Developmental Services South Region Advisory & Planning Council is looking for new members to share their stories and join the movement advocating for the rights of people with intellectual and developmental disabilities. Learn how you can make a difference in the Department of Developmental Services' service system through involvement and advocacy. For more information about becoming a member, please contact Jolie at jolie.crescimano-goss@ct.gov or 1-888-263-4445, Ext. 5053. 🌟




March 29: A Day for Awareness

The Arc Plans National Day Out Event for Developmental Disabilities Awareness Month

March is National Developmental Disabilities Awareness Month. The Arc invites you to join a national effort on March 29 to raise awareness about the needs and challenges of people with intellectual and developmental disabilities (I/DD).

What can you do? Plan to go out into the community on Saturday, March 29. Plan a day out with friends and family or by yourself enjoying the things you like to do. Raise awareness by generating conversation about people with intellectual and developmental disabilities. This one-day movement will serve to harness our collective power to foster understanding, dispel myths and encourage people to recognize that folks with intellectual and developmental disabilities are like everybody else. 🌟

Taking The Arc Network on the Road *The Arc talks about affordable respite with The CT Family Support Network*

Chief Executive Officer Kathleen Stauffer is taking The Arc Network to the families who need it most. In November, Stauffer and Director of Development & Training Lara Chiaverini presented The Arc Network at the Connecticut Family Support Network's monthly meeting at L&M Hospital, showing families how easy it is to sign up and access the Network. This in-person demonstration provided parents with critical information on obtaining respite supports for their children and loved ones via The Arc Network. To learn more about The Arc Network, contact Lara Chiaverini at 860-889-4435 ext. 103 or visit TheArcNLC.org and click on:  🌟



Friends Across the Miles

CIP partners with local school for pen pal project

In September 2013, the Community Integration Program launched a pen pal project with Mary Morrison Elementary School in Groton. Once a month, CIP participants put together a box of letters, hand-made cards and art projects to send to Mrs. Amy Murphy's fourth grade class. The class responds with their own letters, projects and pictures sharing the lessons they are learning that month. Participants and students alike are eager to receive their boxes and plan to continue the relationship for the rest of the school year. 🌟



Kandycy and Emma hold up the cards they received from The Arc New London County.

Be sure to **Spread the Word**

using the hashtag #DDAware on social media during the month of March.

Follow The Arc online at

facebook.com/thearcus & twitter.com/thearcus.

Show us what you did on March 29 using the hashtag #DDAware.

The Families Who Built The Arc

Founders share memories, stories that shaped a movement

I'm sorry, but your son will never learn." Lily Mastronunzio heard the pediatrician's words, but she did not believe what he was saying. Marty was so young. He had so much life ahead of him. How could the doctor know what Marty could do in his lifetime?



A young Marty shows his playful grin for the camera.

Lily refused to listen to the doctor. Day after day, she held Marty's small face next to hers so he could hear and feel the sounds of letters coming out of her mouth. She read to him, taught him bible verses, and fed his love of classical music. And Marty did learn. Marty loved everyone he met and Marty made a difference—not just in his family but with all who knew him.

This is just one story about the families who built The Arc New London County and why they needed to build it...

Before the Education for All Handicapped Children Act was passed in the 1970s, young people with intellectual and developmental disabilities were unwelcome in our public schools. **In response, a group of parents who knew that their children with intellectual and developmental disabilities had worth and potential met in a Groton, Connecticut, living room in 1952 and passed a hat.** They collected \$10.69 to fund an education program for their children. And they sparked a social and civil rights movement that drives The Arc New London County today.

"First they called it mongoloid, then they called it retarded and then they called it developmentally disabled and now it is a person with a disability." Mrs. Betty Demicco, a founding member of The Arc NLC now in her 90's, remembers. Her son, Donnie, was born with Down Syndrome. Betty and the handful of other parents who sat in that Groton living room decided it was time for change, serious change. As taxpayers, they believed their children had every right to go to school. "I just wanted a fair shake for Donnie," Betty Demicco says. "We weren't trying to do something big. We just wanted to do something for our children."

"We weren't trying to do something big. We just wanted to do something for our children."

By 1952, 46 of the 48 states had enacted legislation for educating children with I/DD, although children with severe and moderate disabilities were excluded from these benefits. The Arc's founding families had no idea that their efforts would ignite an international movement of equality and inclusion for people with intellectual and developmental disabilities and lead to laws that changed lives for thousands of families.

"I drove that bus all over the place!" Betty Demicco laughs as she recalls driving throughout Southeastern Connecticut taking her son and the children of the other founding members to activities and learning opportunities of all kinds. Though Donnie passed away in 2006, a tear rolls down Betty's face as she remembers his sense of humor and the joy he got out of interacting with friends.

By the 1960s, The Arc movement was gaining momentum. Families like the Mastronunzios eagerly jumped on board. Like Donnie Demicco, Marty was born with Down Syndrome. This, combined with a serious heart condition, kept him out of school more often than not. Marty's seven siblings brought their lessons home and taught him to speak. They would playfully urge him to say one word, then two, until he was able to form a sentence. In return,



(l-r) Lily, Claudia and Americo Mastronunzio. Lily passed away in November 2013 at the age of 87.

Marty showed his family how to appreciate the simple joys of life. He taught them compassion, patience and how to look for the good in people. "In many respects," Lily Mastronunzio said, "Marty taught us more than we ever could have taught him."

"It's a good time to remember the parents who stepped forward when their children were not even welcome in our public schools to build dreams never before thought possible," says Kathleen Stauffer, CEO of The Arc NLC. *Here, The Arc NLC salutes the struggles of our founding families and expresses gratitude for the commitment to full inclusion that they made for all people more than 60 years ago.* 🌟

Community Partners Make Dreams Come True

People's United Continues Support for Café Cart

Thank you to People's United Community Foundation for a generous grant of \$4,000 to expand the Sachem Street Café project.



Senator Osten Visits The Arc New London County

A special thank you to Senator Cathy Osten (D) District 19 for visiting The Arc New London County and taking time to learn about our programs and listen to the needs and struggles of the people we serve. It is this commitment to the community that makes a difference in government. If you would like a tour of The Arc New London County, please contact Meghan Horan at 860-889-4435 ext. 116.



Dominion Team Plays Santa for Christmas



The holiday season is truly a time of giving, and we are grateful to Dominion Millstone Power Station for the employees' generous donations of gifts for five participants who needed a helping hand this year. Thank you to Lisa Picarazzi and her team for making this holiday special for so many people.

The Day Helps Make Christmas Wishes Come True

Thank you to The Day for helping The Arc New London County share a story of a family in need this Christmas. The response from the community was overwhelmingly generous and helped to make this a holiday to remember for one of our families. To read about this year's recipients, visit: <http://www.theday.com/article/20131209/NWS01/312099932>.



Knights of Columbus Contribute With Tootsie Roll Drive

Thanks also to the Knights of Columbus Council #8903 in Taftville for a generous donation of \$400. The donation was raised from the Tootsie Roll drive and will support the Community Life & Advocacy program as it offers empowerment and self-advocacy groups, community involvement and volunteer opportunities to participants.



Congratulations to The Arc New London County's Newest Stars

Team Members Earn Recognition *The Arc Employees Complete Online Certification*

Congratulations to The Arc's Life Skills Instructors who have completed CDS Tier 2 Certification, the newest online training opportunity offered through the College of Direct Support and WC Trust University. CDS Tier 2 certification entitles each graduate to a certificate, a pin and a \$0.25/hour raise.

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|--------------------|-----------------|
| ◆ Donna Bojarski | ◆ Beth Mitchell |
| ◆ Lana Camire | ◆ Joanne Morris |
| ◆ Bob Densmore | ◆ Mabel Ojeyan |
| ◆ Michele Densmore | ◆ Kim Sandberg |
| ◆ Danielle Miner | |

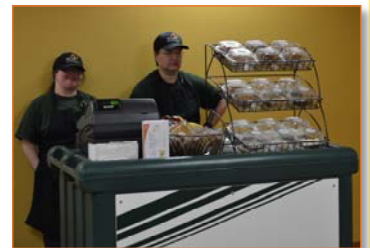
The Arc Welcomes New Residential Managers

The Arc welcomes four new professionals to lead residential homes in Norwich, Waterford, Colchester and our newest home in Groton. **A warm welcome to:**

- | | |
|-------------------|------------------|
| ★ David Mauldin | ★ Nora Poole |
| ★ Teena Villareal | ★ Frank Robinson |

Sachem Street Café Cart Hits the Road *Snack Cart Expands to Serve UCFS*

Congratulations to ETC participants Julia, Danielle, Cheryl and JT, who are now running the Sachem Street Café Cart at United Community and Family Services. Each employee spent six months running the cart at The Arc's Norwich office, learning the retail business before moving to the community. The Cart is located in the staff lunch room on the lower level of UCFS.



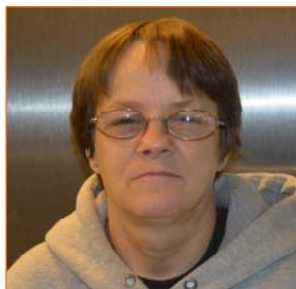
CEO to Serve on National Conference

Kathleen Stauffer, CEO, has been re-elected as the New England Representative for the Steering Committee for the National Conference of Executives of The Arc.

The Arc From My Eyes

By Julia Brust

Julia would like to introduce her friend and co-worker, Cheryl Pedro. Julia and Cheryl work together in the culinary program at the Employment Transition Center and tag-team the register of the Snack Café Cart at United Community and Family Services in Norwich.



Julia: What is your favorite part of working on the Snack Cart?

Cheryl: I like the register best. I like to count money.

Julia: What other jobs have you had?

Cheryl: I used to work at Olive Garden wrapping silverware.

Julia: What do you do on the days you are not working at the Snack Cart?

Cheryl: I work in the bakery. I like to bake the breads.

Julia: What do you like to do when you are not at work?

Cheryl: I like to walk my dog, Boomer. He is a boxer. I like to walk him even when it is cold outside.

Julia: What are your hobbies?

Cheryl: I like to play Yahtzee and collect and make key chains. I have more than 100 in my collection. I have a keychain all the way from Florida. I like to make key chains out of beads.



Cheryl and Julia at the Snack Café Cart at UCFS

Our Wish List

Become a 2014 Pirate Party Sponsor Now

Business support needed, donations welcome

ARRGGHH...Did you miss last's year's Pirate Party? Now is the time to get aboard, mate, as a sponsor for the 7th Annual Pirate Party!

We need your help! The Arc New London County's Board of Directors is hosting this year's largest fundraiser. Pirates will assemble at the Mystic Arts Center on **Saturday April 26, 2014**, for a night of grog, vittles, music by the Denise and Tony Band and a great silent auction. A special feature includes a visit from Mystic's sailing ship, *The Argia*, with a fight showcasing real pirates! Advertise now! Promotions run through April 2014; the sooner you become a sponsor the more promotion you will receive for your investment dollar.



Pirate Sponsorship Levels

| Level | Bounty | Plunder |
|--------------|---------|------------|
| Captain | \$5,000 | 12 tickets |
| First Mate | \$2,500 | 10 tickets |
| Privateer | \$1,500 | 8 tickets |
| Swashbuckler | \$1,000 | 6 tickets |
| Buccaneer | \$500 | 4 tickets |
| Matel | \$250 | 2 tickets |

In addition to sponsorships, The Arc New London County is also accepting donations for the silent auction. All items welcome!

This highly successful auction is open to party attendees and anyone in the community who would like to bid online. If you would like to be a sponsor or have an item to donate, contact Meghan Horan at 860-889-4435 x116 or visit **TheArcNLC.org**.

From Our Kitchen to Yours

The Arc New London County loves potluck suppers. CIP supervisor Bonnie Jones is famous for her lasagna, and everyone looks forward to enjoying her culinary creativity. Try her recipe for yourself and you, too, can be the hit of the next potluck!

Ingredients:

- ◆ Sauce (homemade or 1-2 jars)
- ◆ 1lb ground beef
- ◆ 1lb lasagna noodles
- ◆ Ricotta cheese
- ◆ 2 eggs
- ◆ Seasonings (salt, pepper, oregano)
- ◆ Mozzarella cheese
- ◆ Parmesan cheese

Directions:

Cook meat completely and add the entire panful to the pot of sauce. If the sauce is too thin, you can add a can of tomato paste. While the sauce is simmering, cook the lasagna noodles (al dente' as they will cook in the

oven) drain and set aside. In a mixing bowl, mix ricotta cheese, two eggs and seasonings.

Layer the lasagna - noodles first, ricotta cheese next, then meat sauce. Sprinkle mozzarella cheese on top of meat sauce, then start over and layer again until the pan is filled. Cover with aluminum foil and bake at **350° for 30-40 minutes**. Last, remove the foil and sprinkle with more mozzarella and parmesan and cook for five additional minutes so the top is covered in melted cheese. Let stand for five minutes.



Serve and enjoy!



Community Races Toward Inclusion

36th Annual Jack O'Keefe Memorial Strides Road Race Draws Record Crowd

The Jack O'Keefe Memorial Strides Road Race continues to grow as runners from across the state gathered at Camp Harkness on October 26, 2013 in support of full inclusion for all people. More than 500 runners competed in the 10k, 5k and Family Fun Run despite chilly temperatures. Thank you to all the racers, sponsors, families and volunteers who came out to make 2013's race the most successful to date!





New London County

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Achieve with us.®

The Arc NEWS

Save the Date

Fun for the 21 & Over Crowd!

7th Annual **PIRATE PARTY!**

Mystic Arts Center
Saturday,
April 26, 2014

The Arc
New London County

TheArcNLC.org