

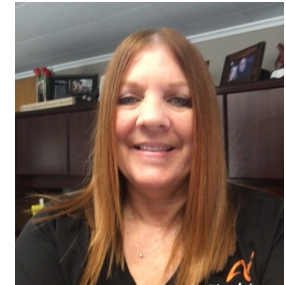
Quarterly Newsletter
Volume 1, Issue 2
December 2016

In this issue...

- Pg. 2 *Staff Profile: Merideth Modeen*
- Pg. 2 *Save the Dates!*
- Pg. 3 *Recreation Update*
- Pg. 4 *Summer St. Gets Into the Halloween Spirit!*
- Pg. 4 *A New Way Ventures to Mohegan Sun*
- Pg. 5 *Classes Teach How to Put Your Best Face Forward*
- Pg. 5 *The Arc of Southington Holiday Giving*
- Pg. 6 *Exercise Class Winter Schedule*
- Pg. 7 *Building Expansion Update*
- Pg. 7 *Meetings Held at The Arc of Southington*

A message from our Chief Executive Officer, Sandy Amato

Happy holidays! As we wind down the year it's important to take stock of all the things we are grateful for, and to look to the new year as an opportunity to explore possibilities and to continue striving every day to do the best possible work that we can.



In this edition, you'll get a glimpse of some of the fun events and activities our individuals participated in over the Fall. There were casino trips, new classes, and lots of Halloween excitement.

We also welcomed several new legislators to the state assembly. We are excited to see the new faces, and eager to work with all of them to continue Connecticut's strong commitment to caring for the intellectually and developmentally disabled who call this state home.

We have an update on our plans to expand our building in order to revitalize our programs and better accommodate our individuals. We also hope to serve as a resource to other groups in this community who share our values and commitment to service.

Thank you for taking the time to read our newsletter. It is our hope that you will be inspired by the wonderful people in our Arc family!

For more information on how you can get involved, please visit us at www.arcsouthington.org

CT Election Update—New Members of the Legislature



The election on November 8th brought some new faces to the state legislature. In the House of Representatives, in the 22nd District (Plainville, New Britain), William Petit won over incumbent Betty Boukus. John Fusco beat David Zoni to represent the 81st District (Southington). Joshua Elliott won in the 8th District (Hamden) - incumbent and House Speaker, Brendan Sharkey, decided to retire. The new House Speaker will be Joe Aresimowicz of Berlin. Craig Fishbein, 90th District (Wallingford), defeated Pat Reynolds for a seat vacated by longtime representative Mary Fritz after her death earlier this year. Liz Linehan unseated incumbent Al Adinolfi in the 103rd District (Cheshire, Southington, Wallingford).

In the Senate, Len Suzio, 13th District (Meriden, Cheshire, Middletown) defeated incumbent Dante Bartolomeo. Congratulations to all of our new legislators!

Staff Profile: Merideth Modeen



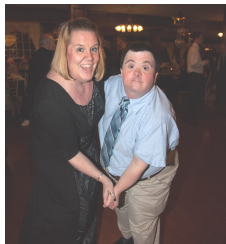
How long have you been with The Arc of Southington? Since February of 2011.

What is your role here? Currently, I am the Program Manager of our Individualized Home Support program, but I have held other roles within the agency. I was previously the Program Manager of the Woodruff Street group home and the Residential Program Supervisor of both the CLA and CRS homes.

What do you like most about working here? That this is a family type of environment. Prior to being with the Arc of Southington, I had a lengthy career in manufacturing. I decided to change paths because I wanted to do something more meaningful. From the moment I interviewed here I knew this was where I wanted to be and was hoping I'd get a call back and quickly! That was almost 6 years ago and I am happy to be part of a very devoted, dedicated team of people who spend every day improving the quality of life for all the individuals we support.

Over the years, which memories of working at The Arc of Southington stand out? There are so many memories, to pick one would be difficult. The most rewarding would be when we get to celebrate all the birthdays within my program by having parties either at the Arc or at one of their homes. It personally gives me such joy to see the relationships that our individuals have formed with one another and us. We are not only a family internally but externally as well.

Save the Dates!



Saturday, March 25, 2017 - Join us as we celebrate our 25th annual Dinner Dance & Fundraiser at the Aqua Turf in Plantsville. Invitations and RSVP details coming soon! We are also seeking sponsors and accepting silent auction and raffle donations. Visit our website for information, or contact Jennifer Peifer at dev@arc-south.org to find out how you can get involved.



Saturday, April 29, 2017 - The 2nd annual Arc-A-Thon 5K Walk on the Southington Trail. Stay tuned for more information and registration details!

For information on these events and more visit our brand new website!

www.arcsouthington.org

Recreation Update

In October, the Recreation group visited Mohegan Sun Casino to enjoy the buffet and try their hands at the penny slots. While there, they communicated with a gentleman who was sitting alongside of them at the slot machines. He cheered them on, collected his ticket, and went on his way. This same man returned quickly and offered \$20 to each of the five who were playing. He simply stated that he hoped that they would win. The recipients were amazed and grateful.

This same gentleman, Joe from Griswold, returned twice more to our location and humbly offered another \$200 in total to those of our group who were playing. He told the story of his daughter, who had died at a young age due to a brain tumor. That tragic experience led him to go out of his way to make people happy and to help them in any way he can.

There are some wonderful individuals among us----Thank you Joe, from Griswold. You touched many lives that day!



Happy Birthday Dorothy!

The Recreation Group recently surprised one of its members by hosting a birthday/dinner event at Faith Baptist Church in Southington. Everyone had a pumpkin to decorate as well as a funny Halloween mask, courtesy of Joyce, who also made the spider eggs for all to enjoy. We all had a wonderful time. Friendship - Food - Fun!



Spider eggs!



Summer Street Residents Get Into the Halloween Spirit!



Lisa, Marshall, Mark, and Hashaad show off their pumpkins

This Fall, the yard at our Summer Street home got a great makeover by Mark, Marshall, Hashaad, and Lisa who got ready for Halloween with decorations and the pumpkins they picked at a local farm.

The group would like to personally thank everyone at Ives Farm in Cheshire. They enjoyed a free hay ride, pumpkin picking, and tried their luck at guessing the weight of a giant pumpkin!



A special 'thank you' to our Jasmine Johnson for setting up an awesome free recreation for the guys (and gal)!! As you can see in the picture, they got to pick and bring home some great pumpkins!

A New Way Ventures to Mohegan Sun

The self advocates from A New Way took a bus trip to Mohegan Sun on November 13th. They were able to pay for part of the trip through the sales of Munson Candy and the profit made at last June's Variety Show. They enjoyed a delicious buffet lunch and had lots of fun playing the slots!



Mike, Lydia, Chris, LoriAnn and Wendy



So close!

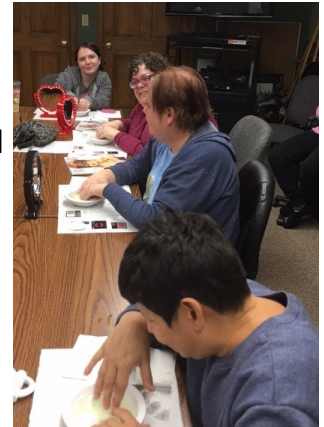


Selfie time with Eliza and Chris

You can check out all of the great pics from our cool events on our Facebook page!
www.facebook.com/ArcSouthington

Classes Teach How To Put Your Best Face Forward

Participants in the regular exercise classes held at The Arc of Southington were treated to a two-part class on how to “Put Your Best Face Forward” and “Dressing for Success”. The first class, held on November 2nd, was all about hygiene, healthy eating, exercise, and more. Instructors demonstrated the importance of good daily hygiene habits (showering, using deodorant, skin care), and posed questions designed to bring awareness to healthy eating, the importance of regular exercise, getting adequate sleep, and taking pride in you appearance.



Participants learn to care for their hands and nails



Ready for the fashion show!

The second class, held on November 16th, taught the appropriate wardrobe selections for various activities including job interviews, hanging around the house vs. going out in public, and work place attire. But most of all, it was about learning to love your own unique style! The most important lesson: if you feel good, and have a positive outlook, others will want to be around you. To demonstrate each participant’s unique style, they held a fashion show.

Our regular exercise classes will resume in January. See the full schedule on page 6.

The Arc of Southington is in Holiday Giving Mode!

In the spirit of holiday giving, the staff at The Arc of Southington collected toys for over the Thanksgiving break to donate to Southington Community Services.

We also had several of our individuals create wreaths to be donated to a nursing/rehab center in Cheshire. The organization uses the wreaths as raffle prizes to raise money.



Paul from Summer St. shows off his wreath.



Sean from Curve Hill shows off the wreath he made.



LETS GET HEALTHY

Exercise Club—Weekly Class

Dance or walk away those

extra pounds while having fun!



Dates: 2017

Wednesday, Jan 4

Wednesday, Jan 11

Wednesday, Jan 18

Wednesday, Jan 25

Wednesday, Feb 1

Wednesday, Feb 8

Wednesday, Feb 15

Wednesday, Feb 22

Place: The Arc of Southington

Time: 5:00pm — 6:00pm

Wear comfortable clothes, bring a towel & water bottle.

Jan 11, Feb 8, A New Way meeting 6-8 after exercise class. People attending can bring food to eat after class before the meeting.

Our Building Expansion Update



We are moving forward with our plans to expand The Arc of Southington headquarters by adding space to our much used conference room and adding several new offices. In addition, we plan to add 14 parking spaces in the back of the building to accommodate our growing staff and the numerous visitors we welcome each day. This expansion will enable us to expand our own programs to better serve the developmentally disabled in our community, as well as open our doors to other area nonprofits who require meeting space. To date, we've contracted with Dean Zubko, of B-Z CADD Services to draw our plans, and with Harry E. Cole and Son to create the site plan. Once these are completed a Request for Proposals will go to several area contractors for bids on building the space. We will be working in partnership with the Town of Southington to get all the proper zoning and approvals necessary.

The Arc of Southington has been at our headquarters on 201 West Main Street in Plantsville for over 60 years! We are committed to remaining at this location indefinitely. We are an anchor in the neighborhood, and we enjoy being an integral member of the Plantsville community. This is a very exciting time for us, and we look forward to sharing all of our progress with you in the coming months!

Meetings Held at The Arc of Southington

Over the last three months our large conference room has been used by a couple of outside community groups to hold their meetings. The CT Sibling Group hosted their monthly meeting on November 10th from 6–8 pm with plans to meet up again on December 8th. There is also an Autism group who used the space for their meeting on November 14th. The self-advocacy group, A New Way, hosts their by-monthly meetings in our conference room the 2nd and 4th Wednesday of each month from 6–8 p.m.

In addition, we use the conference room for our regular exercise classes, trainings, staff meetings, board meetings, celebrations and more. On average, the room is used 4 days per week. An expansion will enable us to create one large space, or divide it so that two meetings can happen simultaneously.



201 West Main Street
Plantsville, CT 06479
Phone: (860) 628-9220
Fax: (860) 621-2546
Website: www.arcsouthington.org

NON PROFIT ORG
US POSTAGE
PAID
PERMIT #161
CHESHIRE, CT
06410

Check out our new website!
www.arcsouthington.org



Everyone at The Arc of Southington would like
to wish you and your family a happy and healthy
holiday season!

