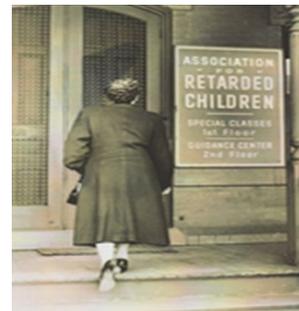




Celebrating 65 years of Service!



Since we opened our doors in 1952, we have provided Early Childhood Intervention, Advocacy, Guardianship, Sheltered/ Supported Employment, and Respite Care. In 1992, we specialized in Day Program Services to individuals with significant disabilities.



We could not provide our high quality care without your support. Please consider making a tax-deductible donation to the ARC at 528 Washington Ave, North Haven 06473.

You can Support our individuals— just by shopping online



You shop. Amazon gives.

- Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice.
- AmazonSmile is the same Amazon you know. Same products, same prices, same service.
- Support your charitable organization by starting your shopping at smile.amazon.com.



The ARC is now on AmazonSmile and GoodShop, which means there are TWO ways to donate to the ARC, at *no cost to you*.

You can find almost anything on AmazonSmile and GoodShop.

AmazonSmile will donate 0.5% of every eligible purchase to the ARC. GoodShop donates up to 20%.

If you have an Amazon.com account already, you can use the same login for Smile.Amazon.com, then choose the ARC of Greater New Haven. If you have AmazonSmile already, you can change your

charity to the ARC of Greater New Haven at any time.

Goodshop.com compiles coupons and deals from more than 5,000 online stores. You can use the coupons to save money on your next purchase, and Goodshop will donate to the ARC. All you have to do is create an account with GoodShop, select ARC of Greater New Haven, and start all your online shopping from GoodShop.com!



National Family Caregiver Month

“Take Care to Give Care”

As a caregiver, caring for yourself can feel like a luxury, but as any flight attendant will tell you, put your own oxygen mask on first. If you are tired, unhappy, or ill, you will not be able to provide quality care.

5 Self-Care tips to ward off burn out

1. You are not alone - Find other caregivers for moral support
2. Let others in - make a self-care plan and share it
3. Find professional support - your emotional/physical health is important too
4. Take breaks regularly -Indulge yourself with bubble baths, walks, or an old hobby
5. Give yourself some credit - this is a tough job



From all of us at the ARC, thank you for your dedication to your family member. And remember: taking care of your self is not selfish or trivial; caring for yourself is the only way to care for others.

More information on Family Care Givers Month at caregiveraction.org/resources

Protect Community Providers

More than 500,000 individuals depend on programs provided by Connecticut’s nonprofit, community-based service providers. They provide vital services, yet continued budget cuts have put them at risk.



For years, community nonprofits have been forced to survive on bare bones funding. Additionally, state contracts often do not cover the cost of services, terms change mid-contract, applications and reports are overly complex, and payments are often late.

These flaws cost nonprofits money, time and threaten the delivery of quality services. If programs are cut further, some providers will close their doors, while the need for services rise.

But nonprofit community service providers are the key to providing high quality services at a low cost

Community nonprofits help the state provide the same services - but at lower cost. Funding nonprofits protects life-sustaining services to the state’s most at-risk individuals, maintains high quality services, and saves the state money

Please contact your local legislators to ensure that community providers like ARC of Greater New Haven are protected



Staff Appreciation Week

In mid-September we celebrated our wonderful staff during Direct Care Professionals Week. We treated our employees to catered lunches and decorated our sites with praise from our individuals' friends and family members.

Thank you to all who sent in comments about our staff. We shared some responses in this newsletter. The comments reaffirmed our belief that our biggest asset is our wonderful staff.



Staff Anniversaries

- John Elder: 13 Years - December 22
- Absalom Massie: 4 Years - December 12
- Anthony Gomes: 2 Years - November 17
- Ashley Dennis: 2 Years - December 29
- Keyla Robinson: 1 Year - December 16

Mark your Calendar

Program closing Dates

- December, 23 - 26 Christmas
- January 2, New Years
- January, 16 Martin Luther King Day

Board of Directors

Deborah Selden*, President
 Judy Cody, Vice President
 Patty Martucci, Secretary
 Gaylord Bourne, Treasurer
 Claudette Beamon
 Jane Chamberlin*
 Laurie-Jean Hannon*
 Dorothy Logan
 Ellie Mulligan
 Joanne Pompano

Our beloved Administrative Assistant Marcia Hoffmann retired in August. We miss her already!



“Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has ” - Margaret Mead