



Community for All

Summer 2019

LARC News Summer Edition www.litchfieldarc.org

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LARC's Clinical Support Program

by Julie Stachowiak

LARC's Clinical Support Program is at the core of initiatives that ensure the individuals served by the agency receive the necessary support and services. The LARC Clinical Team is comprised of four LARC staff: Mary Fischer, QIDP; Lisa Francis, Therap Instructor/QIDP; Jill Sahlin, Clinical Coordinator; and Julie Stachowiak, Clinical Director. Several consultants are also involved.



Julie Stachowiak, Clinical Director, Clinical Support Program, LARC

The role of the Clinical Team is to interface with all LARC departments, the Department of Developmental Services, the Department of Social Services, providers, families, guardians, and other clinicians. The Clinical Team is involved in all referrals made to LARC, staff training, advocacy, individual's goals, behavior support plans, data and documentation, Quality Service Reviews, PRC (Program Review Committee), incident reports, abuse and neglect investigations, guardianship responsibilities, medication certification, counseling, support and brainstorming.

Mary Fischer has been with LARC for 22 years and Lisa Francis has been with LARC for almost one year. As the QIDP, Mary and Lisa are responsible for preparing well-written reports from the data and documentation staff record to ensure individuals are working on their set goals and/or develop new goals for the coming year. Mary and Lisa must prepare quarterly, 6 months and yearly reports and attend the team meetings of all the individuals LARC serves. Mary supports the LARC Vocational Day Program and Lisa supports the LARC DSO Day Program. "My job is one of the best positions to have at LARC," Mary noted. "Aside from keeping everyone's vocational reports and goals up to date as well as going to team meetings, I get to observe and interact with the individuals and employment specialists while they are at their worksites."

Lisa Francis has been spearheading the introduction and training of Therap to LARC staff and the agency. Therap is an electronic recordkeeping system. Lisa has recently been working with the DSO (Day Services Option) staff at 314 Main Street as they begin to learn the implementation of the Therap system. The goal is to have all staff throughout the agency working with Therap. (Continued on page 3)

Special Olympics CT

provided funds for a new shed at the Bocce Center at Tall Timbers. The Bocce Center, as well as two new regulation bocce sets, were also made possible by the organization. The bocce courts have seen a lot of activity this summer. Thank you Special Olympics CT!



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Greetings: In this edition of our community newsletter, you will learn about the many important roles of LARC's Clinical Program. Under the leadership of Julie Stachowiak, Clinical Director, the clinical team helps assess needs, identifies appropriate and available agency resources, and works to ensure that the individuals we serve—both current and prospective—are provided with the highest quality and most appropriate levels of care. Working in partnership with all other LARC departments and programs, the clinical team accomplishes much of its important work quietly and without fanfare. By highlighting their efforts here, it is our hope to change that, and give you a glimpse into the essential, high-quality services that they provide each and every day. As always, thank you to everyone here who works so hard to create a vibrant, caring, and professional "*Community for All.*"

Michael Menard, Ph.D., Executive Director, LARC

LARC's Holiday Event

Night of Stars!



Nancy Marine Studio at the

Warner Theatre

Friday, December 6, 2019

LARC is introducing a new event this year that will incorporate the best of Festival of Trees with some exciting new elements such as:

1940s' Hollywood theme . . . Glamourous costumes exhibit by Warner Theatre . . . Fashion props for photo shoots . . . Recognition of local stars. . . Glam guests attired in 1940s' fashion — you never know who you'll see!



Plus so much more including festive tabletop trees and wreaths dressed up for the holidays and available for bids.

Sponsorships/tree & wreath donations:
[www.litchfieldarc.org/Special Events/
 Night of Stars](http://www.litchfieldarc.org/Special%20Events/Night%20of%20Stars)

Make an impact!

\$21 a month will cover the cost to send a needy child to Camp MOE for a week.

A monthly recurring gift is easier to budget. Annually, it adds up to make a tremendous difference in the lives of the hundreds of children, teens, young adults, adults and seniors served annually by LARC.

Monthly donations can be set up on LARC's website
www.litchfieldarc.org.

Questions? Call Meg at 860-482-9364, ext. 16. Thank you!

MidState Arc Shares Assisted Technologies Expertise

Pam Fields, CEO of MidState Arc, and Marisol DeJesus, Assisted Technology Coordinator Leadership Team visited LARC in July and met with the Leadership Team to share information about assisted technologies currently available. Several of the technologies are already in use in MidState Arc group homes and independent living arrangements. Pam is an expert on this emerging area and is called on regularly to help agencies embrace the use of the technology.

LARC recently joined the Assisted Technology Training Center of Connecticut as a member agency, and will be eligible to receive ongoing training and support, the free use of devices, and other benefits that are available to members. Pam and Marisol will be working with LARC, sharing their expertise and experiences and assisting LARC in incorporating technologies that will help increase the quality of care for our individuals, and the ability to extend our services in ways now almost unimaginable.

Technologies that are helping make life easier and safer:

Panic Buttons – Installed in bathrooms and portable ones to keep with you if you can't get to a phone for help.

- MedMinder – Reminds you to take your meds and will send an email and an alarm if you forget to take your meds. People no longer need to pre-pour and set up pills.

- Stove Auto On/Off Button – Another way to meet levels of care and safety in the home is with the automatic timer that turns off your stove if it's on too long.

- Door Alarms – If your door is left open, a 2-way communication system is installed. You will receive a call and get checked on and you can let the caller know if you need help.

LARC's Clinical Support Program (continued from page 1)

Jill Sahlin has been with LARC for 3 ½ years. As the Clinical Coordinator, she works very closely alongside LARC's consultants, Dr. H. David Schultz, Psychologist, Dr. Lori Noto, Behavioral Specialist, and Dr. Nirmal Kathuria, Psychiatrist. Jill maintains weekly and monthly schedules and coordinates meetings for all of the consultants, individuals and their teams which can be quite a daunting task at times. There are also other clinicians affiliated with LARC, such as nursing, PT, OT, and speech therapists.

Jill is responsible for coordinating all meetings for referrals made to LARC. She also works closely with LARC's School to Transition Program, providing counseling, and working with life skills groups. She also oversees Individual Plan and Level of Need reports, ensuring they are received by LARC and that individuals' current goals and guidelines are in place. Jill was recently certified to conduct Abuse and Neglect investigations, and along with Julie Stachowiak, conduct all the investigations within the agency. "I'm very grateful to be a part of LARC," Jill shared. "The individuals bring a great deal of joy to my life! It's also wonderful to work with such amazing people who are so dedicated and truly care; it's part of what makes it feel like a family here." (continued on page 5)



Jill Sahlin, Clinical Coordinator,
Clinical Support Program, LARC

LARC's Special Olympics

by Robin Pedone

LARC's Special Olympics team has boasted many star athletes who have participated throughout the country and across the world in different Special Olympics events through the years.

LARC's athletes have participated in alpine skiing in Alaska, track in Minnesota, cross-country skiing in Japan, and most recently, in Austria for both alpine and cross-country skiing. LARC has also had team members compete in bowling in the National Games in 2006 and the unified and traditional bocce events as well as powerlifting in 2014

LARC first began participating in Special Olympics in the 1980s with a team that participated in track and field, bowling, alpine skiing and cross-country skiing.

Special Olympics was founded in 1968 by Eunice Kennedy Shriver. It is an international organization with more than five million athletes in 174 countries.

In the past year, 51 athletes participated in the ten sports that LARC's Special Olympic program offers. Ten of these athletes are also involved with the LARC vocational or residential program and 41 athletes are involved with other vocational agencies and live in other group homes or with their families.



Special Olympics Silver medal winners: Left to right: Rebecca Lamoin, Jennifer Mclellan, Natasha De Elye, Cole, Wendi Thitchener

During the Summer Games, LARC's Special Olympics offered both a teen and an adult team for the unified 4x100 run relay race. At the time trials, both teams raced against each other and it was a photo finish. At the State Games held at Southern Connecticut State University in New Haven last June, both of these local relay teams finished with a silver medal and the younger team received the gold medal in their heat.

LARC's Special Olympics athletes aren't the only ones inspired by these thrilling competitions. All the local coaches and volunteers who participate stay on to help year after year, not because they are obligated to, but because each person feels like an integral part of the group.

The Special Olympics Athlete's Oath, first introduced by Kennedy Shriver at the inaugural Special Olympics International Games in Chicago in 1968, says it all - "Let me win. But if I cannot win, let me be brave in the attempt." LARC's Special Olympics Team also ends every practice with and travels to each meet saying, "Do your best!" And truly, everyone on LARC's Special Olympics team is a winner.



Law enforcement Torch run 2019: Daryl Scherer and Dan Longobucco ran for Special Olympics on June 6 in Torrington.

LARC’s Clinical Support (continued from page 3)

Julie Stachowiak has been with LARC for 33 years, and director of the Clinical Team for the last 15 years. The role of the director is to oversee the team and to maintain the quality of services provided. Julie interfaces with all departments throughout LARC and her role can be very diverse at times. “No two days are ever alike at LARC,” Julie explained. “Each day is a journey filled with challenges, inspiration, and success. I have met so many wonderful individuals who have taught me that with any challenge, you don’t give up, you find a way to look for the positive outcome.”

As a member of the agency Leadership Team, Julie will back up other Directors when they are out of the office and work with staff to problem solve as needed. Julie, as the Medication Coordinator for LARC, is responsible for registering staff for medication certification classes and providing the exam for recertification. All documentation, incident reports, IPs, LONs, Behavior support plans, guidelines, QSRs, etc. are reviewed, discussed and processed. Julie reviews all referrals and will attend intake meetings.

Jill and Julie are involved in a variety of staff training. The trainings include Abuse and Neglect, Water Safety, HIPPA, Intro to ID, Plan and Provision, Pro-Active and Cultural Diversity and Incident report writing. The Clinical Team is made up of dedicated, hard-working people who provide support to the whole agency and advocate for the needs of the individuals who attend LARC and the staff who work at LARC. “I am inspired by my team, my peers, and all LARC staff by their dedication and commitment—day in and day out—to the individuals we serve at LARC,” Julie shared. “It’s what makes us a family.”



Lisa Francis, Therap Instructor/
QIDP, Clinical Support Program,
LARC



Mary Fischer, QIDP,
Clinical Support
Program, LARC

DSO News:

We are excited to report that Fallon Jones (seen here at right) is the new DSO Lead Rec at LARC’s Migeon Avenue location. She has jumped right in and



made the Migeon Ave program run smoother than ever.



Also, Lois Knight (seen at left) celebrated 36 years at LARC! She was surprised with a party. Thank you, Lois, for your many years of service.

Stolle Joins East Coast Lightning Equipment, Inc. as a Machine Operator

By Debra Aleksinas

On Monday, May 20, Travis Stolle started his new, full-time job as a machine operator at East Coast Lightning Equipment, Inc. (ECLE) in Winsted.

Prior to being hired by ECLE, Travis was employed for 11 years at American Collars & Couplings, Inc., also based in Winsted, where he operated a rotary machine. In his new position, Travis will be cross-trained on various drill presses and assembly stations throughout the company's metal-working operation.

The direct hire of Travis by ECLE represents the latest example of mutual collaboration between a local business and The Arc of Litchfield County's (LARC) Vocational Services Program, which is committed to helping individuals it serves find competitive jobs in the community.

Travis said he sees his new job as an important step forward in his career. "I am very excited about the opportunity, and the chance to be a part of the ECLE team," said Travis.

East Coast Lightning Equipment is a second-generation, family-owned business owned by Jennifer and Mark Morgan of Norfolk. The business, one of the country's leading manufacturers of UL-listed components for lightning protection systems, was started by Jennifer's parents, Charles and Judy Ackerman, in 1984.

Today, Jennifer and Mark oversee a company that services customers throughout the United States and Canada. Their customer list is a virtual Who's Who in the lightning protection installation industry. ECLE was highlighted in a recently aired FOX Business news segment, which can be viewed at <https://youtube/MK7IP0jk2D4>

"Everyone at ECLE is excited about the addition of Travis to our team. We could tell right away that he has both the attitude and the skills to be successful in his new position," said Jennifer Morgan. "We are always looking for people with the enthusiasm and work ethic that Travis brings to the job."

ECLE's products are installed on residential, agricultural, industrial, commercial, institutional and government properties throughout the United States and Canada.



Travis Stolle started his new job as a machine operator at E.C. Lightning Equipment in Winsted on Monday, May 20.



Travis Stolle with Production Supervisor, Kevin Crowley (l) and Jennifer Morgan, co-owner of East Coast Lightning Equipment, Inc. in Winsted.

LARC honors community partners and supporters at Annual Meeting

LARC celebrated the partnerships the organization has built over the years with vocational employers and major donors at its annual meeting held on May 22. The meeting took place at LARC's Tall Timbers facility, which is where the organization's traditional day camp, Camp MOE, is held for children.

Michael Menard, LARC's executive director, and Kim Brown, president of LARC's Board of Directors, welcomed 100 people to the event. Several of the honored guests spoke about their affiliation with LARC and their gratitude for the agency's work in support of individuals with intellectual and developmental disabilities. Bob Nilsson, A.N. Designs, Inc., spoke of the individuals he employs at his company through LARC's Vocational program, and how rewarding the partnership has been for the company and all of his employees. Diane Libby attended on behalf of Adams, Samartino & Company and the Robert Rosenheim Foundation, which donated \$400,000 to LARC's capital campaign in support of renovations at the property. Diane, who grew up a stone's

throw from Tall Timbers, spoke about Robert Rosenheim's love of nature and children. Susan Caulfield, fund advisor of the Draper Foundation Fund, a fund of the Northwest Connecticut Community Foundation, spoke about her ties to LARC, from a personal and professional perspective. Both Stephen Lewis, president of Thomaston Savings Bank, and Lesa Vanotti, Chief Financial Officer of Torrington Savings Bank, shared personal stories and spoke of the long-time support for LARC by both institutions.

Susan Caulfield, Fund Advisor, Draper Foundation Fund; Stephen Lewis, President, Thomaston Savings Bank; Lesa Vanotti, Senior Vice President/Chief Financial Officer of Torrington Savings Bank; and Diane Libby, Fund Advisor, Robert Rosenheim Foundation at the recent annual meeting of LARC where community partners and supporters were honored.



Matt Laukaitis (LARC), Mike Zaharek (Zaharek Landscaping), Katherine Marchand-Beyer (LARC), Mike Pinette (Alliance All Trades and LARC Board member), and Marty Kozlak (Progressive Paving & Construction) at LARC's annual meeting where community partners and supporters of the agency were honored.

In addition, six individuals who have been deeply involved with the restoration of Camp MOE were honored with commemorative gifts. Two LARC employees, Katherine Marchand Beyer and Matt Laukaitis, were thanked for their dedication to making sure the Tall Timbers property meets the needs of the Camp MOE campers and staff as well as making the improvements to accommodate year-round use of the facility. LARC board member, Mike Pinette, who continues to serve as project manager for the property improvements, has devoted countless hours providing direction, physical labor, manpower, and pro-bono work. Marty Kozlak, Progressive Paving & Construction, has done a considerable amount of work, as has Mike Zaharek, to improve the property. Mike Boe, Boe Studios, and Brian Fairchild, Sunrise Excavation were not able to attend the meeting but were both thanked for the tremendous amount of work they have done to improve the property. The meeting also included live entertainment with Lisa Rondano and Lee Brown on vocals with Bill Creighton accompanying the singers on guitar.

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Our vision, *Community for All*, strives to achieve inclusion for all individuals.

The principles which have guided LARC in its delivery of programs since 1964 are individual empowerment, choice, respect and dignity.

COMMUNITY FOR ALL