

you gotta have friends



Volunteers from CL & P
paint Lotstein House



Volunteers from the 2006
Maccabi Games bowl with ARI



Volunteers from Praxair helping
at Sunrise Cottage



Volunteers from The Timberland
Store paint Minor Place.

We are very fortunate to have so many friends—people volunteering at our parties, giving up their weekends to paint our houses, and offering valuable classes to our consumers. It takes a lot of helping hands to run a bowling tournament, serve a holiday meal and get those special projects done. And we can proudly say that we have volunteers from all walks of life and all over our community.

For example, on Tuesday August 15, 2006 nine teen athletes from Los Angeles, participating in the Maccabi games in Stamford, bowled with us. The Maccabi delegates, hailing from all over the world, took part in various events with local organizations serving adults with disabilities. With the help of Barbara Aronica-Buck, past ARI chairperson, secretary of Friends of ARI, and past JCC Center Women board member, Jonathan Fass, Managing Director Department of Jewish Life and Learning at the Stamford JCC, and Lorraine Kweskin, JCC Board Member, this was a success in collaborative volunteerism.

Volunteer opportunities are brought to fruition by Gerard Gasparino, ARI Recreation Coordinator. Gerard designs and executes activities and events that promote socialization, exercise and leisure for ARI consumers. He is also responsible for recruiting, coordinating and utilizing volunteers.

When asked about his daily routine Gerard said, “I did not realize how important it was to make sure individuals had *fun!!*”

That revelation has directed his work for many years. As a teen he volunteered with adult athletes with Cerebral Palsy and for the CP Games. Gerard realized then that working with people with disabilities was far more than helping them with skills—it was about getting to know them as friends.

Gerard’s goals are to “... see volunteers have a bigger role at ARI. We want to offer a broader choice of activities that meets the needs of each and every ARI consumer while matching the interests of those outside of the agency looking to become involved.”

One new initiative is the revitalization of the ARI Youth Corp. This will be a group of young adults who will help coordinate interest from local teen groups and inspire the importance of volunteering within their peer group. The Youth Corp will meet once a month to discuss opportunities and relay them to their friends and other organizations looking to reach out. The Corp will be comprised of young adults who have a relationship within ARI, such as family members or past volunteers.

“We would like to see the recreation department grow with enough volunteers to make ARI the best at fulfilling the needs of consumers so that they can enjoy the many activities that we take for granted.”

Enriching the lives of people with disabilities and their families by enabling them to achieve their fullest potential at home, at work and in the community.

From the CEO



You've seen news reports about people who need assistance after a natural disaster or animals in need. Maybe you've walked past people who are living on the streets. Or perhaps you have watched TV programs about how lonely and isolated older people can get. So what can you do about any of these things, you ask? The answer: you can

volunteer. In fact, you can volunteer to help a person with a disability here at ARI of Connecticut.

Volunteering gives you an opportunity to change people's lives, including your own. If you're feeling frustrated or overwhelmed by the news of a disaster, volunteering can be a great way to cope. If you would like to support a cause but cannot afford to donate money, you can donate your time instead. Time spent on volunteering can be measured by a lifetime return on a small investment. Helping others in need is such an important part of the American way of life that many high schools require their students to spend a certain number of hours volunteering in order to graduate.

Volunteering is a great way to develop new skills—from working as part of a team to setting and reaching goals. You discover what you are best at and enjoy the most. A volunteer position that you love can even help shape your career goals. You will find social service work to be very satisfying as well as rewarding. Volunteering provides you with a sense of responsibility because people *truly* depend on you. In addition, you will develop a new understanding of people in unusual circumstances.

Many organizations want volunteers to accept a solid commitment of time every week. Here at ARI there is a wide range of ways you can offer your expertise and talents to enrich the lives of those we serve who are different from you and me—people with developmental disabilities.

Volunteering helps people feel they make a difference—that they do have the power to change things for the better. When people depend on you, it can change the way you look at yourself. You can feel proud of the goals that you have achieved for an organization such as ARI.

In addition to all of these reasons for volunteering, we all know it can look impressive on resumes and college or job applications. Clearly, this is not the main reason for volunteering—don't do it just to please other people or only to look good or you won't enjoy it! However, volunteering proves to employers and colleges that you believe in making the world a better place—and that you are willing to sacrifice your time and energy to do it.

When you contact ARI of Connecticut to offer your time, it is best to ask for Gerard Gasparino our Recreation Coordinator. Be ready to answer some questions that he may ask, like:

- Why do you want to volunteer for ARI?
- What do you know about our organization?
- How many hours a week will you be able to volunteer?
- What are your interests or passions?
- Do you have any special skills?
- Do you have a way to get to ARI?
- Can you commit to the necessary volunteer training?

Volunteering is one of the elements upon which your life can be defined. From a Board Member to a recreation volunteer and everything in between, one can do amazing things given the tools and opportunities to give back to your community. Come be a part of an organization that will benefit from your personal experiences and passions. At the end of the day, you can ask yourself, "did I make a difference today?" I know that the answer will be, "yes I did." This is why volunteering can be an incredible experience.

Matthew P. Reyher
President & CEO

*We give thanks to Friends of ARI
for their generous gifts and support
over the years.*

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*Joyous Holidays and a
Happy and Healthy New Year to all*

Staff News

New Management Staff



Roslyn D. Burton-Robertson, MSEd, Director of Day Services, has served in numerous clinical and administrative positions in the fields of social work, mental health, and academia. For the last six years, she served as the Director of Rehabilitation Services at Weston United Community Renewal, Inc.,

in New York, overseeing six programs and managing a \$2 million budget.

Mrs. Burton-Robertson's personal and professional convictions help her to instill a sense of self-worth for each consumer through residential, social, employment and mental health services. She believes consumers achieve self-determination by expressing their own vision and voice in their personal habilitation process. She also supports the belief that collaborative relationships foster success in our culturally diverse environment.

Ms. Burton-Robertson is a member of the National Association of Female Executives, Young Non-Profit Professionals Network, National Association of Career Women, National Coalition of 100 Black Women, Women Organizing, Mobilizing, and Building, Inc.

Mrs. Burton-Robertson is married with three daughters. She is a member of the Stamford Community Coalition and enjoys serving others in her ministerial leadership role within the Stamford community.

She holds a bachelor's degree in psychology from Baruch College of The City of New York and a master's degree in science of education with a specialization in psychiatric rehabilitation from Hunter College of The City of New York; and twelve credits towards a PhD in Clinical Psychology from New York University. Welcome Roslyn!

Promotions

Lashon Joyner, Residential Coordinator; Gloria Padden, Residential Coordinator; Maxine Mereigh, Finance Assistant; Julia Edwards, Residential Coordinator

New Staff

Guirlanda Guery, Residential Direct Service Worker (RDSW) Supported Living; Louis Mediot, RDSW Truglia; Denise Holt Matthews, RDSW Truglia; Myia Walters, RDSW Palermo; Sharon Jennings RDSW Palermo; Renita Holley, Receptionist; Laura Police, RDSW Supported Living

Recreation

The Special Olympics took place in West Haven, CT on Saturday September 9th. The ARI athletes were Elizabeth Ryan, Marie Kerr, Fred Frese, Maggie Fiore, and Francine McMillian. Elizabeth Ryan's sister Donna and Father Donald Ryan accompanied the team, which was thrilled to be back after a 2-year hiatus. Teen volunteers Sam Wintrub and Viktoria Wiberg stepped in as coaches for the events and added immeasurably to the great success of the day.

The 2006 Summer Outing at Cove Island took place on Thursday, September 28th from 10am to 2pm. 75 consumers and day staff took part. After lunch everyone played volleyball.



Rita Wolfson and Tremaine Wilson at Cove Island.

Once again Michael Burl, an ARI consumer, played with Recreation Coordinator Gerard Gasparino at the 11th Annual Lotstein/Martin Golf Outing at Sterling Farms Golf Course on Thursday June 22nd. After golf several ARI consumers attended the Awards Luncheon at the Italian Community Center.

The Challenged People in Motion also held their Golf Outing at Sterling Farms Golf Course on Thursday, August 10th. Five ARI consumers participated in this tournament getting the chance to play with a sponsor. The Challenged People in Motion run the golf program that over twenty ARI clients participate in throughout the summer. This event raises much of the money that is needed to run the program.

1st Annual ARI Walk for Independence • May 20, 2007



Sunday, May 20, 2007
Cove Island Park, 11AM

For more information call 324-9258, ext 3028

**Walk with us and
Lead a Team for Independence!**

WE NEED:

Team Sponsors \$150

Name placed on back of each tee shirt

Mileage Sponsors \$250

Above + one marker sign

Corporate Sponsors \$500

Above + print publicity

Lead Sponsors \$1000

Above + entrance sign

Event Sponsors \$2500

Above + media

Title Sponsors \$5,000

Above + media and front of tee shirt

and of course,volunteers at the event!

Sponsored in part by **Friends of ARI**
and **The Advocate/Greenwich Time**

12th Annual Lotstein/Martin Golf Tournament

SAVE THE DATE!!



Thelma Martin and Louis Lotstein

**The 12th Annual Lotstein/Martin Golf Tournament
will be held on Thursday, June 21 at Sterling Farms.**

Registration begins at 7AM with a Shotgun Start at 7:45AM.

An Awards luncheon will follow at the Italian Center at 1PM.

This event is named in honor of our two founding families,
the Lotsteins and the Martins.

This is a great way to spend time with the ARI community
while supporting their programs and services. For reservations or
sponsorship opportunities, please call (203) 324-9258 x3028.



Donations APRIL 1, 2006 to SEPTEMBER 30, 2006

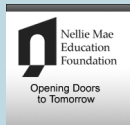
Thank you to the following individuals, businesses and organizations for their kind generosity. Please call us at (203) 324-9258, ext. 3028 to find out how you can help by making a donation to ARI or volunteering your time for those we serve. You can also find more information @ www.arict.org

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We apologize for any inadvertent omissions.



Friends of ARI was a recent recipient of a grant from the Nellie Mae Education Foundation.

Past ARI Board Member Dudley Williams facilitated the award. Friends of ARI provides support for programming at ARI of CT, Inc.

The Nellie Mae Education Foundation promotes accessibility, quality, and effectiveness of education, especially for underserved populations, in the six New England states. The Foundation provides grants and technical assistance to programs focused on improving academic achievement in four strategic initiatives—Adult Literacy, College Prep, Minority High Achievement, and Out-of-School Matters. The Foundation also sponsors research and conferences that examine critical issues in education in order to advance knowledge within the educational field and influence policy at the state, regional and national level.

Thank you, Dudley, for your generous and continued support of our mission.

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