

Harc Family

STAFF AND FAMILY E-NEWSLETTER

What's New In February?

A message from our President & CEO Russell Coleman



Russell and Greg at Have a Harc Day

Our twelfth annual Have a Harc Day was an outstanding success. As the President and CEO of Harc, who has been part of the Harc family for just over a year, witnessing the dedication and passion of all of you, our advocates continue to amaze me.

A heartfelt thank you to our host Speaker Matt Ritter and all the legislators who championed our cause and took the time to listen to our stories. Your advocacy resonated deeply, and your support means more to us than words can convey.

During Have a Harc Day, our voices, your voices were heard loud and clear as our direct support staff, family members, guardians, friends, and the individuals we support shared their experiences and challenges. Our collective voice serves as a powerful reminder of the role advocacy plays in effecting legislative change.

Guided directly by the input of self-advocates with I/DD and families, our advocacy priorities cover many critical issues. Alongside our ongoing efforts to secure funding to stabilize our workforce and ensure livable wages, we are actively advocating for employment opportunities, increased access to affordable, accessible housing, enhanced transportation options, and improved health outcomes for individuals with I/DD.

As we celebrate our successes, it's essential to acknowledge the hurdles Harc still faces. Despite recent funding increases, enduring funding cuts over the past two decades have limited our resources. While we appreciate the recognition of our staff's invaluable contributions, including the recent COLA and wage increases from legislators, there is still progress to be made. We must acknowledge the dedication of all those involved at Harc, the staff, the individuals we serve, and their families, and ensure their efforts and needs are duly recognized.

Thank you to all who participated in Have a Harc Day and contributed your voices to Harc's advocacy priorities. Your commitment inspires us as we continue our efforts toward positive change.



[Click Here and Send an Email to Your Legislators and the Governor](#)

♥ Our Life Enrichment Program Sending Love Your Way ♥



June making her heart



Franny showing her heart



Ana finished her heart



Daryl and his big heart

Have a Harc Day! 📄



Albert

Have a Harc Day was an absolute success! On February 14th Harc individuals and their families shared their stories and testified in front of local Legislators at the Legislative building in Hartford. Have a Harc Day was both in-person and virtual so everyone would be able to experience this important day.

What we advocate for.....

Harc's Advocacy Agenda includes:

- * Ensuring a Strong, Sustainable Direct Support Workforce by increasing funding and career training.
- * Employment options for individuals with I/DD that offer fair wages and benefit the employers with tax incentives.
- * Housing options that are affordable, adaptive and readily accessible.
- * Transportation options that support individuals with I/DD that are accessible and affordable.
- * Improved Health Outcomes to individuals with I/DD so that they may have access to quality health, dental and behavioral care.



Francis and Carolyn



Zoe and Carren



Mira



Harc Advocates

Watch Have a Harc Day Virtually!



Changing lives, changing minds

Have a Harc Day! 2024

Wednesday, February 14, 2024
10:30am to 11:30am
Legislative Office Building
Room 1E
Hosted by Rep. Matt Ritter

RSVP

<https://HaveAHarcDay2024.eventbrite.com>



SockStarz Has a New Subscription Box Service!



SockStarz employee Jamie, hand-picked our first Mystery Sock Subscription Box Order!

Get your fresh new pair of socks, hand-picked by our SockStarz Staff each month! Just select what type of sock you would like at check-out: Women, Men or Kids. We will handle the rest

***Only 13.99 monthly + free shipping**

Shop online at Sockstarzusa.com today!



Jamie holding our first Mystery sock subscription box order and his "hand-picked" card

[Click To Check Out Sockstarz](#)



Supported Employment: 'Dress For Success'



Transitional Academy mock group interview



Transitional Academy employment prep

Our participants from the Supported Employment Program recently participated in a 'Dress for Success' day at the transitional academy. During this event, our dedicated staff conducted mock interviews with the participants, aiming to equip them with the skills and confidence needed to actively contribute to their community and make a positive difference.

Kibu, Online In Our Day Programs



Supported Employment online learning session

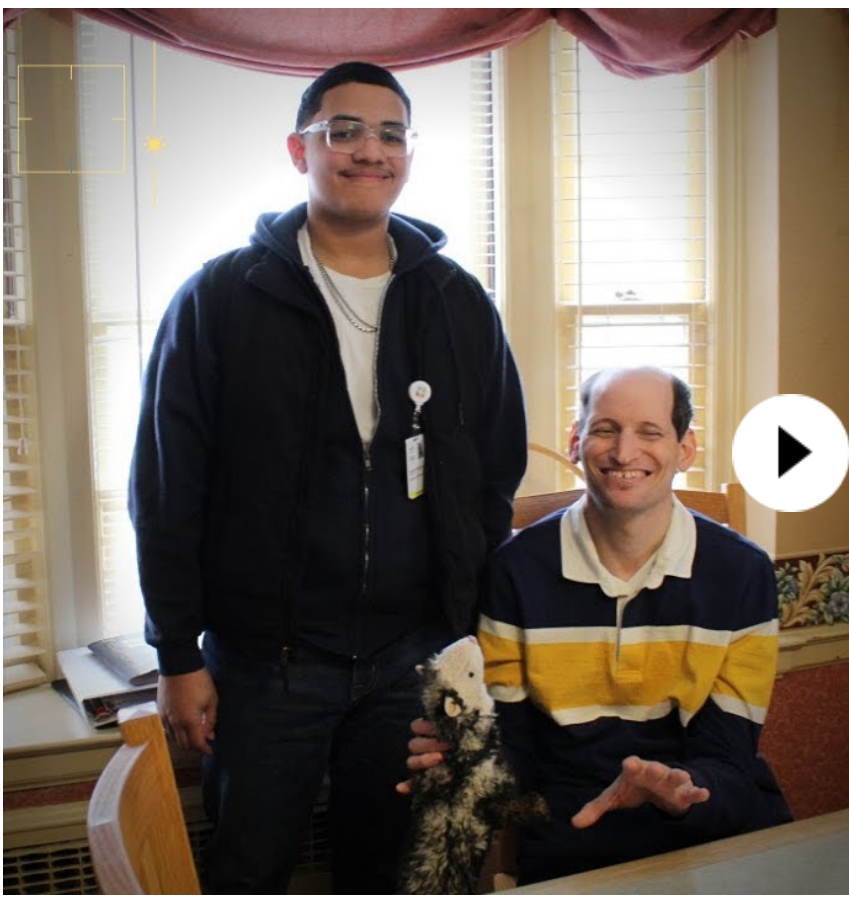
What is Kibu?

Kibu for individuals offers engaging fitness, recreational, job, and life skills classes which inspire confidence and create change. There are over 350 videos on this platform that help educate our individuals. From tutorials on how to go shopping, use an ATM, to Chair Yoga, American Sign Language courses, and even sparring classes with Heavyweight boxing champion Mike Tyson! A cool feature about Kibu is that we can request a video if they do not have the content we are looking for to share with our individuals. We are integrating this platform with Residential and our Supported Employment program.

[Click Here To Learn More about Kibu](#)

A Day In The Life Interview With Josef and Matt

Join senior support employee Josef Ayala and his colleague Matt as they offer a glimpse into their daily experiences. Discover what it's like to walk a day in their shoes by watching 'A Day In The Life of Josef and Matt' below.



A DAY IN THE LIFE

WITH JOSEF AND MATT

Harc 

Apply and Join the Harc Family

Do you know someone who may be interested in working at Harc? Get their resume and send it to HR or encourage them to apply on the careers page of the website. They could be a great addition to our staff AND your pocket!

You'll get \$100 once they reach 3 months of employment, and another \$100 when they reach six months, and another \$100 at one year. Now that's easy money for you and also benefits your friend, the department they work in, the individuals we support and the organization as a whole!



JOIN OUR TEAM!

(Direct Care Staff)

- JOB COACH
- RESIDENTIAL SUPPORT ASSISTANT (*We Will Train*)



BENEFITS

MEDICAL - Up To 94% Covered By Harc
DENTAL
VISION
LIFE INSURANCE

401K - 9.5% Defined Contribution For
Eligible Employees
PTO - Up To 35 Days
11 PAID HOLIDAYS

SCAN ME TO APPLY



OR
APPLY ONLINE

www.harc-ct.org

860.218.6000

900 Asylum Ave Hartford, CT 06105

info@harc-ct.org

[Click To Apply](#)

Oral Hygiene For Heart Health Awareness Month

A simple smile can brighten even the coldest of days! Recently, our Bulova Center residents received some valuable tip son spreading joy when the Goodwin College dental hygiene team visited to educate them about dental health.

Did you know that dental hygiene is linked to heart health? Our transitional academy participants had the opportunity to learn about this connection during a presentation by students from the Goodwin Dental Hygiene program, emphasizing the importance of proper oral care.

You might think the mouth and heart don't have much in common. But increasing evidence suggests they may be closely linked. "Researchers suspect that bacteria present in gum disease can travel throughout the body, triggering inflammation in the heart's vessels and infection in heart valves." (*Pennmedicine.org*, 2024)



[Click To Watch Oral Hygiene Presentation](#)



“Dental hygienists don’t only clean teeth. We are oral healthcare providers. We can be advocates, researchers, and administrators. We have so many different facets of our job.”

- Lisa Babella
Graduate

[Click To Learn About Goodwin's Dental Hygiene Program](#)



Our Annual Walk N' Roll Is Back!

HARC AT THE PARK
WALK
N' ROLL

Join us at Dunkin' Park, home of the Hartford Yard Goats, for Harc's highly anticipated annual Walk N' Roll event! Bring your enthusiasm and sense of community for a day packed with games, activities, snacks, and more.

Registration is completely free, and everyone is welcome to join in the fun, regardless of age or ability.

When you register, seize the opportunity to either establish a fundraising team or contribute to an existing one, all dedicated to advancing Harc's mission. Unite with your family, friends, neighbors, and colleagues to collectively create a significant and lasting impact on the Harc community!

Click the **Register Now** button below to register for the Walk, or scan the QR code below.

Register Now



↓ Scan This Code To Register ↓



Upcoming Events



SAVE THE DATE

Saturday, May 11th, 2024 Walk n Roll

Donate

