

# Harc Family

#### STAFF AND FAMILY E-NEWSLETTER

# What's New In March?



#### A message from our President & CEO Russell Coleman

March brings with it a special sense of unity and dedication within our Harc family, especially as we recognize Developmental Disabilities Awareness Month. It's a time when we come together to reflect on our shared journey, celebrate the achievements of our loved ones, and reaffirm our commitment to supporting individuals with intellectual and developmental disabilities (IDD) and their families.

One shining example of this commitment is our collaboration with TheatrerWorks and our production of Beyond the Stage. Throughout the past month, our dedicated committee has been hard at work, ensuring that every individual who dreams of participating has the chance to shine. From the outstanding auditions on February 29th and March 1st to the ongoing preparations, each step has been a testament to the talents and spirit of our Harc family.

At Harc, our mission is more than just words; it's a guiding light that shows us our way every day. We believe in providing lifelong support to individuals with IDD, fostering lives filled with quality, inclusion, and dignity. Through programs like Beyond the Stage Production, we live out our tagline, "changing minds, changing lives," by embracing diversity and empowering every individual to reach their fullest potential.



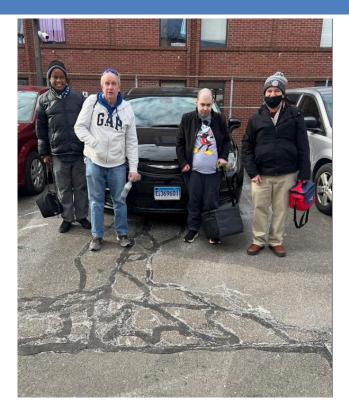
To our families and staff, you are the heart and soul of Harc. Your unwavering support and dedication fuel our efforts and inspire us to push boundaries, challenge perceptions, and create a world where everyone feels valued and included.

As we come together to celebrate Developmental Disabilities Awareness Month, let's take a moment to appreciate the transformative power of community and collaboration. Together, we are stronger, and together, we will continue to make a difference in the lives of those we serve.

Thank you for being a part of our Harc family, where every voice is heard, and every dream is supported.

- Russell Coleman

#### Riding In Style



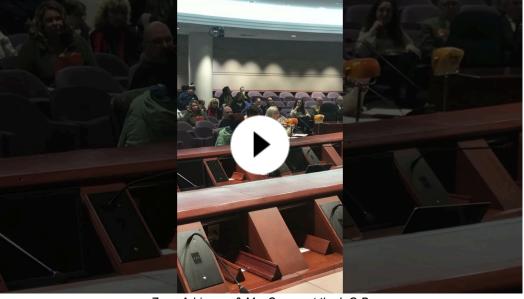
Another Group from Supported Employment used one of the new vans to go to work. By the way... they all loved it!

The Legislative Office Building 📃



Monica and her Aunt

In the photo above, Monica's aunt spoke eloquently and highlighted that Monica had been through over 7 managers in 2 years, which brought many legislators to tears. In the video, below you see Zoe (Harc individual), her 1:1 Ms. Carren, and Zoe's mother Adrienne, who spoke about how important Harc's services are. It is imperative to fund nonprofits to keep the services and supports available to individuals and families in the I/DD community.



Zoe , Adrienne, & Ms. Carren at the L.O.B

#### Harc's Beyond the Stage

Get ready for Harc's Beyond the Stage! TheaterWorks Hartford Theaterworks and Harc have joined forces for an electrifying collaboration coming July 2024. Our amazing cast from our day programs are hard at work, preparing for an unforgettable live show. From captivating auditions featuring stellar singing, delightful dancing, to powerful poetry, we've got it all! Partnering with one of the finest local theater companies in the Northeast has us bursting with excitement. Our talented individuals can't wait to take center stage and share their stories that have the power to transform our world. Don't miss this sneak peek showcasing the incredible talent that will dazzle in our upcoming production!



#### Day Programs Need Your Help!

## YOUR DONATIONS MATTER

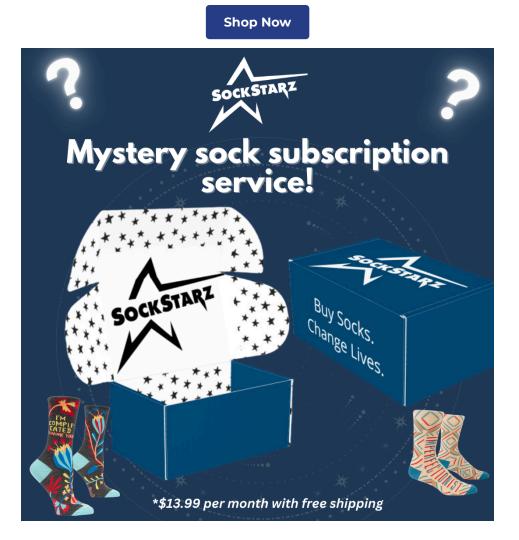
The Day Programs are accepting donations of: games, puzzles, art supplies, paper Towel rolls toilet paper rolls for crafts projects, magazines (please remove name and address). If anyone has questions if an item to donate is appropriate, please call the Day Services Director at 860-402-6617



#### New Arrivals At SockStarz!



Check out our new merchandise from your pals at SockStarz! We have a variety of novelty socks that supports our individuals with intellectual and developmental disabilities. In return, they make a proper wage and .assist there skills and growth to many opportunities in the community! By the way...Jaden did a great job of putting the labels on our socks to be ready for purchase not only online but also at 900 Asylum Ave in Hartford CT where you can also purchase socks.



Don't forget to get your Mystery Sock Subscription box! Only 13.99 with free shipping which includes a awesome sock from our collection. Hand picked by our Harc SockStarz employees, and specially package for you and your loved ones!

Get Your Monthly Box Today

#### Walk N' Roll Event

Ready, Set, FUNDRAISE!!! Our annual Walk N' Roll event is on May 11th from 10am - 12pm at the\_Hartford Yard Goats Dunkin Park. There will be games, music, activities, snacks and more. It is free to attend with free parking, and is open to the public. Be a volunteer for the event, or be the captain of your own fundraising team! We can't wait to see you there!



HARC AT THE PARK

#### CALLING ALL VOLUNTEERS! WE NEED YOUR HELP!

Harc's annual Walk N' Roll kicks off on May 11, 2024 from 10am-12pm at the Hartford Yard Goats Dunkin' Park. We would love to have volunteers help with games, set-up, guide people to parking, clean-up, hand out refreshments, and most importantly... to HAVE A FUN TIME!

Please contact us today to learn more about this exciting volunteer opportunity!

#### Scan Me To Sign Up

Contact: Moriah Corry mcorry@harc-ct.org 860.218.6084



**Click to Volunteer** 





Hartford Yard Goats Dunkin' Park 1214 MAIN ST HARTFORD, CT

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TO REGISTER TO ATTEND, BECOME A FUNDRAISER, OR JOIN A TEAM!

All proceeds go to Harc's services and programs

**Click to Register** 

#### **Comfy and Cozy New Additions!**



Burnwood Group Home

Our Brentmoor and Burnwood group homes are "loving" these new "seats!" It was time for a change, and what better way to relax and recline than getting new sofas?! Our folks at both group homes are extremely grateful and elated to have them.



Brentmoore Couches

#### March To Your Own Beat With Kibu 🕵

Kibu effortlessly guided the participants through a series of fun, high-intensity dance combinations that got the heart pumping and calories burning. Online Kibu instructors have decades of experience working with individuals with I/DD, so we know our folks are in the right hands. Here is a video of our guys and staff showing off their cool moves as they learned some Dancehall choreography!



**Click Here To Learn More about Kibu** 

#### A Day In the Life of Francis "Franny"

Take a look into the life of Francis, "Franny" and what the world is like through her eyes. Alongside Franny is one of her favorite people, Carolyn, who is a Job Coach at Harc.



A Day In the Life of Francis <u>"Fr</u>anny"

# Harc

#### **Upcoming Events**



#### SAVE THE DATE

Saturday, May 11th, 2024 Walk n Roll Saturday, November 9th, 2024 Auction and Gala



UNSUBSCRIBE



Harc, Inc. <hello@cm01.charityengine.net> Reply-To: "Harc, Inc." <harc@harc.org> To: Moriah Corry <mcorry@harc-ct.org> Thu, Mar 28, 2024 at 4:49 PM



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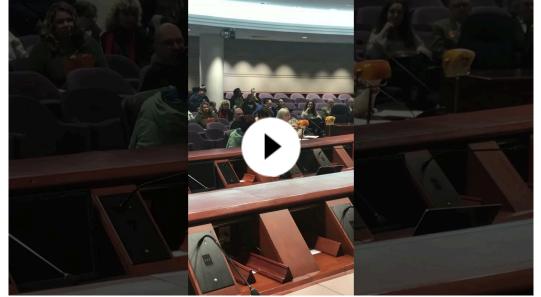
Monica and her Aunt Kelly

In the photo above you see Monica with her Aunt Kelly. Monica has been in our programs since 2019.. Kelly who is a fantastic advocate for her niece, highlighted that Monica had been through over 7

#### The Legislative Office Building 📃

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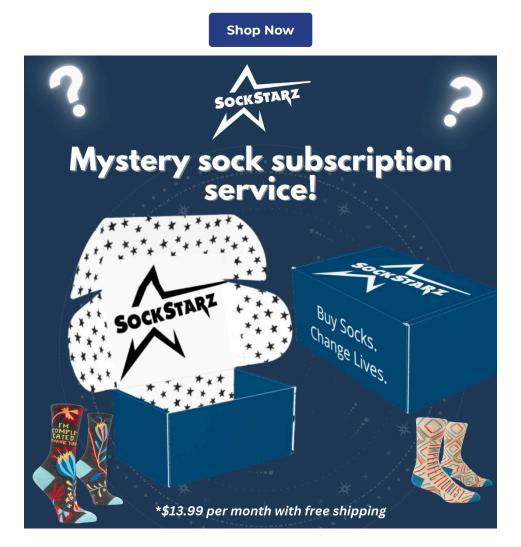


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Kibu for individuals offers engaging fitness, recreational, job, and life skills classes which inspire confidence and create change. There are over 350 videos on this platform that help educate our individuals. From tutorials on how to go shopping, 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.



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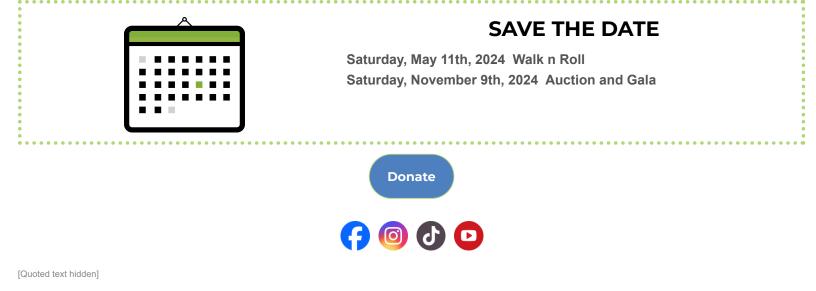
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Corry, Moriah <mcorry@harc-ct.org> To: Lucy Inghilterra <linghilterra@harc-ct.org>

Marketing and Communications Manager

900 Asylum Ave., Hartford, CT 06105

[Quoted text hidden]

**Moriah Corry** 

Harc, Inc.

Mcorry@harc-ct.org

860.218.6084 Work Mail Stop #1002

www.harc-ct.org

Thu, Mar 28, 2024 at 4:50 PM

Inghilterra, Lucy <linghilterra@harc-ct.org> To: Lucy Inghilterra <linghilterra@harc-ct.org> Bcc: AgencyWide@harc-ct.org

Thu, Mar 28, 2024 at 5:00 PM



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