

Harc Family

STAFF AND FAMILY E-NEWSLETTER

What's New In December?

A message from our President & CEO Russell Coleman



As we find ourselves immersed in the holiday season, I would like to take a moment to express my appreciation to each member of our Harc family. Your dedication to our mission, ensuring that the individuals we support, and their families lead lives filled with quality, inclusion, and dignity is truly inspiring.

This time of year serves as a reminder that the holidays are more about giving than receiving. A recent encounter during a simple date night reinforced this sentiment. Seated beside a lively company holiday party at a restaurant, my wife and I were surprised by a gesture of kindness. A gentleman from the holiday party, dressed as Santa, approached our table, gifting us Santa hats and generously offering to pay for our meal. Inspired by this kind act, we paid it forward by surprising a young couple nearby. These moments of kindness and compassion represent the true essence of the holiday season.

Reflecting on these experiences, I could not help but share a family recipe that has already brought joy to some of our holiday gatherings at our group homes. Here is my secret family macaroni and cheese recipe....

Ingredients:

- 1 pound of elbow pasta, boiled and drained

Instructions:

1. Create a roux by combining equal parts of butter and flour in a saucepan until a thick consistency is achieved. Gradually whisk in 1 cup of milk or heavy cream.

- Equal parts of butter and flour (3-4 tablespoons each)

- 1-2 cups of whole milk or heavy cream

- 1.5 pounds of block cheese (e.g., Cabot Classic Vermont 3-year aged Cheddar)

- 1.5 sticks of salt-free butter

- 2 sleeves of Ritz Crackers

2. Slowly incorporate the cheese into the roux, stirring constantly until melted. Add milk or heavy cream as needed. You want the cheese sauce to have a thick syrup consistency.

3. Combine the cheese sauce with the cooked pasta in an oven-safe baking dish, ensuring every portion of the pasta is covered.

4. Melt the salt-free butter in a saucepan, then mix in crumbled Ritz Crackers.

5. Top the macaroni and cheese with the Ritz Cracker mix.

6. Bake at 350°F for 20 to 30 minutes until golden and bubbly and enjoy!

This recipe has been a staple at my holiday gatherings, getting great reviews and requests for seconds. The secret is using block cheese and creating a perfect sauce consistency. As we cherish these moments of sharing and giving, I invite each of you to reflect on your holiday traditions. Let us celebrate the joy of giving, whether it's through a shared meal, a thoughtful gesture, or an act of kindness.

May this season bring you warmth, love, and cherished moments with your loved ones. I would like to wish everyone a happy holiday season and new year!

Ho Ho Ho Harc!

Santa came to Harc today with some shiny new vehicles! We are excited to announce the arrival of five new minivans as part of our new partnership with [Enterprise Fleet Management](#). These five new minivans are the beginning of a long term relationship with Enterprise. Over the next five years, we are working together to modernize our fleet and will be bringing in even more newer vehicles. These new vehicles feature state of the art wheelchair lifts and other modern technology that will make our staff's job easier and make the ride more comfortable for the passengers and drivers. The vans represent our dedication to offering upgraded, reliable, and comfortable transportation while providing our staff and the people we support more options and more comfort.



Santa pulled up to Harc with Shiny New Vans...



And passed the keys off to one very happy CEO!



First Annual Fox 61 / United Way Impact Awards

On Wednesday November 29th, FOX61 and United Way joined forces to recognize and honor individuals, groups and organizations who make a significant contribution to health care, housing, financial empowerment and/or the education sector in Connecticut. The event aims to raise awareness and resources to benefit the well-being of children, adults and families in the communities where we live and work.

Harc's Artisans worked on creating beautiful paper constructed flower bouquets for the event's centerpieces. Each individual designed these colorful flowers and gathered these flowers to create the stunning bouquets with the help of Job Coach Angelica Perez and long term volunteer Naomi Lerner Tussin. We were happy to have artisan Mary Mathis and her father David join us for the event.

In the past, Naomi has worked with our Artisans on many projects such as our popular flower crafted handbags that were featured in United Way's Power of Your Purse event.



Harc Artwork Was Featured In the Under One Roof Exhibit



We are so proud to have some Harc artwork on display in the Chase Family gallery at Mandell JCC in West Hartford as part of the [Under One Roof - Kehillah: Community](#) exhibit, which features over 30 local agencies and organizations in greater Hartford.

The project brings together, under one roof, diverse people from our community, along with their ideas, thoughts, hopes and dreams.

Some of the Harc artists and Job Coaches attended the Grand Opening Reception on Sunday, December 3rd.

The Under One Roof exhibit runs until December 27th.

Our painting for Under One Roof represents the very special light that shines from within the community of individuals at Harc, especially those who participated in creating our Community of Candlelight. The artists layered many techniques within this piece, paint pouring to suggest the colors of flames, resin, paint scraping, glue, glitter and varnish. We allowed it to come together organically and we are all so happy with how it looks! We hope you enjoy it and feel its warmth.



Holiday Cheer at CLA Houses

A huge THANK YOU to all the staff, families and individuals who made the Holiday parties at the CLA houses a success.

We enjoyed music, delicious food and drinks and of course presents!

Best of all, we were able to mingle within the community, as several of the houses attended each others parties giving our families and individuals an opportunity to reconnect with old friends and make some new friends.

Many thanks to the House Managers and Resident Assistants for their dedication.



Do you see what I see?...A SIGN, A SIGN 🎵 🎵

Virtual Sign language classes began in October weekly for 10 weeks for staff and managers working at the Ardmore Group! Classes were taught online by Ellen Nichols M.Ed, ASL, DHH.

Our instructor made the class videos and quizzes available asynchronously, so that staff could access them at another time! We are grateful for the opportunity to expand our skill set in order to remain person centered.

In addition to the class time, the instructor had a weekly consultation with the individual served and the management team in order to develop a "core words list" to develop language personally important to our individual. This vocabulary list was then included in the following week's class. Topics included emotion based language, financial literacy, and favorite foods and pastimes.

A warm thank you to the Ardmore team for making every effort to take part in American Sign Language Training to serve one of our individuals with a hearing impairment!

Instructor Bio: Ellen is a certified teacher in CT, MA, CA, and HI, and is adjunct professor for ASL for the University of Minnesota for ASL 1 asynchronous college class instruction. She is also a Remote Teacher of the Deaf in CA, HI, NM, and FL. She is proficient in the use of Teams, Google Meets, and Zoom for on-line academic instruction. Ellen comes to HARC with twenty years of experience providing individualized instruction for Deaf students from early childhood through young adulthood. Ellen has taught ASL, Total Communication, is a Registered Interpreter for the Deaf, has conducted transitional planning, and can expand our skills for communication, promotion of self advocacy and understanding deaf culture.

Any additional staff who would like to expand their knowledge in this area are encouraged to email abouchard@harc-ct.org to gain access to these videos.



We can't do our work without you!

There is still time to make an end of year gift to Harc; your donations enable Harc to provide support for a lifetime to individuals with intellectual and related disabilities and their families so they may enjoy lives of quality, inclusion, and dignity.

By making a year-end donation you will help jumpstart our goals for 2024!

Donate today with this [LINK](#)

Your generosity is greatly appreciated!

No better way to say "Happy Holidays" than really cool SOCKS

Check out this great SALE at Sockstarzusa.com today!



SOCKSTARZ CHRISTMAS

40% OFF SALE

12-14-2023-12-23-2023



Say Hello to Some New Faces :)



WELCOME NEW FRIENDS!

Will Hardee: Director of Day Services

Erin Harris: Physical Therapist - Birth to Three

Janiya Gilbert: RSA - Woodland

Shakara Tiggett: RSA - Eastern

Carla Thomas: RSA - Woodland

2024 Harc Holiday Schedule

Monday, January 1 - New Year's Day

Monday, January 15 - Martin Luther King Day

Monday, February 19 - Presidents' Day

Monday, May 27 - Memorial Day

Wednesday, June 19 - Juneteenth

Thursday, July 4 - Independence Day

Monday, September 2 - Labor Day

Thursday & Friday, November 28 & 29 - Thanksgiving Holiday

Wednesday, December 25 - Christmas

Note: Alternate Holiday will be added to eligible employee's PTO balance

Payroll Dates: 1/12/2024, 1/26/2024, 2/09/2024, 2/23/2024, 3/08/2024, 3/22/2024, 4/5/2024, 4/19/2024, 5/3/2024, 5/17/2024, 5/31/2024, 6/14/2024, 6/28/2024, 7/12/2024, 7/26/2024, 8/09/2024, 8/23/2024, 9/6/2024, 9/20/2024, 10/4/2024, 10/18/2024, 11/1/2024, 11/15/2024, 11/29/2024, 12/13/2024, 12/27/2024

Upcoming Events



SAVE THE DATE

Saturday, May 11th, 2024 Walk n Roll

Get ready for the 2024 return of Harc's Walk n Roll!

We'll be at Dunkin Park, from 10 am to noon.

Gather your team and prepare for another spectacular event filled with joy and camaraderie!

Wednesday, February 14th, 2024 Have a Harc Day

Our staff, families, individuals and advocates will meet in the legislative office to discuss their challenges and success stories and consider how our legislators can help.

[Donate](#)



[UNSUBSCRIBE](#)

Powered by
 CharityEngine®