



INSIDE THIS ISSUE

Music & the Brooklyn ARC Crew.....1
 Message from the Board President.....2
 Message from the Executive Director.....3
 Did You Know3
 A Family's Testimony..... 3
 Highlights of 20224-5
 Dining in Fine Style6
 Feature Edition6
 Meet our DSP Heroes7
 In Memoriam 20227
 Support Our Cause8
 Shout Out to Our Vendors8
 Original Poem8

Music & the Brooklyn ARC Crew



Adult Resources Center, Inc

1145 East 55th Street
 Brooklyn, NY 11234
 Phone: (718) 531-7500;
 Fax: (718) 531-8968

Assisting developmentally disabled individuals for over 60 years!

For More Information Contact:

Residential Services

Quentina Torres
 Residential Coordinator
 Ext 315; qtorres@arcny.org

Community Habilitation & Respite Services

Lynda Joseph
 Community Habilitation & Respite Coordinator Ext.324
 ljoseph@arcny.org

Community Prevocational/ Day Habilitation Services

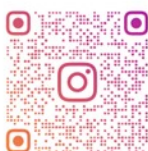
Sandy Champagne-Belotte
 Director of Rehabilitation Services
 (718) 649-4200, Ext. 326
 schampagne@arcny.org

Want to Join Our Team?

Visit
Arcny.org/careers/



Follow us on
Instagram
 arcinc_ny



My name is Ammon Taylor, and I'm in a band! I'm a musician and educator, and twice a week I lead a music class with a group of adults in the ARC program.

By unanimous vote, our group named themselves **"The Brooklyn ARC Crew."** We have a piano and keyboard, a drum-set, microphones, tambourines and maracas, our voices, and a passion for music. The experience has been life changing for all of us, myself included.

Every class, we warm up our voices, rehearse songs in our repertoire, and learn or write new songs. If we work hard, we end with a little karaoke, which is always a hit with the group.

I'm particularly proud of several songs that were written by the ARC Crew as a group: **"The Brooklyn ARC Crew,"** which explores how the group thinks of themselves as a family, and "Music Fills My Soul," which expresses the way they feel about music.

We have had three performances so far, and the effect of these shows on the group has been profound. The ARC Crew loves performing and sharing their music with other people.

Having a performance to look forward to is incredibly motivating for the group, and they work very hard to practice and prepare their music. Recently, members of the group have begun approaching me with songs they have written on their own, outside of class time. This outpouring of creativity has been a wonderful surprise, and is a testament to the importance of the work we do as an ensemble.

This experience has also been transformational for me. I've been a working musician for many years, and it can be easy to get caught up in perfectionism, commercialism, and chasing an ever-elusive ideal of "success." Each time I lead a class with the ARC Crew, I walk away reminded of the reason I started playing music as a child - it sparks joy.

I'm incredibly grateful to the ARC crew for sharing their joy with me, and I'm looking forward to all the performances in our future.

*Ammon Taylor,
 Music Teacher—ARC, Inc*



MESSAGE FROM THE BOARD PRESIDENT



Shortly before my dad turned 94, he lost the capacity to speak. When I spoke to dad, I felt that he understood me. No, I knew that he understood me. But, he could only utter gibberish. Still the gibberish had the cadence and the phrasing that you and I would recognize as language. His short phrases that only he could understand, were filled with passion and feelings. It was astonishing and I was convinced he understood me, even though I could not understand him. So I conducted a music experiment. I did not know if it was going to work, but I was determined to try.

Instead of saying "Hi dad." I started to sing to dad. I began singing one of his all-time favorite songs- "Hello Dolly." So I sang. "Hello daddy" during a telephone call. There was dead silence. I tried it again. "Hello daddy." I paused. I breathed with him. Then the miracle happened. In a very soft voice. I thought I heard him sing.... "Hello Jaimie." Could I be imagining his response? You have to remember, we hadn't been able to communicate for months. So I repeated my experiment. I sang once again... "Hello Daddy." And the miracle repeated. A little stronger this time dad sang "Hello Jaimie." For the rest of dad's life we sang to each other, and we danced with each other.

Days before he passed, our family surrounded dad, as he lie still and silent in his hospice bed. We were singing, but at this point, he was so weak, we really did not know if he heard us. He continued to lie still, with a faint breath, with very little movement. My brother in law Richard began singing. Now Richard's heart was as big as they came. He loved my dad dearly, and my dad loved Richard. However, Richard just could not sing in pitch. As Richard started to sing, the music miracle happened once again.

In his "death sleep" my dad opened his eyes, looked Richard straight in the eyes, and gave him a smile and a "thumbs down," communicating his displeasure that he was singing off key. In amazement, we all started laughing really loud. A comic relief, which was welcomed. To this day, our family continues to talk about this moment. This miracle brought on by the power of music.

My dad died shortly there after. It was one day before Valentine's day. The power of music is its ability to connect deeply with others, even when the body is shutting down. If you are curious about what music meant to my dad, look at [Dad's Video](#)- When dad could no longer speak, he sang. When he could no longer walk, he danced.

As for me, Music saved my life. I was never good or interested in sports, and as a young kid growing up in the

Canarsie section of Brooklyn NYC, I spent a lot of time alone. At age 12 when my dad bought me my first guitar, the world, my world, started to change. It was magic. I only knew how to play two chords at the time, but my mom, who was very active in ARC, an organization my grandparents co-founded to take care of my uncle Jerry who was born with developmental disabilities, insisted that I perform before ARC ladies auxiliary meeting, which she chaired. I was scared. My legs were shaking.

Still, mom was there, singing as lovely as ever, I got through it. As I look at one of the ARC thank you letters I've kept over the years dated 1968, I realize how grateful I am to ARC, for giving a skinny little kid, with lots of pimples an opportunity to shine. Over the years, I have shared my music countless times with ARC.

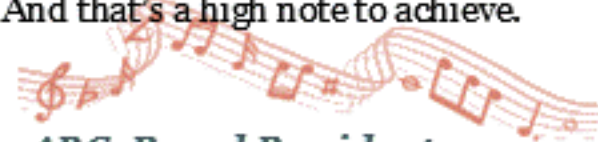
Today, I have the privilege to be Board President of ARC and with the blessing of our leadership team led by Mr. Francois Ledee, our Executive Director, the arts is becoming the face of ARC, an agency that I care deeply about.

During the January 2023 concert where our individuals showcased their talents, I asked each performer a simple, yet profound question. "What does music mean to you?" One of the performer's named Denise answered the question and I paraphrase. "I'm so grateful to god that I can be sharing my love of music with you all." She put her disability front and center, when she continued, talking about how music nourished her soul making her feel connected. Making her feel whole. She expressed her gratitude to family and friends in the audience that she could give something back to her family and ARC that cares for her.

On a final note, if you are a lover of the Arts, get involved with **Arts@ARC**. We are dynamic community of musicians, dancers, visual artists and art educators and all lovers of music. Our common theme is that we are all committed to enriching the lives of the individuals we care for, through the arts. And that's a high note to achieve.

Musically yours,

Jaimie Blackman - ARC, Board President



MESSAGE FROM THE EXECUTIVE DIRECTOR

ARC: Moving Forward

ARC in 2022, presented a year of transition for its individuals and staff, it brought about many challenges and concerns for the safety of our entire family.

Over the past couple years, we have said goodbye to some of our long time individuals, they have lived with us for decades but the unknown of Covid and its repercussions at times had the upper hand. The inability to socialize and gather with friends and family slowed down the pace of normal humanity.

As we began to see the window opening for the opportunity to bring back the happiness and love in everyone's heart our team began working. Developing and creating practices that allowed for a new way of life had begun, ARC 2.0 was on its way.

Heading out to summer vacations, attending bus trips, Broadway shows, overnight stays in Manhattan, BBQ's with friends and family all started to evolve. Planning and putting the wheels into motion wasn't the same as the past, we have to thank all our DSPs, managers, supervisors, as well as all staff on hand that participated in making it all successful.

We also have been focused on developing an **Arts@ARC** program which brings great joy and happiness in our individuals hearts. During Covid we saw the effect of music in dire times, offering zoom music sessions at our homes

allowed us to see the happiness in everyone's face. We are currently trying to develop a sustainable performing arts program which should reach out to each individual in some form of the arts.

Our focus at A.R.C. is to create memories and stories that last forever, with a continuously growing team. We would appreciate any assistance in contributing to the well being of our family.

Please keep an eye out on our social media, email blasts, or mailings to keep you updated. Our newly developed social media team has been doing an amazing job and has amazing plans for the future. They have also established a team who sells A.R.C. merchandise to help support the many great things we're doing at A.R.C.



Francois Ledee - ARC Executive Director

Did You Know?

The ARC, Inc was established in 1955 by parents of individuals with special needs. It is based on this foundation that our programs are structured to provide the care and love that all of our individuals need to become their best selves.

COMMUNITY-BASED PREVOCATIONAL SERVICES – A FAMILY'S TESTIMONY



I cannot begin to express the gratitude that I have for the staff at ARC, Inc and the work they are doing with my son, Adrian.

From the very first interview, I felt tremendous relief the more I spoke with Cathi Wilson, Program Manager, and Sandy Champagne, Program Director.

They were welcoming right from the start and I could tell they did a thorough job looking over the paperwork sent by his care plan manager.

The interesting thing about Adrian is he presents himself very differently on paper than when you meet him.

He has a multiplicity of challenges but once you speak to him, he

doesn't reflect what the paperwork says.

Both Cathi and Sandy were able to discern that right away and put him in the program that was right for him.

Since he has been at ARC, Inc., he feels like he is truly a part of the team.

He enjoys coming to "work" and takes his "job" very seriously, almost turning down a lunch invitation with a newly appointed NYPD Assistant Chief because he had to be on the job!

Thank you, Cathi and Sandy, for making us feel like family!

Sincerely,
Sherline B., Mom



Richard P. Residential Manager providing entertainment for the team 05/2022



Monica C., Residential Manager & Carrie (client) dressed accordingly for an Hawaiian themed barbeque at one of our residential homes 06/2022



Martha having at a barbeque at one of our residential homes 07/2022



Mark M., Residential Manager barbequing for the team 08/2022



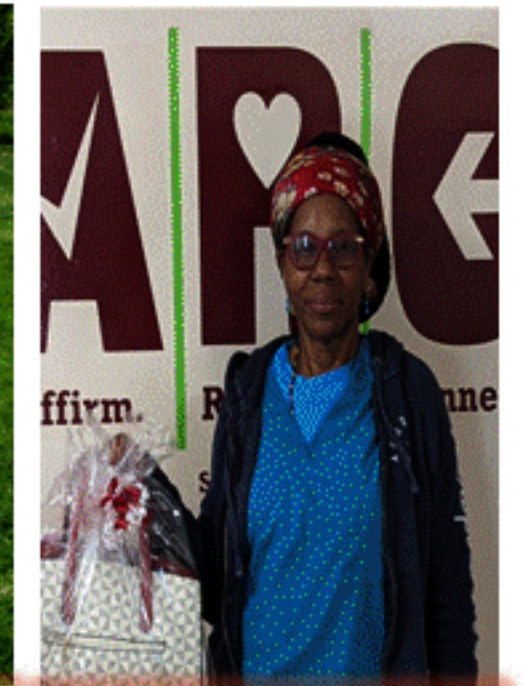
Ammon, Music Teacher & Nikkita at Band practice 09/2022



Hazel M., DSP won 1st prize (Day at the Spa) for raffle drawn during DSP week 09/2022



Efrain (client) dancing to his favorite song at a Memorial Day cookout 05/2022



Mertilda W., Cook being honored during the DSP week celebration 09/2022



Nicole (client) happily shopping at the mall 03/2022



Our guys learning cooking skills with one of our vendors Nadege, Fleurimond Catering 06/2022 (left to right: Lidia, Nadege, Rose Mary & Chancia)



A family member at one of our residential programs at a barbeque 07/2022



Sandy C., Director of Rehabilitative Services and the team after a long and exciting day in the community (left to right: Tyrone (staff), Loudine (staff), Jeffery, Sandy (staff) & Curtis 03/2022)

Highlights of 2022

Dining in Fine Style!



Our individuals showcased their many talents during the rich list of activities for the evening including: lip-syncing, dancing, karaoke, modeling and so much more.

The **Brooklyn ARC Crew** also gave a performance of a lifetime featuring original written songs: *"The Brooklyn ARC Crew"* and *"Music Fills My Soul"* Special thanks to our music director Ammon Taylor for getting our shining stars ready for this show.

Shout out to **Glen Terrace** for creating such a beautiful ambiance. The food was decadent and the customer service was nothing short of splendid.

ARC values the importance of engaging our individuals in activities and social events that will allow for enriched life experiences that are both fun and educational. It is for this reason, we host many events throughout the year and our individuals eagerly look forward to them.

Families and friends of our individuals are encouraged to support them by attending our events throughout the year. This not only helps to boost their self esteem and confidence, but also you will have the chance to see their many skills and abilities as they have fun.

If you are interested in attending our next dinner dance coming up in November, please contact us today for more information.

After a two-year absence due to the pandemic restrictions, ARC's most anticipated social event returned with a bang: **ARC's Dinner Dance: Masquerade themed dance.**

Our adult clients and staff showed up adorned in their fancy masks to match their elegant outfits.

Feature Edition –Denise Mealing

Winner of our First Black History Competition

Denise, one of our clients, joined the ARC family in 2016. She is loved by everyone she meets. The saying, *"she's never met a stranger"* befits her personality.

Denise is a peer advocate and enjoys music, fashion and is not afraid to step outside the box regarding clothes or hair-styles.

I had the opportunity to sit with Denise to discuss her process for her Black History Contest Entry. Denise won first place for her Jackie Robinson book/essay.

The judges chose her entry because of the authentic and personalized writing, relevant

topic, creativity, and presentation of the data, and for its empathetic and genuine nature.

Denise shared that she works at a baseball field and received inspiration to write about Jackie Robinson. During her research, she received assistance from her residential staff. The idea to add pictures to her essay came from her study.

Denise is a humble winner, stating the facts of what she did. Denise exemplifies the talent and tenacity that makes ARC, Inc. a family.

**By Cathi Wilson
Program Manager,
Community Prevocational Services**



Meet Some of Our DSP Heroes!



Meet Mary! She is assigned to one of our residential homes.

"In my spare time, I love to cook, bake and go shopping.

I like being a DSP because I am able to help the individuals with dressing and cleaning themselves."



Meet Rose Mary! She is assigned to the Day habilitation program.

"I am a proud mom of two. I like to listen to music, go to the beach and walk through the park. I enjoy working with the individuals & making sure that they're always having a good time."



Meet Joshua! He is assigned to our Day Habilitation program.

"I am most fond of spending time with my family, going on missionary trips and reading. I am passionate about advocating for and providing comfort to individuals with developmental disabilities."

APPLY TODAY

If you are interested in joining our team as a Direct Support Professional, visit our website at arcny.org/careers/. We offer many benefits including health and dental insurance, life insurance, paid time off, \$250 sign-on bonus and more (conditions apply). Full-Time and Part-time available

In Loving Memory



Iris Hershenson

Late Board Secretary for Adult Resources Center, Inc

Iris Hershenson passed away on September 13, 2022.

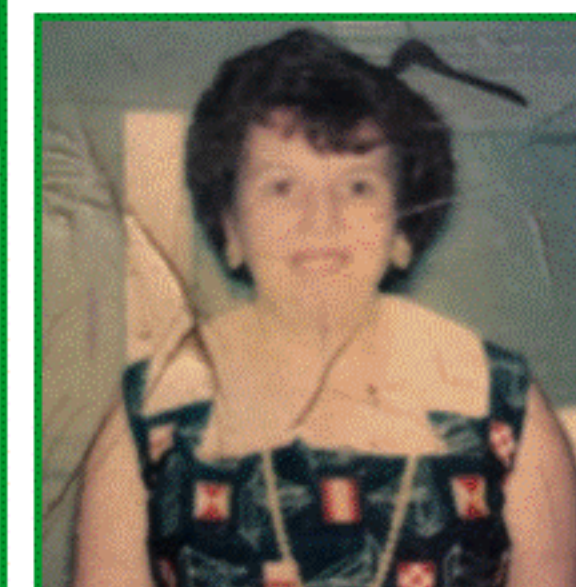
Iris was the beloved niece of Jerry Brown and wife of Jaimie Blackman. They lovingly spent much of their lives to make the ARC a better place.

We deeply miss Iris, and all that she has done for ARC. The garden at the ARC, which was her inspiration, will be dedicated in her memory.



Pauline Nugent 09/16/1951 – 01/08/2022

Pauline worked as a DSP with ARC for over 5 years. Beautiful spirit and loved by all. She will forever be in our hearts.



Francine Smith 03/15/1938 – 08/20/2022

Francine has been with the ARC since 1955 one of our original clients. She was a very kind, loving and caring person. She had a lot of love for her fellow individuals and the staff who cared for her.

SUPPORT OUR CAUSE!!!

Purchase an **ARC, Inc** designed T-shirt for you and your family

We have shirts of different sizes, colors and designs to celebrate our many abilities and the beauty within us.

To make a purchase, please contact us at clynch@areny.org or call us 718-531-7500 ext 339 or visit our main office located at 1145 East 55th Street (3rd floor, Brooklyn NY 11234 and ask for Christalee

Proceeds are in aid of supporting our many programs for our clients and employees throughout the year.



To Our Vendors

As a non-for-profit agency, we rely on the excellent services that are provided by our vendors so that we can accomplish our mandate to the families that we serve. So shout out to the following vendors for supporting our cause:

1. Brooklyn Sports Club
2. Pharmerica
3. Tom & Arties Auto
4. FORVIS
5. Drensys
6. Alliant
7. MarshMaclennan Agency
8. High Tech Security
9. Trooper Foods
10. Imperial Super foods
11. Anthony G (Renovation Contractor)
12. Furniture to Go
13. PC Richards

ARC Word Search

1. INTEGRATED
2. SUPPORT
3. ACTION
4. HAPPY
5. ABILITIES
6. DONATE
7. CARING
8. MUSIC
9. SERVICES
10. COMMUNITY
11. LOVING
12. KIND

H	I	W	M	E	F	F	V	W	U	Z	U	U	Q	U
S	S	Q	M	A	D	D	T	B	L	X	C	S	C	H
E	U	L	O	V	I	N	G	V	H	L	A	A	O	D
R	P	O	T	L	A	C	T	I	O	N	R	B	M	F
V	P	Z	Y	O	F	O	A	K	J	Y	I	I	M	D
I	O	T	K	L	W	J	I	S	S	O	N	L	U	M
C	R	J	I	C	I	A	C	T	X	Z	G	I	N	D
E	T	I	N	T	E	G	R	A	T	E	D	T	I	M
S	Q	G	D	J	C	D	X	R	T	W	K	I	T	U
H	A	P	P	Y	G	P	K	C	B	S	C	E	Y	S
S	Z	V	N	Q	O	D	Y	O	I	W	E	S	X	I
D	G	U	F	R	A	D	O	N	A	T	E	T	E	C
Q	B	B	N	X	S	N	T	T	M	U	K	N	U	N
X	C	L	O	X	F	E	J	Z	Y	Q	W	M	B	T
D	A	M	D	B	B	C	J	I	Y	X	U	L	H	U

Poem—The Spring

Now that winter
is over,
now comes spring.
The birds are
singing, trees are
turning green.
And here comes
April's showers.
More sunshining
days.

*by Rohan B. (Client)
assigned to the
Community
Prevocational Services
Program*