



Fall 2024

Submitted by

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Hello, Fall 2024!

People First Conference

On Saturday, September 7th

A People First Conference was held at
Southern CT State University.

People First Conference is a statewide meeting
where all the self-advocacy groups get together.

Once a month self-advocates get together
to discuss topics like rights, voting, and
transportation, to name a few.

Sometimes they have guest speakers.



People First Conference *(cont'd)*

The conference had a lot of good sessions such as Technology, Life Tips, and Proud Parents.

I went to the Proud Parent session. It's a group of parents with disabilities like myself. I shared some of the challenges I went through with my son and continue to go through. I explained a little bit to the lady who ran the group about my situation before the session. I also did the life tips session. Jeremy talked about depression and he gave us information on who we can call when we are feeling depressed. He also explained that it is unsafe to wear headphones when walking outside because you wouldn't be able to hear a car or hear if someone was behind you. Kelly and I did a presentation on They Say We Have Rights But ... We showed a video of people with disabilities and their rights. The officers gave flowers to Linda and Leslie who helped organize the conference. At the end of the conference, a dance was held and it was a lot of fun!



Celeste's 70th Birthday Party

A birthday party was held at MidState Arc for Celeste on Friday, August 30th.

There was music and a lot of good food and pictures were taken. Celeste received some nice gifts. She had a big cake that said Happy 70th Birthday Celeste with a 70-candle. She wore a crown and a sash. Sunglasses were given out to everyone to wear. The party was a lot of fun!



Rock the Vote Fest *(cont'd)*

On Thursday, October 3rd at the North Italian Club in Meriden, the very first Rock the Vote fest was held.

They had voting online so people could learn how to vote and fill out the form. Everyone dressed up in red white and blue some people wore hats with red white and blue.

They had music playing, and people were dancing. We played a Jeopardy game on voting. They had posters about voting.



Rock the Vote Fest *(cont'd)*

Politician Hilda Santiago gave a speech.

She said how important it is to vote and that your voice matters. She also said we must advocate for keeping agencies like Arc open. She mentioned that she has a son with IDD and how he used to be with the Arc.

Pizza and cookies were served for lunch. It was such a great turnout that they want to do it again next year.

It was a lot of fun!



Annual Board Meeting

On Thursday, October 10,
MidState Arc held its 72nd annual board meeting at
San Souci restaurant in Meriden.

Everyone socialized with each other.
Marsha Beckford who is on the Board
gave the Mission Statement.

They voted in the new Board members.
Here are some topics Latavia, Manager of GSE, Matt from
Residential and Pam our CEO gave speeches on:
*Supportive housing, transition home, Project Search Trauma
& Mental Health training, and Living Without Limits.*

There is a transition home being built in Bristol. Everyone at
Byron will be moving into their apartment in Bristol with
assistive technology.

Some individuals are being trained to have jobs at Masonicare
from our GSE program.

Living without Limits is the new name for ATECH.

MidState Arc Halloween Party

(cont'd)

On Wednesday, October, 23rd

A Halloween party was held in the CESM program.

Everyone dressed up in the cutest costumes.

They had games and you were able to
paint your own pumpkin.



MidState Arc Halloween Party

(cont'd)

They also had music and dancing hosted by Jasmine and Joe. They host dances at the Hamden Elks Club for individuals with disabilities. There were all kinds of snacks and goodie bags with candy on each table. For dinner, they had pizza and ziti, etc. To drink they had soda and lemonade. I had so much fun dancing with my friends!



Arc Convention in Columbus, Ohio

(cont'd)

Kelly, Jolene, Doreen, and I attended the Arc Convention in Ohio. There were A few others from People First who also attended.

We met some nice people from all of the Arcs around the country.

They had dinner and a dance the first night we arrived. The band was a group of people on the autism spectrum.

We attended a few sessions such as the *Symposium on Self-Advocacy, The Power Hour, and Trauma*.

In the Symposium we learned how to speak up for things we want to see change. We wrote on a piece of paper. Kelly's paper was on her moving into transition housing. My paper was on transportation and how I would like to see more transportation.



Arc Convention in Columbus, Ohio

(cont'd)

We made posters on how to speak up - my poster said Speak up and Speak out Loud.

They also had a raffle. I won a gift card to Starbucks.

At the Power Hour Kelly and I did a video on how we use technology and how it helps us in our daily lives.

We ate at this nice restaurant, and the waiter was very knowledgeable. He told us how the restaurant used to be a car garage.

We also had some fun shopping and we all bought shirts that say Columbus on them. We walked around and took lots of pictures. It was a "great" time in Columbus Ohio!

