



PARC Pulse

October 2024

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Autumn ushers in a full season for PARC



Happy Fall! As we begin a season of change and many celebrations, we're excited about cooler weather, new activities, and upcoming events!

Our members and families enjoyed a gorgeous day at the Coughlin Memorial Walk late last month, and everyone's favorite event, the Thanksgiving Bowling Classic, is just around the corner. The best part is having our supporters and members of the community join in the fun!

Speaking of support, I'd like to share an extra special note of gratitude to all who donated and worked at our Cindy Sunshine Campership Fund kickoff can and bottle drive,

including Fire and Iron Station 142. This was a tremendous time, with our very own PARC members really pitching in for a good cause. We are grateful.

- Erica Donovan, executive director

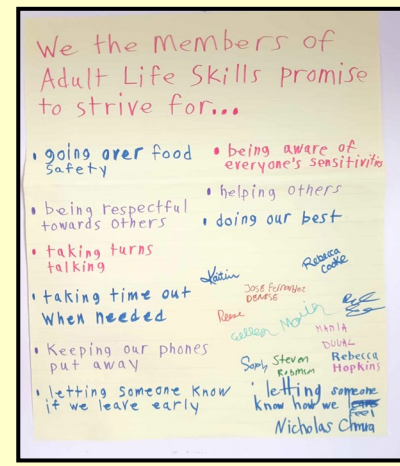
Adult Life Skills off to an amazing start

PARC Adult Life Skills has begun for the year! This is a class with a curriculum specific to helping people with developmental disabilities learn tools and information to help them live more independently. From food safety to properly completing simple paperwork, ALS has been instrumental in allowing our members the opportunity for confidence and self-reliance. Led by a special education teacher, this program is one of which we are very, very proud. At a recent class, participants worked together with our staff to create a list of goals - we think this is pretty terrific!

Get ready for the 2024 Bowling Classic!

Our 21st Frank Robinson Sr. Thanksgiving Bowling Classic will be held Saturday, Nov. 23, from 4 to 7 p.m., at Lessard Lanes, 136 New Britain Ave. The \$30 registration fee includes open bowling or unlimited mini golf, shoe rental, a hot dog and soda, T-shirt, and one door prize ticket.

Registration forms will soon be available online at www.parcdisabilitiesct.org. For more info, call the PARC office at (860) 747-0316.



Thanks for the fun at our Memorial Walk

PARC's 23rd Annual Helen & Danny Coughlin Memorial Walk on Sept. 21 had quite the crowd walking laps at Norton Park. During the morning of fun, music (BBPro), and a chili competition, we honored Grace Lutheran Church for their years of participation, were inspired by the Coughlins, and thanked Jason Famigletti, our walk leader. Over the years, this has become a favorite fundraiser for our members, their families, supporters, and the community!



Let's Hear from You! We've had some really terrific feedback about our new monthly newsletter, PARC Pulse. In addition to sharing information about the goings on at PARC, though, we'd like to include some personal stories from members,

parents, caregivers, volunteers, and staff. If you'd like to contribute, please email any anecdotes, thoughts about PARC, etc. to edonovan@parcdisabilitiesct.org. We'd love to be able to share your experiences!

For over 65 years, PARC has been providing family-centered services for people with intellectual disabilities. Interested in supporting PARC? To donate, visit our website www.parcdisabilitiesct.org or click this barcode. PARC is a 501 (c)(3) organization.

