



182 Wolfpit Avenue  
Norwalk, CT 06851  
(203) 846-9581  
www.STARct.org

Serving families in Norwalk, Westport, Weston,  
Wilton, Darien, New Canaan and surrounding areas

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STAR, INC., LIGHTING THE WAY ★ 182 WOLFPIT AVENUE, NORWALK, CT 06851 ★ (203) 846-9581 ★ WWW.STARCT.ORG

Spotlight on STAR

Volume 44, Number 2

## Become a Member **NOW** during our Annual Membership Drive!



Good friends are like STARS. You don't always see them, but you know they're always there.



STAR has been there for your loved ones in lower Fairfield County since 1952.  
Darien | New Canaan | Norwalk | Weston | Westport | Wilton

**STAR, Inc., Lighting the Way... is a membership organization whose members ensure that services and opportunities that are a reality for infants, children and adults with developmental disabilities and their families. As a member of STAR, you are also represented by Arc/CT and Arc/US, the largest national membership organization helping to improve the lives of individuals with intellectual disabilities.**

### Membership benefits include:

- Representation by the Arc/CT and Arc/US
- Arc/US Newsletter
- "Spotlight on STAR" Newsletter
- Updated on latest information in the field about developmental disabilities
- Invitations to special meetings and events, including STAR's Annual Meeting
- Opportunities to meet people who share our mission
- Opportunities to join forces with advocates to protect the rights of people with disabilities.

**Memberships run from July 1 to June 30<sup>th</sup> and are renewable annually. Please send your check to STAR, Inc., 182 Wolfpit Avenue, Norwalk, CT 06851 to ensure your support does not lapse.**

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### STARs Cooking Up Tasty Meals At Kitchens by Deane, Inc.



Julia Deane (second from right) of Culinary Works in New Canaan and Stamford hosted a cooking class to a group of STAR participants recently. The interactive cooking class and meal took place at Kitchens by Deane, Inc. in Stamford and was the first of a four-class series. The group learned how to prepare steak, cheesy garlic bread, broccoli and chocolate cake and then all enjoyed the delicious meal. Thank you, Deane family!

### Sports Buddies Program Offers Friendship and Fun

STAR is proud to partner with Sports Buddies, a four season recreational exercise and athletics program for young people from Fairfield County with developmental disabilities. The group meets Saturday mornings from 9-10 a.m. at New Canaan High School and is led by New Canaan educators Howie Berg and Josh McDonald. Program participants play recreational games while working with their *Sports Buddies* who encourage and help them to build skills. For information or to volunteer, email Megan Johnson at [mjohnson@starinonline.com](mailto:mjohnson@starinonline.com).



### Diageo makes a BIG IMPACT on STAR, Inc., Lighting the Way



More than 100 employees from Diageo NA Finance Team undertook a transformational service project at STAR Center this spring. The group donated \$15,000 to bring in 9 tons of gravel and 8 tons of stone dust to build wheelchair accessible pathways and patios from expertly laid pavers. They spread 6 truckloads of mulch and planted roses, azaleas, flowering trees and shrubs, and countless perennials to adorn the front entrance and gardens. Additionally, they built a new, fenced in vegetable garden and planted herbs and veggies to be used for Garden Club and healthy cooking classes. A beautiful new atrium meditation garden with patio was a highlight of the project along with the beautiful outdoor patio furniture and umbrella that STAR clients and staff will enjoy for years to come. THANK YOU, DIAGEO!

**STAR Clients Enjoy the Beauty of GRACE FARMS Thanks to Space Grant**



STAR clients are enjoying the resources of Grace Farms in New Canaan thanks to a space grant courtesy of Grace Farms Foundation. A weekly book group of STAR clients takes place in the library, and the group can also enjoy the gorgeous award-winning building, cafe and 80 acres of property with trails and native plants and animals. Thank you to Grace Farms Foundation!

**Elizabeth Smart Speaks to Sold-Out Crowd**

Over 420 people attended STAR's Fourth Annual Speakers Luncheon featuring Elizabeth Smart, and raising over \$60,000 to benefit programs and services for people with intellectual disabilities. The riveting event featured Elizabeth Smart's story of survival, faith, perseverance — and the importance of family during times of crisis. Guests also enjoyed a Q&A period moderated by Sharon Crowley, Fox 5 Reporter, and a brief "Parent's Perspective on STAR" shared by New Canaan parent, Mandy Heavey, who was joined by her husband and 2 ½ year old son, Will (see back cover photo). What a wonderful day! *Photo by Alex von Kleydorf*



**Center for Future Planning FREE Resources Available to All Families from STAR and The Arc**

STAR families can now take advantage of the new Center for Future Planning, a great FREE multi-faceted resource available at <https://futureplanning.thearc.org>. The Center for Future Planning helps families build a plan, find appropriate professional and community resources, view other family plans and obtain help or emergency contacts. Check it out and make a plan for your family's future!



STAR also has a Family Resource Guide of Family Support Services on our website at [www.STARct.org](http://www.STARct.org). Contact Linda Snell for more information about Family Services at [lsnell@starinonline.com](mailto:lsnell@starinonline.com).

**STARS at Work!**

**Nicki DuBiago** (below, center) recently celebrated her **20<sup>th</sup> anniversary** working at CVS in New Canaan! Nicki said, "I love this place a lot... they know me very well. They are my team family." Manager Michael DePascale agreed. He said, "Nicki is a joy to work with. She is always a pleasure, very helpful." Below: STAR Job Coach Cathy Morton with Nicki and Manager Michael DePascale.



**Will Buckenheimer** (above, center) at Dry Dock Bar & Grill in Norwalk, where he sweeps and performs other duties outside the restaurant. Will says he likes being outdoors and having a job very much. Above: STAR Employment Manager Shelby Grich with Will Buckenheimer and Hugo Gonzalez of Dry Dock.

**STAR Turns 5K into Over \$90K: The 11<sup>th</sup> Annual STAR Walk, Run & Roll Was A Great Success Thanks to YOU!**

On Sunday, May 1<sup>st</sup>, over 400 STAR supporters showed up at Sherwood Island State Park in the morning rain to support programs and services to benefit local individuals with intellectual disabilities. Attendees chose to either complete a 5K run (new this year) or a 3K walk, and many stayed throughout the day to enjoy the donated breakfast and lunch, children's and family activities such as Bill Fisher's traditional Maypole demonstration, and appearances by Miss CT Tiffany Teixeira and notable CT runners Chaz Davis, Amy Dixon and James Randon.

Thank you to the numerous donors, teams, supporters, sponsors and volunteers who helped to raise over \$90,000 for STAR's programs and services in the community. STAR is so grateful to each and every one of you! *Pictured top right: 5K trophy winners. Pictured immediate right: Team Ariel (the Levy family and friends), the top team, raised over \$15,000 for STAR!*



**2016 Board of Directors**

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[Megan.Johnson@STAR\\_Inc\\_Web](mailto:Megan.Johnson@STAR_Inc_Web)  
[STARct.org](http://STARct.org)

**WISH LIST**

You can make a difference in the lives of people with intellectual disabilities by donating the following items needed now or the money to purchase them:

- Dining room table and chairs
- Flat screen televisions
- Full Size Bed Sheets and Comforters
- Small bistro table and chairs
- Bath linens
- Exercise and Movie DVD's
- iPads or Tablets
- Sports/movie passes
- Framed wall art
- Leather living room furniture
- Floor lamps
- Kitchen table cloths, place mats, dish towels, safety mitts and other linens
- Throws and blankets
- Adult clothing

To donate, call 203-846-9581 x302 or email [psaverine@starinonline.com](mailto:psaverine@starinonline.com).

**Our Dear Friend Moving to Maine**



Ken Harrington-Howes (aka "Obie") pictured in center, was STAR's board president several times and a tremendous supporter of STAR as well as many other community organizations, groups and individuals. He is a true lifelong philanthropist and professional — and he recently moved north. A group of STAR friends gathered to say good-bye and wish him well. Obie, you will be missed!