

Favarh's Adaptive Wellness Center




Growing independence through healthy lifestyle activities



*Your
support...*

will ensure happy,
healthy, and
productive lives
for your family
members, co-workers,
neighbors, and friends
with intellectual
and developmental
disabilities.

A photograph of two people, Charles Correll and Lindsey Pollack, smiling and posing for a photo. Charles is on the left, wearing a blue t-shirt with a lumberjack graphic and a straw hat. Lindsey is on the right, wearing a light green polo shirt and a straw hat. They are both wearing wristbands. The background is a blurred indoor space, likely a community center or gym.

Favarh participants Charles Correll and Lindsey Pollack enjoying an afternoon line dancing session.

Together, we have an opportunity to create the Favarh ADAPTIVE WELLNESS CENTER... an innovative and multi-purpose facility that will provide healthy lifestyle activities to help individuals stay active, fit, and socially engaged. Together with employment and community living, this is integral to our unique Whole-Person philosophy.

Favarh In The Beginning

Favarh was founded in 1958 by eight local families who wanted a better life for their children with intellectual disabilities. With money raised through tag sales, bake sales and a thrift shop, a part-time teacher was hired and the Favarh Day School was opened in the basement of a local church for children in the Farmington Valley.

Favarh Today

Today, we are Favarh, a local chapter of The Arc, the largest national community-based organization advocating for and serving people with intellectual and developmental disabilities (IDD) and their families. Favarh supports more than 350 children, adults, seniors, and families throughout the Farmington Valley area and beyond.



Our Mission

To help each person achieve his or her own personal best.

Growing independence one person at a time



Thank you for supporting the
ADAPTIVE WELLNESS CENTER
campaign

The Need

At Favarh, we believe in providing individuals with intellectual and developmental disabilities the necessary support to successful employment and social engagement, to live as independently as possible in the community, and to maintain a healthy and active lifestyle. This is our Whole-Person philosophy and we believe that each of these three components is equally important.

Encouraging and supporting a healthy and active lifestyle is Favarh's unique commitment to each individual we serve.

We know that people with IDD are at greater risk of being overweight or obese, are typically less physically active, and are at greater risk of isolation and loneliness. We also know that some people with IDD are less able to effectively manage stress and are therefore at greater risk of the many health consequences from chronic stress.

Here are the elements that make up Favarh's healthy and active lifestyle...

- 1. **PHYSICAL ACTIVITY: INCREASING PHYSICAL ACTIVITY AND MAINTAINING HEALTHY BODY WEIGHT;**
- 2. **SOCIAL ENGAGEMENT: PROVIDING REGULAR AND POSITIVE SOCIAL OPPORTUNITIES;**
- 3. **STRESS REDUCTION: UTILIZING YOGA, MEDITATION, AND OTHER MINDFULNESS-BASED ACTIVITIES**

Without a healthy and active lifestyle, the RISKS are..

An inactive lifestyle

Obesity, heart diseases, including coronary artery disease and heart attack, high blood pressure, high cholesterol, stroke, metabolic syndrome, type 2 diabetes, certain cancers, including colon, breast, and uterine cancers, osteoporosis and falls, increased feelings of depression and anxiety. ¹

Lack of social engagement

Loneliness is more dangerous than obesity and as damaging to health as smoking 15 cigarettes a day. ²

Stress

Coping with the impact of chronic stress can be challenging. Some people may experience mainly digestive symptoms, while others may have headaches, sleeplessness, sadness, anger, or irritability. ³

1. *US Health Resources & Services Administration*

2. *National Institutes of Health (NIH)*

3. *National Institute of Mental Health (NIMH)*

The Solution

The Favarh ADAPTIVE WELLNESS CENTER is our answer to this need.

The CENTER will include a large multi-use floor to be used for a variety of mindfulness activities, sports, recreation, and theater programs. Yoga, basketball, line-dancing, Zumba, theater rehearsals, social dances, meditation, mindfulness-based activities, ping pong, table games, and more.

A PRODUCTIVE DAY

Productive community engagement is the key to independence for people living with developmental disabilities. The Adaptive Wellness Center will provide expanded opportunities for community engagement and personal success through our Recreation, Employment and Day programs which will utilize the space and the offices daily to engage groups of individuals involved in these programs.

A PLACE OF MY OWN

For many people living with developmental disabilities, independence means living successfully in the community apart from their families. Favarh offers individuals opportunities to live in Group Homes as well as Supported Independent Apartments. For these individuals, The Adaptive Wellness Center will become a second home where they can meet up with friends for physical activities, social interactions and stress-relieving practices.



“I love the theater program at Favarh because I get to sing and dance on stage for people. I also make new friends. We rehearse together every week. I’m a really great actor now!” -

Ben McAllenney, Favarh Participant



“ The Adaptive Wellness Center is a real game-changer for people with intellectual disabilities and their families.”

- Stephen Morris, Executive Director at Favarh

A HEALTHY LIFESTYLE

Increased Physical Activity:

All of our Recreation & Wellness programs will be based out of the Adaptive Wellness Center. Monthly calendars will include diverse opportunities each week to participate in a variety of physically active programs including unified fitness, softball, basketball, flag football, yoga, dance, floor hockey, soccer, walking, socials, and more.

Enhanced Emotional Well-Being:

The Adaptive Wellness Center’s activity space will be used to teach and practice well-being skills including: increasing positive emotions, identifying strengths, increasing positive relationships, creating more purpose and meaning in life, enhancing resilience, gaining a sense of control, setting goals, and gaining self-confidence through advocacy and other group empowerment activities.

Join Our Campaign

The Connecticut Office of Policy and Management (OPM) granted 1 million dollars to Favarh towards the 2 million dollar building cost for the Adaptive Wellness Center. That leaves a total need of 1 million dollars in order to complete the center.

Most recently, a generous donor was so enthusiastic about our accomplishments and our future plans for the Adaptive Wellness Center that they made a \$100,000 towards the project. ***The conditions for the donation are that we raise matching funds of \$100,000, that all Favarh families participate and that we reach this goal by June 2020.***

NAMING RIGHTS	AMOUNT
● DRIVEWAY SIGN	\$ 25,000.00
● FRONT LOBBY	\$ 10,000.00
● ADAPTIVE WELLNESS AREA	\$ 8,000.00
● EMPLOYMENT CENTER	\$ 8,000.00
● CEILING BAFFLES	\$ 5,000.00
● STAFF OFFICES	\$ 3,000.00
● WELLNESS EQUIPMENT	\$ 2,000.00
● PATIO BENCH	\$ 1,000.00
● SPECIALTY TREE	\$ 500.00
● SPECIALTY SHRUB	\$ 300.00
● BICYCLE RACK	\$ 300.00



MULTIUSE SPACE	5,377 SF
VESTIBULE	111 SF
OFFICE	130 SF
OFFICE	140 SF
OFFICE	98 SF
OFFICE	116 SF
CONFERENCE	113 SF
ELEC	60 SF
JAN	61 SF
CORRIDOR	69 SF
MENS BATHROOM	171 SF
WOMENS BATHROOM	179 SF
OFFICE	78 SF
4 SF	4 SF
WATER	4 SF
	6,708 SF

INSIDE WALL
DIMENSION

**7,400 SF
FOOTPRINT**

Make your meaningful donation today!

We look forward to meeting with you to discuss the campaign and various giving options. We also have naming opportunities. Please contact us, and thank you!

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Why Favarh

Favarh is different. We are constantly evolving and innovating to meet the changing needs of our members and their families. The Adaptive Wellness Center is our newest project. Here are a few examples of what makes Favarh unique:

Employment First: Favarh believes people with IDD have the right to work and earn a fair wage. We established New England's first food service training program (1971). Today, Favarh helps 115 individuals find and maintain employment throughout the Greater Hartford area. Our ground-breaking Pathways program (2019) helps young adults who need a bit more time to successfully transition into the work world.

Community Focus: Favarh was founded (1958) by families who wanted their children with IDD to live, work, and thrive in the community. We were one of the first Connecticut organizations to close our workshop (1987) and transition people into community-based employment. The first (1988) Community Experience Program (CEP) was created as an option for those who couldn't work or who were retired from work. Today, Favarh's five Life Enrichment Programs (formerly CEP) focus on community engagement and contribute thousands of volunteer hours at places like Red Cross, Meals-on-Wheels, Food Share, and Farmington Valley Visiting Nurses.

Supported Apartment Living: Beginning in 1987 with its first apartments, Favarh has always promoted a more independent living option to complement our group home settings. A number of innovations over the years include accessibility features, clustered settings, and smart technology have led to first-in-the-nation integrated Specialty Apartments that will be ready in 2020.

School Transition Services: Favarh operates two of the most successful and innovative School-to-Work transition programs in Connecticut. Project SEARCH (2014) at UConn

Health Center has a 95% work placement rate since inception. That success led to the expansion of the model throughout the state by DDS and other providers (2019). River Bend Transition Academy (2015) operates on the Tunxis Community College campus for young adults who want both a work and an academic experience.

Healthy and Active Lifestyles: For decades, Favarh has set itself apart by providing a wide variety of recreation and social activities. Today, we further set ourselves apart by focusing those activities on increasing physical activity, improving nutrition and promoting social engagement to encourage healthy lifestyles.

Other Favarh Firsts:

Dementia Program (2014): The first facility in Connecticut specifically designed for people with IDD and dementia.

Smart Technology (2014): The first use of Smart Technology to stay independently in their home. Major expansion in 2020.

Healthy Meals Program (2015): Cooking skills and group meal preparation to improve nutrition and maintain healthy body weight.

Self-Advocacy (2016): Favarh self-advocates spearheaded the change in the accessible parking signage law in Connecticut.

Why We Need You

It takes a village to support our clients. This collaboration includes families, business partners, the Department of Developmental Services, community organizations, Favarh employees, volunteers, foundations, and YOU.

No one understands better than you how people with IDD add richness and context to a more diverse and welcoming community by:

- ENRICHING OUR WORK ENVIRONMENTS

- ENHANCING OUR NEIGHBORHOODS

- IMPROVING OUR COMMUNITY THROUGH VOLUNTEERISM

Eight Reasons to Give

- 1. Your Contribution Helps Ensure A Future** where people with intellectual disabilities become genuinely contributing employees, neighbors, and community volunteers less dependent on us and more in charge of their own lives.
- 2. Department of Developmental Services (DDS) funding covers aa percentage of the cost** for our programs and services and State funding has declined in recent years. Favarh's Recreation & Wellness programs receive no DDS funding.
- 3. Your Contribution Provides Assurance To Parents** who need to know that their adult child will be well cared for after they are gone.
- 4. The Adaptive Wellness Center Has the Potential To Become a Model** for others across the nation thereby multiplying the return on your investment!
- 5. Every Gift Makes a Difference In Someone's Life!**
- 6. Favarh Has Staying Power** and with your help...we will be around for future generations of families and their children with intellectual disabilities.
- 7. Your Contribution Supports A Safe, Healthy Solution** to the battle against obesity, loneliness, stress, and the diseases linked to these common concerns for people with IDD.
- 8. To be a part of something new, innovative, and truly important.**

Chris and Simon

Everyone who comes to Favarh is exceptional... to us, to you, to the community. Take Chris and Simon. They met through participation in Favarh's Day, Employment and Recreation programs and have become best friends who long to be together so much, they regularly ask their families for weekend sleepovers.

Thanks to Favarh's successful efforts to expand specialty housing for participants like Chris and Simon, the two will move into their first apartment together as roommates at Favarh's new Bear Woods Apartments directly across the street from the future location of the Adaptive Wellness Center where they'll be able to maintain an independant healthy and active lifestyle.





"Whatever you ardently desire, sincerely believe in, vividly imagine and enthusiastically act upon must inevitably come to pass."
~ Sybil Leek



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