



FAVARH - THE ARC OF THE FARMINGTON VALLEY

Spotlight on Staff

THOMAS FOWLER

FAVARH EMPLOYMENT DSP

Thomas Fowler is a Direct Support Professional for Favarh's Employment Program. He started working for Favarh in 2019. "I support individuals in the GSE. I work with a crew of four individuals at the Hospital Of Special Care in New Britain."

Thomas speaks very highly of his crew. "They are very efficient. They really work hard and do a really good job." Thomas says they are pretty independent and need very minimal direction. "I make sure they are safe, and small things." About the work of the crew, Thomas explains that it is no small task. "They have a huge responsibility," attending to their work throughout the hospital.

When asked about his work at Favarh, Thomas shares, "The most fulfilling aspect of my work is the ability to pursue my purpose in life which is to help others." He finds fulfillment in helping individuals have everyday positive experiences.

Thomas relates that his most satisfying accomplishment was graduating from college. He attended Eastern Connecticut State University and received his degree in sociology. "Going to college was the outlet for me that changed my life."

When talking about his challenges, Thomas reflects on his beginnings. "I believe growing up in a difficult environment was my biggest obstacle, as well as a blessing." He came from a large family and was raised by his mom in a

single parent home. He describes his neighborhood as poor and dangerous with gangs and gang violence. Playing baseball, attending camp, and travelling outside of his neighborhood opened his eyes to a different kind of environment and made him realize there were other ways to live.

His biggest influence was his mom. "She worked all times and all hours, and so I didn't get to see her much growing up." The other person who he most admires is his grandmother, who was also a single mom and who helped to raise him. He recalls that she was a spiritual woman and always told Thomas, **if you do good, good comes back to you.**

This is how Thomas views his work for Favarh. "Favarh is a great company, I personally feel it's more like a family. The individuals in the program make my days. My peers have beautiful personalities, and upper management have become mentors by giving me knowledgeable guidance. Every day I work I enjoy it. I'm grateful to have an opportunity to be a part of Favarh, as well as thankful for all the opportunities Favarh has given me!"

Thomas makes his home in Hartford and is the proud owner of a duplex house where he lives and rents out the second apartment.

Thomas advises, **"Work joyfully and peacefully knowing the right thoughts, accompanied by strong effort, will inevitably produce the best results."**