

I Can And I Do

An inspirational video

Meet twelve Connecticut individuals with intellectual and developmental disabilities who are redefining what it means to live a life without limits. In a world where too often, people are defined by what they can't do, these individuals are here to show you all they can do.

From climbing mountains to running marathons to acting on stage, they are artists, athletes, employees, advocates, and creators. They are changing the world not just by achieving their dreams, but by showing us that everyone, regardless of ability, has the power to reach new heights, push boundaries, and inspire others around them.

This is 'I Can And I Do'—a celebration of strength, passion, and the indomitable human spirit. Watch as these individuals break down barriers, shatter stereotypes, and prove that with determination and belief in self, anything is possible.

No dream is too big. No goal is out of reach. They don't just believe it—they live it. And now, they're ready to share their journeys with you.

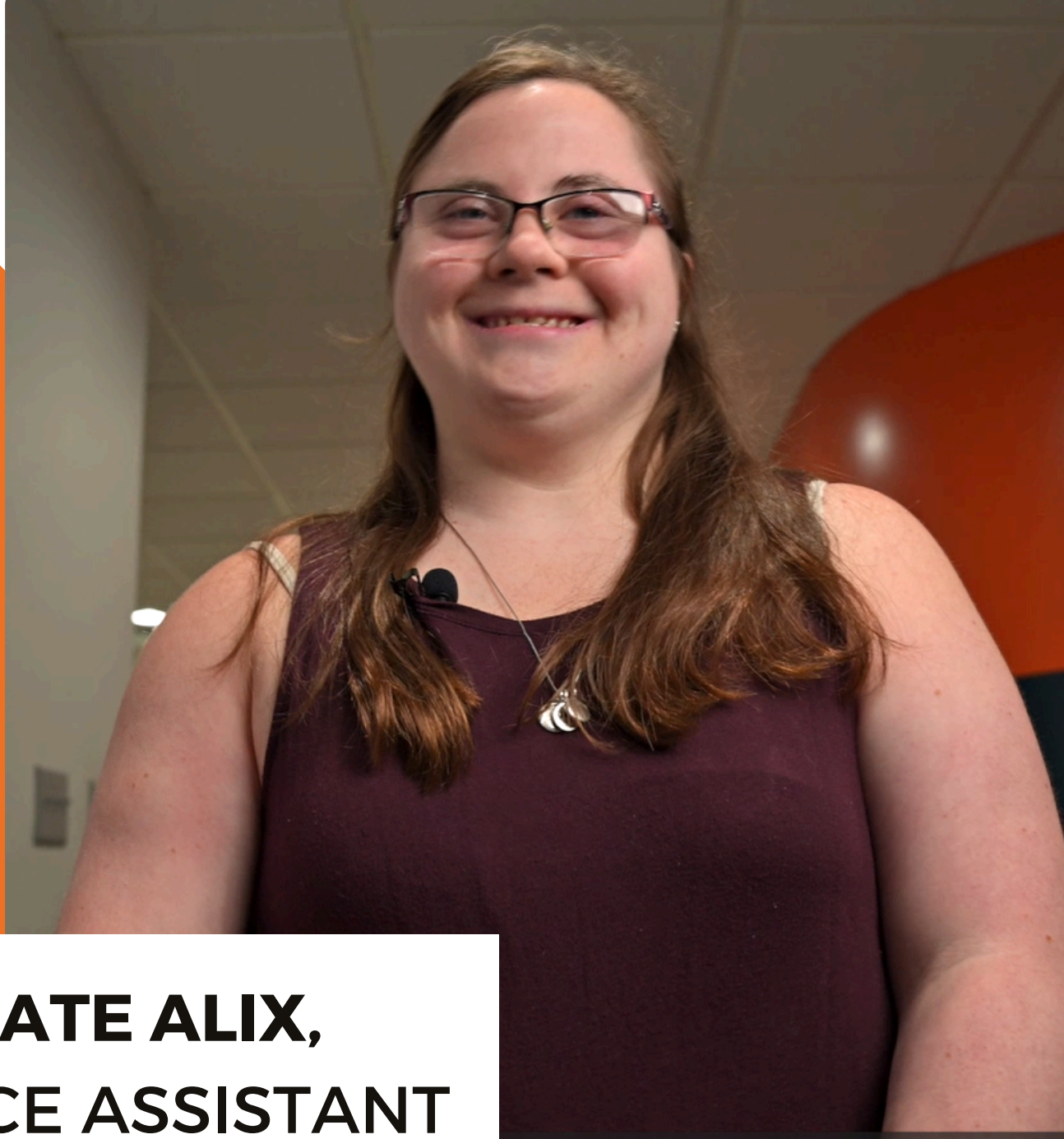
Because they can. And they do.





PATRICK KRAL, ADVENTURER

Patrick Kral, age 44, is a passionate outdoorsman who has summited mountains like Mount Washington and Mount Rainier and hiked the Grand Canyon. An endurance athlete, he has completed 18 marathons and taken to the skies with skydiving. Guided by his motto, "Life's An Adventure," Patrick embraces every challenge that comes his way.



CATE ALIX, OFFICE ASSISTANT

Cate Alix, 29, checks off the job responsibilities she has as an office assistant at Avon, Connecticut-based advertising agency Mintz+Hoke. Distributing mail, restocking supplies, scanning, making copies, inventory, keeping conference rooms clean and tidy, and shredding. Data from national surveys suggest that only around 18% of working-age adults with intellectual disabilities are employed.



ALICIA TRAINHAM, TOUR GUIDE

Alicia Trainham, 33, is passionate about welcoming visitors to Favarrh's Day Services, where she spends her weekdays. She enjoys introducing guests to the program, highlighting daily activities, and creating a warm, inclusive environment. With her friendly approach, Alicia does a remarkable job answering questions and ensuring guests feel at home.



DAN LENZ, ACTOR AND EMCEE

Dan Lenz, 43, is a passionate theater lover who serves as the regular emcee for *Favarh Players* and acts in shows like *The Lion King*, *Aladdin*, *Beauty and the Beast*, and *Elf*. He helps keep rehearsals running smoothly, ensuring everyone stays on track. Dan works for Legrand, is an active athlete with the Farmington Valley Special Olympics, and lives independently with his roommate.



JENN JACOBS, DRIVER

Jenn Jacobs is a proud owner of a new car who enjoys the independence that driving brings. With her license in hand, she drives herself to her favorite activities, including painting classes and eating out. She enjoys jewel-making, ice skating, roller coasters, and traveling. Jenn embraces her freedom and the adventures it offers.



MARGARET ONYEDEKE **HOSPITAL WORKER**

Margaret Onyedeké, 35, an immigrant who came to this country for a better life, is proud to have worked at the Hospital for Special Care for the past 10 years. She is dedicated to her role on the team that keeps the hospital clean and sanitary five days a week. Margaret enjoys being part of the hospital community and finds fulfillment in helping others.



LINDSEY POLLACK, RUNNER

Lindsey Pollack, 29, is an accomplished long-distance runner with a passion for pushing her limits, earning numerous medals, including from the Special Olympics. She thrives on the thrill of competition, finding joy in every race she enters. Recognized for her dedication and resilience, Lindsey values the praise she receives for her achievements, which fuels her drive to keep reaching new heights.



KYLE BROWN

KARATE INSTRUCTOR

Kyle Brown, 39, is a dedicated Karate Instructor at the Avon Kempo & Aikido Academy, where he earned his brown belt through years of hard work and discipline. He takes great pleasure in mentoring young students, sharing his love for martial arts and helping them grow in confidence and skill. While guiding others, Kyle remains committed to his own journey, training diligently alongside fellow adults to achieve his black belt.



LAUREN & SCOTT, MARRIED

Lauren Traceski, 32, and Scott Masson, 34, defied the odds by moving in together and marrying a year later, proving the strength of their commitment. With a shared work history, they are passionate advocates for people with intellectual and developmental disabilities. Their dedication includes traveling to Washington, D.C., to speak with legislators and drive meaningful change



DAN ATTENELLO, AUTHOR

Dan Attenello, 37, is a lifelong fisherman with an impressive depth of knowledge and experience in the sport. Having spent his entire life fishing, he even authored a book titled "How to Fish: Lessons From A Guy With An Intellectual Disability," sharing his expertise with others. Living independently, Dan also has a long work history with U.S. Electrical Services, Inc.



CHRIS STRAUS, ARTIST

Chris Straus, 35, is a successful artist with five solo museum gallery shows and numerous group exhibit contributions to his name. For over 12 years, he has sold his original artwork and art greeting cards, becoming a top local seller at Whole Foods Market. His consistent success has earned him prominent display spots in five regional stores, solidifying his reputation in the local art community. He studies and paints with other artists from West Hartford Art League.

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More on the video

The video was filmed during the summer of 2024 as a joint project between the award-winner advertising firm, Mintz+Hoke, and Favarh - The Arc of the Farmington Valley, Inc.

Both organizations are passionately committed to supporting people with intellectual and developmental disabilities.

All featured individuals are supported by Favarh staff and programs, empowering them to live, work, and engage in their community with maximum independence while pursuing their dreams.

Thank you to all the individuals featured in this video for sharing their stories.

Thank you to the talented professionals at Mintz+Hoke for their commitment to this project:

Ron Perine, Managing Principal and CEO

Sean Crane, Chief Creative Officer

Motti Zaretsky, Motion Designer

Kolbe Fitzgerald, Senior Copywriter

Danielle Battaglia, Art Director

Rena Astle, Director of Creative Services

MINTZ+HOKE

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