

## **For Immediate Release**

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### **THE ARC ECT OFFERS VIRTUAL ADVENTURES SITE FOR A SHELTERING COMMUNITY**

*Web site provides resource list for learning, meditating and having fun at home*

The Arc Eastern Connecticut web now offers a variety of games, activities, health/fitness sessions, virtual tours, and other fun, educational and engaging diversions for individuals and families social distancing during the COVID-19 pandemic. Web surfers can access the page at [www.thearcect.org](http://www.thearcect.org) and clicking on “Activities 4 U” to live stream exercise classes, tour national parks, listen to lectures, explore art museums, and more.

“Our **Virtual Adventures Platform** provides the people we serve, their families, and members of our community with easy-to-access activities. Our talented team didn’t skip a beat when parents asked for activities that not only keep us all connected and entertained, but also expand our world. Our Day and Residential programs are using these tools to provide education and help maintain daily routines as we follow Governor Lamont’s protocols and social distancing guidelines,” said Kathleen Stauffer, The Arc Eastern Connecticut’s CEO. “We are happy to share our activity platform not only with the people we serve, but also with a larger community that has been so generous with us through the years.”

The Arc ECT homepage offers continuously updated state and area resources for people looking for up-to-date and easy-to-understand information on coronavirus statistics, available services, and where to go for any type of assistance.

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