EASTERN CONNECTIONS
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THE OFFICIAL NEWSLETTER OF THE ARMENIAN RELIEF SOCIETY OF EASTERN USA

KEEPING THE MOMENTUM

A MESSAGE FROM THE REGIONAL EXECUTIVE BOARD

Following the launch of our first issue, we were so pleased to hear the wonderful feedback from our members, supporters and friends. Thank you for taking the time to read and connect with the stories and updates from across our region. We are excited to bring you our second issue and continue creating a space where we can celebrate the work, accomplishments and people that make our community so special.

So much has happened since our last issue. We had the opportunity to come together for a memorable trip to Bermuda aboard the Norwegian Aqua, featuring a wonderful lineup of workshop leaders who shared their knowledge and talents with the participants. It was a beautiful opportunity to relax before returning to our communities.

We are also excited to welcome Henry Theriault as the new Director of our Youth Connect Program. Henry will lead our first Youth Connect program in March 2027, continuing a tradition that dates back to 1971. While the program has taken different forms over the years, its purpose remains the same: creating meaningful opportunities for our young people to connect and engage with their Armenian community.

As we look toward the end of the year, the holiday season is right around the corner. Once again, we are hopeful that our community will come together to support our annual holiday fundraising efforts. Your generosity allows us to spread Christmas cheer to communities around the world and bring joy to those who need it most.

We invite you to read on, celebrate the accomplishments of our community and learn more about the work happening across our region. And, as always, we thank you for your continued support of the ARS and for helping us carry this important work forward.

LEARN MORE ABOUT OUR PROGRAMS AT WWW.ARSEASTUSA.ORG

With gratitude,
Mimi Parseghian
Chairperson of the Regional Executive Board

ARS MEMBERS SAIL AWAY TO BERMUDA



TThe ARS Eastern USA Retreat brought ARS members and friends together aboard the Norwegian Aqua, sailing from New York to Bermuda, to connect, learn and recharge in September. Throughout the retreat, participants had the opportunity to connect with one another while taking part in engaging sessions that celebrated both personal well-being and Armenian culture.



Lorig Hamparian led participants through yoga and meditation on the cruise, creating a space for relaxation, reflection and renewal.

Ani Babaian explored Preserving Heritage Through Art, highlighting the important role creativity and artistic expression play in keeping Armenian culture and traditions alive.





Marie Bazarbachian shared practical guidance during Eat Well, Live Well: A Balanced Guide to Nutrition, encouraging participants to think about nutrition as an important part of overall well-being.

Ani Panossian-Mouradian presented Empowering Women's Health: What You Need to Know About Preventative Screenings, providing valuable information and encouraging women to take an active role in their health and preventive care.





Led by **Leeza Doukmajian,** participants learned Armenian folk dances, including the Tamzara and Lorke, bringing everyone together for an energetic and joyful cultural workshop.

The retreat gave members and supporters a chance to relax, recharge and reconnect before returning to their communities with renewed energy to make this fiscal year another successful one for the ARS of Eastern USA.

HENRY C. THERIAULT, PH.D. NAMED ARS NORIAN YOUTH CONNECT PROGRAM DIRECTOR



Watertown, MA – The Armenian Relief Society (ARS) of Eastern USA is pleased to announce the appointment of Henry C. Theriault, Ph.D., as the new Director of the ARS Norian Youth Connect Program.

"Over the years, Dr. Theriault has been a valued part of the ARS Norian Youth Connect Program, sharing his expertise as a workshop leader and engaging our students with thought-provoking discussions," said Mimi Parseghian, Chairperson of the ARS Eastern USA Regional Executive Board. "We are delighted that he is now stepping into the role of Program Director and are confident that under his leadership, the ARS Norian Youth Connect Program will continue to serve as a hub to engage with scholars and have critical dialogue," she continued.

> **The ARS has been a tremendously important part of my intellectual and personal growth for decades. In addition to providing multiple scholarships for me as I pursued my doctorate, I participated in the earlier version of Youth Connect and was completely transformed by it. It remains one of the most profound experiences in my life as an Armenian. I am now thrilled to have the opportunity to "pay it forward" to a new generation of Armenians by helping organize the Youth Connect Program.**
>
> **Henry C. Theriault, Ph.D.**

SAVE THE DATE – THE ARS NORIAN YOUTH CONNECT PROGRAM WILL TAKE PLACE IN MARCH OF 2027 AT THE NAASR HEADQUARTERS IN BELMONT, MA

HONORING UNGEROUHI GEMMA G. VARTANIAN

The Armenian Relief Society (ARS) of Eastern USA proudly honored Ungerouhi Gemma G. Vartanian with a Lifetime Achievement Certificate in celebration of her 99th birthday. For decades, Ungerouhi Gemma has been an instrumental member of the ARS, dedicating her time and energy to the organization and its mission. Her years of service reflect her deep commitment to the Armenian community and to the values of service and compassion at the heart of the ARS. Through her continued involvement, she has inspired generations of ARS members and made a lasting impact on the community.



INVESTING IN THE WELL-BEING OF CHILDREN IN ARMENIA

The Armenian Relief Society (ARS) of Eastern USA continues to support initiatives that strengthen the well being, education, and future of children in Armenia. Through our support of the Nor Ughi School, the ARS contributed to the renovation of a 1st Grade Classroom, helping provide students with a welcoming and inspiring environment in which to learn and grow through the Paros Foundation. The ARS also proudly donated $10,000 to the Oral Health Foundation for Children of Armenia (OHFAR), an organization dedicated to improving oral health through accessible dental care, education, and advocacy. Together, these projects reflect the ARS's ongoing commitment to investing in Armenia's children by supporting both their educational environments and their health while helping build stronger, healthier communities for generations to come.





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HELP US SPREAD CHRISTMAS CHEER THIS HOLIDAY SEASON



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