

GREATER WALTHAM Arc NEWS

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From the Chief Executive Officer, Roz Rubin –

Greetings from GWArc!

Summer has finally arrived, but our leisure days are only for weekends.

GWArc is in a busy time as we prepare for the new fiscal year and its challenges, as well as the every-three-years Commission on Accreditation of Rehabilitation Facilities (CARF) Survey in August. With a new Chief Financial Officer

and Chief Operating Officer joining us, as well as some great new staff, everyone is on board to get ready for CARF and other plans we have for the coming year. See inside for announcements of all our new GWArc staff members.

A real highlight of the spring was our attendance at the Myra Kraft Community MVP Awards, saluting our longtime volunteer Mace Miller. Be sure to see the details inside of a great and well-deserved event for Mace and others at the event at Gillette Stadium.

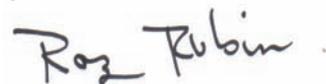
As GWArc continues our efforts to improve, I can report that the Day Habilitation Program is in a very intensive re-organization of curriculum and activities. Additional community trips and a schedule that keeps the participants moving are part of the plans. At the same time, the PLUS/CBDS program continues to add activities with a plan to share information about this program so more individuals will join us. We always want to highlight the AFC program, growing but so many more to serve in the community. See the GWArc website for details about qualifications for the program. Finally, for some fun...the summer Recreation Brochure highlights what our new Recreation Manager has already achieved, and we can't wait to see what he is cooking up for the fall.

How can you help? We need your ideas to improve and grow the agency. With limited space but unlimited energy and skills, GWArc can only get better, no matter where we are located. So be in touch with me or other staff here. I hope you are reading our newsletter at the beach, the local fishing hole or in a hammock in your own yard...have a great summer.

Regards,



Roz Rubin and Mace Miller chat with New England Patriots owner Robert Kraft at the Myra Kraft Community MVP Awards Ceremony at Gillette Stadium on June 9.


Roslynn Rubin, Ed.D
Chief Executive Officer

Welcome to New GWArc Staff Members

Robert Young, CFO



Welcome to Bob Young, GWArc's new Chief Financial Officer.

Bob brings over 30 years of experience as CFO of a non-profit health care organization.

Bob Young is hard at work on GWArc's FY16 budget.

Catherine Babcock, COO



Catherine Babcock joined GWArc as Chief Operating Officer this spring.

Catherine has over 21 years of management and operations experience in human services. She was the Director of Operations at a child welfare agency and has worked in the disabilities field.

Catherine Babcock drums with Ken Doucette, participant in our Day Habilitation program, at a session with volunteer Mace Miller.

Mike Mullins, Recreation Manager



We welcome Mike Mullins, GWArc's new Recreation Manager.

Mike took over the position from Katie Hoenigke, who is now GWArc's Director of Day Habilitation. Mike created our 2015 Summer Recreation brochure, and the summer program is in full swing with a number of fun classes and trips. Mike has over 20 years' experience in human services.

Mike Mullins organizes costumes and props at a Drama class offered by GWArc's Recreation Program. Drama instructor Alex Jacobs is at right.

David Damon, Employment Coordinator

David Damon is GWArc's new Employment Coordinator (formerly known as Job Developer/Job Coach). Dave took over from Axel Osio, who is now GWArc's AFC Program Director. Dave has experience at another Arc and as a guidance counselor, as well as several years of retail experience.



Dave Damon, at his desk at Woodland Road, prepares to visit GWArc-supported employees at their jobs in the community.

We also welcome . . .

- **Peter Laughlin**, Day Habilitation Case Manager
- **Kevin Russo, M.A., BCBA**, Board Certified Behavior Analyst from Amego, Inc.
- **Sara Vu**, Speech Language Pathologist from Easter Seals

We remember with love...

Robert W. "Bobby" Jarrett, Day Education participant for many years, who passed away on June 11. He will be missed.

Check our Website for Fiscal Year 2016 Plans

See our website www.gwarc.org for:

- FY 2016 ADA Accessibility Plan
- Summary of the FY 2016 Operational Plan
- Summary of GWArc Strategic Plan (2014-2017), also on page 5

Printed copies are available upon request. Please contact Roz Rubin at 781-899-1344 x4112 or rrubin@gwarc.org to request copies.

GWArc Program Updates

Day Habilitation:

- Made cookies and cakes for the Bristol Lodge homeless shelter as part of our volunteer projects
- Our new Music Room is in the works, including self-playing player piano (pianola), steel drum, guitars, karaoke machine and much more!
- Monday exercise group at the Micheli Center in Waltham began
- Celebrated Red Sox Opening Day with a barbeque and everyone wearing their favorite sports attire
- Planted vegetables and flowers for Earth Day
- Guest musician James Jones visited in May and got everyone rocking with his upbeat musical style and high energy. Everyone had a chance to hold the microphone and sing and beat on the drums
- Visited Fox News 25's Zip Trip to Waltham on the Waltham Common
- Celebrated Bruce L's 70th birthday with a cookout, games, prizes and a visit from his sister-in-law
- Trips to The Butterfly Place were enjoyed by all



PLUS/Community Based Day Supports:

- Participants continued their many volunteer activities, went bowling and visited Patriot Place
- Mace Miller, Tim Cohen and musician James Jones visited both sites for music, movement and drumming
- Began a group called *Health Matters*, with Nurse Heidi's facilitation. Participants discuss healthy diet, proper hydration and physical activity. Many participants walk the track at Leary Field
- CBDS participants have been hard at work planting vegetables, herbs and flowers in the raised garden bed as well as the newly cultivated garden in front, under the direction of staff member Maurice Carter. Thanks to Vinny Mula and Boston Bark who got us off to a great start with a generous donation of soil and compost.
- With Nikki's guidance, Roz and participants cooked Pasticcio. Everyone helped chop vegetables for the salad and peel clementines for a delicious dessert. A wonderful Greek meal was enjoyed by all!



Charlie Durkee shows off the garden.

Group Supported Employment (GSE):

- The GSE Semester Break program is being held at Woodland Road while college worksites are closed during the spring and summer
- Toured Watertown Savings Bank, including the vault, and got to hold \$20,000 in cash
- Participated in a busy schedule of activities including visiting Faneuil Hall in Boston and the Taza Chocolate Factory in Somerville, hiking at Prospect Hill Park, fishing, making tie-dye shirts and walking the track at Leary Field, with many more activities planned

Individual Supported Employment (ISE):

- Have been working with several participants to update their resumes and cover letters
- Currently seeking jobs in the community for two participants. If you can help, please contact Dave Damon, Employment Coordinator, at 781-899-2206 x 224 or ddamon@gwarc.org

School to Work Transitions:

- 31 students were enrolled in School to Work Transitions during the 2014-2015 school year
- Our Transitions Bentley Summer Program will run for 4 weeks in July. We will be based at Bentley University, cleaning dorm rooms at Bentley and serving lunches at the Whittemore Elementary School through a partnership with the Waltham Boys & Girls Club
- Student volunteers at EPOCH Assisted Living completed a successful volunteering experience at the end of the school year. We began enrolling participants to volunteer for the next school year
- Transitions students went on a class trip to Pizzi Farms in June. They walked from Waltham High School to Pizzi's where they had lunch and ice cream. Students also had the opportunity to shop at local stores on Lexington Street

Adult Family Care (AFC):

- AFC is now supporting 43 members
- Axel Osio is continuing to build awareness in the community about this beneficial program. See GWArc's website www.gwarc.org for a Public Service Announcement about AFC, videotaped recently by WCAC-TV, The Waltham Channel

Recreation:

- Spring activities were enjoyed by all, including line dancing, Big Apple Circus and mini-golf
- "*Music and Movement*" with Tim Cohen in May was open to the community. Funding was provided by a grant from the Waltham Cultural Council*
- Kicked off summer activities with Fishing Club and a Friday evening trip to Castle Island. We'll be attending Concerts on the Waltham Common and more!

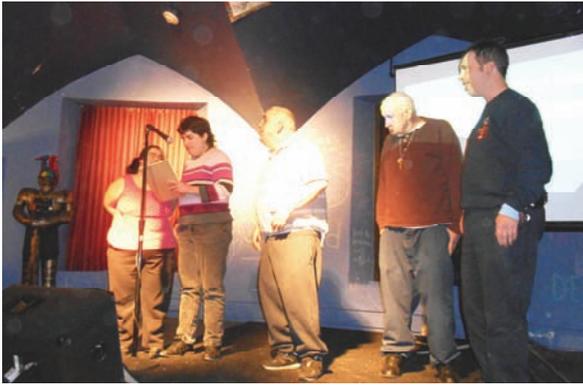
Watch City Self Advocates:

- State Representative Tom Stanley was guest speaker at our March meeting; he spoke and answered questions about his work at the State House
- Collected donations for Operation American Soldier at "*Ciao Down for GWArc*"
- Mike Mullins, Recreation Manager, came to our May meeting to talk about future plans for Recreation PLUS and to get input on activities
- We all enjoyed our Annual Cookout in June

*This program is supported in part by a grant from the Waltham Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



Here's What's Been Happening In Photos!



Members of GWArc's Watch City Self Advocates participate in the "Spread the World to End the Word: I Am Not My Stereotype" event at Brandeis University in March.

At right, participants in GWArc's Group Supported Employment program gather in front of the vault during a tour of Watertown Savings Bank in April. The group, which works at local universities, visited during a semester break.

Kelly Cronin, Community Relations Manager at Watertown Savings Bank, is at right.



GWArc held a "City Leaders Forum" in April to give our participants an opportunity to hear what is going on in the city and for city leaders hear ideas from GWArc. 25 participants and staff members attended the very informative session. CEO Roz Rubin facilitated the discussion. Panel members, seated in the photo above, included: Mark Jones, Chair of the Waltham Disability Services Commission (center); Pamela Jones, Disability Services Commission member (left); and Stephen F. Rourke, City Councilor for Ward 8 (right). GWArc's headquarters building at 56 Chestnut Street is in Ward 8.



Musician James Jones gets everyone rocking at Woodland Road in May.



Roz Rubin was the Community Partner guest speaker at Brandeis University's "Celebration of Service" event in April. Lucas Malo, Brandeis Director of Community Service, is at right. Roz spoke to students about the many GWArc-Brandeis collaborations and the importance of considering non-profits as a career choice.



Participants enjoy making music in the new Day Habilitation Music Room.



Day Habilitation participants visit The Butterfly Place in June.

At right, members of GWArc's Accessibility Committee gather at Chestnut Street.

Participants and staff met in June to discuss the FY16 Accessibility Plan.



“Ciao Down for GWArc” was a Great Success!



Roz Rubin presents a “Spaghetti and Meatball Trophy” to Chris Alto, former General Manager of Embassy Suites Boston/Waltham, at “Ciao Down for GWArc” on May 1. The trophy is a gift to recognize and thank Embassy Suites for hosting our event for six years.

Our 6th Annual “Ciao Down for GWArc” on May 1st was a great success! The event featured a delicious Italian buffet and capacity attendance with community members, business and city leaders, GWArc participants, families/guardians, friends and staff all enjoying a fun evening while raising funds for GWArc. Music by DJ Rich Profita, a silent auction, raffle and mystery gifts added to the festivities.

Thanks to Embassy Suites Boston/Waltham for generously hosting (for the 6th year!) and to our generous event sponsors:

“Molto Bene” / Major Corporate Sponsors

- The Nelson Companies
- Rockland Trust Charitable Foundation
- TD Bank



Attendees check out the Silent Auction table.

“Bene” / Corporate & Community Sponsors

- | | |
|----------------------------|---|
| • Aflac | • Watertown Savings Bank |
| • Coastal Capital | • Waltham Rotary Club |
| • RTN Federal Credit Union | • Waltham West Suburban Chamber of Commerce (Entertainment Sponsor) |
| • Unified System | |

Our thanks also to the many community businesses, Board Members and friends of GWArc who supported us with donations and auction, raffle and mystery gift prizes!

Mace Miller, MVP

Congratulations to Mace Miller, GWArc's long time volunteer, who was honored as a Myra Kraft Community MVP by the New England Patriots Charitable Foundation at an awards ceremony at Gillette Stadium on June 9! This award is in recognition of Mace's dedicated volunteer work at GWArc.

Mace was one of 26 volunteers from across New England selected from 400 nominees to receive this award, which included a \$5,000 grant to GWArc in his honor. Mace, who is 84 and legally blind, received a trophy and was invited to walk onto the field through the large inflated helmet that Patriots players use at games.

Mace visits GWArc twice a month to conduct very popular interactive drumming and singing sessions with our participants.

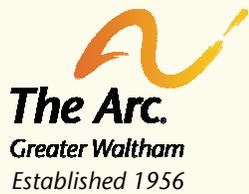


Above, Mace Miller receives the Myra Kraft Community MVP Award from Robert Kraft, New England Patriots owner, and Andre Tippett, former Patriots linebacker at the Awards Ceremony at Gillette Stadium on June 9. The 2015 Super Bowl trophy is on the table.

GWArc Three Year Strategic Plan (2014-2017)

As we look forward to many more years of services to the community, GWArc has a Strategic Plan (2014-17) to focus on improved services to individuals as well as growth of the agency to serve more persons with challenges. Below are the five objectives of the plan, and further information is available by contacting CEO Roz Rubin at GWArc.

1. **New Participant Markets** – “To identify and incrementally expand into mission appropriate participant programming (e.g., Acquired Brain Injury Program) while growing current new programs (Community Based Day Supports Program (CBDS), Adult Family Care Program)”
2. **Current Participant Programming** – “To improve existing day programming (Day Education, CBDS and GSE sites & Semester Break Program) with input from participants on their interests and abilities”
3. **Facility** - “To identify suitable space for GWArc as it embarks on new participant market expansion and continued excellence in current programming”
4. **Personnel**- “To hire, train, and retain the most qualified, experienced and committed people to provide the highest level of service to GWArc individuals and their families”
5. **Governance** - “To assure that the Board is of sufficient size, expertise, and diversity to help drive GWArc's growth and development through well-informed decision making, thorough planning, and a partnership with the CEO characterized by trust, openness and a problem-solving approach to all challenges”



GWArc

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We're Going Green!

If you would like to receive our newsletter by email instead of a printed copy, please email us at gwarc@gwarc.org or call 781-899-1344 ext. 0.

We're on the web!
www.gwarc.org



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**Greater Waltham Arc's
45th Annual Harvest Breakfast
Cheers to 45 Years!**



**Save the Date For
this Milestone Event!
Sunday, October 18**

8 AM to Noon

**Embassy Suites Waltham
550 Winter Street, Waltham**

See You There!

Grants and Donations

Thank you to our generous community supporters for these recent grants and donations:

- **Rockland Trust Charitable Foundation**, \$27,000 for our 12-passenger van
- **Waltham Lions Club**, for Recreation dances and arts programming
- **Jones Partnership Fund**, \$1,000 for Community Service Projects



Please Make a Donation to GWArc!

Please help GWArc continue to provide high quality care and services to individuals we serve.

Your tax-deductible donation will:

- **Purchase adaptive equipment that promotes independence**
- **Provide job coaching to adults working in the community**
- **Assist high school students to explore career options and gain job training and job experience**
- **Support enriching programs like art, movement, music, cooking and nutrition**

You may donate using the enclosed donation sticky note (see page 5) or send a check payable to GWArc to 56 Chestnut St., Waltham, MA 02453.

If you would like to make your donation online, please do so at www.gwarc.org. See "Make a Donation".

And if you have already made a donation, please accept our sincere thanks!