

Greater Waltham Arc **NEWS**

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December 2011

From the CEO, Roz Rubin — As we begin a new year and celebrate our 55th anniversary, GWArc asked stakeholders at the agency and in the community to reflect on the future of our services and directions we should pursue, as well as to share some of their favorite GWArc experiences. We hope the comments below will help you to think about GWArc and encourage you to be in contact with your input as we move forward.

Greg Abel, GWArc Board of Directors: "I hope to see a GWArc that is vibrant and contemporary, and serving the consumers that need us within the Greater Waltham Area. GWArc will have beautiful facilities, and will be staffed by dedicated and expert employees. While consumers will represent a wide range of ages and abilities, GWArc will have the programs and space available. Most importantly, GWArc consumers will be a visible and integrated part of the .Waltham community."

Nan and Paul Okarma, GWArc Volunteers of the Year: "We see GWArc still providing much needed services to those with intellectual and developmental disabilities and creating innovative therapeutic solutions to enrich their lives. We also see the consumer population expanding along with the programs provided as the types of disabilities GWArc supports will grow as more is learned about the different types of disabilities that exist."

Mary Leo, GWArc Day Education Case Coordinator and 25 year staff member: "GWArc provides the best services and advocacy, has very caring staff, and consumers are happy."

Day Education Consumers:

Grace D.: Likes "going places, like to play bocce in the park" and enjoys arts and crafts. She also likes the holiday decorations

Ken D.: Likes "going in the van to the museum". (A group of consumers and staff recently visited the Rose Museum at Brandeis.) He also likes cooking on Fridays and going out for walks around Waltham.

Roberta R.: "I like coming to work at GWArc and getting along with everyone. I like to go out places like bowling."

Dianne A., a Watch City Self Advocates member, likes to: "listen to speakers and go to the conference and visit the State House".

As you can see from the above, there is a positive feeling about the need for GWArc to continue to provide quality

or all of us about GWArc and its future directions. Regards for a happy holiday season and a wonderful 2012!

services in the community. The Board of Directors and I invite you to a conversation with any

Rob Weitz, General Manager, Embassy Suites Waltham: "I see a bright future with GWArc ... With Roz's leadership and activity in the community, bringing awareness to the services of GWArc, businesses like the Embassy Suites Waltham will understand the importance of their commitment to the community and will continue to be a major supporter in the years to come."

lelani Phillips, Manager, Stop and Shop, Pleasant Street, Watertown and GWArc Business of the Year: "It is a pleasure to work with GWArc and employ several consumers."

Ruth Powers, family member and Human Rights Committee Member: "I love that GWArc helps so many people who are challenged. There are so many programs that help people come together so they don't feel alone. My daughter is on top of the world because of GWArc."

EPT Consumers:

Susan B., PLUS Program: "I have been here for 21 years. I like working everyday, and I like my case manager Barbara." Susan also enjoys arts and crafts, especially painting, and exercise and music group programs at Woodland Road.

Joe O., PLUS Program: Enjoys the recreation programs at GWArc, "like Special Olympics".

Adam M., Independent Supported Employment: Working at Shaw's "has been good and the support is good. I'm happy right now."

Matt L., Group Supported Employment: "The staff are so nice and helpful and they always teach you new things."

School to Work Transitions students:

Reina A.: "I like when we go out and start looking for jobs and they show us what they do there, it is very interesting."

Sarah R.: "I like the job training the best, it really helped me get my job at Stop and Shop."



Roslynn Rubin, Ed.D Chief Executive Officer

GWArc 2011...Another Great Year!



GWArc helped to organize the Legislative Town Meeting in Waltham in March, 2011. Above, left to right: Gary Blumenthal, President/CEO of ADDP; Rep. Jay Kaufman, Rep. Thomas Stanley, Rep. Sean Garballey and Rep. William Brownsberger.



Roz Rubin presents a thank you gift to Chad Groenwoldt of Embassy Suites Waltham, host of the 2nd Annual "Ciao Down for GWArc" in April.



Brian Delaney (left) and Stephen Lopez (right) enjoy art class with Artist-in-Residence Pablo Friedmann last Spring.



GWArc's team of twenty-seven athletes competed at Special Olympics Massachusetts in June. Above. a track and field event.





Healthy Cooking Classes at GWArc: Above left, Paul Yusikones makes bran muffins; above right, Candia landoli and Healthy Waltham Chef Instructor Leslie Glynn work at the stove. Classes were held at Chestnut Street and Woodland Road.



CEO Roz Rubin and Support Services Manager Anna Thorpe present the mutual benefits of collaborating with Bentley and Brandeis Universities at the AAIDD National Conference in June.



At the request of her students, Daisy Antonini, School to Work Transitions Program Manager, models firefighter gear during a group visit to Waltham Fire Department's Headquarters-Central Station





Consumers enjoy trips to the Butterfly Garden (left), miniature golfing (above) and bowling (right).



Sing of States Single GWARC

Consumers show off colorful t-shirts they tie dyed during the summer with a volunteer.

Fall Events Wrap Up

Fall was a wonderful time at GWArc, making and strengthening community connections while having a great time celebrating our agency. We hope you attended one or all of our fall events, but if not, we are sharing this update with you!

Harvest Breakfast – Our 41st Annual Harvest Breakfast was a sold out success as the community came together to celebrate and raise funds for GWArc. Embassy Suites Waltham staff, our hosts for the 11th consecutive year, went above and beyond to make the event special. Attendees enjoyed great food and entertainment with the music of Ken Doucette, amazing magic tricks, face painting and the fabulous balloon stylings of DC the Clown.

Annual Meeting – November 14th featured Artist-in-Residence Pablo Friedmann as our keynote speaker. Pablo shared his background and experiences teaching persons with challenges, and staff longevity and community awards were presented. As a special highlight of the evening, Board President Bob Clement and Roz Rubin led all attendees in a toast to GWArc's 55th anniversary.

Thanksgiving at GWArc – Day Education enjoyed a festive turkey dinner arranged by CEO Roz Rubin and COO Liam Mansfield on November 21st. EPT cooked and shared an extensive feast on November 23rd.

Consumer/Staff/Family Holiday Party – A terrific time was had by all at the French American Victory Club on December 2. Over 150 consumers, staff, family members, Board Members and others dined and danced to celebrate the holiday season. Our thanks to our friends at the Club, who donated the space and soda for the party.

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Roz Rubin and Greg Abel, GWArc Board Member, award door prizes at Harvest Break-



Michelle Bourgeois and Charlie Durkee enjoy the balloon hats by DC the Clown at Harvest Breakfast.



Cindy Davis (left) and Mary Ann Monette (right) with the Waltham Mills Artists Association Open Studios ad they posted around . Waltham in the Fall.



Bob Clement leads a toast to GWArc's 55th Anniversary at the Annual Meeting on November 14.



Mary Leo, Day Education Case Coordinator (left) and Lori Bennett-LeClair, Assistant Director, GSE/BIS (right) are recognized for 25 years of service to GWArc at the Annual Meeting.



Kristina Smith, a member of Watch City Self Advocates, receives GWArc's Advocate of the Year award.



Managers of Stop and Shop, Pleasant Street, Watertown, accept GWArc's Business of the Year Award in recognition of their employment of four GWArc consumers.



Yolande Nowlan works on the BIS mailing of GWArc's Annual Appeal.



PLUS consumers enjoy music therapy with Thalia Vitikos.



Above I to r, Renee Allain, Adam Maher and Kristina



Mary Melanson helps to decorate a Christmas tree at Chestnut Street.



GWArc Board Member Jim Baron and his daughter Michaela sell Artists of GWArc 2012 calendars at Harvest Breakfast.

Roz Rubin and Liam

meal at Chestnut

Street.

Mansfield prepare the



Above I to r, Danny Powers; Lt. Mike Murphy; and Chad Groenwoldt and Rob Weitz of Embassy Suites Waltham visit with Patches the dog, a friend from the Waltham Fire Department, at Harvest Breakfast.



Watch City Self Advocates

made for the high bidder at

Harvest Breakfast's Silent

Auction.

members sample cookies they

Delores Magane of the French American Victory Club accepts a thank you plaque from Roz Rubin for hosting the Consumer/Staff/ Family Holiday Party.



Smith enjoy the Consumer/Staff/Family Holiday Party.

EPT consumers enjoy a turkey for the annual delicious Thanksgiving meal that **GWArc Thanksgiving** they prepared at Woodland Road.



Cherri Perez, Manager of BIS Mailing Services, has identified some exciting new opportunities with jobs that involve light assembly. The manufacturers want to try BIS for these ongoing and large jobs, rather than outsource them to another country. One job is packaging gauze pads, the other is assembling and packaging a USB wristband. A third job, assembling a training device for a medical procedure, is pending. Congratulations to Cherri for landing this employment for GWArc consumers!

People First Language - Start Using It - Please

When you are referring to a person with a disability, please use People First Language, a respectful way of speaking that puts the person before the disability. People First Language describes what a person has, not who a person is. Here are some examples to make this idea clear:

Respectful Language:

The girl with Down syndrome works hard. The man who uses a wheelchair stopped in.

The person with a seizure disorder is seeing the doctor.

Hurtful Language:

The Down's girl works hard. The wheelchair bound man stopped in. The epileptic is seeing the doctor.

Please use People First Language to help change old, negative stereotypes about individuals with disabilities. Thank you.



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We're Continuing to Go Green!

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

GWArc's Annual Appeal Is Underway!

Please give as generously as you can to our 2011-2012 Annual Appeal! Your donation provides support for programs that are so important to the quality of life for GWArc consumers.

This is a particularly important year for GWArc—our 55th anniversary! As we noted in our appeal letter, please help us continue the work first begun by parents of children with intellectual and developmental disabilities in 1956—the work of ensuring the GWArc population enjoys the quality of life deserved by all!

Note you may donate with the enclosed remittance envelope or through our web site – www.gwarc.org, see "Make A Donation."

If you have already made a donation, thank you!

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