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GREATER WALTHAM Arc NEWS

Published by the Greater Waltham Arc, an affiliate of the Arc of the United States and Arc Massachusetts

February 2014

From the Chief Executive Officer, Roz Rubin –

Hello and Best Wishes in 2014! I join everyone at GWArc in hoping you have a healthy and successful year ahead.

Looking to spring, GWArc, as always, is concerned about the budget process for fiscal year 2015 (July 1, 2014 - June 30, 2015). State budget requests related to the coming year include additional funds for day and employment services, transportation and family support. Additionally, and of increased interest to GWArc, funds for the Turning 22 population and autism services are underfunded, with inadequate increases to match the ever growing population to be served. Approximately 800 age 22+ individuals with developmental disabilities are unfunded for day services. The diagnosis of Autism Spectrum Disorder has increased to 1 in 156. Both of these groups need significant funding. It is our intention to support these groups when we secure larger program space. GWArc joins other providers in informing and urging legislators to support budget increases.



Above, left to right, State Representatives Tom Stanley, John Lawn and Jonathan Hecht join Roz Rubin at a Legislative Town Meeting with GWArc program participants at GWArc's EPT site at 31 Woodland Rd.

Some of our actions include:

- Participation in affiliated organizations—Arc of Massachusetts, Association of Developmental Disabilities Providers, Down Syndrome Congress and Mass Advocates Standing Strong, to name a few
- Participation in communication campaigns—calls and emails during critical budget decision making
- GWArc participant education about the budget process
- State House visits—both planned legislator events and office visits
- Watch City Self Advocates communications to legislators

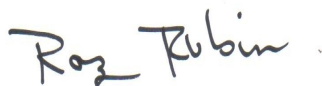
To that end, GWArc individuals, staff and family members held two Legislative Town Meetings (January 28th with State Representatives and January 31st with State Senators) at our Woodland Road location. This allowed our Legislators the opportunity to see our Employment, PLUS and Transitions (EPT) site and have great dialogue with the current individuals served.

To further this campaign we ask you, our stakeholders, to reach out to these decision makers. You need not master the up-to-the-minute financials, simply contact legislators and urge them to support budget increases for disability services. Contact information for legislators is located on our website: www.gwarc.org, see Get Involved, Legislative Advocacy.

Let's hope all our efforts will help to educate our leaders and stimulate action to increase program funds.

Enjoy this newsletter - great photos, a Fall wrap-up, and some great GWArc events to look forward to....

Regards,


Roslynn Rubin, Ed.D
Chief Executive Officer

Welcome to New GWArc Staff Members

Katie Hoenigke, Recreation Manager



Katie Hoenigke displays Winter 2014 Recreation Brochures at Chestnut Street.

Welcome to Katie Hoenigke, GWArc's new Recreation Manager! Katie has over thirteen years' experience working with children, adolescents and adults with developmental disabilities in a variety of settings including day habilitation, residential, treatment and recreational programs. She has completed the academic requirements for a B.S. in Social Work with a Studio Art minor from Bridgewater State College. Katie was inspired to work in the disabilities field by her sister, who has developmental disabilities.

Check out Katie's plans for Winter recreation activities on page 7 and the enclosed Recreation flyer.

Alexandra Marxsen, Director of EPT



Alex Marxsen updates the Human Rights Bulletin Board at Woodland Road.

Welcome to Alexandra (Alex) Marxsen, GWArc's new director of Employment, PLUS and Transitions (EPT). Alex has a B.A. in Education and 15 years of experience in employment and day services at another Arc.

Alex was inspired to work with individuals with disabilities because "as an educator it became clear that persons with intellectual and developmental disabilities are the highest motivated learners out there and are always willing to take on new challenges whether it's a new job, a new craft project, or the newest fitness craze. Their enthusiasm is contagious and it motivates me to find more ways to enrich their lives."

We also extend a warm welcome to the following new staff members who joined GWArc recently:

- Heidi Melvin, PLUS Program RN
- Rebecca Hall, Day Education Program Aide

We also congratulate Maurice Carter, PLUS Case Manager, who has been promoted to PLUS Program Coordinator.

We remember with love...

Frank Corkery, longtime GWArc program participant, who came to GWArc in 1999 and passed away on January 11.

Frank was a participant in various GWArc programs including Pathways to Independence and Day Habilitation. Frank will be greatly missed by all who knew him.

Board of Directors Update

Welcome Back to our Board Officers and Members who began new terms in January:

- Greg Abel, President
- Jody Doucette, Vice President
- John Peacock, Secretary
- Lisa Lorgeree, Treasurer
- Bob Clement, Immediate Past President
- Renee Allain
- James Baron
- Morgan Diamant
- Erik Doucette
- Bob Francis
- Adam Maher
- Marcia MacClary
- Eric R. Prichard

Welcome to Don Willfong, new GWArc Board Member and family member, who joined in January.

Legislative Town Meetings



State Senator Mike Barrett (above left) makes a point at the Legislative Town Meeting held January 31 at Woodland Road. The meeting provided GWArc program participants, family members and staff an opportunity to talk with legislators about their needs and ask questions about disabilities funding in the FY15 budget.

Also pictured (left to right) are State Senator William Brownsberger, Roz Rubin and Kevin Larrivee, Legislative Director & Counsel for Senator Barrett.

This session followed a meeting with State Representatives Jonathan Hecht, John Lawn and Tom Stanley on January 28.

Both sessions were taped by WCAC-TV and can be viewed on that station in the near future. Access to the videos will also be available on GWArc's website.

Our thanks to our Legislators for coming to GWArc!!



Parent and GWArc Board Member Don Willfong (above left), chats with Rep. Jonathan Hecht after the Legislative Town Meeting.

Training Days--Making the Best Even Better!

During the last three months, we were pleased to offer training opportunities to all staff in a variety of areas. These trainings will enhance staff ability to continue skilled and compassionate care to GWArc participants.

- **American Sign Language**, Communicative Health Care Associates instructor Erica Guarino – Nine direct care staff members took a 12 week course in ASL. This was done at GWArc, so staff could interact and practice with their co-workers.
- **Alzheimer's Disease**, Alzheimer's Association instructor Susan Rowlett – All direct care staff, program directors and RNs learned about the stages of Alzheimer's, diagnosis, and modifications to activities to accommodate this population.
- **Low Vision Challenges**, Perkins School instructor Donna Dugan-Edwards – Staff participated in experiential training to understand how individuals' vision is impaired and how to change room design, materials and their approach to persons with vision issues.
- **Working with Persons with Disabilities**, Middlesex Community College instructor Peg Beck – An opportunity for direct care staff to explore their own motivation for the important work we do at GWArc and to create realistic and rewarding goals for participants.



Victor Muhanguzi, Day Education staff member, simulates the experiences of persons with vision challenges.

- **iPad Training**, Easter Seals staff instructor Erin Archibald – Direct care staff learned about uses of Apple iPads with GWArc participants and reviewed over 20 different apps for individualized use in both Day Education and EPT programs.



GWArc staff members participate in iPad Training at Chestnut Street.

Upcoming trainings –

- **Loss and Grief**, as we unfortunately experience this in our work at GWArc.
- **Diversity in the Workplace** training, as we strive for team building spirit and positive work environment.
- **Disabled Persons Protection Commission (DPPC)** – Annual review of this state agency's investigation of abuse/neglect and staff mandate in reporting suspected cases.

Staff trainings continue to be important for GWArc's workforce – making the best even better and reminding us all there is much more to be learned about GWArc's complex population and important mission.

Here's What's Been Happening...



The Allain Family and friends enjoy Harvest Breakfast.



GWArc participants enjoy each other's company at GWArc's Halloween Dance.



Kat Downey conducts a rousing "Music, Movement & Relaxation" session at Woodland Road.



Delroy Dillon (above left) receives his 5 year Staff Longevity Award at GWArc's Annual Meeting. Tom Coxall (above right), former GWArc Board President, receives a Special Recognition Award.



Brian Doucette and David Letellier enjoy Thanksgiving Dinner at Woodland Road.



Participants ask questions at a CEO Town Meeting with Roz Rubin at Woodland Road.



Cindy DeLeo tries adaptive bowling with Day Education staff member Diana Lee.



Susan Borg wears a festive hat at Day Ed's New Year's celebration.



Roz Rubin and Katie Hoenigke prepare New Year's Eve brunch at Woodland Road.



The GSE Semester Break crew works together to make a spaghetti and meatballs lunch.

...In Photos



Bill and Linda Hamaker of "Let's Laugh Today" demonstrate that laughter is contagious during a Laughter Yoga session at Chestnut Street.



Participants and staff members dance the night away at GWArc's Holiday Party.



McDevitt Middle School students visit Day Education participants at Chestnut Street. Students sang holiday songs and brought gifts for participants at both sites.



Beautiful centerpieces for the Rags LaCava celebration event were hand-made by Day Education participants.



GWArc participant Dianne April (center) enjoys activities with student volunteers at the Brandeis Winter Carnival in January.



Rafael Viana (l) accepts donations to the Salvation Army of Waltham Food Pantry from (l to r) GWArc participants John Reagan, Ken Doucette and Day Education staff member Peter Cohn.

Fall Wrap-up

Fall was a busy time at GWArc, with lots of events:

- **Our 43rd Annual Harvest Breakfast** on October 20 was a great success! The event featured a delicious buffet breakfast and capacity attendance with community members, business and city leaders, GWArc participants, families/guardians, friends and staff all enjoying the festivities while raising funds for GWArc. A magician, balloon artist, face painting, Patches the Fire Dog, auctions, mystery gifts, music and line dancing added to the fun. Thanks to Embassy Suites Boston/Waltham for generously hosting (for the 13th year!) and to our generous event sponsors:
Titanium: The Battaglino Family
Gold: Belmont Savings Bank, Charlesbank Garden Apartments, Eastern Bank, Hobbs Brook Management, Park Lodge Hotel Group, Watertown Savings Bank
Silver Plus: Rockland Trust
Silver: Newton-Wellesley Hospital

Bronze: Coastal Capital, Constant Contact, East Cambridge Savings Bank, The Jack & Elinor Marcou Charitable Foundation, New Balance, People's United Bank, Sentinel Benefits, The Village Bank

- **57th Annual Meeting & Community Recognition Awards** were held in November. The evening included a short film festival and the premiere of GWArc's movie, "**Our Question**", starring over 30 participants in GWArc's Day Education and PLUS programs. Haven't seen "**Our Question**"? Visit our website www.gwarc.org and click on the link!
- **A celebration honoring Rags LaCava and Wheels of Happiness** was held in December. Rags organized trips and activities for individuals with developmental disabilities in Waltham for many years. A great evening was had by all, and event proceeds benefited GWArc. Thank you!

GWArc Program Updates

Day Education:

- Day Education participants enjoyed 3 sessions of Music, Movement & Relaxation with Kat Downey.
- Trips to Lookout Farm, Lanes and Games to go bowling, Museum of Fine Arts and DeCordova Sculpture Park in Lincoln were enjoyed by all.
- Participants were visited by two different Therapy Dogs from B.O.N.E.S. and Caring Canines, both volunteer organizations.
- Created crafts for sale at Harvest Breakfast.
- Participated in a Halloween themed room and hall decorating contest.
- Enjoyed a delicious Thanksgiving Dinner made by Roz and Liam.
- McDevitt Middle School students visited Day Education and PLUS to sing holiday songs and hand out gifts.
- Day Education staff made brunch for all individuals to celebrate the holidays on December 24.
- Participants and staff delivered canned goods donated at Harvest Breakfast and by GWArc staff to the Salvation Army of Waltham Food Pantry.

PLUS:

- Program participants enjoyed Artists of GWArc art classes, music, dance and cooking groups with outside presenters.
- Apple picking at Sheldon Farms was a big hit!
- Enjoyed a delicious Thanksgiving lunch prepared by staff.
- Wrote letters, collected donations for Operation American Soldier to present at Annual Meeting.
- **BARK@GWArc** production continued for sale at Harvest Breakfast, "Ciao Down for GWArc" and other community events.
- Implemented new curriculum materials, including a hand bike, programs for the Wii and exercise DVD's (more on the way).
- Enjoyed New Year's celebration brunch.
- Laughter Yoga and ZUMBA sessions were enjoyed by all participants.

Group Supported Employment (GSE):

The GSE Semester Break Program was held at Chestnut Street while college worksites were closed from mid-December to mid-January. Activities included:

- Holiday shopping and lunch at the Arsenal Mall
- Visit to the National Archives in Waltham
- Cooking a spaghetti and meatball lunch with CEO Roz Rubin

Individual Supported Employment (ISE):

- A new job placement for one individual began at Costco Club Demonstration Services, bringing the total placements there to 4.
- 15 individuals hold jobs in the community.
- Axel Osio, GWArc Job Developer/Job Coach, is continuing to seek jobs in the community. Please contact Axel at aosio@gwarc.org if you can help.

School to Work Transitions:

- 33 students are currently enrolled in our School to Work Transitions Program at Waltham High School.
- Students have continued volunteering at locations including EPOCH Assisted Living in Weston, Newton-Wellesley Hospital and others
- Students raised money for Secret Santa, then bought holiday gifts and wrapped them for a 4 year old boy. They earned a pizza party for exceeding their fund-raising goal.
- Students visited the Burlington Mall, and practiced their money skills and social skills. They practiced using the mall map to find various locations and also asked questions about jobs in various stores.

Adult Family Care (AFC):

- AFC continues to get referrals and conduct intakes to help other families in the community
- We are working on new systems and schedules to ensure that we are efficiently helping as many families as we can, and are continuing to market to the Greater Waltham community and beyond to get the word out about this great program!

BIS Mailing:

- Within the last few months, BIS has acquired 3 new businesses and is handling more mailing jobs every day for companies such as Equity Mortgage and Dealer Rater.
- BIS is now packaging Memory on Hand iPhone 5 card cases.

BARK@GWArc:

- Our all natural dog biscuits are growing in popularity as people and their dogs in the community become familiar with the treats. GWArc has donated gift baskets to the Chamber of Commerce, Rotary Club of Waltham and other organizations for fundraising and community events, which has raised awareness.

Autumn Action:

- Recreation activities for adolescents ages 15-22 were held this fall in collaboration with the Waltham Special Education Parent Advisory Council (WSEPAC). Funding was provided by the Jones Partnership Fund.

GWArc's Recreation Program Makes a Big Splash!

Have you checked out **GWArc's Winter 2014 Recreation brochure**? Recreation manager Katie Hoenigke has planned lots of new activities, as well as old favorites.

New activities, designed to help you try something new, get moving and get out into the community, include:

- Zumba
- Bowling League
- Hip Hop/Jazz Dancing
- Basketball
- Ceramics
- Drum Circle

Old favorites include:

- Line Dancing with Marilyn & Bernadette
- Brandeis Buddies
- Music & Movement with Kat Downey



Attendees of the Recreation "Meet & Greet" event held in January enjoyed pizza, Bingo and great prizes.

Trips to sports and theatre events are planned, including college hockey and basketball, Harlem Globetrotters, Disney on Ice, Reagle Music Theatre and more!

We enjoyed our Valentine's Day Dance on February 12!

Don't miss our Upcoming Dance!

- **St. Patrick's Day Dance, Wednesday, March 19, 6-8 PM (Wear GREEN!)**

At the French American Victory Club, 193 Elm Street, Waltham

It's not too late to sign up! Check out all the details at www.gwarc.org/Recreation or see enclosed Recreation flyer.

And please take a moment while you're there to take our survey. We need your input about future Recreation activities!

Questions? Please contact Katie at 781-899-1344 x4120 or Recreation@gwarc.org.

BIS Mailing Turns 20!

Happy Birthday to BIS Mailing Services!

It's time for a celebration! BIS Mailing Services, GWArc's agency-owned business, is marking its **20th year** in operation in 2014. Business & Industrial Services (BIS) Mailing is an agency-owned and Department of Labor approved enterprise. BIS works with Employment Program individuals for the full day and PLUS Program individuals for part of each day and pays a competitive wage. Founded in 1994, BIS Mailing has served well over 150 customers to date, providing job skills and a paycheck to individuals GWArc serves.

BIS work is primarily bulk mailing jobs, such as newsletters and appeals from many of the nonprofit agencies in the greater Waltham area. Realtors, housing authorities and other service businesses are BIS customers as well.

Light assembly jobs include Memory on Hand, a new company for which we assemble and package USB flash drive bracelets and cell phone cases. BIS also works on convention jobs, inserting various promotional materials into giveaway bags for large area conferences.



Nikki Skoutelakis works on a mailing for BIS Mailing Services at Woodland Road.

Bis Mailing's motto is "Doing What You Don't Have Time For".

BIS Mailing Services employees love their work, their co-workers and the GWArc staff who support them.

Please remember GWArc's BIS Mailing Services for your own business or those in the area who need mailing or assembly support.

BIS Mailing Services operates from GWArc's Blanche I. Battaglino Center at 31 Woodland Road. For more information, contact Cherri Perez, BIS Mailing Services Marketing and Production Coordinator, at 781-891-1904 or BisMail@gwarc.org



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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Time For"



781-891-1904
www.BisMailing.com
BisMail@gwarc.org

Please Support GWArc's Valentine Appeal!

Your tax-deductible donation will help us continue in our *58th* year of programming to provide important and enriching interactive experiences for children, adolescents and adults with intellectual and developmental disabilities.

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!



Save the Date!

**GWArc's
5th Annual
"Ciao Down for GWArc"**

**Friday, May 2, 2013
5-7:30 PM**

**Embassy Suites Waltham
550 Winter Street, Waltham
Celebrating 5 Years!**

(See enclosed flyer for details.)



**SAVE
THE
DATE!**



5th Annual

“Ciao Down for GWArc”

Embassy Suites Waltham
550 Winter Street, Waltham

Friday, May 2, 2014

5 - 7:30 PM

*Celebrating Our
5th Year!*

**Newly
Renovated
Ballroom!**



Family friendly
Silent Auction, Raffle and Mystery Gifts for Sale!

- **\$15 Adults**
- **\$9 Children, Seniors and Adults with special needs**

Tickets available in advance at GWArc or at the door

For tickets or more information, please contact GWArc at

781-899-1344

gwarc@gwarc.org

www.gwarc.org



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Don't Miss These Upcoming Recreation Events!!

It's Not Too Late To Sign Up!

Questions? Contact Katie Hoenigke at 781-899-1344 x4120 or Recreation@gwarc.org



Harlem Globetrotters

Cost: \$40

Date: Sunday, March 30th

Time: Drop off: 12:15 PM

Pick Up: 3:30 PM

Location: Pick up & Drop off: 56 Chestnut St.
Waltham, MA

Details: Don't miss the world famous Harlem Globetrotters when they come to Massachusetts! They will bring their ridiculous basketball skills and amazing athletics to the TD Garden. Make sure you are there to be dazzled and entertained!

Bring money for refreshments, suggested \$15-20.



Bowling League

Cost: \$40

Dates: Monday, February 10 & 24

Monday, March 10, 17, 24

Time: 4:00-6:00 PM

Location: Meet at: Lanes & Games
195 Concord Turnpike, Cambridge, MA

Details: If you have any time to **SPARE** come and **STRIKE** it up with the gang and join our bowling league. We will compete on teams for prizes and a whole lot of fun!



Drum Circle

Cost: \$20

Dates: Wednesday, February 19th

Wednesday, March 12th

Snow Date Wednesday, April 9th

Time: 6:30-7:30 PM

Location: 31 Woodland Rd., Waltham, MA

Details: Come and enjoy the joyful healing power of drumming circle. Drums and rhythm instruments will be provided. If you've longed to get your hands on a drum or you just like to move to the beat, join us!



Basketball

Dates: Saturday, March 1st, 8th & 15th

Time: 10:00-11:00 AM

Location: Meet at:
James Fitzgerald Elementary
School Gymnasium
140 Beal Rd., Waltham, MA

Details: Learn some basketball skills and drills while you have fun playing this game. We will be learning how to shoot, dribble, pass and block while playing on teams. But mostly we will just be playing for FUN! **Water will be provided, wear comfortable clothes and sneakers.**



Music & Movement

Dates: Thursday, February 20th

Friday, March 21st

Snow Date Friday, March 28th

Time: 4:15-5:15 PM

Location: 31 Woodland Rd., Waltham, MA

Details: Music & Movement is an interactive program involving singing, instrument playing, movement, dancing and relaxing. Come and join us in self expression, creativity, music, movement and FUN.



BU Basketball

Cost: \$20

Date: Saturday, March 1st

Time: Drop off: 12:30 PM

Pick up: 3:30 PM

Location: Pick up & Drop off:

Details: Come watch the Boston Terriers take on the Holy Cross Crusaders at Case Gymnasium (Boston University). These two women's college basketball teams will battle it out to the end! Who will be the victor? You will have to come to find out!

Bring money for refreshments, suggested \$15-20 .