From the Chief Executive Officer, Roz Rubin –

Hello and Happy 2013 – we all wish you a good year ahead.

“You Should Know” — this small logo on the right side of our website’s home page is becoming your weekly “newspaper”. We continue to find ways to communicate with our stakeholders — from consumers, families/guardians to businesses, donors and others who are connected to GWArc. So, check this spot for updates on staff changes, trips, plans for future activities, grant and fundraising news and other items of interest. And, of course, if there is some information you think we should add to this spot, let us know.

The GWArc Blog, launched in September, is going slowly. Blog hosts change regularly. They each have important questions to ask about GWArc and how to improve. So please use this as yet another way to keep in touch with GWArc. You can find a link to our blog on our website, www.gwarc.org.

We are looking forward to the MA Department of Developmental Services (DDS) Survey and Certification process, scheduled for February 11-13, which will re-license our programs for 2 years.

**Save the Date!** We are beginning to plan for “Ciao Down for GWArc”, the 4th year of this community event at our hosts, Embassy Suites Waltham. Mark your calendar for Friday, May 3 from 5-7:30 p.m.

Lots more news, so turn the page and get updated on GWArc’s efforts and successes in the last few months.

Regards to you all,

Roz Rubin and GWArc consumer Joe O’Connell met with Representative Jonathan Hecht in his office at the Massachusetts State House recently to discuss the “Real Lives” bill. This bill will improve the delivery of support services for individuals with intellectual and developmental disabilities and their family members.

Roz Rubin, Ed.D
Chief Executive Officer
GWArc’s Board of Directors—Welcome Back & Welcome

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; John Addonizio, Renee Allain, James Baron, Mary Christin, Morgan Diamant, Erik Doucette, Bob Francis and Adam Maher.

Welcome to new Board Members:
- Elizabeth Fields, Brandeis University ‘013. Elizabeth will receive her degree this spring in English/Creative Writing and is a student coordinator of Brandeis Buddies.
- Marcia MacClary, Waltham native and former Waltham teacher. Marcia’s area of expertise is Public Relations; she has worked for major corporations including Monsanto Company, Hess Corporation and Sithe Energies.

GWArc’s Wish List . . .

NOT for materials or equipment for our programs, but for PEOPLE who are able to join us for . . .

- Program Advisory Committee – an opportunity to hear about GWArc’s progress and give input for future programming. Meets quarterly.
- Community Trip Volunteers – to accompany GWArc staff and consumers as needed.
- Participation on the GWArc Board of Directors – family members and other interested stakeholders who are able to help GWArc grow and improve.
- Events volunteers – help needed on the day of Ciao Down for GWArc (May 3) and Harvest Breakfast (Fall, 2013)

To learn more, contact GWArc’s Board President Greg Abel or CEO Roz Rubin. We look forward to additional support for GWArc.

Welcome to New GWArc Staff Members

A warm welcome to new staff members who joined GWArc recently:
- Michael Grimes, Day Education DD Specialist/Case Manager
- Abdullah Majidi, Day Education DD Specialist/Case Manager
- Jerry Marcell, EPT Site Supervisor
- Katie Slupski, RN, PLUS Program Nurse

Recreation Update

Have you seen our Winter Recreation Brochure, full of great new activities, along with old favorites?
Our redesigned brochure was sent out by email and mail in December and is also available on our website at www.gwarc.org/Recreation. Check it out!
Winter programs have begun, but you can still register for many activities. Check the Recreation Schedule on our website for updates about classes that are full.

Newly added activities for Winter include:
- GleeWarc - Glee Club with Lenna
- Jewelry Making with Karendra
- Art Group with Donna
- Cooking Around the World with Leslie
- Heart Healthy Dinner with Roz and Anna
- Bingo Night

- Trips to Waltham Philharmonic, Brandeis Women’s Basketball and Museum of Fine Arts
- Inclusive support for children’s activities
- And much more!

We welcome Kaitlyn Riley who is joining our team of recreation assistants for winter activities!

Questions? Contact Kate Rouleau, Recreation Manager, 781-899-1344 x4107, Recreation@gwarc.org.

Erin Willfong (l) and Evan Taylor (r) present an Artists of GWArc painting to Stewart Woodward at the Recreation Photo Gallery event in November. The painting was a thank you gift to Stewart, who taught the Recreation Photography class in the Fall and held the Photo Gallery at his studio.
We’re Looking for Work!

The GWArc Employment Team is looking for work…for GWArc consumers! The three staff members pictured at right are seeking a variety of opportunities in the community and at GWArc’s Battaglino Center, Woodland Road.

Here is a list. As you can see, the needs are great, with many possibilities for consumers at many different levels of employment.

- **BIS MAIL** (Cherri) at Woodland Road – Mail assembly and light assembly/packaging, at Department of Labor piece work rates, giving immediate quotes and consultation about job specifications in order to give the client the best price and turnaround time.
- **Community Employment** (Axel, Daisy) – Entry level positions in retail, food service, etc. in areas accessible by public transportation.
- **Volunteer Opportunities** (Daisy) – Regular volunteer opportunities in nursing homes, hospitals, libraries and other non-profits such as community recreation agencies.
- **Job Shadowing/Tours** (Daisy) – A chance for Waltham High School students to visit various types of work sites.
- **BARK@GWArC** (Contact CEO Roz Rubin) – We are seeking 1-2 more small pet related businesses (vets, pet shops, groomers) or local craft fairs where **BARK@GWArC** dog treats may be sold.

How can you help? Keep GWArc in mind as you visit small businesses, hear about new businesses opening in the Waltham area or if you know persons who work at a business where GWArc consumers’ skills might be utilized. Remember BIS MAIL if your workplace, religious group, clubs or agency connections are doing mailings. **You needn’t “make the ask”, just get back to the GWArc Employment Team with contact information.** We love meeting new potential employers and telling them about GWArc and the dedicated and enthusiastic future employees we are able to send their way. Contact Cherri, Axel and Daisy at 781-899-2206 or at bismail@gwarc.org (Cherri), aosio@gwarc.org (Axel) or despada@gwarc.org (Daisy).

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**BARK@GWArC . . . Available Around Town**

**BARK@GWArC** – dog treats for the greatest pets you know!!!

If you were at Harvest Breakfast this Fall or the Women’s Action Alliance Craft Fair in December, you know that **BARK@GWArC**, consumer made dog biscuits, have been available and are being steadily sold. Since then, we have great news to report – **BARK** is now for sale at Pizzi Farm, 549 Lincoln Street, Waltham. Drop in for your supply of dog treats and the other great food products they sell.

Lucky dogs checking in to Courtyard Marriott and Holiday Inn Express in Waltham receive a complimentary biscuit treat bag (shown at right) with information about **BARK**, GWArc and its mission.

Thanks to Bob Clement, President, Park Lodge Hotel Group (PLHG), with the cooperation of Keith Gilbert, PLHG Chairman, for purchasing and distributing our product to traveling pets.

If you know of a dog who would “woof-woof” with joy over the all natural handmade treats, see our website or order by calling GWArc at 781-899-1344. We know they’ll love them!
Kat Downey of Miracle Moments conducted a “Music, Movement and Relaxation” class for Recreation Program participants in September.

A group from Forstöðuþroskaþjálfi Norðurhlíð/Skálatún, a disabilities service provider in Iceland, visited GWArc in October.

Waltham Rotary and Brandeis Rotaract Club members generously volunteered to paint a program room at GWArc this fall. Pictured above (l to r) Maria Sheehan, GWArc CEO Roz Rubin, Mark Wasnock, Jayanta Patra, Marta Baran, Tad Turpen and Connie Braceland.

John Shread (l) and Danny Powers (r) collected food donated by guests at Harvest Breakfast.

Roz Rubin presented an Artists of GWArc painting by Joel Battaglino to the Battaglino family at Harvest Breakfast. The Battaglino family was recognized as GWArc “Super Supporters” at the event.

GWArc consumers Charlie Durkee and Michelle Bourgeois delivered food collected at Harvest Breakfast to Mike Hannen, Bristol Lodge Food Kitchen.

Annual Meeting 2012: At left, GWArc Board President Greg Abel opened the meeting. Above, Brandeis University “Starving Artists” (l) and Bentley University “Off the Clock” (r) a cappella groups entertained attendees. At right, Jason LaPrade, Sodexho Resident District Manager at Bentley University, accepted the Employer of the Year award from Roz Rubin, in recognition of Sodexho’s longstanding employment of GWArc consumers.

Liam Mansfield, Chief Operating Officer and Jenn Adams, Director of Day Education, served Thanksgiving Dinner at Chestnut St.

Students from the McDevitt Middle School in Waltham visited GWArc in December to spread holiday cheer.

EPT consumers (l to r) Charlie Durkee, Sam Fisher and Yolande Nowlan enjoyed the New Year’s celebration.
AFC News

The Adult Family Care (AFC) Program has come a long way since last January when it began! In the year that GWArc has been an AFC provider, we have identified and approved over 20 caregivers who are now receiving the benefits of the program for their family member.

We have also developed strong relationships in the community, with families and other agencies to help get the word out about this great opportunity.

Caregivers are eligible to receive a tax-free monthly stipend if:

- They are living with an individual with a disability or an elder;
- They are providing cueing or supervision with at least one of the following: bathing, dressing, toileting, ambulation, transferring and eating.

If you or someone you know may benefit from the AFC program, please contact AFC Program Director Heather Chagnon at 781-899-1344 x4145 or hchagnon@gwarc.org.

We are looking forward to what 2013 has in store for GWArc’s Adult Family Care Program!

Coordinator of Curriculum Update by Kari Parcell

We have been busy this Fall and early Winter with educational and fun trips out in the community! Trips included:

- Tour of the Robert Treat Paine Estate in Waltham
- Visit to the National Heritage Museum in Lexington
- Apple picking
- Monthly visits to the State House to call on legislators to advocate for services

Instructors from the community came to GWArc to conduct classes in Healthy Cooking and Chair Yoga. Music, Movement and Relaxation classes were also enjoyed by consumers. Staff benefited from a class too that helped them incorporate methods into daily programming. An “apple bake-off” using apples picked by consumers was held at Chestnut Street in October. Recipes made by consumers in all 4 program rooms and by staff members were judged by a panel and awards given in several categories, with “Most Creative” for apple ice cream.

Therapy dogs from B.O.N.E.S., Inc. and Caring Canines are visiting GWArc with their owners monthly. At left, Boo-boo, brought by owner Julie, visits with Earl Walker.

New Year’s celebrations were hosted by Roz and Kari on December 28 and were a big hit! PLUS consumers enjoyed brunch, and Day Education consumers enjoyed a dessert cart and punch. Leis, party hats, noise makers and a “countdown” made the fun, festive celebrations complete.

GWArc recently hosted a brunch at the State House featuring a presentation by Melissa Reilly, aide to Senator James Eldridge. Melissa spoke about her work in Senator Eldridge’s office and her many accomplishments. 50 consumers from Woodland Road and Chestnut Street traveled to the State House for the event. Thanks to Representative Thomas Stanley for attending and making sure the event was a success!

Upcoming: PLUS consumers will be filming a video about human rights at WCAC-TV, The Waltham Channel. Consumers will learn to use cameras and boom microphones while creating a video that addresses this important topic.
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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

Scan with your smartphone to visit our website!

Save the Date!
GWARc’s
4th Annual
“Ciao Down for GWArc”
Friday, May 3, 2013
5-7:30 PM
Embassy Suites Waltham
550 Winter Street, Waltham
(See enclosed flyer for details.)

“Facing Our Challenges”
Legislative Town Meeting
March 20, 2013
6:30-8 PM
MacArthur Elementary School,
494 Lincoln St, Waltham

Representative
Thomas Stanley,
Honorary Chairperson

Program will include remarks by community members on Turning 22, Family Support and Chapter 257/Program Rate Setting. Area legislators will speak.
(See enclosed flyer for details.)

Please Support GWArc’s Annual Appeal!

Your tax-deductible donation will help us continue in our 57th year of programming to provide important and enriching interactive experiences for children, adolescents and adults with intellectual and developmental disabilities.

You may donate with the enclosed remittance envelope. 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!

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Facing Our Challenges

A Legislative Town Meeting

On Services for Individuals with

Intellectual and Developmental Disabilities

Wednesday, March 20th, 2013

6:30—8 PM

MacArthur Elementary School

494 Lincoln Street, Waltham, MA

Program will include remarks by community members on Turning 22, Family Support and Chapter 257 / Program Rate Setting.

Invited legislators include:

Representative Thomas Stanley,
Honorary Chairperson


Senators: Mike Barrett, William Brownsberger and Kenneth Donnelly.

Sponsored by:

Greater Waltham Arc, Inc.      WCI—Work, Community, Independence

Beaverbrook STEP                          Eliot Community Human Services

For more information, contact Anna Thorpe / 781.899.1344 / athorpe@gwarc.org
4th Annual
“Ciao Down”
for GWArc
Embassy Suites Waltham
550 Winter Street, Waltham MA
Friday, May 3, 2013
5:00—7:30PM
Family-friendly
Spaghetti, salad and dessert buffet
Live Auction, Raffle and Mystery Gifts for Sale
• $15 Adults
• $9 Children, Seniors and Adults with special needs
Pay at the door or tickets available in advance at GWArc

Thank you to our generous event sponsor
Embassy Suites Waltham

For more information please contact GWArc at 781-899-1344 or gwarc@gwarc.org
STAKEHOLDERS’ FEEDBACK MEETING
Tuesday, March 12, 2013  5-6 PM

Please join GWArc Program Directors (Day Education, EPT, and Recreation Departments) for another meeting to get your feedback and ideas for planning GWArc programs. At this meeting, we will set a meeting structure and discuss future dates and times for meetings. Families/guardians, other provider staff and all stakeholders are welcome. No RSVP needed, hope to see you there.

Contact CEO Roz Rubin for additional information - 781-899-1344 x4112, rrubin@gwarc.org.