

**See Inside!**

**Welcome Back  
and Welcome to  
New GWArc  
Board Members**

**GWArc's Wish  
List**

**Welcome to  
New GWArc  
Staff**

**Recreation  
Update**

**We're Looking  
for Work—for  
Consumers!**

**BARK@GWArc  
Around Town**

**Fall Wrap-up...  
In Photos**

**AFC News**

**Coordinator of  
Curriculum  
Update**

**Legislative Town  
Meeting  
March 20**

**"Ciao Down for  
GWArc"  
Friday, May 3**

**Support Our  
Annual Appeal!**

# GREATER WALTHAM Arc NEWS

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

**January 2013**

## **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.



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.

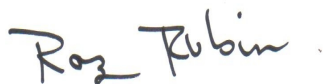
The GWArc Blog, launched in September, is going slowly. Blog hosts change regularly. They each have important questions to ask about GWArc and how to improve. So please use this as yet another way to keep in touch with GWArc. You can find a link to our blog on our website, [www.gwarc.org](http://www.gwarc.org).

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 4<sup>th</sup> 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,



Roslynn 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.
- Eric R. Prichard, Esq., an attorney at Brown & Brown, P.C. Eric concentrates his practice in Estate Planning, Probate, Elder Law and Special Needs Planning.

## GWArc's Wish List ...

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

- Facilities & Safety Committee Meetings – experience in property management and repairs, knowledge of facilities' problems/solutions. Contractors would be helpful. Meets quarterly.
- 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
- Jerry Marcell, EPT Site Supervisor
- Abdullah Majidi, Day Education DD Specialist/Case Manager
- 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](http://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 Karennia
- 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](mailto: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 Battaglini 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



The GWArc Employment Team: Cherri Perez, BIS Mail Production and Marketing Coordinator (foreground); Daisy Antonini, School to Work Transitions Manager (back left); and Axel Osio, Job Developer/Job Coach (back right).

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](mailto:bismail@gwarc.org) (Cherri), [aosio@gwarc.org](mailto:aosio@gwarc.org) (Axel) or [despada@gwarc.org](mailto:despada@gwarc.org) (Daisy).



## 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!



## Fall Wrap Up ... in Photos



Kat Downey of Miracle Moments conducted a "Music, Movement and Relaxation" class for Recreation Program participants in September.



A group from Forstöðuproskajálfi Norðurhlíð/Skálátún, 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 Battaglini to the Battaglini family at Harvest Breakfast. The Battaglini 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](mailto:hchagnon@gwarc.org).

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



GWArc AFC Team:  
Heather Chagnon, AFC Program Director (left), and  
Bonnie Kiernan, RN, AFC Nurse

## 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.



Melissa Reilly, aide to Senator James Eldridge, talks with Kari Parcell, GWArc Coordinator of Curriculum, at the brunch hosted by GWArc at the State House.



### **GWArc**

56 Chestnut Street  
Waltham, MA 02453

Phone: 781-899-1344

Fax: 781-899-2197

TDD: 781-899-8555

E-mail: [gwarc@gwarc.org](mailto:gwarc@gwarc.org)

### **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](mailto:gwarc@gwarc.org) or call 781-899-1344 ext. 0.

**We're on the web!**  
[www.gwarc.org](http://www.gwarc.org)



Scan with your smartphone to visit our website!

Non-Profit  
U.S. Postage PD  
Boston, MA  
Permit # 56454

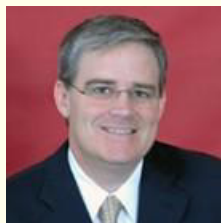
### **Save the Date!**

**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](http://www.gwarc.org). See "Make a Donation".

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

**This newsletter assembled by  
BIS MAILING SERVICES**

Consider BIS for your mailing and light assembly needs.

"Doing What You Don't Have Time For"



781-891-1904 [www.BISmailing.com](http://www.BISmailing.com)  
[Bismail@gwarc.org](mailto:Bismail@gwarc.org)

## 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](#)



Representatives: James Dwyer, Sean Garballey, Kenneth Gordon, Jonathan Hecht, Jay Kaufman, John Lawn and David M. Rogers.

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](mailto:athorpe@gwarc.org)



**SAVE  
THE  
DATE**



*4th Annual*

# *“Ciao Down” for GWArc*

For more  
information please  
contact GWArc at  
781-899-1344 or  
[gwarc@gwarc.org](mailto:gwarc@gwarc.org)

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*



EMBASSY SUITES®

Boston/Waltham





## **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](mailto:rrubin@gwarc.org).**