



GREATER WALTHAM Arc NEWS

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June 2011

From the Chief Executive Officer, Roz Rubin –



Hello Readers...

As we prepare this newsletter, GWArc ends its Fiscal Year 2011 on June 30 (confusing, isn't it?). It's been a great year, again, but the challenge of the spring season at GWArc is to present a balanced budget for the coming year. With level funding from our funding sources and a number of consumers leaving the program, this process was a challenge.

One of the cost saving measures in the Fiscal Year 2012 budget is the elimination of the position of Director of Marketing and Development. But I am thrilled to say we have joining us as Development Associate GWArc's grant writer of the past five years, Joanne Raymond. Joanne will assist in appeals, newsletters, web changes and e-blasts to you and of course, GWArc's events. Joanne will be at GWArc part-time, but continues with her other role as grant writer as well. She knows the agency programs and staff – she is always asking for ideas for grants, and securing them, quite successfully as you will see in an article in this newsletter. Welcome to more time at GWArc, Joanne, we are all happy to have you supporting the agency.

Recapping good news which you hopefully caught on our website....

February – Department of Developmental Disabilities Survey and Certification – GWArc had a “perfect score” and is licensed and certified for the coming two years.

April – “Ciao Down for GWArc” – our second year and a sellout event, reaching our goal which was doubled from last year. Thanks again to the Embassy Suites, our hosts, and all those who volunteered – Raffle and Silent Auction prize “go-getters”, ticket sellers and greeters on the night of the event, Board members and GWArc administrative staff who assisted Joanne and me to make it happen.

Now on to coming events –

Watch our website for the new Operational Plan – goals for the coming year in each GWArc Department. Keep checking in also for the Board of Directors Three-Year Strategic Plan, as noted in the Board President's message. Check out the agency's Accessibility Plan for Fiscal Year 2012. And, our big “Brag Book” – the Performance Analysis, which speaks to every aspect of GWArc's achievements this year.

Now more than ever, GWArc needs to reach out to new friends to support us. I am committed to doing so through community events, mailings, electronic messages and any other ways I can think of to keep GWArc in the minds of businesses, legislators and foundations. All of them can make a big difference in the programming we offer through gifts, advocacy and recognition.

We are looking at this year, our 55th of service, to be better than ever and appreciate your support and feedback as we go forward. Have a wonderful summer.

Regards,

ROZ

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From Bob Clement, President, GWArc Board of Directors



Greetings from the GWArc Board of Directors – the last six months of GWArc Board involvement has been an active and exciting period for us.

We have embarked on writing a Three-Year Strategic Plan to improve and sustain GWArc. Our facilitators were Siri Akal Khalsa, President, Chapel Hill-Chauncy Hall School and Cynthia Bargar of Development Consulting Services. The plan will address four objectives. They are:

- New Consumer Programming
- Facilities
- Personnel
- Board Development

Each of these areas will require additional tasks for the Board, GWArc staff and certainly you, the stakeholders of the agency. Please keep looking at the GWArc website, as further information will be available. Updates in the next newsletter, Annual Report and other documents will keep you well informed. I urge you to be in contact with the CEO, Roz Rubin, with any input that can keep GWArc as great as it is and make it better. And, as you can see from the four objectives, the agency will be looking carefully at

what services we deliver and where they are located...so your ideas are needed.

Speaking of needing all hands on deck as GWArc moves forward, we continue to seek additional Corporate Members and Board Members for new ideas and support. We welcome four new Corporate Members — Jody Doucette, Erik Doucette, Carol Fournier and Patti Sullivan and look to them as family and community members who know the agency and wish to help. Please consider becoming more involved with GWArc by learning the roles of Corporate and Board Members. You can do so by being in touch with Roz.

The Board certainly assisted in the past few months to help us as we strive to reach a new and ambitious fundraising goal for the Fiscal Year 2011, and I thank them all. From signing appeal letters to selling Ciao Down for GWArc tickets to volunteering that night, we are lucky to have this group of committed persons. Again, come join us.

As the fiscal year ends, I join the Board in thanking the GWArc staff — committed, skilled and compassionate — you are the core of what keeps GWArc as a quality provider. It is hoped you will remain with the agency for years to come.

Best regards for a wonderful summer,

Bob Clement

Legislative Wrap-Up



Over 150 attended the Annual Legislative Town Meeting, held on March 24 in conjunction with Beaverbrook STEP, Inc., Eliot Community Human Services and WCI - Work, Community, Independence. Pictured at left are: front row (l to r) - Virginia Connelly, Executive Director, Beaver-

brook STEP; Representative Thomas Stanley; Representative William Brownsberger; Representative Sean Garballey; and Nancy Silver Hargreaves, President and CEO, WCI. Back row (l to r) Representative Jay Kaufman; Roz Rubin, CEO, GWArc; Nicky Osborne, VP of Developmental and Specialized Services, Eliot Community Human Services; and Gary Blumenthal, President and CEO, Association of Developmental Disability Providers (ADDP).



GWArc staff and consumers attended the 33rd Annual Legislative Reception at the State House in Boston on March 2 to interact with legislators and other agencies about legislative, budget and policy priorities.

GWArc Welcomes New Staff Members...

Director of EPT, Adeline Apodemi



Welcome to Adeline Apodemi, who has joined GWArc as Director of EPT. Adeline has over 30 years of experience in human services, most recently at Brockton Area Multi-Services, Inc. Adeline is a graduate of Regis College and resides in Marlborough. Stop by Woodland Road and say hello to Adeline soon.

Jill Hegel, RN, Health Services Coordinator



Welcome to Jill Hegel, RN, who has joined GWArc as the Coordinator of Health Services. Jill has extensive experience in the human services field, most recently working for Cooperative Elder Services. She is a graduate of New Hampshire Technical Institute and lives in Arlington. Stop by Chestnut Street and introduce yourself to Jill.

GWArc Program Highlights...A Busy Winter and Spring

Day Education

- Welcomed new Case Manager Nii Amartey and Jill Hegel, RN.
- Said goodbye to four consumers—Nick C., Jim R., Matt M. and Eugene C. All four transferred to a Day Habilitation Program closer to their new residence.
- Had a display of consumer made arts and crafts in the Waltham Library for the month of March.
- Gann Academy students and their teacher volunteered for a day in May, working one to one with consumers.
- Participated in community trips to Butterfly Place and Mini Golf.

EPT

- Welcome to Axel Osio, Job Developer/Job Coach.

- Waltham High School and School to Work Transitions student Chris Dyer, who volunteers at Newton-Wellesley Hospital's Coffee Shop, received an award for 250 hours of service at an awards dinner in April. Chris is pictured at right. Congratulations to Chris!



- Daisy Antonini (below left), Transitions Program Manager, received a Shining Star Award of Excellence from the Waltham Special Education Parent Advisory Council (WSEPAC). This award is in recognition of Daisy's "personal commitment, dedication and support of students with special needs".



- GSE Semester Break Program at Chestnut Street - Welcome to the college site employees, enjoy your break!

Recreation

- We are preparing for Special Olympics Summer Games, to be held June 17-19 at Boston University and Harvard University. We have 19 people competing this year in both track and field and swimming. Thank you to Bentley University for the use of their swimming pool and to all of the wonderful volunteers! A very special thanks to Mary Kay Samko, Bentley's Head Swimming Coach/Aquatics Director for all her support.



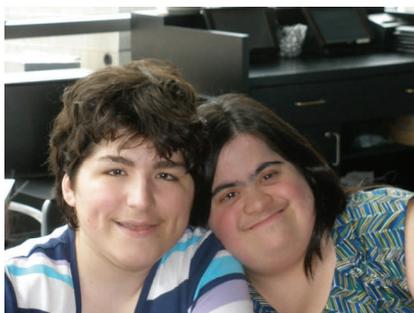
Susan Bailey (above) celebrates her performance at the Special Olympics qualifying event at BU in May.

- Challenger Baseball registration for players and volunteers is still being accepted. Challenger Baseball will be happening Friday evenings, July 8 - August 12, 6 PM. Join us!
- **GWArc Summer Camp registration is underway!** If your child needs some extra supports at camp, we will be supporting the following time periods: June 27-July 1, August 1-26. We provide support at the Waltham Recreation, Waltham YMCA and Waltham Boys & Girls Club summer camp programs.

For more information about Recreation, contact Heidi Barberio, Hbarberio@gwarc.org or 781-899-1344 ext. 4145.

Days and Lives of Watch City Self Advocates

By Jessica Crisafulli and Sheila Hernandez



Watch City Self Advocates Jessica Crisafulli (left), Past President, and Sheila Hernandez (right), Vice President.

We love having dinners and desserts at Woodland Road at every meeting. Everybody respects each other fairly and respectfully with tender loving care. We have speakers come to every meeting to talk about Human Rights, American soldiers and shopping tips. We keep our negative comments to ourselves. We have new officers every year – the Treasurer does the money; the Secretary does the minutes; the Vice President and President introduce the speakers and adjourn the meetings. We have two volunteers who help us at the meetings – Marilyn Lefort and Tim Fitzpatrick. We always leave the meeting room clean and neat.

We had members speak at the Legislative Town Meeting – Kristina and Marci. We had members who helped at the Welcome Table and the event – Ellen, Joe, Olympia and Peter. Other members attended – Brian and Jessica.

See how busy we are every year.

Good News! Grants...

GWArc is the grateful recipient of several recent, generous grants and donations. In addition to grants from the Flutie Foundation, Foundation for MetroWest and the Jones Partnership Fund (detailed below), we also received:

- Eastern Bank Charitable Foundation - \$1,000 for sign language training for staff
- CHNA 17 - \$5,000 for staff training
- Clipper Ship Foundation - \$7,500 for operating support
- Waltham Lions Club - \$3,200 for program space modifications
- Brandeis University student-run SPECTRUM group - \$275



Bethany Dillon, Day Education Program Manager, (above) uses sign language to communicate with a GWArc consumer.

Flutie Foundation Grant Please Help Us Get the Word Out!

GWArc has been generously granted funds from the Doug Flutie, Jr. Foundation for Autism, Inc. GWArc will use the funds to assist families in financial need who have a child (up to age 18) with Autism Spectrum Disorder and reside in the Greater Waltham area comprised of Waltham, Watertown, Newton, Arlington, Lexington, Belmont, Cambridge, Wellesley, Somerville and Boston.

Funding up to \$400 per family is available to pay for recreation programs, respite time or other documented needs such as therapy or equipment not covered by insurance. Funds will be used to reimburse families for previous expenses and/or will be paid directly to vendor of programs/services/equipment. Expenditures have to occur with 2011 calendar year.

Applications will be accepted through September 30, 2011 or until grant funds are fully disseminated.

A link to the application can be found on the front page of the GWArc website – www.gwarc.org. No access to the web? – No problem, call our office and request an application packet from Anna Thorpe – 781-899-1344 ext. 4120.

Jones Partnership Fund Healthy Cooking Classes



GWArc received a generous grant from the Jones Partnership Fund to provide healthy cooking classes for consumers in our Day Education and PLUS programs. Classes are run in collaboration with Healthy Waltham and taught by Chef Instructor Leslie Glynn (pictured at left, during a class at GWArc).

Consumers are learning to make fruit salad, omelettes, pumpkin muffins, a multi-grain pasta dish, strawberry banana smoothies and other delicious items. Try Leslie's healthy and delicious smoothie recipe (below)!

Leslie's Strawberry Banana Smoothie Recipe

This is per serving:

- 1/2 ripe banana
- Approximately 3 strawberries washed & sliced
- 1 cup low fat milk
- 2 tablespoons low fat vanilla yogurt



Foundation for MetroWest Grant Family Respite Services

It's time to thank our generous friends at The Foundation for MetroWest (FMW). A grant from FMW allowed GWArc to run a pilot program which offered respite services to families known to GWArc through day and recreation programming who have individuals with disabilities residing at home. Programs were offered for children and their siblings, adolescents and adults at low cost or no cost because grant funds underwrote most related expenses.

Well, the programs were a hit! The participants loved them and so did their families. The feedback confirmed, with no doubt, that respite experiences are vitally important. Here are some of the responses from parents that say it best – one parent said, "I like that it was on an evening that "typical" teenagers are out and about with their friends. It's the best feeling when your child raves about his weekend." Another stated, "It is so important for their social skills." A parent concluded, "My son enjoyed and looked forward to attending his own special activities."



John Davidson and Kristina Smith enjoying a Providence Bruins game.

We tried out overnight stays, fun days at the Waltham Boys and Girls Club and Saturday nights on the town. We introduced participants to yoga and rock wall climbing as well as taking trips to a Providence Bruins Game and Patriots' Place.



Joey Fleurjuste trying on a Super Bowl ring at The Hall, Patriot's Place.

Let's also give a "shout out" to Bob Clement, our Board President and President/C.O.O. of Park Lodge Hotel Group, who arranged free hotel accommodations for our overnights. Thanks, Bob – for this and everything else you do to support the GWArc community.

Handful of ice

Place all ingredients in a blender.

Blend approximately 15 seconds.

The yield will be about double due to the incorporation of air.

Note: For the lactose intolerant, fruit juice can be substituted for the milk and yogurt.

Art with Pablo

Artist Pablo Friedmann was GWArc's Artist-in-Residence during this past winter and spring. Through a generous grant from the Waltham Cultural Council, GWArc was able to continue our Artists of GWArc enrichment series with a program entitled "Expression Through Drawing and Painting". Consumers in Day Education and PLUS participated in 10 one-hour art sessions held at each site. Pablo worked closely with participants to guide their creative expressions and to develop their artistic talents.



The series of classes will culminate in a Gallery Show, open to the community, to be held at GWArc, 56 Chestnut Street, Waltham.

Gallery Hours:

Monday, June 20: Opening Reception with Pablo, 4 to 6 PM

Tuesday - Thursday, June 21-23: 3 to 4:30 PM

Or by appointment, call 781-899-1344

Please join us!

"Pablo came on Fridays and those were always great days," said Eileen Nee, Director of Day Education. "Our consumers looked forward every week to creating art with Pablo. Having a series of 10 art classes really helped everyone to make a connection with Pablo. The series was a wonderful addition to our programming."

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.



Check out GWArc's website www.gwarc.org for the latest news, photos and updates!

You'll also find:

- 2012 Operational Plan - Summary of Agency Goals - Coming in July
- 2012 Accessibility Plan - Summary of GWArc goals relating to accessible space, modifications, materials and programming for consumers and their families/guardians - Coming in June
- 2011 Performance Analysis - Summary of accomplishments of the Strategic Plan and Accessibility Plan for the past fiscal year - Coming in August
- Spanish Translation
- Programs and Services Information
- GWArc Events Calendar
- Recreation Schedule
- Newsletters - Past and Present

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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 Heather at 781-899-1344 ext. 0.

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

Save the Dates!

Please mark your calendars and save the dates for our upcoming events!



**GWArc's Annual Harvest Breakfast
Sunday, October 16
8 AM - 12 Noon
Embassy Suites, Waltham**



**GWArc's Annual Meeting and Recognition Awards
Monday, November 14
6:45 PM
Embassy Suites, Waltham**

GWArc's Spring Appeal Continues....

As we continue our 2010-11 Annual Appeal, please consider a gift to GWArc. Your donation provides support for programs important to the quality of life for GWArc consumers.

As our **Spring Appeal** letter, sent in May and co-signed by family members of GWArc consumers, said, "Your generosity during this season of renewal will go a long way in helping GWArc sustain its tremendously enriching programs like drumming with Mace Miller, gardening, and cooking."



Mace Miller, "Bucket Banger", (above) drumming with GWArc consumers.

Note: You may donate with the enclosed remittance envelope or through our website – www.gwarc.org, see "Make A Donation".

Thank You!