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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*

**June 2013**

## **From the Chief Executive Officer, Roz Rubin –**

Greetings and best wishes for a great summer ahead....

Here are a number of short but important messages that our readers need to know.

### **Stakeholder Feedback Meetings –**

A **STAKEHOLDER** is anyone who is connected to GWArc—family/guardians, consumers, GWArc staff, residential staff, Board members and even donors. **IF YOU ARE READING THIS, YOU ARE A STAKEHOLDER.**

Stakeholder Meetings began in January and our fourth meeting will be held on Tuesday, September 10, 5-6 p.m. at 56 Chestnut Street. No RSVP needed and you will be reminded of this later in the summer on the web, by e-blast and mail. Join us to talk with Department Directors and myself.



**Roz with some of the colorful ceramic tiles painted by consumers in our Day Education and PLUS programs this spring. Read more about this Artists of GWArc project on page 3.**

**DDS Survey and Certification –** Since our last newsletter, GWArc had our biennial review by one of our funding sources, the Department of Developmental Services. As ever, I am proud to say we have received recertification for another two years, and with a perfect score. Thanks to GWArc staff for making certain our Human Rights procedures, health and safety policies, consumer and personnel records, and many other administrative documents are always ready.

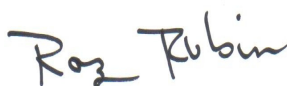
**GWArc Blog –** We began the GWArc blog in September, and there have been very few comments from stakeholders. Check it out via our website [www.gwarc.org](http://www.gwarc.org) and click to read about the blog hosts and leave a comment to give us your feedback.

**More Social Media –** We will let you know, but GWArc is going to have a Facebook page this fall...can Twitter be far behind?

**Operational Plan –** At the end of June you can view GWArc’s Operational Plan for fiscal year 2014 (begins July 1) on our website. This is the agency’s roadmap to keep improving GWArc services.

I hope you will enjoy our June newsletter and that you have a wonderful summer.

Regards,



Roslynn Rubin, Ed.D  
Chief Executive Officer

## ***“Ciao Down for GWArc” was a Great Success!***



The spaghetti almost took over the hotel! Pictured above is a small version of the photo given to Embassy Suites as a gift of thanks as they hosted our 4<sup>th</sup> Annual “Ciao Down for GWArc” on May 3. The successful event featured raffles, sales of “Pasta & Sauce” Mystery Gifts, **BARK@GWArc** dog biscuits, musical entertainment and a spaghetti buffet for over 300 persons. Pictured above right, volunteers Emily Marini (left) and Colleen West (right) at the Mystery Gift sales table.

A huge thank you to our generous event sponsor:

- **Embassy Suites Waltham**

and our Corporate Sponsors:

- **The Nelson Companies**



- **Coastal Capital Group LLC**
- **Eastern Bank**
- **Repligen**
- **Rockland Trust**
- **RTN Federal Credit Union**
- **Unified System**
- **Watertown Savings Bank**

Thanks also to Hannaford Supermarket for donating boxes of pasta to use with our mystery gifts, to our volunteers and to all those who made the event a sold-out success!

## ***Welcome to New GWArc Staff Members***

A warm welcome to new staff members who joined GWArc recently:

- Teddy Howard, Day Education Case Manager
- Susan Lindsay, RN, AFC Nurse
- Beth Nuzzo, PLUS Case Manager
- Andrew Sullivan, PLUS Case Manager

## ***Waltham Hero Awards***

Congratulations to Bob Clement, Waltham Business Hero of the Year. Bob is the GWArc Board of Directors Immediate Past President, having served two years as President and one year as Co-President.



Bob is shown at left with a small token given to him by GWArc in recognition of his award, a glass star engraved “Always OUR Hero”.

Also saluted at the March 20 dinner were Community Hero of the Year Connie Braceland (former GWArc Board of Directors member and Treasurer) and Unsung Hero of the Year John Battaglini (former Board President, Honorary Trustee and longtime GWArc donor).

The awards, sponsored by the Waltham Lions, the Waltham Channel and the Waltham News Tribune, are well deserved recognition to each of these individuals who have served the city at many nonprofits.

## GWArc Program Updates

### Day Education:

- Day Education consumers enjoyed visits to the Butterfly Museum in Westford and DeCordova Sculpture Park in Lincoln.
- Consumers "visited" France, Costa Rica, Mexico and South Korea using the Passport Game.
- Cookouts to celebrate Red Sox opening day at Fenway and birthdays were enjoyed by all.



### PLUS:

- PLUS consumers participated in a Self Advocacy trip to the State House and attended the DDS rate hearing held at Arlington Public Library in March.
- Consumers enjoyed a visit to the Boston Institute of Contemporary Art (ICA).
- Bentley University student magicians Joshua Seiden and Matthew Shick visited in April. Joshua is pictured making magic at right, with help from Brian Delaney.
- Consumers completed SWOTS (Strengths, Weaknesses, Opportunities, Threats) as part of their input to GWArc's 2014 Operational Plan.



### Group Supported Employment (GSE):

- GSE Summer Program, with educational field trips and activities, began at Chestnut Street following the summer closure of college GSE sites in early May.
- The group planted a garden plot at the Waltham community garden and at Chestnut Street.
- Everyone visited the National Archives in Waltham to look up family trees; baked cookies and delivered them to local firefighters at the Lexington Street Fire Station; and travelled into Boston to bring cards to the Boston Marathon Memorial in Copley Square.

### Individual Supported Employment (ISE):

- Consumers continue to work at a variety of jobs in the community. New job placements began at Shaw's, Rogers-Pierce Children's Center in Arlington, Costco

and Costco Club Demonstration Services.

- We continue to seek additional jobs in the community.

### School to Work Transitions:

- 30 students participated in the Transitions Program at Waltham High School during the 2012-2013 school year
- The Transitions Summer Program began June 19 at Bentley University (space donated). Students are cleaning dorm rooms and serving lunch at the Whittemore Elementary School through a partnership with the Waltham Boys & Girls Club. Students will also shop for and prepare a weekly meal, and participate in community trips to see jobs in action.

### Adult Family Care (AFC):

- Since the program began in 2012 we have been able to assist 28 families.
- The AFC Program is staffed with a Program Director and 2 Registered Nurses, with a position open for a Care Manager.
- The AFC Program continues to market to the Greater Waltham community to get the word out about this program that can help so many families.

### BIS Mailing:

- Mailing jobs for Cambridge Housing Authority, Marist Missionary Sisters and local realtors continued. We completed a postcard mailing for The Cantata Singers, a new client.
- Light assembly of Memory on Hand (MOH) USB wrist bands continued. BIS also assembled MOH specially-designed wristbands to benefit The One Fund.



### Recreation:

- Waltham Philharmonic Orchestra and "Chicago" performances, art group, line dancing and other classes were a hit.
- Photography class Photo Gallery event was held at volunteer instructor Stewart Woodward's studio in May.
- A camp coordinator and 5 counselors are being hired for Inclusive Summer Day Camp.

## The Artists of GWArc 2013

GWArc consumers have been enjoying art classes in ceramics and mixed media this past spring. Through a grant from the Waltham Cultural Council\*, Phyllis Biegun, ceramic artist and owner of Weston Clay Studio, conducted on-site classes. Day Education and PLUS consumers learned to prepare ceramic tiles for painting, then painted the tiles using brushes, sponges and q-tips.

The tiles were then fired in the artist's studio kiln. The beautiful tiles will be used to create tile mosaic displays at Chestnut Street and Woodland Road, mounted on trivet holders for sale at



Phyllis Biegun teaches a ceramics class at Woodland Road.

Harvest Breakfast, and sent home with consumers to decorate their homes.

Melissa Kulig, a member of the Waltham Mills Artist Association, is GWArc's new artist-in-residence. Through grant funding from Brandeis University's Social Justice and Philanthropy class, Melissa is teaching a series of ten art classes for adults at each of our two sites. Classes are exploring a variety of mixed media including drawing, painting and collage.



Melissa Kulig conducts an art class at Chestnut St.

\*This program was 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.



## Winter and Spring Wrap Up ... in Photos



Danny Powers plays a game at the Brandeis Winter Carnival in January.



Charlie Durkee and Marci Simons enjoy the Valentine's Day Dance in February.



Mary Ann Monette (l) and Cindy Davis (r) visit the Artists of GWArc display at the Waltham Public Library in March.



Day Education consumers enjoy monthly Chair Yoga with instructor Beth Gold-Bernstein (Brahmi) of TriYoga Boston.



Bentley University students Tim Matheson and Mike Bronson visit Woodland Road to discuss the importance of recycling in April.



Earl Walker celebrates his 60th birthday at an outdoor party at GWArc in May. His brother Brian (standing) attended the festivities.



Above, Group Supported Employment (GSE) participants and staff members enjoy a barbeque and each other's company at Chestnut Street in June.

At right, participants in the Recreation Photography class gather at the Photo Gallery event in May. GWArc CEO Roz Rubin is presenting Stewart Woodward, volunteer teacher, with Artists of GWArc hand-painted ceramic tiles, mounted in trivet holders, as a thank you gift.



The 2013 "**Charlie**" Awards were presented by the Charles River West Area Employment Advisory Group at the Waltham Public Library in June. GWArc's Axel Osio received an award for "**Best Job Coach**". Renee Allain, GWArc consumer and Board of Directors member, nominated Axel for this honor. Pictured below left (l to r), Renee Allain, Katherine Daneau, manager of Walgreens and Renee's employer, and Axel Osio.



At their June meeting, Watch City Self Advocates donated items they collected this spring to Wendy Rocca of Operation American Soldier. Collecting items for Operation American Soldier was the group's "give back" initiative for this year.



Pictured at right, l to r, Mayor Jeannette McCarthy, Adam Maher, GWArc consumer and Board Member, and Linda Scott of Shaw's at the "Charlie" Awards. Linda received "Best Boss" award, nominated by Adam.



## Drink Up and Cover Up...From GWArc's Nurses

By Antonette Kennedy, RN, Day Education and Katie Slupski, RN, PLUS Program



With these 90 degree days you can really tell that summer is here. As many of you probably already know it is important to keep hydrated and protect your skin while outside. But, do you know how much water you should be drinking a day to get an adequate, recommended daily amount? Do you also know what strength SPF sunscreen you should use, and how often you should be putting it on?



We have all heard the saying 8 glasses of water a day, correct? Well, recent studies suggest that men drink 3 liters of water a day (about 12 glasses) and 2.2 liters (about 9 glasses) for women. Who has the time or the taste buds for that much water? If water is too bland for you, jazz it up by throwing in some mint leaves, or fruit such as lemons, limes, strawberries or oranges. Still not getting enough water? Did you know that water intake can also come from foods consisting mostly of water, such as watermelon and tomatoes?

Water is essential for our body to function. The CDC recommends drinking plenty of fluids for protection from the sun. They also suggest these few tips if you are out in the sun this summer:

- Stay in the shade, especially during midday hours (10 am to 4 pm).
- Wear clothing to protect exposed skin.
- Wear a hat with a wide brim to shade the face, head, ears, and neck.
- Use sunscreen.
  - Use SPF 15 or higher.
  - Look for “blocks UVA and UVB” or “broad spectrum” on the label.
  - Apply liberally (minimum of 1 oz) at least 20 minutes before sun exposure.
  - Apply to all exposed skin. Remember to apply to ears, scalp, lips, neck, tops of feet, and backs of hands.
  - Reapply at least every 2 hours and each time you get out of the water or sweat heavily.
  - If you are also using bug spray, apply sunscreen first and bug spray second. Sunscreen may need to be reapplied more often.
  - Throw away sunscreens after 1–2 years.
  - Avoid getting into eyes and mouth and do not apply on open areas of skin.

## “Facing Our Challenges” - Legislative Town Meeting



At the Legislative Town Meeting on March 20, parent John Burns (pictured above at podium) spoke on the importance of funding Chapter 257 Rate Reform, to provide reasonable and adequate rates to human service providers. State legislators (seated, left to right):

Representatives Jay Kaufman, Jonathan Hecht, Thomas Stanley who served as the evening's Honorary Chairperson, John Lawn and Senator William Brownsberger and over 200 meeting attendees listened to six individuals advocate for appropriate funding for services and supports for people with intellectual and developmental disabilities. The six speakers were each connected to the disability community as self advocates, caregivers, parents and staff members.

The meeting, held at the MacArthur Elementary School in Waltham, was sponsored by Greater Waltham Arc, Beaverbrook STEP and WCI-Work, Community, Independence.



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

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### **Save the Dates!**

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

#### **GWArc's 43rd Annual Harvest Breakfast Sunday, October 20 8 AM - Noon Embassy Suites Waltham What A Difference You Make With Every Pancake!**

Once again our Harvest Breakfast ad book will be **green**—we will replace our printed ad book with an elegant and engaging visual presentation showcasing sponsors and other advertisers, along with photos and messages, on large screens in both seating locations.

We are looking for Harvest Breakfast sponsors! If you or someone you know would like to be a Harvest Breakfast sponsor or advertiser, please contact Joanne Raymond, 781-899-1344 x4147, [jraymond@gwarc.org](mailto:jraymond@gwarc.org) or visit our website for more information.

#### **GWArc's Annual Meeting and Recognition Awards Wednesday, November 20 6:45 PM Embassy Suites Waltham**

### **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.**

Please send a check payable to GWArc, 56 Chestnut Street, Waltham, MA 02453.

If you would like to make your donation online, please visit [www.gwarc.org](http://www.gwarc.org). See "Make a Donation".

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

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