

GREATER WALTHAM Arc NEWS

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From the Chief Executive Officer, Roz Rubin –

Welcome to our June newsletter. We hope all those reading it will enjoy the updates and learn more about GWArc.

This Spring brought two challenges to the agency, and we have had to proceed carefully and strategically to meet these hurdles.

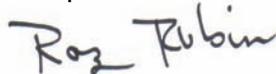
First, as EPT participants and families/guardians know, the DDS contract for Center Based Employment has ended for all providers of disability services. This means our BIS Mailing Services business must close, and do so by January 1, 2015. GWArc is now working to change to a new contract at EPT called Community Based Day Supports (CBDS). This program will feature additional time in the community for trips, volunteering, tours of businesses and other opportunities to be out and around Waltham and beyond.

While the change is unfortunate for GWArc participants who enjoyed working on BIS production tasks and receiving paychecks, this change cannot be reversed. In our GWArc spirit of meeting challenges, we have already begun to design a schedule with trips into the community, which will be phased in over the summer. We are pleased to announce that Cherri Perez, BIS Mail Production and Marketing Coordinator, will be taking the new role of CBDS Program Manager. Cherri will be planning the schedule, arranging trips and overseeing the new CBDS activities. To get around, GWArc has acquired a new 12 passenger van which will be used by participants for these trips.

And, of course, Spring brings the ongoing struggle to “make ends meet”—that is, the Fiscal Year 2015 budget. This year was particularly difficult, as there is some projected financial loss as GWArc changes over to the above program, additional transportation costs and the loss of a significant number of GWArc individuals this past year. Lots of hard work and some difficult choices, but we enter the new fiscal year (July 1) with a balanced budget and hopes to welcome new individuals to GWArc and for continued success of our Day Programs and AFC Program.

If you are asking “What can I do to support GWArc?” here are some ideas...of course, we always look for ideas about community trips, now more than ever. If you know a business we can tour, a great nearby place to visit, a volunteer opportunity, etc., please let GWArc know. Email me at RRubin@gwarc.org or call me at GWArc.

Regards,


Roslynn Rubin, Ed.D
Chief Executive Officer



Roz Rubin (center) and Group Supported Employment participants Pattie Fitzgerald (left) and John Shread (right) prepare to tape a news video with WCAC-TV about the Waltham Food Pantry project (see page 2).

GWArc and Waltham Rotary Club Work Together to Stock Waltham Food Pantries



GWArc and the Waltham Rotary Club recently began collaborating on a project to help stock Waltham food pantries. Waltham Rotary Club members donated more than \$325 for food banks in the past three months at their weekly meetings; GWArc participants looked for items on sale, used the funds to shop for food, then delivered the food.

Waltham food pantries receiving the donations include Bristol Lodge Food Pantry, Sacred Heart Church Food Pantry, Salvation Army of Waltham Food Pantry and Waltham Community Day Center.

This project benefits everyone involved:

- Waltham Rotary Club members who donate funds and know that food will be delivered to local food pantries
- GWArc participants who develop life skills by shopping at local markets and delivering food donations, and also have an important opportunity to help others in the community
- Waltham food pantries, whose shelves are stocked with more items for Waltham citizens in need



Above, left to right, GWArc PLUS Program participants Yolande Nowlan, Eddie Kishlansky and Charlene Craig shop for food for local food banks.



Mary Ann Monette and Peggy Boit, participants in GWArc's Day Education program (at left), and participants and staff of GWArc's Group Supported Employment Program (at right) deliver food donations to the Salvation Army of Waltham Food Bank.



Welcome to New Staff

Welcome to...

Barbara Dunker, RN, new AFC Program Nurse. Barbara has extensive experience working with the elderly and at other nonprofit agencies.

Jessica Webbe, new behavior consultant.

Sandy Luangoudom, new Administrative Assistant.

Check our Website for Fiscal Year 2015 Plans

See our website www.gwarc.org for FY 2015 ADA Accessibility Plan and FY 2015 Operational Plan Summary. Printed copies are available—please contact GWArc to request.

Congratulations to...

Roz Rubin, GWArc CEO, who was named a **Paul Harris Fellow** in June by the Rotary Club of Waltham “in appreciation of tangible and significant assistance given for the furtherance of better understanding and friendly relations among peoples of the world”. Paul Harris, a Chicago attorney, created Rotary in 1905 along with three friends.

Leah Igdalsky who graduated from Brandeis University in May with a B.S. in Psychology. Leah worked part-time at GWArc for all 4 years while at Brandeis and will continue part-time as Grantwriter/Development Associate.

Liam Mansfield, GWArc COO, and his wife Carrie who welcomed their second son, Ellis James, in May.

Heather Chagnon, AFC Program Director, and her husband Pete who welcomed their first child, daughter Kendall Marie, in June.

GWArc Program Updates

Day Education:

- Thanks to Rhonda Fleming and participants who baked Valentine cookies and packaged them in decorated boxes that were distributed to friends of GWArc around Waltham as a Valentine thank you
- Pet Therapy, a very popular program, continued with visits by therapy dogs from B.O.N.E.S. and Caring Canines, both volunteer organizations
- *Artists of GWArc* and Day Education art projects were displayed at the Waltham Public Library in March
- A grief/loss workshop was held for staff members and included time to remember participants who have passed on
- Men's Group celebrated Red Sox Opening Day with a cookout and indoor picnic
- Community trips to the Museum of Science and Butterfly Museum in Westford were a hit, with several trips, including fishing, and gardening activities planned for the Summer
- Participants baked and packaged **BARK@GWArc** dog biscuits for sale at "**Ciao Down for GWArc**" and for raffle basket donations to community events



PLUS:

- Visits to the DeCordova Sculpture Park, Museum of Fine Arts and New England Aquarium were enjoyed by all, with future plans for trips to the Museum of Science, Arnold Arboretum, USS Constitution and lunch in Fenway Park's Green Monster seats
- Our St. Patrick's Day party on March 17 was lots of fun. Participants shopped for supplies, made a banner and baked green cupcakes. Everyone wore a name tag with their "leprechaun names"
- We celebrated Red Sox Opening Day by making a salad bar lunch and crackerjacks with Roz
- Cinco de Mayo was observed by preparing tacos and making piñatas and breaking them outside
- Thanks to Boston Bark for donating fresh soil for our raised garden; we are planting vegetables and flowers and created a rock garden with decorated rocks
- PLUS and BIS participants had a great time painting and decorating plates and mugs with Phyllis Biegun
- EPT and Day Education staff attended training on Diversity/Cultural Competency and Alzheimer's Disease



Group Supported Employment (GSE):

The GSE Semester Break Program is being held at Chestnut Street while college worksites are closed during the summer. Activities include:

- Shopping and food delivery for local food pantries
- Educational and fun field trips to National Archives, Arsenal Mall, Wayside Inn Grist Mill, Stone Zoo and

the Massachusetts State House for self advocacy

- Gardening at our Waltham Community Farms plot and Chestnut Street beds, and walking local trails
- Weekly cooking projects and nutrition education ("My Healthy Plate")
- Peer Training by Mass Advocates Standing Strong on how to find a job you want using resources in your community, and updating Career Interest Surveys

Individual Supported Employment (ISE):

- 15 individuals hold jobs in the community at Shaw's and Hannaford Supermarkets, Walgreens, Costco Club Demonstration Services, The Leland Home, SEIU, Sodexo (National Grid's Cafeteria) and more
- 2 individuals will be ready for job placements in July and 7 individuals will be ready in the near future
- Axel Osio, GWArc Job Developer/Job Coach, is actively seeking jobs in the community for these individuals. Please contact Axel at 781-899-2206 x224 or AOsio@gwarc.org if you can help

School to Work Transitions:

- 38 students were enrolled in our School to Work Transitions Program at Waltham High School for the 2013-2014 school year
- Students toured Stop & Shop and Target to see jobs in action, and visited Pizzi Farms, Burger King and CVS to practice safety, money and social skills
- The Transitions Summer Program will be held at Bentley University July 7 - August 1 (space donated). Students will clean dorm rooms and serve 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):

- AFC is now supporting 36 members
- Barbara Dunker, new AFC Program Nurse, is visiting members and caregivers
- Axel Osio will be interim AFC Care Manager while Heather Chagnon is on maternity leave
- We continue to market AFC to the Greater Waltham community and beyond to get the word out about this great program

BIS Mailing:

- BIS Mailing Services is continuing to support current customers while transitioning to close by end of year

Watch City Self Advocates

- Meetings featured speakers from the Waltham Fire Dept. on fire safety, Waltham Police Dept. on safety and a member of the military who spoke about his experiences
- Collected donations for Operation American Soldier

Here's What's Been Happening...



Rhonda Fleming organizes boxes of Valentine cookie that were distributed around Waltham to GWArc friends and supporters in February.



EPT and Day Education participants and staff attend the 36th Annual Legislative Reception at the Massachusetts State House in March.



Roz Rubin, left, celebrates with Lisa Lorgeree, GWArc Board Member and Waltham Community Hero, at the Hero Awards Dinner in March.



Artist Phyllis Biegun conducts Ceramic Arts classes with EPT participants in April.



Above, EPT participant Jethra Fay enjoys painting a plate in Ceramic Arts class.

At right, Day Education participant Michelle Bourgeois paints a colorful mug.



Day Education participants enjoy the exhibits at the Museum of Science this Spring.



Evan Taylor enjoys Spring Recreation's "Drumming Circle" with instructor Jane Gossard in April.



Everyone enjoyed the music and each other's company while dancing the night away at the "Spring Fling Dance" in May.

...in Photos



Roz Rubin presents a framed ceramic plate as a thank you gift to Chad Groenwoldt of Embassy Suites Boston/Waltham at our 5th Annual **"Ciao Down for GWArc"**.



GWArc Board Member Renee Allain (left), Waltham Mayor Jeannette McCarthy (center) and Roz Rubin pause for a photo at **"Ciao Down for GWArc"**.



Watch City Self Advocates Joseline Ramirez (left) and Pattie Fitzgerald (right) collect donations for Operation American Soldier at **"Ciao Down for GWArc"**.



Watch City Self Advocates members hold up letters that spell "Thank You" to thank this year's meeting speakers.



GWArc participants and staff dance to "Happy" for WCAC-TV's "Waltham is Happy" video.

Spring Wrap-up

Spring was a busy time at GWArc, with lots happening:

- Our **5th Annual "Ciao Down for GWArc"** on May 2nd was a great success! The event featured a delicious Italian buffet and capacity attendance with community members, business and city leaders, GWArc participants, families/guardians, friends and staff all enjoying a fun evening while raising funds for GWArc. Music by DJ Rich Profita, a silent auction, raffle and mystery gifts added to the fun.

Thanks to Embassy Suites Boston/Waltham for generously hosting (for the 5th year!) and to our generous event sponsors:

- **The Nelson Companies**
- **Aflac**
- **Coastal Capital**
- **Eastern Bank**
- **Rockland Trust**
- **RTN Federal Credit Union**
- **TD Bank**
- **Unified System**

- **Watertown Savings Bank**
- **Boston Properties**
- **Middlesex Savings Bank**

Thanks also to the many community businesses and others who supported GWArc with auction, raffle and mystery gift prizes.

- Day Program participants and staff attended the **36th Annual Legislative Reception at the Massachusetts State House** in March to hear from legislators and advocate for needs of persons with intellectual and developmental disabilities.
- **Ceramic Arts*** classes with artist Phyllis Biegun were held for the 2nd consecutive year, thanks to a Waltham Cultural Council grant. Day Education and EPT participants painted plates and mugs for use in their homes. Items will also be for sale at Harvest Breakfast.

*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.

GWArc Participants Bring Personal Experience to Brandeis Event

Three GWArc participants were powerful guest speakers at an event at Brandeis University in March. Entitled **“Spread the Word to End the Word”**, the event’s purpose was to raise awareness and sensitivity among students about casual use of the word “retard” or “retarded”, also referred to as the R word.

Kristina Smith, a participant in GWArc’s GSE Program, and Joe O’Connell and Marci Simons, participants in GWArc’s Plus Program, represented GWArc’s Watch City Self Advocates at the event. Each spoke about what the R word means to them. **See Kristina’s remarks, which are printed in full, below.**

Joe said “No one should use the R word. It’s not nice.” Marci, following up on Kristina’s remarks, added “People with developmental disabilities can do anything”, and said that she has plans to go to school for medical technology.

Massachusetts State Representative Tom Sannicandro (D-Ashland), a developmental disabilities advocate, was a featured speaker at the event and spoke about discrimination he has experienced with his son, who has Down Syndrome. Although discrimination toward those with developmental disabilities has not ended, he said society is progressing in the right direction as state legislatures work to eliminate dehumanizing attitudes.

GWArc’s short film **“Our Question”**, which asks over 30 GWArc participants what they like about themselves or what they like, was also shown at the event. The movie, filmed in 2013 with assistance from WCAC-TV, The Waltham Channel, can be viewed by visiting www.gwarc.org.

“We wanted to make sure our campus and community is aware that language matters and the way you talk affects people,” said Leah Igdalsky, Brandeis ’14 and GWArc Development Associate. Leah helped coordinate the event, which was jointly presented by Brandeis Buddies and SPECTRUM. Brandeis Buddies works to build friendships between Brandeis students and adults with developmental disabilities who work at Brandeis; SPECTRUM works to develop bonds between Brandeis students and families of children with developmental disabilities.



Marci Simons (left) and Joe O’Connell (right) listen while Kristina Smith (center) reads her prepared remarks about the R word to the audience.

Remarks by Kristina Smith at “Spread the Word to End the Word” Event

Hello, my name is Kristina Smith.

Today I have been asked to talk about the R word and what it means to me. The R word means slow or limited in intellectual understanding. The slang meaning is dumb or stupid. This word was used to describe people with developmental disabilities in the past, but it is no longer used today. Because nothing about the R word has anything to do with people who have developmental disabilities.

People with developmental disabilities are so much more than that word. We are athletes, artists, dancers, workers, singers, teachers, sisters, brothers, mothers, fathers and friends. We are just as smart and capable as anyone else!

I am an advocate and I stand up for myself and other people. If someone used the R word to hurt someone else’s feelings, I would stand up for them. It is wrong to use this word to hurt people. If you still choose to use this word know that it has nothing to do with me or anyone else with developmental disabilities! We are so much more than a word!! Thank you!

Jump In!...To GWArc's Summer 2014 Recreation Activities!

Have you checked out **GWArc's Summer 2014 Recreation brochure**? Recreation Manager Katie Hoenigke is following up our very popular Spring Recreation offerings with lots of great Summer activities. See www.gwarc.org to view and print the brochure, or call GWArc for a copy.



Joseph Motzi shows off the fish he caught during Spring Recreation's Fishing Club.

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

- Belly Dance
- Photography
- Concerts on Waltham Common (8 of them!)
- Healthy Cooking Club
- Fishing Club
- Trips to "Futures at Fenway" and Canobie Lake Park
- Teen trip to Canobie Lake Park

- Overnight at Jellystone Park Camp Resort
- And more!

GWArc Recreation is also supporting children at 3 Waltham day camps this summer.

We enjoyed our Spring Fling Dance on May 14!

Don't miss our Upcoming Dance!

Summer Fun Dance

Wednesday, July 9, 6-8 PM

French American Victory Club
193 Elm Street, Waltham

Jump in and join us! It's not too late to sign up for Summer activities! Check out all the details at

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



Joan Bergin paints a masterpiece in "Masterpieces with Your Bare Hands" painting class held this Spring.

Construction at Chestnut St.

While we continue to search for a new facility, we could not wait any longer to make some minor upgrades to two programming rooms at Chestnut Street. On the first floor, pictured at right, room dividers were removed from the Pathways to Independence room, creating an open floor plan, increasing space and improving the flow of program activities.



In the Kitchen (Basement level), pictured at left, new cabinets and countertops were installed for safety and to increase storage.

Changes have been very well-received and appreciated by participants and staff.

iPad Update

iPad usage by participants in our Day Education and EPT programs continues to be very successful!

Participants use the equipment every day to communicate and build skills, and we continue to add more applications in response to individuals' needs and interests.

Thanks to a donation by a generous family member this Spring, we were able to add 3 more iPads to the 10 funded by the Waltham Lions Club last year.



Above, EPT participants enjoy using iPads in their daily programming.



At left, Day Education participant Jason Smallwood uses an iPad with the help of a flexible adjustable stand that clips onto a table.



GWArc

56 Chestnut Street
Waltham, MA 02453

Phone: 781-899-1344

Fax: 781-899-2197

TDD: 781-899-8555

E-mail: 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 or call 781-899-1344 x0.

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



Scan with your smartphone to visit our website!

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Harvest Breakfast is Sunday, October 19—Save the Date!

The warm days of Summer are here, but we're already looking ahead to Fall and **GWArc's 44th Annual Harvest Breakfast, Sunday, October 19, 8 AM to Noon** at Embassy Suites Waltham! See you there!

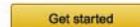
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Do you shop at Amazon? Shop at AmazonSmile (same products, same prices) and **designate GWArc as your charitable organization** and GWArc will receive .5% of your purchase price at no cost to you.

Visit www.gwarc.org for a direct link to AmazonSmile to get started!

Shop at AmazonSmile
and Amazon will make a donation to:

GWArc



We're looking for Group Supported Employment Sites

GWArc is looking for additional Group Supported Employment (GSE) sites. We currently have successful GSE sites employing 24 individuals at Brandeis and Bentley Universities (Cafeteria Dishrooms, Buildings & Grounds) and are looking for additional sites to employ GWArc participants. Groups are supervised by a GWArc staff member.

For more information, please contact: Axel Osio

GWArc Job Developer/Coach
781-899-2206 x224

AOsio@gwarc.org

GWArc also places individuals in community jobs and provides ongoing job support. Contact Axel to learn more.

Make a Donation to GWArc!

Your tax-deductible donation will help us continue in our 58th year of programming to provide important and enriching programming for over 300 individuals with intellectual and developmental disabilities served by GWArc annually.

You may donate using the enclosed donation sticky note (see page 7) 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!