“The Employment Issue”

From the Chief Executive Officer, Roz Rubin –

Hello and Happy Summer from GWArc…it's a time for leisure, enjoying good weather and visiting with families and friends. But, as always, at GWArc we are busy.

With our business year ending on June 30, there are many documents to complete—our Operational Plan for the coming year, our Annual Accessibility Plan and our Performance Analysis, a look back at our achievements for the past year. Summaries of the first two documents are already on our website for your viewing and the Performance Analysis summary will be posted in July.

As part of our planning for the coming year, we intend to reach out to funding sources for referrals and, equally important, reach out to businesses in the community for additional employment for GWArc individuals. So, if you see us on WCAC-TV, online or in other media, you will see that GWArc continues our commitment to community inclusion.

You can help….if you own or work at a business that could utilize additional workers, think of us. With a solid performance through Sodexo at four college sites (in food service and maintenance) and with many individuals working successfully in community jobs, GWArc knows who to recommend for jobs. Additionally, we provide the coaching and ongoing interface with management so the employee and the employer have the success needed for a positive experience all around. This newsletter and further media will be showcasing GWArc employees who have been loyal workers at many businesses in and around Waltham. For more information, contact me, Axel or Dave, pictured above (see contact information on page 3).

Read more about GWArc’s planning in this issue, too. With Harvest Breakfast scheduled for Sunday, October 23rd and GWArc’s 60th Anniversary events in December, there is pride and excitement (and a lot of details) focused on this.

So, SEE YOU THERE and have a great summer ahead.

Regards,

Roslynn Rubin, Ed.D
Chief Executive Officer
Welcome to:

- Alice Kiwanuka-Kavuma, Day Habilitation Assistant, who joined GWArc in June
- Joe Chiarelli, Marketing Intern for Summer 2016, who will be creating and producing the GWArc 2017 calendars. Joe is a Bentley University student and was a student volunteer at GWArc this past year through the Bentley Service-Learning Program

Congratulations to:

- Rhonda Fleming, Day Habilitation Case Manager, on her 20th anniversary at GWArc in May
- Heidi Ehrenfried, Director of Day Habilitation, who became an Affiliated NTG Regional Trainer through the National Task Group on Intellectual Disabilities and Dementia Practice and DDS
- Kayo Kamawu, Director of ECB, and his wife Corrine who welcomed Jonas Reid Kamawu on May 19. Jonas joins big brother and sister in the family
- Mace Miller, longtime GWArc volunteer, who celebrated his 85th birthday on June 19

GWArc held a dedication for our memorial garden at Chestnut Street in May. The garden is in memory of Bruce LeBlanc and Pat Tuttle, longtime GWArc participants who passed away in 2015 and 2016. The dedication was attended by GWArc participants, staff, family and friends.

GWArc Participants Make Great Employees!

Individuals in GWArc’s Individual Supported Employment program and high school students in our School to Work Transitions program are valued employees at a variety of local businesses.

Employers include:

- Belmont High School
- Belmont Hill School
- Costco Club
- Hannaford Supermarket
- Lasell College
- The Leland Home
- Market Basket
- Marshalls
- Sodexo
- Target
- True Value by Ideal
- Shaw’s Supermarket
- SEIU Local Union in Watertown
- Walgreens

Students also volunteer at Newton-Wellesley Hospital, Epoch Assisted Living and other sites to develop job skills.

An Employment Success Story
from Axel Osio, Lead Employment Coordinator

A GWArc participant who had been employed in a kitchen setting was laid off and did not work for some time. When GWArc found a similar job for him through Sodexo at Shire, a biopharmaceutical company in Lexington, he struggled as some of his skills had become rusty.

To help him be successful, GWArc increased our support from one hour to four hours per week and got him back on track. He became a much appreciated team member who works very hard, prompting his new employer to say that they do not know what they would do without him.
We’re Looking for Work!

GWAr’s Employment Team is looking for work... for GWAr participants!

Looking for a hard working, dedicated employee? Give us a call. If you are a business owner with job openings, or know of jobs that could be filled by participants in our Employment Program, please contact a member of our Employment Team.

GWAr participants employed in the community receive ongoing job training and support from GWAr staff and are excellent employees.

Our Employment Program includes:

- **Group Supported Employment (GSE)** - GWAr operates five Group Supported Employment sites: three at Brandeis University, one at Bentley University and one at Babson College. The GSE Program provides employees with a community based job that offers full time staff supervision and individual case management. We are looking for additional job sites.

- **Individual Supported Employment (ISE)** - Employment Coordinators develop jobs and assist individuals in applying and interviewing. After placement, GWAr provides ongoing individualized coaching, liaison to employer, travel training and case management.

- **School to Work Transitions**—Assists high school students to transition from school to work and adult life. Students receive career counseling, vocational training and other support services including: career exploration, work training and placement, job coaching and travel training. We look for paid jobs or volunteer positions in the community for students.

Recently, GWAr CEO Roz Rubin and members of our Employment Team appeared on "Waltham Watches", a program on WCAC-TV, The Waltham Channel, hosted by John Peacock and Kelly Hill. To view the video, visit GWAr’s website at [www.gwarc.org](http://www.gwarc.org) or find it on demand at [wcac.org/ondemand/html](http://wcac.org/ondemand/html).

For more information, please contact:
- **Axel Osio**, Lead Employment Coordinator, 781-899-2206 x223, aosio@gwarc.org
- **David Damon**, Employment Coordinator, 781-899-2206 x224, ddamon@gwarc.org
- **Daisy Antonini**, School to Work Transitions Program Manager, 781-899-2206 x221, dantonini@gwarc.org

Dave Damon, GWAr Employment Coordinator (above right), congratulates Peter Dixon on 13 years of working at Belmont High School. Peter works in the cafeteria kitchen and enjoys interacting with co-workers.

Renee Allain (above left) and Katie Daneau, manager of Walgreens, Weston Street, Waltham, celebrated Renee's 18th year of working at Walgreens in May. “I like all the people I work with,” Renee said, “and I like helping customers find things.”

“We love Renee,” Katie Daneau said. “She’s a great employee.

Danny Powers works in the dishroom at Babson College, one of GWAr’s Group Supported Employment sites. Danny graduated from Waltham High School in 2014.
GWArc participants and staff attended the 38th Annual Arc of Massachusetts and Massachusetts Developmental Disabilities Council Legislative Reception at the State House in March. The theme of the reception was "Celebrating the Strength of Individuals and Families."

**Spring Activities at GWArc . . .**

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Dianne A. measures ingredients with Chef Reva Haselkorn of Healthy Waltham. GWArc received grant funding from CHNA-17 for six healthy cooking classes for Day Habilitation and CBDS participants.

GWArc hosted our 2nd Annual City Leaders Forum in April. We welcomed (above, left to right) State Senator Mike Barrett; Mark Johnson, Chair of the Waltham Disability Services Commission; Ward 8 City Councilor Stephen Rourke; State Representative Tom Stanley; and Joann D’Amico Stone of the Waltham Disability Services Commission for a panel discussion of their work and to answer questions from participants.

“Ciao Down for GWArc”, May 2016

At left, seated left to right, DJ Rich Profita, GWArc participant Tommy Reid, and Christine Dorn, RN, Day Habilitation Coordinator of Health Services, sing along to the music. Case Managers Liz Cavano and Peter Cohn are standing.

Pictured at right, attendees and volunteers included Sally Collura (left), Mayor Jeannette McCarthy and Lisa Lorgeree, former member of GWArc’s Board of Directors.

Don Willfong, GWArc Board Member, and his son Erin, a participant in GWArc’s CBDS program, enjoy dinner.

At right, members of Watch City Self Advocates fundraise for Operation American Soldier at the event.

Sheila H. sings and other participants dance along at Recreation’s Pizza & Karaoke Night in March. Participants enjoyed karaoke singing, dancing and dinner at Woodland Road.

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Spring has been busy at GWArc with lots happening. Highlights include:

• Our 7th Annual “Ciao Down for GWArc” on May 6 was a great success! Hope you were there!
Our festive Italian-themed 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 photo booth, silent auction, raffle and mystery gifts added to the fun.

Our thanks to Embassy Suites Boston/Waltham and our generous event sponsors:

Major Corporate Sponsors

- THE NELSON COMPANIES
- TD Bank

GWArc’s CEO Roz Rubin testified at the State House in March to support State Senator Mike Barrett’s legislation to create an Office of Health Equity within state government to reduce health disparities linked to race, ethnicity and disability. The bill has since been incorporated into bill S.2143, and is in the House Committee on Third Reading.

Springs Wrap-Up

GWArc’s Watch City Self Advocates were thrilled to host Watertown Savings Bank’s Community Relations Manager Kelly Cronin and Chief Financial Officer Richard Tatarczuk at their meeting in April. Dick and Kelly provided an informative and engaging presentation on budgeting and personal finance and joined the group for dinner after the meeting.

CBDS participants weed and water the abundant vegetable garden at Woodland Road.

CBDS participants stock shelves at Catholic Charities Food Pantry.

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Corporate Sponsors

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Thanks also to our silent auction, raffle and mystery gift prize donors. Please visit our website www.gwtc.org for a complete list.

Staff members from eGeneration Marketing of Boston volunteer to help with gardening projects in May.

GWArc’s Day Habilitation staff held a Luau Party for participants and Bentley Service-Learning student volunteers in May. Student volunteers are pictured above with Rhonda Fleming and Mike Grimes, Day Habilitation Case Managers (holding the cake). We look forward to welcoming the student volunteers back to Chestnut Street and Woodland Road in the fall.
GWArc Program Updates

Day Habilitation:
- Students from the Bentley Service-Learning Program volunteered four days a week during the Spring semester and will return in the Fall
- We love music! Music therapy with Tim Cohen, drumming and singing with Mace Miller and Music with James Jones continued at both sites
- Sensory/touch therapy with massage therapist Rosemary Nowlan was a relaxing activity
- Participants decorated magnets and created bookmarks and small gift bags as giveaways for attendees of Waltham’s Riverfest community celebration in June

Community Based Day Supports (CBDS):
- EPT was renamed ECB - Employment & CBDS
- Hannaford supermarket dietician Diana Savani (at right) gave participants a tour with a focus on shopping for healthy choices
- Participants enjoyed going to the movies on Fridays, as well as mini golfing, fishing and other trips
- Participants have begun volunteering at Drumlin Farm in Lincoln with plans to volunteer at Meals on Wheels and Newton-Wellesley Hospital

Group Supported Employment (GSE):
- GSE Brandeis sites had a spring break in April and enjoyed movies and visits to Moody Street and Boston Common
- Summer semester break is underway, with lots of educational and fun activities planned

Individual Supported Employment (ISE):
- 14 participants are working independently in the community with GWArc support
- Additional candidates will soon be ready for a job (see related articles, pages 2 and 3)

School to Work Transitions:
- 29 students were enrolled in School to Work Transitions during the 2015-2016 school year
- Our Transitions Summer Program will take place at Brandeis University in July. We will serve lunches at the Whittemore Elementary School through a partnership with the Waltham Boys & Girls Club
- Student volunteers at EPOCH Assisted Living completed a successful volunteering experience at the end of the school year. We began enrolling students to volunteer for the next school year

Adult Family Care (AFC):
- AFC continues to support 41 families
- We anticipate five new applications in the next 30-60 days

Recreation Update:
Recreation has sprung into summer and we will travel on land, sea and air! Cape Ann Lobster Fishing, Cirque du Soleil, Lowell Spinners, Canobie Lake Park and North Star Rodeo are just a few of our summer events. In July we will travel to Cape Cod for a fun-filled weekend overnight trip. We will also keep healthy and active dancing at Center Stage in Waltham and will show off our new moves at our Summer Fun Dance on August 17th. We’ll also be enjoying the music at the Waltham Concerts on the Common! There are so many activities going on, for full listings check out our website www.gwarc.org for details. Please contact Michael Mullins, Recreation Manager/Volunteer Coordinator to check availability of trips and activities. We strive to find something for everyone.

This spring two of our Recreation Assistants, Renee Emmonds and Tracy Flaherty, were awarded Shining Stars by the Waltham Special Education Parent Advisory Council (WSE PAC) for their work and dedication to their students at McDevitt Middle School. Both bring this same dedication to GWArc’s Recreation Program.

From The Watch City Self Advocates
We are Watch City Self Advocates. Joe is the president, John is the vice president, Kristina is the secretary and Janice is the Treasurer. Kristina collects the dues and Janice puts them in the bag.

We talk about standing up for our rights. We also like learning about different things. We liked having Watertown Savings Bank and the Waltham Fire Department come to our meetings. We learned how to get out if there’s a fire and to always pick up the phone if you have a problem.

Some people stay to clean up after the meetings. Everyone tries to get along.

Watch City Self Advocates Officers (left to right): John Shread, Joe O’Connell, Janice Nowlan and Kristina Smith
From the Nurse’s Desk

Safely Using Insect Repellents
With the ongoing threat of West Nile virus and now the Zika virus, it is important that you know how to apply insect repellent properly and safely in order to protect you and your family. Here are some helpful tips for repellent use:

- Read and follow the label directions. Note if this repellent is flammable and/or suitable for the individual. As a rule, do not use spray repellent near open flame or on children under three years old (unless the label expressly states it is safe).
- Only apply repellent to exposed skin. Do not use under clothing, and do not apply to cuts, wounds or irritated skin.
- Do not apply near the eyes and mouth. When using sprays do not spray directly on the face, but to your hands first and then wipe the face with your hands. Some individuals often put their hands in their mouths; in this case, apply their sunscreen yourself and do not apply to their hands.
- Do not spray in enclosed areas; avoid breathing in a sprayed product.
- Do not use near food.
- After returning indoors, wash treated skin and clothing well with soap and water.
- Do not use insect repellent on pets or other animals unless the label states it is safe to do so. Most insect repellents do not work against lice or fleas.
- Store insect repellents safely out of reach.

For more information on this topic, please refer to www.epa.gov/insect-repellents. On behalf of the registered nurses at GWArc, we wish you a happy and healthy summer!

What’s On My Plate?
Many Day Habilitation program participants recently completed a Healthy Eating course that centers around a MyPlate curriculum. Through videos, discussions and activities, they learned the components of a healthy diet and how to make better decisions toward that goal. Participants were excited to learn and came away with a new understanding of healthier food choices that they can use in their homes and residences.

Good job!

Grant News
Thank you to our generous community supporters for these recent grants and donations:

- **Jones Partnership Fund**, $1,000 for Community Service Projects for Day Habilitation, CBDS and Recreation.
- **Belmont Savings Bank Foundation**, $500 for exercise equipment.

GWArc’s 60th Anniversary!
We look forward to celebrating GWArc’s 60th Anniversary in December 2016!

Save the Dates!
To celebrate this major milestone, we are planning two events:

- **Diamond Anniversary Gala** Thursday evening, December 8 at the Westin Waltham-Boston with a live performance by **Ball in the House**, acclaimed Boston-based a cappella group, and much more!
- **Community Dance Party** for participants, families and community members follows on Saturday afternoon, December 10 at Brandeis University with live entertainment by Flame. Flame band members have disabilities including autism, Down syndrome, cerebral palsy, blindness and paralysis, but that doesn’t hold them back. This will be a Dance Party to remember!

Stay tuned for more details!
We redesigned our website! Check it out at www.gwarc.org

Scan with your smartphone to visit our website!

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.

Your Donation Makes a Difference!
Please help GWArc continue to provide high quality care and services to individuals we serve.

Your tax-deductible donation:
• Provides job coaching to adults working in the community
• Assists high school students to explore career options and gain job training and job experience
• Purchases adaptive equipment that promotes independence
• Supports enriching programs like art, movement, music, cooking and nutrition

Please make your donation online at www.gwarc.org, “Make a Donation”.
Or send a check payable to GWArc to: 56 Chestnut St., Waltham, MA 02453.
Interested in making an automatic monthly or quarterly donation? Please contact Joanne Raymond at 781-899-1344 x4147, jraymond@gwarc.org or visit www.gwarc.org.

Thank you!

Greater Waltham Arc’s 46th Annual Harvest Breakfast
Good Food & Fun For A Great Cause!

Save the Date For this Milestone Event
Our 46th Year!
Sunday, October 23
8 AM to Noon
Embassy Suites Waltham
550 Winter Street, Waltham

Bountiful Breakfast Buffet
Music by DJ Rich Profita
Line Dancing  Magician
Balloon Animals  Face Painting

We are seeking Harvest Breakfast Event Sponsors and Advertisers. Show your support to the community! For more information, please contact Joanne Raymond at 781-899-1344 x4147, jraymond@gwarc.org or visit www.gwarc.org.