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8AM - Noon**
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Monday,
November 13
6-8 PM**

GREATER WALTHAM Arc NEWS

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

June 2017

From the Chief Executive Officer, Roz Rubin –



"Spring for GWArc!"

At left, Roz Rubin and Maria Sheehan, Executive Director of WCAC-TV, The Waltham Channel, host the first segment of our "Spring for GWArc!" Live TV Auction on April 27. See inside for more photos and details about this fun, successful fundraiser.

Thanks for joining us to read the summer issue of GWArc's newsletter! So much has happened since our last issue, and as usual, the pictures inside tell the stories.

In February GWArc received a two year program license by our funding source DDS. This is after a thorough inspection of the records, facility and observation and interviews with participants and staff. The "indicators"—areas to be looked at in programming and record keeping—have changed and are very focused on both job preference, for those who can work, and on participant activity preferences. GWArc will use eight new forms over the next two years to record responses to these questions and implement programming and employment that reflects individuals' choices.

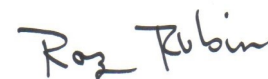
Speaking of the future, I join the Board of Directors this summer in a large task to formulate a Strategic Plan for 2018-2021. We have hired a facilitator to guide us through this process. It is a chance for us all to look at the future of GWArc and directions we may go to serve more persons with challenges and with it, of course, more revenue for the agency.

Which brings us to a challenge I rarely speak about in my "good news" article—the budget. We are facing a significant cut in revenue for the fiscal year 2018 (beginning July 1, 2017). Cuts to funding of programs are notable this year. We will work hard to have a balanced budget for the upcoming fiscal year and remind our readers that your support is appreciated and much needed.

Let's end on a great note...GWArc Group Supported Employees were asked to return to Bentley University for the summer school session. This is a compliment to those individuals working at the site and their GWArc staff. We are happy to provide our hard working participants to this community work site.

My best for a great summer! It will go by fast and I will see you at Harvest Breakfast before you know it.

Regards,



Roslynn Rubin, Ed.D
Chief Executive Officer

GWArc Staff & Other Updates

Welcome to:

- **Evens Darius**, Employment Coordinator
- **Camille Haas**, AFC Care Manager
- **Mark Sewankambo**, CBDS Case Manager
- **Joanne Carminucci**, Marketing Intern, Brandeis '19

Congratulations to:

- **Evens Darius**, Employment Coordinator, and his wife Ashley who were married on June 1
- **Kate Saddlemire Verrico**, Recreation Assistant, and her husband Matt who welcomed son Jackson in May

Thank you to:

- **Our Amazing Staff!** We expressed our thanks and appreciation for their good work with a **Staff Breakfast** at Chestnut Street (photo at top right) and a **Staff Lunch** at Woodland Road (photo at bottom right) in June

Welcome to new members of our Board of Directors:

- **Joseph Chiarielli**, Bentley University '18 and Bentley Service-Learning volunteer at GWArc
- **Leah Igdalsky**, Boston College MSW candidate and former GWArc Development Associate



Grants & Donations Update

Thank you to all of our supporters in FY17! Grants and donations throughout the year in support of our appeals, fundraising events and grant proposals are so important as they help provide the many extras that make GWArc's programs and services so special. Community trips, *Artists of GWArc* art workshops taught by local artists, music therapy, healthy cooking classes and adaptive equipment are just some of the many offerings that enhance our programs.

We are grateful for the following recent donations and grants:

- **Accounting Management Solutions** - white boards, flip charts and office supplies
- **Digital Federal Credit Union** - \$5,000 for GWArc programs
- **Eversource Community Impact Grant** - \$2,000 for GWArc programs
- **Foundation for MetroWest** - \$5,000 for our School to Work Transitions Program. Grant was recommended by FFMW's Youth in Philanthropy Program
- **Jones Partnership Fund** of the First Parish of Waltham - \$1,200 to establish a Memory Café in the Waltham community for GWArc participants and community members experiencing cognitive challenges/memory loss and their caregivers
- **People's United Community Foundation** - \$2,500 for Employment Programs
- **Waltham Lions Club** - \$2,500 for GWArc programs



Alec Bornstein, a student at Westwood High School, presents a check to Roz Rubin, GWArc CEO, at the Foundation for MetroWest's grant awards event in May. Alec is a member of FFMW's Youth in Philanthropy Program.

McDevitt Middle School Students Visit GWArc



McDevitt Middle School students decorate paper masks with participants in our Day Habilitation program.

We had an amazing day at GWArc in March, as we welcomed twenty 8th graders from McDevitt Middle School to work with participants on an art project! Students visited Day Habilitation in the morning and CBDS in the afternoon. Thanks to **Siobhan O'Connell, McDevitt teacher**, for envisioning and arranging this wonderful first Springtime visit!

Students visit GWArc annually in December to perform a holiday concert and generously donate gifts and art supplies, and were excited to return in the Spring to work more closely with participants. In a thank you note, one student wrote *"Thank you GWArc for this unforgettable experience! I can't wait to come again and see the new friends I made."* –Francesca



Thank you McDevitt Middle School!

At left, Siobhan O'Connell, McDevitt Middle School teacher and organizer of student visits, holds an appreciation plaque presented by GWArc in appreciation of 10 years of McDevitt student visits to GWArc.

At right, students and CBDS participants work together to create and decorate clay bowls. ARTrelief™ artists designed the day's art projects.



Legislative Reception and City Leaders Forum



In March, twenty GWArc participants and staff traveled to the Massachusetts State House for the **39th Annual Legislative Reception**. The event was co-sponsored by the MA Developmental Disabilities Council and The Arc of Massachusetts.

At left, CBDS and Day Hab participants gather to hear the informative speakers and to add their support to advocacy efforts. During the event, Governor Charlie Baker declared March 2017 Intellectual and Developmental Disabilities Awareness Month.



GWArc held our annual **Legislative/City Leaders Forum** at Woodland Road in April. Guest speakers, pictured in the photo at left (left to right), included Bob Marcou, Waltham Disability Services Commission Vice Chair; Jeannette McCarthy, Mayor of Waltham; Roz Rubin, GWArc CEO and meeting facilitator; and Massachusetts State Representative Jonathan Hecht.

GWArc participants and staff had an opportunity to meet our speakers, hear what's happening in the state and city that affects individuals with disabilities and ask lots of questions. It was a great event!

Here's What's Been Happening....

"Spring for GWArc!" WCAC-TV Live TV Auction to Benefit GWArc



Our Live TV Auction was lots of fun and a great success! Thanks to our "Waltham celebrity" co-hosts who presented amazing auction items for bid during six 30 minute segments. Co-hosts included **Yolanda Cellucci** and **Justin Barrett** (above left), **Rick Pizzi** and **Kelly Hill** (above right), **Bob Clement**, **Marcia MacClary**, **Bob Marcou**, **Connie Braceland**, **Maria Sheehan** and **Roz Rubin**.

Thanks also to our generous event sponsors: **Rockland Trust**, **TD Bank**, **Watertown Savings Bank**, **Hillcrest Properties** and **Unified System**, and the many businesses and individuals who donated auction items!



Waltham Mayor Jeannette McCarthy (above, standing) stopped by the TV studio and stepped in as a guest host early in the evening. Later, she visited those working "behind the scenes". A big thank you to our phone volunteers **Debbie Barry**, **Cheryl Marcou** (above right), **Betty Mazzone** (above center) and **Leah Igdalsky**.

And a huge thank you to **Maria Sheehan** and **WCAC-TV** staff members **Paula Oliveri**, **Maryann Pescatore**, **Dana Matson**, **Phil McGrady**, **Chris Wangler**, **Bill Heatley**, **MT Nicholas** and **Talar Kahwajian** for hosting the Live TV Auction!



Recent participant training: Mandy Doyle of Triangle, Inc. (above left) presents **Impact:Ability** training to Group Supported Employment participants. This training equips individuals to set safe boundaries and enjoy more independent lives in the community. Above right, trainers from Mass Advocates Standing Strong prepare to present "**Awareness and Action: Educating Persons with Developmental/Intellectual Disabilities to Recognize, Report and Respond to Abuse**" to CBDS and GSE participants.



At left, Dan Messina of Hillcrest Properties displays an "Artists of GWArc" painting delivered to his office by Day Hab participants Mary Ann M. (left) and Michelle B. (right). Dan is decorating the walls of Waltham buildings he renovates with several framed paintings by the "Artists of GWArc".



Carolyn Melbye, art therapist with **ARTrelief™** (left) and Tanya Brown, DD Assistant (center), assist Tommy R. to add his touch to a painting by dripping paint. Several Day Hab participants were involved in this project, done in the style of Jackson Pollock. **ARTrelief™** visited each site twice a month this Spring.* 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.



...in Photos!

Volunteering in the Community



GWArc participants are giving back in the Waltham community! At left, Day Hab participants deliver zip lock bag toiletry kits they assembled for the homeless (shampoo, toothpaste, toothbrush, body lotion, soap, face cloth, disposable razors) to Carolyn Montalto, Executive Director of the **Community Day Center** (2nd from left).

Below left, CBDS participants and staff deliver diapers to **Diaper Depot**, a diaper distribution center for needy families at Christ Church in Waltham.

GWArc shopped for these donations and more using funds donated by the Rotary Club of Waltham as part of the **Rotary-GWArc Food Pantry Project** established in 2014.

Below, Alex N. delivers a **Meals on Wheels** lunch to a senior citizen in Waltham. Participants deliver meals once a week to several Waltham residents.



We Love Dance!

Standing Ovation! GWArc Recreation participants regularly attend **"I Love Dance"** class at **Center Stage Dance Studio in Waltham**. The group's enthusiasm and dedication prompted studio owner/dance instructor Annie Dulong Close to invite participants to perform in the studio's annual dance recital on June 11. They wowed the audience with a rousing dance routine to **"Footloose"** and were proud to receive a standing ovation!

Pictured at right (left to right): Mike Mullins, Recreation Manager/Volunteer Coordinator; Andrea G.; Jessica C.; Danny P.; and Renee Emmonds, Recreation Assistant.

"This was my first time on stage. And it was the best time of my life!" Danny said.

"I Love Dance" Recreation classes are ongoing. Contact Mike Mullins at Recreation@gwarc.org for more info.



Participant Spotlight

With each issue, GWArc's newsletter will include a spotlight on an individual participant in our programs. This issue focuses on an individual in our Group Supported Employment Program.

Meet Erin



Erin and the cameras he carries with him.

Erin is a participant in GWArc's Group Supported Employment (GSE) Program. He has a job at Buildings & Grounds at Brandeis University three days a week, where he works hard and earns a paycheck. His work involves sweeping, dusting and general custodial tasks. On the other two days, Erin participates in our Community Based Day Supports (CBDS) program at Woodland Road.

Erin is legally blind and hearing impaired. He attended Perkins School for the Blind from the ages of 6 to 22. He communicates by sign language as well as by reading and writing.

Erin has a variety of hobbies and interests. He loves cameras and photography and always has a camera or two with him. He likes using an iPad and also enjoys collecting calculators. And he likes to cook—every Sunday, he makes a cake with his mother and sometimes makes meatloaf for dinner.

Dan Sensale, GWArc Site Supervisor at Brandeis Buildings & Grounds, said "Erin's job gives him a great opportunity to work and be in the community. When he is at work, he really enjoys working on different tasks and socializing with his co-workers."

Program Updates

Day Habilitation:

- Regular visits from John Buchanan (music therapist), Mace Miller (drumming/singing), James Jones (singing/playing musical instruments) and ARTrelief™ artists continued at both sites
- Day Hab staff members designed and conducted amazing art projects with our participants; beautiful art decorates program rooms and hallways
- Pet Therapy continued with Caring Canines, and a new massage therapist visited
- Participants helped set up a display of "Artists of GWArc" art work at the Waltham Public Library in March
- Bentley Service-Learning student volunteers completed their weekly volunteering in April and will return to GWArc in the Fall



Art work created by Mary S. using nail polish. Project was designed by Kareen Irving-Williams, Case Manager.



Bentley Service-Learning student volunteers bid farewell until the Fall

Community Based Day Supports (CBDS):

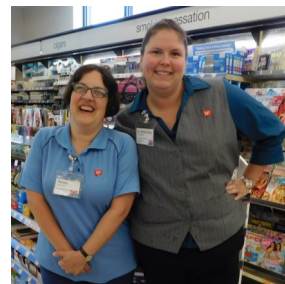
- Our gardens are thriving! We planted tomatoes, vegetables and herbs in the raised bed at Woodland Road and in our Waltham Community Garden plot, which we'll use for delicious cooking projects
- Participants enjoyed activities in the community including walking the track at Leary Field, bowling and a picnic at Beaverbrook Park
- We also enjoy Friday karaoke dance parties!

Group Supported Employment (GSE):

- Summer semester break is underway, with trainings, educational and fun activities planned
- After a break, Bentley crew members returned to work in the dish room for the summer semester
- Brandeis Building & Grounds GSE crew members continue working year-round

Individual Supported Employment (ISE):

- Congratulations to **Renee Allain**, who celebrated 19 years of working at Walgreens on Weston Street in Waltham in May!



Renee Allain (above left) with Walgreens manager Katie Daneau

Watch City Self Advocates Year in Review

By Jessica C., Kristina S., Joseline R. and Sheila H.

Watch City Self Advocates had the following guest speakers this past year: Officer Ann Frassica of the Waltham Police Department, Ken Doucette of the Middlesex Sheriff's Office, Mike Jones and Mallefort, Waltham Fire Department and Wendy Rocca of Operation American Soldier. We also collected items, packed and donated 50 boxes of food to Operation American Soldier. We had Debbie Lovequist, a Waltham crossing guard, talk about snow safety. In the Fall we went to an advocacy conference in Marlborough at the Triple Crown Hotel and we had Rachel from the Metro Regions speak and we had a Chinese food and Karaoke Christmas party. We had 2 very special guests at the party, Wayne and Marilyn Lefort. Marilyn is our line dancing teacher at GWArc. Last year in the Fall we had Marilyn Lefort and Bernadette Bourque come and fill mystery bags with us to sell at Harvest Breakfast. We had a great time with them and Marilyn and Bernadette will be coming this October to do mystery bags with us again. We are looking forward to seeing them!



Above, Jessica C. (left) and Sheila H. (right) try on protective clothing with Ken Doucette, Director of Community Affairs at the Middlesex Sheriff's Office.

Watch City Self Advocates meet monthly to learn how to speak up for themselves and others, enjoy guest speakers, volunteer for a favorite cause, meet community members and have some fun while doing good for themselves and others!

Program Updates

School to Work Transitions:

- 25 students were enrolled in School to Work Transitions during the 2016-2017 school year
- Our **Transitions Summer Program** will be held at Brandeis University in July. We will serve lunch 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
- Last year's Summer program students used our new iPads to listen to their summer reading book "All American Boys" and will again use iPads to assist with their summer reading this year
- Students used iPads this school year during Transitions classes. They were able to use apps on the iPads to learn social skills, community safety skills, money skills and job skills. Students worked on new vocabulary, letter recognition, use of a planner and symbols used in the community
- In May Transitions students went on a trip to Pizzi Farm for lunch and ice cream. They walked from Waltham High School and back. They also went to the Northeast School to mentor younger students

Adult Family Care (AFC):

- New AFC regulations mandate changes in qualifying criteria, which will be reviewed with AFC caregivers
- Contact Barbara Dunker, RN, AFC Program Director, to find out more about this beneficial program. Barbara can be reached at 781-899-1344 x4710, bdunker@gwarc.org

Recreation:

- Jump in as Recreation springs into summer and we travel on land, sea and trolley! The Seashore Trolley Museum, Lowell Spinners Baseball, Fishing Trips, Sunset Walk by the Charles River and Canobie Lake Park are just a few of our fun summer events around Waltham and beyond
- In early July we will enjoy a fun-filled overnight trip, then show off our dance moves at our **Summer Fun Dance on July 12**. We'll also be enjoying music at the Waltham Concerts on the Common!
- There are so many activities going on; for full listings check our website www.gwarc.org for details. Please contact Michael Mullins, Recreation Manager/Volunteer Coordinator at Recreation@gwarc.org or 781-899-1344 x4120 to check availability of trips and activities



GWArc
56 Chestnut Street
Waltham, MA 02453
Phone: 781-899-1344
Fax: 781-899-2197
TDD: 781-899-8555
E-mail: gwarc@gwarc.org
www.gwarc.org



Electronic Newsletter
To receive GWArc's newsletter and other updates by email please email us at gwarc@gwarc.org, call 781-899-1344 x0, or visit www.gwarc.org.



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Greater Waltham Arc's Annual Harvest Breakfast Our 47th and Going Strong!



**Save the Date For
this Milestone Event -
Our 47th Year!**

Sunday, October 22
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
And More!**

**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.**

Join Us for GWArc's Annual Meeting & Community Recognition Awards

Monday, November 13, 6PM
Embassy Suites Waltham
Stay tuned for more details!

YOU Can Make a Difference!

*Please help GWArc continue to
provide high quality care and
services to individuals we serve.*

Your tax-deductible donation:

- **Assists high school students to explore career options and gain job training and job experience**
- **Provides job coaching to adults working in the community**
- **Purchases adaptive equipment that promotes independence**
- **Supports enriching programs like art, 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.

Thank You!