

GREATER WALTHAM Arc NEWS

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March 2015

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**“Ciao Down for
GWArc”**
Friday, May 1
5-7:30 PM

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Greetings from the Chief Executive Officer, Roz Rubin –

Hello, everyone....

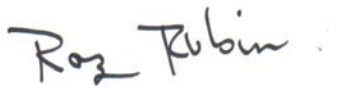
Instead of joining with others to complain about the winter weather this year, how about this approach.....I hope that you are reading this on a day that HINTS at Spring as you welcome the March edition of GWArc's newsletter.

At the end of February we completed the Department of Developmental Disabilities Survey and Certification process, which occurs every two years. The process involves review of records, personnel files, Human Rights Committee meetings, staff and individual trainings, safety procedures and facility conditions. Yes, DDS can look at any part of agency programming and policy to insure quality services to those served. Special thanks go to staff who helped with cleaning, repairs, organizing materials and making sure participant files were in order. On we go to our other mandated review – Commission on Accreditation of Rehabilitation Facilities (CARF) – which will take place in July.

Inside you will find a Save the Date flyer for our 6th Annual **“Ciao Down for GWArc”**, our community spaghetti dinner, on Friday, May 1 at our gracious host, Embassy Suites. Expect the delicious buffet accompanied by Italian music, auction, raffle and the popular mystery gifts. New this year—we will be selling GWArc sweatshirts and small tote bags that can be personalized at time of purchase. The familiar red and white checked flyer should remind you that this fun spring event is coming up—and it better be spring by May 1st!

See inside for our welcome to new GWArc staff and Board members, updates from each department and a recap of fall and holiday events since our last newsletter. Enjoy all our good news and see you at **“Ciao Down”**!

Regards,


Roslynn Rubin, Ed.D
Chief Executive Officer



John Peacock, 2015 Board President, and Roz Rubin, GWArc CEO, plan for the coming year.

Welcome to New GWArc Staff Members

Day Education



Christine Dorn, RN, new Day Education Coordinator of Health Services (left) and Katie Hoenigke, new Director of Day Education (right).

Congratulations to Katie Hoenigke, new Director of Day Education. Katie has been GWArc's Recreation Manager for over a year, and is continuing to oversee evening/weekend recreation activities as we search for a new Recreation Manager. She holds a BS in Social Work from Bridgewater State University and has over fourteen years' experience working with children, adolescents and adults with developmental disabilities in day habilitation, residential, treatment and recreation programs.

Welcome to Christine Dorn, RN, Day Education Coordinator of Health Services. Christine holds a BA in Psychology from Southern Illinois University and a nursing degree from Harry S. Truman College. Christine worked as a staff RN for several years at hospitals in Illinois before relocating to Waltham.

Adult Family Care (AFC)



GWArc's AFC Team: front row, left to right, Axel Osio, AFC Program Director, and Lona Barney, AFC Care Manager. Back row, left to right: Barbara Dunker, BSN, RN, AFC Nurse, and Bonnie Cobleigh, RN, AFC Nurse.

Our AFC team is growing! Welcome to Lona Barney and Bonnie Cobleigh, RN, who have recently joined our Adult Family Care team.

Lona, new AFC Care Manager, holds a BA in Psychology from the Massachusetts College of Liberal Arts and has worked for several years as a client service coordinator, conducting home visits to assess elders and individuals with disabilities for in-home services.

Bonnie Cobleigh, RN, AFC Nurse, has worked for many years at assisted living facilities and adult day care centers, and has provided home care through the VNA Care Network.

Board of Directors Update

Welcome Back to Board Officers and Members who began new terms in January:

- | | | |
|--|--|--------------------------|
| • John Peacock, <i>President</i> | • Greg Abel, <i>Immediate Past President</i> | • Erik Doucette |
| • Jody Doucette, <i>Vice President</i> | • James Baron, Esq. | • Marcia MacClary |
| • Lisa Lorgeree, <i>Treasurer</i> | • Bob Clement | • Adam Maher |
| • Don Willfong, <i>Secretary</i> | • Morgan Diamant | • Eric R. Prichard, Esq. |

Welcome to new Board Members Peter Dixon, GWArc Employment Services participant; Harvey Fisher, family member; and Kelly Hill, Marketing Director at Mount Auburn Hospital; who joined in January.

Our sincere thanks to Renee Allain and Bob Francis, long-term Board Members whose terms ended in December 2014.

GWArc Program Updates

Day Education:

- Welcomed Katie Hoenigke as new Director of Day Education in December
- Went apple picking at Honey Pot Hill Orchards and bowling at Lanes & Games
- Enjoyed pet therapy visits from Caring Canines and Pets & People Foundation
- Participated in twice a month music therapy sessions with Tim Cohen and drumming with Mace Miller
- Made cards and sewing kits for sale at Harvest Breakfast
- Shopped for and delivered groceries to local food pantries through the Rotary-GWArc Food Pantry project
- Participated in Halloween fun, a delicious feast at Thanksgiving and many holiday themed activities
- Rhonda Fleming, Senior Developmental Disabilities Specialist, and Day Education participants baked and donated bread pudding, cupcakes and candies to Bristol Lodge Soup Kitchen for Thanksgiving and other occasions



Mace Miller drums and sings with participants at Chestnut Street.

PLUS/Community Based Day Supports:

- Picked apples at Shelburne Farms and made several apple dishes
- Enjoyed trips to Tougas Family Farm, Boston Common and Channel 2's TV studio
- Began a weekly library group; participants choose books at the Waltham Public Library and discuss them
- Continued to volunteer at Phinney's Friends, Meals on Wheels and the Rotary-GWArc Food Pantry project
- Participated in music therapy and drumming
- Made cards and **BARK@GWArc** dog biscuits for sale at Harvest Breakfast
- Enjoyed a Halloween celebration, Thanksgiving feast and lots of holiday activities
- Began discussion of the Circles curriculum about relationships and boundaries



Marci Simons, PLUS participant, joins in at a music therapy session.

Group Supported Employment (GSE):

- GSE's Semester Break Program was held at Chestnut Street while Brandeis, Bentley and Lasell students were on winter break. See article on page 6

Individual Supported Employment (ISE):

- 16 individuals are working at competitive jobs in the community
- We are seeking additional jobs in the community; please contact Alex Marxsen at 781-899-2206 x222 or amarxsen@gwarc.org if you can help

School to Work Transitions:

- 30 students are enrolled in our School to Work Transitions Program at Waltham High School
- Students continue to volunteer at EPOCH Assisted Living and are employed in the community at Market Basket, T.J. Maxx, Marshalls and Stop & Shop's Peapod
- Students are also gaining work training and a paycheck by working in GWArc's GSE program at Brandeis University
- Toured Courtyard Marriott Hotel in Waltham and Market Basket in Burlington to see jobs in action
- Raised money to buy holiday gifts for two little boys. Students had a goal of earning enough money to buy gifts for one child, but earned enough for two children. They earned a pizza party for exceeding their goal
- Shopped for gifts at Arsenal Mall and Watertown Mall, and practiced money and social skills
- GWArc's Recreation Manager visited students to provide information on recreation activities available. Students have been participating in GWArc recreation activities.
- Students will receive an in class visit from a Walgreens pharmacist in March to learn to read medication labels, side effects and dosages

Adult Family Care (AFC):

- AFC is now supporting 42 members
- Axel Osio, AFC Program Director, is marketing the program in Waltham and surrounding communities

Watch City Self Advocates:

- Received Self Advocates of the Year Award at GWArc's Annual Meeting. The award was enthusiastically presented by State Senator Mike Barrett.
- Congratulations to newly elected 2015 officers! Officers are: (left to right) Joe O'Connell, President; John Shread, Vice President; Kristina Smith, Secretary; and Janice Nowlan, Treasurer



Watch City Self Advocates
2015 Officers

Here's What's Been Happening ...



GWArc participants spoke to Waltham Rotary Club members about the GWArc-Rotary Food Project in September. They gave an update on GWArc participants' use of funds donated by Rotary members to stock local food pantries and issued a challenge to reach \$1,000 in donations by January 1 (achieved). Above, left to right, Kelly Hill, Waltham Rotary Speaker Coordinator and Member of GWArc's Board of Directors; Charlie Durkee, GWArc PLUS Program; Roz Rubin, GWArc CEO; and Candia Iandoli, GWArc PLUS Program.



Participants in GWArc's PLUS/CBDS program join in a rousing music therapy session with Tim Cohen in October.



Roz Rubin presents a photo collage as a gift to Chris Alto, Embassy Suites Boston/Waltham General Manager (center), and Chad Groenwoldt (right), former Director of Catering and Event Services, at GWArc's 44th Annual Harvest Breakfast on October 19.



58th Annual Meeting: Above left, Roz Rubin looks on as Bud LaCava remembers his late father before awarding the 1st Annual Rags LaCava Community Service Award to Alice Taylor, at right of podium. Above right, Katie Daneau, Manager of Walgreens, Weston Street, Waltham, receives the Longtime Employer of the Year Award. Renee Allain (center), participant in GWArc's Employment Services and former GWArc Board member, has worked at Walgreens for over 16 years.



At right, Massachusetts Senator Mike Barrett congratulates members of GWArc's Watch City Self Advocates, who received awards as Self Advocates of the Year at the Annual Meeting.



Happy Birthday GWArc! Participants and staff celebrated GWArc's 58th Birthday on December 10. Everyone sang Happy Birthday and enjoyed birthday cake. Staff at Woodland Road are pictured above left; staff at Chestnut Street staff are above right. Many staff members wore their GWArc sweatshirts, given as a gift at Annual Meeting, in recognition of the event. GWArc was founded by Lawrence Lane in 1956.



Cindy DeLeo decorates a Christmas tree at Chestnut Street in December.

... In Photos!



Eddie Kishlansky celebrates with Roz Rubin on New Year's Eve Day at Woodland Road.



Katie Hoenigke (2nd from left) and Brandeis Buddies participants deliver trail mix, cookies and encouraging notes to Marilyn Lee-Tom (at right), Executive Director, Community Day Center of Waltham.



Jessica Crisafulli, above left, and Kaitlyn Riley, GWArc Recreation Assistant and volunteer, sing along to "Let It Go" at the Valentine's Dance.



Peg Boit enjoys face painting by Katie Saddlemire, GWArc Recreation Assistant, at the Brandeis Winter Family Carnival in January.



Brandeis Buddies went bowling off-campus in December.



Members of Watch City Self Advocates display Valentine cards they made for Operation American Soldier.

Fall and Winter Wrap-up

Fall and Winter have been busy at GWArc, with lots happening:

Our 44th Annual Harvest Breakfast on October 19 was a great success! The event featured a delicious buffet breakfast and capacity attendance with community members, business and city leaders, GWArc participants, families/guardians, friends and staff all enjoying the festivities while raising funds for GWArc. A magician, balloon artist, face painting, photo booth, auctions, mystery gifts, music and line dancing all added to the fun. Thanks to Embassy Suites Boston/Waltham for generously hosting (for the 13th year!) and to our generous event sponsors:

Titanium: The Battaglini Family

Gold: Charlesbank Garden Apartments, Hobbs Brook Management, Park Lodge Hotel Group, Watertown Savings Bank

Silver Plus: Rockland Trust

Silver: Coastal Capital Group

Bronze: East Cambridge Savings Bank, Kevin P. Martin & Associates PC, The Jack & Elinor Marcou Charitable Foundation, Mount Auburn Hospital, Newton-Wellesley Hospital, Sentinel Benefits & Financial Group, The Village Bank, Waltham Rotary Club

Media Sponsor: WickedLocal

Entertainment Sponsor: Waltham West Suburban Chamber of Commerce

Thanks also to all of our generous advertisers and prize donors.

58th Annual Meeting with Staff Longevity & Community Recognition Awards was held on November 10. Highlights include:

1st Annual Rags LaCava Community Service Award. The award was presented to Alice Taylor by Bud LaCava, Rags' son. Rags, founder and president of Wheels of Happiness, organized trips and activities for individuals with developmental disabilities in Waltham for many years. He passed away in September. Alice Taylor, whose son participates in Recreation activities, supports GWArc in many ways, including as sponsor for Jones Partnership Fund grants.

Self Advocates of the Year Award was presented to members of Watch City Self Advocates by Massachusetts Senator Mike Barrett.

The keynote presentation, "New@GWArc", featured a showcase of new GWArc programming, including: Circles Program Curriculum, iPad Applications & Accessories and a demonstration of a Music Therapy session.

GWArc's Holiday Party was held December 5 at the French American Victory Club. Participants and staff enjoyed a delicious buffet dinner and dancing with music by DJ Rich Profita.

GSE Semester Break Program

Participants in GWArc's Group Supported Employment (GSE) Program spent time at Chestnut Street while college GSE worksites were closed for winter break from mid-December through early January. Some participants also came to Chestnut Street while Brandeis University students had a break in February.

Participants had a busy and productive schedule during those weeks. Activities included: daily morning meeting to review important news, weather and plans for the day, exercising, shopping for ingredients, cooking a healthy lunch and learning to make special dishes like potato latkes. They also enjoyed an indoor scavenger hunt, browsing and shopping at More Than Words Bookstore on Moody Street and trips to the Natick and Arsenal malls.

They performed community service by shopping for and delivering food to local food pantries. A favorite activity was decorating and hanging ornaments on the Waltham Tourism Council's outdoor Christmas tree that was set up on Moody Street.



Participants in GWArc's GSE program sample various types of cheese from around the world with GWArc CEO Roz Rubin.

Everyone agreed that their most favorite activity was a cheese tasting event with GWArc CEO Roz Rubin. Participants tasted samples of cheese from around the world and voted on their favorites. Top choices included goat cheese and Brie.

Recreation Update

Fall and Winter Recreation activities were a great success! Activities included the always popular Line Dancing, along with Brandeis Buddies, Bowling League, Healthy Cooking Club, Drama Club and Hip Hop Dance. In the Fall, we tried Horseback Riding for the first time, and it was a hit!



A participant in GWArc's Recreation Program prepares to go horseback riding.

We enjoyed trips to Witch's Wood, a Riverhawks hockey game, Edaville Railroad, Jose Mateo Ballet Theatre's The Nutcracker, dinner and a movie, and a February long weekend to Conway, New Hampshire. Everyone wore **RED** for our February Valentine's Dance.

Don't miss our St. Patrick's Dance on March 18 (wear **GREEN!**) 6-8 PM at the French American Victory Club, 193 Elm Street, Waltham.

Stay tuned for news about Spring activities!



Charlie Durkee shows off his award for Funniest Halloween Costume at the Halloween Dance while Roz Rubin, Barbara Gionis and Yolande Nowlan look on.

Our Halloween Dance in October included a contest for Most Original, Funniest and Scariest costumes, with lots of great costumes for our judges to choose from!

Through a grant from the Jones Partnership

Fund, Brandeis Buddies (Brandeis students and GWArc participants) took a trip off-campus to go bowling and visit an arcade. They also worked together on a community service project to package trail mix and decorate cookies for the Community Day Center of Waltham. These activities strengthened friendships among all Brandeis Buddies participants (see photos page 5).

GWArc Sweatshirts Available!

For the latest in fashion...

**Get a GWArc
Sweatshirt!**

Available for a donation of \$10 for GWArc participants, \$20 for GWArc families and friends in sizes Small-XXL.

Get yours at "**Ciao Down for GWArc**" on May 1, call 781-899-1344 or email

gwarc@gwarc.org to order.



GWArc participants Joey Fleurjuste, Kristina Smith and Ken Doucette (front) model GWArc sweatshirts.

McDevitt Middle School Students Visit GWArc for 8th Year

Students and teachers from McDevitt Middle School visited GWArc for the 8th consecutive year in December. Students sang holiday songs and brought holiday cheer to participants at Chestnut Street and Woodland Road. This year, as a special treat, students added sign language to their rendition of "The Twelve Days of Christmas". This was a surprise to GWArc participants and staff, and was a big hit!

"Each year we visit and when we return the students always tell me they wished they learned some sign language", said Siobhan O'Connell, a teacher at McDevitt Middle School who organizes the annual visit. "This year I decided to teach them before we went. The selected students had lunch in my room each Friday for a month. We assigned the days they practiced, and we reviewed together. They did most of the preparations on their own. They are far from perfect but they were so proud of their work and I couldn't have been happier with their efforts and performance. For many of these students, meeting individuals like those at GWArc is a first. It is a really wonderful experience for them."



Students include sign language as they sing "The Twelve Days of Christmas".



Students sing holiday songs for participants and staff at Chestnut Street, accompanied on guitar by teacher Kevin Coyne.

the students would be well received. It has really been wonderful watching the program develop over the last 8 years."

In addition to singing, students brought generous gifts of hats, gloves, crafts and kitchen supplies, along with a monetary donation. GWArc thanks McDevitt students, families, teachers and staff for taking time to visit and for the generous donations. This annual holiday concert tradition will continue. In the future, we hope to arrange additional visits and activities, such as a group of GWArc participants attending a student play at McDevitt.

Siobhan and a colleague began the tradition of visiting GWArc in 2007, her first year of teaching at McDevitt. "A colleague and I decided to begin a charity event during the holiday season. We really wanted to focus our efforts on improving and assisting Waltham residents", she said. "GWArc was a perfect fit for us. My family has been involved with GWArc's programs for many years. My uncle, Joel Battagli-
no, is a participant. Knowing him, his friends and the programs GWArc has created, we thought a caroling visit from



Participants at Woodland Road enjoy the students' festive holiday concert.

Grant News

GWArc is grateful for recent grants which are providing funding for staff training, facilities and equipment upgrades and program enhancements:

Gratis Foundation - Funding for a new Easy Stand that allows wheelchair bound individuals to stand for a portion of the day. John Cormier, pictured at right, uses our new Easy Stand for one hour a day three times a week. We now have three stands.



Community Health Network Area (CHNA) I7 - Staff training in sign language, recognizing abuse and CPR
Jones Partnership Fund - Expansion of Brandeis Buddies Program
Pitney Bowes Foundation - Employment Programs
Rockland Trust Foundation - Kitchen and program room renovations at Chestnut Street
TJX Foundation - School to Work Transitions
Waltham Cultural Council - Music & Movement
Waltham Community Foundation - Arts programming



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 or call 781-899-1344 ext. 0.

We're on the web!

www.gwarc.org



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Save the Date!

GWArc's 6th Annual "Ciao Down for GWArc"

**Friday, May 1, 2015
5-7:30 PM**

**Embassy Suites Waltham
550 Winter Street, Waltham**

- **\$15 Adults**
- **\$9 Children, Seniors and Adults with Special Needs**

See You There!

Bid on our auction items at
www.BiddingOwl.com/GWArc
beginning March 23!

Please Make a Donation to GWArc!

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

Your tax-deductible donation will:

- **Purchase adaptive equipment that promotes independence**
- **Provide job coaching to adults working in the community**
- **Assist high school students to explore career options and gain job training and job experience**
- **Support enriching programs like art, movement, music, cooking and nutrition**

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!



**SAVE
THE
DATE!**



6th Annual

“Ciao Down for GWArc”



**Italian
Music**



**Photo
Booth**



Embassy Suites Waltham
550 Winter Street, Waltham

Friday, May 1, 2015

5 - 7:30 PM

***Celebrating Our
6th Year!***

Menu
**Delicious
Italian Buffet
Salad
Dessert/Beverages**

Family friendly

Silent Auction, Raffle and Mystery Gifts for Sale!

Bid on our auction items at www.BiddingOwl.com / GWArc beginning March 23!

- **\$15 Adults**
- **\$9 Children, Seniors and Adults with special needs**

Tickets available in advance at GWArc or at the door

For tickets or more information, please contact GWArc at

781-899-1344

gwarc@gwarc.org

www.gwarc.org



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