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March 2016

## From the Chief Executive Officer, Roz Rubin –

### GWArc Needs *YOU* to Donate ...Your Time!

This is a request for you to consider joining a standing committee at GWArc. There are openings for family members/guardians on the *Human Rights Committee*, the *Program Advisory Committee* and the *Facilities & Safety Committee*. These committees are mandated by both our funding sources and certification agencies and meet quarterly.

Committees must include GWArc participants, GWArc staff and family members/guardians of individuals we support. In all, the total time commitment is approximately 8 hours for the year. A brief orientation is held before you attend your first meeting. No expertise is needed to join a committee and you are welcome to bring individuals you may be caring for with you to the meetings.

A little more about each committee –

- Human Rights Committee (4 p.m. at 31 Woodland Road) – review of behavioral plans, incidents and human rights trainings
- Program Advisory Committee (5 p.m. at 56 Chestnut St.) – update on program activities, changes in staffing, marketing efforts and upcoming legislative and GWArc events
- Facilities & Safety Committee (4 p.m. at 56 Chestnut St.) – review of facility maintenance, repairs needed and report on any incidents at GWArc or community work sites

Please be in touch with me to learn more—your support to maintain our compliance is appreciated and your input on any of these committees is invaluable.

As we go forward this year with plans for 2016, see inside for "*Ciao Down for GWArc*" announcement, coming up soon. Then there's Harvest Breakfast this fall—our 46<sup>th</sup>! We are already well along in the planning for GWArc's 60<sup>th</sup> Anniversary, with a **Diamond Gala, December 8** and community **Dance Party, December 10**, both with live entertainment.

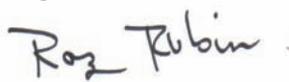
It's going to be another great year for GWArc and we need you to help – on committees, as donors and to dance, eat spaghetti and party in the Waltham community.

Happy Spring and see you soon!



Members of GWArc's Program Advisory Meeting met in February. Seated, from left: Dianne April, GWArc Day Habilitation participant; Kayo Kamawu, Director of EPT; Heidi Ehrenfried, Director of Day Habilitation; Kathy Horrigan, parent; Patricia Fitzgerald, parent; and Sheila Hernandez, Group Supported Employment participant. Standing, left to right: Greg Treadwell, Chief Program Officer; Roz Rubin, CEO; and Jessica Crisafulli, GSE participant. Not pictured: Joe O'Connell, CBDS participant.

Regards,

  
Roslynn Rubin, Ed.D  
Chief Executive Officer

## GWArc Staff Updates

### Welcome to Greg Treadwell, Chief Program Officer and Kayo Kamawu, Director of Employment, CBDS & Transitions



**Greg Treadwell** (above left) joined GWArc as Chief Program Officer in October. Greg is responsible for oversight of four important programs: Day Habilitation; Employment, CBDS & Transitions; Adult Family Care; and Recreation. Greg was previously at a large provider in the Shared Living Program and, prior to that, a large residential facility. Greg brings over 20 years of experience in the field of intellectual and developmental disabilities.

**Kayo Kamawu** (above right) joined GWArc as Director of Employment, CBDS and Transitions in December. Kayo has an extensive work history at two other large disability providers, beginning in direct care with progressive experience to supervision and program implementation. He brings 12 years of experience in the field.

### Heidi Ehrenfried, Director of Day Habilitation



Welcome to **Heidi Ehrenfried** who joined GWArc as Director of Day Habilitation in February. Heidi has extensive experience, most recently at another large disability service provider as well as 15 years as a Department of Developmental Services (DDS) Service Coordinator. We are pleased to have a new Day Hab Director with both direct case management experience and oversight of cases for the state system. Heidi has over 30 years of experience in the field. Her first position working with individuals with developmental disabilities was at GWArc, working at Chestnut Street.

### Welcome to new staff members:

- **Joann Corbelle**, RN, Adult Family Care Nurse
- **Karen Irving-Williams**, Day Habilitation Developmental Disabilities Assistant
- **Dorcias McCall**, Administrative Assistant

### GWArc's 2016 Board of Directors

GWArc's 2016 Board of Directors are pictured at right. Seated, left to right: Eric Prichard, Greg Abel and John Peacock. Standing, left to right: Don Willfong (Secretary), Adam Maher, Bob Clement, Marcia MacClary (President), and Peter Dixon. Not pictured: Jody Doucette (Vice President), Morgan Diamant (Treasurer), Jim Baron, Erik Doucette, Harvey Fisher, Kelly Hill and Stewart Woodward.



### We remember with love...

Bruce LeBlanc and Patricia "Pat" Tuttle. Bruce and Pat were participants in our Day Habilitation program for many years. Bruce passed away in September and Pat passed away in February.

They are missed.

## We're Making a Music CD!

Stay tuned--you'll soon be able to listen to a music and vocal recording by GWArc participants!

James Jones, an accomplished jazz musician and educator who visits GWArc monthly to lead music enrichment programs, is working with GWArc participants on an exciting project to create a music CD. James created a music ensemble at GWArc—eleven participants from GWArc's Day Habilitation and CBDS programs have been gathering weekly to rehearse and ultimately record their music on CD.

"The group is creating improvised music with vocals and instruments," James said. "Participants are having an 'improv' conversation."

Elizabeth K. is one of three participants on vocals. "I really like singing", Elizabeth said, explaining what she likes about the music project.



James Jones (standing) leads members of GWArc's Music Ensemble on vocals and instruments. The group met weekly in the music room at Chestnut Street to work on the Music CD project.



James observes as Brian D. plays the bongo drums during rehearsal.

"I really like playing an instrument", Brian D. said, while practicing on the bongo drums.

In February, James brought in equipment to create a recording studio at GWArc and recorded the ensemble's music. A percussionist drummer who has worked with many well-known jazz musicians, James is donating his time and recording equipment to capture and mix the music, and will make a CD that GWArc can distribute to participants and families and sell at events. GWArc participants are working on creating art work for the CD cover.

In addition to his music background, James has past experience as a case worker for individuals with disabilities and has worked with disadvantaged youth and other groups on similar recording projects. He enjoys working with GWArc participants because "their minds are open, they don't have any inhibitions or restrictions with the music they create."

## Making a Difference: Bentley Service-Learning Student Volunteers

We are thrilled to have Bentley Service-Learning students volunteering at GWArc during their spring semester, continuing this popular program which was reinstated in the Fall of 2015 after a few years' break from the program.



Alex, a Bentley Service-Learning student volunteer, works on a project with Faith W.

A rotating group of 12 students volunteers Monday through Thursday mornings each week in GWArc's Day Habilitation program. With staff supervision, students work one-on-one with GWArc participants on iPad usage, cooking projects and arts and crafts. Students also accompany participants and staff on community trips.

Day Habilitation participants look forward to the students' visits and greatly enjoy the time they spend together. This volunteer project provides students and participants an opportunity to get to know each other and develop meaningful relationships.

As part of their volunteer efforts, for which they receive course credit, students are developing their own projects to work on with participants while volunteering.

"Spending time at GWArc is very rewarding," said Abigail Eisner, student manager of the volunteer program at GWArc. "Volunteering at GWArc helps students break out of the 'Bentley bubble', get off campus and experience real world issues." Bentley University Service-Learning has 60 to 80 student-run programs working with nonprofits in the community.



GWArc participants and staff and Bentley students deliver donations to the Waltham Salvation Army food pantry last Fall. The group shopped using funds donated by the Waltham Rotary Club.

## GWArc Fall and Winter Fun ...



GWArc participants volunteer at the REACH Fall Festival. GWArc volunteers ran the face painting table as a community service project. Funding was provided by a grant from the Jones Partnership Fund.



Tommy R. holds his certificate for 1st Prize in the Day Habilitation Halloween costume contest.



Yolande N. displays her 1st Prize certificate for the CBDS Halloween costume contest.



Charles Botto, Embassy Suites General Manager, admires the gift presented to the hotel by Roz Rubin at Harvest Breakfast in October. The gift was a framed food model of eggs, bacon and pancakes, key components of the event's menu.



Christopher R. (center), participant in GWArc's Day Habilitation program, joins Roz Rubin and Greg Treadwell in the kitchen as they prepare Thanksgiving dinner for Day Habilitation participants.



Happy 59th Birthday, GWArc! We celebrated 59 years on December 10 with birthday cakes at Chestnut Street and Woodland Road. Above, Faith W. and Gerry P., both long-term GWArc participants, help sing Happy Birthday as Roz Rubin displays the birthday cake at Chestnut Street. Next year—our 60th!

## Annual Meeting, November 2015



At left, Nancy Huff speaks about her grandfather, Lawrence J. Lane, founder of GWArc.



At right, Joe O'Connell receives the Self Advocate of the Year Award from Roz Rubin.

Bud LaCava (far right) presents the 2nd Annual Rags LaCava Community Service Award to members of The Waltham Group of Brandeis University. This group partners with 30 nonprofits in Waltham, including GWArc.



Thank you to eGeneration Marketing! Thirteen staff members spent a day volunteering at GWArc in December. They worked with CBDS participants to create centerpieces for tables at our Annual Holiday Party and helped participants prepare a salad bar for lunch.

## ... In Photos!



Thank you to McDevitt Middle School students who brought lots of cheer when they performed holiday concerts for the 9th consecutive year at Chestnut Street and Woodland Road in December! Talented 8th graders, accompanied by their teachers, sang while one student interpreted the songs in sign language and another accompanied on violin. Students raised funds during the Fall and brought gifts of much-needed adaptive cooking equipment and other items.



Happy New Year! CBDS participants (left) celebrated on New Year's Eve day with brunch by Roz Rubin. Day Habilitation participants enjoyed ice cream and toppings served by Greg Treadwell.



CBDS participants use some of our new adaptive cooking equipment as they prepare a salad. The sturdy, large plastic knives are easy to grip and slice vegetables without cutting skin. The vegetable peeler is also safe and easy to grip. These and many other items were generously donated by McDevitt Middle School students and others who donated to our "Fund-A-Need" request.

Drama Club members take on acting roles as members of a rock band at a recent class offered by GWArc Recreation.



## Fall and Winter Wrap-up

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

**Our 45th Annual Harvest Breakfast** on October 18 was a great success! Our milestone event featured a delicious buffet breakfast and capacity attendance. A magician, balloon artist, face painting, photo booth, auctions, mystery gifts, music and line dancing all added to the fun. Our thanks to Embassy Suites Boston/Waltham for generously hosting (for the 14th 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 Peoples Federal Foundation, Inc.

**Silver:** Coastal Capital Group

**Bronze:** Boston Bank, Brookline Bank, Kevin P. Martin & Associates, East Cambridge Savings Bank, Mount Auburn Hospital, Newton-Wellesley Hospital, Sentinel Benefits & Financial Group, The Village Bank, Waltham Rotary Club

**Media Sponsor:** WickedLocal

Thanks also to our advertisers and prize donors.



Ron Arsenault reminisces with Roz Rubin about the first Harvest Breakfast, which was started by the Waltham Lions Club in 1971.

**GWArc's 59th Annual Meeting** was held on November 9. Highlights include:

**1st Annual John L. Battaglini Award of Excellence** - Presented to the family of Lawrence J. Lane, founder of GWArc. John Battaglini was GWArc's Board President and a Board member for multiple terms, a longtime benefactor of GWArc and parent of a GWArc participant. He passed away in August.

**2nd Annual Rags LaCava Community Service Award** - Presented to the Waltham Group of Brandeis University 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.

**Keynote presentation** - "GWArc: Past, Present and Looking Ahead" featured special guests Nancy Huff, granddaughter of Lawrence J. Lane, and Wayne Brasco, past GWArc Board president, who gave a tribute to the late Tom McCaffrey, former GWArc CEO.

**Congratulations to staff members who received longevity awards:**

15 years: **Marie Abelard, Daisy Antonini**

10 years: **Roslynn Rubin** 5 years: **Maurice Carter, Peter Cohn, Leah Igdalsky, Amy Kingsbury**

**GWArc's Holiday Party** was enjoyed by all, with a delicious buffet dinner and music by DJ Rich Profita.

## GWArc Program Updates

### Day Habilitation:

- Enjoyed fun and informative tours of Watertown Savings Bank. Kelly Cronin, WSB Community Relations Manager, and other staff generously welcomed our participants for behind the scenes tours
- Decorated pumpkins with Bentley Service-Learning students
- Made cards and sent to Cards for Hospitalized Kids
- Created an *Artists of GWArc* display of art work at the Waltham Public Library, which remained in place for the month of December



Day Habilitation participants and staff and Bentley Service-Learning students gather in front of GWArc's art display at the library.

- Continued shopping for groceries and delivering to local food pantries, using funds donated by the Waltham Rotary Club
- Enjoyed pet therapy with Nancy McLaughlin of Caring Canines and her dog Cayman and Laraine Bogosian of the Pets & People Foundation and her dog Ashley

### Community Based Day Supports (CBDS):

- Visited the State House to advocate for increased support. Participants delivered GWArc gift bags with literature to state legislators who represent Waltham
- Continued our exercise program at The Micheli Center in Waltham. A small group of participants receive individualized instruction weekly. Participants in the group change regularly. The Micheli Center generously provides scholarships for CBDS and Day Habilitation participants for this popular program
- Special thanks to Board Member Don Willfong for generous food donations for our Thanksgiving dinner!
- CBDS participants and staff set up an *Artists of GWArc* display at the Waltham Public Library for the month of March. Visit the library and check it out!



We were invited again! CBDS participants enjoy a visit to the Waltham Public Library where they helped to set up a display of collages, paintings, ceramics and other items created by GWArc participants.

- Volunteering in the community continued:
  - Meals on Wheels volunteer group delivered meals to elderly and homebound people (a favorite activity for many)
  - Shopped for ingredients, prepared meals and delivered to the Salvation Army
  - Shopped for groceries and delivered to local food pantries for GWArc-Rotary Food Pantry project

### Group Supported Employment (GSE):

- The GSE Semester Break program was held at Woodland Road while college worksites were closed for Winter break, with lots of fun and educational activities

### Individual Supported Employment (ISE):

- Several participants are working independently in the community with GWArc support, and additional candidates will soon be ready for a job
- We continue to seek jobs in the community. If you can help, please contact Axel Osio, Lead Employment Coordinator, 781-899-2206 x 223, [aosio@gwarc.org](mailto:aosio@gwarc.org).

### School to Work Transitions:

- 25 students are enrolled in our School to Work Transitions Program for the 2015-2016 school year
- 12 students have jobs and 4 have volunteer positions in the community

### Adult Family Care (AFC):

- AFC is now supporting 41 members
- See Adult Family Care Update on page 7

### Recreation:

We had an active Fall and Winter filled with trips and fun classes! Highlights include:

- Overnight at Holiday Inn Express that included a visit to Boston to see holiday lights and a performance of "The Pirate Princess" at the American Repertory Theatre
- Hockey and basketball events at BC, BU and Northeastern
- Dancing the night away at Halloween and Valentine dances, line dancing with Marilyn and Bernadette, and classes at Center Stage Dance Studio
- Many GWArc participants, families and community members enjoyed the Brandeis Winter Carnival; GWArc provided face painting with Recreation assistant Katie Saddle mire



Joan B. enjoys "Art For All" class

Check out [www.gwarc.org](http://www.gwarc.org) for great Spring activities!

### Watch City Self Advocates:

- Rachel Hayward, MASS Metro Coordinator, and a self-advocate spoke at the March meeting
- Mike Mullins, Recreation Manager, is the new coordinator of the group

## Adult Family Care Update

Barbara Dunker, RN has been appointed Program Director of GWArc's Adult Family Care (AFC) program. Barbara has been working on the AFC team for two years. The AFC team also includes Bonnie Cobleigh, RN, Joann Corbelle, RN and Lona Barney, AFC Care Manager.

**Are you aware of this caregiver and family support service?** The Adult Family Care program is designed to help adults with disabilities, frail elders or adults with mental health challenges who are unable to live independently and prefer to be cared for in a home setting, rather than in a nursing home or group residential facility.

AFC participants live with and are cared for by trained caregivers. Caregivers may be family members (excluding spouses or legal guardians) or non-family members.

**Caregivers receive a tax-free stipend of approximately \$9,000 to \$18,000 annually, depending on the participant's care needs.**

See the AFC information sheet enclosed in this newsletter for more details.

If you or someone you know is interested in learning more about Adult Family Care, we are always happy to answer your questions. Please contact: Barbara Dunker, RN at 781-899-1344 x4710 or [bdunker@gwarc.org](mailto:bdunker@gwarc.org).



GWArc's Adult Family Care Team meets to plan visits to AFC caregivers and participants. Seated, left to right: Bonnie Cobleigh, RN; Barbara Dunker, RN, AFC Program Director; and Lona Barney, AFC Care Manager. Standing: Joann Corbelle, RN. Joann joined the team in December.

### Grant News

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

**Alden Trust-** School to Work Transitions Program  
**Community Health Network Area (CHNA) 17-**

Staff training in the Health Matters Program, with the goal of improving the health of individuals with developmental disabilities. Funding also includes curriculum materials and healthy cooking classes

**Gratis Foundation-** Funding for a new sling lift to lift and reposition wheelchair bound individuals

**Music Drives Us-** For music therapy, musical instruments and equipment

**TJX Foundation-** School to Work Transitions Program

**Waltham Cultural Council-** Artists of GWArc visual arts programming

**Waltham Community Foundation-** Arts programming

**Waltham Lions Club-** Adaptive cooking equipment and music therapy sessions

**Zale Foundation-** Brandeis Buddies programming and community trips



Roz Rubin, GWArc CEO, receives a check from Paul Manganelli, President of the Waltham Lions Club.

### 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 Embassy Suites Boston/Waltham. 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 Embassy Suites Boston/Waltham with live entertainment by 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!





**The Arc**

Greater Waltham  
Established 1956

**GWArc**

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Waltham, MA 02453

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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.

**We redesigned our website!**

Check it out at [www.gwarc.org](http://www.gwarc.org)



Scan with your smartphone to visit our website!

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**Save the Date!**

**GWArc's**

**7th Annual**

**"Ciao Down for GWArc"**

**Friday, May 6, 2015**

**5-7:30 PM**

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

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

**We are seeking Event Sponsors:  
Please contact Joanne Raymond at  
781-899-1344 x4147,  
[jraymond@gwarc.org](mailto:jraymond@gwarc.org) for more  
information**

**See You There!**

**Honor Someone Special While Supporting GWArc**

*As we approach graduation season, Mother's Day, Father's Day, Memorial Day or perhaps a birthday or anniversary, please consider making a gift to GWArc in honor or in memory of someone special.*

*GWArc will send a card acknowledging your gift (without the amount) to the person or family you designate.*

*Your tax-deductible donation will honor someone special and help GWArc continue to provide high quality care and services to individuals we serve.*

To make your donation online, please visit [www.gwarc.org](http://www.gwarc.org), See "Make a Donation". Please indicate in the Special Instructions to whom we should send the card acknowledging your gift.

Or send a check payable to GWArc to 56 Chestnut St., Waltham, MA 02453 with instructions.

**Thank you!**

# Greater Waltham Arc's 7th Annual "Ciao Down for GWArc"



**Friday May 6, 2016**  
**5:00-7:30 PM**  
**Embassy Suites**  
**550 Winter Street, Waltham MA**  
*Thank you to our generous event host*  
**Embassy Suites Boston/Waltham**



**Delicious Family-Friendly  
 Italian Buffet, Salad  
 Desserts & Beverages  
 Music! Photo Booth!**

## **Auction, Raffle and Mystery Gifts for Sale!**

Raffle tickets can be purchased in advance  
by phone, mail or at [www.gwarc.org](http://www.gwarc.org).

**NEED NOT BE PRESENT TO WIN!**

**Thank you to our Sponsors!**

**"Molto Bene"**

**Major Corporate Sponsor**



**"Bene"**

**Corporate Sponsors**



To order your tickets by mail, please return this form with a check to:

GWArc, Inc.  
56 Chestnut Street  
Waltham, MA 02453

**Tickets can also be purchased online at [www.gwarc.org](http://www.gwarc.org)**

Questions? Email us at [gwarc@gwarc.org](mailto:gwarc@gwarc.org) or call (781) 899-1344 ext.0

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City, State Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_

Number of Adult Tickets x \$15= \_\_\_\_\_

Number of Children, Seniors and Adults  
with Special Needs tickets x \$9= \_\_\_\_\_

**Please consider donating tickets back to the agency to allow program participants  
and staff to attend who otherwise might not be able to! Thank you!**  
**Number of tickets donated** \_\_\_\_\_

**TOTAL ENCLOSED** \$ \_\_\_\_\_

All proceeds directly support GWArc programs and services.  
GWArc is a 501(c)(3) nonprofit organization.



# Caring for a Family Member at Home?



The Adult Family Care (AFC) program is designed to help frail elders, adults with disabilities or adults with mental health challenges remain in the community with a caregiver. **AFC offers caregivers support and significant, tax-free financial assistance.**

## Participants:

- Must be 16 or older
- Must be unable to live independently due to a medical or mental condition
- Must require daily cueing and supervision or physical assistance with personal care
- Must be eligible for MassHealth Standard or MassHealth CommonHealth

## Caregivers:

- Must be responsible and 18 or older
- Must be free of mental, physical or other impairments that would interfere with caregiving
- Must not abuse alcohol or drugs
- Must pass a criminal background check (CORI)
- Must be able to devote appropriate time to provide care and ensure the participant's safety
- May be a parent but not a legal guardian
- May not be the participant's spouse
- Must live with the participant in a private residence

## AFC Provider Services Include:

- A tax-free, MassHealth-funded stipend to the caregiver
- Ongoing support from an AFC registered nurse and care manager
- Annual respite time
- Caregiver training

**Learn More:** If you or someone you know is interested in learning more about Adult Family Care, please direct inquiries to the AFC Program Director:

**Barbara Dunker, RN**  
**781-899-1344 x 4710**  
[bdunker@gwarc.org](mailto:bdunker@gwarc.org)  
[www.gwarc.org](http://www.gwarc.org)

