

# GREATER WALTHAM ARC NEWS

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September 2009

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## From the Chief Executive Officer, Roz Rubin



### Dear Readers,

I hope you have had an enjoyable summer—the weather offered us a variety of conditions, but perhaps your pace was slower and you were able to enjoy some vacation time this year.

And, of course, at GWARC, the pace is steady with a variety of projects and annual documents to complete as you will see below.

In the May newsletter, I noted our reduction of revenue from the Department of Develop-

mental Services was significant. I am pleased to let you know that we were able to bridge the gap between revenue and expenses without staff layoffs or furloughs, and we did so with careful consideration of maintaining our quality services. On we go in our new fiscal year 2010 (July 01 –June 30) providing programming for consumers—both adults and children at our GWARC sites and in the community.

Planning for the fall, you will see in this newsletter more about **Annual Meeting** (October 5th) and our **39th Annual Harvest Breakfast** (October 25th), both at the Doubletree Guest Suites Hotel. There is exciting programming planned at each event and we hope that you can join GWARC for each of these.

Inside this edition, there is more information about GWARC—what we are doing in programs and what we do to continuously maintain services, high standards, and ongoing accreditation. Much of this information is also on the GWARC website, kept current by our Director of Marketing & Development and other staff. Input from you, our GWARC stakeholders, is key in our ongoing efforts, so please, “get to know GWARC”.

Enjoy the fall season and **SAVE ME A PANCAKE!!**

Regards,

Roslynn Rubin, Ed.D

## Corporate Volunteers Painting a Brighter GWARC



Volunteers from Bank of America brightened the kitchen at our Chestnut Street location with refreshing Caribbean yellow paint!



Danversbank volunteers and Corporate Member John Peacock thought that their program room looked “just peachy” when they were done painting!



Friends from AstraZeneca spent the afternoon transforming the plants & crafts room into a soothing oasis!

*We need more help! If your company is interested in volunteering to paint interior program rooms or our outdoor ramp, please contact Marisa Fagan at 781-899-1344 x4147 or [mfagan@gwarc.org](mailto:mfagan@gwarc.org). Thank you!*

## Artists of GWARC Gallery Show of Sculptures



Display table at "Gallery 56"



Food-inspired sculptures by Susan

On Thursday, July 30, one of GWARC's Chestnut Street program rooms was transformed with mood lighting and beautiful music into "Gallery 56", our very own art gallery that showcased the latest masterpieces from the Artists of GWARC. Visitors enjoyed delicious refreshments including punch, cheese & crackers, and miniature cupcakes baked by Day Education consumers.

Under the guidance of artist Kris Waldman from the Waltham Mill Artists Association, consumers spent time sculpting clay into works of art. Creativity abounded and the sculptures ranged in theme from oceanic to edible.

The show also featured a gorgeous quilt entitled "Nature's

Quilt" which was another of GWARC's collaborative projects with Waldman. The consumers worked with leaves and acrylic paint. The quilt was assembled by Olympia.



"Nature's Quilt" by Day Education & EPT Consumers

Due to the success of last year's Artists of GWARC's Calendars, we will again be creating and selling calendars featuring this beautiful artwork. They will be available for purchase starting Sunday, October 25th at our 39th Annual Harvest Breakfast!

*The Artists of GWARC program is supported in part by the Waltham Cultural Council, a local agency that is supported by the Massachusetts Cultural Council, a state agency.*



## From the President of the Board, Bob Francis

**"2010 will bring several new Board and Corporate members who will bring energy and skills to the group."**



At GWARC, Board of Directors' governance and oversight is a critical part of ongoing success, stability and legal compliance. The Board works closely with the CEO and CFO to maintain communication and flow of ideas as we plan for the future of the agency.

It has been my pleasure to be a GWARC Board member since 2005 and to serve as the President of the Board since 2008. But term limits, work, and family commitments have to be factored in. You will hear more about this at Annual Meeting and on the GWARC website,

but I can say that 2010 will bring several new Board and Corporate members who will bring energy and skills to the group.

If you are interested in participating in leadership at GWARC, you can do so by becoming a Corporate Member, as a start. After an orientation with the CEO and Director of Marketing & Development, you will have an opportunity to serve in some capacity on a number of volunteer committees from Friends of GWARC (fundraising and development) to Facilities and Safety Committee. Many Corporate Members have been helpful by simply supplying names of their business and personal contacts in the community or consulting in areas

of their expertise, such as facility issues or improving GWARC publications. Some Corporate Members round up Harvest Breakfast door prizes, which is also a useful resource to the GWARC staff.

Contact Roz Rubin, CEO, other Board Members or me if you would like to learn more about involvement with GWARC—we need your help, your ideas and your support!

Thanks for your attention and I hope to see you at GWARC's upcoming October events.

*Bob Francis*

Bob Francis

## Impacting GWARC

By Eli Terris, *Project Impact*

*(Editor's note: From June 26—July 2, Project Impact was at GWARC. They spent time working with consumers and with CEO Roz Rubin learning about the history of the agency and about the inner workings of non-profits. Project Impact students then went to Waltham Cable Access to create a television program incorporating what they had learned.)*

In June 2009, participants from Project Impact, a B'nai Brith Youth Organization hosted summer program located at Brandeis University, collaborated with GWARC with the centralized idea of creating a dynamic experience focused on the Jewish values associated with social justice, community service and advocacy. Although Project Impact participants were geographically diverse, we worked together learning how to live and create a complete community with others who were different from ourselves. With Project Impact and GWARC's parallel stance of helping the community at large, teens were not only able to work with consumers personally, but they

also received a behind-the-scenes look at how a non-profit organization, such as GWARC, is run.

"During my time working with GWARC, the thing I enjoyed most was being able to interact with all of the consumers. Looking back, the most important thing I will take with me is the fact that words such as 'typical' and 'normal' can no longer be defined." - Alexis, 17, Alabama

"Over the past two weeks, I have had the privilege of working with GWARC with my youth group. At first, I was apprehensive about working with people with developmental disabilities. On the very first day, GWARC CEO Roz Rubin met with us and we were informed about this amazing non-profit organization. My overall favorite thing at GWARC was simply talking to the consumers. My experience has inspired and motivated me to volunteer with individuals with developmental disabilities in my hometown, or maybe even work with them when I am older". -Samantha, 17, New Jersey

"Project Impact and GWARC have collaborated to make an unforgettable experience for me. This experience has increased my passion to pursue a career in a field working with developmentally disabled individuals. This experience is very similar to the nursing home that I work at in my hometown where I get to interact with individuals and get that satisfaction that I made a difference in their day. I am going to bring back and use many of the great skills and activities that I have learned at GWARC to my hometown." -Alyssa, 17, New Jersey

"I knew that GWARC would change my perception on life. My experience with GWARC was incredible and eye-opening and I would not have wanted it any other way." -Abbi, 17, North Carolina

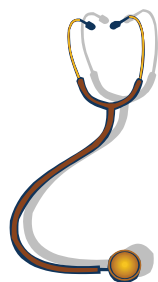


(Above) Project Impact students pose in front of the building with CEO Roz Rubin.

(Below) The students work with Waltham Cable TV to create a game show.



## RN Corner: You and the Flu



By Coordinator of Health Services, **Christa Bartkovich, RN**

We at GWARC are keeping up to date on new developments on the H1N1 and other influenza strains

predicted for the coming season. The following are ways we hope to prevent and lessen flu outbreaks at GWARC:

- Encourage both consumers and staff to speak to their Health Care Providers about a flu vaccination. Young children, elderly, and individuals with a pre-existing medical condition are in a higher risk category.
  - Reminders to wipe down all surface areas/equipment after each use have been posted around the building.
  - Training is provided for staff and consumers regarding tips and techniques for hand-washing, cover when coughing/sneezing, recognizing illness, and when to stay home.
  - Posting updates for staff and consumers when they become available from the following websites:
- Dept. of Public Health—[www.mass.gov/dph](http://www.mass.gov/dph)
  - Center for Disease Control—[www.cdc.gov/swineflu](http://www.cdc.gov/swineflu)
  - World Health Organization—[www.who.int/en/](http://www.who.int/en/)
  - Food and Drug Administration—[www.fda.gov/](http://www.fda.gov/)

GWARC anticipates healthy and happy fall and winter seasons!



## Recreation News

**By Recreation Manager & Volunteer Coordinator,  
Heidi Barberio**



Leaving for the Special Olympics!

As another successful summer season ended, I would like to give a big thanks to all of the Inclusive Summer Camp staff for a great camp season. Ryan Macpherson, Felicia Aucion, Justin Butler, Michelle Mahony, and Danielle Desrochers were all valuable members of the team. Our summer camp program supported approximately 25 children for 6 weeks at the following programs: Waltham YMCA, Waltham Boys and Girls Club, and Waltham Recreation Department. We ap-

preciate that these agencies recognize the importance of community inclusion to all children in the greater Waltham area. It has been a great summer!

The Recreation Department is always seeking volunteers to assist in late afternoon, evening and occasional weekend programming. This programming may be with children in the community or adults receiving GWARC services. Please note that volunteers must be 18 years or older and will receive orientation and training to participate. In the past, activities have included swim

and soccer programs for children, Special Olympics, dances, and other community events.

Please be on the look out for our Recreation Program Brochure. It will be in the mail in the next couple of weeks. We are looking forward to starting our fall recreation activities. For more information, please visit our website at [www.gwarc.org](http://www.gwarc.org). If you would like to be added to our email list or are interested in volunteering, please contact me at [hbarberio@gwarc.org](mailto:hbarberio@gwarc.org) or 781-899-1344 x4145.

## Get To Know GWARC: *What is CARF? Why is it Important?*

**By Chief Executive Officer,  
Roz Rubin, Ed.D**

The Commission on Accreditation of Rehabilitation Facilities, CARF, is a 33 year old independent international agency which human service providers choose to invite to their programs. CARF Certification occurs every three years and GWARC has been reviewed and approved by CARF for many years. CARF Certification is a prestigious credential and an opportunity to improve at GWARC.

The process begins with a set of standards that CARF produces and modifies annually. These standards speak to health and safety, human rights, programming, community involvement, consumer/family input, financial accountability, personnel issues and other foundations of a vital and effective human service agency. The survey sends two persons for two days and while at GWARC they view everything from consumer files, nurses' notes, pol-

icy and procedure, personnel files, meeting minutes, and interview Board members and funding sources. They may check everything from water temperature to the inside of the microwave ovens!!

Performing over 2,000 surveys annually, CARF has the opportunity to view many different programs, and it is here where their value to GWARC really comes through. As we share how GWARC programs and the agency is run, they are able to act as "consultants", telling our staff about the different and possibly better ways to do things. While GWARC has historically had very little change to make to meet CARF standards, we do hear about ways to keep improving our effectiveness and efficiency.

After the surveyors leave, the expectation is that we are awarded a 3-year Accreditation certificate, which we display proudly. We then join over 5,500 other human service providers internationally who

have met the standards of CARF. GWARC will continue to contract with CARF to help us improve and to show the community that we meet and exceed our own expectations and the expectations of independent reviewers.

In November, check out our website for an update on how the CARF Survey went and be prepared to congratulate GWARC on a job well done.

**carf**  
Commission on Accreditation  
of Rehabilitation Facilities

**"They may  
check  
everything from  
water  
temperature to  
the inside of the  
microwave  
ovens!!"**

## Day Education News

**By Director of Day Education,  
Eileen Nee**

Summer 2009 has been very busy and exciting for the Day Education Program. We started the summer off welcoming two new consumers to the program, Allen Baker and Cathy O'Neil. They both joined us from Fernald State School and are adjusting well; enjoying all the benefits of the Day Habilitation Program.

This summer, we also welcomed a new volunteer, Anita, to our program. Anita generously volunteers 3-4 days per week. She has an energetic personality and great enthusiasm. She has assisted on community trips, with arts and crafts projects, and has spent some 1:1 time with consumers. The consumers look forward to the days she is here and welcome her great ideas.

It wouldn't be summertime without Day Education's Annual Summer Cook-outs! They were held on August 12th and August 14th this year. Each group enjoyed cheeseburgers,

pasta salads, potato salads and veggie burgers. The weather was great and the groups enjoyed a day of fun, relaxation and the company of their peers. *A special thank you to Roberta Lundquist, mother of staff member Jenna Lundquist, who volunteered her time and prepared a delicious pasta salad for consumers to enjoy.*

Day Education has spent many days this summer exploring new adventures and activities while utilizing the temporary GWARC van. One of the most memorable trips was to the Franklin Park Zoo. They visited the park two times to give

everyone the opportunity to visit the amazing sites. Some of the animals they viewed were gorillas, hippopotamus, giraffes, tigers, African Lions, and kangaroos. They also enjoyed a relaxing train ride around the park to ensure that everyone saw as many sites as possible.



William admires the beautiful flamingos.



The group views one of the great zoo exhibits.

We wrap up the summer as we always do, preparing for fall; working on new and creative projects for Harvest Breakfast and Holiday Craft shows.

## Consumers Speaking Out—Watch City Self Advocates at GWARC

Watch City Self Advocates is a group of GWARC consumers who meet monthly at our Woodland Road site. The group began in 2004 and celebrates its fifth anniversary this fall.

The main purpose of the group is to learn to advocate for themselves in various settings and situations. Additionally, the group learns more about state and local legislation and is a powerful voice with other self advocate groups in being heard at budget making and legislative decision times. The group also focuses annually on a "giving back" goal which range from increasing voter

registration to a food pantry drive. Finally, for this group, an opportunity to share dinner and socialize is a high point of the meeting.

Over 20 consumers are members of Watch City Self Advocates. The group has by-laws, yearly goals, and officers elected annually. Financial records and meeting minutes are kept and shared with members at each meeting. Dues are collected and the money is used for snacks and dinner at meetings and for statewide conference registration.

Watch City is a member of the Mass Advocates Standing Strong (MASS), a statewide self

advocates' agency. Members join others from across the state for an annual conference with workshops on government, living more independently, self-assertiveness, and other topics which help GWARC consumers to become more empowered. Watch City has been recognized and applauded by MASS as a strong and vibrant advocacy group.

New this year to the Watch City meeting, is a "pre-meeting" which will allow members to plan and cook the dinner to be served. This session will be supervised by the Recreation Manager and other

GWARC staff. This new pre-meeting event has been added to ensure a thrifty and healthy meal and increased cooking skills for members.

Watch City has two loyal and experienced volunteers who assist advisor Anna Thorpe at each meeting—thanks to Marilyn Lefort and Tim Fitzpatrick for years of support. And hats off to Watch City members—keep your voices strong, all of our voices count!

## Employment, Plus & Transitions News

**By Director of Employment, Plus & Transitions, Mary Anne O'Brien**



Students visit Watertown Savings Bank as a part of this summer's Career Camp.



Career Camp students model their new interview outfits.

For the second year in a row, the summer began with GWARC hosting a week long Career Camp. Eight students had the opportunity to learn more about career interest, job opportunities, and skills needed to secure employment in a fun learning environment. The students had the opportunity to shop at the Burlington Mall for appropriate interview attire.

They had the opportunity to show off their new outfits as they toured the Courtyard by Marriot in Waltham. While they were there, the students practiced interviewing skills, and had great group discussions on the topics of being on time, attendance, and having a good work attitude. The students are already talking about next year!!

Although the summer continues to pass quickly, EPT has had the opportunity to welcome two new staff to the PLUS Program; Jarrett Enck and Stephanie DeWever. Both

employees join us in the role of Developmental Disabilities Specialist/ Case Manager and both bring new ideas and energy to the program. We are happy to have them aboard.

Keep an eye open for the crew from the Semester Break Program. They have been very busy this summer. If they are not focusing on vocational training and work skills, they are keeping fit with daily walks around Waltham, traveling to the State House, and working in the Community Garden, as well as many other entertaining activities.

On August 7th, EPT enjoyed a beautiful day at Lake Cochituate. Our annual summer cook-out was a success! While the hamburgers and hotdogs were cooking, some of the consumers and staff enjoyed the cool water as others simply took advantage of a day away from work.

## Out and About: Strawberry Fields Forever



This past July, CEO Roz Rubin, served as a celebrity chef at The Leland Home in Waltham where she is a board member. The theme for the day's cooking demonstration was "Strawberry Festival". Roz delighted residents at Leland with a number of different strawberry inspired dishes including the sweet strawberry vinaigrette she is blending here.





## Special Event Calendar... Save these Dates!



### Monday, October 5th: ANNUAL MEETING 7:00—9:00PM

This year's Annual Meeting at the Doubletree Guest Suites in Waltham, features a truly unique performance that you won't want to miss. "Dances with Wheels" is a wheelchair dance ensemble presented through TILL, Inc. and its sure to be a fabulous addition to the evening's agenda.

*We thank the Waltham Lions Club for generously sponsoring the performance.*



### Sunday, October 25th: HARVEST BREAKFAST 8AM—12:00 Noon

Join us for our signature event! Currently in its 39th year, Harvest Breakfast is a fabulous community fundraiser that features a delicious breakfast and fun family activities. Door prizes are given out every fifteen minutes throughout the morning! Get your tickets early because they sell out fast!

\$24...adults

\$17...seniors/ special needs adults

\$12...children (under 12)



### Friday, December 4th: CONSUMER HOLIDAY PARTY 6:00—9:00PM

The Moose Lodge in Waltham will again be home to this fun evening of dinner and dancing as we celebrate the holiday season. Mark your calendar and watch for an invitation to be mailed later this fall!

**Please note that this event is for GWARC consumers and staff only!**

If you are interested in learning more about sponsorship of Harvest Breakfast or purchasing an ad in the ad book, please contact Marisa Fagan at 781-899-1344

x4147 or

[mfagan@gwarc.org](mailto:mfagan@gwarc.org).

For ticket information, please contact Heather Shaughnessy at x4101 or [hshaughnessy@gwarc.org](mailto:hshaughnessy@gwarc.org).

Thanks & hope to see you there!

## Meet our New Director of Marketing & Development



On June 8th, Marisa Fagan joined the G W A R C team as the Director of Marketing & Development. She comes to us from her most recent post as Coordinator of Membership & De-

velopment at the American Textile History Museum in Lowell.

With over five and a half years of development and event planning experience, she has jumped right into the thick of things with Annual Meeting and Harvest Breakfast fast-approaching. Marisa is excited to continue meeting and work-

ing with fellow staff, consumers, and the community. She says, "I am amazed at what a wonderful network of supporters GWARC has and I look forward to continuing to build on those relationships."

As you can see, Marisa has updated the newsletter format and is eager to continue to upgrade communication with all GWARC friends. Any feedback is helpful and welcome. You can contact Marisa at 781-899-1344 x4147 or [mfagan@gwarc.org](mailto:mfagan@gwarc.org).

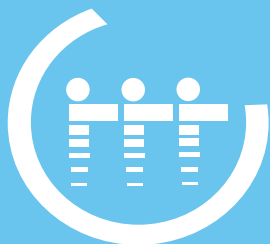
## Make Someone's Day: Be a One-To-One Volunteer

Please consider volunteering your time in special one-to-one relationships with GWARC consumers. You don't have to be an artist, a chef or a tailor. You don't have to have any particular skill to share. You just have to want to enrich the lives of GWARC consumers... and yourself!

We invite you to visit us at one of our two Waltham sites. We will introduce you to our program participants and arrange a series of 30-45 minute visits for one-to-one partnership. Of course, we will provide you with an orientation before you begin.

You may bring your own activity or get suggestions from GWARC staff. Some suggested one-to-one activities are: looking at books or magazines together, drawing or painting, showing off your favorite collection of stamps, travel photos, comic books or other treasures, making a seasonal craft, helping someone use a computer program, playing a game, baking a cake, listening to music, telling a story, and doing a puzzle.

**Interested? Call 781-899-1344 for more information today!**

**GWARC**

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## Your Favorite Goods Available at Harvest Breakfast!



As in the past, we will be offering a variety of beautiful consumer-made crafts at Harvest Breakfast! These crafts and items include note cards, soaps, picture frames, bracelets, and t-shirts and are all hand-made with love by GWARC consumers. Items will be available for a small donation.



Watch City will be offering Halloween treats, a 50-50 raffle and the raffle of a beautiful hand-made baby quilt donated by Carol Tucker (aunt of a Watch City Self Advocate Member). Proceeds will benefit the Watch City Self-Advocates.



Back by popular demand, The Artists of GWARC Calendars will be available for sale at Harvest Breakfast! This year's calendars will feature the sculptural art of GWARC consumers under the direction of Waltham Mill Artist Kris Waldman. These 2010 wall calendars make a great addition to any home or office and are a wonderful gift idea!