

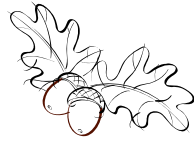


GREATER WALTHAM Arc NEWS

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September 2010

GWArc's Annual Harvest Breakfast: Where it All Began!



Vintage Harvest Breakfast photos. Top right: a poster advertising the first Harvest Breakfast. Bottom left: Louis J. Nocera is served pancakes by Thomas Pinzone, Charles Manero, former Waltham Mayor Arthur J. Clark, and Joseph O'Connell.

"Pancake Harvest" can be credited to Tony Mangini who in addition to being a Lion, played an active role at the Greater Waltham Arc and is now an Honorary Trustee.

GWArc is forever grateful to the Waltham Lions for the creation of this signature event and we look forward to recognizing some of the founding members at this year's Harvest Breakfast on Sunday, October 24th!

It's hard to believe that we are gearing up to celebrate our 40th Annual Harvest Breakfast, but this October, we will do just that! In a quest to learn more about that founding event, an ad was placed in the Waltham News Tribune reaching out to people that had attended the very first Harvest Breakfast.

We heard from a lot of attendees who have very fond memories of eating pancakes for GWArc dating back to the 1970s! And we were thrilled to be contacted by some of the founding members of our now signature event. Ralph Zampitella and Ron Arsenault were two of the many Waltham Lions

Club members who helped create what was then called "Pancake Harvest". They came to GWArc in August to chat about that initial event and even share a scrapbook with pictures, letters and news-clippings from that first year.

It was certainly a trip down memory lane as we learned of the creation of that first event by the Lions Club in an effort to raise money for GWArc. It was held at the Waltham Junior High School and the cooking and serving was done by Lions volunteers. That premier event raised over \$4,000. The coining of the name



(l to r) Ralph Zampitella and Ron Arsenault share an old scrapbook from the first Harvest Breakfast with GWArc CEO Roz Rubin.

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A Busy Summer at GWArc's Programs

Consumers and staff at both Day Education and EPT had an active summer full of fun!



Olympia Marciello enjoys this summer's African Dance and Drumming sessions with Carol and Jafar!

Day Education

- Day Education said good-bye to two consumers, Chris Rouse and Charlie Lauretano. Both moved to new Day Habilitation Programs closer to their homes.
- We welcomed two new Case Managers, Peter Cohn and Gisselah Makarutsa.
- Consumers enjoyed two classes this summer of African Dance and Drumming with Carol and Jafar.

- We were thrilled to help the volunteers from AstraZeneca with Green Up Day again this summer.

- Harvest Breakfast is on our minds as we work to create beautiful crafts to be sold at our favorite fall event!

EPT

- Consumers enjoyed the EPT Picnic held at Lake Cochituate on July 30. Hot dogs and hamburgers were enjoyed by all and the swimming was great.

- We welcomed PLUS Case Manager Meaghan McGoff and Site Supervisor Amy Kingsbury to the program.

- EPT said goodbye and congratulations to PLUS case manager Sarah Boucher who left GWArc in August to further her education in nursing school.

- The Brandeis GSE sites opened 8-23,

while Bentley and Lasell opened 9-7. We are excited to be back to work!

- Thank you to the Sovereign Bank, One Moody Street, in Waltham for hosting our GSE semester break program again this summer, the support and space has been much appreciated.

- Thank you to Bentley University for the use of campus space for the Transitions Summer Program held in July.



Site Supervisor Daniel Sensale (right) and Ned Bjorkman man the grill at the EPT Picnic!

Brandeis Kicks off the School Year on the Right Foot with GWArc



Left: Kristina Smith (center) and volunteers from Brandeis enjoy the music and help get the party started.

Right: Elizabeth Ketchedjian and a Brandeis student join in the fun.

As new students arrived on campus at Brandeis University in August, they were given the opportunity to get involved with the local community right away.

New Student Orientation Volunteer Fest took place on Saturday, August 28th from 1-3:00PM and gave students a number of options of interaction with Waltham non-profits. A lot of Brandeis students chose to work with GWArc at their event.

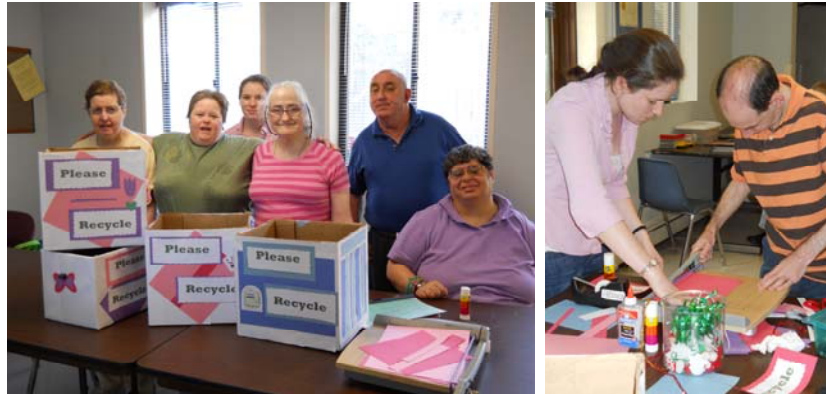
Consumers had a blast dancing the afternoon away with students from Brandeis. They participated in a number of fun activities and everyone had a wonderful day.

We thank Brandeis for hosting this great event and look forward to working with them throughout the year via Brandeis Buddies and the Brandeis Intercultural Center.

Consumers Aid GWArc's Recycling Efforts with Personalized Recycle Boxes



GWArc is continuously striving to increase efforts to "Go Green" in order to do our part to help the environment. This summer, consumers at EPT got in on the action. They created beautiful custom recycle boxes



to place in each office and workspace throughout both Chestnut Street and Woodland Road.

The boxes feature bright colors and personalized decorations (like the picture of a calculator on Senior Accounting Administrator Lauri Rando's box and

the image of CEO Roz Rubin's dog Decaf on hers) to encourage and remind staff and consumers alike to recycle.

The boxes are definitely doing the trick, because recycling has increased significantly since they were distributed.

Summer Fun in the Recreation Department

The Recreation Department had a wonderful summer, with two major accomplishments:

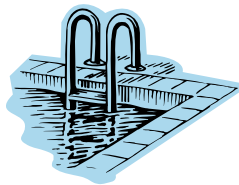


GWArc Recreation Manager Heidi Barberio worked in conjunction with Waltham Youth Baseball to create a new 'Challenger Baseball' league. Every Friday evening throughout the summer, children ranging in age from 5 to 18 gathered at Nipper Maher Park in

Waltham to hit, field, and run the bases! There were approximately 30 players and siblings, and a number of wonderful volunteers from the community.

"It was much bigger than I ever expected," Barberio said. "The parents loved it and its been a great experience for kids who have never had a chance to play baseball."

Thank you to everyone who helped make this program a success, especially John Huff, Kathy Hersey, Sue Scalisi and Richard Brenner (former GWArc board member). Thank you also to Bellan Disposal of Waltham for generously donating team t-shirts!



Our inclusive summer camp program was a great success again this year. With the help of our energetic staff: Michelle Mahony, Danielle Desrochers, Melissa Beane, Amanda Bellan and Roy Desrochers, we were able to offer support to children with special needs at camps run by: the Waltham YMCA, Waltham Recreation Department, and the Waltham Boys & Girls Club for five weeks in July and August.

Our sincere appreciation to all of the agencies that worked hard to help us in our efforts. See you next summer!

Our fall recreation brochure has been mailed/emailed. If you are interested in receiving the brochure please contact Heidi Barberio at hbarberio@gwarc.org or 781-899-1344 ext. 4145. You can also access it through our website at www.gwarc.org.

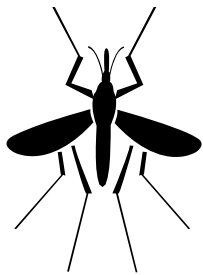
GWArc Green Up Day: With a Little Help from our Friends



This summer's heat was no match for a wonderful group of volunteers from AstraZeneca who braved the 90+° temperatures to help GWArc with planting and landscaping at our Chestnut Street location on July 9th. They spent the day cleaning out last year's beds, turning over soil and planting beautiful geraniums and fragrant vegetable plants. Not only do the grounds look great, but the consumers and staff have really enjoyed maintaining the garden beds and reaping the rewards of delicious tomatoes and peppers. Thank you AstraZeneca!

A special thank you also to Mahoney's Garden Center in Winchester for generously donating all of the plants and flowers!

RN Corner: Us Against Them



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

Mosquitoes carrying Eastern Equine Encephalitis (EEE) are making their presence known again and are being tracked by health

officials. Currently 3 horses have been affected and the first human case of summer 2010 has just been reported to be a young male (20's) from Rhode Island. One measure being taken by the community is the aerial spraying of insecticides. Check with your local town hall to see if and when this will occur in your area. Below are some facts and tips to help keep you and your loved ones as safe as possible:

- EEE is caused by the most neuropatho-

genic arbovirus transmitted in the United States. The mortality rate for those affected is high and survivors often suffer severe neurological damage.

- EEE occurs from late July through September and people under 15 and over 50 are at greatest risk for serious illness.
- Schedule outdoor events to avoid the hours between dusk and dawn when mosquitoes are most active.
- When outdoors, wear long pants, a long-sleeved shirt and socks.
- Use a repellent with DEET (N, N-diethyl-m-toluamide), permethrin, picaridin (KBR 3023), or oil of lemon eucalyptus [p-methane 3, 8-diol (PMD)] according to the instructions on the product label. Review the MDPH Fact Sheet on Mosquito Repellents online at www.mass.gov/dph/cdc/factsheets/factsheets.htm or contact the MDPH at (617) 983-6800 for a hard copy.

- Keep mosquitoes out of the house by repairing any holes in screens and making sure they are tightly attached to all doors and windows. Remove areas of standing water around the home.

Ongoing updates can be found at the following websites:

- Department of Public Health – www.mass.gov/dph
- Center for Disease Control – www.cdc.gov/swineflu
- World Health Organization – www.who.int/en/

GWArc anticipates a healthy and happy end of summer season!

Watch City Self Advocates—Learn About Us

Written by Watch-City Self Advocates Members with help from advisor Anna Thorpe



Watch City Self Advocate Members (l to r) Kristina Smith, Marci Simons, and Kim Hartnett.

Marci Simons likes some of the meetings. She likes getting together with other people. Dinners are good, too.

Kim Hartnett likes dinner and a chance to talk with her friends but, at the meetings, we also talk about different things and how to become better self-advocates.

Kim says that a self advocate is someone who speaks up for themselves.

Speaking up is important. Kim said you can get things “out of your system.” Marci said “You can get more help.” Kristina Smith said “because we have different opinions”.

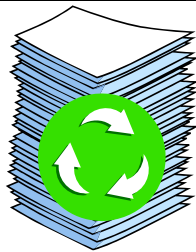
Kristina, also, reminded us that we do fundraising at some of our meetings. Kristina is the secretary of Watch City Self Advocates. She keeps the monthly meeting reports called the meeting minutes.

Marci, a member for four years, didn’t know what to expect when she first joined. When not at GWArc or in a self advocacy meeting, Marci enjoys playing music. She jokes sometimes when its cold in her room and says “it is snowing in my room” because it makes her smile.

Kim, also, has been a member for four years. Kim spends her leisure time latch-hooking.

Kristina joined Watch City Self Advocates about the same time as Marci and Kim. Kristina enjoys listening to music when she is not busy working or at a meeting. She also spends time on her computer playing games on www.pogo.com. She “likes to enjoy both of them when she is at home.”

We hope you liked learning more about us. And don’t forget to stop at our table at Harvest Breakfast to say “hi!” and purchase our “mystery gift bags.”



Continuing Our Effort to Go Green!

With the wonderful help of Corporate Member Nan Okarma, GWArc spent the summer contacting you, the recipients of our newsletter to ask if you would consider receiving this publication electronically in order to help us save money and the environment.

Thank you to those who have already converted! If you are interested in converting, please contact Marisa Fagan at 781-899-1344 x4147 or mfagan@gwarc.org.



You can always donate to the Greater Waltham Arc’s Annual Fund. You can visit us at www.gwarc.org to make a contribution online, or a convenient wallet envelope is enclosed.

Your generous support of our annual fundraising efforts is truly appreciated and really makes a difference!

THANK YOU!

Community Spotlight on GWArc

Here at the Greater Waltham Arc, we are always looking for new ways to reach more people in order to promote our mission, share our stories and raise awareness. Waltham Community Access (WCAC-TV) is Waltham's cable news station; they provide the community with coverage of news and events, and a wide variety of local programming. Over the past several years they have become a very good friend to GWArc and have covered events such as Harvest Breakfast, Annual Meeting, and "Ciao Down for GWArc" while also working with us to create Public Service Announcements that promote these events and help in our fundraising efforts.

This year WCAC is producing a new series that will showcase local non-profits and the important work that

they do. We are thrilled to report that one episode will feature GWArc. It began with a day of filming that included interviews with consumers from both Day Education and Employment programs, CEO Roz Rubin, Director of Marketing & Development Marisa Fagan, Board President Bob Clement and Doubletree Guest Suites General Manager Rob Weitz, as well as footage of our programs, activities and artwork. The consumers had a great experience sharing daily life at GWArc and we are excited to see the finished product.

"Having the support of the local cable station means so much to GWArc. It helps us get our message out to an ever expanding group of people and potential friends" says Rubin "we are grateful to WCAC-TV Executive Director Maria Sheehan and her won-

derful team for their continued coverage of GWArc events and their willingness to help us get the word out about this agency".

Stay tuned to see GWArc in the spotlight!



Doubletree Guest Suites General Manager Rob Weitz is interviewed by WCAC-TV's Executive Director Maria Sheehan. News Director Chris Wangler operates the camera.

Consumer Art Featured at Local Exhibit



On Wednesday, September 1st, CEO Roz Rubin attended the opening reception for the Hopkinton Cultural Arts Alliance Multi-Media Group Exhibit "Expressions for Healing".

The exhibition featured artwork by the late Rory D. Horton, artwork by the recipients of the Rory D. Horton Memorial Arts Scholarship, and artwork by family, friends, and community members whose art has a

connection with "healing".

GWArc was proud to be included in this beautiful exhibit and thanks artist Kris Waldman for her artistic guidance and continued support of the arts at the Greater Waltham Arc.

Pictured left: GWArc consumer art featured in the exhibit, and CEO Roz Rubin at the gallery opening.



GWArc's School to Work Transitions Program Gets a Boost from the TJX Foundation

The Greater Waltham Arc is pleased to report that we are again the recipients of a generous grant from the TJX Foundation in support of our School to Work Transitions Program. School to Work Transitions is a 20+ year collaboration between GWArc and the Waltham Public Schools. The objective is to help students with intellectual and developmental disabilities and learning challenges to successfully transition from school to work and productive community life. Through a combination of classroom curriculum as well as supported employment, volunteer, and job shadowing experience, the Transitions program assists students in developing life and vocational skills, assessing life choices, exploring career possibilities, gaining work experience and finding jobs.

This \$5,000 grant will specifically help the program by providing a small stipend to students who work hard and are able to complete a pre-agreed-upon checklist in regards to their work training and volunteer placements. Throughout the past year, students had volunteer assignments in locations such as the Waltham YMCA, the Waltham Day Care Center, the Waltham Public Library, and Newton-Wellesley Hospital. Items on their checklist included such things as being on time, being responsible, and communicating their needs. This stipend provides additional incentive for students and really gives them the full experience of working to earn a paycheck. According to Transitions

Program Manager Daisy Antonini, "the stipend gives the students an additional motivator and allows them to have a real sense of pride and accomplishment in their work".

GWArc is extremely grateful for the TJX Foundation's continued support and commitment to community and people with intellectual and developmental disabilities.



Transitions Students Help the Community this Summer



Students from the Transitions Program worked with the Waltham Boys & Girls Club Partnership at the Whittemore Elementary School in Waltham this summer. They helped assemble and serve lunches as part of the Boys & Girls Club's free lunch program.



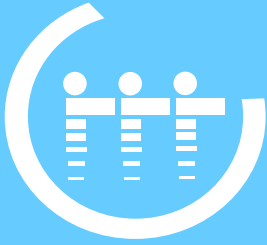
(Clockwise from top left) John Shread carries a tray of completed lunches to be served; Transitions Program Manager Daisy Antonini helps assemble the lunches; and the group enjoys breakfast before the event (l to r) Sara Crookes, Jasmine Jackson, Sarah Robichaud, and Anthony Ortiz.

GWArc Helps Celebrate the 20th Anniversary of ADA Act



A large group gathered on Boston Common on Monday, July 26th to mark the 20th Anniversary of the passage of the Americans with Disabilities Act. CEO Roz Rubin and Support Services Manager Anna Thorpe were there as representatives from GWArc to help celebrate the occasion.

The day was beautiful and a great way to commemorate this milestone anniversary!



GWArc

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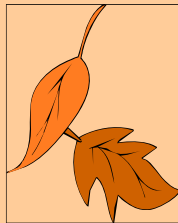
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We're on the web!
www.gwarc.org

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Don't Miss your Favorite Fall Events at GWArc!



**Greater Waltham Arc's
40th Annual Harvest Breakfast**

Sunday, October 24, 2010

8:00AM—12:00Noon

Doubletree Guest Suites, Waltham

Join us for this milestone event featuring a delicious buffet breakfast, commemorative souvenir, fun family-friendly entertainment, and fantastic door prizes!

Play an important role in this special event – contact 781-899-1344 x4147 or mfagan@gwarc.org for sponsorship and ad book opportunities.

GWArc 2010 Annual Meeting
Thursday, November 18, 2010 7:00-9:00PM
Dessert Reception at 6:45PM
Doubletree Guest Suites, Waltham

~Keynote Speaker~

Peter V. Berns, Chief Executive Officer,
The Arc of the United States

~Community Service Awards~

☞ *Special Recognition (40th Annual Harvest Breakfast Platinum Pancake Sponsors) - The Battaglino Family and Symantec*

☞ *Special Recognition (Ten Years as Harvest Breakfast Host) - Doubletree Guest Suites*

☞ *Volunteers of the Year—Christine Priez, Sylvie Priez, and Pam Penton*

☞ *Advocate of the Year—Adam Maher*

☞ *Jane Z. Kirsch Community Service Award—Women's Action Alliance*

☞ *Special Recognition—Jim Flewelling*

☞ *Outstanding Community Leadership—McDevitt Middle School*

☞ *Community Service Award—Sovereign Bank, One Moody Street branch*