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GREATER WALTHAM Arc NEWS

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September 2016

"The Celebration Issue"

From the Chief Executive Officer, Roz Rubin –

With a long hot summer over, we look forward to Fall and Winter activities, especially those at GWArc. Inside this newsletter you will find our ticket order form for GWArc's 46th Annual Harvest Breakfast, October 23 at the Embassy Suites. Same great activities and delicious breakfast...why tamper with success?

This will set the stage for celebrations for the agency's 60th Anniversary—a gala on December 8th at the Westin Waltham Boston Hotel and a big Community Dance Party at Brandeis University on December 10th. Both events will feature live music, delicious food, commemorative gifts and a chance to recognize the many accomplishments of GWArc over these years.

GWArc has a long history of quality programming for individuals with disabilities and your support—we couldn't have done it WITHOUT YOU—so we can't celebrate without you, either. I look forward to greeting you all at these events.

Welcome back to Bentley University Service-Learning student volunteers and several others from the community who come to GWArc to make our programs even better. Their energy and creativity inspire us and we are happy to greet them weekly.

And speaking of volunteers...I am so pleased that GWArc's initiative to be part of the community and "give back" has resulted in many volunteer projects this year. Some are highlighted in this newsletter. Participants and staff are proud to support others—from meal delivery to community garden and trails maintenance to food pantry projects, we are involved in any way we can. Sometimes the weather or staffing patterns keep GWArc from loading up the van and fulfilling our commitments to other agencies, but we are loyal and committed to get the Volunteer tasks done. Everyone feels good about their efforts.

Enjoy this newsletter, packed as usual with GWArc updates, and see you at Harvest Breakfast and beyond!



Roz Rubin (far left, back row) holds a lengthy receipt after Day Habilitation participants and staff shopped for supplies for Waltham food pantries as part of the Rotary-GWArc Food Pantry Project in August. Olawale "Wally" Adeyemi of the Waltham Rotary Club (far right), also joined the shopping trip.

Regards,

Roslynn Rubin, Ed.D
Chief Executive Officer

GWArc Staff & Other Updates

Welcome to:

- **Tanya Brown**, who rejoined GWArc as a Day Habilitation Assistant
- **Saul Gonzalez**, Bentley University junior, working as our Marketing intern one day per week
- **Nicholas Montour**, GSE Site Supervisor
- **Tracy Wypych**, CBDS Case Manager
- **Paul Bottom and Kristi Peak-Oliveira**, Easter Seals technology consultants, who will help us maximize the communication and other benefits of participants' use of iPads
- **John Buchanan**, music therapist, who will conduct sessions for Day Habilitation and CBDS
- **Beth Meditz**, art instructor, who will begin art classes at GWArc in October
- **Meghan Kinsherf**, second year student at Massasoit Community College, who is working in Day Habilitation ten hours weekly this semester for her Human Services class

Congratulations to:

- **Peter Laughlin**, who will transition from Day Habilitation Case Manager to CBDS Case Manager
- **Roz Rubin**, GWArc CEO, who was appointed to the Brandeis University Heller School of Social Policy Community Advisory Board for the ARRT Postdoctoral Fellowship Program on Health and Functioning of People with Disabilities
- **Katie Saddlemire**, Recreation Assistant, who was married in August

Thank You to:

- **The Waltham Disability Services Commission** for providing funding for equipment for program needs, including 3 iPads and iPad cases
- **Blue Cross Blue Shield Catalyst Fund** for a \$5,000 grant for exercise equipment, consulting services

GWArc Gives Back!

GWArc participants and staff are giving back to the community through a number of volunteer efforts that benefit others and that they find personally rewarding.

The Rotary-GWArc Food Pantry Project

, a collaboration between the Rotary Club of Waltham and GWArc to help stock Waltham food pantries, is going strong. Rotary Club members donate funds at their weekly meetings; GWArc participants use the funds to shop for food, then deliver to four Waltham food pantries. (See photo of August shopping trip on page 1.) The project began in 2014 and Rotary donations to date total approximately \$3,000.



William B., Day Habilitation participant, stocks shelves at the Salvation Army food pantry in Waltham in August.

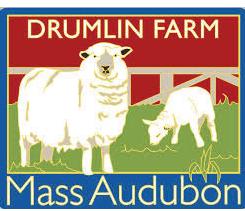
During the summer, CBDS participants delivered **Meals on Wheels** to elders twice a week and worked at the **Catholic Charities food pantry** in Dorchester. In the photo at right, CBDS participants pack bags of groceries for those in need at the Dorchester food pantry.

CBDS participants also enjoyed a new volunteer activity at **Mass Audubon's Drumlin Farm Wildlife Sanctuary**

in Lincoln. Participants helped maintain three trails, fed animals and were assigned a plot to grow vegetables used for feeding animals.



Day Habilitation staff members Rhonda Fleming, Mary Leo and Dianna Lee, Rhonda's family members Refina and Lundynn, and CBDS participant Roxy R. cooked a huge chicken and rice dinner for the guests at **Bristol Lodge Soup Kitchen** in Waltham in August.



Thanks to you all for giving back!

Summer Activities at GWArc... In Photos!



Day Habilitation staff gather at Chestnut Street with staff-made artwork depicting the front of a classic Chevy on 50s Day in August.



Mary M., Day Habilitation participant, gets into the 50s spirit. Case Manager Mike Grimes is at right.



GWArc Recreation participants visited the free Puppet Library in Boston in September where they saw many handmade puppets and tried them on! At left, Steve D. models a giraffe puppet.



At left, Dan Dressler, artist-in-residence, conducts an art class with CBDS participants. Dan taught a series of classes to Day Habilitation and CBDS participants during the summer. Art work was inspired by geometric shapes that were expanded upon from week to week. Materials included acrylic paint, tinted glue, cornstarch, chalk, glitter and sticks*.



Watch City Self Advocates pack boxes of supplies for Operation American Soldier at their August meeting..



A great time was had by all at the Employment & CBDS Program (ECB) day at Lake Cochituate in August!



GWArc Program Updates

Day Habilitation:

- Day Hab had a 50's Party in August! Oldies rock and roll music, a juke box and Chevy car front (created by staff) were part of the fun, along with poodle skirts, pony tails and funny glasses. The hamburgers, hot dogs and ice cream were terrific too
- We participated in end of summer community events: a small group attended the Chamber of Commerce barbecue at Gore Place and others helped shop for local food pantries for the Rotary-GWArc Food Pantry Project (see article on page 2). Participants also visited the Stone Zoo and the Liquid Fireworks show at Jordan's Furniture
- We started a new "Plants on 2" project. Plants were delivered by participants to staff on the second floor at Chestnut Street. Participants are responsible for the upkeep of the plants each week. At right, Mary Ann M. collects plants for watering



- Our Transitions Summer Program, held at Brandeis University in July, was a great success! Students (pictured at right) enjoyed spending time on the Brandeis campus completing a number of academic and service projects
- Students also served lunch at the Whittemore Elementary School through a partnership with the Waltham Boys & Girls Club



Community Based Day Supports:

- Our annual cookout at Lake Cochituate in August was a fun-filled day with great food, swimming, fun games and wonderful weather
- Our garden provided a bountiful harvest of vegetables and herbs; CEO Roz Rubin made pesto from our large crop of basil and served it to participants over pasta—delicious!
- Drumming with Mace Miller and Music with James continued at Woodland Road and Chestnut Street

Group Supported Employment (GSE):

- After a refreshing summer break, GSE participants at Brandeis University (Usdan, Sherman), Bentley University and Babson College all returned to work as schools re-opened for the Fall
- We welcome our new relationship with Chartwell Food Services at Babson College

Individual Supported Employment (ISE):

- 14 participants are working independently in the community with GWArc support
- Additional candidates are seeking jobs in the community. Have a job you need filled? Please contact Axel Osio at 781-899-2206 x223, aosio@gwarc.org or Dave Damon, 781-899-2206 x224, ddamon@gwarc.org

School to Work Transitions:

- A new school year has begun with 30 students enrolled in School to Work Transitions to date

Adult Family Care (AFC):

- AFC is supporting 42 members and working with additional prospects
- Contact Barbara Dunker, RN, AFC Program Director to find out more about this beneficial program. Barbara can be reached at 781-899-1344 x4710, bdunker@gwarc.org

Recreation:

- After a busy summer full of fun activities we have transitioned to Fall, with football, apple picking (see photo at right) and more!
- This Fall, we are introducing new children's activities—**Kids Dance Jam and Early Release**



Day Fun (in collaboration with Waltham Recreation). For details of these and other upcoming activities, please visit our website www.gwarc.org or contact Mike Mullins, Recreation Manager at 781-899-1344 x4120, Recreation@gwarc.org

Watch City Self Advocates:

- At our August meeting, we proudly packed eleven boxes of donated supplies, letters and cards for Operation American Soldier
- Please visit our table at Harvest Breakfast!

Facility Update:

- Wi-Fi hot spots have been installed to improve reception for iPads at both locations
- Comcast is installing cable TV connections so participants can view programs of interest
- Chestnut Street's lobby has a new coat of paint along with yellow lines on the driveway and stairs

GWArc is Turning 60 and We're Ready to Celebrate!



1956: GWArc was formed by Lawrence J. Lane and concerned parents as an all-volunteer, grass roots organization devoted to advocating for community-based services for their children with developmental disabilities.

2016: In recognition of our accomplishments over the last **60 years**, we look forward to celebrating **GWArc's 60th Anniversary** in December 2016!

In recognition of this major milestone, we are celebrating with two events:

◆ **Diamond Anniversary Gala**

Thursday evening, December 8, 2016 6 PM

Westin Waltham-Boston

Emcee **Liam Martin**, WBZ-TV news anchor, host of Wednesday's Child

Honorees: **Peter J. Koutoujian, Sheriff of Middlesex County**
Mary Leo, GWArc staff member for 30 years

Live performance by **Ball in the House**,
acclaimed Boston-based a capella group

Tickets: \$125 (Hors d'oeuvres, dinner, cash bar)

Tickets available online at www.gwarc.org or
call GWArc at 781-899-1344 x4101,
email gwarcc@gwarc.org



WBZ-TV News Anchor
Liam Martin, Emcee

◆ **Community Dance Party**

Saturday afternoon, December 10, 2016 1-3 PM

Brandeis University Hassenfeld Sherman Hall

A celebration for GWArc participants, families & community members

Live music by **Flame**, an amazing band of individuals with disabilities

Light refreshments

This event is **FREE**

More details to follow.



For Gala Sponsorship information:

Joanne Raymond, Director of Marketing & Development
781-899-1344 x4147, jraymond@gwarc.org

All proceeds benefit GWArc programs and services for individuals with intellectual and developmental disabilities.



The Arc

Greater Waltham

Established 1956

GWArc

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Waltham, MA 02453

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Fax: 781-899-2197
TDD: 781-899-8555
E-mail: gwarc@gwarc.org

We're Going Green!

To receive GWArc's newsletter by email instead of a printed copy, or to be removed from our distribution, please email us at gwarc@gwarc.org or call 781-899-1344, ext. 0.

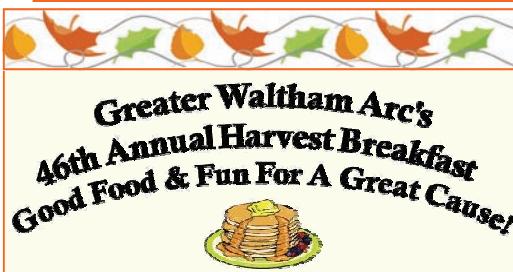
We redesigned our website!
Check it out at
www.gwarc.org



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**Save the Date For
this Milestone Event**

Our 46th Year!

Sunday, October 23

8 AM to Noon

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

**Bountiful Breakfast Buffet
Music by DJ Rich Profit
Line Dancing Magician
Balloon Animals Face Painting**

We are seeking Harvest Breakfast Event Sponsors and Advertisers. Show your support to the community! For more information, please contact Joanne Raymond at 781-899-1344 x4147, jraymond@gwarc.org or visit www.gwarc.org.

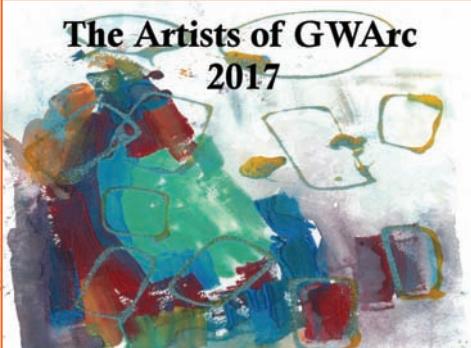
See you there!

Artists of GWArc

2017 Calendar Coming this Fall!

Our Artists of GWArc 2017 wall calendar features amazing art work by GWArc participants, including painting with acrylics and mixed media, and photography.

The calendar will be available for sale for \$10 at Harvest Breakfast and at GWArc (while supplies last). Get yours soon!



Shop at the GWArc Holiday Boo-tique!

Join us at GWArc's 46th Annual Harvest Breakfast on October 23 and get some holiday shopping done, too! Our Boo-tique, as always, will feature GWArc participant made crafts, including coasters, notecards with original art work and photographs, tile trivets, sewing kits and more! All items are gift wrapped and ready to go!



Greater Waltham Arc's 46th Annual Harvest Breakfast Good Food & Fun For A Great Cause!

Sunday, October 23, 2016 8:00 AM – Noon

Embassy Suites Waltham

550 Winter Street, Waltham, MA



Join Us for this Milestone Event—Our 46th Year!

The Arc®

Greater Waltham
Celebrating 60 Years!
1956-2016

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EMBASSY SUITES®
Boston/Waltham

Festive, Family-Friendly Fun!

Bountiful Buffet Breakfast
Music by DJ Richard Profit
Line Dancing Magician
Balloon Animals Face Painting
“Sparky” Waltham FD Mascot
Silent Auction Mystery Gifts

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

GWarc, Inc.

56 Chestnut Street
Waltham, MA 02453

For more information, call 781-899-1344 x0, email gwarc@gwarc.org or visit www.gwarc.org

Name: _____

Address: _____

City, State Zip: _____

Phone: _____ Email: _____

Please consider donating tickets back to the agency that will allow participants and staff to attend who otherwise might not be able to! Thank you!

Number of tickets donated _____

All proceeds from Harvest Breakfast directly support GWarc's programs, which serve over 300 children, adolescents and adults with intellectual and developmental disabilities and their families each year.
GWarc is a 501(c)(3) nonprofit organization.

Number of Adult Tickets _____ x \$24 = _____

Number of Senior/Special Needs Adult Tickets _____ x \$17 = _____

Number of Children under 12 Tickets _____ x \$12 = _____

SHARE A MESSAGE!!

“Family/Friend Sponsor Message” _____ x \$35 = _____

(Your name and optional message of your choice will be showcased in our visual ad presentation.)

TOTAL ENCLOSED:

\$ _____