“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!
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.

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!

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

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.

*This program was supported in part by a grant from the Waltham Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

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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.

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.
- 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.

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.

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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 gwarc@gwarc.org

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

Scan with your smartphone to visit our website!

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.

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

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 Profita
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!
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:_________________________

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: $ ______________

Festive, Family-Friendly Fun!
Bountiful Buffet Breakfast
Music by DJ Richard Profita
Line Dancing    Magician
Balloon Animals  Face Painting
“Sparky” Waltham FD Mascot
Silent Auction    Mystery Gifts