



# GREATER WALTHAM Arc NEWS

*Published by the Greater Waltham Arc, an affiliate of the Arc of the United States and Arc Massachusetts*

September 2017

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### Save the Dates!

- **47th Annual Harvest Breakfast Sunday, October 22 8 AM - Noon**
- **Annual Meeting Monday, November 13 6-8 PM**

## From the Chief Executive Officer, Roz Rubin –

Hello from your friends at GWArc and welcome to our Fall newsletter!

Pictured at right is one of several committees at GWArc, and perhaps the most important of them all. The education, empowerment and support of all program individuals' human rights is of utmost importance to our agency. The quarterly meetings, mandated by our funding sources, review behavioral plans, incident reports, and the ongoing



training of participants, staff, families and guardians. The committee is comprised of a psychologist, nurse, lawyer and the GWArc Human Rights officers, as well as participants and family members. These meetings are interesting and lively and often include outside trainings by GWArc's consulting behaviorist and statewide experts. With utmost confidentiality, the committee assures that dignity and least restrictive environments are maintained, with input from each individual, of course.

GWArc's Human Rights Committee met in September. Attendees included, clockwise from left: Terry Holmgren, Director of ECB; Attorney M. Morgan Bernal; Peter Cohn, Case Manager and Human Rights Officer; Adam Maher, Board Member and participant in GWArc's Employment Program; Roz Rubin, GWArc CEO; Dan Sensale, Case Manager and Human Rights Officer; and Brian Doucette, participant in GWArc's Day Habilitation Program. Not pictured: Diane McCormack, Louise Peacock and Mike Grimes, Case Manager and Human Rights Officer.

Other mandated quarterly committees include Program Advisory, Facilities & Safety and the Administrative Committee. We invite you to learn more about these groups, and you are welcome to join any of them if you wish.

As we go forward in this enjoyable Fall season, we must acknowledge that the weather events in our country and others have devastated resources around the world. GWArc has already participated in a supplies drive and will continue to contribute if we can. Shortly, you will receive the GWArc Annual Appeal, and this will be a difficult season for decisions about giving. So many needs in so many places! We urge you to consider the agency's ongoing challenges and contribute, as you have in the past, to the best of your ability. Thanks for supporting GWArc.

Finally, inside you will see the flyers for Harvest Breakfast (that officially makes it autumn!) and our Annual Meeting. I join the staff in hoping to see you there and wishing you a great autumn.

Regards,

A handwritten signature in black ink that reads 'Roz Rubin'.

Roslynn Rubin, Ed.D  
Chief Executive Officer

## GWArc Staff & Other Updates

### Welcome to Terry Holmgren, Director of Employment, CBDS & Transitions (ECB)



Welcome to Terry Holmgren, who joined GWArc as Director of Employment, Community Based Day Supports (CBDS) and School to Work Transitions in September.

Terry brings eight years of experience leading community based programs that serve individuals with disabilities in the North Shore region.

Terry's experience includes supporting individuals with disabilities in developing job skills, job placement, ongoing employment support and career development.

### Welcome to:

- **Daniel Rooney**, Group Supported Employment site supervisor
- **Kevin Catalan**, Physical Therapy consultant
- **Jessica Russo**, Lesley University student, who is spending one day a week at GWArc during the Fall semester in both the Day Habilitation and CBDS programs

### Welcome back to:

- **Bentley University Service-Learning students** who will resume volunteering in GWArc's Day Habilitation and CBDS programs in October. More than twenty students will volunteer in small groups four days a week during the Fall and Spring semesters. This project is coordinated by Mike Mullins, Recreation Manager/Volunteer Coordinator

### GWArc salutes:

- **Day Habilitation, CBDS & GSE direct support staff!** Direct Support Professional Recognition Week was September 10-16, 2017. GWArc thanks our wonderful staff.

### Jeffrey M. Doucette Golf Tournament



Roz Rubin, GWArc CEO (above left), and Angie Doucette, event organizer and mother of Jeffrey Doucette, greet the golfers.

GWArc is a grateful beneficiary of the Jeffrey M. Doucette Golf Tournament, held September 9 at Sandy Burr Country Club in Wayland.

The event was a success as golfers from the community and beyond gathered to enjoy an afternoon of golf and raise funds for GWArc, the Waltham High School Scholarship Fund and the American Heart Association.

The late Jeffrey Doucette was a beloved GWArc participant for over 10 years.

*We remember with love...*



Cindy DeLeo, a participant in GWArc's Day Habilitation program for many years. Cindy passed away in July. She is greatly missed.

## Sailing with Community Boating!



Peg Boit (above left) and Michelle Bourgeois enjoy a morning sail.



Above, Lizzy Robertson is lifted from her wheelchair onto the sailboat. Below left, Rich Giordano and Ken Doucette take in all the sights while out on the water. Below right, participants and staff wait to board.



Day Habilitation participants enjoyed sailing on the Charles River in Boston this summer through Community Boating's "Sailing for All" Universal Access Program. This program provides individuals with disabilities the use of specialized, accessible sailboats and dedicated staff assistance.

Individuals who use wheelchairs were brought onto the sailboat with a motorized lift, so everyone who wanted to could participate.

For some individuals, this was their first time on a boat!

"Community Boating is a wonderful program" said Heidi Ehrenfried, Director of Day Habilitation, who initiated the sailing program. "You can be sure we'll be on the water again next Spring!"

## Visit with Mayor McCarthy



Participants in our CBDS and GSE programs were invited to visit Waltham Mayor Jeannette McCarthy at City Hall in August. Following the City Hall visit, Mayor McCarthy (above, 2nd from right) led the group on a tour of the Waltham Community and Cultural Center which features a bowling alley, pool table, ping pong table and more.



CBDS and GSE participants enjoy bowling at the Waltham Community and Cultural Center.

## Here's What's Been Happening....



CC King, visiting artist, holds up artwork by Michelle Bourgeois, Day Habilitation participant.



Artist Dan Dressler conducts an art session in our CBDS program in August. Participants worked on 3D shapes and paintings.



CBDS participants pick up Meals on Wheels packages at the Waltham Council on Aging for delivery to recipients around Waltham. CBDS participants volunteer to deliver meals once a week.



**"Day of Service for Waltham Food Pantries":** GWArc participants and staff shopped for food for four Waltham food pantries at BJs in July. With funds donated by the Waltham Rotary Club, participants bought non-perishable food needed by each pantry.



Day Habilitation participants deliver food donations to the Bristol Lodge Food pantry in Waltham.



CBDS participants count and package diapers for distribution to needy families at Diaper Depot in Waltham.

## ...in Photos!



GWArc CEO Roz Rubin (center); Barbara Dunker, RN, AFC Program Director (left); and Camille Haas, AFC Care Manager; tape a PSA about the benefits of our Adult Family Care Program at WCAC-TV, The Waltham Channel. Watch for it on WCAC-TV or view it on our website soon!



Renee Emmonds, GWArc Recreation Assistant, delights an attendee with her face painting talents at the REACH Waltham Neighborhoods Fall Festival. GWArc Recreation volunteers staffed the face painting table.



Chris Kauffman of the Lexington Historical Society displays and explains household items and clothing from the Colonial/Revolutionary War era.



Joel Battaglino, CBDS participant, models Revolutionary War era clothing from the Lexington Historical Society.



GWArc Recreation participants help publicize the face painting table at the REACH Fall Festival.



Ventriloquist Kevin Driscoll and his friends gave a fun-filled performance at a Recreation event in September. At left, Kalli Reynolds (left) and Jessica Crisafulli (center) pose with Jerry, Doug the Talking Dog and Kevin.



A delicious BBQ picnic is enjoyed by ECB participants and staff at Lake Cochituate in Natick.



Van Dinh, CBDS participant, checks on tomatoes growing in the raised garden at Woodland Road.



ECB participants and staff gather after enjoying a BBQ picnic, dancing and games at Lake Cochituate in August.

## Human Rights

by Mike Grimes, Day Habilitation Case Manager & Human Rights Officer

Hello! I hope everyone enjoyed their summer.

For this month's Human Rights column I went to speak with the participants themselves and asked what they would like people to know that is important about their human rights. One answer that everyone agreed upon was for people to please not speak to them as if they are children! They said that sometimes people treat them as if they don't understand what they are saying, and they do. One participant said that it is not appreciated when you start a conversation with them and then just walk away. They want you to treat them with dignity and respect just as you would everyone else.

Another topic came up about allowing participants to make mistakes and to respect their opinions. Another participant spoke up and said, "Stop making decisions for me. We have the right to make our own decisions." The group I spoke with was very vocal and was able to clearly let me know what is important to them.

From what I have heard, they are asking to be respected as we would ask to be respected!

## CC King Joins GWArc for Art & More

CC King is a visiting artist for GWArc Day Habilitation and CBDS programs this Fall. CC is an expressive therapist, visual artist and teacher. She is also a certified leader of InterPlay, an active, creative and fun process that leads participants to movement, stories, songs and amusement.

CC was guest artist at our first **Friends Together: A Memory Café** event in September. The memory café is a collaborative project of GWArc and The Leland Home, with grant support from the Jones Partnership Fund.

## Program Updates

### Day Habilitation:

- Enjoyed a weekly sailing program with **Community Boating** (see article page 2)
- Regular visits from **John Buchanan** (music therapist), **Mace Miller** (drumming/singing) and **James Jones** (singing/playing musical instruments) continued at both sites
- Artist/instructor **Dan Dressler** returned during the summer to conduct art sessions at both sites
- Enjoyed summer BBQs under the shady canopy

### Community Based Day Supports (CBDS):

- Harvested tomatoes, vegetables and herbs in the raised bed at Woodland Road and in our **Waltham Community Garden** plot
- Continued delivering **Meals on Wheels** weekly
- Shopped at BJs for local food pantries using funds donated by the **Waltham Rotary Club**; food was delivered by Day Hab participants
- Volunteered to repackage diapers for distribution to needy families at **Diaper Depot** in Waltham
- Enjoyed our annual picnic at **Lake Cochituate** in August

### Group Supported Employment (GSE):

- Summer semester break, with trainings, educational and fun activities was enjoyed by all
- Enjoyed annual "Beans, Buns & Bingo" event (see photo at right), our annual barbeque with Bingo and great prizes
- Brandeis Buildings & Grounds GSE crew members continued working during the summer



### Individual Supported Employment (ISE):

- Congratulations to **Peter Dixon**, who recently celebrated 15 years of employment in the Belmont High School cafeteria

### School to Work Transitions:

- Our **Transitions Summer Program** was held at Brandeis University in July. Students experienced college campus life, worked on a number of projects and served lunch at the Whittemore Elementary School daily through a partnership with the Waltham Boys & Girls Club

## Participant Spotlight

### A Rap Song for Jason

by Peter Cohn, Day Habilitation Case Manager



Jason Smallwood

### KING DAY - OH

Known far and wide as “Mr. Day-oh”  
 Eatin orange foods—ask Chester Cheeto  
 Order Jay a “Whopper” would you please?  
 Don’t forget extra pickles and cheese  
 Big brawny baller, benevolent brother  
 Weekend time with his mom and his grandmother  
 Smallwood’s booming voice resembles a bellow  
 Rockin heavy metal music—let’s forget that cello!  
 Pepsi is his soda of choice  
 Cool, calm collected—hear his voice!!!!  
 Folks often hear him say the word “NO”  
 Suave Smallwood scholar runnin the show  
 Works an iPad as if he were Steve Jobs  
 Fun and rambunctious like Calvin and Hobbes  
 He’s the real deal—no time for snobs  
 Jason is a cool, funny friend to us all  
 Heart as big as a whale and he’s never gonna fall  
 He loves playing tunes and watching sports  
 Jason—with King Day-oh written on his shorts

*With each issue, GWArc’s newsletter includes a spotlight on an individual participant in our programs.  
 This issue focuses on Jason Smallwood, a participant in our Day Habilitation Program.*

## Program Updates...continued

- Approximately 35 students are enrolled in School to Work Transitions at Waltham High School for the 2017-2018 school year
- **Adult Family Care (AFC):**
- AFC will participate in two upcoming events:
  - Shared Living/Adult Foster Care Conference**, September 26, Best Western Royal Plaza Hotel & Trade Center, Marlborough
  - Transitions Conference**, Holy Cross College, November 4
- 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](mailto:bdunker@gwarc.org)

### Recreation:

- We had a great summer full of activities in Waltham and beyond, including Concerts on the Common,

- fishing trips along the Charles River, Canobie Lake Park, Seashore Trolley Museum and more!
- We enjoyed an overnight at the Holiday Inn Express Waltham followed



Bob Clement (at left in 2nd row) gathers with the group at the hotel.

- by a fun day at Kimball’s Farm. Thanks to Bob Clement, Park Lodge Hotel Group and Holiday Inn Express for a wonderful hotel experience!
- Fall activities are underway and we hope you’ll join us! For a full list check our website [www.gwarc.org](http://www.gwarc.org). Please contact Mike Mullins, Recreation Manager at [Recreation@gwarc.org](mailto:Recreation@gwarc.org) or 781-899-1344 x4120 to check availability.



**The Arc**

Greater Waltham  
Established 1956

**GWArc**

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**Greater Waltham Arc's  
Annual Harvest Breakfast  
Our 47<sup>th</sup> and Going Strong!**



**Save the Date For  
this Milestone Event -  
Our 47<sup>th</sup> Year!**

**Sunday, October 22**

8 AM to Noon

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

**Bountiful Breakfast Buffet  
DJ Photo Booth Magician  
Line Dancing Balloon Artist  
Face Painting Silent Auction  
GWArc Crafts & Mystery Gifts**

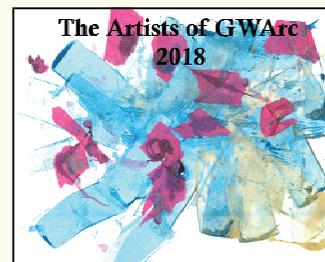
**Shop at the GWArc  
Holiday Boo-tique!**



Join us at Harvest Breakfast on October 22 and get some holiday shopping done too! Our Boo-tique will feature GWArc participant made crafts, including notecards with original art work and photography, sewing kits, bangle bracelets, BARK@GWArc dog biscuits and more! All items are gift wrapped and ready to go!

**Artists of GWArc  
2018 Wall and Desk Calendars**

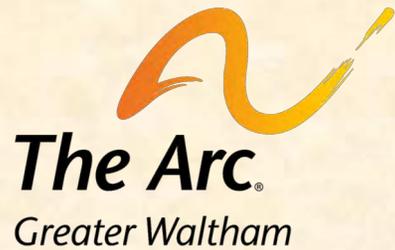
Two *Artists of GWArc 2018* calendars will be available this Fall—a wall calendar and a desk calendar. Both feature amazing art work by GWArc participants. Our wall calendar includes paintings, mixed media, clay and photography.



Our desk calendar features a variety of artwork inspired primarily by GWArc Case Managers and DD assistants.



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



# Greater Waltham Arc's Annual Harvest Breakfast Our 47<sup>th</sup> and Going Strong!



Sunday, October 22, 2017 8:00 AM - Noon  
Embassy Suites Waltham

**Festive, Family-Friendly Fun!**  
 Bountiful Buffet Breakfast  
 DJ Rich Profita Line Dancing  
 Magician Balloon Animals  
 Photo Booth Face Painting  
 "Sparky" Waltham FD Mascot  
 Silent Auction Mystery Gifts  
 GWArc Crafts for Sale  
**And More!**

### Titanium Pancake Sponsors



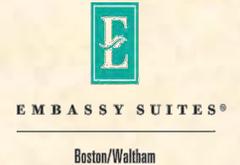
### Gold Pancake Sponsor



### Media Sponsor



### Our Host



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 x4101, email [gwarc@gwarc.org](mailto:gwarc@gwarc.org) or visit [www.gwarc.org](http://www.gwarc.org)

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City, State Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Number of Adult Tickets \_\_\_\_\_ x \$24 = \_\_\_\_\_

Number of Senior/Adult with Special Needs 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: \$ \_\_\_\_\_

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 individuals with intellectual and developmental disabilities and their families each year. GWArc is a 501(c)(3) nonprofit organization.



## **GWArc 2017 Annual Meeting**

**Monday, November 13, 2017**

**6 PM - 8 PM**

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

*~ Community Awards to Be Presented ~*

***“Rags” LaCava Community Service Award*** – Bentley Service-Learning and Civic Engagement Center

***John L. Battaglino Award of Excellence*** – Rhonda Fleming, GWArc Day Habilitation Case Manager;

Marisol Hernandez, GWArc Director of Administrative Services and Personnel

***Business of the Year Award*** – Park Lodge Hotel Group

***Employers of the Year Award*** – Belmont High School;

True Value by Ideal/Pavers by Ideal

***Outstanding Community Leadership Award*** – Jones Partnership Fund

***Community Service Award*** – Dr. Timothy Touchette, Assistant Dean of Student Affairs, Brandeis University

***Special Recognition Award*** – Angie and Joe Doucette

***Self Advocates of the Year*** – Watch City Self Advocates

*~Salute to Rotary-GWArc Food Pantry Project~*

*~Keynote Presentation~*

Ken Doucette, Director of Community Affairs

Middlesex Sheriff’s Office

**GWArc is a private 501(c)(3) non-profit organization dedicated to serving people  
with intellectual and developmental disabilities and their families since 1956.**

**For more information, contact GWArc at: (781) 899-1344 (781) 899-8555 TDD [gwarc@gwarc.org](mailto:gwarc@gwarc.org) [www.gwarc.org](http://www.gwarc.org)**