From the Chief Executive Officer, Roz Rubin –

Ahh...fall is here...pumpkins, pancakes, autumn flowers, pancakes, Halloween, pancakes, cider donuts, pancakes...yes, this is my subtle advertising for Opportunities for Inclusion’s 48th Annual Harvest Breakfast, coming on October 21 at the Embassy Suites, Waltham.

Expect the same great event—delicious food, great music, magician, balloon artist, silent auction, crafts for sale and a great community get together! This year our motto is “Come Celebrate Our New Name!” and you will see many signs with our new logo in “opportunities blue”. See inside for our Harvest Breakfast ticket order form and we look forward to seeing you there. I’ll save you...a pancake!!!

On November 13, join us at the Embassy Suites for our Annual Meeting, Community Recognition Awards and Salute to Staff and the world premiere of our new original video “Opportunities in Action”. We have made this video to show you how we are included in the community and our many activities in the area and in our program sites. And the Oscar goes to...the many participants you will see in the new video. We look forward to seeing you there as we recognize both staff and community members who have helped to make this a successful year.

This issue of the newsletter reflects another busy summer, with some days too hot to even get outdoors, but we managed to bring the fun at whatever temperature. Enjoy our many photos and updates!

See you soon at the above annual community events and best wishes for a crisp and happy fall season!

Regards,

Roslynn Rubin, Ed.D
Chief Executive Officer
Staff & Other Updates

Welcome to:
- Sophia Celestin, GSE Site Supervisor
- Matt Siperko, Harvard University psychology and music therapy student, who is volunteering to provide music therapy sessions at Chestnut Street and Woodland Road once a week
- Joey Matthews, Lesley University student, who is spending one day a week during the Fall semester in our Day Habilitation program

Welcome back to:
- Bentley University Service-Learning students who are resuming volunteering in our Day Habilitation and CBDS programs this month. 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

Opportunities for Inclusion salutes:
- Our direct support staff! Direct Support Professional Recognition Week was September 9-15. To celebrate, we provided lunch to staff members to thank them for all they do every day! See photos at right.

Staff Training:
Case Managers and other Direct Care Staff are participating in a number of valuable training sessions, including:
- Behavioral consultation
- Clinical skills
- Autism Spectrum Disorder
- Health maintenance
- Overview of I/DD

Congratulations to:
- Christine Dorn Dressler, RN, Coordinator of Health Services, and Dan Dressler, who were married in July

Grants & Donations Update
We are grateful for a recent grant from People’s United Community Foundation of $2,500 for Employment Programs.

Watch City Self Advocates members conducted a pet supply drive in September to benefit the MSPCA (see photos below). This volunteer effort was part of our “Volunteering and Community Connections” program, with support provided by the Jones Partnership Fund.

We Remember with Love…
Russ Malone, former Board President and Honorary Trustee, who passed away in September
and
Gerry Patten, a longtime participant in our programs, most recently in our Day Habilitation Program. Gerry passed away in August.
We Love Gardening!

Our gardens at Chestnut Street and Woodland Road flourished this summer and produced lots of fresh vegetables for our cooking projects—lettuce, tomatoes, cucumbers, eggplant, herbs and more!

In the photos above and at left, Day Habilitation participants enjoy taking care of our garden and picking ripened vegetables.

At left, GSE participants check on vegetables and herbs growing in the Woodland Road garden.

At right, CBDS and GSE participants relax after watering our garden plot at the Waltham Community Garden.

At right, Roz Rubin, CEO, and Mary M., a participant in our Day Habilitation program, with Cucumber Yogurt Dip made with cucumbers harvested from our garden.

Accreditation Update

We are pleased to report that we have received a three year accreditation by the Commission on Accreditation of Rehabilitation Facilities (CARF). This extensive program review is mandatory for our agency and many providers of human services.

The accreditation process involved two surveyors on site for two days in July and their review of Opportunities for Inclusion’s policies and procedures, participant files, visits to our program sites and interviews with stakeholders. New this year was a review and certification of our Adult Family Care (AFC) program. Facility certifications and facility maintenance are a part of this review—in other words, anything about us can be viewed during the survey.

The surveyors, persons in leadership positions from other parts of the country, were impressed with our varied programming and staff commitment and skills in our program rooms.

Opportunities for Inclusion is proud to once again be certified by CARF.
Artist CC King (pictured at top right) leads a “sharing circle” session with CBDS participants at the Waltham Boys & Girls Club in June. These sessions encourage participants to share their experiences and thoughts while also having fun.

Day Habilitation participants (above and below) celebrate the 4th of July with flags and a delicious cake decorated like a flag with lots of strawberries, blueberries and whipped cream.

Rotary-Opportunities for Inclusion Food Pantry Project:
With $300 donated by Waltham Rotary Club members, CBDS and GSE participants and staff shop for supplies for 4 local food pantries during a “Day of Service” in August. Above, the group gathers outside Market Basket in Waltham after shopping. Below, participants find grocery items needed by food pantries and load them into carts.

“Our cupboards are brimming now with canned goods—thank you so very much!”
- Carolyn Montalto
Executive Director, Community Day Center of Waltham
Our ECB annual barbeque in August at Lake Cochituate in Natick was enjoyed by all! Everyone enjoyed a delicious lunch, swimming, dancing, games and beautiful weather. Above, participants, staff and volunteers gather for a group photo at the end of the day.

Mark Sewankambo, CBDS Case Manager and our DJ for the event, gathers with participants at the barbeque.

Above, participants show off their dance moves at our annual barbeque.

At right, Don Willfong and son Erin, a participant in our GSE and CBDS programs, relax in the shade at Lake Cochituate.

Matt Siperko, music therapy student volunteer, visits with Day Habilitation participants in August.

Adam Maher, former Board Member (above left), and Peter Cohn, Day Habilitation Case Manager, talk with Day Habilitation participants about their human rights in August. Adam and Peter are members of our Human Rights Committee.
GSE & ISE Program Update

Group Supported Employment (GSE) participants took part in many educational and fun activities during our Semester Break program while college sites were quiet for the summer. Activities included: healthy cooking, writing in journals, exercise, practicing sign language, visiting the Gilmore Playground for basketball and other sports activities, tour of the Waltham Public Library, trips to the Museum of Science, Buttonwood Park Zoo, Faneuil Hall, USS Constitution, going to the movies and bowling.

In the photos above, participants tie dyed napkins in vibrant colors for sale at Harvest Breakfast and voted on their favorite cheese after a fun Annual International Cheese Tasting event with CEO Roz Rubin.

Brandeis Buildings & Grounds GSE crew members continued working during the summer and participants who work in Bentley University’s dishroom returned in July.

Independent Supported Employment (ISE) participants who work at jobs in the community received job coaching and support. Congratulations to Kristina Smith, participant in our ISE Program, who was hired by Chartwells at Lasell College!

School to Work Transitions Update

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.

Students also explored a wooded trail behind the Charles River Residence Halls at Brandeis that led to the Charles River. They took beautiful photographs along the way, some of which will appear in our 2019 Artists of Opportunities for Inclusion calendar.

In these photos, students prepare lunch for the group during the last week of the program.

Adult Family Care (AFC) Update

Our AFC Program is growing with the addition of new referrals. Contact Barbara Dunker, RN, AFC Program Director to find out more about this beneficial program and whether you or someone you know may qualify. Barbara may be reached at 781-899-1344 x4710, bdunker@oppsforinclusion.org
Recreation Update

We are having the time of our life at Recreation Plus while we enjoy a variety of activities for all interests! We explored the USS Cassin Young and learned about our naval history, rooted for the Massachusetts Pirates football team, felt the rumble of Nascar Racing at Seekonk Speedway and slowed things down with a relaxing day on the Boston Swan Boats.

Recreation Plus was active in the Waltham community, too. The Waltham Arts Council’s Concerts on the Common are a popular summer event. Each week we had a big group that danced to a variety of talented bands.

Waltham themed mini-golf at Prospect Hill Park brought out the skills of a van load of talented golfers.

Keep a look out for the Opportunities for Inclusion van around Waltham and beyond as we head into Fall!

Day Habilitation & CBDS Updates

Day Habilitation participants enjoyed many activities this summer including:
- Gardening in our raised beds at Chestnut Street
- Community trips to recycle cans and visit Moody Street shops
- Making crafts for sale at Harvest Breakfast (coasters, sewing kits, note cards and more)
- Cooking projects, including making meatballs with Roz Rubin for a delicious spaghetti & meatball lunch (see photo at left)
- Art with artist CC King (see photo at left), music, drumming and pet therapy
- Delivering donations to local food pantries

Community Based Day Supports (CBDS) participants had a busy summer. Activities include:
- Art and sharing circles with CC King
- Music with James Jones, drumming with Mace Miller and karaoke with Simon Lane
- Delivering Meals on Wheels weekly
- Shopping and delivering supplies to local food pantries
- Gardening and healthy cooking projects. Below, CBDS participants slice cucumbers from their garden for a salad
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Visit
OppsforInclusion.org
for the latest news & photos!

Electronic Newsletter
To receive our newsletter and other updates by email, please send an email message to admin@OppsforInclusion.org, call 781-899-1344 x0, or visit OppsforInclusion.org

Save the Date For this Milestone Event - Our 48th Year!
Sunday, October 21
8 AM to Noon
Embassy Suites Waltham
550 Winter Street, Waltham

Bountiful Breakfast Buffet
Music by DJ Rich Profita
Line Dancing     Magician
Balloon Artist    Face Painting
Silent Auction    Crafts And More!

Opportunities for Inclusion's Holiday Boo-tique!

Join us at Harvest Breakfast on October 21 and get some holiday shopping done too! Our Boo-tique will feature participant made crafts, including coasters and notecards with original art work and photography, sewing kits, bangle bracelets, Opportuni-Treats dog biscuits and more! All items are gift wrapped and ready to go!

Join Us!
Annual Meeting
& Community Recognition Awards
Tuesday, November 13, 6PM
Embassy Suites Waltham
See insert for more details!

Artists of Opportunities for Inclusion
2019 Wall Calendar
Our 2019 calendar, featuring amazing art work by participants in our programs, will be available this Fall. Art work includes paintings, mixed media and photography. Calendars will be for sale for $10 each at Harvest Breakfast and at Opportunities for Inclusion. Get yours soon!

Shop at Opportunities for Inclusion's Holiday Boo-tique!

AmazonSmile
Do you shop at Amazon? Shop at AmazonSmile (same products and prices), designate Opportunities for Inclusion as your charitable organization and we will receive .5% of your purchase price at no cost to you.
To order your tickets by mail, please return this form with a check to:
Opportunities for Inclusion
56 Chestnut Street
Waltham, MA 02453

For more information: call 781-899-1344 x4101 or email admin@oppsforinclusion.org.
To buy tickets online visit www.OppsforInclusion.org

Name: ___________________________________________________________
Address: _________________________________________________________
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 Opportunities for Inclusion programs, serving over 300 individuals with intellectual and developmental disabilities and their families each year. Opportunities for Inclusion is a 501(c)(3) nonprofit organization. Our tax id # is 04-2441728.

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

Titanium Pancake Sponsors

Gold Pancake Sponsors

Media Sponsor

Our Host

Sunday, October 21, 2018  8:00 AM - Noon
Embassy Suites Waltham
Opportunities for Inclusion 2018 Annual Meeting
With Staff and Community Recognition Awards
Tuesday, November 13, 2018
6 PM - 8 PM
Embassy Suites, 550 Winter Street, Waltham

~ Community Awards to Be Presented ~

*Inclusion Award* – Waltham Boys & Girls Club

*“Rags” LaCava Community Service Award* – Kaitlyn Riley, Volunteer

*John L. Battaglino Award of Excellence* – Siobhan O’Connell, Teacher, and McDevitt Middle School

*Employer of the Year Award* – Chartwells, Lasell College

*Outstanding Community Leadership Award* – Dr. Nadene Stein, Administrator of Pupil Personnel Services, Waltham Public Schools

*Community Service Award* – WCAC-TV, The Waltham Channel

*Special Recognition Awards* – Knights of Columbus Waltham Council 147
  - Jim Flewelling, Administration Committee
  - Diane McCormack, Human Rights Committee
  - Watch City Self Advocates

Opportunities for Inclusion Video “Inclusion in Action”

~Video Introduction and Presentation~

Jennifer Sullivan Sulewski, Ph.D., Senior Research Associate
Institute for Community Inclusion, UMass Boston

Opportunities for Inclusion 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 Opportunities for Inclusion at: (781) 899-1344  (781) 899-8555 TDD
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