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GREATER WALTHAM Arc NEWS

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

February 2017

From the Chief Executive Officer, Roz Rubin –

Greetings! We are still glowing (and sparkling) as we think about our 60th Anniversary events. Our Diamond Gala, held on December 8 at the Westin Waltham-Boston, was a great success, with a lovely dinner and entertainment as well as a salute to two important persons in the GWArc family—Mary Leo, staff member, in her 30th year of employment in our Day Hab Program and Middlesex Sherriff Peter Koutoujian, who grew up volunteering at GWArc. Many thanks to sponsors, donors and attendees, as well as those who generously participated in “Stand Up for GWArc”, a fundraising request made during the evening.



Dr. Lisa Battaglini (left) presents the John L. Battaglini Award of Excellence to Mary Leo (center), as Roz Rubin, GWArc CEO, looks on. The award was presented at GWArc's 60th Anniversary Diamond Gala in recognition of Mary's 30 years of caring and service to GWArc. The annual award was established in memory of John L. Battaglini, past President and member of GWArc's Board of Directors, longtime GWArc friend, benefactor and parent of a GWArc participant.

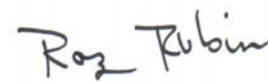
Just two days later, we dazzled at Brandeis University's Hassenfeld Conference Center as we hosted a Community Dance Party featuring **Flame The Band** from Fulton County Arc in upstate New York. Everyone had a great time dancing to this remarkable band and the GWArc gift backpacks were a hit. So, two great events to recognize GWArc's important mission and those who support us as we now enter our 61st year of services.

This spring...we are taking a break from “**Ciao Down for GWArc**”, usually held in April, but hope you will tune in for our first live television auction, Thursday, April 27, 6-9 PM. Thanks to the generous offer by WCAC-TV, The Waltham Channel cable television station, we will be live with great items for you to bid on. All proceeds will benefit GWArc. More details to follow, including the many towns where WCAC can be viewed, as well as online access, so that our friends living outside of Waltham can join us.

And, watch for another delicious way to support GWArc – *hint*: dinner at a well-known Waltham casual dining spot on Tuesday nights in May with a percentage of your meal proceeds back to GWArc.

In closing, while we all experience unsettled times right now, be assured that the commitment and skills to those we support at GWArc continues, no matter what! So, a salute to the staff who make it happen every day at our two sites. Many thanks.

Regards,



Roslynn Rubin, Ed.D
Chief Executive Officer

GWArc Staff & Other Updates

Welcome to:

- **Meghan Kinsherf**, who joined GWArc as a Developmental Disabilities Assistant after volunteering in Day Habilitation while she was a student at Massasoit Community College
- **Wendy Williams**, AFC Developer, who is working part-time to grow our Adult Family Care program
- **ARTrelief™ artists**, who are conducting art classes twice a month at both locations

Welcome Back to:

- **Bentley Service-Learning students** who are volunteering in our Day Habilitation program three days a week and in our Community Based Day Supports (CBDS) program one day a week

Congratulations to:

- Staff longevity award recipients, recognized at Harvest Breakfast:
Mary Leo, Senior Day Habilitation Case Manager, 30 years
Rhonda Fleming, Day Habilitation Case Manager, 20 years
Inrick Philogene, Developmental Disabilities Assistant, 5 years
Joanne Raymond, Director of Marketing & Development, 5 years
Karen West, Accounting Administrator, 5 years
- **Inrick Philogene**, DD Assistant, and his wife who welcomed Henry-levy in January. Henry-levy joins his big sister Celine
- **Roz Rubin**, GWArc CEO, who welcomed her first grandchild Noah in December



Rhonda Fleming, Day Habilitation Case Manager, receives an award for 20 years of service from Roz Rubin, GWArc CEO.

Board of Directors 2017

Welcome back to our Board of Directors:

Co-Presidents - **Marcia MacClary**, **John Peacock**

Vice President - **Greg Abel**

Treasurer - **Morgan Diamant**

Secretary - **Donald Willfong**

Immediate Past Presidents -

Marcia MacClary (2016), **John Peacock (2015)**

Directors:

James Baron, Esq., **Bob Clement**, **Peter Dixon**,
Harvey Fisher, **Kelly A. Hill**, **Adam Maher**,
Eric R. Prichard, Esq.

Welcome to new Board members:

Gerry Cosby, Real Estate manager/developer, family member;

Robbie Dembo, PhD Candidate and Research Assistant, Lurie Institute for Disability Policy, Brandeis University;

David Felton, Vice President, Business Banking, Rockland Trust.

Our thanks to Jody Doucette, Erik Doucette and Stewart Woodward, who left the Board in 2016, for their dedicated service.

Grants Update

We are grateful for the following recent grants:

- **TJX Foundation** - \$3,500 for School to Work Transitions
- **Waltham Cultural Council** - \$950 for Artists of GWArc arts programming
- **Waltham Community Foundation** - \$600 for Artists of GWArc arts programming

Program Updates

Day Habilitation:

- Day Hab participants made gorgeous crafts for Harvest Breakfast—Halloween coasters, sewing kits, magnets and art work for note cards
- Each program room participated in our first annual Halloween pumpkin decorating contest
- Ended outdoor barbeque season with a fun “Hoe Down” barbeque with good food and music!
- Held an open house for DDS in December; each program room proudly displayed their art work and other projects
- Music Therapy with John Buchanan continues weekly and art sessions with ARTrelief™ artists are held every two weeks at Chestnut Street and Woodland Road

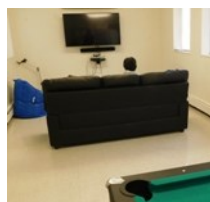
Community Based Day Supports:

- Everyone enjoyed “Career Days”, which included presentations from Lauren Lele, Director of Volunteer Services at Newton-Wellesley Hospital and Andrea Sbordone-Turner, Life Enrichment Director of Wingate of Weston, who spoke about volunteer and job opportunities. Two former School to Work Transitions students who are working successfully in the community also spoke



Former Transitions students Justina Jacobs (left), and Zachary Bourque (right) pose with Daisy Antonini, Transitions Manager, after speaking about their jobs in the community during Career Days.

- Hosted a “magician” scientist from Mad Science



Recreation Room

- We were excited to open our Recreation Room on the first floor at Woodland Road, including a TV, table tennis/pool table and a comfy sofa for participants to use
- Enjoyed volunteering and community trips to the library, bowling, pet stores and malls

Group Supported Employment (GSE):

- GSE participants enjoyed Semester Break while college sites were closed for winter break
- Participants enjoyed many fun and educational activities, including daily journaling and morning meeting, making gingerbread houses, cooking quesadillas with CEO Roz Rubin, breakfast at In a Pickle restaurant, attending “James and the Giant Peach” at the American Repertory Theatre, karaoke, laser tag and many more!

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 Dave Damon, 781-899-2206 x224, ddamon@gwarc.org

School to Work Transitions:

- Daisy Antonini, Transitions Manager, participated in Challenge Day at Waltham High School
- 30 students are enrolled in School to Work Transitions this school year
- Students raised funds and purchased “Student Santa” holiday gifts (see photo page 4)
- Held a cultural food day in December. Students and staff made African, Haitian, Puerto Rican, Jewish-European and Mexican dishes to share

Adult Family Care (AFC):

- AFC is supporting 41 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:

- Fall and Winter highlights include attending Boston Bruins practice and a Northeastern hockey game, visiting the USS Constitution Museum and attending Jose Mateo’s “Nutcracker” ballet and the Brandeis Winter Carnival
- Our Halloween and Valentine’s Day dances were a big hit and we continue to enjoy old favorites like line dancing, karaoke and pizza and movie night
- Our Spring Recreation brochure is available with lots of great activities. For questions about 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:

- Meeting guest speakers included: Deb Lovequist, Waltham crossing guard, who spoke about winter safety in streets and Hillary Dunn of the Disability Law Center, who spoke about rights and laws to protect persons with disabilities
- Held a joint Program Advisory/Watch City Self Advocates meeting to update both groups about GWArc events
- Wrote letters and collected donations for Operation American Soldier

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



Roz Rubin, GWArc CEO, presents a painting by the Artists of GWArc to Charles Botto, General Manager, Embassy Suites Boston/Waltham. The gift was a thank you for hosting GWArc's Harvest Breakfast fundraiser for the 15th year.



Renee Allain, GWArc participant and former GWArc Board Member, enjoys a visit with Sparky the Fire Dog at Harvest Breakfast in October.



Waltham Mayor Jeannette McCarthy (standing) visits with friends and DC the Clown at Harvest Breakfast.



Christine Dorn, R.N., (left) and Mary Ann M., Day Habilitation participant, dance to the music at GWArc's Halloween Dance in October.



ECB participants and staff enjoy a delicious pre-Thanksgiving feast at Woodland Road in November. Participants prepared many of the dishes.



John Buchanan, music therapist, sings with Melinda N., Day Habilitation participant.



School to Work Transitions students pose with "Student Santa" gifts they purchased in December. Students raised funds and shopped at Walmart for holiday presents for a 5 year old girl and a 6 year old boy. Students wrapped all the gifts.



"Mad Science" visits Woodland Road in December with a number of interactive science demonstrations for CBDS and GSE participants.

...in Photos!



Thank you McDevitt Middle School! Thirty-six students and five teachers spread lots of cheer with holiday songs and performances at Chestnut Street and Woodland Road in December. This was the 10th consecutive annual visit arranged by McDevitt teacher Siobhan O'Connell. Students and families raised funds during the Fall and brought an amazing array of wrapped art supplies as gifts for GWArc participants to use in our arts programming. We appreciate McDevitt Middle School students, staff and families!



Lauren Lele, Director of Volunteer Services at Newton-Wellesley Hospital, answers questions from enthusiastic CBDS and GSE participants at "Career Days", held for two days in January.



Congratulations to the 2017 officers of Watch City Self Advocates: (left to right) Joseline Ramirez, Treasurer; Jessica Crisafulli, President; Danny Powers, Vice President; and John Shread, Secretary. Officers were elected in December.



Yolande N. shows off art work created in a session with ARTrelief™ artists at Woodland Road in January. Art instructor Namrata Siviya is in the background.



GWArc Recreation participants enjoy a visit to the Warrior Arena in Boston to watch a Boston Bruins practice session in February.

Harvest Breakfast Wrap-Up

From the original "Pancake Harvest" in 1971 to "Harvest Breakfast", 2016 marked 46 years of our signature community fundraiser!

Our 46th Annual Harvest Breakfast on October 23 was a great success! We hope you were there! The event featured a delicious buffet breakfast and capacity attendance. DJ Rich Profita, DC the Clown, the Magic of Eric Benton, Sparky the Fire Dog, face painting, line dancing, silent auction, mystery gifts and participant-made crafts at the Holiday Boo-tique all added to the fun.

Our thanks to Embassy Suites Boston/Waltham for generously hosting (for the 15th year!) and to our generous event sponsors:

Titanium Pancake: The Battaglini Family

Gold Pancake: Charlesbank Garden Apartments, Hobbs Brook Management, Park Lodge Hotel Group, Rockland Trust Peoples Federal Foundation, Inc. and Watertown Savings Bank

Bronze Pancake: Boston Bark, Boston Properties, East Cambridge Savings Bank, Newton-Wellesley Hospital, Sentinel Benefits & Financial Group, Rotary Club of Waltham and The Village Bank

Media Sponsor: WickedLocal

Thanks also to our generous advertisers and auction and mystery gift donors. Visit our website www.gwarc.org for a complete list. Please patronize our sponsors, advertisers and auction/prize donors and thank them for supporting GWArc!

Participant Spotlight

by Rhonda Fleming



Once there was a grumpy man

who would make grumpy faces and say “I don’t want that!”

His friend would ask him “Do you want a hug? Do you want pizza? Do you want . . . ?” The grumpy man would say “No . . . No . . . I don’t want that!”

But the grumpy man would smile when he said this and, when he did, his eyes would shine and his face would light up. He would show his baby blue eyes!

One day his friend asked if he wanted this blue hat. The grumpy man reached for it and his eyes glowed and he smiled so big, but he still said “I don’t want that!” Then he laughed. Then he said “the hell with it.”

This grumpy man is Earl. He has cerebral palsy and transports in a wheelchair. But despite whatever pain he feels and whatever his limitations, he enjoys the interaction with his friend. He finds happiness in the fun.

Beginning with this issue, GWArc’s newsletter will include a spotlight on an individual participant in our programs. Our first spotlight is on Earl, a participant in our Day Habilitation program. Coming next issue: a spotlight on an individual in our CBDS program.

Human Rights

This is my first column on human rights for the GWArc newsletter. I thought of this idea after being asked on several occasions by both individuals in our programs and people I know in the community what human rights are. I’ve been in the disabilities field for 24 years so I know there are numerous questions that people have. I will try to address the ones that I hear the most.

The first that comes to mind is: Are human rights different for people with intellectual/developmental disabilities than they are for those who do not have disabilities? We all need to understand that human rights are the same for all of us, whether we have a disability or not. We need to respect these rights that have been granted to all of us.

The second is: Why did we change the wording from mental retardation to intellectual/developmental disability? Initially the wording was used as a medical diagnosis, but gradually turned into words of disrespect and had an offensive meaning. Individuals with intellectual and developmental disabilities over time exercised their human rights and advocated for the words “mental retardation”, “client” and “consumer” to no longer

be used. We all want society to see us as the individuals we are.

The last question is: Are people with intellectual and developmental disabilities able to date and marry? OF COURSE!!! If they are two consenting adults, who understand the health and safety issues that go along with relationships, then they have the human right to do so. Imagine being an adult and someone telling you you’re not allowed to go out on a date.

- Mike Grimes, Case Manager, GWArc Day Habilitation, and GWArc Human Rights Officer

Human Rights at GWArc

GWArc has staff members who are trained and serve as Human Rights Officers. Participants and guardians can speak with a Human Rights Officer about an incident and file a complaint. GWArc’s Human Rights Committee meets quarterly to review all incidents. Human Rights Committee members must include: a nurse, lawyer, psychologist, family members, GWArc participants and staff.

Human Rights Officers at GWArc are: Peter Cohn, Mike Grimes and Dan Sensale.



GWArc Turned 60!

1956: GWArc was founded 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, GWArc celebrated our milestone anniversary in December with a Gala and a Community Dance Party!



Roz Rubin, GWArc CEO, kicks off the festivities at our 60th Anniversary Diamond Gala on December 8.



Chris McKinnon, WBZ-TV news anchor, our Gala emcee.



Three granddaughters of Lawrence J. Lane, founder of GWArc, enjoy the evening. Left to right: Susan Huff, Nancy Huff and Ann Marie Huff.



Peter J. Koutoujian (center), Sheriff of Middlesex County, receives the "Rags" LaCava Community Service Award. Bud LaCava, Rags' son, is at left and Adam Maher, GWArc Board Member, is at right. Anthony J. "Rags" LaCava was founder and president of Wheels of Happiness and provided extraordinary community service through his efforts to organize trips and activities for individuals with developmental disabilities in Waltham for many years.



At left, **Ball in the House** entertains the appreciative audience at the Gala.



Flame the Band, whose members each have a disability, entertain at our Community Dance Party on December 10. The dance floor was full all afternoon!



Brandeis student volunteers receive a Certificate of Appreciation for their assistance at the Community Dance Party.

Thank you to our Gala Sponsors! **Hope Diamond Premier**-The Battaglini Family; **Heart Diamond**-Charlesbank Garden Apartments, Hobbs Brook Management, Rockland Trust People's Federal Foundation, Inc., Watertown Savings Bank; **Marquise Diamond**-Boston Bark, Coastal Capital Group, Park Lodge Hotel Group, Rotary Club of Waltham; **Solitaire Diamond**-Atlantic Charter, KPM Associates, The LaCava Family, Elinor & Jack Marcou Charitable Foundation, Mount Auburn Hospital, The Nelson Companies, Pavers by Ideal/True Value by Ideal, Paws and Pillows, RTN Federal Credit Union, Starkweather & Shepley; **Emerald Diamond**-Arc of MA, Brookline Bank, Failla & DeFrancesco Family Dentistry, Hillcrest Consultants, The Huff Family, Roslynn Rubin, Unified System; **Radiant Diamond**-DreamingCode, Eastern Bank, FastSigns of Waltham, Lynn & Patrick Maloney, MinuteMan Arc, Mutual of America, N.E. Golf Guide, Readings by Maria, Maureen Salkin and Stanton Insurance.



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Electronic Newsletter
To receive GWArc's newsletter and other updates by email please email us at gwarc@gwarc.org, call 781-899-1344 x0, or visit www.gwarc.org.



Scan with your smartphone to visit our website!

Spring for GWArc!

WCAC-TV The Waltham Channel's
SPRING 2017 LIVE TV AUCTION
to benefit Greater Waltham Arc

LIVE TV Auction
Thursday, April 27, 2017
6-9 PM

Bid on great items
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For information, contact:
Joanne Raymond,
Marketing & Development,
781-899-1344 x4147,
jraymond@gwarc.org or visit
www.gwarc.org.

See flyer insert for TV channels/
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Think Spring ... And Our Spring Appeal!

*We're hoping for an early Spring
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tax-deductible donation to help
GWArc continue to provide high
quality care and services.*

If you would like to make a secure
donation online, please visit

www.gwarc.org/make-a-donation/

You may also donate using the enclosed
donation sticky note (see page 7) or send
a check payable to GWArc to
56 Chestnut St., Waltham, MA 02453.

And if you have already made a donation,
thank you!

NEW! Donate a Car!

Now you can donate a vehicle (car, van,
truck, boat, recreational vehicle) to benefit
GWArc! GWArc has joined The Arc of
U.S. Car Donation Program. The Arc
partners with Melwood Charity Donation
Center, a non-profit agency, to manage our
car donation program. For details, please
visit **gwarc.org/donate-a-car/**.

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Do you shop at Amazon? Shop at
AmazonSmile (same products and
prices), designate GWArc as your charitable
organization and GWArc will receive .5% of
your purchase price at no cost to you.



SAVE THE DATE!

“Spring for GWArc”

**WCAC-TV The Waltham Channel's
SPRING 2017 AUCTION
to benefit Greater Waltham Arc
programs and services for individuals
with intellectual and developmental disabilities**

LIVE TV Auction

Thursday, April 27, 2017

6-9 PM

***Bid on great items
while supporting GWArc!***

View on your TV or online at www.wcac.org



GWArc, a 501(c)(3) non-profit organization, has served individuals with intellectual and developmental disabilities in the community for over 60 years. Our tax id # is 04-2441728.

To learn more about GWArc, visit our website at www.gwarc.org.

Questions? Contact GWArc at 781-899-1344 or gwarc@gwarc.org.

SAVE THE DATE!

“Spring for GWArc”

**WCAC-TV The Waltham Channel's
SPRING 2017 AUCTION
to benefit Greater Waltham Arc**

LIVE TV Auction

Thursday, April 27, 2017 6-9 PM

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Comcast

- WCAC-TV - Channel 8 (Channel 7 without a cable box)

RCN

- WCAC-TV - Channel 3

Verizon

- WCAC-TV - Channel 47

**WCAC-TV can also be seen by Verizon subscribers in the
following communities:**

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Bedford
Belmont
Harvard

Lexington
Newton
Stow
Sudbury

Wayland
Westford
Weston

Or view online at www.wcac.org or Facebook Live



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Reservations: (781) 966-5637

*Excludes Alcohol, Tax and Gratuity



Note: Waltham Location Only