



GREATER WALTHAM ARC NEWS

December 2007

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

From the Chief Executive Officer, Roz Rubin



Dear GWARC Families/Guardians and Friends,

"Awesome" is a word that is often overused, but let me borrow it once again to describe this Fall...Wasn't Harvest Breakfast AWE-SOME ? Over 400 consumers, family/guardians, business persons and members of the community attended, once again enjoying the gracious Doubletree Guest Suites ballroom, buffet and the entertainment of KBD Entertainment, Marilyn Lefort line dancing, balloon animals, magic show, and Officer Ruff McGruff and Sparky the Fire dog. The October 21 event, our 37th Harvest Breakfast, has become a sign of autumn, and opportunity to support GWARC, and an all around great time. Thanks to all who participated and attended.

Just a few days later, GWARC held its Annual Meeting at the Doubletree and over 100 persons enjoyed a light supper, presentation of staff longevity awards and awards to community and business supporters. The highlight was inspiration from our speakers, John Anton and Ed Bilecki from Mass Advocates Standing Strong. The October 30 event again showed the support GWARC enjoys in the greater Waltham community.

As the year draws to a close, GWARC welcomes new and returning Board of Directors members. We say farewell to Rich Brenner and Jim Silva, leaving us after serving terms on the Board. Welcome to four new Board members – Bob Clement, Glenna Gelineau, Adam Maher, and Sue Sutherland. The GWARC Board of Directors for 2008, as voted on at the Annual Meeting is:

President – Bob Francis
Vice President – Don McManus
Secretary – Connie Braceland
Treasurer – John Carrig
Immediate Past President – Tom Coxall
Returning Board members are – Renee Allain, Tim Fitzpartick, Kathy Horigan, "Mush" McManama, Andrea Rizzitano, and Stewart Woodward.

We look forward to their guidance and input in the coming year and we thank them for their interest in GWARC.

It has been a great year for GWARC and I am confident that our agency goes forward into 2008 with the same initiative of quality and availability to those whom we serve. As ever, please be in contact with me or any GWARC staff to learn more about the agency and offer your input.

Happy 2008.



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From the President of the Board

Bob Francis



GWARC's board members take their role as stewards of the organization seriously. We know that as our consumers' needs change, the organization must

change with them. Our responsibility is to ensure that the organization meets those changes and adapts quickly, and that GWRC staff has the tools it needs to accomplish the goals it sets throughout the year.

All this good work costs money, and the board is charged with ensuring that GWARC retains its financial strength. Chief Executive Officer Roslynn Rubin and Chief Financial Officer Bob Donoghue work closely to keep a watchful eye on our budget, while simultaneously looking to the future to ensure our growth — a job that is not easy, but which is more than competently executed.

GWARC board members are also charged with ensuring a healthy future for the organization, and are faced with the reality of finding new space to accommodate new generations of consumers and their families, especially as consumers leave the public school system by age 22.

This year, members of the GWARC board will focus on meeting our annual appeal goal, and begin the design of a capital campaign for GWARC's new home.

We cannot do this work alone. We will need the continuing goodwill and generosity of the Greater Waltham community to help us accomplish our goals. Please join us in securing a financially sound future for GWARC consumers and their families by making a tax-deductible gift to this year's Annual Appeal.

2008 GWARC Board

We have added a new page to our quarterly newsletter — a page devoted to our Board of Directors. We want to keep you updated on the highlights of our dedicated board members and their work over the coming year.

As CEO Roz Rubin indicated in her greetings on page one, we have 15 board members — dedicated individuals from the Greater Waltham community who have made a commitment to work hard on behalf of GWARC consumers, our staff members and the organization itself.

Who are these community-minded individuals? They are former consumers, parents of children or adults with developmental disabilities, small business owners, educators, and community leaders who recognize the importance of our services and programs, and who have committed their time and service on our behalf.

They do not take their commitment lightly, and you will more than likely see them at GWARC events such as Harvest Breakfast and the Annual Meeting as well as fundraising events such as the Bounce-a-Thon. Once a month, they donate an evening of their time to attend board meetings. The strength and well-being of any nonprofit organization such as GWARC relies upon its governing body — the board of directors — and our board is no exception.

In January, the new GWARC board will spend two days in a board development seminar led by Diane Franklin, Ph.D of Impact Collaborative. The board will focus on building its leadership and governance as we approach the planning and implementation of a new capital campaign for GWARC's new home.

We are currently looking for individuals who want to become more involved with GWARC but who do not have the time to devote to monthly meetings. Join our Corporate Members. Corporate members specialize in one or two facets of the organization and volunteer their time on different committees. For more information call Sandra Nall at ext. 4147.



Happenings & Events



GWARC consumer Dianne April receives the Self-Advocate of the Year award from GWARC CEO Roz Rubin at GWARC's 2007 Annual Meeting.



GWARC consumers and friends made the First Annual GWARC Bounce-a-Thon a success. Consumers, their families, friends, and GWARC staff bounced basketballs on September 29 at McDevitt Middle School. See you next year!

GWARC staff and consumers collaborate to accomplish consumers' goals throughout the year. Whether those goals are work-related, life skills, or artistic expression, GWARC consumers work hard to accomplish those goals with staff support and encouragement. But after the hard work, celebrations are in order, and GWARC celebrated 2007 in style!

Bounce-a-Thon, Harvest Breakfast, and the Annual Meeting are only a few of GWARC's events and activities. They are opportunities for us to share with the Greater Waltham community how we carry out the work of our mission — to improve the lives of people with development disabilities and their families.

We value contributing to the quality of life of our consumers — it's clear that all of us enjoy our work and play — the best of both worlds!



The 2007 Harvest Breakfast was another successful event at the Double Tree in Waltham. Tickets sold out!



Olympia Marciello accepts her 2007 Self-Advocate of the Year award from GWARC CEO Roz Rubin at GWARC's Annual Meeting.



Day Education News

From the Director of Day Education, Eileen Nee



Day Education continues to keep GWARC consumers and staff busy with a variety of creative, therapeutic activities throughout the fall months.

At Harvest Breakfast, we were fortunate to have sold most of the cards and trivets that our consumers made. These items continue to be popular among GWARC friends and families.

Consumers enjoy cooking, and on Halloween they were creative and inventive as they cooked eyeballed-shaped deserts made out of Jello, whipped cream and chocolate chips. We baked cookies baked in the shape of fingers and delivered throughout the building, giving all staff the chance to enjoy.

The groups enjoyed a visit from four Bentley College students whose costumes were imaginative, and their musical performance entertaining. We will be working with Bentley College students on other art and music projects throughout the year. We are fortunate to be working with them. The arts are barrier-free. They are a source of great fun and pleasure for GWARC consumers, families, staff, and friends. If you have a special talent that you would like to share, we would love to talk to you. Please give us a call at 781-899-1344 or e-mail me at enee@gwarc.org.



William Booth delivers homemade eyeball-shaped deserts to GWARC staff members on Halloween.



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Recreation & Volunteers

From Recreation Manager & Volunteer Coordinator, Heidi Barberio



GWARC ran its very first recreation fundraiser at McDevitt Middle school on September 29. We raised over \$2,400.00 to help support the GWARC recreation department. A big THANK YOU to all those who participated in the Bounce- A- Thon.

Recreation programs for the fall filled up fast and furiously. We had such programs as walking club, taco night, bingo and pizza and our ever-popular music therapy group and line dancing.

Our children's programs included activities such as "Friday Night Fever" and "Just Kick It." Our new program, "I Like to Move It," is dedicated to fitness and sports activities. Our fishing program was a huge success, thanks to Waltham Recreation Dept and the Mass Wildlife Angler Education Program.

This year, we provided some supports to the Mall Mania program at McDevitt Middle School. Mall Mania is a federally funded program for middle schools within the Waltham schools.

On Friday, November 9th, consumers, families, staff and volunteers dined and danced at the Moose Lodge in Waltham. Volunteers served pasta, meatballs, and salad to hungry dancers. Once again, Ken Doucette treated us to the best dancing music around town.

Our winter program brochure will be out in December for our January, February and March programs. If you have not received our brochure please call Heidi Barberio @ 781-899-1344 ext 4145 or e-mail her at hbarberio@gwarc.org to be added to our mailing list.

Call for Volunteers

GWARC is always looking for volunteers to share their time, talents and experiences with our consumers.

Do you paint? Are you a storyteller, a sculptor, a cook? Do you have photographs of a particularly important and memorable day at the beach, in a museum, on a field trip?

Would you like to share your time and experiences with us?

Our Consumers and staff enjoy the diverse and creative contributions that volunteers bring to us.

If you have a few hours of leisure time, we'd love to talk to you! Call Heidi Barberio at 781-899-1344, ext. 4145 or e-mail her at hbarberio@gwarc.org.



BIS Mailing Services News

From the Director of Employment, PLUS and Transitions, Jim Brandano



Greater Waltham Arc has an agency-owned business, and we are growing! Business & Industrial Services (BIS) provides employment and employment opportunities to consumers we serve. Our employees receive the highest-quality training and supervision by BIS staff, with quick turnaround and very low prices.

BIS opened in 1994, and now serves hundreds of customers, from businesses and organizations in our local community to customers as far away as Florida. During the first years in operation, BIS concentrated mostly in mailing services, and now provides printing and assembly.

In 2007, we presented Adviser Investment Management, Inc. with one of two of GWARC's 2007 Employer of the Year awards because they supported BIS through various mailing jobs on a consistent basis. The majority of their work is between two and seven piece inserts along with folding, sealing, labeling and stamping. Jobs generally range from 200-1,000 pieces several times per month with larger mailings of 4,000 – 6,000 pieces throughout the year. With this continued partnership, we are able to continue to offer BIS mailing employees the opportunity to earn money, work on their skill building and enrich their lives.

Our goal continues to be to provide exceptional support and satisfaction to all who use our services. Because of GWARC's investment in state-of-the art technology, we are able to communicate effectively with current and prospective customers, changing the way we do business, and helping us to focus more on our customers' needs.

Three out of 10 of our new customers have come to know about BIS through our website, www.bismailing.com. Through this site, all our new and potential customers get a chance to know about us, the services we offer, what our customers say about us, our prices and even send an e-mail to us, either with a question or requesting a quote. We have also acquired customers through our local chamber of commerce, local businesses and business owners, and also through our customers.

BIS is located at 31 Woodland Road in Waltham. If you'd like a quote, a tour of our sites or even have a question, please feel free to give us a call at 781-891-1904 (V/TDD) or via e-mail bismail@gwarc.org.

BIS Mailing

BIS Mailing Services income gives our consumers weekly paychecks, so keeping sales up represents the goal of our agency-owned business. Their quality and speed keeps bringing back customers who are very satisfied with the work. Some of our customers include The ARC of Massachusetts, Washington Mutual, National Women's Committee and Adviser Investment. We at BIS are always looking for new customers to serve. If you presently have the need for our services in performing mailings or light assembly, no job too small, please contact us at 781 899- 2206 and ask for Jim Brandano or Lori Bennett Leclair. See also our web site www.bismailing.com.

Family Support

From the Family Support Manager, Anna Thorpe



GWARC SPEAKER SERIES

GWARC kicked off their speaker series on November 12, 2007 with a presentation by Angie Aguirre from the Massachusetts Network of Information Providers (MNIP) and New England INDEX, a free, comprehensive, online database service containing lists of physicians, dentists, consultants, programs and agencies who service individuals with disabilities. For more information, visit their website at www.disabilityinfo.org or call them at 1-800-764-0200.

On January 8, 2008 (snow date: 1/15/08), Amy Young from Sky's the Limit Parent Consulting will present **Managing the Maze: Benefits and Programs that Really Matter**. Amy will help us make sense of the alphabet soup that goes with state benefits and community resources. 10:00 a.m. to noon at the Waltham West Suburban Chamber of Commerce Office, 84 South Street, Waltham. RSVP to Anna Thorpe, Family Support Manager - 781.899.1344 ext. 4120 or athorpe@gwarc.org.

An **evening session** will be held on January 24th (snow date: 1/31/08) 7:00 to 9:00 PM at GWARC Headquarters, 56 Chestnut Street, Waltham. Again, please RSVP to Anna.

Thursday, March 20th (snow date: 3/27/08) : **Bullying – Strategies for Parents, Teachers and School-Aged Children with Disabilities**. Sandra Osborne, Consultant on Safety for Children with Special Needs Sandra's presentation will provide background information on bullying as well as practical and timely tips for those who are bullied or may be bullying others. 7:00 a.m. - 8:30 p.m. at GWARC Headquarters. RSVP to Anna -781.899.1344 ext. 4120 or athorpe@gwarc.org

FAMILY SUPPORT EVENT FOR SCHOOL-AGED CHILDREN

We invite those of you with school-aged children to join us for an **Ice Cream Sundae Social** at GWARC Headquarters, 56 Chestnut Street, Waltham on Saturday, January 26, 2008 (snow date: 2/2/08) from 2 to 4 PM. Come prepared to enjoy Lizzie's delicious ice cream and toppings. Then get ready to sing and dance along to your favorite songs with Thalia Vitikos, Ridgewood Arts Project. RSVP to Anna—781.899.1344 ext. 4120 or athorpe@gwarc.org

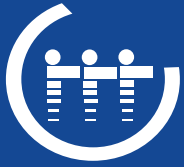
PARENT TO PARENT SUPPORT GROUPS SCHEDULE

Two ongoing support groups have been established – one for parents of adult children and one for parents of adolescents. Meetings are held at GWARC Headquarters, 56 Chestnut Street, Waltham.

For parents of adult children: January 7, 2008 (snow date: 2/04/08) from 6:30 to 8 PM. This support group will be piggybacked with Line Dancing on Monday nights. Refreshments provided.

For parents of adolescents: January 9, 2008 (snow date: 1/16/08) from 5:30 to 7 PM. Pizza is provided for the parents as well as for the adolescents who are supervised while eating and watching a movie as their parents meet.

GWARC will start other support groups as interest indicates. Therefore, do not hesitate to contact Anna with your ideas or to network with Anna in regard to other support group activities in the area. One parent would like to join a support group of parents with school-aged children with Pervasive Developmental Disorders (PDD). Please contact Anna as soon as possible if you, too, would like to join such a group. She would love to get a date on the calendar for another parent to parent support group meeting.



Winter and Personal Health

From the Coordinator of Health Services, Poppy Hiser



Managing Stress in the Holiday Season

Holidays are supposed to be filled with cozy scenes of family bliss, beautiful gifts, and delicious homemade food and drink. However, the reality of this potentially joyful time can sometimes include family squabbling, sky rocketing credit card debt, and overindulgence. Our expectations for the holidays can be very high and our stress levels even higher. Here are a few ideas on how to decrease tension and increase enjoyment of this holiday season.

Set Realistic Expectations

Set realistic expectations in your financial, social and familial life. Ask yourself whether making a complicated dinner with all the trimmings will exhaust you or give you contentment and pleasure. Will purchasing that lavish gift for your loved one really improve his or her life, or will it leave you needing to work overtime through 2008 just to pay off the debt? Choosing how and when we want to spend our time can also help us manage stress. Give yourself the gift of "no" this season and turn down invitations and requests for events and parties that you feel will leave you and your family drained instead of energized.

Take Time out to Enjoy

Marathon shopping trips and racing from event to event are not always conducive to relaxing with family and friends. Scheduling time with the people we love can become an important part of the holiday season. Taking time out for a simple dinner at home, a cup of tea, or a visit to a loved one who is house bound can be a way to take a break from the rush of the season.

Accept the Feelings

Although the holidays can be a very happy time of the year, sometimes feelings of loss or loneliness may occur. This time of year can remind us of family far away or losses in our lives. Taking time to honor these feelings instead of burying them can help relieve a bit of our sadness. Talking feelings over with a trusted friend, clergy person or counselor, or lighting a candle in honor of our loved ones are all ways to face the challenge of the holiday season.

Nourish Yourself

Congratulations, you made it through another year. You deserve some nourishment and care! A hot bath, a walk in the woods, or a trip to the library to read a favorite magazine or check out a great paperback are all ways to care for yourself that are free and close to home. We don't need an exotic holiday location to become more relaxed and calm; a cup of hot chocolate and a call to an old friend can help us work out a bit of tension from our day.

Holiday stress can lead to over eating and drinking. Eating a green salad or portion of protein before big bashes can help us make wiser choices in what we consume. Choosing not to drink or alternating alcoholic beverages with non-alcoholic beverages is another ways to combat overindulgence.

Stay Safe and Enjoy the Season

Bad weather, drinking and driving, rushing to reach important destinations, and increased stress all lead to vehicular accidents in the holiday season. Many accidents can be prevented by planning ahead, reading storm reports, using seat belts and allotting extra time for travel. Decide before you arrive at a party or gathering who will be the designated driver, or make a holiday splurge and take a taxi to and from your destination. Staying alive for family and friends is the most important gift you can give.

Happy Holidays,

Poppy Hiser R.N., MPH



Inside GWARC

cww.gwarc.org

Get to know us through our new and improved website — www.gwarc.org!

Our Events and Recreation schedules will keep you up-to-date on activities and meetings on a monthly basis. If you want to know more about what services and programs we offer or about some of our staff members, you “can read all about it” from our home page.

Find out how to volunteer, meet our board members, and learn how to become more connected by going to “Get Involved.” We want the Greater Waltham community to know who our corporate sponsors are, and have included their logos on the Corporate Giving page. Our photo gallery includes photos of consumers at work and play, and includes black and white vintage photos from GWARC’s earlier days.

We publish employment opportunities at GWARC, provide you with the opportunity to make a tax-deductible donation, and even make our newsletters available — all on our website. The website is currently being updated, but we want you to check it out, use it, and let us know what you think.

RECENT ADDITIONS TO GWARC’S RESOURCE LIBRARY Find a moment to come and browse! [Consent Handbook for Self-Advocates](#); Edited by: Cathy Ficker Terrill
[Health Promotion for Persons with Intellectual and Developmental Disabilities](#); Edited by: Wendy M. Nehring

[Intellectual and Developmental Disabilities Nursing: Scope and Standards of Practice](#); Written by: Wendy M. Nehring, Shirley P. Roth, Deborah Natvig, Cecily L. Betz, Teresa Savage and Marilyn Krajcicek

[Letters to Sam: A Grandfather’s Lessons on Love, Loss, and The Gifts of Life](#); Written by: Daniel Gottlieb

[Planning for the Future: Providing a Meaningful Life for a Child with A Disability after Your Death](#); Written by: L. Mark Russell and Arnold E. Grant

[Passport to Independence: A Manual for Families](#); Prepared by: Specialized Housing, Inc.
[Social Inclusion at Work](#); Written by: Janis Chadsey

[Special Needs Trust Administration Manual: A Guide for Trustees](#); Written by: Barbara Jackins, Richard Blank, Ken Shulman; Peter Macy and Harriet Onello

[The Essential Conversation: What Parents and Teachers Can Learn from Each Other](#); Written by: Sara Lawrence-Lightfoot

[The Special Needs Planning Guide: How to Prepare for Every Stage of Your Child’s Life](#); Written by: John W. Nadworny and Cynthia R. Haddad

[You Will Dream New Dreams: Inspiring Personal Stories by Parents of Children with Disabilities](#); Edited by: Stanley D. Klein and Kim Schive.



GWARC 2007-2008 COMMUNITY ANNUAL APPEAL

Help us bring joy, meaning and care to the lives of your neighbors and friends with developmental disabilities



Clip below and return in enclosed reply envelope.

<input type="checkbox"/> Founder's Circle	Over \$2,000	<input type="checkbox"/> GWARC Circle	\$100-\$499
<input type="checkbox"/> President's Circle	\$1,000-\$1,999	<input type="checkbox"/> Sponsor	\$50-99
<input type="checkbox"/> Partner	\$500-\$999	<input type="checkbox"/> Friend	\$25-49
		<input type="checkbox"/> Other	\$_____

Name: _____

Address: _____

Phone: _____

Your company (or your spouse's) may have a Matching Gift Program. On the next page is a list of companies that have Matching Gift Programs. Ask your personnel director for the appropriate form.

Email: _____

Please make checks payable to: GWARC, 56 Chestnut Street, Waltham, MA 02453 (781) 899-1344.
GWARC is a 501 (c)(3) nonprofit organization. **Thank You!**

These companies in Massachusetts have Matching Gift Programs. If you work for one of them, please contact your personnel department. Your gift to GWARC will be doubled!

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Adams, Harkness, & Hill
Allegro MicroSystems, Inc.
Allendale Insurance
American Express Company
AON Corporation
AstraZeneca R & D
Boston, Inc.
AT&T
Atlas Ventures
Automatic Data Processing
Borden
The Boston Globe
Brown Shoe Company, Inc.
Cabot Corporation
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Compaq
Computer Associate International
Data Instruments
Digital Credit Union
Dress Barn
Eastern Mountain Sports
Eaton Vance Corporation
Exxon Mobil Corporation
Fiduciary Trust Company
First Data Corporation
FleetBoston Financial Company
GC Companies
General Mills
The Gillette Company
Goulston & Storrs
Grantham, Mayo, Van Otterloo & Co.
Haemonetics Corporation
Harcourt General, Inc.
Heublein
Hewlett Packard Company
The Home Depot
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IBM Corporation
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Johnson & Johnson Family of Companies
Kmart Corporation
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Lucent Technologies
Massachusetts Financial Services Company
Massachusetts Port Authority
Mass Mutual
The May Department Stores
Maytag Corporation
McDonald's Corporation
Mellon Private Capital Management
Merrill Lynch & Company, Inc.
METLIFE
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Millipore Corporation
Motorola, Inc.
Mutual of America
Nabisco
New England Business Services
Norton
NSTAR
NYNEX Corporation
Oak Industries
Palmer & Dodge LLP
PepsiCo., Inc.
Pioneer Group, Inc.
The Quaker Oats Foundation
Reebok International Ltd.
Staples, Inc.
The Stride Rite Corporation
Tofias PC
Tucker Anthony, Inc.
Unilever United States
United Parcel Service
United Technologies Corporation
Verizon Communications
Waters Corporation

HELPFUL GWARC CONTACT INFORMATION

Rec/Family Support/Day Education 781-8990-344
(FAX) 781-899-2197 (TDD) 781-899-8555

Barberio, Heidi ext 4145 hbarberio@gwarc.org
Nee, Eileen ext 4121 enee@gwarc.org
Thorpe, Anna ext 4120 athorpe@gwarc.org

Employment, Plus and Transitions 781-899-2206
(FAX) 781-736-0714 (TDD) 781-899-4710

Antonini, Daisy ext 221 despada@gwarc.org
Bennett LeClair, Lori ext 223 lbennett-leclair@gwarc.org
Brandano, Jim ext 222 jbrandano@gwarc.org

BIS Mailing Services
(FAX) 781-736-0714 V/TDD 781-899-0714
www.bis mailing.com

MEMORIAL/HONOR GIVING PROGRAM

Your contribution to our Memorial/Honor Program will be used specifically for recreation and leisure programs for children, adolescents and adults who are developmentally disabled. You can remember a person who is deceased or honor a friend's birthday, anniversary or other special occasion.

Please make checks payable to:

GWARC, 56 Chestnut Street, Waltham, MA 02453

Coming soon...we will be accepting credit cards to make donating to GWARC easier.

GWARC Needs Your Help!

Yes! I want to help GWARC to make a difference in the lives of people with developmental disabilities. My contribution will play an important role in supporting the quality programs and services provided by GWARC.

- Enclosed is my tax deductible contribution of \$_____.
- I would like to learn more about volunteer opportunities at GWARC.

Name_____

Address_____

City _____ ST _____ Zip_____

Telephone (____)_____

Please make checks payable to:

GWARC, 56 Chestnut Street, Waltham,
MA 02453

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