



# GREATER WALTHAM ARC NEWS

January 2007

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## From the Executive Director:



### Dear GWARC Families and Friends,

As promised, this fall proved to be a busy, productive and positive time at GWARC. The September Consumer & Family Guardian Reception was a huge success, with dancing, gifts, and good times for over 150 people in attendance. The 36<sup>th</sup> Annual Harvest Breakfast was a sell-out and over 400 attendees enjoyed the bountiful buffet, some new entertainment, and meeting and greeting one another at this traditional community event. At our Annual Meeting in October, the world premiere of our new GWARC film was well received and we were pleased to thank many long time staff, volunteers, and community friends with awards. December brought the Consumer Staff Holiday party, over 250 consumers, staff, and friends and family dancing at the Moose Lodge, dining on Italian food, and enjoying the holiday season.

We completed our two required accreditations, CARF and DMR Survey and Certification with positive results. (See the *Get to Know GWARC* column for more details). This is a source of great pride to the agency, staff, Board of Directors and all friends of GWARC, as we learned from the survey teams just how well the agency is doing.

Sadly, we are saying farewell in February to a very long time GWARC employee, Janice Russell, Director of Community and Family Support, who will be moving on to pursue new opportunities. We salute Janice in her many roles at GWARC and commend her loyalty to the field of disabilities and to our agency. We will plan an event this winter to honor her good work here.

Grant writing this fall resulted in significant monies for programming, so be sure to read the inside article from our grant consultant, Joanne Raymond. To continue our community outreach and visibility, Karen Landis, Director of Marketing and Development, and I attended many events, crafts fairs, job fairs, Chambers of Commerce events and holiday parties.

So, what to do for an encore? How about another 50 great years? As we head into 2007, there are many plans, both long term and immediate for continued excellence for our agency. We are poised to grow and we are exploring those areas of growth as consumers and their families/guardians continue to need services from GWARC. We do all this with an emphasis on community inclusion and we need your support, ideas, and feedback to do so. I continue to extend my invitation for you to contact me, come in and watch our new video and talk about GWARC in the future. With thanks to all GWARC staff for a great year, I send my best for a happy and peaceful 2007.

Regards,

Roslynn Rubin, Ed. D

50 Years of Excellence  
Since 1956  
GWARC

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The Arc  
Realizing potential. Achieving goals.



# Happenings & Events

## Comings...

GWARC welcomes JoAnn Wilkinson, Assabet Job Developer; Stephenie Jesi, Assabet Site Supervisor; and Alison Grenier and Bethany Holstrom, Case Managers for Day Education.

We wish all new staff a warm welcome.

## Holiday Party

On December 8, 2006, GWARC held its annual Holiday Party for consumers and staff. The party was held at the Moose Lodge and food was catered by The Chateau Restaurant. D.J. Ken Doucette provided the music, and got everyone out onto the dance floor.

During the evening, GWARC videographer Peter Cancilla asked all the consumers to get together so he could film them all wishing GWARC a Happy Anniversary. This footage will be used in a short film that will be screened at the upcoming Golden Gala.



CONSUMERS GET TOGETHER TO WISH GWARC A HAPPY ANNIVERSARY.

After last year's blizzard, we were lucky to have great weather this year, a great turnout, and a great time.



GWARC'S 50<sup>th</sup>  
Anniversary

## GOLDEN GALA

Friday, January 19, 2007  
7:00 PM

Doubletree Guest Suites, Waltham

Cocktails Dinner Silent Auction

Comedian Jimmy Tingle

Sponsored by:



For more information,  
call GWARC at 781-899-1344 x4101



# Day Education News

## New Volunteer Opportunities

Throughout the fall and early winter, participants of the Day Education program have been busy volunteering their time in a few new ways. The Day Habilitation Program and the Pathways Program have started to spend time each week gathering empty cans and bottles from the building and bringing them to the local can redemption for the deposit. The money they make is used towards groceries they purchase for making meals for local shelters. Some of the dishes they have prepared are lasagnas, chicken pot pies, Shepard pie and a wide variety of cookies. The programs have been donating meals for years and have added a couple more shelters to their list. Each opportunity continues to bring much joy and fosters developed friendships.



OLYMPIA MARCIELLO AND KEVIN SLATTERY VOLUNTEERING THEIR SERVICES AT MICHAEL'S CRAFT STORE.

## Giving Back

On November 2, 2006 Olympia Marciello and Kevin Slattery delivered an afghan and afghan squares to Michael's Craft Store. Michael's collected the afghan squares to make one large one to donate to the poor. Olympia crocheted the afghan squares during crafts time at the Pathways Program. Kevin enjoys helping others and volunteered his time to assist with carrying the donations to be delivered. They both were able to meet the store manager who personally thanked them for their contribution.

## Trip to Franklin Park Zoo

On October 17, 2006 individuals from the Day Education Program enjoyed a fun filled safari nestled in the city of Boston at the Franklin Park Zoo. The group saw animals from many parts of the world. They had the opportunity to see the roaring African lion of the Kalahari Kingdom in action and kangaroos from the Land Down Under hopping gracefully through the fields. Even though the Tropical Rainforest exhibit for the western lowland gorillas was closed for renovations the group was able to view the gorilla family in their outdoor habitat. The group also had the opportunity to view the zoo's new rescued tigers, Anala and Luther. The opening of the Tiger Tales exhibit marked the first time tigers were exhibited at the Franklin Park Zoo in more than 30 years. To top the day off, the group was able to enjoy the company of a beautiful multicolored peacock who traveled in and out of the picnic area looking for scraps of food that the consumers would feed it while eating lunch.

## Boston College Campus School

On Wednesday November 15, 2006 the Day Education Program began collaboration with the Boston College Campus School. The focus is twofold: one is to acquaint the two groups and prepare them for the future when they will be attending Day Habilitation Programs together; and two to give them an opportunity to contribute to society by selling home made arts & crafts, t-shirts and food. When the groups join together they complete a project and sell the product to raise money for a charity.



LIZZY ROBERTSON AND KEVIN SLATTERY MAKING COOKIES AT THE BC CAMPUS SCHOOL.

The charity chosen is Horizons for Homeless Children located in Dorchester. They will continue their efforts throughout the year and look forward to fostering many friendships.



# Family Support and Recreation News

## Fall Overnight Program

The 5 individuals who participated in the overnight program on the weekend of November 10<sup>th</sup> had a fun-filled time!!

We arrived on Friday afternoon at the Home Suites Inn in Waltham ---settled into our rooms and rested up for our dinner out and room party. On Saturday we had a leisurely breakfast at the Home Suites, packed up and drove to the Burlington Mall where we shopped and had lunch. After leaving the Mall we headed over to the Burlington Cinemas to see *Santa Clause 3*. We loved it!! Our final stop was to Kohls to shop some more before winding our way back to the Home Suites in order to meet up with our families! Although we were all tired everyone had a great time!!

**—Save the Date—  
From Advocacy to Your Child's Services  
You Can Make a Difference**

Come and learn about the Legislative process. This workshop will inform you, as parents and family members, about how to advocate for the services that your children need. We will talk about the regulations and policies that affect the service delivery system and about budget advocacy. You will learn about the House and Senate budget process and about what your role is as an advocate for your child or family member.

This workshop will be hosted by GWARC, WCI and Beaverbrook STEP and is scheduled to be held on Wednesday January 31<sup>st</sup> from 6-8 pm with a snow date of Wednesday February 7<sup>th</sup>.

Location TBA. For more information, call Janice Russell at 781-899-1344 x4120.

## Fall Fun

Our fall recreation programs are coming to an end. All our programs were very successful this season and all programs were well received.

We started the fall with our Fishing Derby (the biggest one yet) this

event was very exciting and a good time was had by all! Special Thanks goes to Mark Kelly at the Newton Park and Recreation Department for including us once again this year.



JANICE AND STEPHEN SCAPAROTTI AND SHEILA HERNANDEZ DANCE THE NIGHT AWAY.

Thanks also to the kids from Athletes Serving the Community, students from Newton North and South High School and the Mass Fisheries and Wildlife for all of their volunteers and for supplying us with fishing rods and bait.

We continued the season with a Music Therapy/ Extended Day class, as well as a new exercise class that was such a success that we will be offering this again in the winter months every other week for 6 weeks.. Our Halloween party had 110 individuals in attendance as well as our Holiday party. A big thanks to the Pellegrini family and the Nonantum Children's Christmas Party Association for all their hard work on these events.

Look for our Winter Brochure that will be in the mail soon. If you don't receive a brochure, please call Heidi Barberio at 781-899-1344 ext 4145, or email [familysupport@gwarc.org](mailto:familysupport@gwarc.org)

## Job Opportunity

PCA needed for gentleman living in Waltham. Early morning and late afternoon hours. If interested please call Heidi Barberio at 781-899-1344 ext. 4145 or email [familysupport@gwarc.org](mailto:familysupport@gwarc.org).



## In Other News...

### From the Grant Writer

My name is Joanne Raymond and I have been working with GWARC as a contract grant writer since February 2006. I have been a grant writer for over 3 years, working in partnership with another local grant writer, Marcia Felth. I want to tell you a little bit about grant writing and some of the grant proposals I have written for GWARC.

GWARC, like many nonprofit organizations, looks for grant funding to develop new programs, expand current programs, support special projects such as renovations, and to purchase items that cannot be accommodated in the budget. There are a large number of nonprofit human and social services organizations in the local and Greater Boston area that seek grants, causing strong competition for grant funding.

The first step in looking for a grant is to define what additional funding is needed and how it could be used to make a difference. At GWARC, needs have included new CFSS workshops and recreational programs, new curriculum materials and increased job development activities for the Transitions program, funding for transportation and other costs to provide consumers with expanded vocational and recreational community visits, and enrichment programs for consumers. The next step is to search for foundations and corporations that have an interest in funding these types of programs. Foundations typically have specific areas of interest for which they want to provide grant funding; corporations with giving programs often want to support nonprofit organizations in the communities where they are located, and where their employees live and work. Searching for foundations and corporations with matching interests can be done by subscribing to foundation databases, such as those available through The Foundation Center and Associated Grant Makers, and by researching corporations and businesses in the community. If a foundation or corporation seems like a good match, we contact them to make sure that a grant proposal would be welcome. Most foundations have specific guidelines and deadlines for submitting grant proposals.

The most critical step in the process is to write and submit a proposal that describes GWARC and details the specific funding need. The challenge is to paint a verbal picture that helps foundations get to know GWARC, the important work it does, its consumers and staff, and how their funds will help. Once a proposal is submitted, we wait, hoping for a successful outcome. While some proposals result in funding, many do not. Foundations and corporations report that they are seeing large increases in the number of requests for funding they receive, and don't have enough money for all the worthy requests they would like to support. However, it is very exciting to hear when grant funding has been received!

In 2006, GWARC has been the grateful recipient of several generous grants, from both new and repeat funders, including:

- Boston Scientific Foundation - \$10,000 for Assabet Transitions
- Middlesex Savings Bank Charitable Foundation - \$10,000 for Assabet Transitions
- John W. Alden Trust - \$6,000 for Inclusive Summer Day Camp
- Benjamin Franklin Bank Charitable Foundation - \$5,000 for CFSS programs
- Sovereign Bank - \$2,500 for CFSS programs
- Waltham Cultural Council - \$500 for a music enrichment program for Day Education and Plus program participants

Grant writing is an important way to supplement GWARC programs, and we thank our contributors.



# Employment, PLUS, and Transitions News

## EPT GARDEN'S YIELD GREAT TASTE AND GREAT FUN

During the summer the consumers in the Plus Program and BIS Program maintained two gardens, one in the front of the building and another in the back of the building, in our new raised garden bed. The raised bed makes it more accessible so that all the consumers are able to help with the garden. This includes planting, watering, weeding and the most fun—picking the vegetables and fruit. Things that were grown included; tomatoes, peppers, green beans, carrots, cucumbers, corn on the cob, and watermelon.

After they were picked the consumers and staff cooked and ate the vegetables. They made fried green tomatoes, pasta and garden salads, salsa dip, pickles, and soup. One of the favorite meals, of all the consumers and staff, was the soup. It had corn, tomatoes, meatballs, and cheese. Everyone enjoyed the fresh taste of the soup and had second helpings.



Marsha Kavonian consumer in the Plus Program tends to the EPT garden

Everyone really enjoyed having the garden over the summer. Consumers & staff in EPT are looking forward to next summer when another garden will be grown with more vegetables and fruit!

## —Assabet Transitions Visits the Hebert Chocolate Factory—

Written by: Jose Yau, Matt Haynes, Leah Tynes, Jesse Sather and Billy Stella

On October 5<sup>th</sup>, 2006 the Assabet Transitions students and staff headed out west to Shrewsbury, Massachusetts for a tour around the Hebert Candy Mansion/Chocolate Factory.

They felt very lucky to get a tour because the tour manager told them that "This will be the last tour, because next week they will be discontinuing tours of the Chocolate Factory."



Matt Haynes, Jesse Sather, Billy Stella, Jose Yau, Charlie (our tour guide), Kendra George and Leah Tynes enjoying some yummy chocolates while on our tour at the Hebert Candy Mansion.

Charlie, the tour guide, showed us the making of the delicious treats, including a chocolate shape mold that Charlie claimed was a "Bunny-Saurus," which was actually in the shape of a Brontosaurus. During the tour we enjoyed many chocolate samples. At the end of the tour, the class had the opportunity to ask a lot of questions.

Everyone really enjoyed the trip and learned a lot about the making of candy. They were also able to see all the different types of jobs that the factory has to offer. The Jobs we saw at the Hebert candy mansion/chocolate factory were: packing of the candy/chocolate; mailing the products around the United States/world; inspecting of the final product; making the chocolate, lollipops and more; mixing the fudge with hot water, sugar, etc.; wrapping the candy; running the machines; placing the chocolate in boxes; placing the candy in plastic; shaving of the excess chocolate with pressurized air spray; filling chocolate into different types of molding shapes; and many more.



# Inside GWARC

## Get to Know GWARC By Roz Rubin

GWARC participates in two accreditation processes on a regular basis, and we would like you to get to know what these are and how well our most recent accreditations have gone.

Commission on Accreditation of Rehabilitation Facilities (CARF) is an independent non-profit agency which surveys and accredits agencies throughout the U.S. and Canada. Their survey process, which occurs every three years, examines programming, business practices, record keeping, and agency governance. CARF places a tremendous emphasis on program planning which reflects "stakeholder" input. This comprehensive survey brings two persons to the agency for policy and procedure review, file review, building inspection, observation and interview of consumers, staff, families/guardians board members, and community friends. At the conclusion of the two day survey, we are given recommendations for improvement and a 90 day period to do so. We are pleased to report that we received another Three Year Certification with minimal and easily implemented recommendations to accomplish. Being CARF accredited is a prestigious credential for any agency, as they survey many types and sizes of human service providers.

DMR Survey and Certification also occurred this fall. In this survey, meticulous attention is paid to review of human rights, incident reporting, facilities, health and safety, and quality programming.

As such, many consumers are formally interviewed as well as having their files reviewed. Observing staff interactions with consumers and activities offered to consumers is part of the review. The DMR certification places great emphasis on community integration. Four persons from DMR completed the survey in five days. We are proud to report that we received the Two Year Accreditation With Distinction, a certification that has only been given to three other agencies in the state. DMR reports that 183 Massachusetts agencies are surveyed, and GWARC continues to be in the top 2% in quality of services delivered.

Results of both surveys are available for anyone who would like to view them; they make for interesting reading as they speak to the standards for maintaining effective and efficient programs in the field of disabilities.

With these two surveys completed, we look to the results of the surveys not merely as a resting place, but as a launching pad for continued improvement of our programs and for growth of new program ideas. Thanks to all GWARC staff that made the preparation and the survey process go smoothly. We all share in the pride of these achievements.



GWARC's Board of Directors and Corporate Membership is made up of people from all walks of life: lawyers, small business owners, electricians and educators—regular busy people, just like you, who want to get involved and make a difference. Call Roslynn Rubin for more information at 781-899-1344 ext. 4112 or e-mail at [rrubin@gwarc.org](mailto:rrubin@gwarc.org)

### Save the Date

GWARC's Golden Gala will take place on January 19, 2007 at the Doubletree Guest Suites in Waltham. Tickets are limited. Send a check to GWARC at 56 Chestnut Street, Waltham, MA 02453 to reserve your tickets now. For more information about the event or to make a donation to the Silent Auction, please contact Karen Landis at 781-899-1344 x4147 or at klandis@gwarc.org

### 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

### 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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