



# GREATER WALTHAM Arc NEWS

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June 2010

## African Dance & Drumming Brings Culture to GWArc



African Dance & Drumming sessions have taken place at both Day Education and EPT, made possible through a grant from the Waltham Cultural Council through the Massachusetts Cultural Council. Carol Sylla and Jafar Manselle brought culture and music to GWArc with their catchy drum beats, traditional African songs and movement, movement, movement! The sessions were great and really enjoyed by the consumers who participated! We are happy to report that we have just secured funding from the Jones Partnership Fund through the First Parish Church in Waltham to continue this wonderful program.



*Clockwise from top left: Carol Sylla, her assistant drummer and consumers Stephen Lopez and Donald Potter lead the group in drumming; Consumers Marci Simons, Eddie Kishlansky and Elizabeth Ketchedian keep the beat; Consumers Warrren Myers and Brian Horrigan work on their drumming.*

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## Ciao Down for GWArc a Success!!

*Ciao Down for GWArc* was held Thursday, April 8th from 5:00-8:00PM at the Doubletree in Waltham. Over 300 guests enjoyed a delicious Italian buffet, strolling entertainment and a fabulous raffle! We would like to extend a huge thank you to the following companies and individuals for their support in making this event a success:

- Cambridge Packing Co.
- Coca Cola Bottling Co. of NE
- Hallsmith-Sysco
- HP Hood LLC
- Lalallee Bakery
- Pastry Art
- Sid Wainer and Son

### Raffle Prize Donors:

- Embassy Suites Se-caucus-Meadowlands (overnight stay)
- John Peacock (Red Sox tickets)
- Resort & Conference Center at Hyannis (weekend stay)
- Linda Shaughnessy (iRobot Roomba Vacuum)

Event Sponsor: - Doubletree Guest Suites, Waltham

Food Donors:



*Clockwise from top left: CEO Roz Rubin presents thank you gift to Doubletree General Manager Rob Weitz; Accordion player entertains the crowd; A full house enjoys the delicious pasta buffet; Board Member John Peacock sells raffle tickets.*

## Conversation Corner: GWArc CEO talks to the Board President



*GWArc Board President Bob Clement and CEO Roslynn Rubin talk about the current state of the agency and the future of GWArc.*

Roslynn Rubin: Well, Bob, what do you think of the agency from your role as President of the Board for the last six months?

Bob Clement: As I get to know GWArc, the Mission Statement of “providing quality services” only hints at how complex and demanding the inner workings of the agency are – there are so many parts to programming, finances, compliance, personnel, funding and legislative advocacy, to name a few ....

RR: I know you have witnessed the visibility of GWArc in the community, one of our great strengths.....we seem to see one another regularly at Waltham events.

BC: This is an important piece of what GWArc staff does, from the Director of Marketing and Develop-

ment, BIS Mail Marketing and Production Coordinator, Recreation Manager, you and others – everyone is out there representing GWArc. It’s critical for the agency to remain in the public eye.

RR: Yes, it gives us all a chance to get feedback from the community and to keep reminding everyone that we are an important agency successful in our goals and recognized for this. GWArc is 55 years old now!

BC: Moving into the future, I think we can agree that there are significant challenges for GWArc and all human service providers. We are all reminded of the “big three” challenges - aging consumers, state budget limitations and our own space considerations. This is not new, but needs to be kept in the forefront, even as the Board reviews monthly and annual successes. What are you thinking are priorities for GWArc around these issues?

RR: A number of things – continued support by the Board is a large one – we have four new Board members this year and need to welcome them and others to support our goals. GWArc needs to keep making new friends, those who can support us with gifts, both monetary and in-kind. We continue to explore new and larger space in Waltham, and everyone can help with this, both during and after such space is secured. Fi-

nally, as the direct care work requires skills and compassion, GWArc should keep seeking best possible benefits to staff.

BC: Agreed! That takes us back to the where we started, providing quality, which the staff certainly does. I feel that GWArc is poised now for considering other services we could offer, and you have talked about a few of these with the Board.

RR: Yes, I see us able to provide services to a number of other populations, such as seniors, brain injury survivors, and persons on the autism spectrum. The short and usual answer is “there is no funding”, but to begin to serve even a few persons with these disabilities is a start, and positions us for growth when state funding is freed up.

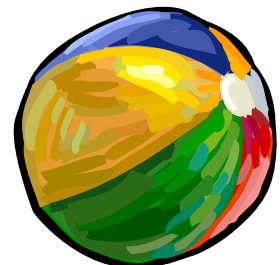
BC: And I would think that GWArc is well able to provide such services since the agency is accredited and certified by our funding sources and recognized by them as a good resource for programs. Let’s make this exploration an initiative for the coming year.

RR: Yes, it is definitely on my mind as I think of GWArc in the future. I want to thank you, Bob, and all the Board of Directors for being committed to supporting us in our mission. Non-profit Boards work hard as perhaps the most important volunteers in an agency, and you and the GWArc Board prove that.

BC: You are welcome. It’s a pleasure to be connected with GWArc.

## Summer Camp Registration

GWArc will offer support to children with Special Needs at the Waltham YMCA, Waltham Recreation Department and Waltham Boys & Girls Club for five weeks June 28-July 2 and August 2-27<sup>th</sup>. If you are interested in this program please contact Heidi Barberio @ 781-8991344 ext 4145 or email at [hbarberio@gwarc.org](mailto:hbarberio@gwarc.org) for more information.



## Summer is Special Olympics Time

By: Erik Sievert, Weston High School student and GWArc volunteer

As calendar pages turn to the month of May, staff members and consumers alike at GWArc find themselves busy in preparation for a number of upcoming events. May, however, is a month that stands out from the rest. Over the last several decades, many consumers at GWArc have competed in the swimming competition at the Special Olympics in June.

With June quickly approaching, training for the Special Olympics is now in full gear. The competitions are a highly anticipated event, with participants' ages eight and above competing. Led by a group of coaches, this year's squad of swimmers is finishing their last tune-ups for five individual

events and various relay competitions. Starting in late March, the competing consumers train twice a week on Tuesdays and Thursdays at the Fernald State School's pool. After preparing for all of April, competing consumers then swim in the Assessment Round on May 2<sup>nd</sup> to qualify for the Summer Games, held June 18<sup>th</sup> through June 20<sup>th</sup>.

This year, however, the team has been forced to overcome a number of setbacks. Following the closing of Brandeis University's pool, the training site for the last several years, the competing swimmers were left without a place to practice. While the competitors were fortunate enough to be able to use the facilities at the Fernald State School this year, the

use of this facility ended on June 1st.

As GWArc seeks another pool for future practice, the Recreation Department also explored entering a Track & Field event in summer Special Olympics. Heidi Barberio and Annalia Aviza attended Track & Field coach training and will work to increase the number of GWArc athletes who enter this event next spring.

Olympia Marciello, a veteran competitor among the swimmers, said of the games "I love the Special Olympics. I look forward to it every year." While swimming is a strong Special Olympics

tradition here at GWArc, we look forward to entering other events in the future.



*A group of swimmers pose with their medals. Back row (l to r) Evan Chmura and Matt Donovan. Front Row (l to r): Michael Chmura and Chandra Penton.*

## GWArc Recreation Manager Receives Award



We are pleased to announce that Recreation Manager Heidi Barberio was presented with the 2010 Kelly Beaumont Mazzarini Inclusion Award from the Waltham Special Education Parent Advisory Council at their Annual Year End Reception on Wednesday, May 12th. The award, given annually embodies both the spirit of Kelly Beaumont Mazzarini as she worked to improve the lives of children with special needs and the work of the WSEPAC. Congratulations Heidi!!

*Back Row: (l to r) Susan Spector, Kathy Horrigan, Sarah Bouche, Adam Maher and Susan Saulnier. Front Row: (l to r) Heidi Barberio, Marina Cucchi, and Susan Sutherland.*

**SAVE THE DATE!**


**Greater Waltham Arc's  
40th Annual Harvest Breakfast!!**

Sunday, October 24, 2010  
Doubletree Guest Suites, Waltham

**DON'T MISS THIS MILESTONE EVENT!!**

**RN Corner: The Benefits of “Going Green”**

**By: EPT Nurse, Lindsay Sullivan, RN**

As we approach summer there has been a national and local push to “go green” and “buy local”. To some, this may just sound like familiar slogans but did you know that when you buy local produce and dairy/meats you are “going green” with your body and helping to sustain your community? The best place to buy nutritious, local produce and dairy/meat products are Farmers’ Markets which Massachusetts has many of.

Farmers’ Markets have long served as vibrant centers for community building, information exchange, health and nutrition education and local entertainment as well as a venue for community economic development. Local entertainers, artists, youth groups and nutritionists often attend the markets throughout the season. Waltham’s own Saturday Farmers’ Market is a popular destination.

In Massachusetts, we are lucky to have some great “superfood” produce in the summer:

-Asparagus (a great source of vitamin A, C, E & B-complexes and anticarcinogens)

<http://www.farmfresh.org>

<http://bostonlocalvores.org/>

-Apples (full of vitamin C and dietary fiber which assists to lower cholesterol and aids healthy digestion)

[http://www.mass.gov/agr/massgrown/farmers\\_markets.htm](http://www.mass.gov/agr/massgrown/farmers_markets.htm)

-Berries (cranberries, strawberries and blueberries have powerful antioxidants and vitamin C which help boost natural immunity)

Many of these markets have phone numbers to contact to find out accessibility. Most are run in parking lots where vans and wheelchairs can access easily.

-Herbs (parsley has been shown to contain more vitamin C than an orange and twice as much iron as spinach, cilantro has been shown to aid digestive pain resulting from gas and prevent urinary tract infections, fennel has been shown to have anticarcinogenic qualities and powerful antioxidants)

Consumers at the Woodland Road PLUS Program have been having continuing curriculum linking food intake to health. We learn about proper hydration and exercise, vitamins and minerals, reading nutrition labels and understanding the difference between processed and unprocessed foods. If the wrong diet can promote disease, the right one can reduce the risk.

-Spinach/kale/salad greens (these have incredible amounts of vitamin A, C, iron and calcium, research even indicates that eating leafy greens 5-6 times per week lowers the risk of macular degeneration by 43%.

Cardiovascular disease, diabetes, cancer, Alzheimer’s disease, cholesterol, obesity, digestive complaints, asthma, stomach ulcers and urinary tract infections are some of the diseases influenced by food intake. So who knows- maybe we will see you at the Waltham Farmers’ Market in the Sovereign Bank parking lot this summer. Happy and Healthy Shopping!

Some resources for finding local produce and farmer’s markets in Massachusetts are four great websites:

<http://www.waltham-community.org/FarmersMarket.html>

## Day Education News

Day Education would like to say good-bye to two staff members: Alison Grenier and Kerri Biela. Each left GWArc to further their education. We wish them both the best of luck! We also said farewell to Melissa Beane who did an Expressive Therapy Internship through Lesley University.

The Day Education traditions continue as the spring arrives. The annual Mother's Day Sale was held the week before Mother's Day. The consumers and staff spent many hours preparing greeting cards, floral frames, sun catchers, wall art and some sweet treats too. We also

continue a great tradition of having volunteers help us do some spring projects.

With the new van and the great weather arriving, Day Education is planning an exciting summer full of community trips and outdoor activities. They plan on participating in the annual summer cook outs, trips to local parks, Castle Island, the movies, the circus and, of course, to many local restaurants and coffee shops for lunch. Some other new ideas that staff are working on are tours of local companies. They are interested in tours of Channel 5, Boston Globe and the Coca

Cola factory. These trips are sure to be great fun with lots to see and learn!



*Expressive Therapy Intern from Lesley University, Melissa Beane with consumer Maryanne Monette at Melissa's farewell party.*

## Volunteers from Bank of America Bring More Color to GWArc



*Day 1: the lockers are primed*



*Day 2: the lockers are painted*

Volunteers from Bank of America generously donated their time over the course of two days to paint the lockers at our Chestnut Street building on May 24th and 25th. The painters scraped, sanded, primed and painted, transforming the lockers from gunmetal grey to a beautiful sea glass green. The consumers and staff love the new color. Thanks Bank of America!!

Please note our new name – GWARC is now the **Greater Waltham Arc or GWArc.**

We will no longer spell out the "arc" letters. Thank you for your attention and cooperation.



There is still time to donate to our Annual Appeal and help us meet our FY2010 goal of \$30,000 by 6/30/10.

A convenient wallet envelope is enclosed. *Thank you!*

## EPT Goes to the Circus



In addition to a number of great trips taking place this spring and summer, one of the crowd favorites at EPT was their trip to the Big Apple Circus in Boston this April. The sights and sounds were spectacular and everyone had a great time!

*Left: One of the amazing acts at the Big Apple Circus.*

*Right: Consumers Susan Bailey and Candia Iandoli pose in front of the Big Apple Circus sign.*

## GWArc Joins TD Bank's Affinity Program

We're proud to announce a new partner in our fundraising efforts. We've joined TD Bank's Affinity Membership Program, which provides our organization the opportunity to earn annual cash contributions. We're thrilled with the ease of participating in this program and that there is no cost to

our organization or our members. Here's how it works: TD Bank will contribute a percentage of the annual balance in every one of our members' accounts. Checking, savings, money market, CDs and retirement accounts are all included! And there is no limit on the amount of our poten-

tial contribution! Here's how you can help: Make TD Bank your bank. Visit any TD Bank location and open any of the above mentioned accounts. Let the TD representatives know that you want your account linked to the Greater Waltham Arc Affinity Program. That's it... TD Bank will take care of the rest. If you already have a TD Bank account, just visit your local office and tell any

customer service representative that you would like your account linked to our Affinity Membership Program. Feel free to contact us with any questions you might have regarding this program or visit any TD Bank location to speak with a customer service representative. Thank you in advance for your continued support of GWArc!



## Weston High School Volunteer Shares Love of Music with Consumers



It's been a full three weeks for Weston High School volunteer Erik Sievert. He has been involved with a number of different projects during his time volunteering at GWArc including cooking with consumers, writing newsletter articles and completing consumer satisfaction surveys. But it was a real treat when he was able to share his passion for music as he played his guitar at our Day Hab Program. Thanks for a great job Erik!

## Save the Date

### Greater Waltham Arc 2010 Annual Meeting

**Thursday, November 18, 2010  
7:00 -9:00PM**

Doubletree Guest Suites, Waltham

## Watch City Self Advocates Help Our Brave Soldiers

### An interview with Watch City Treasurer Brian Doucette

What is your name?

**Brian Doucette**

What is your role in Watch City Self Advocates?

**I am the Treasurer.**

What happens at Watch City Self Advocates Meetings?

**People talk about human rights, fire safety and first aid.**

What was Watch City Self Advocates "Giving Back Goal" this year?

**We gave supplies to the soldiers – soldiers in Afghanistan and Iraq. We gave money for packaging. We gave them letters. We gave them to Operation American Soldier. Wendy and John came to get the supplies.**

How did you and the other members of Watch City Self Advocates feel about making these donations to Operation American Soldier

(OAS)?

**We felt happy - we were giving to the soldiers.**

How do the soldiers help us?

**The soldiers help us by fighting a war.**

Brian was interviewed by Anna Thorpe for this newsletter article. Anna wanted everyone to know that the Watch City Self Advocates collected over 7 boxes of supplies, donated \$46.53 for mailing packages overseas and wrote 17 letters to send to the soldiers.

Watch City Self Advocates meet monthly to improve their advocacy skills and learn about topics that interest them as well as selecting a "Giving Back Goal" to complete once a year.



Top: Watch City Treasurer Brian Doucette with Wendy Rocca of Operation American Soldier at the program kick off where consumers learned more about the organization.



Bottom: Watch City Treasurer Brian Doucette with Wendy and John Rocca of Operation American Soldier— Watch City donated items, money for postage and letters for mailing.

## Thank you Waltham Lions Club



Lions Club President Joe Giordano presents CEO Roz Rubin with a check to GWArc for \$3,500 at their Annual Meeting held Wednesday, May 26th at the Chateau Restaurant in Waltham. We thank the Waltham Lions for their continued support and generosity.

## A Focus on Healthy Eating

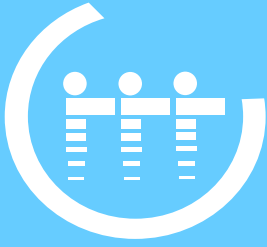


EPT Staff with CEO Roz Rubin and volunteer Erik Sievert helped GWArc stay healthy when they prepared a fresh and delicious salad bar for consumers to enjoy.

## GWArc Staff 'Plunged' for the Special Olympics



Several staff from GWArc participated in The 12<sup>th</sup> Annual Passion Plunge to benefit Special Olympics Massachusetts on March 6<sup>th</sup> at Revere Beach. (l to r) Annalia Aviza, Sarah Bouche, Heidi Barberio and Kathy Tolwinski entered as TEAM FISH and 'plunged' into the Atlantic Ocean to raise funds to support overall health of individuals with intellectual disabilities through athletic competition, health screening and educational programs. They raised approximately \$2,830, 70% of which will support GWArc at the Special Olympics!



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## GW Arc Donates Artwork to Arc of Mass Auction



CEO Roz Rubin and her husband Donald Grose attended the Arc of Massachusetts' Annual Art Exhibit and Auction which was held on April 15th at the National Heritage Museum in Lexington. GW Arc donated two pieces of art created by The Artists of GW Arc which helped to raise additional money for the Arc of Massachusetts.



### *Were you at the 1st Harvest Breakfast (1970)??*



*We are getting ready to celebrate our 40th Annual Harvest Breakfast and we are looking for people who attended the very first one!*

*Join us for the 40th and get VIP Treatment!*

*You will receive a special Harvest Breakfast gift bag, be introduced at the podium and receive special reserved seating. Don't miss it!*

Contact Marisa Fagan at 781-899-1344 x4147 or  
[mfagan@gwarc.org](mailto:mfagan@gwarc.org) if you are able to help us make history!