



GREATER WALTHAM ARC NEWS

September 2006

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From the Executive Director:



Dear GWARC Families and Friends,

Oh, the lazy days of summer...but not at GWARC! This is a really busy time for us as we wrap up our fiscal year, look toward new goals for the coming year, and of course, continue to plan the usual community events, as well as 50th anniversary events. Here's what's happening...

- I am looking out the window of the Chestnut Street building at the re-landscaping of our front area to create a patio for relaxing, as well as a safer area for emergency evacuations.
- Broccoli and pumpkins are growing in the raised planting beds here at Chestnut St. Woodland Road has tomatoes, eggplants and more in their new raised planting beds, as well as their regular grounds gardens.
- A list of cleaning and repair projects is being developed as we prepare for accreditation by two agencies – CARF and Quest, both to be held this fall.
- With a new and ambitious Strategic Plan 07 in place, programs are looking at how to accomplish the important goals set forth by all GWARC stakeholders – staff, consumers, families/guardians, and the community.
- Invitations to the Consumer & Family/ Guardian Fiftieth Anniversary Reception are being addressed.
- The script for a new agency training video is being written.
- The Assabet Transitions staff is reviewing the curriculum developed in the first year of the program and working with a consultant to expand and enhance learning for the coming school year.
- Members of the Human Rights Committee are improving the consumers' Human Rights Training book to make this material more accessible and understandable to all.

And while we are working, a whole lot of kids are enjoying summer camps in GWARC's Community and Family Support Services' Inclusive Summer Camps program!

This is only part of what is happening here, with plenty of other consumer events, staff trainings, and long-range planning. As ever, thanks go to the dedicated staff – both program staff and administrative staff that make it happen. GWARC is only as good as each and every person who works here, and that makes us a GREAT place to be.

Regards to all,

Roslynn Rubin, Ed. D



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Happenings & Events

Agency Film

This August, filming began on our new agency video. Vaudeville Pictures will be producing the new video, which replaces the almost ten year old video that is currently shown to new staff members.

Comings...

GWARC welcomes Kendra George, Assabet Program Coordinator; Kylee North Assabet Site Supervisor; Stephanie DeWever as Case Manager for EPT; and Tracy Mahoney as Site Supervisor for EPT. We also welcome Samantha Hickson, Case Manager for Day Education.

...and Goings

Unfortunately, we must say goodbye to Laura Bombrun, Adult Recreation Manager; Beth Cunningham, Case Manager for EPT; Sophie Jones, Assabet Job Coach; Claire Schlichting, Case Manager for Day Education; Heather Owens, Site Supervisor for Assabet; and Maureen Cathcart, Assabet Program Coordinator.

We wish all new staff a warm welcome, and wish former staff the best of luck in the future!

The film crew was certainly noticed by most as they entered the Chestnut Street building on August 15th, with plenty of equipment in tow, and transformed the Family Support room into a film set.

A number of staff members and consumers were interviewed individually about GWARC. In addition, the crew obtained shots of day-to-day activities at GWARC.

Filming will continue for the next month, as Vaudeville Pictures shoots footage at Woodland Road, the Moose Lodge, Brandeis University, and anywhere else you can find GWARC activities taking place.



JOHN KIMANI IS INTERVIEWED BY MARGARET MAXWELL AND FILMED BY PETER A. CANCELLA FOR THE NEW AGENCY FILM.

The new film will reflect the updates in staff and facilities since the making of the old film. Director Peter Cancilla also hopes to highlight the consumers more in the new film. He explains, "My goal for this agency video is to not only inform viewers of the many services GWARC provides for its community, but to communicate that fact from the points of view of GWARC's staff, as well the consumers they serve. "

The world premiere of the new agency video will take place at our Annual Meeting on October 25, at the Home Suites Inn. In the meantime, the film still needs a name and all staff are invited to submit their ideas to Roz. In September, the entries will be judged by two consumers, two staff members, and a board member.

The Doubletree Cares

On August 17th the Doubletree Guest Suites held their annual CARE Rally. As the Doubletree staff gathered in the Hastings Room for games and ice cream, GWARC was presented with a check for their car wash proceeds. The car wash, which was held back in June by the Doubletree's Care Committee provided customers with lunch and a car wash for \$10. The proceeds totaled \$665, all of which was donated to GWARC. Karen Landis attended the ceremony to receive the check and to thank the Doubletree for its continuing generosity to GWARC.



KAREN LANDIS ACCEPTS CHECK FROM THE CARE COMMITTEE PRESIDENT, MEGHAN MCTAGGART



Day Education News

UPS Delivers More Than the Mail

When UPS showed up at GWARC in May it was not to deliver anything, except their time and energy.

GWARC provides day education services for intellectually disabled adults, and for the past eleven years now has been able to rely on UPS's May visit to brighten up its

Annual Mother's Day Sale

The Day Education Program held its Annual Mothers Day Sale this year on May 10th and May 11th. Staff and consumers spend much thought and many hours working on items that were displayed. Some favorite items that are displayed year to year are the decorated gift bags, hand painted cards and beautiful floral arrangements. New items that were made this year, and were big hits, were terracotta candle melts, pressed flower coasters, light switch plates and Kleenex holders. The Day Education Program will continue to creatively work on items for upcoming sales and events.

grounds. Every year this group comes out and works with the consumers to do a variety of gardening and landscaping tasks. And even the rainy weather did not deter them from showing up Friday morning, equipped with their own gardening tools.



UPS WORKER HELPS CHRIS REARDON WITH OUTDOOR PLANT.

D.D. Specialist Marie Cafferty said, "Consumer Mary Melanson used sign language to ask every day if she would be able to plant the flowers." With the help of the UPS volunteers Mary was finally able to plant her flowers. In addition, the group worked to weed the garden, remove and replace old planting barrels, plant vegetables and flowers, and even come back inside to help the consumers make frozen hot chocolate after a hard day of work.

The consumers were thrilled to be able to help with the planting and UPS volunteers were glad to be able to help. "I've been doing this for 11 years and I love it. We'll be back again next year," said Joan Mikalaukas from UPS.

Soap Making



BARBARA BECKER HELPS WITH BAGGING SOAP.

The individuals from the Pathways Program were busy this spring making close to 300 bars

of peach scented soaps with a red, white and blue theme. The bars of soap were used as a party favor for a Joel Battaglino's birthday party.

Tour of Fenway

On June 22, 2006 sports fans from the Day Education Program enjoyed a tour of Fenway Park. The group started their tour with a walk down the Hall of Fame. Pictures, autographed shirts, baseballs, bats and other Red Sox items lined the halls for viewing and a lot of history. The tour continued with a trip to see the Green Monster Seats, a view the group recommends you see at least once. From there the group was able to see the players themselves practicing batting on the field. The day could not end before the guys had Fenway franks and soda for lunch. A perfect ending to a great day!!



Family Support and Recreation News

17th Summer for GWARC's Inclusive Camp



MARK McDONALD (COUNSELOR) AND JOEY TEHAN AT THE GREAT PROGRAM.

Tina Baker, GWARC Inclusive Summer Camp Director and her staff of 5 Camp Counselors: Katelyn Collins, Amy Kingsbury, Ben David, Mark McDonald, Stephanie Jones had a very busy 7 weeks of summer camp. Tina and staff supported 26 children at 9 local area camps this summer.

GWARC camp counselors provided the supports necessary in order for these 26 children with special needs to have a successful camp experience. This year we supported the following camps: Waltham Boys & Girls Club at Camp Hale, Waltham Family-YMCA, Waltham Recreation Summer Fun program, Sports Galore, Afternoon Adventures and Day Trips, Girl Scout Camp, Champion Camp and the Great Program.

—Recreation News—

As we end the summer, the Community and Family Support Department is looking forward to planning our Fall Brochure. Plans are in place to start our children's programs in mid September. We will be working with the Waltham Recreation Department to offer our Just Kick It program once again, as well as our Friday Night Fever

Our adult programs will include our ever popular Extended Day program and Line Dancing along with a variety of other programs. So please keep a look out for more information regarding out Fall Recreation events!!

For more information please contact Heidi Barberio at 781-899-1344 ext 4145

Special Olympic Summer Games 2006

On June 16th the GWARC Special Olympic Swim Team, 10 athletics strong, boarded the bus to Boston University for the Summer Games. After getting settled into their dorm rooms the team, volunteers and staff headed for opening ceremonies at the Brown Arena.

Saturday morning the team arrived at the Harvard University pool by 7:30 a.m. to get organized for our day long swim events.

The team had a great day winning several bronze, silver and gold medals to take home. Some of the members enjoyed a stroll to



BRIAN DELANEY AND JEFF DOUCETTE AT THE BBQ BEFORE THE BIG DANCE.

Olympic Town where they purchased items and enjoyed refreshments. After showers and a nap

we headed back to enjoy an evening of BBQ and dancing at Harvard University.

As they do every year, our team's family members came to lend support on both Saturday and Sunday and even a few Woodland Road staff showed up to cheer us on!!!

As usual we had a great time and we take our hats off to our volunteers who supported us during the 3 day event!! Many thanks to Christine and Sylvie Priez, Pam, Chandra and Cody Penton and Jinny Burke who volunteered their time and talents to support the team!!! We could not have done it without you!!!!



In Other News...

Assabet Transitions Begins Second Year



Cathy Cummins and Colleen Cavanaugh (Assabet Collaborative), Kendra George, and Kylee North exchange ideas about the upcoming year.

On August 30, Assabet Transitions opened for the school year. In our second year of this School to Work program, located in the Hudson Mill Business Center, Hudson, MA, we look forward to serving some new students, with several returning students from the Assabet Valley Collaborative. The collaborative, nine towns in the area, sends this GWARC program those students who have completed high school requirements and are ready for the transition to employment and community inclusion as young adults.

After a busy summer of assessing our first year, refining the curriculum and preparing for continued learning, we welcome Kendra George, Kylee North, and Jo Ann Wilkinson to our staff. With the support of Daisy Antonini, Transitions Program Manager, a curriculum consultant has assisted in expanding the lessons planned for the coming year.

Vocational skills, social skills and communication skills are just a part of the total approach for our students. Supported employment, whether paid or volunteer work, is equally important, and the area offers Assabet Transitions students the opportunity to begin work in areas of interest.

We wish the staff at Hudson a great school year and look forward to their news about school activities and employment experiences.

————Donor Spotlight————

Harvest Breakfast 2006

Doubletree Guest Suites will be our Platinum Sponsor

New Balance, Carol and Richard DeVincent, the Battaglino Family, and Watertown Savings Bank will be Gold Sponsors

Central Bank and AstraZeneca will be Silver Sponsors

Banknorth, Boston Bark, Charlesbank Garden Apts, Citizens Bank, and Village Bank will be Bronze Sponsors

Consumer and Family Reception 2006

Watertown Savings Bank and the Elinor & Jack Marcou Charitable Foundation will be co-sponsors

Golden Gala 2007

Children's Hospital at Waltham will be the Gold Sponsor
Newton-Wellesley Hospital and Mt. Auburn Hospital will be the Silver Sponsors.

We continue to seek corporate and private sponsorships for these events. Please contact Karen Landis at 781-899-1344 x4147 or at klandis@gwarc.org for more information.



Employment, PLUS, and Transitions News

Annual Cookout

On Friday July 28, 2006 the annual cookout was held at Lake Cochituate in Wayland, MA. This was scheduled as our rain date and even though the news of rain made everyone a little nervous, the weather held out for us and made for a beautiful day at the cookout!! There was plenty of sun, fun, and food for everyone. All of the consumers really seemed to enjoy themselves at the cookout, whether they were lying in the sun, swimming in the lake, playing games, or just chatting with their friends.

Many of the consumers enjoyed the games that were set up. There was badminton, waffle ball, football, and also water balloon catch.

Most consumers' favorite part of the cookout was the food!! They all enjoyed hot dogs, cheeseburgers, macaroni salad, potato salad, tossed salad, chips, watermelon, soda, and some brownies for dessert! Many of the consumers went up for 2nd and 3rd servings!

When it was time to leave the consumers all talked about what a great time they had. They all enjoyed the weather, and the day they got to share with friends and coworkers! Once again the summer outing was a huge success! We'd like to thank everyone for their hard work throughout the year!!

—Transitions—

This summer the Transitions Bentley Summer Program was held up at Collins Hall. There were six students from the Waltham School system participating in the program. The students participated in weekly curriculum and earned money while improving their work skills by actually working at a job. They cleaned dorm rooms for Bentley College and served free lunches to children at the Fitch School in Waltham, MA. The free lunch program is run by the Waltham Boys and Girls Club in Waltham, which has worked with the Transitions summer program for many years.

The students also participated in weekly cooking. They wrote out their recipes and went on weekly trips to the grocery store to purchase their items.

In addition, the students went on the annual outing to Lake Cochituate and had a great time. They went swimming, played games and enjoyed the food.

On the last Friday of the program the students went to the Burlington Mall to go shopping with this money they had earned.

The program is a four week program and the students learn, earn and enjoy themselves.



EPT CONSUMERS GATHER FOR ANNUAL COOKOUT



Inside GWARC

Get to Know GWARC By Roz Rubin

GET TO KNOW GWARC....

In the last issue of the GWARC newsletter, we reported on the purpose, procedure and format of the Strategic Plan, done annually. Here are some of the highlights of the plan for the coming year, which began on July 1, 2006:

GOAL 1 – Facility, Administrative & Systems Development:

- Review and refine Policies and Procedures Book
- Improve Chestnut St and Woodland Rd for continued accessibility
- Continued upgrading of computer hardware and software
- Prepare for successful accreditation by CARF and QUEST in Fall, 2006
- Modify Consumer Outcome Measures to improve quality of program services

GOAL 2 – Program/Consumer Goals

- Develop mid-management level and train mid management staff at both Day Education and EPT sites
- Develop curriculum concentrating on vocational and life skills at EPT
- Expand consumer outings and curriculum with more inclusion of arts and cultural diversity themes
- Explore recreation services to residential providers and to Watertown consumers

GOAL 3 – Workforce Development

- Continue to improve staff benefits – compensation, performance and COLA raises, health insurance, etc.
- Schedule EPT and Day Education staff to “change places” for a day spent with consumers
- Refine and monitor GWARC staff Career Plans for increased staff training

The Strategic Plan has many parts and many goals. If you would like to view the document, please contact the Executive Director and drop by. We are very proud of our Strategic Plan and use this “roadmap” to guide us in our work each year.

AND ANOTHER THING....

Another important document that GWARC generates annually and uses to guide our work during the year is the Accessibility Plan. While accessibility is often thought of as how easily one can enter and travel in a building or the community, there are many other aspects of accessibility. They are:

Financial, Cultural/Attitudinal, Employment Accessibility, Social/Community Access, Communications, Transportation, and Architecture

In our Accessibility Plan, each of these aspects is addressed with input from staff, consumers, and family/guardians. They are addressed in a format which spells out:

- The barrier
- The proposed solutions
- The equivalent solution in place now
- The person assigned to make the change happen
- The due date
- The actual date of completion

This year’s plan is quite extensive, calling for everything from increased opportunity for sign language classes to an improved GWARC web site. Other changes include addition of countertops for more cooking groups in both EPT and Day Education, expanded transportation services, community trips with diverse cultural themes, increased staff diversity training, and consultation with a visual specialist to improve safety and accessibility at Chestnut St and Woodland Road. The plan will be reviewed mid-year and our achievements will be recorded on the document at fiscal year end.

We are proud of the changes that have occurred as a result of the Accessibility Plan. They are designed to meet the needs and *changing needs* of our consumers and we invite input from all about the plan.

Save the Date

Consumer and Family Reception	Sept 16, 2006
36th Annual Harvest Breakfast	Oct 15, 2006
GWARC Annual Meeting	Oct 25, 2006
Consumer Holiday Party	Dec 8, 2006
Golden Gala	Jan 19, 2007

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 _____

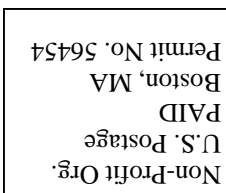
City _____ ST ____ Zip _____

Telephone (____) _____

Please make checks payable to:

GWARC, 56 Chestnut Street, Waltham,
MA 02453

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GWARC, Inc.
56 Chestnut Street
Waltham, MA 02453
www.gwarc.org

