



Greater Waltham
Established 1956

GREATER WALTHAM Arc NEWS

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

September 2013

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From the Chief Executive Officer, Roz Rubin –

It's always a pleasure to prepare the fall newsletter. We can report on a summer of great activities, as well as asking you to "save the date" for our fall community events, Harvest Breakfast and Annual Meeting. Please see more details inside about this year's Harvest Breakfast—our new "Holiday Boo-tique" will be in the lobby of Embassy Suites. In November at Annual Meeting, we will be honored to salute some community members whose service to GWArc is exemplary.



I am pleased to also report on two new initiatives for GWArc, both worthwhile projects for agency programming. We are purchasing tablets and "apps" and staff training time so that these devices can be used for assistive communication to individuals with speech/language challenges. With consultation, we will acquire enough devices and an assortment of software so that GWArc consumers can better communicate with staff and peers. This project is funded in part by the Waltham Lions Club, our great community friends.

Cindy DeLeo, a consumer in GWArc's Day Education program, and Roz Rubin use a tablet and a software "app" that helps communicate choices by touching objects on the screen.

Additionally, we are developing a comprehensive staff training program, to be presented annually to all direct care staff. This will include information about developmental disabilities, Alzheimer's disease, autism spectrum disorder and low vision challenges. An in-house ASL sign language class will also be arranged. Trainers include a college instructor, a psychologist, staff from Alzheimer's Association and Perkins School for the Blind and others. Our goal, of course, is to improve an already expert staff to meet the needs of those we support.

So, see inside for how we spent this long hot summer and our plans for GWArc in the coming months. I look forward to greeting you on October 20 at Harvest Breakfast and wish a happy and healthy fall season to GWArc's readers.

Regards,

Roslynn Rubin, Ed.D
Chief Executive Officer

GSE Summer Program Wrap Up

The Group Supported Employment (GSE) Summer Program had a busy and productive schedule at Chestnut Street while college GSE worksites were closed for summer break. From mid-May to late August, GSE consumers participated in numerous educational and fun activities, including planting and caring for a garden at Chestnut Street, daily writing in personal journals and discussion of current events, touring Waltham City Hall and numerous locations in the Waltham area.

GSE consumers said they enjoyed touring a fire station, walking to the park and the library, playing sports and occasionally going out for lunch or breakfast. "Going to Pizzi Farm for ice cream and having lunch there was my favorite memory of the summer at GSE", said Peter Filosa. Consumers also went to In a Pickle for breakfast, enjoyed barbeque lunches and games at Chestnut Street, and walked to



Alan Salguero of Hannaford Supermarket in Waltham leads a tour of the supermarket's departments.

Lizzy's for ice cream. While the group had plenty of fun, programming was educational and productive. The group travelled to Hannaford Supermarket in Waltham, where staff member Alan Salguero conducted a tour of all departments and highlighted healthy and delicious cooking options.

The GSE group also spent time supporting the local community. Joseline Ramirez stated "My favorite memory of the summer was to feed the ducks and make some cookies for the firefighters. Then we went to City Hall to meet the Mayor". Sheila Hernandez added that she liked "playing baseball and Frisbee and making people laugh".



The GSE crew gathered in the City Council room at Waltham City Hall with Mayor Jeannette McCarthy and City Clerk Russ Malone following their tour of City Hall. Special thanks to Russ Malone for conducting this tour.

Staff Updates

A warm welcome to new GWArc staff members who joined GWArc recently:

- Bobby Ghorieshi, GSE Site Supervisor
- Victor Muhanguzi, Day Education DD Assistant
- Gordon DeFalco, Ph.D, GWArc Behaviorist
- Erin Archimbalt, Easter Seals Speech Consultant

Congratulations to Joanne Raymond, Development Associate who has become GWArc's Director of Marketing & Development. Joanne has spent several years here as part-time grant writer and pitched in to complete all the marketing and development tasks in the last two years. Her new title is well-deserved.

And welcome back to Leah Igdalsky, Brandeis '14, who joins us for her 4th year as Development Assistant. Leah spent the Spring semester studying in Spain and this summer was an intern for Special Olympics International in Washington, D.C.

Consumer Events Mark Your Calendars!

Join us for these fun events! Come and dance with all of your friends! All events will be held at the French American Victory Club, 193 Elm Street, Waltham.

Fall Dance - Wednesday, September 25, 6:30-8:30 pm

Halloween Dance - Wednesday, October 30, 6:30-8:30 pm. Wear a costume!

Consumer Holiday Party - Dinner and Dancing, Friday, December 6, 6-9 pm

We remember with love...

Michael Blowers, Day Education consumer who came to GWArc in 2003 and passed away on June 26.

Lenny Bardsley, longtime EPT consumer who began at GWArc in 1978 and worked in a number of Employment programs. Lenny passed away on July 24.

GWArc Program Updates

Day Education:

- Consumers enjoyed trips to DeCordova Sculpture Park in Lincoln and Boston's Institute of Contemporary Art.
- July's Passport game focused on Morocco.
- August's Country of the Month was Jamaica. Everyone enjoyed making tie-dyed t-shirts and eating traditional Jamaican foods at an outdoor barbeque.
- We successfully completed a review by MassHealth in July; auditors were impressed by both programming and recordkeeping.
- Summer cookouts were a hit despite the hot weather. Our new large outdoor canopy helped keep everyone cool in the shade.



Flag of
Jamaica

PLUS:

- PLUS consumers participated in Artists of GWArc art classes, drumming with Mace Miller, yoga, music and cooking groups with outside presenters this summer.
- **BARK@GWArc** production continues for sale at Waltham Day on September 21 and Harvest Breakfast on October 20.
- EPT's Summer Picnic was a "cook-in", due to weather considerations. A great time was had by all.
- Consultation will result in the purchase of assistive devices to improve staff and consumer communication.

Group Supported Employment (GSE):

- GSE's Semester Break Program concluded August 23 after a busy summer of activities. See our article about the program on page 2.

Individual Supported Employment (ISE):

- New job placements for two individuals began at Costco Club Demonstration Services and one new job placement began at BJs.
- We continue to seek jobs in the community. An employment candidate will attend the I28 Business Expo with Axel Osio, GWArc Job Developer/Job Coach.

School to Work Transitions:

- The Transitions Summer program was held June 20-July 19 at Bentley University. Students cleaned dorm rooms, served lunch at the Whittamore Elementary School and participated in community trips.

Adult Family Care (AFC):

- We are now serving 30+ families and are continuing to grow and reach out to families who may be eligible for the program.
- The AFC Program is staffed with a Program Director and one Registered Nurse. We are currently looking to hire for a second full-time RN position.
- The AFC Program continues to market to the Greater Waltham community to get the word out about this program which can help so many families.

BIS Mailing:

- Our busy summer included work assembling and mailing newsletters and other mailings for Healthy Villi, Resolve, Brandeis University, Cambridge Housing, the Guild for Human Services and New England Employee Benefits Council.
- BIS continues packaging Memory on Hand iPhone cases.

Recreation:

- The department supported campers in 5 community day camps.
- Our summer dance in July was enjoyed by all.
- Fall dances will be held September 25 and October 30.

GWArc Stakeholders' Meetings

Please join us for the next Stakeholders' Meetings which will be held at 56 Chestnut Street, Waltham on:
Tuesday, November 12 12:00 Noon-1 PM Brown Bag Lunch
Tuesday, December 17 5-6 PM

Shop Early for the Holidays at the GWArc Holiday Boo-tique!

Join us at GWArc's 43rd Annual Harvest Breakfast on October 20 at Embassy Suites Waltham and get some holiday shopping done, too!

The Boo-tique will feature, as ever, a number of GWArc consumer made crafts. Our beautiful ceramic tile trivets, gift wrapped and ready to go, are priced at \$10 each and make a unique gift for all. The Artists of GWArc 2014 calendar will be for sale and features

beautiful examples of consumer-made art and photography. Gift tags, holiday ornaments, sewing kits and other consumer-made crafts will be available. The always popular blank cards are packaged three to a bag and ready for your own use or as a small gift. And, of course, **BARK@GWArc**, the all-natural dog biscuits for your favorite puppy pals will be available.



Summer Fun at GWArc...in Photos



School to Work Transitions Summer Program students take a break outside Bentley University's Rhodes Hall in July. Front row l to r: Vasari Sylvester and Nicole Legere. Back row l to r: Alexander Nicolas and Justina Jacobs.



Day Education consumers wear tie-dyed t-shirts and enjoy each other's company while awaiting a barbecue lunch under the shady canopy at Chestnut Street.



Jason Smallwood (left) and Cindy Davis (center) enjoy music with Thalia Vitikos outside at Chestnut Street.



Rainy summer weather turned EPT's summer cookout into a "cook-in" in July. Above left, Yolande Nowlan (l) and Candia landoli (r) enjoy delicious food and friendship. Above right, Erin Willfong and his father Don Willfong spend time together at the "cook-in".



Colleen West, daughter of GWArc Accounting Administrator Karen West, performed lyrical and jazz dance for consumers at Chestnut Street and Woodland Road in August.



The Chefs of GWArc - Cooking instructor Beth Johnson conducted healthy cooking classes at GWArc this summer as an internship for her Registered Dietitian degree. Above left, EPT participants prepare black bean brownies. Above right, Day Education consumers prepare ingredients for fruit smoothies.



GWArc hosted a table at the Waltham Farmers Market in August. Roz Rubin, GWArc CEO, sold **BARK@GWArc**, all natural dog treats handmade by PLUS consumers. **BARK@GWArc** is our micro-business that provides work skills to consumers.

Annual Meeting Recognition Awards

GWArc's Annual Meeting and Recognition Awards Ceremony, to be held on November 20, will recognize three staff members with Staff Longevity Awards and will honor many community members who have had a significant impact on GWArc.

Five year Staff Longevity Awards will be presented to:

- Delroy Dillon, Developmental Disabilities Assistant
- Stanley Soko-Samba, BIS Case Manager
- Cherri Perez, Marketing and Production Coordinator, BIS Mailing Services

Community recognition awards will be awarded to:

Volunteer of the Year: Stewart Woodward, Visual Talent Group. Stewart, a professional photographer, served on GWArc's Board of Directors from 2001-2011 and has continued to remain active with GWArc. For several years he has volunteered to photograph staff members for the GWArc website and artwork for the GWArc *Artists of GWArc* calendars. Over the past year, Stewart donated his time to teach photography classes as part of GWArc's Recreation Program. He also donated his studio to host photo gallery events for class participants and their families.

Advocates of the Year: Operation American Soldier, Wendy & John Rocca. Wendy and John are parents to three children, all of whom have served in the military. Their organization provides support to deployed troops by shipping "cheer boxes". Operation American Soldier has partnered with GWArc's Watch City Self Advocates, with members collecting dona-

tions for Operation American Soldier through their "giving back" initiative. OAS was founded in 2003.

Special Recognition Award: Tom Coxall, Watertown Savings Bank. A true friend to GWArc, Tom served on GWArc's Board of Directors for two ten-year terms, beginning in the 1980s. Tom will retire this year as a mortgage specialist at Watertown Savings Bank.

Jane Z. Kirsch Community Service Award: Lauren Lele, Director of Volunteer Services, Newton-Wellesley Hospital. Lauren has provided outstanding support to students in GWArc's School to Work Transitions Program who volunteer at Newton-Wellesley Hospital. For more than six years, Lauren has consistently made extra efforts to accommodate students' needs.

Outstanding Community Leadership Awards: Anthony J. Antico/Charlesbank Estates & Louis J. Antico/Charlesbank Garden Apartments; and Tom Dusel/Hobbs Brook Management. Anthony J. Antico is the owner of Charlesbank Estates and Louis J. Antico is the owner of Charlesbank Garden Apartments. Tom Dusel is President & COO of Hobbs Brook Management. These three community leadership award recipients are long-time supporters of GWArc, Harvest Breakfast and the community.

Business of the Year: Healthy Villi. Healthy Villi, a non-profit that provides support and education to people with celiac disease and their families, has used BIS Mailing Services for its mailing needs for over 15 years.

We Oughta Be In Pictures..... So, we MADE A MOVIE!

In cooperation with WCAC-TV, Waltham's cable channel, GWArc filmed a movie this summer, entitled "Our Question". The movie was inspired by a film made through Sprout Films titled "One Question".

GWArc's movie asks the question, "What do you like?" and over 30 consumers stepped up to the camera to answer. The film will be edited and shown at our Annual Meeting, November 20 at 6:00 p.m.

GWArc consumers turned out to be naturals in front of the camera, and their answers to the one question may surprise you. *Hollywood, are you reading this?*

Special thanks to WCAC-TV cable TV summer interns Justin Cincotta, Elaina DeAngelis and John Nash and family members/guardians who were efficient in signing releases so we could produce this movie.

Thanks also to Joanne Raymond, new Director of Marketing & Development for suggesting the theme of the video.

We anticipate that the movie will also be available for YouTube viewing, but why not see the world premiere, enjoy some movie snacks and join us to salute Staff Longevity Award winners and Community Award winners? See you at Annual Meeting!



WCAC-TV interns Elaina DeAngelis and John Nash film Charlie Durkee at Woodland Road as he answers "Our Question".

GWArc

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We're Going Green!

If you would like to receive our newsletter by email instead of a printed copy, please email us at gwarc@gwarc.org or call 781-899-1344 ext. 0.

We're on the web!
www.gwarc.org



Scan with your smartphone to visit our website!

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Please Join Us!
GWArc's
43rd Annual Harvest Breakfast
Sunday, October 20
8 AM - Noon
Embassy Suites Waltham
What a Difference You Make
With Every Pancake!



Three ways to order tickets:

- **Complete and return enclosed ticket order form**
- **Call 781-899-1344 x0**
- **Visit www.gwarc.org**

We are still seeking Harvest Breakfast sponsors and advertisers!

If you or someone you know would like to be a Harvest Breakfast sponsor or advertiser, please contact Joanne Raymond, 781-899-1344 x4147, jraymond@gwarc.org or visit www.gwarc.org for more information.

Please bring a **non-perishable food item** that day to be donated to the **Salvation Army of Waltham Food Pantry.**

See you there!

Artists of GWArc

2014 Calendar Coming this Fall!

Our 2014 calendar features amazing art work by GWArc consumers, including ceramic tiles painted with artist/instructor Phyllis Biegun; photos taken during photography classes with Stewart Woodward, Visual Talent Group; and paintings created in art classes with Waltham Mills artist Melissa Kulig.

The calendar will be available for sale for \$10 at Harvest Breakfast and Annual Meeting (while supplies last).

The Artists of GWArc
2014



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Greater Waltham Arc's 43rd Annual Harvest Breakfast What A Difference You Make With Every Pancake!



~Food/Entertainment~
Bountiful Buffet Breakfast
Music by Richard Profita
Line Dancing with Marilyn
The Magic of David Hall
Balloon Animals Face Painting
Door Prizes
Silent Auction

Sunday, October 20, 2013 8:00 am – Noon
Embassy Suites Waltham
550 Winter Street, Waltham MA

Please join GWArc in supporting
the Salvation Army of Waltham
Food Pantry.

Bring a non-perishable food item to
Harvest Breakfast for collection.

<p>Titanium Host</p>  <p>EMBASSY SUITES® Boston/Waltham</p>	<p>Titanium Pancake Sponsor</p> <p>The Battaglino Family</p>	<p>Gold Pancake Sponsors</p>        <p><i>In honor of Tom Coxall</i></p>			<p>Media Sponsor</p> 
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To order your tickets by mail, please return this form with a check to:
GWArc, Inc.
56 Chestnut Street
Waltham, MA 02453

For more information, call 781-899-1344 x0, email gwarc@gwarc.org or visit www.gwarc.org

Name: _____

Address: _____

City, State Zip: _____

Phone: _____ Email: _____

Please consider donating tickets back to the agency that will allow consumers and staff to attend who otherwise might not be able to! Thank you!

Number of tickets donated _____

All proceeds from Harvest Breakfast directly support GWArc's programs, which serve over 300 children, adolescents and adults with intellectual and developmental disabilities and their families each year. GWArc is a 501(c)(3) nonprofit organization.

Number of Adult Tickets	_____	x \$24 =	_____
Number of Senior/Special Needs Adult Tickets	_____	x \$17 =	_____
Number of Children under 12 Tickets	_____	x \$12 =	_____
SHARE A MESSAGE!!			
"Family/Friend Sponsor Message"	_____	x \$35 =	_____
(Your name and optional message of your choice will be showcased in our virtual ad book presentation.)			

TOTAL ENCLOSED:		\$	_____



GWArc 2013 Annual Meeting

Wednesday, November 20, 2013 6:00 PM - 8:00 PM

Embassy Suites, 550 Winter Street, Waltham

~ Community Awards to Be Presented ~

Volunteer of the Year – Stewart Woodward, Visual Talent Group

Advocate of the Year – Operation American Soldier, Wendy and John Rocca

Special Recognition Award – Tom Coxall, Watertown Savings Bank

Jane Z. Kirsch Community Service Award – Lauren Lele, Director of Volunteer Services, Newton-Wellesley Hospital

Outstanding Community Leadership Awards –

Anthony J. Antico/Charlesbank Estates & Louis J. Antico/Charlesbank Garden Apartments

Tom Dusel/Hobbs Brook Management

Business of the Year Award – Catherine Mirick, Healthy Villi

~ Entertainment ~

Short Film Festival featuring Sprout Films

World Premiere of GWArc Short Film “Our Question”

Starring GWArc Day Education and PLUS Program consumers

With thanks to WCAC-TV The Waltham Channel

Movie refreshments will be served

GWArc is a private 501(c)(3) non-profit organization dedicated to serving people with intellectual and developmental disabilities and their families since 1956.

For more information, contact GWArc at: (781) 899-1344 (781) 899-8555 TDD gwarc@gwarc.org www.gwarc.org