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GREATER WALTHAM Arc NEWS

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September 2014

Fall Greetings from the Chief Executive Officer, Roz Rubin –

Hello and thanks for reading the Fall 2014 edition of GWArc's newsletter!

It is always a pleasure to produce the autumn newsletter because it highlights two of our community events—Harvest Breakfast and Annual Meeting. More details on each inside, but we hope you will join us for our 44th Annual Harvest Breakfast and to celebrate GWArc at our 58th Annual Meeting. New this year at Harvest Breakfast is a photo booth to capture the moments, as well as a chance of a gift for those who successfully bid to full prize value on Silent Auction items. Of course, the beautiful Embassy Suites ballroom will be laden with the continuous breakfast buffet and DJ Rich Profitta, DC the Clown, line dance leader Marilyn, face painter Katie, a magician, "Patches" the fire dog and more will be there to entertain you!

At Annual Meeting, we plan to showcase three new aspects of GWArc day programming – learning about our new curriculum, the Circles Program; a view of some of the great iPad applications our participants are using; and a rousing demonstration of our new music therapist's skills. We will salute many community businesses and individuals who have been great supports to GWArc. Again, this is being held at the Embassy, so please join us.

It has been a busy summer, much fun, and the pictures inside really show this. Additionally, the new Community Based Day Support (CBDS) program continues to strengthen, with a lot of trips out in the "Silver Bullet", our new van. GWArc welcomed three new participants this summer, and our staff continues their efforts to support all those we serve.

Enjoy the newsletter and see you at Harvest Breakfast on October 19—save me a pancake!!!

Regards,

Roslyn Rubin, Ed.D
Chief Executive Officer



GWArc CEO Roz Rubin gets ready for Harvest Breakfast with Fall decorations and colorful ceramic plates and mugs that will be for sale at Harvest Breakfast. The ceramic items were hand-painted by GWArc participants.

GWArc Gives Back to the Community

GWArc participants and staff are giving back to the community through a number of volunteer efforts that benefit others, and that they find personally rewarding. Volunteer work includes:

- Weekly visits by PLUS participants to Phinney's Friends, a nonprofit in Lincoln dedicated to helping people feed and care for their pets (dogs and cats). GWArc participants sort and count containers of pet food and small pet toys that are donated by various organizations. They package the items in shopping bags, which are then distributed to low income individuals and families who need assistance to feed their pets. Marci Simons, pictured at right, said "I like to package the cans and cat toys, and help people." Joe O'Connell said, "I bring the cans out and sort them. I like helping pets get food."



Yolande Nowlan visits with a friend while volunteering at Phinney's Friends.



Marci Simons counts pet food cans at Phinney's Friends.

- PLUS participants have also volunteered at The Pine Street Inn in Boston. "I like to help people and I work hard," said Candia Iandoli. "I like counting things and going out in the van."
- The Rotary-GWArc Food Pantry Project, a collaboration between the Rotary Club of Waltham and GWArc is going strong. Rotary members donate funds at their weekly meeting. GWArc participants shop for food and deliver to four Waltham food pantries.
- Rhonda Fleming, GWArc Senior DD Specialist, along with Mary Leo, GWArc Senior DD Specialist Case Manager, Teddy Howard, GWArc DD Specialist Case Manager, other colleagues, family



Cindy Davis and Peter Cohn, GWArc DD Specialist Case Manager, deliver food donations to the Salvation Army of Waltham Food Pantry.

members and friends recently prepared dinner at the Bristol Lodge Soup Kitchen. GWArc donated drinks, barbecue sauce, seasonings and salad dressing. Other donors provided chicken, rice, rolls and cakes. The group served a hearty meal with fried, barbecued and stewed chicken, rice, salad and dessert, and hope to make this an annual volunteer activity.

- Watch City Self Advocates continue to collect donations for Operation American Soldier (OAS). Over the summer, GSE participants delivered supplies to an OAS drop off location, and wrote letters to be included in packages to soldiers. Day Education participants created art work to be included in soldiers' packages.

GWArc...Not So Trivial Trivia

Do you know what happened on December 10, 1956?

It was the day the Articles of Incorporation were written and GWArc began. Eternal thanks to Lawrence Lane, GWArc's first President, and others who began this remarkable organization!

Happy 58th Birthday, GWArc!



We remember with love...

Wayne Molea, Day Education participant for many years, who passed away on August 1.

Anthony "Rags" LaCava, founder and president of Wheels of Happiness, who passed away on September 2. Rags organized trips and activities for individuals with developmental disabilities in Waltham for many years. His legacy lives on in the 2006 Wheels of Happiness donation to GWArc's Recreation Programs.

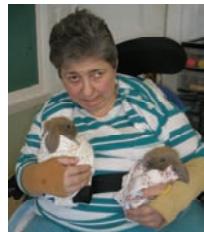
GWArc Program Updates

Day Education:

- In July, program rooms each picked a team to follow for the World Cup. Brazil was the subject of our Passport project.
- Barn Babies visited with a van full of baby animals to pet, hold and enjoy.
- Participants attended a self-advocacy event at the State House and visited many elected officials.
- Summer cookouts were a big hit!
- Participants attended Special Needs Day at Drumlin Farms. They enjoyed meeting and learning about the farm animals.



Roz serves ice cream treats from a festive mobile cart.



Cindy DeLeo enjoys a visit with two baby bunnies from Barn Babies.

- New music therapist Tim Cohen is conducting sessions in Day Education and EPT every other week.
- Roz visited program rooms with a mobile ice cream cart to celebrate National Ice Cream Month in July.

PLUS:

- GWArc acquired a new 12-passenger van. The van will be used to transport participants in our Community Based Day Supports (CBDS) Program on trips into the community and beyond.
- EPT's "Name the Van" contest was won by Nikki Skoutelakis, pictured at right, for her winning entry "Silver Bullet".
- Community trips to The Museum of Science, Boston Fire Museum, Boston Common and fishing were enjoyed by all.
- Our summer picnic was held at Lake Cochituate in July.
- Our vegetable garden is thriving, with lettuce, tomatoes, peppers and more being harvested for cooking projects.



Nikki Skoutelakis displays her "Name The Van" contest winner certificate.



Group Supported Employment

- GSE's Summer Program concluded August 22 after a busy summer of activities. See our article about the program on page 5.

Individual Supported Employment (ISE):

- 16 individuals are working at competitive jobs in the community.
- We are currently seeking jobs in the community for four individuals. Please contact Axel Osio at aosio@gwarc.org if you can help.

School to Work Transitions:

- The Transitions Summer program was held July 7 to August 1 at Bentley University. Students performed maintenance, served lunch at the Whittemore Elementary School, participated in community trips and shopped for and prepared a weekly meal. Our thanks to Bentley University for donating the space for this program.
- 38 students are enrolled for the 2014-2015 school year.

Adult Family Care (AFC):

- AFC is now supporting 38 members.
- The AFC program is growing and we continue to seek additional members.

Watch City Self Advocates:

- Despite rainy weather, our annual summer cookout in June was enjoyed by all, with great food, games, music and roasted marshmallows.
- Members enjoyed our meeting speakers, including Rachel Hayward, Mass Advocates Standing Strong Metro Regional Coordinator; and Pauline Bosma and Susan Moriarty, Rainbow Support Group.

Staff Training:

- Staff members attended a training session by IMPACT: Ability on "Recognizing and Reporting Abuse and Neglect." The session was presented through a grant from CHNA-17.

Ruderman Family Foundation Scholar

- GWArc collaborated with Brandeis University to provide practical experience to Elizabeth (Lizzie) Chalfin, Ruderman Family Foundation Scholar and Brandeis University senior. During the summer, Lizzie conducted Annual Satisfaction Surveys with participants, worked with participants on use of iPads and provided one-on-one assistance to children in our Inclusive Summer Day Camp.



Lizzie Chalfin conducts a satisfaction survey.

Summer Fun at GWArc...in Photos



Day Education participants enjoy a summer cookout under the shady canopies.



Ken Doucette visits with a chicken during Day Education's visit to Special Needs Day at Drumlin Farms.



Participants enjoy fun and games at the EPT Picnic at Lake Cochituate.



We took the ice bucket challenge! Roz Rubin, GWArc CEO (above), Katie Hoenigke, Recreation Manager (top right) and Sandy Luangoudom, Administrative Assistant (bottom right) took on the ice bucket challenge to raise ALS awareness in August. They were nominated by GSE participants and staff.



Transitions Summer Program participants (pictured at right, left to right) Angissel Silvestre, Justina Jacobs, Katie Hernandez and Nicole Legere enjoy a meal they shopped for and prepared at Bentley University.



Tim Cohen, GWArc's new music therapist, conducts a rousing session with Day Education participants.



David Felton, Vice President and Senior Business Banking Officer at Rockland Trust, presents a check for \$10,000 to Roz Rubin, GWArc CEO, in GWArc's updated kitchen at 56 Chestnut Street. The Rockland Trust Charitable Foundation granted the funds to support recently completed upgrades to GWArc's kitchen and a program room to improve safety and increase space for program activities. While GWArc continues to seek larger community space, these critical updates allow the agency to maintain quality programs and services.



EPT staff and participants pose with our new "Silver Bullet" van.



PLUS participant Charlene Craig shows off a fish she caught during a group fishing trip.

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 participants were involved in a wide variety of educational and fun activities, including visiting many local sites around Waltham and beyond, planting and caring for GWArc's plot at Waltham Community Farms, taking walks around Waltham, and feeding the ducks and fishing along the Charles River.

Favorite activities included tours of Watertown Savings Bank and the Whole Foods Bakery in Medford, and playing mini-golf and having lunch at Friendly's. Everyone also enjoyed trips to Drumlin Farm, Stone Zoo, Charles River Museum of Industry & Innovation,



GSE participants and staff display items they received during a tour of Watertown Savings Bank. Brandeis University, and having ice cream at Lizzy's. Other favorite activities included tie dying, baking **BARK@GWArc** dog treats, painting ceramic mugs and plates for sale at Harvest Breakfast and cookouts at GWArc.



GSE participants enjoy playing Bingo following a cookout at Chestnut Street.

The group travelled to the Massachusetts State House to meet with legislators and advocate for the needs of people with disabilities. They also visited Hannaford Supermarket in Waltham, where a staff member conducted a tour and highlighted healthy cooking options.

Participants also spent time supporting the local community through shopping for and delivering food donations to local pantries through the Rotary-GWArc Food Pantry Project, and delivering donations for Operation American Soldier.

Recreation Update

Recreation's summer program was busy and lots of fun, with new activities and old favorites enjoyed by all! The Concerts on the Waltham Common (8 concerts), with lawn chairs and snacks provided, were a huge hit! Participants also enjoyed day trips to Provincetown, Newport, Canobie Lake Park, an overnight at Jellystone Park Camp Resort in Sturbridge and more!

 Joe O'Connell takes a turn driving the Boston Duck Boat on the Charles River in June.

We supported campers at 3 summer camps in Waltham.

Fall is here! Check out our Fall brochure and get moving with great activities, including: Cheer Dance, Zumba, Line Dancing, Horseback Riding, Apple Picking and more! We're planning a SPOOKtacular Halloween dance on October 29 at the French American Victory Club. Wear your favorite

Halloween costume! Guest judges will vote on the funniest, scariest and most unique costumes! Join our spooky trip to Witch's Woods and day trip to Salem, MA.



Participants relax on a cabin porch during the overnight trip to Jellystone Park Camp Resort in July.

Brandeis Buddies is back, beginning October 23! We also have healthy cooking and sewing classes and more. Questions? Contact Katie Hoenigke, Recreation Manager, 781-899-1344 x4120, Recreation@gwarc.org.



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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!

Please Join Us!
GWArc's
44th Annual Harvest Breakfast
Sunday, October 19
8 AM - Noon
Embassy Suites Waltham
Step Up To The Plate for GWArc!!



Three ways to order tickets:

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

We are seeking Harvest Breakfast sponsors and advertisers!

Support individuals with disabilities in the Waltham community!

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.

See you there!

Artists of GWArc

2015 Calendar Coming this Fall!

Our 2015 calendar features amazing art work by GWArc participants, including ceramic mugs and plates painted with artist/instructor Phyllis Biegun; paintings created during "Masterpieces with Your Bare Hands" Recreation classes taught by artist, instructor and designer Lee Su; and photos taken during Recreation photography classes with Lee Su.

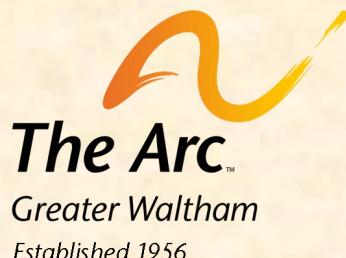
The calendar will be available for sale for \$10 at Harvest Breakfast and Annual Meeting (while supplies last).

Artists of GWArc
2015

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

Join us at GWArc's 44th Annual Harvest Breakfast on October 19 and get some holiday shopping done, too! The Boo-tique, as always, will feature GWArc participant made crafts, including beautifully handpainted ceramic plates and mugs priced at \$7 each, gift wrapped and ready to go, tile trivets, note cards, gift tags, sewing kits and more!



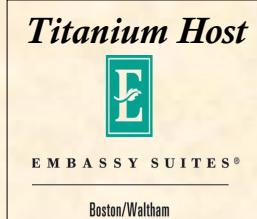


Greater Waltham Arc's 44th Annual Harvest Breakfast Step Up To The Plate for GWArc!!

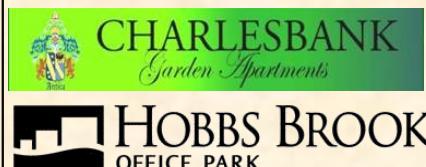


Sunday, October 19, 2014 8:00 am – Noon
Embassy Suites Waltham
550 Winter Street, Waltham MA

~Food/Entertainment~
NEW THIS YEAR!! Photo Booth
Bountiful Buffet Breakfast
Music by DJ Richard Profita
Line Dancing with Marilyn
Magician Balloon Animals
Face Painting Mystery Gifts
Silent Auction



Titanium Pancake
Sponsor
**The Battaglino
Family**



Gold Pancake Sponsors



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 participants 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 2014 Annual Meeting

**Monday, November 10, 2014 6 PM - 8 PM
Embassy Suites, 550 Winter Street, Waltham**

~ Community Awards to Be Presented ~

Volunteers of the Year - Eve Corning, Kaitlyn Riley

"Rags" LaCava Community Service Award - Alice Taylor, Esq.

Community Service Awards - Caring Canines Visiting Therapy Dogs, Inc., Carleen O'Brien;
Pets & People Foundation, Laraine Bogosian & Ashley;
"Patches" the Fire Dog, Waltham Fire Department

Special Recognition Award - Embassy Suites Boston/Waltham, Chris Alto, General Manager;
Chad Groenwoldt, Director of Catering and Event Services

Outstanding Community Leadership Award - Rotary Club of Waltham

"Rising Star" Employer of the Year Award - Club Demonstration Services, Michael Rego, Supervisor

Longtime Employer of the Year - Walgreens Weston Street, Waltham, Katie Daneau, Manager

Self Advocates of the Year - Watch City Self Advocates

~ Keynote Presentation: "New @ GWArc"~

Join us for a showcase of new programming at GWArc:

- Circles Program - New Curriculum
- iPad Applications and Accessories - Erin Archibald, Speech-Language Pathologist
- Music Therapy - Tim Cohen, Music Therapist-Board Certified

**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