



Timelines



JULY/AUGUST 2009

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Helping Hands

Harvard Pilgrim Health Care Workers Revive Water, Main and Albion Street

Harvard Pilgrim Health Care workers came out in support of our programs to assist with painting at two residences. The day entailed painting the large main floor at the Albion Street residence, as well as planting raised vegetable and flower beds at the Water Street residence and major spring landscaping, including spreading heavy, wet mulch at the Main Street residence. "What an enthusiastic group," Pat Simons, Volunteer Coordinator, commented.

The Arc of East Middlesex was selected to receive a Harvard Pilgrim Community Spirit 9/11 Mini-Grant which was used to assist with a spring cleanup project. Kerry Mahoney, Director of the Arc's Family Resource Center states that this collaboration with Harvard Pilgrim dates back many years. "I remember their involvement going back 16 years. Some of our furniture was donated by the company and they have been a great partner with us. Toni Russo, who is their coordinator of volunteer's has been instrumental in keeping us a part of their effort to be involved in the community."

Harvard Pilgrim Health Care Foundation was created in 1980. The Harvard Pilgrim Health Care Foundation promotes health and prevents disease through community service, medical education and research. In 2007 the Foundation launched Growing Up Healthy, a five-year initiative to support healthy weight for children across our region. The Foundation supports Harvard Pilgrim's mission to improve the health of the people we serve and the health of society. More information on the Harvard Pilgrim Health Care Foundation can be found at www.harvardpilgrim.org/foundation.

Harvard Pilgrim staff members have the option of volunteering for a total of one day per year for the organization of their choice. In 2006, approximately 200 volunteers contributed over 960 hours to community programs and causes. These included: repairing senior housing, cleaning parks, gathering supplies for troops overseas, painting a health center, filling backpacks for low-



Home Revival - Harvard Pilgrim Health Care Volunteers and Arc Staff join forces to beautify our homes.

income students and serving in food pantries one day per year. Staff members are offered the opportunity to participate in company-sponsored events throughout the year and local health walks. In addition to the one day per year, staff members are offered the opportunity to participate in company-sponsored events throughout the year.

9/11 Community Spirit Mini-Grant Program commemorates those Harvard Pilgrim members who lost their lives on September 11th. The leadership of Harvard Pilgrim and the Foundation created a grants program that allows each employee to award a Foundation grant of up to \$500 to the charity of his or her choice.

In 2006, these grants totaled over \$110,000 and supported local schools, food pantries, senior centers, recreation programs, and fundraisers in communities in Massachusetts, New Hampshire and Maine. Grants are awarded quarterly to tax-exempt, nonprofit organizations.

Our sincere thanks to all of the Harvard Pilgrim Health Care volunteers. We appreciate their time and effort spent painting and landscaping our supported living homes.

If you are interested in becoming a volunteer for the Arc of East Middlesex, please contact Pat Simons at 781-942-4888 Ext. 4032 or volunteers@theemarc.org.



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Message from the Executive Director

As I reach the end of my second month as the new Executive Director I can happily report finding across all programs; quality services, compassionate care and a high level of individually focused supports. This is a tribute to the skill, dedication and collaborative partnerships that exist between our staff, volunteers, families and funding sources. All involved shared a mission and understanding that providing each program participant a wide variety of life enhancing, self-directed opportunities is the key to maximizing their growth, building positive relationships, reaching personal goals and full integration into the fabric of community life. I am pleased and honored to be part of this fabulous organization.



On a more discouraging note the down economy is providing the impetus for devastating cuts to critical human services in the upcoming State budget. As it now stands we are expecting that the cuts will require 11,000 or more individuals to lose or have their services drastically reduced and 1,100 human service jobs will be eliminated across the State. Beyond the direct damage done by these cuts little consideration has been given to the collateral damage that will be forced upon many families. As individuals without adequate self preservation and/or safety skills are cut from day services, families will be faced with choosing between hiring staff privately or quitting their jobs to stay home. Either solution creates major financial dilemmas for families requiring many of them to seek much more costly State funded residential service.

Advocacy groups such as the Association of Developmental Disability Providers (ADDP) and Arc Mass have been asking the Governor and the Legislature why must Federal stimulus dollars committed to construction, highway and energy improvements must be spent on these projects but safety net dollars, in the form of Enhanced Medicaid Reimbursement, don't have to be spent on safety net programs such as Department Developmental Services (formally Department of Mental Retardation). ADDP and Arc Mass believe that there are more than enough additional dollars being generated by DDS Medicaid waiver services to restore all the cuts being proposed. It is important that we all ask this question as well. We must assure that Federal safety net funds are being spent on the services they were intended to safeguard.

The last topic I would like to address is the importance of volunteerism in our community. Recently a group of Harvard Pilgrim Health Care employees joined together for a day of volunteer service to The Arc of East Middlesex. They spent the day painting, maintaining and landscaping a few of our group homes. The outcome of this endeavor was more than just the dollar value of the volunteers' effort. More importantly the volunteers made a positive human connection with our agency, staff and the people that we support. They better understand the valuable role that agencies like ours play in lives of individuals with intellectual disabilities and that their efforts bring value to them and their employer as contributing members of the community. I want to sincerely thank Harvard Pilgrim and their employees while challenging others in the community to follow their lead.

If you are interested in volunteering at The Arc of East Middlesex please contact Pat Simons at 781-942-4888, ext. 4032 or volunteers@theemarc.org.

A handwritten signature in black ink that reads "Terry Kennedy". The signature is written in a cursive, flowing style.

**The Arc of East Middlesex
is Pleased to Acknowledge
Gifts from the Following Donors...**

Gifts Up to \$100

United eWay for Janine Parks
United Way of Tri County for EMC
Frank P. Goodwin - Annual
Fund Campaign

Gifts \$101 – 250

Got Books Inc
Vision Solutions – Recreation
Elinor Blair – Annual Fund Campaign
Sahar Ahmed – Life Choices Metro North
Barbara Jackins – Life Choices Metro North

Gifts \$251 – 499

Corp. FY07 Campaign
Kevin M. Frazier & Debra L.
Frazier Foundation
Wayne and Donna Leigh,
Life Choices Metro North

Gifts \$500 – \$999

GE Foundation – Matching gift for
Jo Ann Simons to 2008 Tucker Gala

Gifts \$1000 - \$2499

Harvard Pilgrim Health Care – Mini Grant
En Ka Society, Inc. – Tennis Grant

Memorials

In Memory of Claude Cimini
O'Connell Gray, LLC

Alan S. Anderson
Sawrah Amini
Kathryn Berkowicz
Natalie Graham
Barbara D. Huntley
Susan Kronlund
Elizabeth L. Lilley
Ann M. Marques
Dorothy T. O'Meara
Elena and Andrew Previte
Doris A. Rowe
Margaret E. Shaughnessy
Carolyn Stoller
Laurie M. Stokes
Scott A. Taintor
Frances T. Vallone
Kristine M. Wilhelmy
James A. Zaffini

In Memory of Gail Cripps
Claire K. Brennan
Pamela R. Broadley
Pixie B. Hill

In Memory of Evelyn Gabriel
Mitchell Akel
Dolores E. Parks

In Memory of James Kitterick
Dolores E. Parks

In Memory of Milton Parks
In Honor of Steve Parks
John and Nancy Abels,
Gary and Kristen Aucott,
Brian and Robin Cronk;
Michael and Amy Abels

In Memory of Milton Parks
Edgewater Technology
Ellen and Thomas Abels
Mitchel Akel

Stefanie S. Baker
Doris Berger
Rosaline Buchonis
Lucie and Leonard Cripps
Nicolo Damiano
Christine DeAmbrose
Gay L. DeRusha
Celeste Difruscia
Carol M. Dolan
Michelle Driscoll
Rosalie Faugno
Michael Goodwin
Patty and Rich Graham
Raymond J. Hankinson
Martha Humphreys
Lauren Hunt
Anne, Tim, Mary-Claire
and Paul Hynes
Catherine Kerallah
Laura E. Lindsay
Lynne Lewis
Frieda MacFarlane
Kerry Mahoney
Agatha Lee Marano
Cheryanne McElhinney
Ted Neals
Eleanor L. Neil
Joan and Dan O'Donnell
Dolores E. Parks
Barbara Pozark
Elena and Andrew Previte
Kristin and Peter Regan
Evelyn A. Shedd
Ellen Sheehan and Family
John Silvestro

Regina Stoddard
Barbara Sweeney
Claudia Weed and Ray
and Joan Sweeney
Gloria Tita
Claudia, Jay, Kelley
and Zach Weed
Kathryn E. West
Alice Ziady

In Memory of Jean Wicks
Paul Guerrette

In Memory of Phillip Wicks
Arthur C. Daiopoulos

Gifts received through June 9, 2009

Making a Memorial or Tribute Gift

Use the enclosed envelope or the
pledge form on the fundraising page
of our website (www.theemarc.org)
to remember a loved one or honor a
friend or relative for a special
occasion.

Wish List

The Arc of East Middlesex is looking
for donations of furniture and
household items in clean, good
condition. Please email a description
of the furniture or household items)
and your name, location and phone
number to mberardo@theemarc.org.
Our Residential group homes are in
need of fax machines (fax all in ones)
and flat (thin) LCD computer moni-
tors. Please email fax and computer
gift information to Paula Vratos at
info@theemarc.org. We're sorry; we
are unable to accept clothing.
Thank you!

New Members Welcome to:

Lisa Attenazio
Tom Cappuccio
Margaret Ferrante
Rita Patricia Gill
Terry Kennedy
Daniel McNeil
Karen Robbins



Early Bird Road Race Registrants!

**Marathon Sports 5K Run/Walk for The Arc of East Middlesex
Sunday, September 13, 2009**

Race T-shirts for first 100 registered runners.

The Run/Walk for The Arc of East Middlesex kicks off Melrose's Annual Victorian Fair, which attracts over 14,000 visitors. The event starts with a ½ mile Kids Run at 10:15 a.m., followed by the 5K at 10:30 a.m. Walkers are welcome. Melrose Mayor Robert Dolan will serve as Honorary Chairman of the Race. Special thanks to Brian Slater, Race Director, to our hosts, Colin Peddie of Marathon Sports, the Melrose Family YMCA and to our Melrose Running Club Volunteers!

Please visit www.firstgiving.com/emarc for more information. Registration will soon be available at all Marathon Sports Locations.

International Night

Sharing the Melting Pot ★



International Flair: Staff, Family and Friends gather to break bread at The Arc of East Middlesex's International Night 2009.

International Night 2009 was a smashing success! There were over 40 different dishes from 17 different countries. 112 people showed up to celebrate! Everyone enjoyed the live music, the fabulous food, word search puzzles and getting their passports stamped.

You may recall that we handed out Mardi Gras beads for people to vote for their favorite dish, and the top two dishes were:



- Curried Shrimp by Orlease Flemmings
- American Chop Suey by Alice Kennedy

There were so many wonderful dishes to choose from!

The International Night Committee would like to sincerely thank everyone who came and participated, especially all of the fabulous cooks! Also, a huge thank you to the set-up and the clean-up crew who did such a fantastic job! The lovely decorations were made possible by the generous contributions of several Board Members.

The committee will have a post-event meeting in a few weeks to discuss what went well and what we may want to change for next year. If you have any suggestions, for example getting a larger venue, we'd love to hear from you. Please shoot us an e-mail to let us know any comments or suggestions.

Thank you all so much!
The International Night Committee 2009



KEEP THE
MAGIC ALIVE

TUCKER
GALA

MONDAY
NOVEMBER 2, 2009

JOIN US FOR A
MAGICAL
52ND ANNUAL
CELEBRATION AS
WE EMBARK ON AN
EVENING
FEATURING
MAGICIANS, A LIVE
AND SILENT
AUCTION, TASTING
STATIONS AND FOR
A FEW SURPRISES.

REGISTER BY
OCTOBER 2, 2009
TO BE ENTERED INTO OUR
ULTIMATE BOSTON

PACKAGE:

- OVERNIGHT STAY AT
BOSTON COPLEY
MARRIOTT
- \$200 GIFT CERTIFICATE
TO THE CAPITOL GRILLE
- A PAIR OF RED
SOX TICKETS

Message from Beth Celona

Dear FRIENDS, Families, and Colleagues,

Recently, I have had the opportunity to transition from my role as the Arc Job Developer to work in the development office along side Heather Weikel, Paula Vratos and Pat Simons. I am excited by this new position as it will enable me to work at building our community connections and to strengthen our agency's fundraising efforts.

As we move into the coming months, look for news regarding the Marathon Sports sponsored Road Race to be held in the City of Melrose. Mark your calendars for November 2, 2009 as our Tucker Gala will be a "magical" event hosted by the Peabody Marriott. It is sure to be a wonderful evening!

Please contact me at 781-942-4888 Ext. 4029 or email bethc@theemarc.org

In Memoriam



Chris Flynn of Melrose

Chris Flynn, long time resident of 919 Main St. Melrose, passed away in May. He was surrounded by family and staff members who loved him dearly. He will be greatly missed by all his housemates, the staff at the Arc of East Middlesex, and his staff and friends at CLASS.



Mrs. Mary M. (Pratt) Frazier

The entire Arc Family would like to our sincerest sympathy to Friend of the Arc Tom Frazier of DogWatch upon the recent death of his beloved wife Mary. May she rest in peace.

Programs & Events

FROM THE FAMILY SUPPORT CENTER

July 18th - Noon - 2pm
NAMI/FRC-NS Childrens Hospital/Annual Sibshop
Cookout-Whole Collaborative 7-13 y/o
\$20 fee to Register Tel:978-777-SCNE

For a complete listing of our groups, workshops and special events check out our website www.theemarc.org and click on "What's Happening"

FROM THE RECREATION DEPARTMENT

Summer Programs Recreation Department

Please check out www.theemarc.org and click "services" then "recreation" to see our full list of summer programs or contact Chenine Johnson at **781 942-4888 x Ext. 4036** or email Rec@theemarc.org.

MARATHON SPORTS RUN FOR THE ARC

Sunday, September 13, 2009. Runners & Walkers, start training now! The 5K is held the morning of the Melrose Chamber of Commerce Victorian Fair and starts at the Melrose Family YMCA. Please visit www.firstgiving.com/emarc for more information. Registration will soon be available at all Marathon Sports locations.

RICHARD TUCKER MEMORIAL DINNER & AUCTION

Please save the date: our Annual Dinner & Auction will be held **Monday, November 2, 5:30 p.m. at the Peabody Marriott, 8A Centennial Drive.** Join us for a magical 52nd Annual Celebration as we embark on an evening of serendipity featuring magicians, a bustling live and silent auction, tasting stations, sights and sounds of wonder, and a few surprises.

FROM THE CENTER FOR EMERGING ARTISTS

July 1 - August 15: New England Orthopedics, 4 Centennial Drive, Peabody, MA 01960. CEA will have a group show.

June 19 - August 14: My Low Carb Life, 136 Andover Street, Danvers, MA. Solo Show TBA.

July 17 - September 18: DMR, 27 Water Street, Wakefield, MA. New Group Show in both conference rooms.

The Arc of East Middlesex
20 Gould Street
Reading, MA 01867-2927

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The United Way

The United Way annual campaign begins and once again many employers will be sponsoring United Way workplace fundraising drives. If you work for one of these companies, please remember that you can designate all or a portion of your gift to the Arc of East Middlesex (EMARC). Simply write East Middlesex Association for Retarded Citizens or code # 752188 at the bottom of the card (under "Restricted Contribution") in the white space available. The United Way is pleased to honor your request by forwarding your generous support. Thanks for participating and thinking of us.

Please tell us of your contribution by emailing info@thearc.org or writing to the attention of the Development Office so we can track your gift!

Masthead photo
on page 1 -
Support Our Families -
The Downs Family of
North Reading Need
Family Support!

The Arc of East Middlesex Membership Application

Membership includes our *Timelines* newsletter; the Arc US newsletter; the Arc MA newsletter, *The Advocate*; access to our Recreation and Advocacy programs and invitations to Arc of East Middlesex events.

Name _____

Address _____

City, State, Zip _____

Phone _____ Email _____

Please check all that apply:

Family Member Professional Interested Friend

Family Member Served (used to send mailings for age-appropriate events)

Name _____ Date of Birth _____

Dues: \$40 per year. Please make check payable to **The Arc of East Middlesex.**



A Day in the Park - Life Choices Participant Michael D'Amico enjoys lunch at an outdoor exploration.