



Timeline



APRIL 2008

Family, Staff and Volunteers Plunge for the Arc's Special Olympic Programs

in this issue...

- 1 A rEMARCable Team!
- 2 Executive Director's Message
- Board of Directors
- 3 Employee Profile
Kandis Sarnowski &
Hana Ullmannova
- 4 Donations
- 5 More Plunge Photos!
- Upcoming Events
- 6 Membership Application
- Car Donation Program



rEMARCable Effort - Nineteen family members, staff, volunteers and friends plunged into the Atlantic Ocean on February 16 to raise funds for the Arc's Special Olympic programs.



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

SOMWBA Certified

Phone 781.942.4888
Fax 781.942.0820
www.theemarc.org
info@theemarc.org

What would make someone jump into the Atlantic Ocean despite a 37 degree water temperature and a 13 degree wind chill?

"To help the kids out. As fun as it was for you to watch us plunge, I love seeing these kids with a smile on their faces, watching them get a basket. It's great," said George Crotty, whose grandson Tyler participates in the Arc's basketball, swimming and other programs.

George was one of 19 members of the rEMARCables team who braved the arctic temperatures for the Passion Plunge February 16 at Revere Beach. Funds raised by the team were put into our Special Olympics account and may be used for court rentals, uniforms, equipment and Special Olympic competition entry fees.

"My grandson's uncle was at a recent basketball game at the Malden Y and he said it

best – 'It's really a community thing.' What EMARC does, the kids definitely feel part of the community. Whatever I can do to help out, I will" said George.

Each of the plungers raised funds through a personal web page or by collecting checks. At press time, our team had collected over \$9,000 and expected to reach their goal of \$10,000.

"My family, wow, they got excited and they all helped out. All of the people in my office at Century 21 at the Reading Depot donated," said George.

"I thought long and hard about doing this and after a couple of weeks I said, 'You know what, how bad can it be?'" recalled George.

Participants may chicken out of plunging and sit in the Chicken Coop at the beach.

"I never thought for one minute about

continued on page 4

The Arc of East Middlesex Board of Directors

President
Sharon Borggaard
Holderness, NH

Vice President
Maureen O'Brien
Reading, MA

Treasurer
Ralph D'Amico
Reading, MA

Clerk
Lisa Gibbs
Reading, MA

Directors
Lucie Cripps
Rockport, MA

Barbara Crystal
Melrose, MA

Christine Flaherty
Reading, MA

Charles B. Gordon
North Reading, MA

Brian D. McCoubrey
Wakefield, MA

Judith T. Osborn
Reading, MA

Elena Previte
Melrose, MA

Timelines is produced by:

Jo Ann Simons, MSW
Executive Director

Susan Ring Brown
Director of Development

Paula Vratton
Administrative Assistant



Watching for signs of Alzheimer's Disease

The cruel connection with Down syndrome

It is not a question of if-it is a question of when. I am talking about the relationship between Down syndrome and Alzheimer's Disease. The evidence is clear and the research is undisputable. It is because they have three copies of the 23rd chromosome and scientists have established a relationship between the extra chromosome that causes Down syndrome and Alzheimer's. People with Down syndrome, if they live long enough, develop this horrible disease and they develop it earlier than other people. Sometimes we miss the subtle signs or maybe we don't want to see them.

I am on alert for the onset of this disease in my son. Since he is only in his 20's, the disease may be a decade or two or maybe even three away from showing its ugly signs. But, I look nevertheless because I want to be able to offer him whatever medications may slow the disease or adaptations that may help in his daily activities.

On Monday, February 4th, I received a call from Jonathan's staff person. Jon lives by himself-no roommates and only a few hours of staff support each week. She told me that when she arrived to take Jonathan grocery shopping, he appeared at the door unshaven, not showered and in food-stained clothes. Had it been any other day, I would have immediately thought these symptoms were the beginning of Alzheimer's. But, it was the day after the heartbreaking loss of Jon's beloved New England Patriots to the New York Giants. He had a good answer to his slovenly appearance-he was depressed. He was trying to process the unimaginable-his team lost and they lost to a New York team. Although the night before, in the moments after the loss, he had called me and said "They are still a dynasty," that perspective had worn off by the morning.

All week he tried, but couldn't process the loss. He was perseverating over the offensive line that had not protected Tom Brady; the potential game ending interception that failed and the remarkable catches of the other team. Over and over, he was playing the scenes in his mind, trying to make sense of it. By the end of the week, he reported to me that he was no longer depressed. He said he was now "bitter."

Even reports of the equipment truck leaving Fenway Park for Spring Training failed to lift his spirits. The Pro-Bowl gave him some temporary relief.

It is just something he has to work through. And so do I.

This time it is not Alzheimer's. But, someday, it will be.

Jo Ann Simons

EMPLOYEE PROFILE

Hana Ullmannova and Kandis Sarnowski



Dynamic Duo - Hana Ullmannova and Kandis Sarnowski are Case Managers who coordinate the Arc's Supported Living Program.

Supported Living Provides Opportunities for Increased Independence

Are you looking for residential support for your son or daughter but don't need the level of care offered by a group home? The Arc of East Middlesex's Supported Living program may be right for your family member.

Supported Living participants may live in a variety of different settings including apartments owned by the Arc or which they themselves own, in-law apartments in their family's homes or in residences owned by unrelated landlords.

"They have a sense of freedom and self esteem. They are able to manage their own lives with support," Case Manager Kandis Sarnowski said of the 26 individuals who have made the transition to Supported Living.

"They love it, they are proud of their success," agreed fellow Case Manager Hana Ullmannova.

Participants in the Arc's Supported Living program are referred by the Department of Mental Retardation and typically receive between seven and 20 hours of support per week, which may be in addition to personal care attendant hours. Hana and Kandis split the caseload and oversee 22 mentors who assist participants with making good decisions, budgeting, cooking and healthy meal choices, exercising, medical appointments, safety skills and social activities. A rich social life is important, so the program offers a range of opportunities including cooking class, bowling, participation in the Phillips Academy Buddies program and Friday night activities selected by the group and coordinated by former Arc Recreation Co-Director Cindy DiVincenzo.

"Healthy meal choices are our biggest challenge. That's a struggle. They are happy to work on budgeting and exercise, but healthy meal choices, that's a tough one for some people," said Kandis. But they never give up.

The criteria for entering the program includes, but is not limited to, possessing good individual and community safety skills, the ability to self medicate and to stay alone overnight, and knowing what to do and who to call in case of emergency. The case managers, mentors and families work in partnership to support the individuals' efforts to increase their independence.

"It's hard for some parents to share control of their son or daughter's life. We need to let participants make mistakes in a safe environment and learn from them, which is understandably sometimes difficult for Mom & Dad. It's important to support the development of good decision making skills," said Kandis

Coordinating the Supported Living program is not a nine-to-five job. Kandis and Hana are on call 24 hours a day, seven days a week. They have each been in their current positions for just over a year. Hana, originally from the Czech Republic, has been with the Arc for six years. She spent her first five years as a residential Program Manager. Kandis, originally from Lynn, previously worked as a residential counselor in a Department of Mental Health funded program for adolescents with behavioral and emotional issues. In addition to experience, they share the important traits of flexibility and a sense of humor.

"We work together pretty closely, we're lucky we get along well," laughs Kandis, referring to the postage stamp sized "office" spaces they have shared. They are now located on the first floor of 34 Gould Street, Reading.

What is the most rewarding part of their job?

"Being able to work with them on achieving a goal, whether it be really big or small," replied Kandis. Examples include a young man who navigated public transportation to get himself to the YMCA for a workout and showered and then to his job on time and a young woman planning a trip to Israel.

The Supported Living program currently has openings for mentors, who typically work late afternoon, early evening and weekend hours. Candidates should be flexible and "be good decision makers," said Hana. To apply on-line, please visit www.themarc.org and click on Careers.

For more information on Supported Living services, please call Tina Claydon at 781-942-4888, ext. 4037.



Teens Rule - Rebecca Demmelash, Alana Casey and Devin Colon of Malden before their plunge into the Atlantic Ocean to benefit the Arc's Special Olympics Programs. See story on page 1.

Family, Staff and Volunteers Plunge for the Arc's Special Olympic Programs

continued from page 1



Chrissie Flaherty – Special thanks to Chrissie, our top fund raiser for the Passion Plunge!

raising the money and being a chicken. And some people said you don't have to go under, but there was no way I wasn't going under," added George.

"You get a good feeling when you do something nice like that. I look forward

to doing it again next year," concluded George.

Mark Mulvanity, an Arc basketball coach, got involved because his daughter Ashley participates in our Recreation Programs.

"I'll be back. I just have to figure out how not to have my feet feel like concrete blocks," Mark said of his freezing toes.

As with Tyler Crotty's family, being involved in community programs is a priority for Ashley's family.

"My brother and I were just talking about this. The reason you do these things is to make something better for someone else. There's no politics, this is about as pure as it gets. To help somebody do some little thing they couldn't do before – I look forward to it," Mark said of his coaching for the Arc.

Speaking of dedicated family members, the top fund raiser for the rEMARCables team with over \$2200 in pledges was Chrissie Flaherty, a member of the Arc's Board of Directors.

"My cousin Patrick is the root of why I became involved. Now that I have been involved and have seen who benefits and how they benefit, I'm invested in all of the children and adults who participate in our programs. Patrick (who participates in Recreation & Journey to Independence) is the tip of the ice berg," said Chrissie.

Chrissie also believes the novelty of the Passion Plunge concept made her colleagues at Boston Private Bank particularly generous in pledging to support her plunge.

"It's a great day," said Chrissie.

Chenine Johnson, Director of the Arc's Recreation Department and Laura Morabito, Assistant Director, were pleased with the fact that the rEMARCables team nearly doubled in size since it first formed last year.

"It was fun, we created our own logo," said Laura, who placed a close second in the team's fund raising efforts. The rEMARCables team modeled their red and black costumes after the cartoon heroes The Incredibles.

"We were more organized this year and there was a lot of excitement. Thanks to all of our plungers for a fabulous day and for all of their support," said Chenine.

Thank you and congratulations to our Passion Plunge team, they are truly remarkable!

The rEMARCables Team:

Alana Casey	Dave Johnson
Joe Casey	Nicholas Mangini
Natalie Castelluccio	Laura Morabito
Devin Colon	Mark Mulvanity
George Crotty	Sean O'Day
Rebecca Demmellash	Jara Pokorny
Lianne Duffy	Jerry Pothier
Chrissie Flaherty	Lisa Thayer
Cara Gradzewicz	Maggie Vella
Chenine Johnson	

More photos on Page 5!

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

Special thanks to Tom Swanson who raised \$1,720 for our Special Olympic programs through the *Ride with the Champions*.

Supporter Gifts \$101 - \$249

Reading Cooperative Bank employees

Sandra and Mark Convery

Elena and Hunter Dluznieski

Nancy Graham

Valerie Hall

Mark and Leslie Katimy

Patricia M. Leone

Jill MacMila

Marianne Malone

Julia and William Pesese

Meaghan J. Rogers

Tom Sellars

Karen M. Tavernese

Sustainer - Gift \$250 - \$499

Robert E. Doherty, Jr.

Memorials In Memory of Eleanor Hudson

North Reading Retired Teachers

Harolyn Bresnick

Barry Kipnes

Richard and Joleen Ham

Thomas and Linda Lally

Herbert and Cynthia Landsman and Family

Beverly Miller

Albert and Beverly Sampson

Helena M. Valente

Tribute Gifts

In Honor of Jo Ann Simons' Birthday-

Susan Ring Brown

Grants

Anonymous

Inkind Gifts

Susan Ring Brown

Paula Bugli

Nancy Charbonneau

Joseph and Linda Morabito

Kenneth Parks and Family

Beth Ann Timperi

Gifts received through February 22, 2008

Making a Memorial or Tribute Gift

Use 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. If you do not have internet access, please call 781-942-4888, ext. 4010 to request that we mail Memorial/Tribute envelopes to you.

Wish List

The Arc of East Middlesex is looking for donations of **furniture and household goods in good condition**. If you have items to donate, please email a description of the item(s) and your name, location and phone number to mberardo@theemarc.org. We're sorry; we are unable to accept clothing. Thank you!

New Members

Welcome to:

Alice Abbott

Karen Armato

Nancy Burke

Kenneth Eisnor

Tara Leuci

Carolyn Missert

Ann O'Connor

Susan Salie



Laura & Chenine Before the Plunge

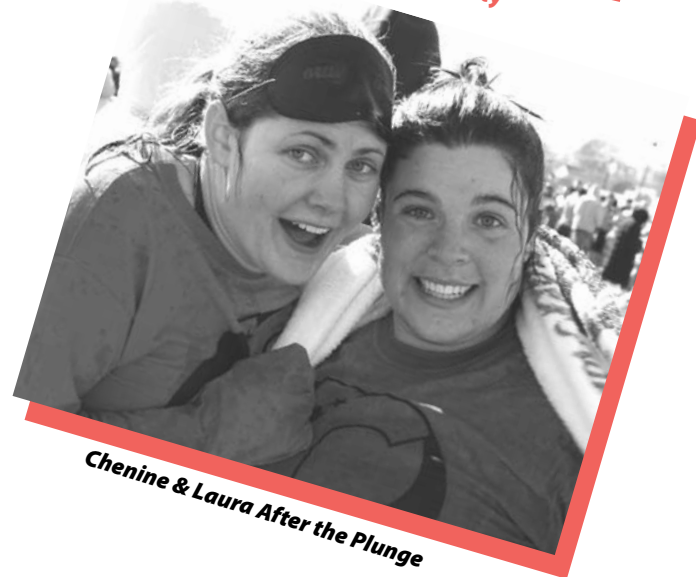
2008 Passion Plunge a rEMARcable Effort!



Taking One for the Team – George Crotty



Above & Beyond – The Arc's Special Olympics Team Coaches: Joe Casey, Mark Mulvanity, Sean O'Day and Lianne Duffy.



Chenine & Laura After the Plunge

Upcoming Events

From The Family Resource Center

INFORMATIONAL FRIDAYS

Join us at The Family Resource Center on Friday mornings from 9:00-12:00 in our newly designed resource room. Staff will be at hand to assist you in locating resources and offering information and guidance on how to access benefits that are available. Bring the kids and let them play on the new IBM KidSmart computer especially designed for children or watch their favorite videos on the TV. Meet other parents, exchange ideas and learn about new resources. Special programs will be scheduled monthly on a variety of topics. Can't attend on Fridays? Evening hours are also available by appointment. Contact Kerry Mahoney 781- 942-4888 x 4015 or km@the-marc.org.

WRITING SOCIAL STORIES

Friday, April 11th 10:00-12:00
Join Paula Thompson, MSW, LCSW to learn how to develop social stories. Using Boardmaker software, stories can be developed to help your kids prepare for transitions, special events and upcoming life changes. Paula is the Program Coordinator for the DoE/DMR Project and After School Programs at The Arc of East Middlesex.

Spring Awards Ceremony

Wednesday, **April 2, 2008** at the Arc of East Middlesex, 20 Gould Street, Reading. Light refreshments and program tours from 5 to 6 p.m.; Board of Directors Installation at 6 p.m., with Awards Ceremony immediately following. Please RSVP to info@the-marc.org or call Paula Vratatos at 781-942-4888, ext. 4010. No ticket charge. Donations always welcomed.

From The Center for Emerging Artists

March 7 - May 2, Todd Dehart Solo Show at My Low Carb Life, 136 Andover St. (Rte. 114), Danvers, MA 01923, (978) 646-9566.

March 15 - May 7, Spring Group Show at DMR, 27 Water Street, Wakefield, MA.

April 3, Natural Elegance Spring Trunk Show, hosted by General Goods, 93 Main Street, Andover MA. Please join us from 5-8PM. Wine and cheese reception. In store promotions and giveaways.

April 12-13, Melrose Arts Festival, Memorial Hall, Melrose, MA. It will feature over 38 Artists displaying their own works, live music, catered food and a live preview on Friday evening.

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

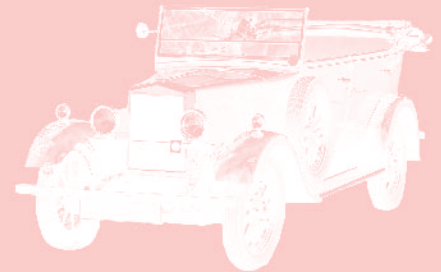
Return Service Requested

Non-Profit
Organization
US Postage
PAID
Reading MA
Permit No. 64



On-line Car Donation Program

To donate a car online, visit our web site at www.theemarc.org, click on vehicle donation at the bottom of the left hand column of our home page and follow the instructions that pop up. Be sure to designate The Arc of Massachusetts, Waltham as your charity and email us at info@theemarc.org so that The Arc of East Middlesex is credited for the donation.



The Arc of East Middlesex Membership Application

Membership includes 10 issues of our *Timelines* newsletter; the Arc US newsletter; the Arc MA newsletter, *The Advocate*; access to our Recreation and Advocacy programs; invitations to Arc of East Middlesex events and an opportunity to nominate honorees for our Annual Spring Awards Ceremony.

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.**

