



Timelines



JULY/AUGUST 2008

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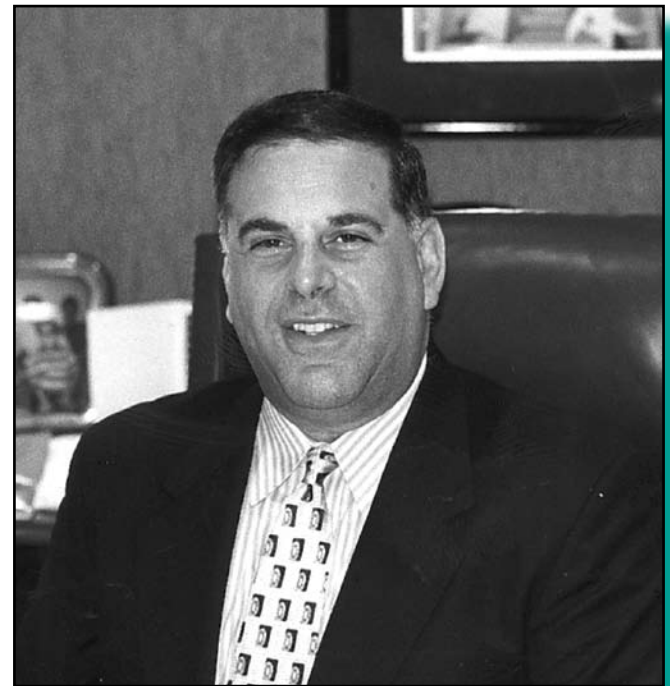
Arc to honor national business leader Joseph M. Valenzano, Jr.

Joseph M. Valenzano, Jr., CEO and President of EP Global Communications Inc., the parent company of *Exceptional Parent* (EP) magazine, will be honored with the Arc of East Middlesex's 2008 *Man of the Year Award*. The award presentation will take place November 10th at our signature event, the Richard Tucker Memorial Dinner and Auction. Mr. Valenzano was selected in recognition of the outstanding information, support, and resources he provides to parents of children with disabilities and the public awareness he raises through *Exceptional Parent*.

"Joe is the perfect choice because the mission and values he espouses through *Exceptional Parent* are in perfect harmony with the mission and values of the Arc of East Middlesex: to value and empower individuals with disabilities and their families," said Jo Ann Simons, Executive Director of the Arc.

When hearing of the award, Mr. Valenzano commented, "There are far many others more deserving than I, but I am humbled by the recognition."

The Dinner and Auction will be chaired by John Mitchell, President of CAM Media, who founded the event 14 years ago with the late Dick Tucker and Jo Ann Simons. Dennis Drinkwater, President & CEO of Giant Glass, will return as *Honorary Chairman*. The event will once again be hosted by our generous friends at the beautiful Boston Marriott Peabody, located at 8A Centennial Drive in Peabody.



Man of the Year - Joseph M. Valenzano, Jr., CEO and President of EP Global Communications Inc.

Mr. Valenzano is a former college baseball coach and professional baseball player, and he has also taught at the graduate school level—indeed, a life could be considered full and rewarding with just one of these achievements—but he is the first to say that the last 15 years, after he took the reins at *Exceptional Parent* (EP) magazine, are his most fulfilling. For Joe Valenzano, EP was a prospect where his love of disability-related causes and, more importantly, the people behind them could take flight and soar. When Joe arrived at EP, the magazine had a solid reputation as being a trusted periodical for families caring for children with special needs. Joe had a vision and took it to the next level. EP magazine now is endorsed by a professional medical society and is considered a peer-reviewed journal offering Category I CME credit for physicians inside its monthly pages. And its reach goes beyond physicians to therapists and teachers

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The birth of an Advocate

I was recently asked how I came to be in this field. Most of you know that I have a child with Down syndrome, but not all parents of children with intellectual disabilities or autism decide to make a career out of it. Maybe I was better suited for this journey as I had my new Master's Degree in Social Work. My story has many parts, but here is one I would like to share with you.

Shortly after Jonathan was born at the former Women's Lying In Hospital (now Brigham and Women's), we were told by doctors he had Down syndrome and four heart defects and that he needed to be transferred to nearby Children's Hospital. Off he went in the wee hours after his midnight birth. We were all alone in our feelings of confusion and sadness. Nobody came to talk to us. Nobody gave us information.

The next morning, surrounded by mothers and their healthy infants, I decided that I wanted to visit Jon. I was told that I could walk down Longwood Avenue and when I got there I could request a wheelchair, as I would most certainly be sore and tired. Nobody seemed to care about my emotional needs or the absurdity of a mother who had given birth 10 hours earlier, walking to visit her critically ill infant in another hospital.

As a social worker, I began to wonder where all the helpers were. This was a crisis and I needed crisis intervention. But, I was all alone.

We arrived at Children's Hospital and I got a wheelchair and made our way to the neonatal intensive care unit, where my 7 ½ pound baby seemed somewhat out of place, surrounded by underweight premies. But, those premies had something that Jonathan didn't have. Their incubators were filled with personal items, like small stuffed animals and family photos, that shouted to the world they were loved. In contrast, Jonathan's incubator was bare and empty and I quickly was filled with feelings of guilt. My baby had nothing. So when I returned to the hospital, I went directly to hospital gift shop to buy a small stuffed animal, using a credit card, since I had been instructed not to bring cash with me when I was admitted. Standing patiently, alone in my grief, I waited to pay. The cashier, annoyed that I was using a credit card for such a small purchase, began to berate me for using the card. I tried to explain why I didn't have money and more importantly, why I needed to buy that small stuffed teddy. It was at that moment that I broke down and lost it. Behind me was a hospital social worker and I asked her why someone from social services hadn't visited me.

The next day a social worker arrived. She told me that she had lost her teenage son to cancer. I recognized how inappropriate she was to be sharing her loss when I hadn't yet processed mine. Furthermore, I did not really care. Truthfully, there was a part of me that was envious. If Jonathan succumbed to his heart defects, I would get lots of sympathy. If he thrived, I was going to actually have to figure out this whole intellectual disability mess.

Jonathan did thrive. We all came home and in those early weeks, I made a list of all the times when I could have been helped in those first few days. With each frustration with the medical system or with trying to locate services for Jonathan, the list grew. But, what grew the strongest was my determination to make sure that future families would not have to go through what I went through. I was at the right time and I was able to be part of the movement that gave birth to Family Support. Today, Jon's birth would have been greeted with support from other families, lots of information and even celebrations.

I even think someone would have offered me a ride to the hospital.

EMPLOYEE PROFILE

Marci Lundin, Director, Life Choices North Shore



Employee Profile – Marci Lundin

It didn't take a visit from Marley's ghost for Marci Lundin to know that mankind should be her business.

"My dad's (Douglas Lundin) career was in residential and day services and so it was natural to have people with disabilities and medical issues around. I've always wanted to be in human services, working with people and hoping to make a difference in their lives, even if it's a small difference," said Marci, Director of the Arc's *Life Choices North Shore* program in Beverly.

Did her dad give her any career advice?

"His advice was through example. You have to be patient and you have to really know that you want to be doing this. If someone has a bad day and is calling you names, the next day is a new day, a fresh start," said Marci.

Marci joined the Arc this spring well equipped to launch *Life Choices North Shore*, the newest branch of our innovative day habilitation program. Her professional experience includes working as the site manager of another day habilitation program and as a residential house manager and a mentor. She earned her Masters Degree in Human Services from Springfield College in Manchester, NH, her BA in Psychology from UMass Lowell and her Associates in Early Childhood Education at Mount Ida College.

At *Life Choices North Shore*, Marci's team includes a nurse, Marie Silva; case manager Michelle Howley; and instructors Christa Connelly, Jessica Cheney and Linda Donahue. Speech pathology, physical therapy, behavioral therapy and occupational therapy consultation services are provided to participants as needed. At press

time, *Life Choices North Shore* had 10 participants, with another six in the process of joining. They will build up to a maximum of 57.

"We provide an opportunity for people to keep learning and keep growing. It's a very supportive and nurturing environment which provides people with disabilities with adult experiences like making a budget and buying food," said Marci.

The program is based on four pillars for success: wellness, relationships, independence and community. Areas of focus include nutrition, fitness, healthy eating habits, cooking classes, independent living skills, social skills, artistic expression, music appreciation, travel training, technology, volunteerism and community experiences. Staff members have established relationships with local colleges, community organizations and businesses to provide participants with meaningful community experiences.

They have been enjoying trips to Lynch Park in Beverly and Metro Bowl in Peabody and have been earning money recycling which they will donate to a charity of the participants' choice.

And the learning is mutual.

"I love the contact I have with participants. I learn so much from meeting so many different people," said Marci.

For more information about *Life Choices North Shore* in Beverly call 978-279-2100. For more info about *Life Choices Metro North* in Reading call 781-942-4888, ext. 5017.



Outstanding Citizen – Arnold Rubin, President of Atlantic Food Mart, was recently honored by the Reading North Reading Chamber of Commerce as *Reading Outstanding Citizen of the Year*. Chamber President Priscilla Gottwald (l) and Executive Director Irene Collins (r) are shown here congratulating Arnold. The Arc was proud to be among the nominators recommending Arnold for the award.

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and caregivers of both children and adults. But EP magazine is now just one component of its larger parent company, EP Global Communications, Inc., which offers a host of resources, each one Joe's brain child, for families and professionals who confront the challenges of caring for someone who lives with a disability. In addition to the monthly magazine this is accomplished through the EP Web site (www.eparent.com); through clinical custom communications projects; the EP Bookstore (www.epbookstore.com) of disability books, videos and tapes; as well as through on-line, interactive, live accredited CME/CEU seminars & teleconferences on a wide range of special needs topics.

Also noteworthy was Joe's inauguration in 2002 of the Disability Awareness Night (DAN). Through this community outreach program, which partners with professional sports teams from all over the country, including the Boston Red Sox, Joe is fighting for recognition of both the challenges that people with disabilities and the individuals that support them encounter and the vast contributions that they can, and do, make as valued members of American society. The Night of Military Distinction, a special annual DAN event that recognizes military heroes who have returned from the theaters of war with a battle-acquired disability, highlights another area of outreach Joe has championed. Joe recognizes the unique struggles of military families, both those who have a service member who has returned home from war newly disabled or who have a child with a disability.

For more information about the event, please visit our website at www.theemarc.org or contact Susan Ring Brown at srb@theemarc.org or 781-942-4888, ext. 4029.



We Are Pleased to Acknowledge Gifts from the Following Donors...

Friend Gifts Up to \$100

GE Foundation matching gift for Kathy and Charles Zapolski
Ted Hunt Plumbing and Heating to our Annual Fund
United Way gift from Janine T. Parks
United Way of Mass Bay and Merrimack Valley gift from Ginette Tentindo

James T. Brett to our Annual Fund
Susan Ring Brown
Wayne and Donna Leigh and Family to our Annual Fund
Kathryn and Christopher Leahy to our Annual Fund
Martha Stone-Martin and Donald Martin to our Annual Fund
Mr. and Mrs. George P. Melvin to our Annual Fund
Rosalie K. Nutile to our Annual Fund
Christine B. Thomas to our Annual Fund

Supporter Gifts \$101 - \$249

Anonymous Gift to our Annual Fund
Christine B. Thomas to our Annual Fund

Memorials

In Memory of Shanta Gandhi on Mother's Day
Gita Muni

In Memory of Rose B. Welford on Mother's Day
Marijane Welford Hancock

Tribute Gifts

In Honor of Mommy and Me Classes
On the special occasion of Peyton Avery Carron's birthday
Kay and Steve Peyton (grandparents)

In Honor of Deborah A. Cimini
Claude and Eleanor Cimini

In Honor of Jean Goodwin
Barbara and Frank Goodwin

In Honor of Ann Lyons
Mary McCourt

Gifts received through May 30, 2008

Making a Memorial or Tribute Gift

Use the pledge form on the fundraising page of our website (www.theemarc.org)

Volunteer Opportunities

Enrich your life and that of the individuals we support!

Volunteer needed Sunday mornings to drive a Reading man with developmental disabilities to attend Mass at St. Agnes' Church in Reading.

For more information on this and other volunteer opportunities, please contact Pat Simons, Volunteer Coordinator, at 781-942-4888 ext. 4032 or volunteers@theemarc.org.

Got Books?

We now have a **Got Books** receptacle to the left of the EMI entrance at 20 Gould Street, Reading. Got Books, a North Reading company, will pay us for donated Books, Cds, DVDs and Videos. This has been a good fund raising venue for another disability provider and we're hoping it will raise some important new dollars for the Arc of East Middlesex. If you have any Books, Cds, DVDs or videos you would like to donate, please stop by and put them in the receptacle. No other types of items please. Thank you!

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**. Please email a description of the furniture or household item(s) 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 monitors**. Please email fax and computer gift information to Paula Vratto at info@theemarc.org. We're sorry; we are unable to accept clothing. Thank you!

New Members

Welcome to:
Steve Snow, Leonard, Mulherin & Greene, PC

Holly Elderkin and Family
Suzanne Gozdoff and Family
Brendan Hildreth and Family
Wayne and Donna Leigh and Family



★ Gotta Dance!

Arc members and friends looked stunning again this year at the Wakefield High School Prom Walk despite the rain. Pictured here (top photos left to right) are **Brittany Dale & Danny Maltacea** and **Kristen Yasi & Danny Noonan**.

You don't have to wait until prom season to dance as these photos (bottom photos left to right) of **Brandon Jones & Rachel Nelson** and **Chris Stark & Lindsey Kelly** at Arc inclusive high school dances illustrate.

Upcoming Events

SIBSHOPS

Brothers and sisters of all ages are invited to the **Annual Summer Cookout July 12th** from 10:00-12:00. Have some fun playing our favorite games and some BBQ goodies. The cookout will be held at our own Sibshop Location The Williams School, 105 Elliot St., Danvers (Danvers Art Association). For more information contact Kerry Mahoney 781 942-4888 or km@thearc.org Sponsored by the Sibling Collaborative of the Northeast. NSMC Family Resource Center, The Arc of East Middlesex, North Shore Arc, Beverly School for the Deaf, NAMI, NS Education Consortium

MORNING AT THE MOVIES

Tuesday August 26th 10:00 AM

Waiting for school to begin? Need some place to go? Bring the whole family to see **Madagascar** the computer animated story of four Central Park Zoo animals who have spent their lives in blissful captivity and are unexpectedly shipped back to Africa, getting shipwrecked on the island of Madagascar. \$10 per family; we have the whole theater rented just for us! Please note that this is not a drop off program.

At the Showcase Cinemas Revere, 565 Squire Road, Revere, MA 02151

Please RSVP by August 22nd to: Kerry Mahoney 781 942-4888 x 4015 or email at km@thearc.org.

RUN FOR THE ARC

Sunday, September 14, 2008. 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.

RICHARD TUCKER MEMORIAL DINNER & AUCTION

Please save the date: our Annual Dinner & Auction will be held **Monday, November 10, 5:30 p.m.** at the Peabody Marriott, 8A Centennial Drive. We will honor Joseph Valenzano, Jr., President & CEO of EP Global Communications, parent company of *Exceptional Parent* magazine as our *Man of the Year*.

From The Center for Emerging Artists

June 1 - July 10, Sean Cusack Solo Show at My Low Carb Life, 136 Andover St. (Rte. 114), Danvers, MA 01923, (978) 646-9566.

June 1 - September 11, Summer Group Show at DMR, 27 Water Street, Wakefield, MA.

June 23 - July 25, VSA, China Trade Center, 2 Boylston St. Suite 211, Boston, MA. Group Show.

July 11 - July 13, National Down Syndrome Congress, Seaport World Trade Center, Boston, MA. CEA is a participating vendor. To learn more please visit www.ndsccenter.org.

August 1 - August 31, Stoneham Public Library, 431 Main Street, Stoneham, MA. Group Show.

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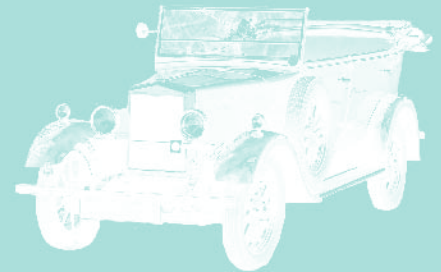
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On-line Car Donation Program

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.**



Stylin' - Mary Beth Trapeni, founder of the Arc's inclusive high school dance series, and Jeremy Jones at an event this year.