



Timelines



JUNE 2008

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Arc Launches Service Exchange for *Journey to Independence*

The Arc has launched a Service Exchange to help ensure the long-term affordability of our *Journey to Independence* program.

Journey to Independence is a weekend program for teens with developmental disabilities who are making the transition to adulthood. Instruction is provided for the development of practical skills such as planning, shopping for, cooking and cleaning up after nutritious meals; making a bed; vacuuming; leisure; safety and communication. The program is held at the Real World House in Andover and at accessible local hotels. It is an expensive program to run due to the high level of individualized support provided to participants. Additionally, teens get the most out of the program through repeat participation, which can pose a financial hardship for families.

"We have been fortunate to receive support from the Winning Home Foundation for Woburn area teens and from the Doug Flutie Jr. Foundation for Autism for teens on the Autism Spectrum to participate in our Journey to Independence Real World House," said Jo Ann Simons, Executive Director of the Arc of East Middlesex. "This year, the Flutie Foundation also funded the launch of a Service Exchange to continue to make the program financially accessible for families



Help Wanted - A volunteer paints a room at one of the Arc's Reading residences. We are looking for handy-people interested in contributing their talents in exchange for credit towards participation in the Journey to Independence program for teens with disabilities.

in the future."

The Service Exchange allows family members to earn time at the Real World House for the interested teen. These relatives donate services sought by the Arc, thereby banking program hours for the teen. The Arc is looking for professional or experienced do-it-yourselfers with talents such as landscaping, room painting, remodeling, cleaning and providing relief at group homes. Eligible tasks must be approved in advance and result in a cost savings to the agency. Interested family members are invited to fill out a skills assessment to match their talents with the Arc's needs. Perhaps you are fluent in American Sign Language? Have a gift for teaching cooking, jewelry making or fitness classes?

To learn more, please call Pat Simons, Volunteer Coordinator, at 781-942-4888, ext. 4032 or email volunteers@thearmac.org. Pat works on Mondays and Thursdays in our administrative office at 34 Gould Street.

The Arc of East Middlesex Board of Directors

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A Father's Day salute to Grandfathers

They are often a footnote to Father's Day. I am referring to grandfathers. I realize that Hallmark and other card companies have conspired together and have come up with a Grandparents Day, but that's just commercial exploitation. Before they became grandfathers, they were dads and they should share the limelight of Father's Day. Here is my tribute to one grandfather.

Just over 28 years ago, a child was born amid all the hope and expectations for every newborn. However, within hours those dreams were dashed when the young parents learned that their son Jon had Down syndrome and four heart defects. While teams of physicians attended to his medical problems, other professionals gently told his family about what this child would never do.

One family member, Jon's grandfather and my father, put on his rose colored glasses, as he often does when challenges face those he loves, and as is his custom, he began to dream. He dreamed of all the things that he would share with his first grandchild—ball games and hot dogs, trips and adventures. He didn't dream of the "mean length of utterance" or of "crossing the midline," diagnostic terms with which we would become all too familiar. The rest of us were skeptical, but he held his ground and boldly challenged us with this pronouncement: "You are setting limits for him. I will build a mountain for him to climb and IF, when WE get halfway up and it is too high for him to climb, then I will lower it.

On his way to work, everyday, he stopped at the daycare center to give his grandson a bottle. When his second grandchild was born, four years later, a healthy girl, he barely gave notice, so intent was he on climbing that mountain. When Jonathan was barely three, he bought a small set of golf clubs and placed them in his small hands. Still somewhat skeptical, I asked "He can't even speak, why you are teaching him to golf?" The reply came back that while he may never speak, it doesn't mean he can't golf. Their love and devotion grew and so did Jonathan's love for sports, especially golf.

Golf was special, special because it was shared between a boy and a man and then between two men. My father arranged golf lessons and endless trips to Florida during the winter for Jon to golf. Jon lettered on the high school golf team and was third in the world in Special Olympics golf. It got him inducted into the National Jewish American Sports Hall of Fame and he now works on golf courses on Cape Cod. Golf has given them precious time together and several years ago, as we paced a cemetery, Jon offered this observation: "When Pa dies, I will remember him by all the things he taught me, like golf." In Jon's Bar Mitzvah speech, 15 years ago, he saved this for last. "I especially want to say thank you to Pa. You, Pa, showed me special love since I was a baby. I remember how you carried me on the beach, how you gave me hugs and kisses, bought me ice cream, taught me to swim and play golf. When I get older, I hope you will always be my golf mate."

I am writing this on my father's 85th birthday and as I am preparing my parents for a move to a Brooksby Village, an assisted living community for independent seniors. My father said he is ready to give up golf. I was stunned. He shared with me that he never really cared for it. He did it for Jon.

EMPLOYEE PROFILE

Taryn Faro, Adult Coordinator, Recreation Program



Focusing on Fun – Taryn Faro's job is to ensure that local adults with disabilities have rich social lives.

It's been a busy first six months for Taryn Faro, part-time Adult Services Coordinator for the Arc's Recreation program. She's been supporting the award winning Warriors' Basketball team, coordinating with our Supported Living Case Managers and Residential staff, maintaining our existing adult programming and soliciting input for new initiatives.

"Taryn has been a wonderful addition to the Recreation Department. Her creativity and patience shine through in everything she does, whether it's coaching basketball, contacting community resources, or making individual phone calls to participants she thinks might enjoy a program. We're excited to see where our Adult programs go from here," said Chenine Johnson, Director of the Arc's Recreation Department.

Taryn joined our field as a result of growing up with a sister, Erica, who had a developmental disability and a great ability to educate and motivate others. Erica passed away two years ago after a courageous battle with cancer. Taryn worked as a social recreation coach and job coach at another agency for several years and then as a home trainer for us before joining the Arc Recreation program in November. At press time, Taryn was preparing for final exams as her graduation from Merrimack College neared, planning a dance at the Knights of Columbus in Wakefield, scheduling summer outings and looking forward to beginning the nurse practitioner program at Simmons College.

"When Erica was sick at Children's Hospital, the nurses were so amazing. They inspired me. I decided I really wanted to help people," said Taryn. "I'd eventually like to go into pediatrics, specializing in treating children with disabilities. I think with my background I could have a better understanding of and more empathy for patients with disabilities, especially those who may be on the Autism Spectrum."

What's her favorite part of her current job?

"Getting people out into the community and helping them socialize. It's really important just to have fun," said Taryn.

What's the biggest challenge?

"Every person is an individual. It can be hard to make sure that everyone's getting what they want."

Plans for summer outings appear to be off to a crowd-pleasing start with a trip to Rockport and another to see a big screen Red Sox broadcast in the comfort of Showcase Cinemas in Woburn on tap.

To learn more about Adult Recreation programs or to suggest new adult programs, email Taryn at tfaro@theemarc.org. Our Recreation program brochure is available on our website at www.theemarc.org.



Faces of Prevention – Judy Santa Maria and Marybeth Trapeni were recently recognized by the Children's Trust Fund for their work supporting parents, strengthening families, protecting children and preventing child abuse and neglect. Congratulations and thank you for your great work!

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

Friend Gifts Up to \$100

DSA of Delaware, Tribute gift in honor of Jo Ann Simons' speaking engagement

Philip Arsenault and Margaret Mehm
Richard and Mary Cataldo
Mike Connelly
Willis Holland

Supporter Gifts \$101 - \$249

Anonymous Gift to support a young adult with after school program funding

Sustainer - Gift \$250 - \$499

Eastern Bank Charitable Foundation, matching a gift from Barbara Crystal

Patron - Gift \$500-\$999

NAPA Boston Distribution Center
Jo Ann Simons

Memorials

In Memory of Eleanor Hudson

Sophie Sluskonis

Inkind Gifts

Kerry Mahoney
John J. Mealey
Sharon and Roger Borggaard

Gifts received through April 29, 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:

Philip Arsenault and Margaret Mehm
Elizabeth Bostic
Janice Goodwin
William Jones
Joanne Taylor
Garrett Sager
Russell Walker



Investing in the Community - Doug Flutie, Arc Executive Director Jo Ann Simons and Eastern Bank CEO Rich Holbrook at the Community Quarterbacks Event.

Eastern Bank honors "Community Quarterbacks" with \$1 million in grants

The Arc of East Middlesex was among 61 non-profit organizations Eastern Bank honored with \$1 million in grants for their outstanding community leadership at its 4th Annual "Community Quarterback" award ceremony this spring. The number of honorees and the total amount awarded to them are the largest since the honor was created in 2005.

Chairman and CEO Richard E. Holbrook and former quarterback Doug Flutie, the bank's spokesman, honored the organizations before more than 100 guests during a ceremony at the headquarters of Boston-based Citizen Schools, which was also one of the organizations recognized during the event. The Arc received a grant of \$15,000 from the Eastern Bank Charitable Foundation.

Each "Community Quarterback" recipient honored at the ceremony received a "Community Quarterback" football autographed by Flutie, celebrating and symbolizing its leadership. We will be auctioning our football off at our Annual Dinner and Auction, Monday November 10th at the Peabody Marriott.

Flutie said, "I'm proud to partner with Eastern Bank. Not only does Eastern give back to the community, but also it recognizes people and organizations that do the same. Over the years, the Community Quarterback event has become one of my favorites, because I get to partner with Rich Holbrook and shake the hands of dedicated individuals whose organizations truly make a difference each and every day."

The primary focus of the Eastern Bank Charitable Foundation is to support local organizations that provide basic human services to residents of eastern Massachusetts.

"Each organization honored today exemplifies the spirit of the Eastern Bank Charitable Foundation by contributing, in a meaningful way, to the health and vitality of the communities served by Eastern Bank," said Holbrook.

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!

State House Rally June 10th!

SENATE 65



The Campaign to **STRENGTHEN HUMAN SERVICES**

IMPROVE CARE • RETAIN QUALITY STAFF
ENHANCE ECONOMIC IMPACT

What better place to spend a beautiful spring day than Beacon Hill? The Campaign to Strengthen Human Services needs every interested provider, staff member, consumer, family member and concerned citizen to join us at the State House on Tuesday, June 10 at 10:30 a.m. for a Senate 65 rally and lobbying day. The rally will be held in Nurse's Hall on the second floor of the State House, and following some remarks by elected officials and industry leaders, the Campaign is asking you to meet with your elected officials and tell them how crucial passage of Senate 65 is to you, the Arc of East Middlesex, our employees and those in our care.

Senate 65 seeks to establish a fair system to ensure that Massachusetts human service providers receive adequate rates from the Commonwealth for the cost of delivering services to a million residents in need of care because of mental health issues, developmental disabilities and threats against their personal safety. The state has not appropriated any money since 1987 to reflect the increased operating costs of providing care in community-based settings. Because of this neglect, a majority of providers are struggling to maintain quality service as they have faced two decades of rising personnel costs, insurance premiums, utilities and transportation costs.

In practice, the legislation would create a fair playing field for hundreds of community-based providers. It would enable them to bid on contracts based upon the actual cost of providing such services. It would ensure transparency in the rate-setting system, and create a system of appeals. It would allow providers to more effectively budget, which would increase salaries for low paid workers, retain capable employees, and ultimately raise the level of care received by the most vulnerable resi-

dents in Massachusetts.

"Human service providers know that they won't get what they need without action and words, and that is why it is so important to have a strong and impressive showing," the Campaign said in a statement. "We have to deliver the message to Beacon Hill that our revenues are dwindling at a time when the demand for our work is increasing immensely. This is a problem that can't be ignored. It won't go away, and neither will we."

For more information, please visit www.strengthenhumanservices.org.

Volunteer Opportunities

Enrich your life and that of the individuals we support!

Opportunities are available providing one to one support in our recreation programs; for teaching and companion positions; and for group service days focused on projects such as lawn care and painting.

For more information, please call Pat Simons at 781-942-4888, ext 4032 or email volunteers@thearc.org.

Upcoming Events

INDIVIDUAL EDUCATION PLANS

IEP Clinics- **Wednesday mornings through June**. Contact Elizabeth Bostic elizabeth@thearc.org
Or call 781 942-4888 x 4019

STATE HOUSE RALLY

Tuesday, June 10, 10:30 a.m.. State House, 2nd Floor, Nurse's Hall. Please join us to raise awareness of the need for Human Service contract rate reform.
www.strengthenhumanservices.org

INFORMATIONAL FRIDAYS

Join us at The Family Resource Center on **Friday mornings from 9:00-Noon** 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@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.

ANNUAL 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 - July 18, 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.ndscenter.org.

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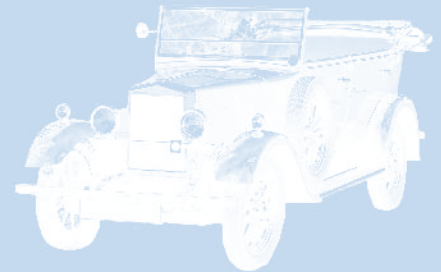
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On-line Car Donation Program

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.**



The Arc's Hollywood dance.