



Timelines



NOVEMBER/DECEMBER 2009

THE FINISH LINE!

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Race Crew: (from left) Mayor Dolan, Terry Kennedy, Brian Slater, Beth Celona, Heather Weikel and Pat Simons stand proud at the race award ceremony.

On a sunny Sunday morning in September, over 300 runners came out to run in the Marathon Sports Arc 5K Road Race. What they didn't realize is that they participated in our most successful race in our 15 year stretch!

at risk of developing diabetes and cardiovascular disease more frequently and at an earlier age than the general population, we have made it a priority to make fitness fun for the children we support.

We hope to see you all next year!

Congratulations to our **top winners:** **Jennifer Rapaport** of Melrose and **Sean McClain** of Somerville.

The Arc gives special thanks to Race Director, Brian Slater of the Melrose Running Club, Melrose Mayor Rob Dolan as Honorary Chairman of the event and Marathon Sports our Grand Sponsor. Thanks to our volunteers and runners who were sponsored and to those who pledged their support.

Funds raised support our Recreation Programs. The recreation activities we offer include integrated sports, Special Olympics training and teams, dances, crafts, music therapy, cooking, outings and special events. These activities are held independently and in cooperation with local schools and YMCAs. Recreation programs are vital to social development, self-confidence and good health. Because people with disabilities are



Race Day! - Samantha Gibbs cheers on runners at the Marathon Sports Arc 5K Road Race.



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We still have much to do to help the dreams of others...

Farewell to EMARC

After the exciting Tucker fundraising event on November 2nd it is with great sadness that I will be leaving EMARC. As I look back over the last 17 years I have been blessed with many opportunities. We worked tirelessly to build the team and the foundation that you see today. I am proud of our reputation in the field and within the greater community. I have enjoyed the challenges that we have faced and refused to compromise the hopes and dreams of those that needed our help. I tried to set an example that we all can make a difference, if we believed in each other.



Through all of you I have learned humility and tried always to find a way to say thank-you. Throughout my time here our staff has shown me loyalty and I have never forgotten that lesson. They have willed me to succeed sometimes in my lowest moments. I will remember your generosity and your kindness and I will take the memories of you with me as I continue on my journey to serve others. Danny Thomas (1912-1991) the entertainer once said: "Success is not built on what we accomplish for ourselves. Its foundation lies in what we do for others." It is that basic philosophy I strived to follow.

I have lived through the most program expansion in our 50+ year history and I have been touched by the very people we support. They have become my family and I have learned something unique from each of them. Their energy and boundless acceptance of our staff and ability to look beyond anything but kindness has changed me forever. As a leader it is important to listen as families are the compass that points the way to the future. Martin Luther King, Jr. once said "Our lives begin to end the day we become silent about the things that matter." Our values and mission have never been more important as we must continue to fight for the principals this organization was founded on. We have a responsibility to those that need us today and to those that gave so much in the past.

Executive Director, Terry Kennedy states, "I have only worked with Michael Berardo for a matter of months but in that time I have come to know an individual that cares very much about EMARC, the individuals we support, their families and the quality of services provided. Michael's positive impact on program services and support to families will be evident for many years to come, a legacy to which we all aspire.

On behalf of all at the agency I want to thank Michael for his 17 years of dedicated and quality service and wish him the very best in all his future endeavors."

I am confident that EMARC will continue to take its rightful place as an innovative leader that puts quality above all things. I am proud of our time together and will miss the partnerships I developed with each of you as we always sought to find a better way. I wish Terry Kennedy all the best as he is no stranger to the challenges we face. Value and honor our dedicated staff as they are the backbone of what makes this organization great and never forget the lessons that the people we support have taught us. "The best and most beautiful things in the world cannot be seen nor even touched, but just felt in the heart" Helen Keller (1880-1968).

Thank you for everything,
Michael Berardo

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

Gifts Up to \$100

United E-way Janine Parks
 Deb Mason McCaffrey
 Lianne and Sean O'Day
 David and Sandy Pothier

Gifts \$5000 - \$9999

Adelaide Breed Bayrd Foundation to benefit our Malden-based recreation services

In Tribute of Sue Batson
 Sherry and Brendan Batson

In Tribute of Kerry Mahoney
 Lucie and Leonard Cripps

Memorials

In Memory of Claude Cimini, deceased April 22, 2009
 Eleanor C. Cimini

In Memory of Donna M. Drago
 Mr. and Mrs. Anthony A. Amico
 John and Catherine Babcock
 James J. Babcock
 Steven Babcock
 Betty and Fred Baumann
 Joann M. Connor
 Susan and Greg Cushman
 Lisa Lucey
 Michele and Nick Moscone
 Debra Norris
 Larry Prestia and Family
 Mr. and Mrs. Len Prestia
 Mr. and Mrs. Andrew J. Previte
 Lisa Rankin, Maria Marotta and Julie Gordon
 Jeannete Raso
 Theresa M. Raso
 Lois M. Russell
 Marie L. Shannon
 Maureen and Dan Spinney
 Joseph G. Tamulevitz
 William F. Solimne and Cheryl Fuccillo

In Memorial of Janice Facey
 Carol and Anne Scully, Maureen, Gerald and Finn

In Memorial of Milton Parks
 Terry and Charlene Kalka

In-kind Gifts
 Paul Liberty, DJ Services
 Betsy Nathan

Gifts received through August 9 – October 6, 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 fall clean-up landscaping. If you can help please contact Paula Vratatos at info@theemarc.org or 781-942-4888 Ext. 4010. We're sorry; we are unable to accept clothing. Thank you!

Bank of America Backpack Drive Benefits Arc Families



Back to School: Carli receives a new backpack for school.

Thanks to a generous donation of backpacks and school supplies from the Bank of America's Malden associates, over forty children supported through the Family Resource Center returned to school

sporting the latest backpacks filled with everything a student could possibly need to begin the school year. This is the second year the Arc has been the beneficiary of this wonderful program and each of the children were overjoyed with the backpack! This contribution was greatly appreciated especially during this year when everyone is feeling the affects of the economic crisis. Although all parents look forward to September and back-to-school with a sense of joy, it is often spoiled by the pressure of purchasing a list of school supplies. The Bank of America donation alleviated all this tension.

"Families of kids with disabilities are often faced with financial stresses such as increased medical expenses and one income rather than two due to the extra care their children need. With their generosity, Bank of America's Malden associates have reduced back-to-school stress for these families," said Michael Berardo, Chief Operating Officer for the Arc.

The back-to-school drive was led by Lori Clavette, Malden Events Site Director for the Bank of America.

"Company wide commitment to 'make a difference in our community' is an integral part of our corporate culture. Volunteering time and resources is a way of life for Bank of America associates. We believe in the power of human relationships and encourage all associates to get involved in the communities where we live and work. We look forward to continuing our community service with Arc of East Middlesex staff, children and families," said Clavette.



Fabulous Facade - Eastern Bank Charitable Foundation presents a check for \$5000 to support the Arc of East Middlesex. (From Left) Artist Jeff Caturano commissioned to paint the bank's facade. Bank Vice President/Regional Branch Manager Elizabeth O'Hara and Vice President/Branch Manager Wendy Silva present the check to Michael Berardo, COO.

EN KA SOCIETY SUPPORTS ARC'S TENNIS PROGRAM



Swing! Henry Wilhoite of Winchester with volunteer Susan McGowan. She and her daughter Emma both volunteer.

The Arc of East Middlesex has had the quiet support of a wonderful Winchester-based organization for many years, and wanted to take the opportunity to recognize the contribution that make the Recreation Department's Tennis program possible! The En Ka Society has funded the cost of court rentals for our tennis program since 2004, enabling over 35 athletes of various ages to experience this life-long sport, get the physical activity they need, and train for Special Olympics competitions. Under the skilled coaching of Cindy DiVincenzo and 15-20 volunteers, tennis runs for 24 weeks throughout the year and relies on the generous funding from En Ka to keep costs low for families.

The En Ka Society was established in 1902 and is a women's volunteer service organization located in Winchester. En Ka focuses on aiding Winchester charities and surrounding towns and raises funds to support local organizations and individuals. Funds are raised through a clothing consignment shop located at 1037 Main Street in Winchester and also by recruiting hundreds of volunteers to operate its annual En Ka Fair in May. The En Ka Fair includes a parade, which our tennis team is hoping to participate in this year!

The En Ka civic committee addresses community needs by providing volunteer drivers for Meals on Wheels, readers to local nursing homes and participating in beautification projects. The civic committee also supports A Better Chance, an organization that supports high school students from other states in a 4 year academic program at Winchester High School. The En Ka Society also supports families in need and children's camp scholarships.

Many of the tennis athletes also participate in the Massachusetts Special Olympic games held at Harvard University each summer. One athlete, Leia Brown, has been

playing tennis for 18 years! "I really love my tennis; it is really fun keeping my skills up and try to always do my best. I always have fun at Special Olympics, too, with my friends. It's all about having fun."

Parent Lisa Sullivan says that the program has been extremely valuable for her daughter, 13 year old Emily. "She feels very relaxed during tennis because she can just be herself. When she's with her typical peers, she really has to push herself and she gets nervous and uptight. She loves to go to tennis and is very motivated; she'll walk there by herself! Emily has fun and loves the volunteers. She feels part of something and is able to work on her tennis skills without having to worry about anything."

Coach Cindy DiVincenzo recruits volunteers from local high school tennis teams including Winchester, Woburn, Andover, Reading and Melrose, the Winchester Girl Scouts and from the Winchester Women's Tennis Team (adults) to run the program with her. The Woburn Racquet Club has also been a tremendous help in recruiting volunteers through its junior tennis programs. Marco Eberth and Amanda Doodlesack are both seniors this year and have volunteered since freshman year. Marco coaches in another club, but is drawn to students like 8 year old Arc athlete, Henry Wilhoite. Marco noticed that Henry had great skill playing by himself, but struggled to be able to hit the ball to another player. Over the past two years, Henry has developed his skills and can volley for a while! Amanda started playing when her tennis clinic immediately followed the EMARC program. She started coming in an hour early each week because she liked connecting and being able to share tennis with others. "Tennis is usually thought of as an elitist sport, but I think it's great to make it accessible to everyone. It emphasizes personal improvement, is a great way to get exercise and is a lifetime sport. I get a lot of joy out of seeing [the athletes] happy and proud when they finally succeed at something they've been working on for several weeks."



Victory: (From Left) Sara Hintlian (Athlete, Winchester), Cindy DiVincenzo (Coach, Winchester), and Leia Brown (Athlete, Wakefield) at the 2009 Special Olympics.

Without the generous support from the En Ka Society, many of these athletes would not have the opportunity to participate in this wonderful, lifetime activity because the cost of weekly practice becomes prohibitive. The Arc of East Middlesex and all of our volunteers would like to thank the En Ka Society for its ongoing support!

In Memorium: **Donna M. Drago**

Donna M. Drago, of Stoneham passed away on September 23 at age 49. Cherished daughter of Barbara (Babcock) and Domenic Drago of Stoneham. Dear sister of Nancy Fuccillo and her husband Ron of Stoneham, Lianne Raso and her husband Rick of Burlington, Julie Abbott and her husband Mike of Medway. Favorite aunt of Gina, Cara, Christina, Alyssa, Emily, Ryan and Brady. Also survived by many loving aunts, uncles and cousins. Memorial donations may be sent in Donna's name to EMARC, 20 Gould St., Reading, MA 01867.



I would like to thank my sister, Judy Jellison, for all the hard work and contributions putting together my "Pay it forward" party (Sept/Oct Timelines). She, along with a little help from my sons and husband, made it possible for me to celebrate both my 50th birthday and an organization that has given my family so much.

Thanks Judy!

- Sue Batson



PAY IT FORWARD **Bryan Quinn and Kristine Hudd** **Share Their Wedding Bliss**

Last summer Kristine Hudd emailed The Arc of East Middlesex regarding a wedding idea. She and fiancé Bryan Quinn are to be married in February and wanted a special gift for their wedding guests. Instead of spending wedding funds on favors, they chose to honor Kristine's uncle Tommy Dunphy. Tommy participated in the Arc's Wakefield programs until he passed in 2000. She remembered how happy he was going to "work" everyday. Kristine and Bryan made a generous donation to the Arc in honor of their wedding guests and Uncle Tommy. From this generosity, the Arc has created table cards to let guests know how they have been honored.

Kristine wanted to do more, she is asking her bridal shower guests to bring unwrapped gifts to her shower. In lieu of wrapping paper, she is asking them to bring an art supply to donate to the Center for Emerging Artists.

In addition, Kristine is commissioning Natural Elegance, The Center for Emerging Artist's jewelry line to create jewelry for her and her mother to wear on wedding day.

Thanks to Kristine and Bryan for their kindness in giving back to our program's at the Arc. We wish Kristine and Bryan a lifetime of happiness. From your story, we realized there are many stories to write about our community. We want to hear these stories of compassion - if you're a family, a participant, friend of the Arc - together we can strive to make a difference and to "pay forward" some of the good works of everyday. If you would like to contribute to a *Pay it Forward* idea/story please submit to Paula Vratos at info@theemarc.org or call at 781-942-4888 Ext. 4010.

Events

FROM THE CENTER FOR EMERGING ARTISTS

November 6: Electric Insurance, Electric Insurance Company 75 Sam Fonzo Drive, Beverly, MA 01915, MA. CEA will have a sale of jewelry and other merchandise. Time TBD.

November 14: Artists with Disabilities Task Force Open Studios, 11-3:30 p.m., Boston Public Library's Honan-Allston branch, 300 North Harvard Street in Allston, MA is holding open studios for the Artists with Disabilities Task Force. There is no cost for this event.

December 1- December 31: Stoneham Public Library, 431 Main Street, Stoneham, MA. CEA will have a group show and jewelry will be displayed in cases for sale.

December 3: Annual Holiday Sale, 5-8 p.m., 34 Gould Street, Reading, MA. In conjunction with Reading's "Shop the Block" night, CEA will be kicking off it's holiday season.

December 10 & 17: Holiday Sale Open House, 5-8 p.m., 20 Gould Street, Reading, MA. For all those last minute shoppers, CEA will be open two additional Thursdays in December until 8PM.

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 you 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 LaRoche Family
of Everett 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.**



Helping Hands: (from left) Road race volunteers Tim Scott, Jennifer Kenny and Julie Feldman man the water station.