



Timelines



OCTOBER 2008

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Helping Hands Outreach Partnership to Benefit the Arc *Unitarian Universalist Church of Reading*



Kids Rule - Children from the Unitarian Universalist Church of Reading and the Arc celebrated the start of a year-long partnership with a check presentation to the Arc last month. Among the adults celebrating with the kids were (back row left to right) Lisa Gibbs, Clerk of the Arc's Board of Directors; Reverend Tim Kutzmark and Michael Berardo, Interim Executive Director.



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The Arc of East Middlesex has been selected to receive a grant of \$7,600 and a year of hands-on assistance through the Unitarian Universalist Church of Reading's Helping Hands Outreach Fund.

"The fund was established by an anonymous donor who wanted to engage the kids of the church. The children, youth and teens considered a number of local organizations and selected the Arc," said Reverend Tim Kutzmark, Minister of the church.

Families from both organizations launched the partnership last month during a reception at the Arc's Family Resource Center.

"We look forward to learning from each other and strengthening the community through this partnership," said Michael Berardo, Interim Executive Director of the Arc.

Plans for the partnership include providing youth volunteers to help the Arc start a Special Olympics Young Athletes program. Young Athletes engages children with developmental disabilities through developmentally appropri-

ate play activities designed to foster physical, cognitive, and social development and raises awareness about the abilities of children with disabilities through inclusive peer participation, demonstrations and other events.

"Volunteer collaboration is key to the success of the Arc's year-round recreation programs for children and adults with disabilities. We are thankful to the church for their support," said Kerry Mahoney, Director of the Family Resource Center.

The Church has begun publicizing the Arc's programs in their newsletter. At press time, Kerry, Chenine Johnson, Director of Recreation and Kathy Kelly, Director of the Arc's Life Choices program, were planning a disability awareness training to be held at the church.

To learn more about volunteer opportunities at the Arc, please call Pat Simons at 781-942-4888, ext. 4032. To learn more about the Unitarian Universalist Church of Reading, please visit their web site at www.uureading.org.

The Arc of East Middlesex Board of Directors

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Interim Executive Director

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EMPLOYEE PROFILE

Michael Berardo, *Interim Executive Director*

Michael Berardo has served in a leadership role at the Arc for over 15 years. As Chief Operating Officer, overseeing the day-to-day operations of the agency, many of his contributions have been made behind the scenes. Having been appointed Interim Executive Director following Jo Ann Simon's departure to run St. Coletta's and Cardinal Cushing Schools, Michael has moved into the spotlight. We are pleased to introduce Michael through the following interview.

TimeLines: How did you become involved in the disability field?

Michael Berardo: Because of the values I learned from my family. I knew that I wanted to work with people in need. While earning my Bachelor of Science degree with a major in Psychology and a minor in Child Welfare at Suffolk University I had the opportunity to learn about all of the different areas of the human service field and I determined that I wanted to work with people and offer them opportunities they might otherwise not have. When I graduated I had the option of working at Massachusetts General Hospital running the ambulance department or working as a team leader supporting people with developmental disabilities at the Fernald State School. I chose Fernald.

TimeLines: What were your responsibilities there?

Michael Berardo: I worked with interdisciplinary teams creating individual plans for the residents. While in that position, I had the opportunity to serve as a representative of SEIU Local 509. As a result, I was appointed by the Dukakis Administration to serve on a commission studying the economic impact of closing Belchertown State School. Working with the union taught me an awful lot about negotiating and about state government.

TimeLines: What was your next position?

Michael Berardo: I was promoted to Division Director at Fernald, managing a \$5 million budget and overseeing a hospital, pharmacy, lab, treatment room, acute care unit and central supply. I supervised 200 staff people and worked with a wide variety of constituent groups. From there I was invited to establish and run the first state operated nursing home for people with developmental disabilities in the Western Hemisphere. I became a licensed Massachusetts Nursing Home Administrator. I also went on to earn my Masters in Special Education from Boston College.

TimeLines: What made you decide to leave the nursing home for the Arc?

Michael Berardo: I realized that in order to be an effective advocate for people with disabilities I needed to be at a community based organization. I have a huge passion to give people opportunities that many of us take for granted. We cannot undo what has happened in our long history in the field but we can learn from it. I want the people we support to be fully actualized as citizens within their community. Anything less is not acceptable.

TimeLines: What was your first role at the Arc?

Michael Berardo: I was the Director of Day Services, overseeing the Residential and Vocational Divisions. From there I went on to become Chief Operating Officer.

TimeLines: What are your proudest accomplishments?

Michael Berardo: Starting the International Staff Recruiting Program is one. We now have 40 staff from overseas, representing almost every continent. They have enriched our programs by making us more diverse and by sharing their experience and ideas. The program also helps promote community based services around the world. One of our English recruits went home and started an Independent Living program based in large part on our services. The other program I founded that I have been thrilled to see take off is the School to Work Transition Program. We are now supporting students in eight communities as they make the transition to the world of work.

TimeLines: Do you have a favorite quote that sums up your philosophy?

Michael Berardo: Yes. It's from Oliver Wendell Holmes. "As life is action and passion, it is required of a man that he should share the passion and action of his time, at peril of being judged not to have lived."

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

BOARD MEMBER PROFILE

Maureen O'Brien, *President*

Family Focus



All in the Family – The O'Briens at their Reading home: (l to r) Michael, Nick, Morgan, Maureen, Patrick and Mike

The Arc of East Middlesex has a proud history of designing services in response to the needs of our families. We have maintained that family focus for over 50 years thanks to the commitment of volunteer leaders who donate their time and talent to our Family Council and Board of Directors.

Maureen O'Brien joined our Family Council 13 years ago when her son Patrick, who has Soto's Syndrome and is on the Autism Spectrum, was transitioning from Early Intervention services.

"That was my introduction to other families of kids who had special needs. It provided me with networking opportunities and a voice as a family member to have input on services," said Maureen.

In 1997, Maureen joined the Arc's Board of Directors. She became a leader in the agency's fund raising efforts and over the years served on the Human Resources and Residential Committees. And she recruited her family to help the organization. Phil McCoy, her brother, brought his skills as an attorney and CPA to the Board while he lived in this area. Her husband, Mike, brings the support of his business to the Arc's fund raising efforts. Mike is the President of Eagle Air Freight, Inc. the largest U. S. Customs Bonded Container Freight Station operator at Logan Airport. Their older sons, Michael and Nick, each volunteered for the Arc's Swim Programs and conducted holiday drives for the Arc's families in need. Michael, 21 and a Criminology Major at Stonehill College, serves on an Autism

Criminology Major at Stonehill College, serves on an Autism Awareness Board at the school. Nick, 18, and a Business Major at Merrimack College, also volunteered at the Arc's inclusive dances. Patrick, 16, is a student at the Higashi School and a participant in our recreation programs. His sister Morgan, 13, has participated in the Arc's Sibshops.

Maureen's niece, Chrissie Flaherty, a VP at Boston Private Bank, serves as Vice President of the Arc's Board and has been a passionate advocate, even plunging into the icy Atlantic to raise money for our recreation programs!

This spring, Maureen was elected President of the Board. As a result, she is donating even more time and energy to our cause. What drives her commitment to the Arc?

"I am very proud of the work that the Arc has done in supporting our members and promoting awareness in the community. So as a parent of a child with special needs I felt privileged to be a member of the Board of Directors and be the voice to advocate for all our families," said Maureen.

What are her goals for the months ahead?

"My goal this year is to direct the Board through strong leadership to promote our mission of improving the lives of everyone that we serve," Maureen concluded.



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!

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

Friend - Gifts Up to \$100

Frank and Gillian Aguilar to fund Artist Supplies
Elizabeth Swallow to fund Artist Supplies
Suzanne Hosier to fund Artist Supplies
Robert Hughes, Arc 5K Run
Marianne Stanton, Arc 5K Run

Supporter Gifts \$101 - \$249

State Street Bank Matching Gift
from Margaret J. Mehm

Sustainer - Gifts \$250 - \$499

United Way Mass Bay and Merrimack Valley
from Chuck Gordon and Family

Grants

Reading Coop Bank Charitable Foundation, Inc.,
Family and Friends Day

Memorials

In Memory of Diane Valente

Paul Liberty, professional DJ Services,
Recreation Dances

In Memory of Anthony Delorenzo

Mr. and Mrs. Milton Parks and Family

In Memory of Joan Sarsfield

Mr. and Mrs. Milton Parks and Family

Tribute Gifts

In Honor of Dr. Rhonda Fogle

Mystic Valley Regional Charter School

In Honor of Elaine and Shep Simons

Sylvia Atkin
Lynne and Stan Dress
Chuck, Leslie, Josh and Eric Gordon
Ruth Weiner

In Honor of Jo Ann Simons

Bob Apse
Cindy and Ron DiVincenzo
Kirkland and Resteghini Families
Neil and Maria MacDonald
Grace Palmer
Rosemary Palmer
Pat and Geoff Simons

In Honor of Sally Price's 90th Birthday

Chuck, Leslie, Josh and Eric Gordon

Gifts received through September 1, 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!



Team Bank of America/Malden: - (from left) Ruth Harvey, Teresa Doyle, Donna Dickinson, Peggy Solano, Linda Hughes-Patten, Lisa Sinnott, April Spinney and Lori Clavette.

Bank of America Drive Benefits Arc Students

Bank of America's Malden Associates donated back-to-school supplies for 77 kids in need served by the Arc of East Middlesex. The Arc, founded in 1954, supports children and adults with developmental disabilities and autism and their families.

"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, Interim Executive Director for the Arc.

The back-to-school drive was led by Lori Clavette, Malden Events Site Director for 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 of Bank of America associates. We believe in the power of human relationships and encourage all associates to get involved in 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.

The Arc of East Middlesex (EMARC) annually helps over 700 people from more than a dozen communities with services including Residential Supports; Vocational Training; community Job Placement; the Center for Emerging Artists; School to Work Transition Services and the Journey to Independence; Life Choices, an innovative day habilitation program; a Family Resource Center; and a large Recreation Program. The Arc of East Middlesex has received three consecutive certifications of Two Years with Distinction, the highest ranking given by the Massachusetts Department of Mental Retardation. To learn more about the Arc, visit their web site at www.theemarc.org.

In the words of Kenneth D. Lewis, Chairman, CEO and President, Bank of America helps build strong communities by creating opportunities for people — including customers, shareholders and associates — to fulfill their dreams. To learn more,



JOB SEEKER PROFILE: **ROBIN MORRELL**

Wanted: Employment opportunity for experienced, reliable, personable, skilled worker

The Arc of East Middlesex has been The Arc of East Middlesex's Job Placement Department is seeking an office or school cafeteria food server position for Robin Morrell, a highly motivated job hunter from Melrose. Robin's experience includes data entry, mail room functions,

collating and shredding. What else does she bring to an employer?

"Being there when they need me. Doing the job," said

Robin

Robin was a valued employee at Upromise, the college savings organization, but had to give up her position due to the long commute.

"I liked everything about it. I liked being with the people there," Robin said of Upromise.

Robin is now looking for a position with a company or school that is near a bus or train stop. She is interested in a 30 to 40 hour job in a supportive environment. The Arc will provide a job coach as needed to establish Robin in a new position. Job coaches assist in training employees to perform new tasks. They support both the employee and the supervisor, ensuring that the placement is a good match for all parties.

"She's a hard worker. She's very dedicated. Securing a new position would be such an important piece of her life," said Beth Celona, Job Developer for the Arc.

Robin agreed.

"You get up and you get out of the house and you have money in your pocket. I like working because you can meet people," Robin said regarding what having a job means to her.

Robin has strong ties to Malden, where she grew up, and to Melrose where she now lives independently. She enjoys spending time with her family and the occasional trip to Foxwoods.

If you have an employment opportunity for Robin, or would like to discuss your staffing needs, please call Beth Celona at 781-942-4888, ext. 5023.

Upcoming Programs & Events

FROM THE FAMILY RESOURCE CENTER

IEP Clinics begin for the school year. Meet with Special Educational Advocate Elizabeth Bostic for a one hour meeting to review your IEP. Call or email for an appointment. 781 942-4888 x 4019 elizabeth@theemarc.org.

Successful Parenting will be offering a weekly group for parents who have cognitive limitations. Group meets in Lynn and will begin end of September. Contact Christine Favazza-Lubawski Cfavazza@theemarc.org 781 942-4888 x 4021.

The Fall Family Festival will be held October 26 at Smolak Farms, North Andover 1:00-4:00 p.m. Farm animals, hayrides, pumpkin decoration, music and more! Cost is \$10 per family. Transportation from Reading is available RSVP to Kerry Mahoney 781 942-4888 x 4015, km@theemarc.org.

Senior Support monthly meetings for caregivers over 65. Meets monthly on the 3rd Wednesday. Contact Michelle Faugno fam2fam@theemarc.org x 4018. Meets at the Family Resource Center

New Group forming!

Let's "CHAT" - Starts **September 24th**, 7:00 p.m. Does your son or daughter use assistive technology to help communicate? Bring your child's communication device and share tips, resources and "how tos" with other parents. For more information contact Paula Thompson paulat@theemarc.org. x 4039. Meets at The Family Resource Center. Meets the last Wednesday evening of the month.

Family Swim at the Malden YMCA Sundays through December 21, 2008 from 2:30-3:30 p.m. Free for Malden Families. Other families may attend for a small fee. Pre registration is required. Contact rec@theemarc.org

Teen Drop In Center- Dependable, Consistent, Enriching Weekly Programming. Monday, Tuesdays and Thursdays from 2:00-5:30 p.m. in Reading. Teens and Young Adults ages 12-22 welcome. Contact Paula Thompson paulat@theemarc.org. X 4039

Sibshops- Meets at the Sibling Center in Danvers. Check out our website for more information and registration For preschoolers ages 4-6. **October 18**, 2008, 9:30-12:00. For more information contact Christine Favazza-Lubawski Cfavazza@theemarc.org 781 942-4888 x 4021 School age 7-13 10/25 10-2 Contact Laura Morabito lmorabito@theemarc.org

RICHARD TUCKER MEMORIAL DINNER & AUCTION

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. Donate today through our home page at www.theemarc.org.

From The Center for Emerging Artists

Sept. 10 - Oct.,31 Commerce Place, Student & Instructor Showcase, 350 Main Street, Malden, MA. CEA will have an art table with merchandise available for sale. Dates TBA, please contact Heather Weikel at 781-942-4888 Ext. 5029 or CEAPromo@theemarc.org for further information.

Sept. 19 - Nov. 7. Sabrina Cataldo Solo Show at **My Low Carb Life**, 136 Andover St. (Rte. 114), Danvers, MA 01923, (978) 646-9566.

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

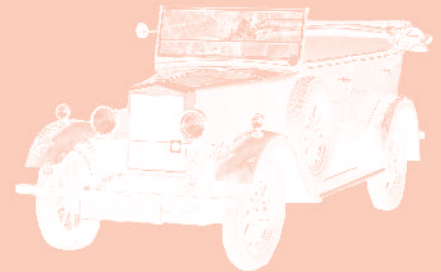
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On-line Car Donation Program

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.**



High Five - The EMARC Eagles Softball team brought home the gold again this summer.