



# Timelines



SUMMER 2010

## EMARC Community Partners

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### THE 16TH ANNUAL



**MELROSE, MA  
SUNDAY 9/12/2010  
10:00AM**

EMARC  
20 Gould Street  
Reading, MA 01867-2927

SOMWBA Certified

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

**R**obert Dolan has been Mayor of Melrose since January 2002. Immediately he became an active supporter of EMARC-- touring our programs, serving as Honorary Chairman of the Run for EMARC and championing funding for our organization. Recently, Mayor Dolan and Joan Ford Mongeau, Executive Director of the Melrose Chamber of Commerce, sat down to discuss their contributions. Dolan asks, "Do you know that I have had the Passion Plunge Special Olympics Mayor's cup for largest fundraising efforts?" He explains that there is a challenge among area Mayors to participate in the Passion Plunge on Revere Beach. The coveted award goes to the winner. Dolan exclaims with pride, "I have had this cup for the last three years and have raised over \$100,000 for the event!" His commitment to the cause is evident in his involvement; i.e. hosting an annual Special Olympics golf tournament at Mt. Hood Golf Course.



**Joan Ford Mongeau, Director of the Melrose Chamber and Melrose Mayor Robert Dolan**

Joan has been the Chamber's Executive Director since 2008. The Chamber of Commerce is the largest organization in Melrose devoted to commerce with over 250 members. EMARC is an active participant in chamber events. Since 2008 Joan has chaired the Victorian Fair and sees our Road Race as a wonderful kickoff event to the Victorian Fair. "We applaud the efforts of EMARC. This event fosters great partnerships which promotes civic collaborations. The Melrose YMCA, Marathon Sports, the Mayor and local running groups support this event." EMARC's recreation programs use the Pine Banks facility to hold Special Olympics games and the YMCA generously hosts our swim program.

Since the 1970's there have been supported living programs in Melrose that Dolan views as an integral part of his community.

Additionally, there are seven individuals with intellectual disabilities working at City Hall through a Melrose Public Schools program headed by Patricia Lambert Wright. Dolan proudly talks about the workers and went on to state that one individual has been hired full-time because of his tremendous work ethic and contribution to his office. Dolan identifies with philanthropic causes and sees EMARC as a priority for the constituents of his city. "The Road Race, in my view, is a symbol of commitment we have to persons, of all abilities, to thrive in our community." While there are many other races in the City – the EMARC Road Race is premiere and supports a wonderful cause." The Road Race is September 12th with check-in at the Melrose YMCA from 7:30 a.m. to 9:30 a.m. WODS 103.3 radio will be broadcasting and on hand to give out complimentary gifts.

- Kids fun run kicks off at 9:30 a.m.
- Elite runners at 10:00 a.m.
- Walkers start at 10:05 am.

Marathon Sports is our lead sponsor. Road Race Sponsors are welcome through August 14th. To become a sponsor or register for the run go to [www.EMARC5k.com](http://www.EMARC5k.com).

## EMARC Board of Directors

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Maureen O'Brien  
Reading, MA

*Vice President*  
Christine Flaherty  
Reading, MA

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Ralph D'Amico  
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Elena Previtte  
Melrose, MA

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Timelines is produced by:  
Beth Celona  
*Development Officer*

Heather Weikel  
*Marketing Specialist*  
*Graphic Designer*

Paula Vratton  
*Executive Assistant*

## Adult Foster Care (AFC) Program

The Family Resource Center is pleased to announce the addition of Karen Millett to our team. Karen is the first to join our Adult Foster Care (AFC) Program. She has assumed the role of the Adult Foster Care social worker.



**Karen Millett, Adult Foster Care Social Worker and Kathryn A. Skeirik, Adult Foster Care Nurse**

Karen brings extensive knowledge and experience in working with individuals with disabilities and their families in a variety of settings. Karen has worked as a vocational rehabilitation manager and counselor throughout the area. She holds a Master Degree in Rehabilitation and Vocational Counseling and a Certificate of Advanced Graduate Studies from Assumption College and her Bachelor Degree in Social Work from Anna Maria College.

Karen lives in Reading with her husband and three children.

Karen began in mid-April and hit the ground running in order to have our AFC Department ready for this summer. AFC is a medically driven program, funded by Medicaid/Mass Health, for adults with disabilities who cannot live independently. AFC participants must receive or be eligible to receive Mass Health and must require assistance in personal care and various activities of daily living and live with an approved AFC caregiver. The caregiver can be a family member or non-family member who has time in their lives and room in their home and is willing and able to provide assistance and supervision to the individual with disabilities. Approved AFC caregivers will receive monetary compensation for their service.

The second member of our AFC Program is Kathryn A. Skeirik. Katie joins the AFC program as our R.N. with a BS in Nursing from Northeastern University.

Katie will be responsible for evaluating potential participants and foster families and completing and monitoring all necessary medical requirements.

Katie has experience with the Peabody Public School system as the Public Health Nurse responsible for medical reviews completed by doctors and interaction with various insurance companies.

Katie lives in Melrose with her husband, Daniel, and their 1 year old son, Andrew. Please help us welcome Katie to our ranks.

For more information about the AFC program, please call Karen at 781-942-4888 Ext. 4048.

**The Arc of East Middlesex is pleased to acknowledge gifts from the following donors...**

**Gifts Up to \$100**

State Street Matching Gift Program to match Margaret J. Mehm's 2009 gift  
United E-Way contribution from Janine T. Parks  
United Way of Tri County  
Mitchell Akel to benefit the Mystic Valley Senior Group  
Lisa and Rob Gibbs  
Frances E. Hallice  
Marielizabeth C. Mathis  
Carol Scully  
Lisa Sullivan  
Patricia J. Warren  
Fred Yasi

**Annual Appeal Up to \$100**

Reading Cooperative Bank  
Ted Hunt Plumbing & Heating  
Ruff'N Ready  
David Casey  
Harvey Card  
Peter Coffin  
William F. Connelly  
Teresa Cusack  
Maria and Nicolo Damiano  
Wm. d'Entremont  
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Donald Monteiro  
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Mary Anne Randlett  
Timothy W. Regan  
Anthony Strileckis

Mary E. Simpson  
Diane Sooley  
Martha Stone-Martin  
Mary Ann Sullivan  
Irving Stark  
Mary C. Swansen  
Ken Toomey  
Jeff Zager

**Gifts \$101 - \$300**

34 Gould Street reading Trust  
First Baptist Church Choir to benefit recreation services  
Reading Lions Club  
Vision Solutions Matching Gift Program to match Michael Giunta gift  
Dawn and Christopher Miller  
Gita Muni

**Gifts \$500 - \$999**

Massachusetts Elks Association, Inc.  
Star of Bethlehem Lodge, A.F. and A.M., Wakefield  
Marie Tucker to benefit the 15th Annual Tucker Gala

**Grants**

Kevin M. Frazier & Debra L. Frazier Foundation  
Sibling Support Program, this program supported all or in part by The Harpley Foundation  
Harvard Pilgrim Health Care Foundation

**Tributes**

**In Honor of Lucie Cripps 52 years of volunteer service**  
Joan and Ed Cassidy  
Carol and Anne Scully

**Memorials**

**In Memory of Lorraine Ballard**  
Carol Scully  
**In Memory of James H. Curran**  
Carol Scully

**In Memory of Pasquale Diotaiuti**  
"Uncle Pat"

The Resteghini Family

**In Memorial of Frieda MacFarlane**  
The Parks Family

**In Memory of Mary Shervanian**  
Mitchell Akel

**In Memory of Charles Sweeney**  
The Parks Family

**In-kind Gifts**

Harvard Pilgrim Health Care  
StockShop LLC  
Paul Liberty  
Deb Mason-McCaffrey  
Scott Nealon  
Annemarie Rom-Weisenbach  
Laura Wilson

*Gifts received through  
March 12, 2010 - May 26, 2010*

**Making a Memorial or Tribute Gift**

Use the enclosed envelope or the pledge form on the fundraising page of our website ([www.theemarc.org](http://www.theemarc.org)) to remember a loved one or honor a friend or relative for a special occasion.

**Wish List**

EMARC is looking for donations of **furniture and household items in clean, good condition**. Please email a description of the furniture or household item(s) and your name, location and phone number to [info@theemarc.org](mailto:info@theemarc.org). Our Residential group homes are in need of **fax machines** (fax all in ones) and **flat (thin) LCD computer monitors**. **We're sorry; we are unable to accept clothing**. Thank you!

**New logo, new website...**  
*Same quality services*



We are pleased to announce the redesign of our new logo. The new logo reflects our growth and continued support to individuals and their families with developmental disabilities. Our services now include Adult Foster/Family Care, Life Choices Day Habilitation Program expansion to Burlington. Look to our website within the next few months for a new user friendly and informative space.

We thank you for your continued care and support!

**EMARC**

## A New Partnership

UMASS Lowell connects  
with Recreation

EMARC's Recreation Department is excited to announce a new partnership with the University of Massachusetts, Lowell School of Health and Environment. UML Professor, Deirdra Murphy, contacted EMARC last fall about creating a partnership that would provide students with service learning opportunities as well as help the Recreation Department expand program opportunities. Supervised by EMARC Director of Recreation, Chenine Johnson, two groups of students created programs to increase physical activity for people with disabilities.

Graduate Physical Therapy students responded to the need to promote daily exercise for adults with disabilities. UML students, Christine Hannus and Courtney Ford, wanted to ensure that those living in the residential community had a convenient means for full body exercise within their homes.

The CDC currently recommends that adults participate in 2.5 hours of moderate intensity aerobic activity and 2 or more hours of muscle conditioning exercises per week in order improve their health.

In order to obtain information about current exercise habits, interests and

existing barriers exist, a needs assessment was conducted. Christine and Courtney developed a formal exercise packet consisting of seated and standing arm and leg exercises, balance exercises, stretching, and core strengthening. Individuals will have access to the packet at home and can choose the activity type to perform at his or her own current fitness level. The exercise program offers a wide range of exercises in order to cater to the diverse activity levels and needs of the residents, and residential staff will help facilitate the activities as individuals gain skills and become familiar with the exercises. The program was well received by individuals at the Albion Street house, who participated in a group exercise teaching session on May 26th, 2010. Albion's director, Tracy Ann Hutchinson, coordinated a visit to the house so the students could do a sample class and get to know the participants before finalizing the project. "The individuals had a lot of fun and interacted with the UMass Lowell students; they were very willing to do the activities and enjoyed the new faces," Tracy said. Alice Kennedy, director of Hopkins Street, said that "the health benefits to exercise are so important, especially for people who have arthritis. It allows them to move more." She liked the seated exercises that were included in the packet, because it will be easy for some of the elderly individuals she works with who fatigue easily and

may require wheelchairs or walkers for mobility. The exercise packet is intended to be a supplement to the community activities currently offered by EMARC and will be continued next spring with a group of new students. Ideas for expansion include the creation of a video to demonstrate the current exercises and training for staff on how to implement fitness programs.

In addition to the Graduate partnership, UMass Lowell Undergraduate Students Layal Karam, Bao Wei Liu, and Heather Martinelli facilitated a seven week Special Olympics Young Athletes program for children ages 4-7 who all have diagnoses on the Autism Spectrum. With the help of volunteers from the Unitarian Universalist Church of Reading, the three Exercise Physiology students implemented a basic gross motor activity program. The program activities such as running, jumping and balancing and also helped to encourage the development of throwing, catching, kicking and other important pre-sport skills! The UMass students learned skills for interacting and communicating with children with a diagnosis on the Autism Spectrum through their experiences in the hands-on learning. This partnership expands the capacity for both organizations and has been a great experience! We look forward to new endeavors in the future.



## B<sup>AKING</sup> for GOOD

**A little sugar goes a long way...**

**Baking for Good bakery sells all-natural, made-to-order brownies, cookies, and snack items. Even sweeter, 15% of every purchase goes to a cause the customer chooses.**

**Visit the online bakery at**

**<http://www.bakingforgood.com> or call 888-684-4644. EMARC is participating as a cause on the *Baking for Good* website.**

**Harpley Foundation Check Acceptance to fund Sibling Support Program - Briana Brukilacchio (left to right), Judy SantaMaria, Sarah Brukilacchio, Terry Kennedy and Michelle Faugno.**

## 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.**



**Massachusetts Elks Charitable Trust: Terry Kennedy, Executive Director of EMARC (right) accepts a donation to The Tucker Memorial Dinner/Auction to be held November 1 at the Boston Peabody Marriott from Donald A. Dewar, Massachusetts Elks Preseident Elect.**

## Upcoming Dates

**Journey to Independence:** *Real World House*

**Program Dates: July – December 2010**

**House Dates:** Pick up/drop off at 368 Main St., Andover.

**Hotel Dates:** Pick up/drop off at EMARC.

**All Drop offs 11:00 a.m./pickups at 4:00 p.m.**

- July 10-11 house.
- July 24-25 hotel.
- August 7-8 house.
- August 21-22 hotel.
- September 11-12 house
- September 25-26 hotel.
- October 9-10 house.
- October 23-24 hotel.
- November 6-7 hotel.
- November 20-21 house.
- December 4-5 hotel.
- December 18-19 house

Contact Nancy Nastasi at 781-942-4888, ext. 5036.

Email: [nnastasi@thearc.org](mailto:nnastasi@thearc.org). Each program is \$350.00. A deposit of \$178.00 is required at registration. Families may use family support funding or be funded via their local school district if applicable.

### FROM THE CENTER FOR EMERGING ARTISTS

**July 6 - August 31: CEA Artists: Exploring the Primaries Exhibit**, The Open Door Gallery at the Nonprofit Center, 89 South Street, Suite 101, Boston, MA 02111.  
Gallery Hours: Mon-Fri, 10-5 p.m.

**July 29: Artists Reception**, 5-7p.m. The Open Door Gallery at the Nonprofit Center, 89 South Street, Suite 101, Boston, MA 02111

**August, Date TBA: Center for Emerging Artists & Creative Artists Collaborative Art Exhibit** at Reading House of Pizza, 1321 Main Street Reading, MA 01867.

**September 12: Reading Fall Street Faire**, Main Street and surrounding streets, Reading, MA. The inaugural Faire last year was a "spectacular success" with over 80 vendors and approximately 4,000 in attendance. There is even more excitement and buzz about the upcoming Faire this year! CEA will have a vendor table with a variety of merchandise for sale.

**September 12: Melrose Victorian Fair**, Main Street, Melrose, MA. CEA will have a vendor table with a variety of merchandise for sale. The Fair is held each year in mid-September. A two-block section of the Main Street retail hub is closed to make way for booths that will line the street on both sides. Performance stages are set up at various spots featuring local performing artists as well as dances and demonstrations by Melrose children. Canopied booths beckon the public with games, crafts, food and prizes. It is not at all unusual to see a mini-golf course set up on Main Street! You will never leave the Victorian Fair hungry because local restaurants prepare tasty samplings for the crowds that roam the downtown area. The day's gala celebration is brought to a grand climax with the drawing of the Chamber's "Big Ticket" Raffle prizes. Fair goers, volunteers and business owners alike are united by the annual rekindling of the Yankee small-town community spirit fostered by the Melrose Victorian Fair, a true New England tradition. We hope to see you at the Fair!



EMARC  
20 Gould Street  
Reading, MA 01867-2927

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Return Service Requested

### Be Social With Us



Learn about our upcoming events and opportunities on Facebook and Twitter. Our Facebook group page name is EMARC and our Twitter username is EMARC1954.

We have something new and exciting we'd like to share with you! It's the new The Arc of East Middlesex toolbar, once added to IE or Firefox, each time you shop at more than 1,300 stores (from Amazon to Zazzle!) a percentage of your purchase will automatically be donated to The Arc of East Middlesex at no cost to you (and you may even save money as the toolbar provides coupons and deals as well!). The toolbar also has a search box and each time you search the Internet, about a penny is donated to The Arc of East Middlesex.

To join check out: <http://www.goodsearch.com/toolbar/the-arc-east-middlesex>



### Featured Events



**CEA Artists**  
*Exploring the Primaries*  
July 6 - August 31

Please join us:  
Artists Reception, July 29th 5-7p.m.  
Music by Tunefoolery  
Light refreshments served

The Open Door Gallery at  
the Nonprofit Center  
89 South Street, Suite 101  
Boston, MA 02111  
Gallery Hours: Mon-Fri, 10-5p.m.  
[www.vsamass.org](http://www.vsamass.org)

*Color.* Why is color so important to us as artist, and human beings? Idioms such as "Red with anger" "Sunshine Yellow" "Feeling Blue" are proof of our attachment to the colors around us, and their effect on our emotions. We asked the artists at CEA to explore the primaries.

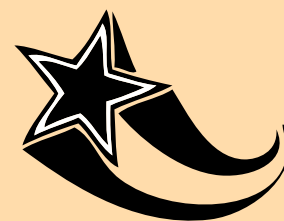
### THE 16TH ANNUAL



MELROSE, MA  
SUNDAY 9/12/2010  
10:00AM

The Run for The Arc of East Middlesex kicks off Melrose's Annual Victorian Fair, which attracts over 14,000 visitors. The event starts with a Kids Run at 9:30 a.m., followed by the 5K at 10:00 a.m. Walkers start at 10:05 a.m. Melrose Mayor Robert Dolan will serve as Honorary Chairman of the Race.

[www.EMARC5K.com](http://www.EMARC5K.com)



Save the Date! November 1, 2010  
Tucker Annual Memorial  
Dinner & Auction

Monday, November 1, 5:30 p.m.  
at the Marriott Boston Peabody,  
8A Centennial Drive.

Join us for a magical 16th Annual Celebration as we embark on an evening celebrating our everyday stars featuring magicians, a bustling live and silent auction, tasting stations, sights and sounds of Hollywood, and a few surprises.