



Timelines

OCTOBER 2007

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EMARC Eagles take the Gold!

Congratulations to the EMARC Eagles Unified Softball team for winning all three games in their division to bring home the gold from the Special Olympics August Tournament!

“This season, even after starting late, pulling together a team and only practicing a few times before we went to the tournament, was an amazing season that I will never forget,” said Eagles Coach Lianne Duffy. “I have to admit that I went into this weekend with no expectations, only to have fun. The team gave it their all, not only winning, but earning high regard for their remarkable sportsmanship. I am truly blessed to be part of such a wonderful team of extraordinary athletes.”



Eagles Soar - Coaches Lianne Duffy and Sean O’Day and team founder Gary McRae celebrate the team’s win at the Special Olympics August Tournament.

“The team gave it their all, not only winning, but earning high regard for their remarkable sportsmanship.”

The Eagles team was founded just a year ago by Gary McRae, Facilities Assistant for the Arc of East Middlesex. Gary has had a lifelong love of baseball, so when he found a willing partner in the Recreation Department, he suggested a softball team. After deciding on a Special Olympics Unified Team, which brings together athletes with and without disabilities, he single-handedly recruited the team, which includes Arc staff and consumers ages 18 and up.

The team started practicing in June 2006 at a nearby Reading field. Gary attended every practice and even showed up early each

day to make sure that all of the equipment was in place and the field was in top shape. His enthusiasm and dedication made even the newest player feel comfortable and part of the team. The Arc recognized his contributions this spring with a Distinguished Service Award.

Did Gary ever imagine that the team would be winning gold medals just a year later?

“No. I feel good about it,” Gary said.

What stood out about the team’s effort at the tournament in Easthampton?

“Bob (Addor) did good pitching. I have to give him credit for that,” Gary replied.

Hats off to the Eagles: Bob Addor, Alyssa Conte, Julie Gillespie, Gary McRae, Billy Porter, David Pothier, Stephen Scaparotti, Tara Silvestri, Brendon Hildreth, Sam Stark, Jonathan Hartford, Michael Corliss, Laura Morabito and Coaches Lianne Duffy and Sean O’Day.

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Dr. Steven Perlman, Arc of East Middlesex Man of the Year *Creating healthy smiles locally and around the globe*



Sometimes in life we are lucky. I have been very lucky. I have a wonderful family and a career that is rewarding. I also have made great friends as a result of the journey I am on that began when I became part of the work of exceptionality, when my son Jon was born over 28 years ago. I want to tell you about one of them.

Shortly after Jonathan's first open heart surgery, at 16 months, I stopped by the dental clinic at Children's Hospital and asked for a reference for a pediatric dentist. I wanted someone who might be sensitive to Jonathan's unique needs. They told me that I was in luck because I lived on the North Shore and the best pediatric dentist who specialized in individuals with dis-

abilities, Dr. Steven Perlman, practiced in Lynn. I tucked this bit of information away since Jonathan did not yet have teeth.

The following summer, as Jonathan was playing in the shallow waters of a beach in Swampscott, a young and handsome man began to play with him. While I might have hoped he was flirting with me, it was apparent that his interest was in Jonathan. He introduced himself as Steve Perlman and so, I found Jonathan's dentist and a new family friend.

Several years later, Steve had the opportunity to review Rosemary Kennedy's dental records to determine whether she was receiving appropriate care at the facility in the mid-west where she lived. Rosemary, as you may recall, is the late sister of President John F. Kennedy and Eunice Kennedy Shriver, founder of Special Olympics, Inc. Steve determined that she could receive better care and offered to provide it. Arrangements were made for Rosemary to come to Lynn on her way to her summer home on Cape Cod. Prior to her arriving, Steve received a complete medical history and determined she was in need of additional interventions. Since general anesthesia was going to be used for her dental procedure, Steve used it as an opportunity to coordinate procedures and exams that were not previously able to be obtained. This was not unusual for Steve. It was actually standard practice for his patients. If he had to use general anesthesia for a procedure, a last resort, he used the opportunity to coordinate any other needed, but difficult to obtain, medical care for his patients.

When Steve shared this story with me, it got me thinking. What was happening to all the other people with intellectual disabilities? If you didn't have access to someone like Steve or if your dentist refused the meager reimbursements of Medicaid, what was happening and what could I do about it?

I asked Steve what he thought about using Special Olympics venues to screen athlete's teeth. He thought he could rally dentists, hygienists and sponsors. I wrote to Mrs. Shriver and introduced the idea and Steve. She suggested we pilot it somewhere. Special Olympics Massachusetts agreed to let us pilot it in 1993. Steve did everything. He got Boston University's Dental School to be the primary sponsor, he got all the volunteers and other sponsors and what he discovered changed the course of Special Olympics history. The majority of athletes in Massachusetts suffered from tooth and gum disease. The athletes were not only screened, they were taught how to care for their teeth and provided toothbrushes, floss and instructions. Where follow-up was indicated, instructions were given to the athlete and the coach and every athlete was given a list of community dentists willing to treat individuals with intellectual disabilities and who accepted Medicaid. So was a movement born.

The program, now known as Special Smiles®, was established in 1995, the first of the Healthy Athletes initiatives to be conceived. By 1997, nearly 30,000 athletes had visited Special Smiles dental clinics. In May 1998, the American Academy of Pediatric Dentistry Foundation presented Steve Perlman with a lifetime achievement award for this work with children with intellectual disabilities. The popularity of the program grew very quickly and the concept spread around the world. Today, the Special Smiles program is a critical component of the Special Olympics Healthy Athletes initiative.

"My happiness comes from knowing the dental clinics that I helped launch for Special Olympics gave birth to the Healthy Athletes initiative," said Dr. Perlman. "The dental clinics stimulated discussion about the whole access to care issue for people with intellectual disabilities, and that's my biggest joy."

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RESIDENT PROFILE

Edna Miller – 89 Years Young



Zestful Life - Edna Miller enjoys her Arc family at Cliffside Commons.

Edna Miller's joie de vivre is a testament to the rich home life the Arc of East Middlesex residential employees work so hard each day to provide. Edna, who celebrated her first year at the Arc's Cliffside Commons residence this summer, lives each day to the fullest.

Eighteen months ago, this was not the case. Having landed in a nursing home after several falls related to arthritis and osteoporosis, Edna didn't want to get out of bed in the morning. She lost interest in her day program and did not enjoy her interactions with nursing home employees. The state Department of Mental Retardation referred her to our Cliffside Commons program because of its wheelchair accessibility and specialized care.

"Now she looks forward to going to her day hab program four days a week and may increase to five. She has a nice relationship with her roommates and the staff at Cliffside and they look forward to spending time with her," said Tracy Hanson, Program Coordinator for Cliffside Commons. "She gets lots of one to one attention from staff, which she loves."

On a recent day at home, Edna was preparing yarn for her knitting and crochet projects when we asked her about her passions, which include babies, animals and music.

"Rosie (her nickname for Cliffside Program Director Jana Sideri) takes me shopping for yarn," Edna said. She has created a whole basket full of baby bonnets, many in shades of blue and

some in green, her favorite color. Staff plan to support Edna in taking the bonnets to the maternity ward at Melrose Wakefield Hospital to donate this fall. Tracy is also lining up a volunteer opportunity for Edna at a North Shore animal shelter for late winter or early spring. A recent outing to Lake Quannapowitt was a success because the good weather brought out both ducks and babies.

A big music fan, Edna has attended concerts by Tim Scott at the Arc and enjoys attending mass to sing at the local Catholic Church. She was happy to share a favorite hymn with staff during our visit.

"At a time when a lot of people her age are slowing down, Edna has shown a new interest in life," said Anne Tetreault, Agency Health Care Coordinator and Assistant Director of the Arc's Residential Division.

Although she has been known to give her age as 33, Edna is actually looking forward to a milestone birthday next summer, when she will turn 90. What are the plans for her party? "Cake and ice cream," said Edna, who particularly enjoys chocolate and the occasional visit to McDonald's.

To what does she attribute her longevity? Despite ongoing hip

"At a time when a lot of people her age are slowing down, Edna has shown a new interest in life," said Anne Tetreault, Agency Health Care Coordinator and Assistant Director of the Arc's Residential Division.

and shoulder issues, Edna stays active, participating in fitness activities at her day program and eagerly joining in outings with her roommates.

"I kick the ball outdoors," Edna noted.

A game of kickball couldn't hurt, but being part of a close-knit household may be the best prescription for staying young at heart. *For information about the Arc's residential services, please call Tina Claydon at 781-942-4888, ext. 4037.*

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.

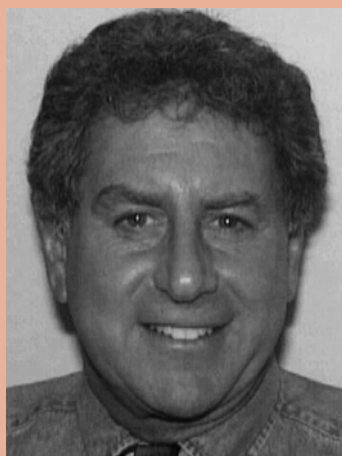
Current openings:

◆ **Instructors: Computers, Cooking, Karate, Line Dancing, Low Impact Aerobics, Sewing or Knitting, Square Dancing, Water Aerobics, Woodworking**

◆ **Pool Buddies**

◆ **Social Groups: Card Night, Board Games, Women's Club**

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



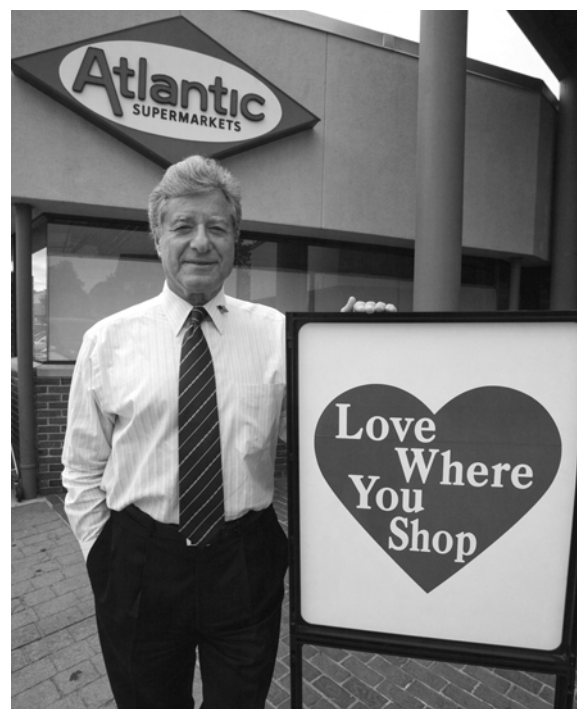
Dr. Steven Perlman, Arc of East Middlesex Man of the Year

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Because of Dr. Perlman's extraordinary vision, a movement has been created, a movement that has placed Special Olympics in the forefront of an effort to make quality health care available and accessible to people with intellectual disabilities throughout the world. His continued generosity, energy, dedication and

Man of the Year - Steven Perlman

determination have served as a shining example of how one man's vision can literally change the world. Nobody can make the kinds of contributions that Steve has made without the unwavering support of family. Steve has such a family. His junior high school sweetheart and loving wife, Harriett, understands Steve's passion and his days away from her. His children, Meredith and Brett, their husbands and children, form the basis of what is important to Steve. While he gives much to all of us, he gives as much to his family and a large circle of friends. There is not much that I am prouder of than being part of this extraordinary piece of history and my friendship with Steve. Please join us on November 7, 2007 when we celebrate our 50th Anniversary and our Man of the Year, Dr. Steven Perlman.



Sponsorship Announced - Philanthropist Arnold Rubin, President of Atlantic Food Mart, got our Golden Anniversary campaign off to a great start by announcing that he will serve as a Platinum Sponsor of our 50th Celebration. Rubin, our first Man of the Year (2001), is well known as an employer of people with disabilities and a generous supporter of organizations throughout Reading. Thank you Arnold!

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

Friend - Gifts Up to \$100

Michael Berardo
Sharon Borggardo
Christine Burke
Susan Ring Brown
Kathy K. Custer
Dr. Rhonda S. Fogle
Rosalie and Richard Nutile
Maureen O'Brien
Denise Protz
Judy SantaMaria
Jo Ann Simons
Patricia Simons

Sustainer - Gift \$250 - \$499

William and Linda Gordon

Grants

Harvard Medical School, Dean's Office
Service Awards in Honor of Dr. Fogle
Massachusetts Department of Industrial
Accidents for Safety Training

Tribute Gifts

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. We are pleased to acknowledge the following tribute gifts.

Memorials

In Memory of Helen Bane
Shep and Elaine Simons and
Jo Ann Simons and Chet Derr

In Memory of Robert Kearney
Betty and Dan Whelan

In Memory of Helen Moriarty
Mrs. Mary Bruno and Robert

In Memory of Joanne Palmer
L.M. Holbrook
Jean S. Silva
Karyn A. Storti

In Memory of Rose Fratto
Mr. and Mrs. Donald Byers
Grace Iritano

In-kind Gifts

Susan Burke
Janeen Gutierrez
Deborah Mason McCafey
Richard Nordin
Vrattos Family

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:

Dan Cherney and Family
Kari and Jason Newman
James Fallon and Family

Gifts received through September 3, 2007

Support The Arc of East Middlesex (EMARC) through United Way Campaigns

The United Way of Massachusetts Bay annual campaign begins in September, and once again this fall 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 your gift to EMARC! Simply write in East Middlesex Association for Retarded Citizens or **code #752188** at the bottom of the card (under "Restricted Contribution"). Or, simply write in the white space available. The United Way is pleased to honor your request by forwarding your generous support to us. Thanks for participating and thinking of EMARC!



An Exceptional Day - Wally, the Boston Red Sox mascot; artist Jeff Caturano and Arc booster Dennis Drinkwater of Giant Glass pose with a Fenway print Jeff created and presented to the team in honor of Disability Awareness Day at Fenway Park this summer. The event was sponsored by Exceptional Parent Magazine.

Bring The Beauty of Natural Elegance Into Your Home!

Host a Natural Elegance party this holiday season. Each host receives invitations, a hostess gift and an onsite jewelry designer. It's a guaranteed great time!

Brides, contact Natural Elegance about creating custom pieces for yourself and your bridal party.

YOU CAN PURCHASE ONLINE AT
www.themarc.org/naturalelegance60.html

Contact Heather Weikel at
 781-942-4888 Ext. 5029
 or
ceapromo@themarc.org.

Upcoming Workshops & Events

Music Therapy Workshop, Wednesday, October 24 7:00 p.m.

This in-service is designed to help you understand:

- What defines music therapy
- How music therapy is used as a clinical intervention
- Who is a board certified music therapist

Please join us in this presentation led through video, handouts, and dialogue.

In-service will be provided by Krystal Demaine, M.Ed., MT-BC, NMT Held at The Arc of East Middlesex, Reading Register by email km@themarc.org or call Kerry Mahoney 781 942-4888 x 4015.

5th Annual Fall Family Festival, Sunday October 21, 1 to 3 p.m.

Brooksby Farm, Peabody. Cost \$10 per family. Games, activities, treats, Hayrides, pumpkin decorating, face painting, sing along, farm animals. Register by 10/11 familysupport@themarc.org or call Kerry 781 942-4888 x 4015.

The IEP Checkup, Thursday, October 18

Call to schedule a personal meeting with Educational Advocate Deb Crane. Let Deb review your IEP and get your questions answered! Please Call (781) 942-4888 x 1-4019 or Debbie@themarc.org Other dates scheduled are **November 15 and December 6, 2007**. Specific times for the consultation are negotiable. Open to parents who have children eligible for DMR services. Fee \$15.

Sibshops for School age kids, Saturday, October 27, 10 a.m. to 2 p.m.

at our new sibling center in Danvers! Contact Cara Gradzewicz for more information carag@themarc.org.

50th Anniversary Celebration, Wednesday, November 7, 5:30 p.m.,

Marriott Hotel, 8A Centennial Drive, Peabody. Tickets \$50 each. Advance reservations required. Visit www.themarc.org for more information.

From The Center for Emerging Artists

Months of September/October - Teri Ann Foley, Solo Show, My Low Carb Life at 136 Andover Street, Danvers MA

Month of October - Group Show at Commerce Place, 350 Main Street, Malden, MA

Month of November - Private Group Show at Eaton Vance, State Street, Boston, MA

TBA for December - CEA Holiday Sale including Natural Elegance Jewelry at the 20 Gould Street, Reading, MA

Ongoing - Reading Post Office on Haven Street, Reading Town Hall and Reading Public Library. Rotating Artwork.

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.themarc.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@themarc.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.**

