



Timeline



NOVEMBER/DECEMBER 2007

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Friends of Mel Service Project *Giving Back to the Community*

Arc of East Middlesex program participants have undertaken a service learning project to benefit cancer fighting research and services. The project stems from the discovery of lead in the popular Mel's Bracelets. The Friends of Mel Foundation, who had assurances from a foreign supplier that the bracelets did not contain lead, is having the jewelry reworked to eliminate the offending metal spacers.

"We have a talented workforce, some with previous beading experience gained in creating our Natural Elegance jewelry line. Many of our programs promote the importance of community service. I thought that since cancer touches every one of us and that people with disabilities are often on the receiving end of service contributions, that this would be a wonderful opportunity for those who chose to do so to give back," said Jo Ann Simons, Executive Director of the Arc of East Middlesex.

Mel Simmons was a flight attendant for thirty eight years: first with Northeast Air Lines then with Delta Air Lines for the majority of her career. Not only was she cherished by her colleagues, but she was so well regarded by passengers that frequent flyers would ask for her by name. She loved her fellow flight attendants at Delta Airlines and spoke often of the bond she shared with them - describing this bond as a love that no one could ever know.

Mel was a spiritual woman of legendary generosity and boundless energy. Humor was her trademark. She managed to turn every crisis into an opportunity. In 2000, Mel was diagnosed with metastatic breast cancer. At the time, she learned that the cancer had



Mel's Bracelets - The Arc of East Middlesex is pitching in to help restring Mel's bracelets in support of the fight against cancer.

spread to 24 lymph nodes and her prognosis was not good. It was then that she began a five year journey that would test her to the core.

When you became a "Friend of Mel," you became a friend for life. She considered you not only friends but an extended part of the family. This was also true of the doctors, nurses and many patients she came to know while receiving treatment at the Massachusetts General Hospital Cancer Center. Mel gave these friends brightly colored bracelets she collected during her travels to Turkey. Sadly, Mel lost her battle almost five years to the day she was diagnosed. But not before leaving her mark on every person who had the good fortune to cross her path.

Mel's fellow flight attendants decided to sell the colorful bracelets to raise funds for cancer research and programs. They formed the nonprofit Friends of Mel Foundation. When Jo Ann Simons, a "Mel's Bracelet" wearer who has a friend in common with Mel, became aware of the lead crisis, she saw an opportunity for the individuals with disabilities we support to give back to the community by helping to fix the problem.

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The Arc of East Middlesex Board of Directors

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Timelines is produced by:

Jo Ann Simons, MSW
Executive Director

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Measuring our Year *A Message from the Executive Director*

Exactly ten years ago, I sat down to write my column for Timelines and as I often do at the end of the year, I took the time to look back at our accomplishments. For that particular column, in 1997, I began with the familiar lyrics from Seasons of Love, from the very popular musical Rent. It went like this:

Seasons of Love

*525,600 minutes, 525,000 moments so dear. 525,600 minutes - how do you measure, measure a year?
In daylights, in sunsets, in midnights, in cups of coffee. In inches, in miles, in laughter, in strife
It's time now to sing out, though the story never ends. Let's celebrate, remember a
year in the life of friends...*

I think it is fitting for us to look back and measure our year. Like a year in the life of *Rent*, it was filled with lots of daylight, much laughter, and some tears. Some of the many highlights of a year in the life of the Arc family were:

- The EMARC Eagles Unified Special Olympic Softball team took home the gold medal at the state tournament in August. Self-advocate and employee, Gary McRae founded the team.
- We opened a food pantry and we are part of the valuable network of the Boston Food Bank and meet the nutritional needs of many families who face both disability and economic need.
- As part of Disability Awareness Night at Fenway Park, artist Jeff Caturano and Arc booster Dennis Drinkwater presented one of Jeff's paintings to the Boston Red Sox. Jeff also had his artwork chosen by the National Down Syndrome Society for their annual luncheon invitation.
- Natural Elegance, the new jewelry line of the Center for Emerging Artists, was introduced and saw sales soar at house parties (call us to book your party and receive a piece of jewelry from the collection).
- Kim Putney and Teri Ann Foley's holiday designs were chosen by Project Bread for their holiday program.
- We welcomed many visitors to tour our programs including newly appointed Assistant Secretary Jean McGuire and Commissioner Elin Howe.
- The Doug Flutie, Jr. Foundation awarded our Real World House with \$20,000 to support students with autism.
- We welcomed new staff from an ever expanding international program from the Philippines, Egypt and Brazil, England, Hungary, Israel, Czech Republic, Sri Lanka and Jamaica.
- We established a Supported Living Division within Residential Services to meet the enormous growth in this area.
- In February, some of us plunged in the chilly Atlantic Ocean to raise money for our recreation programs. You are invited to join us next year.
- Dr. Rhonda Fogel a pediatrician to many of our children, had her extraordinary volunteer efforts in establishing and maintaining a swim program for us recognized by Harvard Medical School and the New England Patriots Foundation with financial gifts to us. She also facilitated \$16,000 in IBM computer donations to us.
- Neville Pottinger, who has worked for us for 25 years, was honored by the Arc of Massachusetts in a State House ceremony as a Distinguished Citizen.
- The Boston Marriott Peabody, under the leadership of General Manager, Cathleen Wardley, invited us as their guests, for the second consecutive year, to have our Richard Tucker Memorial Dinner & Auction and 50th Anniversary Gala.
- We expanded our space to 34 Gould Street to accommodate our ever growing services.
- Congressman John Tierney cut the ribbon at the opening of Life Choices, our newest day program.
- We said goodbye to some dear friends who showed us daily how to live, laugh and play in our communities-Joanne Palmer, Peter Donovan and Sandy DeVeau.

That's only some of what we accomplished in the last 525,600 minutes. I am looking forward to the next 525,600 minutes.

DONOR PROFILE

Arnold Rubin – Atlantic Food Mart



Nurturing the Community – Arnold Rubin, President and CEO of Atlantic Food Mart, poses in the produce section of the store. Arnold is well known for his outstanding support of the Arc and of charitable causes throughout Reading and beyond.

For three generations, the Rubin family has operated the Atlantic Food Mart with an unparalleled commitment to their associates, their customers and the community of Reading. Atlantic's current President and CEO, Arnold Rubin, earned a business degree in Food Distribution at the University of Michigan and joined his father Sidney in the family business. They worked together daily until Sidney retired in 1984. Arnold has made his store the strongest corporate neighbor and supporter we at the Arc of East Middlesex could have imagined.

At every turn, Arnold has been a ready partner, joining the Arc in opening doors for people with disabilities. He is Reading's largest employer of individuals with developmental disabilities, providing work and true participation on his team. Arnold was an early supporter of the Arc's Center for Emerging Artists, selling (at no benefit to the store) Halloween pumpkins and greeting cards designed by our artists. His store is consistently the top producer in our annual "Sneaker Campaign," raising awareness about the Arc as he and his employees raise funds for our services

from their customers. Under Arnold's leadership, Atlantic provides product donations on an ongoing basis in support of the Arc's Recreation Programs and seasonal parties.

"The Arc is so lucky to have a neighbor as thoughtful and generous as Arnold Rubin. In fact, his store and all of his associates, make shopping something to look forward to," said Jo Ann Simons, Executive Director of the Arc of East Middlesex.

Arnold's generosity can be seen throughout Reading and beyond. He annually supports an astounding 100 plus non-profit organizations including the Reading Scholarship Fund, Reading Youth Baseball, the Reading Public Library, schools, churches, temples, youth leagues, health care and other charitable groups throughout Reading. The Rubin family's generosity can also be seen in the gymnasium of the Reading Burbank YMCA, which was dedicated to Arnold's father, Sidney Rubin. Arnold's compassion and commitment extend to Beth Israel Hospital, the Muscular Dystrophy Association and the American Cancer Society. The Diabetes Association holds a special place in Arnold's heart and has greatly benefited from his time, energy and generosity.

The Arc was pleased to recognize Arnold's contributions to our organization and the broader community by honoring him as our 2001 Man of The Year. He remains one of our largest supporters, having launched our 50th Anniversary Campaign this year as a Platinum Sponsor

Atlantic Food Mart is located at 30 Haven Street, Reading. Hours of operation are Monday - Saturday, 7:00 a.m. - 9:30 p.m. and Sunday 8:00 a.m. - 9:30 p.m. Visit their web-site at www.atlanticfoodmart.com.

Volunteer Opportunities

Enrich your life and that of the individuals we support!

Volunteers are needed for our Adaptive Aquatics program. This is an educational and fun opportunity! You will get into the pool with a child age 3-12 who has a developmental disability. Support the child to work on individual goals such as comfort in the water, strengthening, and basic swimming strokes. Six week sessions begin at the end of October on Mondays from 3:45-5:15 p.m. at the Malden YMCA and on Tuesdays OR Fridays from 4:30-5:45 p.m. at the Reading YMCA. Students can earn community service hours! Visit our website www.theamarc.org to obtain a Volunteer Application. Contact Pat Simons 781-942-4888 ext 4032 or email volunteers@theamarc.org for more information.

*Happy Holidays from
The Arc of East Middlesex*

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

Friend – Gifts Up to \$100

Candace L. Bouris
Jill Gabrielle Brogan
Susan Ring Brown
Lena I. Craig
Nicholo and Maria Damiano
Mayor Rob Dolan
Margaret M. Dreske
Rep Michael Festa
Benjamin Fiesel
Robin and Stephen Giardina
Joseph S. Gulino, CPA
Kathryn and Robert Harlow
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Sarah Landry
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Christine and Joseph Neenan
Peg & Linda O Inc., Remax
Kathleen O'Neil
Donna Pereira
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Denise Protz
Green Street Pharmacy
Chris Rascher
Catherine Russell
Melrose Humane Society

Joseph Patrick and Eleanor Dumont
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Frank Tortorella
Anca Vanassendelf
F. Peter Waystack, Attorney At Law
Wilkes Mobil Mart
Lauren E. Williams

Supporter Gifts \$101 - \$249

Julianne McDevitt
Sustainer - Gift \$250 - \$499
Steven Philip and Jennifer Jean Pascucci
Honey Dew Donuts
Massbank Charitable Foundation
Wainwright Bank

Patron - Gifts \$500-999

East Boston Savings Bank

Benefactors' Circle - Gifts \$1000 - \$2499

Eastern Bank Charitable Foundation
United Way of Mass Bay

Grants

IBM Corporation Equipment Grant
Project Bread Grant

Tribute Gifts

*Use the reply envelope enclosed or
pledge form on the fundraising page of
our website (www.theemarc.org) to re-
member a loved one or honor a friend or
relative for a special occasion*

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:

Addor Family
Pamela, Brian and Riley Gill
Cynthia Matuszewski and Family
Pagliuso Family

Gifts received through October 7, 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!

Friends of Mel Service Project

Giving Back to the Community

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"Helping others makes all of us feel good. It's exciting that people with disabilities have the opportunity to play a role in helping this grass roots organization get back on its feet," said Jo Ann.

If you would like to volunteer your time to help restring Mel's bracelets at the Arc, please contact Pat Simons at 781-942-4888, ext. 4032. Background information regarding Mel from the Friends of Mel Foundation web site www.friendsofmel.org.



Part of the Solution – Kathy Kelly, Neville Pottinger, Jo Ann Simons, Alex Toth and Shawn Nault met with Pauline Alighieri (third from left), President of the Friends of Mel Foundation, to discuss a service learning project benefiting cancer research and programs.

Wakefield leaders to raise friends and funds for the Arc



Co-operative Effort - Brian D. McCoubrey, left, President of **The Savings Bank**, and Ralph Dunham, second from right, President of the **Wakefield Co-operative Bank**, recently met with Jo Ann Simons, second from left, Executive Director of the Arc of East Middlesex to discuss the October 25th reception the banks planned in honor of our 50th anniversary year. Bringing them together was Al Turco, right, of the Wakefield Board of Selectmen.

The Savings Bank and the Wakefield Co-operative Bank joined together in support of the Arc of East Middlesex by hosting a reception in honor of our 50th anniversary year, scheduled for October 25th in the Heritage Room at the Americal Civic Center.

"This is the first time the two prominent community banks have come together to host a fundraising reception," Jo Ann Simons, Executive Director of the Arc of East Middlesex, noted. "Not only have they generously offered their financial support by hosting the event, they have also been the catalyst for others in the community to embrace our goals."

The idea for the event was launched at a coffee hosted last summer by Arc members Diane and Jim Pappas at their Wakefield home. The coffee was co-hosted by Bob Winsor & Mindy Widtfeldt of Century 21 Commonwealth, Marie Rej and Selectman Steve Maio. Brian McCoubrey, President of The Savings Bank and Selectmen Al Turco, Betsy Sheeran and Phyllis Hull were among the guests.

At press time, both banks, the Wakefield Rotary Club, the Wakefield Chamber of Commerce and the town Republican and Demo

cratic Committees were all responding to the call to support the Arc at the Americal event.

"The reception is truly a bi-partisan effort. It is wonderful to see people working together to recognize the needs of the families we serve."

Special thanks to Selectman Al Turco and to our hosts Brian McCoubrey, President of the Savings Bank and Ralph Dunham, President of the Wakefield Co-operative Bank and to their staff and Directors for investing their time, resources and talents on our behalf.

For more information on hosting an event for the Arc of East Middlesex, please call 781-942-4888, ext. 4029.



Membership Benefit

Auto insurance discount offered to members and employees of The Arc

The Arc of Massachusetts is pleased to announce the 10th anniversary of the Arc Group Auto Insurance program! For the past ten years, employees and members of The Arc of Massachusetts have enjoyed generous discounts on both automobile insurance and home owner's insurance.

Originally created in 1997, The Arc Group Auto insurance program arose out of the efforts of The Arc of Massachusetts with the support of the plan underwriter, Plymouth Rock Assurance Corporation and the plan administrator, The Frye Insurance Agency, Inc. The benefit was specifically designed to save money for the individuals and households working to enhance the lives of individuals with intellectual and developmental disabilities and their families.

During the recent presentations of the program to chapters of The Arc, employees described the program as "an immediate cost-saver" and "a valuable benefit." Staff members were especially enthusiastic about the "No Down Payment" and "No Finance Charge" billing options. As a result of the program, some employees will see net savings in excess of \$250/year on their current annual automobile insurance policies.

Massachusetts Automobile Insurance Policies effective April 1, 2007 and later will, on average, decrease by 11.7%. Members and employees of The Arc will receive discounts of 6%, and a 20% discount on homeowner's insurance (through Plymouth Rock's affiliate). Additionally, members and employees who participate in electronic billing will have no down payment and \$0 finance charges. These circumstances allow a unique opportunity to realize large reduction in total insurance premiums. For more information please contact Greg Blume at (800) 464-9700 or request information at www.arcgroupauto.com.

Upcoming Events

50th Anniversary Celebration, Incorporating the Richard Tucker Memorial Dinner & Auction, **Wednesday, November 7, 2007** at the Peabody Marriott, 8A Centennial Drive. Advance registration required.

From The Center for Emerging Artists

Months of November/December - Kiely Holden, Solo Show, My Low Carb Life at 136 Andover Street, Danvers MA.

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

November 29, 5-8PM - CEA Holiday Sale including Natural Elegance Jewelry and "**100 Gifts for Under \$100**" 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

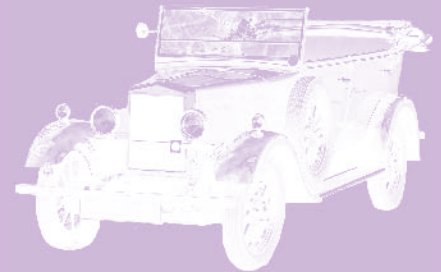
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On-line Car Donation Program

To donate a car online, visit our web site at www.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 _____

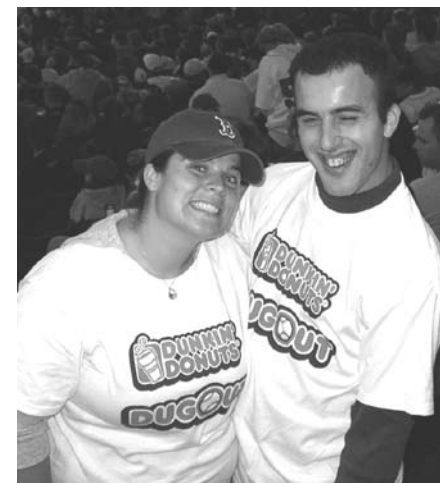
Please check all that apply:

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.**



Dunkin Dugout - Laura Morabito, Assistant Director of the Arc's Recreation program and Dominic DeAngelis enjoy a Red Sox game courtesy of Dunkin Donuts.