



Timelines



APRIL 2007

in this issue...

- 1 Volunteer Profile
- 2 Message from the Executive Director
- Board of Directors
- 3 Employee Profile
- 4 Volunteer Recognition
- Donations
- 5 Upcoming Events
- Volunteer News
- 6 Membership Application
- Car Donation Program

Volunteerism: A Win Win Opportunity

If she weren't so camera shy, we'd have attorney Pam Fitzgerald out on a volunteer recruitment campaign tour. Why? She's vocalized the perfect message for prospective volunteers: "I actually get more from my volunteerism than I receive," Pam said in a recent interview.

Over the past several years, Pam has volunteered to support children and adults in our Aquatics Programs, Basketball, Walking, Teen and Social Clubs. She was initially recruited for Dr. Fogle's swim program by a friend she met at the Melrose Family YMCA. (Add Pam to the list of reasons we love the Ys!). She has been particularly moved by the kids she has worked with in the Aquatics program.

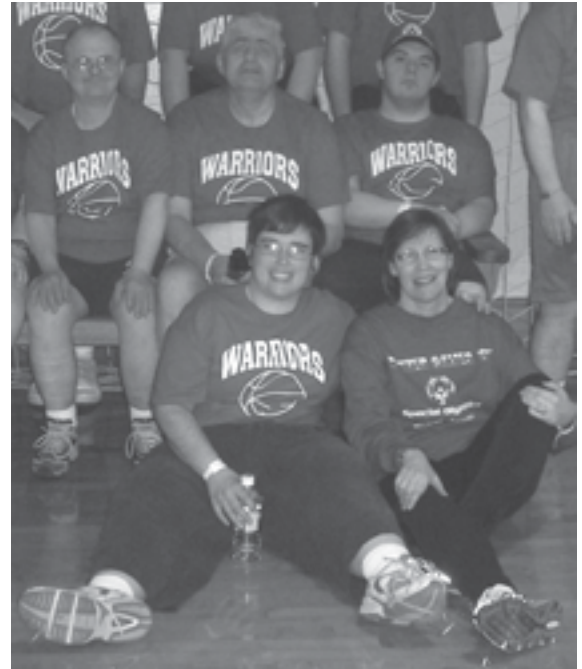
"There was one little boy I was trying to teach to jump in from the side of the pool. I made an instant connection with him, putting up my fingers and counting off 'one, two three.' The next class he remembered and gave me a big grin, putting up his fingers and counting off to jump in. When they do even just a tiny thing, you feel like you're making progress and it spurs you on with other ideas to try," Pam said.

Pam noted that her volunteer work has also made her much more aware of the challenges people with disabilities and their families face every day.

"It's a reality check. It helps you figure out what's important in life. There's more going on in the world (than your own stuff)," she said.

We had the opportunity to recognize Pam's contributions with a Distinguished Service Award last month.

"Her personality, dependability, and compassion make Pam a wonderful volunteer and a great asset to the recreation program," Lisa Connors, Adult Services Coordinator for the Arc's Recreation Program, said in



Teamwork - Pam Fitzgerald (front row, right) was recognized with a Distinguished Service Award at a Ceremony held March 20th at the Peabody Marriott. Pam, shown here with the Arc of East Middlesex Warriors Special Olympics Basketball Team, was honored for her outstanding contributions as a volunteer supporting our recreation programs.

nominating her.

Although we are sad to see Pam move to Vermont, we take pride in the fact that she will continue supporting people with disabilities.

"I've been inspired by my volunteer work to pursue a Masters Degree in Special Education. Although I'm a lawyer, my undergraduate degree was in Elementary Education. I'm switching gears in my career," Pam said.

To learn about volunteer opportunities with the Arc of East Middlesex, please call Pat Simons at 781-942-4888, ext. 4032. For more volunteer news, please see pages 2, 4 and 5 of this newsletter.



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

SOMWBA Certified

Phone 781.942.4888
Fax 781.942.0820
www.theemarc.org
info@theemarc.org

The Arc of East Middlesex Board of Directors

President
Sharon Borggaard
Holderness, NH

Treasurer
Ralph D'Amico
Reading, MA

Clerk
Maureen O'Brien
Reading, MA

Directors
Lucie Cripps
Rockport, MA

Barbara Crystal
Melrose, MA

Christine Flaherty
Reading, MA

Lisa Gibbs
Reading, MA

Charles B. Gordon
North Reading, MA

Judith T. Osborn
Reading, MA

Elena Previte
Melrose, MA

Timelines is produced by:

Jo Ann Simons, MSW
Executive Director

Susan Ring Brown
Director of Development

Paula Vratton
Administrative Assistant

Volunteers are the key to our success! *April is Volunteer Recognition Month*



Volunteers are people who work on behalf of others. They contribute their time, energy, expertise and resources so that we might be better. They work without paid salary or wages. They are reliable and dependable. At The Arc of East Middlesex, Inc. April is a time to reflect on the importance of the individuals and organizations that contribute as volunteers to our programs. I believe it is the strength of our volunteers that help distinguish us from our peers in the non-profit world. They make us stronger and better. They are over 80 years old and they are under 15. From A to Z. they are:

Accountants, Bankers and brothers, Cousins, Doll collectors, Eagle Scouts and Elks Club members, Fathers, Grandparents, Housewives, Interact Club members, Janitors and Joggers, Kiwanians, Lawyers and Lions Club members, Masons, Moose Club members and Mothers, Nurses, Office assistants, Pediatricians, Quilters, Retired workers and Rotarians, Sisters, Students and Swimmers, Tai Chi instructors, University students, Veterinarians, Walking Club buddies, X-ray technicians, Youth Groups and Zestful!

Volunteers are pool buddies and provide 1:1 assistance in our swim programs and bring new talents into our day programs. They set policy as Board members and set direction for our Family Support programs. They protect human rights as members of our Human Rights Committee. They provide holiday presents to some of our needy families. They hold dances for teens and adults. They raise money and ask their family and friends to contribute too.

But it is not all about what volunteers give because volunteering is a two-way street. We get a lot from volunteering. Volunteering gives people an opportunity to make their community and our whole world a better place. Volunteering nourishes our souls. I know that. I grew up in a family of volunteers. I often wondered where my parents were on the many nights they were out making our community a better place. I learned about how non-profit organizations needed the contributions of volunteers. At first, I was jealous of the boys in my father's youth groups and baseball teams and of the gardens that became more beautiful with my mother's help. Later, I became proud of their efforts and saw first-hand the benefits to my family when my mother went door to door to raise money for the then new Kidney Foundation to aid the needs of a disease my brother was fighting. My father supported my own athletic interests by volunteering as Director for the New England Swim Coaches and Officials Association.

Leading an organization that depends on and values volunteers seems natural to me. Like many of you, I am a volunteer. I have volunteered for my high school and college. I have been a Town Meeting member and on the Rails to Trails committee. But, my desire to see the world a better place for people with disabilities dominates my current volunteer efforts with the Special Olympics and National Down Syndrome Congress. Like most of you, I get more than I give from my volunteer experiences.

Our deepest thanks to each of our volunteers
Please see pages 4 and 5 of this newsletter for a listing of our volunteers and available opportunities.

EMPLOYEE PROFILES

Veronica Caballero, Sylvia Calangi and Jeff Esquerra *Albion Street, Cliffside Commons & Main Street Residential Program Managers*

Long Road from the Philippines to the Arc of East Middlesex

Talk about commitment! Once they were offered jobs in the Arc of East Middlesex's residential programs, Sylvia Calangi, Jeff Esquerra and Veronica Caballero worked for 18 long months to get permission from the Philippines to join us. We are delighted that they were persistent and finally gained approval to make the trip here in December, 2006.

"That is everyone's dream, to work here in the United States," said Sylvia, who worked as a school social worker in her home province of Batangas. "We want to learn about your system so that we can apply it when we get back to the Philippines."

There is no community based service system for people with developmental disabilities in the Philippines. People with developmental disabilities are either cared for at home by their families or sent to the mental hospital, Jeff said. What are Jeff's goals for his experience at the Arc? "I'm interested in human rights. How to make a law, advocacy. How to make a difference."

Jeff is from Alcala, Pangasihan, North of Manila. His interest in advocacy goes back to his college days, when he designed an advocacy program for people with disabilities but did not have the opportunity to implement it. Jeff's experience includes working for a nonprofit child and youth sponsorship organization and with the provincial government in a program to empower women and the community. Veronica, a native of Bicol, worked for the government in Manila in a crisis intervention program and in an adoption unit, handling both foster care and permanent placements. Each of the visiting employees worked with impoverished families in the Philippines.

Jeff, Sylvia and Veronica are also making a difference here in the United States. Veronica has been very involved in assisting the women who live at our Albion Street residence in staying active, getting out of the house for shopping, movies, dinner and community events. Jeff and Sylvia are learning about Hospice Care, a service not available in the Philippines, as they help support several individuals receiving end of life care. "I love the ladies here," Sylvia said of the women she supports.

Although they have not found a local Philippino community here (it's too cold and the cost of living is high), they have found a welcoming community in Saint Joseph's Catholic Church in Wakefield. They have also had the opportunity to do some exploring around the Northeast, including Boston, the Statue of Liberty and World Trade Center Memorial in New York and Princeton University in New Jersey. Veronica and Sylvia have warmer climates in mind for future trips – they are saving money to visit Florida and



Exchange of ideas - Veronica Caballero, Jeff Esquerra and Sylvia Calangi are learning about our culture and services and educating us about the Philippines.

Hawaii. Jeff is an F1 racing fan and would like to see the Grand Prix in Indianapolis and some boxing in Las Vegas. They encourage their new American colleagues to travel as well.

"The Philippines is a nice place to visit because of all of the beaches and the volcanoes," said Sylvia. Jeff agreed, noting that terrorism reported in the media is restricted to a small area in the Southern part of the country. "Visit my country and if you are a business, invest," Jeff suggested, noting that the country's economy is just starting to recover after the fall of the Marcos family. If you do visit the Philippines, be sure to try the mangoes. "We have the best mangoes in the world!" Sylvia concluded.



Above & Beyond the Call of Duty! - Arc of East Middlesex Board Member Chrissie Flaherty and her son Cam pose with the Polar Plunge Mascot at Revere Beach. Chrissie not only plunged into the icy Atlantic ocean, she was the top fund raiser for the rEMAR-Cables team, collecting donations to support our Special Olympic athletes. Thank you Chrissie!

Three Cheers for Our Volunteers!

April is Volunteer Recognition Month. We are pleased to recognize the following volunteers for their outstanding contributions to our programs.

Elizabeth Apraku
Joseph Boland
Annie Bradlee
Andrea Braham
Briana Brukilacchio
Katelyn Carroll
Karrie Collins & Students from Reading Memorial High School
Brian Conroy
Chris Coroniti
Meghan Culbert
Stephen Czarnota
Jonathan Davis
Joshua Dell'Aria
Amanda Donohue
Samantha Drane
Lianne Duffy
Mary Eaton
Leanna Faro
Geri Finlay
Neil Fitzgerald
Pam Fitzgerald
Sarah Ford
Mike Fothergill
Timothy Gorman
Maryellen Groot
Ryan High
Allison Kelley
Laura Kelly
Lindsay Kelly
Jean Krogh
Joe Martin
Rob Masiello
Allison McGrail
North Reading High School Interact Club
Nick O'Brien
Katie O'Connor
Tim Paquette
Mark Pawlowski
Phillips Academy Students
Kelsey Quinn
Sophie Rao
Chris Rubin
Max Rudzinsky
Michelle Scali
Amy Schapiro
Nihar Shah
Marina Simons
Patricia Simons
Vickie Slazar
Crissy Smith
Gwen Teutsch
Jackie Therrien
Katelyn Todd
Stephen White
Cameron Yasi
Ryan Yasi

For volunteer opportunities with the Arc of East Middlesex, please call Pat Simons at 781-942-4888, ext. 4032.

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

Friend—Gifts up to \$100
Greater Good Foundation

Supporter—Gifts \$101-\$249
Reading Cooperative Bank

Benefactor's Circle – Gifts \$1000 - \$2499
Piccolo Family Charitable Foundation, Inc.
United Way of Mass Bay - MB05 Q4

Grants
Qambio, Inc

Tribute Gifts
Use the pledge form on the fundraising 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.

In Honor of Hannah's Bar Mitzvah
Mr. and Mrs. Shepherd Simons

Memorials
In Memory of Peter Donovan
Marion Armstrong
Francis, Peggy and Kathy Burke
Janis Crafts

In Memory of Roger Evans
Susan and Scott Gordan

In Memory of Lucille B. Fidrocki
Mr. and Mrs. Milton Parks and Family

In Memory of Jane
Jo Ann Simons Derr and Chet Derr
Mr. and Mrs. Shepherd Simons

In Memory of Karen A. Mahoney
Mr. and Mrs. Milton Parks and Family

In Memory of Jonathan Ogan
Jo Ann Simons Derr and Chet Derr
Mr. and Mrs. Shepherd Simons

In Memory of Richard Volpe
Jo Ann Simons Derr and Chet Derr

In Memory of William C. Wiswall
Mr. and Mrs. Milton Parks and Family

In-kind Gifts
Jo Ann Simons and Chet Derr
Michelle Faugno
Lisa Gibbs
Dolores Parks
Beth Thornton

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:
Nathaniel Dublin and family
Meng Huang and family
Anne Kinteris and family
Louis Labadini and family
Mark Anthony Williams and family

Gifts received through March 7, 2007

Wish List for new Life Choices Program

The Arc of East Middlesex will be launching a Life Choices program this summer to support adults in developing their life skills to increase independence. This innovative new program will have distinct focuses for various age groups. Emphasis will be placed on connecting participants to the community and leading a healthy lifestyle. In order to get participants up and moving, we need to purchase some specialized software and equipment. These items are at the top of our **Wish List:**

- ★ Wii system by Nintendo/ interactive gaming system: \$400 includes everything we will need to get the system up and running including games.
- ★ Sony Play Station 2/ game system for Dance Revolution: \$200.
- ★ Dance Dance Revolution Arcade metal dance pad with handle bar for ps2 and game: \$250.

We welcome contributions towards the purchase of these items. If you can help us with these fitness promoting purchases, please send a check payable to EMARC to attn. Development, Arc of East Middlesex, 20 Gould Street, Reading, MA 01867. Please note Donation for Life Choices on the memo line of your check. For questions about donations, please call Susan Ring Brown at 781-942-4888, ext. 4029 or email srb@theemarc.org. For questions about the Life Choices program, please call Kathy Kelly at 781-942-4888, ext. 5017 or email kkelly@theemarc.org.





Generous Harvest - Jo Ann Simons, Executive Director of The Arc of East Middlesex (left) accepts a donation from Nancy Sahagian, Treasurer of Samantha's Harvest. The grant enables the Arc to produce outreach materials and to reprint artwork created in their Center for Emerging Artists. Samantha's Harvest is a nonprofit organization founded by Lisa and Rob Gibbs of Reading in honor of their daughter Samantha. They raise funds to support organizations that directly enhance the well being of individuals with Down syndrome.

Volunteer Opportunities

Swim Volunteers Needed!

Contact: (781) 942-4888, ext 4036. Email: Rec@theemarc.org
Do you like to swim? The Arc of East Middlesex is looking for volunteers who want to share that opportunity with a child (3-12 years old) who has a developmental disability. This is an individualized swimming and water activity program designed to teach basic swimming skills with one-to-one support from volunteers. No prior experience necessary and training is available! Programs run in six-week sessions, get involved today! High school students can earn community service hours!

LOCATION: Reading Burbank YMCA, 36 Arthur B. Lord Drive, Reading MA 01867. Just off Route 28 in Reading.

Tuesdays: 4:30 - 5:45 p.m. April 24 - May 29.

Fridays: 4:30 - 5:45 p.m. March 9 - April 13 and April 27 - June 1

LOCATION: Malden YMCA, 99 Dartmouth Street, Malden, MA 02148. Across the street from the Malden Post Office.

Tuesdays: 4:30 - 5:45 p.m. April 24 - May 29

Food Bank Volunteers Needed!

Volunteers are needed to help with the Arc's Food Bank approximately once every three weeks for about two hours per trip. You will accompany a truck driver to the Food Bank in Boston and help load a truck. Then you will return to The Arc office in Reading and help unload the truck. For more information contact Denise Protz at 781 942-4888 ext. 4023.

April 15-21 is National Volunteer Week. We sincerely thank all our wonderful volunteers for your time, dedication and enthusiasm. You help in many different ways and you all make a positive impact in people's lives! We couldn't do it without you!!

Upcoming Workshops, Exhibits and Events

FROM THE FAMILY RESOURCE CENTER

The Do-it-Yourself guide to creating Housing Options – NEW GROUP FORMING!

We are in the process of establishing a "Working Group" focused on creating individualized Supported Living arrangements for their sons and daughters. Armed with information from our guest speakers, we will work together to brainstorm creative ideas, learn about the contributions families need to make, and take practical steps to make housing dreams a reality. April 5, April 12, April 26, May 3, and May 10. Fee - \$20 for the series. 7:00 - 9:00 p.m. Held at EMARC. Contact Michelle Faugno (781) 942-4888 ext. 4018 or email: fam2fam@theemarc.org

Sensory Strategies and other Simple Solutions.

Thursday, April 12, 7:00-9:00 p.m.

At this workshop we will provide a brief overview of sensory processing, discuss the signs and symptoms of sensory processing difficulties, explore how sensory processing difficulties interfere with learning, happiness, being safe, and getting along with others, share strategies to be used at home, yard, and community and discuss appropriate and effective ways to work with your child's school team. Presented by Casey C. Quirk, M.S., OTR/L, Occupational Therapist, Region 3 DMR REACH Clinic and ACCESS Team. Casey has worked for DMR for 12 years, and also during that time, for a private company that covered several school districts for 5 years. Although her dozen years with DMR has been supporting people of all ages, in the past few years her caseload is primarily children living at home. Held at EMARC. A \$10.00

donation for this workshop is requested. Contact Kerry Mahoney (781) 942-4888, ext. 4015 or email: km@theemarc.org

Spring Fling "Feeling Groovy", April 13, Time: 7:00 – 10:00 p.m.

Location: North Reading High School, 191 Park Street, North Reading. Don't be a square, put on your boogie shoes and get down at the Spring Fling! This is an integrated function with students from North Reading High School. Dress is the 70's, whether your scene is disco or hippie! RSVP is required to attend. Attendants are invited and welcome. Supervision is required. \$10.00 suggested donation. Contact Chenine Johnson (781) 942-4888, ext. 4036 or email: Rec@theemarc.org

Sibshops, April 20. For brothers and sisters ages 7-12. Knights of Columbus, 570 North Ave., Wakefield. RSVP by April 16. \$15.00 per child, lunch is included. Contact Cara Gradzewicz at (781) 942-4888 ext. 4016 or email: carag@theemarc.org

Who's In Charge? Saturday April 28, 10:00 a.m.-2:00 p.m.

All too often, families can be overwhelmed by the system, and feel they have few options when it comes to services. This workshop provides practical strategies and information to help families shape and self-direct the services they need. This workshop addresses many important topics including Flexible Supports and Funding, Negotiations with schools, agencies and organizations, the ISP, Self-Advocacy, as well as the Medicaid Waiver and how it will affect services. This workshop will take place at WIC, 239 Commercial St, Malden Register with The Arc of Massachusetts – www.arcmass.org or call Beth Rutledge (781) 891-6270 ext. 101. Fee \$25.00 \$15.00 for members of The Arc.

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

Return Service Requested

Non-Profit
Organization
US Postage
PAID
Reading MA
Permit No. 64



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.**

