



Timelines



SEPTEMBER 2007

in this issue...

- 1 Artists Win Holiday Card Contest
- 2 Remembering Joanne Palmer
Board of Directors
- 3 50th Anniversary Celebration
- 4 Run for the Arc
- 5 Donations
Upcoming Events
- 6 Membership Application
Car Donation Program



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

Christmas in July!

Project Bread Selects Images by Teri Ann Foley & Kim Putney

July brought the exciting news that Teri Ann Foley's *Dove* and Kim Putney's *Candles* were among five images selected from over 50 submissions for Project Bread's holiday card program. The images were selected because they are in sync with Project Bread's message of peace and fit with requests from corporate customers and merchants.

The response from the artists was enthusiastic. "Good!" said Teri Ann. "Yeah!" said Kim.

"We are always looking for new opportunities for members of our Center for Emerging Artists and this contest presented us with a winning situation all around. Teri Ann & Kim and the Center benefited from their selection and programs to feed the hungry will benefit from the sale of the cards," said Heather Weikel, Arc Marketing Specialist.

Project Bread, the state's leading anti-hunger organization, is dedicated to alleviating, preventing, and ultimately ending hunger in Massachusetts. Best known for operating the Walk for Hunger, Project Bread funds 400 food pantries, soup kitchens, and food banks all over Massachusetts. Project Bread began the Alternative Christmas Gift Card program prior to the 1975 Walk. Steve Fisher, the young minister of the United Church of Christ and first appointed program director of the Walk, initiated the project with his staff. It enabled people to make contributions to the world's hungry people on behalf of the card's recipient. This year's cards



Winning Selections - Teri Ann Foley and Kim Putney display the holiday images they created which were selected by Project Bread for inclusion in their holiday card program.

will be available for sale on October 1, 2007 through www.projectbread.org/holidaycards and at stores including our friends at Barnes and Noble in Saugus and Peabody.

"We are pleased to be involved in this program on so many levels. We are proud to have the artistic talents of Teri Ann & Kim recognized and thankful to Heather for pursuing this opportunity. As the operator of a food pantry, we also know how important Project Bread's work is," said Jo Ann Simons, Executive Director of the Arc of East Middlesex.

As part of our agreement with Project Bread, the *Dove* and *Candles* images will be available only through Project Bread this year.

For information about the Center for Emerging Artists' *Femvay* holiday cards or other classics, please contact Heather Weikel at ceapromo@theemarc.org or call 781-942-4888, ext. 5029.

The Arc of East Middlesex Board of Directors

President
Sharon Borggaard
Holderness, NH

Vice President
Maureen O'Brien
Reading, MA

Treasurer
Ralph D'Amico
Reading, MA

Clerk
Lisa Gibbs
Reading, MA

Directors
Lucie Cripps
Rockport, MA

Barbara Crystal
Melrose, MA

Christine Flaherty
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

Remembering Joanne Palmer

Joanne Palmer, a beloved member of the Arc family, passed away suddenly July 7th. This tribute was given by Jo Ann Simons at Joanne's Memorial Service and is reprinted here with her family's permission.



Joanne Palmer was many things. In the words of Annie Tetrault, our nurse and Joanne's friend, "Joanne was such a spunky, cantankerous, funny and fiercely independent woman." She had to be. She smashed stereotypes. People with Down syndrome who were born in 1944 were not supposed to go on to live in their own apartment, shop and travel independently and have meaningful jobs. Joanne had all of these. She was born in the days when expectations were low and opportunities rare. But, Joanne learned and thrived. First at home and later at Fernald, where the only education opportunity was available. It was a different time. Children with Down syndrome didn't go to the neighborhood school.

There was not a law that guaranteed children with disabilities the right to an education and it was before the Americans with Disabilities Act. When people with Down syndrome and other disabilities were given the opportunity to live in the community, Joanne was among the first to sign up-and she thrived and succeeded. She paved the way and in 1979, when my son with Down syndrome was born, with new opportunities, Joanne had already begun her independent life in the community the year before.

Joanne and I shared something besides our name. We shared a steadfast belief in the abilities of persons that others label as having a disability. And while I embrace that vision and possibility, Joanne lived it and taught it to others. She was our teacher. The ancient Hebrew text, The Talmud, tells us "that those who come through us will teach us." There was no better teacher than Joanne. She gave us her lessons daily.

She taught us about independence. Many of us had the experience of going to check on her and Janet, only to have the door opened a crack by Joanne and her to ask "What do you want?" We only cared about her, but she always was unsure whether someone was going to ask her to do something she didn't want to do-or minimize her independence.

Several years ago, Joanne and another young woman with Down syndrome went on a job interview at UPromise. Joanne and the other woman were asked this question, "What would you do if you made a mistake?" The other woman thoughtfully replied that she would go to her supervisor and ask for help. It was a very good answer. Joanne replied differently and quickly, in typical Joanne fashion said "I don't make mistakes." Joanne was offered the open position and enjoyed a wonderful work life supported by the terrific folks at UPromise. I do have to tell you that the other woman was eventually offered a position there, too.

When Joanne began her recent decline associated with Alzheimer's disease, it became necessary for her to give up what she loved most-her independence and freedom to make her own decisions. Joanne and her family faced making the difficult and painful decision of moving her into a group home and having to leave a job she loved and begin a new chapter at Life Choices. None of us thought it would be easy. But, we underestimated the creativity and love of Adrienne Hayden who had worked with Joanne for many years, and Amy Ruitter and their teams at Pitman and EMI. Adrienne created Apt. #4 in the group home on Pitman Drive. It was really just one of 4 bedrooms. But, they made it something else. It was Apt 4 and Joanne was told that she had nothing to do with the other people. She was independent and in Apt. 4. Joanne had her own shelves in the kitchen and space in the refrigerator for her foods. Since Joanne lived in Apt 4, she shopped with staff for her own food and decided at each meal what she wanted to eat. Whether it was laundry, household chores or community adventures, Adrienne and Amy continually reinforced to Joanne her independence and ability to make her own decisions. The transition was flawless. Joanne enjoyed living in Apt. 4 and participating in Life Choices.

Most of us are lucky to have one loving family. Joanne was born into such a loving family-the Palmers-Grace, Ed, Rosemary, John, Jeffrey and Betsy. But, Joanne was luckier than most of us. She had another family. Those of us who were honored to be able to serve her. Supported by the Department of Mental Retardation, we at The Arc of East Middlesex were another family. Both of her families mourn our loss, but celebrate her life and gifts. On behalf of Michael, Tina, Annie, Adrienne, Amy, myself and all of us who had the opportunity to part of Joanne's life, thank you for the honor to serve her.

continued on page 4

Jo Ann Simons



50th Anniversary Celebration



All in the Family – Rick Tucker (l) 50th Anniversary Celebration Co-Chairman and his brother Rob (r) carry on the tradition their father began in establishing the Arc's signature event.

Watch your mail this month for an invitation to the Arc of East Middlesex's 50th Anniversary Celebration! This event, incorporating the Richard Tucker Memorial Dinner & Auction, is scheduled for **Wednesday evening, November 7th** at the Marriott Boston Peabody, 8A Centennial Drive, Peabody.

Our Dream Team returns this year with **Co-Chairmen John Mitchell** of CAM Media, **Rick Tucker** of Tucker's Auto Supply and **Honorary Chairman Dennis Drinkwater** of Giant Glass. Please join them in celebrating 50 years of accomplishments and looking forward to addressing the changing needs of the families we support in the years ahead.

We will be honoring **Dr. Steve Perlman**, Global Clinical Director for the Special Smiles Program, the dentistry initiative for Special Olympics Healthy Athlete's Program as our **Man of the Year**. Many of our families know Dr. Perlman not only for his world wide volunteer efforts but also for the exemplary care he provides for people with disabilities locally.

The law firm of **Mintz, Levin, Cohn, Ferris, Glovsky and Popeo, PC** will be honored as our **Corporate Champion** for their outstanding support of our international recruiting program and generous pro bono assistance.

Our Tasting Station Donors: **Bear Rock Café, Dockside, Felicia's, Fuddruckers, JJ Grimsby & Co., Just Desserts, Kowloon, Marriott Boston Peabody, Macaroni Grill, Mia Cucina, Piantedosi Baking and Wild Oats** will be honored as our **Community Champions**.

We will induct our first group of **Leaders and Founders** including our original incorporators: **Harold E. Trell; Leilia B. Spaulding; John C. McNeff, Jr.; Mildred F. Rauseo; Thelma B. Cameron; Dorothy Knowlton and Horace W. Hylan**; and subsequent leaders including **Margaret Basti, Eleanor Burke, Joan Cassidy, Claude Cimini, Lucie Cripps, Arthur Giangrande, Bill Helliesen, Edna Mayo, Milton & Dolores Parks, Andy & Elena Previte, Carol Scully, Mary Simpson and Marie Tucker**, and posthumously **Jack Hickey, Norma Howland, Chet Putney,**

Mike Scully, Cary Simpson, Dan Sweeney, Dick Tucker and Evelyn Wright. If you have contact information for relatives of our original incorporators, please email it to info@themarc.org so that we may inform them that their family members will be honored.

Arc Employment Specialist **Neville Pottinger**, our longest serving employee will be recognized with a **25th Anniversary Award**. **Martha Billington** and **Cheryl Riley** will be presented with **Community Employment Awards** in recognition of their long-term success at the MWRA and 3M MicroTouch respectively.

The talented young men and women from the **Berkshire Hills Music Academy** will once again provide musical entertainment during the silent auction and tasting station segment of the event.

There are plenty of ways to get involved in the celebration: buying an ad in the program book, buying tickets and contributing items such as vacation stays, sports or theater tickets and gift certificates for the auction portion of the event.

The invitation will be available on our web site after Labor Day. For additional information, please call 781-942-4888, ext. 4029.



Championing Our Cause - John Mitchell, 50th Anniversary Celebration Co-Chairman, and his daughter Cara pose with Wally at Fenway Park. John has recruited many corporate sponsors for the Arc over the years, including the Boston Red Sox.

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@themarc.org.

Special thanks to volunteers Briana Brukilacchio and James Spataro and to recruiter Lisa Gibbs for their help with our booth at Reading Town day!

Remembering Joanne Palmer

Continued from page 2

Grace, your name is a perfect fit. I have been awed by how you were always able to do right by Joanne from the moment you brought her home against the doctor's recommendation. During the past few difficult days, whenever I thought of you, it was not just your name; it was the manner in which you carried yourself-with such grace.

Through her family, Joanne continues to teach us. Grace, you and your children have taught all of us, me especially, how to face the uncertainties of life and the suddenness of life and death. Your grace is a lesson I will carry with me and if I am ever called upon to face a similar challenge, I hope I will have your strength and grace.

In truth, Joanne didn't have much use for me, or many of us, during much of the time I knew her-which was almost 15 years. She saw me as

someone who might be checking up on her and she didn't have any use for any of us in that capacity. But recently, Joanne seemed to have forgiven us for any of our past sins and her suspicion of us was replaced by unconditional love. And lots of hugs. Long and sincere hugs, We were all treated with random hugs.

I want to leave you with this. Monica, a woman who we support, upon learning of Joanne's death expressed her sympathies to a small group of us and then asked, "Do you like Dunkin Donuts?" "Yes" was our collective and immediate response. Monica went on and said "Joanne loved Dunkin Donuts. She loved her donuts in the Dunkin Donut bags. So, whenever you go to Dunkin Donuts, think of Joanne." And so, think of Joanne whenever you are in one and if you are inclined enjoy a donut with the same love of donuts and life that Joanne had. More importantly, go ahead and



Remembering Joanne - Joanne's confidence is evident in her pose in this family photo.

hug someone you love, today and every day, like you really mean it-the way Joanne hugged us.



Arc Annual 5K September 16th

Eastern Bank, Platinum Sponsor

Stretch your legs and support the Arc of East Middlesex's Recreation programs through the 13th Annual Run for the Arc of East Middlesex!

The 5K event is scheduled for Sunday, September 16, 2007. It begins and ends at the corner of East Foster and Main Streets, next to our registration host, the Melrose Family YMCA. Runners and walkers welcome.

The Rec program has really expanded over the past year, with our new partnership

with the Malden YMCA, increased collaboration with the Reading Burbank YMCA, increased inclusion opportunities and plans underway for after school initiatives and new services for individuals with complex needs. We don't have contracts to cover recreation services. They are made possible through program fees, grants, and gifts from friends like you.

There are many ways to support the Run for The Arc. Log on to www.firstgiving.com/emarc to register to run or walk in the 5K, or make a pledge to support another runner or walker on the rEMARCables Team. At press time, Chenine Johnson, Recreation Director; Samantha Stark, Rec Assistant; and Jo Ann Simons, Executive Director; had each set up web pages to collect pledges as members of the rEMARCables team. Please log on today to show them your support!

Runners and walkers may register online through noon on Wednesday, September 12. Race day registration is from 8:30 to 10 a.m. at the Melrose Family YMCA,

497 Main Street.

If you'd like to volunteer at a water station or at the finish line on the day of the race, please call Pat Simons at 781-942-4888, ext. 4032 or email volunteers@theemarc.org.

Special thanks to Brian Slater of the Melrose Running Club, our Race Coordinator, and to Tony Pallotta who is retiring after 12 years of service in that role. Our deepest appreciation to Sponsors including Eastern Bank, Platinum Sponsor; Runner's Edge; the Melrose Running Club; the Melrose YMCA; East Boston Savings Bank, Timing Sponsor; Wainwright Bank, Honey Dew Donuts and Massbank, Silver Sponsors; and Mayor Rob Dolan, Rep. Mike Festa and Peg and Linda O' of Remax Heritage, Brooks, Melrose Glass and Monadnock Mountain Spring Water, Friends.

The 5K is held the morning of the Melrose Victorian Fair, a wonderful family event. Make a day of it! After the Run, please stop by our Center for Emerging Artists' booth in the Victorian Fair's Artisan Alley. We look forward to seeing you there!

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

Friend – Gifts Up to \$100

34 Gould Street Realty Trust
Mayor Robert Dolan
Representative Mike Festa
Good Samaritan Lodge
Grand Lodge of Masons
McDonald Funeral Home
Nick's Dry Cleaners
Peg & Linda O' Inc
Ted Hunt Plumbing and Heating
Richard Barton and Joyce LaBelle
Diane M. Bonanni
Mr. and Mrs. Richard Cataldo
Elaine L. Costello
Lucy and Howard Critchett
Rena and Vicente Delgaudio
Mr. and Mrs. James N. Gardner
Concetta Grassini
Suzanne Hosier
Patricia Johnson
Carol Lamb
Mr. and Mrs. Leo C. Krant
Laura and John Noble
Dolores and Milton Parks
Christine Thomas

Sustainer - Gift \$250 - \$499

Honey Dew Donuts
Massbank Charitable Foundation
RCB Charitable Foundation, Inc., *Annual Fund*
Wainwright Bank

Patron - Gifts \$500-999

East Boston Savings Bank
Leon Awerbuch and Sahar Ahmed

Grants

Adelaide Breed Bayrd Foundation
Eastern Bank Charitable Foundation for the Century Fund.
Mass. Charitable Mechanics Association
Dean's Office Service Awards, Harvard Medical School for the Recreation program

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.

In Honor of the Wedding of
Tani Kahan and Richard Sandler
From Mr. and Mrs. Shepherd Simons

Memorials

In Memory of Lillian Anderson

Alan and Charlene Anderson

In Memory of John Billante

Milton Parks and Family

In Memory of Mark Callahan

Milton Parks and Family

In Memory of Arthur Fraas, Sr.

Mary and Robert Bruno

In Memory of Rose Fratto

Mr. and Mrs. Donald Byers
Grace Iritano

In Memory of In Memory of

Robert E. Kearney

Stoneham Bridge Club
Dr. and Mrs. Louis Alfano
Claire Casamento
Louise M. Connolly
Mrs. Anne M. Dealy
Henry and Johanna Herook
Elizabeth A. Holmes
Dan, Dianne, Michael & Sean Kelly
Kate Levine
Mr. and Mrs. Peter Lombardo
Nancy and Michael Mouradian
Francis and Eva Perry
The Scully Family
Florence B. Shiner
Christine and Francis Woods

In Memory of Joanne Palmer

Carolinas Custom Clad, Inc.
J&J Currie Nominee Trust
New England Association of Schools and Colleges, Inc.
The Powder Coating Institute
Allen, Bramhall, Kennedy and Torra families
Virginia and Everett Blodgett
Gloria J. Boyd
David and Nancy Bryant
Beth Celona
Muriel C. Coldewey
Thomas P. Cronin III
Jean Marie Cull
Richard and Deborah Dellovo
Cherrie Dubois
Don and Norma Farnham
Katherine and Robert Gerade
Barbara and Robert Gerade, Jr.
Susan and John Gerngross
Sara R. Hart
Paula and Ellis Lane
Peter and Jean Marie Leahy
Jean and Henry Marcy

Leo Maghakian
Raymond S. McHugh and Family
Ann and Richard Neilson
Judith and Richard Palmer
Priscilla Poehler
Philip C. Riley
James L. Roth
Lisa W. Schmucki
Joseph and Sarah Schramm
Jean S. Silva
Margaret E. Stacey
Lynn and Gil Stevens
Ednae Storti
Jacqueline Storti
Raymond E. Thorn
John and Diana Topjian
Mary C. Ulliani
Linnea Willman

In-kind Gifts

Runner's Edge
Michelle Faugno
Anna Louise Hegarty
Sean Kenney
Diane Vratos

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:

Eden Hudson and Sally Watts
Kathleen Moline and Family

Gifts received through July 30, 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!

Upcoming Events

Run for the Arc, Sunday, September 16, 2007 – held in conjunction with the Melrose Victorian Fair. Run or Walk in our 13th Annual 5K. This year, participants may also raise funds through a personal web page. Kids 1/2 mile Fun Run 10:15, 5K 10:30 A.M. Please visit our web site at www.theemarc.org for more information.

Samantha's Harvest Golf Tournament, Monday September 17 at the Andover Country Club. For more information log on to www.samantha-sharvest.org or call 781-354-0544.

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

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

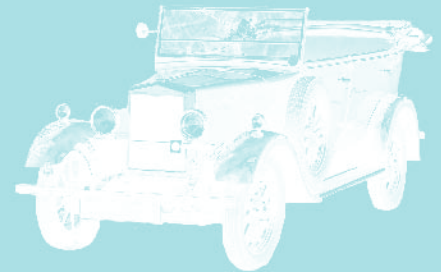
Return Service Requested

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.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.**

