



# Timelines



JUNE 2005

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## Introducing the New Voices of The Arc of East Middlesex



New receptionists Anne Pellegrini (left) and Ann Marie Doiron (right) greet guests and callers

**W**hen visiting The Arc of East Middlesex or calling by phone, you will now be greeted by the friendly faces and voices of Ann Marie Doiron and Anne Pellegrini. The two women, who participate in our vocational program (EMI), are employed as greeters and receptionists, splitting a 10 a.m. to 2 p.m. shift weekdays at our 20 Gould Street office.

"I like answering the phones, meeting a lot of different people and helping people in any way I can," Anne said of her new job.

Ann Marie shared the same feelings, adding that she enjoys signing for packages as well. "I love it," she said.

The two women were selected as candidates for the receptionist work because of their personable, friendly natures, according to Emily Hewes, Employment Manager for EMI. Emily conducted mock interviews with the women and talked with them about how they should dress for a formal interview with Michael Berardo, Director

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SOMWBA Certified

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## Join us for...

**The Arc of East Middlesex Night at Fraser Field  
Western Avenue, Lynn • 7 p.m.  
Friday, June 17, 2005**

See a *North Shore Spirit* baseball game vs. the *Bangor Lumberjacks* at the renovated field. Artwork from our Center for Emerging Artists will be on display and **artist Bill Fay will throw out the first pitch!** Tickets are \$5 each, with \$3 of each sale going back to The Arc of East Middlesex. Buy your tickets in advance from Paula Vratatos at 20 Gould St., Reading.

For directions and parking info, visit  
[www.northshorespirit.com/tickets/gamedayinfo](http://www.northshorespirit.com/tickets/gamedayinfo)



## The Arc of East Middlesex Board of Directors

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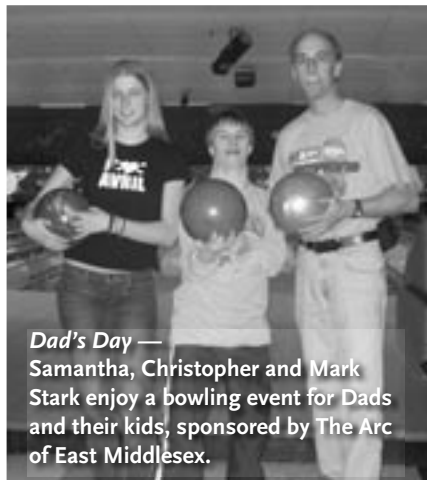
### Timelines is produced by:

Jo Ann Simons, MSW  
Executive Director

Susan Ring Brown  
Director of Development

Paula Vratos  
Administrative Assistant

Deborah Taylor  
Administrative Support



*Dad's Day — Samantha, Christopher and Mark Stark enjoy a bowling event for Dads and their kids, sponsored by The Arc of East Middlesex.*

## Dads Making a Difference A Local Father Talks About Being Involved

**I**n honor of Father's Day, Mark Stark of Wakefield, a member of The Arc of East Middlesex, is sitting in for Jo Ann Simons. The whole Stark family is involved with The Arc: Mark, as a leader of our new activities for Dads; Joanne as a former longtime member of our Family Council; Samantha, age 17, as a peer leader for Sibshops and a part-time employee

with our Recreation Program; and Christopher, age 14, the accomplished athlete who inspired the participation of the rest of the family.

**On Dads...** I remember the enjoyment I had when my Dad set aside time for me, so I'm hoping my kids feel the same. I think they do. Chris and I enjoy playing golf and baseball together during the week, but our weekend time is even better because our schedules are more relaxed. I think it's true with a lot of Dads that weekends give them the time to really get to know their kids and vice versa. I'm also a big advocate of participating in activities away from home. If we hang around the house there is always some chore I think I should be doing, but if we get out, I have a lot more patience with the kids and they with me. Dads should also know that even if they only have short chunks of time free, a little bit of one on one can go a long way. If you only have 10 or 15 minutes after dinner, you may find that shooting baskets in your driveway is just what your son or daughter wants to do.

**On Moms...** I take time off from work for IEPs (Individual Education Plan meetings) and am kind of a sounding board at night, but Joanne deals with the daily grind of education issues. Christopher enjoys school, but there's a lot to coordinate, the lion's share of which is handled by Joanne. I get involved in school work as well, but my primary focus is on athletic and social opportunities for him. Joanne also endlessly pursues activities for Chris (and the rest of us) to be involved in. I wouldn't have half my contacts with other families if it wasn't for her involvement.

**On my kids...** I love to spend time with both of them. I think Samantha has been a wonderful fit with The Arc. She was so excited to be offered a job with the Recreation Department. It's something she enjoys doing - working with kids. We are very proud of her. Chris usually is a bit wary of the unknown so anything new takes some coaxing to get him involved. My goal is to get him out to explore these opportunities. Years ago when he began swimming, we had a tough time at the start, but now he loves it and has achieved great success. Nine times out of 10 he enjoys a new activity so much that you can't get him to leave. It's definitely worth the effort when you see the smile on his face!

**On the Dads' events...** Joanne volunteered me for the first event at The Breakheart Reservation last year. I was a little anxious about what it entailed. It worked out great, just a bunch of Dads like me out with their kids trying to make that connection and enjoying the interaction without the TV, Radio, Stereo, phone, etc. interrupting or distracting. I made a few new friends as did Chris and a few more families found out how wonderful Sam is with kids...and we all learned about additional opportunities for us to enjoy some good times together.

## BOARD MEMBER PROFILE

# Evelyne Milorin

**H**enry & Evelyne Milorin immigrated to the United States from Haiti in 1970 to escape the repressive Duvalier regime. They quickly found work and began adjusting to American culture. Four years later, when their son Reggie was two years old and suddenly stopped talking, they were introduced to yet another community—the world of disabilities. Reggie was diagnosed with Autism and his parents began their additional careers—as advocates for children with disabilities.

The Milorins became involved with The Arc of East Middlesex when The Arc took over a family support contract through the Department of Mental Retardation in the early 1990s. Evelyne got a call from Kerry Mahoney, Director of our Family Resource Center, who spoke to her about respite care for her son, Reggie. In 1995, Reggie transferred from another vocational program to The Arc of East Middlesex's *East Middlesex Industries* (EMI). He has worked in the dry cleaning and retail industries and is a member of The Arc of East Middlesex's Center for Emerging Artists. He is famous for the necklaces he creates and has recently been focusing on his drawing.

When Reggie was approaching the age of 22, Kerry connected Evelyne to Mary Lou Maloney at The Arc of Massachusetts to offer her help as an advocate for adult services. Evelyne became a strong spokesperson, visiting the state house regularly from 1993 to 1998.

"It was a pilgrimage. I remember those things like it was yesterday," Evelyne recalled.

Evelyne's interest in public policy led to her becoming a Barbara Gopen Fellow in 1992. The fellowship is sponsored by the Massachusetts Developmental Disabilities Council, The Institute for Community Inclusion, The Shriver Center and The Developmental Disabilities Law Center. Barbara Wilensky Gopen was a person with a disability who made a lifetime commitment to advocating on behalf of people with developmental disabilities. The Gopen Fellowship offers an applicant the opportunity to gain valuable knowledge and experience by working with members of the Massachusetts Developmental Disabilities Network Programs. The fellow sets and negotiates their year's agenda guided by their interest and prior experience. Fellowship activities may include public policy research and analysis as well as grassroots advocacy and leadership development. Evelyne's year focused on putting information for parents raising children with disabilities on audio cassette-tapes. The cassette-tapes are in two languages, English and Haitian Creole. In addition, she did a video-tape about Reggie's independence, in all aspects of his life.

Following her year as a Gopen Fellow, Evelyne was encouraged to apply for a Kennedy Fellowship by MDDC Legal Council Deidre Whelan. She was selected for the prestigious assignment and spent 2003 in Washington DC, working on IDEA (the federal Individuals with Disabilities Education Act) reauthorization.

"It was a very big decision. The time was right because Reggie was living on his own. It gave me the opportunity to take that leap," said Evelyne.



**The Milorin family—(Clockwise from top) Henry, Mirlyne, Evelyne and Reggie.**

Evelyne's commitment to reaching out to other Haitian families in particular was also reflected in her Fellowship work. She translated a book about inclusion into Haitian Creole. That led to her membership on the Board of Directors for the National Institute for Urban School Improvement.

Earlier this year, Evelyne briefed members of The Arc of East Middlesex's Board of Directors on the IDEA reauthorization and other aspects of her Kennedy Fellowship. Board members and staff thanked her for representing families of children with disabilities.

"It's not only my contribution, it takes all of us. The family and many, many people who came into our lives to help us with Reggie and I'm grateful," said Evelyne.

Evelyne's work in the public policy arena has resulted in her putting her business, designing adaptive undergarments for people with disabilities, on hold. She is currently working on a Master's Degree in Health Administration at Suffolk University. When she completes her degree next year, she hopes to put it to use to benefit the disability community.

"This is part of me. It's for life," said Evelyne.

## A Day to Celebrate Dads

The Family Resource Center of The Arc of East Middlesex is sponsoring *A Day to Celebrate Dads*. Join other Dads and their kids on Sunday, June 12 at 10:30 a.m. at Breakheart Reservation for a hike and pizza party! Fun for kids who are ambulatory, kids in backpacks, strollers and wheelchairs. We'll meet in the parking lot at the Saugus entrance of the Reservation, hike for an hour and then enjoy lunch at Prince House of Pizza on Route One South in Saugus. We are asking for a contribution of \$10 per family to help defray the cost of the pizza party.

In the event of rain, the pizza party portion of the event will still be held from 11:30 to 1 p.m. at the Prince House of Pizza. Please RSVP to Kerry Mahoney by June 6th at 781-942-4888, ext. 4015 or email [km@theemarc.org](mailto:km@theemarc.org) or write to Kerry at 20 Gould Street, Reading, MA 01867. Checks should be made payable to The Arc of East Middlesex. Write *Dads' Celebration* on the notation line of your check. Special thanks to Mark Stark and David Snover for leading this event. See Mark's column on page 2 for his thoughts on activities for Dads and kids.

## Shop for The Arc of East Middlesex!

Father's Day, Graduations, First Communion...there are so many occasions for gift giving at this time of year! Plus, you may need new gardening or barbecue tools to enjoy this long awaited sunny season! Save yourself some time and energy and help

The Arc of East Middlesex by buying the items you need and want through our on-line Shopping Village!

You can support The Arc of East Middlesex (EMARC)—at no extra cost to you or us. Just buy your favorite products at our new online shopping village at [www.greatergood.com/partner/theemarc](http://www.greatergood.com/partner/theemarc).

And up to 15% of the price of your purchases go directly to our organization.

Our shopping village includes brand-name items from leading online retailers like Barnes & Noble.com, Delta Airlines, DisneyStore.com, Dell Home Systems, Coldwater Creek, The Gap, Proflowers.com, and more than 100 more. You don't pay extra to buy things online. And your security and privacy are rigorously safeguarded.

Ready to do a little shopping? Visit our Web site at [www.theemarc.org](http://www.theemarc.org), click the online shopping button on the bottom left of our home page, and off you go.

What's more, you'll receive a great retailer special when you register. Please sign up today!



## New Receptionists Greet Guests & Callers

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of Operations; Susan Roche, Personnel Manager; and Joel Green, Director of Day Services.

"They were both well prepared for the interview. Anne Pellegrini brought a resume. We created some scenarios for them and they responded really well," recalled Joel.

After successfully completing their interviews, Anne & Ann Marie worked with Emily to learn the phone system. Emily developed a script for the women to use in answering the phone and practiced transferring calls with them.

"They've really taken initiative. They'll say 'This happened and I wasn't sure what to do—what should I do if it happens again?' I've just been really impressed with how they've jumped into the position and their willingness to learn," said Emily.

Each of the women has prior work experience. Ann Marie worked as a cashier for Burger King and Anne held several positions, including receptionist, at a Florida hospital. Anne sees the opportunity as good preparation for permanent employment.

"My goal is that someday I can answer phones out in the community in a doctor's office," Anne said. "I love it. I enjoy it," she said of her current position.

Michael Berardo sees the new receptionist position as a win win situation.

"We thought, why not use the talent we have? It increased job opportunities for the individuals we support and provides callers and visitors with a warm welcome. They've really done quite a good job," Michael said.

*To learn about qualified candidates for your company or organization, please call Carol Sheehan at 781-944-5655, ext. 5017.*

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

### Friends—Gifts up to \$100

Concetta and Dennis Debenedetto  
John and Laurie Doherty  
Diane Hanley  
Tara Herlihy  
Stacey and Daniel King  
Edith Svenson  
Deborah Thornton

### Grants

Reading Cultural Council, for support of *Three Paths* video profiling members of The Center for Emerging Artists

### Tribute Gifts

Use the enclosed reply 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. We are please to acknowledge the following tribute gifts.

### Memorials

**In Loving Memory of our mother and grandmother, Jean S. Wicks**  
Kathy and Nate, Randy and Celine,  
Nancy, Barb and Brian  
Grandchildren Erik and Kari

### In Kind Gifts to our Indoor Yard Sale

Sharon Borggaard  
Susan Ring Brown  
Chuck Gordon  
Dolores and Milton Parks  
Jo Ann Simons  
Pat Simons

### Welcome New Members

Sharon and Kevin Baumann

*Gifts received through May 10, 2005*

# Record Crowd Celebrates Volunteerism & Achievement

The Arc of East Middlesex held its Annual Awards Ceremony, *Together We Shine*, on April 26th with a crowd of 250 guests at the Holiday Inn in Peabody. The event thanked members of the community for their support of people with disabilities and recognized the achievements of the individuals we serve and staff.

**Jo Ann Simons**, Executive Director and **Barbara Crystal**, President of The Arc of East Middlesex's Board of Directors, served as emcees for the event.

"These are the unsung heroes whose contributions have enriched the lives of the people we support," Jo Ann Simons, Executive Director of The Arc of East Middlesex, said of the honorees.

The award recipients are: **The Lucie Cripps Award:** Allen Crocker, M.D.; **The Norma Howland Human Rights & Advocacy Award:** Rhonda Fogle, M.D.; **Educators**

**of the Year:** Thomas Keane, Concord Carlisle Regional High School and Donna Kelley, Stoneham High School; **Municipal Employee of the Year:** Ruth Clay, Health Director, City of Melrose; **Employers of the Year:** Michelle Filleul, Reading Public Library and Anthony Trofimow, Edward Jones Investments; **East Middlesex Industries Employee of the Year:** Tihi Toth; **Consumer Achievement:** T'ai Chi Participants Jack Barry, Ed Daloia, Cathy Dean, Teri Ann Foley, Ginger Ford, Ross Geldart, Chris Hartford, John Herbert, Jane Hickey, Kiely Holden, Janice Michaud, Danny Pike, Kim Putney, Alfred Resteghini, Kerry Rubman and Peter Sitcawich; **Distinguished Service Award Recipients:** John-Paul Anderson; A & A Taxi, Inc., Anapayan "Satchi" Selliah and Anthony Dietz; Brooksby Farm, JoAnne Roden; Corcoran Management, Monique Mazola; Ironside Farms, Kathy Izzi; Dick



**Harmonic Convergence —** Executive Director Jo Ann Simons and Artist Kim Putney thank Board Vice President Sharon Borggaard for her efforts creating a T'ai Chi Class and an Adult Sibling Group for The Arc of East Middlesex. Kim, Sharon's sister, created the *Yin and Yang* painting in Sharon's honor.

Haggerty, The Daily Times Chronicle; Catherine Boyle; Nancy Megna; Meghan Greabell and Andrew Lee; and **Special Recognition Awards:** Deborah Goldstein, Shannon Murphy and Sharon Borggaard.

## The Arc of East Middlesex Membership Application

Membership includes this newsletter, Arc US newsletters, 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:

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**Dues: \$25**, add an additional \$10 (enclose \$35) if you would like the Arc Mass newsletter, the **Advocate**.

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## Running for The Arc of East Middlesex

**T**ara Herlihy, a special education teacher at the Coolidge Middle School in Reading, ran *The 109th Boston Marathon* this spring to benefit The Arc of East Middlesex.

"I wanted to have some kind of goal that way as opposed to just doing it for the sake of doing it," Tara said.

Tara, who teaches Language Arts, Math and Social Studies and is co-advisor for the Student Council, raised money for The Arc of East Middlesex with her students at the school and through her family and friends.

Tara started training in November and ran in *Boston's Run to Remember*, a half marathon honoring fallen police

officers and firefighters to benefit at-risk kids, in preparation for her first full marathon. She finished *The Boston Marathon* in four hours and 18 minutes, which included a 47 minute back-up at the starting line.

Had she set a goal for herself regarding a finish time?

"No, I just wanted to finish!" she recalled with a laugh.

Tara is a new member of the *Run for The Arc of East Middlesex* Committee, the 5K Race held in conjunction with the Melrose Victorian Fair. This year's race, which also welcomes walkers, is scheduled for Sunday, September 18.

Our thanks and congratulations go out to Tara!



**Marathon Woman** — Tara Herlihy of Reading gathered pledges for The Arc of East Middlesex in connection with her first run of *The Boston Marathon*. She is shown here at the Marathon's finish line, sporting a t-shirt with The Arc of East Middlesex's new logo on the front and our state-wide tag line, *Realizing potential, Achieving goals*, on the back.

## Celebrating Spring

**R**achael Simeone, Alyssa Conte & Sarah Vozzella were all smiles at the inclusive *Spring Fling* dance held at Reading High School April 29th. To request a Summer Recreation Program Schedule or to put your name on the mailing list for future dances, call 781-942-4888, ext. 4036.