



# Timelines



WINTER 2011

## Grand Opening!

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**Ribbon Cutting** (left) Terry Kennedy, EMARC Executive Director with staff, friends and participants from the Life Choices Central Middlesex ribbon cutting ceremony.

**O**n Friday November 19th EMARC opened its third Life Choices Program at 2-4 Ray Avenue in Burlington. Life Choices is an innovative day program that assists adults with intellectual and developmental disabilities in becoming full participants in their communities. The program offers service tracks that focus on exploring individual creativity, relationships, independence skills, community engagement, and wellness. Once the program reaches full capacity it will provide services to nearly one hundred individuals from Burlington and the surrounding communities.

In attendance at the Ribbon Cutting ceremony were Life Choices participants and their families; Elin Howe, Commissioner of DDS; Mary Beth Coyne, Director of DDS Central Middlesex Area; Leo Sarkissian, Executive Director of the Arc of Massachusetts; and the EMARC Board of Directors and staff.

*For more information, please contact Neil Wyatt, Director of Life Choices Burlington at 781-365-1350 Ext. 1002.*



**2 Ray Avenue: Facade of Life Choices Central Middlesex in Burlington.**



20 Gould Street  
Reading, MA 01867-2927

SOMWBA Certified

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## EMARC Board of Directors

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## *A Message from the Executive Director* **Terry William Kennedy**



During this holiday season and throughout the rest of the year EMARC's services play a critical and important role in the lives of many hundreds of individuals and their families. I consistently hear from families how grateful they are about the positive impact that EMARC's services has on their lives. EMARC's ability to consistently perform at such high levels is due to the spectacular group of staff and volunteers that day in and day out keep their focus on implementation of our mission.

As part of our ongoing quality assurance plan we routinely seek critical feedback from program participants and their families. The feedback we consistently receive confirms that EMARC is providing the services promised, addressing individual needs and is helping people build better and more productive lives. This conclusion was just recently validated by a formal Department of Developmental Services (DDS) quality assurance review.

Every two years EMARC undergoes an extensive re-certification and re-licensing review by the DDS' Office of Quality Enhancement. The purpose of this review is twofold: first is to certify the quality of our supports and services and the second is to review the organization's compliance with all applicable contracts and regulations. This is an intensive review process that involves virtually every aspects of the agency's operation. DDS' survey staff assesses: the quality and quantity of EMARC's services, the effectiveness of our fiscal, management and human resource systems the upkeep and maintenance of our building, our record keeping systems, our in-house quality, assurance systems and process, and a variety of other operational functions.

I am pleased to say that once again the quality of EMARC's services and operational systems was validated by this review by being awarded a Two Year Certification (the maximum available). Below are some of the comments noted in the official DDS Office of Quality Enhancement report:

- The agency had maintained many commendable practices while continuing to develop innovative systems and services.
- There was an agency wide emphasis on the training and support of a well educated, diverse, and creative staff.
- The agency supported a variety of both large recognition events and smaller but meaningful acknowledgement for the day to day efforts of individual staff, helping to create a positive work environment and contributing to good staff morale.
- The agency had effective systems to manage risk, utilizing HCSIS as required and maintaining its own data collection and internal reporting systems.
- Emergency systems such as on-call and evacuation plans and procedures were responsive and effective.
- There was an agency wide effort to include families as an integral part of people's support team. Family members were regularly included in agency wide, site and individual specific meetings and events.
- Staff strongly supported people to maintain a variety of relationships including family, friends, ex-housemates, ex-staff, as well as neighbors and co-workers.
- The agency is supported by an active and involved Board of Directors and through a flexible and dynamic strategic plan.
- EMARC continued to be locally active and supported individuals and staff to give back to their communities in a number of ways.
- The agency supported a well trained and creative workforce, and maintained a number of innovative and effective systems and services that led to positive outcomes for the people served.

Sincerely,

A handwritten signature in black ink that reads 'Terry Kennedy'.

**EMARC is pleased  
to acknowledge gifts  
from the following donors...**

**Gifts Up to \$100**

United eWay – Janine Parks  
Marc Joslow  
Warren Randlett

**Tributes**

**In Honor of Paula Foster**  
The Foster Family

**In Honor of the Simons Family**  
Jim Baratz and Donna M. Zarembo

**Memorials**

**In Memory of Arlene Mc Aweeney**  
Charles B. and Arlene Mc Aweeney

**In Memory of Peter Rousseau**  
G.R. Tentindo

**In Memory of David R. "Sully" Sullivan**  
Cardinal Alumni Association  
Moriarty & Associates, P.C.  
Ron and Michelle Amram  
Herb and Alice Carney  
Catherine and Larry Dennison  
Mary and Paul Downing  
Anna Mae Foreman  
Joanne Fusco  
Franklin and Bonnie Gold  
Timothy and Renate Haarmann  
Carol Lee  
Charles and Gail Lupica  
John McLaughlin Family  
Bruce and Melissa Patz  
Eric and Lisa Pogoda  
Joyce Pogoda

Patricia Riley  
Holly and John Simione  
Maureen Woods

**In Memory of Joseph P. Zager**  
Bass Rocks Golf Club  
Reading D.P.W. Employees Union  
Bill and Allison Callahan  
Brenda Fogarty and Kelly Obrien  
Jon and Shannon Poulos  
John and Mary Rice Family  
Robert H. Zager and Family

**In-kind Gifts**  
Joseph and Linda Morabito  
Lianne O'Day

*Gifts received through September 17, 2010  
– December 1, 2010*

**Making a Memorial or Tribute Gift**  
Use the enclosed 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.

**Wish List**  
EMARC is looking for donations of furniture and household items in clean, good condition. Please email a description of the furniture or household item(s) and your name, location and phone number to [info@theemarc.org](mailto:info@theemarc.org). Our Residential group homes are in need of fax machines (fax all in ones) and flat (thin) LCD computer monitors. Please email fax and computer gift information to Paula Vratto at [info@theemarc.org](mailto:info@theemarc.org). **We're sorry; we are unable to accept clothing.** Thank you!

**Are you brave enough  
to take the plunge?**



**Saturday, February 26th  
Revere Beach - 10:00 a.m.**

EMARC is looking for members to join its 2011 Passion Plunge Team! The money that we raise supports our Special Olympic Programs throughout the year with equipment, gym rentals, uniforms and tournament fees! If you would like to join our team or make a donation, check out [www.passionplunge.org](http://www.passionplunge.org) and r"EMARC"ables in the North Section! Right now Special Olympics is offering if you register early it is only \$20. Register by December 15th and you will save \$5 off your Fundraising Commitment! This \$20 Fundraising Commitment counts towards your fundraising total.

**For more information, contact:  
Laura Morabito at x5034 or  
[LMorabito@theemarc.org](mailto:LMorabito@theemarc.org)**

**Employee Profiles:**

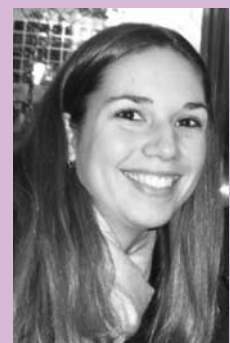
**Mindy Calisto, School to Work Director**



You can find dedicated School To Work Program Director Mindy Calisto and Educational Administer Kristen Smith working in the basement of Spruce St where they develop relationships with 14-22 year old children and their families. School To Work has been around for 8 years and provides transitional work opportunities for developmentally disabled persons as they age out of the school system. Mindy holds a BA in Psychology with a minor in French from Saint Anselm

College. She had previously worked in a residential setting which was a hospitalized locked unit and wanted a more personable approach to improving quality of life. Mindy has worked for EMARC for 3 years starting off as a Specialist working her way up to Assistant Director and to her current position of Program Director. Her job entails directing and managing day to day specialists, student schedules, job development, progress writing, data inventories, developing program policies and supporting her 9 staff. Mindy is also an instructor at Reading Memorial High School in the special education life skills classroom and is currently in Nursing School.

**Kristen Smith, Educational Administer**



Kristen is from New Jersey and possesses a BS in Elementary Education, Special Education Certification for students with moderate disabilities and Masters in Education from Fitchburg State College. She was a special education classroom teacher for 5 years; 3yrs in Pennsylvania and 2 yrs at the Beverly School for the Deaf before joining the EMARC team last January. Kristen was looking for 1:1 student support driven work that was also more personable, which School To Work provides. Her job includes collaborating and communicating with various school districts, coordinating contracts for student services and providing vocational assessments that the school district feels is necessary. In addition, she provides support to two Reading and Stoneham students with job development, life skills development and social skills. Kristen is very dedicated to supporting others and tutors students after work! Her schedule is packed but she still manages to find the time to belong to a bowling league!

## Gallery Expansion

Visitors may have noticed some striking changes to our lobby recently at 20 Gould Street in Reading. The Center for Emerging Artists has received a grant for \$5000 from East Boston Savings Bank to create a working gallery space. The concept for the gallery is a truly inclusive space featuring artwork from artists receiving supports from all three of our day services locations. We plan to include artwork from local community artists alongside artwork from Center for Emerging Artists, who receive services from EMARC. This will provide greater visibility for all with a potential of more appreciation and respect among all artists.

On December 3, a volunteer crew from Harvard Pilgrim Health Care led by Manager of Proposal Development, Toni Russo took on the enormous task of painting the lobby walls in a warm vanilla shade called "Country Cottage". Volunteers also painted the woodwork a crisp white which instantly brightened up the space. Even the reception desk got an instant makeover with a coat of crisp white paint with "Country Cottage" accents.

On Saturday, December 11, a crew of volunteers from



*Our Stars:* East Boston Saving Bank staff volunteered on a Saturday to help assemble the furniture that will display the custom designs of our talented Center for Emerging Artists participants.



*Our Stars:* Harvard Pilgrim Health Care staff volunteered their painting skills to transform the front lobby at 20 Gould Street into a gallery space for the Center for Emerging Artists.

East Boston Savings Bank led by Deb Jackson, President and Chief Operating Officer, took on the massive project of assembling the display pieces from IKEA, that will soon house the glittering Natural Elegance jewelry and other Center for Emerging Artists merchandise. The 10 volunteers worked alongside Terry Kennedy, Executive Director, Christine Chisholm, Life Choices Instructor, and EMARC friend, Andrew Adamowicz to swiftly complete the project. Volunteers had a quick tour of our Reading site and then shopped at the Center for Emerging Artists Holiday Sale.

Currently the lobby is receiving it's finishing touches. An opening reception is being planned for late February/March. Thanks to the generosity of East Boston Savings Bank Charitable (EBSB) foundation, volunteers from EBSB and Harvard Pilgrim Health Care, the lobby is emerging as a gallery where any artist would be proud to exhibit their work.





**Ho! Ho! Ho!:** Our secret Santa (Farrell) poses with his family at the Family Resource Center Open House.

## Holiday Open House at the Newly Expanded Family Resource Center

The Staff of the Family Resource Center joined the CEA in hosting an Open House and Holiday Celebration December 2nd. We welcomed families to the newly expanded Center. The Open House included a very compassionate Santa Claus who was available for Santa Photos, touch that wonderful beard, or just chat.

We have been able to expand the center thanks to generous donations in memory of Milton Parks and Gail Cripps. The expansion has included numerous additions to our lending library. The Family Support staff also pooled their individual resources to compile comprehensive resource binders on everything from autism to transition planning. Finally, we have a Laptop complete with Board Maker in order to offer families the possibility of creating schedules and social stories tailored to meet the unique needs of their family member. The Resource Center is open to family members and professionals.

At a recent statewide training Julie Peck, a family member and valued member of the Family Support Implementation Work Group, talked of her hopes for the new family support centers. Julie said she pictured the centers as "a warm, welcoming place, a hubbub of activity, with training sessions, supports groups and other gatherings scheduled." Our goal is to meet Julie's vision.

Please drop in, borrow a book and meet with resource center staff.



**Holiday Festivities:** Santa poses with Family Support Director, Judy Santa Maria

## There's No Place Like Home

On Thursday, December 9th the residents of Lebanon Street, a home for some since the 70s, said goodbye. Many grand old times were had in this aging Victorian house. Some of the Residents from this home moved to our Cliffside and Haven Street homes, while the others moved into our new Woodcrest house. Since 1972, EMARC has offered a wide variety of supported housing to adults with developmental disabilities. While the primary disability is mental retardation, we serve individuals with secondary issues, i.e., mental illness, blindness, autism; and medical conditions that span from Alzheimer's Disease to those with physical disabilities. We support individuals from 22 years of age in a variety of housing situations located in Melrose, Reading, Lynn, Saugus and Wakefield.

For more information please contact, Tina Claydon, Residential Director at 781-942-4888 Ext. 4037 or [tclaydon@TheEmarc.org](mailto:tclaydon@TheEmarc.org)



**Home Sweet Home:** Woodcrest facade.

## Community Connections



**Community Collaboration:** Local YMCAs recently received a generous grant from Harvard Pilgrim Health Care. The grant funds our MASH Program (Malden After School Program) and membership for our Life Choices Burlington participants. From left to right; Burlington YMCA Claire McNally, Amy Turner and Jodi Crowley, From Harvard Pilgrim Health Care, Toni Russo, Bryan Adams and Linda Skinkle.

### *Gregory's Deli, Reading*

Gregory's Deli in Reading is a stand out restaurant. They serve great food and have open hearts. Gregory's Restaurant donates all of their bottles and cans to Life Choices Metro North. Amy Zarrella's Personal Growth group then uses money from the deposits to "pay it forward" and donate the money to other organizations that the group chooses. The group has donated money to, Heifer International, MSPCA, Reading Food Bank, Coats for Kids, and will be donating to Northeast Animal Shelter. We thank Gregory's for letting the group recycle their cans once a week and allowing the group members to work on many skills while paying it forward. If you go into Gregory's Deli be sure to say a big thank you to Steve the owner for his contributions! Thanks from the EMARC gang.

### *Melrose Unitarian Universalist Church*

Melissa and Susan Warren-Southwick of Melrose (their son Nicholas participates in Rec) nominated EMARC to be the recipient of the December collection plate "Giving Beyond Our Walls" at the Melrose Unitarian Universalist Church!

### *Sal's Custom Dry Cleaning, Medford*

Linda McCarthy of Sal's Custom Dry Cleaning, Medford has designated EMARC Sal's charity for the "give back program" at First Financial Merchant Services. A check is to come each billing cycle for a percentage of Sal's Custom Dry Cleaning credit card sales processed via First financial Merchant Services.



### **Say "I Do" with Natural Elegance**

The Center for Emerging Artists and Natural Elegance jewelry are excited to announce our expansion into the bridal world. On **January 22nd and 23rd** we will be participating as a vendor at the **Bayside Bridal Expo at the Hynes Convention Center in Boston**. "We will be offering in addition to our bridal jewelry, 'Save the Date' cards and donation favor cards for which artwork will be created by CEA artists. Our goal is to reach out to a new, exciting audience to promote our talented artists and our agency as a whole," states Amy Ruiter, Center for Emerging Artists Director.

If you would like to learn more about our new bridal expansion contact **Heather Weikel, Marketing Specialist at 781-942-4888 Ext. 5029 or [ceapromo@TheEmarc.org](mailto:ceapromo@TheEmarc.org)**. Let our experienced jewelry designers create unique jewelry or artists wedding favors for your wedding day. We will work one-on-one with you to choose colors, stones and finishes. We work with any budget and most time frames. You can feel good about supporting local artists and a non-profit that provides vital services.

## Your Membership is Important to Us

Your membership investment allows us to continue our mission to support, educate and provide services to individuals and their families with developmental disabilities. Being a member means you will receive information regarding events, volunteer opportunities, workshops and news about EMARC. Please renew your membership today. Thank you for your continued support!

## EMARC Membership Application

Membership includes our *Timelines* newsletter; the Arc US newsletter; the Arc MA newsletter, *The Advocate*; access to our Recreation and Advocacy programs and invitations to EMARC events.

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 **EMARC**.



*Shining Star:* (left) "Lexi," Tucker Gala's special guest with Pat Simons, EMARC's Volunteer Coordinator.

## Upcoming Events & Workshops

### FROM THE FAMILY RESOURCE CENTER

#### Crisis Prevention Intervention (CPI) Training

**January 12 & 19, 9:30AM-3:00 PM, 34 Gould Street, Reading**

This is a training for parents and professionals to learn safe behavior management methods. If you have ever had your hair pulled, been pinched, bit, hit or slapped and wondered how can I get out of this, this is the training for you. CPI educates and empowers people to create safe situations, when children or adults are being physically aggressive. Some safe restraints will be demonstrated. The cost for this eleven hour training is \$80. Participation in both days is highly recommended. The training will be lead by a Board Certified Behavior Analyst (BCBA) from Behavioral, Education, Assessment, Consultation Inc. (BEACON)

**To register please contact Paula Thompson at 781-942-4888 Ext. 4039 or paulat@TheEmarc.org**

#### IEP Clinics

**Wednesdays, January 5, 12, 19 and 26**

Elizabeth Bostic, educational advocate and founder of The Parent Coach, will be offering information, support, and training for families who have children with developmental disabilities in regard to their educational plans. IEP Clinics will be held weekly and will provide a one hour meeting for individual consultation. A current copy of the child's IEP and evaluations are required one week in advance. The fee for each clinic is \$25. Please include a check payable to EMARC with your IEP. Please note - all records reviewed will be returned to you after the IEP Clinic. Elizabeth is also available to provide some information during phone calls.

**To register please contact Elizabeth Bostic at ebostic@theemarc.org**

#### Transition to Adult Services Workshop

**March 30, April 6 and 13:**

Time: 7:00 - 9:00 pm

Location: EMARC, 20 Gould Street, Reading

Cost: \$15.00 for the series

#### Housing Options Workshop

Dates: April 26, May 3, 10 & 17

Time: 7:00 - 9:00

Location: EMARC, 20 Gould Street, Reading

Cost: \$25.00 for the series

**For more information contact Michelle Faugno at**

**781-942-4888 ext. 4018 or mfaugno@theemarc.org**

#### Maneuvering the Maze

**February TBA**, a 4 week workshop for parents of young children with disabilities.

### FROM RECREATION

#### Snow Ball Dance (Ages 13-22)

**Friday, February 4** from 7-9pm at the WS Parker Middle School, 45 Temple Street, Reading. Admission is \$10 at the door.

**Online RSVP is required through Recreation by January 28th.**

### FROM LIFE CHOICES METRO NORTH

**February 8:** Bake Sale, 11AM-2PM at 20 Gould Street, Reading to benefit Pediatric Care at Massachusetts Eye and Ear Infirmary. Life Choices Personal Growth group will be raising money as part of their community service learning program goals.



20 Gould Street  
Reading, MA 01867-2927

Return Service Requested

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

### Connect With Us



Learn about our upcoming events and opportunities on Facebook, Twitter, LinkedIn and Our Facebook, LinkedIn and YouTube page name is EMARC and our Twitter username is EMARC1954.

We have something exciting we'd like to share with you! It's the new EMARC toolbar, once added to IE or Firefox, each time you shop at more than 1,300 stores (from Amazon to Zazzle!) a percentage of your purchase will automatically be donated to EMARC at no cost to you (and you may even save money as the toolbar provides coupons and deals as well!). The toolbar also has a search box and each time you search the Internet, about a penny is donated to EMARC. To join check out:  
<http://www.goodsearch.com/toolbar/the-arc-east-middlesex>

Masthead photo  
on page 1 -

Elin Howe, Commissioner  
of DDS with Terry Kennedy,  
Executive Director of EMARC  
celebrate the grand opening  
of Life Choices  
Central Middlesex

## EMARC Continues to Need Your Support...

As we move into 2011, please consider a gift to EMARC. Your donation provides support for programs important to the quality of life for many families and individuals that we support.

For development and grant opportunities please contact  
Beth Celona, [bethc@thearc.org](mailto:bethc@thearc.org) or 781-942-4888 Ext. 4029

For volunteer opportunities please contact Pat Simons,  
[volunteers@thearc.org](mailto:volunteers@thearc.org) or 781-942-4888 Ext. 4032

For Center for Emerging Artists/Natural Elegance opportunities  
please contact Heather Weikel, [ceapromo@thearc.org](mailto:ceapromo@thearc.org) or  
781-942-4888 Ext. 5029



A New Year and New Possibilities.