



Timelines



AUGUST 2005

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Membership Matters

Why become a member of The Arc of East Middlesex? Unhappy with your child's education plan and not sure of their rights?

Advocacy services can make the difference between the success and failure of your child at school. Members of The Arc of East Middlesex get 15 minutes of free advice from our advocate and a discounted rate (33% to 45% less than other agencies) thereafter.

Recreation programs are equally vital to the social development, self-confidence and good health of your child. Because people with disabilities are at risk of developing diabetes and cardiovascular disease more frequently and at an earlier age than the general population, we have made it a priority to make fitness fun for the children we support. Our goal is to make physical activity a natural and welcome part of their everyday lives.

We interviewed two Moms to tell you how membership has benefited their families. We hope their experiences will inspire you to join us!



Marybeth, Hannah & Brad Trapeni

The Trapeni Family

Mom, Marybeth; Dad, Guy; sons Matt & Brad, daughter Hannah of Reading

The Trapeni Family became involved with The Arc of East Middlesex in 1996 when we took over the respite care contract for the area. Their first contact was Kerry Mahoney, Director of our Family Resource Center.

"Kerry was great. Meeting with her opened up a lot of resources that I didn't know were available," recalls Marybeth

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A & A Taxi, Inc. Sponsors *The Run for The Arc of East Middlesex*

We are pleased to announce that A & A Taxi, Inc. will serve as the Grand Sponsor of *The 11th Annual Run for The Arc of East Middlesex*, Sunday, September 18, 2005.

"Satchi Selliah, Anthony Dietz and their drivers played a key role in the success of our event last year. We are so fortunate that they have stepped forward to play an even bigger role this year as our Grand Sponsor," said Jo Ann Simons, Executive Director.

The event is held in conjunction with the Melrose Victorian Fair. It starts with a 1/2-mile Kids Run at 10:15 a.m., followed by the 5K at 10:30 a.m. Download a registration form from our website at www.theemarc.org. Race day registration and number pick-up begins at 8:30 a.m. at the Melrose YMCA, 497 Main Street.

The Run for The Arc of East Middlesex is an important source of revenue for our Recreation Programs. Although participants contribute toward the costs of these programs and we receive assistance from the cities/towns of Melrose, Medford, Reading, Wakefield & Stoneham, we need to raise an additional \$50,000 per year from *The Run* and other events to cover all of our recreation costs.

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

Add Your Voice to the Chorus Join the Arc of East Middlesex Today!



When my son, Jon, was born over 26 years ago with Down syndrome and multiple heart defects, I was stunned and scared. After getting him settled into Early Intervention and stabilizing his medical conditions, I worried. I admit, I am a worrier and my family might even tell you that if I did not have anything to worry about, I might find something. But I don't just worry—I act on my worries. If I worried about Jon's medical care, I sought second opinions. If I worried about his developmental needs, I sought out both typical and innovative options for him. You get the picture.

I realized almost immediately that his needs were going to be greater than even I could control. That is another thing; I am a little bit of a controlling person. This however, was a problem that I could not solve myself. I would need help.

Jon would need access to quality: quality in education, recreation, friendships, housing, employment and funding. I knew, as all of us have learned, that we would be our child's best advocate. But, I had to make sure that others were advocating for us on the Federal and State levels. Who would be in Washington and Boston monitoring legislation and funding decisions? How was I going to make sure this was being done and being done in his best interests?

I quickly realized that the Arc could do that for us and I became a member of my local Arc with concurrent memberships in The Arc of Massachusetts and The Arc of the United States. I could now sleep at night knowing that Jon's needs were being represented. I joined the thousands of Americans—both family members and interested professionals, who were putting my son's needs first.

Now it's your turn—to join the ranks of those who help you. This is not just supporting a wonderful charitable organization; this is about protecting your interests and your needs.

The Arc of East Middlesex is having a membership drive. We want to be able to say to our elected officials that we represent you and we can not say that if you are not a member. Numbers count and we need to count on you.

Membership in The Arc of East Middlesex is affordable and provides you with the following benefits:

- *Timelines* newsletter – now 10 issues per year
- The Arc of The United States newsletter
- Eligibility for Educational & Adult Advocacy Services
- Eligibility to participate in Recreation Programs
- Legislative Advocacy on the local, state and national level
- Invitations to all Arc of East Middlesex seminars and events

Join before September 15, 2005 when we will be raising our membership rates to reflect the increased costs of postage and printing.



Membership Matters

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Trapeni. “Her support was especially important because we were new to the area and didn’t have any family close by.”

The Trapenis decided to become members of The Arc of East Middlesex shortly after meeting Kerry. Registering and paying for membership meant that Marybeth’s son Brad, now age 15, would be eligible to participate in recreation programs. He began with challenger soccer and baseball and recently has become more involved with Outdoor Explorations activities and integrated dances.

“Both of those things address his needs,” Marybeth said of Brad’s recent participation in our recreation programs.

In December of 2003 Marybeth took advantage of another benefit of membership—hiring our Educational Advocate, Deb Crane.

“We needed the Office for Civil Rights because of a major discrimination issue that was happening in school with Brad. Deb was very good in guiding that process,” said Marybeth. “Her phone support was so critical. We won our case.”

Marybeth has continued to renew her membership over the years because “it’s a solid, solid organization that helps people... The growth of this organization, to me, has been tremendous. I love the integration, that’s key.”

The Sheehan Family

Mom, Carol; Dad, Patrick; sons John of Malden and Brian of Arizona.

The Sheehans joined The Arc of East Middlesex in 1998, when their son, John, was six years old. The family has found great use for the advocacy and recreation services for which they are eligible because of their membership.

Carol Sheehan has found Deb Crane’s assistance to be valuable in addressing both routine and special circumstances related to her son John’s (age 13) schooling.

“Under normal circumstances, just



John Sheehan

getting some advice or guidance is what you need,” said Carol. “Deb has been particularly helpful regarding testing—how to read the results and what you do with the results when you get them. Sometimes I think what you pay in membership you more than save in testing. Parents don’t always need to pay out of pocket for testing.”

“What Deb did for me was to put the test results to work in John’s IEP (Individual Education Plan). She helped me make more informed choices, asking ‘What do you want for your child?’ She’s helpful in looking at what a student is offered and what they are entitled to and bridging the gap,” said Carol.

“During the re-evaluation every three years, the advice of an advocate is particularly important,” she concluded.

The Arc of East Middlesex’s Recreation Program has also benefited John’s development.

“The variety is certainly there,” Carol said of the range of recreation opportunities offered. “He’s really had a chance to gain some independence through recreation. The dances he loves. That was a great group of kids.”

“The socialization and practice with his peers has been great—being in a group and learning how to behave in a group. It also gives my husband and I some free time and we know he’s in good hands,” Carol concluded.

MEET THE ADVOCATE

Deborah Crane

One of the greatest benefits of membership in The Arc of East Middlesex is the opportunity to work with Deborah Crane, an educational advocate with more than 25 years of training and experience. Deb first became interested in advocacy when her son was evaluated at age five and she was referred to the Federation for Children with Special Needs.

“Having other parents to speak with has been a lifeline for me and I know it is for other parents,” said Deb.

In addition to receiving support from the Federation, Deb began her career there in 1978 as Project Director & Advocate for the Western Massachusetts office. She managed the office, provided information and referral, conducted trainings and advocated for families. Deb stayed with the Federation until 1997, when she joined The North Shore Arc as an advocate. In addition to her hands-on experience, Deb has gone through training on each change in special education laws at the state and federal level over the years to stay current. Deb joined The Arc of East Middlesex’ Family Resource Center as an educational advocate in 2001.

“My philosophy is that parents can usually work things out for themselves, but they should feel free to call me with questions, and they do. When it gets to the point where they’re not making any progress, they might want to consider hiring an advocate,” said Deb.

To read about the experience of two families who have used our advocacy services, please see the *Membership Matters* story on this page.



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

Friends—Gifts up to \$100

Longwood Place at Reading
Tom and Jeanne Cappucio

Supporters—Gifts \$101 to \$249

Eastern Bank Charitable Foundation –
Matching gift to Barbara Crystal

Sustainers—Gifts \$250 to \$499

Star of Bethlehem Lodge A.F. & A.M.,
Wakefield, MA

Director's Circle—

Gifts \$2,500 to \$4,999

A & A Taxi, Inc., Grand Sponsor of
The Run for The Arc of East Middlesex

Grants

Adelaide Breed Bayrd Foundation
The Arc of Massachusetts, Boulet

Tribute Gifts

Use the enclosed reply envelope or the pledge form on the fundraising page of our website (www.thearc.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 memory of Robert Belbin

Lucie and Leonard Cripps

In memory of Margaret Dee

Oriental Hot Rod Club
Grace I. Ancona
Karen and Warren Bambury
Nancy A. Bolduc
Elizabeth P. Davidson
Paul V. Dee
Judith A. Dunn
James and Catherine Fandel
Jean C. Hamer
Mary D. Hayes
Peter and Sally Murphy
Ruth E. Reed
Janet and Francis Smith
Ellen and Michael Terry

In memory of Norma Howland

Mr. and Mrs. Emerson Tucker

In memory of Margaret Fitzgerald Meier

Gordon Brothers Group, LLC
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Ann and Roderick Merrill
Patricia and Marc Parent
Hannah Ryan and Tim Van Damm
Kenneth Scanlon
Mervyn and Rosemary Weich
Donna and Barry Zeff

In memory of Edward Surette

Adele M. Surette

In Kind Gifts

Townsend Oil & Propane, Danvers, MA
Starbucks Coffee, 24 Walkers Brook Drive,
Reading
Geoffrey and Patricia Simons

Welcome New Members

Stephanie and Lewis Budd
Debra L. and Joseph Casey
Hussein H. Hashi
Shiei and Keisuke Kuida
Edward and Lee Moccia
Erik and Richard Oberg
Marie N. Tucker

Gifts received through July 14, 2005

New Date & Place for Dinner & Auction

Save the date! The 11th Annual Richard Tucker Memorial Dinner & Auction will be held on Tuesday evening, November 15, 2005 at the Holiday Inn Select, 15 Middlesex Canal Park, Woburn (formerly the Radisson, next to Showcase Cinemas). Please note that this is a change of date and location. We have relocated the event to continue our relationship with Rocco Laudano, our generous host of many years, who is the new Managing Partner of the Holiday Inn Select in Woburn. More info to come.



That's The Spirit—Joel Green, Director of Day Services, presents Nick Lopardo, Owner/Managing Partner of The North Shore Spirit baseball team, with a painting by Jeff Caturano. The painting acknowledged Lopardo's support in providing the Center for Emerging Artists with the opportunity to hold an exhibit at Fraser Field in connection with The Arc of East Middlesex Night, June 17th, at the ball field. Artist Bill Fay threw out the first pitch of the game.

Correction

Evelyn Milorin, a member of The Arc of East Middlesex Board of Directors, served as a Barbara Gopen Fellow in 2002, not 1992, as reported in the June Issue of *Timelines*. We regret the error.

— Susan Ring Brown

Shop for The Arc of East Middlesex!

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. 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, 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!



Special Education Alert

The Federal Special Education law, IDEA 2004, was signed by President Bush and was implemented on July 1, 2005. The regulations are expected in December 2005. The Massachusetts Department of Education will write State regulations. We want to alert parents that they may hear things about changes in the law, but these changes may be interpreted differently than intended. Stay tuned but ask for clarification when you hear something that may affect your rights or your child's rights. You can call The Arc of East Middlesex's Educational Advocacy Program at 781-942-4888, ext. 4019 if you have questions. Also, check the Federation for Children with Special Needs website, www.fcsn.org for updates.

— Deb Crane

The Arc Announces New On-line Car Donation Program

The Arc of East Middlesex (EMARC) is participating in a new vehicle donation program which will support advocacy on behalf of individuals with developmental disabilities around the state. The program is conducted on-line in partnership with Cars4Charities.

"In the past, we have been unable to accept cars from donors. This is a great opportunity to build a new source of revenue for The Arc of Massachusetts and for affiliates around the state," said Jo Ann Simons, Executive Director of The Arc of East Middlesex.

Our partner in this project, **cars4 charities**, is a not-for-profit car donation center. To donate, 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.

Benefits of using the Cars4Charities donation center to support The Arc are:

- Allows the donor to complete the **entire automobile donation process** (except for mailing the title), over the Internet.
- They offer **free nationwide pick-up** for your car donation.
- The Arcs will receive the **maximum benefit** from your car donation.
- They **guarantee** that the entire net proceeds from the sale of your automobile donation will go to The Arc(s).



- They accept most **classic cars**, most 1993 and newer **used cars and vans** and most 1992 **used pickups, trucks and SUVs**.

This is exclusively an on-line donation program. We're sorry, but cars may not be dropped off at our office. To learn more, visit www.theemarc.org and click on **vehicle donations**. Thank you for thinking of us when making a vehicle donation!

The Arc of East Middlesex

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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. Join today! (Higher rate applies after September 15.)

Name _____

Address _____

City, State, Zip _____

Phone _____ Email _____

Please check all that apply:

- Family Member Professional Interested Friend

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

Please make checks payable to **The Arc of East Middlesex** and mail to:
The Arc of East Middlesex, 20 Gould Street, Reading, MA 01867-2927

