



Timelines



SEPTEMBER 2005

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Walking the Walk

Tina Claydon doesn't just *Talk the Talk* on fitness—she *Walks the Walk*. Around Lake Quannapowitt with The Arc of East Middlesex's **Walking Club** each Monday evening, to be precise.

"As Director of Residential Services, I'm really trying to focus on exercise and nutrition and to set a good example for residents and staff," said Tina.

Twenty to 30 adults with disabilities participate in the Club each week. They combine stretching and walking with Special Olympic Senior Sports games, including Horse Shoes, Soccer and Frisbee. Claydon says the Club will continue into the fall, as long as the good weather and daylight hold out. Nancy Desmond, Director of Recreation, is looking for an indoor location for the Club to use during the winter months.

"It's awesome, it's been so successful," said Tina.

The Walking Club helps meet the goals not only of our Recreation and Residential programs, but of one of our special events as well. After participating in last year's *Run for The Arc of East Middlesex* with her sister, Kim Putney, Sharon Borggaard, Vice President of our Board of Directors, recommended we help the individuals we support to prepare for the 5K. Club members will in fact participate as walkers in our 5K, which will be held in conjunction with the Melrose Victorian Fair on September 18th, and in other benefit walks this fall.



Warming Up—
Greg Stasiowski stretches before walking.



Fitness can be Fun—Crystal Sarro (left, in striped shirt) and Deb Simonelli (laughing) lead their fellow Walking Club members around Lake Quannapowitt

Crystal Sarro is one of the Club members. "It's fun and it's good exercise," said Crystal.

Crystal and her peers in the Walking Club have also learned some fitness safety tips, like getting enough water while walking in the heat. Are their additional benefits to participating in the Club?

"Making some new friends," Crystal reports.

Deb Simonelli is equally enthusiastic about her participation.

"I'm walking and I'm losing weight," she signs with pride.

*To register for the Walking Club, call 781-942-4888, ext. 4036. To walk or run in The Annual **Run for The Arc of East Middlesex**, download a registration form from www.theemarc.org.*

The Arc of East Middlesex Board of Directors

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Autumn is Our Season to Shine Sponsor a Walker in our 5K



September is a great month of community awareness and support for The Arc of East Middlesex.

The *Annual Run for The Arc of East Middlesex*, will be held on Sunday, September 18, 2005 in conjunction with the Melrose Victorian Fair. **A & A Taxi, Inc.**, will serve as our Grand Sponsor. With your help and that of our sponsors, we hope to beat last year's record of raising over \$10,000. It's not too late to run or walk in the 5K event. Download a registration form today at www.thearc.org or register in person on September 18th. Race day registration begins at 8:30 a.m. at the Melrose Family YMCA at 497 Main Street. The ½ mile *Kids Fun Run* begins at 10:15 a.m. and the 5K for runners & walkers begins at 10:30 a.m. The Victorian Fair is a wonderful family event—we hope you will stop by our booth after *The Run*.

If you're not a runner or walker but would still like to help, you can sponsor the participation of a member of our Walking Club in the 5K with a donation of \$18. Please write *Walker Sponsor* on the notation line of your check and mail to The Arc of East Middlesex, 20 Gould St., Reading, MA 01867. See our *Walking the Walk* story on page 1 to read more about our Walking Club.

Your sponsorship will support our Recreation Programs. Held independently and in cooperation with local schools, YMCAs and other community organizations, the recreation activities we offer include integrated sports, Special Olympics training and teams, dances, crafts, music therapy, cooking, outings and special events. Although participants contribute toward the costs of these programs and we receive grant assistance from several communities, we need to raise an additional \$50,000 per year from *The Run* and other events to cover all of our recreation program costs.

Recreation programs are vital to social development, self-confidence and good health. 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.

Our Annual *Sneaker Campaign* takes place in the weeks leading up to the 5K. Special thanks to Arnold Rubin of **Atlantic Food Mart** and Larry Mulrey from **Johnnie's Foodmaster** and their managers and cashiers and the customers who make donations in the check out line. Remember to buy a paper sneaker to post on the store window the next time you shop! Participating stores include Atlantic Food Mart at 60 Haven Street, Reading and Johnnie's Foodmaster at 880 Main Street Melrose and 471 Salem Street, Medford, on the Malden line.

Our 5K, The Victorian Fair and the Sneaker Campaign each give us a wonderful opportunity to raise awareness about our mission to support children and adults with developmental disabilities working, living and playing in the community. We hope you'll participate with us!



BOARD MEMBER PROFILE

Christine Boutin

What better cause to become involved in than something close to your heart?" asked Arc of East Middlesex Board member Chrissie Boutin.

When Chrissie's aunt & Godmother, Maureen O'Brien (Clerk of our Board of Directors), approached her about serving on our Board, Chrissie was already familiar with the organization. She was aware of the services that her young cousin, Patrick O'Brien, utilized through our Family Resource Center and she had attended our Tucker Memorial Dinner & Auction with her family for many years.

"Patrick was born during my freshman year of college, so I was old enough to understand the kind of support he needed," recalled Chrissie.

Her college preparation would become an asset to The Arc of East Middlesex. Chrissie earned a Bachelors Degree in Management from Bentley College and graduated from The Massachusetts Bankers Association School for Financial Studies at Babson College with honors. She is an Assistant Vice President in the Commercial Lending Department

at Boston Private Bank & Trust Company, serving on the small business team. The team's primary focus is deals of \$1 million and under. Her clients include law firms, CPA firms, construction contractors and other small businesses. She joined our Board of Directors in January of 2004 and hit the ground running, putting her passion for our cause and her business experience to work on our behalf.

Chrissie immediately began fund raising for us, securing gifts from her employer and others for *The Run for EMARC* and our Tucker Memorial Dinner & Auction. Her husband Sean's employer, Gerrity Stone, donated auction and raffle prizes. Chrissie used her marketing experience to create a poster for *The Run*. Fellow banker Barbara Crystal, President of the Board, also recruited Chrissie to serve on the Audit and Finance Committees.

Although each of our Board members is young at heart, Chrissie is literally the youngest, which is evident in the busy pace that she maintains. Chrissie is a member of The Melrose Chamber of Commerce's Board of Directors and is serving as Co-Chairperson of The Vic-



Family of Fans—Chrissie and Sean Boutin with their son Cameron at a Brockton Rox baseball game.

torian Fair. She will chair their Holiday House Tour this winter. Chrissie is also cofounder & treasurer of the Boston Frontier Group, a networking group for young professionals in the Seaport district. Other community contributions include serving on the Finance Council of her church.

Chrissie had a happy reason to put some of her volunteer work on hold this past spring with the birth of her son Cameron on March 10th. After some time off, she's back to doing it all, balancing family, career and community. We're fortunate to be among the beneficiaries of her energy and enthusiasm.

"I have enjoyed my time on the board thus far...I feel like I have learned so much from everyone at EMARC—and I cannot wait to see what the future brings to the organization! How lucky I am to be a part of it all!" said Chrissie.

Please Save These Dates!

Run for The Arc of East Middlesex

Sunday, September 18, 2005. Race day registration begins at 8:30 a.m. at the Melrose Family YMCA at 497 Main Street, Melrose. The 1/2 mile *Kids Fun Run* begins at 10:15 a.m. and the 5K for runners & walkers begins at 10:30 a.m.

Employer Luncheon

Wednesday, September 21, 2005, 20 Gould Street, Reading. Multi-Chamber of Commerce event to promote the benefits of hiring individuals with developmental disabilities. Co-sponsored by The Arc of East Middlesex; The Career Place, Woburn; The Massachusetts Department of Mental Retardation; Malden Chamber of Commerce; Melrose Chamber of Commerce; Stoneham Chamber of Commerce; Reading-North Reading Chamber of Commerce and the Wakefield Chamber of Commerce. For more information, call 781-942-4888, ext. 4029.

The 11th Annual Richard Tucker Memorial Dinner & Auction

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 follow.



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

Friends—Gifts up to \$100

The Dolan Committee for

The Run for The Arc of East Middlesex

Joseph S. Guilino, CPA for

The Run for The Arc of East Middlesex

Honey Dew Donuts / J.K. Donuts Inc. for

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Joanne Betts MacDonald for the

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F. Peter Waystack, Attorney at Law for

The Run for The Arc of East Middlesex

Supporters—Gifts \$101 to \$249

Massbank Charitable Foundation for

The Run for The Arc of East Middlesex

Janice A. Landry

Sustainers—Gifts \$250 to \$499

John J. McLaughlin Insurance Agency for

The Run for The Arc of East Middlesex

Peg & Linda O'Inc. for

The Run for The Arc of East Middlesex

Patron—Gifts \$500 to \$999

Eastern Bank Charitable Fund for

The Run for The Arc of East Middlesex

Grants

Malden Industrial Aid Society

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.

Tribute

Jean Goodwin

Frank and Barbara Goodwin

Memorials

In Memory of

Margaret Fitzgerald Meier

Nancy and Thomas Bielski

Jane and James Eggert

In Memory of Robert E. Radigan

William and Rowena Delellis

The Glynn Family

The Hurley Family

Dorothy and Mario Iacopucci

Malcolm Pirnie Inc.

The Nazzaro Family

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The Tamburrini Families

In Kind Gifts

Chuck and Leslie Gordon

Christine Lemos

Frank and Patricia Pagliuso

Welcome New Members

Stephanie and Lewis Budd

Gifts received through August 12, 2005

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!



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.



We're Talkin' Tapestry

New Center for Emerging Artists Exhibit

When pillows and rag dolls created in her class began to take over the sewing room, art instructor

Christina Preher knew she needed to make a change. She needed to come up with a medium that encouraged the artists' love of sewing while leaving room in the class for the artists themselves! And so, the Center for Emerging Artists' Tapestry class was born.

"They love it. It seems that they've really latched onto sewing. It also seemed like something a lot of people could do," said Christina.

Each of the participants comes up with an idea of what they'd like to create. Then they sketch the scene or bring in a photograph to use as a model. Christina talks to them about selecting different fabrics for each element of the picture, which they do, and then assists them in cutting out the pieces. Then they start sewing in layers, beginning with the background. The tapestries are sewn primarily on machines, with participants hand-sewing buttons and beads for facial features. The artists control the machines' foot pedals, and Christina assists them in guiding the fabric through as needed.

Has the Tapestry medium struck a chord with any particular artist?

Ballerina—
Artist Janice
Michaud has
embraced the
tapestry medi-
um with great
enthusiasm.
Her Ballerina
will be featured
in the Talkin'
Tapestry Exhibit.



"I think Janice (Michaud), definitely, has really caught on. As soon as she finishes one, she starts another," replied Christina.

The Arc of Massachusetts recently purchased a flower tapestry that Janice created.

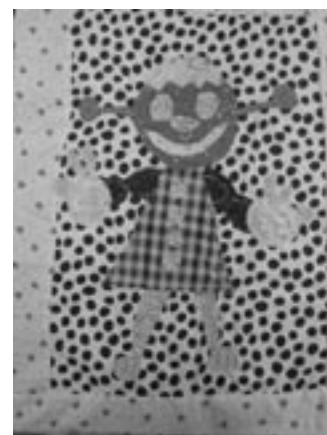
"Beautiful," Janice said when she learned of the sale.

Arc Mass also purchased a sail boat tapestry created by Kim Putney, which will be used to promote their 50th Anniversary celebration.

The public will have a chance to view (and purchase!) the tapestries at the Center's *Talkin' Tapestry* Reception with the Artists, scheduled from 6 to 7:30 p.m., Thursday, September 22nd at our 20 Gould Street, Reading facility.



Best Friends—"It's just some people I know," artist Patty Bouchard said of one of her pieces in the *Talkin' Tapestry* Exhibit.



That Girl—
Alfred Re-
steghini's Girl
continues the
artist's focus
on people and
love.

Talkin' Tapestry will feature the work of Patty Bouchard, Cathy Dean, Teri Ann Foley, Monica Frustaci, Kiely Holden, Ellen Hosier, Melissa Kingery, Amy Marrotte, Kim Putney, Alfred Resteghini and Anne Scully.



Christina Preher,
Coordinator of Artistic Vision



Heather Weikel,
Marketing Specialist

Calling All Artists and Art Lovers!

The Center for Emerging Artists is reaching out to the community to recruit additional art instructors and to develop new markets for the work of our artists. To support this effort, we have reconfigured management of the Center. Instructor Christina Preher has been promoted to Coordinator of Artistic Vision. Christina holds a Masters of Fine Art from the Mass. College of Art. She will continue to teach but has also taken on administrative duties including recruiting instructors to offer time-limited classes in new mediums. If you are interested in teaching a class, please email Christina at CEA@theemarc.org to receive a class proposal form.

We have also hired Heather Weikel as a part time Marketing Specialist for the Center. She will help us maintain our existing customers and develop new markets. Heather is Gallery Director for the Canvas Alley Gallery on Haven Street in Reading and has eight years of corporate marketing experience. She holds a Bachelors Degree in Art from Framingham State College. If you own a business in which our artwork could be exhibited or sold, please email Heather at CEApromo@theemarc.org.

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

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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:
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