



Timelines



MARCH 2005

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Center for Emerging Artists Shines at Jordan's Furniture Event



Center Stage —
Albert Young presents a painting he created to Barry & Eliot Tatelman of Jordan's Furniture.

PHOTO COURTESY OF DON YOUNG

the store. Albert did a great job delivering remarks he had prepared in advance with the assistance of School to Work Specialist Shannon Murphy.

Special thanks to Carol Hughes, Reading-North Reading Chamber of Commerce Executive Director

and Heather Copelas, Jordan's Director of Public Relations, for making our involvement in the event possible.

Next up for the Center for Emerging Artists is an exhibit and video showing in the Maccario Room at the Malden Public Library, 36 Salem Street, on Wednesday, March 30, from 6 to 8 p.m. The video, which features artists Bill Fay, Beth Knipstein and Andrew Hagopian, was made possible by grants from the Massachusetts Cultural Council as administered by the Malden Cultural Council, Melrose Arts Council and Reading Cultural Council. Check our web site www.theemarc.org for upcoming exhibits and video screenings in Reading and Melrose.

We're famous! The Arc of East Middlesex's Center for Emerging Artists received some great exposure this winter with an exhibit and presentation at a Multi-Chamber of Commerce breakfast at **Jordan's Furniture** in Reading.

Five hundred business people from 15 area Chambers saw our art work and learned about us. The exhibit featured two paintings each by Albert Young, Jeff Caturano, Andrew Hagopian, Kitty Hansen and Kim Putney and photographs of each of the artists. Albert and Jeff were on hand at the January 19th event to distribute programs and answer questions about the paintings.

After breakfast and viewing of our exhibit, guests were treated to a video compilation of Barry and Eliot's commercials and a talk from the famous brothers in the IMAX Theater. We had the honor of wrapping up the program when Albert Young presented a painting he created to Barry & Eliot in recognition of their contributions to the community and in thanks for providing the Center for Emerging Artists with the opportunity to exhibit at

Successful Sale —
Artist Jeff Caturano poses with one of the two paintings he sold at the Jordan's Furniture Multi-Chamber of Commerce event January 19th.



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The Arc Difference Promoting Our Combined Strength



The advocacy and family driven governance of the Arcs differentiate us from other providers of services for children and adults with disabilities. Over the past few years, Arcs across the state have been meeting to discuss how to raise awareness of the Arc brand and how to work cooperatively for the common good of each of our organizations and the individuals and families we support.

In the last edition of *Timelines*, we announced a new tag line and logo that Arcs across Massachusetts will now use to promote the Arc brand. We will participate in a state-wide public awareness campaign with The Arc of Massachusetts to promote this positive message.

In a continuation of this process, I am pleased to announce that our Board of Directors voted to enable us to do business as The Arc of East Middlesex rather than the East Middlesex Association for Retarded Citizens. Our sister Arcs on the North Shore and in Greater Boston have also recently made this switch to put **The Arc** first in their names. Other local Arcs made the switch during the last few years.

Starting with this newsletter, you will begin to see both the state logo and tag line and our new name used in our publications. The Arc of East Middlesex is more of a mouthful than EMARC, but we believe that the long-term benefits are worth the extra effort.

I hope you enjoy the new look of *Timelines*. In an effort to bring you more *news that you can use* in a timely fashion, we plan to publish shorter, more frequent editions this year than in the past. As always, please let me know if we're succeeding in providing you with the information you need to take full advantage of our services.

Additional marketing efforts

In the months ahead, we will expand our efforts to reach families in our area who may not be familiar with our services. As a first step in preparing for this outreach, our senior staff, members of our Family Council and Board of Directors developed the following positioning statement.

"For persons with intellectual, learning and physical disabilities, The Arc of East Middlesex delivers the most comprehensive, innovative and individualized services because of its passionate staff and family-driven governance."

We believe this statement separates us from the pack of non-Arc providers. We are proud of our more than 50 years of family driven services and want our literature to reflect that half century of solid commitment and experience. This edition of *Timelines* marks a transition to a more professional look for our publications.



Realizing potential. Achieving goals.

BOARD MEMBER PROFILE

Lisa Gibbs

Lisa Gibbs' service as a member of The Arc of East Middlesex's Board of Directors, a member of the Reading School Committee and Vice President of Samantha's Harvest is a loving tribute to her daughter Samantha.

Lisa and Rob Gibbs and their sons Alec and Douglas welcomed Samantha to the family on June 12, 2001. Two days after her birth, Sam was diagnosed with Down syndrome and a week later it was discovered that she would require open heart surgery. Her surgery took place at Children's Hospital on September 11, 2001. Just as the tragic events of September 11th brought the country together, the challenges Samantha faced brought Lisa and Rob closer to their family, friends and community.

Sam had a good recovery following her heart surgery. Shortly thereafter, Samantha's Early Intervention program introduced Lisa to Kerry Mahoney, Director of The Arc of East Middlesex's Family Resource Center.

"She gave us a great synopsis of every service available," recalled Lisa.

After Sam's first birthday, Lisa and Rob decided to create their own organization to support those services and *Samantha's Harvest* was born. They have raised \$60,000 through three golf

tournaments and will hold their first Casino Night at the Newton Marriott on March 19. Proceeds are distributed to organizations including The Arc of East Middlesex and through scholarships supporting students entering the teaching or human service field to assist people with Down syndrome.

At the same time, Lisa became involved with The Arc of East Middlesex, attending the *Run for EMARC* in Melrose and participating in our Disability Awareness program at Barnes & Noble in Saugus. She shared some of Sam's many accomplishments with the preschoolers and parents assembled for the program.

"I talked about Samantha's sign language and how kids are alike," said Lisa.

Lisa joined The Arc of East Middlesex's Board of Directors in October of 2003. She quickly became involved in the Development Committee, helping the agency raise more funds. Her community contacts have been an asset to the Nominating Committee and her management expertise, gained from positions with The Four Seasons Hotel in Chicago and Boston, has been put



The Gibbs Family — Lisa, Alec, Samantha, Douglas and Rob Gibbs enjoy some family time at the beach.

to good use on the Board's Human Resources Committee.

An energetic, high achiever, Lisa also ran successfully for a seat on the School Committee last year. She brought her teaching experience as a former aide at the LABBB school in Lexington and a particular interest in Special Education to the Committee.

"I love it," she said of her participation in The Arc. "It's great to see the happy faces in the workshop and the Center for Emerging Artists. It's uplifting. It's inspiring."

Uplifting and inspiring are also good words to describe Samantha's successes and her mother's contributions to The Arc of East Middlesex and the broader community.

Monthly IEP Clinics

Parents of children eligible for DMR services can meet with a seasoned educational advocate to discuss issues related to their child's Individualized Educational Plan (IEP). Scheduled dates are **March 17, April 14, May 19 and June 9**. To set a time to meet for a one-hour consultation, please call Deborah Crane at 781-942-4888, ext. 1-4019. A donation of \$10.00 is suggested.

Wednesday, March 30, 6 to 8 p.m. **Center for Emerging Artists' Video presentation and exhibit**, Maccario Room, Malden Public Library, 36 Salem Street, Malden.

Wednesday, March 30, 7 to 9 p.m., **Preparing for the TEAM Meeting**, 20 Gould Street, Reading. Deb Crane, Educational Advocate will provide you with a list of tried and true strategies on how to make the most out of your child's IEP meeting. Fee \$10.00. Contact Deb Crane, (781) 942-4888 Ext. 1-4019 or email familysupport@theemarc.org.

Save These Dates! Workshops & Events

Thursday March 31st at 10:30 a.m. **Disability Awareness program presentation on Deafness and Sign Language**, Children's Room. Barnes & Noble, Rte. 1, North, Saugus.

Wednesday April 6, 7 to 9 p.m., **Why Kids Do The Things They Do!** Educational Consultant Carol Hilliard, M.S. Ed will take you through the steps of looking at behavior as a method of communication and how to teach desired outcomes. This workshop is a great follow up to **Preparing for the TEAM Meeting!** Fee \$10.00 Contact Kerry Mahoney (781) 942-4888 Ext 1-4015 or email km@theemarc.org.

Tuesday, April 26, 6 p.m., The Arc of East Middlesex's **Annual Awards Ceremony**, Holiday Inn, 1 Newbury Street (Rte. 1 North) Peabody.

Tsunami Devastates Families of Two Arc Employees

Staff, Individuals Served and Members Come Forward With Assistance

The Tsunami tragedy hit home this winter as two employees of The Arc of East Middlesex's Residential Division lost siblings, cousins, nieces and nephews in Sri Lanka. Staff, the individuals we serve and members of our organization opened their hearts and pocketbooks in response to the crisis. Tina Claydon, Director of Residential Services, coordinated the campaign which raised \$1,214 to assist them.

The money raised went directly to the two families. One of the surviving relatives runs a child care center in

Sri Lanka and has let us know that she is using the money for vital supplies including baby bottles, formula and diapers for the babies (some of whom have lost their parents) she is helping through this tragic time.

Being thousands of miles away from their families during this crisis has been excruciatingly painful for The Arc of East Middlesex employees who have lost loved ones. Thanks to all of you who have helped create a supportive network for them within The Arc family. Your kind support has moved them deeply.

The Arc of East Middlesex Tsunami Relief Donors

Diane Anderson	Carol Lamb
Michael Berardo	Christina Loftus
Norma Billington	Kerry Mahoney
Carol Bird	Janice Michaud
Susan Ring Brown	Lucie Navratova
Christine Burke	John W. Noble, III
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Maureen Foley	Irwin Squibb
Nancy Gambone	Charlotte Strong
Mary Glynn	Janet Talburt
Jeannie Hatch	Deborah Taylor
Jane Hickey	Christine Thomas
	Hana Ullmannova
	Kathy Zapolski

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

Gifts up to \$100

Ladies Charitable Reading Society
United Way of Massachusetts Bay, *on behalf of Ginette Tentindo*
Michael Rusinak, Jr.
Roseann M. Russell
Ednae Storti

Gifts \$251 to \$500

United Way of Massachusetts Bay, *on behalf of Barbara Crystal*
Stoneham Elks #2211
Sandra Masi

Gifts \$500 to \$999

En Ka Society, grant for Winchester Tennis Program
United Way of Massachusetts Bay, *on behalf of Michael Curran*

Gifts \$1000 to \$2000

Samantha's Harvest, grant
Massachusetts Charitable Mechanic Assn., grant

Gifts \$2000 to \$5000

Giant Glass, Dennis Drinkwater, President & CEO
Verizon Foundation, grant for computer classes

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.

Memorials

In Memory of Norma Howland
Eleanor S. Bowen
Susan Ring Brown
Florence Campbell
Lucie and Leonard Cripps
Eleanor K. Higgott
Robert and Josephine Jacobson
Margaret A. Maher
Elinor and Irving McDowell
Mary E. Mingo
Anna M. Mirabell
Elva Linnea Nelson
Helen and Robert Nelson
Roberta L. Nelson

Grace S. Palmer
Elena and Andrew Previte
David and Sandra Schauer
Carol and Anne Scully
Jo Ann Simons
Catherine Rude
Marie N. Tucker
Norma B. Young

In Memory of Edward Del Ninno

Barbara Devlin

In Memory of Charles Dunn

Kay Kawa

In Memory of Robert Eisenhour

Joseph and Louise Connolly

In Memory of Cubby Kawa

Marty Toye

In Memory of John Moriarty

Mary Bruno and Robert

In Memory of Edward Palmer

Grace S. Palmer

In Memory of Dorothy Payzant

Lucie, Leonard, and Gail Cripps

In Memory of Edith Ricker

Grace E. Gordon Trust,
William B. Gordon

In Memory of Phillip Stone

Joseph and Louise Connolly

In Memory of Michael F. Tetrault

Kerry E. Cooper
James and Elizabeth Schloss

Special Occasions

In Honor of Arnie Marrow's Special Birthday,
Shep and Elaine Simons

In Honor of David Snover and family

Don Kaplan
Michael and Barbara Smith

Welcome New Members

Laura Boyd
Pamela Katsiris
Peter O'Donnell
Jane O'Brien
Warren Sandberg
Thomas Swanson

Remembering Norma Howland

The Arc of East Middlesex lost a passionate advocate and dear friend this winter when Norma Howland passed away on January 19th. Norma was a longtime Board member who for close to 50 years contributed her time, talent and resources to our organization and the families we support.

In December of 1954, Norma gave birth to a daughter, Janice, who was diagnosed with Down syndrome. The family's physician told Norma's husband Charlie that they should institutionalize their infant and forget about her. Refusing that advice would be the first of many times that Norma challenged what was "possible." Unwilling to accept the state of services for her daughter or other children and adults with developmental disabilities, Norma joined The Arc of East Middlesex in 1956. When Janice reached school age, Norma challenged local educators who said she and other children with special needs were uneducable. She taught Janice to read at home and thereby won broader educational opportunities for Janice and other students. Norma did not limit her advocacy to benefiting her daughter alone. She was a consistent and passionate advocate for all children and adults with developmental disabilities.

In our organization's early years, Norma served as a member of the Program Committee; as Publicity Chairman, writing and delivering press releases, typing, editing and mailing the newsletter; as Director of Camp Hope, a summer program for which she hired staff, recruited other volunteers, set up transportation and raised funds; as Reading Fund Drive Chairperson; and as Vice President and Secretary of the Board of Directors. More recently, she served as Chairperson of the Board's Legislative Committee, educating our elected officials about the needs of people with developmental disabilities and their families. Even after her illness caused her to retire from the Board, Norma continued to call and write her legislators to ask them to adequately fund the Department of Mental Retardation (DMR) budget.

A long-time member of The Arc of East Middlesex's Human Rights Committee, Norma made a priority of ensuring that the individuals we serve are treated with dignity and respect. In 2001, in recognition of her outstanding dedication to the rights of people with developmental disabilities, The Arc of East Middlesex created the Norma Howland Human Rights Award in her honor. Norma was the first recipient.

In 2003, Norma, along with her dear friend Lucie Cripps, was honored with the *AAMR Region X Direct Service Award* for her lifelong commitment as a source of strength and hope to family members of people with developmental disabilities.

Perhaps the most enduring tribute to Norma is the fact that each of her daughters has become an advocate in her own way. Debbie is a DMR service coordinator; Cheryl makes accommodations for students with disabilities at UMass Amherst; and Janice has become a self-advocate, speaking her mind. Just like Mom.



Support, Fun & Snacks

- **Sibshop** April 19, Knights of Columbus Hall, Wakefield. Contact Cara Gradzewicz at 781-942-4888, ext. 1-4016 for more information.
- **New Group for Teens** Teens 13-17 will now have their own group to share the "good stuff and the not so good stuff" about having a brother or a sister with a developmental disability. Set aside Saturday, April 23rd for bowling and pizza (location and time to be announced) and lots of lively conversation! Please email or call Kerry to get on the mailing list 781-942-4888 x 1-4015 km@theemarc.org.
- **Father's Network** Join other Dads and their kids for recreation and networking opportunities. Free bowling and pizza on March 26. To join the list email Kerry at km@theemarc.org.
- **Support for Seniors** held at 9:30 a.m. on the third Wednesday of each month at 20 Gould Street, Reading. Contact Michelle Faugno at 781-942-4888, ext. 1-4018.



**Family
Resource
Center
Welcomes
New Staff**

Cara Gradzewicz has been hired to fill the position of Family Support Coordinator for the Building Community Bridges Program. Cara started at the end of December, 2004 and has been busy getting to know the families.

Cara graduated from Salem State College with a bachelor's of science degree in Psychology and a minor in Social Work. Cara has extensive experience working with infants, toddlers, and preschool age children at Phillips Academy in Andover. Cara was also employed as a Case Manager at Mystic Valley Elder Services in Malden where she assisted the elderly to live safely and independently in the community. While at Mystic Valley, Cara co-facilitated several support groups and provided valuable information and resources for families of seniors with Alzheimer's and related diseases.

Please join us in welcoming Cara to the Family Resource Center! Cara may be reached at 781-942-4888, ext. 1-4016.



First Annual Snow Ball Receives Rave Reviews Spring Fling Planned For April

Our first Annual Snow Ball, an inclusive dance for young adults ages 14 to 23 held at Reading High School, was a huge success.

Mary Beth Trapeni, a fabulously creative and energetic Reading parent, developed the idea for the event and coordinated implementation with Assistant Recreation Director Zach Poole and a dedicated group of volunteers. The fun began weeks before the dance with two Social Skills work shops led by Mary Beth to prepare participants for what to expect (i.e., how to ask someone to dance, etc.).

The Snow Ball festivities started early on the evening of January 28th as participants helped with decorations and the girls had their make-up done by members of the Reading High School Drama Club. Local stores and restaurants provided healthy snacks and the students contributed soft drinks and desserts for an expansive refreshment table. DJ Colin Wilkinson kept dancers busy with a broad range of music for both individual partner and group dancing. With a welcoming atmosphere and Mary Beth and Zach circulating to encourage socializ-

ing, we did not have a wall flower problem!

"What a wonderful sight to see so many kids having such a great time! The whole event was spectacular, the music was great and the food was terrific," Eileen and Christopher d'Entremont wrote to us after the dance. One of the highlights of the evening was Chris leading all of the students in a group dance.

A festive seating area was available for dancers to catch their breath and re-hydrate. Water bottles were awarded for outstanding dancing and certificates were awarded to all participants. At the end of the evening, a rose was

presented to each of the girls.

"It's obvious that this event was well planned. Integrated functions are few and far between for Becky. It was a VERY special evening," parent Chris Neenan noted in an email to Zach following the event.

The Snow Ball was a wonderful group effort. Many thanks to: Mary Beth & Guy Trapeni; Maureen & Bill McIsaac; Anne Rumizen, RN; Matt Trapeni and the Reading High School Community Service Club students; BJ's Wholesale Club, Stoneham; the Corner Closet, Reading; Gregory's, Reading; Reading Recreation, The Green Tomato, Reading; Hillside Florists, Woburn; Know Fat Lifestyle Grille, Woburn; Pepperidge Farm Thrift Store, Wakefield; and Shaws Supermarket, North Reading.

A Spring Fling with a Hawaiian Theme is planned for April. We'll also be tapping into Mary Beth's expertise for our *Movement and Music* class for children under 5 years of age beginning March 16th. For more information and to see additional Snow Ball photos, visit our web site at www.theemarc.org.



Dance Fever — Students form a dance train at the inclusive Snow Ball held January 28th at Reading High School.