



Achieve



The Arc
Bristol County

52nd Anniversary Celebration – Winning Night for All!

On June 15th, The Arc of Bristol County celebrated its 52nd Anniversary with awards, acknowledgements and music from FLAME. The same night the Boston Bruins won the Stanley Cup, The Arc enjoyed over 200 guests at the Taunton Inn and Conference Center, in an annual celebration of the successes from the past year.



has demonstrated exemplary self-advocacy skills. Named in honor of Sandra Andrade, this award is a tribute to her memory for her generous support to The Arc of Bristol County.

Eduardo Burgos from Pawtucket RI is the recipient of the 2011 Sandra Andrade Self Determination Award. Eduardo is an individual supported by the proAbility Day Program, and works at Price Rite two days a week for the past two years. Eduardo recently earned the Employee of the Month for his hard work and dedication.

3. 2011 Arc Spirit Award: recognizes a volunteer and/or employee who have advanced the mission of the organization. An individual's contribution must have a large standing impact for those supported by The Arc of Bristol County.

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The Arc announced new members of the board of directors, and said thanks to outgoing members including Chairperson for the last six years, Valerie Zagami.

The Arc of Bristol County 2011 Annual Awards presented on June 15 included:

1. 2011 Community Excellence Award: recognizes outstanding accomplishments by community members who embody practices that promote inclusion and integration.

Attleboro Youth Baseball-Challenger Division was awarded the 2011 Community Excellence Award for promoting inclusiveness and acceptance by developing a division of Little League for players ages 4-22 with disabilities to enjoy the game of baseball.

2. 2011 Sandra Andrade Self Determination Award: honors an individual with a disability who

2011-2012 Board of Directors

Chairperson
Paul Camille

Vice Chairperson
Scott Scales

Treasurer
Paul Oliveira

Secretary/Clerk
D. Randall Hays, III

Past Chairperson
Valerie Zagami

Board Members
Deborah Blum-Shore
David Broden
Louise Gauthier
Richard Harwood
Michelle Machado
Jeffrey Tannenbaum
Jacqueline Theis

Welcome



Welcome to our recently revised newsletter: Achieve. Achieve captures the positive spirit of our rebranding,

and the message that we invite you to "Achieve with us."

My thanks go out to all who helped us celebrate our 52nd Anniversary on June 15th and mark another year of growth and success for The Arc of Bristol County.

Nona Baldwin, Phillip Irons and Anthony Calcia will be stepping down from our present Board of Directors. On behalf of the

Board of Directors, I wish to acknowledge and thank them for their outstanding dedication and support of the mission of the organization. It is my honor to welcome to The Arc of Bristol County's Board of Directors: Deborah Blum-Shore, Louise Gauthier and Michelle Machado. The complete roster of the Board of Directors is listed on the cover of this newsletter. Without their dedication and commitment, The Arc would not have the clear vision and growth it enjoys today.

I would also like to acknowledge a special person who is stepping down from her leadership position as Chairperson for The Arc; Valerie Zagami has led the Board for six years, during times of great challenges and historic celebrations. She has represented The Arc on national and local levels, but

most memorably she's become a champion to The Arc family. Valerie will continue to serve on the board as Past Chairperson. I welcome Paul Camille as he takes the office of Chairperson of The Arc. Paul has served on the Board for many years and will provide us with informed and unfailing leadership.

We have much to celebrate in this issue of the new Achieve newsletter, and I thank you for helping us to achieve!

With gratitude,

Michael Andrade
President and CEO

Celebrating the 4th of July with The Arc of Fall River Resource Center

by Donna Couture and Cindy Reis



In the spirit of the true 4th of July, we gathered to celebrate our proud American heritage! We gathered to share food, fun and togetherness. We all share what is the true meaning of the 4th of July. We assisted one and other with our barbecue, playing games and water sports!



9th Annual Pancake Breakfast

Saturday, October 15
8:00-11:00 am

Portuguese American
Civic Club

175 School Street, Taunton, MA
*Proceeds to benefit
The Arc of Bristol County*

**Tickets available at Arc offices or
at the door.**
\$6.00 donation

52nd Anniversary Celebration

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Jayne Brunette of New Bedford, MA received the 2011 Arc Spirit Award. Jayme, herself the mother of a son with intellectual and developmental disabilities, has organized a Spaghetti Dinner the last six years raising over \$22,000.00 to help fund The Arc's Special Education Advocacy Services.

4. 2011 Family Leadership Choice Award: honors the mission of our organization's founders. The award honors an individual who has provided exemplary support and guidance to families.

Nancy Mulloy of Middleboro, MA received the 2011 Family Leadership Choice Award. Nancy is a mother of a boy with autism spectrum disorder, and two other children who participate in The



Arc's Sibling Activities. Nancy works for Harvard Pilgrim Health Care that encourages their employees to nominate a non-profit annually to receive a \$500 grant. Not only has Nancy nominated The Arc annually for the past three years,

but encourages her coworkers as well, and has raised over \$6,000 through grants as well as social networking sites, all to help fund inclusive activities for children with intellectual and developmental disabilities.

Valerie Zagami's Speech

What do I love about The Arc? What has kept me coming back for 10 years first as a member of the Board of Directors and for six years as Chairperson? I think it comes down to the fact that The Arc is not simply a service agency, it's a lifestyle - a lifestyle that celebrates a number of different things, and holds them all in a balance you'll find nowhere else.

To be part of The Arc is to be compassionate and always respectful; to be public-spirited and always attentive to the needs of others; to be brave and outspoken for those who cannot speak up for themselves; to be willing to help or be willing to stand by when someone needs to help themselves, and to be willing to ask for help yourself, as you are never alone at The Arc.

The new branding from The Arc national has given me a chance to reflect on what it means to be

part of The Arc. Though the new branding gives The Arc of Bristol County a historic opportunity for unity, recognition and collaboration, it is vital that all our supporters know we are the same people, with the same mission and the same devotion to helping our neighbors with intellectual and developmental disabilities and their families. We may be getting a "logo face lift" but our heart is still passionate about our service and mission- respectfully providing high quality services to those in need of our help to discover their abilities.

The different qualities of those who work, are served, or support The Arc, reinforce each other so naturally that they blend into one another. Mind and body and spirit direct themselves in unison in treating others with dignity, and an atmosphere of excellence - not the sort of excellence that is arrogant or pretentious, but rather is expressed in a humble sort of confidence. The



people we serve and their families deserve dignity and excellence, which is what we strive to provide.

That's what makes life at The Arc rewarding and full, and also what keeps me coming back. It's a recipe not only for success, but for the joyfulness a person finds in exercising all of his or her abilities.

Thank you for allowing me to be part of your journey, and to embrace your victories for these past six years as your Chairperson. I carry you all in my heart...

Healthcare Services by Sandra Fournier, RN

The Arc is excited to introduce a new Healthcare Services Team. Consisting of RN's from diverse backgrounds, we are committed to helping people achieve a better quality of life.

It has become clear in community health that many factors play into the wellness of a person—we no longer think that all it takes is good nutrition and exercise to stay healthy. It's not just the responsibility of healthcare professionals to keep us well; but rather it is each person's unique job to maintain his or her own health in the best way possible. This is best achieved by first becoming educated about various health and safety topics and then individualizing our approach to making better choices. In addition to education though, factors such as access to health insurance, the availability of healthcare professionals, transportation, and the affordability and availability of nutritious foods each play an important role. Of course, we can't overlook other factors such as environmental health, genetics and social support in creating health.

We've embarked on a mission to offer case management as well as educational opportunities to individuals, families and caregivers and to provide assistance in helping people achieve their health related goals. By empowering individuals to make better choices, we are working to increase the span of healthy lives, reduce health disparities and gain access to preventative services. Healthier people living healthier lives offers more opportunity to engage in a wide array of community-based experiences; interact with a bigger network of people and develop



lesser frequency of obesity, diabetes and heart disease.

Some of the goals that we are helping individuals with are:

- Increased physical activity
- Weight reduction through heart healthy portion controlled meals
- Improved environmental quality
- Reduced injury
- Improved access to healthcare
- Community education around mental health issues
- Obtaining immunizations
- Reduced tobacco use
- Reduced substance abuse
- Promote responsible behavior
- Improved knowledge of health and wellness management

So if its seasonal health and safety tips, caring for the caregiver, or help with deciphering the Medicare Part D options, The Arc's Healthcare Services Team is available to help.

For more information about The Arc's Healthcare Services Team, contact Sandra Fournier, RN at 508-226-1445 ext 3119 or by email at sfournier@arcnbc.org.

Donations

Welcome! by Justin Wilder

Old exercise equipment gathering dust?



The Arc Day Habilitation Program in Middleboro and the individuals it serves are currently seeking to build up their fitness facilities. They are looking for donations of new or used exercise equipment. Aaron Amaral said "a new treadmill would be great!" Noel Levasseur suggested free weights, while Michael Cleary thought a stair climber would help a lot of individuals build up strength in their legs. Weight training equipment like the soloflex as well as exercise bikes are also welcome.

Additionally, with the help of some talented staff members, the program has begun offering activities and classes focused on providing opportunities for creative expression through music, experimenting with rhythm, learning to use various instruments and increasing exposure to a wide range of artists and genres. We are hoping that any community members willing to donate unused musical instruments will contact the program. Guitars and drums are a favorite of the participants in the program.

The program will be sure to make the most of what they receive and any properly functioning equipment donation will be put to good use. As always, The Arc and its individuals appreciate and thank you for your continued support and generosity.

Please contact Matt Vaillancourt with donations @ 508-946-2121

New Data Reveals Our Nation is Neglecting People With Intellectual and Developmental Disabilities

Survey findings from The Arc reveal nation's efforts fail to provide fundamentals for individuals and families

Fifty years ago, President Kennedy called on the nation to bring people living with intellectual and developmental disabilities (I/DD) "out of the shadows," to give them opportunities to lead productive, quality lives. Sadly, new data released from The Arc's Families and Individual Needs for Disability Support (FINDS) survey shows efforts have plateaued and not nearly enough progress has been made to create these opportunities. While budget cuts and economic strain have hurt all Americans, the 7 million living with I/DD and their families are among the hardest hit, with access to needed services drastically reduced. In fact, 62 percent of caregivers reported a decrease in services for their family member with a disability. Meanwhile, budget proposals in Congress threaten to dismantle Medicaid, making it even harder for people with I/DD and their families to achieve.

The Arc, the nation's largest and oldest human rights organization for the I/DD community serving more than a million individuals and their families, conducted a national survey of nearly 5,000 respondents on educational, housing, employment and support needs. The results of this landmark survey are being released in the report, "Still in the Shadows with Their Future Uncertain."

According to the FINDS survey, one-third of parents and caregivers (potentially 1 million families) reported that they are on waiting lists for government funded services, with the average wait more than five years. The survey also found that the promise of integrated, community-based employment is not being met. In fact, 85 percent of families



reported that their adult family members with I/DD are not employed at all. Opportunities for inclusive education, a pre-requisite for employment, are also not being met. Too few students are completing high school – in fact, 52 percent of families reported that their family member with I/DD left school without receiving a high school diploma.

FINDS found more than 75 percent of families report problems accessing non-institutional community care, trained reliable homecare providers, services and resources. Families are shouldering tremendous financial strain as they've had to assume the financial and day-to-day support of their loved ones; many have even had to quit their jobs to stay home and provide care.

FINDS also revealed:

- 1 out of 5 families (20 percent) report that someone in the family had to quit a job to stay at home and support the needs of a family member.
- More than 80 percent of families reported not having enough retirement savings for their future as a result of using personal funds to compensate for the lack of services available to their loved ones.

- 62 percent of parents and caregivers don't have a plan for where the person they support will live when the parent/caregiver gets older.
- As a result of the report, The Arc is calling for more activism by people with I/DD and their families, launching a new effort to organize 1 million people to come out of the shadows and make their needs and concerns an issue in the 2012 elections.

For more information, or to see additional survey results, please visit thearc.org.

Thanks to everyone who helped make the 28th Annual State Representative Cup on June 13th another wonderful success!


The Arc
Greater New Bedford
a division of The Arc of Bristol County



Best Buds from Wheaton College Win Annual Awards



Best Buds, a student volunteer club at Wheaton College that “buddies” with participants from Project Rec-Connect, recently received recognition for their outstanding work on behalf of their community.

Ryan McCaffrey, a senior and a member of the Best Buds Executive Board at Wheaton was recognized and awarded an “Outstanding Leadership” award.

Best Buds got the “Outstanding Club Innovation” award from the SEA (Service, Engagement, and Activism) Board in recognition of our valuable contribution to the Wheaton College SEA Community.

Best Buds also received the Chapel Basement “Collaborative Leadership Award” from SSSR (Service, Spirituality, and Social Responsibility) department.

For more information, contact Troy Hixon, Project Rec-Connect Coordinator thixon@arcnbc.org or (508) 884-2971.

Project Kids Connect Corner *by Sandy Boyer*



representing most all of The Arc’s services areas. While exploring the zoo folks participated in a scavenger hunt. The Arc sponsored a community room for families to spend time together and offered free activities like puppet making, coloring pages and word search games. Those who attended could also choose to have their face painted, a family picture taken and get Arc water bottles. By ALL accounts it was a GREAT day!!!!

Coming Events

Summer Vacation Club

PKC will be hosting activities during school vacation this summer. We will be exploring state parks in our area. Join us for adventures in the forest and at the beach. Related activities are planned for each destination. Day trips will depart from The Arc in Attleboro. August openings still available this activity is for 12-15 year olds

Fall Family Fun Day

Save the date September 24, 2011 (rain date Sept 25th) be held at World War I Memorial Park & Zoo in North Attleboro. More details of this event will be posted on our website www.arcnbc.org.

Art Show

An Art Show was held on June 2nd, to celebrate and showcase art work completed during the spring art program at The Arc in Middleboro. The kids displayed kaleidoscopes they created as well as other colorful works like sand art & beaded pattern designs.

Family Fun Day

A family fun day was held on Saturday June 25th at Buttonwood Park & Zoo in New Bedford. More than 75 children and adults enjoyed a fun filled day. Those attending included twenty families

On going ways we support inclusion within our communities

- Ability Awareness training is available please call to schedule a presentation for your school, organization or group
- Distribution and Presentation of the book My Friend Mikayla to elementary school libraries and students in our service area
- Volunteer/Mentor opportunities offered and available

For more information on these and other activities contact Sandy Boyer at 508-226-1445 or 1-888-343-3301. Ext. 3123



Taunton Happenings *by Lesley Azzinaro*

The Taunton Area Resource Center has started some fun new activities these last few months. One of these new activities is Knitting by Design. This class is every Monday from 3:15-4:15p. The volunteer instructor is Mary Sauder who has been knitting for most of her life and is now teaching two of our individuals. The first class Mary took the two individuals to purchase the needed supplies (yarn and needles). Each class since then, they have progressed towards making small projects. The ultimate goal for each individual is a blanket and sweater. I'm sure by the holidays they will have completed that. If anyone is interested in knitting with Mary on Mondays, please call the Taunton office and sign up. The only cost is for the yarn and needles.

The second fun activity that TARC recently started was prize BINGO. Who doesn't want to win a small prize for playing B-I-N-G-O? We have the colored ink dabbers and big play boards so at least 12-14



people can play at one time. We play this on Wednesday afternoons from 3:30-4:30. We take turns yelling out the letter and number and make a fun time for all. We do ask that people interested in playing, call ahead so we make sure we have enough room for everyone. The cost for BINGO is \$2.

Both of these activities are listed on the TARC calendar that is published monthly. Also listed are all of the other weekly events that The Resource center holds as well as the Rec-Connect activities. Please check our agency website for the recreation events as they are listed on the calendar of events.

Lending Library at the Family Support Center *by Cathryn Vasconcelos*

The Family Support Center at The Arc has developed a lending library for families. These resources have a varied focus including parental guides to specific diagnosis including Autism, Aspergers, Down Syndrome, Fragile X, etc. Also available are resources on sibling issues, job development, accommodations, psychological testing, and information around gluten free diets and diets for those with Celiac disease. Guides to self-esteem, social stories, sensory issues, mental health concerns in children, information on hearing loss and visual impairments are also available along with games & activities for individuals of differing abilities. In addition to the lending

library there is information available on transition, guardianship and community resources such as food pantry's and support groups in the Taunton/Attleboro area. A computer with internet access is available including access to Boardmaker, a printer and lamination supplies for those who benefit from visual cues or picture schedules. The FSC Lending Library is available Monday thru Friday during normal business hours. Please contact a FSC Coordinator at the main office to schedule a time to come and visit us. If there are additional resources that would be helpful to your family, please call your Family Support Coordinator and let us know.



Carol Fortin

Employee of the Quarter

Nominated by Rebecca Barry

Carol Fortin of The Arc of Greater New Bedford is our Employee of the Quarter. Carol, who has been with The Arc over 10 years, is a wonderful resource for matters about educational advocacy. Carol is truly a team player and I am so grateful that she went above and beyond her job description. It is for these reasons that I feel Carol is highly deserving of the Employee of the Quarter award.

I called Carol on July 11th to ask her questions about educational advocacy. Although I am sure Carol is extremely busy with her own cases, she dedicated over a half hour of her time right then and there to hear the situation I was involved with. While talking on the phone, Carol committed to reading the documentation and advising me through the process. She was a wealth of knowledge during that call and then demonstrated excellent follow through by reading the documents I provided and getting right back to me with her suggestions within 24 hours. She has continued to make herself available to me and the family to assist us through the educational advocacy process.

ADMINISTRATION OFFICE

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Attleboro, MA 02703
Tel: (508) 226-1445 • Fax: (508) 226-1476
Toll Free: (888) 343-3301
Web: www.arcnbc.org

THE ARC OF GREATER FALL RIVER

182 North Main Street
Fall River, MA 02720
Tel: (508) 679-0001 • Fax: (508) 679-9375

DAY HABILITATION SERVICES

205 West Grove Street
Middleboro, MA 02346
Tel: (508) 946-2121 • Fax: (508) 946-2195

THE ADVOCACY RESOURCE CENTER OF GREATER NEW BEDFORD

412 B County Street
New Bedford, MA 02740
Tel: (508) 996-8551 • Fax: (508) 996-8553

PROABILITY

333 George Washington Hwy.
Smithfield, RI 02917
Tel: (401) 233-1634 • Fax: (401) 233-1674

TAUNTON AREA RESOURCE CENTER

437 Bay Street
Taunton, MA 02780
Tel: (508) 884-2971 • Fax: (508) 884-2964



The Arc

Bristol County

RETURN SERVICE REQUESTED

Achieve with us.

Fall River Spaghetti Dinner Success

by Cindy Reis

Held on June 3, 2011 at the Elk's Lodge in Fall River, The Arc of Greater Fall River's first spaghetti dinner was a great success. The Elk's Lodge prepared a delicious Italian dinner for close to 200



hungry attendees, with the help of our volunteers, everything went smoothly! The raffle and karaoke were the highlights of the evening! We'd like to extend a sincere thanks to the staff of The Arc, the Elk's Lodge, and participants of the Resource Center, their families and friends who worked hard to make this event such a success.

A training on: Guardianship Reporting

Attorney Elizabeth Duffy from DDS and Director of Guardianship Terry Braun will be reviewing the new annual reports that are required to be completed by court appointed guardians. Reports to be reviewed and discussed include:

The Court Plan of Care Report & The Rogers Monitor Supplemental Report

Please join us Wednesday, August 31, 2011 at 6:30pm
The Arc of Bristol County
141 Park St., Attleboro, MA 02703

If you plan on attending or would like further information please contact Cathryn Vasconcelos at 508-226-1445 ext. 3104