



Achieve



The ArcTM

Bristol County

What's in a Name?

by Valerie Zagami, Board of Directors

Two years after adopting The Arc national branding, what changes have we seen? No longer are there groups promoting the same message with different and confusing names. We stand together as one recognizable organization. The Arc brand gives us a consistent identifying symbol for all The Arc's. However we still see people using the "R" word, many times not realizing how hurtful that can be.

Some things to remember:

- Arc is no longer an acronym (a word formed from the initials, e.g. "NATO," from the initial letters of "North Atlantic Treaty Organization")
- We do not use Arc in all caps at any time
- In writing, use The Arc, not The ARC and not ARC

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Significant Changes ahead in the delivery of Community Supports and Services *By Leo V. Sarkissian*

In the coming year, major changes will take place for nearly 114,000 people with disabilities. Our constituents will be included in this change. As we have previously reported, most individuals between the ages of 21-64 years who have both Medicare and Medicaid will have their health and community services managed in the near future through private entities.

MassHealth will contract with integrated care organizations (ICO) which will manage access, authorizations of providers, rates and other areas. Individuals will have a choice of ICO for the most part or they can choose to refuse or "opt out" of the program. It's essential to either choose an ICO based on what makes sense for you or to "opt out." If you don't choose and you don't refuse, you will be automatically assigned to an ICO.

The Arc is hosting educational forums for families, individuals and staff at several locations across the state. To see the flyer with details about these events, go to arcmass.org/Connect/News or call us at 781-891-6279.

Here are some important points to keep in mind:

- Every adult with disabilities between 21 and 64 years of age who receives both Medicare and Medicaid benefits will be

included in the project EXCEPT for 7,300 people who are funded through a home and community based waiver. For those served by DDS – this means you would have a plan of care (POC) which documents this status. Call your service coordinator at DDS for that information. Others who may be on brain injury waivers need to call their coordinator at Mass. Rehabilitation Commission or University of Massachusetts. There also are a small group of people between 60 and 64 years of age on the elder services waiver- they would have to call an aging access point to find the answer.

- Everyone else between 21-64 years on both Medicare/ Medicaid will be included in the demonstration. You will receive materials in the mail about it. It's critical to prepare in advance, learn if your providers are within the ICO networks and talk to your community services provider. If you cannot be sure about picking an ICO, you can then "opt out" through a form that will be mailed to you. Choose or opt out; don't just get passively enrolled into a plan that will not work for you.
- Some current community services will NOT be included through the ICO but these still will be

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Welcome

We spend January 1 walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives...not looking for flaws, but for potential. - Ellen Goodman



Dear Friends of The Arc,

Happy New Year! It's a pleasure working with The Arc community and anticipating a new year full of celebrations, accomplishments and challenges. You'll find all three in this newsletter.

This holiday season, The Arc celebrated regionally to bring joy and friendship to those we serve. As our organization grows, we encourage each location office to celebrate the uniqueness of their own community, appreciating the culture and tradition

of our neighbors, while staying consistent to our common mission and core values.

The newsletter also contains stories of our programs serving the community, and learning new skills from volunteers. The Arc relies heavily on generosity of time, talents and treasure, and we appreciate all gifts for the health and enrichment of our community. The Arc is also launching a "Wish List", a tradition used long ago to ask for donations or assistance with some of our initiatives. You'll find the new Wish List on our webpage and I encourage you to explore ways you can contribute.

Also in this newsletter is an important announcement from Leo Sarkissian from The Arc of Massachusetts about significant changes on how services will be funded. The Arc is watching these changes carefully, and will do our best to communicate vital information with you. Please sign up for our e-news if you haven't already, as we often send news, announcements and invitations via email, as well as posting them on our website www.arcnbc.org.

Inside you'll find announcements about The Arc of Bristol County's

participation in HealthMeet, an invitation to learn more about Adult Family Care, and a list of upcoming events. Many more events and opportunities are being planned for 2013, keep checking your email and our website for the latest news and further details.

The newsletter always contains our Employee of the Quarter. This quarter we honor Lee Desmarais, acknowledging her extraordinary service. If you know an employee of The Arc or proAbility who you believe deserves this honor, we welcome your nomination. Just complete the online form on our website, and maybe you'll see your nominee in a future newsletter!

As the opening quote says, we all look at the work to be done, and that's a healthy habit. This New Year let's also look at the potential: of our communities, our organization and those we serve. Together we can meet our challenges and tap into our mutual potential.

Best regards,

Michael Andrade
President and CEO

Significant Changes ahead in the delivery of Community Supports and Services (Continued from page 1)

provided through MassHealth or other state agency. There are certain community mental health and residential supports which will be provided separately outside of the ICO.

- You can learn more about these changes by going to mass.gov/masshealth/duals
- You can learn more about the community services offered by going to that site; pick "Related Information" and scroll down to "Memorandum of Understanding with CMS." Pick the Mass. Duals Demonstration MOU Link and go to pages 71 through 83. You will

see behavioral health services and then a list of other services.

A major change is coming – make sure you, your friends and others around you know it's happening so they can be as informed as possible.

MassHealth selected 6 Intermediate Care Organizations

- Blue Cross and Blue Shield of Massachusetts HMO Blue Inc. (BCBSMA)
- Boston Medical Center HealthNet Plan (BMCHP)

- Commonwealth Care Alliance (CCA)
- Fallon Total Care, LLC (FTC)
- Neighborhood Health Plan (NHP)
- Network Health, LLC

These organizations are now being evaluated by Medicare and Medicaid for their readiness to serve as ICOs. The process should be completed in Spring 2013 according to the timeline.

The Arc Thanks All for Successful Pancake Breakfast

Saturday, October 27, was a crisp autumn morning where pancakes and sausage were the draw for over one hundred hungry supporters of The Arc of Bristol County's 10th Annual Pancake Breakfast. The Portuguese-American Civic Club in Taunton once again held the event which had a steady flow of people in the door from start to finish. This event attracted families, individuals supported and communities members to enjoy a meal all while supporting The Arc's Project Rec-Connect which provides health, wellness and activities for individuals with intellectual and developmental disabilities.

The breakfast would not be able to run as smooth without its numerous volunteers. These committed folks are behind the scenes most of the time. There were also many volunteers that helped the day of the breakfast. Thank you to all for your combined efforts: Fran McCarthy, Ted and Pat Griffin, Barbara and Mike Leary, Elaine Rose, Donna and Bob McInnis, Richard Marshall, Samantha Wahl, Daniel Jones, Anthony and Joey Castelli, Kyle DelSignore, Carol Martin, Paul Camille, Charlie Wing, Donna Brown, Sandy Fournier, Pat Kirby, Trudy DelSignore, Troy Hixon, Doreen Mallette, and Lesley Azzinaro.



Restaurant, Panera, Whittenton House of Pizza, Home Plate, and Bella Roma, Paula Ladurantaye, Kristinia McDonald, Marion Prado, Doreen Mallette, Trudy DelSignore, The Hixon Family, Sandra Boyer, Lesley Azzinaro, Fran McCarthy and The Portuguese American Civic Club.

Thanks to the generous donations, committed volunteers and hungry participants, the 10th Annual Pancake Breakfast exceeded all expectations and was an enormous success. All proceeds raised from the breakfast will continue to provide ongoing services for people with intellectual and developmental disabilities through The Arc's Project Rec-Connect.

We look forward to seeing you at our 11th annual pancake breakfast.

What's in a Name? *(Continued from page 1)*

- Always refer to us as "The Arc: not just Arc or Arc Chapters
- Think of The Arc as a title or a phrase: it must be used as a whole.

It is essential that we position and communicate about The Arc consistently. We will create more effective recognition and this will help to build a stronger, unified brand to present to peer organizations, the general public, the media and all others.

The breakfast is solely funded by donations. All food or paper products for the breakfast were donated by the following companies or businesses: Hannaford Market, Benjamin's, Chateau, DeAvila's and Goldstein's. Thanks to the following other business or contributors for their generous donations: Olive Garden, Bob's Discount Furniture, Jimmy's Restaurant, Holiday Inn Taunton, Route One Cinema Pub, Trader Joe's, National Amusements, New Weir Pizza, Ninety Nine Restaurant and Pub, Smokey Bones Barbeque and Grill, Wild Hearts Therapeutic Equestrian Program, Roche Bros., Verc Rental, Princess House, Reed and Barton, New England Patriots, Boston Celtics, Scorpio's

Anytime Fitness, Plainville, MA



Anytime Fitness shared with us: Congratulations to members of The Arc of Bristol County in Attleboro for being active despite their disabilities! It is a true blessing to see them come in the club and enjoy themselves while working out. Their favorite class is the Vibe dance class! Shout out to Karen Grant for bringing the group to Anytime Fitness.

Pictured here is Nate from our Gym, and Ken, who is a member of The Arc of Bristol County...Ken biked almost NINE miles... (Nate only biked two..) Arc members enjoy a few hours of complimentary workout time at our gym each week. *The Arc thanks Anytime Fitness for their generosity and kindness to our athletes!*

Holidays with The Arc of Greater New Bedford



The Arc of Greater New Bedford celebrated their 4th annual Holiday Party on December 8. Families from The Arc of Greater Fall River who receive advocacy were also invited this year. Over 80 people attended the festivities. Every family brought a food item to share, the desserts were plentiful!

The children were happy to receive gifts and parents participated in a raffle. Much thanks to those who donated gifts or volunteered their time, especially: John Remedis, John and Tammi McCarraher, Mary Martins, Christine Blais and Mike Souza.

proAbility Celebrates the Holidays!

Thanks to proAbility's family volunteers and staff our Holiday Parties were a tremendous success for the individuals and families we serve.

Our Children's Party offered families an opportunity to enjoy time together and meet other families as well. The party included fun filled activity stations; face painting, cookie decorating, ornament making and plenty of kid friendly party food as well as a personalized gift for each child who attended.

To quote one of the individuals who attended our Adult Services

Party; it was a "blast"! Food, personalized gifts, and dancing to music provided by a local D.J. kept the party going strong throughout the evening.

A big thank you to the proAbility staff for their support in making these events such a success.

A special thank you to our tireless family volunteers. Without their enthusiasm, attention to detail, and genuine desire to make these occasions truly special for the adults, children and families we support; these events would not be possible. We are very grateful!



The Arc of Greater Fall River visited the Enchanted Village and LaSalette Shrine this season, and hosted a holiday party for the Fall River Resource Center.

proAbility Helping Others



On Thursday, December 27, 2012 the participants of proAbility's day program and the direct support staff took time out of their regular scheduled activities to show support for the victims and survivors of the

Newton CT school tragedy. They created snowflakes that will be hung in the new school when the children arrive. We believe that it is important to give back to people in any way we can!

Thank you for 34 years of Joy!



Once again the South Attleboro Knights, Sensata Technologies, and Chemawa Golf Course have generously made the holiday season brighter for our neighbors with disabilities. The South Attleboro

Knights of Columbus began this holiday party tradition 34 years ago as a way to give individuals served by The Arc of Bristol County, who had very little and no one to share the holidays with, an exceptional celebration of holiday spirit. Sunday, December 9, 2012 the annual party attracted a record attendance to enjoy a wonderful dinner, music, friends and gifts galore! Many thanks to the kind volunteers who made this occasion so special. On behalf of the individuals and their families served by The Arc of Bristol County, thank you and we wish you a wonderful holiday season!

ADA Consultative Services

Find out how The Arc of Bristol County can help you promote an inclusive and welcoming business environment. More information at www.arcnbc.org

Save the Date



The Arc™

Bristol County

2nd Annual Dinner Auction to Benefit proAbility

Saturday, April 13th
Sheraton Airport Hotel
1850 Post Road
Warwick, RI
Tickets are \$20 each, Hawaiian Luau Themed Event

1st Annual Golf Tournament to Benefit proAbility

Saturday, June 1st
8am shotgun start
Crystal Lake Golf Club
100 Bronco Highway
Mapleville, RI

30th Annual State Representatives Cup Country Club of New Bedford

Monday June 10th
10:30 Registration
12:30 Shot Gun

More details to follow on all these events. Check out www.arcnbc.org for the latest news!



The Arc of Bristol County is Partnering with Hammer Travel for the 2013 Trip

I am very excited to announce that The Arc of Bristol County is partnering with Hammer Travel for the 2013 trip. This year's trip will be to a Texas Dude Ranch. The ranch is in Bandera, Texas (about an hour outside of San Antonio). The dates are from October 16 through October 20, 2013 (5 days and 4 nights).

The cost of the trip is \$1695.00 per person with a \$500.00 deposit to secure your spot on the trip with Hammer Travel. The \$1695.00 is all inclusive (airfare, lodging, meals, horseback riding, hayrides and much more).

Hammer Travel will be making the travel arrangements on behalf of all of the travelers.

If you are interested in joining The Arc for this Western style trip, please send your \$500.00 deposit by January 31, 2013 made out to: Hammer Travel, LLC to our Taunton office, 437 Bay Street, Taunton, MA 02780. Please send the checks to the attention of: Troy Hixon.

If you have any questions, please call and ask for Troy or myself at 508-884-2971. You can also visit Hammer's website at: www.HammerTravel.org to learn more about this fun filled excursion.

Flag Dedication Honors Young Man with Disabilities, Veterans and Community Spirit

Friday, November 9 at 10am The Arc held a special Flag Dedication Ceremony to honor a young man with disabilities, the service of veterans and the generosity of a wide community.

Michael Silva of Taunton passed away on Memorial Day of 2009 at 27 years of age. Michael was a member of The Arc of Bristol County community and enjoyed participating in The Arc's events. In Michael's brief time he touched many lives with a joyful, friendly and curious attitude and gregarious nature. One of the people who remembered Michael fondly was a physician's assistant named Anthony LaCourse.

After Michael's death, family members associated with The Arc held a dance and raised funds to honor his spirit. It was decided to help troops stationed at the Medical Section of the Detention Facility of Parwan, Afghanistan where Lt. Commander LaCourse was now serving. So in Michael Silva's honor, care packages were sent to Afghanistan where Commander LaCourse would tell soldiers about Michael, and how he worked with people with disabilities. The soldiers raised a flag in Michael's honor, took a group photo, included it with this flag, and sent it to Ted and Pat Griffin, Michael's foster parents.

The Taunton families associated with The Arc also raised and donated the funds to purchase the flag pole for The Arc of Bristol County. The Rotary Club of Attleboro and Cryan Landscaping volunteered their time one weekend installing the pole. The stone marking the honor was donated by Ray Laramee of MF Graham & Son of Pawtucket RI. The flag pole and memorial stone can be seen at The Arc of Bristol County office at 141 Park Street, Attleboro, MA.

All Aboard

The Arc of Massachusetts announces the 3rd annual All Aboard The Arc for May 18, 2013. For more info, go to www.arcmass.org.



proAbility Enjoys Dog Obedience Class

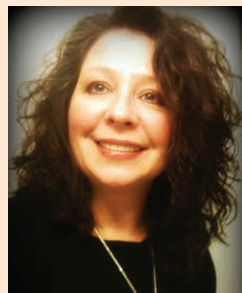


Lisa is a day program participant at proAbility. She is in the fourth week of a twelve-week dog training basic obedience certification class held every Thursday at proAbility. Pictured here is Lisa performing the sit command with Princess Penny. Dog training teaches leadership,

self-confidence, problem solving and encourages patience. Currently six individuals participate in the class. Day Program Coordinator Larry Farley teaches the class and has been a certified dog trainer since 1996.

Lee Desmarais

Employee of the Quarter



Lee Desmarais, Support Worker for Agency with Choice / Family Support is our Employee of

the Quarter. Lee has been with The Arc since 2007 and has shown exemplary commitment to the young man that she supports. She provides support and direction to this individual that affords him creative day supports. This individual has tremendous medical needs that created challenges for him being in a traditional day program setting. Lee has been resourceful in thinking out of the box to create meaningful and stimulating day support options for this individual. Through her support, this individual has been extremely successful in growing many different vegetables. This project has allowed this man to contribute to his family's meals in a healthy and delicious way. Some of the highlights from this past year included planting 192 containers of seeds, assembling a greenhouse for the porch, making plant stakes, watering his many plants, picking the produce, sharing vegetables with family and friends, and using his produce in various recipes. This

individual is also very community minded and when his health allows, will volunteer to help others in need. Lee was successful in helping this man to be able to volunteer at the Cat Shelter and to create donation cans for the Norton Energy Fund. Previously, Lee helped this man to create a website to be able to showcase his activities such as the Gardening and Cooking/Baking interests. All of these activities have happened due to Lee's ideas, creativity, connections within the community, and her overwhelming commitment to helping this man to be productive and happy.

Lee embodies the following principals that as an agency we hold in high esteem:

- People First – Lee always shows the greatest respect in her work with this individual and treats him and his family with dignity. She truly sees him for who he is and the gifts that he brings to others.
- Community Partnerships – Lee believes in being part of one's community and enjoys helping this individual think of ways that he can connect within his community.
- Personal Growth and Accomplishments – Lee has great confidence that this individual can grow and accomplish great things; which he has already demonstrated he can do.
- Individual control – Lee listens to the individual she supports and works in partnership with him to accomplish what he wishes to do.

HealthMeet

The Arc of the United States has been awarded a grant from the Centers for Disease Control and Prevention to lead a national project to improve health for persons with intellectual and/or developmental disabilities (I/DD). To help meet the goals of this grant, The Arc of Bristol County has been sought as a partner! From January 2013 to June 2013, we will be hosting and conducting health screenings, data collection, and health information sessions. The Arc will also be assisting in providing referrals that are indicated based on the information that is collected.

This is also an opportunity for you to get involved! We are in need of volunteer healthcare professionals and healthcare students to conduct the screenings. We are also in need of advocate volunteers to help coordinate the screenings.

For more information, please contact Sandra Fournier at 508-226-1445 x3119.

ADMINISTRATION OFFICE

141 Park Street
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



RETURN SERVICE REQUESTED

Achieve with us.

Come Learn About Adult Family Care

The Arc of Bristol County will be holding informational sessions for our Adult Family Care program. The Adult Family Care program is designed to support individuals who need assistance with activities of daily living and give them the opportunity to safely live in a family home. Participants may need assistance due to cognitive, physical, or mental disability; frailty, chronic illness, or advanced age. The Arc is committed to helping individuals to maintain their independence and to help protect the person's dignity. For families, this program can offer an option to keep their loved one living at home in their own community. The event will be geared towards anyone interested in learning more about the Adult Family Care (also known

as Adult Foster Care) program, whether you are a perspective member, caregiver or potential referral source, all are welcome.

Anyone interested in stopping by may do so at any time during the open house session, presentations will be made throughout the event.

February 19th, 2013
5:30pm - 7:00pm
The Arc of Bristol County
437 Bay Street, Taunton, MA

March 11th, 2013
4:00pm - 7:00pm
The Arc of Greater Fall River
182 North Main Street
Fall River, MA

March 25th, 2013
2:00pm - 4:00pm
The Arc of
Greater New Bedford
412 County Street,
New Bedford, MA

To inquire further, please contact The Arc of Bristol County's Outreach Coordinator at 1-888-343-3301 and ask for Rebecca Barry at extension 3121, Rebecca can also be emailed at rbarry@arcnbc.org