

# Achieve

Spring 2023



The Arc  
Bristol County

GIVE. ADVOCATE. VOLUNTEER.  
LIVE UNITED.™ United Way



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## Sitting Pretty *by Kathy Novotney*

*“This is one of the most beautiful parts of being human - the drive to connect and understand, heal and blossom” (Taussig, ix).*

On Friday, March 24th, The Arc of Bristol County participated in an event with the Attleboro Public Library on The Big Read. The book selected for The Big Read event was *Sitting Pretty* by Rebekah Taussig. A panel comprised of two self-advocates, Jaki and Ricky, provided thoughts on questions by the moderator, Tania. Tania serves as a direct-support professional in our adult day habilitation program.

The panel of Jaki, Ricky, and Tania discussed themes from the book including ableism, relationships, self-image, and mental health- including anxiety and depression, representation, and body identity. Both Ricky and Jaki provided outstanding insight into living with diverse abilities.

When discussing ableism, Ricky, who uses a wheelchair to ambulate due to living with cerebral palsy, shared his lived experience of planning for a vacation. The planning process takes him close to a year to ensure that he has transportation that can ensure his ease of use and safety. When his family gets to the airport, his wheelchair must be folded up and stored in cargo, and often his father will carry him to his seat on the airplane.

Jaki shared that she enjoyed the whole book, and it inspired her to write a book.



Ricky echoed the same sentiment saying he wanted to write a book about accessibility, and how much that entails.

Tania shared an important takeaway regarding this topic. She said since reading Rebekah’s book, she has been paying more attention to stopping at the proper point in traffic to allow people to cross. That morning of the discussion, the car in front of her at a stoplight was partially through the intersection making it impossible for someone to safely cross the road.

One of the questions from the audience asked if either Jaki or Ricky had thought about talking to the Commission on Disabilities in their respective communities about accessibility. Ricky proudly reported

*Continued on page 2*



*Achieve with us.*

## Welcome



Dear Friends,  
I hope this letter finds you inspired and excited to head into spring with a renewed sense of wellbeing and motivation.

As we always try, this year we'd like to remind everyone of the benefits of healthier living; eating better, drinking more water and getting a bit more exercise than we've done in the past. Spring is the perfect time to start making improvements towards that goal. Studies show that when we take care of ourselves our mood improves, we feel better, we have less pain, we sleep more soundly and we are able to tolerate stress a little bit better. This is especially important to the caregivers in our lives. If you are a caregiver, thank you! If you know a caregiver, thank them! Providing care to another person is hard work. It's very rewarding but can lead to burnout and that's why making sure you take care of YOU first is so important. Taking time to recharge

your batteries isn't selfish. Taking a walk, talking with friends, listening to music, having hobbies that you enjoy, getting enough sleep, healthy eating and engaging in anything else that provides you with moments of peace are all ways to preserve your wellbeing. The human services is a field wrought with burnout and we know this and we understand. Recognizing the signs and symptoms of burnout, addressing it promptly will make your life better as well as the quality of care you provide to your loved ones.

In other news, this past year, we moved some residents into new homes in both Massachusetts and Rhode Island and those individuals and their families are very happy.

Recently, we received great support from The Doug Flutie Jr. Foundation, Bailey's Team for Autism, Blue Cross Blue Shield, Bluestone Bank and The R.I. Foundation for a variety of initiatives, all for the good of our participants. Thanks to their support, we will be holding a mentorship program with Michael John Carley, our Educational Advocate, Angela Ferreira, is

developing a teen/early adult transition guide; we are looking toward offering new technologies with remote services and of course working to bolster our workforce across the agency. Early this year, we were honored to receive a beautiful plaque and a generous check from Hallam-ICS for our community service. Our community supporters keep us motivated to do more, help more and be more!

Upcoming events include: a motorcycle run organized by one of our participant's fathers, Chuck Procopio, to benefit The Arc that will be held on May 7th. We are also in the planning phase for both our 40th Annual Golf Tournament that will be held September 25th, and working on the logistics of the next Arc Strong Walk / Run event. We'd love to see you in the near future at one or all of these fun events!

Warm Regards,

Michael Andrade  
President & CEO

## Sitting Pretty

*Continued from page 1*

he is on the Commission on Disabilities in Middelborough. Ricky shared that is the monthly focus, to ensure that wheelchairs can easily get around in the community.

Behind the panel, a beautiful mural with warm pinks and yellows, covered the wall. The painting, "Blooming" was created by artists, Jessica Vohs and Moriah Faith, with support from the Brookline Arts center and over 20 artists from New England Village Artists. "The painting celebrates

and empowers people who deviate from able-bodied 'norms' that we typically see adorning the walls of art institutions," Faith and Vohs said in an Attleboro Arts Museum news release. "'Blooming' turns our attention inward to explore the warmth radiated when people come together. People with disabilities are not defective or lacking in anything. They are artists, makers, muses, dreamers, and some of the most creative and vibrant people living in our community."

Thank you again to Jaki, Ricky, and Tania for delivering an engaging and thoughtful experience surrounding diverse abilities. Thank you to Moriah Faith and Jessica Vohs for sharing the beautiful painting with The Arc of Bristol County Attleboro Day Hab Center.

Taussig, Rebekah. *Sitting Pretty: The View from My Ordinary Resilient Disabled Body*, HarperOne, New York, NY, 2020, p. ix.

## Making an Impact

*by Anthony Carlo*

Kyley, Thomas, and Ryan have been working at a local restaurant in Providence for the past year as part of the janitorial staff. They are successful employees who take great pride in their work and have made a positive impact at RES American Bistro.

Their job duties include ensuring that the dining area and kitchen are properly cleaned and sanitized, and they approach their work with dedication and attention to detail. They have received support from their job coaches, who have provided accommodations such as detailed checklists and special cleaning equipment to help them succeed.

The restaurant has benefitted greatly from the contributions of these three individuals, who bring valuable skills and a unique perspective to the workplace. Their success is a testament to the power of inclusive employment practices and serves as an inspiration to others seeking employment opportunities.

Overall, Kyley, Thomas, and Ryan's hard work and commitment



Seated front left to right are Ryan and Kylie. Middle row is Thomas. Back row from left to right is owners, Ryan & Stephen.

demonstrate that individuals with IDD can thrive in the workplace. Their contributions have helped to create a more diverse and inclusive environment at RES American Bistro, and their success highlights the potential for all individuals to make a positive impact in their communities through meaningful employment.

## Jersey Mike's Month of Giving

This past March was Jersey Mike's 13th annual month of giving and since its inception; they have raised over 67 million dollars for local charities! During this past month, their New England stores raised funds for The Doug Flutie Jr. Foundation for Autism. They in turn bought lunch for a number of non-profits devoted to helping people with developmental disabilities and we were one of those non-profits benefitting from their kindness.

When you consider supporting businesses that give back to their communities, we all win!



## Foxboro / Mansfield SEPAC

*by Ida Lindquist*

The Arc of Bristol County was fortunate to have had the opportunity to be part of the Foxboro/Mansfield SEPACs first community resource fair. There were over 40 vendors in attendance with a lot of information. It was a great night seeing local organizations coming together to support families.

*Pictured bottom left: Kristen Nevin and top left: Jessica Schipilliti both Massachusetts Department of Developmental Services Children's Service Coordinators from the Taunton / Attleboro Area Office. Pictured bottom right: Kristen Boisclair and top right: Ida Lindquist who are both Family Support Coordinators from The Arc of Bristol County.*



## The Future is Here!

Did you ever imagine a world would exist somewhat like the Jetson's cartoon from the 1960s? Well, we aren't flying around the globe in personal flying saucers yet but we are embarking on a new way of reaching and communicating with individuals living with IDD who are living independently in their communities... and it will be life changing!

The Department of Developmental Services in Massachusetts, The Arc of Bristol County, as well as many other Arc chapters, are embracing Supportive Technology Services. This will allow individuals the opportunity to use Assistive Technology (AT) exclusively or in combination with Remote Supports & Monitoring (RSM) to maximize their freedom, independence and potential.

The first step to gaining this technology starts with a conversation with your support staff to determine if this service is right for you. A second conversation will be scheduled with a representative at a company that offers Assistive Technology consultations. They will evaluate your wants and needs and match you with a licensed

professional to make it happen.

Once it is determined what type of device is best suited for you, an order is placed. After you receive the equipment, you will be trained on how to use it and supported all along the way! DDS may cover the cost if you cannot afford it or if the item is not insurance billable.

Some of the services you can choose from include: electronic motion sensor devices; door alarms, medication alerts and dispensing devices, safety devices to remind you to turn off the oven, telephones with large buttons, picture buttons or flashing lights; sensors attached to wheelchairs and walkers to alert staff if you've fallen; devices that enhance images if you have low vision; voice activated lights, appliances, doors etc., and hand held computer devices. Help and safety monitoring is always there, along with in-person back-up when needed. More information will be coming when we are ready to roll out this new and exciting technology.

For more information please visit <https://www.mass.gov/info-details/assistive-technology>

## National Employment Opportunities Network (NEON)

The Arc of the United States was the beneficiary of technical assistance from the National Employment Opportunities Network (NEON) a department of the U.S. Department of Labor. Ten Arc chapters across the country competed to receive this technical help towards employment services and The Arc of Bristol County won a coveted spot!

We will be working with a Massachusetts based employment specialist to help us best serve our participants who want to gain employment in their community. As many of you are aware, our R.I. division, proAbility, has been offering employment supports for many years. In addition, we received a grant from the Balfour Foundation last year to initiate employment services in Massachusetts. We are very excited to begin offering this assistance to our Massachusetts day habilitation participants. Our employment team from Attleboro and proAbility will begin meeting with the team member from NEON to discuss how to best serve our participants.

We will be sharing more information as this program launches later this year!

## Consumer Spotlight!

by Jolene Westgate and Craig Simmons



Carl C., who is a part of our Individual Supports Program, has been living his best life. He has always had a passion for metal detecting and coin collecting and this past year Carl has teamed up with new staff member, Bill Henderson, and joined a metal detecting club that meets once a month. Together they go on adventures where they have spent many hours combing the earth for rare metals and coins. Just this past summer they spent the weekend together in Maine where Carl scoured new terrain for precious metals and coins. He also enjoyed spending time in the outdoors and fishing. Carl, with the help of his Individual Supports team, has acquired quite the coin collection. He takes tremendous pride in his collection and loves to show them off. With the summer fast approaching, there is no telling what adventures Carl will embark upon. One thing for sure, you can count on Carl bringing his trusty metal detector with him wherever life takes him next.



**YOUR SUPPORT MEANS THE WORLD TO US!!**



# THANK YOU

**BAILEY'S TEAM**

For your continued support of



Supporting Individuals Living with **AUTISM** and their Families



What an amazing honor! Controls Engineering Manager, Sam Lacasse, from Hallam-ICS stopped by to visit with a beautiful plaque and a \$5,000 check to recognize The Arc of Bristol County for our community service. Here to collect the award are Direct Support Professional, Cheryl Castelli and President and C.E.O., Michael Andrade.

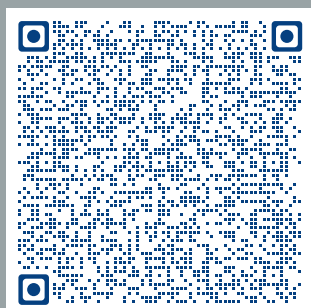


**Jon's Ride for  
Autism Awareness**

**Sunday May 7th.**  
**Sheldon's Harley-Davidson**  
 914 Southbridge St. Auburn, Ma.  
**Registration: 9:00 - 10:15 \$20.00 per person**  
**KSU: 10:30 from Sheldon's Harley-Davidson**  
**All proceeds go to The Arc Bristol County**  
**Ride through back roads to**  
**The Valley Pub 40 Plummer Ave. Whitinsville, Ma.**  
**for food and refreshments**

## The Arc of Bristol County & proAbility Satisfaction Survey

Please give us feedback regarding your family's services, and on any additional help you have received. This survey can be anonymous but if you wish a call back you will need to give us your name and contact information. Thank you for your input!



"Mr. Fogarty inspired citizens to come together to change attitudes that would provide the impetus to support significant legislative action in order to achieve his vision of improving the health and well-being of those with intellectual and developmental disabilities."

John Edward Fogarty

<https://fogartyfoundation.org>

We are so very thankful to The John E. Fogarty Foundation for their support of our mission. Their contributions to the Rhode Island IDD community, since 1964, have been truly life changing!

Thank you to  
 Blue Cross Blue Shield of  
 Massachusetts Foundation!

MASSACHUSETTS

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FOUNDATION

Your support is so appreciated!

**Administration Office & Family Supports**

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

**Day & Family Supports**

141 Park Street  
Attleboro, MA 02703  
Tel: (508) 226-1445 • Fax: (508) 226-1476

**proAbility**

25 Thurber Blvd.  
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 of Greater Fall River**

99 South Main Street, Ste 310  
Fall River, MA 02721  
Tel: (508) 679-0001 • Fax: (508) 679-9375

**The Arc of Greater New Bedford**

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

**Day Habilitation Services**

5 Mill Street  
Middleboro, MA 02346  
Tel: (508) 946-2121 • Fax: (508) 946-2195



*Achieve with us.*

save the date

**40th Annual  
STATE  
REPRESENTATIVES  
CUP**



**GOLF  
TOURNAMENT**



*to benefit Educational Advocacy*



**Monday, September 25, 2023**  
**11-12:15pm Registration & Box Lunch**  
**12:30pm Shotgun**  
**Country Club of New Bedford**  
North Dartmouth, MA

*Please call Janice at 1-888-343-3301 x3108 for more information. Sponsorship opportunities available.*