



Achieve



The Arc
Bristol County

Save the Date

Sunday,
December 4, 2011
12-3p

Knights of Columbus Holiday Party

304 Highland Ave
South Attleboro, MA

South Attleboro Knights of Columbus will be hosting. Sensata CRT and Chemawa Golf Course will be sponsoring the food and gifts.

The Arc of Bristol County welcomes volunteers from Sensata to help at the party. Call (508) 884-2971 for more information.

More than a Breakfast

By Eileen Koyon, Bridgewater State University Intern



Ask the volunteers how the Pancake breakfast came about and their collective responses are "the breakfast is more than a breakfast." This is a common theme among the parents that represents this year's volunteers, at the 9th Annual Pancake Breakfast held Oct 15 at the Portuguese American Civic Club in Taunton, MA. Ted, who is one of the volunteers, said, "We are a family group that comes together to support one another in so many ways and the breakfast is one of many fundraisers we do together."

This particular group of volunteers commits themselves to make all the arrangements for the traditional breakfast in October. They are

always looking on ways to improve it for the upcoming year. Fran has been working on fundraisers and he personally understands the challenges families face to improving the lives of persons with disabilities. Fran's son Bruce, now 47, receives wonderful benefits by partnering with The Arc community.

The Arc helps individuals and their families capture the opportunity for a collective impact throughout Bristol County. Members, their families, compassionate Arc associates, along with outside community volunteers work vigorously to enrich the lives

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Letter to the Community



Michael Andrade
President and CEO



Paul Camille
Chairperson

The hardships from the aftermath of tropical storm Irene on this community have been well documented. We'd like a minute to pay tribute to some local heroes that helped a group of people to make it through those days of darkness and uncertainty.

We represent The Arc of Bristol County and provide services to your neighbors with intellectual and developmental disabilities. During the power outages, many friends of The Arc reached out to help those we serve to make it through those uncomfortable days, maybe with a hot shower, a meal or a needed flashlight.

We'd like to thank The Arc staff, many of whom lacked power in their own homes, but made sure that our individuals were safe and cared for until power was restored. It is with great pride we commend our employees who go above and beyond what is asked of them to meet the needs of those we serve.

The YMCA's in the region opened their facilities for people to shower and be refreshed. Attleboro Enterprises, Inc. also opened their

facilities for people we serve to shower and meet with their friends. The Attleboro Senior Center not only welcomed our individuals for lunches, but sent them home with boxed meals they could prepare without power. Thanks for the Attleboro Emergency Center for answering our questions and kindly providing guidance during a tough time. Finally we wish to thank Don Smyth, a landlord to several of our individuals who gave them each lantern-sized flashlights, as Don said "so they weren't walking around in the dark."

Thanks to these and many others in the community who reached out to our population, helping them to walk through the darkness. Your kindness, compassion and generosity are greatly appreciated.

Michael and Paul

More than a Breakfast

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of people with intellectual and developmental disabilities. Ted, is a core supporter for many fundraisers, along with his own family, He comments "{The Arc}... it's a great resource for people to come together to advocate for themselves in many different ways." His family along with many other families considers themselves a "family within a family community of the Taunton Area Resource Center."

On the surface, the Pancake Breakfast may be seen as community coming together to share a meal, but it is much more than a meal that is shared. The unity found through The Arc's fundraisers, like the breakfast, create the ability to also change lives, for

individuals and families, within their surroundings. It facilitates a connection for comfort and security, networks and resources, to advocate together for each other and for future generations to come.

Ted, and many others parents like him, continue to utilize the precious resources and networks at The Arc. They want everyone to know about the help that is found there. Ted speaks "We are always looking for a way to get the word out ... {The Arc's support services} for the families and individuals who are {intellectually and developmentally} challenged. We are able to change things as a group and get things done for each other."

Adult Foster Care Caregiver Get Together

Wednesday,
December 7, 2011
11 AM

The Arc of Bristol
County's Attleboro Office
141 Park Street, Attleboro, MA
508-226-1445

Meet and network with other AFC Caregivers. Gain and provide support. Discuss interest in future get-togethers. Plan for future meetings, dates and times

Please call your AFC coordinator if you plan on attending. Light refreshments will be served.

Those Who Put Others Before Themselves

Spotlight on Three Wonderful Arc Volunteers

Therese LaPorte



Therese LaPorte has been volunteering for The Arc of Bristol County since March 2011. She assists the administrative staff with

phone coverage, incoming and outgoing mailings and event flyers for events within the agency.

She has come to know the staff and their routines within The Arc quite well. She has made friends with some of the individuals visiting the Attleboro office and is quite helpful with providing direction to answers they may have.

Having Therese volunteer her time and effort for The Arc of Bristol County has been a wonderful experience for this agency. Her continued contribution with us through her professional helpfulness is insightful and greatly appreciated!

Letter From Antony Karanja



My name is Antony Karanja and I have had the great opportunity of working at The Arc of Bristol County during this summer and last

summer. Last summer I worked in the reception area where I learned how to assist people when they entered the building and to answer questions of the clients and guide the visitors. This summer I got to work with some of the co-workers and it was wonderful. I have enjoyed the experience because I have learned so much from working with people, those who put others before themselves. I will always remember the people I have had the great opportunity of calling my co-workers and the people I have met along the way. It has been a pleasure to know you all.

Thank you,
Antony Karanja

Jackie Saylor



Jackie Saylor started volunteering for The Arc this summer, through an educational collaboration with Attleboro Enterprises,

Inc. and the Attleboro School Department. She had such a good time helping out at The Arc office in Attleboro, this fall she is volunteering again one day a week. She lends assistance to Sue Lachapelle at the reception desk, and has also helped with other projects that come up. She is hopeful to build up reliable transportation soon to help us out two days per week.

If you are interested in volunteering for The Arc, please contact John Neill, Director of Human Resources at (508) 226-1445 extension 3107.

Olive Garden Hosts Lunch at Gillette Stadium



Participants from The Arc enjoyed lunch at Olive Garden, hosted by Ed Geick, General Manager (standing, center).

On October 25, 2011, Olive Garden at Gillette Stadium hosted a lunch for participants from The Arc's Day Habilitation Services. Olive Garden is a national sponsor of the 2011 National Disability Mentoring Day (DMD) program of the American Association of People with Disabilities (AAPD). The DMD program is a national career development effort for students and job seekers with disabilities. Thanks to Ed Geick the General Manager, and everyone at Olive Garden for a great lunch!

Growing at the Soule Homestead Education Center

By Aaron Amaral and Justin Wilder



have adorned the classrooms at the program over the summer and early autumn adding color and aroma to daily living lessons. In addition, while at the farm individuals learn about the animals and insects that help to create the farm's ecosystem. They help feed the chickens, watch for different bird species and search for interesting bugs. The staff at SHEC are always present and very helpful with the efforts of the individuals, caring for the flower beds on off days and providing instruction and aid whenever needed. Like the plants, the individuals themselves have grown and blossomed through their work at the farm and benefitted from all the delicious foods and flowers they worked so hard to produce.



Individuals at The Arc's Day Habilitation Program in Middleboro are getting a taste of the farmer's life. Since late spring, individuals have been planting and caring for fruit, vegetables and flowers at the Soule Homestead Education Center (SHEC), also in Middleboro. The two flower-beds that the program uses to teach individuals about agriculture have produced a plethora of fruit and vegetables including lettuce, tomatoes, cucumbers, squash, zucchini, peas, garlic and beets. These home grown foods are then used during cooking classes at the program or brought home to individual's families. Flowers grown at the Soule Farm



Attleboro Photo Club



Members of the Attleboro Photo Club, part of Project Rec-Connect, exhibited their artwork at the Attleboro Arts Museum on September 10. Thanks to their teacher Terri Sweeney for her support, and to the Museum for hosting our exhibit. The Attleboro Photo Club was funded by a grant from the Attleboro Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



Rhode Island Facing Serious Cuts for Services

What the cuts mean to me

by Josh Joyal



I live at Independence House in an apartment with my girlfriend Heidi. For me, my biggest goal is to live independently.

I need to have someone in the building 24 hours a day who can help me as I am completely physically dependent. However, I like working with an agency who can be there when I need them and not when I don't. proAbility and The Arc have done an amazing job meeting my needs, and especially talking with me and listening to me. There is no perfect agency out there, but the staff from proAbility treats those here at Independence House like adults, and we have to accept responsibility.

What keeps me up at night is the threat of more cuts from the state of Rhode Island. More cuts may threaten my current living arrangement and force me to go into a day program. I am happy in my environment, being independent and living with Heidi. If more cuts do come, I may consider moving out of the state of Rhode Island to get my needs met and preserve a life where I can live in an environment where I can be as independent as possible.

I am blessed to be part of a family that cares for me, but I want to do things on my own and not be dependent on them. I also would not want to live in a facility. I am blessed to live with my best friend and partner Heidi. We spend our days together and share our lives, and decide the things we want to do. proAbility helps me to do those things, but they let me decide. In my opinion, it is my responsibility for my personal care and well-

being, and an agency like proAbility provides me the support I need. I may not have everything I want, but I have everything I need.

Circle of Hope

On October 13, 2011, over 3,000 people with disabilities, advocates, family members and service providers formed a "Circle of Hope" around the Rhode Island State House. They gathered to protest what they said is \$24 million in funding cuts to services for people with intellectual and developmental disabilities. Rhode Island lawmakers reduced state reimbursements for transportation-related costs by about \$4.5 million, trying to close a nearly \$300 million deficit in the \$7.7 billion state budget. The state has also cut millions by reducing reimbursements to service providers.

Moving, Growing...See where we are now!



This summer, **The Arc of Greater Fall River** moved to a new site at 182 North Main Street, Fall River, MA 02720. The phone number remains the same: (508) 679-0001 and fax: (508) 679-9375.

proAbility now has an office and is running the Café at Independence Square, University of Rhode Island Campus, Kingston, RI. More details in our next issue about the services and Café in Kingston.

And **The Arc of Bristol County** now has an office at 39 Emerson Road, Suite 226, Waltham, MA 02451. The Waltham Office is taking charge of our expanding Guardianship and Trust Management Services, and can be reached at (508) 226-1445 extension 3149.

The Other Side Of The Fence



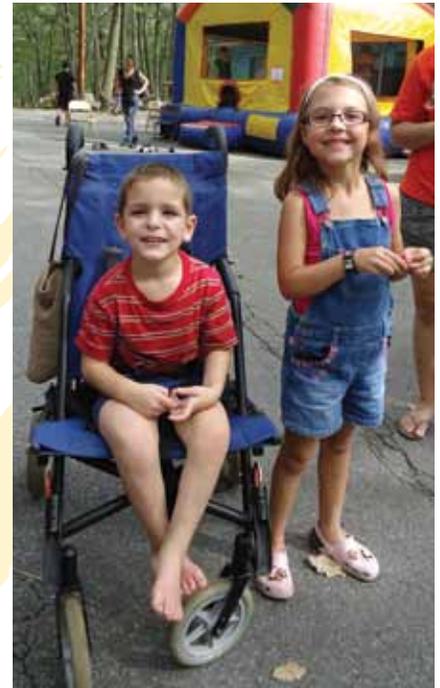
On September 21, 2011 Attleboro's 1 ABC Committee kicked-off its citywide reading effort based on *The Adventures of Tom Sawyer* by Mark Twain. A commemorative kick-off event was held at The Attleboro Arts Museum featuring a unique salute to this year's classic literary selection. *The Other Side Of The Fence* was an exhibition of creatively whitewashed fence sections from 30 selected organizations from Greater Attleboro. The Arc of Bristol County was invited to be part of this exhibit, and artist Sandi Carter Brown (pictured here with The Arc Board Member Valerie Zagami) created a fence piece reflecting our mission. The fence is now on display at the Attleboro office.

Artist Sandi Carter Brown said "This fence stems from my personal teaching experience with the students and counselors of The Arc. Working with students from The Arc during the Attleboro Arts Museum's art class programs has shown me the promise and light within them all. These students represent all the words spelled out on the hands that I've painted. The colors are for diversity...the joined hands are for union. The students from The Arc have also been my teacher, and I look forward to a long relationship with the organization."

Family Fun Day



A warm day, healthy snacks, games, face painting, animals to pet and a jumperoo all added up to local families enjoying The Arc of Bristol County's Family Fun Day on Sunday, September 25. Family Fun Days give children with disabilities and their families a chance to integrate with the community, get assistance with resources, learn about healthy nutrition and have fun while staying active. Many thanks to the individuals and organizations that helped to make this day such a great success including: Hockomock Area YMCA for a Stop & Shop Shape Up! Mini-Grant to fund the event; North Attleboro Parks & Recreation for use of the WWI Memorial Park & Zoo; face painters Ashley Rautenstrauch and Connie Wetzels-Jordan; Chili's for coupons for the children; to The Sun Chronicle for your coverage of the event; and all our caring volunteers.



Family Support Groups

- **Brothers' and Sisters' Group** – Next group will be in December (at our Attleboro Office)
- **Dad's Night Out** – next meeting is January 9th (at our Attleboro Office)
- **Mom's Night Out** – December 7th (Location will be announced) – January 11th (at our Attleboro Office)

For more information please call Cathryn Vasconcelos at (508) 226-1445 or (888) 348-3301 extension 3104.

Flutie Foundation Donates Computer to New Bedford Youth

by Carol Fortin

Thanks to the Doug Flutie, Jr. Foundation for Autism, Laurie Flutie Computer Initiative, TJ DeCosta now has a computer. TJ is a young man diagnosed with autism. He communicates through pictures, gestures, and has minimal verbal ability. TJ is in a special education classroom with ABA specialists in the New Bedford School System. His PCA (personal care assistant) has helped to get the computer up and running so he can use it for information, education, and communication. TJ's mom has already spoken to his special needs teacher to acquire appropriate computer programs for TJ. Together with the assistive technology therapist within the New Bedford School Department, they will help TJ and his mom learn how to use many of the programs that he uses at school.

This technology will give TJ the opportunity to carry over what he has learned at school and create



a continuum of services. TJ's mom is extremely touched by the generosity of the Doug Flutie, Jr. Foundation for Autism that helps children with autism have access to technology. It opens windows and doors to helping them achieve. So many things in life are so very difficult for TJ, having a new computer to help him brings happiness to both he and his mom.



Justin Crossman

Employee of the Quarter

Justin is like a chameleon. He can one day be working on computers and the next be shoveling snow. He is able to work within the entire agency and complete whatever job is being asked of him. Justin has hauled heavy TV's and refrigerators and dealt with flooded basements. He tries to get to everyone as soon as possible and with as little delay as possible. He has responded to concerns with agency vehicles and he has waited for hours for the internet to be hooked up in a new building. His hours go beyond the normal business hours. If something goes wrong, Justin is the man that is called and he is the one that everyone turns to, to make things better.

Recently when Hurricane Irene hit and there was no power in multiple locations, Justin remained calm and made numerous calls to help facilitate how the power would be back to those locations. He has contacts within the community and reached out to many on behalf of The Arc. This past winter when there were multiple snow storms, Justin spent most of his time dealing with either snow removal or leaks in roofs.

His demeanor is very laid back and he always has a smile. Justin is a man of few words. He completes the job that is being asked of him and moves to the next as there are so many. Justin is beyond deserving of Employee of The Quarter for all of the hard work that he performs for The Arc.

Open House at The Arc of Greater New Bedford



The Arc of Greater New Bedford held an open house on Thursday, September 15th giving families and individuals a chance to see the new resource center. Thanks to everyone who came and made this a great event.

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



The Arc

Bristol County

RETURN SERVICE REQUESTED

Achieve with us.

The Arc Goes to Washington!



This October, 29 individuals with 7 staff spent 4 days in Washington D.C. touring the nation's capital and Arlington Cemetery. The high point of the trip was seeing the new memorials dedicated to Martin Luther King, World War II, and the Air Force Memorial that stands high on a hill overlooking

D.C. and the Pentagon side where the plane crashed on 9/11. It was awe inspiring! The night time tour of the monuments all lit up was another awesome sight! It was a busy fast paced trip that everyone enjoyed! The trip was not finished and everyone was already asking.....where to next year??

Check out our new website at www.arcnbc.org
Be sure to sign up for our electronic newsletter.

