

Achieve

Winter 2021



The Arc
Bristol County

GIVE. ADVOCATE. VOLUNTEER.
LIVE UNITED. 



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Welcome

Dear Friends,

It is hard to believe that we are already well into 2021. With the new year, we reflect on the challenges that this past year has posed and the amazing conviction and commitment provided by our staff, providers, families, and volunteers. The impact of the last year has been devastating for so many people we support, their families, employees and our community members. As we start the new year, our future is much brighter with hopes that the vaccines will soon allow us towards being together again and rebuild a sense of community. In fact, we have been able to coordinate over 500 vaccines for our community and more each day. This past year has forced us to reimagine services, learn new approaches, and remain flexible more than ever. I am so proud of our teams and the amazing accomplishments that they have afforded those we support.

At our organization, we have been fortunate to remain connected to the those we support through innovative approaches such as telehealth, virtual services, and remote options. Over the past months, we have held virtual gatherings, drive by cheers, and continued to reach out to staff to offer thanks and encouragement.

In this newsletter, you will hear about the amazing work that many departments

have continued to provide, as well as some upcoming events. I urge to take a few minutes to learn about some of our updates and express my sincere thanks to all of you for your unwavering support, thank you messages, patience, and understanding.



I sincerely hope to 'see you' all in person very soon once it is safe to do so and until then, please continue to remain Arc Strong!

In appreciation,



Michael



Achieve with us.

Winter Wonderland

The Day Habilitation program has fully embraced the beauty of this winter. During the first considerable snow fall of the season, the garden had some visitors, our snowmen. Creativity of the crew provided the opportunity to engage in this fun winter activity while in the comfort of the indoors. Each snowman was created at their workspace and then transferred back outside to decorate the garden area.



As the snow has continued to accumulate throughout the winter, the program has been working on their safe snowball fight techniques, a great socially distanced activity. Arms have been strengthened as we work on reaching our throws across a six foot distance. The program is looking forward to what the next winter storm will bring.



HR News

As the pandemic continues, the human resources department remains dedicated to hiring new employees at the same rate as pre-pandemic times. To date since the pandemic started we have hired a total of 41 employees. We have accomplished this task through tireless hours of coordination across the agency that could not have been accomplished without the assistance of each and every hiring supervisor and/or department director. The HR department wholeheartedly thanks each of you! As you are probably aware, we have begun to use Relias software to administer

our employee training needs. All monthly training for staff is now completed using the Relias program. This has proven invaluable during the pandemic as staff meetings to cover this training material can't be completed. Using Relias allows the employees to receive the required monthly training at a time that is convenient for them and at their own pace, without having to attend a monthly staff meeting. The Relias system is a win for both employees and supervisors. The HR department continues to work diligently with employees affected by COVID-19 and unable to work

via administration and oversight of FMLA job protections extended to eligible employees. Along these same lines the HR department has coordinated over \$4,000 in aide to employees under the Employee Assistance Fund. As a reminder, the Employee Assistance Fund is available to employees in need and was funded by employee donations of accrued time. Any requests for the Employee Assistance Fund should be sent to the HR department.

Happy New Year from the HR department and we look forward to seeing you all very soon!!!

Caregiver Spotlight!

Mary Riley

The Arc of Bristol County's Adult Family Care (AFC) program would like to take the opportunity to recognize Caregiver Mary Riley. Mary is a dedicated caregiver who is committed to her role and embodies what it truly means to be a CAREgiver. Since 2012 Mary has been a part of our AFC program providing care for her son, Phillip. In 2014, Mary opened her heart and home to provide temporary respite care for members in the AFC program. Sometimes those temporary respite situations turned into long-term placements due to Mary's kind and caring nature.

Most recently our AFC member Joan has lived with Mary since May of 2017. Repeatedly, Mary has demonstrated what it truly means to care for someone. Mary always has the member's best interest at heart and that is evidenced through her advocacy and quality of care. As such, those who have lived with Mary have become a part of the family. Joan enjoys her relationships with not just Mary but with all of Mary's extended family who are now Joan's family too! Both Joan and Phillip are treated as individuals, Mary respects their rights to make their own decisions.



She regularly goes out of her way to ensure that both Phillip and Joan are able to participate in meaningful opportunities. The Arc would like to thank Mary and extend our most heartfelt appreciation for the excellent care that she provides each and every day.

AFC Update

The Adult Family Care team has continued to offer support to our AFC families to celebrate their successes and help navigate the challenges. There have been a variety of things to celebrate even if it's just finding the small positives that bring us joy. On another note we received guidance from Massachusetts that indicated that home-based health workers (including AFC Caregivers) would be eligible for the COVID-19 vaccine as part of the phase 1 rollout. Thus far, approximately 60 of our AFC Caregivers and members have received the vaccine thus far and we continue to seek opportunities for others who are interested. Of course, whether or not each person chooses to receive the vaccine is completely up to them. As The Arc continues to learn more information about available vaccination opportunities, we will disperse that information as is appropriate. The AFC team would like to extend our sincerest appreciation to our AFC families for allowing us to be a part of their lives, it is our pleasure.

Trust Services

The Arc of Bristol County in its further commitment to making a difference in the lives of elders, individuals with disabilities and their families, is proud to announce that Trust Management Services has continued uninterrupted through these uncertain times.

As most of us are familiar with the conventional life-planning strategy of a health care proxy, will, or power of attorney, you may not be aware of the possibility of providing your loved one with alternatives with various trust options. A trust is a legal plan for placing funds and other assets in the control of a trustee for the benefits of an individual without having the individual declared incompetent.

With several estate planning options available, there is no "one size fits all" in assessing the needs for your own and the future of your loved one. The Arc of Bristol County will continue to provide a comprehensive personalized plan by working directly with individuals and families in a caring and contactless environment, to develop options that maximize wealth preservation, maintain funding and eligibility requirements for government programs and public benefits, and prepare for long-term care.



To schedule an appointment or for more info, contact Jennifer Sweet at 508-226-1445 Ext. 3102 or jsweet@arcnbc.org.

Providers Needed!

Would you ever consider opening up your home to someone who is in need of care?

If you are unable to commit to this on a permanent basis, would you consider doing so during a temporary urgent situation?

The Arc regularly becomes aware of emergency respite needs. We do our best to match the needs of the member with the needs of the provider family. The Arc takes pride in the support we offer to the families during these situations and would love the opportunity to work with you!

If this is something you are possibly interested in doing, please contact AFC Director Rebecca Barry at 508-226-1445 ext. 3121. There is no obligation, each situation will be presented on a case by case basis. Thank you in advance for your consideration.

Virtual Holiday Gathering

Thank you to all attended our Virtual Holiday Gathering. We wanted to have a chance to get together for the holidays. Allison did a great performance of Drums Alive that allowed everyone to get involved, dancing and singing along. Santa visited and read "The Night Before Christmas". Noah Lis did an amazing performance during our slide show of all our families, people we support and some of their own Holiday traditions. It was such a pleasure to see so many smiling faces. We are working on putting together a Spring Fling for April, so stay tuned we have some great ideas. Noah may be paying us a visit again. Everyone has been working so hard on creating Zoom groups to keep everyone connected. We have some great chefs that attend our Baking group weekly. We also have some creative artist attending 'Creating with The Arc' on Wednesday. You have all shared some great pictures of these masterpieces you are creating. Please keep them coming! We will be continuing those groups along with some additional ones in the upcoming months. We



are hoping to add some DIY Cooking kits for at home meals, reading club, as well as ways we can stay connected to our communities by some collaborations with local business via tours and presentations. The Massachusetts Audubon Society also hosted three groups via zoom called Wonders of Winter. These explained what winter looks like for animals for food and hibernating as well as nature around them.

The pictures above are from DIY Starlight kit, Create your own tile magnets, Banana cream pie from Baking group DIY Fairy lanterns and Valetine's cards. All creations from Baking group and 'Creating with The Arc'.

Baking Group Keeping Busy

The family support department has kept busy with remote activities. Baking Group continues one time per week, creating delicious desserts, most recently including a chocolate doughnut cake, chocolate covered strawberries, and snowman cupcakes. We are all looking forward to re-creating our Bunny Cake in April- the group that started it all last April.



Adult Day Health Program holding grant check from Bristol County Savings Charitable Foundation. Pictured: Ginny Street Program Director, participants Russell T., Gertrude C. & Asst. Director Sue Grant.

RI Residential Happenings

With Winter in full force over the past few weeks, our staff have been working diligently on providing creative and fun in-home activities. With snow in the forecast, it has been the perfect opportunity for us to bring some Winter fun indoors! Making snowmen at the table, just getting our hands a little cold, and creating a little laughter! We have been playing many board games and creating some beautiful artwork, and craft projects.

Exercise and good diets have been at the forefront, keeping our bodies and minds healthy. We have been exploring different ways to create healthier options, but also satisfying to that sweet tooth! Staff have been encouraging daily exercise. We have been using the treadmill at Central Avenue and have participated in group exercise activities on you tube, and ZOOM.

We continue to get out into our communities as much as possible. Trips to the park, sightseeing from the car, and walking in our local community have become regular activities. A small time outside every day in the sunshine has become an important part of everyday life.

Families and friends continue to be huge part of everybody's life, we continue to keep these connections up by participating in ZOOM and Facetime calls, daily. We have had a couple very socially distant drive By's from several families over the past few weeks, this always brings a great deal of joy to the entire home!

With the recent vaccinations for Covid-19 and the turn of the season within reach, we are all looking forward to being able to spend more time in the community and time with our friends and family.

Employee of the Quarter Heather Miguel

Heather has been an invaluable resource to the entire agency. She has filled in whenever needed, which has been quite often. She has assisted the individuals we support, staff, and members of management on a consistent basis. Her flexibility, attention to detail, and dedication to her job has been paramount to the operation of our residential homes and our agency. The fact that she has been so accessible to us in addition to the many other job functions she has been completing is frankly amazing. She is more than deserving to be recognized as Employee of the Quarter!

Family Support Team Supporting the Community

A family, struggling on one income, lost their only means of transportation in a vehicle accident. This event ended in the family losing their one source of income, due to having no transportation to get to work. The Arc received their call for help. In collaboration with The Edwin Phillips Trust, The Family Support Team was able to procure twenty thousand dollars for this family to secure a new, safe vehicle. The Arc wishes to thank The Edwin Phillips Trust for all their support with the application process, and ultimately, for awarding this family with their independence back.



JOIN US
AS WE CELEBRATE

The Arc of Bristol County's

Virtual Spring Fling

Wednesday April 28th @ 5:00 pm
Via Zoom
R S V P to Ebeauvais@arcnbc.org
for the zoom link

We will begin at 5:00 pm with
Lauretta & Cha-Boom,
(Chair Zumba).
Followed by a visit from our
friends at 'Tiny Tails To You',
(Farm and interactive
animal show).
Finished with a slide show and
performance by Noah Lis
from 'The Voice'.

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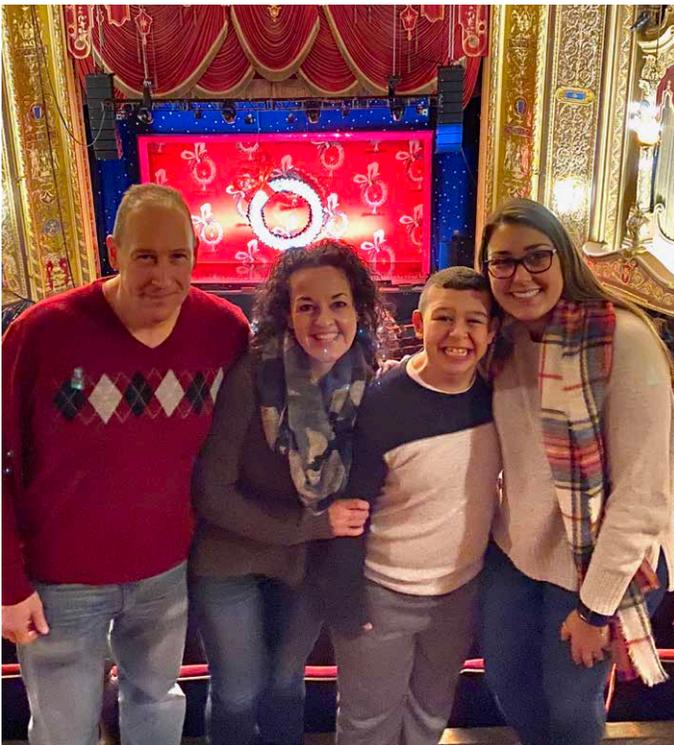
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The Arc of Greater New Bedford
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New Bedford, MA 02740
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The Lacoste Family was one of the recipients for the Family Support Caregiver Appreciation Drawing. Matthew loved the Grinch! Elisa, Kevin, Brianna and Matthew Lacoste pictured.

Arc Strong:
Achieving Dreams
RUN, WALK & ROLL

Join us!

Join us on Saturday, September 18th virtual & partial in-person for our Annual Arc Strong: Achieving Dreams 5k Run Walk & Roll. To register and for more information, visit www.arcnbc.org and once again celebrate the hope and dreams of thousands of individuals and families we serve.