



Achieve



The Arc awarded Balfour Grant for Adult Foster Care

The Lloyd G. Balfour Foundation has awarded a three-year \$175,000 grant to The Arc of Bristol County to expand and strengthen the Adult Foster Care initiative, and potentially enrich the lives of adults with disabilities, the elderly and their caretakers from the greater Attleboro area for years to come.

Michael Andrade, President and CEO of The Arc said, "The Balfour grant will allow us to educate more people about this valuable program and bring on the infrastructure to support the expansion of Adult Foster Care. We are thrilled to partner with the Balfour Foundation to improve supportive housing options for our aging and disabled citizens."

The Arc of Bristol County has been providing Adult Foster Care since 2006, and presently serves eighty-one individuals in Adult Foster Care, employing six case-workers, three registered nurses, two supervisors and seventy-eight caregivers throughout Bristol County, MA. The demand for this service is ever increasing, and

feedback from families, individuals and the community has been overwhelmingly positive. The Arc has been committed to providing services to our community to help individuals reach their potential, and support their families and loved ones, for over 53 years. The Arc has been a leader in Adult Foster Care programs in this region, where the need for this service will only increase. Seen as an affordable, attractive and reliable system of long term care for the Commonwealth's aging and frail population, the Balfour Foundation grant will enable The Arc to grow and expand the Adult Foster Care initiative.

The Lloyd G. Balfour Foundation, Bank of America, N.A., Trustee, was established in 1973. The Foundation's three primary focus areas reflect Mr. Balfour's strong affinity for the employees of the Balfour Company; his commitment to the city of Attleboro, Massachusetts; and his lifelong interest in education.

Go to www.arcnbc.org for more on AFC and the Balfour grant.

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Welcome



"Unless someone like you cares a whole awful lot, Nothing is going to get better. It's not."

-Dr. Seuss

Dear Friends of The Arc,

In this newsletter you'll learn of a celebration at our Middleboro Day Habilitation Services based on the

Dr. Seuss book "Oh The Places You'll Go!" This volunteer and participant led project helped individuals in the program celebrate their abilities, through craft, art, singing or dancing, and shared their abilities with their community. Empowering individuals to express their abilities and engage with their community is so much of what The Arc is all about.

Also this month came a story from California of a boy with Down syndrome and his family who were kept off an airplane, supposedly because of the boy's disability. The details of this story are still coming to light, but it's disheartening to see that much misunderstanding and prejudice still exists against individuals with disabilities. Stories such as this remind me how The Arc's work is as vital today as it ever has been.

Our work as an advocacy and service organization is essential in helping

individuals with intellectual and developmental disabilities and their families get the help they need, and also be included in their community.

We need you to be part of our community. As a member of The Arc, you are saying that you believe in supporting the rights of those with disabilities, both locally and on a national scale. Membership in The Arc gives people with disabilities a stronger voice in advocating for their civil and human rights. You will find information about membership in this newsletter, please take a moment and to support our mission with your family membership.

Sincerely,



Michael Andrade
President and CEO

Questions and Answers about Membership

Why should I become a member of The Arc?

- I care about people with disabilities
- I know that my voice joined with thousands of other Arc members will be heard clearly by politicians, the community and all those who need to learn more about this population
- I want to be counted among those who support people with disabilities
- I believe that The Arc of Bristol County will work tirelessly in serving and advocating for the rights of persons with disabilities, and I wish to support their efforts.

What membership means:

- You are counted as a member of The Arc of Bristol County and as a member The Arc of the United States
- You will receive updates and news concerning the disability community
- You qualify for discounts to Arc events and national insurance
- You are fiscally supporting The Arc of Bristol County, your local advocate for over 2,000 people with intellectual and developmental disabilities and their families

How do I become a member?

Simply fill out the information on the envelope enclosed with payment of the \$25 annual membership fee and send to The Arc of Bristol County's Attleboro office. We also invite you to make an additional contribution, which helps us to fulfill our mission. As a non-profit organization, your donation qualifies for tax benefits and we will provide documentation of your gift.

Can my business be a member?

Yes. Business members can be community partners and we are grateful for the support of area companies.

The Arc Day Habilitation Program Presents "The Places We Will Go" at the Middleborough Public Library



The Arc of Bristol County hosted a program Wednesday evening, September 12 for the public, friends and family of The Arc's Day Program located West Grove Street, Middleborough. Entitled "The Places We Will Go", produced and arranged by the staff and program participants, in conjunction with the newly-organized Volunteers for The Arc, the evening featured song, dance and highlighted by the presentation of a Doctor Seuss inspired Quilt designed and sewn by The Arc participants. Funds from the Middleborough Cultural Council made the purchase of a sewing machine and materials for the quilt possible much to the enjoyment of everyone involved. Wearing colorful tie-dye shirts that they made themselves, these Arc performers presented personal introductions, sang "I Am What I Am" accompanied by volunteer Mary Anderson and demonstrated delightful choreography to the songs "Surfin' in the USA" and "The Time Warp."

The Arc wishes to thank the Middleborough Public Library for hosting the event. The quilt was funded by a grant from the Middleborough Cultural Council, a local agency which is supported

by the Massachusetts Cultural Council, a state agency. Thanks also to The Arc volunteer group spearheaded by Karen Dempsey and Cynthia Cochran; both of Middleborough and Lillian Labonte of Lakeville. The Volunteers for The Arc engaged Arc participants in sewing, drama, music and dance which evolved into Wednesday's performance by The Arc day program participants.

About Day Habilitation Services in Middleborough: The Arc of Bristol County Day Habilitation Services in Middleborough provides supports for adults with varying abilities and partners with other community organizations such as the YMCA, the public libraries of Lakeville and Middleborough, Pet Recess, the local food pantry and the Soule Farm to provide a variety of community based opportunities.

The success of Day Habilitation program lies with the unbelievably dedicated staff, which consists of Direct Support Professionals, Alicia, Charlie, Faith, Justin, Mary Beth and Robin, a Registered Nurse, Geoff, and an Interdisciplinary Team including an Occupational Therapist, Physical Therapist and Speech Language Pathologist. The Arc facility provides a computer lab, recreation room,

fitness area and an accessible kitchen where life skills such as cooking and nutrition are focused on daily. Anyone interested in becoming a volunteer for The Arc should contact Jaelle at jbopp@arcnbc.org.

Fall River Clamcake and Chowder Dinner



A 50" television was donated to the Fall River Resource Center by Jonathan Costa and David Fisher. Jonathan's sister, Cymry takes part in many of the activities offered at the Resource Center.

The Television was presented to staff person Donna Couture at the Clam Cake and Chowder fundraiser on September 28th. The presentation was an unexpected and most welcomed surprise. Not only did they donate the television, but also a complete set of dinnerware, silverware for twenty. Now that The Resource Center has a dishwasher, this has helped with our "go green" initiative. No more paper products!

Thank your for your generosity, Jonathan and David!

Employee Appreciation Celebrated

On August 25 at Capron Park and Zoo in Attleboro from 11am to 2pm, a total of over 70 individuals including employees and immediate family members enjoyed The Arc of Bristol County d/b/a proAbility's annual Employee Appreciation Event sponsored by the Workforce Development Committee. The weather was beautiful and great burgers and hot dogs were enjoyed by all. A recognition event was held to recognize the following employees for years of service; 5 years: Rebecca Barry, Mary Bennett, Stacy Bliss, Beth Bogus, Mark Bumpurs, Lee Desmarais, Jeanne Fish, Darlene James, Jackie Jarvis, Pat Kirby, Lisa Levine, Brian Luiz, John Neill, Mary Sauder, Jamie Sousa, Svitlana Styekolshchikova, Carl Wahl, Janet Vohs and Robert White; 15 years of service: Nancy Boucher, Sandy Boyer and Jill Skerker.

Employee of the Quarter winners were recognized as well. The employees receiving Employee of the Quarter recognition included; Justin Crossman, Jodi Vannieuwenhuyze, Alicia Fuchs and Larry Farley.

Congratulations to all being recognized.

Additionally all in attendance enjoyed a puppet show by The Arc of Bristol County d/b/a proAbility's own Kids on the Block puppeteers and reduced admission to the zoo was offered for those interested in visiting the zoo.



Photos donated by www.phil-desjardins.artistwebsites.com

Flu Shots

Thanks to everyone who helped with the successful completion of the Flu Immunization Clinics. We had 42 people immunized in Attleboro, 9 in Middleboro, 10 in Fall River and 13 at proAbility!

That's 74 people total, almost a 50% increase from last year's Clinics!

Community Based Day Services throughout Bristol County



The Arc is very pleased to announce that we will be continuing our Community Based Day Services (CBDS) in Attleboro, Middleboro, Fall River, New Bedford and Taunton. The Department of Developmental Services has awarded The Arc of Bristol County funds to allow programming for not just individuals under Family Supports but now Adult Services as well.

The Attleboro location supports individuals on Tuesdays and Thursdays. The hours are from 3p to 6p on both days. Tuesdays the programming is Dinner and a Movie and Thursday is called "Mystery Day." This allows the individuals to pick what they would like to do that day. Some of the activities have been: playing the newly purchased Wii, going out to the local parks, playing board games, playing Bingo, and various other community activities.

The Middleboro location supports individuals Monday through Thursday. Middleboro also has a Dinner and Movie night on Tuesday.

The other three days this location the activities can vary. The staff are always eager to find fun and new community activities. This past summer the individuals visited the Cape Cod Chip Factory and went swimming outdoors. They recently went to Flax Pond and harvested the cranberries. The times for the Middleboro location are from 3p to 6p on all days.

In New Bedford and Fall River, Community Based Day Services support very active Resource Center activities. Both locations have very popular dinner and a movie evenings, as well as nutrition awareness and many community-based activities.

The Taunton location supports individuals Monday through Fridays. This location has two movie days. On Tuesday, Taunton has a Healthy snack and movie. The hours for this are 3p to 7:30p. The second movie night is Thursday. That is the Dinner and Movie. The hours for that are 3p to 7:30p. On Mondays, Wednesday and Fridays Taunton offers other fun activities and community outings. The hours are from 3p to 6:30p.

All Community Based Day Services locations have ServeSafe certified staff for the preparation and cooking of the meals. These locations have created monthly calendars of the upcoming events. It is noted on the calendars that registration for the activities is suggested as the activities fill up very quickly.

If you have questions about the Community Based Day Services, please call Lesley Azzinaro at 508-884-2971, or in Fall River please call Donna Couture at 508-679-0001.

Save The Dates

10th Annual Pancake Breakfast

Saturday, October 27th
8am – 11am

Portuguese American Civic Club

175 School Street, Taunton
For Tickets, Please Call
(508) 884-2971 or (508) 226-1445
\$6.00 per person benefiting TARC

Game Dinner

Sunday, November 11th
12:00 – 5pm

Kelly Gazzero Post

1418 Plainfield Pike

Cranston, RI

For Tickets call (401) 527-0414
\$25 per person to benefit proAbility

Holiday Parties at proAbility

December 7th and 8th

Details to follow.

Call proAbility at 401-233-1634 for
details and reservations.

Holiday Party for The Arc of Greater New Bedford

December 8th

1 – 4pm

VFW, Freetown, MA

Call 508-996-8551 for reservations.

Holiday Party at the South Attleboro Knights of Columbus

Sunday, December 9th

12-3pm

Call 508-884-2971 for reservations.

Americans with Disabilities Act Consultative Services

What is the ADA?

The American with Disabilities Act (ADA) makes it possible for everyone with a disability to live a life of freedom and equality. Signed into law by the President of the United States on July 26, 1990 after passing with overwhelming bi-partisan Congressional support, the ADA was the first comprehensive declaration of equality for people with disabilities. The ADA protects the rights of people with disabilities in all aspects of employment, in accessing public services such as transportation, and guaranteeing access to private establishments (places of public accommodation) such as restaurants, stores, hotels and commercial buildings. The ADA was amended in 2008 to broaden coverage of individuals with disabilities that had been narrowed by several Supreme Court decisions. Language in the preamble was changed to emphasize that Congress intended to cover a broad range of persons with disabilities.

Why is ADA important?

There are over 54 million Americans who have a disability. That's nearly 19%, or one in every five residents. This number continues to grow as a larger percentage of our population acquires disabilities, often as a result of aging or disabilities incurred in combat.

ADA and The Arc

The Arc of Bristol County provides a number of services to help educate employers, employees, persons with disabilities, the business community, and the general public about their rights and the responsibilities set forth in the Americans with

Disabilities Act (ADA). To mark the 22nd anniversary of ADA, The Arc is expanding our reach to educate the community about this important law. The Arc's professional staff can work with you and answer your questions so that you can have a clear understanding of the law and what it means for you.

ADA Related Services

The Arc of Bristol County can help you, or your business, better understand your rights and responsibilities under the ADA. Our highly qualified professionals can work with you in the following ways:

- Provide consultations and information to the business community regarding the ADA,
- Assist with on-site ADA inspections and recommend ways to be in compliance in terms of accessibility,
- Work with your business in determining reasonable accommodations for hiring an individual with disabilities,
- Provide resources for further legal and financial information relating to ADA.
- These services are provided free of charge to our community partners



You Can Make a Difference!

A gift of money:

You may make a tax deductible gift using the enclosed envelope or online at www.arcnbc.org.

Leaving a legacy:

Supporters may include The Arc in their estate planning, leaving a wonderful legacy for the future and ensuring the services we provide go on for generations. Please speak with your financial planner about including The Arc of Bristol County in your estate planning.

Donate that old car:

We can turn that old clunker into a meaningful donation to The Arc.

Internet users:

Go to www.goodsearch.com and register your web searches or shopping with The Arc of Bristol County. We receive pennies per search, which add up!

Matching gifts:

Many companies will match the charitable giving of their employees. Once you have made a gift, contact your Human Resources representative for a form to send to The Arc. Matches essentially double your gift!

A gift of time:

We love our volunteers! Please consider how you may contribute time to The Arc. We have a variety of ways you may become involved.

A Busy Summer at proAbility!



proAbility Fishing Tournament on August 2nd. Big Fish and Big Smiles! Nearly twenty Individuals and Staff enjoyed a great day of fishing, food, and new friendships on Greenville, R.I.'s Waterman Lake.

A big thank you to the proAbility family and friends volunteers who planned and hosted the day!!

The Summer also offered proAbility Individuals many exciting and fun opportunities within our community and at our day program site. Lunch at a local Polynesian restaurant, an evening of dance (Luau Style), Mystery Theatre, and other theme events made proAbility Spirit Week a great learning experience from stretching everyone's problem

solving skills (such as figuring out who the culprit really was in the mystery plot line) to personal growth in considering what proAbility really means to each person in achieving their personal goals and dreams.



Larry Farley

Employee of the Quarter

The Employee of the Quarter for the 3rd quarter is Larry Farley. Larry is the Day and Employment Coordinator for the Day Supports program at proAbility.

Larry was nominated by Darlene James, Director of proAbility, for his development and implementation of proAbility Spirit Days. proAbility Spirit Days consisted of a week of

day program events. Participants from the day program thoroughly enjoyed a variety of activities coordinated by Larry. The actual events of proAbility Spirit Days were created by the day program participants with support from Larry and the staff he supervises. The idea of proAbility Spirit Days sprung from Larry's concept that proAbility belongs to the individuals who receive supports from the agency and that each individual defines for themselves what proAbility means to them and how proAbility supports them to realize their dreams and potential. Day one included a "Whodunit" plot scripted by Larry and played out by the staff. Larry facilitated sessions that evaluated clues, revealed the culprit and evaluated the outcome. These sessions incorporated problem solving, higher level thinking and fun. Participants had a blast and

practiced life skills without realizing they were learning. Other events held during the week afforded exposure to different cultures and foods including Limbo contests, a Hawaiian Luau and lunch at the Asian Grill. Larry's efforts with proAbility Spirit Days is an example of his ability to lead a team and provide creative, meaningful supports to those individuals involved with proAbility Day and Employment Services.

Congratulations Larry!!!

Do you know an Arc or proAbility employee who has done an amazing job? Please feel free to nominate them to be honored as our Employee of the Quarter. Nominations can be sent through www.arcnbc.org, email info@arcnbc.org, or sent to any location office.

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



RETURN SERVICE REQUESTED

Achieve with us.

Family Support Center Event

Join the iCrowd!

Get the most from your iPad/iPod

presented by Easter Seals
Tuesday, November 20th
6:00-8:00pm

Margaret Stone
Conference Room
Morton Hospital and
Medical Center
88 Washington Street
Taunton, MA 02780

Please register by November 1 to
Sandy Boyer, (508) 226-1445 or
(888) 343-3301 ext. 3123



Thanks to a mini-grant from Stop & Shop and the Hockomock Area YMCA, youth from The Arc participated in a 4 week teen shape-up class.