

# Achieve



## All Aboard The Arc - Sunday, April 29th



### Save the Date

Wednesday,  
June 13, 2012

### The Arc of Bristol County 53rd Anniversary Celebration

Holiday Inn  
Taunton, MA

Details will be announced as  
we get closer to the event,  
and posted on our website  
[www.arcnbc.org](http://www.arcnbc.org).

Nominate a hero for The Arc's  
Annual Awards. See page 6 for  
more information.

The Arc of Bristol County will participate in *All Aboard The Arc* for the first time on Sunday, April 29. An annual statewide fundraiser to benefit chapters of The Arc of Massachusetts, *All Aboard The Arc* efforts by The Arc of Bristol County will benefit our chapter. The morning of April 29 will start with send-off regional celebrations, with riders from each chapter boarding motor coaches destined for the John Hancock Hall in Boston. At about noon, a celebration in Boston will be held raising awareness and cheering our accomplishments. *All Aboard The Arc* has a dual purpose: to raise awareness of The Arc's mission and to raise funds to support our mission.

#### **Do you want to be a rider? Would you like to join us on April 29 for the ride in and back from Boston, along with the celebration?**

Each rider should register on [www.allaboarthearc.org](http://www.allaboarthearc.org). Ask friends, family and co-workers to sponsor you. They can pay you in person or online

[www.allaboarthearc.org](http://www.allaboarthearc.org). Please send any payments to The Arc of Bristol County, 141 Park Street, Attleboro, MA 02703. You can raise funds in other ways too, such as a yard sale.

#### **Do you want to start a team?**

Register your team on [www.allaboarthearc.org](http://www.allaboarthearc.org). Let your team members know to go to [www.allaboarthearc.org](http://www.allaboarthearc.org) to update their pages. You can challenge other teams to beat your goals if they can.

#### **Would you like to sponsor other riders or teams?**

You may make a donation directly with a rider or team you know or make a safe online gift at [www.allaboarthearc.org](http://www.allaboarthearc.org) in the name of a rider, team or for The Arc of Bristol County.

Please contact Pat Kirby if you are interested in sponsoring a banner for the bus, or make another in-kind contribution (for example: food for the send-off).

# Welcome



Dear Friends of  
The Arc,

Happy New  
Year! For those  
of you who  
have been  
associated  
with The Arc  
for a while,  
you realize  
how incredibly

proud I am of our organization  
and the amazing work we do. Our  
devoted staff, our wise board of  
directors, our trusting families, our  
determined individuals and our  
generous friends combine to form a  
powerful place which allows people  
with challenges to achieve.

This year, The Arc of Bristol County  
is joining with 17 Chapters of The  
Arc of Massachusetts in a movement  
called All Aboard The Arc (AATA).  
You will find more details about this  
effort and how you can be involved  
elsewhere in this newsletter or on the  
website [www.allaboardthearc.org](http://www.allaboardthearc.org).

I am excited that The Arc of Bristol  
County has committed to AATA  
because:

- AATA gives our organization a

chance to be part of the state-  
wide effort, combining our mutual  
passion for the welfare of people  
with disabilities.

- AATA is a fundraising effort  
much like a walk or other pledge  
drive, so those who can only  
give a little to help, will make a  
great difference because of our  
combined efforts.
- AATA is asking people to become  
Riders for a state-wide event on  
April 29. Each Arc will fill motor-  
coaches and ride into Boston as  
champions of our cause. As a rider  
you can ask people to sponsor  
you, form a team to raise funds, or  
sponsor another rider or The Arc of  
Bristol County as a whole. April 29  
is an opportunity to witness how  
our cause resonates across the  
state.
- Though AATA is a state-wide effort,  
donations made in the name of  
The Arc of Bristol County will  
benefit our Arc, impacting the  
people you know and the region  
you live or work in.
- Donations to The Arc are as  
urgently needed now as never  
before. Daily we wait for news  
from the state house of potential  
cuts which will affect people

with disabilities and our families.  
Embarking on this fundraising  
quest will empower everyone to  
have a part in helping individuals  
receive the quality and life-  
enhancing services The Arc  
provides.

I sincerely hope you will join us in  
this effort. Together we can bring  
light to our cause, strengthen our  
organization, and include people of  
all abilities on our quest to make a  
difference in the lives of individuals  
and families.

**Make a statement:** I care about  
people with intellectual and  
developmental disabilities

**Make a pledge:** Large or small,  
your donation, your team, your  
commitment will impact The Arc

**Make a difference:** We need you to  
be part of our cause, and AATA is a  
way to show your support

Hope you enjoy reading about the  
exciting happenings at The Arc in  
the rest of this Achieve newsletter.

Sincerely,

Michael Andrade  
President & CEO

## The Fall River Resource Center

The Fall River Resource Center is  
located on 182 North Main Street  
in Fall River. Our program offers  
a variety of recreational, social,  
and educational activities for  
individuals with developmental  
disabilities. Over the next months  
we will offer weekly bingos, movie  
groups, Wii activities and a variety  
of classes will be offered. Theme  
parties like a Mardi Gras celebration  
in February are enjoyed. Outings to  
area plays, parks, museums and the  
civic center in Providence are also  
offered. Call The Arc of Greater Fall  
River today for more information:  
508-679-0001 or visit our website  
[www.arcnbc.org](http://www.arcnbc.org).



## The Arc of Bristol County Receives Accreditation By Lesley Azzinaro

The Arc of Bristol County might have a new name and logo, but when put to the test by The Massachusetts Department of Developmental Services Office of Quality Enhancement, The Adult Services Department passed with flying colors. This was the first time since the merge with The Arc of Greater Fall River and The Arc of Greater New Bedford that the surveyors were reviewing not just Residential and Individual Home Support Services but Employment and Community and Day Supports.

The new Licensure and Certification process went very smoothly and they gave feedback after each audit which was highly positive.

The team worked very hard to achieve this great success. I would like to thank the team supervisors (Karen Fournier, Karen Grant, Doreen Mallette and Marge Valm) for their continued dedication and

commitment. We are also very grateful to Trudy DelSignore, Sandy Fournier, John Neill, and Linda Lawn for their help and support.

Some of the positive feedback from our surveyors is as follows:

“Supporters are commended for ensuring that written and oral communication about individuals is respectful and promotes a sense of equality between individuals and those that support them.”

“The agency and its staff are commended for supporting people to realize their desire to live in settings that promote privacy, e.g. living in their own apartments or living with a spouse.”

“Staff are commended for their thorough familiarity with people’s unique needs, which was often enhanced by their longevity, as well as for their ability to advocate for people based on this knowledge.”

“The agency is congratulated on earning a two year license and in achieving a number of commendations in areas relating to licensure. Especially noteworthy has been the agency’s ability to maintain the overall quality of its supports as it has expanded in size.”

We look forward to The Office of Quality Enhancement’s return in January 2014.

Valerie Zagami of the Board of Directors commented, “I just wanted to take a moment and send my own congratulations to Lesley and the entire Adult Services team as well as all of The Arc for their incredible work and deserved acknowledgement by the surveyors. I am very proud to be on the board of such a wonderful agency and thank you all. I know you are all employees with distinction!”

## Staying Fit at the Old Colony YMCA Middleboro

*By Aaron Amaral and Justin Wilder*

Participants at The Arc of Bristol County Day Habilitation Program in Middleboro are working hard to maintain their health and stay fit by watching their diets and getting ample amounts of exercise. The individuals just so happen to be fortunate enough that The Old Colony YMCA Middleboro Branch is located directly down the street. Staffed by friendly, helpful people who know all of the individuals on a first name basis, the YMCA in Middleboro is an excellent resource for maintaining physical fitness and having some fun in the process. Participants enjoy utilizing all of the features available to them at the YMCA including various exercise equipment, treadmills, exercise

bikes, weights, track, a brand new basketball court and even a swimming pool! The participants always feel welcome and

accommodated when visiting the YMCA in Middleboro and that has made exercising not just a chore, but a happy, healthy hobby.



## Winter Safety *by Sandy Fournier, Health Care Coordinator*

Winter isn't a time to just stay indoors and wait for spring. Someone has to shovel the snow, right? Once outdoors, however, take precautions to keep your family safe. In ice and snow, accidents can occur easily, and before you know it you might be on your way to the emergency room. It's easy to keep safe — and stay fit — during the cold months. By following a few tips, you can have a great time, no matter how much white stuff piles up outside.

### **Cold-Weather Hazards**

Certain injuries are more common in the winter because cold-weather activities like ice-skating, sledding, snowboarding, and skiing can lead to accidents. Some illnesses are more common when the weather turns colder. Respiratory ailments, especially viruses like the flu, are prevalent because people stay indoors more and thus are exposed to more airborne germs. Wash your hands frequently and remember, it's not too late to get a flu shot if you haven't already received one!

### **At Home**

One way to stay healthy while cooped up inside is to make sure your family washes their hands. It's especially important to wash after sharing items, coughing, and blowing a runny nose to help prevent the spread of viruses.

Be sure to have your emergency supplies ready in case of a severe snowstorm. Blizzards and severe snowstorms have been known to knock out power for several days!

Decided you've had enough of the indoors and you're going to get the family outside to shovel the snow? Take care! Snow shoveling is strenuous work. Always exercise caution when doing strenuous outdoor activities and be aware of pre-existing illness like heart disease, diabetes and seizures. Check regularly to make sure that mittens

are dry and warm and noses aren't too red.

### **Dressing for the Cold**

If you're going outside in the cold, stay safe — and warm. Make sure your everyone has a snack before going out. The calories will give their bodies energy in the cold weather.

And protect your faces with sunscreen. The idea of a sunburn in January can seem odd, but snow can reflect up to 85% of the sun's ultraviolet rays.

Everyone should dress warmly in layers of clothes. If the top layer gets wet from snow or freezing rain, they can peel off some clothes down to a dry layer. Stick with wool or other fabrics and try to avoid cotton. Dress in long underwear, a turtleneck, and a sweater and coat. Add more layers depending on the temperature. Waterproof pants and jackets are great top layers! Don't forget warm socks and boots to keep feet dry and a hat! It helps to have an extra pair of gloves or mittens tucked into your pockets if they plan to be outdoors for a while.

### **Winter Sports Safety**

If you decide to go sledding for the day, make sure you know about the hill where you will be playing. Watch out for hills with rocks or those near busy roads. Sledding injuries can be very serious, so always exercise caution and never sled alone. If there isn't a local skating rink, always be wary of frozen ponds and only skate on ice that has been declared safe.

### **Winter Travel**

Always be sure to have a first-aid kit, extra blankets, and gloves in your car as well as extra healthy snacks and drinks and check your cell phone to make sure it's fully charged!

## Family Support Resource Fairs

Friday, March 2, 2012

4:00-7:00pm

Attleboro Office

141 Park Street

Attleboro, MA 02703

Tuesday March 27, 2012

4:00-7:00pm

Middleboro Public Library

102 North Main Street

Middleboro, MA 02346



*Project Rec-Connect had a great time horse back riding this winter. To participate in Project Rec-Connect, check out our website [www.arcnbc.org](http://www.arcnbc.org) or call Troy (508) 884-2971.*

# proAbility Holiday Celebrations for All! By Darlene James

Adults and children alike had a great time celebrating the holiday season.

Nearly 80 adults attended a great Holiday Party on Dec 9th at the Sheraton in Warwick. Everyone enjoyed a terrific evening of great food, dancing, and the company of friends, staff, and family.

Food, fun, and holiday games set the stage for the Children's Services Party held at the proAbility office on Dec. 10th. Nearly sixty children (including siblings of children we provide services to), parents, and HBTS and PASS support staff attended the afternoon party. A very happy group of children enjoyed the afternoon that included a special gift for each child! Families, children, and proAbility

staff enjoyed the opportunity to spend time together.

A Big Thank you to all the staff and other volunteers who pulled the parties together and manned the activity stations at the Children's Party! A Special Thank you to Deb Wood and Owen Williams for donating their time and resources to make the parties happen!



## Why support group is important to me by Cindy Fredrick

*Editor's note: This article was written by one of the parent's attending our Mom's Group, organized by The Arc's Family Support Center.*

Going through the motions of IEP meetings, doctor's appointments or the frustrations of not getting that doctor on the phone when you need answers.

Or when your just feeling overwhelmed with your daily life, lonely, helpless or afraid for your child's future.

We all feel so much and need an outlet at times. So a support group on Wednesday night? Sometimes I'm just too tired from being up all night with my kid or mentally too exhausted to give. But I go anyway and it's one of the best things that I can do for myself & my family.

When I go to the support group I feel a warm welcome from moms who "get it". Some moms

may be in different situations or have a different diagnosis but the compassion, empathy and understanding that the moms share is very helpful. This past year the support group has helped me get to a stronger level to handle my daily

life. I leave feeling encouraged and refreshed. And I also have made some really great new friends.

Thank you to The Arc for putting this together!!!



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# Recognize someone who's provided extraordinary dedication to those served by The Arc...

*If you know a person or organization that has made a difference in support of people with intellectual and developmental disabilities and their families; please consider nominating them for any one of The Arc of Bristol County's 2012 Annual Awards listed below:*



**Sandra Andrade Self Determination Award:** honors an individual with a disability who has demonstrated exemplary self advocacy skills for themselves or on behalf of others.

**Family Leadership Choice Award:** pays tribute to the commitment of our organization's founders. The award honors an individual and/or family member who has provided exemplary support, guidance, and advocacy to and on behalf of families.

**Community Excellence Award:** recognizes outstanding accomplishments by community members who embody practices that promote inclusion and integration. This award is presented to an individual or community organization that has shown an outstanding commitment to the principles of The Arc.

**Arc Spirit Award:** recognizes a volunteer and/or employee who had advanced the mission of the organization. An individual's contribution must have a large impact for those supported by the organization.

Awards will be presented at The Arc of Bristol County's upcoming Annual Celebration to be held on Wednesday, June 13, 2012 at the Holiday Inn, Taunton. We ask that all award recipients are available to attend this event.

Nominations must be received by May 1, 2012. If you have any questions, please contact Patricia Kirby at (508) 226-1445 ext. 3111 or [pkirby@arcnbc.org](mailto:pkirby@arcnbc.org).

**Instructions:** Nomination forms are available on our website [www.arcnbc.org](http://www.arcnbc.org) or contact any Arc office. Please complete the nomination form and submit with a letter of nomination by May 1, 2012. Letters of nomination must include specific examples of how and why the candidate qualifies for this award. Please limit all letters of nomination to one (1) page. Candidates will be evaluated on the basis of how they consistently demonstrate excellence, creativity and commitment in the award category.

**Mail, fax, deliver or email nomination by May 1, 2012 to:**

Patricia Kirby  
The Arc of Bristol County  
141 Park Street, Attleboro, MA 02703  
Fax: (508) 226-1476  
[pkirby@arcnbc.org](mailto:pkirby@arcnbc.org)

# Social Security Benefits

Speaker: Kim Thacker, Disability Specialist  
Mass Rehab Commission (MRC)

Tuesday, February 21, 2012 at 6:30pm

The Arc of Bristol County

141 Park Street, Attleboro, MA 02703

- Come and learn about disability benefits and how they pertain to people with developmental or intellectual disabilities .
- Discuss what your son or daughter may be entitled to including work incentives and how to save.
- Learn the difference between Supplemental Security Income (SSI) and Social Security Disability (SSDI)

If you are interested in attending, please contact your Family Support Coordinator or your AFC Coordinator by February 16th at 888-343-3301 or 508-226-1445. If childcare or transportation is a barrier for your attendance to this training, please let us know.

## Brother & Sister Group!

For children ages 7-11,  
who have a sibling with  
special needs!

Join us every 3rd Friday  
of the month from  
4:00-5:30 pm

The Arc of Bristol County

141 Park Street  
Attleboro, MA 02703

**Come join us for activities,  
crafts, games, & lots of  
fun!!!**

A donation of \$5.00 would be  
appreciated to cover supply costs.

Contact Amanda Masi at  
508-226-1445 or 1-888-343-3301  
extension 3130.



Families from The Arc of Greater New Bedford enjoy holiday celebrations.



## Jodi Van Nieuwenhuyze

*Employee of the Quarter*

Jodi actively works with the HBTS team at proAbility to continually shape the client's HBTS treatment plan so it will reflect the individual's progress and continued needs. Jodi asks thoughtful questions, accurately collects data on the client's abilities each day, and is stellar at following our policies and procedures. She has a genuine, quiet enthusiasm about her and is obviously dedicated to the family with whom she works.

The nominating family states: "Our family is very fortunate to have Jodi as our HBTS worker. Our daughter's ability to do so many things independently has grown tremendously. This is directly due to Jodi's ability to provide the right balance of encouragement and discipline so that our daughter is able to achieve her goals. Jodi goes above and beyond to keep her motivated and focused on her tasks. She is very creative in coming up with new ways to entertain our daughter and trying new ideas. Her patience and dedication to our child is very heartwarming to watch. Jodi evokes a great deal of professionalism and work ethic. Jodi takes great pride in our daughter's success which has led to a great relationship. In summary, we believe Jodi deserves to be Employee of the Quarter because of her patience, enthusiasm, and dedication."

**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**<sup>™</sup>

*Bristol County*

RETURN SERVICE REQUESTED



*Achieve with us.*

# save the date

## 29th Annual State Representative Cup



**The Arc**<sup>™</sup>

*Greater New Bedford*

*a division of The Arc of Bristol County*

*to benefit the Advocacy Resource  
Center of Greater New Bedford*

**Monday, June 4, 2012 • 12:15 PM Shotgun**

**Country Club of New Bedford**

North Dartmouth, MA

*Please call Lisa Furtado at 508.996.8551 for more information.*

