

Winter 2008

Seasons Greetings

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## *a note from Daryl*

As another year comes to an end, we reflect on the many things we are grateful for, we appreciate our old friends and we welcome our new friends to the Arc family!

In this issue we have a long list of thank yous and acknowledgements....

We are grateful to **Charles and Cheryl Tufankjian**, who most graciously hosted our 4<sup>th</sup> annual Art from the Heart event at their beautiful new showroom at Toyota of Braintree. It was an impressive setting for the artwork and festivities.

Our event was successful in raising \$10,000 for the expansion of a new Art/Life skills program to be offered to our constituents that live in our catchment area. A special thank you to the **S-Bank (previously South Shore Cooperative Bank)** and **Mrs. Joan Smith** of Quincy for their generous donations that made a significant contribution toward reaching our goal. I also want to thank the many individuals and companies who made donations toward our goal. *Please refer to page 3 for more details.*

If you haven't yet noticed, please take a look at our new website at [www.arcsouthshore.org](http://www.arcsouthshore.org). I wish to thank Jose Lizardo for the generous donation of his time in developing our new web site.

We plan to add pages that will keep you informed about Arc activities over the next several months. *Please refer to page 5 for a snapshot of the home page.*

We are pleased to announce that we have been awarded a grant from the **Massachusetts Mechanics Charitable Society**. Thanks to their grant, **Harbor Industries** was able to purchase a state-of-the-art printer that will allow them to elevate the quality of their printing work to a higher level. Please contact Robert Mackey at [rmackey@arcsouthshore.org](mailto:rmackey@arcsouthshore.org) for your printing needs.

This year we welcomed two new Board members **Scott Towne**, of **DRL Associates** and **Kim Emond**. Joining the Board in January is **Graham Sida and Brian Madden** of **South Shore Savings Bank**.

I am also pleased to welcome our new **Director of the Personal Care Attendant program, Brenda Diesso**. I would like to extend a huge "thank you" to **Claudia Cuscianna**, who has been a wonderful **Director of Development** for the agency the past three years. Claudia will be leaving us at the end of December. The enthusiasm and talent she has brought to the Arc will be greatly missed. I know she will continue to shine in her new position.

Last but not least, I am happy to report that we have a new and exciting strategic plan in place. I would like to extend my gratitude to members of our Board of Directors and employees who participated with this project. Most of all I would like to thank **Mary Beth Vargas**, whose expertise guided us along the way. *Read more about our Strategic Plan on page 4.*

I wish all of you a Holiday Season filled with peace and joy!

# Special Events

## Celebrating Art from the Heart Artists



### Artists have been awarded the Award of Excellence by the Quincy Art Association

The Arc of the South Shore's Art from the Heart artists have been awarded the Award of Excellence from the **Quincy Art Association** for their heartwarming creations at the **11<sup>th</sup> Annual Quincy ArtsFest** this past September. This exhibit spotlighted the artistic talents of children and adults with intellectual and developmental disabilities who are benefiting from The Arc of the South Shore programs.

*Nadia Brupbacher of Quincy (left), a Harbor Industries employee and Marion Fitzsimmons of Weymouth (right), Quincy ArtsFest Community Outreach Coordinator pose in front of the art work.*

### Artists were recognized by local state representatives' offices at reception

The Arc held an Art from the Heart art exhibit and reception at the **Toyota of Braintree**. This event kicked off a two week art exhibit at the dealership's showroom. This exhibit showcased the many unique pieces that our Art from the Heart artists created. During the reception, many artists were acknowledged by local state representatives' offices with a citation for their contributions. We would like to extend a special thank you to the **Tufankjian family**; we appreciate their willingness to showcase our art work and host our event. We also would like to thank the **Frame Center** in Hanover for their contributions as well as the **Quincy Art Association!** Without these partnerships we would not have had such a success!



*On display at the Toyota of Braintree, The Art form the Heart exhibit, showcasing some of the wonderful and creative pieces. \*\* If you missed the exhibit, these pieces can also be viewed at the Arc's main office on 371 River Street, North Weymouth.*



Lenny Bourque, a participant of the Arc's Day Habilitation program, receives a citation from Jamie Lynn Ryan, Legislative Aide to Rep. James M. Murphy



Left to right: Irene Mirisola, Charles Tufankjian, Frank, Sr. and Frank, Jr. Mirisola

# News From Around the Arc

## The Community Supports Program

As part of the Art from the Heart "umbrella" project, the Community Supports Department is planning to expand their Life/Art Skills program at the Arc of the South Shore in the New Year. These programs are designed to provide activities that facilitate the development of interpersonal skills and relationships, enhance emotional, physical and social functioning, and promote greater community involvement. Most extracurricular activities or classes charge a fee, which some families and individuals cannot afford, therefore the Arc has committed to offering these programs at **no charge** to individuals **16 years** and older with developmental disabilities. This program would be offered to individuals who reside in our service area, which includes: Milton, Quincy, Randolph, Braintree, Weymouth, Hingham, Hull, Cohasset, Scituate & Norwell.

In keeping with our commitment to offer these programs at no charge, we have raised the \$10,000 needed to administer the programs. We are also pleased to announce a new partnership with the Quincy Art Association; we will be working closely with the Association and their Board Certified Art Therapist, **Evelyn Cunningham**, to provide the program participants high quality art sessions. We would like thank the many supporters who contributed to our goal; **The S-Bank (formerly South Shore Co-Operative Bank)**; **Mrs. Joan Smith of Quincy** and many, many other supporters (please see our list of supporters below).

Anonymous	Mary Anne Kahler	Geoffrey and Taffy Nothnagle	Stephen and Kathleen Snow
Arthur and Ruby Davies	Jim and Regina Lawson	Patrick and Maria Plante	The Towle Family
Leo and Marilyn DelVecchio	Henry and Sandi Leitao	S- Bank	Scott Towne
Electro Switch Corporation	Linda MacCoy and Linda Bencks	Graham and Christine Sida	Toyota of Braintree
Ernest and Norma Grassey	Malloy, Lynch, Bienvenue, LLP	Ms. Joan C. Smith	Watch All
Charlie and Jane Johnson, III	Loretta McTiernan	Becky A. Smock	

## Saturday Respite Program



*William Powers playing a hard game of Checkers*

The Arc of the South Shore's **Community Supports Department** introduced a Saturday children's respite last year. This program is funded through the Department of Mental Retardation and is geared towards children 6 to 16 years of age. Two Saturdays a month the 6 to 11 age group meets at the Arc for 5 hours. The other two Saturdays the 12 to 16 year olds do the same. Each group participates in all different types of activities, and the kids have come to call the program "My Camp". The children have done everything from pizza races to making homemade play dough to learning how to take turns with a board game. The staff has come to describe the program as "utterly fun".

Next month we will start taking field trips with the older group, which they all seem to be very

excited about.

Not only do the children truly enjoy the program but the parents treasure it as well. The Saturday program allows the parents to have a "respite" and enjoy their free time. Through this program we have watched the kids gain more self confidence, form new friendships and foster their budding independence. The staff who work for this program are all absolutely wonderful and embrace each child for who they are. The **Community Supports Department** would like to thank the participants for making Saturdays so much fun, the parents for their positive feedback, and last but certainly not least the Department of Mental Retardation for allowing this program to happen and succeed.

For more information regarding this program or any other program please contact Katie Hanley at 781.413.2227.



*Clockwork from left: Nick Case, Nikita Bezvitny, Deb Yanowski - Staff member, Ashley Cutler having fun!*

# Announcing Arc of the South Shore's new strategic plan!

*Submitted by Daryl Ann Cook*

I am very happy to present a new strategic plan for the Arc of the South Shore. As we went through the information gathering process I was most pleased with all the insightful and helpful information we received from so many people. The breadth of information and the support we received was instrumental in developing a clear and focused plan. I believe we have a solid, forward looking plan that will build on our agency's strengths as a premier advocacy and service provider agency for the South Shore communities.

I wish to thank everyone who has been involved in this process including our members, families, other constituents; our Board of Directors, and our employees.

Survey and interview results show a high level of satisfaction and appreciation for the Arc's services. The plan created by the Arc's strategic team builds on the agency's first strategic plan, and calls upon the organization's leaders, support staff, and Board of Directors to implement innovative programs that will offer new opportunities and strengthen the organization over time.

## The Results

Committee members developed a plan that will be implemented during 2008 – 2012. The Executive Director, employees, and Board members will implement the plan in partnership with families, individuals and community groups.

The strategic plan goals will shape the agency's future in several important ways.

- Create important services for children, adults and their families
  - Conduct research to identify best practices and create plans that help the agency maintain a competitive position across the area
  - Build on strong community and provider partnerships to develop and deliver innovative services
  - Create new workforce plans, policies, and practices
  - Increase revenue
  - Expand and develop new employment opportunities
  - Expand outreach in local communities
  - Strengthen information technology systems to create more efficient operations
  - Make changes in internal departments, programs and policies to create more efficient outcomes
- implementing our strategic plan over the next four years in our newsletter. In the near future, you will be able to read about our strategic plan on our website.



## Kudos Korner

### Harbor Industries helps out local food pantry

As the holiday season approached, the Harbor Industries staff sat with all the individuals and discussed what local charity they would like to support. They have taken up collections for various agencies in past years. Knowing that they themselves have a wonderful holiday party with food, drink and celebration, they decided it would be a great opportunity to do something special for people who are less fortunate than themselves.

This year they chose to have a food drive and donate to **Interfaith Services**, who run the **Pantry Shelf** out of Quincy, for the surrounding communities. Interfaith was a natural choice as we have worked with them for a number of years through job contracts.

Notices were sent out to all families, staff and residences asking for donations of canned or boxed food. We were greatly surprised by the generous response of those who donated.



# Introducing the Arc of the South Shore's new website!



We are thrilled to announce the launch of The Arc of the South Shore's new website designed by Jose Lizardo. Jose has generously donated his time to assist us in making our website user friendly, informative and most of all capturing the essence of who we are. For that we are truly grateful! We invite you to take a look at the site at [www.arcsouthshore.org](http://www.arcsouthshore.org).

## Support the Arc's Annual Fund

Please take a moment today to make an annual gift that will help us cover our day-to-day costs as we prepare for the coming year. These gifts are extremely important to us, your contribution will give us the **opportunity to continue and to create new initiatives** such as programs for the growing Alzheimer's population, or to keep up with the needs of a growing South Shore community. **Given the uncertainty of the current economic situation and looming budget cuts as well as, the skyrocketing cost of doing business, we especially need your donations now more than ever!** Your donation will secure the future of The Arc of the South Shore.

\_\_\_ Yes, you can count on me! I am pleased to help the Arc of the South Shore **to be one of the South Shore's top agency** for individuals with developmental disabilities.

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ City Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_

- Director's Circle (\$2,500 +) \$ \_\_\_\_\_
- Patron (\$1,000-\$2,499) \$ \_\_\_\_\_
- Arc Community Supporter (\$500-\$999) \$ \_\_\_\_\_
- Friends of the Arc (\$250- \$499) \$ \_\_\_\_\_
- Advocate (\$249 and under) \$ \_\_\_\_\_
- My employer's Matching Gift Form is enclosed

Please make checks payable to The Arc of the South Shore

Amt. enclosed \$ \_\_\_\_\_ check \_\_\_ or credit Card

(Visa/Master Card) \_\_\_\_\_

Exp. Date: \_\_\_/\_\_\_/\_\_\_ Authorized Signature \_\_\_\_\_

The Arc of the South Shore is an IRS-approved 501(c)(3) charity.

BW08

# Membership

## Arc of the South Shore Membership Join or Renew Now!!

Become a member of the Arc today and be an advocate for tomorrow.

As a member, you join us on a local level in support of more than 1,500 individuals and families served annually by the Arc of the South Shore. It also gives you automatic membership in the Arc of Massachusetts and the Arc of the U.S., providing statewide and national advocacy efforts on behalf of children and adults with mental retardation and developmental disabilities. One hundred percent of your dues will go towards making your voice heard on state and national levels and making sure those we serve are well protected.

Help us help others; your membership fee supports our actions and entitles you to member benefits including:

- ~Discounted – Group Auto, Home & Renters Insurance
- ~Discounted – Group Term Life Insurance & Major Medical Insurance
- ~Participation in Community Support Program activities and outings
- ~Reduced costs for selected special events
- ~Financial Planning Information & Assistance to families with children with special needs
- ~ MetDESK Division of MET Life
- ~Quarterly mailings of the Beacon newsletter
- ~Name listed in the Arc of the South Shore Annual Report



\_\_\_\_\_

Yes! I want to become a new member       I would like to renew my membership

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State & Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

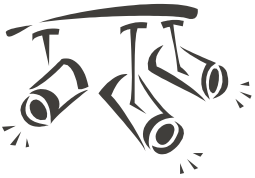
### I am a:

- \*Professional in the field of human services
- \*Corporate Supporter
- \*Parent/Relative\*
- \*Community Supporter
- \*If you are a parent or relative, please indicate the name of the participant \_\_\_\_\_ and birth date \_\_\_\_\_

### Type of Membership

- Membership \$25.00
- Business Membership \$100.00
- Associate Membership \$\_\_\_\_\_ (other)

Call 781-335-3023 or email: [info@arcsouthshore.org](mailto:info@arcsouthshore.org)



## Consumer Spotlight!!

**Michael** has been a valued worker at **Harbor Industries** since late 1997, when he found himself in need of a day program after the loss

of his father (and just a year before that, the loss of his mother) and not having been in any formal program up to that point. Although this was a big change, Michael quickly showed his talents and with the assistance of the Harbor Industries' Job Developer and Job Coach was hired by **Sunrise Assisted Living of Cohasset** in 1999 as a dishwasher. This coming June, Michael will celebrate his 10-year anniversary there. He is a dependable employee who gets along well with his coworkers and the adults who live at Sunrise.

Mike works there 3 days per week and comes to Harbor Industries in North Weymouth on the other two days. Mike works on a variety of jobs that come into the workshop and is one of the artists of our **Harbor Cards** line. He has always enjoyed drawing and has a real talent, says Job Coach and art advisor, **Beverly Faubert**. Michael also worked at the Stop & Shop in Abington for several years as a grocery bagger to supplement his dishwashing job but has since left that position.

Over the years Michael has also had a lot of residential changes, living in three different specialized home care settings. Last year, however, Michael moved into a residence in Randolph, which should offer him stability in his home life. He really enjoys his home and refers to it as the "Taj Mahal". Picking out a bedroom set and new TV was a lot of fun. Michael enjoys building model airplanes and drawing in his spare time as well as relaxing at home with his housemates.

Michael has made all of these successful transitions and accomplishments amidst dealing with serious health issues that have landed him in the hospital on more than one occasion. Michael battles Type 2 Diabetes and has encountered serious complications and has to work hard to maintain his health. Amazingly he never complains and always manages to put a smile on his face, even when that is the last thing that he wants to do. Michael is a very pleasant and sincere man who looks forward to continued success at his workplace while enjoying good health and good friends.



### *Executive Director*

Daryl Ann Cook

### *Executive Vice President*

Anne Holton

### *The Arc of the South Shore Board of Directors*

#### *Officers*

Maria Traniello, President  
Jim Lawson, Vice President  
Maria Plante, 2<sup>nd</sup> Vice President  
Theodore J. Skrypek, Treasurer  
Louise Voveris, Secretary/Clerk

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Betty Belyea  
Gina Broderick  
Arthur Davies  
Kim Emond  
Joanne Erickson  
Norma Grassey  
Marie Poulin\*  
Normand Racicot  
Marianne Towle  
Scott Towne

#### *Honorary Director*

Richard Frye

\*Self advocate

#### **Contact Us:**

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**Phone:** 781-335-3023

**Email:** [info@arcsouthshore.org](mailto:info@arcsouthshore.org)

**Web:** [www.arcsouthshore.org](http://www.arcsouthshore.org)

*22nd Annual Louis Bailey Golf Outing  
June 15th, 2009  
12:00pm to 8:00pm  
South Shore Country Club  
Hingham, MA*



*57th Annual Dinner Dance  
April 17th, 2009  
6:00pm to 11:00pm  
Lantana Function Hall  
Randolph, MA*



**save the dates for**  
The Arc of the South Shore invites you to



371 River Street  
North Weymouth, MA 02191



The Arc of the South Shore's mission is to provide the highest quality services and advocacy for children and adults with mental retardation and cognitive, physical or developmental disabilities.