



Volume 6  
Issue 3  
Quarterly  
Newsletter

# Hope's Notes

Southern Worcester County ARC, Inc.

## The Center of Hope Movie

Over the past several months, Center of Hope staff and program members have been participating in the filming of our very own movie. This movie, a project completed by our summer intern, is now available for viewing on our website.

Beth Robbins came to us from Michigan by way of Ohio State University as a summer intern. There was talk of a communications major coming to make a documentary about the Center of Hope. Okay, so I admit that I thought she was going to be a little bit of a tech geek. To our delight, not only was she not a geek but she was a personable, funny, hardworking young woman that fit right into our "family". Beth immediately immersed herself into our programs and became a celebrity amongst the program members. While she had little experience in the field, she never shied away from any task put before her. She became a unified player on our Special Olympics softball team, moonlighted as a camp counselor, volunteered at the Poker Run and Golf Tournament and became somewhat of a one to one staff for a deaf gentleman (because come to find out Beth knows ASL).

Just when we thought that Beth couldn't get any better, we witnessed the fruits of her labor from her summer internship (yes, we almost forgot why she was really here). Beth created a documentary about the Center of Hope that in 30 minutes highlighted the ins and outs of what we do. It may sound cliché but I laughed and I cried and then I admired what this young woman was able to do with a home video camera and her Mac lap top.

Beth truly is the Midwestern girl who stole our hearts. She was an amazing coworker, staff, volunteer and friend to many. She will be missed terribly but we wish her well as she heads back to college. Given Beth's many attributes, we know that she will be successful, but I hope that she truly realizes how special that she is and how much she meant to us.

By: Erika Maynard, Director of Day Programs, SWCARC, Inc.

## Holiday Schedule

The Center of Hope will be CLOSED on the following days:

October 13, Columbus Day  
November 27 & 28, Thanksgiving  
December 25 & 26, Christmas  
January 1, New Year's Day



### Inside this Issue

Special Olympics News	2
Hope's Notes Going Green	3
Day Hab Website	3
2nd Annual Golf Tournament	3
Special Needs Trust	4
Home Loan Program	4
8th Annual Charity Auction	5
Gobble Gobble 5K Road Race	5
Special Olympics Jolly Jaunt	5
Eat Your Veggies	6
Transition Conference	6
Holiday Giving	7
Artistic Expressions	7
2008 Calendar of Events	8

# Center of Hope Recreational Program News

---

## **BOWLING 2008 STARTING IN NOVEMBER**

The Recreation program at the Center of Hope will once again offer bowling this year, taking place at the American Lanes in Southbridge from 10:00 - 11:00 a.m. starting on November 18th. Due to the high participation number, we run bowling on Tuesdays and Thursdays. This allows us to accommodate participant work schedules. Those interested in participating will need to complete required paperwork prior to bowling.

## **SUMMER SPORT SAW SUCCESS FOR MANY ATHLETES**

Special Olympics had a busy but fun summer. Track & Field participants laced up their sneakers to practice in April for the Boston Games. The three softball teams started swinging in early May and fishing cast their lines in June.

### **Track & Field**

With Track & Field Summer Games taking place in June, Team Center of Hope was off to Boston for the competition. Many athletes left Boston with medals around their necks. For the first time Team Center of Hope participated in Powerlifting. Jacob Soper of Center of Hope Day Hab, along with the assistance of his coach, Erika Maynard, Director of Day Programs, participated in the bench press and the dead lift competition.

### **Softball**

A record number of athletes showed up for tryouts this year. Being the Center of Hope, no one was turned away. The Terminators, a traditional team (all athletes) joined the field this year along with the Center's two unified teams, Dragons and Eagles. Practice began in May with August Game Qualifiers held in July. After qualifiers, the teams scrimmaged each other at practices during program so that their peers could cheer them on. August Games saw success for the three teams. The Dragons received the gold medal in their division, the highest in the tournament. The Terminators walked away from their first Special Olympics tournament with the silver medal. The Eagles left the August Games with the bronze medal.

### **Fishing**

Team Hook, Line and Sinker's second showing at Special Olympics was as much a success and fun as the first year. The 10 member team began working on their skills in May at Westville Dam. Event highlights include: Eddie Jones receiving a gold medal for the best fish of the tournament. Christopher Lund took home gold for catching a total of 29 fish. Tami Coon received a gold medal for a 25-inch salmon and Angel Marrier earned silver for her 19-inch bass.

## **RECREATIONAL PROGRAM BOOK IN DEVELOPMENT**

The Recreational Department is currently developing a 2008 –2009 Recreational Program Booklet. The purpose of this publication is to provide athletes and families with all the necessary information prior to the start of each sport offered.

Each sport will be explained along with the requirements of participation. The new registration form can be found here and should be filled out after review of the sport descriptions. Included is a check list of items that should be packed when attending a weekend-long sporting event. For family's convenience we have added the Emergency Information sheet and the application for participation in Special Olympics. These forms must be filled out just prior to the start of the sport (application for participation must be completed by the program member's health care provider).

If you would like to receive this booklet, please visit [www.thecenterofhope.org](http://www.thecenterofhope.org) after October 15 to download a copy or by calling the Center of Hope at (508) 764-4085.

All former athletes will be receiving a copy.

## Hope's Notes is Going Green Thanks to You

---

Over the summer months Center of Hope staff worked hard to update Hope's Notes mailing list. With over 2,000 names on the list, this task was a large undertaking and met with drive and determination. Pauline Davis, Center of Hope receptionist, made phone call after phone call inquiring if those on the list wished to continue receiving the newsletter.

With the ever increasing expenses that face non-profits, we needed to take a closer look at the mailing list and make sure that those on the list truly wanted to receive our newsletter. Recently the United States Postal Service changed requirements for bulk mail causing an increase in material costs. Another way to decrease costs was to request e-mail addresses. Within no time we moved people from the mailing list to Hope's Notes e-newsletter. Another way Management has decided to assist is to make the newsletter a **quarterly publication**, further decreasing expenses.

All the hard work paid off. Our mailing list has almost been cut in half and we will be saving more than \$5,000. each year in mailing and material costs. To those who have assisted, we thank you. If you were not contacted but want to help us out let us know, send an e-mail to [info@thecenterofhope.org](mailto:info@thecenterofhope.org) or call Pauline Davis at (508) 764-4085.

## Center of Hope Day Hab Announces New Webpage

---

Center of Hope Day Hab is excited to announce the launching of their new website on the agency website. The management team of Center of Hope Day Hab has developed a site that will provide program members, parents, families and friends with important information regarding their program.

The site explains how a Day Hab operates and specifically the needs of Center of Hope Day Hab. Each month the lunch menu and the trip schedule will be posted for families convenience. You will also find the skills training schedule so that you will know all the trainings that are offered each day. We plan to create a photo gallery where photos taken during events and trips will be posted for all to enjoy. If you want to see your program member's photo in the gallery make sure you have checked off website use on the photo consent form. We have also developed a Meet the Staff page with brief job responsibilities for the senior staff. This will assist people in learning who is responsible for what aspects of the program.

To reach the site visit [www.thecenterofhope.org](http://www.thecenterofhope.org). On the left side of the page click on programs. Once the programs pages has loaded, click on Day Habilitation on the top. Scroll down and click on Center of Hope Day Habilitation. If you have suggestions to improve the site, just give us a call.

We are currently developing Quinebaug River Day Hab's site with Southbridge Day Hab and Pioneer Valley Day Hab to follow shortly. If there are items you wish to see on these sites, let us know. This is just one more way for the agency to provide quality services and improve communication with those we serve.

## Another Successful Swing for 2nd Annual Golf Tournament

---

On August 20<sup>th</sup> more than 70 golfers hit the links to show their support for the Center of Hope. This year's tournament was held at Cohasse Country Club, a private club in Southbridge. This beautiful day on the green raised more than \$6,000. for the Center of Hope's Recreational Program and the Holiday Giving Program, both unfunded programs that operate on fundraising and donations only.

Congratulation to Brian Maynard, Brian Rice, David and Anne Kelly of Team Maynard on their tournament win. Coming in a very close second was Henke Sass of America and placing third was Distinctive Coverings. Congratulation to Phil Soule for receiving the closet to the pin on the 3rd hole and to Bob Dean for receiving the 50/50 closest to the pin on the 4th hole. For complete golf tournament coverage visit [www.thecenterofhope.org](http://www.thecenterofhope.org).

We would like to thank all of the golfers who participated in this great fundraiser. Thank you to all of the companies that sponsored the tournament. It is due to your generosity that we are able to provide excellent services to our program members.

Mark your calendar for the 3<sup>rd</sup> Annual Golf Tournament to be held on August 19<sup>th</sup>, 2009.



## The Top 7 Reasons to Establish a Special Needs Trust provided by Fletcher, Tilton & Whipple Counselors at Law

---

Special needs trusts (SNTs) can play an important role in helping families plan for children with special needs. Here are some of the most compelling reasons to speak with your attorney about establishing an SNT.

1. **Preserve public benefits while enhancing your child's lifestyle.** The Social Security Administration (SSA) does not count assets in an SNT as income for determining benefits eligibility because the assets are owned by the trust rather than the child beneficiary.
2. **Ensure assets will be used as intended.** With an SNT, distribution of assets is directed by trust documents as well as SSA and IRS guidelines. By comparison, if you leave assets to an "able-bodied" child and ask that some of the funds be used for the sibling with special needs, the child may fail to honor your request, lose the assets to creditors or die prematurely and leave the funds to his or her own children.
3. **Allow others to contribute.** If you establish the trust now, grandparents and others interested in helping your child can make annual gifts to the SNT of up to \$12,000 (\$24,000 for a married couple) without triggering the gift tax or generation-skipping tax.
4. **Fund the SNT as you wish.** SNTs can be funded with cash, securities or other resources.
5. **Identify appropriate distributions.** If you establish and fund an SNT while your child is young, you can use the trust like a checking account to pay the child's expenses. A future trustee can then refer to a record of these payments as a guide in determining necessary and appropriate distributions.
6. **Maximize the benefits of a personal injury settlement.** If your child wins a sizable settlement, having the payout (often a lump sum plus a structured settlement) directed to a self-settled SNT offers several benefits. Your child will still qualify for public benefits, can use settlement funds for nonessential expenses and may enjoy the financial security of receiving regular payments for life.
7. **Enhance matrimonial settlements.** If an adult child who received SSI and Medicaid divorces, having a self-settled SNT drafted through the divorce decree will allow any alimony or lump-sum payment from your child's ex-spouse to be paid to the trust.

For more information on Special Needs Trusts visit [ftwlaw.com](http://ftwlaw.com).

## The Home Modification Loan Program

---

The Home Modification Loan Program provides low- and no-interest loans to modify the homes of elders and those with disabilities. A program of the Massachusetts Rehabilitation Commission in collaboration with the Community Economic Development Assistance Corporation, this state-funded Home Modification Loan Program provides loans to make modifications to the primary, permanent residence of elders, adults with disabilities and families with children with disabilities. Any homeowner who is a frail elder or has a disability, has a household member who has a disability or rents to an individual with a disability may apply for this loan. The residence's owner must apply for the loan.

The program lends money to homeowners who wish to start new modification projects but does not reimburse for work that has been already completed. The modifications that are made must allow the beneficiary to remain in the home and must specifically relate to their ability to function on a daily basis.

Based on income guidelines \$1,000 up to \$30,000 (inclusive of all costs) may be borrowed in either a deferred payment loan (DPL) or an amortized loan, which is secured by a promissory note and/or a mortgage lien. Repayment is made with monthly payments for 5 to 15 years, depending on the amount of the loans. Those eligible may repay the loan when the property is sold or has its title transferred.

If you think you might be eligible and would like more information contact MRC at 617-204-3724 or visit [www.mass.gov/mrc/hmlp](http://www.mass.gov/mrc/hmlp).

## 8th Annual Charity Auction to Take Place in Auburn

---

The Center of Hope hosts the 8<sup>th</sup> Annual Talents & Treasures Charity Auction & Buffet Dinner

This year's auction will be held at Periwinkles Restaurant in Oxford, Massachusetts

Friday November 14<sup>th</sup>, 2008

\$25.00 per person

Silent Auction Viewing & Cocktail Hour from 5-6:00 p.m.

Buffet Dinner will start at 6:00 p.m.

Live Auction will begin at 7:00 p.m.

Marc Carron will once again serve as Auctioneer

To reserve tickets call (508) 764-4085 or visit our website.

## Gobble Gobble 5K to Benefit Center of Hope Recreation Program

---

- Date: Sunday, November 23, 2008  
Registration: Day of Race 8:30 a.m. to 9:45 a.m.  
Start Time: 10:00 a.m.  
Entry Fee: Pre-Registration \$15.00 (by November 16), November 17, - Race Day \$20.00  
Location: Center of Hope - 1 North Street, Southbridge, Mass (start and finish)  
Highlights: This year's race will be professionally timed by Last Mile Race Management using DAG timing chips  
Course: A looped course that runs through the neighborhoods of Southbridge with gentle rolling hills with a gradual downhill finish



### Awards for the Top 3 in each Division

Top Male, Top Female will receive a frozen Turkey

**Police & Fire Division (Top 3 Male/Female)**

**\*\*Free T-shirt for the first 100 registered runners\*\***

Registration forms are available at [www.thecenterofhope.org](http://www.thecenterofhope.org)

Make Checks Payable to: Center of Hope

Mail entry form to: Center of Hope, Gobble Gobble 5K, PO Box 66, Southbridge, MA 01550

Register On-Line at [www.active.com](http://www.active.com)

For more information contact Lena Travinski: Phone: 508-764-4085 E-mail [info@thecenterofhope.org](mailto:info@thecenterofhope.org)

## Join the Jolly Jaunt to Support Special Olympics

---

Join us this holiday season for the annual **Jolly Jaunt** - a 5K run and walk to benefit **Special Olympics Massachusetts!**

**Date:** Saturday, December 6, 2008

**Time:** Registration - 8:00 AM, Race - 9:30 AM

**Location:** Union Station, 2 Washington Square, Worcester, MA

**Post-race Reception:** 11:00 AM - Union Station

Visit [www.jollyjaunt.org](http://www.jollyjaunt.org) to sign up as a TEAM CENTER OF HOPE member. We hope that those who participate in our Recreation Program will join us as the money that we raise will go towards our program, helping to send athletes to State Games in Boston and Amherst. Bring your friends and family and wear your best holiday attire. For information contact Monique Chapdelaine at (508) 764-4085 or [info@thecenterofhope.org](mailto:info@thecenterofhope.org) or by visiting [www.thecenterofhope.org](http://www.thecenterofhope.org).

## Have You Eaten All Your “Veggies” Today?

---

Hello from Sharon in the Training Office.

Believe it or not fall is here! What a wonderful opportunity to enjoy the harvest of fresh vegetables in New England. A diet rich in fruit and vegetables can help to keep you healthy not to mention it is a low fat alternative to foods high in sugar and fat. But you are sick of carrots and you hate broccoli now what do you do?

Get Creative. Step outside of your “food comfort zone” and try something new. Your local supermarkets have a variety of wonderful and non-native vegetables and fruits for you to sample.

In the south, veggies like okra are served a lot more often than up north. Collard, mustard, and turnip greens can be pretty tasty and a change from spinach.

Go ethnic. Vegetables associated with other cultures can make meal time more exciting and fun. Jicama is a potato like vegetable popular in Mexico. You can serve it peeled and raw, it has a crunch similar to an apple. For a European touch, make salad with radicchio, endive, or Swiss chard in place of lettuce.

Think outside of the box. Check local produce stands and farmers markets for the freshest veggies and fruits. Try different seasonings such as Mrs. Dash, try grilling or roasting your vegetables. Brimfield has a Farmers Market next to Hitchcock Academy every Sat from 9am - 1pm

Add a little zip to your dinner plates. A number of familiar vegetables now are grown in a variety of colors and unique flavors. How about peppers, not only do they come in green but also in red, orange, purple, and white. Red Bliss, Yukon, or Russian Blue potatoes can put a new spin on familiar recipes. Let’s not forget tomatoes are available in different shades as well. Think of how you can really perk up a salad or meal using a bit of variety.

Be adventurous, and you will find it easy to get five a day!

## Free Transition Conference

---

**"Planning a Life: Making the Most Out of High School - A Transition Conference**

**The first Friday and Saturday in November 7 & 8, 2008 in Boston, MA or February 6 & 7, 2009 in Central MA.**

High school is a time when all students need to be actively involved in planning for their future. The process can be overwhelming for families because resources and information on Transition planning are often difficult to find. At this critical juncture, students and families must be informed, proactive, involved and hopeful.

**"Planning a Life: Making the Most out of High School"** is a two day Transition conference packed with Transition planning information and resources for and about students in special education ages 14-22. Transition planning must be individualized and on schedule to insure a systematic and purposeful educational experience.

Plan now to attend and find out "what you need to know about, when you need to ask about it and who you need to go to for answers."

Space is limited to 35 participants. To register now <http://fcsn.org/pti/workshops/transition/php> download the conference brochure for the November 2008 or February 2009 conference. Send registration with payment to the Boston office, *attention: Wanda*. 1135 Tremont Street, Suite 420, Boston, MA 02120

Phone: (617) 236-7210, MA Toll-Free: (800) 331-0688 Fax: (617) 572-2094

Email: [fcsninfo@fcsn.org](mailto:fcsninfo@fcsn.org)

# Center of Hope Holiday Giving Program

The Center of Hope is now accepting requests for gifts through the Holiday Giving Program.

Those eligible for this program are program members receiving services through any of the Center of Hope's programs and people that are referred by a Center of Hope employee.

All requests must be received by **November 17th**. Please call (508) 764-4085 or mail this form to: Center of Hope, P.O. Box 66, Southbridge, MA 01550 ATTN: HOLIDAY GIVING.

Please only ask for 1 gift per child, each must be under \$20.00. Be very specific & detailed.

1) Name of child \_\_\_\_\_ Age \_\_\_\_\_

Request: \_\_\_\_\_

2) Name of child \_\_\_\_\_ Age \_\_\_\_\_

Request: \_\_\_\_\_

Name & Address of Parent -

Phone No. \_\_\_\_\_ Alternate Phone No. \_\_\_\_\_



## Artistic Expressions

October 8 - Decorative Iron-on Halloween T-shirts

October 15 - Decorative Iron-on Halloween T-shirts

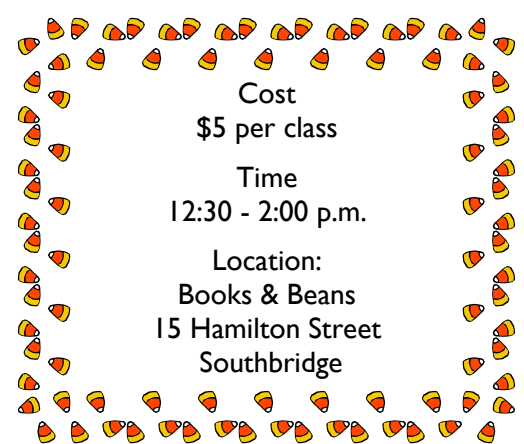
October 22 - Carve a Pumpkin (instructor will assist)

October 29 - Carve a Pumpkin (instructor will assist)

Please make checks payable to Center of Hope.

Payments must be received prior to class start.

If you have questions, contact Jazsmin Trifone at (508) 764-6774.



Cost  
\$5 per class  
Time  
12:30 - 2:00 p.m.  
Location:  
Books & Beans  
15 Hamilton Street  
Southbridge

### October Registration Form

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

Class: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Price: \_\_\_\_\_

Return Registration Form with check to Jazsmin Trifone at the Center of Hope.

Southern Worcester County ARC, Inc., Center of Hope  
Hope's Notes  
P. O. Box 66  
Southbridge, MA 01550

Nonprofit  
US Postage Paid  
Permit No. 20  
Southbridge, MA 01550

## Center of Hope Open House 2008 - November 3<sup>rd</sup>

---

The Center of Hope along with the Department of Transitional Assistance and the Department of Mental Retardation will be hosting an open house on Monday, November 3. We welcome everyone to join us to see our new developments and those of your newest tenants.

All Center of Hope programs will be open to the public from 11:00 a.m. - 5:00 p.m.

The Department of Transitional Assistance will be open from 11:00 a.m. - 5:00 p.m.

The Department of Mental Retardation will be open from 2:30 - 5:00 p.m.

## Center of Hope 2008 Event Schedule

<b>Date</b>	<b>Event</b>	<b>Location</b>	<b>Time</b>
October 24	Halloween Costume Dinner Dance	VFW, Southbridge	6:30-9:30
November 14	8th Annual Talents and Treasures Auction	Periwinkles, Oxford	5:00 p.m.
November 21	Thanksgiving Dinner Dance	VFW, Southbridge	6:30-9:30
November 23	Gobble Gobble 5K Road Race	Center of Hope Day Hab	8:30 a.m.
December 6	Special Olympics Jolly Jaunt	Worcester	8:00 a.m.
December 19	Holiday Dinner Dance	COH Day Habilitation, Southbridge	6:30-9:30

Reservations are required for all Dinner Dances one week prior to dance. RSVP to Pauline at 508-764-4085.