



# Hope's Notes

Southern Worcester County ARC, Inc.

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Quarterly Newsletter  
Winter 2010

## Arc of Mass to Host Meeting to Prepare for FY 11 Budget

Legislative Action Does Make a Difference and That Includes Yours! Our advocacy made a HUGE difference last year and we'll need it again this year!

The Governor's Budget is coming out at the end of January...then it goes before the Ways and Means Committee, etc., through the process until a final budget is passed. You can be sure that we'll need to advocate for services again, especially during these economic times.

There will be our usual Legislative Breakfast which is not planned yet, but on **February 16<sup>th</sup>** we will also be having a "**Town Hall Meeting – Stating Our Case**" at the Southbridge Hotel and Conference Center at 6:45p.m. We will need as many advocates, family members and their legislators to attend as possible, to "**State Our Case**" as the budget process is going on. The structure will be a little different than our regular Breakfast, including that it is in the Southbridge area, where most of our families are concentrated. Former State Rep. Paul Kollios used to tell us that many of the legislators already understood our issues, and that we needed to be better about stating our case before our neighbors and friends, etc., the voters around us, who really may not know what we are up against. Here is our chance! Please call me if you would like to speak about what cuts in services would mean to you or what cuts have already done to you, and be sure those selectman, councilors, friends and neighbors attend, as well.

Also, plan on attending the Arc of Mass Legislative Reception at the State House at 10:30 on March 3<sup>rd</sup>. We will keep you posted about other legislative events around the state.

## Center of Hope Helped to Make the Holidays Happy

As it has done for more than 20 years, the Center of Hope once again this past holiday season helped families whose tree might have been missing presents. Marie Barse, Assistant to the Director of Arc Services, coordinated this huge project with help from several co-workers throughout the months of November and December. With more than 500 families served, Marie and her team had their work cut out for them. When all the gifts were collected there was enough to fill five agency wheelchair vans to the roof.

One family that benefited from this program was the F Family. Mrs. F. is the care provider and grandmother of her 5 year old grandson. They have limited resources and lack family support. She doesn't drive and depends on MassHealth to provide transportation to all Doctors appointments. Due to her medical issues and physical disabilities, Mrs. F. is unable to maintain employment. The state funding she receives is very little and barely enough to cover utilities, shelter and food.

Another family to receive assistance was the R Family. With 3 small children ranging from ages 5 through 9 and both parents being served through the Department of Developmental Services this family would have gone without. Due to Mr. R. seizure disorder he is unable to drive to any medical appointments or run household errands.

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# Out and About with Family Support

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## Saturday Day Trip Information

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The Center of Hopes is offering Saturday day trips to any individual who currently lives with their family, on their own or in a family setting. These trips are available to assist families that have lost respite due to the 9c budget cuts. Individuals that reside in shared living may request reserved status and must be preapproved through supporting shared living provider case-management and the Center of Hope's Director of Family Support. The trips are limited to 12 individuals and will be offered on a first reserved basis. Reservations require prepayment a minimum of 2 weeks prior to the trip occurrence.

Prearrangements must be approved through Family Supports regarding adaptive necessity (ie: wheelchair van, modified food). If one to one staffing is required it must be provided by supporting agency along with any staff costs.

**To make a reservation complete the registration form below and return with payment to Nancy Moore, Director of Family Supports. Make checks payable to Center of Hope.** The cost of lunch is included in all trip pricing. Individuals are responsible for their own spending money.

Trips will leave from the Center of Hope Day Habilitation, 1 North Street in Southbridge, rear parking lot. Plan to arrive by 9 am for trip departs at 9:15. Pick ups **MUST** occur by 4:30 PM There is no transportation provided to or from the Center. All drop-offs and pick-ups will be at the Center of Hope.

## Day Trip Schedule



**Shopping and Lunch, Auburn and Sturbridge, Mass.**  
**RESCHEDULED for Snow Day, April, 24, 2010**

**Cost: \$20.00**

Enjoy a leisurely shopping trip at the Auburn Mall for the morning, then return to Sturbridge for lunch at Applebee's Restaurant. End the day with shopping at Hobb's Brook Plaza. Please plan spending money accordingly.



**Boston Museum of Science, Boston, Mass.**

**February 27, 2010**

**Cost: \$35.00**

Get an eyeful of Cliff, a 65-million-year-old Triceratops, observe a glassed in living beehive and try your hand at a little scientific investigation. No matter what you will enjoy this active day. We will be watching a 3D showing of *Bugs* in the 3D Digital Cinema. Box lunches will be provided by the museum. This trip leaves the Center of Hope at 8:45 and will return by 4:30.



**Winter Craft Day, Southbridge, Mass.**

**March 27, 2010**

**Cost: \$30.00**

Celebrate the end of winter with Easter crafts and fun. A combination of winter scenes and pastel colors with cooking activities and crafts will to welcome spring a little bit early. We will brave the elements and walk to a local restaurant for lunch. The afternoon will wind down with snacks and a movie.



**SNOW DAYS**

**April 10, 2010 (Museum of Science) and April 24, 2010**

These are the official snow dates for any winter trips that have to be cancelled due to weather. Cancellations are difficult to immediately reschedule so we have set aside these dates for just this reason. Mark your calendar if you have enrolled in any of the trips that are rescheduled due to weather. If postponed, the Museum of Science trips is rescheduled for April 10.

## Dinner Dances

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Dinner Dances cost \$7.00 and are held from 6:30-9:30 p.m. at the Center of Hope Day Habilitation program, located at 1 North Street in Southbridge. The cost to attend the dance only (no meal included) is \$3.00 per person.

*Reservations are required for dinner dances to assure that there is enough food ordered.* Please contact Pauline Davis at 508-764-4085 to make a reservation. If you are unable to attend but have made a reservation, please call to cancel. Meals are ordered and paid for in advance and we want to assure everyone a delicious meal!

***February 12 – Valentine Dance only-No Dinner served***

***April 16 -Dinner Dance***

***September 17 - Dinner Dance***

***October 29 - Halloween Dinner Dance***

***November 19 - Thanksgiving Dinner Dance***

***December 10 - Christmas Dinner Dance***

The dances are staffed by four COH staff members. However, if an individual needs a staff person they should plan to come with them. All those attending a dance must be signed in by the adult who is dropping them off. The person needs to provide a phone number in case of an emergency.

If there are any cancellations, we will announce the decision before people leave their day programs. If you have questions, please call 508-764-4085 and listen to the general voice mail for any changes to dances.

## Self Advocacy

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The Center of Hope facilitates a successful Self Advocacy program that encourages individuals to become their best advocate. The group meets monthly to discuss current issues facing people with disabilities, any legislative concerns as well as having guest speakers join the group for a meeting. Meetings are held on the second Tuesday of every month from 4:00-6:00 p.m. in the Center of Hope Day Hab. There are monthly dues of \$2.00 that is collected at each meeting. Limited transportation is available. If you are interested in joining the Self Advocacy group, contact Chad Krause, Director of Day Programs at 508-764-4085. Those attending meetings must RSVP to Chad Krause the Friday prior to the meeting.

## Job Club

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The Center of Hope Employment Services hosts a monthly Job Club, which is designed for those with community jobs to be able to meet and share ideas and work experience. Job Club meets on the third Monday of each month from 4:00-6:00 p.m. in the Center of Hope Day Hab, located at 1 North Street. Please note the change in meeting location. Dinner is provided each month. Those attending must bring \$4.00 to help with the cost of food. Members must call to confirm their attendance each month. For further information contact Lucille Langlois or Ken LaHue at 508-764-4085.

## Jane Baron Memorial Scholarship Fund

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Ted and Carol Baron along with the Center of Hope have established the Jane Baron Memorial Scholarship Fund. This fund provides program members financial support to participate in community outings either through their day program or Saturday trips that otherwise they might not be able to afford.

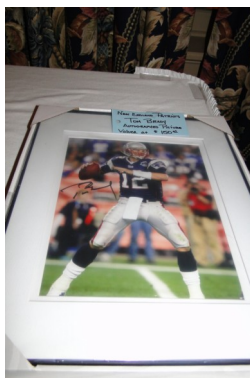
To apply for a scholarship to attend a Saturday trip, contact Nancy Moore, 508-764-4085 ext. 654 or [nmoore@thecenterofhope.org](mailto:nmoore@thecenterofhope.org)

## 9th Annual Charity Auction Returns to Sturbridge

We had a good time during our 9<sup>th</sup> Annual Talents & Treasures Charity Auction on Friday November 13<sup>th</sup> at the Publick House Historic Inn in Sturbridge, MA. It was nice having new businesses and individuals participate this year and also see many of our friends come back for another successful event. Some of our new big auction items were a Perc Test, Pen & Ink Personalized House Illustration, 2 Radon Samples and Associated Letter Report, Philips Eco 19' TV, New England Patriot "Tom Brady" Autographed Photo, and much more. Thank you so much for your dedication to the Center of Hope. This year, we raised about \$8,400.00 to benefit our unfunded Holiday Giving Program. A special thank you to the Publick House Restaurant and all the Center of Hope's volunteers who have made this event possible. Many families were able to celebrate the Holidays this past year because of the wonderful response our community has given us. The Center of Hope is grateful for your contributions. Again, thank you for the ongoing support.



Center of Hope Volunteers from left to right: Jennifer Lancaster, Cindy Howard, Lucille Langlois and Julie Monette



Autographed photo of NE Patriots' Tom Brady



A silent auction basket put together by a Center's program.

## Gobble Gobble Road Race a Runaway Success

On November 22, 2009 the Center of Hope hosted it's 4th Annual Gobble Gobble Road Race. This race included a 1 Mile Fun Run for youth in the community and a 10K course option. The hope of these two new additions was to attract more runners and if worked. This was our largest race to date with over 130 people registered for the 10/5K race and a little under 15 signed up for the fun run.

### RESULTS

**5K Race** - The first place finisher was Mike Dobos Jr. crossing the finish line in 19:08minutes.

The first female to cross the finish line was Kate Hardy in 20:42 minutes.

**10K Race** - The first place finisher was Ethan Spinelli crossing the finish line in 39:38 minutes.

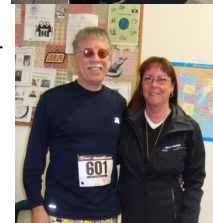
The first female to cross the finish line was Karen Huston in 47:45 minutes.

**1 Mile Fun Run** - 1st place went to 8 year old Brock Dubey.

Since the race's inception in 2005 Angel Guard Products Inc. has supported this event by being our Race Partner. This year we were able to have some new sponsors join the team. Thank you to the Law Office of Jeffrey Chapdelaine and Morse Lumber for seeing the good that comes out of this event. Thank you to Metal Craft Machine and Performance Graphics for their support of this fun event and the Center of Hope as a whole. The Southbridge Police Department worked really hard to make sure that all the runners were safe while on the course, be it directing traffic on Main Street or following the last of the 10K runners onto Foster Street. The gratitude that we have for your assistance is huge.

Next years Gobble Gobble Road Race will be held on Sunday, November 21, 2010.

Registration is at the Center of Hope Day Hab, 1 North Street with the race starting around the corner on Foster Street right in front of the Center of Hope's main office.





# TRIP REGISTRATION FORM

## ALL INFORMATION IS NEEDED TO PROCEED WITH REGISTRATION. GENERAL INFORMATION

Individual's Full Name \_\_\_\_\_ Gender  Male  Female  
 Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ SS# \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
 Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_  
 Parent/Guardian Name \_\_\_\_\_ Parent's E-mail \_\_\_\_\_ (cell) \_\_\_\_\_  
 Phone Numbers (day) \_\_\_\_\_ (evening) \_\_\_\_\_  
 Living Arrangements: \_\_\_\_\_ Family (no respite supports) Family Name: \_\_\_\_\_  
 Agency Supported: \_\_\_\_\_ Lifeskills \_\_\_\_\_ RRI \_\_\_\_\_ State Op (name) \_\_\_\_\_ Shared Living (name) \_\_\_\_\_  
 Adaptive Necessity: (ie: wheelchair van, modified food, adaptive equipment) \_\_\_\_\_

**Return Registration to:**  
 Center of Hope  
 PO Box 66  
 Southbridge, MA 01550  
 Attn: Nancy Moore,  
 Director of Family Supports

## TRIP INFORMATION - I would like to sign up for :

### AUTHORIZATION

I give \_\_\_\_\_ (individual attending) permission to participate in all activities associated with Center of Hope Family Support Programs, including being transported as necessary and participating in all recreational activities.

I understand that if \_\_\_\_\_ (individual attending) is unable to be safe in the activity and cannot be managed by Center of Hope staff, dismissal from the activity may occur at the discretion of the Center of Hope.

I understand that if \_\_\_\_\_ (individual attending) requires medication that Center of Hope Staff WILL NOT administer these. This individual is able to self-administer and able to carry their medication on their person.

### Saturday Trips

- Shopping and Lunch, January 23
- Boston Museum of Science, February 27  
*Lunch choices (Box Lunch includes water, chips, fruit and a cookie)*
  - Turkey and gouda on whole wheat
  - Ham and cheese on whole wheat
  - Grilled Vegetable Sandwich
- Winter Craft Day, March 27

## EMERGENCY CONTACT INFORMATION

In the event of an emergency, I authorize SWCARC, Inc. staff to seek medical services at the nearest hospital. Yes  No

If No, please list alternative plan for medical emergency. \_\_\_\_\_

I will hold the Center of Hope harmless in the event of injury. \_\_\_\_\_

I give permission to SWCARC, Inc. Center of Hope to take and use photos/videos for the purpose of agency publication i.e.: brochures, general, Hope's Notes, Center of Hope website and newspaper articles. I give Center of Hope permission to communicate w/ family and support providers via telephone and e-mail. \_\_\_\_\_

Name \_\_\_\_\_  
 Phone (home) \_\_\_\_\_ (cell) \_\_\_\_\_  
 Relationship to Individual \_\_\_\_\_

Alternative Contact  
 Name \_\_\_\_\_  
 Phone (home) \_\_\_\_\_ (cell) \_\_\_\_\_  
 Relationship to Individual \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_



## continued - Center of Hope Helped to Make the Holidays Happy

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All three children are disabled and only 2 receive supports at this time. Further testing is being done on one of the children to help determine cognitive limitations. Although Mr. & Mrs. R. care for their children, they acquire services and supports to achieve the necessary skills to maintain a standard living since they also struggle with their own mental and physical disabilities.

Through our donors efforts: St. Andrew Bobola Church, Genzyme Corporation, Toys for Tots and individual donors, we were able to provide assistance to families in distress that included food, holiday gifts and other special supports to these families of persons with medical, physical and/or cognitive limitations. This year Dr. Dunn's office, in Southbridge, sponsored two families since they could not decide which family needed it the most. It is due to these donors that this heartwarming holiday program continues to offer much needed assistance during the holiday.

On behalf of our families, these are just a few of the comments that have been heard through the Holiday season:

*"Thank you very much & may God bless everyone for helping out. This was my best Christmas ever and we wouldn't have anything without your help."*

*"Thank you for the gifts. The youngest children are in process of being adopted and the medical issues have made gift shopping and finances a challenge for my daughter's family. Your generosity is truly appreciated and a genuine blessing"*

*"Thanks to all the people involved in this special day. I know that my kids would be very happy when they see all these toys. Thanks for remembering that we are fathers and mothers with a family...thank you very much."*

## Generous Donations Helps Center of Hope Food Pantry to Operate

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For a second year the Walmart Foundation from the Oxford Walmart store has made a generous donation to the Center of Hope Food Pantry. Their donation total to date has provided the food pantry with \$3,500 to aid in the purchasing of food needed to stock its shelves.

The Center of Hope Food Pantry is run by two community volunteers, Barbara Reynolds and Carol Humphrey. Barbara is currently the President of the agency's Board of Directors and Carol just so happens to be Barbara's childhood friend that join in to help. Each week these two women arrive at the food pantry hours before it opens to make sure everything is all set and to review weekly sales flyers for area stores to see what sales are out there. Coupons are clipped whenever someone sees something that would be make a good purchase for the pantry. These great volunteers not only help families obtain food but also suggest what items might go best together and how to stretch the food to last longer for a family. The Center of Hope Food Pantry owes much of its success to these two women who so willingly volunteer their time to help out others in need.

The food pantry is open on Thursdays from 10:00a.m. - 12:30p.m. each week. In order to utilize this free assistance one must call the Center of Hope at 508-764-4085 to set up an appointment, show a picture identification card and fill out the registration from before receiving food for the first time. There is a limit of one box of food per family per month.

## Center of Hope Holiday Schedule

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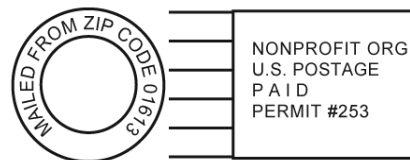
The Center of Hope will be CLOSED on the following days:

February 15, President's Day

April 19, Patriot's Day

May 31, Memorial Day

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



## 2010 At A Glance

<b>Date</b>	<b>Event</b>	<b>Location</b>	<b>Time</b>
January 31	Snow Ball Semi-Formal Dance	LaSalle Hall, Southbridge	3:00 - 7:00 p.m.
February 12	Valentine's Dance (no dinner served)	Center of Hope Day Hab, Southbridge	6:30 - 9:30 p.m.
March 13	Country for a Cause in Memory of David Scheinfeldt	Center of Hope Day Hab, Southbridge	6:00-10:00 p.m.
April 16	Dinner Dance	Center of Hope Day Hab, Southbridge	6:30 - 9:30 p.m.
May 23	Spring Fling Dance	LaSalle Hall, Southbridge	3:00 - 7:00 p.m.
June 13	Family Festival	Hyland's Orchard	12:00 - 6:00 p.m.
July 18	Poker Run	Knights of Columbus, Southbridge	9:00 a.m. - 6:00 p.m.
August 18	Golf Tournament	To Be Determined	To Be Determined
September 17	Welcome Back Dinner Dance	Center of Hope Day Hab, Southbridge	6:30 - 9:30 p.m.
October 29	Halloween Dinner Dance	Center of Hope Day Hab, Southbridge	6:30 - 9:30 p.m.
November 12	10th Annual Talents & Treasures	Publick House, Sturbridge	5:00 - 10:00 p.m.
November 19	Thanksgiving Dinner Dance	Center of Hope Day Hab, Southbridge	6:30-9:30 p.m.
November 21	Gobble Gobble 5/10K and Fun Run	Center of Hope Day Hab, Southbridge	Registration 8:45 a.m.
December 10	Christmas Dinner Dance	Center of Hope Day Hab, Southbridge	6:30-9:30 p.m.