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Statewide & Local Sponsors  
for All Aboard The Arc!



## One in a Million

We meet many people over the course of our lives but only a small number that consistently demonstrate an outstanding devotion to a mission of caring for others.

We have been fortunate to know and work with such an individual who is our friend and much loved, Linda Cournoyer.

Linda has been a senior member of our Board of Directors for approximately 40 years. Over that time she has encouraged, supported and contributed to a wide range of decisions that has helped the Center to grow (since 1984) from a 2 employee program (Jim Howard and Geri Fillion) to a 225 employee program serving over 600 individuals and families.

Additionally, Linda has worked for Seven Hills for 37 years in a family support capacity and has helped an uncountable number of families with their important needs. Although she had a 40 hour a week job, Linda consistently worked many additional hours during the evening and on weekends to bring critical services to families.

She has been an outstanding advocate of people with developmental disabilities and has worked tirelessly with Legislative affairs including the State's best Legislative breakfast, mentoring scores of individuals in providing quality care and among many other accomplishments, decisively influenced Mass Health to provide dental care for people with disabilities.



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# All Aboard The Arc! Rocks Boston Common with Lauren Potter from “Glee”!

By: Leo Sarkissian, Executive Director

May 18 – All Aboard The Arc! spread its message of disability acceptance and inclusion this past Saturday as nearly 1000 people descended on Boston Common! Special Guest Lauren Potter, who plays Becky in the TV show “Glee,” shared her story of success as a young woman with a disability. Best known for her role on the popular television show and an inspiration to all, Lauren Potter has proven herself a young woman of strength and of character.



All Aboard is hosted by chapters of The Arc, a non-profit which provides support and advocacy for people with intellectual and developmental disabilities throughout Massachusetts. In Massachusetts, The Arc has a statewide network of 18 chapters, which represent nearly 200,000 individuals with Autism, Down syndrome, Cerebral palsy, Fragile X syndrome and other intellectual and developmental disabilities.

The event also was headlined by the MAI rock ‘n roll band from the greater Brockton area. Band members are individuals with and without disabilities. The MAI band has been providing opportunities in music and art since its inception in 2009. MAI currently has 10 core group members who have performed in concerts for the past five years.

In talking about the event, Leo Sarkissian, executive director of The Arc of Massachusetts, stated that the main goal was awareness: “We are celebrating the gifts of person with disabilities, and we want everyone in Massachusetts to know that today they are making a difference, through their work, in their families, and in volunteering their time to various activities such as food pantries and community events.”

Susan Tran from Channel 7 WHDH kept the event on track as the emcee. She also helped get the word out about the event through Twitter and other social media. The 2015 sponsors of the event include: Comcast Business Class, HMEA, YOTTA, Shepherd Financial, Disability Law Center, and Hilltop Child & Adult Services.

Joining with Lauren Potter and MAI was Victoria Dion, Miss Amazing Teen of Massachusetts. My Own Voice, an inclusive choral group also performed, hosted by the Treble Chorus of New England. Audience participation kicked in with Drums Alive led by Tracy Glynn. Drumsticks were handed out to the many in attendance. Tracy led participants to drum as they listened to music.

There is still time to contribute to the work of The Arc locally or statewide through [AllAboardTheArc.org](http://AllAboardTheArc.org)



# Annual Legislative Breakfast

Please join  
The Arc - Center of Hope Foundation, Inc.  
The Central Mass Providers  
South Valley Citizens Advisory Board

As we present Keynote Speaker:

**Secretary Marylou Sudders**  
Health and Human Services (EOHHS)

at our Annual Legislative Breakfast.

**Monday, June 29, 2015**

College of the Holy Cross, Worcester, MA  
Hogan Campus Center

8 a.m. Registration: Complimentary Breakfast  
8:30 Program: Celebrating Relationships

Appreciation Awards for Members of Our Community

RSVP: 508-764-4085 - Pauline or [pauline@thecenterofhope.org](mailto:pauline@thecenterofhope.org)

*Appointed as Secretary of the Executive Office of Health and Human Services (EOHHS) by Governor Charlie Baker in January 2015, Marylou Sudders leads the largest executive agency in state government, a \$19.4 billion state budget with 22-thousand dedicated public servants, and oversees critical services that touch almost one in six residents of the Commonwealth. Professionally trained as a social worker, Sudders has dedicated her life to public service and to some of our most vulnerable citizens. She has been a public official, provider executive, advocate and college professor.*

*With a long record of public service, she was the Massachusetts Commissioner of Mental Health from 1996 to 2003, helping to create the state's first children's mental health commission and championing the rights and wellbeing of children, adults and elders with mental illness and their loved ones.*

*For almost ten years, she headed the Massachusetts Society for the Prevention of Cruelty to Children, promoting the rights and well-being of some 24,000 children and families. Secretary Sudders' talent and dedication has been recognized multiple times. She received an Honorary Doctorate from the Massachusetts School of Professional Psychology and was named Social Worker of the Year from the Massachusetts Chapter of the National Association of Social Workers. She was also nationally recognized with the Knee-Whitman Outstanding Achievement for Health & Mental Health Policy from the National Association of Social Workers Foundation.*



# Senate Ways & Means Releases FY 16 Budget

(Taken directly from Arc Notes Leo Sarkissian)

## Act Now to Move Disability Budget Ahead during Conference Committee!

Please reach out to your Representative and Senator! The recently completed House and Senate budgets made significant investments in services for people with intellectual and developmental disabilities who receive services from the Department of Developmental Services (DDS). Most notably was the investment to fund increases in the rate paid for long term residential services through CH257 – the first such rate increase in close to thirty years. Transportation also received an increase over last year. The DESE/DDS program and Turning 22 were level funded from last year and there was a slight increase in the Autism Services line item.

The House budget included a 2.5M increase over last year for the Family Supports program. State Operated homes, Service Coordination, and MassHealth were also higher in the House. The Real Lives bill original language authored by Rep Sannicandro is also included in an outside section to the House budget.

The Senate budget included a 5M reserve in funding for the employment initiative to place more individuals into integrated, community-based employment. Community Residential and MRC employment were also higher in the Senate.

You now have an opportunity to weigh in on budgetary line items by asking your legislators to advocate for funding which benefits DDS services and supports. In the coming days, please directly appeal to your representative and senator to request support for additional funding and/or language within the following three items:

- 1- Family Support (5920-3000) – House funding at \$54,933,705 which is 2.5M higher than the Senate.
- 2- Support for House Outside Section 174 which would adopt the Rep Sannicandro “Real Lives” bill language to allow for DDS clients to self- determine where they live and work.
- 3- Support the Senate 5M reserve to fund the transition from sheltered to integrated employment. This account also provides a higher staffing ratio for those in employment/day services.

Together, we must ensure that all DDS accounts are adequately funded so that individuals get the services they need to lead fulfilling lives in the community. (A chart at [arcmass.org](http://arcmass.org) - main budget page shows all the line items.) Do not delay in contacting your legislators and encouraging other to do so. **The number of people who act will make a difference.**

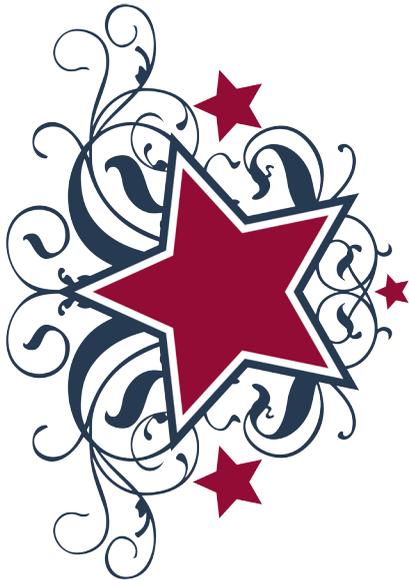
## Social Security –

(Collaboration of emails – Mass Arc Notes)

## Supplemental Security Income Restoration Act Introduced in the House and Senate

The Supplemental Security Income Restoration Act (SSI Restoration Act) was introduced in the Senate (S.1387) by Senators Sherrod Brown (D-OH), Elizabeth Warren (D-MA), Bernie Sanders (I-VT), Bob Casey (D-PA), Sheldon Whitehouse (D-RI), and Mazie Hirono (D-HI) and in the House (H.R. 2442) by Representative Raul Grijalva (D-AZ) and 25 cosponsors. **The bill seeks to restore the SSI program’s original intent of protecting beneficiaries, including people with disabilities and the elderly, against extreme poverty.** The bill modernizes SSI resource limits for individuals and couples, to \$10,000 and \$15,000, respectively. These limits have not been adjusted for inflation since 1989. The bill would also update the general income disregard (to \$112 per month), as well as the earned income disregard (to \$364 per month) to the amounts they would be currently, if they had been adjusted for inflation since SSI’s inception in 1972. Moving forward, both the SSI resource limits and income disregards would be updated annually for inflation. Lastly, the bill would repeal the SSI in-kind support and maintenance provision as well as the SSI transfer penalty. The SSI Restoration Act was referred in the Senate to the Committee on Finance, and in the House to the Committee on Ways and Means. The Arc applauds the introduction of this bill.

# CENTER OF HOPE FOUNDATION PRESENTS



## COUNTRY FOR A CAUSE

MYCHAEL DAVID & SUSAN JAYNE  
PERFORMING WITH  
**HELP WANTED BAND**

FRIDAY, JULY 17, 2015

**INDIAN RANCH**

200 GORE RD, WEBSTER, MA

Dinner served @ 6:30 p.m.  
Show starts @ 7:30 p.m.

ALL PROCEEDS  
BENEFIT PEOPLE  
WITH DISABILITIES

\$20.00 per person includes Dinner & Concert  
Additional \$15.00 PP for Family Support  
Transportation and Staff

RSVP is a must to secure a dinner.

Contact Pauline 508-764-4085 to purchase tickets.

Admission at the door is permitted,  
but cannot guarantee a dinner.

\*Separate checks are needed for Dinner/Concert  
and for Family Supports.

\*Checks are payable to the Center of Hope

\* If signing up for Family Support, RSVP must be by Thursday July 16, 2015

\* Drop off will be at CoHDH at 6 p.m., and pick up will be at CoHDH 11 p.m.

*12.6% of the older Americans living in a household  
with a disability live in poverty according to the  
2008-2012 American Community Survey.*

**How can we in 2015 lower this statistic? Contact your  
Legislator today. Advocate for services NOW.**

# 25th Anniversary of Americans with Disabilities Act

(WASHINGTON, May 28, 2015 /PRNewswire-USNewswire/)

## July 25th, 2015 - Union Station, Worcester - 12 to 4 p.m.

The City of Worcester will celebrate the The Americans with Disabilities Act (ADA) 25th birthday with entertainment, interactive exhibits, area social service agencies, resources, advocates, family and friends and food and dance. For more information, contact Dawn Clark at [clarkde@worcesterma.gov](mailto:clarkde@worcesterma.gov) or (508) 799-8483.

To commemorate the 25th anniversary of the Americans with Disabilities Act signed by President George H.W. Bush on July 26, 1990, PRNewswire-USNewswire releases Facts for Features providing a demographic snapshot of the U.S. population with a disability and examines various services available to them. Americans with Disabilities Act prohibits discrimination against people with disabilities in employment, transportation, public accommodations, commercial facilities, telecommunications, and state and local government services. The statistics come from various Census Bureau censuses and surveys, covering differing periods of time.

## Population Distribution

In 2010, **56.7 million** people in the U.S.A. had a disability, according to the Survey of Income and Program Participation. **People with disabilities represented 19 percent of the non-institutionalized civilian population.** People with a disability have a physical or mental impairment that affects one or more major life activities, such as walking, bathing, dressing, eating, preparing meals, going outside the home or doing housework. A disability can occur at birth or at any point in a person's life.

Source: Americans with Disabilities: 2010 <http://www.census.gov/prod/2012pubs/p70-131.pdf>

In 2013, West Virginia had the highest rate of any state in the nation with **20.2%** of non-institutionalized civilian population with a disability. Utah had the lowest rate at 9.5 percent.

Source: 2013 American Community Survey, Table GCT1810 [http://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=ACS\\_13\\_1YR\\_GCT1810.US01PR&prodType=table](http://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=ACS_13_1YR_GCT1810.US01PR&prodType=table)

**31.7%** of the non-institutionalized civilian population in Pike County, Ky., in 2013 had a disability. This was the highest rate in the nation among counties with populations of 65,000 or more (although not statistically different from the rate for Walker County, Ala., which was 29.4 percent). Loudoun County, Va., at 5.5 percent, had among the lowest rates.

Source: 2013 American Community Survey, Table GCT1810 [http://factfinder2.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=ACS\\_13\\_1YR\\_GCT1810.US05PR&prodType=table](http://factfinder2.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=ACS_13_1YR_GCT1810.US05PR&prodType=table)

## Services for those with disabilities

**2,794 business establishments** provided special needs transportation in 2012, up 19 percent from 2007. These businesses **employed 62,221 people** in 2012 and generated revenues of \$3.6 billion. Employment was up 25.3 percent and revenues increased 31.5 percent since 2007.

Source: 2012 and 2007 Economic Census Industry Series (NAICS 485991) [http://factfinder.census.gov/bkmk/table/1.0/en/ECN/2012\\_US/4812//naics~485991](http://factfinder.census.gov/bkmk/table/1.0/en/ECN/2012_US/4812//naics~485991)

**25,899 business establishments** provided services for the elderly and people with disabilities in 2012. These businesses **employed 911,331 workers** and generated \$34.4 billion in revenues. These establishments provided for the welfare of these individuals in such areas as day care, nonmedical home care or homemaker services, social activities, group support and companionship.

Source: 2012 Economic Census Industry Series (NAICS 624120) [http://factfinder.census.gov/bkmk/table/1.0/en/ECN/2012\\_US/6212//naics~624120](http://factfinder.census.gov/bkmk/table/1.0/en/ECN/2012_US/6212//naics~624120)

**7,834 business establishments** provided vocational rehabilitation services in 2012; these businesses employed 311,798 people and generated revenues of \$12.5 billion. These businesses provided job counseling, job training and work experience to people with disabilities.

Source: 2012 Economic Census Industry Series (NAICS 624310) [http://factfinder.census.gov/bkmk/table/1.0/en/ECN/2012\\_US/6212//naics~624310](http://factfinder.census.gov/bkmk/table/1.0/en/ECN/2012_US/6212//naics~624310)

Editor's note: The preceding data were collected from a variety of sources and may be subject to sampling variability and other sources of error.  
Public Information Office - census.gov

## Summer Camp Fun!

Our “Cubs” and “Lions” (ages 6-21) program members will have an opportunity to socialize and participate in recreational activities with their peers at our summer camp located at **Salem Covenant Church Camp in Charlton, MA**. Many of the campers are looking forward to the community trips, which consist of Old Sturbridge Village, Sky Zone, Ward Hill Summer Tubing, Southwick Zoo, Breezy Waterslide and the list goes on! This camp is funded by local school systems, DDS and private pay, but thanks to the Pinewood Acres Children’s Charity there are limited scholarships available for our campers who may need additional financial help.



**PROGRAM DATES:** Monday, June 29th – Friday, August 28th  
**PROGRAM HOURS:** Monday – Friday 9:00 a.m. to 3:00 p.m.  
**CAMP ADDRESS:** 30 Pinland Drive, Charlton, MA 01507

Please pack a bagged lunch each day. Snacks and drinks will also be provided for all to enjoy. If you are interested in more information please contact Ryan Thompson at 774-230-0440.



## Make Floating Beach Chairs Happen on Cape Cod

**SMILE Mass (Small Miracles in Life Exist)** has exceeded their beach wheelchair goal by donating 68 floating beach wheelchairs to 60 public beaches on Cape Cod, Scituate and Ipswich, MA. These wheelchairs can roll from the parking lot, across the sand, and right into the water — allowing anyone with special needs to access the beach, **AND THEY ARE FREE FOR YOU TO USE!** Also an equipment loaner program has also established, currently based in Sudbury, through which anyone can borrow specially designed equipment (beach wheelchairs, special bicycles, snow sleds, jog strollers etc.) to use for a day or a week, at home or on vacation. **This program is totally FREE OF CHARGE.** SMILE Mass’ success is based solely on their ability to fundraise. To reserve a piece of equipment, please visit <http://www.smilemass.org/loaner-program> and fill out the form.

Emboldened by their achievements, **SMILE Mass** now turns to a bigger undertaking – construction of a state-of-the-art, fully accessible, rental vacation home on Cape Cod! Finding the right facilities that are actually fully handicapped accessible with all the right amenities can be extremely difficult for people with mobility or other severe disabilities. If found, these facilities often come with many extra fees that make it difficult for many families to afford. The SMILE Mass vacation home will be designed to accommodate people with a wide range of disabilities, with financial assistance provided to those who qualify. Keep your eyes and ears open for updates on this incredible project. at The SMILE Mass Beach Project at <http://smilemass.org/index.html>.

To find out more about SMILE Mass and all of the programs they offer, visit The SMILE Mass website at <http://www.smilemass.org> or email [info@smilemass.org](mailto:info@smilemass.org).

## Enjoy your Summer!

## Hands-Only CPR

(Info shared from CMS Chamber Newsletter)

According to the American Heart Association, 90% of people who suffer out-of-hospital cardiac arrests die. If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you care about: a spouse, parent, child, friend, or co-worker. Hands-Only CPR is a simple, two-step process that can double or triple a cardiac victim's chance of survival.

Step 1: Call 911

Step 2: Push hard and fast in the center of the chest

"Cardiac arrests are more common than people think, and they can happen to anyone at any time," said Jon Gorman, Harrington HealthCare CPR instructor. "Taking 60 seconds to learn the important steps to saving a life is something everyone should do."

Harrington Hospital offers many adult and pediatric certification classes throughout the year, in Southbridge and Webster. Individuals can sign up online by visiting [www.harringtonhospital.org](http://www.harringtonhospital.org).

## Quick Sun Showers Still Apply to the Law

(Eagle Trust Insurance Newsletter)

### **What the New Mass Headlight Law Requires and Penalties for Failing to Comply**

The new Mass driving law effective as of April 7, 2015 states you must have your headlights on when driving conditions require the use of your windshield wipers including on a sunny but rainy day. A police officer can pull you over for failing to comply and issue a ticket. Also this is a surchargeable violation and your insurance can go up if you do not comply.

### **The Language of the Law**

"Be it enacted by the Senate and House of Representatives in General Court assembled, and the by the authority of the same as follows:

Section 15 of chapter 85 of the General Laws, as appearing in the 2012 Official Edition, is hereby amended by striking out the first sentence and inserting in place thereof the following sentence: - A vehicle, **whether stationary or in motion**, on a public way, shall have attached to it headlights and taillights which shall be turned on by the vehicle operator and so displayed as to be visible from the front and rear during the period of 1/2 hour after sunset to 1/2 hour before sunrise: provided, however, that such headlights and taillights shall be turned on by the vehicle operator at all other times when, due to insufficient light or unfavorable atmospheric conditions, visibility is reduced such that persons or vehicles on the roadway are not clearly discernible at a distance of 500 feet or when the vehicle's windshield wipers are needed; provided further, that this section shall not apply to a vehicle which is designed to be propelled by hand; and provided further, that a vehicle carrying hay or straw for the purpose of transporting persons on a hayride shall display only electrically operated lights which shall be 2 flashing amber lights to the front and 2 flashing red lights to the rear, each of which shall be at least 6 inches in diameter and mounted 6 feet from the ground."

## Youth Works Summer Job Program

The Center of Hope Foundation, in cooperation with the Youth Works Summer Jobs Program, is holding a six week Youth Employment Program for low income Southbridge youth ages 15-20. This project is funded by the Commonwealth of Massachusetts, through the Commonwealth Corporation and the Central MA Workforce Investment Board. All costs are covered by the Center of Hope including the youth's wages (\$9.00 an hour), taxes, workers' compensation and liability insurance.

We are pleased to use our experience in working with youth and job matching to help local employers find and employ eligible youth in their companies.

## One in a Million Continued...

Linda has received numerous accolades and awards including being twice Woman of the Year in her hometown, the honor of being an unsung heroine by the State Senate, being distinguished by the Arc of Massachusetts for her hard work and recently recognized with a Service to the Community Award in Webster.

Probably the most outstanding quality Linda has demonstrated in her life is that despite a staggering schedule with ongoing commitments she has proven to be a devoted mother and wife to her children, Denise and Dan and her husband Kookie.

Linda has also worked tirelessly towards supporting the Center with her fundraising efforts, including \$9,000 this year for All Aboard The Arc! (AATA) She fully recognizes that we could not provide our services as well without the support of families. As she retires she encourages younger families to keep on supporting the Center by picking up the gauntlet.

Linda's consistent devotion, sound judgement and caring heart has endeared her to all of us and makes her one in a million. Thank you Linda for who you are!



Jim Howard

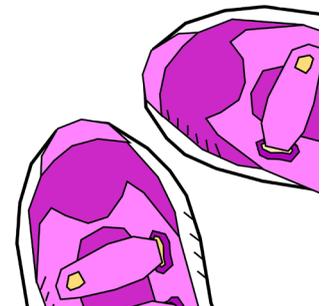
## What's new in their shoes at Day Hab?

Quinebaug River and West Street will be hitting all of the hot spots during June. A few of the go to places are Hot Dog Annie's in Leicester on the 11th (QRDH) and 12th (WEST), Westville Dam for a picnic on the 10th (WEST) and 18th (QRDH), and topping off the end of June like a cherry on top of a sundae at Howard's Ice Cream on 16th (WEST) and Dresser Hill Ice Cream on the 24th (QRDH).

West Street plans on doing a little shopping at Family Dollar on the 17th, Hope's Treasures on the 22nd and Yankee Candle on the 30th, while QRAD plans on checking out the deals at Walmart on the 16th and the Auburn Mall on the 25th. Southbridge Day Hab has organized a few days during the month to go and enjoy the fresh air at Greenhill Park in Worcester, as well as Capen Hill Nature Sanctuary in Charlton, MA.

Although there are records of a variety of bowling forms through the centuries, on September 9, 1895 at Beethoven Hall in New York City, the American Bowling Congress was born. Soon thereafter standardization was established and major national competitions were held. Now today, many of our program members can enjoy a few rounds of candle pin at the American Lanes in Southbridge, MA.

On Tuesday June 16th, 2015 the Southbridge High School Band came to perform a 25 piece ensemble at the Center of Hope Day Hab. All of the agency programs were invited to come see the Southbridge High School Band.



## Gabriel Deleon fills the air with music.

Music fills the air on Monday's from 1 - 2:30 PM in the QRDH program. One day during a cookout, staff member Junior Colon turned to Gabriel "Gabe" Deleon and asked him to grab his guitar and play a little for the gang at QRDH, and so the music program came back to life. Gabe, a Direct Care Staff of QRDH, is celebrating his 1 year anniversary this month with the agency and says with a huge smile on his face, that he looks forward to his morning Hi-Fives and great big hugs from his buddies Justin and Steve. Although Gabe participates by teaching a variety of skills training throughout the week, he enjoys having an opportunity to share a hobby he loves with all of the program members.

Gabe mentions he comes from a large family of musicians and learned at the early age of 12 how to play his acoustic guitar without any formal training. He also spent many days of his youth singing in the church he grew up in at St. John Paul II in Southbridge, MA. When asked what type of music he plays for the program he says "Down by the Bay", "Old McDonald" and "Back to One" by Brian McKnight cannot be missed. There are several members who like to remind him that these songs are their favorites, and many love to join in and help create their own verses within the song.

Traditional Spanish music and the songs he grew up with singing in church is what Gabe really likes to play/sing on his time off. At first thought, given Gabe's youth and the variety of contemporary music out on the market these days, I have to admit I was surprised to hear his answer. When I asked him to further describe the style of Spanish music he replied with Bolero. Folks, we have an "old romantic soul" on our hands down in QRDH. For those of you unfamiliar with the style of Bolero, it is a beautiful, slow and usually a very romantic feeling rhythm. As a ballroom dance instructor myself, Bolero is also one of my own favorite styles.

During our brief chat, Gabe proudly talked about his family and how they all love to sing and play together, especially his uncle. I boldly asked him if he thought they would ever be willing to come on down to the Center and play for all of us as a special treat. With a look of surprise but also with a great big smile, he replied that with planning that very well could be arranged. So I don't know about you guys but I certainly would love to see that happen. So the next time you pass by Gabe or join in on one of the Monday sing-a-longs, let him know that a little birdie told you to ask for a special treat.



### Karaoke

There is never a dull moment in any one of the day programs. Each one has a special day where folks can play out their "American Idol" and "The Voice" dreams of being on stage. Many times they pull friends up for a duet or to dance along and really put on a show.

Music brings people together and helps people feel emotion through not only words, but through sound, and it offers them opportunities to express those feelings through movement. We love all of our Karaoke Idols.

Southbridge Day Hab has been creating new schedules with Minute to Win it games in between skills training classes to give the program members more opportunities to get up and move. Each game is designed to use a different set of fine motor and gross motor skills. There are many fun activities that allow the members to interact in a competitive way.

SDH has also increased the gross motor portion of the program with some new activities for all levels including bowling, volleyball and beanbag toss. These are all games to help and assist with gross motor development and range of motion skills but in a fun upbeat manner. When you walk into the program, you can see the smiles on everyone's faces and them enjoying the new activities that we are introducing.

We have since added a new Pinterest craft and group which is assisting the program members in creating vibrant and bright new focal pieces for their program.

## Crafting

Mary Cloutier and Karen Lovendale are two of the craftiest people in our Vocational Department. It all started one day when Ken Lahue came to them with a huge bag of recyclable candle wicks and asked if the Vocational Department/Production Team could put together fire starters. They did and they work fabulously! As time went on, Mary started to showcase a few different items at Hope's Treasures Consignment Shop, such as t-shirt crochet bracelets, flower pencils and wire wrapped cross necklaces. After a few sessions of brainstorming, Pinterest scrolling and water building trolling, ladies Mary and Karen joined together to create craft projects such as garden totems and mushrooms, bird baths, glass hanging bird feeders and the latest debut of wind chimes.

Both Karen and Mary wanted to involve our program members in the production of making beautiful, marketable items to sell. Before you knew it, Hope's Treasures Consignment and Sadie Green's Curiosity Shop location started to showcase these creations. The ladies also joined in on participating at the Big Bunny's Farmer's Market on Saturdays from 9 am - 2 pm throughout the summer months to generate funding for our programs and create jobs for our members.

If you happen to have any ideas you would like to share, feel free to send them our way at [mcloutier@thecenterofhope.org](mailto:mcloutier@thecenterofhope.org).



## Hook, Line and Sinker!

Hook, Line and Sinker's fishing team practices start Wednesday, June 17th from 3:00 - 4:30 p.m. at Westville Dam in Southbridge. Meet us at the big concrete bridge, near the end of the dirt road, across from the small dirt parking lot. We will provide fishing equipment if necessary or people may bring their own. Also please remember cell service is very poor at the practice spot. It can be very challenging to "talk someone in", if we do make a connection it often doesn't last, please plan ahead for directions and make sure you have a ride home at 4:30 p.m. Any questions please contact Ryan Thompson – 774-230-0440 or Roger Hodgkins – 774-230-7031

# Jacob Edwards Library (Content from website)

Did you know there are more reasons why you would want to be a member of Jacob Edwards Library other than to take out books? The library offers a limited number of **FREE passes and discount coupons** to the general public for places such as the Ecotarium, Fruitlands Museum, Massachusetts Parks Pass, Mystic Aquarium (Mystic, CT), Roger Williams Park Zoo (Providence, RI), Tower Hill Botanic Gardens, USS Constitution Museum and the Worcester Art Museum. Passes are available on first-come, first-served basis. However, residents of the Town of Southbridge may reserve a pass in advance.

Library cards are FREE! So sign up now and take advantage of fantastic deals and enjoy a summer of fun trips.

## **Sensational Movement with Gina Ladarola & Vickie Ludden** **Tuesday, June 30, 2015 - 11:00 a.m. - 12:00 p.m.**

Join us for a class that focuses on sensory awareness/development, dance, and movement with Gina Ladarola and Vickie Ludden. The program will include yoga poses, various cultural dances, martial arts, and therapeutic dances. This is the first in a series of inclusive movement programs, stay tuned for more in July! Each class will focus on a theme introducing a sensory system, emotion, and specific activity and dance.

\*The Harvard Pilgrim Health Care Foundation Grant is made possible by the Holtz-Tetreault family.

## **Camp Fire Sing-Along - Monday, June 29, 2015 - 6:30 - 7:30 p.m.**

School is out! Summer is in! Come join Julie Hurley as we turn the Children's Room into Camp JEL! We will sing silly camp songs (repeat-o style), play crazy camp games, and hear funny fireside stories. This is an inclusive program.

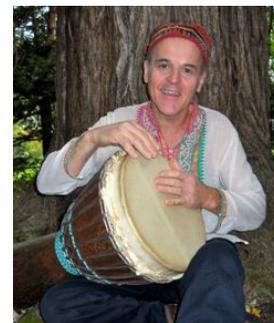
**Julie Hurley has been a Creative Arts Therapist for more than twenty years.** She works as a therapist for You Inc. Southbridge and is on the faculty of Springfield College in the Art Therapy Department. She has lived in Southbridge for the last ten years.

\*The Harvard Pilgrim Health Care Foundation Grant is made possible by the Holtz-Tetreault family.

## **Ecology of Sound - Monday, July 6, 2015 - 6:30 p.m.**

Join us for an amazing music experience of sound and rhythms from the Brazilian rain-forest with Ricardo Frota. Ecology of Sound is a music/sound experience, a channel to give path for the manifestation of the spirit of creativity living within us, through listening, experimenting, playing, interacting, inventing, reinventing.

\*Sponsored by The Southbridge Cultural Council.



Ricardo Frota

## **Healthy and Allergy Free Baking 101 - Thursday, July 23, 2015 - 2:00 - 4:00 p.m.**

Are you thinking that now is the time to begin eating healthier, but you don't want to give up those desserts you really enjoy? Do food allergies or dietary restrictions prevent your family members from enjoying the sweets they crave? Would you like to know how to adapt your favorite baked recipes to accommodate almost any food need you and your family have? Come learn the "secrets" to substituting ingredients in recipes to create desserts which not only are healthier for you but delicious tasting, too.

Through her personal experience and her knowledge from cooking for family owned restaurants, Paula Castner has almost forty years of familiarity with food allergies and almost twenty years of experience with hypoglycemic and diabetic requirements. Unwilling to give up the treats she likes to eat, she has spent years discovering and perfecting the best ways to make cakes, cookies, breads, and more which meet a variety of dietary needs but also satisfy the desire for something tasty and sweet.

\*Sponsored by Southbridge Cultural Council.

# Community Events

(<http://www.spedchildmass.com/recreation> and CMS Chamber Newsletter)

## **June 13th, 2015 - ABLE Act & Special Needs Trust Parent Workshop - Easter Seals Worcester Office**

*Planning for a Loved One With Special Needs – ABLE Act and Special Needs Trusts. This parent workshop gives an overview of both the Achieving a Better Life Experience (ABLE) Act and special needs trusts. Discuss the ABLE Act's impact on special needs planning, its benefits, and its limitations. The potential need for a special needs trust, strategies in funding, and working with an attorney will also be presented. This happens at the same time as the Easter Seals Youth Leadership Network meeting\*. RSVP to [jbowman@eastersealsma.org](mailto:jbowman@eastersealsma.org)*

*\*Easter Seals Youth Leadership Network (YLN) invites young people with disabilities between the ages of 14-26 to join others and participate in group projects, activities, and discussions, designed to help prepare youth to transition from high school to adulthood.*

## **June 13, 2015 - Old Sturbridge Village Antique Car Rally - 9:30 a.m. - 5:00 p.m.**

*More than 50 pre-1946 automobiles will be showcased on the Common throughout the day and a grand procession of the autos will take place at 3:30 p.m.*

## **June 14, 2015 - Camp Foscett Open House - Noon to 4:00 p.m. - 189 Daniels Road, Charlton**

## **June 20th, 2015 - Blue Man Group "Sensory-Friendly" Event - Charles Playhouse, Boston.**

*This is a sensory-friendly performance that will include minor production changes to the Blue Man Group show, including the reduction of sound and light levels at select moments. In addition, audience supports will be in place, including:*

- Headphones available
- Trained volunteers
- Calming area
- Judgment-free environment

*Reservations required and ticket fees apply. Contact Autism Speaks New England or (888) 288-4762*

## **June 23rd, 2015 - Sibling Support Group, Sturbridge - 4:30 to 6 p.m.**

*Open to the public, Free. Growing up as the typically developing sibling of a brother or sister with a special health, developmental or mental health needs and challenges can be confusing, embarrassing and sometimes scary. Sometimes a sibling will internalize emotional pain and identify as the easy child. Others might seek attention by acting out. Siblings have unique concerns and needs. South Valley Family Support Center Sib Shops offer a safe, nurturing, fun place for siblings. Sib-Shops offer facilitator led discussions, games, crafts letter writing, community activities and field trips. Ages 6 and up.*

*\* For more information visit at [www.sevenhills.org](http://www.sevenhills.org) or to RSVP please call 508-796-1950 or email [kholstrom@sevenhills.org](mailto:kholstrom@sevenhills.org)*

## **July 13, 2015 - i-PAD Family Club - Sturbridge**

*i-Pads give voice to Adults and Children with Autism and other disabilities. Learn how to navigate APPs that assist with Communication, Social Skills, and Homework. Bring your i-pads, or use the Center's i-Pad. Free and open to the public, wireless available. For Adults, Children, Caretakers and Educators of those with disabilities. For more information contact 508.796.1954 or [kholstrom@sevenhills.org](mailto:kholstrom@sevenhills.org) or visit [www.sevenhills.org](http://www.sevenhills.org)*

## Thank you Honest Town Postal & Print!



*Hi, my name is Lisa Barnes and I am a personal chef and certified health coach. I met Jennifer Valois (Marketing Rep for the Center of Hope Foundation) at the Community Business Association's networking group located in Sturbridge, MA. It is there where I was offered a tour of the facility and have since learned the variety of businesses the Center has built throughout the years. Not only do these retail operations provide businesses, such as myself with affordable, quality products, but they also create job skills trainings for individuals with disabilities and additional funding for programs within the agency.*

*As a health coach I help my clients make changes that are positive and beneficial to their life, much like the Center of Hope does for the families and individuals they serve. It is wonderful to be a part of this community. Thank you once again.*



*- Lisa Barnes, Personal Chef and Certified Health Coach  
"Eat Well, Live Well!"  
lettucenbeans@gmail.com  
(774) 272-2310  
www.lettucenbeans.info/  
www.Facebook.com/lettucenbeans*



*Did you know the Center has a Construction Crew? We do, and they have a new look and company name thanks to Ralph Gillespie and Mike Roberts. They have been working hard on a variety of projects in town and want to make sure everyone knows Fair & Square Construction is a part of the Center of Hope Foundation's small business team.*

*New marketing materials are soon to come!*

## Thank you All Manner of Banners...

*and the Center of Hope Foundation for getting me all setup with my fabulous display sign for my booth at the Worcester Women's Leadership Conference! Jennifer Valois, Carol Mahoney and Cindy Howard were able to turn on a dime, produce my sign and have it ready for me to pick up with an extremely short turn around time! Last minute design changes and all! Many thanks to each of you for all of your efforts to send me off to my first show!*

*- Becky Bruso, Owner of BizPal Company  
www.theBizPalcompany.com*

*(Honest Town Postal & Print and All Manner of Banners is a division of the Center of Hope Foundation)*



# THOUGHTS FROM A NEW CUSTOMER!

*I thought I would take a few minutes to write about my experience on having our printing now being handled by the Center of Hope.*

*At a Fun at Five Chamber event, Jennifer Valois and I were talking at a booth and I mentioned that the organization that I head was looking to have the printing of our news magazine, member directory and periodic print material be handled locally, instead of being done in New Hampshire and me living in Sturbridge. She explained the process on how the Center could probably do the work and asked if I would like to meet with her at the Center to see what they could do. I brought some of the items that we require printing of and she then proceeded to get me a quote for the design, layout and the print costs.*

*As we all know, any change has its bumps, but Jen's personality and abilities makes it very comfortable to work with her. Her response time to our questions, as well as getting proofs over to me as has also been excellent. In 2 months, she has already handled the printing of a 26 page Member Directory, a 24 page news magazine and a 2-sided postcard that will be mailed out shortly. We send them to our 250 members, or should I say, THEY send them for us!*

*Jen handled most of the layout and design for our Member Directory but Honest Town printed the booklet as well as stapled them together and took care of the mailing. They too, did an excellent job and when I went in to pick up additional copies, was greeted by staff anxious to help anyone who walked in the door and with a smile on their face.*

*It is my hope that this relationship continues for a very long time and also very happy to know that individuals and businesses, (large or small), can stay local for all their printing needs.*

Ron Cooper  
Executive Director  
New England Ice Cream Restaurant Association





Center of Hope Foundation

P.O. Box 66

100 Foster Street

Southbridge, MA 01550

Formally known as SWCARC



## Annual CoHF Golf Tournament

**Heritage Country Club**  
**August 12, 2015**

8:30 a.m. Registration  
9:30 a.m. Best Ball, Shot-Gun Start  
2:30 p.m. Dinner, Raffles, Awards

Individual Golfers \$140  
Pre-Registration Preferred

\* Put together your own Foursome &  
Pre Reg. by August 8th & save \$100.

*Can't come up with a foursome?  
We will set you up with a team.*

Join us for a fun day of golfing at our **Annual Golf Tournament** held at the **Heritage Country Club in Charlton, MA on August 12, 2015**. Although we may not be the Masters, teams are playing for our own championship green jacket. Bring your "A" game because only the winning team of this tournament will receive the **2015 Center of Hope Foundation's Golf Champions Green Jacket**.

Participation provides funding for services that include housing, employment training and independent life skills to those with disabilities. We serve our local community as well. We receive countless requests for emergency help with food, clothing, housing and program assistance.

Proceeds will support our **Sports & Recreation Program**. The Center operates this program with unified sporting activities that include Volleyball, Track & Field, Softball, Fishing, Weight Lifting, Basketball, Flag Football, Cheerleading, & Soccer. Your support provides, uniforms, equipment, services, transportation and entry fees to Special Olympics qualifying and state games.

Your donation will also provide support to the **Holiday Giving Program** providing gifts to children whose families are struggling in these tough economic times. This program is supported only through donations.

Contact Marie Barse at 508-764-4085 and/or email [mbarse@thecenterofhope.org](mailto:mbarse@thecenterofhope.org)



(1 large jacket will be pre embroidered for presentation and photo, sizes of the winners will be taken at the event and jackets will be made to order.)

For more information and to print off our Registration/Sponsorship forms go to:  
<http://www.thecenterofhope.org/2015/06/2015-golf-tournament-8-12-15/>