

Spring 2017

# Achieve



## Ways to Support The Arc This Spring

**34th Annual Arc State Representatives' Cup Charity Golf Tournament**  
Monday, June 12  
Country Club of New Bedford  
Contact Jennifer Sweet 508-226-1445 ext. 3102

**The Arc of Bristol County's 58th Anniversary Celebration**  
Wednesday, June 14  
Holiday Inn Taunton  
info@arcnbc.org

**Arc Strong Empowerment and William Jackson Dream Fund Scholarship Deadline extended until July 1st.**  
Go to [www.arcnbc.org](http://www.arcnbc.org) for more info.

**Arc Strong: Achieving Dreams 5K Run, Walk & Roll**  
Sunday, July 16  
Borderland State Park  
Go to [www.arcnbc.org](http://www.arcnbc.org) to sign up



Rescheduled  
to July 16th

## Arc Strong: Achieving Dreams 5k Run, Walk & Roll



Please visit the website for event details for that day including times and location.

Join us on Sunday, July 16th for a day of fun and family as more than 200 anticipated runners, walkers and rollers make their way through a scenic 3.1 mile loop of the Park. This event celebrates the strength and hope of thousands of individuals and the families we are privileged to serve.

*Arc Strong - emphasizing the passion, drive and abilities that people with intellectual and developmental disabilities have, but rarely are acknowledged*

Create a team, sponsor a team or volunteer to help! More information is available on The Arc's website [www.Arcnbc.org](http://www.Arcnbc.org) or please contact Klete Squires at (508) 226-1445 extension 3111 or email [ksquires@arcnbc.org](mailto:ksquires@arcnbc.org) about ways you can be part of Arc Strong and support The Arc of Bristol County.

Any support you can give will help us advance the lives of some incredible individuals.

*Achieving Dreams - inviting you to promote hope, and permission to dream, and the means to achieve what was previously only imagined*

**GIVE. ADVOCATE. VOLUNTEER.  
LIVE UNITED**



## Achieve with us.

# Welcome

*"Our lives have been defined by the parameters of autism since our daughter was two years old. Thank goodness for the support our family received through The Arc over the years. She considers herself part of The Arc community and enjoys an umbrella of support along with life enhancing recreational opportunities and the chance to interact with friends and peers."*

- mother of an adult-daughter who receives services from The Arc

Dear Friends,

It is an honor to be part of an organization that responsively serves a population in need, and can provide life-changing help to an individual, a family, or a community.



For years we have watched the demand for Autism services skyrocket, as the diagnosis of Autism Spectrum Disorder is now 1 in 68 children (1 in 48 boys).

As we celebrate Autism Awareness month, our Autism NOW Center launched our new sensory room, and has fully launched its offerings in innovative therapies, employment assistance and education advocacy for those with Autism Spectrum Disorder throughout Bristol County. Our vision for the Autism NOW Center is to provide a hub of information, care and support for those living with Autism, and to provide education to the greater community about Autism Spectrum Disorder.

Regarding advocacy, The Arc has joined as a supporting member of Advocates for Autism of Massachusetts. With our partners from across the state, we joined together on April 10th to celebrate Autism Awareness and Acceptance day at the Massachusetts State House. On March 28th, 15 participants from proAbility joined our partners in Rhode Island to

celebrate Disabilities Awareness Month with the Fogarty Foundation at the Rhode Island Statehouse.

In addition, I am pleased to announce that Klete Squires has been appointed to the Director of Development and Public Relations for the organization. Klete has served as our Human Rights Chairperson and has done a great job transitioning the momentum that Patricia Kirby started. The coming months hold our Arc Strong Walk/Run/Roll, State Representative's Cup Golf Tournaments, and our 58th Anniversary Celebration.

I sincerely hope to see you at one of these upcoming events and thank you for being part of this dynamic, responsive and growing organization, and trusting us to provide high quality and compassionate service to those you love.

Sincerely,



Michael Andrade  
President and CEO

## Autism Awareness Month

April is recognized as International Autism Awareness Month and all month long we will be showcasing stories from around the world about how thousands of individuals are flourishing in their communities with an ASD diagnosis. In addition to sharing stories of achievement, we want to use the month as a platform to educate, advocate and promote further community inclusion for all people.

Our Autism Now program also achieved two milestones early this month by being able to accept

our first referral for service into the program. The other milestone for the program was getting to take representatives from DDS on a tour of Autism Now as well as opening our doors to the community for an Open House for our newly completed Autism Now Sensory Room.

Every day around the world, more information is learned about this wide ranging and widely misunderstood diagnosis. If you would like more information about Autism Now or about programs



available in our communities designed specifically around Autism, visit [www.arcnbc.org](http://www.arcnbc.org) or call (508) 226-1445. You can also visit us on Facebook/[Arcofnbc.org](https://www.facebook.com/Arcofnbc.org) to share stories of courage and acceptance this April.



## *We Dressed it Up Blue for Autism – Friday, April 28th*

*We want to thank everyone that helped close out Autism Awareness Month with a true show of support.*



## **34th Annual State Representative Cup**

*to benefit the Arc of Greater New Bedford*

STATE  
REPRESENTATIVES  
CUP



**Monday, June 12, 2017**

**12:30 pm Shotgun**

**Country Club of**

**New Bedford**

**North Dartmouth, MA**

*Please call Jen Sweet at  
508-226-1445 for more information.  
**Sponsorship opportunities available.***

# Autism – Life is Good!

By Patti Menzel



It's Autism Awareness Month, and I'm grateful for my autism. Yes, grateful. My challenges, even as a golden Autie

(age 50+), include non-verbal shutdowns, wandering, bloopers of self-care and executive functioning, to an occasional epic meltdown. To be honest, most of my challenges result from trying to fit my square-peg self into the "round holes" of environments designed by society for neurotypicals, rather than from my autism itself.

Life with my groovy neurology brings many positives. Thanks to my «Inner World,» I've never been bored. Content with my own company, I've never been lonely, yet I've an infinite supply of love for those I connect with. Free of peer pressure, I'm just free to be myself. The ability to hyperfocus, and talent for pattern recognition, are gifts.

I'm able to appreciate details others miss. In nature, amplified sensory sensitivities enhance my experience. Being accepting of others, I'm non-judgemental. I don't see faces, social status, or authority, as much as I notice character. Enthusiasm for my passions, and a childlike sense of wonder are gifts. Honesty, loyalty, and innocence are strengths of value. My autism has provided me with many gifts. Autism awareness is good. Autism acceptance is better, yet honestly, I'm holding out for autism appreciation!



## Memory Café

A welcoming place for individuals living with memory changes & their care partners

Wednesday, May 31

Wednesday, June 28

9:30 – 11:30 a.m.

Attleboro Public Library  
74 North Main St., Attleboro

Offering a morning of stories, music, art and activities led by guest artists while relaxing and enjoying a cup of coffee and light refreshments

The Memory Café is sponsored by The Arc of Bristol County

The goals for Memory Cafés are to provide social connection, access to support, and engaging activities for individuals living with memory changes and their care partners

For further information about the Memory Café, please contact Donna Brown 508-226-1445 extension 3105, or [dbrown@arcnbc.org](mailto:dbrown@arcnbc.org). An RSVP is kindly requested; care partners must accompany guests. The Arc's Memory Café is supported by funding from DDS.

## Autism NOW Sensory room open



The Sensory Room open and ready for visitors! If you or someone you know would like to visit, please contact Liz Bonnyman to reserve a time. She can be reached by calling (508) 226-1445 or by e-mail at [ebonnyman@arcnbc.org](mailto:ebonnyman@arcnbc.org)



## Sam Freitas

by Cameren Cabeceiras

We would like to introduce you to an extraordinary individual. Samuel Freitas is an 18 year old young man currently enrolled at Bristol Community College, he is an excellent student and always has been. During his time at Westport High School, he was an integral writer for the school's paper *The Villager*. Sam is also active in his community, having volunteered for the South Coast Basket Brigade as well as the Westport High School Memorial Garden. An incredibly polite, intelligent, sweet, and funny individual, he has become a staple of the Autism Now Center at the Arc of Bristol County's Fall River branch since joining in fall of 2016. He is very social at the ANC, often the one making others laugh by means of jokes, antics, and dance moves. It's clear upon meeting him that he doesn't much care what you or others think – he follows his heart, he does what he likes, and he does it well.

Sam has a passion for a world he has created all his own, and it began when he made a single mask out of construction paper three years ago. Over time, one mask became 150 masks, and from these faces he designed and developed complex characters. Early on, he authored and illustrated several large books depicting the adventures these characters shared with each other. After making these rudimentary books utilizing crayon and pencil, he taught himself to use Adobe to construct these characters digitally on the computer. He has



since made ten printed children's books, each story revolves around a central theme focusing on teaching children concepts they will need to be successful in their daily lives, such as manners, safety, and individuality. The name Mr. Freitas chose for his new world? Freitasia. Prior to beginning his work at the Autism Now Center, Sam had created a fan club for Freitasia that operated exclusively by word of mouth and paper fan club cards. With a little help from myself, Sam has taken his magical world online, the Freitasia Fan Club can now be found on Facebook at [www.facebook.com/Freitasia/](http://www.facebook.com/Freitasia/). Give the page a like, and you're officially a Freitasia Fan Club member. The page currently has about 75 likes, but Sam has maintained his goal of 5,000 likes. In the future, he says the sky is the limit for his brand; books, a television show, movies ... anything is possible. Sam is a young man that I am happy to be able to work with. If you find yourself having a bad day and need a good laugh or a refreshing take on life, hang out with Sam for just a small while and I personally guarantee that your day will change for the better.

## Cameron Cabeceiras

*Employee of the Quarter*



Cam is quick to find amazing talents of our individuals and he gives them the opportunity to showcase their talents, to the other individuals. The Fall River Resource Center is a success because of Cam's commitment to our individuals and our mission. Cam has taken the time to meet with the individuals on a one to one basis to learn about each individual. He worked to find out their likes and talents.

When the Autism center was started the running theme was that these individuals wanted to have friends, but not all the time. Cam's mission was and still is, how do we support these individuals and bring them together creating a peer centered group. Cam discovered that some of their talents can be combined and they can work towards a common goal.

When Cam came to work at the center, we told him that the individuals know what they want and we will work hard to make it happen. We explained to him that things slowed to a slow steady, stale pace. Cam was able to breathe life into this program with new activities and more community outings. The individuals are excited to see the monthly calendar and what new things they can explore. Cam regularly asks the individuals what they like to do, he also looks into the activities offered in the community.

Cam is a special individual and we are glad to have him on our team.

## Follow us on Social Media



# Strategic Plan

## 2016-2020



### *People First*

All people must be treated with dignity and respect. Everyone has strengths, abilities and inherent value. People should be empowered to make informed decisions and choices.

#### Goals:

- The Arc of Bristol County provides high quality services that are participant-driven.
- The Arc of Bristol County enhances its technology, both internally and adopting current adaptive and innovative technologies.

### *Integrity and Excellence*

The Arc proudly acts with integrity by practicing transparency and honesty in our business. Through constant quality assurance practices, The Arc aspires to excellence in all its work.

#### Goals:

- The Arc of Bristol County focuses on recruiting and retaining competent and qualified staff.
- The Arc of Bristol County is a promoter of best practices of providing progressive and inclusive services to individuals with IDD and their families.

### *Visionary Leadership*

By staying true to our mission and partnering with others, we provide innovative, unique, creative services that enhance the lives of those we support.

#### Goals:

- The Arc of Bristol County promotes and enriches teamwork, communication across programs, and internal collaborations
- The Arc of Bristol County remains to be a well-known name that is easily recognized as an effective, well-managed, and approachable organization that provides services to individuals with IDD

### *Community Partnerships*

We recognize that each individual is an integral member of a larger community including but not limited to family, neighborhood, city, state, nation, and world. To have a positive community presence, we encourage our community partners to include all people.

#### Goals:

- The Arc of Bristol County continues to foster community integration, visibility within the community served by the agency, and community partnerships.

### *Diversity*

The Arc values and insists upon diversity in its leadership and membership. The Arc actively pursues and welcomes diverse groups (including but not limited to race, ethnicity, religion, age, geographic location, sexual orientation, gender and level of disability).

#### Goals:

- The Arc of Bristol County expands its involvement of diverse groups (e.g. race/ethnicity, socioeconomic status, sexual orientation/gender identity, religion and language), both diversity of staff and volunteers and of participants

### *Democracy*

Nationally and locally, The Arc advocates for and with individuals on important issues, policies and services. We believe that each person has a unique voice and has the right to share their opinion.

#### Goals:

- The Arc of Bristol County continues to provide advocacy to support the civil rights and social justice issues with and for its participants, families, and community.



# Unmasking a Great Night for proAbility

How often do you stumble across a formal occasion with a greeter donning his best Tuxedo T-shirt and a mask worthy of any Venetian Renaissance Ball? If you happened to be in Providence the night of Saturday, March 25th you would have seen more than 250 people come out to support proAbility, raising \$16,500 to support the year round, community activities that proAbility provides.

The event is driven by Debbie Wood, a parent who has parlayed her own experiences as a mother, a business woman and an advocate into a night of celebration and giving. Planning for the event is a year round activity; recruiting donations, adding sponsors and selling tickets. All together more than 90 "packages" are assembled for the silent and live auction, with something for everyone. Over the course of the evening guests are entertained, dined and encouraged to support the organization in a truly unique dinner auction experience.

Debbie, Sue, Paul, Todd and countless other volunteers including proAbility Staff came together to make this event an unequivocal success. We sincerely thank

everyone that helped, bought a ticket and walked out with an auction item. The Masquerade Ball will help fund more than 60 individuals participation in more than 12 scheduled day trips to destinations throughout New England; places they would likely never see without Debbie and her team.



## Community Profile – Jason Wood

By Debbie Wood

My son, Jason, is a 28 year old with Fragile X Syndrome. He utilizes the self-directed care program (proPartnerships) thru proAbility and he also participates in the Recreation Program. These services have given him the opportunity to develop friendships and social skills that he was quite delayed in building. He absolutely loves going to the agency with his staff to see his friends and peers. The self-directed services allow Jason to run his own small business year round

as well as to participate in a weekly farmer's market and various vendor and craft shows throughout the state. He has become quite a fixture around the Town of Smithfield and enjoys meeting new people. That is quite a skill to accomplish for someone who has Fragile X.

The programs and services available thru proAbility have provided these opportunities and much, much more to this wonderful young man. Jason is an only child and although



he is unable to vocalize it, his friends and the wonderful staff at the agency are an integral part of his family. Can't imagine life without them!

Administration Office  
141 Park Street  
Attleboro, MA 02703  
Tel: (508) 226-1445 • Fax: (508) 226-1476  
Toll Free: (888) 343-3301  
Web: [www.arcnbc.org](http://www.arcnbc.org)

Day Habilitation Services  
5 Mill Street  
Middleboro, MA 02346  
Tel: (508) 946-2121 • Fax: (508) 946-2195

Hillside Adult Day Health Care  
50 Walton Street  
Attleboro, MA 02703  
Tel: (508) 226-6150

proAbility  
25 Thurber Blvd.  
Smithfield, RI 02917  
Tel: (401) 233-1634 • Fax: (401) 233-1674

Taunton Area Resource Center  
437 Bay Street  
Taunton, MA 02780  
Tel: (508) 884-2971 • Fax: (508) 884-2964

The Arc of Greater Fall River  
182 North Main Street  
Fall River, MA 02720  
Tel: (508) 679-0001 • Fax: (508) 679-9375

The Arc of Greater New Bedford  
412 B County Street  
New Bedford, MA 02740  
Tel: (508) 996-8551 • Fax: (508) 996-8553



*Achieve with us.*

## *Become a Member of The Arc of Bristol County*

*When you join The Arc of Bristol County, you help provide the resources to assist over 2,000 individuals with intellectual and developmental disabilities to fully participate in community life. You also join the concert of voices advocating for continued support for people with disabilities at the local, state, and federal levels. You can make a difference!*

### **What membership means:**

- You are counted as a member of The Arc of Bristol County and as a member of The Arc of the United States
- You will receive updates and news concerning the disability community
- You qualify for discounts to Arc events, and national insurance
- You are helping to fund The Arc of Bristol County, your local advocate for over 2,000 people with intellectual and developmental disabilities and their families

**Individual Membership \$25**

**Family membership \$50**