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Fitchburg, MA

## *Family Support and Recreation Updates*

\*\*\*\* Thanks to all who helped so generously with the Arc Giving Tree and Holiday Food Drive. You helped to make the holidays much brighter for many families we support. Thanks.

\*\*\*\*\*We are asking for your assistance in limiting the number of these newsletters that must be mailed. As of July 2011, we will ONLY be mailing the newsletters to people who request it because they cannot receive the information electronically. If you NEED to receive a written copy of the newsletter by mail, please fill out the form below and return to Eileen Ganong, Arc Community Services, 564 Main St., Fitchburg, MA 01420 prior to June 30<sup>th</sup>. We will email an announcement that the newsletter has been updated on the website to anyone who sends an email address. Just send your email with a message saying newsletter to Eileen Ganong at [e.ganong@arc-matson.org](mailto:e.ganong@arc-matson.org). Please be sure to include your name and address so we can find and remove you from the paper mailing list. Thanks you for your assistance.

\*\*\*\*Snow Policy Reminder:

**Bowling:** Any day that there is no school in Fitchburg or Leominster OR "Arc Community Services is open with no transportation", bowling will automatically be cancelled (even if some companies continue to provide transportation. If weather conditions worsen during the day, cancellation of "Arc Community Service's bowling league" will be called in to WEIM Radio Station (1280AM) by 12:30PM. After that time, please listen to the radio or call ARC directly (978-343-6662) to confirm bowling on days when the weather may be questionable.

**Weekend Recreation Club (Drop-In):** A message to announce that the Weekend Recreation Club (Drop-in) is closed will be placed on the Rec. Club's telephone extension at ARC by 11:00AM. Call Arc at 978-343-6662; when the main number's recording begins, enter extension 137 to hear the message. Cancellations will also be called in to Radio Station WEIM (1280AM) BUT this station is sometimes not staffed on the weekend so cancellations may not make it on to the air. Please **BE SURE** Recreation Club is open before leaving home; we don't want anyone stranded at a closed building! **Reminder - in bad weather it is especially important to walk club members into the building to ensure it's open, any changes in operating hours, etc.**

**Dances (and other special evening events):** Cancellation of Arc dances or events will be called in to WEIM Radio Station (1280AM) by 3:00PM. Please listen to the radio or call Arc (978-343-6662) prior to 4:00PM if the weather is questionable. After hours, please call Arc and enter extension 137 for a recorded message if an event is cancelled.

\*\*\*\*\*Dances are held at Christ Church, 569 Main Street, Fitchburg. The building is accessible. Dances are from 7pm-9:45pm and admission is \$7.00. Paid admission includes a drink and snack. Admission for families/staff/providers/respite workers etc. is complimentary but we do ask those with free admission to pay \$1.00 for a drink and/or snack at break time. **Please do not arrive before 6:45pm and please be sure all rides arrive by 9:45pm.** We ask that **NO ONE under 16 attend or "visit" the dance (including family members)**. Please remember that the dances are not "supervised" by Arc staff. Anyone who needs assistance or who does not have sufficient "community unsupervised time", needs to be accompanied by family/staff/provider for the duration of the evening. Thank you.

\*\*\*Please review flyers for the Ron Hurd memorial Lecture on Medical Home Care Needs, the upcoming Family Fun Day and the registration for our overnight trip to Cape Cod in March as well as sign-ups for Special Olympic swimming and volleyball.

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**IF YOU NEED TO RECEIVE THE NEWSLETTER BY MAIL** - return to Eileen Ganong, Arc Community Services, 564 Main St., Fitchburg, MA 01420 prior to June 30, 2011.

\_\_\_\_YES, I need to continue receiving this bi-monthly newsletter by mail. Please continue sending to:

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_



## FEBRUARY, 2011 RECREATION CALENDAR

**Contact:**  
 Eileen Ganong, Prog. Op. Dir.  
 Ruth Nicholson, Recreation Dir.  
**Phone Numbers:**  
 ARC: 978-343-6662  
 Weekend: 978-343-6662, x. 137  
 Mason's: 978-537-7064

Sunday	Mon	Tue	Wed	Thu	Fri	Saturday
<b>Note: Dues \$10.00 per day. Please pay on the day you are attending. Activity fees are in addition to the daily dues.</b>		1	2	3  <b>Bowling</b> at Mason's <b>3:15-4:30</b> <b>\$4.50</b>	4	5 <b>Community Rec. Club</b> <b>1:00PM-7:00P.M.</b> <b>Movies &amp; Restaurant Nite.</b> <b>Dues - \$10 PLUS Today's</b> <b>Activity Fee - \$25 (includes</b> <b>dinner). Snack &amp; spending</b> <b>money recommended.</b>
		6	7	8	9	10  <b>Bowling</b> at Mason's <b>3:15-4:30</b> <b>\$4.50</b>
13	14	15	16	17  <b>Bowling</b> at Mason's <b>3:15-4:30</b> <b>\$4.50</b>	18	19 <b>Community Rec. Club</b> <b>1:00-7:00P.M.</b> <b>Basketball Game at FSC &amp;</b> <b>Dinner at Slattery's Restaurant.</b> <b>Dues - \$10 PLUS Today's</b> <b>Activity Fee - \$25.</b>
20	21	22	23	24  <b>NO</b> <b>BOWLING</b>	25	26 <b>Community Rec. Club</b> <b>100-7:00pm</b> <b>Make our own Pasta Dinner In-</b> <b>house. Dues - \$10 PLUS Today's</b> <b>Activity Fee - \$10.</b>
27	28				<b>HOURS</b> <b>SATURDAYS: 1:00PM – 7:00PM</b> <b>LOCATION: ARC Community Services, 564 Main St.,</b> <b>(please enter from the rear, near parking garage)</b>	

**\*\*\*THERE MAY BE LAST MINUTE CLOSINGS. PLEASE BE SURE TO CALL 978-343-6662, ext. 137 PRIOR TO COMING TO THE RECREATION CLUB. A MESSAGE THAT WE'RE CLOSED (OR NO ANSWER from the machine) MEANS WE ARE CLOSED. THE REGULAR MESSAGE WILL PLAY IF WE ARE OPEN. THANKS FOR YOUR PATIENCE DURING CONSTRUCTION.**

*In the event of inclement weather or other unanticipated circumstances, Community Recreation Club staff reserve the right to adjust scheduled activities.*



## MARCH, 2011 RECREATION CALENDAR

**Contact:**

Eileen Ganong, Prog. Op. Dir.  
Ruth Nicholson, Recreation Dir.

**Phone Numbers:**

ARC: 978-343-6662  
Weekend: 978-343-6662, x. 137  
Mason's: 978-537-7064

Sunday	Mon	Tue	Wed	Thu	Fri	Saturday
<b>Note: Dues \$10.00 per day. Please pay on the day you are attending. Activity fees are in addition to the daily dues.</b>		1	2	3 <b>Bowling</b> at Mason's 3:15-4:30 \$4.50	4	5 <b>Community Rec. Club</b> 1:00PM-7:00P.M. <b>Flower Show at DCU. Dues - \$10 PLUS Today's Activity Fee - \$35 (includes dinner). Snack &amp; spending money recommended.</b>
	6	7	8	9	10 <b>Bowling</b> at Mason's 3:15-4:30 \$4.50	11 12 <b>Community Rec. Club</b> 1:00-7:00P.M. <b>Pottery Painting. Dues - \$10 PLUS Today's Activity Fee - \$20 (includes dinner).</b>
13	14	15	16	17 <b>Bowling</b> at Mason's 3:15-4:30 \$4.50	18 <b>ARC Dance</b> 7:00-9:45pm <b>Theme:</b> <b>St. Patrick's Christ Church</b> 569 Main St., Fitch. \$7.00	19 <b>Community Rec. Club</b> 1:00-7:00P.M. <b>Movies &amp; Restaurant Nite. Dues - \$10 PLUS Today's Activity Fee - \$25 (includes dinner). Snack &amp; spending money recommended.</b>
20	21	22	23	24 <b>Bowling</b> at Mason's 3:15-4:30 \$4.50	25	26 <b>Community Rec. Club</b> 100-7:00pm <b>Movie &amp; Crafts In-house. Dues - \$10 PLUS Today's Activity Fee - \$15 (includes dinner).</b>
27	28	29	30	31	<b>HOURS</b> <b>SATURDAYS: 1:00PM – 7:00PM</b> <b>LOCATION: ARC Community Services, 564 Main St., (please enter from the rear, near parking garage)</b>	

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*Arc Community Services*  
**PRESENTS**

**Irish Party at the ALL NEW Irish Village**  
**OVERNIGHT TRIP**  
**March 26-27, 2011**

*Feel free to bring your green for wearin' Saturday night!!!*

***Trip Includes:***

- Lunch on Saturday
- Ride or Walk Along the Beach
- Complete Dinner Saturday Night at our Hotel
- Entertainment & a Soft Beverage in the Pub with an Irish Band
- Full Breakfast Sunday Morning
- Shopping at Cape Cod Gift Shops
- Of course, a visit to a Christmas Tree Shop
- Lunch on Sunday
- Hotel Accommodations
- Indoor Pool & Jacuzzi
- Transportation
- Chaperones

**\$211.00 per person**

Leave from ARC Saturday at 9:00AM, return Sunday at 5:00PM

**Pre-registration required. Limited Availability.**

**For info or to register,**

**Call Eileen Ganong at 978-343-6662, ext. 125**

ARC Community Services  
**Dolphins Swim Team**  
Registration 2011

**All information must be completed**

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

Parent's Name(s) \_\_\_\_\_

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

Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

Swimmer's Ability Level (please check one)

\_\_\_\_ Beginner \_\_\_\_ Intermediate \_\_\_\_ Advanced

***Practices begin in January and are typically held on Saturday afternoons.***

\_\_\_\_\_ *Returning Swimmer*      \_\_\_\_\_ *New Participant*

The participation fee for this sport is as follows:

ARC Member: \$53.00\*\*

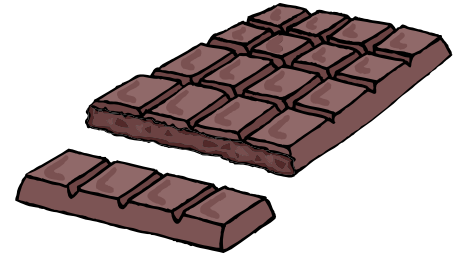
Non-Member: \$65.00

\*\*If you are not sure whether or not you are a member, please call Jennifer Peck at 978-343-6662. A membership application is available in this mailing for your convenience.

**All registrations must be accompanied by payment\* and mailed to the address below by January 28, 2011.**

ARC Community Services  
564 Main Street  
Fitchburg, MA 01420  
Attention: Ruth Nicholson, Recreation Director

\*Athletes will not be excluded from sports based on an inability to pay the participation fee. Financial Aid forms are available by contacting Eileen Ganong at 978-343-6662. All requests will be kept confidential.



Arc Community Services presents our annual Vacation trip to  
**Amish Country and Hershey in Pennsylvania**  
**October 10 - October 14, 2011 - 5 Days/4 Nights**

**Trip includes:**

- Deluxe Motor Coach Transportation
- Four Nights Hotel Accommodations
- Four Breakfasts
- Four Dinners, including Family Style, Smorgasbord and Dinner Theater
- Guided tour of Hershey
- Visit Chocolate World, Ride the Tram, and See 3D Movie
- Visit Hershey Museum
- Kitchen Kettle Shopping Village
- Guided tour of the Amish farmlands with stops at roadside stands
- See the Amish Experience Movie "Jacob's Choice"
- Visit Amish bakery & Farmer's Market
- Take the "Old and Moo Tour" & visit Kreidler Farm
- Tour the Amish House & Farm
- Attend Dinner Theater Performance
- Lots of Shopping Opportunities, especially for hand crafted products

**\$639 per person** **OR** **\$809 for individuals traveling on a 3:1**  
**for folks traveling on a 1:1 basis** **basis with an ARC provided chaperone**  
**with family members or privately**  
**arranged 1:1 chaperone**  
***(available on a 1:1 basis only).***  
***(Prices are for each person, based on double occupancy)***

**Sorry, but we won't be able to offer an option for multiple folks traveling with a private chaperone. Prices based on double occupancy. Contact us for single rates.**

**To reserve your space, please complete the form below and return with a 250.00 deposit before March 10, 2011. Reservations are on a first come basis. Call Eileen Ganong at 978-343-6662, ext. 125 with any questions.**

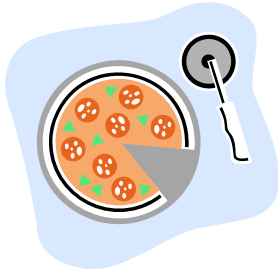


# FAMILY FUN DAY with Arc Community Services

## What is a family fun day you ask?

*A day when families with special needs children can get out into the community, and do things that are enjoyable for the entire family. The activities selected for these events will generally be accessible and always "kid friendly". While activities are targeted for families with young children, all individuals and families of any ages are welcome. All individuals must be accompanied by an adult family member, care provider, respite worker, staff, etc. No Arc staffing/chaperones provided.*

## Pizza & Pottery Family Fun Day



February 13, 2011 from 12PM-2:00PM

Pottery Painting Place, 88 Massachusetts Ave., Lunenburg

\$12.00 per person

Pizza, pottery piece & painting

To register, please complete and return form below with payment by February 1, 2011 to:  
Ruth Nicholson, Arc Community Services, 564 Main St, Fitchburg, MA 01420

\*\*\*\*\*

### Pizza & Pottery Family Fun Day Registration Form

Name(s): \_\_\_\_\_

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

No of participants \_\_\_\_\_ X 12.00 = \_\_\_\_\_

TOTAL ENCLOSED = \_\_\_\_\_

**ARC Community Services**  
**SPECIAL OLYMPIC VOLLEYBALL Registration 2011**

All registrations, accompanied by payment or confirmed payment arrangements worked out with ARC, must be received at ARC Community Services by March 13, 2011. Open slots are limited, and priority will be given to last year's athletes only until the March 13<sup>th</sup> deadline. After that date the slots will be assigned on a first-come first-served basis to individuals who have completed all their paperwork and paid all their fees until the team rosters are full. Returning and prospective new Unified Partners or coaches should please call Art or Jean Merriam at 978-537-0137 by March 13<sup>th</sup> to let them know that they are interested in participating this season.

All special athletes (new & returning) **must** have a **current medical** on file and **all** Unified Partners must have a **current DSV** (Class A Volunteer) form on file **PRIOR** to the first practice. All Special Olympics forms are **valid for 3 years** from the date of the physical or the individual's signature, whichever is the earlier date.

Since it is a short sports season, practices are usually held in Fitchburg on **both** Sunday evenings and a weekday evening, either Tuesday or Thursday, from 6:00 to 7:30 beginning the last full week in April. The season ends the third full weekend of June with the weekend-long SOMA Summer State Games in Boston. Usually there is no volleyball on Memorial Day Weekend, but if enough people want to have practice, it will be optional and held on the holiday Monday evening. An Assessment is tentatively scheduled for mid May and the State Games are tentatively planned for June 17<sup>th</sup>-19<sup>th</sup> (all weekends), but these dates could change. **Attendance at almost all the practices or an excused absence AND participation in the Assessment and State Games is expected of all team members** so please check your schedule/availability for these dates prior to registering. Any individual questions or problems, please call Art or Jean Merriam 978-537-0137.

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

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

Social Security Number: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Current Medical or DSV on file  Yes  No

Have you ever played volleyball before?  Yes  No If yes, what is your previous volleyball experience and how would you rate your volleyball abilities? \_\_\_\_\_

Each athlete will be expected to have his/her own light blue ARC uniform shirt in good condition to wear for competition as well as his/her own navy blue athletic shorts (without zippers, buttons, etc.), sneakers, and white quarter or crew socks to complete the uniform. All new players needing a shirt and returning players needing a replacement shirt, should order and purchase one for an additional fee of \$8.00 no later than April 13<sup>th</sup> from Ruth at Arc. If you need to purchase a shirt, please check off a size below large enough to allow for adequate movement while playing and growth if necessary and add \$8.00 to your registration fee.

**Youth T-shirts** (for Junior team ages 8-12 approximately)  XS  S  M  L  XL

**Adult sizes** (for all other athletes and unified partners)  S  M  L  XL  XXL  XXXL

**The participation fee (without ordering a shirt) for this sport is:**

(Circle) **ARC Member: \$58.00\*\*** **Non-Member: \$68.00** **Fee** \_\_\_\_\_  
Need a uniform shirt? Indicated size above & include fee of \$8.00. **Fee \$8.00** (if needed)

**Total fees enclosed are \$** \_\_\_\_\_

\*\*Not sure whether or not you are a member, call Jennifer Peck at 978-343-6662. Membership form is attached.

\*\*\*Athletes will not be excluded from sports based on an inability to pay the participation fee. Financial Aid forms are available by contacting Eileen Ganong at 978-343-6662. All requests will be kept confidential.

**RETURN COMPLETED FORM AND PAYMENT BY MARCH 13<sup>th</sup> TO:**  
**Ruth Nicholson, ARC Community Services, 564 Main St., Fitchburg, MA 01420**

# RON HURD MEMORIAL LECTURE SERIES

Arc Community Services is proud to host our next session in the **Ron Hurd Memorial Lecture Series**. Ron was a long time Board Member, supporter and benefactor of Arc Community Services and this series is dedicated to his memory. We'll be offering a series of informational presentations on topics of interest to families of individuals with an intellectual or cognitive disability. Our aim is to have a variety of subjects that will be relevant for individuals of all ages.

Each session will be focused on providing information and discussion to assist families in becoming more knowledgeable and empowered as well as providing an opportunity for families to network with each other in order to enhance the lives of the entire family.

*Our upcoming session will be:*

## MEDICAL HOME CARE SERVICES

*Presented by Representatives from Centrus Home Care and A & A Medical Supply*

**Tuesday, February 8, 2011** (snow date February 15<sup>th</sup>)

6:00-8:00 pm at Arc Community Services, 564 Main Street, Fitchburg  
(Please use rear entrance toward left side of building)

This presentation is designed for parents or family members with a child (of any age, including adult children) with a cognitive or intellectual disability to assist in meeting medical home care needs. Presenters will discuss options for assisting families with providing Home Health Aides, durable medical equipment (wheelchairs, shower chairs, etc.) and medical supplies (gloves, depends and more) for their family member of any age. They will also assist families in determining possible insurance coverage for many of these items. Pediatric home health care services will also be discussed.

Please RSVP to Eileen Ganong at [e.ganong@arc-matson.org](mailto:e.ganong@arc-matson.org) or 978-343-6662, ext. 125 by February 1<sup>st</sup>. Session will be cancelled if there are not a minimum of 6 registered participants. Thank you.

# **FAMILY SUPPORT CALENDER**

February, 2011

**February 3<sup>rd</sup>, 2011 - Non-Disability specific:** This group meets at the Lawrence Library in Pepperell from 10AM-12PM. For information contact Nancy Hanley @ 978-582-6203.

**February 5<sup>th</sup>, 2011 - Down's Syndrome Group:** This is a support group for families who have a loved one with Down syndrome. This group is parent driven and a great way to start the weekend! After leaving this group you will feel empowered, connected, and, who knows, you may even make some great friends for you and your child. We meet at the Arc office, 564 Main Street, Fitchburg (Please use rear ramp entrance). This group meets from 0 - 11:30AM. Childcare is available.

**February 9<sup>th</sup>, 2011 - Self-Advocacy Support group:** This is a support group for folks 16 and older who are interested in understanding their Rights & Responsibilities of using their own Voice. This group meets from 5-6:30pm at the Park Snow Building, Please use rear entrance & use ramp door.

**February 10<sup>th</sup>, 2011 - Caregiver's with folks over 22:** This is a support group for family members & caregivers of an adult loved one with Down's syndrome. This group has lots of history and experience. If there are adult siblings we encourage them to attend and share stories, triumphs, and road blocks. This group is parent driven; at times we have quest speakers to come in and assist folks with concerns. The group meets from 10-11:30am at Arc Community Services. Please check with Receptionist for room location.

## **Reminders:**

**\*Ron Hurd Memorial Lecture Series on Medical Homecare Services**

**February 8, 2011 - see flyer for details.**

**\*Don't forget Family Fun Day - see flyer for details.**

*Due to renovations Please contact Rhea to confirm meeting locations. Should have any further questions please contact Eileen Ganong, Family Support Division Director, at 978-343-6662 ext. 125 or email her at [e.ganong@arc-matson.org](mailto:e.ganong@arc-matson.org)*

# **FAMILY SUPPORT CALENDER**

March, 2011

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