



RECREATION AND FAMILY SUPPORT NEWSLETTER
August - September, 2011

Family Support and Recreation Updates August - September, 2011

****If you have received a paper copy of this newsletter but have computer access, please let us know. 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. You may also go to the website www.arc-matson.org and subscribe to be notified of updates. Thanks for your assistance.

*** You are invited to join our renewed Recreation Family Advisory Committee. The first meeting will be Wednesday, September 7th at 6:30pm at the Arc. Please see flyer in this mailing and, if interested, RSVP to Eileen at e.ganong@arc-matson.org or 978-343-6662, ext. 125. Thanks.

****The first dance of the season is Friday, September 16th. 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.

***Support groups resume in September. Please review the Family Support calendar for dates. Updates will be posted on the website www.arc-matson.org and email notices will continue.

***Please review Weekend Recreation calendars, registration forms for Family Fun Day, our bowling league, Special Olympic soccer registration, Young Athletes registration, Arc membership form, request to consider serving on our Agency Human Rights Committee, vacation survey and training surveys that we'd ask you to thoughtfully complete and return.

*** We would like to invite you to make nominations for our upcoming **Volunteer Recognition Night** that will take place late September 2011. Nominations are being accepted for Volunteer of the Year and Shining Star Awards (Shining Star awards go to those that go the extra mile) Please forward your nomination to j.peck@arc-matson.org with the following information: Nominee Name and Address information, Nature of nominee's contribution to the agency and Reason for your nomination. Please include your name and address. **Please submit by September 1, 2011.**

***Save the Date - Friday, November 18, 2011 for our annual AUCTION! More information will be forthcoming. Keep watching our website www.arc-matson.org for details.



Contact:

Eileen Ganong, Prog. Op. Dir., ext. 125
 Ruth Nicholson, Recreation Dir., ext. 129

Phone Numbers:

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

AUGUST, 2011 Recreation Calendar

Sunday	Mon	Tue	Wed	Thu	Fri	Saturday
Note: Dues \$10.00 per day. Please pay on the day you are attending. Activity Fee is in addition to the daily dues. Meals are included in activity fees.	1	2	3	4 Mini Golf at Mason's 6:00-7:30PM \$4.50	5	6 Weekend Rec. Club 1:00pm-7:00pm Tye Dye Shirt In house. Please bring white tee shirt. Activity Fee - \$15 PLUS Dues - \$10.
7	8	9	10	11 Mini Golf at Mason's 6:00-7:30PM \$4.50	12	13 Weekend Rec. Club 1:00pm-7:00pm Movie & Restaurant Nite. Activity Fee - \$30 PLUS Dues - \$10. Snack and spending money also recommended.
14	15	16	17	18 Mini Golf at Mason's 6:00-7:30PM \$4.50	19	20 Weekend Rec. Club 1:00pm-7:00pm Crafts & Cookout In house. Activity Fee - \$15 PLUS Dues - \$10.
21	22	23	24	25 Mini Golf at Mason's 6:00-7:30PM \$4.50	26	27 Weekend Rec. Club 1:00pm-7:00pm Pottery Day. Activity Fee - \$20 PLUS Dues - \$10.
28	29	30	31		HOURS SATURDAYS: 1:00PM - 7:00PM LOCATION: Arc Community Services, 564 Main St., (please enter from the rear, near parking garage)	

*** 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.*

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



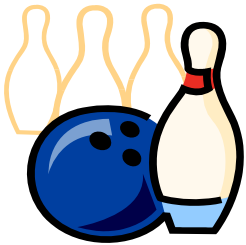
SEPTEMBER, 2011 Recreation Calendar

Contact:
 Eileen Ganong, Prog. Op. Dir., ext. 125
 Ruth Nicholson, Recreation Dir., ext. 129
Phone Numbers:
 Arc: 978-343-6662
 Weekend: 978-343-6662, x. 137
 Mason's: 978-537-7064

Sunday	Mon	Tue	Wed	Thu	Fri	Saturday
<p>Note: Dues \$10.00 per day. Please pay on the day you are attending. Activity Fee is in addition to the daily dues. Meals are included in activity fees.</p>				1	2	3 Weekend Rec. Club CLOSED (Labor Day)
4	5	6	7	8	9	10 Weekend Rec. Club 1:00pm-7:00pm Sterling Fair. Activity fee - \$15 plus Dues - \$10. Snack, game and spending money recommended.
11	12	13	14	15	16 Arc Dance 7:00-9:45pm <i>Theme: Coming Back Country</i> Christ Church 569 Main St., Fitch. \$7.00	17 Weekend Rec. Club 1:00pm-7:00pm Videos and Games In-house Activity fee - \$10 plus Dues - \$10.
18	19	20	21	22 First Day of Bowling at Mason's 3:15-4:30 \$5.00 Remember to arrange transport!	23	24 Weekend Rec. Club 1:00pm-7:00pm Movies & Restaurant Nite Activity fee - \$30 plus Dues - \$10. Snack & spending money recommended.
25	26	27	28	29 Bowling at Mason's 3:15-4:30 \$5.00 Remember to arrange transport!	30 HOURS: SATURDAYS: 1:00PM - 7:00PM LOCATION: Arc Community Services, 564 Main St., Fitchburg NOTE CHANGE: CLOSED 9/3	

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

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.



Arc Community Services ADULT BOWLING LEAGUE REGISTRATION (14+)

Starts: Thursday, September 22, 2011

Time: 3:15 – 4:30PM

Place: Mason’s Recreation Center, 40 North Main Street, Leominster, MA 01453

Cost: **\$5.00** per week. Bowling shoes are available free of charge.

Bowling will be held Thursday except on holidays, school vacations or if cancelled due to inclement weather. Any day that there is **no school in Fitchburg or Leominster**, bowling will automatically be cancelled. Any day when **Arc Community Services Day Programs are “open with no transportation”**, bowling will automatically be cancelled (even if some separate companies continue to provide transportation). If weather conditions worsen during the day, cancellation of “Arc Community Service bowling league” will be announced on WEIM Radio Station (1280AM) by 12:30PM.

Arc provides NO TRANSPORTATION to or from Mason’s. You are responsible for ALL transportation to and home from Mason’s (family, provider, staff, respite worker or Dial-a-Ride if eligible.) You are responsible to notify Dial-a-ride and program staff of any schedule changes and ensure that transportation is in place. Please don’t arrive at Mason’s before 3:00PM. Please be sure all rides are at Mason’s by 4:30PM for return home.

Please complete the bowling registration form below and **return it by September 15, 2011 to:**

Ruth Nicholson
Arc Community Services, 564 Main Street, Fitchburg, MA 01420

Bowling Registration Form

Name	Date of Birth
Thursday Only	
Address	Telephone Number
Contact Person	Telephone Number
Name of Person who can be reached during bowling	Telephone Number

*****We are in NEED of volunteers to assist with scorekeeping weekly. If you are able to assist with this, please complete below. Please Help if you can!***

Name	Telephone Number
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Arc Community Services Child & Adult Unified Soccer Registration 2011

Special Athletes must have a current Special Olympics medical on file and Unified Partners must complete a Direct Service Volunteer Application and the Protective Behaviors online training PRIOR to playing at the first practice (valid for 3 years.) Returning Unified Partners/Coaches and prospective new Unified Partners/Coaches should call Art or Jean Merriam at 978-758-3473 by August 29nd to let them know they are interested in participating. Practices begin after Labor Day and the season ends the first full weekend of November. There is usually no soccer or practice is optional for Columbus Day if it is the weekend just before the SOMA qualifying assessment.

Registration Form must be completed & returned to Arc with payment by August 22nd

Name: _____ Date of Birth: _____

Address: _____ Phone: _____

Social Security Number: _____ Alternate Phone: _____

Email: _____

Have you ever played soccer before? ___ Yes ___ No If yes, what is your previous soccer experience and how would you rate your soccer abilities? _____

You will be expected to have a Jaguars uniform shirt to wear for competition. All new players who need a shirt and returning players needing a replacement shirt can purchase one for an additional fee of \$8.00. If you need to purchase a shirt, please check off size below and add \$8.00 to your registration fee. (Order a size that allows for a white turtleneck or white sweatshirt to fit underneath for warmth, ample room for growth, and unrestricted movement.)

Youth T-shirts (for Junior team ages 8-13 approximately) ___XS ___S ___M ___L ___XL

Adult sizes (for all other athletes and unified partners) ___S ___M ___L ___XL ___XXL ___XXXL

Each athlete must have their own soccer shin guards covered by soccer socks whenever playing; navy blue soccer socks and navy blue soccer athletic shorts are also required. Soccer cleats are optional, but they do improve the ability to maneuver safely in different field and weather conditions. As the weather gets colder, a white turtleneck or white sweatshirt, navy warm-up pants, and plain navy knit gloves & knit hat are strongly recommended to complete the uniform. Athletes should have their own soccer ball (size 4 ball for ages 8-12 and size 5 ball for ages 13 and older) to bring to each practice and to have for extra practice time at home.

Practices are every Sunday afternoon, starting mid September. An Assessment is tentatively scheduled for mid October^h and the State Games are planned for early November (both on weekend days, usually a Sunday).

Note that these dates could change. Attendance at all practices (or an excused absence) and participation in the Assessment and State Games is expected of all team members; please check your schedule/availability for Sunday afternoons from the weekend after Labor Day thru early November, as well as for Assessment and State Game dates prior to registering. Any questions, please call Art or Jean Merriam at 978-758-3473.

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

(Circle) Arc Member: \$38.00** Non-Member: \$43.00 Fee _____

Need a uniform shirt? Indicated size above & include fee of \$8.00. Fee \$8.00 (if needed)

Total fees enclosed are \$_____ *(Any out-of-state competitions will be additional)

**If you are not sure whether or not you are a member, please call Jennifer Peck at 978-343-6662.

**REMINDER: All athletes, including those who played last year, must submit this completed registration form and payment by August 22nd. Open slots are limited; priority will be given to last year's athletes only until the August 22nd deadline. Team rosters will then be filled with individuals who have completed all their paperwork and paid all their fees on a first-come first-served ability-matching basis. Once the team rosters are full, no one else will be added so don't delay.

All registrations must be accompanied by payment* (or agreed upon payment arrangements) and received at Arc by August 22nd. Registrations and payments may be mailed to: Ruth Nicholson, Arc Community Services, 564 Main Street, Fitchburg, MA 01420

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

Arc Community Services
Special Olympics Young Athletes Program
Registration 2011

Young Athletes™ is a physical activity and skill development program designed to introduce families and children, ages 3 - 8, to Special Olympics. This program is designed to address two levels of play: Level 1 includes physical activities designed to develop fundamental motor, tracking and eye-hand coordination play. Level 2 concentrates on the application of these physical activities through a sports skill activity program and developing skills consistent with Special Olympics Sports play.

The Young Athletes Program will begin Sunday, September 11th and continue each Sunday afternoon through November 20, 2011. Practices will be held from 1:0-2:00PM at McKay Campus School field. Each participant must be accompanied/assisted by an adult family member.

All Athletes MUST submit this completed registration form AND payment by August 15th. Individuals who participated in last Spring's Introduction to Young Athletes Day will receive priority until the August 15th deadline. After that, slots will be considered open and filled with new registrations. Participation is limited to 15 children.

Name: _____

Address: _____

Phone: _____ Date of Birth: _____

Social Security Number: _____

Name of Parent/Adult who will be participating (required): _____

Phone if different) _____ Email Address: _____

The participation fee for this sport is as follows:
Arc Member: \$10.00** Non-Member: \$25.00

Fee includes team t-shirt. Please circle size:

2T 3T 4T Youth Small Youth Med. Youth Lg. Youth XL

**If you are not sure whether or not you are a member, please call Development Director at 978-343-6662, ext. 123. A membership form is included in this mailing.

RETURN COMPLETED FORM AND PAYMENT BY AUGUST 15TH TO:
Ruth Nicholson, Arc Community Services, 564 Main St., Fitchburg, MA 01420

*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, ext. 125. All requests will be kept confidential.



Arc Community Services Annual Membership Form

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

PHONE: _____

EMAIL: _____

Providing your email address above will help eliminate the cost of paper and postage for newsletters as well as protect our forests.

Every dollar saved provides more money for our programs!

Save yourself money too! Pay online by visiting our website: www.arc-matson.org

Or mail payments to: Arc Community Services, 564 Main Street, Fitchburg, MA 01420

\$20.00 Clients / Staff / Students

\$30.00 Individual Membership

\$50.00 Family Membership

\$100.00 Supporting Membership

\$250.00 Patron Membership

\$500.00 Leadership Membership

Sustaining member at \$_____ per month.

Bill me monthly I have set-up automatic bank draft Bill Credit Card monthly
Monthly bills will be emailed

Please charge my credit card - we accept MC / VISA / American Express / Discover

Name as it appears on card:

Card #: _____ Exp. Date: _____

VACATION/TRIP INTEREST SURVEY 2011

As we plan next year's get away's and annual vacation, we **Need** YOUR input. We want to go where **You** want to go on. Please help us by selecting your 3 top suggestions from the list below (or your own write-in). Please use #1 – 1st choice, #2 – 2nd choice and #3 for third choice. If options are given in parentheses after a location, please circle your preference within that category. Rate each column separately. Feel free to write comments on the back. Thanks for your help. Please send the completed form as soon as possible to:

Eileen Ganong, Arc Community Services, 564 Main St., Fitchburg, MA 01420

OVERNIGHT/WEEKEND TRIPS

- ___ Maine Beaches (York, Wells, Ogunquit, Old Orchard)
- ___ Bar Harbor, ME area
- ___ Acadia, ME area
- ___ Portland, ME
- ___ New Hampshire coast
- ___ White Mountains (Franconia, Lincoln, North Conway)
- ___ NH Lakes Region (Lake Winnepesaukee, Weirs)
- ___ Vermont (Rutland, Stow, Killington, Brattleboro)
- ___ Salem, MA
- ___ Plymouth, MA
- ___ Cape Cod area
- ___ Berkshires
- ___ Mystic, CT area
- ___ Newport, RI
- ___ Amusement park (which one?)
- ___ Yankee Candle
- ___ Sports event (baseball game, basketball game, other)
- ___ Special event (skating show, Centrum event, Civic Center Event, other)
- ___ Zoo
- ___ State Fair (Big E, Fryeburg Fair, Sandwich Fair, other)
- ___ Edaville Railroad
- ___ Other (list) _____
- ___ Other (list) _____
- ___ Other (list) _____

ANNUAL VACATION TRIPS

- ___ Atlantic City
- ___ Bermuda
- ___ Branson
- ___ Cape Cod summer vacation
- ___ Catskill Mtn. NY area
- ___ Disney Land (CA)
- ___ Disney World (FL)
- ___ Grand Canyon
- ___ Hawaii
- ___ Lake George, NY
- ___ Las Vegas
- ___ Maine beach summer vacation
- ___ Memphis/Graceland
- ___ Montreal
- ___ Myrtle Beach, SC
- ___ Nashville, TN
- ___ New Jersey Shore
- ___ New Orleans, LA
- ___ Niagara Falls
- ___ New York City
- ___ Penn Dutch/Lancaster/Hershey, PA
- ___ San Francisco, CA
- ___ Tampa/Cocoa Beach, FL (Busch Gardens)
- ___ Universal Studios (CA or FL)
- ___ Washington, DC area
- ___ Williamsburg, VA (Colonial WmB, Busch Gardens, Water Country)
- ___ White Mountains
- ___ Other (list) _____
- ___ Other (list) _____

Comments:

FAMILY SUPPORT CALENDER

September, 2011

September 10th, 2011 - Caregivers with folks under 22: This is a support group for families who have a loved one under 22 years old with an intellectual or cognitive disability. 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 entrance nearest Espresso Pizza.) This group meets from 10 - 11:30AM. Childcare is available with advance notice. ***NOTE CHANGE OF DATE DUE TO HOLIDAY.**

September 1st, 2011 - Non-Disability specific: This group meets at the Lawrence Library in Pepperell from 10AM-12PM. For information contact Nancy Hanley @ 978-582-6203.

September 1st, 2011 - Caregiver's with folks over 22: This is a support group for family members & caregivers of an adult with an intellectual or cognitive disability. 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 come in and assist with concerns. The group meets from 10-11:30am at Arc Community Services. Please check with Receptionist for room location.

September 14th, 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.

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.

Family Fun Day at Lanni Orchards

Join with other families and enjoy a wagon ride through the orchard, tour the building and learn about growing apples. Includes taking home an apple you've picked and a cup of cider. Then venture out into the orchard and pick your own apples (pay for whatever your family picks)

September 18, 2011 at 2:30PM

Meet at Lanni Orchards, 294 Chase Rd., Lunenburg, MA

\$3.00 per person plus the cost of apples

To register, please complete and return form below with payment by September 6, 2011 to: Ruth Nicholson, Arc Community Services, 564 Main St, Fitchburg, MA 01420

Lanni Orchard Family Fun Day Registration Form

Name(s): _____

Address: _____ Telephone _____

No of participants _____ X \$3.00 = _____ TOTAL ENCLOSED = _____

Due to renovations please contact Rhea, Arc's Receptionist 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

YOU ARE INVITED!!!

WHAT: Join Our NEW Recreation Family Advisory Committee

WHEN: Wednesday, September 7th at 6:30pm

WHERE: Arc Community Services, 564 Main Street, Fitchburg. Please park in lot behind the building (Boulder Dr.) and use door on right, closest to Expresso Pizza.

WHY: We're looking for a cross section of family members who would be willing to meet regularly for the purpose of reviewing our current Recreation program offerings, brainstorming and prioritizing new activities and then working with us on strategies to make our Recreation program even stronger. We hope to have folks with family members across the spectrum join this committee. At the first meeting, the committee members will discuss dates, scheduling and frequency of future meetings. If you're interested, but don't want to make a commitment, please come to the first meeting, give your input and then decide about joining the committee.

We need your help to help us meet your needs!

Please RSVP to Eileen at e.ganong@arc-matson.org or 978-343-6662, ext. 125.

Members are needed for our Human Rights Committee. Can YOU Help??

Arc and Matson Community Services are looking for two new volunteer members to join their Human Rights Committee. This is a regulated committee by the Department of Developmental Services (DDS) that ensures that the rights of the people with intellectual and developmental disabilities are being met by our organization.

NEEDED: one family member **AND**
one psychologist or masters level practitioner with expertise in developmental disabilities, mental illness, or applied behavioral analysis (criteria by definition from the DDS regulations)

Meetings are typically held 4-5 times a year, subject to quorums, on the 1st or 2nd Monday of the odd numbered months. The meeting takes place at our Cascade Street office in Fitchburg. The meeting includes discussion and review of current medications, behavior plans, supportive and protective devices that need due process.

To inquire or more information, please contact:

Susan McClurken at 978-345-6301 or Cheryl Robillard at 978-343-6662

FAMILY TRAINING SURVEY

To assist us in planning educational programs to best suit your needs, we need you to let us know what you feel would be most beneficial. Please indicate topics and their priority on the list below. Even more importantly, please suggest other topics you would like to see presented. Please note that some of these events may have a cost and most require pre-registration.

- | | | | |
|--|------|--------|------------------------------|
| <input type="checkbox"/> Social Security Benefits | High | Medium | Low |
| <input type="checkbox"/> Mass Health benefits | High | Medium | Low |
| <input type="checkbox"/> Transition ~ Diagnosis to Early Intervention | High | Medium | Low |
| <input type="checkbox"/> Transition ~ EI to School | High | Medium | Low |
| <input type="checkbox"/> Transition ~ School to Work | High | Medium | Low |
| <input type="checkbox"/> Transition ~ Teen to Adult Services | High | Medium | Low <input type="checkbox"/> |
| <input type="checkbox"/> Specific diagnosis ~ i.e.; autism, Down syndrome | High | Medium | Low |
| <input type="checkbox"/> Behavioral Supports | High | Medium | Low |
| <input type="checkbox"/> Joys and difficulties of raising a child with special needs | High | Medium | Low |
| <input type="checkbox"/> Sibling issues | High | Medium | Low |
| <input type="checkbox"/> Recreation opportunities | High | Medium | Low |
| <input type="checkbox"/> Interacting with schools | High | Medium | Low |
| <input type="checkbox"/> Interacting with professionals | High | Medium | Low |
| <input type="checkbox"/> Other (please specify) | | | |
-
-

Would you like this as a single one time workshop or would you prefer a training series?

What days work best for your family?

Are weekdays or weekends better?

Are mornings, afternoons or evenings best for your family?

Please share any additional information or ideas that you would like to provide to us?

Thank you.