



GREAT NEWS!!!

The Arc of GHN Receives \$10,000 from The Flutie Foundation for Autism

The Arc of Greater Haverhill-Newburyport (GHN) is pleased to announce that we have received a \$10,000 Signature Grant from the Doug Flutie, Jr. Foundation for Autism.

The Signature Autism Community Impact Grant has been awarded to support the work of The Arc of GHN's newly-established Family Support Center. The funding will allow the Family Support Center to provide direct financial support to the autism community in the Merrimack Valley for needs that immediately enhance the life of a child or an adult with autism and/or an

intellectual disability. This includes but not limited to safety equipment, transportation needs, respite services, educational opportunities and advocacy, recreational opportunities, camp scholarships, and local memberships.

The Doug Flutie, Jr. Foundation for Autism, based in Framingham, MA and founded by the legendary Boston College and NFL quarterback and his wife in honor of their son, awards grants annually to non-profits and community agencies that share their mission to help people and families affected by autism to live life to the fullest.

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Family Support Center Team!



“Stop being afraid of what could go wrong, and start being excited about what could go right.” – Tony Robbins



The Candlelight Ball is back!!

“Better Together”

After a long three-year hiatus due to COVID, the Annual Candlelight Ball is FINALLY back! We are excited to see everyone and hope you can join us on Friday, June 2, 2023 at Michael’s Function Hall in Haverhill. After being a great venue to The Arc for well over 20 years, Diburro’s Function Hall has closed. We look forward to having our ball at a new convenient venue.

This year’s theme is “Better Together”! Here at The Arc we believe that working together we can accomplish more and exceed our own expectations. We can’t wait to get together in person to celebrate and honor this amazing community! For more information on attending the Candlelight Ball, reach out to Bianca at bgill@thearcofghn.org or 978-373-0552 x204. We look forward to seeing you all at the Candlelight Ball! Enjoy some photos below of previous years!

MISSION

“To Advocate, Educate, and Explore Opportunities for Personal Growth and Fulfillment”

EXECUTIVE TEAM

Luis Bachman CEO

Lisa Aiello CFOO

Katelyn Auclair CHRO

PROGRAM DIRECTORS

*Heather Hess
Director of AFC*

*Grimaldy Rios
Director of DDS Programs*

*Andrea Morris
Director of Family Supports*

*Bridget Crowley
Director of Peer Support & Self Advocacy*

EVENTS AND FUNDRAISING

Katelyn Auclair Committee Chair

Bianca Gill Senior Administrative & Marketing Coordinator

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Mary Ann Dunlavy Secretary

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Family Support Connects

The Arc of GHN receives \$10,000 from the Flutie Foundation continued.

“We are so excited about the growth of our new Family Support Center and our increasing ability to provide community and connection for families supporting a loved one with autism here in the Merrimack Valley,” says Andrea Morris, Director of Family Supports. “Our new Family Support Center is thriving, with the creation of a Family Advisory Council to help guide us, and the hiring of wonderful new staff, including a Bilingual Family Support Navigator. Now this grant will allow us to provide for the most immediate needs in the lives of the individuals and families we support.”

Since 1962, The Arc of GHN has been supporting individuals with autism and/or an intellectual disability and families who have a member with autism and/or intellectual disability. The organization has steadfastly maintained its commitment to serve “one person, one family at a time” with a mission to advocate, educate, and explore opportunities for personal growth and fulfillment.

For more information about the Family Support Center of The Arc of Greater Haverhill-Newburyport, please contact Andrea Morris at amorris@thearcofghn.org or 978-373-0552 x211.

For more information on the Family Support Center visit us at www.thearcofghn.org

Andrea Morris, Director of Family Supports
amorris@thearcofghn.org or 978-373-0552 x211

Rowan DeAza, Bilingual Family Support Navigator
rdeaza@thearcofghn.org or 978-373-0552 x216

Kathy Campbell, Family Support Manager
kcampbell@thearcofghn.org or 978-373-0552 x224

Locations:

57 Wingate St, Suite 301, Haverhill MA 01832
4D Winter St, Newburyport MA 01950



Rowan DeAza, Bilingual Family Support Navigator

The CEMDPCD Foundation recognizes Rowan DeAza, our Bilingual Family Support Navigator!

We are proud to announce Rowan has been recognized by The CEMDPCD Foundation (Fundacion Cambiando el Mundo de personas con Discapacidad) for being a leader and change agent/advocate who is changing the world of many individuals by connecting, working, and helping with her mission in favor of people with disabilities.

“Being able to work with and for individuals with disabilities has been an honor and a privilege. Receiving this award has only added to that feeling. As advocates our goal is to promote community inclusion as well as disability etiquette and education to all. This goal is why our agency and the CEMDPCD are working together. Raquel Quezada is a pillar of this community and being able to collaborate with her and her team of warrior parents is more than a motivator to continue this important work. I look forward to continuing to advocate, educate, and support our families and individuals with disabilities to promote positive changes in the future.”
- Rowan DeAza

“Poder trabajar con y para personas con discapacidades ha sido un honor y un privilegio para mi”.

We are honored to have Rowan as a part of our team and appreciate her hard work in the latino community and look forward to her future endeavors.

-Andrea Morris, Director of Family Supports

Peer Support & Self Advocacy Connects

Updates, Progress, and Success!

Peer Support continues to work hard to support each other and make positive changes! We hold monthly zoom support meetings, host in-person events, and represent the voice of people with disabilities on committees such as the Mass Alliance for 21st Century Disability Policy, the Merrimack Valley Transition Team, and the Northeast Self Advocates.

We kicked off 2023 with a GAME NIGHT, welcoming old friends and new to gather for some fun and conversation. It was a great night and we're teaming up with the AFTER Program to plan another outdoor game night this summer.

On March 7th, the Peer Support Advisory Committee attended the annual Legislative Reception at the State House, read more about our trip on page 8!



Nichelle Delgado at the Boston State House

Speaking of collaboration, Peer Support joined forces with our Adult Family Care program and the Family Support Center team to explain and present on self-advocacy and peer support. Thank you especially to Therese LaPorte and Nichelle Delgado for their hard work on this!

Peer Support also hosted the film Crip Camp on April 19th at Vision Max Cinema in Salisbury. This documentary follows several leaders from their time at Camp Jened as teenagers to their leadership in the Disability Rights Movement. After the film we held a panel discussion exploring the ongoing quest for freedom and equality. This film made one member think, "We need to help the younger generation of people with disabilities know they can do fantastic things. Sometimes it takes a single word or action to inspire someone else." - Joseph Canto



Peter Murphy meeting with a representative in Senator Barry Finegold's office



Nichelle and Sandy at the Fall into Wellness Event!

On May 19th we are attending the 25th Anniversary conference of MASS Advocates Standing Strong. We are looking forward to an exciting day learning and connecting with friends. This is a great way to meet new people and see what's possible in your own life! If you'd like to join us, please contact Bridget at bcrowley@thearcofghn.org.

And lastly, put on your dancing shoes for the Peer Support Annual Celebration on June 22nd from 5-8PM. Our theme this year is "BETTER TOGETHER". We will celebrate our success and honor members of our community, and of course, dance! Friends and family are welcome.

-Bridget Crowley, Director of Peer Support & Self Advocacy

Upcoming Meetings & Events

- **Peer Support Advisory Committee**
First Thursday of every month, 4PM – ZOOM
- **MASS Advocates 25th Anniversary Conference**
5/19
- **Peer Support Celebration**
6/22, 5-8pm – Maria's Restaurant, Haverhill
- **Friends are like Flowers**
7/11-7/20 - Buttonwoods Museum, Haverhill

AFC Connects

Introducing the AFC Team!

The Arc of Greater Haverhill Newburyport was not exempt from the hiring crisis that many agencies struggled with or are still struggling with. Here at the Arc, we have worked tirelessly networking, advertising, interviewing and second interviewing, to find just the right matches to enhance our team!

With much gratitude, I am pleased to introduce to you, the AFC Dream Team:

Cristina English, QC and Compliance Coordinator: Cristina brings to us many years of AFC experience along with a strong background and passion for working in the disability community. Cristina also shares with us great problem-solving and analytical skills, along with her patient, kind, gentle demeanor.

Cynthia Tejada, Bilingual RN: Cynthia brings to us a skillset of community nursing and care coordination as well as experience with the elder population in a long-term setting. Cynthia's great motivation and desire for continued learning helps keep us all current in healthcare leadership.

Ellen Cunha, LPN: Ellen brings to us an exceptional amount of direct nursing experience working with the disability community in a long-term care facility. Second to her wealth of medical knowledge, Ellen shares with us great humility and positive energy that keeps our team going strong.

TEAMWORK
—
makes the dream work...

Idelsy Infante, Bilingual Care Coordinator: Idelsy brings to us great experience in social work and behavioral health coaching in a clinical setting. Along with her gentle and courteous spirit, she brings us a quiet confidence and a can-do attitude.

Justin Knowles, RN: Justin brings to us a variety of direct nursing experience with the elder population as well as the disability community. Additionally, Justin also brings in expertise in life and fitness coaching for people with all sorts of abilities. Together with his lifelong passion for our families, Justin supports us all with his kindness and patience.

Krystal Demirdjian, Care Coordinator: Krystal brings to us a strong background in care coordination as well as community programming. Krystal shares her incredible organization and a multi-tasking skillset along with her extensive empathy and compassion for the families we support.

Melinda Giroux, AFC Program Manager: Melinda brings to us supervisory knowledge in the ABA world of therapy as well as direct ABA support. Melinda brings with her great resources and expertise in addition to her wonderful sense of humor!

-Yours in Gratitude, Heather Hess, Director of AFC

Drumroll please... Introducing the AFC Dream Team!



**Left to right top row: Melinda, Krystal, Cristina, Ellen, Justin
Bottom row: Cynthia, Heather, Idelsy**

DDS Programs Connects

The Success of the Individual Support Services (ISS) Program

Our Individual Support Services (ISS) program offers the supports necessary to a person with disabilities who lives independently on their own. This consists of services and supports for a variety of home & community activities that may be provided regularly, but less than 24 hours per day, that enable the individual to live independently and in the least restrictive setting in the community. Participants receive support and guidance in establishing a household of their choosing that meets their needs.

Our ISS program is based on our agency's mission and vision- as well as on the unique needs and preferences of the people being supported. Therefore, our service is based on the dignified concept of people of different abilities exploring opportunities for personal growth and fulfillment.

The ISS Program is designed to address the following specific home needs but not limited to:

- Obtaining and maintaining affordable and accessible housing
- Household management and related tasks (mail, cooking, cleaning, laundry)
- Health care management (medical, dental, mental health, substance abuse)
- Money management (paying bills, budgeting, banking)
- Meal planning (menus, shopping, food prep, cooking)
- Participation in community activities (attending events, transportation, meeting new people)
- Social and relationship issues, companionship
- Recreation/Leisure planning
- Advocacy/Self-advocacy
- 24/7 Emergency Line

If you or a loved one is interested in joining our ISS Program please contact Grimaldy Rios, Director of DDS Programs, at grios@thearcofghn.org or 978-373-0552 x215.

This is a DDS funded program for people who have been deemed eligible.

“Supporting people living independently in their own homes within the community”



Arthur Rutherford

Arthur's ISS Journey

Hi, my name is Arthur Rutherford and through the ISS Program I have been living independently on my own for over one year now. Ever since I was 18 years old, I have always wanted to live on my own but wasn't sure how to do it. A few years ago, my Support Supervisor at the time Eric re-introduced me to the idea of the ISS Program and how I could benefit from it. In 2021 with the Arc's help, we made it happen and I now live in an apartment in downtown Haverhill by myself and have my cat Gracie to keep me company. I also have many stores, restaurants, and my job at Choice Fitness in walking distance from my home.

I love living on my own! Independence means a lot to me and I feel like I do better and I'm more productive. I also enjoy the freedom I've gained. My only challenge now is to learn how to cook and make meals for myself. It is my current ISP goal, and I am excited to learn and feel confident that I can run my own household, take care of all chores, and cook my own meals. I recommend anyone who has been wanting to live independently to look into the ISS program and see if it would be a match for you.

-Arthur Rutherford, Arc participant in the ISS Program

AFTER Program Connects



The AFTER Program is happy to have the monthly themed Arc Dances back in action! Join us every third Friday of the month at the Haverhill Citizen's Center from 6-8pm for a great time! Dancing is the ultimate stress reliever! Please note we do take a summer break for the months of June, July and August and return to normal schedule in September. In the meantime, consider joining our Candlelight Ball on June 2nd, the "Ultimate Arc Dance" or some of the other monthly activities listed below:

- **Arts & Crafts**
- **Bowling, Walking Trails**
- **Seasonal Activities**
- **Cooking Classes & Dinner Club**
- **Live Music & Dances**
- **Gametime, Storytelling**
- **Morning & Evening Chats**
- **Monthly Community Connections**

For more info or to join contact Neala Mercier, AFTER Coordinator, at after@thearcofghn.org.

To stay up to date on our AFTER Activities join our email list, follow us on Facebook, or refer to our new online calendar at www.thearcofghn.org!



Upcoming Arc Events

The Candlelight Ball

June 2, 2023

Michael's Function Hall, Haverhill

\$50 per person



Newburyport Bank



Pentucket Bank

Peer Support

June 22, 2023

Maria's Restaurant, Haverhill

\$30 per person

19th Annual Tee Off for The Arc!

August 21, 2023

Haverhill Country Club

\$200 per golfer, \$750 foursome, \$60 dinner



Haverhill Bank
Just One Bank

For more info on our events please contact Bianca at bgill@thearcofghn.org or 978-373-0552 x204

Check out our new Website!

www.thearcofghn.org

We are excited to announce that we have officially launched our new website! Our goal is to have a user-friendly website with all information on our programs, services, and events at your fingertips. We have also created an interactive online calendar where you can view all upcoming meetings, webinars, agency events, recreation activities, and online registration! Check out our new site and give us feedback on your thoughts at bgill@thearcofghn.org.

Another way to stay up to date on all Arc Happenings is to follow our Facebook page at: facebook.com/ArcGHN



Legislative Action Needed!

The Annual Legislative Reception - Our Trip to the State House!

On March 7th, the Peer Support Advisory Committee attended the annual Legislative Reception at the State House. After three years, this event was back in person with a full house! Keith Jones was the keynote speaker focusing on how we all need to treat each other with respect. We also got the chance to visit with some of our legislators to help advocate for better wages for direct support professionals and self-direction.

Next, we plan to follow-up with local Representatives and Senators. It's important to share our stories and let them know what's important to us and how we can help them too. *It's all about partnerships!* Learn how you can contact your local representatives or how to share your input from the yellow box located to the right!

We also want to send a special thank you to Javier for driving us back and forth to the State House!

-Bridget Crowley, Director of Peer Support & Self Advocacy



The Peer Support group before leaving for the Annual Legislative Reception at the State House

How to Take ACTION!

Call your Representative or go to www.thearcofmass.org and then:

- 1. Click on Advocacy,***
- 2. Click "Take Action"***
- 3. Click on green "Take Action".***



Hablamos Español, contacte a Rowan DeAza rdeaza@thearcofghn.org o 978-373-0552 x216