



The Lamp

FALL 2010

T H E C H A R L E S R I V E R C E N T E R

Enhancing lives of children and adults with developmental disabilities since 1956.

Building a Dream 2010... *a beloved tradition continues*

by Maria McTernan



On Wednesday evening, May 5th, the place to be was the elegant ballroom at the Boston Park Plaza Hotel, where The Charles River Center hosted its 15th annual *Building a Dream* benefit gala. As in years past, the Charles River community gathered to socialize, celebrate, applaud our honored guests, and keep Charles River's dreams coming true by raising critical funds for its programs and services.

This year, Charles River was honored to present *The Sam Gerson Humanitarian Award*, named in memory of former Chairman of the Board of Filene's Basement and longtime friend of Charles River, to Travis Roy, Founder of the Travis Roy Foundation. Although his accident as a freshman hockey player at BU left him paralyzed, Travis' story is one of courage, determination, and power to transform many lives.

Today, his Foundation helps people with spinal cord injuries increase their independence and raises funds for vital research projects that may lead to a cure. In addition, he inspires self-confidence and self-esteem in others and demonstrates that there are no limits. Everyone can lead a fulfilling and productive life, given the chance. In his book, *Eleven Seconds*, Travis writes, "I've no doubt we all have an inner spirit that makes us capable of doing things we never imagined."

We were also delighted to present the *Lifetime Achievement Award* to Nicole Gowe who is a participant in our *Opportunities & Visions* employment program. Nicole was recognized for her spirit, motivation to work hard, and ability to show others what is possible.

The evening's festivities started off with a silent auction and cocktail hour accompanied by the sounds of laughter and popping balloons as guests tried their luck for the most valuable balloon number. Guests were then ushered into the formal ballroom where they enjoyed a sit-down dinner, Travis Roy's moving and tearful video presentation, inspirational addresses by Travis and Nicole, and the friendly, but lively competition of a live auction.

(continued on page 4)

CRC to Expand Family Support Services

by Ellen Kilicarslan

The Commonwealth of Massachusetts is changing how Family Support services are funded and provided to families across the state. This past spring, The Charles River Center submitted proposals and was selected by The Department of Developmental Services (DDS) to receive four contracts under the new plan. These contracts will enable Charles River to expand services and meet the needs of more families. Charles River was awarded contracts for:

- Newton South Norfolk Family Support Center
- Middlesex West Family Support Center
- Middlesex West Intensive Flexible Family Support services
- Metrowest Autism Support Center

Our Family Support Centers (FSC) will provide information and referrals for families, parent training and networking opportunities, administration of flexible funds, and support groups. Our staff will assist families in accessing entitlement programs and community resources, and work with those resources to better meet the needs of families who have members with intellectual disabilities and autism spectrum disorders.

We will also be providing Intensive Flexible Family Support services in the Middlesex West Area. This is a time-limited service with the goal of stabilizing a family situation and/or a child's situation. Based on a case management model, a plan outlining the family's goals and building on the family's strengths will be developed. Families will be referred to Charles River through their DDS office.

(continued on page 7)

Save the Dates!

Be sure to mark your calendars
for our fall events!

Sept. 25 – Ellie Bloom Olympics

Oct. 15 – Annual Awards Dinner

Nov. 6 – The Giving Tree Children's
Foundation Comedy Show

CRC Welcomes Two New Board Members

by Maria McTernan and Joan Johnson

The Charles River Center is pleased to announce that Peter Brown and Robin Fabiano have joined its Board of Directors as of July 1, 2010. Each board member ensures that our organization is well managed both operationally and financially and adheres to all non-profit regulations. Board members are also responsible for promoting Charles River's mission and values and building community and individual support through public relations and philanthropy.

Peter G. Brown



President and Chief Executive Officer of Dedham Savings for a little more than one year, Peter has been a respected leader in the banking industry for over 30 years.

Peter began his banking career at BayBanks upon graduation from the University of Vermont. After four and one half years with BayBanks Norfolk County Trust Company in Dedham as a real estate lender, and a brief stay at Bank of New England, he was recruited by Bill Gothorpe (recently retired President and CEO of Dedham Savings) to Lexington Savings Bank. In 1999, Lexington Savings was acquired by U.S. Trust and then Citizens Bank. From there, Peter left to run the loan department at Eagle Bank in Everett where he remained for eight years before becoming Walpole Co-operative Bank's President and CEO. Although it was a difficult decision to leave Walpole, becoming President of Dedham Savings was a great career opportunity.

Today, Dedham Savings is one of the largest Massachusetts-based community banks with over \$1 billion in total assets. With three branches in Dedham and others in Westwood, Walpole, Norwood, Sharon, and Needham, Dedham Savings is expanding its commercial lending and wealth management services to complement its strong residential lending programs. Dedham Savings has a reputation as a stable, well-capitalized

and managed institution. According to Peter, the Bank has an "extraordinary high degree of commitment to its customers, employees, and the communities in which it serves. The Bank has a certain role in the community and obligation to be involved on many different levels. Our employees are action-oriented and continually give their time and energy to participate in various community events and projects. And, in spite of economic times and financial turbulence, Dedham Savings grew in 2009 and gave even more money to local organizations and nonprofits."

When asked why he joined The Charles River Center Board of Directors, Peter was quick to point out the obligation he feels to help those in need. "I am particularly blessed with two healthy children. I see the amazing work that The Charles River Center does and the dedication of staff to your participants. I'm impressed with the scope of your services and commitment. I want to be involved and help Charles River make an even greater impact."

Peter and his wife, Annette, and their two children live in Bedford.

Robin Fabiano



Robin Fabiano has been a special education professional since 1995 but from a very early age she has enjoyed working with children with special needs.

At the age of 13, Robin began babysitting for Perry Zack and credits the

Zack family for playing an influential role in her developing interest in children with special needs. "I was very impressed with their philosophy of inclusion. Whatever the family activity was, they would find a way to include Perry," Robin explains.

After graduating from UMass in Amherst with a Bachelor's degree in art history, Robin went on to pursue her interest in special education at the University of Arizona where she earned her Master's degree in 1995. In addition, Robin holds a C.A.G.S. in Assistive Technology from Simmons College.

Robin was an Inclusion Facilitator for the Newton Public Schools for twelve years during which time she created educational and behavior support plans for elementary school children with intensive special needs and worked with parents and staff to make inclusion in mainstream classrooms successful. Since 2008, Robin has been the Co-Director of Elementary Student Services with the Newton Public Schools. Robin reports that she has worked with many families who participate in Charles River's programs.

Through a partnership that the Newton Public Schools has developed with Lesley University, Robin also teaches one or two courses in Lesley's special education department each semester. In addition to her teaching roles, she presents educational strategies on inclusion at conferences and workshops.

"I'm excited to be joining Charles River's Board of Directors," Robin says. As a Board Director, she will

(continued on page 8)



John Grugan,
President

The human services landscape has become more and more complex and the challenges of navigating in this environment require good map reading and a careful plan. It has been ten years since I assumed the presidency of our organization. I am thankful that management and the board worked diligently ten years ago to develop a solid strategic plan. Fortunately, we had a plan and we knew where we were going. I'm thankful that we successfully achieved most of our objectives, and that as a result, The Charles River Center has grown carefully and is now serving more families and individuals through a much broader array of quality services. Through careful stewardship, we accomplished this while maintaining a solid financial position.

We are now about to embark on our next journey as we will soon open a branch location in Natick to house both a Day Program and Family Support services. Due to the popularity of our *Opportunities and Visions*

program, and our responsiveness in providing Family Support services to the Middlesex West service area of the Department of Developmental Services, DDS has awarded us several new contracts that will help us establish a presence in the communities west of our current site. Although we have always served people from the MetroWest area and we operate three group homes in MetroWest towns, this will be our first multipurpose satellite location in that service area. (Please see related article on Family Support expansion.)

The landscape is indeed changing rapidly and while we are strong today, we understand that we must develop a new vision and create a new plan that will help us grow even stronger in the next several years.

While we are pleased with our accomplishments and recent expansion plans, we must answer the obvious question: "now what?" Where are we heading over the next several years and will we be able to steer this agency through what most of us expect will be a very challenging period. The cost of providing quality services is high and resources are getting scarce. The political climate is changing in a way that leads careful observers to believe that there will be fewer resources and

much greater accountability for delivering services much more efficiently. There exists in our field the notion that the community services system as we know it cannot be sustained. There is every reason to believe that there will be major changes no matter what party is in office.

The landscape is indeed changing rapidly and while we are strong today, we understand that we must develop a new vision and create a new plan that will help us grow even stronger in the next several years. Our Board of Directors and our management team will begin a process that develops a new strategic plan. We will need you, the members of our organization, to partner with us to help us frame our plan and assist us in implementing it. Over the next several months, we will be reaching out to many of you to assist us. It is clear that your help and support will be essential to ensuring that, despite the many challenges we will surely face, The Charles River Center thrives in the years ahead and remains a vital resource to families in need.



John Grugan

Dedham Institution for Savings Foundation

The Charles River Center would like to express its gratitude to Dedham Savings Bank and to all the Trustees of the Dedham Institution for Savings Foundation for the generosity they have extended to support so many of our programs. We received our first grant of \$25,000 for the Paul D. Merritt building capital campaign in 2000 and have received a grant each and every subsequent year from the Foundation. Grants have been provided for capital renovations at our Dwight building which houses our Employment Division; improvements to our homes; medical equipment and standers for Therapeutic Day Services; playground equipment; and for the recent addition to the Merritt building. Since the Foundation's

inception, Charles River has received almost \$70,000!

Dedham Savings has also supported our *Building a Dream* signature event each year and the Needham Exchange/CRC golf tournament as a major sponsor.

Thank you for your commitment and passion for our shared mission to improve the quality of life for all in the communities we serve.



DEDHAM INSTITUTION FOR SAVINGS
FOUNDATION
Serving The Charitable Needs Of Our Communities.



GALA *(continued from page 1)*

Building a Dream 2010 was fortunate to have longtime friend and emcee Bob Lobel return to conduct the live auction along with the assistance of Boston comedian John Turco. Winning bidders were sent home with a variety of wonderful prizes including a week in Bermuda, four Green Monster seats, an assortment of Red Sox tickets, golf packages, sports memorabilia, weekend getaways, fine art, and more.

We would like to thank our Sponsors who helped underwrite the costs of the event, all who donated items for our auctions, advertisers in our program booklet, individuals who purchased tickets and raffles, and to all our volunteers and committee members whose hard work and enthusiasm helped to make this unforgettable evening a huge success.



*Thank you to all of our
Building a Dream 2010 Sponsors.
We are deeply grateful for
your generosity!*



Event Sponsors

Jill and Jim Fadule
Bud and Eileen Roche
Roche Bros./Sudbury Farms

Platinum Sponsors

Louise Condon Realty
Cooley Manion Jones, LLP
Crowe & Mulvey, LLP
Peggy and Al Kelly
William and Elizabeth Kelly
US Trust, Bank of America

Gold Sponsors

Bob Crowe at Nelson Mullins
Peter Dedon and Tess
Schmalbach
Global Travel Advisors
Leiser Corporation
Paul and Debby Merritt
Needham Exchange Club
Sentinel Benefits &
Financial Group
TD Insurance, Inc.
Weaver + Associates Architects

Silver Sponsors

Alexander, Aronson,
Finning & Co.
Boston University Athletics
Michael and Debbi Coran
Crowe & Dunn, LLP
The Gowen Family
Needham Bank
North Hill Retirement
Community
Syms Clothing/Filene's
Basement

Bronze Sponsors

Jack and Ellen Cotter
Dedham Savings
Fox Tours
John and Kathy Grugan
Donna Hale
MacFarlane Energy
Jack Parker and Boston
University Men's Hockey
Rodman Ford Sales, Inc.

Local Restaurants Employ CRES Participants

by Charlie Doherty

Busy lunchtime hours at local restaurants have resulted in several opportunities for individuals at Charles River Employment Services. Panera Bread and Acapulco's in Needham and Plates in Newton all have added workers from CRES to their payrolls. It all began in the summer of 2009 when Joey Phelan landed a job at Panera Bread on the Newton/Needham line.

Joe was assigned to normal chores around the restaurant such as cleaning up tables, replenishing coffee urns and juice containers, and general maintenance. As restaurant manager, Mike Demergian, learned Joey's capabilities and noticed his friendly, outgoing personality, Joey soon found himself with new responsibilities. He presently is in charge of Panera's drive-up service. Armed with a two way radio, Joey greets customers who have called in orders and signals the kitchen to have the order brought to the car.

Joey, Mike and Peter all look forward to their work and their paychecks.

More importantly, they enjoy being actively involved in the community and are proud to hold regular jobs where they are using their skills and learning new ones.

Joey likes his job and usually works three to four lunch shifts per week. "I like to help customers and sometimes make good tips. The food is really good there and the people I work with are nice," reports Joey.

Pleased with Joey's fine work, Mike asked Charles River if there were other individuals interested in working, and last fall Mike Perkins joined Joey on the Panera crew. Mike has indoor responsibilities, clearing tables, filling coffee and juice dispensers, and assisting customers. Because he lives in a Charles River residence down the street from the restaurant, Mike has been able to work some week-end shifts and fill in for co-workers on short notice, in addition to his regular hours. Mike likes his work and says, "It's a good job and I like working with the customers."

Inspired by Joey and Mike's success, Peter Sabino went to work for two different restaurants this past spring. He started by landing a position at Acapulco's in Needham. Because Acapulco's tends to be very busy on Fridays, the manager, Cesar Moreno, needed someone to re-wrap the clean silverware between lunch and dinner. Peter is also able to make up the kid's crayon kits and give the menus a wipe down.

(continued on page 6)

Spotlight on...

Rob Richards, Program Director of TDS

by Anne-Marie Bajwa



On behalf of the Charles River community, I want to welcome Rob Richards, as the Program Director for our Therapeutic Day Services (TDS). With over twenty years experience in this industry, he is adapting well to the TDS environment. Before coming to Charles River, Rob worked at a residential home for children with

behavior challenges and an outpatient and wraparound facility for young men and women with Autism Spectrum Disorder. He served as the school's business administrator for many years and then most recently worked as the Clinical Operations Manager overseeing the program and services offered to the children.

Originally from Washington, D.C., and most recently from Philadelphia, Rob says the greater Boston metro area has been among the nicest places he has lived. With interests in American history and genealogical roots boasting of the Mayflower, Rob had visited the area quite a bit before relocating, and states that one of his parents graduated from Boston University. He asserts that in many ways this area 'feels like home' to him. Rob is the proud father of three adult-age kids: two sons and a daughter—one in college, one in grad school and one beyond; and he is always happy to show you the picture of the three of them on his desk!

Rob brings an enthusiasm and freshness to TDS with the introduction of some exciting new initiatives. He is currently working with our occupational therapist to develop a sensory-stimulating room. This new environment will enhance sensory experiences for our participants in sight, hearing, smell and touch. Clearly, his leadership abilities have enabled him to "hit the ground running."

Although he has worked with hundreds of individuals and healthcare workers throughout his career, Rob says he has never met such a warm and endearing group as our TDS participants, nor worked with people of such boundless compassion as our staff. He reports that he is honored to work in Charles River's Therapeutic Day Services.

Opportunities and Visions Goes High Tech

by Patrick Palmaccio

This past May, Charles River's *Opportunities and Visions* program received a BrightLink 450Wi by Epson. What is a BrightLink you may ask? It's very similar to a SMART Board, but without the high cost. BrightLink is an intelligent projector which connects to a computer and then projects a clean, crisp image onto a standard whiteboard. With the projector and an interactive pen, working as the mouse, a simple whiteboard or even a plain wall becomes a fun, interactive learning area. BrightLink is designed to capture the imagination of all types of learners – from the visual to the auditory to the interactive learner.

The projector allows us to display and interact with the computer's desktop, documents, software, streaming video or live broadcasts. All of our educational groups are benefiting from the use of this new tool. Reading skills, money skills, science, current events, sign language, and internet search skills have become easier to teach and more fun to learn. For example, individuals can watch Google Earth and learn about the moon, or locate their house in near real-time satellite photos. They enjoy using the board to play math baseball, among many other interactive learning tools, which can be downloaded from an educational website. Enthusiastic Mike Perkins says, "It's very neat and I love it."

Not only have we become tech savvy, but more Green. We no longer need to make paper copies for our educational groups. Now everyone can watch, interact and learn from one visual source which can be as wide as 96 inches.



BrightLink's expansion capabilities are also vast. Connections are available for almost every media device a classroom or conference room could need – including two VGA computer inputs, RCA video/audio, S-Video ports, and microphone inputs.

Opportunities and Visions would like to thank Karl Navotny, Harry Manion and Rob Weintraub for their generous donations which made our new interactive learning area possible. We would also like to thank Tom Barner for telling us about the BrightLink 450Wi which debuted in early May.

Broadmeadow Students Making a Difference at CRC

This past spring, the Student Service Club (SSC) of the Broadmeadow School, under the direction of parent coordinators, Lise Elcock, Tracy McKay and Jennifer



Howard, chose The Charles River Center for one of its community service projects. In each of the three, five-week after-school sessions, 3rd, 4th and 5th graders evaluated groups of people that they wanted to help and researched appropriate organizations and nonprofits in their community.

They then chose an organization, decided on how they could make an impact and focused on a project that would benefit that organization.

Students met with a representative from Charles River, learned about the programs it offers for children and adults with disabilities and decided to hold a fund raiser to enhance the children's recreational programs. They created fliers and posters and sold Broadmeadow sports bottles at school and to friends and family members.

On April 15, students visited Charles River's after-school program to meet the children and presented them with a check for \$300 to purchase a Wii for their program. Everyone was excited to receive this gift as well as all the donated games, puzzles, and books that could be used at Charles River.

Charles River was grateful for the gift and appreciated that the children of Broadmeadow School were willing to take the time to reach out to children in need. Many lifelong lessons were learned that day, and all outside school walls.

Local Restaurants *(continued from page 5)*

With this experience under his belt, Peter landed a second job at Plates in Newton's Wells Avenue office park. Owner/manager Deborah Wollheim needed someone two days a week to restock beverage coolers, bus tables, and do some general clean-up. Once she learned Peter's capabilities and willing attitude she has also had him assist her with some catering orders. Peter reports, "They are good jobs. I like cleaning. Plates is a nice place to work and they have good muffins."

Joey, Mike and Peter all look forward to their work and their paychecks. More importantly, they enjoy being actively involved in the community and are proud to hold regular jobs where they are using their skills and learning new ones.

Needham Exchange Club Works and Plays Hard for CRC

by Joan Johnson

For the second consecutive year, the Needham Exchange Club graciously sponsored their annual Charity Golf Tournament to benefit The Charles River Center. The extreme heat and humidity of an early summer day did not dampen the spirits or resolve of the 128 golfers intent on a day of play for a worthy cause. Held at the championship golf course, Blue Hill Country Club, on June 28th, the event raised more than \$20,000!

Through the hard work and dedication of its members, the Needham Exchange Club sponsors events



Event Sponsor
Roche Bros./Sudbury Farms

Birdie Sponsors
Crowe & Dunn, LLP
Dedham Savings Bank
Needham Bank
Pierpont Wines
Russell, McTernan, McTernan & Fruci, LLP

Banquet Sponsor
Diversified Enterprises

Player Gift Sponsor
Louise Condon Realty



and raises funds for various nonprofits, significantly impacting and enriching community life.

This year's golf tournament is the 23rd anniversary of an event that is eagerly anticipated each year by its participants and highly valued by its beneficiaries.

A day packed with golf and socializing, lunch and dinner, silent and live auctions, and raffle ticket sales yielded proceeds that will help keep Charles River's programs strong while enabling them to expand their reach to more families in need of services.

Thank you Needham Exchange Club for your steadfast support of our mission to enhance the lives of adults and children with developmental disabilities. And thanks to all sponsors, contributors, players and volunteers who generously supported this wonderful event.

CRC to Expand Family Support Service *(continued from page 1)*

In addition, Charles River was awarded the Autism Support Center (ASC) contract for the communities in Metrowest. There are seven Autism Support Centers across the state. Our ASC will provide information and referrals for families, support groups, parent seminars, family clinics and family networking events. Charles River may also have the opportunity to provide support broker services to families who are eligible for the Autism Waiver. This is case management support to assist families in fully accessing the autism waiver services.

In order to better serve its new families, Charles River will open an additional office in Natick in early 2011. This new location will house our ASC, our Middlesex West FSC and possibly a vocational program.

Charles River will continue to develop and run its fee-based programs for children and adults, including an after-school program for children ages 7 – 22; a Saturday Kids' Break, offered three times a month; school vacation programs for school-age children; and an after-work program for adults who live with parents or other caregivers who need to work, or for adults who want more opportunities to socialize and participate in activities with peers. Yoga, art, cooking, music and movement are just a few of the activities provided.

Recognizing the enormous strain placed on a family caring for a child or adult with a disability, Charles River is committed to providing increased opportunities for respite support. With that goal in mind, a series of Parent Afternoon or Evening Out sessions have been success-

fully provided in both Framingham and Needham.

Charles River will also continue to provide case management support to families who have the DESE/DDS grants to support them in integrating their child's educational goals at home along with increased respite supports.

Responsive to family needs and understanding that families are the experts regarding their strengths and capacities, The Charles River Center is pleased to provide an expanded network of services and programs.

If you are interested in learning more about our recreational programs for children and adults, please feel free to contact me at 781-972-1048 or visit our website at www.charlesrivercenter.org

THE CHARLES RIVER CENTER

BOARD OF DIRECTORS 2010-2011

William Kelly, *Chairman*
Jill Fadule, *Vice Chairman*
Gilbert Cox, Jr., *Treasurer*
John Timmerman, *Secretary*

Peter Brown	Clare Dunsford	Leslie Lockhart
Corine Burke	Robin Fabiano	Philip V. Robey
William Crowe	Russell Garlick	Colleen Schaller
William Day	Nicole Gowe	Alice Taylor
Peter Dedon	Thomas Jordan	

John J. Grugan, *President*
John Learnard, George Smith, *Honorary Directors*

CONTRIBUTORS

Anne-Marie Bajwa, *Chief Operating Officer*
Charles Doherty, *Career Placement Specialist*
John Grugan, *President*
Joan Johnson, *Development Associate*
Ellen Kilicarslan, *Vice President, Family Support*
Maria McTernan, *Director of Development*
Patrick Palmaccio, *Director of Opportunities & Visions*

ACKNOWLEDGEMENTS

Joan Johnson, *The Lamp Editor*
Howe Associates, *Graphic Design*

New Board Members *(continued from page 2)*

have the opportunity to influence Charles River's future with her professional insights and experience in the field. In fact, she will be working alongside some parents with whom she has already established a strong working relationship.

"Partnerships between organizations are becoming increasingly important as financial resources are dwindling," Robin observes. "We must pair up to support ongoing services for individuals as they reach their adults years. If we fail to do this, the benefits and skills individuals have gained during their early education will deteriorate."

Will your company support a
United Way Giving Campaign this fall?



Please consider a gift to *The Charles River Center*

Our UW code number is 358488

Thank you!



The Charles River Center
59 East Militia Heights Road
Needham, MA 02492
Phone: 781-972-1000
Fax: 781-444-5146
TTY: 781-972-0104
Website: www.charlesrivercenter.org

*Please contact us if you would like
your name removed from our mailing list,
or if there have been any changes.*

Non-Profit Org.
U.S. Postage
PAID
Boston, MA
Permit No. 234