



*Opportunity in
North Central Massachusetts*

564 Main Street
Fitchburg, MA 01420

Achieve with us.

RECREATION AND FAMILY SUPPORT NEWSLETTER

January 2016 and February 2016

MEET THE NEW REC STAFF

Senior Division Director of Family and Clinical Supports

Kristen has been working in the Human Service field for over ten years. She is new to The Arc of Opportunity in the position of Clinical Director. Her human service experiences has ranged in diversity of the populations served as well as the actual setting including residential, substance abuse treatment facilities, community mental health, home based, correctional, and vocational. She has a Bachelor's Degree in Psychology from Assumption College in Worcester, MA as well as a Master's Degree in Forensic Psychology from The Chicago School of Professional Psychology. She is an advocate for promoting overall wellness.

Kristen Lamoureux
(978)343-6662 ext. 1036
k.lamoureux@arcofopportunity.org

Program Director of Family Support and Recreation

Madeline has been working in the Human Service field for over two years. She joins The Arc after spending 2 and a half years working as a supervisor for Residential youth homes. She has a Bachelor's Degree in Clinical Exercise and Sport Science with a Minor in Psychology from Fitchburg State University. She also currently serves in the United States Army as an Officer Candidate with the Vermont National Guard. She is very eager to join the Rec Team and looks forward to getting more individuals, families, and support staff involved in making rec events fun and memorable for all those involved.

Madeline Merchant
(978)343-6662 ext. 1011
m.merchant@arcofopportunity.org

Program Assistant – Recreation Services

Corine Baker came to The Arc two years ago to work with our individuals as a Horticultural Therapist. During that time she has taken her groups on a weekly exploration of the parks and gardens that surround Fitchburg. Her interest in Nature comes from years of teaching Earth Science and Biology in Massachusetts and Charlotte North Carolina and completing a program for Environmental Education through the North Carolina Parks Department. Prior to teaching Corine received a degree in Landscape Architecture from Michigan State University, and after graduation worked with private firms in the Boston Area to restore children's playgrounds. She also created a specialized garden for Children with Special Needs in New York City as well as several community gardens and playgrounds in the New York City area. Her interest in getting individuals outside has been a primary goal and she will continue to bring her knowledge of education, community building and nature to our ongoing Recreational Activities.

Corine Baker
(978)343-6662 ext. 1072
c.baker@arcofopportunity.org

The Arc of Opportunity's

Big Trip is coming

This summer let's explore somewhere
different

Nashville, Tennessee

Chicago, Illinois

Or

Sunny Orlando, Florida

Have any other ideas?

Call: Madeline Merchant

Program Director of Family Support & Recreation

(978)343-6662 Ext 1011



Family Support Calendar

January & February



Greetings one and all,

Self-Advocacy Support group WILL meet on January 13th and February 10th.

They will continue on the 2nd Wednesday of each month thereafter. This is a support group for people 16 and older who receive supports and are interested in understanding their Rights and Responsibilities. This group meets from 5-6:30PM. Park in rear and **use the Reception entrance – on far left when facing The Arc from the back parking lot (closest to Espresso Pizza).**

The group typically orders take-out for dinner (optional).

The Arc would like to introduce its newest Family Support group:

Caregivers for youth/young adults

This group will meet January 14th and February 11th at the Riverside Apartments in Leominster MA. This group is for caregivers of individuals with disabilities under the age of 22.

Non-Disability specific group: WILL next meet Thursday, January 7th and February 4th. They will continue on the first Thursday of the month thereafter. Typically this group meets at the Lawrence Library in Pepperell from 10AM-12PM. For information contact Nancy Hanley @ 978-582-6203.

Caregivers for people OVER 22: WILL meet Thursday January 7th and February 4th from 10 to 11:30 AM. They will continue on the first Thursday of the month thereafter. Typically this is a support group for family members & caregivers of an adult with an intellectual or developmental disability. This group has lots of history and experience. Adult siblings are also encouraged to attend and share stories, triumphs, and roadblocks. This group is family driven; at times we have guest speakers come in and assist with concerns.

Monthly Dances is January 8th and February 12th, 569 Main St., 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 pick-up rides arrive by 9:45PM.** We would remind people that no one under the age of 16 **attend or “visit” the dance (including family members).** 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. Those who are ‘independent’ and unaccompanied should carry identification with emergency contact information. Thank you.






PLEASE note that you can access each bi-monthly Newsletter on-line at www.arcofopportunity.org through the Recreation section. This way you get the FULL COLOR, ‘original’ version as soon as it’s posted on the web site. If you need assistance navigating the web site, give Madeline or Corine a call. If you click on ‘Services’, then ‘Recreation’, then ‘Newsletter’ you can see all the details herein. For an overview, click on ‘Events Calendar’ to the left.

January, 2016

The Arc of Opportunity-
Family Support & Recreation
Madeline Merchant
978-343-6662 ext 1011

WEEKEND REMINDERS: PLEASE CALL BY 3PM FRIDAYS TO MAKE YOUR RESERVATION- FIRST COME, FIRST SERVED - limit is 18 participants per activity
Dues \$10.00 per day/ \$12.00 for not-yet-members. Please pay on the day you are attending. **ACTIVITY FEE IS IN ADDITION TO THE DAILY DUES.** Meals are included in activity fees.
HOURS - SATURDAYS: 1:00PM - 7:00PM unless otherwise noted
LOCATION: The Arc of Opportunity, 564 Main St., Fitchburg. Enter through reception area in rear.

Recreation Calendar

Sun	Mon	Tue	Wed	Thursday	Fri	Saturday
					1  Don't Forget to schedule Dial-A-Ride For your bowler for January	2 NO REC CLUB ACTIVITY
3	4	5	6	7 Bowling @ Masons 3:15-4:30p \$5:50 or \$6 for not-yet-members <hr/> Non Disability-Specific Support Group Pepperell 10AM-12PM <hr/> Caregivers for People over 22 10-11:30AM @The Arc, Fitchburg	8 New Year Dance 7-9:45pm @ Christ Church	9 Weekend Recreation Dues \$10 Norton Luge Challenge @ Wachusett Mountain With help from USA Luge Olympians , international medalists, & coaches come experience and watch the Fastest Sport on ICE (If there is no snow this could change) Activity Fee: \$15
10	11	12	13	14 Bowling @ Masons  <hr/> Caregivers for youth/young adults with ASD 11-12:30pm Riverside Apartments, Leominster	15	16 Weekend Recreation Dues \$10 HOCKEY GAME Join us cheer on the Fitchburg State Men's Ice Hockey Team as they take on Worcester State in the Sterling Cup  Activity Fee: \$10
17	18 MLK Day	19	20	21 Bowling @ Masons 	22	23 Weekend Recreation Dues \$10 In house Weekend Rec Game Day and Pizza Making Activity Fee: \$15
24	25	26	27	28 Bowling @ Masons 	29	30 Weekend Recreation Dues \$10 In House Dinner & a Movie (crafts, & other activities) Activity Fee: \$15
31						

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

February, 2016

The Arc of Opportunity-
Family Support & Recreation
Madeline Merchant
978-343-6662 ext 1011







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	1	2	3	4 Bowling @ Masons 3:15-4:30p \$5:50 or \$6 for not-yet-members <hr/> Non Disability-Specific Support Group Pepperell <u>10AM-12PM</u> <hr/> Caregivers for People over 22 <u>10-11:30AM</u> @The Arc, Fitchburg	5  Don't Forget to schedule Dial-A-Ride For your bowler for January	6 Weekend Recreation Dues \$10 Chinese NEW YEAR Celebration Activity Fee: \$15
7	8	9	10 Self Advocacy Group 5-6:30p @ <i>The Arc, Fitchburg</i>	11 Bowling @ Masons  <hr/> Caregivers for youth/young adults with ASD <u>11-12:30pm</u> Riverside Apartments, Leominster	12 Sweetheart Dance 7-9:45pm @ Christ Church	13 Weekend Recreation Dues \$10 Basketball  & Sweetheart Candy Making with Italian Valentine's Supper!  Activity Fee: \$15
14 <i>Valentine's Day</i>	15	16	17	18 Bowling @ Masons 	19	20 Weekend Recreation Dues \$10 Dinner & Movie Activity Fee: \$25
21	22	23	24	25 Bowling @ Masons 	26	27 Weekend Recreation Dues \$10 <u>In house Weekend Rec</u> Paint a Winter Scene Everyone will have a canvas and winter colors and together we will paint Winter Scene. Activity Fee: \$15
28	29					

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



The Arc Recreation Scholarship Guidelines

Thanks to the generosity of the Monty Broc Rotary Club and the Scapparone and Ficarra families, The Arc of Opportunity is able to grant a limited number of scholarships for participation in many of the recreation programs we offer.

All applicants must submit the **scholarship form** including **statement of need** and **details of request** along with **proof of Arc membership**.

Individuals/families who hold current Arc membership may apply for a scholarship for **up to fifty percent** of the cost of desired activity or activities up to a **total maximum of \$500** per year.

Scholarships may be applied for up to 60 days in advance of an event and will be granted **based on availability of funds** for applicants meeting criteria; *(exception - may apply 180 days in advance for the annual multi-day vacation trip). Applicants may apply for more than one activity in any year up to the maximum of \$500, based on the availability of funding; however, in an effort to help as many people as possible, priority will be given each year to new applicants. Individual/families applying for renewal scholarship will be considered in semi-annual increments during June and December of each year. This plan allows people to mix and match requests based on their needs but must remain under the \$500 annual scholarship cap.

Scholarship opportunities include:

Weekend Recreation Club - 1x month (value \$150), 2x month (\$250), 3x month (350) or 4xmonth (\$500) annually; pro-rated for partial year. Scholarship is for dues only; participant still pays activity fee. Individuals applying for a renewal scholarship could only do so for six months at a time, in June and December. Priority will be given to new applicants.

Bowling - may request up to fifty percent of season cost (season cost \$150; value of scholarship would be approximately \$75; prorated for partial season). Approved scholarship recipient will pay half price at each session.

Family Fun Days - (2 free admissions per family - value varies based on number of family members participating and activity - approx value \$50). Scholarship is for registration; participant pays any extra out of pocket costs.

Holiday Dinner Dance - (up to 4 half price tickets per individual/family. May be substituted for up to 2 free tickets on a case by case basis).

Special Olympics - (up to one free sport or two half price sports per year - approx value - \$60).

Weekend trips - (up to fifty percent of the trip cost - approx. value \$150).

Vacation trips - (up to fifty percent of trip cost or \$500 whichever is lower).

Dances - will be considered on a case by case basis.

Contact Madeline Merchant at (978) 343-6662 Ext.1011 or m.merchant@arcofopportunity.org for application.



The Arc of Opportunity's Basketball Registration Fall 2015



It is that time again for one of our most popular sports we offer - Basketball! Below is what you need in order to participate! Looking forward to another season with all of our great basketball athletes!

1. A current Special Olympics Medical Application (SOMA) submitted to The Arc office

- ✓ SOMAs can be found on: <http://www.specialolympicsma.org/resources/forms-and-downloads/> or call the Recreation Department to obtain one. Form should be completed by the athlete's primary care doctor and do not forget to have signed. A medical form is good for 3 years from the date signed.

2. Registration form below needs to be completed along with payment/payment plan or an approved scholarship. ALL REGISTRATIONS SHOULD BE IN NO LATER THAN MID-DECEMBER!

- ✓ ****Important**** Each athlete who participates in the state game is charged for expenses like lodging, food, etc. When athletes are not charged by SOMA, The Arc absorbs these fees. ***With that said scholarships are available to those who are eligible members of The Arc (membership cost is \$20/yr per person.)*** We are also willing to work out a payment plan to those who request it as long as it is set up in advance. Fundraising through Special Olympics is possible too by contacting Special Olympics MA for more detail. No one will be turned away for inability to pay, but arrangements need to be set up. **With this being said, all athletes MUST register with The Arc, pay their fees or set up a scholarship/payment plan in order to participate in any sport. Thank you ☺**

****Note:** Slots available for teams are based on a first come first served basis. With this being said, we unfortunately cannot guarantee anyone a spot to compete in state games. Also, please remember when signing up for a sport that you need to be fully committed to being a good team member. This means you should attend all practices with the exception of illness/vacations/emergencies, show respect to all teammates & coaches and making sure your schedule fits with scheduled competitions.

Inquire with your coach about practice times and any other details, as it varies from team to team!!

***Any questions or inquiries in regards to Basketball should feel free to call 978-343-6662 Thank you and good luck to all athletes!!!**

Send all registration forms/money to: Attn: Recreation Department 564 Main St. Fitchburg, MA 01420

----- (Please Return This Portion) -----

Traditional or Unified Basketball Registration 2015-2016

Name: _____ **DOB:** ___/___/_____

Address: _____ **City/State:** _____

Email: _____ **Unified or Traditional:** U or T

Traditional Team Level? (if applicable): _____ Junior _____ Senior _____ Masters
(Circle One Below) (Ages 8 - 15) (Ages 16-21) (Ages 22+)

Level: Beginner Intermediate Advanced **Past Team played on before?** _____

Emergency Contact Name/Relationship: _____

Emergency Contact Number: _____

T-Shirt: (if needed): Youth XS-XXL (or list size desired) _____ Adult XS-3X (or list size desired) _____

Basketball Fees: (Circle) **Member:** \$60.00 **Non-Member:** \$65.00 **Uniform T-Shirt:** \$15.00

Total Fees Enclosed: _____