

# Riverside Community Care

THE HELP YOU NEED CLOSE TO HOME

## Central Middlesex Family Support Center Newsletter

January, 2012

### Center Groups and Activities

#### Act, Don't Yak: How to cut the yelling in half at home: February 9<sup>th</sup>, Thursday from 7:00-8:30 pm

\*\*\*sign up now, space is limited\*\*\*

With four children born in seven years, Susan Tordella was not the best parent until she learned about positive parenting skills. Join us in a free interactive workshop on where you are invited to laugh at stories about her journey from yelling, nagging and punishing to using family meetings, encouragement and mutual respect. These easy-to-learn strategies will turn down the yelling and turn up the harmony at your home. You will feel calmer, more in control, and less guilty with Act, Don't Yak (thanks to Dr. Sam Goldstein). We will also raffle off Susan's book!

**Susan Tordella** is the author of "Raising Able: How chores empower families." She has led parenting workshops for more than a decade, where she says, "I teach what I most need to learn, and make it fun." Susan raised four children with positive parenting. "They call home often, but not for money," Susan says. Listen to her on Monday mornings at 10:15 am as the Parenting Expert on WCAP 980 Lowell, and occasionally on WBZ radio 1030 during the *Parenting Minute* with Doug Cope. Subscribe to her blog at [www.raisingable.com](http://www.raisingable.com).

#### Parent Support Group

This is a wonderful group for parents of adults and children with disabilities. It is a time to connect and share resources on real life situations. The group will meet Thursday nights at our Woburn location from 7:00 – 8:30pm. Please call or email Jackie Forte to let us know you're coming (Contact information below).

Here is a list of the times and topics:

- |                                |   |
|--------------------------------|---|
| <b>February 9<sup>th</sup></b> | Act don't Yak   |
| <b>March 29<sup>th</sup></b>   | Financial planning workshop with Cynthia R. Haddad, CFP(R)<br>Director of Special Needs Planning from Shepherd Financial Partners |
| <b>April 27<sup>th</sup></b>   | 10 am- Topic to be determined   |

#### Sib Club

This is a great club for siblings 8 years old to 16 years old. The group runs on the 3rd Friday of each month the next club meets 1/20/12 from 7 to 9 pm at our Woburn location. The fee is \$5.00 per session. Preregistration is required. Email or call Kristen D'Andrea for the registration form or for more details. (Contact information below)

#### Adult Social Club

This club is for adults with disabilities 18 years old and older. The group will run on the 3rd Thursday of each month from 6:30 to 8:30 pm at our Woburn location. The fee is \$5.00 per session. Preregistration is required. Email or call Paula Devits for the registration form or for more details. (Contact information below)

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## Adaptive Ice Sleds Available for Public Skating

Many state-run ice rinks in Massachusetts have accessible ice skating sleds for people with disabilities to use on their own during public skating. Each sled has a set of hockey sticks with which you can propel yourself and there is at least one stroller bar at each rink to allow for being pushed too. Some sleds have more support - a higher back and chest strap for those who need additional stabilization. Call in advance to ensure availability and find out anything else you need to know before you go:

- **Auburn - Horgan Rink: 508-832-7201**
- **Cambridge - Simoni Rink: 617-354-9523**
- **Boston: Hyde Park - Bajko Rink: 617-364-9188**
- **Boston: North End - Steriti Rink: 617-523-9327**
- **Boston: West Roxbury - Roche Rink: 617-323-9512**
- **Brockton - Asiaf Rink: 508-583-6804**
- **Franklin - Pirelli/Vets Rink: 508-541-7024**
- **Greenfield - Collins/Moylan Rink: 413-772-6891**
- **Holyoke - Fitzpatrick Rink: 413-532-2929**
- **Jamaica Plain - Kelly Rink: 617-727-7000**
- **Medford - Flynn Rink: 781-395-8492**
- **Newburyport - Graf Rink: 978-462-8112**
- **North Adams - Vietnam Vets Rink: 413-664-8185**
- **Plymouth - Armstrong Rink: 508-746-8825**
- **Revere - Cronin Rink: 781-284-9491**
- **Springfield - Smead Rink: 413-781-2599**
- **Taunton - Alexio Rink: 508-824-4987**



## Summer Camp and Activities Fairs:

Summer is coming right around the corner, believe it or not! Now is the time to look into signing up your child for camps and other great activities. There are many resources on the web for adaptive camps and programs to suit your child's needs. To get you started here is a list of three local fairs that will have many additional resources to help you to find the right fit.

### Westford Summer Camp & Activities Fair.

**January 14th, 2012**, 11:30 - 2:00PM, Crisafulli Middle School, Westford, MA. Call 978 -929-9997 or email [info@summercampfairmass.com](mailto:info@summercampfairmass.com)

### Lexington Summer Camp & Activities Fair.

**January 21st, 2012**, Lexington High School Cafeteria, Lexington, MA. Call 978-929-9997 or email [info@summercampfairmass.com](mailto:info@summercampfairmass.com)

### Masco Summer Camp Fair.

**January 21st, 2012**, Masconomet Regional High School, Topsfield, 1 p.m. - 4 p.m., [www.MascoMusicParents.org](http://www.MascoMusicParents.org), email [mascocampfair@yahoo.com](mailto:mascocampfair@yahoo.com) or call 978-886-0198.

## What's News?

### Annual ADDP Business Meeting @ 10 a.m. Legislative Box Lunch @11:30 a.m. State House, at The Hall of Flags

ADDP would like to invite all to attend **The ADDP Annual Meeting, on Tuesday, January 17, 2012**, at the Massachusetts State House, in the Hall of Flags.

#### **You can help by sending an email to your Representative and Senator inviting them to the ADDP Box Lunch?**

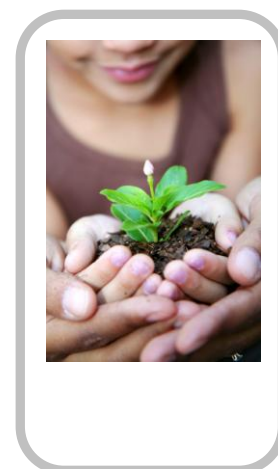
During the ADDP Business Meeting, They will discuss the ADDP FY 13 Legislative Budget Request, the State's Dual Eligible Plan and our efforts to improve Direct Support Salaries. At the conclusion of the ADDP Business Meeting, at 11:30 a.m., ADDP will host a box lunch for members of the Massachusetts House and Senate with ADDP Members.

Please join them and help urge your Senator and Representative to attend this important meeting. ADDP has had a great turnout in the past and they hope you will join them and be present to host your individual legislator.

#### **To send a personal note from you to your legislator letting them know that you will be in attendance, use this link:**

<http://capwiz.com/addp/issues/alert/?alertid=59247501&PROCESS=Take+Action>

Tell our Senators to restore the millions they plan to cut from the disability budget. ADDP is asking them to adopt the priority amendments that will restore critical funds to: Family Support and Respite, Day Habilitation, Community Residential, Family Preservation Support, Employment Services, Adult Foster Care Rate Stabilization. Your voice DOES count



## Human Rights

Jackie Forte is the Human Rights Advocate for our Family Support Programs, which includes the families and consumers served by the Central Middlesex Family Support Center. You can speak to her regarding basic human rights, voting rights and information, informed consent and where to report abuse and neglect of individuals of all ages. There is a bulletin board with all this information located at our Family Support Center in Woburn.

## Contact Us

Each Issue will have useful websites, free or inexpensive resources, legislative news, and any information that may be helpful to a family raising a disabled adult/child. Our goal is to increase awareness and reach out to families by supplying them with useful information.

### **We welcome your stories and ideas!**

If you would like to contribute feedback, please email, fax or mail your thoughts to:

Jackie Forte

**Phone #/email:** Jackie Forte, 781-686-4527 (Center number)  
[jforte@riversidecc.org](mailto:jforte@riversidecc.org)

Kristen D'Andrea, 781-933-1348  
[kdandrea@riversidecc.org](mailto:kdandrea@riversidecc.org)

Paula Devits, 781-933-1349  
[pdevits@riversidecc.org](mailto:pdevits@riversidecc.org)

**Fax #:** 781-569-0037 or 781-933-0131

### **Family Support Center Address:**

100 Sylvan Road, Suite G-800,  
Woburn, MA 01801

[www.riversidefamilysupport.org](http://www.riversidefamilysupport.org)

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