



Spring 2010

## *A Difficult Year*

Arc offices are closed the following dates:

<i>Friday, April</i>	2
<i>Monday, April</i>	19
<i>Monday, May</i>	31
<i>Monday, July</i>	5
<i>Monday, September</i>	6

All people with disabilities continue to be threatened with a potential loss of services brought about by Massachusetts' budgetary woes. We urge everyone to stay involved in the process by letting decision makers know the real impact of these budget cuts helping to identify real names and faces with the pain these cuts create for individuals and their families. Visit our website at [www.arcofcapecod.org](http://www.arcofcapecod.org) and the Arc of Massachusetts at [www.arcmass.org](http://www.arcmass.org) to stay abreast of breaking news and use the Arc action center to let people know how you feel.

Chairman Charles Murphy 2011 House Ways and Means Committee's blueprint is a reflection of the tough economy we find ourselves

in. Chairman Murphy noted in his report message: "Our Commonwealth and our nation continue in their fiscal malaise with no clear end in sight...We are obligated to balance what is already a strained budget by further reducing state spending, which will inevitably result in less governmental assistance in some critical areas".

And so it is.

The Ways and Means blueprint is a tough one given the strained capacity of the DDS disability safety net:

- Residential supports remain consolidated as a line item and are \$11 Million short of the Governor's House 2 budget with errata funds -this translates into lost services to 135 individuals, 35 homes



*Program member George Toomey meeting with Representative Turner at the State House.*

- Day/Employment services continue to be short although improved relative to House 2 (\$3.6 Million short of maintenance funding, \$6.6 Million if Chapter 257 is to be fulfilled) - 225 people will be affected
- Turning 22 continues to have no full-year budget language (annualization) - 200 adults will be affected

Special points of interest:

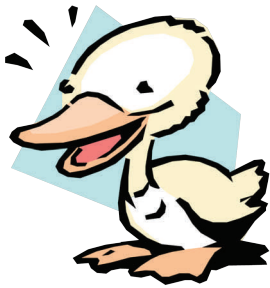
- New fundraising campaign starting this season!
- Recognition Breakfast a success!
- Lots of exciting workshops coming from our LIGHT Program.

## *A Special Surprise at the Recognition Breakfast*

The Cape Cod and Islands DDS Citizens Advisory Board hosted its Annual Recognition Breakfast on March 26<sup>th</sup> at Our Lady of Victory. More than 150 guests including local legislators, DDS staff, human service provider agency staff and program and family

members enjoyed a great breakfast. Thirty six individuals and staff members from thirteen provider agencies were honored for their achievements. The Joseph Sattler Jr. Recognition Award was awarded to our very own Executive Director, Rob

Spongberg. Rob has been a dedicated advocate in the developmentally disabled community for more than 20 years and we are proud to have him as our leader here at the Arc.



*Keep your eyes open for  
Duck Sponsor sites!*

## *Don't Duck Disability Services!*

Going forward in these tough economic times has been daunting for many but the Arc of Cape Cod is excited to launch it's new campaign. Starting April 20, 2010 with a Kick off Duck Sales party at the Steak House and Sports Bar on North St. in Hyannis., the Arc will be selling duck adoptions all summer long at local restaurants. Some of the restaurants involved include; Steak House, BBC branches, The Raw Bar in Falmouth as

well as Chapoquoit Gill in Falmouth. You will be able to sponsor a duck for the bargain price of \$5.

Ducks will be on sale all summer long! We will stop sales just after Labor Day and on September 18, 2010 we will hold a rubber duck race on the Swan River in Dennis, MA. The winning duck's owner will receive 2 field box tickets to Red Sox vs. Yankees at Fenway Park on 10/2/10 at 1:00pm. If

you are unable to attend the race don't worry we'll notify you if you won!

After the race we will have our Annual Meeting at the Swan River Restaurant over looking the race course. This event is open to the public and tickets will go on sale later this summer. We look forward to seeing you and any or all of these exciting events that are coming up!

## *Difficult Year Continued...*

- Administration and Operations received a \$5 million additional reduction - 25% workforce impact

MRC employment lost additional funds and now needs \$1.7 million to maintain services - 300 people will be affected

The good news with House Ways and Means:

- Family Support is restored and there is a slight increase in Autism division - saves 1000 families from cuts
- DESE- DDS funds are partially restored -we need language in line item 7061-0012 to ensure this \$4,000,000 restoration - significant to hundreds of families
- Partial restoration of day/employment funds - 180 individuals will not lose services

At The Arc we look at the Ways and Means report from the perspective of those who may lose services if these re-

ductions stick or if maintenance spending is not reached for certain line items. As Chairman Murphy states further in his letter, "...it is imperative that we move forward with a sense of optimism, as forced as it may be, for we have no choice but to weather this fiscal storm in which we find ourselves."

We need to be optimistic that we can obtain funding via amendments through the leadership of our sponsors. We thank Representative Murphy, Vice Chair L'Italien and the entire committee for their sensitivity to our concerns and their diligence. We realize we are in the midst of a deep recession. We now need to take our case to the entire house and senate. We look forward to the leadership of our amendment sponsors Representatives Sannicandro, Scibak, Peisch, Linsky, Dwyer, McMurtry and Clark.

Revenue projected by Ways and Means: consensus revenue projection of \$19.05 billion, \$1.6 billion in federal stimulus money provided to the state, and \$1.4 billion in cuts from expected maintenance funding to various line items, agencies, and programs.

"Overall the House Ways and Means Committee Budget stands at \$27.8 billion, increasing overall state spending by 3.2 percent while cutting local aid to cities and towns by \$234 million."

The Arc and ADDP are working closely with stakeholders to amend the budget so we can prevent further service and system losses. We will be advising you to call your legislators to sign on to co-sponsor a number of amendments.

Watch the Arc websites for further details and action alerts!

"...it is imperative that we move forward with a sense of optimism, as forced as it may be, for we have no choice but to weather this fiscal storm in which we find ourselves."

## LIGHT Presents: "Caring for the Care giver"



Time for YOU With Opening Inspiration from

Author Anne LeClaire ( [www.anneleclaire.com](http://www.anneleclaire.com) )

Friday, May 14, 2010

9:00 AM - 4:00 PM

Blue Water Beach Resort, Yarmouth, MA

Tickets \$75.00

Call now to purchase your ticket. Only 60 seats are available! Tickets will not be sold at the door. (508) 243-3111-Heidi

All proceeds benefit the LIGHT program.

Your day includes large group morning workshop, book signing with Anne, buffet lunch, small group afternoon workshops focused on relaxation and stress reduction, and time for you to rejuvenate or reflect in the indoor pool and hot tub or while walking the beach.

Bring your bathing suit and towel!

To download caring for the caregiver registration form go

to [www.lightprogram.org](http://www.lightprogram.org) and e-mail the completed form to [lightprogram@comcast.net](mailto:lightprogram@comcast.net)

### Light Services and Programs

#### "Healing the Separation"

A 6 week workshop for people with developmental disabilities who have experienced the death of a family member, friend, staff or other loved one. The group uses a program outline, with each meeting dedicated to a topic. The outline is shared with the individual's team so that there can be continuity of service.

Each meeting entails a combination of discussion, and techniques such as art, breath work, yoga/relaxation, meditation, and music. Please call for dates of future groups.

**Family support Group-** an ongoing bi-monthly support group for family members who have experienced the death of a loved one with developmental disabilities. Call or email for meeting place and time.

**Program Visits-** By request, a team of LIGHT volunteers will visit any residential or day program in which there has been a death of a staff person or program member. Volunteers use a variety of techniques, from music and relaxation to art and verbal expression to encourage communication and processing of grief. Please call to arrange a visit.

**Memorial Services-** Upon request, LIGHT volunteers will plan and hold a memorial service for a staff or program member who has died. Volunteers can work in conjunction with agency staff and members, or independently, depending on the need. LIGHT volunteers are respectful of each person's individual preferences, culture, and spiritual beliefs, and plan services ac-

cordingly. Services can be held at a program, or at a function hall, outdoor location, or church/synagogue of a person's choice. Services are developed to create an atmosphere in which all people can express their grief, their thoughts, and their concerns in whatever way is attainable to them. People are encouraged to express themselves in writing, verbally, vocally, through song, and through art, drama and dance.

**Staff Training/consultations** -Upon request, LIGHT volunteers are available to provide trainings on death and dying/grief and loss specific to people with developmental disabilities.

**"People are encouraged to express themselves in writing, verbally, vocally, through song, and through art, drama and dance."**

## The Arc of Cape Cod

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We're on the Web!

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

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*The Arc of Cape Cod is dedicated to securing opportunities for Cape Cod residents with developmental disabilities to achieve their fullest potential as active members of their communities through advocacy, education, individual supports, and recreational services.*

*The Arc of Cape Cod assists other agencies and programs serving the developmentally disabled and is constantly endeavoring to provide new services for the unserved and under served in the community.*

*The Arc of Cape Cod is an accredited member of Arc Massachusetts and The Arc.*

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*Don't Forget About Shop to Earn!*

**Shop to Earn**  
Live Green • Save Green • Earn Green

*[www.shoptoearn.net/arcofcapecod](http://www.shoptoearn.net/arcofcapecod)*

*Shop to Earn is The Arc of Cape Cod's own online mall. You can shop from over 1400 of the biggest names in retail. The best part about using shop to earn is that with every online purchase you make, a portion is donated to the Arc! Wow! You can give back with out giving out of pocket! Also by using this site you are eligible for many online discounts you would not receive if you went to the online store directly. The possibilities are endless! Your shopping online anyway, so now you can shop online smarter by going to Shop to Earn!*