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Join us for our Annual Meeting and Dinner

Please join us on Thursday, April 14, 2016 for The Arc of Massachusetts Annual Meeting and Dinner. Secretary of Health & Human Services Marylou Sudders will be our guest speaker. The evening
includes a reception, dinner, awards presentation, and a business meeting.

<table>
<thead>
<tr>
<th>Location</th>
<th>Verve/Crowne Plaza in Natick (map)</th>
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<tbody>
<tr>
<td>Date</td>
<td>Thursday, April 14, 2016</td>
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<tr>
<td>Time</td>
<td>5:30 Reception - 6:30 Dinner</td>
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<tr>
<td>Cost</td>
<td>$50 per person</td>
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You can reserve space online at [www.arcmass.org/annualmeeting2016](http://www.arcmass.org/annualmeeting2016) or by contacting Amelia Cordischi at [cordischi@arcmass.org](mailto:cordischi@arcmass.org) or 781-891-6270 x6104.

We hope to see you on April 14th.

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**Don't Miss Autism Awareness and Acceptance Day**

The annual Autism Awareness and Acceptance Day event at the State House will take place on Thursday, April 7, from 9:30 to 11:30 a.m. in the Great Hall. This year's theme is "Health and Well-Being Across the Lifespan," which will highlight some of the healthcare initiatives available to those on the spectrum. EOHHS Secretary Marylou Sudders will keynote the program, which will also include Dr. Ann Neumeyer (Lurie Center for Autism); Dr. Roula Choueiri (UMass Medical Center), and self-advocate Reggie Williams. Christa Delcamp (Channel 7/WHDH News) will serve as Emcee. Advocates for Autism of Massachusetts (AFAM) will present the "Distinguished Legislator of the Year" award to Senator Jason Lewis.

Advance reservations are not required. Registration begins at 9:30 a.m. Light refreshments will be served. For further information, contact Judy Zacek, AFAM Administrator (781-891-6270, ext. 6102).

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**Sleep Apnea and Down Syndrome**

The Arc would like to share this important breakthrough moment in care for people with Down syndrome (DS).
NDSS (National Down Syndrome Society) has recognized that 60% of children with DS have sleep apnea. The percentage jumps to an astounding 100% in adults with DS. NDSS recommends that **ALL children with DS** have a base line sleep study by age 2 or 3.

Sleep Apnea in persons with DS can be mistaken for what health practitioners stereotypically expect as presenting symptoms from individuals who have DS. Early detection and prevention is the goal, before problems build.

Sleep Apnea if untreated can cause a multitude of problems such as: diminished cognitive ability, anxiety, depression, irritability, behavior "issues," diminished energy to lethargy and pulmonary hypertension, early aging and a greater risk for dementia.

Follow up with physician directly or click [here](#) to learn more.

The Arc works with young doctors and health practitioners across the state through [Operation House Call (OHC)](#) to bring awareness around bias and stereotyping people with disabilities and how that can effect treatment and quality of care. For more information on [OHC](#), contact Maura Sullivan at [sullivan@arcmass.org](mailto:sullivan@arcmass.org)

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<tr>
<th>Don't Miss Our Webinar On Accessing Health Care for Adults with Autism Spectrum Disorder</th>
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4/5 7-8 pm

**Presenter: Amy Weinstock, Director of the Autism Insurance Resource Center**

Insurance is confusing! What are the insurance options for individuals with Autism across the life span? The presentation will review private insurance, Mass Health, Premium Assistance and One Care. Amy's presentation will also assist you in knowing who to call and where to go when you need help. Amy has an extensive background in insurance issues related to autism. As Chair of the Insurance Committee of advocates for Autism (AFAM), she played a key role in passing autism insurance legislation in Massachusetts, also known as ARICA. Amy also serves on the Massachusetts Special Commission Relative to Autism. Amy has received numerous awards and recognition for her work. She is also a parent of a daughter on the Autism Spectrum. Amy graduated from Wellesley College and received a Masters of Architecture from Harvard University.

Don't miss out on our April webinars!

Melanie Perkins McLaughlin, The Arc's Instructor for Operation House Call at Tufts School of Medicine, was recently awarded with The Allen C. Crocker Award. The Massachusetts Down Syndrome Congress established the Allen C. Crocker Award of Excellence in recognition of his many years of nurturing individuals with Down syndrome and their families.

Also, Melanie was recently on a speaker panel at World Down Syndrome Awareness Day at The United Nations!

To learn more about this award or The MDSC click [here](#).

Congratulations Melanie!

Applications are now open for MFOFC's Advanced Family Leadership Series
Mass Families Organizing For Change (MFOFC) is now accepting applications for their Advance Leadership Series May 20-May 21. MFOFC will send five graduates of the Family Leadership Series to undergo intensive study on the rich, meaningful lives that we can create for our families and loved ones in communities across the Commonwealth.

Speakers will include world renowned experts on leadership and human services.

If interested email Susan Nadworny, Northeast Regional Coordinator: snadw@aol.com

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Social Security Caregiver Credit Act of 2016

Senator Chris Murphy (D-CT) has introduced the Social Security Caregiver Credit Act of 2016 (S. 2721). Because Social Security benefits are based on earnings, family caregivers currently face cuts in their own Social Security benefits when they have to reduce their hours of paid work, or leave the work force entirely, to provide ongoing support to a child or adult family member with a significant disability. The Social Security Caregiver Credit Act will provide a Social Security earnings record credit to family caregivers in these situations. The Arc applauds Senator Murphy for introducing this much-needed bill to ensure that Americans who reduce their employment to care for a family member with a disability won't as a result face severe cuts in their own Social Security benefits. "These family members are contributing to their families and their communities in ways that should be recognized when it comes to their future financial stability," said Marty Ford, Senior Executive Officer, Public Policy at The Arc. The bill was referred to the Senate Committee on Finance.

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From The Archives

Although The Arc of Massachusetts may be moving to a new building, the history we have created in the old space is something we want to preserve. Here we will share some of the old photographs and memories we have been uncovering during the move. Feel free to share, comment, and post your own memories. We would also love if you could help us identify some of the people in the photos.

Follow us on Facebook for more from The Archives!
This week's photos are from the 1979 MArc Convention.

Arc Strong: Achieving Dreams 5K Run, Walk & Roll

On Saturday May 7, The Arc of Bristol County is celebrating the strength and hope of thousands of individuals and families we are privileged to serve, and inviting you and our entire community to celebrate and support us. Arc Strong: Achieving Dreams 5K Run, Walk & Roll will be held at Borderland State Park in Easton, MA as a fundraising event with a family fun celebration and inclusive activities for all ages and abilities.

Join Vinfen and the Longwood Symphony Orchestra for the Healing Art of Music
Enjoy the celebrated Longwood Symphony Orchestra performing works by Schreker, Harris, and Rachmaninoff. Featuring Music Director Ronald Feldman and Di Wu on piano.

**Sponsor / Benefactor Reception**
6:45 p.m.

**Concert**
8:00 p.m.

**Tickets**
Individual Ticket: $25 each
Group Tickets: $20 each (for 5 or more tickets)
Benefactor Tickets: $100 each (includes reception and concert)

For more information, please click [here](#) or contact Vinfen's Director of Communications and Development Erin Tighe at 617-441-1736 or tighee@vinfen.org

Purchase Tickets or Sponsorships

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**Self-Direction Forum**

Are you interested in learning more about Self-Directed service delivery options in
Massachusetts? On Wednesday March 30 from 1-3 pm participate in an information sharing forum for individuals and their families. This event is hosted by Metro Region DDS in Waltham.

Please RSVP to:
Betsy Irwin: 781-788-5265

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Advanced Leadership Fellowship Program in Maternal & Child Health

Beginning September 2016*

The Leadership Education in Neurodevelopmental & Related Disabilities (LEND) Program at the UMMS - Eunice Kennedy Shriver Center in Charlestown, MA is currently accepting applications through May 15, 2016 for a 9-month leadership program in the field of developmental disabilities. The program; which provides a $12,000 stipend for qualified applicants, prepares professionals, persons with disabilities, and family members to influence policy and clinical practice on behalf of children with developmental disabilities and their families.

For more information and application forms, visit their website at:

http://shriver.umassmed.edu/programs/lend click on "Advanced Leadership Fellowship Program" For additional information contact: Carol Curtin, PhD, Director Carol Imposimato, Administrative Coordinator Tel: (774) 455-6534 Email: Carol.Curtin@umassmed.edu or Carol.Imposimato@umassmed.edu

*pending availability of funding

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Sprout Film Festival

On April 3, 2016 at 12 pm, join Berkshire County Arc for their Sprout Film Festival featuring short films related to the field of developmental disabilities. After viewing the films in the Crosby Elementary School Auditorium, guests are invited to a reception in the lobby. The reception will include free food and a photography exhibit featuring local artists with disabilities. Tickets are
$5 per person. For more information or to reserve tickets contact Jessica McNair at 413-464-7262, ext. 12. Tickets can also be purchased at the door or on their website at www.bcarc.org.