

# **SALEM H.O.P.E.**

*Human Organization Partnership Effort*

**Networking Breakfast Meeting**

**Thursday, June 11, 2009**

**9:00 A.M. Sharp**

*Hosted by:*

**Wellspring House MediClerk Program**

**NSMC, Highland Hall, 55 Highland Avenue (4<sup>th</sup> Floor lunchroom), Salem**

*All social service agency representatives serving Salem residents are welcome.*

**PLEASE RSVP ATTENDANCE TO 978-354-2499 or email [ssabo@wellspringhouse.org](mailto:ssabo@wellspringhouse.org)**

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## AGENDA

- 9:00 I. Welcome & Group Introductions
- 9:05 II. Agency Welcome – Sandra Sabo, MediClerk Program Coordinator
- 9:20 III. Information Exchange - All attendees present - 1 minute per agency please  
*Bring any new brochures!*
- 9:55 V. 59<sup>th</sup> Salem H.O.P.E. Newsletter (to be issued in August)  
*Bring in your announcements, job postings, event notices, articles etc.  
for June, July, August & September  
or e-mail them to [jguy@salem.com](mailto:jguy@salem.com) – Deadline 8/6/09*
- VI. Next meeting dates (tentative):  
*Thursday, September 17, 2009 – Cerebral Palsy Assoc. of the North Shore/  
N. S. Infant & Toddler Program  
Thursday, December 10, 2009 – Seeking host agency  
Please email [jguy@salem.com](mailto:jguy@salem.com) if you are interested in hosting an upcoming meeting!*

## *Networking & Refreshments*

*If you no longer wish to receive emails for Salem HOPE,  
please send an email to [jguy@salem.com](mailto:jguy@salem.com) asking to be removed from this distribution list.*

# Salem H.O.P.E.

Human Organization Partnership Effort



Newsletter Number 58

~ A newsletter for social service agencies ~

May, 2009

## Anchor to Windward Hosted Spring Meeting

The March, 2008 Salem HOPE meeting was hosted by Anchor to Windward. Representing the agency was Executive Director, Pamela Foye, along with Judy Jacobi and Mike Havey. Present were Jane Guy of the City of Salem DPCD, Lee Hartmann and Lily Varon of NSCAP, Maureen Fiore of North Shore Infant & Toddler, Kimberly Jones of the N. S. Career Center, Kathy O'Brien of the Independent Living Center, Michelle Chausse of Healthquarters, Debbie Amaral of the Salem YMCA, Maureen McDonagh of the Family Self-Sufficiency Center, Salem State College intern Michelle Umbro, Joanne Scott of the Boys & Girls Club and Susan Quinn of North Shore Elder Services.

### In this issue...

- *Winter Meeting hosted by The Enterprise Center*
- *Anchor to Windward – Programs & Services*
- *Long Term Care Options Program*
- *Do you know the Protected Classes?*
- *Meetings & Events, Etc.*

Ms. Foy stated the ATW has groups for developmentally disabled adults, who, she noted, are emotionally teenagers. They have a game room, parties and have a movie night on one Friday night per month. They are non-alcohol, non-drug and non-smoking. She stated that they are private, non-profit and receive no state funding. Their minimum age is 20 and there is no upper limit. They offer some scholarships. They also do independent living and travel training. They serve the entire North Shore and don't refuse anyone – noting that if they can get here, they try not to turn anyone away. The first month is free.

Ms. Jacobi stated that she is the ATW board president and a Marblehead Selectman. She stated that she came to one of the socials and it was amazing to see the interaction and how happy the clients are.

Mr. Havey stated that he is the Assistant Director and noted that they are located on the bus line.

Ms. Jones stated that she is the Outreach Specialist for the N.S. Career Center. They are partnering with faith based and community organizations to improve relationships and offer resources.

Ms. Chausse stated that HealthQuarters is a reproductive health center. They are having a series of professional trainings around teens. They will be having their third annual fundraiser on May 7<sup>th</sup>.

Ms. McDonagh stated that she is fairly new with the Family Self-Sufficiency Center. They offer beginning ESL classes and may be starting a basic literacy class in English and Spanish. The agency shares office space with Catholic Charities and work together on some programs.

Ms. Fiore stated that N.S. Early Intervention works with 0 to 3 year olds who are at risk for delays in development. They get referrals from hospitals, families and other agencies. They will provide informational trainings to other agencies' staff. They offer parent/child groups, toddler groups and swim groups.

Ms. O'Brien stated that the Independent Living Center has a new program called Long Term Care Options Program. They also hold monthly workshops.

Ms. Quinn stated that she is the Program Coordinator for the Volunteer Medical Advocacy Program at North Shore Elder Services. They are seeking volunteers, such as retired or semi-retired professionals.

Ms. Scott stated that she is the Executive Director of the Boys & Girls Club. They have drop-in programs for ages 8-19 and after school child care for ages 5-12. They offer a teen program. Members learn resiliency, positive life skills and decision making.

Ms. Amaral stated that she is the Executive Director of the Salem YMCA. They have a new program, sponsored by the Salem Heritage Fund Trust entitled "Girls Today" for high school girls. It is to build on self-esteem, hygiene, nutrition, etc. They will have a Spring and Fall session that lasts 8 weeks. They are recruiting girls for the program. The agency also offers child care programs and teen programs.

Ms. Varon stated that she is an advocate for the low-income community for NSCAP. They offer a free tax preparation service, including assistance in Spanish or Portuguese. She noted that households can still apply for fuel assistance and that they will be offering more immigration services soon.

Ms. Hartmann of NSCAP stated that fuel assistance clients will be receiving more money this year. She noted that households can be eligible even if heat is included in the rent. They also offer ESOL, homecare for the elderly, a weatherization program, homeless shelter through DTA and college prep.

Ms. Guy stated that the City of Salem Department of Planning & Community Development will release the Draft Action Plan for CDBG for a 30 day comment period on March 25, 2009. There will be a public meeting on Thursday, April 2, 2009. Ms. Guy asked the group if they would prefer to keep the Salem HOPE meetings quarterly or would like to switch to 2 or 3 times per year. The consensus was to keep the meetings at quarterly.

## Anchor To Windward Programs & Services



Anchor to Windward is a private, non-profit organization dedicated to developing the full potential of special needs adults and adolescents by teaching a variety of social and daily living skills and offering recreational programming. ATW provides independent living and social networking services to adolescents and adults with developmental disabilities including Down Syndrome, Asperger's Syndrome, and other disabilities that stem from early childhood. The program is staffed by professional who are trained in psychology, counseling, social work, special education, in dependent living support services and recreational skills. Following a team approach, the staff offers support and instruction, assisting each client in living a fruitful, self-satisfying life. ATW is aimed at two distinct groups that operate separately: adults aged 20 and older who have finished school; and in-school adolescents aged 13-22. Our two programs and two social clubs offer a network of support and trust. They emphasize and encourage peer socialization as well as continual growth and exploration of ones own skill set, which is developed by a variety on mini-courses and peer group projects. Programming for both groups is usually on alternate days from 3 pm to 6 pm and includes all supplies as well as a meal prepared and shared by the group.



### Independent Living Program

The ultimate goals of this program are to enable to choose their own lifestyles, minimize their reliance on family for socialization and improve their quality of life by enhancing their connection to peers with similar interests. ATW focuses on developing and maintaining independent living skills, as well as social and vocational skills that are essential for productive and gratifying life experiences. Clients learn daily living skills such as housekeeping, healthy menu planning, cooking, shopping, money management, personal care and safety awareness. Staff support is offered on a one-on-one basis and in group activities.

### The Social Network Program

This program is available for both in-school adolescents and out of school adults (the groups are run separately). The focus is on peer interaction and group activities, where increased social skills and awareness are enhanced through a series of mini-courses and small group discussions. These courses emphasize social skills and relationship building through low-key recreational type activities such as cooking, craft projects, computer skills and other non-academic offerings.

**ATW, Inc.**  
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Marblehead, MA 01945

Tel: 978-740-0013  
Fax: 978-740-0014  
[info@ATW813.org](mailto:info@ATW813.org)

## Long Term Care Options Program

**Do You Have Long Term Care Questions?  
We Have Information About Your Possible Options!  
You Have Choices!**

- **Can I continue to live in the community safely and independently?**
  - What services are available to support me in living in my home?
- **Do I qualify for the home modification loan program to make my home more accessible?**
  - What is supportive living, adult foster care, PACE/SCO, PCA?
- **What would it be like to live in a nursing home... short term or long term ?**
- **Can I go to a rehabilitation facility or temporarily to a nursing home and then return to my own home?**
  - **What are my personal supports ?**
    - Who will help me make decisions?
    - What role will my family play?
  - What is case management and do I need it?
  - What is personal care assistance and do I qualify?

**We are here to provide you information and support through your decision making process!  
Long Term Care Options Coordinators can help you find out your options and help you  
develop your personal Long Term Care Plan.**

**COORDINATORS ARE AVAILABLE TO YOU BY PHONE, AND/OR WILL MEET WITH YOU BY  
APPOINTMENT (at your hospital room, Rehab Center, or at your home):**

**Independent Living Center of the North Shore and Cape Ann, Inc.**  
**978-741-0077**  
[longtermcareoptions@ilcnsca.org](mailto:longtermcareoptions@ilcnsca.org)

**Greater Lynn Senior Services**  
**781-599-0110**  
[info@glss.net](mailto:info@glss.net)

This program is funded by the Commonwealth of Massachusetts Executive Office of Elder Affairs and the Massachusetts Rehabilitation Commission from your tax dollars. There is no fee to you for these services. LONG TERM CARE OPTIONS IS A PROGRAM OF THE ADRC OF THE GNS - The Aging and Disability Resource Consortium of the Greater North Shore (ADRC of GNS) is a collaboration of aging services agencies and the independent living center working together to provide smooth access to information and services by all persons seeking long-term services and supports, regardless of age, disability or income. ADRC of GNS provides a 'No Wrong Door' model so callers can contact any agency to access resources from all of the partners.

### **WHO DO WE SERVE ?**

- Persons of any age who have any type of disability.
- Seniors age 60 and over.
- Family members and Caregivers.

### **Additional Partners:**

Elder Service Plan of the  
North Shore  
Phone: 781-715-6608  
[www.pacenorthshore.org](http://www.pacenorthshore.org)

Mystic Valley Elder  
Services  
Phone: 781-324-7705  
[www.mves.org](http://www.mves.org)

North Shore Elder  
Services  
Phone: 978-750-4540  
TTY : 978-624-2244  
[www.nselder.org](http://www.nselder.org)

SeniorCare  
Phone: 978-281-1750  
TTY: 978-282-1836  
[www.seniorcareinc.org](http://www.seniorcareinc.org)

## Do you know the Protected Classes?

The following are the protected classes pursuant to various federal and state laws:

State & Federal  
Race/ethnicity  
Color  
Religion/creed  
National Origin  
Gender/sex  
Familial Status/Children  
Disability (Mental or Physical)

MA State also includes:  
Ancestry  
Marital Status  
Public Assistance Reciprocity  
Veteran/Military Status  
Sexual Orientation  
Age  
Genetic Information

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## Meetings & Events, Etc.

- Disabled American Veterans Meeting – Wednesday, June 3, 2009, 7:00 pm – Palmer Cove Yacht Club, 74 Leavitt Street, Salem
- Thursday, June 11, 2009, 9:00 am - Salem HOPE Summer Meeting – Wellspring House MediClerk Program @ North Shore Medical Center
- [2<sup>nd</sup> Annual Living Green & Renewable Energy Fair](#) – Saturday, June 13, 2009, 10:00 am to 3:00 pm – Downtown Salem
- [North Shore Medical Center Cancer Walk](#) – Sunday, June 21, 2009
- Thursday, September 17, 2009, 9:00 am - Salem HOPE Fall Meeting – Cerebral Palsy of the North Shore/N.S. Infant & Toddler Program
- Thursday, December 10, 2009, 9:00 am - Salem HOPE Winter Meeting – Seeking host agency

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[www.salem.com](http://www.salem.com) has [links to social service agencies](#), as well as information on [housing programs](#) and [foreclosure prevention and legal resources](#).

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## What is Salem H.O.P.E. ?

Salem H.O.P.E. is a networking group of human service agencies that serve Salem residents. It is a free forum for agencies to learn about the services being provided by other agencies in order to fill in

gaps, coordinate efforts and avoid the duplication of services. All human service agency representatives are welcome to attend the quarterly breakfast meetings held at rotating locations.

We need your announcements, notices and articles for this newsletter. Share your resources; advertise a job opening; seek out agencies to collaborate on a grant application; announce new programs; publicize your events, etc. Please e-mail your submissions or requests to be added to the newsletter e-mail distribution list to [jguy@salem.com](mailto:jguy@salem.com). Newsletter printed four times per year. However, information that needs to be disseminated in a more timely manner will be forwarded to the listserv upon receipt.

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*The Salem H.O.P.E. Newsletter is prepared and distributed by Jane Guy of the Department of Planning & Community Development of the City of Salem, Kimberley Driscoll, Mayor.*

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