

# AccessLetter

*Cambridge Commission for  
Persons with Disabilities*

## Impact of National Health Care Reform on Persons with Disabilities in Massachusetts

Although the Patient Protection and Affordable Care Act (ACA) was signed into law by President Obama on March 23, 2010, many questions remain about its implementation, which is gradual through 2014, and what it means for persons with disabilities (PWD), particularly in Massachusetts, where comprehensive health care reform was signed into law in 2006 by then-Governor Romney. PWD in Massachusetts have to gain from the ACA if many of its consumer protections are already the law of the land here? The answer: a lot.

**Coverage for Young Adults** – MA state law allows children to remain on their parents’ health plan for up to two years after they are no longer claimed as dependents or until they turn 26, whichever comes first.

The federal law is less restrictive, allowing children to remain on their parents’ plan until age 26, regardless of whether or not they’re claimed as dependents. This is an especially important change for young adults with disabilities, who often face barriers to employment.

**Affordability** – MA currently provides subsidized health insurance (Commonwealth

**(More on Healthcare Reform, page 2)**

## Food For Free Expands Home Delivery Program

Food For Free is a private non-profit organization that rescues fresh food—food that might otherwise go to waste—and distributes it within the local emergency food system where it can reach those in need.



Boxes of fresh food ready for delivery by Food For Free’s Home Delivery Program

Through a combination of food rescue, farming, and transportation services, the organization gives food programs year-round access to fresh fruits and vegetables, while also reducing needless food waste.

In addition, Food For Free offers a Home Delivery Program that delivers food directly to low-income Cambridge residents who cannot access food pantries due to illness or disability.

However, unlike meals-on-wheels and other similar programs, Home Delivery brings groceries to their clients, so that the recipients can cook their own food.

It gives seniors and people with disabilities more control over their meals, while providing a supportive service that helps them to stay in their own homes.

The Home Delivery Program makes one delivery each month of 40-45 pounds of food, at least half of which is fresh produce, to each enrolled household.

The other half typically includes some type of frozen meat, a variety of non-perishables, such as rice,

**(More on Food Home Delivery, page 3)**

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Twitter!**



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## Healthcare Reform (cont. from page 1)

Care) for individuals and families earning up to 300% of the federal poverty level who do not have Medicaid or access to affordable healthcare through an employer (\$34,470 for individuals, \$70,650 for a family of four).

Under the ACA, people earning up to 400% of the federal poverty level (\$45,960 for an individual, \$90,200 for a family of four) will be eligible for new federal health insurance subsidies beginning in 2014. This will significantly increase access to affordable health care by working families.

**Preventive Care** – The ACA banned co-pays and other out-of-pocket expenses, such as deductibles, for preventive care and immunizations, effective September, 2010. Preventive care includes tests and screenings, as well as annual physicals.

**Essential Benefits** – The ACA mandates that most health insurance plans provide coverage for a list of services that have been determined to be “essential.” Importantly for many PWD, this list includes chronic disease management, rehabilitative and habilitative services and devices, mental health treatment, prescription drugs, hospitalization, laboratory services, and emergency services, among others. Additionally, the law gives the federal office of Health and Human Services the authority to define and add to the list of essential benefits.

**Prescriptions for Seniors** – Seniors who are enrolled in Medicare Part D for prescription drug coverage are faced with the so-called “donut hole” after reaching a spending cap, at which point they must pay for prescriptions out-of-pocket until triggering the out-of-pocket cap, when Medicare resumes coverage for medications. The ACA is gradually closing this coverage gap each year until 2020, when the donut hole will be eliminated entirely. The average annual savings for seniors

who would have hit the original donut hole was over \$700 in 2011 and is expected to be more than \$3,000 by the year 2020.

**Premium Discrimination** – Although Massachusetts law already provides for considerable consumer protection from discrimination in the health insurance industry, the ACA strengthens these protections. For example, beginning in 2014, the ACA prohibits insurers from charging higher premiums based on an individual’s medical history or disability. Also, although MA law prohibits insurers from refusing coverage to individuals based on a pre-existing condition, current federal law conflicts, preventing certain sets of individuals from benefitting from these protections. This will be remedied with the enactment of these protections under the ACA in 2014.

**Annual and Lifetime Benefit Caps** – Effective immediately upon enactment, the ACA prohibited insurers from setting lifetime benefit caps, which cut off consumers’ coverage after their health care expenses add up to a designated amount. Beginning in 2014, insurers will also be prohibited from setting annual benefit caps, or a limit to a member’s amount of coverage in a given year.

**Training for Medical Professionals** – The ACA requires that certain health professionals receive training on disability awareness and meeting the health care needs of PWD. It makes federal funding available for grants for developing such curriculum, with an overall goal of reducing large health disparities that currently exist for PWD.

As the ACA is being gradually phased into law, with full implementation in 2014, many Massachusetts residents may not notice any changes to their existing coverage right away. However, many insurers have already implemented some of the ACA’s requirements prior to the 2014 deadline for doing so. The Commonwealth also stands to save taxpayer



money, as federal funding for health care programs and initiatives is significantly increased under the ACA. Additionally, the ACA provides states with grant opportunities to, for example, develop programs that address health care disparities and reduce chronic disease.

For more information on the Commonwealth's implementation of the ACA, go to the Executive Office of Health and Human Services' National Health Reform website at [www.mass.gov/eohhs/gov/commissions-and-initiatives/healthcare-reform/national-healthcare-reform-plan](http://www.mass.gov/eohhs/gov/commissions-and-initiatives/healthcare-reform/national-healthcare-reform-plan). More information on the Affordable Care Act can be found online at [www.healthcare.gov](http://www.healthcare.gov).

People who have specific questions about health insurance coverage or subsidies can contact Health Care for All's (HCFA) Consumer Health HelpLine at 1-800-272-4232. HCFA's HelpLine is a free resource that answers questions about health coverage in Massachusetts. They can answer general questions about health insurance, and can help determine whether or not callers are eligible for free or subsidized coverage.

### CCPD Awarded Organization of the Year by Cambridge Community TV

Cambridge Community Television (CCTV) recently recognized the Cambridge Commission for Persons with Disabilities with an Organization of the Year Award. This is an annual award given to the organization that has made the best use of CCTV services. CCPD was thrilled and



Joanna Berton Martinez receives award while Sean Effel, CCTV and Michael Muehe, CCPD look on

### Food Home Delivery (cont. from page 1)

peanut butter, tuna, cereal, pasta sauce and pasta, canned soups, and occasionally cheese and/or eggs.

Participants are notified several days in advance of the delivery date, at which time they are asked to confirm their interest in receiving a delivery. Clients must be home to receive and sign for deliveries.

The Program recently expanded and is currently delivering to approximately 80 Cambridge households. In order to be considered, applicants must live in Cambridge and qualify as low-income as defined by federal Housing and Urban Development guidelines (currently less than \$34,250 per year for a one-person household).

Although actively seeking new participants at this time, the Home Delivery Program is limited in number of participants. At any time the program is filled, applications received will be placed on a waiting list until further openings arise, and priority will be given in order of need.

Residents who are able to use a Food Pantry – or who have a friend or relative who can easily go to a pantry on their behalf – should not apply to participate in this program. For more information, including an application, visit [www.foodforfree.org](http://www.foodforfree.org), email [homedelivery@foodforfree.org](mailto:homedelivery@foodforfree.org) or call 617-868-2900 x307.

honored to be recognized by CCTV for the public service announcements (PSAs) it has created to bring awareness to certain disability-related issues.

"We are particularly thankful to our Pro Bono Associate, Joanna Berton Martinez, who has produced these PSAs with us over the past year, taking charge of the writing and technical aspects of the video production," said Michael Muehe, CCPD's Executive Director.

**(More on CCTV Award, page 4)**

### CCTV Award (cont. from page 3)

CCTV is a nationally recognized nonprofit community media center that serves as a voice and a vision of all residents, businesses and organizations in the City of Cambridge.

Among the content produced by Ms. Martinez are PSAs highlighting the rights of people who use service animals and the importance of not petting or distracting service animals while they are working.

Ms. Martinez accepted this award on behalf of CCPD at CCTV's Annual Meeting on April 24. View CCPD's PSAs on the Department of Human Service Programs' YouTube page!



<[www.youtube.com/user/DHSPCambridgeMA](http://www.youtube.com/user/DHSPCambridgeMA)>

### Upcoming Events of Interest to the Disability Community (See end of Calendar for all weekly/recurring events)

- June 1 **FREE Annual Cambridge River Festival** – River Fest is a fun-filled, one-day celebration of the arts, attracting 200,000 people annually. This FREE event along the banks of the Charles River (on Memorial Drive between JFK Street and Western Avenue) features jazz, folk, roots and world music performances, dance, art demonstrations, family art-making activities, over 100 specialty food purveyors, craftspeople, and informational tables on community resources (check out the CCPD table at the corner of JFK Street!). The event runs from noon to 6:00pm. The event has a “severe weather” date of Sunday, June 2. See <[www.cambridgema.gov/CAC](http://www.cambridgema.gov/CAC)> for more information.
- June 4 **Special Education Advocacy for Students with Social & Emotional Issues** – Sponsored by the Massachusetts Affiliate of the International OCD Foundation in conjunction with McLean Hospital, this lecture will be delivered by Lynne Rachlis, Child Advocate, from 7-8pm in the De Marneffe Cafeteria Building, Room 132 at McLean, 115 Mill Street in Belmont. This presentation is free and open to the public; however, the identity of participants and content of group discussion must remain confidential. For more information, visit <[www.ocfoundation.org/affiliates/Massachusetts](http://www.ocfoundation.org/affiliates/Massachusetts)> or contact Denise Egan Stack at 617-872-0935 or by email at <[destack@partners.org](mailto:destack@partners.org)>.
- June 5 **Annual Meeting of The Disability Policy Consortium (DPC)** – The DPC staff and Board of Directors invites interested parties to join them and their esteemed guest speaker, Christine Griffin, Executive Director of the Disability Law Center, as they review the year and plan for the future. The meeting will be held from 6-8pm at the Blue Cross Blue Shield Office located at One Enterprise Drive in Quincy (about ¾ of a mile from MBTA Redline North Quincy station), and ASL interpreters have been requested. RSVP to Colleen Graham at <[cgraham@dpcma.org](mailto:cgraham@dpcma.org)> or 617-542-3822.
- June 7-9 **5th Annual Dance for World Community (DWC) Festival Weekend** – Sponsored by the José Mateo Ballet Theater, this year's Festival is a FREE indoor/outdoor event for everyone that brings together a diverse group of the area's dance performers, dance instructors, and social service and advocacy agencies to “celebrate the power of dance to create social change.” The Festival presents a unique opportunity to demonstrate how dance – in all its forms – can serve as an active participant in the civil dialogue, a builder of inclusive community, and a catalyst for positive change. The schedule and venues for the weekend events are as follows:  
June 7: Talk About Dance from 6-8pm at the José Mateo Ballet Theatre, 400 Harvard St., Cambridge  
June 8: Performance and Advocacy Festival from 11am-6pm on the Cambridge Common in Harvard Square – Outdoor performances of diverse dance forms by professional and youth troupes, and an

opportunity to connect with social service non-profit organizations working to raise awareness about the environment, human rights, healthcare, education, and other cultural and social justice causes.

**June 9:** Dance Discovery from 2-6pm at the José Mateo Ballet Theatre – Free introductory-level classes in ethnic, classical, and contemporary dance forms.

For more information, see <[www.ballettheatre.org](http://www.ballettheatre.org)> or contact the José Mateo Ballet Theatre at 617-354-7467.

**June 8 FREE Accessible Recreation Fair in Brighton** – The Department of Conservation and Recreation’s (DCR) Universal Access Program (UAP) will offer a free fun-filled day of celebrating Accessible Outdoor Recreation available for individuals, families and friends of people with disabilities. Activities will include a cycling fair with an assortment of accessible cycles available for use; adaptive recreational activities, equipment demos, refreshments and other festivities. Meet recreation organizations that serve people with disabilities and offer a variety of recreation activities and sign up for summer fun! This is THE PLACE to come FIND OUT ABOUT accessible recreation programs offered by multiple organizations in the Boston area and beyond. This rain or shine event will be held from 10am to 3pm at Artesani Park in Brighton (1250 Soldiers Field Road; near the Everett Street stop on MBTA Bus Route 86, which can be taken from Harvard Square). Pre-registration is highly recommended, especially for use of equipment, and can be done by calling Gigi at 617-626-1294 (voice) or 413-577-2200 (TTY). See <[www.mass.gov/dcr/universal\\_access](http://www.mass.gov/dcr/universal_access)> for more information.

**June 8 Disability Reframed Presents: *What’s Eating Gilbert Grape*** – Join us for a FREE screening of this 1993 drama starring Johnnie Depp and Leonardo DiCaprio. This fictional film examines the relationships between siblings, including Arnie Grape, who has autism, and their single mother in a working-class family trying to survive and co-exist. This film will be held from 2-5pm at the Institute of Contemporary Art in Boston, 100 Northern Ave. For sign language interpreters or other accommodations, please contact the Boston Commission for Persons with Disabilities at 617-635-3682 (voice) or 617-635-2541 (TTY) or email <[disability@cityofboston.gov](mailto:disability@cityofboston.gov)>. Sponsored by the Boston Commission for Persons with Disabilities and Cambridge Commission for Persons with Disabilities. Join Disability Reframed: A Community Film Series on Facebook, and follow @CambCPD on Twitter for updates!

**June 13 Cambridge Commission for Persons with Disabilities (CCPD) Monthly Meeting** – meets in the 2<sup>nd</sup> floor conference room at 51 Inman Street, Cambridge from 5:30pm-7pm on the 2<sup>nd</sup> Thursday of each month, with opportunity for public comment. Call 617-349-4692 (voice) or 617-492-0235 (TTY) or e-mail <[ccpd@cambridgema.gov](mailto:ccpd@cambridgema.gov)> for more information or to request accommodations.

**June 13 I Have a Dream: The Unfinished Business of Emancipation and Civil Rights** – Sponsored by the Cambridge Peace Commission and The Tracing Center on Histories and Legacies of Slavery, this free event will feature a presentation by James DeWolf Perry of The Tracing Center and local Panelists Marian Darlington-Hope, Lynda Detterman, Larry Kim, Deborah Kittredge Irving, and Eva Martin Blythe, with Brian Corr of the Peace Commission moderating. This is the first event in a statewide effort to engage diverse audiences in meaningful dialogue on the unfinished business of the Civil War, the Emancipation Proclamation, and the civil rights era. The concurrence in 2013 of two monumental anniversaries — the 50th anniversary of the March on Washington and Dr. King’s “I have a Dream” speech, and the 150th anniversary of the Emancipation Proclamation and Gettysburg — poignantly underscores our modern crisis of race and urges us to ask what progress has, and has not, been made towards racial healing and equality. Through presentations and facilitated dialogue, this event will explore our society’s preconceptions and feelings about the history and legacies of slavery and race, while clearing up historical misconceptions which stand in the way of racial progress. The program will include film clips, participation by the panelists, and dialogue with the audience. This event will be held in the Lecture Hall of the Cambridge Main Library, 449 Broadway. Light refreshments will be served at 6pm, with the program running from 6:30-8:30pm.

- June 30 **FREE Adaptive Sailing** – Offered through the Spaulding Adaptive Sports Center by Courageous and Piers Park Sailing, this program will run from 12-4pm at 250 First Avenue, Charlestown Navy Yard (accessible by MBTA bus routes 89 & 93). Although free, pre-registration is required and may be done by calling 877-976-7272.
- July 11 **Cambridge Commission for Persons with Disabilities (CCPD) Monthly Meeting** – meets in the 2<sup>nd</sup> floor conference room at 51 Inman Street, Cambridge from 5:30pm-7pm on the 2<sup>nd</sup> Thursday of each month, with opportunity for public comment. Call 617-349-4692 (voice) or 617-492-0235 (TTY) or e-mail <ccpd@cambridgema.gov> for more information or to request accommodations.
- July 19-21 **Families Connecting with Families 2013 International Conference in Newton: Raising a Child with Visual Impairments** – The National Association for Parents of Children with Visual Impairments (NAPVI) and Jewish Guild Healthcare welcome parents of children with visual impairments, blindness, and additional disabilities of all ages, including siblings and extended family and friends to this international conference covering aspects of raising a child with visual impairments, which will offer 32 workshops on a variety of topics as well as “Eye Condition Networking Sessions”, where parents will have the opportunity to meet other parents of children with similar eye conditions. The conference will feature renowned key note presenters, including Kay A. Ferrell, PhD, Professor of Special Education and renowned author on Early Childhood and Visual Impairments; Eli Peli, MSc, OD, Director of Vision Rehabilitation Service at New England Eye Center; and Kevin O’Connor, MA, author and an acclaimed motivational speaker and father of a young adult who is visually impaired. In addition, there will be special children’s activities including adaptive sports and games, music and support groups for children who are blind and their siblings. FREE daycare is available, as well as activities for teens. The conference will be held at the Boston Marriott Newton, 2345 Commonwealth Ave. in Newton. Pre-registration is required and costs \$110 for an adult. For more information or to register, see <www.guildhealth.org/family> or contact Jewish Guild Healthcare at 1-800-284-4422 or by email at <info@guildhealth.org>.

## Weekly & Recurring Events

### Ongoing

**Injured Worker Support Meetings** – Meetings are scheduled by appointment, often the 1<sup>st</sup> Wednesday of the month, 5:15 - 6:45 pm, but other times can be arranged. Meetings/appointments usually take place at 650 Beacon Street, Kenmore Square, Boston, 4<sup>th</sup> Floor Conference Room (close to the Kenmore Square MBTA station, a few doors to the right of Barnes & Noble). RSI Action volunteers answer questions and provide resources and support, including the opportunity to view their provider evaluation book, to people with RSIs (Repetitive Strain Injuries) or other workplace injuries. Discussion topics have included medical treatment, insurance/legal issues, and speech recognition software. For more information or to set up a meeting, call 617-247-6827, or go to <www.rsiaction.org>.

### Mondays

**Low Vision Support Group** – meets on the 2<sup>nd</sup> Monday of each month from 10-11:30am at the North Cambridge Senior Center, 2050 Mass Ave. While geared towards seniors, the group is open to all ages. For more information, contact Barbara Duford at <marksgirl4951@gmail.com>.

**NAMI Connection** – a support group for adults with mental illness sponsored by the National Alliance on Mental Illness (NAMI), meets every Monday, 1-2:30 p.m. at the Cambridge Somerville Recovery Learning Center, 153 South St, 2<sup>nd</sup> Floor in Somerville. The group is free and open to all who self-identify as having

a mental illness, regardless of diagnosis. For more information, contact Janel Tan at 617-863-5388 or <tanj@vinfen.org>.

**NAMI Support Group for Caregivers** –Sponsored by the National Alliance on Mental Illness, this is a free support group for family members, friends and other caregivers of persons with mental illness that provides understanding, comfort, hope and help. This group meets on the 1<sup>st</sup> and 3<sup>rd</sup> Mondays of each month at 7:30pm at the Cambridge Hospital Learning Center A, 3<sup>rd</sup> Floor, 1493 Cambridge Street. For more information, see <www.namimass.org/programs>, e-mail <helpline@namimass.org>, or call Elizabeth at 781-646-0397.

## **Tuesdays**

**Computer Help for Job Seekers** – Every Tuesday from 3:30-5pm Cambridge Community Television (CCTV) offers individualized, flexible computer assistance from a friendly volunteer who can help with job searching, resume writing, online job applications, computer skills, and much more. Work alone or with a group to learn more about computers. This program is open to all job seekers, and there is no need to sign up, just stop by! Please call 617-661-6900 with questions or for more information.

**Boston Voice Users** – this group for people who use or are interested in using speech recognition or dictation software meets from approximately 7:30 – 9:30 p.m. on the 2<sup>nd</sup> Tuesday of each month at MIT in Building 2, Rm.135. Members explore the developments, available tools and products, and best use of personal computer-based speech-recognition, and invite both commercial and noncommercial entities to present at meetings. To find out more about meetings and discussions go to <www.bostonvoiceusers.org>.

## **Wednesdays**

**Access Advisory Committee to the MBTA (AACT)** meets 1 – 3 p.m. at the State Transportation Building, 10 Park Plaza, Boston, 2nd floor Conference Room #2 on the 4<sup>th</sup> Wednesday of each month. Call 617-973-7507 voice or 617-973-7089 TTY or e-mail <aact@ctps.org> for more information or to request interpreters. Security measures require proper ID for access to meetings.

**Access to Art: Explorations** – Offered by the Museum of Fine Arts (MFA) in Boston, this is an interactive, multidisciplinary evening workshop that meets at 6pm in the Huntington Avenue Entrance Lobby on the 1<sup>st</sup> Wednesday of the month for adults with disabilities, with a focus on cognitive disabilities and disabilities that may affect verbal communication. This program is always multi-sensory and does not require one to be verbal. This program was developed with the intention of having it be as inclusive as possible, thus friends and family members are welcome and encouraged to come and take part. This program is led by a facilitator with experience in both art and theatre and one or more musicians. This program is NOT for groups, and advance notice is appreciated. For more information, see <www.mfa.org> or contact Valarie Burrows at 617-369-3302 or Hannah Goodwin at 617-369-3189, or e-mail <access@mfa.org>.

**Amputee Support Group** – Offered by Spaulding Rehabilitation Hospital, all amputees, their family and friends are invited to socialize and discuss common areas of interest, including accessibility and resources, as well as to provide support and share coping strategies. Meets on the 1<sup>st</sup> Wednesday of each month from 1-2pm at Spaulding Rehab Hospital, 300 First Avenue, Charlestown Navy Yard (accessible by MBTA bus routes 89 &93). For more information, see <www.spauldingrehab.org/events/supportgroupevents> or contact Sally Johnson, LICSW at (617) 573-7000 (voice), 1-800-439-2370 (TTY), or by e-mail at <sejohnson@partners.org>.

**Assistive Technology Resource Center (ARTC) Open House** – The ARTC, which helps people with disabilities in Eastern Massachusetts make informed decisions about assistive technology they can use to increase their independence at home, on the job or in school, holds an open house on the 1<sup>st</sup> Wednesday

of each month from 8:30am-4:30pm. These FREE monthly open houses provide an opportunity to see what kinds of assistive technology products are available, and to try them out. The ARTC is located at the Boston Easter Seals office, 89 South Street (one block from MBTA South Station). Visit <[www.eastersealsma.org](http://www.eastersealsma.org)>, call 617-226-2634, or email <[ATRC@eastersealsma.org](mailto:ATRC@eastersealsma.org)> for more information.

**Carroll Center for the Blind Information Day** – In order to provide answers to many of the questions people frequently ask about Carroll Center programs and other visual impairment services, they hold monthly information days on the 1st Wednesday of every month. See the campus, learn from rehabilitation instructors, and talk to graduates about their experience in Carroll Center adult and senior rehabilitation and technology programs. Special dates are offered for those seeking tours and information about summer offerings for youth. The staff loves this chance to help participants become informed, relaxed, and motivated! And the lunch is provided free of charge! The sessions start promptly at 10am and end at 2pm. To make a reservation (required), email <[renee.hall@carroll.org](mailto:renee.hall@carroll.org)> or call 1-800-852-3131 ext. 225 with the name of each guest attending (family and friends are welcome!). The Carroll Center is located at 770 Centre Street in Newton.

**Central Square Resume Writing & Job Hunting, FREE Drop-in Assistance** – Free help for adults needing assistance with making resumes or job hunting, offered on a first come, first served basis. Offered every Wednesday from 1-3pm at the Central Square Branch of the Cambridge Public Library (45 Pearl Street), this opportunity for assistance is open to all. For more information, contact Maria Balestrieri at <[mbalestrieri@cambridgema.gov](mailto:mbalestrieri@cambridgema.gov)> or 617-349-4013.

**DBSA-Boston (Depression Bipolar Support Alliance of Boston) Support Group** meets every Wednesday evening, 7-9pm at McLean Hospital in Belmont (de Marneffe Building, 1st floor lobby). Includes a lecture on the 2nd and 4th Wednesdays. Call 617-855-2795 or see <[www.dbsaboston.org](http://www.dbsaboston.org)> for more information.

**Feeling for Form Introductory Tour of MFA for blind & low vision visitors** – The Museum of Fine Arts (MFA) in Boston offers a series of introductory one-on-one guided tours to the Museum and its collections for blind and low vision individuals who want to build a deeper relationship with the Museum. Each monthly session focuses on a different collection and includes wayfinding and verbal description of spaces. These tours are given on the 1st Sunday of the month at 10:30 am and the 3rd Wednesday at 6:30 pm. Individuals can attend one or more sessions, whichever interests them. Guided tours can also be scheduled at other times. Pre-registration is not required unless a visitor needs a sighted guide or other access accommodation. Contact Valerie Burrows at 617-369-3302 or <[vburrows@mfa.org](mailto:vburrows@mfa.org)> to register. Call 617-369-3189 or e-mail <[access@mfa.org](mailto:access@mfa.org)> or go to <[www.mfa.org](http://www.mfa.org)> for more information. The MFA is located at 465 Huntington Avenue in Boston, and is accessible by the Green line “E” train to the “Museum of Fine Arts” stop, or the Orange line train to the “Ruggles” stop.

**Free introductory tour of MFA in sign language & with assistive listening devices** – A new monthly offering at the Museum of Fine Arts (MFA) in Boston for people who are Deaf or hard of hearing. These tours will be given at 6:30 pm on the 2nd Wednesday of each month. No pre-registration is required; meet at the Sharf Visitor Center in the MFA. For more information about accessible programs Valerie Burrows at 617-369-3302 voice, 617-267-9703 TTY or e-mail <[access@mfa.org](mailto:access@mfa.org)>.

**OCD Support Group** – A casual, peer-led, open discussion of the trials (and triumphs!) of living with OCD and anxiety. All are welcome, all are encouraged to come, although the group strives to keep private and secure, as confidentiality is and will remain of highest priority. The group meets from 7-8:30pm on the 3rd Wednesday of each month (excluding holidays) at the Friends Meeting House, 5 Longfellow Park in Cambridge, with a suggested donation of \$6-\$7. For more information, contact Brandon Kalashian at <[brandex07@gmail.com](mailto:brandex07@gmail.com)> or Cal Louis at <[mahoganybrown16@gmail.com](mailto:mahoganybrown16@gmail.com)>.

**Open Support Group for Adults on the Autism Spectrum** – Meets on the 2<sup>nd</sup> Wednesday of each month, 7-8:30 pm at the offices of the Asperger's Association of New England (AANE), 85 Main St., Suite 101, Watertown, MA. Hosted by Jamie Freed; a \$5 donation is suggested. RSVP to 617-393-3824, x310 or <Jamie.Freed@aane.org>.

**Senior Support Group for Caregivers over 60** – meets on the 3<sup>rd</sup> Wednesday of each month at the Family Resource Center, 20 Gould Street in Reading. Share and learn with other seniors who have adult family members with developmental disabilities. For meeting times or more information, contact Judy SantaMaria at 781-942-4888, x4022 or <familysupport@theemarc.org>.

**Spaulding Stroke Support Group** – This community-based support group offered by Spaulding Rehabilitation Hospital (SRH) provides socialization and education for stroke survivors and meets on the 2<sup>nd</sup> Wednesday of the month from 3-4pm at SRH, 300 First Avenue, Charlestown Navy Yard (accessible by MBTA bus routes 89 & 93). For more information, see <www.spauldingrehab.org/events/supportgroupevents> or contact Karen Halfon at 617-573-7000 (voice), 1-800-439-2370 (TTY), or by e-mail at <khalfon@partners.org>.

### **Thursdays**

**Cambridge Commission for Persons with Disabilities (CCPD) Monthly Meeting** – generally meets on the 2<sup>nd</sup> Thursday, at 51 Inman Street, 2nd floor Conference Room, 5:30 to 7 p.m. with opportunity for public comment. Call 617-349-4692 (voice), 617-492-0235 (TTY) or e-mail <ccpd@cambridgema.gov> for more information or to request accommodations.

**AppShare** – Offered by the Easter Seals Assistive Technology Regional Center (ARTC), AppShare is a new drop-in series for people to come to their Boston center with their “smart” devices (both Apple and Android) to share and learn about apps in an informal and relaxed setting. If you enjoy talking about apps or want to learn about new ones - this is the place to be! The ARTC will announce themes for each series prior to the meeting date. All AppShare days are on the 2<sup>nd</sup> Thursday of the month, and drop-in times are 11:00am-12:00pm and 1:00-2:00pm. For more information, or to request accommodations, see <www.eastersealsma.org> or contact the ARTC, 89 South Street in Boston (near MBTA South Station) at 617-226-2634 or by email at <atrc@eastersealsma.org>. The themes for the April 11 and May 9 series are TBD.

**DBSA-Boston (Depression Bipolar Support Alliance of Boston) Support Group** – meets at Mass. General Hospital every Thursday, 7 - 9 p.m. in the Schiff Conference Center Room, Suite 4A on the 4th floor in the Yawkey Building. Follow the signs. Meetings are free and open to public. For more information call 617-855-2795 or e-mail <mghgroup@dbsaboston.org>.

**Spaulding Riders Club** – This is community cycling club is consciously inclusive of athletes with physical disabilities and seeks to help those members find the right assistive devices for them to enjoy cycling recreation on a regular basis. The Club will be hosting rides, which are open to everyone regardless of disability status, every other Thursday from Memorial Day to Labor Day (June 13 & 27; July 11 & 23; August 2 & 22). Cyclists meet at the Spaulding Rehabilitation Hospital's NEW Boston location, 300 First Avenue, Charlestown (accessible by MBTA bus routes 89 & 93) at 5:30pm and rides begin at 6:00pm. If you have your own cycle, no reservations are necessary - just come and join the community. For more information or if you are an athlete with a physical disability who has already been fitted to an adaptive cycle and would like to rent a cycle for a nominal fee of \$5.00 per Club session, please call 877-976-7272. Cycles are available by reservation only on a first come first served basis.

**Spinal Cord Injury (SCI) Support Group** – Offered by Spaulding Rehabilitation Hospital (SRH), this weekly support group, which meets every Thursday from 4-5pm, is for anyone affected by SCI, to help and inspire the newly injured through role models and peer mentors, and to support individuals and family members as they begin their post-injury journeys. This group is run by Dr. Chris Carter at SRH, 300 First Avenue, Charlestown Navy Yard (accessible by MBTA bus routes 89 & 93). For more information, see: <[www.spauldingrehab.org/events/supportgroupevents](http://www.spauldingrehab.org/events/supportgroupevents)> or 617-573-7000 (voice), 1-800-439-2370 (TTY), or by e-mail at <[sciboston@aol.com](mailto:sciboston@aol.com)>.

### **Fridays**

**FREE Adaptive Sailing Series** – Offered by Community Boating, this program is being offered at no cost to registrants every other Friday over the summer (June 14 & 28, and July 12 & 26) from 10am-12pm and 1pm-3pm. Community Boating is located at 21 David G. Mugar Way in Boston. Call 877-976-7272 to register.

**Second Fridays are FREE at the MIT Museum** – Jump-start your weekend with the MIT Museum! Get up close and personal with Kismet the Robot, or see the world in 3-D through our one-of-a-kind holography exhibit. Enjoy performances, demonstrations, and lectures throughout our galleries. Mix and mingle; relax and unwind. Museum admission, including the galleries and additional activities, is free from 5-8pm on the 2<sup>nd</sup> Friday of every month. The Museum is located in Building N51 at 265 Massachusetts Avenue, Cambridge. See <[web.mit.edu/museum/programs/secondfridays.html](http://web.mit.edu/museum/programs/secondfridays.html)> or call 617-253-5927 for more information.

### **Saturdays**

**Boston Acquired Brain Injury Support Group (BABIS)** – The mission of this free support group is to provide a positive forum for peer socialization, hope and education for people with acquired brain injury, their family and friends. This group is held on the 1<sup>st</sup> Saturday of the month, from 10am-12pm at Spaulding Rehab Hospital, 300 First Avenue, Charlestown Navy Yard (accessible by MBTA bus routes 89 & 93). No registration required, just show up! For more information, call Sally Johnson, LICSW at 617-573-7000 (voice), 1-800-439-2370 (TTY), e-mail <[babisgroup@hotmail.com](mailto:babisgroup@hotmail.com)>, or see <[www.babis.info](http://www.babis.info)>.

**Beyond the Spectrum: Adventures in Art for Children with Autism** – Offered by the Museum of Fine Arts (MFA) Artful Adventures offers a specially designed program for children ages 8-12 on the Autism Spectrum, including Asperger's Syndrome, accompanied by a parent or caregiver. Upon arrival children will be divided into groups by age and/or needs, and the program meets on the 1<sup>st</sup> Saturday of each month from 10:30 am - 12:00 pm. Each class lasts an hour and a half and combines gallery exploration with an art-making activity. Pre-registration is required by the prior Tuesday. The cost is \$8.00 per child (includes materials and museum admission), and one adult is admitted free with each child ticket, which also includes discounted parking. The program meets in the Education Center in Druker Family Pavilion, Room 159 at 10:20am before the start of each class. For more information, or to pre-register, go to <[www.mfa.org/programs/community-programs/beyond-the-spectrum](http://www.mfa.org/programs/community-programs/beyond-the-spectrum)>, call 617-369-3303 or email <[artfuladventures@mfa.org](mailto:artfuladventures@mfa.org)>.

### **Sundays**

**Feeling for Form Introductory Tour of MFA for blind & low vision visitors** – These tours are given on the 1<sup>st</sup> Sunday of the month at 10:30 am. Pre-registration is not required for the Sunday tours unless a sighted guide or other access accommodation is needed. See Wednesday listing for details.

**“Quiet Day” at the Charles River Museum of Industry & Innovation:** The Charles River Museum of Industry & Innovation in Waltham hosts "Quiet Day" for children with Sensory Processing Disorder (SPD), which affects a variety of disabilities, on the last Sunday of the month from 10am to 5pm. During Quiet Day, the museum will disable any exhibit that produces uncomfortable noise levels, equipment such as sound block headphones, weighted blankets will be offered, and a separate space for reducing stimuli will be available. Admission is \$7.00 per adult and \$5.00 per child, student or senior. Free to children under 6, active and retired US Military, and Museum members. For more information, email <info@crmi.org> or call 781-893-5410 or 617-823-5081.

**Access Notice:** The City of Cambridge and Commission for Persons with Disabilities do not discriminate on the basis of disability. This **AccessLetter** newsletter is available in e-mail, large print and other alternative formats upon request. To add your name to our mailing list, to inquire about alternative formats, or for information about other auxiliary aids and services or reasonable modifications in policies and procedures, contact CCPD.

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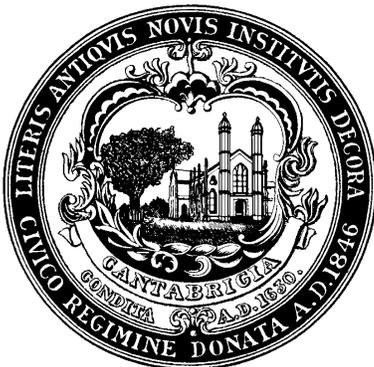
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**AccessLetter** is produced by the Cambridge Commission for Persons with Disabilities,  
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