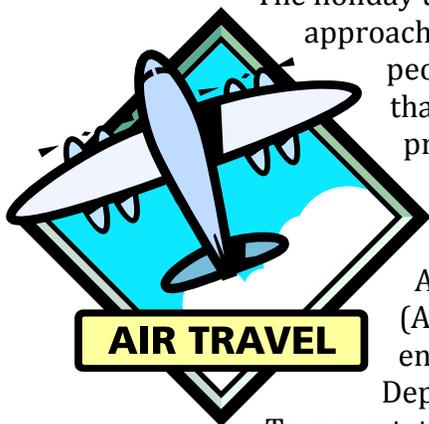


# AccessLetter

Cambridge Commission for  
Persons with Disabilities

## Holiday Travel Season is Approaching: Tips and Tricks for Avoiding Hassles during Air Travel



The holiday travel season is approaching, and for many people with disabilities, that means extra preparation to ensure hassle-free air travel.

The Air Carrier Access Act of 1986 (ACAA), which is enforced by the U.S. Department of Transportation (USDOT),

prohibits domestic air carriers from discriminating against travelers on the basis of disability.

Subsequent amendments to the ACAA also mandate certain accessibility features on aircraft, such as aisle seats with moveable arms on aircraft with 30 or more seats or an accessible lavatory on aircraft with multiple aisles.

In addition, the ACAA mandates that the Americans with Disabilities Act Accessibility Guidelines (ADAAG) be followed in airport facilities and services, including terminal facilities, parking lots and garages, ground transportation, and systems of inter-terminal transportation.

The full text of the ACAA may be found on USDOT's website at [www.airconsumer.ost.dot.gov/SA\\_Disability.htm](http://www.airconsumer.ost.dot.gov/SA_Disability.htm) or requested by contacting USDOT at 202-366-2220.

**(More on Travel Tips, page 2)**

## Successful Employment Solutions Highlighted at October Event



**Panel Moderator  
Oz Mondejar**

Employers in the know have developed some innovative approaches to solving problems relating to hiring and retaining employees with disabilities. That was the overarching theme of a panel discussion held at the Cambridge Public Library on October 17.

Oswald "Oz" Mondejar, Vice-President for Human

Resources and Community Relations, Partners Continuing Care, moderated the panel presentation. Oz explained the public-private partnership that he helped to create, called "Working Partners." Later, Oz introduced a short video clip entitled "Pathways - Boston & Cambridge Spaulding Rehabilitation Centers," hosted by Liz Walker, which further described Working Partners and related employment matters.

Jennifer O'Neil, Senior Employee Relations Specialist for the Beth Israel Deaconess Medical Center (BIDMC), spoke about her organization's efforts to streamline the reasonable

accommodation process for employees and job applicants with disabilities. She also described BIDMC's decision to consolidate reasonable accommodation requests under a single staff person within the employee relations department.

**(More on Successful Solutions, page 3)**

**Disability Reframed: A  
Community Film Series  
presents:**

***Children of a Lesser God***

Saturday, January 12, 2013  
2 PM to 5 PM at the Cambridge  
Senior Center, 806 Massachusetts  
Avenue, Central Square.

See calendar listing on page 8 for  
more information.

## Travel Tips (cont. from page 1)

See below for some general travel tips, as well as a list of resources and where to file complaints.

### Air Travel Tips:

- Prepare in advance! Call your airline in advance to request any necessary reasonable accommodations, such as for assistance in getting to your next gate during a layover.
- When possible, pack all assistive devices in the same bag. Luggage that contains only assistive devices and nothing else cannot be counted toward a passenger's bag limit, and airlines are not permitted to charge for the transport of such bags. However, if the bag also contains items, such as clothing or toiletries, that do not specifically provide assistance due to a disability, it can be counted toward a traveler's bag limit.
- If you are traveling alone, but would like a relative or friend to provide assistance getting to the gate, call the airline ahead of time to request a "gate pass" so that the un-ticketed person may accompany you through security to your gate. This person will be required to present both the gate pass and a government-issued ID, such as a Driver's License or passport, to security personnel, and to go through the regular security (i.e., screening) procedures.
- To reduce stress for service animals at security checkpoints, remove vests, collars and harnesses when possible and use a leash free of metal while walking through the metal detector. This will help prevent the detector from alarming, saving both you and your service dog from manual pat downs.



- Only in cases where it is not obvious that a dog is a service animal *and* the dog is not wearing any kind of service animal identification such as a harness, vest or tag, may air carriers require documentation that a dog is a service animal. However, they are permitted to require documentation (typically a letter from a licensed mental health professional on official letterhead dated within the past 12 months) for emotional support and psychiatric service animals.
- Effective May 13, 2009, all U.S. air carriers must provide animal relief areas at their airports of operation. These are fenced outdoor areas where dogs can play and relieve themselves. If

you will need assistance getting to the animal relief area, call the airline ahead of time to request it.

### More Travel-Related Resources:

- If you have any concerns about security procedures or getting through the security checkpoint, contact the

Transportation Security Administration's **TSA Cares Helpline** toll free at 1-855-787-2227. This line was established specifically for travelers with disabilities and/or medical conditions. TSA recommends calling a minimum of 72 hours in advance of traveling when possible. For more information, see [www.tsa.gov/travelers/airtravel/disabilityandmedicalneeds/tsa\\_cares.shtm](http://www.tsa.gov/travelers/airtravel/disabilityandmedicalneeds/tsa_cares.shtm)

- The **USDOT** has a toll-free **hotline to assist travelers with disabilities** who have questions about their rights during air travel or who have time-sensitive disability-related issues. These passengers may call the hotline at 1-800-778-4838 (voice) or 1-800-455-9880 (TTY) from 9am-5pm Monday-Friday. For more information, see [www.airconsumer.ost.dot.gov/hotline.htm](http://www.airconsumer.ost.dot.gov/hotline.htm)

- **Association for Airline Passenger Rights (AAPR)** is a non-profit, consumer rights organization with a mission to protect the rights of air travelers, including those with disabilities. Their website is chockfull of information on air travel, including a section devoted to passengers with disabilities. <[www.flyfriendlyskies.com](http://www.flyfriendlyskies.com)>
- The United Spinal Association has published a 32-page booklet, **Accessible Air Travel: A Guide for People with Disabilities**, which may be found online at <[www.unitedspinal.org/pdf/accessible\\_air\\_travel.pdf](http://www.unitedspinal.org/pdf/accessible_air_travel.pdf)>

### Where to File Complaints:

- Complainants who would like a DOT investigation into their disability-related complaint against an air carrier must submit it in writing (via US Mail or email) to the:
 

**Aviation Consumer Protection Div., C-75**  
Suite # W96-432 (West Building)  
U.S. Department of Transportation  
Office of the General Counsel  
1200 New Jersey Avenue, S.E.  
Washington, DC 20590  
(800) 778-4838 (voice) (800) 455-9880 (TTY)  
<http://airconsumer.ost.dot.gov>  
E-mail: [airconsumer@ost.dot.gov](mailto:airconsumer@ost.dot.gov)
- Complaints alleging discrimination by Federal security screeners (e.g., TSA personnel) may be made to the Department of Homeland Security and/or to the Transportation Security Administration via US Mail, email or telephone:

**Department of Homeland Security (DHS)**  
Office for Civil Rights and Civil Liberties  
Mail Stop #0800  
245 Murray Lane, S.W., Building 41  
Washington, D.C. 20598  
Phone: (877) EEO-4-TSA (877-336-4872) or  
(800) 877-8339 (TTY)  
E-mail: [civil.liberties@dhs.gov](mailto:civil.liberties@dhs.gov)

**Transportation Security Admin. (TSA)**  
Director, Office of Civil Rights and Liberties

601 South 12th Street – West Tower, TSA-6  
Arlington, Virginia 22202  
Attn: External Programs Division  
E-mail: [compliance@dhs.gov](mailto:compliance@dhs.gov)

Happy travels!

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### Successful Solutions (cont. from page 1)

Finally, Jennifer also talked about how BIDMC has standardized its reasonable accommodation policies and incorporated these policies into the employee disciplinary process.



**Panelists Daniel Fisher and Jennifer O'Neil**

Daniel B. Fisher, Executive Director of the National Empowerment Center, explained his agency's efforts to prepare individuals with mental disabilities for employment. Along with Laurie Ahern, Dan developed the Empowerment Model of Recovery, which has become a national model for improving long-range outcomes for people labeled as having a mental illness. As the head of NEC, Dan has hired many people with disabilities (in particular, people with hidden disabilities) to work in NEC programs, and has repeatedly demonstrated effective techniques for providing reasonable accommodations on the job.

Jack Carroll, Director of Human Resources for the Spaulding Rehabilitation Network (SRN), described his organization's role (the "private" part of the public-private partnership) in creating Working Partners. He talked about how this initiative has led to improvements in hiring and retention of qualified people with disabilities. Jack also discussed how Working Partners can be the

catalyst for eventual promotion of individuals with disabilities, and reviewed other current and future efforts in SRN to increase employment opportunities for people with disabilities.

Daniel T. Craven, Medical Sector liaison for the



**Panelists Jack Carroll (L) and Dan Craven**

Massachusetts Rehabilitation Commission (MRC), described his agency's role (the "public" part of the public-private partnership) in creating and growing Working Partners. He also talked about the range of people with various disabilities employed through the Working Partners program, and how this exemplifies MRC's efforts to increase employment opportunities for people with disabilities statewide.

Reaction from people who attended the panel presentation was largely positive. Attendees were particularly impressed how panelists weaved stories of individual successes into their presentations. One person commented that "storytelling is an incredibly effective way to inform, teach and remember."

The event was cosponsored by the Cambridge Employees Committee on Diversity, Cambridge Department of Human Service Programs, and Cambridge Commission for Persons with Disabilities. CCPD extends its sincere thanks to all of the many people whose hard work made this event a success.

## **Disability Reframed Film Series Forms New Partnership with Boston CPD**

In the summer of 2012, Disability Reframed: A Community Film Series announced that it had forged a partnership with the Boston Commission for Persons with Disabilities, thanks to BCPD Executive Director Kristen McCosh and the BCPD Board. Every 6 to 8 weeks or so, Disability Reframed screens a motion picture with some disability theme and invites the audience to participate in a moderated discussion following the film screening.

A warm and thoughtful audience of about thirty-five people came together on October 27 at the new Kroc Community Center in Uphams Corner, Dorchester, for our fall film event, a screening of Eric Metzgar's 2007 documentary, *Life.Support.Music*. We were also very fortunate to have as our guest the film's subject, musician Jason Crigler.

In 2004, Jason Crigler was one of New York's hottest young guitarists, with a new CD due for release and his wife, Monica, expecting their first child. Late in the year, while performing in Manhattan, Jason experienced a near-fatal brain hemorrhage. His doctors doubted he would ever emerge from his resulting near-comatose state. The astonishing year and a half that followed, in which Jason's family united to provide vigorous rehabilitation with him at home, is a portrait of a creative struggle in the face of very powerful obstacles.

For this occasion of Disability Reframed, Mr. Crigler drove down from his home in New Hampshire to meet our audience, answer questions about his life experience, and join in our regular post-film community discussion. The atmosphere was warm and personal, and most seemed to agree our first joint Boston-Cambridge film event was a success.

Many thanks from both CCPD and BCPD to the Salvation Army Kroc Center for their enthusiastic support in the forms of venue, logistics, refreshments, and related expenses.

The next 'Disability Reframed' film event will take place at the fully-accessible Cambridge Citywide Senior Center, 806 Massachusetts Avenue in Central Square, on Saturday, January 12, 2013, at 2pm. Our featured film will be *Children of a Lesser God*, a 1986 film which starred a 21-year-old Marlee Maitlin in her film debut. Maitlin went on to be the youngest actor, and the only Deaf

actor, ever to win an Academy Award for Best Performance by an Actress in a Leading Role. Our guest host is yet to confirm; please watch email and our Facebook page for news about this soon. (Visit Disability Reframed: A Community Film Series and Like us on Facebook!)

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

- Now-Jan. 4 **Handmade Holiday Market** – The Handmade Holiday Market is open Monday-Friday from 9am-5pm through January 4, 2013. See December 6 "Opening Reception for Open Door Gallery: Handmade Holiday Market" listing for details.
- Now-Jan. 15 **Call for Entries: 2013 VSA International Young Soloist Competition** – Since 1984, the VSA International Young Soloists Program has identified talented musicians who have a disability. The VSA International Young Soloists Competition annually selects up to four outstanding musicians from the United States and the international arena, and supports and encourages them in their pursuit of a career. These emerging musicians receive \$2,500, professional development opportunities, and a performance at the John F. Kennedy Center for the Performing Arts in Washington, D.C. The 2013 Call for Entries is now open! Applications will be accepted online at <[www.artsapp.com/iys](http://www.artsapp.com/iys)> through January 15, 2013. There is a \$10 application fee.
- Dec. 1 **Yes, You Are Supposed to Hug Me Now: Best Practices for Neurologically-Mixed Marriages and Other Harrowing Relationships** – We've heard David Finch's perspective on how to make a marriage work, from his hilarious and moving New York Times best-selling memoir, *The Journal of Best Practices*. But that's only half the story. David's wife, Kristen, co-presents this seminar, lending her crucial perspective on creating a happier, more fulfilling partnership. (Spoiler alert for you wives: it involved patience, understanding, setting boundaries, and lots and lots of kickboxing.) Packed with relevant, actionable strategies for making your relationship thrive, this seminar is a must for anyone in love with a baffling partner. David and Kristen will be available after the talk to sign copies of David's book, just out in paperback. Presented by Asperger's Association of New England (AANE) in conjunction with Jewish Family and Children's Service (JF&CS), this event will be held from 1:30-4pm at JF&CS, 1430 Main Street, Waltham (free parking and accessible by MBTA bus #70, Cedarwood via Watertown). Pre-registration is required and there is a \$50 fee per person, or \$75 per couple. Seating is limited. For more information or to register, see <[www.aane.org/upcoming\\_events/aane\\_event\\_list.html](http://www.aane.org/upcoming_events/aane_event_list.html)> or call 617-393-3824, ext. 10.
- Dec. 1 **Artists Beyond Challenges 2012 Holiday Reception & Art Sale** – Looking for holiday gift ideas? The Massachusetts Rehabilitation Commission (MRC) Artists Beyond Challenges is holding an exhibit at the West Suburban YMCA, 276 Church Street in Newton Center from 2-4pm, with many kinds of artwork for sale. Come meet the artists and learn about the group. The reception is FREE and open to the public, and refreshments will be provided.
- Dec. 1&2 **Cultural Survival Bazaar at Cambridge College** – A Festival of Arts & Cultures from Around the World, featuring guest artisans, handmade products benefiting the livelihoods of artisans, projects in their communities, and fair trade. Shop unique art, jewelry, clothing, crafts, decor, tribal rugs, & much more. The bazaar will be held 10am-6pm at Cambridge College, 1000 Massachusetts Ave. See <[bazaar.culturalsurvival.org](http://bazaar.culturalsurvival.org)> for more information.

- Dec. 3        **Public Meeting: Judge Patrick King's Update on MBTA/BCIL Settlement Agreement** – Judge Patrick King will be hosting a public meeting to discuss his assessment of the MBTA's progress towards compliance with the MBTA/BCIL settlement agreement. Please come to share your questions and comments regarding accessibility at the T. The meeting will be held from 1-3pm in conference rooms 2-3 on the 2<sup>nd</sup> floor of the State Transportation Building, 10 Park Plaza, Boston. This meeting space is accessible to people with disabilities. American Sign Language interpreters and assistive listening devices will be on-site. If you need an accommodation in order to fully participate in the meeting, please contact Bettina Taylor at <BTaylor@mbta.com> or 617-222-5254 at least one week before the meeting.
- Dec. 3        **Apple Mondays presents the iPad** – The Carroll Center for the Blind has introduced a new workshop called Apple Mondays. The December workshop will focus on the iPad. Since the advent of touch screen technology, accessibility concerns developed for those who are blind and visually impaired. The iPad is the first tablet to enable users to experience complete independence right out of the box. Discussion and instruction will center around using the powerful screen magnifier, Zoom; VoiceOver will also be discussed. This workshop will be held from 1-4pm at The Carroll Center for the Blind, 770 Centre Street, Newton, MA and costs \$20 per person. A limited number of iPads will be available to try, so feel free to bring your own device! For more information or to register, contact Dina Rosenbaum at 617-969-6200, x238 or via email <dina.rosenbaum@carroll.org>.
- Dec. 4        **Your Questions Answered: Mass Health for Children and Young Adults with Mental Health and Disability Diagnoses** – This FREE presentation will be given by Kate Bicego, Consumer Assistance Program Manager at Health Care for All. This event will be held from 7-9pm at Wayside Youth and Family, 118 Central Street, Waltham. Did you know that MassHealth can offer your child programs and services that are unavailable through private insurance? That your child and your family could be covered by both private insurance and MassHealth? Do you know what type of MassHealth you need and how to apply for it? Get answers to these questions and more at this presentation. For more information, contact Judi Maguire at 508-215-6008 or email <Judi\_maguire@waysideyouth.org>.
- Dec. 4        **Hearing from the Experts: Treating Dual Diagnosis (Addiction/Mental Illness)** – Sponsored by NAMI Cambridge Middlesex, this FREE program will feature Dr. Mark Albanese, Harvard Medical School; Woody Geissmann, Right Turn; Britney Cross, Westbridge Community Services; and Dr. Martha Kane, ARMS Program for young people and their families, Massachusetts General Hospital. This presentation will be held from 6:30-8:30pm in the Macht Auditorium at Cambridge Hospital, 1493 Cambridge St. Call 617-984-0527 for more information.
- Dec. 6        **Opening Reception for Open Door Gallery: Handmade Holiday Market** – Come and do your holiday shopping at the state's alternative craft and art market. Handmade Holiday features weaving, printmaking, jewelry, felting, cards, painting, and other gifts by local crafters and artists. The reception will be held from 4-7pm at the Open Door Gallery at VSA Massachusetts, 89 South Street, Suite 101 in Boston (near South Station). The Handmade Holiday Market is open Monday-Friday from 9am-5pm through January 4, 2013. The Open Door Gallery promotes the work of artists with disabilities and shifts our community's perceptions of ability while enjoying quality art. See <www.vsamass.org> or call 617-350-7713 (voice) or 617-350-6535 (TTY) for more information.
- Dec. 7-9      **Cultural Survival Bazaar at Cambridge College** – See Dec. 1&2 listing for details.
- Dec. 9        **K'sharim: Connecting People with Disabilities to Jewish Life** – K'sharim (Hebrew for "connections") is an innovative undertaking by Boston's Jewish community designed to involve people with disabilities in all facets of Jewish life. K'sharim is for teens and adults with disabilities, their families and caregivers as well as for the host synagogue communities. Newcomers are always welcome to any and all K'sharim activities. This evening's wonderful Hanukkah Party, including refreshments, followed

by music, games and crafts will be held from noon-2pm at Temple Shalom, 475 Winthrop St. Medford, MA. There is a \$5 fee per person. Please pre-register by December 2 by calling Sylvia Swartz at 781-391-3262. For more information about K'sharim and its programs, contact Jan Klein, coordinator of Friend 2 Friend of Jewish Big Brothers Big Sisters at 617-558-6548 or by e-mail at <jan@jbbbs.org> or Judy Pearl, Director of Special Needs Services for the JCCs of Greater Boston, at 617-558-6508 or by e-mail at <jpearl@jccgb.org>.

- Dec. 11      **FREE Adaptive Skating: Games on Ice!** – Offered by the Department of Recreation (DCR) Universal Access Program (UAP), this is an opportunity to use your wheelchair, an ice sled, or conventional skates to slide around the ice at The Cronin Skating Rink, 850 Revere Beach Parkway! The whole rink is ours to play on from 11:30am to 1:30pm. Spin, slide, race, slalom, socialize and play gently competitive games with others! Ice sleds and conventional skates available. Admission and equipment is provided free of cost. For more info or to register, call 617-626-1294 or email <Gigi.Ranno@state.ma.us>.
- Dec. 13      **FREE Parent Training: Basic Rights in Special Education** – Offered by the Federation for Children with Special Needs (FCSN), this workshop provides families with an introduction to their rights and responsibilities under the Individuals with Disabilities Education Act (IDEA), Massachusetts Special Education Law and No Child Left Behind (NCLB). It is designed to help parents learn how to be effective partners with their child's school to decide the child's eligibility for special education, and to plan, make decisions and monitor their child's progress in school. Workshop materials are also available in Spanish, Portuguese and Chinese. This workshop will be held at the Zervis School library in Newton (30 Beethoven Ave) from 9-11am. Although free and open to the public, pre-registration is required. For more information, see <www.fcsn.org/pti/workshops/home.php>, call 617-236-7210, or email <info@fcsn.org>.
- Dec. 13      **Cambridge Commission for Persons with Disabilities (CCPD) Monthly Meeting/Holiday Party** – 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, unless a holiday, with opportunity for public comment. The December business meeting will be abbreviated and will be followed by a potluck holiday party. Call 617-349-4692 (voice) or 617-492-0235 (TTY) or e-mail <ccpd@cambridgema.gov> for more information or to request accommodations.
- Dec. 13      **Songs for the Season!** – Come celebrate the season at Perkins' annual holiday concerts. The ringing of handbells and singing of student choruses will fill historic Dwight Hall in the stately Howe Building at the Perkins School for the Blind (175 North Beacon Street, Watertown) from 7:30-9pm. Listen to music from around the world, including a Liberian folk melody, a Hanukkah song and songs in Spanish. Lend your voice to your favorite, traditional carols. The event is free and wheelchair accessible and will also be held on December 16 from 3-4:30pm. For more information, please call 617-972-3434.
- Dec. 13      **Shop Inman by Moonlight** – Enjoy holiday music and cheer while shopping and dining in the square from 6pm-12am. See <www.inmansquare.com> for more information, including a list of participating merchants.
- Dec. 14      **FREE Second Friday at the MIT Museum: Toy Product Design Lab** – Enjoy an evening of fun holiday shopping and learn about new toys being developed in the Toy Product Design Lab at MIT! See Friday listing for *Second Fridays are FREE at the MIT Museum* for more information.

- Dec. 15-16 **Holly Fair, Cambridge's Oldest Crafts Fair** – Celebrate the holiday season at Cambridge's oldest crafts fair, held at the Cambridge Center for Adult Education (CCAEE) in the heart of Harvard Square. There will be a tremendous variety of beautiful and affordable things to buy — jewelry, hats, bags, sweaters, scarves, natural beauty items, soaps, ceramics, stained glass, ornaments, photographs, cards, prints, paintings, food, and much, much more - ranging in price from \$2 to \$200. Holly Fair is a great place to find one-of-a-kind holiday gifts while supporting local artisans and raising money to help us keep our classes as accessible as possible. The Fair will be held from 10am-5:30pm on Saturday, Dec. 15 and from noon-5pm on Sunday, Dec. 16 at CCAEE, 42 Brattle Street. See <[www.ccae.org/hollyfair.html](http://www.ccae.org/hollyfair.html)> or call 617-547-6789 for more information.
- Dec. 15-16 **Cultural Survival Bazaar at Harvard University** – A Festival of native Arts & Culture from Around the World, featuring artisans, products, & performers from around the world. Shop handmade art, jewelry, clothing, crafts, decor, tribal rugs, & much more, and enjoy FREE presentations, Native American storytelling, educational displays, craft-making demonstrations, & ethnic cuisine. Proceeds support Native artisans, fair trade, and Cultural Survival's non-profit work worldwide. The Bazaar will be held at Harvard University's Center of Government & International Studies, 1730 Cambridge St, Cambridge from 10am-6pm on both days; free parking will be provided at the Broadway garage at 7 Felton Street. See <[www.bazaar.cs.org](http://www.bazaar.cs.org)> for more information.
- Dec. 16 ***Songs for the Season!*** – A second performance of the Perkins School for the Blind holiday concert, held from 3-4:30pm. See December 13 listing for more information.
- Jan. 10 **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, 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.
- Jan. 12 **Disability Reframed Presents: *Children of a Lesser God*** – Join us for a free screening of this 1986 feature film, followed by a lively discussion. This screening will be held from 2pm to 5pm at the Citywide Senior Center, 806 Massachusetts Ave. in Central Square, Cambridge. This is a free public event; bring your friends! The site is wheelchair accessible. No need to RSVP. For questions, contact the Cambridge Commission for Persons with Disabilities at 617-349-4692 (Voice), 617-492-0235 (TTY), email <[ccpd@cambridgema.gov](mailto:ccpd@cambridgema.gov)> or follow “Disability Reframed: A Community Film Series” on Facebook.
- Jan. 12 **Asperger Syndrome and Adult Life: Navigating the Massachusetts Public and Private Supports and Service Systems** – A full day seminar for adults with AS and parents of adults or high school students with AS, this event will be held at Mass Bay Community College in Wellesley and will include workshops by leaders in the fields of Federal benefits for the disabled, public housing options, public vocational supports, healthcare benefits for the disabled, legal and financial planning, private housing options, private vocational supports and guardianship. More information, including registration details and time of the event will be posted online soon by the Asperger's Association of New England at <[www.aane.org/upcoming\\_events/aane\\_event\\_list.html](http://www.aane.org/upcoming_events/aane_event_list.html)>. The snow date is January 19.
- Jan. 14 **Understanding Asperger Syndrome (AS): Interventions and Strategies for Parents** – Offered by the Asperger Association of New England (AANE), this workshop, designed for families of newly diagnosed children or teens, describes in detail and through real-life examples some of the most common characteristics of AS. It also includes basic information about behavioral issues, parenting strategies, disclosure and school concerns. It offers "first step" help for parents as they begin their journeys as parents of wonderfully quirky, socially awkward, sometimes precocious, often challenging children with AS. Held from 7-9:30pm at the AANE office in Watertown (51 Water Street, Suite 206), this workshop is \$40 for AANE members and \$55 for non-members. Pre-registration is required and can be

done online at <[www.aane.org/upcoming\\_events/aane\\_event\\_list.html](http://www.aane.org/upcoming_events/aane_event_list.html)>. See the website or call 617-393-3824 for more information.

- Jan. 16      **Easter Seals Presents: An Introduction to Apple iDevices** – Offered by the Easter Seals Assistive Technology Regional Center (ARTC), this FREE presentation will focus on new users who may have received an iDevice (iPhone, iPad, iPod Touch) over the holidays and need help on how to get started. This workshop is designed to get one off the starting block in this world of iDevices, and attendees are welcome to bring their iDevices. The presentation will be held at Easter Seals, 89 South Street in Boston (one block from MBTA South Station) from 10am-11:30am. Pre-registration is required and may be done by emailing <[ARTC@eastersealsma.org](mailto:ARTC@eastersealsma.org)> or calling 617-226-2634. More information, including directions, may be found online at <[www.eastersealsma.org](http://www.eastersealsma.org)>. Requests for reasonable accommodations must be received three weeks in advance.
- Jan. 19      **K'sharim: Connecting People with Disabilities to Jewish Life** – See December 9 listing for more information about K'sharim. This evening's event will be a Havdallah Happening: Annual Service, dinner & program from 6:30-8:15pm at Temple Emunah, 9 Piper Road, Lexington. Call 781-861-0300 for more information on this event.
- Jan. 26      **K'sharim: Connecting People with Disabilities to Jewish Life** – See December 9 listing for more information about K'sharim. This evening's TuB'Shevat Program will be held at Congregation Sha'arei Tefillah, 35 Morseland Ave, Newton. The time is still to be determined. Call 617-630-5722 for more information about this event.

## 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](http://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](mailto: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](mailto: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](http://www.namimass.org/programs)>, e-mail <[helpline@namimass.org](mailto:helpline@namimass.org)>, or call Elizabeth at 781-646-0397.

## **Tuesdays**

**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](http://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](mailto: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](http://www.mfa.org)> or contact Valarie Burrows at 617-369-3302 or Hannah Goodwin at 617-369-3189, or e-mail <[access@mfa.org](mailto: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 in Conference Room 8A on the 8<sup>th</sup> floor of Spaulding Rehab Hospital, 125 Nashua Street in Boston (adjacent to the TD Bank Garden; near MBTA North Station). For more information, see <[www.spauldingrehab.org/events/supportgroupevents](http://www.spauldingrehab.org/events/supportgroupevents)> or contact Sally Johnson, LICSW at 617-573-2539 (voice), 1-800-439-2370 (TTY), or by e-mail at <[sejohnson@partners.org](mailto: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 <[ARTC@eastersealsma.org](mailto:ARTC@eastersealsma.org)> for more information.

**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> 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> 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> to register. Call 617-369-3189 or e-mail <access@mfa.org> or go to <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>.

**Open Support Group for Adults on the Autism Spectrum** – Meets on the 2nd 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 3rd 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 2nd Wednesday of the month from 3-4pm in Conference Room 8A on the 8<sup>th</sup> floor of SRH, 125 Nashua Street in Boston (adjacent to the TD Bank Garden; near MBTA North Station). For more information, see <www.spauldingrehab.org/events/supportgroupevents> or contact Karen Halfon at 617-573-7143 (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 2nd 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 <kthurman@cambridgema.gov> for more information or to request accommodations.

**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 <mhgroup@dbsaboston.org>.

**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 and is held in GBC Office at SRH on the 9th Floor at SRH (take elevator to 9th Floor, make a left off the elevator; second to last door on the right), 125 Nashua Street in Boston (adjacent to the TD Bank Garden; near MBTA North Station). For more information, see: <www.spauldingrehab.org/events/supportgroupevents> or 617-573-2081 (voice), 1-800-439-2370 (TTY), or by e-mail at <sciboston@aol.com>.

### **Fridays**

**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> 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, conference rooms 8A & AB, 125 Nashua Street, Boston. No registration required, just show up! For more information, call Sally Johnson, LICSW at 617-573-2539 (voice), 1-800-439-2370 (TTY), e-mail <babisgroup@hotmail.com>, or see <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>, call 617-369-3303 or email <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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 E. Denise Simmons, *Vice Mayor*  
 Leland Cheung  
 Marjorie C. Decker  
 Craig A. Kelley  
 David P. Maher  
 Kenneth E. Reeves  
 Timothy J. Toomey, Jr.  
 Minka vanBeuzekom

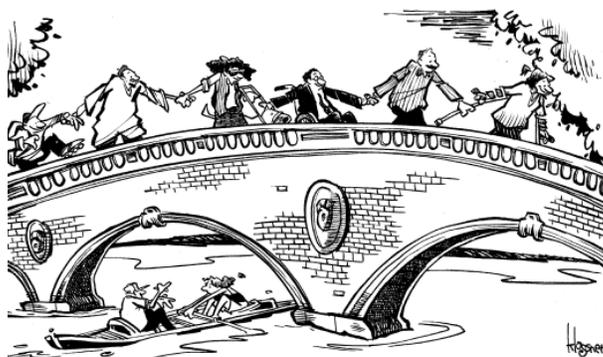
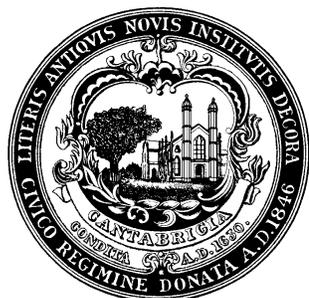
### City Administration

Robert W. Healy, *City Manager*  
 Richard C. Rossi, *Deputy City Manager*  
 Ellen Semonoff, *Assistant City Manager, Human Service Programs*

### Commission for Persons with Disabilities

Michael Muehe, *Executive Director/ADA Coordinator*  
 Kate Thurman, *Disability Project Coordinator*  
 Joanna Berton Martinez, *Pro Bono Associate*  
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JoAnn Haas, <i>Secretary</i>	Bet MacArthur
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Sandy Durmaskin	Dave Wood



**AccessLetter** is produced by the Cambridge Commission for Persons with Disabilities,  
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51 Inman Street, second floor, Cambridge, Massachusetts, 02139.

We welcome your articles, comments, criticisms, and suggestions. Write us!

**Read past issues on our website: [www.cambridgema.gov/CCPD](http://www.cambridgema.gov/CCPD)**

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**Cambridge Commission for Persons with Disabilities**

51 Inman Street, second floor

Cambridge, MA 02139