AccessLetter

Cambridge Commission for Persons with Disabilities

New PSA to Thwart Unauthorized Parking in Disability Spots



CCPD releases a brand new Public Service Announcement (PSA) on a global scale!

This fresh PSA aims to dissuades

unauthorized drivers from parking in a disability spot. Entitled *Not Even for a Minute*, this 60-second video was made possible with the equipment, editing facilities and technical assistance lent by Cambridge Community Television (CCTV). Local actors donated their time and this PSA features the new accessibility icon co-created by Cambridge artist, Sara Hendren, and her colleague, Brian Glenney.

Not Even for a Minute is the fifth PSA produced by CCPD and directed, shot, and edited by community member, Joanna Berton Martinez. The on-going project is to build our PSA library and make as many mini-videos as possible for the purpose to educate the public and motivate behavior change.

The first PSA encourages employers to hire people with disabilities, *hire disAbility*. It was made at CCTV in May 2012 on their invitation for Cambridge organizations to learn how to make a public service announcement.

The next two PSAs were inspired by a series of interviews with locals about their service animals.

Is Your Dog a Service Animal? – this PSA reminds business owners a service animal is allowed to be anywhere the general public is including restaurants, hospitals, movie theaters, parks and zoos.

(More on Disability Parking PSA, page 2)

Health Disparities Persist Among PWD, State Study Finds



A team of public health officials and university researchers released a report in March, revealing that many health disparities still persist among people with disabilities (PWD) across Massachusetts.

Co-authored by the Massachusetts Department of Public Health (DPH) and University of Massachusetts Medical School (UMMS) in Worcester, the needs assessment report offers an in-depth examination of the health needs of people with disabilities in the Commonwealth.

The report, entitled "Health Needs Assessment of People with Disabilities in Massachusetts 2013" details a number of barriers these individuals



encounter in trying to access health services.

Results of

the needs assessment, which was conducted throughout 2013, revealed "significant differences in health among people with disabilities compared to those without disabilities in Massachusetts."

Furthermore, "Adults with disabilities were more likely to report poor physical and mental health, chronic conditions like diabetes and asthma, being current and lifetime smokers, [and] lifetime sexual violence...," the report noted.

(More on Health Disparities, page 3)

Double Your SNAP Dollars at the Cambridge Winter Farmers Market Market Open through April 26

Over half of all Supplemental Nutrition Assistance Program (SNAP – formerly known as food stamps) recipients are seniors and people with disabilities. But many of these individuals are still not aware that some Cambridge farmers markets accept SNAP payments, and will even double the value of their SNAP dollars.



Cambridge Winter Farmers Market

The Cambridge Winter Farmers Market now offers \$15 SNAP matching—up from \$10 earlier this season. This means you can use \$15 in SNAP benefits to purchase \$30 in produce! Just swipe your SNAP EBT card at the manager's table to receive your market dollars and SNAP doubling benefits.

You can buy a variety of fruits, vegetables, meat, fish, cheese, breads, and more, all locally grown and made in New England. While shopping, enjoy live music, local art, and educational programs.

The Winter Farmers Market is **open every Saturday from 10 a.m.-2 p.m. through April 26.**The market is located inside the Cambridge
Community Center gymnasium, 5 Callender Street in the Riverside neighborhood.

Disability Parking PSA (continued from page 1)

The fact a service animal is allowed where their owner is stems from ADA requirements, and business owners could use this PSA as a refresher for staff and new hires.

Please Don't Pet My Service Animal – asks people (other than service animal handlers) to avoid petting, feeding, or handling a service animal, and is more of an etiquette plea to the general public because these dogs are working and should not be distracted.

One of our most oft requested PSAs, *Don't Forget the Corners!*, regards the importance of shoveling corners in addition to the sidewalks during snow and ice season so people can cross the street. The footage for this video is pretty incredible and was originally shot for a project with CCTV in 2005.

These PSAs a great fun to make, only take a minute to watch, and were the main reason CCPD won an award last year for effective use of CCTV's facilities.



Image from Not Even for A Minute!

Please send us your PSA ideas or if you would like to be on our list of actors or crew. View the PSA library compilation at

<www.youtube.com/user/DHSPCambridgeMA> or
our most recent video on the CCPD web page at
<www.cambridgema.gov/CCPD>.

Health Disparities (cont. from page 1)

To identify the top priority health needs of the disability community in Massachusetts, the needs assessment team surveyed PWD across the Commonwealth, resulting in these top ten problem areas being identified:

- 1. Affordable housing (77%);
- 2. Adequate dental care (64%);
- 3. Adequate mental health services (62%);
- 4. Finding a doctor who is sensitive to disability issues (55%);
- 5. Transportation to doctor's appointments (54%);
- 6. Communication supports, such as large print, Braille, CART readers, etc. (52%);
- 7. Managing chronic conditions, such as diabetes (50%);
- 8. Paying for prescription medications (48%);
- 9. Finding a doctor who accepts public health insurance (48%); and

10. Accessible gyms (45%).

Funded by the Centers for Disease Control, the needs assessment analyzed health disparities using both quantitative and qualitative measures. One aim of the needs assessment was to enable DPH's Health and Disability Program, within the Office of Health Equity, to prioritize its programmatic goals and objectives and to better meet the needs of Massachusetts residents with disabilities.

"The needs assessment helped us better understand the unmet public health needs and priorities of people with disabilities living in [Massachusetts]," said study authors Monika Mitra and Lauren Smith in a blog post.

"We learned a tremendous amount in doing this assessment and [want] to share our many lessons learned," said Mitra and Smith, who work at the Center for Health Policy and Research at UMMS. For more info, contact <Monika.Mitra@umasssmed.edu> or (508)-856-8548.

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

- April 4 **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. Interactive Musical Family Shabbat Service and dinner 6:00-8:30pm at Congregation Dorsheh Tzedek 60 Highland Street West Newton, MA 02464 RSVP to Sandy Slavet, Director, Jewish Life Services for People with Disabilities, JFCS 781.693.5640 sslavet@jfcsboston.org 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, Inclusion and Support Services, JCCs of Greater Boston, at 617.558.6508 or by e-mail at <jpearl@jccgb.org>.
- April 5 NanoDays at the Museum of Science -- Imagine, discover and explore a world that's too small to see. NanoDays is a nationwide celebration of nanoscale science and you're invited! Come celebrate with us and enjoy nano-related activities throughout the Exhibit Halls including a juggling show, special guest presentations, hand-on laboratory activities and more. For a full schedule of events visit, <www.mos.org/nanodays>. Registered guests will receive up to 4 free exhibit hall passes per reservation. If you are non-profit group working with families or large groups, please email <jboyd@mos.org> to request larger reservations. Guests can view exhibits until 5pm when the Museum closes

- ASL interpreters will be available 10am-2pm. Please let us know if you need an interpreter
- For accessibility accommodations contact Nora Nagle <nnagle@mos.org> 617.589.3102
- For all other questions please contact Maria Cabrera <mcabrera@mos.org> 617.589.0418 or James Boyd <jboyd@mos.org> 617.589.0315
- April 7 **Studio Cinema screening of IMAGINE --** at 7:30pm, 376 Trapelo Road, Belmont. Film synopsis: A new instructor at a well-known Lisbon clinic for the visually impaired teaches a controversial technique to his international group of blind patients. For him, the key to getting around and living a fulfilling life is the mind and imagination, not sensory perception. But when he breaks the rules to help a female student rediscover life's pleasures, he jeopardizes both her life and his livelihood. For more information, visit <www.studiocinema.com> or e-mail <iiim@studiocinema.com> or call 617.484.1706
- April 11 **K'sharim: Connecting People with Disabilities to Jewish Life** -- Join us for Shabbat Dinner and a Musical Shabbat Evening Service concluding with dessert. The program will be held from 6:15-8:45pm at Temple Beth Shalom, 670 Highland Ave. Needham, MA 02494. **Please RSVP by April 4** and send a check for \$8 per person for dinner, payable to Temple Beth Shalom (please add "K'sharim Dinner" in memo line of check and on envelope). 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. 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, Inclusion and Support Services, JCCs of Greater Boston, at 617.558.6508 or by e-mail at <jpearl@jccgb.org>.
- April 12 **Open Mic Poetry and Prose** Autism Self Advocacy Network invite you to an hour of poetry and prose by members of the autism community, followed by a reception to get to know one another, make connections and friends. First Parish Church Unitarian Universalist at 3 Church Street, Harvard Square in Cambridge from 1-4pm. Join us and celebrate the wonderful autism community we have in the Boston area. Children are welcome, there will no alcohol served at the event, there will be light snacks including gluten and casein-free food. No cost to attend although donations are much appreciated. The church nursery will be available for people needing a quiet space at any time. Please do not wear perfume, cologne and/or heavily scented products. The church is wheelchair accessible and has gender-neutral bathrooms, too. RSVPs *greatly appreciated* please email <a href="mailto: email <a href="mailto: each description of poetry and provide please also contact us if you'd like to contribute or read at the event or have access needs.
- April 12 **Puppet-making with Recycled Materials** Families Creating Together is offering children 7-12 years old with and without disabilities free puppet-making with recycled materials workshops in an accessible setting, in English, Spanish, and American Sign Language. Workshops will be held from 10:30am–12:30pm at 20 South Street, Jamaica Plain Community Center (Curtis Hall) on April 12, April 19, May 10 and May 17. T-accessible and there is parking on-site and on street. Please call Ed Pazzanese at the Tree Of Life Coalition, 617.522.4832 to **pre-register by April 5th**. First Come First Serve. This Workshop Series is presented by Families Creating Together, a program of Community Service Caring/JP Tree of Life Coalition, Jamaica Plain Community Centers (Curtis Hall) and funded by the Lennie Zakim Foundations and individuals. Families Creating Together is an award winning city-wide Multigenerational Expressive Arts Program.
- April 16 **Brown Bag Lunch with Josh Crary --** Join a discussion on Race and Disability at Community Change, 14 Beacon Street, Room 605 in Boston from 12-1:30pm. As an individual who has lived life as both a nondisabled person and now as a nearly blind young man, Josh Crary, Diversity Programs Advisor at Berklee College of Music, will be discussing the unique and complex intersection of racism and disability in the United States. Josh will deconstruct the undermining myth that those who are visually impaired or have various disabilities are free from understanding and acting upon oppressive social

- constructs and cultural values. This in-depth analysis will help shed light on how deeply ingrained and pervasive these harmful social constructs are to all people. Bring your lunch, and bring a friend! Free with a suggestion of a \$5 donation. **RSVP** to <kelly@communitychangeinc.org> or 617.523.0555
- April 19 **Puppet-making with Recycled Materials** –Free workshops for children 7-12 years old with and without disabilities in Jamaica Plain. Please see details listed on April 12.
- May 10 **Puppet-making with Recycled Materials** –Free workshops for children 7-12 years old with and without disabilities in Jamaica Plain. Please see details listed on April 12.
- May 17 **Puppet-making with Recycled Materials** –Free workshops for children 7-12 years old with and without disabilities in Jamaica Plain. Please see details listed on April 12.

Weekly & Recurring Events

Ongoing

Injured Worker Support Meetings – Meetings are scheduled by appointment, often the 1st 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, 4th 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^{nd} 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 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 <u>1st and 3rd Mondays</u> of each month at 7:30pm at the Cambridge Hospital Learning Center A, 3rd Floor, 1493 Cambridge Street. For more information, see <www.namimass.org/programs>, e-mail <helpline@namimass.org>, or call Elizabeth at 781.646.0397.

Obsessive Compulsive Disorder Support Group – meets biweekly on the 1st and 3rd Monday of each month from 7-8:30pm at the Friends Meeting House, 5 Longfellow Park, Cambridge. This group is open to anyone with OCD or related disorder and is a casual, open discussion of the trials (and triumphs!) of living with OCD. Suggested donation of \$5. For more information e-mail <ocdgroupcambridge@gmail.com>.

Tuesdays

Computer Help for Job Seekers – <u>Every Tuesday</u> 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.

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 $\frac{4^{th}}{4^{th}}$ 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 1st 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 1st 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 617.573.2539 (voice), 1.800.439.2370 (TTY), or by e-mail at <sejohnson@partners.org>.

Assistive Technology Resource Center (ARTC) Open House – The ATRC, 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 1st 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, call 617.226.2634, or email 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 <u>1st Wednesday</u> 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 <u>reservation (required)</u>, email <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.

DBSA-Boston (Depression Bipolar Support Alliance of Boston) Support Group meets <u>every</u> Wednesday evening, 7-9pm at McLean Hospital in Belmont (de Marneffe Building, 1st floor lobby). Includes a lecture on the <u>2nd and 4th Wednesdays</u>. 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 <u>3rd Wednesday</u> 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 <u>2nd Wednesday</u> 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>.

NAMI Connection – a support group for adults with mental illness sponsored by the National Alliance on Mental Illness (NAMI), meets <u>every</u> Wednesday and Friday 10:30-12:00 at the Cambridge Somerville Recovery Learning Center, 35 Medford Street, Suite 201 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>.

Open Support Group for Adults on the Autism Spectrum – Meets on the <u>2nd Wednesday</u> 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. 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 <u>3rd Wednesday</u> 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, meeting on the 2nd Wednesday of the month from 3-4pm at Spaulding Rehab Hospital, 300 First Avenue, Charlestown Navy Yard (accessible by MBTA bus routes 89 & 93). 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 <u>2nd Thursday</u>, 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.

<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>.

DBSA-Boston (Depression Bipolar Support Alliance of Boston) Support Group – meets at Mass. General Hospital <u>every Thursday</u>, 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>.

Spinal Cord Injury (SCI) Support Group – Offered by Spaulding Rehabilitation Hospital (SRH) and the Greater Boston Chapter, National Spinal Cord Injury Association. Weekly support group 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 the GBC and at SRH, 6th floor Lantern Room, 300 First Ave, Charlestown Navy Yard (accessible by MBTA bus routes 89 & 93). For more info,

<www.spauldingrehab.org/events/supportgroupevents> or call 671.952.5343 or e-mail at <sciboston@aol.com>. All are encouraged to learn from others who are living with a spinal cord injury.

Fridays

NAMI Connection – a support group for adults with mental illness sponsored by the National Alliance on Mental Illness (NAMI), meets <u>every</u> Wednesday and Friday 10:30-12:00 at the Cambridge Somerville Recovery Learning Center, 35 Medford Street, Suite 201 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>.

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^{nd} 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 1st 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 617.573.2539 (voice), 1.800.439.2370 (TTY), e-mail sabbisgroup@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 1st 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 <u>1st Sunday</u> 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 <u>last Sunday</u> 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 **Access***Letter* 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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April — **May 2014**

Access*Letter* is produced by the Cambridge Commission for Persons with Disabilities, part of the Department of Human Service Programs,

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

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Cambridge Commission for Persons with Disabilities

51 Inman Street, second floor Cambridge, MA 02139