AccessLetter

Cambridge Commission for Persons with Disabilities

IBM and UMass Boston Launch New Accessible Technology Collaboration in Cambridge



On December 3, 2013, the IBM Corp. and UMass Boston launched a new center for accessible technology in Cambridge.

Called the Collaborative Innovation Center on Accessibility, this public-private nonprofit partnership will focus

on increasing access to technology for people with disabilities, as well as for novice technology users,

and for people with language and literacy challenges.

Susan Puglia, IBM's Vice President of University Relations outlined the goals of this strategic initiative: "To be successful in the global economy, people, regardless of age, physical ability, or cognitive capability, must have the opportunity to gain the skills, training, and experience needed to compete in the 21st century workforce."

Puglia continued: "in order to realize this opportunity, IBM and UMass Boston recognize the need to create a collaborative environment that aims to reduce digital barriers and create a more inclusive workforce."

Located at IBM's Rogers St. offices in East Cambridge, the new Collaborative Innovation Center (CIC) will focus on four broad areas, according to Puglia:

(More on Collaborative Innovation Ctr., page 3)

Introducing Requipment – A Durable Medical Equipment Reuse Pilot – Choose to Reuse Your DME



Sometimes the path to getting needed medical equipment can be turbulent and full of potholes. Many people who use power wheelchairs or other durable medical equipment (DME) do not

have a "back-up" wheelchair to use when their primary chair is being repaired.

Individuals newly disabled due to injury or illness are all too often not able to secure the full scope of equipment needed before they leave the hospital. As a result, individuals can be bedridden and unable to attend work, school or community activities. Reusing medical equipment fills the gap until necessary equipment is available.

Here in Massachusetts there are currently several small, independent programs working in isolation from one another (and often on volunteer basis). It is not easy for consumers in need to access needed DME.

Disability Reframed hosts a

REELABILITIES BOSTON
FILM FESTIVAL EVENT:

Getting Up

Tuesday, February 4, 2014 Reception: 6:00 PM Screening: 6:30 PM

Cambridge Main Library 449 Broadway See page 4 for more info In April 2013, The Boston Home received grants from the Shapiro Family Foundation, Mass Rehabilitation Commission's MassMATCH AT program and Spaulding Rehabilitation Hospital to develop a pilot DME reuse program for Greater Boston.

Over the course of the year long pilot, the Team based at MRC worked with DME users and community

(More on Requipment/ DME, page 4)

Winter Challenges: Improving Snow and Ice Clearance

With leadership from the Department of Public Works (DPW) and the Department of Human Service Programs (DHSP), the City of Cambridge continues to seek new ways to increase effectiveness of its snow and ice clearance efforts. Cambridge law requires property owners to keep their sidewalks clear of snow and ice, and DPW partners with the Cambridge Traffic Department to ensure that this ordinance is enforced.

Residents and visitors are encouraged to report unshoveled or icy sidewalks by downloading the Cambridge **iReport** app to their Android or Apple smartphones, by visiting the website: <www.cambridgema.gov/snow>, or by calling the DPW Snow Hotline at 617-349-4903. One new advantage to using the Cambridge iReport app to report problem sidewalks is that each report creates an electronic

report "ticket" that will be tracked by City workers until the problem is resolved.

Now, you can even view a map of current iReport tickets at: <www.cambridgema.gov/iReport>.
Reporting an issue takes only a minute and helps make our City a better place to live, work and visit!

City Ordinance requires property owners to remove snow from sidewalks next to their property or business within 12 hours of daytime snowfall and before 1 p.m. when it has fallen overnight. Property owners must also remove or melt all ice within 6 hours of the time it forms. There is a \$50 fine for each day of non-compliance. If you are away, it is still your responsibility to ensure that someone clears sidewalks next to your property. Property owners, please remember to:

- Shovel your sidewalk on all sides of your property, down to bare pavement
- Clear snow to curb to avoid placing trash and recycling containers behind snow banks
- Make path at least 3-4 feet wide (to enable wheelchair users and baby/child strollers to pass through)
- Clear ramps at corners and crosswalks
- Chop or melt all ice
- Keep street drains clear of snow

• Consider helping neighbors who may have difficulty clearing their walk.

Residents may not use objects such as trash/recycling barrels, furniture items or any other item to save parking spots on public streets. These items will be treated as trash and disposed of by DPW.

Each year, the Cambridge Council on Aging and the Mayor's Summer Youth Employment Program work together to recruit teens who are interested in being hired out as snow shovellers. Seniors and persons with disabilities who are interested in hiring someone to remove their snow can call COA to get the names and contact info of teens in their neighborhood who are available to help. COA reports that often, once a senior hires a teen, that relationship will continue throughout the rest of the teen's high school career. If you know a senior or person with a disability who would like to hire a teen to shovel, have them call the COA at 617-349-6220. Any teen who'd like to be added to the list can find the application at http://bit.ly/1f0K0FQ>.

For seniors and persons with disabilities who can't afford to hire someone, DHSP staff from Danehy Park, in addition to the incredible amount of work they do to make sure the park is cleared and open after a storm, also assist residents in need. It's hard to imagine how many tons of snow the Danehy team moves each year at the park and across the city, clearing 6 child care sites, 64 residents' homes or apartments,

sidewalks, etc. COA reports that the Danehy team gets rave reviews from the seniors and persons with disabilities that they help. Many thanks to Keith Fay and his crew of Kyle Anderson, Frankie DeJesus, Scot Megan, Phil Rita, and Chuck Thomas for their great work!

Best Shoveled Block in Cambridge Award

Another positive opportunity to applaud our residents for their efforts is the Best Shoveled Block in Cambridge Award. Now in its fifth year, this contest, cosponsored by the City of Cambridge and the United States Postal Service, encourages residents to nominate their block, to recognize neighbors for their often extraordinary efforts to keep their sidewalks clear of snow and ice. Does your block have well-shoveled sidewalks? *Nominate it!* The judges will be USPS letter carriers, who use the sidewalks every day.

Nominations are due on Walk/Ride Day: March 15, 2014. The Central Square Post Office will have an awards ceremony on March 28, 2014. To nominate your block, e-mail <consumer@cambridgema.gov>, send via US Mail to: Cambridge Post Office, 770

Massachusetts Ave., Cambridge, MA 02139 (attention: Patricia Witham), or call in nominations to 617-575-8733 (ask for Patricia). Entries should have name(s), address, reason for nomination, pictures, and contact information.

Collaborative Innovation Ctr. (continued from page 1)

- 1. Research and development on issues related to accessibility, human ability, societal inclusion, and community.
- 2. Technology transfer and commercialization to jointly develop and bring to market IBM prototype technologies.
- 3. Public policy and advocacy, to collaborate with government agencies and nongovernmental organizations, to advocate for key policies and inclusiveness.
- 4. Education and training, to demonstrate thought leadership and inclusive online multilingual educational training programs and technologies that address the needs of global student populations.

J. Keith Motley, Chancellor of UMass Boston, celebrated the launch: "this new Collaborative Innovation Center will mean so much, not only [for] our students and community, but it's also a way for us to gain access to technology that has been previously inaccessible... Together, we will create policies and technological solutions for issues of access to healthcare, finance, education, transportation, and government, and our collaboration will bring down barriers."

Motley described how, with each technological advance in our society, people with disabilities, seniors, and other disadvantaged groups run the risk of being left behind. "So through this partnership... we can reduce barriers so that all people have access to this technology that can improve their lives, further their education and careers, and, most importantly, better this world."

Expressing his excitement about the potential for the partnership to use and customize prototype technology, Motley said: "Our graduates will become partners and pioneers who are comfortable and proficient with new technology. These qualities will help them to adapt, to thrive in, and to serve a quickly evolving world in an ever-shifting technology

landscape. They will engage in cutting-edge research in technology accessibility and develop skills necessary for leadership roles in careers in which they develop processes, procedures and policies that support global inclusion [and] they will be sought-after leaders in the 21st century workforce."



J. Keith Motley, Chancellor of UMass Boston, speaks at the CIC launch

Bill Kiernan, UMass Boston's Dean for the School for Global Inclusion and Social Development, described the potential for this new CIC to address chronic issues like poverty and isolation among people with disabilities: "the strength of the public-private partnership [between IBM and UMass Boston is] our recognition that technology is a real significant resource to persons with disabilities – it can level the playing field, it can get at the issues of poverty, [and] it can get at the issues of isolation in lots of different ways."

Noting that the day of the launch was also the International Day of Persons with Disabilities, with the theme of "breaking barriers and opening doors to create an inclusive society and development for all," Kiernan said, "we are looking forward to producing learning opportunities at the master's and doctorate level for future leaders who will have the benefit of working closely with the public and private sector, and we will also have the opportunity... to influence policy so that it becomes the rule and not the exception that persons with disabilities ought to have the same opportunities and be included in the same settings that everybody else is."

Requipment/DME (cont. from page 1)

organizations, including the CCPD, to learn their needs and concerns and identified partners and procedures to handle refurbishing, cleaning and distribution.

Key to the program is a web-based, searchable portal of refurbished items available throughout the Boston area making it easier for consumers to find and obtain good condition mobility equipment (power/manual wheelchairs and scooters), lifts, shower and tub seating, portable ramps, strollers and other essential equipment. The program also offers delivery for a reasonable fee.

The DME reuse pilot program, now called **Requipment**, has recently started accepting donations of gently used DME, refurbishing them and donating them free to people of all ages and abilities in the Greater Boston area. The growing online database of available items is now searchable from the MassMATCH website home page or directly at <www.dmerequipment.org>.

"We are very excited to be offering this new service in the greater Boston area," notes Reuse Program Coordinator Randi Sargent. "The need has been there for a long time, and the survey we conducted last fall showed a great interest in using refurbished DME." Sargent came on board with The Boston Home last spring to help get the pilot up and running. She is a member of the MassMATCH AT Advisory Committee and has a wide range of AT/DME product experience as parent to a young man with physical and developmental disabilities.

Funding for the pilot extends through June 2014. "We are actively seeking funding to continue and expand the program's reach across the state," stresses Sargent. "Organizations interested in partnering to help should get in touch with me."

For more info about reuse, to obtain or donate a wheelchair or other DME, or suggest a funding or outreach group, contact Randi Sargent at 617-204-3626 or <randi.sargent@state.ma.us>, or visit their website at <www.dmerequipment.org>.

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

Feb. 2 ReelAbilities Boston Disabilities Film Festival presents two films at the MFA – The Museum of Fine Arts (MFA) is hosting two ReelAbilities Boston film screenings, with a Feeling For Form Tour in between. Both films are free and will be held in the MFA's Remis Auditorium, 465 Huntington Avenue in Boston. For more information about



the ReelAbilities Film Festival, including other screenings, visit <www.boston.reelabilities.org>.

- 11am: *Imagine* (a foreign film with English open captions and audio description) -- A new teacher at a school for the blind encourages students to use spatial orientation techniques, their senses, and their imagination.
- 1pm: **Feeling for Form Tour** -- Museum-trained guides provide description and tactile exploration of original works of art. Free for blind and low vision visitors and their companions, but pre-registration is required. Email <vburrows@mfa.org> or call 617.369.3302
- 2:30pm: *Son of the Stars* (in Mandarin with English open captions) -- A young mother of a child with autism finds herself alone and desperate in an enormous city, with nothing but her wits and inner strength.
- Feb. 4 ReelAbilities Boston and Disability Reframed Community Film Series present a FREE screening of *Getting Up* in Cambridge A partnership between the Boston and Cambridge Commissions for Persons with Disabilities, Disability Reframed Community Film Series is joining forces with ReelAbilities Boston to present the documentary film *Getting Up* in the Lecture Hall at the Cambridge Main Library, 449 Broadway. Directed by Casey Ebeling, this open captioned follows renowned graffiti artist Tony "TemptOne" Quan, who is paralyzed by Lou Gehrig's disease (ALS), but hasn't lost his creative vision. With the help of his crew and open source technology, Tempt explores new ways to create art and to communicate. As Tempt regains his artistic

mojo, he comments: "It feels great to be a working artist again, creating relevant work...we cannot wait around for governments, politicians and corporations to change, that it's up to us on the human level to live the changes that we want to see happen." A reception will be held at 6:00pm, with the screening at 6:30pm, followed by an exciting panel of speakers, including Cambridge artists Sara Hendren and Caleb Neelon, and Patrick O'Brien, independent filmmaker and Steve Saling, architect. This event is free and open to the public – no need to register! For more information about this screening, contact CCPD at <ccpd@cambridgema.gov> or call 617.349.4692 (voice) or 617.492.0235 (TTY). For more information about ReelAbilities, visit <www.boston.reelabilities.org>.

- Feb. 5 **ReelAbilities Boston Disabilities Film Festival presents** *Anita* This ReelAbilities film screening will be hosted by the Leventhal-Sidman Jewish Community Center, 333 Nahanton Street in Newton. This film, in Spanish with English Open Captions, is a fictional story about Anita, a young woman with Down syndrome who gets separated from her mother after a bomb explodes at their Jewish Community Center in Buenos Aires. As she wanders the city searching for her mom, she discovers an inner strength few could have expected. A pre-screening reception will be held from 6:30-7pm in honor of Jewish Disability Awareness Month, and a panel discussion will follow the screening. Admission is free, but <u>pre-registration</u> is strongly advised at <box/>
 Strong/reelabilities
- Feb. 6 Closing Night of ReelAbilities Boston Disabilities Film Festival The West Newton Cinema at 1296 Washington Street (Rte. 16) will host a shorts program titled Reel Encounters, with a selection of short international films beginning at 7pm, followed by a post-screening reception with Understanding Our Differences: The Leader in Disability Awareness Education. Tickets are \$10 each and can be purchased inperson at the West Newton Cinema box office. For more information, visit <www.boston.reelabilities.org>.
- Feb. 13 **Cambridge Commission for Persons with Disabilities (CCPD) Monthly Meeting** meets in the 2nd floor conference room at 51 Inman Street, Cambridge from 5:30pm-7pm, 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.
- Mar. 7 **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. Shabbat Dinner and Music will be held from 6pm-8pm at Temple Emeth, 194 Grove St. in Chestnut Hill. RSVP to Cynthia Leavitt at <execdir@templeemeth.org> or 617.469.9400 by March 3. 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>.
- Mar. 13 **Cambridge Commission for Persons with Disabilities (CCPD) Monthly Meeting** meets in the 2nd floor conference room at 51 Inman Street, Cambridge from 5:30pm-7pm, 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.
- Mar. 21 **ADDP's Annual Conference & Expo: Connections for Living and Working** Intended primarily for providers, the Association of Developmental Disabilities Providers (ADDP) is hosting Eric Rosenthal, Founder and Executive Director of Disability Rights International (DRI), as their keynote speaker for this year's Annual Conference, which is being held from 8:30am to 3:30pm at the DCU Center, 50 Foster Street in Worcester and includes morning and afternoon breakout workshops. Registration costs \$135 for ADDP Members and \$200 for non-members. For more information, to register or to inquire about possible scholarships, visit <www.addp.org>, email <nmartini@addp.org> or call 508.405.8000.

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 <u>2nd Monday</u> 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 1st and 3rd Mondays of each month at 7:30pm at the Cambridge Hospital Learning Center A, 3rd Floor, 1493 Cambridge Street. For more information, see kwww.namimass.org/programs, e-mail helpline@namimass.org, or call Elizabeth at 781.646.0397.

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 4th 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 <u>1st Wednesday</u> 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</u> (required), 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 Wednesday</u> 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 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 <vbr/>burrows@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>.

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 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 <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 2nd 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 atro@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), this weekly support group, which meets <u>every Thursday</u> 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 run by Dr. Chris Carter and is held in GBC Office 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 617.573.2081 (voice), 1.800.439.2370 (TTY), or by e-mail at <sciboston@aol.com>.

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 $\frac{2^{nd}}{1}$ 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.

<u>Saturdays</u>

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 sabisgroup@hotmail.com, or see sww.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 <artful deventures@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 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.

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Cambridge Commission for Persons with Disabilities

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