

AccessLetter

Cambridge Commission for
Persons with Disabilities

Krip-Hop Nation Lands in Cambridge



Keith Jones

Cambridge had the honor of having its consciousness raised when Leroy Moore and Keith Jones presented their multi-media event, *Krip-Hop Nation: Speaking & Rapping Politically & Culturally*. Held at the Agassiz House Theater at Harvard University on October 7, 2014, audience members were gifted words,

video, and fierce thought.

Moore and Jones are disabled artists who are black. Moore is from Berkeley, California and Jones is a Boston local, and both are long-time activists.

They have been raising truth through spoken verse for more than a couple of decades, reminding people of violence against persons with disabilities (PWD), of being black, disabled, and profiled, and of unacceptable unemployment rates for PWD – African American males even more so.

Using music as a means to get the word out, Moore and Jones created Krip-Hop Nation after having met in person at the Democratic National Convention in 2004. “Disability is not a sexy topic in politics,” Jones told the room.

Not one political candidate or elected representative visited the two men who were available at the Convention to discuss the needs of PWD. “We represent one out of five people in America and *no one* wanted to hear what we had to say! We use our music and poetry as a way in, to talk about politics and policy.”

(More on Krip-Hop Nation, page 3)

City Seeks Applicants for Two CCPD Vacancies



Cambridge City Manager Richard C. Rossi is seeking persons interested in serving on the Cambridge Commission for Persons with Disabilities (CCPD) Advisory Board. Made up of 11 Members who serve three-year terms in a volunteer

capacity, the CCPD Board meets on the second Thursday of every month at 5:30 p.m. CCPD seeks to build a Membership that reflects the cultural and racial diversity of the city, is cross-disability in nature and representative of the different geographical areas of the community. Members must be current residents of Cambridge.

CCPD works to maximize access to all aspects of Cambridge community life for individuals with disabilities, strives to raise awareness of disability matters, to eliminate discrimination, and to promote equal opportunity for people with all types of disabilities – physical, psychiatric, cognitive and sensory.

CCPD Members are expected to work with other Members and CCPD staff to fulfill the goals and objectives of the CCPD Ordinance (Cambridge Municipal Code, Chapter 2.96). Additionally, CCPD Members are expected to attend monthly meetings, participate in subcommittees and work on various short and/or long-term projects, as needed.

“It is really terrific to be part of the policy planning and decision-making chain, on behalf of people and families affected by disabilities,” said Bet MacArthur MSW LICSW, Secretary of the CCPD Board.

(More on CCPD Vacancies, page 3)

City Launches Retail Interior Accessibility Program

The City of Cambridge recently launched a new program to provide financial assistance to business owners seeking to renovate or improve the interior of their commercial buildings to make their business more accessible to those who are physically disabled.



The Retail Interior Accessibility Program seeks to improve accessibility and physical appearances of independent businesses and make Cambridge commercial districts more accessible to all.

Starting in the summer of 2014, the Economic Development Division of the Community Development Department announced a new program targeted to retailers, restaurateurs, and service providers looking to remove architectural barriers in the interior of their business, making them more accessible to customers with physical disabilities.

The Program will provide financial assistance to Cambridge businesses interested in improving their interior accessibility in conformance with Americans with Disabilities Act (ADA) and Massachusetts Architectural Access Board (MAAB) standards, such as path of travel inside the business, counter or dining access, and accessible bathrooms.

This new program will further assist our ground floor businesses in making certain their facilities meet the needs of all customers.

The Program provides a 90% matching grant up to \$10,000 for ADA improvements to businesses that have accessible entries to their businesses only. Retail Interior Accessibility Program Improvements can include, but are not limited to:

- Braille menus
- Accessible bathrooms
- Improving aisles in store
- Accessible dining tables
- Interior store ramps
- Accessible shelving and counters

Please note that improvements made prior to approval of a design and contract by the Program's review committee will not be funded.



Large scale projects may require a licensed architect and contractor to refine a conceptual design and to implement the City-approved plans. Reimbursement grant limits vary from year to year.

For more information, details on current funding limits, or to obtain an application form for the Retail Interior Accessibility Program, please contact Pardis Saffari at <psaffari@cambridgema.gov>, or at 617-349-4654.

Krip-Hop Nation (continued from page 1)

Moore explains, "Hip-Hop roots are from fighting back, so Krip-Hop is in complete alignment [with that] but Krip-Hop is not recognized." So he and other disabled rappers and Hip Hop artists are using song writing to tell their story, and not just in the United States. Moore showed the audience video taken backstage at a Krip-Hop event in the United Kingdom a few years ago, and their next big goal is to tour Africa.



Much More Than Just Music!

Look up videos and interviews with the gentlemen on You Tube (look for Krip-Hop Nation on your favorite search engine) and reach them directly on Facebook at Krip Hop World Wide to get a copy of their latest CD on police brutality against people with disabilities.

CCPD Vacancies (continued from page 1)

"The Commission's energy and attention to disability issues extends our influence far beyond our City operations --- to state, regional, and even national levels -- it's fun to work so productively with a smart, positive group like the CCPD Board," continued Ms. MacArthur.

Sandy Durmaskin has also gotten a lot out of serving on CCPD's Board. "I have found a community of cross-disability advocates that values the knowledge, experience and skills of each of its Members," she says. "It is rewarding when Members

of the CCPD work together and build alliances throughout the City, expanding the effectiveness of advocacy efforts. There are opportunities to learn and raise awareness about challenges to persons with disabilities and make things better for all," Ms. Durmaskin continued.

All interested Cambridge residents are encouraged to apply, even if you have applied in the past! For more information, contact Kate Thurman, Cambridge Commission for Persons with Disabilities at 617-349-4692 or <ccpd@cambridgema.gov>. Interested persons should submit a letter by **Friday, December 5, 2014** describing their relevant experience and the kinds of disability-related issues or projects that interest them (along with a resume if possible) to:

Richard C. Rossi, City Manager
City of Cambridge
Cambridge City Hall, 795 Massachusetts Ave.
Cambridge, MA 02139
Fax: 617-349-4307
E-mail: <citymanager@cambridgema.gov>

Harvard Law School Project On Disability Open House

"I will encourage you to think bigger than you do now!" said the Honorable Justice Rosalie Silberman Abella to the full-room at Harvard Law School Project On Disability (HPOD). Justice Abella is with the Supreme Court of Canada and she helped kick-



Michael A. Stein

off HPOD's open house on September 16, 2014, alongside panelists: Michael Ashley Stein, HPOD Executive Director, William Alford, HPOD Chair, and Fengming Cui, Director of the China Program. The mission of HPOD is to promote human rights of people with disabilities worldwide.

Professors Alford and Stein co-founded HPOD in 2004 and have since helped move initiatives and high-level policy change in 36 countries including Korea, Hungary, South Africa and Vietnam. Director Cui spoke of the work they were doing in China to achieve inclusion, such as ensuring an education for

children with disabilities. In the last few years, the China Program has trained almost 2000 people in their own communities to promote disability awareness on a local level for their own children and families. There was one story of a parent who originally hid his child with a disability from the community and after having become a trainer, became the lead advocate for his child's rights.

Michael Ashley Stein was a student at Harvard Law School (Class of 1988) and the first person with a known disability on staff of the *Harvard Law Review*. He described their legal work with HPOD across countries with a focus to "enable local populations to claim their rights." Discussing rights for disabled persons will inevitably include achieving human rights for all people.

Justice Abella shared her journey as the first female on Canadian Supreme Court and her work towards "employment equity." She started in human rights and while working to remove barriers based on race and gender, she was on the first team to include disability on a national level – with an international impact. Her opinion was to require behavior change first and then attitudes will follow, instead the other way around. Don't wait for people to get on board for human rights!

For more information on HPOD and their international work, visit the web site <www.hpod.org>.

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

- Nov 15 **Spartan Kids Special Needs Obstacle Course Race** – Fenway Park in Boston at 3pm. This race is an obstacle course designed for participants with intellectual and/or developmental disabilities to test resilience, strength, stamina, and ability to overcome adversity. The cost is \$35; please visit their website for more details at <<http://info.spartan.com/special-needs>>.
- Nov 18 **Statewide Listening Session** – Members of the public are invited to provide input regarding programs, services, and issues of importance to Deaf and Hard of Hearing adults and children in Massachusetts at 6 pm at Salem State University. Join Heidi Reed, Commissioner of the Massachusetts Commission for the Deaf and Hard of Hearing (MCDHH), DHILS providers, the Disability Policy Consortium, and the Disability Law Center. ASL interpreters, CDIs and CART will be present. If you require any other form of communication access, please contact MCDHH the first week of November: email <ami.hanigan@massmail.state.ma.us>, or call 617.740.1600 (Voice); 617.326.7546 (VP). Visit the Disability Law Center website for more information at <www.dlc-ma.org>.
- Nov 13 **Cambridge Commission for Persons with Disabilities (CCPD) Monthly Meeting** – meets in the 2nd floor Conference Room at 51 Inman Street from 5:30-7pm 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.
- Nov 15 **Workshop: Basic Rights in Special Education** – The Fletcher Maynard Academy in Cambridge from 10 am – 12 noon. This workshop introduces participants to the federal and state special education laws, special education process, parent and student rights and how to resolve differences with the school. Register online at the Federation for Children with Special Needs website at <www.fcsn.org>.
- Nov 18-23 **Ruby Wax: Sane New World** – Comedian, writer, and mental health campaigner Ruby Wax shows us how our minds can jeopardize our sanity in this one-woman show inspired by her book, *Sane New World*. Drawing from her own struggles with depression and a Masters in Mindfulness-based Cognitive Therapy from Oxford, Wax explains how our busy, chattering, self-critical thoughts drive us to anxiety and stress. Purchase tickets (\$30) from American Repertory Theatre. Performance held ART's Oberon Theatre at 2 Arrow St., which is wheelchair accessible and offers assistive listening devices and large print programs. Call 617.496.8004 or visit <www.americanrepertorytheater.org>.

- Nov 23 **Morningstar Access – Evening Edition!** Program for children with special and medical needs at the Boston Children’s Museum from 6-8 pm. Enjoy the Museum in an uncrowded environment with few visitors. Fee is \$7 and registration is required. Call 617.986.3697 or register online at <www.bostonchildrensmuseum.org/morningstar>.
- Dec 8 **Workshop: Basic Rights in Special Education** – The Kennedy Elementary School in Somerville from 6:30-8:30 pm. This workshop introduces participants to the federal and state special education laws, special education process, parent and student rights and how to resolve differences with the school. Register online at the Federation for Children with Special Needs web page, <www.fcsn.org>.
- Dec 11 **Cambridge Commission for Persons with Disabilities (CCPD) Monthly Meeting** – meets in the 2nd floor Conference Room at 51 Inman Street from 5:30-7pm 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.
- Dec 26 **Morningstar Access** –Program for children with special and medical needs at the Boston Children’s Museum from 8-10 am. Enjoy the Museum in an uncrowded environment with few visitors. Fee is \$7 and registration is required. Call 617.986.3697 or register online at <www.bostonchildrensmuseum.org/morningstar>.

Weekly & Recurring Events

Access to Art tours – the Museum of Fine Arts (MFA) in Boston offers a series of visitor centered, interactive tours designed for groups with disabilities or if persons with disabilities prefer an individual tour with a companion or care partner. There is no fee for these tours but most require pre-registration. Contact us for a sighted guide or other access accommodation: Hannah Goodwin at 617.369.3189 (voice), Valarie Burrow at 617.369.3302 (voice), 617.369.3395 (TTY), or email <access@mfa.org>. The MFA is located at 465 Huntington Avenue and is accessible by the Green line “Museum of Fine Arts” stop, or the Orange line “Ruggles” stop. Please visit <www.mfa.org> for more information.

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. Appointments usually take place at 650 Beacon Street, Kenmore Square, Boston, 4th Floor Conference Room. RSI Action volunteers answer questions and provide resources and support to people with RSIs (Repetitive Strain Injuries) or other workplace injuries. To set up a meeting or more info, call 617.247.6827, or visit <www.rsiaction.org>.

Mondays

FREE Basic Yoga for Women – Offered by the Cambridge Women’s Center at 46 Pleasant Street, this group meets each Monday from 6-7pm and uses basic breath work and poses to relax and rejuvenate the mind, body and spirit. Space is limited, so pre-registration is required at 617.354.6394 or <maddybeauregard@gmail.com>.

NAMI Support Group for Caregivers – Free support group sponsored by the National Alliance on Mental Illness, for family members, friends and other caregivers of persons with mental illness who provide 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, Conference Room A, 3rd Floor, 1493 Cambridge Street. For more information, <www.namimass.org/programs>, 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 \$5. For more information e-mail <ocdgroupcambridge@gmail.com>.

Tuesdays

Computer Lab Open to Public – Every Tuesday from 3-5:45 pm Cambridge Community Television at 438 Massachusetts Avenue offers free computer access, plus assistance from a friendly volunteer who can help with job searching, online job applications, basic computer skills, and much more. This drop-in time is open to the public and there is no need to sign up, just stop by! Call 617.661.6900 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 and 3 on the 4th Wednesday of each month. Call 617.973.7507 (voice) or 617.973.7089 (TTY) or email <aact@ctps.org> to request interpreters.

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 1-2:30pm on the 5th floor, in the Lantern Room 5, 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 617.952.6254 (voice), 1.800.439.2370 (TTY), or by email at <sejohnson@partners.org>.

Assistive Technology Resource Center (ATRC) 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 ATRC 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 – Learn more about Carroll Center programs and our visual impairment services the 1st Wednesday of every month (except in January and July). See the campus, learn from rehabilitation instructors, and talk to graduates about their experience in adult and senior rehabilitation and technology programs. And lunch is provided free of charge! Sessions start promptly at 10am and end at 2pm. *Special dates are offered tours about summer offerings for youth.* Staff loves the chance to help participants become informed, relaxed, and motivated! To make a reservation (required), email <maureen.foley@carroll.org> or call 1.800.852.3131 ext. 225 w. 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 every Wednesday from 7-9pm in the cafeteria in de Marneffe Building at McLean Hospital in Belmont. On the 2nd and 4th Wednesday there is a lecture from 7-8pm, then group from 8-9pm. Call 617.855.2795 or visit <www.dbsaboston.org> for more information.

Free tour of MFA in American Sign Language (ASL) – for visitors and their family and friends who are fluent in ASL. Monthly offering at the Museum of Fine Arts (MFA) in Boston, the tour explores a different part of the Museum each month. These tours will start at 6:30pm 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 contact Valarie Burrows at 617.369.3302 (voice), 617.369.3395 (TTY) or e-mail <access@mfa.org>.

HOLLAoffline: We've Got Your Back! – Join the Cambridge Women's Center on the last Wednesday of every month for a free street harassment support and discussion group, open to all who identify as women. We're here as a resource and we've got your back! 7-8pm at the Women's Center, 46 Pleasant Street in Cambridge. For more information, email <boston@ihollaback.com>.

Life Changes Support Group for Women – Change happens in life whether we choose it or whether it catches us by surprise. Either way, you don't have to be alone. Whatever new or different thing you're dealing with, whether the start of something new, an ending or a changing situation, come and let us hold your hand

through it. Together we'll pool our wisdom; we'll look at what got you here, offer some tools for getting through and guidance for next steps. We'll use some writing, art, a little ritual but mostly good old fashioned support. This group is held on the 1st and 3rd Wednesdays of the month from 6:30-8pm at the Cambridge Women's Center, 46 Pleasant Street. For more information, email Susan at <changegroup26@gmail.com>.

Learning to Say NO for Women – Facilitated by the Heidemarie Lex, Clinical and Health Psychologist, this is a group of women meeting to become more aware of the reasons why we say yes even when we mean no, and what we can do to change that. This FREE group will meet from 5:30-6:30pm every other Wednesday beginning October 22 at the Cambridge Women's Center, 46 Pleasant Street and is open to all those who identify as women, but registration is required. Please contact Heidemarie Lex with questions or to register at <heidi.lex@gmail.com> or 857.284.3080.

NAMI Connection – Support group for adults with mental illness sponsored by the National Alliance on Mental Illness (NAMI), meets every 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>. *We are moving to the first floor, exact room# tba.*

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. 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 Santa Maria at 781.942.4888, x4022 or <familysupport@thearc.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 3-4:30pm at Spaulding Rehab Hospital, 300 First Avenue, Charlestown Navy Yard (accessible by MBTA bus routes 89 & 93). Contact Karen Halfon at 617.952.6560 (voice), 1.800.439.2370 (TTY), or e-mail at <khalfon@partners.org>. Visit us at <www.spauldingrehab.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, 5:30-7pm 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.

DBSA-Boston (Depression Bipolar Support Alliance of Boston) Support Group – meets at Mass. General Hospital every Thursday, 7 - 9 p.m. in the Schiff Conference Center Room, Suite 4A on the 4th floor in the Yawkey Building. Follow the signs. Meetings are free and open to public. For more information call 617.855.2795 or e-mail <mghgroup@dbsaboston.org>.

Ladies, Let's Talk About It: Women's Narcotic Anonymous (NA) Meeting – meets every Thursday at the Cambridge Women's Center, 46 Pleasant Street, from 6:30-8pm. This is a support group for women recovering from drug and alcohol abuse. For more information, call 617.354.8807

One-on-One for Women with Nurse Pat – Held on the 3rd Thursday from 12:45-1:30pm at the Cambridge Women's Center, 46 Pleasant Street. Need any health related support or questions answered? Sign up in advance or walk in for a 15-min individual consulting time with Pat Maher, Nurse Practitioner from Cambridge Health Alliance. For more information or to sign up, call 617.591.6731

Spinal Cord Injury (SCI) Support Group – Offered by 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 held at Spaulding Rehabilitation Hospital, 6th floor, Lantern Room, 300 First Ave, Charlestown Navy Yard (accessible by MBTA bus routes 89 & 93). E-mail <sciboston@aol.com> for more information.

Fridays

Chronic Illness: A Discussion and Support Group for Women – Facilitated by the Heidemarie Lex, Clinical and Health Psychologist, this FREE group will meet from 5-6pm every other Friday beginning October 17 at the Cambridge Women's Center, 46 Pleasant Street. This group is open to all those who identify as women, but registration is required. Please contact Heidemarie Lex with questions or to register at <heidi.lex@gmail.com> or 857.284.3080.

NAMI Connection – a support group for adults with mental illness sponsored by the National Alliance on Mental Illness (NAMI), meets every Wednesday and Friday 10:30am-12:00pm at the Cambridge Somerville Recovery Learning Center. See Wednesday listing for details.

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 2nd 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 <babisgroup@hotmail.com>, or visit <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>.

Access to Art: Second Saturdays -- For individuals with memory loss or dementia, and their care partners. Second Saturdays meet at 10am on the 2nd Saturday of each month. Pre-registration is required. For more information or to register for a tour please contact Valarie Burrows at 617.369.3302 (voice) or email: <access@mfa.org>.

Sundays

Computer Lab Open to Public – Every Sunday from 4-5:30pm Cambridge Community Television at 438 Massachusetts Avenue offers free computer access, plus assistance from a friendly volunteer who can help with job searching, online job applications, basic computer skills, and much more. This drop-in time is open to the public and there is no need to sign up, just stop by! Call 617.661.6900 for more information.

Wenham Museum Spectrum Express -- Welcomes families with members on the autism spectrum to come enjoy the model railroad trains and their other favorite exhibits the 1st Sunday of each month at 9am at

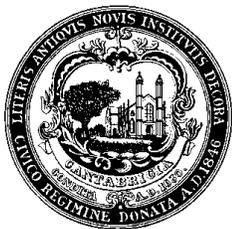
regular admission prices or free for members. The museum opens to the general public at 10am. Visit <www.wenhammuseum.org/youth_families.html> or call our Welcome Desk at 978.468.2377 with any questions.

Feeling for Form Tours of MFA for blind & low vision visitors -- The Museum of Fine Arts (MFA) in Boston offers a series of guided tours for visitors who are blind or have low vision 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. The Sunday tours are held on the 1st Sunday of the month at 1pm, with the exception of some holiday weekends, and require pre-registration at least one week in advance. Contact Valarie Burrows at 617.369.3302 or <vburrows@mfa.org> to register. Family and friends are invited to come along. Guided tours can also be scheduled on request, please contact Hannah Goodwin at 617.369.3189 or <access@mfa.org> for more information.

Access Notice: The City of Cambridge and Commission for Persons with Disabilities (CCPD) does not discriminate on the basis of disability. **AccessLetter** newsletter is available via email, in 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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**We are GOING GREEN! Get our AccessLetter by e-mail.
CCPD will discontinue mailing hard copies of the AccessLetter
to non-Cambridge residents as of December 2014.**

Please send us your email address:

(Voice) 617.349.4692 (TTY) 617.492.0235 (Fax) 617.349.4766

(E-mail) <ccpd@cambridgema.gov> (Post) 51 Inman St. 2nd Floor, Cambridge, MA 02139

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Cambridge Commission for Persons with Disabilities

51 Inman Street, 2nd Floor
Cambridge, MA 02139