

AccessLetter

**Cambridge Commission for
Persons with Disabilities**

Disability Integration Act Promotes Home-Based Services



Across the country, people with disabilities (PWD) all too often languish in nursing homes, long-term care facilities and other institutions simply because they cannot get the daily help they need – help with things like bathing, dressing, and toileting – while living in their own homes in the community. Home and Community-Based Services (HCBS) could be a viable alternative for many of these people—if only these services were more widely available.

A recent article in the New York Times in May which explored the depth of this problem stated that, while 1.4 million Americans live in nursing homes, about 217,000 of these are of working age, suggesting that they could function well at home with HCBS supports. Furthermore, federal data indicates that around 155,000 nursing home residents have a low need for round-the-clock assistance, according to the article, making them good candidates for HCBS.

In a 1999 case known as *Olmstead v. L.C.*, the U.S. Supreme Court, citing the Americans with Disabilities Act (ADA), ruled that public entities, including all 50 states, must offer home-and community-based alternatives to nursing homes and other institutional care.

**(More on Disability
Integration Act, page 2)**

Commission for Persons with Disabilities Seeks New Board Members



Are you passionate about civil rights for people with disabilities? Are you dedicated to promoting the inclusion of people with disabilities into the larger society?

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 nearly 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 dynamically to maximize access and inclusion in all aspects of Cambridge community life for individuals with disabilities. We strive to raise awareness of disability issues, to eliminate discrimination, and to promote equal opportunity for people with all types of disabilities – physical, mental and sensory. CCPD members are expected to work with other members and CCPD staff to fulfill the goals and objectives of the

**(More on CCPD Board
Members, page 3)**



MAKE THE **DISABILITY VOTE** COUNT

**Are you registered to vote? 2016
may be the most important election
in our lifetime – Exercise your
power to make the Disability Vote
count!** Massachusetts residents may
now register online at
www.sec.state.ma.us/ovr

Voter registration deadline for the
Presidential election: October 19,
2016 (but don't wait; register today!)
**Presidential Election: Tuesday,
November 8, 2016**

Disability Integration Act (continued from page 1)

In the intervening years, while some states have made great progress in fulfilling the *Olmstead* mandate by providing HCBS, many other states have lagged far behind. Moreover, whatever HCBS that are provided in many states are significantly restricted by service caps, waiting lists, and other limitations.

Disability advocacy groups like ADAPT have long stressed that the well-documented failure of many state governments and other public entities to provide consistent and meaningful Long-Term Services and Supports (LTSS) to PWD in the community, rather than in nursing homes, actually constitutes a violation of their civil rights.

Introduced into Congress by U.S. Sen. Charles E. Schumer of New York in December 2015, the Disability Integration Act (DIA) seeks to remedy this problem. Accordingly, the DIA (S. 2427) adopts a civil rights approach, modeled after the ADA, to mandate that all individuals eligible for LTSS must be offered home or community-based alternatives to nursing homes. The DIA would make it illegal discrimination for public entities or private LTSS insurers to impose service caps, waiting lists, or similar restrictions on PWDs seeking HCBS.

Not only does the DIA seem to make sense from a civil rights point of view, in the long run it also may save money for public entities. According to the American Association of Retired Persons (AARP), the vast majority of people eligible for LTSS would prefer to receive these services in their own homes instead of a nursing home or other institution. Furthermore, AARP's Public Policy Institute recently conducted a state-by-state review of HCBS studies and concluded that these studies "consistently provide evidence of cost containment and a slower rate of spending growth, as states have expanded HCBS."

For more info on the Disability Integration Act, visit: www.adapt.org/main/diamain.

New Website Matches Volunteers with Those Needing Assistance

A team of five students at the Harvard Business School (HBS) have launched an exciting web-based pilot program to match volunteers with people who are elderly, chronically ill, or have disabilities and need a little help. Believing that communities are bound by good neighbors and good people, iCanHelp connects "helpees" with a neighbor when they need it most – when illness, disability or age calls for a little extra help. The website does this while providing a flexible



platform that allows "helpers" to pick blocks of time and the location in which they are available to volunteer, within the confines of a busy schedule. With backgrounds in government, military service, business analytics, and management consulting – and direct experience with chronic illness – the diverse founding team has the ideal background to run a professional organization that will create an excellent experience for every helper and helpee.

While currently operating only in the Greater Boston area with funding from HBS (and a suggested donation of \$5 to be matched with a Helper), the hope is that there will be enough demand for this much-needed service to grow it into a sustainable non-profit that will eventually expand to other areas. iCanHelp needs you to do this! If you have an hour or two to donate here and there, sign up as a Helper at www.iCanHelp.co. iCanHelp knows that people who are eager to volunteer are the busiest kind of people, so they have created a flexible platform that can help you manage your time while still helping those in need; you can even update your availability regularly, so no worries if your schedule varies from week to week.

Likewise, if you are someone who could use a little help with basic daily tasks like grocery shopping, general tidying, laundry, or going for a walk, create a free account as a helpee at iCanHelp.co and tell them a bit about yourself and your availability. The platform does its best to match you with a helper during the following week. Once a match is made, both the helper and helpee receive an e-mail with the date and time of the volunteer match, and they can communicate directly with each other about what is needed. Participation is free and volunteers are not allowed to accept payment or tips. However, tasks are done at the helper's discretion, and helpers may decline to do tasks or errands with which they are not comfortable.

After each match, both parties will be asked to fill out a brief feedback survey on their experience, which helps the platform improve the matching service, vet participants, and share positive or constructive feedback with their match. After submitting the survey, helpees can sign up to receive help again in the future!

In addition to the website, iCanHelp will be launching a smartphone app in the next few months, allowing helpers to dynamically and flexibly adjust their scheduling. Visit the website for more information, and spread the word about this much-needed resource!

CCPD Board Members

(continued from page 1)

CCPD Ordinance (CMC Chapter 2.96). CCPD members are expected to attend monthly meetings, participate in subcommittees, and work

on various short and/or long-term projects, as needed.

For more information, contact Kate Thurman, Cambridge Commission for Persons with Disabilities at ccpd@cambridgema.gov or 617-349-4692 (voice) or 617-492-0235 (TTY).

Interested persons should submit a letter by Friday, June 17, 2016 describing their relevant experience and the kinds of disability-related issues or projects that interest them (along with a résumé if possible) to:

Richard C. Rossi, City Manager
City of Cambridge
795 Massachusetts Avenue
Cambridge, MA 02139

Fax: 617-349-4307

E-mail: citymanager@cambridgema.gov



Participatory Budgeting is Back!

The City of Cambridge is launching its third Participatory Budgeting process and wants to hear YOUR ideas about

how to spend \$700,000 on one-time capital projects to improve the community. Past winning projects include the accessible Central Square public toilet, 100 new street trees, bike repair stations, a freezer van for food rescue, bilingual books for kids, water bottle fill stations, and many others. Submit ideas online at pb.cambridgema.gov or contact the Budget Office at pb@cambridgema.gov or (617) 349-3266.

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

June 4 Cambridge River Festival – The 2016 River Fest will be sited on the East Cambridge waterfront along Cambridge Parkway between Edwin H. Land Boulevard and the Lechmere Canal. Festivities will kick-off with People's Sculpture Racing at 11am, and ends at 6pm. Six dynamic festival stages will showcase local music, theater and dance for audiences of all ages. Community tables, poetry and storytelling tents, interactive areas, roving performances, and the revival of People's Sculpture

Racing combine for a vibrant celebration of the arts in Cambridge. The World of Food and Arts Bazaar will offer refreshment and unique local artwork and crafts for purchase. See www.cambridgema.gov/CAC for more information.

- June 4 **Annual Adaptive Recreation Fair** – Offered by the Department of Conservation and Recreation's Universal Access Program, this event will be held at Artesani Park on Soldiers Field Rd. in Brighton 10am-3pm. This free fair brings together a vast array of adaptive recreation organizations from all over Massachusetts and beyond for a celebratory gathering to show individuals with disabilities the opportunities and accessible programs and resources that are available to them statewide. Recreation organizations will also showcase the wide range of adaptive equipment and products that help people with disabilities access the great outdoors. Enjoy activities such as hiking, cycling, face painting, kite decorating, letterboxing, equipment demonstrations, refreshments, music, and more! Enjoy scenic views of the Charles River, make connections, and sign up for accessible summer recreation programs! For details or to register, call Laila Soleimani at 413.545.5759 or email laila.soleimani@state.ma.us.
- June 7 **Info Session: Cambridge Affordable Rental and Home Ownership Programs** – You are invited to learn about these programs at a session presented by the Housing Division of the Community Development Department. Presently, the Housing Division is accepting applications for the Homeownership Pool and Rental Applicant Pool. Preference is given for Cambridge residents and families with Children. One-hour sessions will be offered at 6pm and 7pm at the Citywide Senior Center, 808 Massachusetts Ave. Sessions are free and open to the public, no need to RSVP. Contact Michelle Moran at mmoran@cambridgema.gov or 617.349.4622 for more information.
- June 7 **From Homebound to Here: My Journey Through OCD** – Part of OCD Massachusetts' Belmont Lecture Series, this presentation will be held from 7-8:00pm at McLean Hospital, 115 Mill Street in Belmont, in the De Marneffe Cafeteria Building, Room 132. Additionally, there are 3 free support groups available to the public on lecture nights. A professionally led support group for parents of people with OCD meets before each lecture, from 6-7pm, in room 118. After each presentation, from 8:15-9:15pm, there are two self-help groups: a GOALS group for people with OCD and their friends and family that meets in room 132 and a support group for people with OCD that meets in room 118. For more information, please contact Carla Kenney at 781.775.1127. The identity of participants and content of group discussion must remain confidential. Furthermore, if desired, you may remain anonymous. We remind participants to be open and supportive to the views of all those who take part in the support groups. Please check the website: www.ocdmassachusetts.org for information on changes to the schedule or cancellations.
- June 9 **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.
- June 9 **Credit 101 Workshop** – The City of Cambridge and Cambridge Savings Bank are offering this workshop from 6:00 to 7:30pm at City Hall Annex, 4th Floor Conference room, 344 Broadway. This workshop will help you understand your credit report and credit score, develop the necessary steps to improve your credit, and learn how to repair your credit. Pre-registration is required: housing@cambridgema.gov or 617.349.4622.
- June 11 **Adaptive Lawn Games and Picnic** – Offered by PATH-WAY, this picnic will be held at the Thomas M. Menino Accessible Playground across from Spaulding Rehabilitation Hospital, 300 1st Ave in Charlestown from 11am to 3pm. Bring your family and friends to enjoy lawn games such as cornhole toss, adaptive mini golf, wheelchair slalom, giant Jenga and so much more! There will be some food options,

but you can also bring your own picnic. Register online at www.path-way.org or to stephz@path-way.org or 508.733.3240.

- June 14 **Webinar: Accessible Travel Basics: From Planning to Execution** – Part of the Can Do MS and National MS Society Webinar & Telelearning Series, this webinar is being offered by the National Multiple Sclerosis Foundation and will be held from 8-9:15pm. Author and accessible travel expert Candy Harrington will share tips, resources and hard-to-find information about the logistics of accessible travel planning; while world traveler Lisa Kemppainen will recount her globetrotting escapades in this informative webinar. Topics covered will include air travel, TSA screening, finding accessible lodging and dealing with fatigue and temperature sensitivity on the road. Candy and Lisa will also share some of their favorite accessible travel finds. Register online at <http://bit.ly/23ViPm6>.
- June 18 **Open Captioned (OC) Performance of MATILDA** – OC will be provided at this 2pm performance at the Boston Opera House. Tickets start at \$44 and may be purchased online, at the Boston Opera House Box Office (539 Washington Street in Boston) or by phone at 617.880.2419. Be sure to request OC seating. For more information or to purchase tickets online, visit http://boston.broadway.com/accessible_services/. For information on the musical, click on the “Shows” tab.
- June 19 **Audio Described (AD) Performance of MATILDA**– AD will be provided at this 1pm performance at the Boston Opera House. All other details are the same as the June 18 listing, but be sure to request AD seating.
- June 21 **Info Session: Cambridge Affordable Rental and Home Ownership Programs** – Same details as the June 7 listing, except that sessions will be offered at 1:00 and 2:00pm in the Community Room at the Cambridge Main Library, 449 Broadway.
- June 25 **ASL Performance of MATILDA**– Same details as June 18 listing, but be sure to request ASL seating.
- June 26 **Boston Children’s Museum Morningstar Access: Afternoon Edition!** – Morningstar Access offers children with special needs/medical needs the opportunity to visit the Museum from 4pm to 6pm, a time when there are only a few other visitors. At these times, there is a limit of 150 guests, so children and their families can explore the Museum with less concern about infections and large crowds. Fee is \$8 per person (half-priced admission; free for members) and registration is required. For more information or to register, visit www.bostonchildrensmuseum.org/morningstar or email Saki Iwamoto, Health and Wellness Educator at Iwamoto@BostonChildrensMuseum.org or call 617.986.3697.
- July 8 **An Interactive Introduction to WRAP & WHAM** – Offered by the Disability Law Center (DLC), CCPD and the Massachusetts Developmental Disability Council, this program featuring Robert Rousseau, Director of Peer Recovery Services at FHR, Inc., will be held from 10am to 3pm (registration begins at 9:30am) in the Lecture Hall of the Cambridge Main Library, 449 Broadway. Wellness Recovery Action Planning (WRAP) and Whole Health Action Management (WHAM) are evidence based practices developed by individuals living with mental health challenges to confront the unacceptable statistic that people living with severe and persistent mental illness die 25 years sooner than the general population. This event is free and open to the public, but pre-registration is required. RSVP and request accommodations by July 1 at www.dlc-ma.org or 617.723.8455, x123. View the flyer for this event in CCPD’s calendar at www.cambridgema.gov/ccpd

- July 9 **Support Group for Families of Children with Down syndrome and Special Health Care Needs** – This support group is a collaboration between the MA Down Syndrome Congress (MDSC) and the Boston Children's Hospital (BCH) Down Syndrome Program, and you can meet staff from both programs. The group is to help families learn how to best support your needs, network with other families, share resources. All family members welcome. Volunteers available for children's recreation and support. The group meets at the Waltham BCH location, 9 Hope Ave, and pre-registration is required. For more information (including the time of the meeting) or to register, contact Jeanne Doherty, MDSC at 978.761.3950 or jdoherty@mdsc.org with the names of each person who will be attending and whether or not you are bringing your child (limited child care available).
- July 11-15 **Our Space Our Place Coding Camp** – Our Space Our Place, Smarter in the City, and Microsoft invite middle and high school students who are blind to participate in an exciting week-long computer learning experience. As technology becomes part of all aspects of our life, it is important that as individuals who are blind we know how to both use and create technology. Students will learn what makes a computer work, how to build their own website or app, and will meet coders, video game makers and other professionals in the tech sector and explore career options in high-tech! Lunch and snacks provided. To participate you must be a proficient user of a screen reader and/or magnification tool. The camp will be held between the hours of 10am and 2:30pm at the Microsoft NERD Center, 255 Main Street in Cambridge. Registration is required: www.ourspaceourplace.org/eventdetails.php. For more information: 617.459.4084 or president@ourspaceourplace.org.
- July 14 **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.
- July 14, 21 & 28 **Beginner Adaptive Kayaking on the Charles River** – Offered by Waypoint Adventure, this program will give you and your group access to some of New England's most beautiful lakes, rivers, and coastline. Enjoy the fun and serenity of the water all while being a part of a supportive community. Benefit from the wide array of adaptive kayaking equipment designed to meet your individual needs. Our highly trained staff will instruct, support, and encourage you as you learn new skills or further develop your existing ones. All kayaking programs will be custom designed to fit the needs of you and your group. This program costs \$10 per person and will meet at the Woerd Ave Boat Launch, 48 Woerd Ave in Waltham and will run from 1:00 to 3:00pm. For more information or to register, contact Julia Spruance at 617.244.5472 or visit waypointadventure.org.

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), 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, including the opportunity to view our 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. To set up a meeting or more info, call 617.247.6827, or visit www.rsiaction.org.

Cambridge Women's Center Groups – The Cambridge Women's Center at 46 Pleasant Street is open to all who identify as women. It has a variety of groups such as yoga, sewing, feminist book group, support group for survivors of child sexual abuse, trauma survivors' writing group, teen group, narcotics anonymous, mah jongg, and others. There is also a kitchen where women can prepare a simple meal, and computers with internet access are available during open hours (M-F 10am-8pm; Sat 10am-3pm). Everything is free. A wheelchair lift is available, and every effort will be made to make a group accessible upon request. For up-to-date schedule listings or other information call the Women's Center support Helpline at 617.354.8807 or the business line at 617.354.6394, or visit www.cambridgewomenscenter.org

Mondays

NAMI Support Group for Caregivers – A free support meeting sponsored by the National Alliance on Mental Illness (NAMI) for family members of people with mental illness where they can talk frankly about their challenges and support each other in coping with all the problems that arise in dealing with their loved ones. This group meets on the 1st, 3rd and 4th Mondays of each month from 7:30pm to 9:30pm at the Cambridge Hospital Learning Center, Conference Room A, 3rd Floor, 1493 Cambridge Street. For more information, see www.namimass.org/programs, or contact Elizabeth at elizabeth@nami-cambridgemiddlesex.org or 781.646.0397.

Obsessive Compulsive Disorder Support Group – Open to adults with OCD, this 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. Parking is limited, but it is close to the Harvard Square T stop. OCD can feel extremely isolating; it can feel like living on an island. Having people to share experience with, especially people who are going through the exact same thing, seems invaluable. This group is a casual, open discussion of the trials (and triumphs!) of living with OCD. \$5.00 suggested donation. 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.

NAMI Connection Recovery Support Group – This is a support group run by and for people living with mental illness that provides a place that offers respect, understanding, encouragement, and hope. Connection groups are free of charge, and open to anyone with a mental illness, regardless of diagnosis. You do not need to be a member of NAMI to attend. This group is held every Tuesday from 1-2:30pm at The Hope Center, Lindemann Mental Health Center, Plaza Level, 25 Staniford St. in Boston. Email Jessica at folgore1120@hotmail.com for more information.

Movie Showings for Guests & Families Living with Autism or Other Special Needs – AMC is proud to partner with the Autism Society to bring you unique movie showings where you can feel free to be you! We turn the lights up, and turn the sound down, so you can get up, dance, walk, shout or sing! Our Sensory Friendly Film program screens to four showings per month, on the 2nd and 4th Tuesdays at 7pm (and Saturdays at 10am). These screenings are held in 7 AMC theaters in Massachusetts, including AMC Loews Boston Common 19. See www.amctheatres.com/programs/sensory-friendly-films for the schedule of films and more information.

Wednesdays

Access Advisory Committee to the MBTA (AACT) meets 1 – 3 pm at the State Transportation Building, 10 Park Plaza, Boston, 2nd floor Conference Room #2 and 3 on the 4th Wednesday of each month to coordinate with MBTA officials to identify accessibility problems in both the Fixed Route and Paratransit system and to work on solutions. There are also presentations on timely topics and updates on ongoing MBTA and Paratransit-vendor activities. For more information or to request reasonable accommodations, contact Janie Guion, the AACT Coordinator, at 857.702.3658 or aact@ctps.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. Usually 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, contact Sally Johnson, LICSW at 617.952.6254 (voice), 1.800.439.2370 (TTY), or by email at sejohnson@partners.org.

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. 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 call 617.369.3302 (voice), 617.369.3395 (TTY) or e-mail access@mfa.org.

Housing Search Workshop – Learn how to conduct a successful housing search and how to communicate with housing authorities, agencies and landlords from 10am-noon on the 1st and 3rd Wednesdays of each month at the Boston Center for Independent Living, 60 Temple Place, 5th Floor, Boston. For more information, call 617.338.6665.

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 111 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 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@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 3-4:30pm 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.

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

Brain Injury Survivor Support Group in Bedford – Sponsored by the Brain Injury Association of MA, this group is held on the 3rd Thursday of each month from 1-3pm in the Community Room at Village at Taylor Pond, 3000 Taylor Pond Ln. (59 Middlesex Tpk.) in Bedford. Please contact Joanne Stephen at joannejstp@aol.com or 781.698.6169 before attending.

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@dbstaboston.org.

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

Free Fun Fridays is Back! – This is the 8th year that the Highland Street Foundation is offering Free Fun Fridays, funding free admission for all on Fridays from June 24-August 26 to museums and cultural attractions throughout Massachusetts, such as Boston Children's Museum, JFK Library, Franklin Park Zoo, Isabella Stewart Gardner Museum, and many more – this year's schedule includes a record 80 different cultural venues! Visit www.highlandstreet.org for the Free Fun Fridays schedule (to be posted the first week in June) or call 617.969.8900.

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.

OCD Support Group Informal Gatherings – The Monday OCD Support Group (see information listed under Mondays) has informal get-togethers at the Cosi restaurant next to the Kendall/MIT stop on the 1st and 3rd Fridays of each month from 5-6:30pm. Please join us for a nice meal and/or friendly conversation! Email ocdgroucambridge@gmail.com for more information or to confirm a gathering.

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. The program typically 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 \$9 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 call 617.369.3302 (voice) or email: access@mfa.org.

Family-friendly Movie Showings for Guests & Families Living with Autism or Other Special Needs – AMC is proud to partner with the Autism Society to bring you unique movie showings where you can feel free to be you! We turn the lights up, and turn the sound down, so you can get up, dance, walk, shout or sing! Our Sensory Friendly Film program screens to four showings per month, on the 2nd and 4th Saturdays at 10am (other sensory friendly films are held on Tuesdays). These screenings are held in 7 AMC theaters in Massachusetts, including AMC Loews Boston Common 19. See www.amctheatres.com/programs/sensory-friendly-films for the schedule of films and more information.

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. Call 617.369.3302 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.

Cambridge City Council

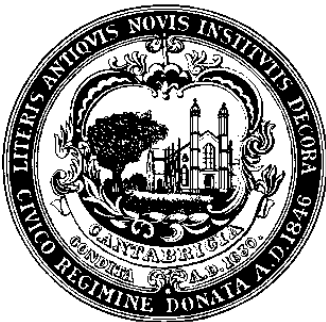
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