

AccessLetter

Cambridge Commission for
Persons with Disabilities

Fighting Barriers to Healthcare Access



More than 22 years since the passage of the Americans with Disabilities Act (ADA), people with disabilities still face many barriers trying to access necessary healthcare. It is well-documented that because of architectural and communication barriers,

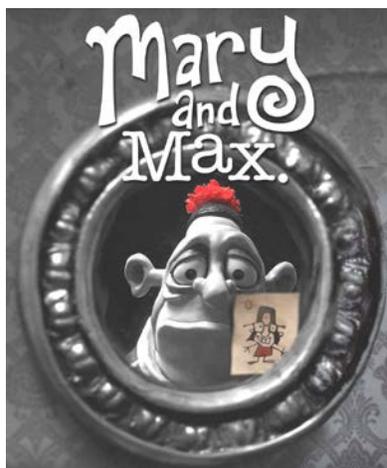
inaccessible examination tables and other equipment, people with disabilities are far less likely to access quality health care services than people without disabilities. Entrenched healthcare provider bias against individuals with disabilities only compounds these problems.

The most recent study to demonstrate these problems found that nearly a quarter of all doctor's offices are unwilling or ill-equipped to serve patients who use wheelchairs. In a telephone survey conducted by researchers at Baystate Medical Center in Springfield, 56 out of 256 doctor's offices in four major cities across the U.S., including Boston, refused medical services to a hypothetical patient with a physical disability.

This study, which was published last month in the *Annals of Internal Medicine*, found that most of the doctors who refused services did so because they lacked the necessary equipment, like adjustable-height exam tables or scales to accurately weigh a wheelchair user.

(More on Healthcare Accessibility, page 2)

Disability Reframed Film Series presents *Mary and Max*



Now in our fourth year, and in full collaboration with the Boston Mayor's Commission for Persons with Disabilities, Disability Reframed: A FREE Community Film Series is proud to be showing the award-winning animated drama

Mary and Max in Cambridge on Saturday, April 27, from 2 PM to 5 PM in the Citywide Senior Center, 806 Mass. Ave., Central Square, Cambridge.

Filmed entirely in clay animation, and voiced by distinguished actors Toni Collette, Philip Seymour Hoffman and Eric Bana, *Mary and Max* tells the unlikely but true story of a lonely little girl in Australia who forms a life-long friendship with a pen-pal in New York City, a man with a developmental disability who also has lived an isolated life.

If you are not familiar with filmed art in the clay animation style, *Mary and Max* offers a moving introduction to it. New viewers adapt to the organic visual style just a few scenes into the film, and by the end recognize and feel how integral the animation medium is to our imagining of the very human story.

(More on *Mary and Max*, page 3)

Underground Railway Theater presents:

DISTRACTED

A play by Lisa Loomer about ADD and our society opens Thursday, May 9, 2013 at 7:30 PM at the Central Square Theater, 450 Massachusetts Avenue, Cambridge

See calendar listing on page 5 for more information.

Healthcare Accessibility (cont. from page 1)

“It was troubling to us that many surveyed practices were inaccessible, but it was equally problematic that few accessible practices [only 11%] possessed equipment that would facilitate the safe transfer, from chair to [exam] table, of our fictional patient,” said Dr. Tara Wagu, chief author of the study. “A majority of accessible practices reported that they planned to have staff manually lift the patient from a wheelchair to an unadjustable, standard-height exam table, a method that disability experts consider to be unsafe for both the patient and those lifting her.”

Local disability advocates expressed dismay at the results of the Baystate Medical Center study. “One in 6 practices refused even to schedule an appointment,” said John Kelly, who uses a motorized wheelchair. “I’ve had plenty of appointments that were scheduled, but even when I have asked ahead of time whether they had an exam table that I could use, I have often been denied basic medical services upon arrival.”

The ADA states that all medical practitioners are required to provide “full and equal access to their health care services and facilities” for patients with mobility impairments. This includes building accessibility as well as transfer from chair to examining table. Patients who use wheelchairs have reported difficulties obtaining appointments with physicians and are known to receive less preventive care than their able-bodied counterparts. “These results provide one possible explanation for the health care disparities observed in this population and identify the need for better awareness among physicians about the requirements of the ADA and the standards of care for patients with mobility impairments,” says Dr. Lagu.

Other examples of ADA barriers encountered by individuals with disabilities include heavy, non-automatic doors, cramped waiting rooms, and a lack of necessary auxiliary aids and services. Examples of inferior care include never or rarely being weighed at a doctor’s appointment because there is no accessible scale, not being fully informed of risks or

proper follow-up procedures because materials are not provided in an accessible format, and doctors talking to a personal care attendant (PCA) or family member rather than directly to the patient with a disability.

Taking Action. The Boston Center for Independent Living (BCIL) and Greater Boston Legal Services (GBLS) have undertaken a project to identify and address physical and programmatic barriers to quality care like those listed above. The end goal of the project is to obtain accessible, high quality health care for individuals with disabilities. **Consumer**

involvement is critical to their efforts and they are recruiting people with disabilities to be involved in their project.

Individuals can be involved in two major ways: (1) advocating for better care at specific hospitals with which they have been working; (2) sharing stories about inferior care you have received at other hospitals, clinics, and doctor’s office.

Working with Hospitals. GBLS and BCIL are working with Brigham and Women’s Hospital, Massachusetts General Hospital,

and Boston Medical Center (BMC) to address particular access issues at those facilities and to improve care for people with disabilities at them. They need individuals to become involved in their efforts, either by attending meetings with hospital staff, or by telling them what kind of care you are getting at those facilities.

Sharing Stories about Care at Other Facilities.

BCIL and GBLS are continuing to look into accessibility problems at other health care facilities. Because talking to consumers is the best way to learn about access barriers, they want to interview you about problems like those identified above that you have experienced at hospitals, clinics, and doctors’ offices.

For more information about the project or to get involved, contact: Alexa Rosenbloom, 617-603-1542 voice, 617-371-1228 TTY, or e-mail <arosenbloom@gbls.org>.



Mary and Max (cont. from page 1)

Join us on April 27 for a free screening of *Mary and Max* at the fully-accessible City-wide Senior Center opposite City Hall in Cambridge. Readers are also encouraged to send your email address to CCPD so you can be kept informed about this wonderful ongoing series for the disability community and the public alike.



'Disability Reframed' holds movie screenings every 6-7 weeks, alternating between Cambridge and Boston venues. In early June 2013, we will be screening *What's Eating Gilbert Grape* starring Johnny Depp and a very young Leonardo DiCaprio, date and location to be announced soon.

Be sure to visit and "Like" Disability Reframed:

A Community Film Series on Facebook:
<www.facebook.com/groups/199042220225>

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

- Apr. 2 **FREE Adaptive Skating: Games on Ice!** – Offered by the Department of Recreation (DCR) Universal Access Program (UAP), this is an opportunity to use your wheelchair, an ice sled, or conventional skates to slide around the ice at The Cronin Skating Rink, 850 Revere Beach Parkway! The whole rink is ours to play on from 11:30am to 1:30pm. Spin, slide, race, slalom, socialize and play gently competitive games with others! Ice sleds and conventional skates available. Admission and equipment is provided free of cost. For more information or to register, call 617-626-1294 or email <Gigi.Ranno@state.ma.us>.
- Apr. 4 **Hailing the Future: Expanding the Availability of Wheelchair Accessible Taxicabs in Massachusetts** – Northeastern Law School Students will be presenting their research on the current state of wheelchair accessible taxicabs in Massachusetts, ADA requirements, and possible litigation strategies to bring more wheelchair accessible taxicabs to Massachusetts. This presentation will be held from 5:30-6:30pm in Room 97 of the Cargill Building at the Northeastern University Law School, 400 Huntington Avenue, Boston. Although free and open to the public, RSVP is required to <tedesco.L@husky.neu.edu>
- Apr. 6 **Start of FREE TopSoccer Clinic for Youth and Adult Athlete's with Disabilities** – Sidekick Soccer Academy & Somerville Recreation will be offering a FREE TopSoccer program for youth and adult athlete's with disabilities starting on Saturday April 6, 2013. TOPSoccer is a modified version of the game of soccer, designed to provide opportunities for special needs children and adults of all ages. It provides an opportunity for fitness, physical therapy, fun and building self-esteem. Modifications are made to the game to allow full participation and enjoyment to each athlete. One-on-one assistance is available to those who need it. The program offers a recreational, leisure approach to the game of soccer. The program is split into age groups and will meet on April 6, 13, 27, and May 4 at the Winter Hill Community School in Somerville, 115 Sycamore Street. Pre-registration is required; please see <www.sidekicksocceracademy.com> or email John Teves at <jteves@sidekicksocceracademy.com> for more information or to register.
- Apr. 6 **Wings for Autism: An Airport Rehearsal for Children with ASD** – Offered by the Charles River Autism Support Center, in partnership with MassPort, Logan Airport and TSA, Wings for

Autism is an opportunity for families who have children with an autism spectrum disorder (ASD) to practice a trip to the airport. Every member of the family is issued a boarding pass, after which they practice going through a fully staffed security checkpoint (bring luggage if you like!) and then wait at the terminal before boarding their plane, where they will practice getting to their seats and buckling seatbelts. The families can talk with flight attendants and pilots and provide their children with a real life, air-travel experience. Snacks and drinks will be provided. The rehearsal will be held from 9am to 1pm in Terminal E of Logan Airport in Boston. Registration is required and may be done online at <www.charlesrivercenter.org>. Contact Jennifer Robtoy, Director of Autism Support, for more information at 508-651-5914 or <jrobtoy@charlesrivercenter.org>.

- Apr. 11 **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 on the 2nd Thursday of each month, 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.
- Apr. 11 **FREE Screening of *The Renegades: A Beep Ball Story* in Boston** – The National Braille Press (NBP) is hosting a movie premiere of this award-winning documentary, which has garnered praise in the film-making world for its honest portrayal of a baseball team comprised of blind athletes as it proves that losing your vision doesn't mean losing your competitive spirit. The screening will be held from 7-9pm, following a 6pm reception at the Revere Hotel Boston Common, 200 Stuart Street in Boston. This is a free event, but pre-registration is required, as space is limited. To learn more or to register, please see <www.nbp.org>, email <jstewart@nbp.org> or call 617-266-6160, ext. 436.
- Apr. 12-21 **Cambridge Science Festival** – This annual festival is a celebration showcasing the leading edge in science, technology, engineering and math. A multifaceted, multicultural event every spring, the Cambridge Science Festival makes science accessible, interactive and fun! Come to a robot zoo, the Science of Food, a DIY festival, bottle rocket launching, star gazing, performances, contests, and much more! There are more than 100 events scheduled throughout Cambridge and beyond, and nearly all of them are FREE and open to the public. For more information and a list of events and locations, see <www.cambridgesciencefestival.org>.
- Apr. 13 **Parenting a Child with Autism: Putting the Pieces Together** – Sponsored by the Endicott College School of Graduate and Professional Studies, this conference for parents will feature keynote speaker Margaret Bauman, MD, Pediatric Neurologist at The Laurie Center, MGH Hospital for Children, as well as 12 workshops from which attendants choose two. The conference will be held from 9am-1pm (registration begins at 8am) in the Rose Performance Hall in the Center for Performing Arts at Endicott College, 376 Hale Street in Beverly. Pre-registration is required and costs \$20 per person. For more information, including a list of workshops, or to register, see <www.endicott.edu/gradprof/instbehavstudies/gpsschedules>, email <gps@endicott.edu> or call 978-232-2199.
- Apr. 17 **FREE Demonstration: Switch Accessibility with Tablets** – Offered by the Easter Seals Assistive Technology Regional Center (ATRC), this free demo of how you can use Bluetooth switches with switch-accessible Apps will be held from 10:30am-12:00pm at the Boston Easter Seals office, 89 South Street (one block from MBTA South Station). More and more Apps are coming into the market with switch adaptability. The what's and how's of these switches and Apps will be discussed and shown. There is even an App that turns your device into a switch. Visit <www.eastersealsma.org>, call 617-226-2634, or email <ATRC@eastersealsma.org> for more information.
- Apr. 19-21 **Bay State Council of the Blind 2013 Convention** – The Annual Bay State Council of the Blind (BSCB) 2013 spring convention will be held at the Marriott Hotel in Burlington. This year pre-

convention proceedings will begin on Friday afternoon with a program showcasing Apple products, and Guide Dog Users of MA will hold a meeting on Friday evening. The convention itself will run all day on Saturday and until 12:30pm on Sunday. The Saturday morning session will be devoted to audio description, including the latest developments, and how to access audio described TV programs on the most popular cable and satellite providers throughout the Commonwealth. MBTA Officials will speak in the afternoon about The Ride and the newly required in-person assessments, and Myra Berloff, director of the MA Office on Disability, will discuss the recent transportation survey. Sunday morning will include resources for transportation alternatives to The Ride, a panel discussion focusing on spirituality, as well as updates from the Massachusetts Commission for the Blind, the Carroll Center for the Blind, and the Perkins Braille and Talking Book Library. Convention attendees will also have the opportunity to browse the exhibit room and participate in the BSCB auction. Elections for the BSCB Board of Directors, constitution and bylaw amendments, resolutions, and other BSCB business will round out the convention. For more information, including convention fee and registration info, email <baystate@acb.org> or call 781-944-3586.

Apr. 27 **Disability Reframed Presents: *Mary and Max*** –Join us for a free screening of this wonderful animated feature film, followed by a lively audience discussion. See article on page 1 of this newsletter for more info. For sign language interpreters or other accommodations, please contact CCPD by April 11 at 617-635-3682 (voice) or 617-635-2541 (TTY) or email <ccpd@cambridgema.gov>. Sponsored by the Boston Commission for Persons with Disabilities and Cambridge Commission for Persons with Disabilities. Join Disability Reframed: A Community Film Series on Facebook!

Apr. 27 **Perkins School for the Blind's 30th Annual Early Connections Conference: *Taking Care of Our Children...Taking Care of Ourselves*** – This annual conference offers a unique opportunity for parents of children with visual impairments (birth-7) and professionals to come together to both learn new information and to network. Lunch and childcare will be provided. Conference topics will include recreational activities; using technology for remote consultation; orientation & mobility in the home and community; social skills; multi-sensory approach to reading; and more! Pre-registration is required and costs \$35, which includes two children and two adults. The conference will be held from 8:30am to 3:30pm at Perkins, 175 N. Beacon Street in Watertown. For more information, visit <www.perkins.org/news-events/news/early-connections-conference.html>, email <Marguerite.Tyrance@Perkins.org>, or call 617-972-7553.

May 9 **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 on the 2nd Thursday of each month, 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.

May 9 **Opening Night of *DISTRACTED*, a Comedy that Looks at ADD in the Context of a Hectic, Multi-tasking Society** – This play, written by Lisa Loomer and directed by Wesley Savick, is being presented by Underground Railway Theater at the Central Square Theater, 450 Massachusetts Ave in Cambridge and will run through June 2. Mama is meditating. Her cell phone rings, waking Jesse up. He can't sit still, swears like a truck driver and is in trouble at school. His teacher says Attention Deficit Disorder. His doctor blames environmental toxins. Dad says, "He's just a boy!" Experts are consulted. Ritalin is prescribed. Can a pill solve all his problems? Mama's determined to find the - wait, she's got a text message! And even the actors are having trouble focusing! Is Jesse just a normal kid in an ADD world? Lisa Loomer's hilarious, provocative, and poignant look at a modern family asks: Who's really distracted?. Says Debra Wise, Artistic Director at Underground Railway Theater, "Lisa Loomer's *Distracted* poses questions about culture of medicating children, our relationship with

technology, and how it impacts our family relationships. Scientists, humanists, parents and teachers will engage audiences in pre and post performance conversations about how we define health in our media saturated society." For more information, including performance times, visit <www.centralsquaretheater.org> or call 617-576-9278.

May 16 **FREE Workshop: The Other System...Android** – Offered by the Easter Seals Assistive Technology Regional Center (ARTC), this free workshop will teach you how Android devices are both different from and similar to the popular Apple iDevices, as well as the basic steps for proper care and use of your new Android device. Share tips, tricks and the latest apps and how to make your Android accessible. The workshop will be held from 10:30am-12:00pm 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.

May 22 **Bike Riding 101 for Parents** – Offered by the Asperger's Association of New England (AANE), this workshop will help parents learn why bike riding is a complex skill and how to break the process of learning how to ride a bike into manageable steps for their children with Asperger Syndrome and related disabilities. You will leave with a detailed plan for helping your children learn to enjoy bike riding. Presented by Brenda Dater, MPH, MSW, Director of Child and Teen Services at AANE, this workshop will be held from 10am-12pm at the AANE office, 51 Water Street, Suite 206 in Watertown, with a registration fee of \$40 for AANE members and \$55 for non-members. For more information, including possible partial scholarships, or to register, call 617-393-3824, email <info@aane.org>, or see <www.aane.org/upcoming_events>.

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 2nd Monday of each month from 10-11:30am at the North Cambridge Senior Center, 2050 Mass Ave. While geared towards seniors, the group is open to all ages. For more information, contact Barbara Duford at <marksgirl4951@gmail.com>.

NAMI Connection – a support group for adults with mental illness sponsored by the National Alliance on Mental Illness (NAMI), meets every Monday, 1-2:30 p.m. at the Cambridge Somerville Recovery Learning Center, 153 South St, 2nd Floor in Somerville. The group is free and open to all who self-identify as having a mental illness, regardless of diagnosis. For more information, contact Janel Tan at 617-863-5388 or <tanj@vinfen.org>.

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 <www.namimass.org/programs>, e-mail <helpline@namimass.org>, or call Elizabeth at 781-646-0397.

Tuesdays

Computer Help for Job Seekers – Every Tuesday 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.

Boston Voice Users – this group for people who use or are interested in using speech recognition or dictation software meets from approximately 7:30 – 9:30 p.m. on the 2nd Tuesday of each month at MIT in Building 2, Rm.135. Members explore the developments, available tools and products, and best use of personal computer-based speech-recognition, and invite both commercial and noncommercial entities to present at meetings. To find out more about meetings and discussions go to <www.bostonvoiceusers.org>.

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 1st Wednesday of each month from 1-2pm in Conference Room 8A on the 8th floor of Spaulding Rehab Hospital, 125 Nashua Street in Boston (adjacent to the TD Bank Garden; near MBTA North Station). For more information, see <www.spauldingrehab.org/events/supportgroupevents> 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 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 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 1st Wednesday 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 reservation (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.

Central Square Resume Writing & Job Hunting, FREE Drop-in Assistance – Free help for adults needing assistance with making resumes or job hunting, offered on a first come, first served basis. Offered every Wednesday from 1-3pm at the Central Square Branch of the Cambridge Public Library (45 Pearl Street), this opportunity for assistance is open to all. For more information, contact Maria Balestrieri at <mbalestrieri@cambridgema.gov> or 617-349-4013.

DBSA-Boston (Depression Bipolar Support Alliance of Boston) Support Group meets every Wednesday evening, 7-9pm at McLean Hospital in Belmont (de Marneffe Building, 1st floor lobby). Includes a lecture on the 2nd and 4th Wednesdays. Call 617-855-2795 or see <www.dbsaboston.org> for more information.

Feeling for Form Introductory Tour of MFA for blind & low vision visitors – The Museum of Fine Arts (MFA) in Boston offers a series of introductory one-on-one guided tours to the Museum and its collections for blind and low vision individuals who want to build a deeper relationship with the Museum. Each monthly session focuses on a different collection and includes wayfinding and verbal description of spaces. These tours are given on the 1st Sunday of the month at 10:30 am and the 3rd Wednesday at 6:30 pm. Individuals can attend one or more sessions, whichever interests them. Guided tours can also be scheduled at other times. Pre-registration is not required unless a visitor needs a sighted guide or other access accommodation. Contact Valerie Burrows at 617-369-3302 or <vburrows@mfa.org> to register. Call 617-369-3189 or e-mail <access@mfa.org> or go to <www.mfa.org> for more information. The MFA is located at 465 Huntington Avenue in Boston, and is accessible by the Green line “E” train to the “Museum of Fine Arts” stop, or the Orange line train to the “Ruggles” stop.

Free introductory tour of MFA in sign language & with assistive listening devices – A new monthly offering at the Museum of Fine Arts (MFA) in Boston for people who are Deaf or hard of hearing. These tours will be given at 6:30 pm on the 2nd Wednesday of each month. No pre-registration is required; meet at the Sharf Visitor Center in the MFA. For more information about accessible programs Valerie Burrows at 617-369-3302 voice, 617-267-9703 TTY or e-mail <access@mfa.org>.

OCD Support Group – A casual, peer-led, open discussion of the trials (and triumphs!) of living with OCD and anxiety. All are welcome, all are encouraged to come, although the group strives to keep private and secure, as confidentiality is and will remain of highest priority. The group meets from 7-8:30pm on the 3rd Wednesday of each month (excluding holidays) at the Friends Meeting House, 5

Longfellow Park in Cambridge, with a suggested donation of \$6-\$7. For more information, contact Brandon Kalashian at <brandex07@gmail.com> or Cal Louis at <mahoganybrown16@gmail.com>.

Open Support Group for Adults on the Autism Spectrum – Meets on the 2nd Wednesday of each month, 7-8:30 pm at the offices of the Asperger's Association of New England (AANE), 85 Main St., Suite 101, Watertown, MA. Hosted by Jamie Freed; a \$5 donation is suggested. RSVP to 617-393-3824, x310 or <Jamie.Freed@aane.org>.

Senior Support Group for Caregivers over 60 – meets on the 3rd Wednesday of each month at the Family Resource Center, 20 Gould Street in Reading. Share and learn with other seniors who have adult family members with developmental disabilities. For meeting times or more information, contact Judy SantaMaria at 781-942-4888, x4022 or <familysupport@thearc.org>.

Spaulding Stroke Support Group – This community-based support group offered by Spaulding Rehabilitation Hospital (SRH) provides socialization and education for stroke survivors and meets on the 2nd Wednesday of the month from 3-4pm in Conference Room 8A on the 8th floor of SRH, 125 Nashua Street in Boston (adjacent to the TD Bank Garden; near MBTA North Station). For more information, see <www.spauldingrehab.org/events/supportgroupevents> or contact Karen Halfon at 617-573-7143 (voice), 1-800-439-2370 (TTY), or by e-mail at <khalfon@partners.org>.

Thursdays

Cambridge Commission for Persons with Disabilities (CCPD) Monthly Meeting – generally meets on the 2nd Thursday, at 51 Inman Street, 2nd floor Conference Room, 5:30 to 7 p.m. with opportunity for public comment. Call 617-349-4692 (voice), 617-492-0235 (TTY) or e-mail <kthurman@cambridgema.gov> for more information or to request accommodations.

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 <atrc@eastersealsma.org>. The themes for the April 11 and May 9 series are TBD.

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>.

Spinal Cord Injury (SCI) Support Group – Offered by Spaulding Rehabilitation Hospital (SRH), this weekly support group, which meets every Thursday from 4-5pm, is for anyone affected by SCI, to help and inspire the newly injured through role models and peer mentors, and to support individuals and family members as they begin their post-injury journeys. This group is run by Dr. Chris Carter and is held in GBC Office at SRH on the 9th Floor at SRH (take elevator to 9th Floor, make a left off the elevator; second to last door on the right), 125 Nashua Street in Boston (adjacent to the TD Bank Garden; near MBTA North Station). For more information, see: <www.spauldingrehab.org/events/supportgroupevents> or 617-573-2081 (voice), 1-800-439-2370 (TTY), or by e-mail at <sciboston@aol.com>.

Fridays

Second Fridays are FREE at the MIT Museum – Jump-start your weekend with the MIT Museum! Get up close and personal with Kismet the Robot, or see the world in 3-D through our one-of-a-kind holography exhibit. Enjoy performances, demonstrations, and lectures throughout our galleries. Mix and mingle; relax and unwind. Museum admission, including the galleries and additional activities, is free from 5-8pm on the 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, conference rooms 8A & AB, 125 Nashua Street, Boston. No registration required, just show up! For more information, call Sally Johnson, LICSW at 617-573-2539 (voice), 1-800-439-2370 (TTY), e-mail <babisgroup@hotmail.com>, or see <www.babis.info>.

Beyond the Spectrum: Adventures in Art for Children with Autism – Offered by the Museum of Fine Arts (MFA) Artful Adventures offers a specially designed program for children ages 8-12 on the Autism Spectrum, including Asperger's Syndrome, accompanied by a parent or caregiver. Upon arrival children will be divided into groups by age and/or needs, and the program meets on the 1st Saturday of each month from 10:30 am - 12:00 pm. Each class lasts an hour and a half and combines gallery exploration with an art-making activity. Pre-registration is required by the prior Tuesday. The cost is \$8.00 per child (includes materials and museum admission), and one adult is admitted free with each child ticket, which also includes discounted parking. The program meets in the Education Center in Druker Family Pavilion, Room 159 at 10:20am before the start of each class. For more information, or to pre-register, go to <www.mfa.org/programs/community-programs/beyond-the-spectrum>, call 617-369-3303 or email <artfuladventures@mfa.org>.

Sundays

Feeling for Form Introductory Tour of MFA for blind & low vision visitors – These tours are given on the 1st Sunday of the month at 10:30 am. Pre-registration is not required for the Sunday tours unless a sighted guide or other access accommodation is needed. See Wednesday listing for details.

“Quiet Day” at the Charles River Museum of Industry & Innovation: The Charles River Museum of Industry & Innovation in Waltham hosts “Quiet Day” for children with Sensory Processing Disorder (SPD), which affects a variety of disabilities, on the last Sunday of the month from 10am to 5pm. During Quiet Day, the museum will disable any exhibit that produces uncomfortable noise levels, equipment such as sound block headphones, weighted blankets will be offered, and a separate space for reducing stimuli will be available. Admission is \$7.00 per adult and \$5.00 per child, student or senior. Free to children under 6, active and retired US Military, and Museum members. For more information, email <info@crmi.org> or call 781-893-5410 or 617-823-5081.

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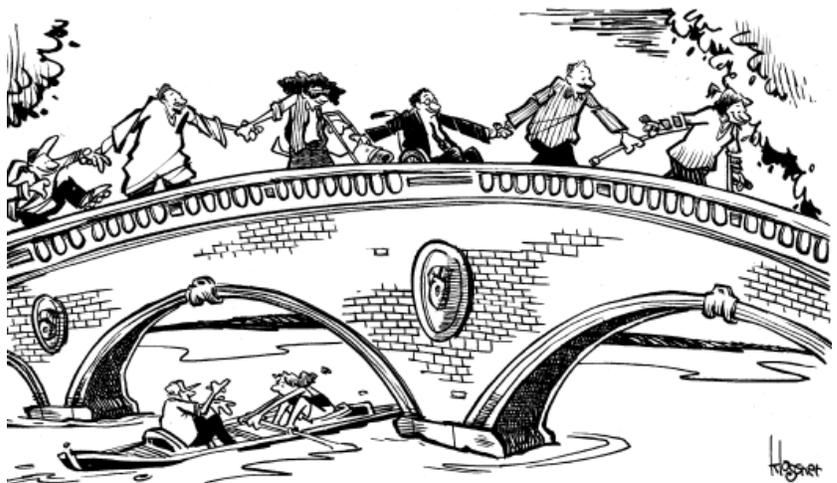
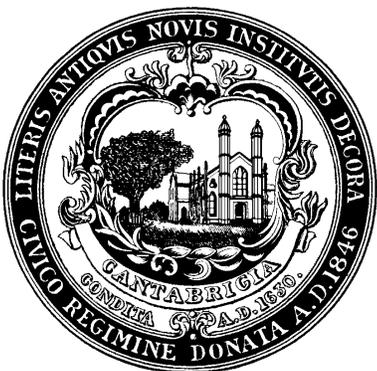
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AccessLetter is produced by the Cambridge Commission for Persons with Disabilities,
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