



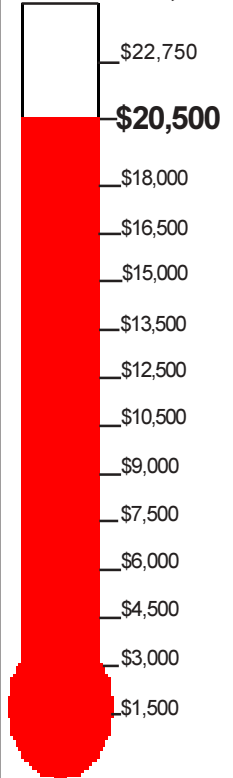
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**2005 Annual Appeal Campaign**

GOAL: \$25,000



Help us reach our goal by supporting the programs of HMEA. We are almost there! Simply complete the attached form and mail to us in the enclosed envelope.

*Year-to-date percentage of annual goal by HMEA division*

HMEA Staff and Board of Directors ..... 34.5%  
Businesses ..... 2.9%  
Children's Services ..... 6.5%  
Day Services ..... 8.5%  
Friends ..... 19.5%  
Residential Services ..... 7.2%  
United Way ..... 20.9%  
**Year-To-Date Total ..... 100.0%**

**THANK YOU!**

**THE HMEA ANNUAL FUND**  
"GIVING PEOPLE INDEPENDENCE"

\$1000  \$500  \$300  \$100  \$50  Other:\$ \_\_\_\_\_

I pledge \$ \_\_\_\_\_ to the HMEA FY'05 Annual Appeal.

Please designate my gift:  unrestricted

In honor of (please print): \_\_\_\_\_

In memory of (please print): \_\_\_\_\_

**Payment Method:**

Check made payable to **The HMEA Annual Appeal**

Credit Card:  MasterCard  VISA  Discover  Amex

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_

Your Name: \_\_\_\_\_

Your Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

I would like to avoid capital gains tax and donate long term appreciated stock or other securities.

I would like more information on Planned gifts to HMEA to help reduce my taxes.

A Matching Gift Form is enclosed (see your Human Resource department for a matching gift form).

Clip Here



**What's Inside...**

- New Sensory Awareness Program ..... 2
- "Thank You" to this year's Independence 5K sponsors 3
- Blackstone/Millville Regional High School enters Team for the Independence 5K ..... 3
- The 200 Foundation Awards HMEA Community Service Grant ..... 3
- SAVE THE DATE - 11th Annual Golf Tournament ..... 3
- Get Ready...Get Set...GO ... 4
- Visiting the World Series Trophy ..... 6
- New this Year - Walking Teams ..... 6
- Board Certified Behavior Analysts Graduate Simmons Course at HMEA ..... 6
- Health Education Coordinator Presents at National DDNA Convention ..... 7
- Annual Appeal Update ..... 8

**Spring 2005**



WCVB Channel 5 News reporter Gail Huff with WMRC – 1490AM radio sports director Chris Fama after cutting a PSA to promote The 4th Annual HMEA Independence 5K scheduled for Sunday, May 22nd.

**Celebrities Promote HMEA Independence 5K**



Teaming Up for The 4th Annual HMEA Independence 5K Walk/Run in the Park are former New England Patriot Steve Nelson, and Fox 25 morning news anchor Gene Lavanchy. The two met at WMRC in Milford with Operations Manager Rick Michaels to promote the fundraiser, which benefits 1200 adults and children with Developmental Disabilities in southeast and central Massachusetts.



## ■ New Sensory Awareness Program Established

The new Sensory Room at HMEA's **Community Partners Day Habilitation** program offers a variety of different experiences to individuals in the program that they may not be exposed to otherwise. Its purpose is to provide visual stimulation through the use of light projectors, black lights, water displays and glow-in-the-dark items.

People using this room can relax to the sound of running water, the sounds of nature or simply listen to a favorite CD—oldies music is quite popular. It also gives people an opportunity to explore alternative positions by laying on the mat table, sitting in a bean bag chair or using the massage chair. The library of available experiences continues to grow, as does its popularity within the program.

This room was made possible through the generous donation of time, talent and treasures of many local area businesses and citizens. ■

## ■ Want your information faster? Have HMEA's Newsletter e-mailed to you

If your time is valuable, let HMEA e-mail you your copy of this newsletter! It's fast, it's efficient and it's cost-saving to HMEA. So, if this is something you would like, please let us know. Simply e-mail your name and e-mail address to [hmea@hmea.org](mailto:hmea@hmea.org). Start getting your HMEA information in a timely manner, e-mail us today! ■

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## Newsletter Staff

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Linda Conley, *Special Projects Coordinator*

**Contributing Editor(s):** Michele Mayer, Elaine Jarret and Sue Loring

**Photography by:** Jeff Ellis, Doug MacPherson, Jessica Pasquerillo and Kevin Salera

## ■ Reader Pens Come To HMEA

Through a generous grant from United Parcel Service in Norwood, HMEA recently received 7 Readingpen II's made by WizCom Technologies which will enable many of the individuals who are supported by HMEA to *hear the written word*. According to Stephen Moulton, HMEA's VP of Day Services, "These new handheld pen like devices will create a whole new level of independence and increased self esteem for our clients."

The reader pen weighs only three ounces and acts as a handheld scanning device that enables users with reading disabilities to improve reading comprehension immediately. By scanning over written text, the user can hear a single word or full line of text in just seconds. In addition it can display the word the user is hearing in a large font LCD screen for phonetic purposes. Computer monotone voice? No more. You can choose what type of voice you would like the pen to read back to you.

It contains over 200,000 definitions from the American Heritage Dictionary allowing the user to cross reference and hear the definition of a word they do not understand and even see it broken down by syllables. Also it can be set for left handed individuals and you can scan and translate using any of the 25 high quality language dictionaries available – absolutely free. ■



*Michelle Pierce is legally blind, and uses the Readingpen II to assist her with her reading*

## ■ HMEA's Health Education Coordinator Presents at National DDNA Convention

*Today's Faces, Tomorrow's Future* is a program designed to enhance communication between people of different cultures and backgrounds, and help people appreciate the differences between themselves and others. The primary goal is to help people build strategies in their own workplaces to meet the opportunities and challenges of an increasingly diverse workforce.

**John Boisseau** will be presenting this workshop to the Developmental Disabilities Nurses Association (DDNA), the national organization for nurses serving the intellectually and developmentally challenged population, at their annual conference in Columbus, Ohio on May 2nd. John is a Certified Developmental Disabilities Nurse (CDDN) and has been the Health Education Coordinator for HMEA since February 2004. ■

## ■ Autism Educational Series Offered

In April, The Autism Resource Center of Central Massachusetts in West Boylston will offer a six part educational series for families of newly diagnosed children and repeat this series two or three times per year. This is a wonderful opportunity for families to gain professional and valuable insight into their child's diagnosis and treatments available. The series will include:

- An overview of Pervasive Developmental Disabilities and the resources available at the Autism Resource Center
- Accessing supports offered by public agencies
- An introduction to Applied Behavioral Analysis
- A workshop on basic rights and negotiating with school districts for services
- An overview of medical issues
- A workshop on behavior management techniques

If you are interested to learn more about these workshops, please contact the Autism Resource Center at (508) 595-9101. ■



Photo by: Jeff Ellis

People in Photo: Heather Cutler, Neil McMurtry, Lenny Rosenswaik, David Cadogan, Mike Monaghan, John MacGregor, John Troy, Irving Jones, Mike Fortin, and George Chapman.

## ■ Visiting the World Series Trophy

Hopedale Employment and Bellingham Employment teamed up to see a piece of history on Feb. 28, 2005 at Douglas High School. The Red Sox world series trophy and the baseball that was used in the final inning of the game were on display at the high school. It was a wonderful experience and everyone looks forward to the upcoming season. **Go Red Sox!** ■

## ■ New this year—"Walking Teams"!

For the first time, HMEA's Independence 5K "Walk in the Park" is encouraging its participants to form Walking Teams. The idea has been met with much enthusiasm and great success. So far we have heard about 19 teams, they are:

### HMEA Programs:

- Children's Services:** Gates Lane School and TRACS
- Employment:** Bellingham
- Residential:** 16 Foster Street and Maple Street
- Day Hab:** Community Partners and Sterling
- The West Boylston Office**

William McCloud  
 Mike Monaghan  
 Kathleen Cotta Team  
 Mark Scuzzarella (Director)  
 Laurie Gougen/Hair Mania Team  
 UPS Team and a Team from EMC  
 Teams from Blackstone/Millville Regional High School, Medway High School, King Phillip High School and Franklin High School

There's still time...come along and join in the fun. Call Linda Conley or Doug MacPherson at (508) 528-8635, ext. 228 or 288 and find out how **YOU** can form a team and help support children and adults with developmental disabilities! ■



The Simmons College Professors (kneeling left to right), Peter Patch, Psy. D., Michael Dorsey, Ph.D., Michael Cameron, Ph.D., and Susan Ainsleigh, Ed.D. with the first graduate class

## ■ Board Certified Behavior Analysts Graduate Simmons Course at HMEA

In May 2001, a conversation began between HMEA and Simmons College regarding Simmons' new graduate Behavioral Education program. According to Simmons College, the Behavioral Education program was designed to prepare educators for leadership roles in the implementation and administration of behaviorally-based methods of teaching learners with special needs. This program seemed like a good match for HMEA with its established behaviorally based Clinical Department and its growing Children's Services Division.

What started as a casual conversation evolved into a partnership between HMEA and Simmons that officially kicked-off in April 2002. This is when the first class of the Simmons College Behavioral Education graduate program opened its doors at HMEA's administrative office with twenty students who were seeking a Master's degree or an Educational Specialist degree. Three years later, in March 2005, the first group of fifteen student/employees has graduated.

While a tremendous amount of effort and dedication was needed from each employee to attain success in the program, HMEA has benefited as a result. As one recent graduate wrote: "this experience has been superior to any other; this is a program that will not only benefit each student, but ultimately will be of tremendous benefit to HMEA". The most obvious benefit is the improved quality of life that the individuals that we support have experienced as a result of the increased quality of services that our staff can now provide. With a second cohort of HMEA students already underway, we hope to have a long-lasting relationship with Simmons College. ■

## ■ Thank You...

We want to take this opportunity to say **Thank You** to the many business who have agreed to sponsor this year's *Walk/Run in the Park*, HMEA's 4th Independence 5K...

### THANK YOU to our *Champion Level Sponsors*...

- |                                         |                             |
|-----------------------------------------|-----------------------------|
| EMC                                     | Putnam Investments          |
| BJ's Wholesale Club                     | Wal*Mart                    |
| JACO Mobility Inc,                      | EcoSystems Solutions        |
| Ducharme Estates                        | Starr Realty                |
| Blue Cross Blue Shield of Massachusetts | Roche Brothers Supermarkets |
| Central MA Families                     | Shaw's Supermarkets         |
| Organizing for Change                   | Blackstone Board of Health  |
| Franklin Industrial Park                | Old New England Restoration |
| Freedom Dental Arts                     | F.E. Knight                 |
| Eagle Stainless Tube                    | Mayflower Trucking Co.      |
| Michael DiStefano and Michael Ford      | Hockomock YMCA              |
|                                         | AAA of New England          |
|                                         | Advanced Digital Motion     |

### and to our *Support Level Sponsors*...

- |                              |                              |
|------------------------------|------------------------------|
| Smart Staffing Service, Inc. | Trailside Communications     |
| Cotta & Associates, CPA's    | Bill's Automotive Ctr., Inc. |
| Alternatives                 |                              |

## ■ Blackstone/Millville Regional High School Enters Team for Independence 5K

Fifteen members of the *Future Business Leaders of America* group from the Blackstone/Millville Regional High School will raise funds and walk to benefit 1200 adults and children with developmental disabilities in the 4th Annual HMEA Independence 5K on May 22nd. Working hard to organize this large group of enthusiastic high schoolers is Kelly Dexter, (standing second from left in the first row) daughter of **Lori Dexter** in the Human Resources department at HMEA. ■



The Reverend Jewel Hardmon, from the Bethany Church in South Attleboro gratefully accepts a check from The 200 Foundation

## ■ The 200 Foundation Awards HMEA Grant

This past winter, **The 200 Foundation** from Framingham awarded HMEA a grant in the amount of \$3000 to support the work done by HMEA. The money was earmarked for a volunteer program run through the Residential Services Division. The grant provided funds for a community outreach program coordinated through the Wednesday Night Worship group at a local church. This group of individuals attend worship services each Wednesday night and assist needy people in the local community throughout the year by volunteering at clothes drives and providing homeless people with holiday meals. The 200 Foundation made it possible for more individuals to participate in the program, benefiting a much broader community and many more people. ■

## ■ Save the Date...

It's been a very loooooong winter — cold and snowy! Many of you are just looking forward to the nicer weather heading our way! BUT, we are certain there are a few of you who are looking forward to the 'nicer' weather for a totally different reason... the beginning of the **Golf Season** for us New Englanders. So, we want to be the first to let you know about our 11th Annual Jack Nicolas/HMEA Benefit Golf Tournament being held at:

**Charter Oak Country Club  
 Hudson, MA**

**on  
 Monday, August 1st  
 12:00 p.m Shotgun start**

So, mark your calendars and watch for future announcements on our web site, [www.hmea.org](http://www.hmea.org) OR, if you've participated in past tournaments watch for more information in your mail shortly. **Springs is definitely in the air...!**



# Get Ready... Get Set... GO!!!

## RUN or WALK

at

### HMEA's 4th Annual Independence 5K

#### Sunday, May 22nd



The 4th Annual HMEA Independence 5K Walk/ Run will be here before you know it. Last year, 208 runners and 250 walkers participated in the event which raised over \$26,000 all of which went right back to the programs and homes operated by HMEA.

This year the emphasis is on TEAMS! *"Teams of Walkers is where it's at."* says CEO Mike Moloney. *"By identifying team captains and having them get 5, 10 or even more walkers, the amount of funds raised can double or even triple....it's all about enthusiasm"*

So far teams of walkers who have signed up include **EMC, United Parcel Service from Norwood**, the **Future Business Leaders of America** group from the **Blackstone/Millville Regional High School, Franklin High School**, and many families and programs supported by HMEA. And, there are plenty of others out there as well!

WMRC Radio (1490 am) is currently broadcasting ads for the race with scripts being read by Independence 5K Host **Gail Huff** from news center 5, **Gene Lavanchy** from Fox 25, **Steve Nelson**, former New England Patriot, and **Dick Hoyt** from the great father-son marathon team of **Rick and Dick Hoyt**.

New this year is the adoption of the 5K (USATF certified) race part of this great event. A local running club, **The Norfolk County Pacers** with a membership of 75 has elected to adopt the HMEA Independence 5K and come out in force to volunteer and run in the race. Their commitment to this cause is evidenced by their president **Scott Knous** and his wife **Kim** who last year showed up with their four daughters and not only ran in the race, but took home quite a cache of trophies as well! *"This is our way of giving back to the community. Our members love to run and they are all charitably minded and HMEA is a local charity with a great mission! It's a great fit and we are proud to be part of it."*

#### **Other special activities for the day include:**

- Special opening ceremonies with the renowned Franklin Police Color Guard accompanied by The Pawtuxet Rangers, which is headed by HMEA's own Director of IT, Ron Barnes. The Color Guard will provide a 21-gun salute followed by the National Anthem and the Pawtuxet Rangers bring their fife and drum corps playing songs from The Revolutionary War. Finally the race gets underway when the original 1776 Black Powder Canon is fired!
- Free food, free drinks and a whole host of kids' activities cater to the entire family during and after the race. These include a jumpy jump, a dunk tank and a wide variety of free kids table-activities, sports, games, and much more.
- **DON'T FORGET THE "DREAMS COME TRUE RAFFLE"!** Tickets for this popular raffle go on sale throughout the agency in early April and continue right up to race time. So far this year prizes include four (4) round trip airline tickets on AirTran Airways, a Bose Wave Radio, a Boston Celtics, Paul Pierce autographed basketball, a weekend stay for two at the Boston Harbor Hotel, a winter weekend getaway at the Newport Bay and Yacht Club, an Advantix camera (from Village Photo Franklin), a luxurious recliner from Riverview Furniture in Woonsocket, gift certificates to EagleBrook Saloon, Boston Sports Club and much more.

#### **How can YOU help?**

##### **Form a Walking Team to walk in honor or memory of someone.**

Visit [www.hmea.org](http://www.hmea.org) and either download an Individual Walker's Pledge form or call Linda Conley (508-528-8635 x228) to have information mailed to you as part of a team.

##### **Run in the 5K race.**

Visit [www.hmea.org](http://www.hmea.org) and register 'online' through the links provided to either [www.active.com](http://www.active.com) or [www.allsportcentral.com](http://www.allsportcentral.com)

**Volunteer** at the event. Call Linda Redgate at (508) 528-8635 x272

**Sell raffle tickets** and earn a chance at top seller prizes! Call Linda Conley for more details.

**Remember ALL of the proceeds from this event go back to support the programs and individuals supported by HMEA.**