



The Exchange

South Shore
Support Services

Winter 2017

Launch



Just as the name implies, our Launch vocational programs are designed to launch our participants into the world of work. Many of our attendees are straight out of school and they need to try a variety of vocational settings in order to choose the best career paths for them. Participants have a wide array of vocational aspirations and with the assistance of trained job coaches many of those aspirations are being met.

Our first Launch program is centrally located in Cohasset Village within easy walking distance of a number of businesses. Participants there attend art and music classes locally and frequent local businesses like Atlantic Bagel and Tedeschi's as customers. Banking and trips to the post office or a trip on the commuter rail help our individuals enhance their abilities to access the community independently. With the assistance of job coaches, participants work or volunteer at the Council on Aging, Pat's Barber Shop, JJ's Dairy, SG&D Insurance to name a few.

In May 2016 Launch II opened in Hingham center housed in the fellowship hall of the Old Ship Church. With the thriving Hingham center at their doorstep participants at Launch II are building their resumes at Glastonbury Abbey, Greenlight, Sub Galley, St Paul's, South Shore Athletic Center and the Hingham Rec Center among a host of others. Both locations also provide landscaping services in the community and light housekeeping services.



Both Launch and Launch II are willing to travel with participants to make job matches. Cohasset, Hingham and surrounding towns are accessible by public transportation or agency vehicle. If a participant needs a bit more assistance completing a task then they can work with a job coach to perfect their skills.

Each person who works at Launch has preferences about what kind of work they like and how they would like their work day structured. Some may not be able to explain it in those terms but they each have the desire to work and earn a paycheck. In assisting participants in finding just the perfect job staff at Launch needs to tailor the job search and making those connections isn't always easy. Each of you reading this newsletter has friends who work. You may also work yourself. We need your help and the help of those friends to find the perfect job matches for our participants. If you can think of even one person who is looking for capable, motivated employees you can assist in the job development process. If you are a business owner or know someone who is please consider meeting some of our participants and seeing if we can make a match that works for you and them. We can do training at your location to build skills or work part time to fill a need. Please put on your thinking caps and help us find the jobs to fulfill the aspirations. If you have a business or contact that you feel would be a great fit please contact Robin at 781-331-7870 and we can pass your information on to the right location. Thanks in advance for your assistance in launching our participants towards success.

On Monday, March 27, 2017 from 10:30am - 12:00pm The Massachusetts Developmental Disabilities Council and The ARC of Massachusetts are hosting the

39th Annual Legislative Reception

Embracing Our Rights: It Takes All of Us

You are invited to attend the annual legislative reception on March 27th at The Great Hall at the State House. This is an ideal opportunity for persons with disabilities, family members, advocates, state agency heads and their staff, and legislators to interact and catch up on legislative priorities and other important issues.

Please contact Amelia Cordischi at The Arc of Massachusetts, 781-891-6270 x6104, cordischi@arcmass.org to register or for more infor-

Save The Date!

It may be cold and snowy now but mark your calendars for a sunny day on the course!

The 10th Annual South Shore Support Services

Charity Golf Tournament is scheduled for

Friday, October 6, 2017

at the South Shore Country Club in Hingham



Placement Services

The name may have changed but the concept remains the same. For many years we knew this DDS funded service as Specialized Home Care. Now it's listed as Placement Services. Whatever we choose to call it it's an amazing opportunity for a dedicated caregiver to provide a home in their home for an individual with challenges.

Often times the individuals that we work with have the desire to be part of a family. They may not be connected with their own family members due to a variety of reasons. Living in a residential group home may not be the best option for these individuals. They would benefit from a closer setting where they become part of the family dynamic in the provider's home. Some individuals need more one to one care than a group home may be able to provide. This is when Placement Services is the program to use.

South Shore Support Services currently has five people being served in the Placement Services model. The provider settings are all unique and work well for the individuals. All the individuals have their own rooms and private space where they can spend time if they choose. Meals are served with assistance from the individuals for preparation and some providers even help the individuals cook for themselves. Household tasks are shared to the degree that the individuals are capable of assisting. Each individual receiving services has an Individual Service Plan created by the person's team. The Plan includes goals for the year to help the individual increase independence and build skills in activities of daily living. The provider works with the person on achieving those goals.

While services are provided in the home there is a full network of support at the administrative offices. The providers meet quarterly to go over expectations and to share successes and concerns. The providers count on each other for support in dealing with any challenging situations that arise. In addition the group acts as a connection since the providers are working on their own in their homes. Each month the Placement Services coordinator visits the provider at the home and reviews paperwork and the physical setting. Although the coordinator only visits once each month she is always available if the provider has questions or needs assistance.

The individuals currently receiving this support type are thriving in their homes with the help of superior placement service providers. One gentleman works with his provider on his days off doing basic carpentry and woodworking. Another young man has finally found the family he craves with a provider who speaks the language he grew up and embraces him as part of her active engaging family. Several of our providers have been giving support for many years. One young lady was with one of our providers for over 10 years. The family bond becomes quite strong in this model.

South Shore Support Services is always looking for new Placement Services providers. If this sounds like the type of opportunity you would like to provide please contact Susan Zamansky at 781-331-7870. Susan will be happy to explain the application process and review the program with you. Having an individual living with you and your family is a wonderful option for all parties involved. Please take a few minutes and consider if this might be the opportunity for you.



Saying Goodbye



Our home at Plymouth Street in Holbrook suffered two losses this past Fall. The level of care given both ladies as they walked their final journey was extraordinary. Managers, staff and families came together and demonstrated the true nature of our agency by creating a comfortable environment filled with love and impeccable care.

Carolyn Reilly passed peacefully with two of her sisters and her niece by her side. What a privilege to get to know such a wonderful family even under difficult circumstances. Whether it was asking for a cookie or holding her baby doll Cali always knew exactly what she wanted! She would look at us with those big eyes and it was tough not to just succumb to her every "demand". Food and music made Cali smile. She brightened our days and now she brightens our memories.

How do you say goodbye to someone who has been part of your life for so many years? Priscilla Morse who lived with South Shore Support Services for almost 13 years passed this Fall after a brief illness. We will never forget the sparkle in her eye when she would talk about shopping or the "hot" firefighters and EMTs who would occasionally be at her Plymouth St. home. Priscilla's passion was shopping. When asked what she wanted to do that was always the response. Priscilla's smile and sarcastic wit will be deeply missed but staff and friends will hold her memory in their hearts.

Preventing Carbon Monoxide Poisoning



Here are some tips to protect your family:

Install a UL-listed home carbon monoxide detector.

Have an annual heating system checkup—no matter what energy source you use.

Properly maintain and ventilate your appliances.

Keep all sidewall vents clear of brush and snow.

Never run a vehicle in the garage—even with the door open, CO can seep into your home.

Inspect your chimney for any blockages.

Never heat your home or building with your gas range or oven.

Do not use your gas (or charcoal) grill in enclosed areas.

Never use a fuel-fired space heater, kerosene stove, or charcoal grill in an enclosed



Massachusetts Council
for Adult Foster Care
LEADERSHIP • KNOWLEDGE • ADVOCACY

AFC Providers, Caregivers & Members

We Need Your Support!

Adult Foster Care Awareness Day

Wednesday, March 8, 2017

10:00 am – 2:00 pm

Massachusetts State House

Nurses Hall

Massachusetts Council on Adult Foster Care will visit the State House to educate legislators and their staff about the importance of Adult Foster Care to individuals and families throughout the Commonwealth.

We are looking for as many people as possible to meet with legislators and their staff. We want them to see the individuals, families, and friends of Adult Foster Care. We will share information, stories, and spread awareness about Adult Foster Care and advocate for sufficient funding for the program.

Contact Lynn Manning to register

978-332-9161



Family Support Center

South Shore Support Services' Family Support Center has a new home! If you need help navigating services or are looking for somewhere to learn new skills and make new friends or re-connect to old friends then you only need to look as far as 435 Columbian Street in Weymouth. Our new location allows us to offer Zumba, cooking classes, yoga, karate and many other fun and skill-building classes and opportunities.

One new offering this year is Skills for the Modern Man. This group is designed for young men ages 18-28 with intellectual and developmental disabilities. The group's goal is to insure that each young man becomes confident in handling his daily responsibilities regardless of his living situation (at home or own his own). Skills like keeping the house clean, walking to the store and

managing money will be covered. The group will provide opportunities in real life situations to practice daily tasks and build independent living skills. There is also a Young Women's Group for women ages 22- 35. This group will work on life skills, food shopping, money management, hygiene, exercise, healthy eating and everyday life topics. There will also be a guest speaker who is a sexuality educator for individuals with disabilities who will cover topics about relationships.

Another big offering this session is Healthy Cooking and Money Management. This class helps individuals learn the process of budgeting and how to budget for a simple meal, purchase the ingredients and then cook the recipe. There's more involved in eating healthy than simply making good choices. This class follows the process from start to finish.

Feeling creative? If you have a talent in the visual arts and the desire to increase your current art skills consider our Drawing and Painting class being offered on Saturdays from 11a – 12p. The class is open to individuals ages 13+ who have some art experience but want to learn more. The class is facilitated by a trained art teacher.

The list of awesome classes and events offered by the Family Support Center goes on and on. It's a great place to get connected with people in the South Shore Community with similar interests. Who knows you may meet your new BFF at a Family Supports sponsored activity. So check out the calendar on our website at www.soshoresupport.org and register to join in the excitement! Please feel free to contact Renee McCorkle with any questions at 781-331-7878 ext 19.

Sadly, Billy Sullivan, an individual who attended our theatre trips has passed away. Billy was a caring and kind individual. He also had a great smile and he enjoyed life. On one of our outings one of his friends was not happy because he had to wait for his dinner. Billy asked him if he wanted his dinner. Though the friend politely declined, Billy's offer simply made his friend feel better. Billy was that kind of individual, always thinking of others. We are truly going to miss him. Our thoughts and prayers are with Billy's sister, Anne St. Bernard and her family.



**Supporting Individuals to
Live Meaningful Lives...
One Person at a Time**

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**P.O. Box 890126
E. Weymouth, MA 02189**

www.soshoesupport.org

Please notify us of any address changes or corrections.

**South Shore Support Services
and Bret Bondlow from Compelling Fitness
are offering
Fitness Training Classes**

In these classes, Bret will use exercise to...movement imbalances,empower the individual physically, socially, and emotionally.reduce behavioral issues by channeling energy though movement.improve communication skills while reducing social anxiety.

We have received a grant to offer classes to our families. Priority will be given to families receiving Family Support through South Shore Support Services and then to community families.

Place: Family Support Center
435 Columbian Street
Weymouth, MA 02190

One to one 30 minute sessions will be offered on
Wednesdays from 10am -12:30pm.
March 15, 22, 29 April 5, 12, 19, 26
May 3, 10, 17, 24 June 7, 14
And every other Saturday from 1pm - 3:30pm
March 4, 18 April 1, 15, 29 June 10, 24

One-time registration fee: \$40.00

If you have any questions, please contact Renee McCorkle
781-331-7878 ext. 11

**South Shore Support Services
and Fuego Fitness
is offering Kids (ages 3-8) Zumba Class**



This 45 minute class packed with fun is provided by a licensed Zumba instructor.

During the class, children will dance to Zumba beats, play games, learn to interact with other kids, and enhance motor skills. Zumba also helps develop healthy lifestyles by incorporating fitness as a natural part of our lives by making fitness fun.

Place: Family Support Center
435 Columbian Street
Weymouth, MA 02190

Classes are on the following Fridays...

March 17-24-31
April 7-21-28
May 5-12-19
June 2-9-16

Please note: No class will be held on April 14 or May 26.

Time: 4:30pm – 5:15pm

Cost: \$96.00 for 12 weeks

Pre-registration is required.

If you have any questions, please contact Renee McCorkle at

781-331-7878 ext 11