



SUMMERTIME FUN



It's that time of year again when everyone is excited to go outside to enjoy some of nature's finest offerings. Specialized Housing residents like to take advantage of the warmer weather with a stroll around the block with a housemate or a day at a local festival. We've asked some of our residents to tell us about their favorite summer pastimes or memories. Here are some of their responses:

769 Washington

JULIE SUGARMAN: My favorite part of summer is that you don't have to wear a jacket. It's nice to put away all of the heavy winter clothes. I also love swimming. I don't have any preference when it comes to the ocean, lakes, rivers or pools. I love swimming in all of them equally.

LINDA COHEN: My favorite place to go in the summer is Cape Cod, of course. I visit my parents at their summer home every summer. It's nice to get together with family and enjoy the weather and scenery.

BETH GLASKY: My favorite place to go in summer is the West Hamptons in New York. My brother has a house there. We go shopping a lot and go see a lot of movies. We also sit by the pool when it's real hot and play basketball when it's cool.

DARRYL ELDRIDGE: I helped my brother-in-law work on his boat all winter to get it ready for summer. It's 19 1/2 feet long. Once it actually has a motor, it's going to go pretty fast. Of course, I always wear my life vest when riding in or driving a boat.

GARY PAPPALARDO, CRISTEN MAXWELL, ALAN LAMPERT and COREY COHEN picked playing softball as their favorite summertime activity.

Above: Lincoln St. residents and staff at Crystal Lake. Right: Gabi Fridman and Zohar Ben-Gai.

St Paul St.

KATE CONDON: She has fond memories of going to the Cape with her family when she was younger.

FLEMING FOX: He mentioned going to movies and picnics as summer highlights.

DANNY MOEDER: He enjoys going for long walks in the nice weather.

AMBER SALTER: She likes visiting family.

VIRGINIA LOVETT: She appreciates more time hanging out with friends

MARK MURRAY: He enjoys swimming.

Finally, some of our Newton residents added that the smells of food on the grill and freshly cut grass remind them of summer and that going to Crystal Lake is one of their favorite summer activities.

We also know that our residents enjoy pairing up with housemates and participating in many summer events such as the Jimmy Fund Scooper Bowl, Fourth of July festivities on the Esplanade, Health and Fitness Expo, and free concerts at the Hatch Shell. Here are some additional activities for area residents to consider this summer.

Portland Area

Bayside Bowl Patio Movies:

July 16 – “Hudsucker Proxy”

July 30 – “Rushmore”

August 13 – “Dirty Dancing!”

August 27 – “Breakin’”

Riverbank Park Summer Concert Series:

Confirmed Performances:

July 9 – Pretty Girls Sing Soprano

July 16 – Stolen Mojo

July 23 – David Good

July 30 – Common Ground

August 6 – Now is Now

August 13 – Series Finale: The Hurricanes

FREE ADMISSION TO ALL CONCERTS!

Newton

Hyde Park Summer Event Series (Free):

July 18

6pm – Concert: Four Guys in Tuxes

Dusk – Movie: “Princess Diaries”

July 20

8pm – New Rep Theater: Shakespeare in the Park: “A Midsummer Night’s Dream”

July 25

6pm – Concert: Black Velvet Band (Irish)

Dusk – Movie: “The Sandlot”

July 27

8pm – New Philharmonia Orchestra (Classical and Popular Music)

August 1

6pm – Concert: Reminisants (Oldies)

Dusk – Movie: “Rear Window”

August 3

8pm – Red Sox & New York Yankees Telecast

August 8

6pm – Concert: Soft Touch Dance Band (Big Band)

Dusk – Movie: “Saving Mr. Banks”

August 10

8pm – Commonwealth Shakespeare Company: “Much Ado About Nothing”

August 15

6pm – Concert: Jumpin Juba (Rock)

Dusk – Movie: “Mary Poppins”

August 22

6pm – Concert: Heritage House Blues Band

Dusk – Movie: “Despicable Me 2”

September 5

6pm – Concert: Waiting for Neil

Dusk – Movie: “Willy Wonka & the Chocolate Factory” (1971)

Cambridge/Arlington

July 13

5pm – Bastille Day and World Cup Celebration in Harvard Square

August 7

7pm – Central Square Movie Night: “Breakin’ 2”
581 Mass Ave

August 14

7pm – East Cambridge Movie Night: “Raiders of the Lost Ark”

292 Cambridge Street

August 28

7pm – Kendall Square Movie Night: “Frozen”
55 Broadway (on the lawn)

Brookline

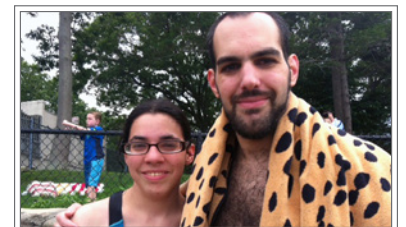
Free Summer Concert Series (Daniel Ford Playground, 6pm):

July 16 – Mollie’s Misfits (Bluegrass)

July 30 – Juke Joint 5 (Electric Blues)

August 6 – The Love Dogs (Rhythm and Blues)

August 13 – East Coast Soul (Soul)



Don't forget the sunscreen, and have a safe and fun summer!

STEPHANIE RECOGNIZED FOR SERVICE

Last year, Stephanie Weaver, one of our Brookline residents, was given a pin for volunteering 150 hours. This year, she has reached the 500-hour mark, an impressive accomplishment. Here is a letter from the Museum of Science informing her of the dinner at which they will recognize her achievement.



Museum of Science
1 Science Park
Boston, MA 02114-1099



Dear Stephanie Weaver,

Congratulations! Based on your 500 hours of service, you will be receiving a Silver Pin at this year's Volunteer Service League Annual Meeting and Appreciation Dinner to be held on Monday, May 5th, 2014.

The Museum of Science is grateful for all of your hard work and dedication. We look forward to celebrating with you. At the end of the Annual Business Meeting, we will ask all volunteers reaching different award levels to stand collectively and receive their applause.

AUDREY HEPBURN



Papier-mâché head of Audrey Hepburn in "My Fair Lady" by Charles Hurvitz

INSIGHTS INTO INDEPENDENCE

By Evelyn Hausslein

BOSTON, MA — *Evelyn Hausslein spoke at the MDDC/ARC Legislative Breakfast on March 5, 2014. Here are excerpts from her speech.*

The theme for today is freedom, safety and inclusion — all good words that we believe in — but how do we make them come alive and mean something to each of us in our daily lives?

I am not going to give you a lecture or an inspirational message. Rather, I am going to tell you two short stories.

But why should you even listen to *my* stories, whether they are short or not? Who am I? I am a teacher and I am a parent of a person with special needs. Our middle son, Tom, now 46 years, is here today. I have taught special education to teachers and I have taught parents about our education system.

One of the hardest lessons I had to learn in order for Tom to be included as part of the community: I had to let him and us take risks. And I had to trust that some of the procedures and rules put into place by legislators, agencies, and organizations would help make him safe out in the community.

Much of the work I have done has been with parents of young children — teaching them to let go, to believe in the good of the community. It has been a big challenge. It could not have happened without some safeguards in place. So I will now tell you the first of the two stories that illustrate what we are celebrating today.

First was Tom and the bicycle incident.

After we took the training wheels off his bike, we tried and tried to get him to ride without one of us running awkwardly alongside. After three years of trying, we gave up. That's one skill that he won't acquire, we said sadly.

Shortly thereafter, his younger sister began to ride her bike without training wheels and we could tell that that concerned Tom. I came home from work one day to find Tom riding his bike, and not just in a straight line. He was going around and around in a circle on a pretty small driveway. His knuckles and his knees were bloody and he was pretty disheveled from lots of falls, but he had done it! This taught me that we had to *let Tom decide* when he was ready, and if that meant taking risks, like abraded knees and knuckles, it was worth it for his sense of well-being and self-worth.

Tom has been lucky in his life. He has a job at CVS near where he lives, and he can walk to work. He helps with the food shopping and he loves to go buy coffee, and maybe a sweet, at Dunkin Donuts. All of this means he is out and about in his neighborhood, often by himself, and he feels much more competent than you or I might at one time thought him capable.

One of the things I have learned is that being known in the community is good, and Tom has sometimes been helped by his neighbors when he needed it. So here is my second story:

About this time last winter just before supper on a Sunday evening, the staff realized they did not have any hamburger rolls. So Tom was sent out to the market a few blocks away. He was running home with the package of rolls, when he tripped, fell flat, bloodied his nose and had several cuts on his

face. Someone nearby called 911 and within a minute the EMTs were there with an ambulance. They came from the fire station across the street from where Tom lives, and they knew him. They of course were obliged to take him to the emergency room to have him checked out, but on the way, they dropped the package of rolls off at his house, told the staff what had happened, and to send someone along to meet them at the hospital.

This could be called a story of "it takes a village," but I use it as a story that shows that there is safety, and inclusion, and freedom when you are out in the community that gets to know you.

Because we are in the State House, I want to remind you of some of the issues and bills that are coming up this spring that represent our values and needs for inclusion.

When Tom first got a job in a public place he had to learn how to wear dress shirts and ties, get his own lunch, and socialize with his fellow employees. Much to our surprise, he has navigated the job situation way beyond what we thought possible. Do you think we had any way to imagine this when he showed his determination to ride a bike?

He has learned a lot. We, his family, have learned a lot. His housemates and his neighbors have learned. We, his parents, learned to let go. We learned to tolerate some risks because there were safeguards in place.

In the past 40 years the public's acceptance of difference has changed. I ask you to tell your story to your legislators so that they can make the bills we propose a reality and keep the change going for the next year, ten years and 40 years.

Thank you.



THE INSIDER KITCHEN

By Michael Caballero

WHAT'S FOR DINNER? This is probably the most popular question at SHI houses. It makes sense; food is an important aspect of everyone's daily life. Food is personal and

means different things to different people, especially during certain times of the year.

At Specialized Housing, we recognize the importance of food and its place in our residents' lives, so we have decided to recognize SHI food culture with a regular section in our newsletter: The Insider Kitchen. This part of the newsletter will offer a chance for the

SHI community to share favorite recipes or thoughts about food and the importance of healthy eating.

This edition's first food entry will be a simple tribute to summertime, a tasty and healthy drink that embodies summer refreshment: *Agua Fresca*.

Agua Fresca originated in Mexico, and literally means "fresh water." *Agua Fresca* can be made from almost any fresh fruit that is easily pureed. It's not uncommon to see combinations of fruit added for a flavorful twist. This recipe is simple and can be modified to the tastes of the chef. Many prefer to puree the fruit and then strain the puree to extract the pulp. Others enjoy the drink with all of the tasty little bits of fruit, which also retain more fiber and nutrients. Either way, it's sure to be a crowd pleaser.

Watermelon Agua Fresca

6 cups of seedless watermelon chunks
¾ cups of water
one squeezed lime (optional)

Simply take the watermelon and water and blend until smooth. Taste it and decide if straining would be more your style. Once finished, put the beverage in a pitcher and refrigerate or serve with ice. Definitely serve this one cold. Enjoy!

SMOOTHIE HOUR AT FULLER STREET

By Michael Caballero

BROOKLINE, MA — Once an alternative to other after dinner treats, smoothies have become the preferred dessert at the Fuller Street house in Brookline. Some residents at the house have even turned down cake and ice cream to save room for smoothies.

Alison is the smoothie guru at the house. Alison's smoothie making skills are so popular that some residents don't begin their evening activities until Alison has started up that blender. Alison shares, "It can be annoying sometimes. I'll be sitting at my computer, doing my own thing, and I hear people shouting at me from the living room. They're letting me know it's time for me to make them smoothies." Do not be fooled by Alison's comments; she loves being the smoothie master. She's proud of her inventive culinary skills, and smoothie making is just another way she has gained respect in the kitchen and the appreciation of her peers.

Residents have also noticed a change in



their eating habits. They enjoy the smoothies and realize they are a healthier option to ice cream or candy, admittedly former favorites in the house. The other unexpected result of making smoothies is that people come together and spend more time with each other in the evenings. Even those not drinking the smoothies enjoy the social gathering.

Alison's Smoothie Recipe

Handful of frozen strawberries
Handful of frozen mangos
One ripe banana
One tall glass of water

Simply blend and serve.

INTERVIEW WITH A HOUSE MANAGER:

JACKIE CLAYBURGH

By Michael Caballero



ARLINGTON, MA — Jackie is relatively new to the Specialized Housing family. She began her position as the house manager at 7 Wyman Street this past November. As she is a new house manager, we thought it would be nice to learn more about her.

You are from New Hampshire, correct?

Yes, I was born and raised in the Portsmouth area. I've never lived anywhere else. Well, I went to college, and during college I also lived in Italy. It's actually a funny story. As a student I was short on cash, so I took cooking classes while I was there. I basically fed myself through these cooking classes. It worked out well.

What led you to Specialized Housing and working with folks with disabilities?

I studied health promotion and fitness in college. One of my first jobs out of school was working at a camp with individuals with disabilities. I gained some good experience working with those individuals and assisted many with health promotion and fitness programming.

Also, my brother has Down syndrome. Growing up with him gave me a unique perspective on life, especially when it came to accepting the differences of others. I'm not sure I would have had that perspective if he did not have Down syndrome. In fact, growing up, we had another boy on our street with Down syndrome, so I thought that it was common to have individuals with Down syndrome living in a neighborhood. It wasn't until I became older that I realized not every neighborhood was like mine. It felt normal to me, so I guess that's what has helped me understand this population.

I heard there was an interesting story about how you were hired.

Yes, my parents had told me about this independent living program for individuals with disabilities. They were checking out programs for my brother, and they were very interested in a house in Maine. I was happy for them because it seemed like a great program. Around that time, I was looking for jobs in the Boston area. I applied for the Specialized Housing position. It was not until my second interview that we all realized that my family had already connected with Specialized Housing. It was pretty funny to find out that it was the same company that entire time.

Tell us a few more things about you that others do not know.

Well, I love to travel. In addition to Italy and traveling to neighboring countries, I spent time in Japan while in high school. I've also been to Hawaii and Bermuda.

My father's family is from North Dakota, so I've enjoyed going there over the years to see family. And it's true; many have that funny accent.

I really like to scuba dive. I'm not certified, but it's something that is fun and exciting for me.

Thanks, Jackie!

LETTER FROM THE COMMUNITY

BROOKLINE, MA — *We recently received a letter from a former Brookline business owner who was reminded of Specialized Housing, our residents, and our contribution to the community.*

Dear Margot & David,

I just read a lovely article in the *Boston Globe* about Washington Square in Brookline and all the wonderful restaurants that have opened in the Square. Washington Square was always a very special place to me. My husband and I owned a retail wine and spirits store there and after reading this article I started to think about all the happy years I spent in that neighborhood.

As I reminisce about my time there one of the most gratifying and warm experiences was when I learned that a house in the neighborhood was bought and was to be occupied by mentally challenged adults. Every morning I would see these very special people with their lunch in one hand and the other holding their friends' hands as they walked to the T to arrive to their jobs safely. They were so caring of each other. I would look forward to seeing them each morning and every afternoon on their return home after their day at work. It is one of my most favorite memories of the neighborhood and reminded me to always care for one another no matter what.

You both, along with their parents, have given these very special individuals the opportunity to experience a normal way of life.

Having houses inhabited by these fabulous adults in the Washington Square neighborhood only adds to its very bright future. I want to thank you for your dedication to this cause.

All the best to you,
Sandra Angelini

SHI INSIDER ANNOUNCEMENTS**Welcome new SHI staff!**

Joel Reed, relief staff
Nicolette Blanc, relief staff
Heather Farrell, relief staff
Amanda Morrish, relief staff
Uchechi Egbuchulam, relief staff
Alisyn Johnson, house manager

New House Opening

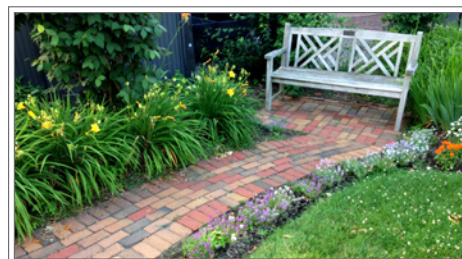
Specialized Housing is excited to have a new house opening in Newton Highlands, late summer or early fall. Stay tuned for more details.

New Housing Developments

Family groups in Portsmouth, NH/Seacoast area and Maine are gathering to discuss

development opportunities in their communities. For more information, please contact Mary Chris Semrow at mcsemrowshi@gmail.com or 207-712-0289.

If you have questions about Specialized Housing or would like information to be considered for the SHI Insider, please contact Michael Caballero at mike@specializedhousing.org.



The beautiful garden at Concord Ave