

AccessLetter

Cambridge Commission for
Persons with Disabilities

Universal Design News



Universal Design exemplifies a commitment to creating places and objects that enhance the experience of all users. UD includes not just excellent integration of accessibility requirements but also exceeding

them by building in features that anticipate diverse user needs and benefits (e.g. indoor air quality, lighting, acoustics, redundant information, navigation). Whether one calls it “UD”, “inclusive design”, “design for social sustainability,” or “human centered design” – it’s about all of us designing a world that works for each of us.

On Monday, March 19, Adaptive Environments, of 200 Portland Street in Boston, will host a celebration to mark the opening of its new Institute for Human Centered Design. The Institute will bring the global story of UD to Boston with this first permanent and public hub in the United States for exploration, exchange, and inspiration. The Institute will include exhibits, a library, training, research, and retail offerings. The celebration starts at 5:30 p.m.; RSVP to Pauline Benvissuto at 617-695-1225 x237 or rsvp@adaptiveenvironments.org.



Another initiative, co-sponsored by the Massachusetts Architectural Access Board (AAB) and the Boston Society of Architects (BSA), is the 2007 Accessible Design Awards Program that recognizes

excellence in the design of buildings or facilities that are accessible for people of all abilities. Creative solutions are sought that include effective accessibility as part of well-designed, responsive architecture in three categories: public architecture, private residential architecture, and buildings that integrate accessibility with historic preservation. (Universal Design News cont’d on p. 2)

Sit Down and Dance!

Dance is a joyful form of self-expression that is everyone's birthright. Martha Graham, renowned dancer and choreographer, said “Dance is the hidden language of the soul.” But how do you dance if you cannot easily stand? Come explore new ways to dance without being on your feet. Experience the satisfying joy of moving to new rhythms and learning different styles of creative movement without ever getting out of a chair.

This class offers an exciting, supportive alternative to higher-impact dance classes. Hip hop, salsa, jazz, belly dance, lyrical jazz, even ballet... these dance forms can be yours, whatever your size or ability. With specially designed warm-ups, strengthening routines, and stretching sessions, these workshops will increase strength and flexibility, enhance your muscle coordination, and support you in discovering or rediscovering your own grace and expressiveness.

SIT
DOWN
&
DANCE!

This class will be held Thursdays from 6 – 7 PM beginning March 8 in the fully accessible Yoga & Wellness Studio at the Cambridge

Family YMCA, Massachusetts Ave. The class is offered free to members of the YMCA. Non-members may drop in to a single class for \$15, or register for a month of classes for \$50 per month.

Instructor Marina Wolf Ahmad, founder of Big Moves, brings to the class nine years of training as a plus-sized dancer, choreographer, and instructor. She is experienced in adapting dance moves for different bodies (and is secretly recruiting performers for a jazz chair-dance number).

(Sit Down and Dance cont’d on p. 2)

Universal Design News (cont'd)

This awards program is open to everyone in the world — designer, building official, citizen, community group, building owner, public agency, etc. Entries in all three categories must comply with 521 CMR where applicable (521 CMR does not apply to single and two-family housing). Specific access solution(s) must be located in Massachusetts. Access features may be either new construction or renovation. All projects must be completed prior to the submission deadline of March 26, 2007. For more information, visit AAB at <www.mass.gov/aab> or BSA at <www.architects.org>.

On Tuesday, April 24, the Cambridge Commission for Persons with Disabilities will host a forum on Universal Design as part of the first annual Cambridge Science Festival. This forum that will bring together disability advocates, architects, designers, and community activists, to explore the simple but far-reaching idea that everyday products and the built environment should be designed so as to be easily usable by as many people as possible, regardless of age, physical size, and/or disability, without costly modifications. The forum will showcase leading examples of UD in Cambridge and beyond, will highlight best practices in an interactive way, and will examine future possibilities for the movement, including an

exploration of potential UD career options for youth. This free forum will be held at the Cambridge Water Department, 250 Fresh Pond Parkway, from 1 p.m. to 4 p.m.

Sit Down and Dance (cont'd)

Financial assistance is available for Cambridge residents. Please see the YMCA Front Desk for more information. If you have questions about the class, please contact Sarah Carr at 617- 661-9622, extension 726, or email <scarr@cambymca.org>.

If this concept of mixed-ability and wheelchair dance is new to you, check out the following websites:

- Axis Dance Company at <www.axisdance.org/index.html>
- Dance Detour at <www.dancedetour.org>
- Dancing Wheels at <www.ggggreg.com/dancingwheels.htm>
- Full Radius Dance at <www.fullradiusdance.org/index_html>
- Infinity Dance Theatre at <www.infinitydance.com>
- Light Motion at <www.damonbrooks.com/light_motion.htm>

Upcoming Events of Interest to the Disability Community

- March 1 **LD/ADHD Task Force for adults with Learning Disabilities / Attention Deficit Hyperactivity Disorder** is sponsored by Massachusetts Rehabilitation Commission (MRC) and meets at MRC State headquarters, 27-48 Wormwood Street in Boston (south of Fort Point Channel) in the 6th floor large conference room. Business meeting from 11 a.m. to 1 p.m. For more information contact Angelica Sawyer at 617-661-3117 voice, 617-497-5257 fax.
- March 4 **Cross-country skiing, kicksledding, and snowshoeing in Weston** at the Leo J. Martin Golf Course, 11 am – 3 pm. *Venture Into Well-Being* teams with the DCR Universal Access Program to provide a safe and enjoyable experience for people of all ages and abilities on this 2-kilometer multi-use trail. Equipment is available for rent. Call 418-259-0009 to register.

- March 4 **Accessible Ice Skating in Quincy** at Shea Memorial Rink, 351 Willard Street, 2-4 pm. This is a DCR Universal Access Program. There are minimal fees for admission and conventional skates. One end of the rink will be coned off for sled skating. Call All Out Adventures at 413-527-8980 for more information and to register.
- March 6 **MDDA (Manic Depression & Depressive Association) Support Group at Mass. General Hospital** meets every Tuesday and Thursday, 7-9 pm 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.
- March 7 **RSI (repetitive strain injury) Monthly Drop-in Support & Information Meeting** (no registration is necessary) on first Wednesday of each month, 5:30 to 7 pm at 650 Beacon Street in Boston, 4th floor Conference Room, steps from the Kenmore Square MBTA station, and a few doors to the right of the Barnes and Noble Bookstore. RSI Action volunteers will answer questions and provide resources and support, including the opportunity to view our provider evaluation book. For more information, call 617-247-6827, check NEW website at <<http://groups.yahoo.com/group/rsiaction>> or email <rsiaction@yahoo.com>.
- March 7 **Weekly support group for adults with LD/ADHD** (learning disabilities & attention deficit hyperactivity disorder) meets in Cambridge near Harvard Square, 6 to 7:30 pm every Wednesday. Currently there are a few openings in this group, so if you are interested, contact Angelica Sawyer at 617-661-3117.
- March 7 **Manic Depression & Depressive Association (MDDA) Bipolar Support Group** meets every Wednesday evening, 7 to 9 pm at **McLean Hospital in Belmont** (Demarneffe Building, 1st floor lobby). Includes a lecture; 7 to 8 pm, on the second and fourth Wednesdays. Call 617-855-3665 for more information.
- March 8 **Healthy Living with Chronic Conditions** is a 6-week series being presented at the Miller's River Apartments (Tenant Council Room), 15 Lambert Street in Cambridge on Thursdays from 1 to 3:30 p.m. Topics will include handling stress, increasing your energy level, improving communication with your doctor, making choices about your treatment, and simple techniques to improve your quality of life. Enrollment is limited; register by calling Corinne Lofchie at 617-628-2601, extension 3151, or email <clofchie@eldercare.org>.
- March 8 **Sit Down and Dance class begins at Cambridge YMCA** – Come for one session or the whole series, 6-7 p.m. on Thursday nights. See related story on page 1.
- March 8 **Cambridge Commission for Persons with Disabilities (CCPD) monthly meeting** – 51 Inman Street, 2nd floor Conference Room, 5:30 to 7 p.m. with opportunity for public comment.
- March 9 **Donatello to Giambologna: Italian Renaissance Sculpture at the Museum of Fine Arts** is a free touch tour at 10 a.m. for visitors who are blind or visually impaired! Come to the MFA in Boston for a once-in-a-lifetime opportunity to touch Renaissance Italian sculptures – for free! This collection has never been shown as a whole and will appeal to everyone, from art novices to scholars. As you explore each piece of sculpture, your tour will include a verbal description, stories and additional tactile elements. The tour is FREE, but you must pre-register. You may also choose from among the following dates: Friday, March 9 at 10 am, Sunday March 18 at 1 pm, or Wednesday, April 4 at 10:30 am. Contact Ruth Kahn to register or arrange a time at your convenience, <Rkahn@mfa.org> or call 617-369-3302 voice or (617-267-9703 TTY).
- March 10 **Universal Design for Learning** will be keynote topic at the Federation for Children with Special Needs (FCSN) annual Vision of Community event. This one day conference, 7:30 am – 5

pm, is for parents and professionals who work to enhance educational, health, mental health and family support systems for children with disabilities. Speaker, Dr. David Rose, is the co-founder of the Center for Applied Special Technology (CAST) and author of several books on the value of UDL (Universal Design for Learning) in helping all students succeed. There will be 30 workshops – some in Spanish and Portuguese – plus exhibits and resources. Registration is \$70 and includes lunch. For more information and registration call 617-237-7210, ext 198 (English) or 197 (Portuguese) or 199 (Spanish) or email <conf2007@fcsn.org> and leave your name and phone number.

- March 10 & 11 **Maple Sugar Days on the Blue Hill State Reservation** at Brookwood Farm near Milton, 10 a.m. – 4 p.m. Learn about maple sugaring and sample some early spring sweetness. Admission is \$5 for adults and \$3 for children 3-12. Call Maggi at 617-698-1802 regarding site accessibility and accommodations.
- March 10 **Accessible Ice Skating in Medford** at the Flynn Memorial Rink on Woodland Road, 1 to 2:50 pm. This is a DCR Universal Access Program. There are minimal fees for admission and conventional skates. One end of the rink will be coned off for sled skating. Call All Out Adventures at 413-527-8980 for more information and to register.
- March 11 ***The Romance of Modernism, a tour presented in ASL for people who are Deaf***. Tour guide, Carla Del Pizzo, will lead you on an exploration of impressionist paintings by Cézanne, Degas, and Renoir; post-impressionist paintings by Bernard, Luce and Signac; modern paintings by Matisse, Miró, and Picasso; and sculpture by Rodin, Maillol, and Lipchitz. This Sunday morning 11 am tour is for people who are fluent in ASL; there will be no voiced English interpretation; it is FREE, but you must register by March 5 by email at <rkahn@mfa.org>. For more information and a schedule, visit <www.mfa.org> or e-mail <access@mfa.org>. The MFA is at 465 Huntington Avenue in Boston and can be reached via the MBTA - Green Line #39, or E Line to Museum of Fine Arts stop, or the Orange Line to Ruggles Station and walk to Museum Road.
- March 11 **Accessible Ice Skating in Milton** at Ulin Memorial Rink, 11 Unquity Road, 2 – 3:50 pm. This program is offered by DCR Universal Access Program. There are minimal fees for admission and conventional skates. One end of the rink will be coned off for sled skating. Call All Out Adventures at 413-527-8980 for more information and to register.
- March 13 **Boston Voice Users** is a group for people who use speech recognition or dictation software. They meet 7:30 to 9:30 pm on the 2nd Tuesday of each month at MIT in Building 2, Rm.142. To find out more about meetings and discussions go to <www.bostonvoiceusers.org>.
- March 15 **Annual Comedy Night to benefit Wediko Children's Services**, 7 pm at the Comedy Connection in Fanueil Hall, Boston. The tickets are only \$25 and are 100% tax deductible. Wediko's professionals provide intensive short-term group and family therapy services for children who are at risk. Extra funding is needed to insure these programs continue. The comedians donate their time, and since many are being taped for promo videos, they give their best stuff. 100% of the proceeds from ticket sales goes directly to Wediko to help serve children in the Boston.
- March 16 **Emergency Preparation on the Local Level** is a one-day conference for disability activists that will feature Lois Simpson, Director of the Advocacy Center in Louisiana. Presenters will focus on lessons learned from Hurricane Katrina and ways people with disabilities can get involved and have an impact on emergency preparedness planning in their communities. This event, 9:15 am to 3:30 pm, will take place at the Hilton Boston Logan Airport, 85 Terminal Road in Boston. It is sponsored by six local and state disability organizations. CART and sign language interpreters will be available and lunch will be provided. Register online at <www.dlc-ma.org> or call 800-872-9992 voice, 800-381-0577 TTY.
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- March 16 **Live, Learn, Work: The Journey to Inclusion – TASH New England 2007 Conference** will be held in the Hogan Campus Center of College of the Holy Cross in Worcester. TASH is an international association of people with disabilities, their family members, other advocates and professionals fighting for a society in which inclusion of all people in all aspects of society is the norm. Keynote address by Fredda Brown, Ph.D. is on “Punishments and Aversives: What Happens under the Radar Can and Does Hurt.” Registration ranges from \$44 to \$69 and DEADLINE is March 9; some scholarships are available. For more information call 978-758-9359, email <markrwc@comcast.net> or go to the website at <www.tash.org/chapters/newengland/index.htm>.
- March 18 **Donatello to Giambologna: Italian Renaissance Sculpture at the Museum of Fine Arts** is a free touch tour at 10 a.m. for visitors who are blind or visually impaired! See March 9 for details.
- March 19 **Celebrate the opening of the Institute for Human Centered Design at Adaptive Environments**, 5:30 p.m., 200 Portland Street, Boston. (for more information, see "Universal Design News" elsewhere in this issue.) RSVP to Pauline Benvissuto at 617-695-1225 x237 or rsvp@adaptiveenvironments.org.
- March 20 **Disability Policy Consortium (DPC)** monthly meeting on 3rd Tuesday of month, 1-3 p.m. at the State House, Room A-1, in Boston.
- March 21 **Annual Legislative Reception at the State House, 10:30 am – noon** is sponsored by Arc and the Mass. Developmental Disabilities Council (MDDC). Come meet with your legislators and Gov. Deval Patrick to let them know your priorities for disability related legislation and funding.
- March 26 **Transition: Planning the Next Steps for Youths 14-22** is a workshop in Somerville for students and their parents about designing the right curriculum and supports throughout high school so that the student will be on the right track for becoming self-sufficient after graduation. Information and strategies to help translate individual preferences and dreams into meaningful goals in the IEP. The workshop, presented by the Federation for Children with Special Needs (FCSN), will be at the Kennedy Elementary School, t Cherry Street, in Somerville, from 7 - 9 p.m. Register by contacting FCSN at 617-236-7210 or 800-331-0688 or online at <register@fscn.org>.
- March 28 **Access Advisory Committee to the MBTA**, meets 1 - 3:30 p.m. at State Transportation Building, 10 Park Plaza, Boston, Conference Room #2. Call 617-973-7507 voice, or 617-973-7089 TTY for more information, to request Interpreters, or confirm date and time of meeting. Due to security measures, please bring proper identification to gain entrance to all meetings.
- April 4 **Donatello to Giambologna: Italian Renaissance Sculpture at the Museum of Fine Arts** is a free touch tour at 10 a.m. for visitors who are blind or visually impaired! See March 9 for details.
- April 4 **Manic Depression & Depressive Association (MDDA) Bipolar Support Group** meets every Wednesday evening, 7 to 9 pm at McLean Hospital in Belmont (See March 7 for details.)
- April 4 **RSI Monthly Drop-in Group** – first Wednesday of the month, see March 7 for details.
- April 7 **Youth Serum - a new bi-weekly support group, 4 - 5 pm for youth with disabilities** to join with others in conversation about families, employment, dating, disability, loss, anger, parenthood and empowerment.. the truth according to youth! The group is sponsored by the Multi-Cultural Independent Living Center of Boston, Inc. at 22 Beechwood Street in Dorchester. For more information contact David Brewington at 617-288-9431 voice or 617-288-2707 TTY.
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- April 10 **Boston Voice Users** is a group for people who use speech recognition or dictation software. Meets 7:30 to 9:30 p.m. second Tuesday of the month (See January 9 listing for details).
- April 12 **Cambridge Commission for Persons with Disabilities (CCPD) monthly meeting** – 51 Inman Street, 2nd floor Conference Room, 5:30 to 7 p.m. with opportunity for public comment.
- April 14 **Evangelism in Deaf Ministry – a workshop** presented in ASL at Alpha Omega Deaf Church on Vanderwater Street in Providence, RI from 10 am to 4 pm. Sponsors are the Millneck Foundation for Deaf Ministry and Vision New England Deaf and Hard of Hearing Ministries. The registration fee is \$40 before April 6, then \$60 per person; students pay half price. There will be voice interpretation for those who do not use American Sign Language. For more information contact Anne Freeman at 617-325-3809 voice or <Anne.Freeman3@verizon.net>.
- April 17 **Disability Policy Consortium (DPC)** monthly meeting on 3rd Tuesday of month, 1 to 3 p.m. at the State House, Room A-1, in Boston.
- April 22 **Art in Bloom – a tour at 11 a.m. presented in ASL** by Deaf artist Carla Del Pizzo. Celebrate spring at this annual exhibit of fine art and fresh flowers at the Museum of Fine Arts in Boston! This tour is free but pre-registration is required by Monday, April 16 by e-mail <Rkahn@mfa.org>. *Please note that this tour is for people who are fluent in American Sign Language; there will be no voiced English interpretation.* For more information about getting to the MFA, see listing for March 11.
- April 24 **Forum on Universal Design, part of the first annual Cambridge Science Festival**, Cambridge Water Department, 250 Fresh Pond Parkway, from 1 p.m. to 4 p.m. (for more information, see "Universal Design News" elsewhere in this issue.)
- April 25 **Access Advisory Committee to the MBTA**, meets 1 to 3:30 p.m. at State Transportation Building, 10 Park Plaza, Boston, Conference Room #2. Call 617-973-7507 voice, or 617-973-7089 TTY for more information, to request Interpreters, or confirm date and time of meeting. Due to security measures, please bring proper identification to gain entrance to all meetings.
- April 28 **Dance Into May and support the programs of Solutions at Work** – Harvey Cox and his jazz band, *The Embraceables*, will provide music 7 pm to midnight at the Hibernian Hall, 151 Watertown Street in Watertown for this evening of dinner, dancing and silent auction. Solutions at Work provides clothing, moving assistance for people who are homeless or surviving on very low incomes. For more information call 617-492-0300, ext. 6 or go to <www.solutionsatwork.org>.
- May 2 **RSI Monthly Drop-in Group** – first Wednesday of the month; see March 7 for details.
- May 2 **Manic Depression & Depressive Association (MDDA) Bipolar Support Group** meets every Wednesday evening, 7 to 9 pm at McLean Hospital in Belmont (See March 7 for details.)
- May 5 **Italian Renaissance Sculpture: from Donatello to Giambologna** – a tour at 11 a.m. presented in ASL by Deaf tour guide Leon Jerfita. Explore samples from the Museum's recently rediscovered Renaissance sacred and secular treasures in bronze, terra-cotta, marble, silver and even papier-mache. This tour is FREE but pre-registration is required by Monday, April 30 by e-mail <Rkahn@mfa.org>. *Please note that this tour is for people who are fluent in American Sign Language; there will be no voiced English interpretation.* For more information about getting to the MFA, see listing for March 11.
- May 8 **Boston Voice Users** is a group for people who use speech recognition or dictation software. Meets 7:30 to 9:30 p.m. second Tuesday of the month (See January 9 listing for details.)
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May 10 **Cambridge Commission for Persons with Disabilities (CCPD) monthly meeting** – 51 Inman Street, 2nd floor Conference Room, 5:30 to 7 p.m. with opportunity for public comment.

Cambridge Commission for Persons with Disabilities

The Commission was established in 1979 to act as a clearinghouse on disability and access issues throughout the City of Cambridge. We strive to raise awareness of disability matters, to eliminate discrimination, and to promote equal opportunity for people with all types of disabilities – physical, mental and sensory. The Commission provides information, referral, guidance, and technical assistance to individuals and their families, employers, public agencies, businesses and private non-profit organizations.

The goal of our 11-member citizen advisory board, comprised primarily of individuals with disabilities, is to maximize access to all aspects of Cambridge community life. Our regularly scheduled Commission meetings, which always include an opportunity for public comment, are held at 5:30 p.m. on the second Thursday of each month.

Access Notice: The City of Cambridge and Commission for Persons with Disabilities do not discriminate on the basis of disability. This newsletter is available in e-mail, 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.

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ACCESSLetter is produced by the Cambridge Commission for Persons with Disabilities,
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We welcome your articles, comments, criticisms, and suggestions. Write us!

Read past issues on our website: www.cambridgema.gov/DHSP2/disabilities.cfm

If you would rather receive your copy of *ACCESSLetter* electronically, please provide us with your name and e-mail address. To request that your name be removed from our mailing list, contact us at 617-349-4692 Voice, 617-492-0235 TTY, 617-349-4766 Fax, or cthompson@cambridgema.gov

Cambridge Commission for Persons with Disabilities

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