

# AccessLetter

Cambridge Commission for  
Persons with Disabilities

## “You Don’t Look Disabled”



First impressions play a particularly important role in the lives of people with disabilities. Individuals with obvious disabilities –

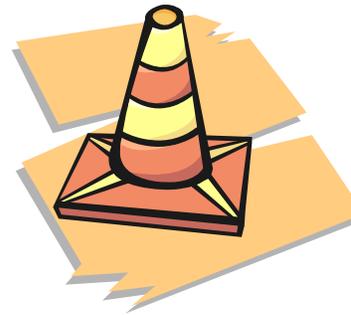
disabilities that are readily apparent on first glance – often complain that people assume they cannot do things they are perfectly capable of doing. But just the opposite can be true for individuals with invisible disabilities. Since they “don’t look disabled” they are usually perceived as able to do just about anything. This automatic assumption based on a person’s general appearance can make it especially difficult for people with “hidden” disabilities to get the services, benefits, and accommodations they need.

These hidden or invisible disabilities, even if they are not immediately noticeable by the casual observer, can nevertheless have a huge impact on the affected individual’s daily living. Remember that the Americans with Disabilities Act (ADA) defines a disability as a “physical or mental impairment that substantially limits one or more of the major life activities of the individual.” Examples of these “major life activities” are breathing, speaking, eating, hearing, seeing, thinking, performing manual tasks, walking, caring for oneself, and working.

Under this catch-all phrase – hidden disabilities – we can include people with low vision, learning disabilities, poor hearing, mental illness, traumatic brain injury, chemical dependency, epilepsy, and people with a myriad of chronic illnesses. A chronic illness involves a recurring and long-term disability such as heart disease, asthma, ulcers, arthritis, or Hepatitis C.

(More on Hidden Disabilities page 2)

## Public Works Unveils 5-Year Plan for Sidewalks, Streets



Recently the Cambridge Department of Public Works (DPW) developed a long-range plan for sidewalk and street improvements throughout the City. This five-year plan, which was drafted in

consultation with the Cambridge Commission for Persons with Disabilities (CCPD), lists planned improvements to sidewalks and streets throughout the city, with an emphasis on accessibility improvements. The document addresses a comprehensive approach to achieving accessibility throughout the City in a prioritized fashion. The CCPD Board endorsed the plan at its February 14 meeting.

In the plan, which assumes \$2 million per year for reconstruction, DPW prioritizes locations such as parks, major squares, libraries, schools, youth centers, elderly/disabled housing and senior centers. DPW has posted the document on its website: [www.cambridgema.gov/theworks](http://www.cambridgema.gov/theworks).

Characterizing the 5-year plan as a living document, DPW will update the document regularly to account for the changing conditions of the City’s streets and sidewalks. As part of that process, DPW will:

- Update the data on pavement sidewalk conditions and update corresponding maps.
- Resurvey curb ramps in high priority areas. Particular focus will be placed on adding curb ramps that are currently missing.

The Miscellaneous Sidewalk Program is used to address miscellaneous sidewalk repairs throughout the city.

(More on 5-Year Plan page 2)

## Hidden Disabilities (cont'd)

With most illnesses, a person gets sick and then recovers after a period of rest, medication, or other treatment. With a chronic illness the person may have periods when the symptoms are not so bad, but the illness never goes away. There is often no cure.



Chronic illness is frequently caused by an autoimmune disorder. Multiple sclerosis, rheumatoid arthritis, lupus, myocarditis, adult onset diabetes, fibromyalgia, and psoriasis are all autoimmune diseases. Autoimmune diseases are the third most common cause of disease in the United States after cancer and heart disease. 78% of the people affected by

autoimmune disease are women, according to the Centers for Disease Control: <[www.cdc.gov/eid](http://www.cdc.gov/eid)>.

The immune system is the body's way of protecting itself against microorganisms (harmful bacteria and viruses) and other foreign substances. Normally the immune system can distinguish between substances that are a threat to the body and tissue that is part of the body, between what is "self" and what is "not self." Autoimmune disorders are diseases caused when the body produces inappropriate responses against its own tissue; it attacks itself. Some autoimmune disorders damage many organs in the body; some damage only one organ or type of tissue.

A chronic illness may be difficult to diagnose. Frequently the symptoms that cannot easily be measured – such as pain and fatigue – and the same symptoms can be present in different chronic illnesses. Chronic illness is difficult to treat. The medicines or dietary changes that are effective for one person may not work for another person with the same diagnosis. Medication that initially brings a lot of relief sometimes loses its effectiveness after several years. Long term use of corticoid-steroids which are prescribed to treat many autoimmune diseases can have their own negative effects on the body.

There may be a hereditary component to autoimmune disorders as well as a history of anxiety and depression. Exposure to environmental toxins, especially chemicals and heavy metals can precipitate a full-blown autoimmune disease. It is very rare to have one autoimmune disease; they usually come in sets. Many people with auto-immune diseases also have severe allergies.

A common characteristic of autoimmune disease is exhaustion and feeling as though one has a constant case of the flu. There can be a lot of fluctuation so that some days are better than others. Uncertainty plays a large part in the life of someone with an autoimmune disease. Work and social activities are difficult to plan because "flares" of autoimmune diseases are impossible to predict.

Invisible disabilities are not always taken seriously by medical and dental professionals and by society at large. Besides dealing with the actual effects of the physical or mental impairment, these people have the extra challenge of dealing with society's indifference and misunderstandings. Historically this has made it difficult for people with invisible disabilities to get appropriate medical treatment they need and help in many aspects of daily living.

by Jill Carni and Carolyn Thompson

## 5-Year Plan (cont'd)

Repairs performed under the Miscellaneous Sidewalk Program can be as small as one panel or can extend for an entire block. Priority is given to sidewalks and curb cuts in high priority areas. The budget for this program is \$330,000 per year.

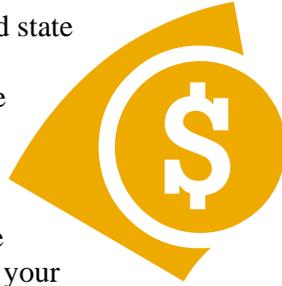


Please send any questions or comments on the Five-Year Plan to:

Katherine Watkins, Department of Public Works  
<[kwatkins@cambridgema.gov](mailto:kwatkins@cambridgema.gov)> or 617-349-4751.

## Get What's Coming to You!

Don't pay to have your federal and state taxes prepared! Cambridge Economic Opportunity Committee (CEOC) is an IRS-certified VITA site that provides FREE tax preparation for low-income individuals, the elderly and people with disabilities. CEOC can even your taxes electronically so you receive your refund quickly.



Depending on your circumstances, you could qualify for an Earned Income Tax Credit (EITC) of up to \$4,716.

This year having no health insurance could cause you to lose money on your state tax return. CEOC can help! CEOC also provides information and advocacy on state and federal benefits such as: Food Stamps, SSI, SSDI, Health Care, EIC, Fair Housing, and Welfare assistance.

CEOC staff speak Haitian Kreyol, Spanish, and Portuguese. For more information or to make an appointment, call CEOC at 617-868-2900.



## Affordable Accessible Apartments Available

The City of Cambridge Community Development Department (CDD) is currently accepting applications for accessible studio, two-bedroom and three bedroom affordable rental units in the Lechmere neighborhood.



These apartments include units adapted for individuals with disabilities that have hearing impairments or are wheelchair users. These rental units are developed under the City's Inclusionary Housing Program and are privately owned and managed. CDD is assisting in identifying qualified applicants for these affordable units.

Cambridge residents with disabilities are particularly encouraged to apply, but applications from non-Cambridge residents with disabilities will also be accepted.

To receive an application, call CDD's Housing Information Line at 617-349-4622 (voice) or 617-349-4621 (TTY line for hearing impaired or speech impaired applicants) or visit the website: [www.cambridgema.gov/~CDD/Housing](http://www.cambridgema.gov/~CDD/Housing).

## Upcoming Events of Interest to the Disability Community

March 4 & 6 **MDDA (Manic Depression & Depressive Association) Support Group** at Mass. General Hospital meets every Tuesday and Thursday, 7-9 p.m. 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 5 – 23 **Interactive Tour at MFA for children with disabilities and their families – Walk This Way** is a special exhibit that pairs shoes with works of art in the Museum's collection. A person's shoes can often tell a lot about them – their gender, social status, occupation, and culture. A portion of the tour has been set up with tactile exhibits and activities for children. Get a copy of the self-guided tour at the Sharf Information Desk and have fun! For more information, contact Valarie Burrows, Accessibility Coordinator, at 617-369-3302 or [vburrows@mfa.org](mailto:vburrows@mfa.org) or go to [www.mfa.org](http://www.mfa.org).

- March 5           **RSI (repetitive strain injury) Monthly Drop-in Support & Information Meeting** (no registration is necessary) on first Wednesday of each month, 5:30 to 7 p.m. at 650 Beacon Street in Boston, 4th floor Conference Room, steps from the Kenmore Square MBTA station and near 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, or check website at <[www.rsiaction.org](http://www.rsiaction.org)>.
- March 5 - 31       **Perpetual Care** – is an evolving exhibit by multidisciplinary artist Susan Eisenberg, who uses a collection of her photos and poetry to stimulate a conversation about chronic illness and the politics of women’s health. An opening reception and gallery talk will be held 5:30-7:30 p.m. on March 5 at the Marran Gallery of Lesley University. Mellen and Oxford Streets in Cambridge. Sponsored by Cambridge Women’s Commission, Lesley University, Center for New Words and the Women’s Community Cancer Project. See **March 19** for panel discussion by same sponsors. For more information contact the Women’s Commission, 617-349-4697.
- March 5           **Disclosing Asperger’s and Nonverbal Learning Disorders (NLD) in the Workplace: When, How and Whether to Do It** – workshop presented by Personal Disability Consulting and Forward Motion Coaching, 7-9:30 p.m. at Temple Sinai, 50 Sewall Avenue in Brookline. Cost is \$30/one person, \$50/two people from same family. Topics to be covered include risks and benefits of disclosure, best times for mentioning disability, and steps for developing an effective disclosure statement. For more information contact Lee Rachel Jurman at 617-879-6039 or <[lee@personaldisability.com](mailto:lee@personaldisability.com)>.
- March 8           **Emergency Preparedness during Flu Pandemic for vulnerable populations** – Join other people with disabilities, seniors, and people from linguistic minorities to discuss the particular needs of at-risk groups in the event of a flu pandemic. This is a FREE public forum from 10 a.m. to 4 p.m. in the Hiebert Lounge, 14<sup>th</sup> floor at Boston University School of Medicine, 715 Albany Street, Boston. Your input is needed. Continental breakfast and lunch will be provided. Register at <<http://tinyurl.com/2ushnn>> or call Niki Koszalka at 617-830-2807 or fax 303-768-8866. Sponsored by Cambridge Health Alliance, Boston Public Health commission, Mass. Dept. of Public Health, BU School of Public Health, Centers for Disease Control & Prevention (CDC).
- March 8 – April 12   **ACCESS ARTS: Dance / Movement** is part of the inclusive arts education program for youth, ages 13-22, with and without disabilities, sponsored by Partners for Youth with Disabilities (PYD), Until Tomorrow Productions, VSA arts of Massachusetts and the Boston Center for the Arts. Sessions meet on Saturday afternoons, 1-4 p.m. at the Boston Center for the Arts. You can sign up for individual or multiple sessions; each one is \$30. For more information or to register, contact PYD at 617-55604075, ext. 20 voice or 617-314-2989 TTY. PYD is located at 95 Berkeley Street, #109 in Boston. See April 19 for another option.
- March 10          **Premier showing of *Blindsight* at Museum of Fine Arts (MFA)**, an extraordinary documentary about six blind Tibetan teenagers who climbed the 23,000 foot Lhakpa Ri on the north side of Mount Everest. The teens recently visited the MFA Boston for a “Feeling for Form” tour of the American Collection. The 6 p.m. screening in the Remis Auditorium will be audio described; seating is limited. This event is being hosted by the National Braille Press. For more information contact Valarie Burrows, Accessibility Coordinator, at 617-369-3302 Voice, 617-267-9703 TTY, or [vburrows@mfa.org](mailto:vburrows@mfa.org). If you are a participant in the museum’s Feeling for Form program or one of the Access Guides, contact Jennifer Stewart at for the possibility of getting a free pass, <[jstewart@nbp.org](mailto:jstewart@nbp.org)>. The MFA 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. Parking is available for a fee
- March 11          **Boston Voice Users** is a group for people who use speech recognition or dictation software. They meet 7:30 to 9:30 p.m. on the 2nd Tuesday of each month at MIT in Building 2, Rm.135. To find out more about meetings and discussions go to <[www.bostonvoiceusers.org](http://www.bostonvoiceusers.org)>.
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- March 12        **Weekly support group for adults with LD/ADHD** (learning disabilities & attention deficit hyperactivity disorder) meets in Cambridge near Harvard Square, 6 to 7:30 p.m. every Wednesday. Currently there are a few openings in this group, so if you are interested, contact Angelica Sawyer at 617-661-3117.
- March 12        **Manic Depression & Depressive Association (MDDA) Bipolar Support Group** meets every Wednesday evening, 7 to 9 p.m. at McLean Hospital in Belmont (Demarneffe Building, 1st floor lobby). Includes a lecture; 7 to 8 p.m., on the 2nd and 4th Wednesdays. Call 617-855-3665 for more information.
- March 13        **Tunefoolery: A Project about Music, Empowerment and Supportive Recovery from Mental Illness** – Join an ensemble, book a gig, learn more about the program and how you can be involved at this one hour presentation about Tunefoolery Concert Ensembles, 12 noon at the Cambridge Social Club, 11 Essex Street in Cambridge. Please contact Jens Rybo at 617-276-5964 or <jrybo@tunefoolery.org> so they will know how many plan to attend. Tunefoolery is a group of 50 musicians affected by mental illness that perform for all kinds of occasions, give music lessons, offer workshops and have a retreat each summer along with educating people about mental illness.
- March 13        **FREE Open House for youth with disabilities at Museum of Science** – Youth ages 10 – 18 along with parents and staff are invited to this special session, 5-7 p.m. to get acquainted with accessible computer software and hardware. At the Computer Clubhouse you can design your own graphic arts, movies and computer games, and use the music studio. The Computer Clubhouse provides a creative and safe after-school learning environment where young people from under-served communities work with adult mentors to explore their own ideas, develop skills, and build confidence in themselves through the use of technology. The Museum of Science is at Science Park where Route 28 crosses the Charles River in Boston and is accessible from the Green Line. For more information about this event, contact Heather Hudson, Access Coordinator for the Museum, at 617-589-0436 or <hhudson@mos.org>.
- March 13        **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 13        **“God’s Body,” lecture about ministry by and with disabled people** – Hear acclaimed author, Nancy Mairs, who is this year’s speaker for the annual Margaret Pyne lecture at Weston Jesuit School of Theology, 7:30 pm, Sherrill Hall, Room 3A, 99 Brattle Street in Cambridge. Ms. Mairs, who has used a wheelchair since 1992 because of progressive multiple sclerosis, realistically explores the problems and rewards of living with a disability in her poetry, essays and books. Her writings are used in medical schools in teaching students how to better interact with people with disabilities. Sherrill Hall is wheelchair accessible; lecture is free and open to the public. Her most recent book is *A Dynamic God: Living an Unconventional Catholic Faith*.
- March 15        **Moving Images Film Festival at Museum of Fine Arts (MFA)** offers fresh perspectives on the lives of people with developmental disabilities and mental illness with one feature length film and more than a dozen short documentaries throughout the day on two screens in Remis Auditorium and Riley Seminar Room. This FREE public event from 10:30 a.m. – 5:30 p.m. (last film begins at 3:30 pm) is intended to celebrate the challenges and triumphs facing people with developmental disabilities and mental illness. Discussions with audience members, led by expert panelists and filmmakers, will follow each of the six screening sessions. This event commemorates the 30<sup>th</sup> Anniversary of Vinfen Corporation, a leading human service provider in Massachusetts. Seating is limited; please make a reservation by calling 617-441-1800 voice or 617-225-2000 TTY, or going to <<https://app.etapestry.com/hosted/Vinfen/OnlineRegistration.html>>. The MFA is wheelchair accessible and located at 465 Huntington Avenue in Boston. For directions, see March 10 listing for MFA.
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- March 18        **Basic Rights** –This workshop provides families with an introduction to their rights and responsibilities under the Individuals with Disabilities Education Act (IDEA), Massachusetts Special Education Law and No Child Left Behind (NCLB). It is designed to help parents learn how to be effective partners with the school, to decide the child’s eligibility for special education, to plan, make decisions and to monitor the educational progress of their child. Workshop materials are also available in Spanish, Portuguese and Russian. Presented by the Federation for Children with Special Needs (FCSN), this workshop will be offered at Tewksbury High School, 7 - 9 p.m. Register by contacting FCSN at 617-236-7210 or 800-331-0688 or online at <register@fscn.org>.
- March 18        **Disability Policy Consortium (DPC) monthly meeting** on 3rd Tuesday of month, 1to 3p.m. at the State House, Room A-1, in Boston.
- March 19        **The Politics of Women’s Health** – a panel discussion featuring artist, Susan Eisenberg, Lula Christopher , Founder and President of Boston Black Women’s Health Institute, and Rita Arditti, co-founder of the Women’s Community Cancer Project. The event takes place at Lesley U. in the University Hall Amphitheater, 1815 Massachusetts Ave. from 6 – 8 p.m. For more information contact the Women’s Commission, 617-349-4697.
- March 25        **Transition to 22: How to get services for young adults with disabilities** is a three-part series that will focus on eligibility requirements for Adult Services, what Dept. of Mental Retardation and Mass. Rehabilitation Commission can provide, Chapter 688, employment and housing options, and government benefits such as Social Security and Mass. Health. The other two evenings are April 1 and April 8. Sessions are from 7-9 p.m. and meet in the Malden area. For more information contact Michelle Faugno at 781-942-4888, ext. 4018 or <Fam2fam@themarc.org>.
- March 26        **Access Advisory Committee to the MBTA** meets 1–3:30 p.m. at State Transportation Building, 10 Park Plaza, Boston, second floor Conference Room #2. Call 617-973-7507 voice, or 617-973-7089 TTY for more information, to request Interpreters, or confirm date and time. Due to security measures, please bring proper identification to gain entrance to all meetings.
- March 28        **Cross-cultural disability exchange program to Costa Rica application DEADLINE** – Join youth, age 18-24 in **Costa Rica this summer, June 27-July 12** for cross-cultural perspective on disability rights. Develop leadership skills, learn Spanish, live with a host family. This exchange program, organized by Mobility International USA (MIUSA), includes people with all types of disabilities and people who are Deaf or hard of hearing. MIUSA provides ASL interpreters, materials in alternative formats, and some funding to help with the cost for personal care assistants; scholarships are available. For more information and application call 541-343-1284 voice and TTY or go to <[http://www.miusa.org/exchange/costarica08/index\\_html](http://www.miusa.org/exchange/costarica08/index_html)>.
- March 29        **Stone Soup: Bringing Together a Community** – an interactive conference, 8:30 a.m. – 3:15 p.m. for families of young adults, age 14 and older. Keynote speaker is Tim Piccirillo, former director of an Independent Living Center and a person with Tourettes Syndrome who believes in the power of everyone’s potential. Attendees have choice of morning and afternoon workshops. This conference at the BU Conference Center in Tyngsboro, MA is hosted by Massachusetts Families Organizing for Change (MFOFC) with and the Dept. of Mental Retardation Northeast Training Council. Registration fee is \$50; DEADLINE is March 20. Limited scholarships are available. For more information contact Susan Nadworny at 781-665-5179, <snadw@aol.com> or go to <[www.mfofc.org](http://www.mfofc.org)> .
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- March 31        **How to Get The Most Out of Medicare** is a seminar for Medicare Beneficiaries, family members, caregivers, and Social Service agencies. The presentation by Ellen Pothier of Masspro will cover recent changes in the Medicare program, electronic health records, the importance of preventive services and tips for using 1-800 MEDICARE and the Medicare web site. Each participant will get a packet of updated Medicare information and a copy of the booklet, *How the Medicare Program Protects You*. The evening includes Italian style dinner from 5 - 5:30 p.m. Cost is \$2 for seniors, \$4 for others; registration/reservation is required for dinner by **March 27, 2008**. Sponsored by Cambridge Council on Aging's SHINE program; for more information contact Caryn Eichenbaum at 617-349-6215 or <ceichenbaum@cambridgema.gov>.
- March 31        **Hot Tips from People with Disabilities for Patients and Doctors** will be the topic of Irving K. Zola Memorial Lecture at Brandeis, delivered this year by Marsha Saxton, Ph.D. Dr. Saxton teaches Disability Studies at the University of California, Berkeley, and works as a public policy researcher at the World Institute on Disability (WID) in Oakland, CA. She has published work on women's health, genetic technologies, violence prevention and Personal Assistance Services. The late professor Irv Zola, in his capacities as medical sociologist and disability rights activist, was interested in the relationship between patients and doctors, and the interaction between the medical system and disability rights issues. The lecture will be 4 to 6 p.m. at the Zinner Lounge, Heller School at Brandeis University in Waltham. For more information, contact Gordon Fellman at <fellman@brandeis.edu>.
- April 2         **Manic Depression & Depressive Association (MDDA) Bipolar Support Group** meets every Wednesday evening, 7 to 9 p.m. at McLean Hospital in Belmont (See March 12 for details.)
- April 3         **Family Resource Fair: Opening Doors for People with Disabilities** – This event is for families, professionals and consumers at Leventhal Sidman Jewish Community Center, 333 Nahanton Street in Newton, 6-9 p.m. This free event is part of a continuing effort called, "Beyond the Ramp," by the Jewish Community Centers of Greater Boston to bring free awareness and resources to individuals and families living with disability. To pre-register, contact Judy Pearl, Director of Special Needs Services, at 617-558-6508 or <jpearl@jccgb.org>.
- April 3         **Turning Three** is a workshop for parents that highlights the differences between Early Intervention and publicly funded preschool for children with disabilities. Discussion includes eligibility for special education, the Team process for decision-making and the parents' role in the transition process to preschool. It is sponsored by the Federation for Children with Special Needs (FCSN) and will be held at Dimock Early Intervention, 1800 Columbus Avenue in Roxbury, 6 - 8 p.m. Register by contacting FCSN at 617-236-7210 or 800-331-0688 or online at <register@fscn.org>.
- April 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 (for details, see listing for March 11)
- April 9         **Praying with Lior, a film about people with disabilities in faith communities** – This feature length documentary captures the story of Lior, a young man with Down Syndrome, as he navigates his daily life towards the bar mitzvah he has long anticipated. The story shows how the family and spiritual community affirm the essence of the man Lior is becoming. In a society that literally "worships" perfection and sameness, individuals with physical and cognitive disabilities are frequently dismissed and discriminated against, even in their faith communities where they should find the greatest sense of belonging. Lior's story presents a dramatic opportunity to demonstrate the contribution that every individual can make, regardless of disability. **On April 9 there will be a special interfaith screening of the documentary** at 2 p.m. for clergy of different faiths – Jewish, Christian, Muslim and others. Discussion with Producer/Director, Ilana Trachtman, will follow. The event will be hosted by Hebrew College, 160 Herrick Road in Newton Centre. For more information or directions, contact Sandy Miller-Jacobs at <smillerjacobs@hebrewcollege.edu>. This film will open on **April 25 at the West Newton Cinema**, 1296 Washington Street. For details contact the theater at in or <www.westnewtoncinema.com> or 617-964-6060.
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- April 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
- April 15           **Disability Policy Consortium (DPC) monthly meeting** on 3rd Tuesday of month, 1-3 p.m. at the  
State House, Room A-1, in Boston.
- April 17           **Autism Support Group in Cambridge** – meets 3<sup>rd</sup> Thursday of month. See March 20 listing for  
details.
- April 19 – May 17   **ACCESS ARTS: Music / Percussion / Rap** is part of the inclusive arts education program  
for youth, ages 13-22, with and without disabilities. See March 8 listing for details.
- April 22           **Independent Living Education Day at the State House** – Rally at the Grand Staircase at 10:45  
a.m. Book appointments with your legislators to advocate for the programs and funding that are essential to the  
lives of individuals with disabilities; cross disability advocacy works!. Lunch will be provided. This event is  
cosponsored by Statewide Independent Living Council, Disability Policy Consortium, and State Rehabilitation  
Council.
- April 23           **Access Advisory Committee to the MBTA** meets 1–3:30 p.m. at State Transportation Building,  
10 Park Plaza, Boston, Conference Room #4. Call 617-973-7507 voice, or 617-973-7089 TTY for more  
information, to request Interpreters, or confirm date and time. Due to security measures, please bring proper  
identification to gain entrance to all meetings.
- April 25           **Praying with Lior** documentary film opens at **West Newton Cinema** – See April 9 listing for  
details.
- April 27 - May 1   **ADAPT 25<sup>th</sup> Anniversary – Join the celebration in Washington, D.C.** for a Fun Run for  
Disability Rights on April 27 and a gala Anniversary Dinner and Show on May 1. In between there will be  
grassroots actions, music, food, history exhibits with multi-media displays, reunions and memorials. Led by  
Rev. Wade Blank, advocate for use of civil disobedience and nonviolent mass confrontation, ADAPT  
(American Disabled for Accessible Public Transportation) began in 1978 advocating for access to public  
transportation in Denver, Colorado. Later the acronym came to stand for American Disabled for Attendant  
Programs as ADAPT advocated for the reallocation of Medicaid dollars away from institutional programs and  
into consumer controlled community based programs where people with disabilities could live in their own  
homes. ADAPT wants your stories and pictures for its history displays. For more information call 512-442-  
0252, 303-733-9324 or go to the website at <<http://www.adapt25.org>>. “Free Our People!”
- May 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.
- May 14           **Transition: Planning the Next Steps for Youth 14-22** is a workshop 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 will be provided to help parents and students 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 held at Cambridge Rindge and Latin School, 459 Broadway,  
Cambridge, 7 – 9 p.m. Register by contacting FCSN at 617-236-7210 or 800-331-0688 or online at  
<[register@fscn.org](mailto:register@fscn.org)>.
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## 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.

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**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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### Cambridge City Council

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 Brian Murphy, *Vice-Mayor*  
 Henrietta Davis  
 Marjorie C. Decker  
 Craig A. Kelley  
 David P. Maher  
 Kenneth E. Reeves  
 Sam Seidel  
 Timothy J. Toomey, Jr.

### City Administration

Robert W. Healy, *City Manager*  
 Richard C. Rossi, *Deputy City Manager*  
 Ellen Semonoff, *Assistant City Manager, Human Service Programs*

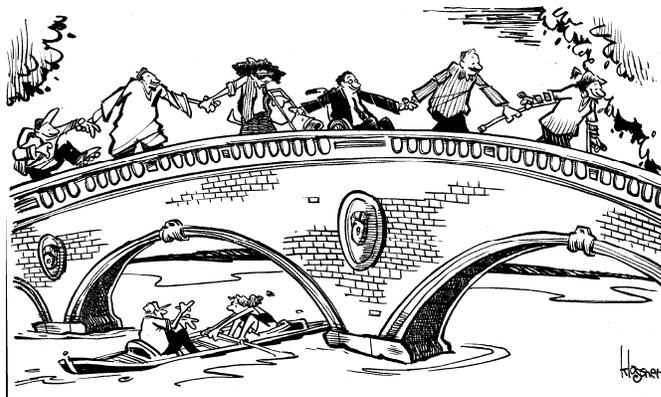
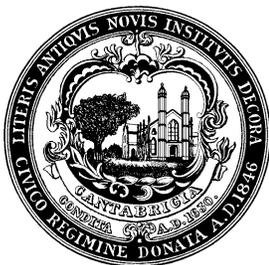
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### Commission for Persons with Disabilities

Michael Muehe, *Executive Director*  
 Carolyn Thompson, *Disability Project Coordinator*

Laura Brelsford, *Chair*  
 Kate Patton, *Secretary*  
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 Eileen Keegan

David Krebs  
 Owen O’Riordan  
 Rachel Tanenhaus  
 Donald Summerfield  
 Dave Wood



*AccessLetter* is produced by the Cambridge Commission for Persons with Disabilities,  
part of the Department of Human Service Programs,

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We welcome your articles, comments, criticisms, and suggestions. Write us!

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