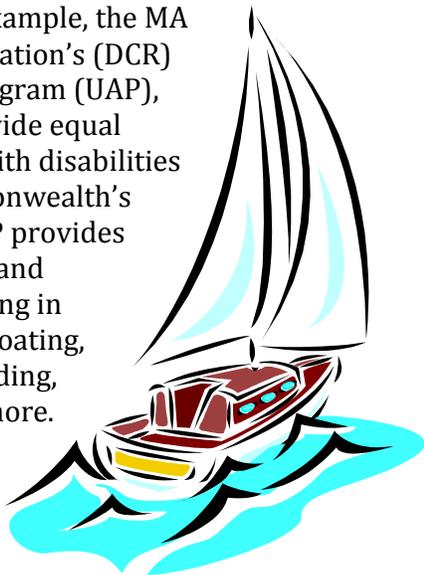


# AccessLetter

Cambridge Commission for  
Persons with Disabilities

## Summer Recreational Activities Abound for People with Disabilities

Summer is a time for reflection, rejuvenation, and recreation, and Massachusetts is no stranger to accessible recreational opportunities for people of all abilities. Take, for example, the MA Department of Recreation's (DCR) Universal Access Program (UAP), which strives to provide equal access for persons with disabilities (PWD) to the Commonwealth's state parks. The UAP provides adaptive equipment and inclusive programming in activities including boating, camping, cycling, birding, fishing, hiking, and more. In addition, outdoor swimming pool lifts are available at all of the State Parks and Recreation's 20 swimming pools, which offer free admission. For more information, visit [www.mass.gov/dcr/universal\\_access](http://www.mass.gov/dcr/universal_access), or call 413-545-5353 (voice) or 413-577-2200 (TTY).



The Adaptive Sailing Program offered by Piers Park Sailing Center, located on the Boston Harbor, is a nationally recognized non-profit sailing program for people with disabilities. The program teaches adaptive sailing methods and offers a wide array of adapted equipment to accommodate people with all types of disabilities.

Piers Park offers different levels of membership, as well as scholarship opportunities for PWD. They also hold special events that are free and open to the public, such as the upcoming 2012 Bikes and Boats (see the June 10 listing in the calendar of events on page 5 for more details).

For more information, contact Janel Zarkowsky at [adaptive@piersparksailing.org](mailto:adaptive@piersparksailing.org) or 617-561-6677, ext 15.

**(More on Summer Activities, page 2)**

## DOJ Delays New Swimming Pool Accessibility Rules

Over the objections of numerous disability civil rights groups, the U.S. Department of Justice (DOJ) recently announced it would be delaying accessibility requirements for existing swimming pools under the Americans with Disabilities Act of 1990 (ADA). Yielding to pressure from powerful Washington D.C. lobby groups like the American Hotel & Lodging Association, who claimed the new rule would impose safety risks and financial burdens, DOJ officials said accessibility for existing swimming pools will be delayed until January 31, 2013. Newly constructed swimming pools and those altered after March 15, 2012 are still required to comply with the new ADA rules.

"It's outrageous that the DOJ would capitulate to the hotel industry lobby like this," said Carol R. Steinberg, a Boston-area attorney in private practice



who uses a wheelchair. Steinberg, who has multiple sclerosis, is an avid swimmer and finds regular pool use to be therapeutic. "Why should nondisabled people be the only ones to

experience the healing power of water, especially with summer vacation season upon us?" asked Steinberg.

One of the sticking points with the new ADA swimming pool rules is the requirement that pool lifts be fixed, not portable. Many people with disabilities have objected to portable pool lifts in the past because they are often out of sight and unavailable.

**(More on Pool Access, page 2)**

## Summer Activities (cont. from page 1)

Not the outdoorsy type? Check out Free Fun Fridays Sponsored by the Highland Foundation. This summer program offers residents and tourists FREE admission to designated cultural attractions every Friday throughout Massachusetts from June 29 through August 31. A total of 50 attractions, from the Boston Children's Museum, to JFK Library, and Franklin Park Zoo to the Isabella Stewart Gardner Museum, are included on the Free Fun Fridays schedule. For more information, including a schedule of free attractions, visit <www.highlandstreet.org> or call 617-969-8900.

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## Pool Access (cont. from page 1)

"Portable pool lifts are inherently more difficult to use," said Steinberg, who pointed out that portable lifts often wind up locked in a storage closet, where no one seems to have the key. In addition, portable lifts often need to be set up and operated by hotel staff, whereas fixed pool lifts can be independently operated by a swimmer with a disability.

United Spinal Association is one national disability rights organization objecting to the delays in pool accessibility. According to a United Spinal press release: "Current regulations under the ADA require existing facilities to satisfy accessibility standards that are easily accomplished and able to be carried out without much difficulty or expense." United Spinal said these regulations were slated to go into effect more than two decades after the ADA was passed: "Today it's the hotel industry—what changes impacting your civil rights will come next?"

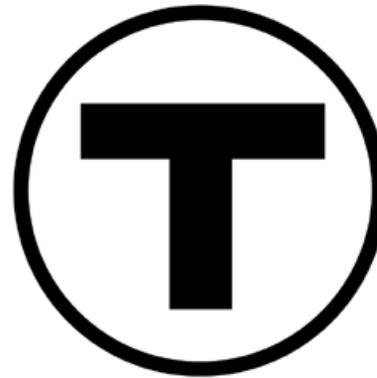
Following a six-year rulemaking process that included multiple opportunities for public comment, the new ADA pool access rules were published by DOJ on September 15, 2010, giving covered entities a full 18 months to comply. For the first time, specific detailed accessibility standards for swimming pools and other recreational facilities were imposed under this new ADA rule.

The new access standards were scheduled to go into effect on March 15, 2012 (see "New ADA Standards for Accessible Design Go Into Effect" in April/May *AccessLetter* for more info).

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## MBTA Imposes Fare Increases, Service Cuts, Other Changes

Despite the testimony of over 3000 riders, including many people with disabilities, at a series of public hearings held in the spring throughout the MBTA service area, the agency announced it would proceed with significant service cuts, fare increases, and



paratransit changes starting July 1st. Both disability advocacy organizations and individual disability advocates gave powerful testimony describing how these changes

would negatively impact their independence. Many of these changes, advocates argue, attempt to balance the MBTA's budget deficit disproportionately on riders with disabilities.

Of particular concern to disability advocates is the fact that fare increases for many users of the MBTA's paratransit service known as The RIDE will be doubling from \$2 to \$4 per one-way ride. For people who live in the so-called "premium" service areas outside the city (more than 3/4 of a mile from the nearest transit stop) one-way fares on The RIDE will go up 150%.

By contrast, average fare increases for bus and subway riders will be closer to 25-35%. "That creates a real fear factor for people with disabilities," said Jonathan Gale, cross-disability coordinator for the Disability Law Center. Gale noted, "People with disabilities disproportionately fall into low-income and fixed income economic niches," when compared with the nondisabled population.

Another set of changes looming on the horizon and causing trepidation for people with disabilities, according to advocates, are the new application and in-person eligibility assessment for The RIDE. Jonathan Gale describes the new RIDE application as "long and involved, 32 pages in total, with a lot of very intrusive questions." The application seems designed to scare off a lot of people, particularly

those with cognitive or psychiatric disabilities. "Many people with disabilities will be discouraged from even applying," fears Gale.

Advocates are now turning to the State legislature and the Governor's office with the hopes of reducing transportation burdens on people with disabilities and resolving the MBTA's budget deficit. According to Gale, the House and the Senate have differing ideas on how to plug the budget gaps at the MBTA. He hopes the two legislative bodies are able to merge their ideas into a cohesive whole, for the benefit of all.

Some disability activists are getting increasingly frustrated that MBTA officials are not listening to them, and are taking more dramatic steps to voice their concerns. An ad hoc group of activists dubbed Coalition to Fight Back organized a protest on May 21st in front of the State House on Beacon Hill. Six wheelchair users chained themselves together, blocking traffic on Beacon Street for over an hour. Karen Schneiderman, a member of that group, said "We're trying to reach the Governor to get him to change the MBTA Board's decision about the fare hikes."



**Boston Police Lieutenant Tom Lee asks disability rights activist Brian Shea to move from Beacon St. during May 21 protest as NLG attorney Jeff Feuer looks on.**

Photo by K.C. Bailey/Open Media Boston under a creative commons license

(For more info on CCPD's position regarding MBTA proposals, see "CCPD Opposes MBTA Fare Hikes and Service Cuts" in April/May *AccessLetter*).

## User Expert Subjects Needed



Do you have an upper extremity impairment? **The Wyss Institute at Harvard University** is conducting a study on user needs to help design robotic assistive devices for people with upper extremity impairments. Eligible subjects will be asked a series of open-ended interview questions to help identify user priorities, needs, and design criteria for upper extremity assistive devices.

The results of the study will help optimize the design of assistive devices and focus on user priorities and requirements. This study requires one 2-4 hour study visit, taking place in the subject's home. Responses will be audio/videotaped and/or photographed. Qualified subjects are 18-60 years old with functional limitations due to upper extremity impairment, and subjects will receive a \$50 Amazon gift card for their time. For more information, contact Rachael Ryzman at <rachael.ryzman@wyss.harvard.edu> or 617-432-8227.

Here's one more user/expert opportunity: **The Institute for Human Centered Design** (IHCD) is creating a new User/Expert Lab in their Boston headquarters and is currently recruiting user/experts to join their participant database and be on-call for design research projects. A user/expert can be anyone who has developed natural experience in dealing with the challenges of our physical, information, communication or policy environment. Specifically IHCD is looking for candidates with a variety of physical, sensory and brain-based functional limitations including the incremental systemic changes of aging.

Participants will help to review the usability and accessibility of anything from physical environments to products, services and new technologies. Some projects may take just one hour while others may involve participation over a longer period of time. Cash stipends will be based on the type and length of a project. There is no need to have previous experience. If you are interested in becoming a part of IHCD's User/Expert Database, call 617-695-1225, email <UserExpertLab@IHCDdesign.org> or visit <www.humancentereddesign.org> to fill out an application form.

## Upcoming Events of Interest to the Disability Community (See end of Calendar for all weekly/recurring events)

- June 2 **FREE 33<sup>rd</sup> Annual Cambridge River Festival** – River Fest is a fun-filled, one-day celebration of the arts, attracting 200,000 people annually. This FREE event along the banks of the Charles River (on Memorial Drive between JFK Street and Western Avenue) features jazz, folk, roots and world music performances, dance, art demonstrations, family art-making activities, over 100 specialty food purveyors, craftspeople, and informational tables on community resources (check out the CCPD table at the corner of JFK Street!). The event runs from noon to 6:00pm. See <[www.cambridgeartsCouncil.org](http://www.cambridgeartsCouncil.org)> for more information.
- June 6 **FREE Easter Seals Demonstration: Eye Gaze and Head Movement Devices**—Assistive Technology (AT) specialists at the Easter Seals Assistive Technology Resource Center (ARTC) will demonstrate the Tobii C12, which allows a person to use only their eyes to control a computer, and other head movement devices, such as the VIVO Mouse, Headmouse Extreme, and Tracker Pro as an alternative to using a physical keyboard. This demo will be held from 11am-12pm at the Easter Seals Assistive Technology Center, 89 South Street, Boston (one block from MBTA South Station). RSVP is requested at 617-226-2634 or <[artc@eastersealsma.org](mailto:artc@eastersealsma.org)>.
- June 7 **International OCD Foundation Rally in Boston** – This rally is being held to raise awareness about Body Dysmorphic Disorder (BDD) and Obsessive Compulsive Disorder (OCD), and to welcome Denis Asselin at the end of his 525 mile walk from Pennsylvania in honor of his son, Nathaniel, who took his own life after a 13-year struggle with BDD. Bring your lunch and join the rally from 11:30 to 12:30 at Christopher Columbus Waterfront Park in Downtown Boston (near the Aquarium MBTA Blue Line Station). For more information, see <[www.walkingwithnathaniel.org](http://www.walkingwithnathaniel.org)> or <[www.ocfoundation.org](http://www.ocfoundation.org)>.
- June 9 **FREE Accessible Recreation Fair in Brighton** – The Department of Conservation and Recreation's (DCR) Universal Access Program (UAP) will offer a free fun-filled day of celebrating Accessible Outdoor Recreation available for individuals, families and friends of people with disabilities. Activities will include a cycling fair with an assortment of accessible cycles available for use; adaptive recreational activities, including hiking, letterboxing, face painting, interpretive programs; a D.J.; snacks from Whole Foods, Shaw's Market and Starbucks Coffee! This is THE PLACE to come FIND OUT ABOUT accessible recreation programs offered by multiple organizations in the Boston area and beyond. This rain or shine event will be held from 10am to 3pm at Artesani Park in Brighton (1250 Soldiers Field Road; near the Everett Street stop on MBTA Bus Route 86, which can be taken from Harvard Square). Pre-registration is highly recommended, especially for use of equipment, and can be done by calling Gigi at 617-626-1294 (voice) or 413-577-2200 (TTY). See <[www.mass.gov/dcr/universal\\_access](http://www.mass.gov/dcr/universal_access)> for more information.
- June 10 **FREE 2012 [Adaptive] Bikes and Boats** – Come spend a day overlooking Boston Harbor as a guest of Piers Park Sailing Center in partnership with New England Disabled Sports at Loon Mountain, who is offering their adaptive gear for the day! Try out adaptive sailing equipment suited for all disabilities AND take a ride in adapted cycles of all shapes and sizes. Whether you have a cognitive or physical disability, the equipment and trained staff will be on hand to get you going! This event will be held from 10am to 4pm at Piers Park Sailing Center, 95 Marginal Street in Boston, and pre-registration is required; contact Janel Zarkowsky at 617-561-6677, ext. 15 or <[adaptive@piersparksailing.org](mailto:adaptive@piersparksailing.org)>.
- June 13 **FREE Demonstration of the Museum of Fine Arts's (MFA) New ASL Multimedia Museum Guide** – The MFA has added American Sign Language (ASL) to its languages on the Multimedia highlights tour, which uses an iPod Touch platform. Leon Jerfita and Ayisha Knight-Shaw, Deaf guides who sign the tour, will be offering a free demonstration of the guide at 6:00pm. Other MFA staff who worked on the project will also be available to help demonstrate and answer questions. Everyone who comes will have

the opportunity to borrow one of these guides and try it in the galleries. This tour looks at over 125 pieces of artwork from all parts of the Museum. Visitors who are Deaf may borrow the guide for free to tour the Museum any time the Museum is open. The demonstration will be followed by a tour at 6:45pm in ASL in the Museum's galleries. The tour is for individuals who are fluent in ASL, and attendance is limited to 12 people. To attend this event, request an admission ticket from any cashier (the Museum is free after 4:00 p.m. on Wednesdays) and join the fun in the Sharf Visitor Center. For more information, contact Valerie Burrows, Accessibility Coordinator, at 617-369-3302 (voice), 617-267-9703 (TTY), or <access@mfa.org>.

June 14 **Cambridge Commission for Persons with Disabilities (CCPD) Monthly Meeting** –Meets in the 2<sup>nd</sup> floor conference room at 51 Inman Street, Cambridge from 5:30pm, with opportunity for public comment. Call 617-349-4692 (voice) or 617-492-0235 (TTY) or e-mail <kthurman@cambridgema.gov> for more information or to request accommodations.

June 14 **FREE Film Screening & Panel Discussion: *Gen Silent*** – *Gen Silent* is a documentary about 6 LGBT elders who need to hide their sexual orientation in order to survive the care system. This event will be held at the Cambridge Main Library, 449 Broadway from 6-8:30pm, with a reception and refreshments at 6pm. Vice Mayor Denise Simmons will speak, and a panel discussion will follow the film. Presented by the Cambridge GLBT Commission and Somerville-Cambridge Elder Services, co-sponsored by Cambridge Homes, Cadbury Commons, Cambridge Commission on Aging, Human Rights Commission, and the Peace Commission. Tickets are free but please RSVP to <www.gensilentcambridge.eventbrite.com> or call 617-628-2601, x604.

July 11 **FREE Presentation: *Social Security Disability: Who is Eligible, Why they should File*** – Ms. Lanigan of Ginger Lanigan and Associates, Inc. will present from 7-8pm on this topic at the Depression Bipolar Support Alliance of Boston (DBSA-Boston) meeting, which meets from 7-9pm at McLean Hospital in Belmont (de Marneffe Building, 1st floor lobby). Call 617-855-2795 or see <www.dbsaboston.org> for more information.

July 12 **Cambridge Commission for Persons with Disabilities (CCPD) Monthly Meeting** –Meets in the 2<sup>nd</sup> floor conference room at 51 Inman Street, Cambridge from 5:30pm, with opportunity for public comment. Call 617-349-4692 (voice) or 617-492-0235 (TTY) or e-mail <kthurman@cambridgema.gov> for more information or to request accommodations.

July 15 **DEADLINE: Yo soy...Je suis...I am..., International Art Program for Children with Disabilities, ages 5-18** – Sponsored by VSA, this program presents a unique opportunity for student-artists with disabilities from around the world to display their artwork side-by-side in an online exhibition. A selection of artwork from the online entries will be chosen for a live exhibition at the United States Department of Education in Washington D.C.! Children with disabilities, ages 5-18, are encouraged to create a self-portrait that illustrates who they are and who they will be. Self-portraits allow artistic freedom for children with disabilities to celebrate the unique qualities they have to share with the world. Artwork must be submitted online by July 15, 2012. For more information, or to enter, go to <www.artsonia.com/yosoy/express>.

## Weekly & Recurring Events

### Ongoing

**Injured Worker Support Meetings** –Meetings are scheduled by appointment, often the 1<sup>st</sup> Wednesday of the month, 5:15 - 6:45 pm, but other times can be arranged. Meetings/appointments usually take place at 650 Beacon Street, Kenmore Square, Boston, 4<sup>th</sup> Floor Conference Room (close to the Kenmore Square MBTA station, a few doors to the right of Barnes & Noble). RSI Action volunteers answer questions and provide resources and support, including the opportunity to view their provider evaluation book, to people with RSIs (Repetitive Strain Injuries) or other workplace injuries. Discussion topics have included

medical treatment, insurance/legal issues, and speech recognition software. For more information or to set up a meeting, call 617-247-6827, or go to <[www.rsiaction.org](http://www.rsiaction.org)>.

### **Mondays**

**NAMI Connection** – a support group for adults with mental illness sponsored by the National Alliance on Mental Illness, meets every Monday, 1-2:30 p.m. at the Cambridge Somerville Recovery Learning Center, 153 South St, 2<sup>nd</sup> Floor in Somerville. The group is free and open to all who self-identify as having a mental illness, regardless of diagnosis. For more information, contact Janel Tan at 617-863-5388 or <[tanj@vinfen.org](mailto:tanj@vinfen.org)>.

**NAMI Support Group for Caregivers** – Sponsored by the National Alliance on Mental Illness, this is a free support group for family members, friends and other caregivers of persons with mental illness that provides understanding, comfort, hope and help. This group meets on the 1<sup>st</sup> and 3<sup>rd</sup> Monday of each month at 7:30pm at the Cambridge Hospital Learning Center A, 3<sup>rd</sup> Floor, 1493 Cambridge Street. For more information, see <[www.namimass.org/programs](http://www.namimass.org/programs)>, e-mail <[helpline@namimass.org](mailto:helpline@namimass.org)>, or call Elizabeth at 781-646-0397.

### **Tuesdays**

**Boston Voice Users** – this group for people who use or are interested in using speech recognition or dictation software meets from approximately 7:30 – 9:30 p.m. on the 2<sup>nd</sup> Tuesday of each month at MIT in Building 2, Rm.135. Members explore the developments, available tools and products, and best use of personal computer-based speech-recognition, and invite both commercial and noncommercial entities to present at meetings. To find out more about meetings and discussions go to <[www.bostonvoiceusers.org](http://www.bostonvoiceusers.org)>.

### **Wednesdays**

**Access Advisory Committee to the MBTA (AACT)** meets 1 – 3 p.m. at the State Transportation Building, 10 Park Plaza, Boston, 2nd floor Conference Room #2 on the 4<sup>th</sup> Wednesday of each month. Call 617-973-7507 voice or 617-973-7089 TTY or e-mail <[aact@ctps.org](mailto:aact@ctps.org)> for more information or to request interpreters. Security measures require proper ID for access to meetings.

**Access to Art: Explorations** – Offered by the Museum of Fine Arts (MFA) in Boston, this is an interactive, multidisciplinary evening workshop that meets at 6pm in the Huntington Avenue Entrance Lobby on the first Wednesday of the month for adults with disabilities, with a focus on cognitive disabilities and disabilities that may affect verbal communication. This program is always multi-sensory and does not require one to be verbal. This program was developed with the intention of having it be as inclusive as possible, thus friends and family members are welcome and encouraged to come and take part. This program is led by a facilitator with experience in both art and theatre and one or more musicians. This program is NOT for groups, and advance notice is appreciated. For more information, see <[www.mfa.org](http://www.mfa.org)> or contact Valarie Burrows at 617-369-3302 or Hannah Goodwin at 617-369-3189, or e-mail <[access@mfa.org](mailto:access@mfa.org)>.

**Amputee Support Group** – Offered by Spaulding Rehabilitation Hospital, all amputees, their family and friends are invited to socialize and discuss common areas of interest, including accessibility and resources, as well as to provide support and share coping strategies. Meets on the 1<sup>st</sup> Wednesday of each month from 1-2pm in Conference Room 8A on the 8<sup>th</sup> floor of Spaulding Rehab Hospital, 125 Nashua Street in Boston (adjacent to the TD Bank Garden; near MBTA North Station). For more information, see <[www.spauldingrehab.org/events/supportgroupevents](http://www.spauldingrehab.org/events/supportgroupevents)> or contact Sally Johnson, LICSW at 617-573-2539 (voice), 1-800-439-2370 (TTY), or by e-mail at <[sejohnson@partners.org](mailto:sejohnson@partners.org)>.

**Assistive Technology Resource Center (ARTC) Open House** – The ARTC, which helps people with disabilities in Eastern Massachusetts make informed decisions about assistive technology they can use to

increase their independence at home, on the job or in school, holds an open house on the 1st Wednesday of each month from 8:30am-4:30pm. These FREE monthly open houses provide an opportunity to see what kinds of assistive technology products are available, and to try them out. The ARTC is located at the Boston Easter Seals office, 89 South Street (one block from MBTA South Station). Visit <[www.eastersealsma.org](http://www.eastersealsma.org)>, call 617-226-2634, or email <[ATRC@eastersealsma.org](mailto:ATRC@eastersealsma.org)> for more information. *(Please note: there will NOT be an Open House during the month of May)*

**Central Square Resume Writing & Job Hunting, FREE Drop-in Assistance** – Free help for adults needing assistance with making resumes or job hunting, offered on a first come, first served basis. Offered every Wednesday from 1-3pm at the Central Square Branch of the Cambridge Public Library (45 Pearl Street), this opportunity for assistance is open to all. For more information, contact Maria Balestrieri at <[mbalestrieri@cambridgema.gov](mailto:mbalestrieri@cambridgema.gov)> or 617-349-4013.

**DBSA-Boston (Depression Bipolar Support Alliance of Boston) Support Group** meets every Wednesday evening, 7-9pm at McLean Hospital in Belmont (de Marneffe Building, 1st floor lobby). Includes a lecture on the 2nd and 4th Wednesdays. Call 617-855-2795 or see <[www.dbsaboston.org](http://www.dbsaboston.org)> for more information.

**Feeling for Form Introductory Tour of MFA for blind & low vision visitors** – The Museum of Fine Arts (MFA) in Boston offers a series of introductory one-on-one guided tours to the Museum and its collections for blind and low vision individuals who want to build a deeper relationship with the Museum. Each monthly session focuses on a different collection and includes wayfinding and verbal description of spaces. These tours are given on the 1st Sunday of the month at 10:30 am and the 3rd Wednesday at 6:30 pm. Individuals can attend one or more sessions, whichever interests them. Guided tours can also be scheduled at other times. Pre-registration is not required unless a visitor needs a sighted guide or other access accommodation. Contact Valerie Burrows at 617-369-3302 or <[vburrows@mfa.org](mailto:vburrows@mfa.org)> to register. Call 617-369-3189 or e-mail <[access@mfa.org](mailto:access@mfa.org)> or go to <[www.mfa.org](http://www.mfa.org)> for more information. The MFA is located at 465 Huntington Avenue in Boston, and is accessible by the Green line “E” train to the “Museum of Fine Arts” stop, or the Orange line train to the “Ruggles” stop.

**Free introductory tour of MFA in sign language & with assistive listening devices** –A new monthly offering at the Museum of Fine Arts (MFA) in Boston for people who are Deaf or hard of hearing. These tours will be given at 6:30 pm on the 2nd Wednesday of each month. No pre-registration is required; meet at the Sharf Visitor Center in the MFA. For more information about accessible programs Valerie Burrows at 617-369-3302 voice, 617-267-9703 TTY or e-mail <[access@mfa.org](mailto:access@mfa.org)>.

**Open Support Group for Adults on the Autism Spectrum** – Meets on the 2nd Wednesday of each month, 7-8:30 pm at the offices of the Asperger’s Association of New England (AANE), 85 Main St., Suite 101, Watertown, MA. Hosted by Jamie Freed; a \$5 donation is suggested. RSVP to 617-393-3824, x310 or <[Jamie.Freed@aane.org](mailto:Jamie.Freed@aane.org)>.

**Senior Support Group for Caregivers over 60** – meets on the 3rd Wednesday of each month at the Family Resource Center, 20 Gould Street in Reading. Share and learn with other seniors who have adult family members with developmental disabilities. For meeting times or more information, contact Judy SantaMaria at 781-942-4888, x4022 or <[familysupport@theemarc.org](mailto:familysupport@theemarc.org)>.

**Spaulding Stroke Support Group** – This community-based support group offered by Spaulding Rehabilitation Hospital (SRH) provides socialization and education for stroke survivors and meets on the 2nd Wednesday of the month from 3-4pm in Conference Room 8A on the 8<sup>th</sup> floor of SRH, 125 Nashua Street in Boston (adjacent to the TD Bank Garden; near MBTA North Station). For more information, see <[www.spauldingrehab.org/events/supportgroupevents](http://www.spauldingrehab.org/events/supportgroupevents)> or contact Karen Halfon at 617-573-7143 (voice), 1-800-439-2370 (TTY), or by e-mail at <[khalfon@partners.org](mailto:khalfon@partners.org)>.

### **Thursdays**

**Cambridge Commission for Persons with Disabilities (CCPD) Monthly Meeting** – generally meets on the 2<sup>nd</sup> Thursday, at 51 Inman Street, 2nd floor Conference Room, 5:30 to 7 p.m. with opportunity for public comment. *Note: CCPD will NOT be meeting in August.* Call 617-349-4692 (voice), 617-492-0235 (TTY) or e-mail <kthurman@cambridgema.gov> for more information or to request accommodations.

**DBSA-Boston (Depression Bipolar Support Alliance of Boston) Support Group** – meets at Mass. General Hospital every Thursday, 7 - 9 p.m. in the Schiff Conference Center Room, Suite 4A 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 or e-mail <mghgroup@dbsaboston.org>.

**Spinal Cord Injury (SCI) Support Group** – Offered by Spaulding Rehabilitation Hospital (SRH), this weekly support group, which meets every Thursday from 4-5pm, is for anyone affected by SCI, to help and inspire the newly injured through role models and peer mentors, and to support individuals and family members as they begin their post-injury journeys. This group is run by Dr. Chris Carter and is held in GBC Office at SRH on the 9th Floor at SRH (take elevator to 9th Floor, make a left off the elevator; second to last door on the right), 125 Nashua Street in Boston (adjacent to the TD Bank Garden; near MBTA North Station). For more information, see: <www.spauldingrehab.org/events/supportgroupevents> or 617-573-2081 (voice), 1-800-439-2370 (TTY), or by e-mail at <sciboston@aol.com>.

### **Fridays**

**Spaulding Riders Club** – This is community cycling club is consciously inclusive of athletes with physical disabilities and seeks to help those members find the right assistive devices for them to enjoy cycling recreation on a regular basis. The Club will be hosting rides, which are open to everyone regardless of disability status, every other Thursday from Memorial Day to Labor Day (June 14 & 28; July 12 & 26; August 9 & 23). Cyclists meet at the Spaulding Rehabilitation Hospital Boston Pier, 125 Nashua Street in Boston (near the MBTA North Station) at 5:30pm and rides begin at 6:00pm. If you have your own cycle, no reservations are necessary - just come and join the community. For more information or if you are an athlete with a physical disability who has already been fitted to an adaptive cycle and would like to rent a cycle for a nominal fee of \$5.00 per Club session, please call 617-573-7104. Cycles are available by reservation only on a first come first served basis.

### **Saturdays**

**Boston Acquired Brain Injury Support Group (BABIS)** – The mission of this free support group is to provide a positive forum for peer socialization, hope and education for people with acquired brain injury, their family and friends. This group is held on the 1<sup>st</sup> Saturday of the month, from 10am-12pm at Spaulding Rehab Hospital, conference rooms 8A & AB, 125 Nashua Street, Boston. No registration required, just show up! For more information, call Sally Johnson, LICSW at 617-573-2539 (voice), 1-800-439-2370 (TTY), e-mail <babisgroup@hotmail.com>, or see <www.babis.info>.

**Beyond the Spectrum: Adventures in Art for Children with Autism** – Offered by the Museum of Fine Arts (MFA) Artful Adventures offers a specially designed program for children ages 8-12 on the Autism Spectrum, including Asperger's Syndrome, accompanied by a parent or caregiver. Upon arrival children will be divided into groups by age and/or needs, and the program meets on the 1<sup>st</sup> Saturday of each month from 10:30 am - 12:00 pm. Each class lasts an hour and a half and combines gallery exploration with an art-making activity. Pre-registration is required by the prior Tuesday. The cost is \$8.00 per child (includes materials and museum admission), and one adult is admitted free with each child ticket, which also includes discounted parking. The program meets in the Education Center in Druker Family Pavilion, Room 159 at 10:20am before the start of each class. For more information, or to pre-register, go to

<[www.mfa.org/programs/community-programs/beyond-the-spectrum](http://www.mfa.org/programs/community-programs/beyond-the-spectrum)>, call 617-369-3303 or email <[artfuladventures@mfa.org](mailto:artfuladventures@mfa.org)>.

### **Sundays**

**Feeling for Form Introductory Tour of MFA for blind & low vision visitors** –These tours are given on the 1st Sunday of the month at 10:30 am. Pre-registration is not required for the Sunday tours unless a sighted guide or other access accommodation is needed. See Wednesday listing for details.

**“Quiet Day” at the Charles River Museum of Industry & Innovation:** The Charles River Museum of Industry & Innovation in Waltham hosts “Quiet Day” for children with Sensory Processing Disorder (SPD), which affects a variety of disabilities, on the last Sunday of the month from 10am to 5pm. During Quiet Day, the museum will disable any exhibit that produces uncomfortable noise levels, equipment such as sound block headphones, weighted blankets will be offered, and a separate space for reducing stimuli will be available. Admission is \$7.00 per adult and \$5.00 per child, student or senior. Free to children under 6, active and retired US Military, and Museum members. For more information email <[info@crmi.org](mailto:info@crmi.org)> or call 781-893-5410 or 617-823-5081.

**Access Notice:** The City of Cambridge and Commission for Persons with Disabilities do not discriminate on the basis of disability. This **AccessLetter** 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.

### **Cambridge City Council**

Henrietta Davis, *Mayor*  
E. Denise Simmons, *Vice Mayor*  
Leland Cheung  
Marjorie C. Decker  
Craig A. Kelley  
David P. Maher  
Kenneth E. Reeves  
Timothy J. Toomey, Jr.  
Minka vanBeuzekom

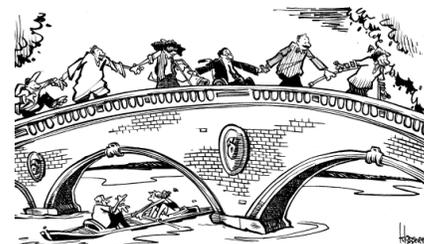
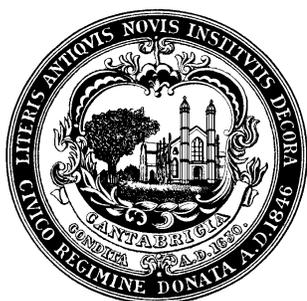
### **City Administration**

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/ADA Coordinator*  
Kate Thurman, *Disability Project Coordinator*  
Joanna Berton Martinez, *Pro Bono Associate*  
Elizabeth Dean-Clower, *Chair*    Bet MacArthur  
JoAnn Haas, *Secretary*    Naomi Pinson  
Eileen Keegan Bongiorno    Gordon Slater, *Youth Ambassador*  
Miriam Cooper    Rachel Tanenhaus  
Sandy Durmaskin    Kathy Watkins  
Alissa Land    Dave Wood



**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](http://www.cambridgema.gov/DHSP2/disabilities.cfm)**

**GO GREEN!** 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 <kthurman@cambridgema.gov>.

**Cambridge Commission for Persons with Disabilities**

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