

AccessLetter

Cambridge Commission for
Persons with Disabilities

Budget Cuts Hit Commonwealth's Disabled



As this issue of AccessLetter was going to press, a roughly \$27 billion state budget for fiscal year 2010 rested on Governor Deval Patrick's desk, and disability advocates and service agencies were bracing for

another round of budget cuts throughout the Commonwealth.

Remarking on slashes to the budgets of state agencies serving people with disabilities, Disability Policy Consortium (DPC) director Bill Allan said, "It's probably going to get worse before it gets better."

Among the more draconian cuts anticipated by advocates was a reduction in family support services delivered by the state Department of Developmental Services (formerly Department of Mental Retardation), from \$55 million to \$22 million.

Another cut, at the Commission for the Deaf and Hard of Hearing, would eliminate funding for emergency sign language interpreter services, crucial for effective communication between hospital ER staff and people who are deaf and hard of hearing.

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Summer Fun on the Water

Slip on a shirt, slap on a hat, slosh on the sunscreen and get out on the water! The areas around Cambridge and Boston abound in opportunities for sailing and kayaking for people of all abilities. For those who prefer getting wet, many local beaches provide wheelchairs made of PVC pipe with balloon tires that roll right into shallow water.



Sailing

Community Boating on the Charles River (on the Esplanade between the Hatch Memorial Shell and the

Longfellow Bridge) offers a variety of lessons for people with disabilities as part of the Universal Access Program (UAP) of the Massachusetts Department of Conservation and Recreation (DCR).

Sessions are available from June 15 to August 30, weekdays, 3-5 pm and weekends, 10 am–2 pm. They cost only \$1.00/person, but advance registration is required. Contact Marcin Kunicki or Joseph Moore

at 617-523-1038, ext. 24, or <uap@community-boating.org>.

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Budget Cuts (cont'd)

Elder services that allow frail seniors to remain in their homes and avoid institutionalization, would be cut by \$12 million.

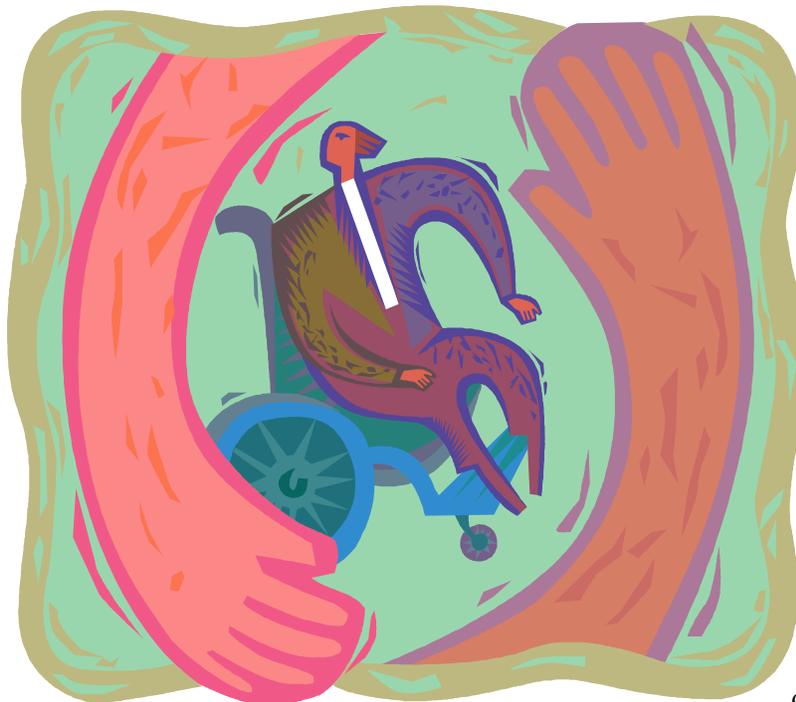
As viewed by disability advocates, the one bright spot on an otherwise bleak budget horizon was the influx of federal stimulus money, which is being used by Commonwealth officials to reduce the extent of some budget cuts. “[It’s] eased a lot of the pain -- they spread a lot of that [stimulus money] around,” said Allan.

For a spreadsheet detailing all of the FY 2010 budget cuts to disability programs in the Commonwealth, visit the DPC website at <www.dpcma.org>, and click on “Legislation and Budget.”

Homemaker and PCA Services: An Introduction

Our society puts a lot of emphasis on the individual and on being independent, doing things for oneself. Unless you have a fair amount of disposable income, you probably make your own bed, drive your own car, cook your meals, do your laundry, mow your lawn and maybe even do home repairs.

It’s the American way! And that is not even counting things like getting out of bed, bathing, dressing and eating. So what happens if an injury or disease process limits your ability to perform these routine tasks?



Rehab may help you relearn some skills or develop new ways to do certain things. Physical therapy (PT) and occupational therapy (OT) can help you regain or maintain strength and flexibility. This is good. But at some point you may realize it is consuming all of your energy just to dress and feed yourself with none left over for other activities. Or you may come to depend so heavily on friends and family members that relationships begin to deteriorate.

Maybe you may think that only the very wealthy can hire help for these chores, but here is another option. You may qualify for homemaker services and/or personal care attendant services that can help restore some balance in your life.

Homemaker services under the Home Care Assistance Program (HCAP) of the Massachusetts Rehabilitation Commission (MRC) are provided to eligible individuals ages 18 to 59 who have a documented physical or mental disability and financial need (300% or less of Poverty Threshold as reported by the U.S. Census Bureau).

Eligibility is based on an in-home assessment of the individual’s capacity to perform certain essential homemaking tasks. HCAP services are limited to meal preparation, grocery shopping at a nearby store, picking up medications, laundry, and light housekeeping.

For people who are blind, the Massachusetts Commission for the Blind (MCB) provides homemaker services for those who are under the age of 60 and need extra assistance because of a second disability or illness.

For more information contact your MRC Case Manager or call 1-800-223-2559, ext. 3 at MRC or contact <Richard.Maley@state.ma.us> at MCB.

Personal Care Attendant (PCA) services help people with disabilities with the activities of daily living (ADLs) such as, transfers from bed to wheelchair, bathing, dressing, eating and taking medications. PCAs may also do some homemaking chores, take the consumer to medical appointments and maintain adaptive equipment, but these are not their primary functions.

PCAs do not work for a home health care agency, but are hired, trained and supervised by the person with the disability, referred to as the “consumer.” As the employer, the consumer chooses who to hire, sets up a PCA schedule and trains PCAs to meet his or her own personal needs. PCAs are paid based on timesheets that are sent to a Fiscal Intermediary. Some people have just one PCA; others hire several. Some PCAs work for more than one consumer, others just for one.

If the consumer cannot independently manage a PCA, he/she may have the help of a surrogate who is often a family member. The goal of the PCA program is to help people stay in their own homes and continue living with their own routines in a familiar community of family and friends and colleagues, rather than be placed in a nursing home or other institution.

Today, Massachusetts is considered to have one of the best PCA programs in the country. You may be eligible for PCA services through this state managed Personal Care Attendant Program if you:

- are a MassHealth member with Standard or CommonHealth coverage,
- have a permanent or chronic disability that impairs your ability to perform activities of daily living (ADLs) without physical assistance and you need help with at least two of these activities,
- personal care services are prescribed by your physician or nurse practitioner, and
- MassHealth determines that PCA services are medically necessary.

MassHealth also certifies the person’s financial eligibility for these services. It takes about 2-3 months to complete the evaluation and approval process.

To find out more about the Massachusetts PCA Program, contact Boston Center for Independent Living (BCIL) Information and Referral Department at 617-338-6665 (voice) 617-338-6662 (TTY) or toll free at 866-338-8085 or go to <http://bostoncil.org/pca-program/index.htm>.

Home Modification Loans Available

Besides PCAs and homemaker services, another factor helping to determine one’s level of independence is the accessibility of one’s home. A program of the Massachusetts Rehabilitation Commission (MRC), the state-funded Home Modification Loan Program (HMLP) may help improve that accessibility. HMLP provides low- and no-interest loans to modify the homes of adults and children with disabilities, and elders. HMLP provides loans to make access modifications to the primary, permanent residence of elders, adults with disabilities, and families with children with disabilities.

Such modifications allow people to remain in their homes to live

independently in their communities.

There are six agencies throughout the state that administer the program for MRC. The program that serves Cambridge and the rest of metro Boston is the Metropolitan Boston Housing Partnership.

Any homeowner who has a disability, has a household member with a disability, or rents to an individual with a disability may apply for this loan. The residence’s owner must apply for the loan. Depending on total gross household income, borrowers may be eligible for loans from \$1,000 up to



\$30,000, with interest rates ranging from 0% to 3%. Income guidelines are based on HUD published median income for the Boston metropolitan area and are updated annually.

HMLP provider agencies will offer guidelines on choosing and hiring architectural, design, and contracting professionals, and will provide assistance during the application process, if necessary.

The homeowner will hire the designer and/or the contractor of his/her choice to modify the home. Homeowners are responsible for meeting all local and state building code requirements. The city or town where the home is located has specific requirements for work permits that must be met. Often the local building inspector will require plans or construction drawings.

Homeowners must give the local HMLP provider agency a copy of the contractor's license, certificate of insurance and the bid and specifications for the modifications.

The modifications to be made to the residence must be necessary to allow the beneficiary to remain in the home and must specifically relate to the functional limitation caused by the disability.

Note that HMLP lends money to homeowners who wish to start new modification projects, but does not reimburse for work that has been already completed.

For more information, contact Jennifer Shaw at the Metropolitan Boston Housing Partnership: 617-425-6637 or <jennifer.shaw@mbhp.org>.

Summer Fun (cont'd)

In this UAP activity, individuals with disabilities and their guests will have the use of specialized, accessible sailboats and transfer equipment, dedicated staff assistance to get in and out of the boats, and sailing instruction.

Several seat configurations in the boats are available for people with various disabilities. Reserved sessions, usually an hour in length, can be

customized to meet individual needs. They can consist of a short sailboat ride for therapeutic recreation or a more learn-to-sail class structure, leading to ratings and expanded sailing privileges.

Piers Park Sailing Center on the Boston Inner Harbor (95 Marginal Street in East Boston) claims the only fully wheelchair accessible sailing dock in Boston Harbor. They provide educational programs for at-risk youth and fully inclusive programs for people with disabilities of all ages. Continued support from the community makes it possible that all programs serving children and people with disabilities are provided at absolutely no cost. Their Learn to Sail program for adults is taught to the same standards by which they teach non-disabled sailors.

Adaptive equipment is provided as needed for people with physical disabilities, and instruction is modified to suit the needs of children and youth with cognitive disabilities. Full membership at regular prices is available upon completion of the adult Learn to Sail course or a skills evaluation if the disabled individual is already a proficient sailor.

Contact Maureen McKinnon-Tucker, the Adaptive Sailing Coordinator, for more information at Piers Park Sailing Center, 617-561-6677 or <info@piersparksailing.org>.

Kayaking

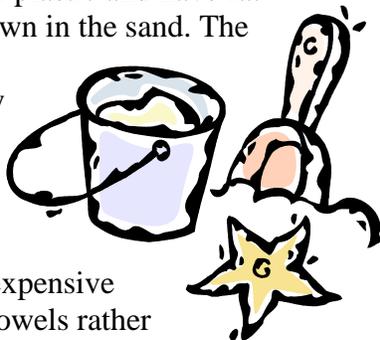
Walden Pond in Concord: July 13 to August 17 on Mondays, 9:45 am to 3:15 pm. Sponsored by the UAP and All Out Adventures. Pre-registration is required; call 413-527-8980 for more information.



Hopkinton State Park: July 2 – August 20 on Thursdays, 10 am – 4 pm with UAP and Outdoor Recreation of Hopkinton on a gentle lake; call 508-435-3965 for more information and to pre-register.

Beach Access

Beach wheelchairs are lightweight and designed especially for water and a sandy terrain. They are made largely of plastic and have fat tires that will not bog down in the sand. The person using a beach wheelchair will probably need a push because the fat wheels are often not high enough for the users to propel themselves. Bring an inexpensive inflatable cushion with towels rather than your custom foam cushion because it will probably get wet and sandy.



Most beach wheelchairs can go into shallow water, no deeper than 10" if the bottom of the lake or bay is flat and smooth. This way the person can experience waves breaking on the beach, roll through tidal pools or out to a sandbar. Warning: beach wheelchairs are NOT for deeper water because their balloon tires tend to float and the chairs can tip over easily.

Many of the state parks make beach wheelchairs available for a low rental fee or let you use them for free. Reservations are sometimes required and usually a good idea. Locations fairly close to Boston are Cochituate State Forest (Natick), Halibut Point (Rockport), Harold Parker State Forest (North Andover), Hopkinton State Park (Hopkinton), Salisbury Beach State Park (Salisbury) and Walden Pond (Concord). On Cape Cod, check out Nickerson State Park (Brewster), South Cape Beach State Park (Mashpee/Falmouth), and Scusset Beach State Reservation (Sandwich).

Please note that for all water related activities sponsored by the Universal Access Program (UAP), a parent or legal guardian must accompany children. For more information about these beaches, parks and their accessible features, contact the DCR at 617-626-1250, <www.mass.gov/dcr/universal_access/a-swim.htm> and look for Accessible Beaches, or write to the Department of Conservation and Recreation, 251 Causeway Street, Suite 600, Boston, MA 02114-2104

“Disability Reframed” Film Series Begins

On June 6, a successful event was held to kickoff the Commission’s new community film series “Disability Reframed.” Introduced by movie maven Bet MacArthur, the Tim Burton film “Edward Scissorhands” was shown to an audience of 40 people at the MIT Stata Center.



Bobby Vilinsky and John Kelly discuss the film "Edward Scissorhands".

Following the screening, a lively discussion of the film and its social implications ensued, moderated by John Kelly, disability rights advocate and founder of Neighborhood Access Group.

One observer remarked how director Tim Burton used a framework of disability to talk about the human condition and common experiences of isolation and angst. Another commented that Edward represents, in an allegorical way, how people with disabilities are admitted into society on society’s terms, but if disabled people do not conform, they are banished, either literally or figuratively. This theme of outcast is reflected in other motion pictures, including “Frankenstein”, “The Elephant Man” and “Hunchback of Notre Dame.”

Look for more “Disability Reframed” events in the coming months.

Upcoming Events of Interest to the Disability Community

- July 7 & 9 **MDDA (Manic Depression & Depressive Association) Support Group** at Mass. General Hospital meets every Tuesday and Thursday, 7 to 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.
- July 8 **Weekly support group for adults with LD/ADHD** (learning disabilities & attention deficit hyperactivity disorder) meets in Cambridge near Harvard Square, 6-7:30 p.m. every Wednesday. If you are interested, contact Angelica Sawyer at 617- 661-3117.
- July 8 **Manic Depression & Depressive Association (MDDA) Bipolar Support Group** meets every Wednesday evening, 7 - 9 p.m. at McLean Hospital in Belmont (Demarneffe Building, 1st floor lobby). Includes a lecture on the 2nd and 4th Wednesdays. Call 617-855-3665 for more information.
- July 8 **NAMI Connection** – a support group for adults with mental illness, meets every Wednesday evening, 7 pm to 8:30 pm at Cambridge Hospital, 3rd Floor, Learning Center rooms C & D. The group is **free** and open to all who self-identify as having a mental illness, regardless of diagnosis. For more information, contact Carter at 617-776-7972 or <stbosal@arczip.com>.
- July 9 **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. **The Commission will not be meeting in August.**
- July 11 **Joni Eareckson Tada of *Joni & Friends*** will be part of a celebration at the Park Street Church, One Park Street (next to the Boston Common) in Boston, on Saturday afternoon, 1:00 to 2:15 pm. Here from Joni herself why people with disabilities need to be a vital part of congregations in New England. For more information call Joni & Friends Greater Boston at 617-723-1750 or go to <<http://boston.joniandfriends.org/index.php>>. The Joni & Friends International Disability Center fosters Christian ministry in the disability community, trains and mentors people affected by disability to exercise their gifts of leadership and service, and helps the church move from lack of awareness to including disabled persons into the fabric of worship, fellowship, and outreach
- July 13 **Understanding Asperger Syndrome: Interventions & Strategies for Parents**, This workshop for parents of newly diagnosed children will be held 7 to 9:30 pm at AANE Office, 85 Main Street, Suite 101, Watertown, MA. Important! Fees vary. No walk-ins; advance registration with payment is required one week prior. After deadline, call 617-393-3824, ext. 0, to check on workshop status/space availability. AANE reserves the right to cancel if the minimum enrollment is not met by the registration deadline. For more information, contact <info@aane.org> or check the website at <www.aane.org/upcoming_events/Understanding_Aspergers.html>
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- July 14 **Welcoming Home the Warriors** – training for social workers, therapists, case managers will provide diagnostic tools and therapeutic interventions for treating trauma and PTSD (post traumatic stress disorder) with emphasis on work with military veterans. Workshop will be 8 am to 3:30 pm at Sheraton Braintree Hotel, 37 Forbes Road. Sponsored by Summit Professional Education; continuing education credit available. Cost is \$129-\$189 depending on number in group and date of registration. Contact Summit Education at 800-433-9570 or <www.summit-education.com>. Also on July 16 in Lowell.
- July 14 **Boston Voice Users is a group for people who use speech recognition or dictation software.** They meet 7:30 – 9:30 pm 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>.
- July 15 **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 exact meeting time during summer months, contact Michelle Faugno at <fam2fam@theemarc.org> or Massachusetts Families Organizing for Change, 16 Warwick Road, Melrose, MA 02176.
- July 16 **Welcoming Home the Warriors** – training on PTSD in returning military personnel at Holiday Inn, 4 Highwood Drive in Tewksbury, MA. See July 14 for full description.
- July 16 **Autism Support Group** – meets 3rd Thursday of each month, 6:30 to 8:30 p.m. at the Central Square Branch of Cambridge Public Library, 45 Pearl Street in Cambridge. For more information contact Lorraine Iacopucci at <liacopucci@nsarc.org> or 978-624-2304.
- July 18 **Know Yourself: The Key to a Better Life** – AANE’s Annual Conference for Adults with Asperger’s from 9 am to 5:15 pm at Northeastern University, Curry Student Center, 360 Huntington Avenue, Boston, MA. Keynote Speaker: Ari Ne’eman on “Autistic Self Advocacy: Making Our Voices Hear.” Two workshop sessions in afternoon offer variety of topics. Registration DEADLINE is July 10th. Fee is \$35 / person, including optional ice cream social; lunch is on your own. For financial aid, contact Jamie Freed at (617) 393-3824, ext. 310. For more information and registration go to <www.aane.org/upcoming_events/Adult_Conference_2009.html>.
- July 22 **Access Advisory Committee to the MBTA** meets 1 to 3 p.m. at State Transportation Building, 10 Park Plaza, Boston, 2nd floor Conference Room #2. Call 617-973-7507 voice or 617-973-7089 TTY for more information or request interpreters. Security measures require proper ID for access to meetings.
- July 29 **Spectacle Island Tour** – part of the DCR Universal Access Accessible Hiking Program. Accessible equipment and teamwork unite people of all abilities using Terra Trek mountain wheelchairs and push joggers. Bring a picnic and enjoy scavenger hunts and nature talks. Sighted guides are available. To register contact Stavros Outdoor Access at 413-259-0009. Fees are: \$2/person, \$4/family, \$10/group.
- August 5 **Injured Worker Support Meetings** – (previously listed as RSI – repetitive strain injury) Meetings are scheduled by appointment, often the first Wednesday of the month but not in July, 5:15 - 6:45 pm; call RSI Action at 617-247-6827 to set up a meeting. Meetings/appointments usually take place at 650 Beacon Street, Kenmore Square, Boston, 4th Floor Conference Room, near Kenmore Square. Volunteers provide resources and support. For more information, call 617-247-6827, or go to <www.rsiaction.org>.
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- August 9-12 **Summer Camping Expedition in NH for Young Women** – This unique opportunity for young women 14-22 will allow them to challenge themselves in the outdoors, build confidence, test abilities and work with peers to create a supportive community. After setting up a base camp on a cove, participants will hike, kayak, and do some rock climbing. Sponsor of the camp, Outdoor Explorations, will provide transportation from their office in Medford to the site in Pawtuckaway State Park in NH. Cost is \$600 but scholarships are available. Register now by calling or emailing Shantelle Carmichael, Director of Outreach at 781-395-4999, ext. 220 or <scarmichael@outdoorex.org>. Outdoor Explorations adventure programs are for people with and without disabilities, and enable people of all abilities to discover and value the unique strengths of each person.
- August 11 **Art of the Ancient World: Egypt and Classical Art** – This is one of the *Introductory Feeling for Form* tours of the permanent collections at the Museum of Fine Arts (MFA) for blind and low vision people. Each monthly session focuses on a different collection and will include wayfinding and verbal description of spaces. The tour begins at 1 pm. The Museum is committed to making both its buildings and programs accessible to visitors with disabilities. For more information, contact Valarie Burrows at 617-369-3302 or <access@mfa.org> or visit <www.mfa.org>. The MFA can be reached via the MBTA Green Line to MFA bus stop, or Orange Line to Ruggles Station. Please note: the Museum's West Wing Entrance on Museum Road is closed for renovations. Please use the Fenway entrance.
- August 12 **Explore the Middlesex Fells** – part of the DCR Universal Access Accessible Hiking Program. Accessible equipment and teamwork unite people of all abilities using Terra Trek mountain wheelchairs and push joggers. Bring a picnic and enjoy scavenger hunts and nature talks. Sighted guides are available. To register contact Stavros Outdoor Access at 413-259-0009. Fees are: \$2/person, \$4/family, \$10/group.
- August 13 **No More Meltdowns: Social Skills Training and Positive Behavioral Supports for Students** – Dr. Jed Baker will present tools for teachers, parents, childcare workers on handling challenging behaviors. This seminar is sponsored by Asperger's Association of New England (AANE) in partnership with Southeast Alternative School and Children Makin Strides. It will be 8:30 am – 3:30 pm at the Cape Codder Resort and Spa, 1225 Iyanough Rd. in Hyannis, MA. DEADLINE for Registration is August 6. Fees are \$75 for AANE members, \$110 for non-members and includes one year membership. Contact Robin Lurie-Meyerkopf at <robin.lurie-meyerkopf@aane.org> or 617-393-3824, x316.
- August 16 **Art of Africa and Oceania** – another of the *Introductory Feeling for Form* tours at the Museum of Fine Arts (MF). See August 11 listing for details.
- August 26 **19th Anniversary of the passage of the Americans with Disabilities Act (ADA)** – This is a good day for an outdoor picnic celebration.
- August 26 **Access Advisory Committee to the MBTA** meets 1 to 3 p.m. See July 22 listing for details.
- September 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.
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Sept 29 – Oct 1

Companions on the Road to Recovery from Mental Illness – National Faith-Based Summit sponsored by Pathways to Promise: Interfaith Ministries & Mental. **Registration DEADLINE is Sept. 15** for this conference in Belleville, IL (just outside St. Louis). Pathways to Promise has mobilized national faith groups and local congregations across the United States to reduce stigma and support people with mental illnesses and their families in the process of recovery. The last two decades have seen exemplary models of ministry emerging in congregations across the country. Come learn from their success and help establish new pathways for progress and collaboration. For more information, call 314-877-8489, write Pathways to Promise national office is at 54 Arsenal Street, St. Louis, MO 63139 or go to <www.Pathways2Promise.org>.

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

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