

# AccessLetter

Cambridge Commission for  
Persons with Disabilities

## New Bike Parking Regulations Now in Effect



Cambridge has been working to improve mobility for people with disabilities, while also seeing the amazing success generated by its programs to encourage bicycle use in the City. Even with the greatly expanded commitment to provide additional bike

parking spaces, these two goals sometimes come in conflict.

When a bicycle is locked to a signpole marking a disability parking space, that bicycle can interfere with a disabled person’s ability to access his or her vehicle. Access to the trunk as well as the front of the vehicle can be blocked. Sometimes cyclists abandon their bicycles on the disability signpole for days or even weeks. This can become a real nuisance especially in winter when snow and ice begin to accumulate.

One member of the Cambridge community shared the following story. She and her husband on their way home from the Museum of Science with their grandchildren decided to stop for ice cream. Her husband has a disability and uses a cane and sometimes a wheelchair. They parked at the designated disability parking space in front of an ice cream shop in Cambridge.

## Universal Design Goes Mainstream with Mobile Devices



Increasingly, purveyors of mobile electronic devices are incorporating universal design principles into their devices. In particular, the Apple line of mobile technology: the iPod, iPhone and iPad, along with thousands of applications, more commonly known as

“apps”, have flooded into the assistive technology (AT) world, giving many people with disabilities a new – and mainstream – tool for independence.

The iPad, for example, is a device that is being used to break down barriers experienced by people with disabilities (PWD), including barriers to communication, socialization, learning, organizing, and a number of other tasks. In addition to thousands of apps specifically designed to be used as AT that may be purchased (or, in many cases, downloaded for free), the iPad comes ready to use right out of the box with many accessibility features.

Built-in tools include VoiceOver, a gesture-based screen reader, allowing users who are blind or partially sighted to access the touch screen. Other iPad access features include, Zoom, contrast adjustment, closed captioning functionality, both audible and visual alert options, FaceTime video calling, and an option for mono audio for users with hearing loss in one ear.

### CCPD Hosts Community Access Monitor Training September 11-12

The Massachusetts Office on Disability’s Community Access Monitor Program comes to Cambridge to present a two-day training on September 11 and 12. **Advance registration is required, and space is limited. See calendar listing on page 6 for more information.**

**(More on Bike Parking, page 2)**

**(More on UD & Mobile Devices, page 2)**

### **Bike Parking (cont. from page 1)**

Thinking that this would create easy access for her husband who was on the passenger side of the vehicle, they were in for a surprise. The disability parking space had not just one bike but four bikes -- two bikes locked to each of the disability signpoles! Needless to say, this made it very difficult for her husband to get in and out of the vehicle so that he could participate in this family event. Their grandchildren, then ages 5 and 8, watched and even helped him maneuver around these bicycles so that he could join them for ice cream. They saw how frustrating this was for their grandfather and asked: "Why are these bikes here? They make it hard for Grandpa to get in and out of the car."

The CCPD recognized the seriousness of this problem several years ago and has been working on ways to educate cyclists so that they will no longer park bikes on the disability signpoles. CCPD also recommended revisions be made to the Cambridge bicycle parking regulations and invited Sue Clippinger, Director of Cambridge Traffic, Parking and Transportation Department (TP&T), to meet to discuss this issue.

Ms. Clippinger listened to CCPD's concerns and understood the problem. As a result, TP&T has added language to its bicycle regulations to clarify that cyclists shall not lock their bicycles to signpoles that delineate on-street disability parking spaces. The new regulations address the difficulty people with disabilities often encounter trying to get in and out of their vehicles when bicycles are locked to disability parking signpoles. "The CCPD is very pleased with the efforts TP&T has made with these new regulations to improve accessibility for motorists with disabilities," said Michael Muehe, CCPD Executive Director.

Over the next several months signs will be added to the poles for the disability parking spaces notifying bicycle riders of the new regulation.

Simultaneously the CCPD will be working to help get the word out about the new regulation. In the meantime, TP&T continues to assist the

Community Development Department in their efforts to add additional bike racks throughout the City.

Maybe now we can all go out for ice cream and enjoy it thanks to this collaborative effort on the part of CCPD, TP&T and the Community Development Department.

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### **UD & Mobile Devices (cont. from page 1)**

In addition to the sleek technology, many PWD who use the iPad as AT feel more comfortable using this popular and well-recognized device than more standard, and often medicalized, AT devices. The iPad is engaging by design – people like to look at and play with it, and most people can relate to it having seen or heard of it before. That the iPad is so well known provides for inclusiveness in and of itself.

Third-party iPad AT apps run the gamut in function. One can use the built-in camera to verbally identify colors and currency or to access video-relay for American Sign Language users. The built-in microphone can be used for speech recognition or for giving people with speech disabilities a voice. There are also apps for providing prompts for individuals with memory difficulties and environmental controls for persons with mobility disabilities by allowing them to use tap, gesture or voice commands to turn lights on and off, adjust the air conditioning, and open doors. These are just a small sampling of the AT apps available.

Universal design in technology is essential in combating the so-called digital divide in society. With so much of the world's information being communicated online, people both with and without disabilities who are unable to access and use these technologies face a barrier unique to the modern day. That devices such as the iPad are becoming more and more accessible to all users, including PWD, is exciting.

For more information on iPad accessibility, see <[www.apple.com/accessibility/ipad](http://www.apple.com/accessibility/ipad)>.

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## Healthcare Reform and You

You have probably heard by now that the U.S. Supreme Court issued a momentous decision last month, upholding the constitutionality of the federal Affordable Care Act. Disability advocates generally applauded the court's ruling. "I was elated for a lot of reasons," said Girard Plante, co-chair of the Newton Commission on Disability. Mr. Plante cited the Affordable Care Act's eventual banning, starting in 2014, of insurance companies restricting coverage based on pre-existing medical conditions, as the most significant reason.

"Today's decision means that millions of Americans will have access to insurance regardless of whether they have a disability," said Mark Perriello, president and CEO of the American Association of People with Disabilities. "The Supreme Court affirmed that our duly-elected representatives may address one of our country's most pressing concerns: access to health care," he added. "Whatever the pundits will say, this decision is a victory for all Americans. It means parents of a child with cancer won't face bankruptcy paying for his treatments because of the insurance company's lifetime cap. It means a woman with Multiple Sclerosis will receive the same health coverage as her colleagues who do not have a preexisting condition. It means more people with disabilities will be able to live full lives in our communities rather than nursing homes," said Mr. Perriello.

Once the Affordable Care Act is fully implemented, people with disabilities and chronic health conditions will no longer be able to be rejected by health insurance companies because of "pre-existing medical conditions." Additionally, people

with disabilities and chronic health conditions will no longer be subjected to lifetime caps on medical treatment.

In Massachusetts, as this issue of *AccessLetter* was going to press, legislators in the State House were still deliberating a comprehensive overhaul of healthcare policy. These changes, if enacted, would significantly impact how doctors and hospitals are reimbursed for healthcare services in the Commonwealth.

With healthcare policy changing on the state and national levels, it is vital that people with

disabilities make their voices heard. In particular, starting in just a few months, Massachusetts' Dual Eligibles Demonstration will dramatically change the healthcare system for people who are "dual-eligible", that is, eligible for both Medicare and Medicaid.

Allegra Stout recently joined the Boston Center for Independent Living as a community organizer focusing on

healthcare. "This is an exciting opportunity to improve healthcare access and outcomes for people with disabilities, but we don't know yet how all of the changes will play out," said Ms. Stout. "We must work together to ensure that the program fulfills its potential and meets our needs," continued Ms. Stout, who is eager to talk with anyone interested in healthcare issues. To share your experiences, take action, or just be kept updated, contact Ms. Stout at <astout@bostoncil.org>, 617-338-6665 (voice) or 617-338-6662 (TTY).

For more information about the federal Affordable Care Act law, visit <www.HealthCare.gov>.



## Ballot Questions Take Center Stage



If the opportunity to vote in the upcoming presidential election is not enough to get you to visit your polling place on Election Day (Tuesday, November 6), there are a couple of ballot questions that just might do the trick.

CCPD would like to draw your attention to two key referenda that will also appear on the November ballot, concerning physician assisted suicide and medical marijuana, that may significantly impact the lives of individuals with disabilities and chronic health conditions.

Question 2, “Prescribing Medication to End Life”, would allow a physician licensed in Massachusetts to prescribe medication, at the request of a person diagnosed with a terminal illness, to allow that person to commit suicide.

Question 3, “Medical Use of Marijuana”, would eliminate state criminal and civil penalties for the medical use of marijuana by qualifying individuals.

Additional information about these measures is available on the website of the Massachusetts Secretary of State:

<[www.sec.state.ma.us/ele/ele12/ballot\\_questions\\_12/pip12idx.htm](http://www.sec.state.ma.us/ele/ele12/ballot_questions_12/pip12idx.htm)>.

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

- Aug. 1 **FREE Easter Seals Open House Demonstration: Apple iPad Accessibility Features** – Assistive Technology (AT) specialists at the Easter Seals Assistive Technology Resource Center (ARTC) will demonstrate the accessibility features of the Apple iPad, including Voice Over, Assistive Touch, and visual adaptations. This demo will be held from 10am-12am and again from 2pm-4pm 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)>.
- Aug. 1 **Screen on the Green presents a FREE screening of *Rango*** – Sponsored by the City of Cambridge Department of Human Service Programs (DHSP), the Family Nights in the Park Screen on the Green Program offers free summer outdoor screenings of movies on Wednesday nights throughout Cambridge. This screening will begin at 7pm and will follow a performance by Benjamin the Juggler. It will be held at Donnelly Field on Willow Street in Mid-Cambridge (rain site: Frisoli Youth Center, 61 Willow Street). These screenings are free and open to the public, registration is not required. For more information, contact DHSP at 617-349-6200.
- Aug. 2 **Adaptive Kayaking on the Charles River** – Sponsored by the Department of Conservation and Recreation Universal Access Program, this one and a half hour exploration in Newton on one of the most beautiful sections of the Charles River will be lead by Waypoint Adventure and costs \$5 per person. Pre-registration is required. For more information, including meeting site, or to register, contact Waypoint Adventure at 781-454-5297.
- Aug. 4 **Harvard Dental School FREE Care Day** – This community service program will offer dental care with no out-of-pocket expense to individuals with special needs of all ages. Senior dental students from Harvard University, supported by expert faculty, will provide dental care, and administrative staff will help eligible patients sign up for MassHealth. FREE emergency care will be provided to those who need it. This program will be held from 9am-1pm at the Windsor Street Health Center, 119 Windsor Street in Cambridge. Appointments are required and fill up quickly; call the Windsor Clinic at 617-665-3990 for more information or to schedule an appointment.

- Aug. 8 **Screen on the Green presents a FREE screening of *Rio*** – Sponsored by the City of Cambridge Department of Human Service Programs (DHSP), the Family Nights in the Park Screen on the Green Program offers free summer outdoor screenings of movies on Wednesday nights throughout Cambridge. This screening will begin at 7pm and will follow a performance by the Karl Comedy Circus. It will be held at Rindge Field in North Cambridge (rain site: Gately Youth Center, 70R Rindge Avenue). These screenings are free and open to the public, registration is not required. For more information, contact DHSP at 617-349-6200.
- Aug. 10 **Adaptive Rowing Series** – Offered by the Spaulding Adaptive Sports Center in collaboration with Community Rowing, the Adaptive Rowing Series meets at the Spaulding Pier, 125 Nashua Street in Boston from 10:30am-12:30pm for three consecutive Fridays (August 10, 17, and 24) and costs \$60 per person for all three sessions. All levels and abilities welcome. RSVP by August 7 (space is limited). For more information or to register, call 1-877-976-7272 or email Bobbi Delaney at <bsdelaney@partners.org>.
- Aug. 15 **Screen on the Green presents a FREE screening of *Happy Feet Two*** – Sponsored by the City of Cambridge Department of Human Service Programs (DHSP), the Family Nights in the Park Screen on the Green Program offers free summer outdoor screenings of movies on Wednesday nights throughout Cambridge. This screening will begin at 7pm and will follow a performance by the Peter Panic. It will be held at Hoyt Field on Gilmore Street (rain site: Moore Youth Center, 12 Gilmore Street). These screenings are free and open to the public, registration is not required. For more information, contact DHSP at 617-349-6200.
- Aug. 16 **Adaptive Kayaking on the Charles River** – Sponsored by the Department of Conservation and Recreation Universal Access Program, this one and a half hour exploration in Newton on one of the most beautiful sections of the Charles River will be lead by Waypoint Adventure and costs \$5 per person. Pre-registration is required. For more information, including meeting site, or to register, contact Waypoint Adventure at 781-454-5297.
- Sept. 5 **FREE Easter Seals Open House Demonstration: Back to School Academic Tools** – Assistive Technology (AT) specialists at the Easter Seals Assistive Technology Resource Center (ARTC) will demonstrate academic tools, including reading and writing aids, organizers, and text-to-speech software. This demo will be held from 10am-12pm and again from 2pm-4pm 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>.
- Sept. 6 **Accessible Hiking on Georges or Spectacle Island, Boston Harbor** – Offered by the Department of Conservation Universal Access Program and Stavros Outdoor Access, this is an opportunity to explore accessible trails and rugged paths by taking a gentle hike with a focus on fun and meeting new people. Assistive equipment and teamwork unit people of all abilities using Terra Trek mountain wheelchairs, as well as sighted guides will be available. Bring a lunch and enjoy activities such as scavenger hunts, nature talks and letterboxing. The cost is \$2 per person or \$4 per family, and pre-registration is required. For more information or to register, call Stavros Outdoor Access at 413-259-0009.
- Sept. 9 **K'sharim: Connecting People with Disabilities to Jewish Life** – K'sharim (Hebrew for "connections") is an innovative undertaking by Boston's Jewish community designed to involve people with disabilities in all facets of Jewish life. K'sharim is for teens and adults with disabilities, their families and caregivers as well as for the host synagogue communities. Newcomers are always welcome to any and all K'sharim activities. This year's activities begin at Temple Emanuel, 385 Ward Street, Newton with a kick-off BBQ from 4-7pm. For more information about K'sharim and its

programs, contact Jan Klein, coordinator of Friend 2 Friend of Jewish Big Brothers Big Sisters at 617-558-6548 or by email at <jan@jbbbs.org> or Judy Pearl, Director of Special Needs Services for the JCCs of Greater Boston, at 617-558-6508 or by email at <jpearl@jccgb.org>.

- Sept. 11-12 **CCPD Hosts Community Access Monitor Training** – The Massachusetts Office on Disability's Community Access Monitor Program comes to Cambridge to provide a two-day training on September 11 and 12. This comprehensive training program will cover the federal Americans with Disabilities Act (ADA) and state disability discrimination laws. It will also include communication, programmatic, and architectural accessibility, how to conduct facility assessments and encourage voluntary compliance with the ADA and the Massachusetts Architectural Access Board accessibility standards. Advance registration is required for this two-day training -- the training fee is \$15 for consumers and \$85 for professionals. Space is limited -- contact Kate Thurman at kthurman@cambridgema.gov or 617-349-4692 (voice) or 617-492-0235 (TTY).
- Sept. 13 **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.
- Sept. 29 **FREE Adaptive Sailing** – Offered by the Spaulding Adaptive Sports Center in collaboration with Courageous Sailing, this FREE program, which is open to all levels and abilities, will be offered from 12pm-4pm at the Harbor View Apartment Dock, 250 First Avenue, Charlestown Navy Yard. For more information, or to register, call 1-877-976-7272 or email Bobbi Delaney at <bsdolaney@partners.org>.

## Weekly & Recurring Events

### Ongoing

**\$1 Adaptive Sailing on the Charles** – Offered by the Department of Conservation Universal Access Program and Community Boating, Inc., this is an opportunity to learn to sail and enjoy the scenery from the Charles River. Modified sailboats and adaptive support is available as needed. Call Community Boating at 617-523-1038 to sign up for an hour long paddle for \$1! Pre-registration is required, and the program runs through August 26 from 10am-5pm Monday through Friday and on the weekends from 10am-3pm.

**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>.

**Spaulding Adaptive Sports Program** – The Dr. Charles H. Weingarten Adaptive Sports and Recreation Program provides individuals with disabilities an opportunity to participate in a wide range of therapeutic sport and recreation activities, and all levels and abilities are welcome. In addition to other scheduled events, the Program runs Monday through Friday in August and Monday

through Thursday in September, offering windsurfing, stand up paddling, cycling, outrigger canoeing, glide cycling, kayaking, paddle boating, sailing, rowing, tennis, and traverse wall climbing! Sessions run for 90 minutes at \$20 per person, or a 3-visit pack may be purchased for \$50. For more information, or to register for an activity, call 1-877-976-7272 or email Bobbi Delaney at <bsdelaney@partners.org>.

### **Mondays**

**NAMI Connection** – a support group for adults with mental illness sponsored by the National Alliance on Mental Illness (NAMI), 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>.

**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>, e-mail <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>.

### **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> 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> or contact Valarie Burrows at 617-369-3302 or Hannah Goodwin at 617-369-3189, or e-mail <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.

**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@themarc.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 2<sup>nd</sup> 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, but *is not meeting in August*. Call 617-349-4692 (voice), 617-492-0235 (TTY) or e-mail <[kthurman@cambridgema.gov](mailto: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](mailto:mghgroup@dbsaboston.org)>.

**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 (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 877-976-7272. Cycles are available by reservation only on a first come first served basis.

**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](http://www.spauldingrehab.org/events/supportgroupevents)> or 617-573-2081 (voice), 1-800-439-2370 (TTY), or by e-mail at <[sciboston@aol.com](mailto:sciboston@aol.com)>.

### **Fridays**

**Free Fun Fridays** – Sponsored by the Highland Street Foundation, this program invites Massachusetts residents and tourists to attractions every Friday through August 31 with FREE admission. No registration is required, just visit and enjoy! For more information, see <[www.highlandstreet.org](http://www.highlandstreet.org)>, or call 617-969-8900. Schedule of free admission offerings is:

August 3: Museum of Fine Arts, Norman Rockwell Museum, Amelia Park Children's Museum, Fuller Craft Museum, and the Arnold Arboretum.

August 10: Battleship Cove, Berkshire Museum, Cape Cod Children's Museum, Fruitland Museum, and the Sports Museum.

August 17: Institute of Contemporary Art, Edward Gorey House, New Bedford Whaling Museum, Garden in the Woods, and the Concord Museum.

August 24: Boston Harbor Island Alliance, USS Constitution Museum, American Textile History Museum, and Old Sturbridge Village, and the Basketball Hall of Fame.

August 31: JFK Library & Museum, Plymouth Plantation, The Discovery Museums, Mass MOCA, and Ecotarium.

### **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 info, or to pre-register, go to <www.mfa.org/programs/community-programs/beyond-the-spectrum> or call 617-369-3303 or email <artfuladventures@mfa.org>.

### **Sundays**

**Feeling for Form Introductory Tour of MFA for blind & low vision visitors** – These tours are given on the 1<sup>st</sup> 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 and 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> or call 781-893-5410 or 617-823-5081.

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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 **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.

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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

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Joanna Berton Martinez, *Pro Bono Associate*

Elizabeth Dean-Clover,  
*Chair*

JoAnn Haas, *Secretary*

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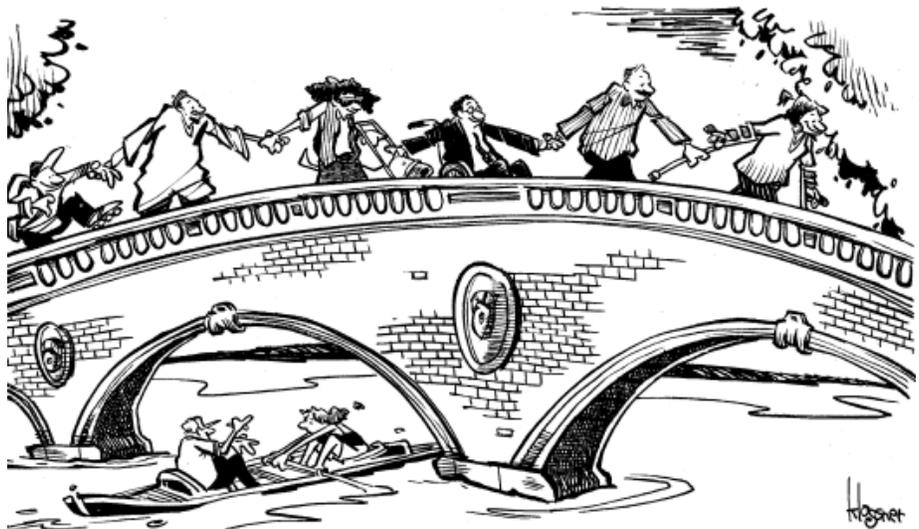
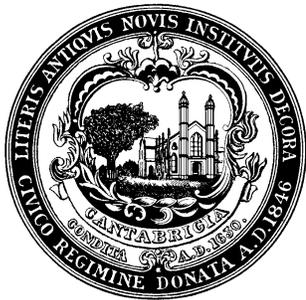
Naomi Pinson

Gordon Slater, *Youth Ambassador*

Rachel Tanenhaus

Kathy Watkins

Dave Wood



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

51 Inman Street, second floor, Cambridge, Massachusetts, 02139.

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)**

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**Cambridge Commission for Persons with Disabilities**

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