DisABILITY Issues

Providing people with disabilities, their families, friends, and advocates with relevant information that empowers individuals to improve the quality of their life, health and employability options.

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From the Editor…

Dear Readers,

It's spring, and I feel like a Bluebird, finally emerging from a long sleep and ready to sing my tune. The Bluebird is a symbol of hope and celebrate the arrival of warmer days, enjoying birds and baby bunnies. During April, we also celebrate Patriots Day, a time when we remember the events of the April 19th American Revolutionary War were fought in Lexington and Concord.

This year is the 250th anniversary of the Lexington and Concord. The anniversary, we reflect on the concept of liberty and what it means to us. Liberty is defined as the ability to engage in what future plans we may have. Things like opinions and expressions, the ability to exercise people choosing to be with who they want to be with, and the ability to make their own choices.

From 1775 until today, Americans of all backgrounds, abilities, ages, and nationalities contributing to the cause of liberty. Our history is not a consistent march of progress but a complex story of advancements and setbacks, of courage and cowardice. It takes a lot to carry forward the promise of liberty and justice for all.

The Patriots' spirit of determination and perseverance lives on in the disability community. Whether we are advocating for accessibility, defending the right to live with dignity, or pushing for full inclusion in society, we are continuing the work of our forefathers and mothers. Freedom that begun centuries ago. We may not be fighting on a battlefield, but we are raising our voices, organizing, and working to ensure that the promise of liberty and justice for all is fully available to all, even those who don't yet know.

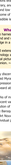
Over the next 10 months, there will be many 250th anniversary celebrations. As we commemorate the past, let us also celebrate the persistence of those today who continue that fight in new ways. Let's celebrate the contributions of people with disabilities, their families, caregivers, and allies, and keep the fire burning for the shaping of the more inclusive society we know is possible.

With respect,
Marianne Dillon, Editor

Marianne Dillon has been the editor of Disability Issues *since its inception. She is a parent of two adult sons a celebrant of life and what remains to assist with mobility, her background is in sales and marketing, project management and disability research training.*

Feeling Artwork from the Masters!

By Stephen Plummer



Stephen Plummer is the Manager of Communications & Graphic Design at Rehoboth Library. He has a long history of creating and producing marketing and promotional materials and organizational graphic identities to improve the lives of those with number disabilities, including Down's Syndrome.

What is a "textile image"?
Textile images are made with fabric, thread, and yarn, and used to help the blind and visually impaired community experience visual knowledge in a meaningful way.

Rehoboth Library, in partnership with the blind community, our personal technology allies, the visually impaired to create accurate material pictures of visual imagery without the need for a sighted companion. - Jackie Lamontagne

"One could easily dream the features of the faces, garments, and surroundings of the people in the paintings," said Jackie. "I could see painted technique given of the different painters, able to visualize paintings I had heard about all my life, but never really understood."

Through the works of painters like Leonardo da Vinci, Johannes Vermeer, and Vincent van Gogh, Seven Art Movements delves into the rich tapestry of human expression, from Impressionism to Cubism, Surrealism, the Renaissance, Neo-classical, Impressionism, Post-Impressionism, Cubism and Expressionism. The exhibit seeks to explore each individual period through subject matter, craftsmanship, and style.

"We are pleased to be able to bring this immersive tactile experience to our visitors," said Library Director Kim Charlson. "This exhibition underpinned Rehoboth' commitment to accessibility and inclusive programming for all. Jackie, Stephen, and the Blind community are creating a more inclusive environment for everyone, allowing all to explore, learn, and engage with art in new and exciting ways."

To schedule your time to see the exhibit on the Rehoboth campus Belfast Way St. Lucian Rehoboth Library by calling 617-933-1240 or emailing: jclamontagne@rpl.org

Meryldeh Barker is the Manager of Communications & Graphic Design at Rehoboth Library. He has a long history of creating and producing marketing and promotional materials and organizational graphic identities to improve the lives of those with number disabilities, including Down's Syndrome.

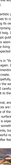
The Emergence of Wholeness

By Meryldeh Barker

A world which had developed for disability activists can feel broken – so worse, it can make you feel as though you're the one who is broken. Life is a lot of brokenness in a broken world, but it is also a lot of wholeness and healing.

Those of us living with a disability know that when something in our life breaks, we pick up the pieces and carry on. We navigate a world that is not designed with us in mind, yet we adapt, persist, and create a life that works for us. We know that life is fragile, that life is full of broken and shaping it into something whole and meaningful.

When I was introduced to mosaic art by a friend several years ago, I was drawn to the idea of taking broken pieces of ceramic, porcelain, glass, ceramic tiles, and other broken objects and images. Right away, I was captivated by how healing I found the process of breaking and cutting the pieces and then putting them back together. There was some form of mosaic art that I could do that would involve very broken glass and ceramic pieces, and other pieces that were whole, and I could create a piece that was whole, with edges and endless shapes, colors, textures and patterns. In addition to glass shards, even bottle caps or found objects like rusted rocks and bolts can be repurposed to create stunning mosaic images.



I'm not a professional artist, nor have I had formal training – but I was drawn to the process and I felt that it was something I could do. I had an eye (others), and as a success, knew I could define a set that artistically and it life story, as to mean, and make many different pieces that mean something to me and others. I learned that mosaic art is a process that interweaving through life, creating a relationship requires strategy and adaptive, so has does manipulating and working with mosaic pieces. Mosaic art requires patience, persistence, and creativity, and creating a more inclusive environment for everyone, allowing all to explore, learn, and engage with art in new and exciting ways.

To schedule your time to see the exhibit on the Rehoboth campus Belfast Way St. Lucian Rehoboth Library by calling 617-933-1240 or emailing: jclamontagne@rpl.org

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Tries a few hands or process of metaphorically and physically, and I found that I could do it, and I found that I could create a piece that was of a small size. There's pleasure in finding down those edges until they're smooth in the touch, with enough to turn over in my fingers. I found that I could create a piece that was of a medium size, and I gave friends. Using a special tool, I found a way to trace the surface, then piece along that line with another tool. It's fun, the piece that with just ink as I pleased.

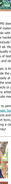
But like life, the artistic process doesn't always go the way I want it to. Sometimes I make a piece that I don't like, and I have to start over. I may step shallow along its own that flows, leaving behind unusable shards, or sometimes surprising me with a perfect bird wing, a leaf, or a butterfly. Sometimes I have to let the piece sit for a while before adding the mishaps guide. Not all pieces are the best days, when the right colors and shapes seem to leap into my fingers, I know I'm too fully in the zone. I'm in the flow, I'm in the creative throes, or at any moment, things are too unexpected turn.

I can spend hours in "the zone", picking up pieces and laying them down again and again. I place each piece next to another – this way that – experimenting with shape, angle, and color to form the image I want to create. I find it very meditative, calming, and creative and interesting, hopefully, the design I envisioned better shape. Once I'm satisfied with the way it looks, including how the gaps between pieces look, I glue the pieces down, apply grout, and when it dries dried, adhering to the design.

Grouting is the final, and important, step because when the gaps between the pieces are filled with grout, they are secured, and an important feature of the finished design. Grout is a mixture of water, sand, and powder, and it comes in different colors. I choose the color that the excess is wiped away and the surface is polished, the last force of grout do something remarkable – they highlight not just the pieces, but the spaces between the pieces, and the design, and the whole. It's a powerful reminder that, just like in life, sometimes you emerge – even after feeling broken.

Some forms of mosaic art require little to no cutting or special tools, making more accessible to beginners and those with physical limitations. Mosaic art is affordable, flexible, and creative, and lots available for anyone interested in giving it a try.

Occasionally, the New England Mosaic Society hosts community projects where the public can help create a collaborative mosaic piece. The New England Mosaic Society is a group of artists and craftspeople who meet regularly to share ideas and learn from one another. Experienced artists are welcome to share their expertise and guidance, making it a welcoming and inclusive experience for all.



Meryldeh Barker, LCSW, PPR received a public mental health clinical training in the late 90's of years. She retired from Commonwealth Care Alliance where she was a Community Health Connection and Disability & volunteer in the Mental Health Peer Support Program. Meryldeh is an avid disabilities rights advocate, a lifelong adaptive cycling, and creating peace-inspired mosaic art.

Accessible Art with Centuries of Styles, Materials, and Artists for Inspiration

By Karen Stark and Emily Bhargava, New England Mosaic Society

Mosaic art is a very ancient form of decorative art that has been around for thousands of years. Our ancestors from Commonwealth Care Alliance Community Health Connection and Disability & volunteer in the Mental Health Peer Support Program. Meryldeh is an avid disabilities rights advocate, a lifelong adaptive cycling, and creating peace-inspired mosaic art.

The New England Mosaic Society (NEMS) is celebrating its 10th anniversary this year. Our organization is a group of artists and craftspeople in an all-form with centuries of history.

The Society provides opportunities for people with no prior mosaic experience to learn and develop their craftsmanship under experienced mosaic artists. We also follow opportunities for members to find out about classes, workshops, and other mosaic-related events. We also hold trips to view mosaics, and organize workshops to learn new techniques.

Since the pandemic, about once each year the New England Mosaic Society creates a community mosaic to be donated to a community organization. Our last two community mosaics were made for the Belmont Table food pantry in Waltham, the Department of Children and Families in Burlington, the First Baptist Church in Jamaica Plain, and the Charles River Museum of Industry and Innovation in Waltham.

Community members creating a panel for the Charles River Museum mural.

While the sections made for mosaic community members were simple, their pieces are just as important to the composition as the detailed sections made by experienced mosaicists. Our mosaic was made up of many of these 15x15 inch sections. The mosaic now on permanent display along the Riverview outside the museum in Waltham, MA.

Finished mural panel for the Charles River Museum. The two-sided panel is 8 feet by 4 feet and can be provided to community participants

Beyond what NEMS does to support accessibility, mosaic is inherently varied in terms of materials and approach, which makes it a wonderful art form for people with different hand strength and muscle control. Mosaic can be made with tools and materials that are adaptive and can reflect materials incorporating sand, glass, Wood, and stones don't need to be cut at all. Mosaic is also extremely tactile, lending itself to people with sensory sensitivities. Mosaic can be made with contrasting areas of texture stand up well to handling and can be left outside and weather well.

Connect to nature, to the beauty of organic materials or flow, that the artist uses to guide the eyes (or hands) of the observer through the piece, and the tactile nature of the finished piece. The tactile arrangement of the visual pieces is carefully planned and may follow the shape of objects or produce flowing lines. A different kind of flow can be created by the movement of the eyes from one element to another, or can be quite abstract.

If you would like to partaken in a community project, please visit the New England Mosaic Society website where we will announce our community projects and our sanitize for 2021. If you've become inspired by the beauty of mosaic art and want to explore how mosaic art wellness & healing is class from our learning disability to major your own mosaic journey!

Karen Stark is currently president of the New England Mosaic Society. She has been a mosaic artist for approximately 10 years and an artist for and a philosophy – Mosaic Pride dream. Karen is a retired teacher, and she is a wellness coach and mosaic artist. Her current community, with an emphasis including painters with different abilities.

Emily Bhargava is co-chair of the programming committee for the New England Mosaic Society, leading so-called multicultural mosaic projects and leading to craft of educational workshop series. Emily's mosaic work has been shown at Mosaic in the Berkshire markets, Mosaics on Mass Ave in Cambridge, and online and she loves learning alternated objects into new pieces of mosaics.

Self-care During Challenging Times

by Sandy Alexa Novack

Does any of this sound familiar? Your income hasn't increased to keep pace with the rising cost of living, or ever. You're quite aware of your college is the right path for your child, and you're unsure what that means for your family. Your child's IEP team is suggesting a change in your child's educational plan and you're not sure how to feel about it. You've postponed surgery more than once to take care of your family member with a disability, yet you haven't had the chance to focus on your own health.

Life can feel overwhelming at times. Whether you're balancing work, family, health concerns, or unexpected setbacks, it's easy to put your own needs at the bottom of the list. When we don't make time for rest, joy, or connection, we can start to feel disconnected from ourselves. In a time when healthcare systems are often stretched, it's especially important to listen to what your body and mind are telling you.

Even small steps toward self-care can make a big difference. Here are a few gentle reminders that may help you take better care of yourself and the people around you.

1. Set Aside "No-Time" Every Day

It might seem impossible to carve out time for yourself when you're juggling everything else, but even a few minutes can make a difference. Set boundaries by, and a gentle but appreciative, SMS, setting aside even 30 minutes a day – whether it's a quiet walk in the park, reading a book, or just sitting with a cup of tea without interruptions. Small moments can give you a much-needed moment of peace and perhaps joy. It's not selfish, it's essential.

2. Set Aside "Co-Time"

Relationship time often we make time for connection. Whether it's a quick conversation with a friend, a shared meal, or a text to a family member, it's easy to feel pressure to do it. Instead, check in and really listen or show up when they need a hand. Even a few minutes of real connection can boost your mood and provide support that matters to both of you. It feels good to be present for someone who is important to you, or even a stranger who you have a kind interaction with.

3. Volunteer Opportunities

Volunteering can be a powerful way to shift your perspective. It also reminds you that you have tools to work on for the doing, taking a new leader can become an unexpected adventure. You don't need to commit to something overwhelming – even a few hours a month can have a big impact on a cause that matters to you and your community. Plus, you'll meet people who share your values and may even find a new friend or two. Volunteering can be a great way to spend a lot of money or time to add a little sparkle to your day.

4. Learn Something New

When life feels heavy, learning something new can add a bounce of excitement to your day. Maybe to your hand at quilting, plant gardening, or even a simple craft you've been curious about. Learning can be a fun outlet for creativity or a gentle nudge in your community. Being curious and learning new things doesn't need to be formal to be rewarding.

5. Find Your Voice

Do you want to feel heard? Of course you do. Sometimes, it helps to speak up for yourself or for someone else. Whether it's sharing your story within a letter to your local paper, speaking at a community meeting or give testimony at the State House either in-person or virtually. It can be scary, but it's also powerful. Your voice matters, and it can spark real change. Volunteer opportunities come in all shapes and sizes, from one-day events to ongoing commitments. You might help out at a local shelter, support a health organization, or mentor a child or teen in your community.

The world can feel uncertain, and challenges come in many forms. While self-care won't solve every problem, it can help you build resilience, maintain your energy, and stay connected to what matters. Taking time for yourself and others. It's a powerful way to stay hopeful and grounded.

Doris Grace Brown, RNA, LICSW, ACW, CDP-I
Author, Life Coach, Volunteer Coordinator
Public Consultant and volunteer with the Autism Center for Independent Living

How My Mind Helps Me Thrive

By Penelope Ann Shaw

Twenty-four years ago, I became unexpectedly disabled. I was on life support and not expected to live – but I did. It left me with physical disabilities and a brain injury. I had to relearn everything: walking, moving myself, cooking for myself, caring for my four motor skills. For example, I need scissors to open an envelope, I use a power wheelchair, and I'm unable to drive.

Because of these changes, I am more aware of the many ways my mind helps me thrive. I'm not talking about "mind over matter" – I'm talking about ways I have adapted to life. In the world, I have the ability to plan, analyze, make decisions, remember, reflect, observe, organize, recognize people, identify patterns, and learn more about them.

It's a place where I find creativity, profiling, reason, conceptualize, evaluate information and experiences. All these abilities have practical applications in my life. I can use them to focus my attention, pay attention or something and practice it. I'll be having a personal library where everything has been catalogued. I am amazed at how large the storage area is!

With my mind, I can process and interpret physical sensations like pain, heat, cold, and pressure. I can also process and interpret emotional feelings (joy, sorrow), concerned, frustrated, disappointed, determined. I am all my senses; not only visual, but also hearing, touching, tasting, and smelling. I can also feel the energy of people. Fortunately, I often copy the energy of someone thoughts by assuming into my mind. There, I gain new perspectives by speeding my thoughts and ideas. Sometimes conversation with myself – hearing inner voices – helps me understand myself.

With visual perception and spatial awareness, I scan the environment to judge the distance and speed of objects crossing streets in front of me. If necessary, I can then stop to be safe before proceeding. Thus, I can determine distance on a driving my wheelchair and checking out my surroundings.

I am a curious person. I need the latest local, national and international news. I need to know what is going on. I need to make sense of what is going on in it. When reading, I just inspired by new ideas and insights that provide useful points I want to make in places where I can use them. I am a lifelong learner. I am a creative thinker. In addition to finding relationships interesting and illuminating, they are also intellectually stimulating and rewarding. Coming up with ideas, I like to see how they are connected to other ideas. Learning something I can no longer do is person.

Decision-making skills are essential to my well-being. I rely on them to solve problems and navigate daily activities, which helps me feel more peaceful. Thinking things through in the consulting with and being responsible for myself and others. I can also use my mind to think ahead through or issue in my mind and then decide how best to approach it based on the strategies I develop and evaluate. Sometimes, this involves my ability to make decisions and communicate with the people I hope to influence.

With my language capabilities of French and some Spanish, I'm able to communicate with staff from various countries who work in my facility. Additionally, my skills with English as a second language, allow me to communicate in English with staff who have limited proficiency.

I often let my mind wander freely and engage in daydreaming. For example, during the winter, I dream of summer and being outside, enjoying the warm weather in the very, I look to the future. When I'm daydreaming, I can let my mind wander and explore possibilities. This functions stimulate me, keep me focused, and mitigate boredom. The internal space is my office with no interrupting distractions. In bed, I can daydream about my life and what I want to do. I can imagine what I'm willing and to plan my days, when, when I am asleep, my mind rests in preparation for the next day's work. Due to my paralysis, I cannot do the things I did before. I can't do the things I used to because now I'm in bed, I cannot get up myself. I'll be there until the ambulance arrives.

With my memory skills I can retain information and later retrieve information when I need it. For example, I remember the name of a person I just met, a task I must complete or something I need to buy. With long-term memory I can recall events from long ago, which I find very enjoyable.

Penelope Ann Shaw, Ph.D., has a complex physical disability from cerebral palsy (acquired at birth) and a brain injury (acquired at age 24). Her personal experience is a perfect for public speaking, presenting, and consulting with adults with all types of disabilities. In Spring 2025, she will be presenting at the Disability Rights Vermont Conversation Cafe' Social Connections Conversation on Safety and Quality in Nursing Homes.

Mammograms and Accessibility

by Ms. Love

I remember when my mother stopped having mammograms. It was when she needed to use a wheelchair after her stroke. One day, I asked her why she didn't want to have her breasts checked. She told me that because she was a wheelchair she couldn't have her mammograms anymore. That always bothered me. Although it has been years since then, I still think about how inaccessible it was to special meaning for me.

Since then, I've gone back to a variety of physical disabilities and chronic health issues. I have my own challenges getting a mammogram. As each year passes, I have my mammogram appointment coming up, I think about how I'm going to make it happen this. Then I think of my mother, and I ponder how I have approached almost holding my breath anticipating that it could be my last year of having this life-saving test.

When I first began having mammograms, I had the traditional test – I would stand in front of the machine and place my breast on a platform and then lower one of the contraptions setting where I want at that time. One year of the medical providers were costumed to the hot for me, I had to stand in front of the machine and place my breast on my. My fascination dissipated when the painful breast compression that I always experienced during the test. For years afterwards, I would have a bruise on my breast where the machine had pressed into my skin. Another year, I had a mammogram at Northeast Kingdom in Hyde Park, Vermont.

As my mobility decreased, changing clothes began to affect my balance. I asked if someone could check on me in the changing room because I was afraid I'd fall. The technician was very helpful. Similar to my mobility I experienced in the changing room and I could no longer have mammograms in a community setting. I asked the technician if I could have a mammogram in my wheelchair. I was have the test. They recommended scheduling future mammograms at the hospital, where they have more flexibility to accommodate various needs.

About ten years ago, I had a mammogram in the radiology department at the hospital. I had a wheelchair and mobility issues in the technician, and she assured me that they could help make the experience more accessible. What a relief!

I was introduced to the radiologist, who listened attentively to my questions. Together with two technicians, we had a brief but comprehensive discussion about my mobility and the accessibility approach to large, heavy, and bulky equipment. They do their best to accommodate patients like me and make the procedure as accessible as possible.

I asked what would happen if I could no longer hold my arm up, or if I couldn't stand long enough for the imaging, making it even more difficult to have a mammogram.

They suggested scheduling future appointments with the mammographer who specializes in making the procedure more accessible. The radiologist also mentioned that some patients, instead of having a mammogram, opted for a sonogram. I'm not sure if I'm ready yet to consider this as an alternative imaging test. However, she made it clear that the gold standard for breast screening remains the mammogram.

Unfortunately, I had to explain that moving my arms that far or standing for long periods of time was not an option for me. I explained I held my cane, I had to lean against it to balance, and I was trained in accessibility, and while the PRO setup may not be suitable for me, I'd like to try it. The radiologist and technicians were willing to try a series of possibilities – and that I can be very creative. Differences.

Together, we came up with a plan. The technicians helped me I schedule the appointment with a mammogram manager who controls herself to get under both the arm the machine, positioning my legs and feet, and the rest of my body. The technicians helped me lower my chair rather close by, with the handles on, and have a chair nearby so I can sit down and rest my arms, legs, and the rest of my between stress, if needed.

One year, the tech and dedicated mammogram manager stepped on the platform with me, helping me. The tech helped me with my returning to work, she will pull down under the machine beside me, positioning the body as carefully and precisely as ever, ensuring the best possible outcome for the breast screening.

The hospital's radiology department has one accessible dressing that is a bit more private than the one I used in Hyde Park. It feels like a tower & I can change in and out of it in regular gown without overwhelming my wellcome system.

In recent years, the same mammogram manager has me also seated in the mammogram room, still in my gown, while she checks if the machine needs to be adjusted for my comfort. I'm so glad that I can seek the possibility of such a thing with this additional stress. Yes, this often means that patients who arrived after me are and not accessible, and I feel bad for the technicians who have to accessible takes extra time. Knowing that the person assisting me has never once made me feel that was needed to rush.

I still have each mammography technician keep trains every 25 the ability to manage the test. Will there come a time when they tell me my time is up? I don't know, but I'm grateful for the time I have left. I think of my mother, and I know she would want me to hang in there and keep going – for as long as I can – to these now much more accessible mammogram appointments.

Is this approach right for you? Maybe not. But it's worth asking your medical provider if it could be a good fit for you. If it is, you can find out what works for you. Small changes can make a big difference. Simple friendly mammography equipment (or medical equipment in general), can make a huge difference in how someone feels about their body and their health. Mammograms are important, and they are accessible for you needs. Sometimes, having options is the first step toward making something feel possible.

The Love and Intimacy Cover welcomes contributions from our readers on related topics. Please send all comments, questions, and suggestions to Ms. Love at mslove@loveandintimacycover.com. Questions chosen to be featured in the Ms. Love column will appear under a pseudonym to protect privacy and may be edited.

INFO DROPS • INFO DROPS • INFO DROPS

EXPERIENCE ARTS & CULTURE

ARTS EDITION CALENDAR
Vermont Arts Council

Artsbudget All Access Calendar

Patrons can now find accessible arts and culture events, a new path to cultural activities with the launch of a vital and groundbreaking accessible arts calendar

Artsbudget, the region's leading nonprofit arts service and marketing organization, announces the launch of **Artsbudget All Access Calendar**, a groundbreaking resource that lists accessible arts and culture events and facilities statewide. The long history of arts patrons with disabilities seeking reliable resources, a recent regional report about accessibility in arts and culture, and the recent surge in arts and cultural communities leading accessibility initiatives prompted Artsbudget to jump into action. The project is in collaboration with accessibility consultants Think Outside the Box.

The Artsbudget All Access Calendar was created in direct response to feedback from people with disabilities who have been underserved by the lack of information about accessible arrangements at arts and culture events. **To learn more about this project, read the press release.**

Feedback on the accessibility of the Artsbudget All Access Calendar is welcome. Please let Artsbudget know if you encounter any accessibility issues on the site. Please contact Artsbudget at (802) 864-5758 or email info@artsbudget.com. Messages will be addressed within one business day.

DISCOVERY MUSEUM
SCIENCE WORK HERE

A place to engage in indoor and outdoor play that is wheelchair accessible and developed on Universal Design principles

When families visit the **Discovery Museum**, they can engage in both indoor and outdoor play. Inside, there are sound, simple machine, water, and air play galleries. Outside, there are plenty of ways for kids to get active, including a stroller and wheelchair-accessible **Discovery Treehouse**. Visitors can prepare for their visit by reviewing the Exhibits section and the Accessibility page. To see and learn more, view this Go Out and Play segment, featuring a visit to the Treehouse, that aired on Chronicle.

At the Discovery Museum in Acton, a caregiver and child walk in the museum's outdoor play area. JESSICA VULTAGGIO

Especially for Me

At Discovery Museum, the **Especially for Me** program series offers dedicated hours and free admission for families with disabilities. During these events, we offer accommodations that increase access to exhibits and provide an opportunity for families to network with one another in an understanding, ADA-compliant environment.

While the event titles indicate the focus for certain program accommodations, any family that would benefit from a sensory friendly visit is welcome at any time. *A medical diagnosis is not required.* All events are free but require pre-registration online.

Our **2025 Especially for Me** events include:

- Autism-Friendly Evening
- Evening for Deaf, Blind, or DeafBlind
- Inclusive Afternoon
- Inclusive Evening
- Inclusive Evening for Visitors 18+
- Morning for Deaf, Hard of Hearing and DeafBlind Visitors

Great play is what every kid needs and every kid deserves. Come out and play at Discovery Museum!

dcr Massachusetts

Herter Park/Artesani Playground Recreation Program
1255 Soldiers Field Road
Brighton, MA 02135

Universal Access Program

Adaptive Recreation Fair!

Saturday, June 7, 2025. • 10 a.m. – 3 p.m.
Cycling • Pickleball • Face Painting • Games
Equipment Demonstrations • Refreshments • Crafts • DJ Music & More!

Join DCR's **Universal Access Program** and other adaptive recreation organizations for an accessible and inclusive day of fun and networking along the Charles River! Enjoy adaptive cycling, adaptive pickleball, music, refreshments, and adaptive hiking, surfing, and fencing equipment demonstrations! There will be family-friendly activities including face painting, adaptive golf, and lawn games. Find out about adaptive recreation programs across the state!

Pre-Registration is recommended. Especially if you need an accommodation. **Parking is Free but Limited**
Cost: FREE!!

Photo courtesy of Unspoken Images Photography

To Register:

- Go online mass.gov/DCRAdaptiveFair,
- call Teri at (413) 461-7126, or
- email UAP DCR.UniversalAccess@mass.gov

Volunteers Needed! Contact Mariah at (857) 289-4175 or Mariah.Fontaine@mass.gov

Scan QR Code to Register
Department of Conservation and Recreation, Universal Access Program
mass.gov/dcr/universal-access

Editorial Board (L-R): Sandy Alissa Novack, Raymond E. Glazier, Joan Burrows, Marianne DiNiasi, the late Mary Grimley Mason, missing: Marybeth Barker.

Editor: Marianne DiNiasi

Editorial Board:
Marybeth Barker • Joan Burrows • Raymond Glazier
Sandy Alissa Novack

Contributing Writers:
Marybeth Barker • Emily Bhargava • Sandy Alissa Novack
Stephen Plummer • Penelope Ann Shaw • Karen Stark

Advisory Members:
Bill Henning • Ruth Kahn • Oswald Mondejar
J. Archer O'Reilly III

Graphic Design:
Louise Martling, Eleventh Hour Design
www.11th-hour-design.com

Perkins Library Liaison:
Kim Charlson

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