



**MetroWest
Center For
Independent Living**

People with Disabilities Living in the Community

February 2015



Thank goodness February is a short month! We hope everyone is staying safe and warm amidst all the snow.

Earlier this month, we spent a productive morning with many of the MetroWest legislators and the Easter Seals, at our annual Legislators Forum.

With a new administration, this year is especially important for advocacy and education work. We will be seeing changes at many of the higher level state positions. We need to help all of them understand the importance of Independent Living and the supporting services.

Speaking of Advocacy, *Friday is PCA Advocacy Day*. We hope you can join us and support this critical program. (Details below).

Sincerely,

Paul W. Spooner, Executive Director
MetroWest Center for Independent
Living

PCA Advocacy Day

Please join us at the State House as we educate and advocate to protect PCA services. As you know, PCA services are the backbone of

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MWCIL



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for Independent
Living**

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Independent Living. These services allow people with disabilities to remain in their homes and the community and to stay out of institutions. These services are also significantly cheaper than institutional care, making Independent Living and the Personal Care Attendant Program a win for everyone.

[PCA Facebook Event Page](#)

When:

Friday, February 27, 1:00 - 3:00

Where:

Grand Staircase
State House
Boston



PCA Advocacy in 2011



Heroes in the Storms

Thank you to all of the Personal Care Attendants who put their clients first, and managed to get to their jobs through the worst weather we've seen in years.

The Boston Globe ran two stories about home care workers, but we know there are many, many more out there who went above and beyond.

Bring your stories to the State House next Friday.

- [For thousands, dedication to work outweighed storm's obstacles](#) - January 28 by Megan Woolhouse and Taryn Luna
- [It took a blizzard to bring efforts of home care workers to light](#) - February 16 by Anna Mae Bell

Save the Date!

IL Education Day at the State House

When:

Tuesday, March 24, 11 a.m. - 3 p.m.

Where:

State House

Boston

Please join us for the annual IL Education Day at the State House. Our legislative priorities are listed on the [SILC website](#). We are currently asking for support for:

- Alternative Housing Voucher Program funding increase
- Changes in Architectural Access Board Statutes to comply with the ADA
- Legislation to increase employment of people with disabilities
- Increased funding for Assistive Technology and Durable Medical Equipment ReUse program





Legislators Forum

On Friday, February 6, in between storms, we spent time with MetroWest Legislators and the Easter Seals to discuss Independent Living's legislative priorities. Our first challenge with the Baker administration is education!

Priorities discussed included increasing available accessible and affordable Housing, Assistive Technology, DME ReUse and the importance of maintaining existing services such as the PCA program.

We greatly appreciate the support we have received in the past from the MetroWest legislators, and the discussion showed that we can count on them going forward.



top, l-r: Rep. David Linsky, Rep. Carolyn Dykema, Dave Correia, Joan Morris (Easter Seals), Rep. Chris Walsh, Senator Karen Spilka, Rep Tom Sannicandro, Senator Jamie Eldridge, Randi Sargeant (MRC, ReUse), Rep. Jeff Roy, Ed Carr (MWRTA)

bottom, l-r Commissioner Charlie Carr (MRC), Joe Bellil (Easter Seals), Paul Spooner and Kirk Joslin (Easter Seals).

Rep. Alice Peisch and Senator Richard Ross also stopped by.

MetroSuburban Recovery Learning Community

WRAP (Wellness Recovery Action Plan) Training

WRAP is a system for creating an action plan to be well. WRAP is for anyone who wants to create positive change in the way they feel, or increase their enjoyment in life. The goal is for each participant to develop his or her individual WRAP. Individuals are asked to commit to all 8 sessions. Space is limited to 15.

Where:

SMOC Outpatient Clinic
Conference Room C-9
300 Howard Street
Framingham

When:

Wednesdays 2:00 - 4:00
March 25, April 1, 8, 15, 22 and 29, May 6
and 13

Contact Eve to register:

(617) 472-3237 or eatton@metrosubrlc.org

Contact Chris for more information:

(617) 472-3237

Reel Abilities Disabilities Film Festival

February 19 - March 2
At various locations

Visit their website at reelboston.org and click on Tickets, and then click on Schedule to see what's playing on any given night.

[The Telegraph](http://TheTelegraph.com) , highlighting the partnership with the Boston Jewish Film Festival, posted : "At Boston Festival, Shining Light on Disabilities Through Film" by Penny Schwartz.

The Modern Asylum

Christine Montross wrote a provocative piece for the New York Times Opinion Pages.

She offers compelling arguments from her own experience as a hospital psychiatrist, and from an article in the Journal of the American Medical Association by three UPenn ethicists.

"Patients with chronic, severe mental illnesses are still in facilities - only now they are in medical hospitals, [nursing homes](#) and, increasingly, jails and prisons, places that are less appropriate and more expensive than long-term psychiatric institutions. The ethicists argue that the "way forward includes a return to psychiatric asylums." And they are right."

Ms. Montross says that institutionalization is happening now, but that people are ending up in prisons and hospitals, instead of places that could provide stability and structure. She describes a "modern asylum", modeled on residential facilities for patients with dementia, with "medication regimens and psychoeducation tailored to the needs of those living with mental illness."

We agree that there is a problem...

[Read the Article: The Modern Asylum](#)

Emergency Preparedness

Visit the [MWCIL Emergency Preparedness webpage](#) for resources on how to plan for an emergency.

Download this [document from the Red Cross](#) to help make your plans.

Got News?

Send us your ideas!

This monthly section is for news and comments from our readers. You can suggest something for us to research, give your opinion on a topic (relevant to people with disabilities of course), or let us know of what is working and what needs improvement in the community. Please email Sue at srorke@mwciil.org.

Thanks!

www.mwciil.org

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