



## Fall 2017 Newsletter

### Greetings from Emily Rubin, MSSN President

On behalf of the MSSN, I would like to wish you a happy end to summer and a great start to the fall. For those of you who are new to the MSSN family, welcome. The MSSN provides educational presentations, resources, and welcoming communities for siblings of people with disabilities, across the sibling lifespan. We have a number of exciting initiatives underway. For questions and to learn more about us, please visit [www.masiblingsupport.org](http://www.masiblingsupport.org), call (617) 807-0558 or email [info@masiblingsupport.org](mailto:info@masiblingsupport.org).



### What's New?

*We've had a very busy spring and summer. Here is a sampling of our recent accomplishments and events.*

~ The MSSN has been included in the *State Wide Family Support Directory* produced by the Department of Developmental Services. <http://bit.ly/28WwVhC>.

~ We collaborated with the *Sibling Leadership Network* on a *Sibling Mentoring Program*, completing the third and final year of a multi-year grant.

~ MSSN co-sponsored the *two-day Sibshop Conference*, along with *Jewish Family and Children's Service*, with an attendance of over 80 participants.

~ Members of our board participated



### Spotlight

Emily Rubin is the Director of Sibling Support at the Eunice Kennedy Shriver Center and a Lecturer in Psychiatry at UMass Medical School. She is a Research Associate in the Child/Adolescent Psychiatry Department at Cambridge Health Alliance, and a Program Associate in the McLean-Franciscan Child and Adolescent Inpatient Mental Health. Emily is also co-founder and president of the Massachusetts Sibling Support Network, a 501(c)3 nonprofit organization committed to addressing the needs of siblings of people with disabilities. Emily's research interests relate to resiliency among siblings of people with disabilities. Read more at <http://rudermanfoundation.org/thinking-about-siblings/>



### MSSN Presentations

We are now planning our 2017-2018 calendar for presentations! Our experienced trainers are available to provide the following presentations to groups of parents, professionals and service providers.

**"No Sibling Left Behind"** is geared to parents of young siblings and professionals as well. We address the overall sibling experience (what it's like for siblings to grow up with a brother/sister with a disability), strategies to support siblings, current trends in sibling research, and the growing sibling movement. We

in the 39th Annual *Legislative Reception at the State House in Boston*, interacting with law-makers and policy-makers at the state and national level. The event was sponsored by the Arc of Massachusetts and the Massachusetts Developmental Disabilities Council.

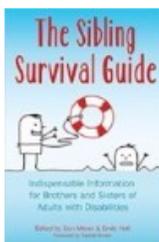
~ The MSSN was selected by the *Babson College Management Consulting Field Experience Program* - to collaborate with the College to develop a marketing plan, communication strategy and analysis.

~ As a part of a service learning project, *UMass Lowell* students studying with Professor Doreen Arcus worked to update the MSSN's online sibling resources list. Professor Arcus is a MSSN board member.



### Join Us in Furthering Our Mission:

1. Join our board
2. Volunteer on a committee
3. Hold a fund-raising event
4. Make a financial donation
5. Contribute services ( website enhancement, printing, event-hosting, self-care workshops for siblings such as yoga, reiki, massage, etc.)



### Recommended Reading

*The Sibling Survival Guide: Indispensable Information for Brothers and Sisters of Adults with Disabilities*

Edited by Don Meyer & Emily Holl with local contributing authors

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request a \$200 honorarium for "No Sibling Left Behind."

"Future Planning is a Family Affair" is geared to adult siblings, although other family members and professionals can benefit as well. We address how to effectively advocate for an adult brother/sister with disabilities, understanding the legal and financial issues associated with caregiving, and working together as a family to make a plan for future care. We request a \$250 honorarium for "Future Planning is a Family Affair."

To learn more or to schedule a presentation, please contact us at (617)807-0558 or [info@masiblingsupport.org](mailto:info@masiblingsupport.org).

**Upcoming Workshops:**

"Future Planning is a Family Affair"  
Tuesday, October 3rd  
UMass Lowell