Dear Newsletter Readers,

February marked the 4th Annual Munch N’ Move event for NQCC’s Children’s Health and Wellness Task Force. We had over 250 people at the Elks who enjoyed a free nutritious dinner and a wonderful, interactive time with their children! This year, we featured DJ Lumphy, a kids Zumba demonstration, Playmaker activities, minion basketball, STEM activities, Legos, coloring, a raffle basket, a selfie-station and soooo much more! I would like to send a special thank you from the bottom of my heart to all who helped to make it such an awesome event!

This task force was also the driving force behind our presentation at last month’s forum. Deb Vondal, Health Agent for Athol, and Jenna David from MOC did a wonderful job leading the group in a discussion about lead in our communities. A flyer in this issue will provide you with information to help the conversation continue.

Thank you for all you do!

Heather Bialecki-Canning
Executive Director

Next Coalition Forum:
March 17, 2017
9:00—10:30 am
Quabbin Mediation
Active Bystanders
Athol-Orange Elks Club
92 New Athol Road
Orange, MA
(Driving directions at www.nqcc.org)

The next newsletter submission deadline is March 21, 2017.
Email details to admin@nqcc.org

Visit our comprehensive North Quabbin Area Community Calendar at nqcc.org/events.html

Like us on Facebook for regular updates!

NQCC
251 Exchange Street
Athol, MA 01331
978-249-3703
www.nqcc.org
info@nqcc.org
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Donations can be made via PayPal with the link on the cover of this publication, at www.nqcc.org, or by check to the address at left.
CHILDHOOD LEAD POISONING PREVENTION PROGRAM (CLPPP)

A grantee of the Massachusetts Childhood Lead Poisoning Prevention Program (CLPPP), a program of the MA Department of Public Health

Was your house or apartment built before 1978? Do you have a child under the age of six living with you? Has your child been tested for lead recently?

A blood test is the only way to know if your child has been exposed! Protect your family! Stay ahead of lead!

- Info about funding sources for de-leading under Get the Lead Out and Montachusett Regional Lead Paint Hazard Control Program
- Owner / tenant rights and responsibilities
- Case management - health effects of lead - home visits
- Informational materials & resources
- Presentations / Trainings

t: (978) 343-6259  |  f: (978) 348-1422
w: www.mocinc.org
Support Group
Our group provides a warm, welcoming, and confidential place to talk about the unique experience of caring for someone with ASD.

Thursdays, bi-weekly, 12:15-12:55
Upcoming dates in 2017: 3/2, 3/16, 3/30, 4/13, 4/27
Valuing Our Children, 217 Walnut St., Athol
Sponsored by REACH Early Intervention

REACH Early Intervention 413-665-8717 reach@servicenet.org

CSO WALK-IN INTAKE HOURS!
MONDAY - FRIDAY
10:00 am to 4:00 p.m.
Insurance Card and Co-pay if applicable needed for Intake

AUTONOMY, DECISION MAKING SUPPORTS, AND GUARDIANSHIP
Presented by: Attorney Fred Misio
Sponsored by: The United Arc

March 29, 2017
Wednesday, 6-8 pm
The United Arc
294 Avenue A
Turners Falls, MA

Transportation is available for North Quabbin area attendees upon request.

TO REGISTER, PLEASE CONTACT:
Darlene Reilly
Darlenereilly@unitedarc.org
413-774-5558 x1042
OR
Sheila Butler
Sheilabutler@unitedarc.org
978-249-4052 x1047
OR
Register at www.thunitedarc.org

Please indicate if you require transportation

What are your options?
How do you evaluate the support your child may need as they enter adulthood?

Fred Misio will lead a training on guardianship, alternatives to guardianship and other ‘coming of age’ related issues for individuals with intellectual and developmental disabilities.

Frederick H. Misio, Jr. is an attorney who concentrates his practice in special needs planning, elder law, trust and estate administration and service advocacy.

FACILITATOR TRAINING FAMILY NURTURING PROGRAM

Register NOW!

March 7, 8, 9, 2017
9:00am - 4:30pm
Springfield Family Resource Center
18 Gaucho Street
Springfield, MA, 01109

Parking is available
Lunch is provided

For more info contact
Sue Parker
sueparker@tjc.com
617-474-1143 x236

FAMILY NURTURING CENTER
200 Bowdoin Street
Dorchester, MA 02122
617-474-1143
www.familynurturing.org

3 DAY FACILITATOR TRAINING FAMILY NURTURING PROGRAM

Training on the Family Nurturing Program curriculum and group facilitation

Learn and practice key skills and become acquainted with the Nurturing Parenting Program Model

Learn from highly experienced facilitators of Family Nurturing Programs

Required to attend this training:
✓ You MUST be able to commit to attend ALL 3 days
✓ Register at: https://www.eventbrite.com/e/family-nurturing-center-march-7-8-9-2017-registration-76955028361
Contact Sue Parker for more information
✓ Training approved for 18.75 CEU’s from BU School of Social Work
 calling All Caregivers!

Have you had experience with one of the Children’s Behavioral Health Services?

✦ Intensive Care Coordination
✦ Family Partner
✦ In-home Therapy
✦ In-home Behavioral Services
✦ Therapeutic Mentoring
✦ Outpatient
✦ Mobile Crisis

If so, please join us for a conversation about your experiences. Please note young adults (16+) are also welcome to attend.

Additional Information:

✦ Feedback will be anonymous
✦ Attendance is voluntary
✦ It’s an opportunity to hear from and connect with other families
✦ This is a way to lend your voice to improve the system as a whole for other youth and families in the future
✦ You can come to just listen!

GET YOUR HANDS IN THE DIRT THIS YEAR!

with the G.A.R.D.E.N. Project 2017
Growing Agricultural Resources and Developing Economic Networks

A FREE PROGRAM FOR WOMEN

Learn how to:

✦ Grow your own organic food in small spaces
✦ Can, freeze or preserve food to keep or sell
✦ Create a food focused cooperative
✦ Install and maintain a permaculture garden

Classes held in Orange, Massachusetts

LIMITED SPACES AVAILABLE!

For more information or to apply to the program, contact Christine at the Women’s Center at MCM (413) 863-4804 x1003 or email christine@mcmcommunity.org or Donna at NECLCWI (413) 772-0871 x108 or email donna@neclcwit.org

The GARDEN Project is a collaboration of Montague Catholic Social Ministries (MCSM), NECLCWI, Seeds of Solidarity & Greenfield Community College (GCC), funded by The Women’s Fund of Western Massachusetts

“Performance Standards”
A Variety Show to Benefit Literacy Volunteers of Orange/Athol

With special guest
Travis LeDoyt
Saturday, March 25th, 7:00 PM
At the Ruth B. Smith Auditorium, Orange Town Hall, Orange, MA
All Tickets $10.00

Sponsored in part by the Local Cultural Councils of Athol, Orange, New Salem, Warwick and Wendell, part of the Massachusetts Cultural Council.

Call LVOA at (978) 249-5381 for more info

Soup and Song
A Benefit for North Quabbin Citizen Advocacy

March 10, 2017
5:30-8:00

Orange American Legion
40 Daniel Shays Highway

Adults $7, Children under 12 $3

Enjoy an evening of fun, food, and entertainment with delicious homemade soups, breads, and other goodies. Entertainment featuring local talents including Lis Leal, Diane Lincoln, Jack Arnot, Richard Chase, and The Tectonics

Sponsored by

Michael Humphreys

Women who successfully complete the four one-credit courses will be eligible for a Free ServSafe Food Protection Manager and Allergen Certificates Training provided by Greenfield Community College. The training will be offered to participants in English and Spanish.

Sign up for all 4 classes - Earn College Credits - Grow your own Food - All Free!

Organic Gardening
Tuesdays, 10:15 a.m. - 4:00 through 5/16
Food Preservation & Storage
Fridays, 10:15 a.m. - 4:21 through 5/19
Creating Farm & Food Cooperatives
Tuesdays, 10:15 a.m. - 5/23 through 6/20
Permaculture Landscape Installation & Maintenance
Fridays, 10:15 a.m. - 5/26 through 6/23

Some assistance available for childcare, transportation and English/Spanish translation
Free SCOPE of Pain Webinar

Daniel P. Alford, MD, MPH, FACP, FASAM, Professor of Medicine & Course Director, Boston University of Medicine’s SCOPE of Pain, invites you to have your questions answered live. In this live session, in the comfort of your home or office, Dr. Alford will bring his 20+ years' experience as a general internist primary care physician and expertise in safe opioid prescribing to address your questions on the complexities, communication challenges, risks, and benefits of prescribing opioids for patients with chronic pain. In addition to his sharing best practices and clinical pearls, the knowledge you learn during this webinar offers you the opportunity to earn valuable CME/CE credits (completion of an online post-test is required.) Don’t pass up this unique opportunity to consult with Dr. Alford. Registration is limited. Register here: http://eventcallregistration.com/reg/index.jsp?cid=67568t11

Greater Athol Area Advocates for Special Needs Scholarship Available

The Greater Athol Area Advocates for Families with Special Needs (GAAAFSN), in affiliation with The United Arc, announces availability of scholarships for post-secondary education. There will be up to four educational awards given in amounts up to $800 per award to cover tuition, books or other student fees. Eligible applicants may apply in their senior or final year of public, collaborative or technical high school or during their freshman and sophomore years of college or post-secondary school. Priority will be given to students from communities in the North Quabbin area.

Potential grant recipients would include:

1. Individuals with disabilities pursuing educational opportunities beyond high school;
2. Siblings of individuals with disabilities;
3. Individuals who have a parent or parents with disabilities; and
4. Individuals planning a career that would support people with disabilities, such as careers in education, human services, health care or technology and research with a disability focus.

Applicants are asked to complete a short application form to be submitted along with one reference and current transcript to the GAAAFSN Scholarship Committee, postmarked or delivered at the address below, no later than Monday, April 11, 2017. For application materials, contact GAAAFSN/The United Arc at 357 Main Street, Athol, MA 01331, or by calling 978-249-4052 or 413-774-5558 x1047, or by email at sheilabutler@unitedarc.org.

Award recipients will be announced at the GAAAFSN Annual Meeting in May. Awardees will receive $100 towards books and miscellaneous educational expenses and an additional amount up to $700 to be paid directly to the school based on a letter of acceptance and current bill.
Upcoming Quabbin Mediation Trainings

Quabbin Mediation is offering several trainings in the area over the next couple of months. These trainings are free for health care workers, emergency personnel, and staff of community agencies serving vulnerable populations, thanks to a grant from the Community Foundation of North Central Massachusetts. To participate in any of these trainings, RSVP to Susan Wallace at susan@quabbinmediation.org

Balanced Engagement
March 24 ~ 10am—12:00pm ~ Heywood Hospital, Pierce Board Room, 242 Green Street, Gardner
This training will help participants engage fully and effectively in conversations with people who are in an elevated emotional state. Questions this training will address include: Why do situations escalate? When faced with accusations, how do we react evenly? When an individual takes an intractable position, how do we move forward? Maintaining composure in the face of escalated emotions and challenging situations can be crucial, yet seemingly impossible. This training equips participants with de-escalation techniques. It trains participants in how to reflect and validate emotions expressed by others. Participants learn to be effective and composed when discussing difficult situations with people who are in a difficult place.

Meeting Facilitation
April 14 ~ 10am—12:00pm ~ Athol Hospital, Hillis Board Room, 2033 Main Street, Athol
Running an effective meeting is more than having a meeting time and an agenda. This training covers skills for gathering the right meeting participants; how to ensure that the needs of the group are being met; and how to facilitate an effective discussion. Participants will have the opportunity to address their particular needs and concerns with support and techniques that apply to their particular situations.

Preparing for and Conducting an Effective Negotiation
May 10 ~ 10am—12:00pm ~ Heywood Hospital, Pierce Board Room, 242 Green Street, Gardner
This two-hour training focuses on the difficult work of advocating for yourself and respecting the needs of others in a negotiation. When all parties arrive at a negotiation table intending to find a mutual best outcome, rather than to “win” with no regard for the other, the result is more likely to be satisfactory to all, and the process is likely to be easier as well. In this training, participants will practice identifying ideal resolutions as well as agreeable alternatives and self-advocacy and active listening. Participants will work with real-life situations to explore the process of listening in order to gather information and develop trust. They will utilize a learned set of skills that will generate movement and transform a stagnant process into one that reaches a positive outcome. Participants will also examine the consequences of failure to reach a negotiated agreement and how to cope with failure and unmet needs.

Free Mediation Training for Veterans Who Serve Veterans
Mediation Skills Training, 6 hours: 9:30am to 4:00pm ~ Newton: March 16 ~ Worcester Area: April 11 ~ Northampton: May 9 ~ Newton: June 1
Professional Mediation Training, 35 hours, 5 days, 8:30 am to 4:00 pm ~ Northampton: March 31, April 7, 14, 21, and 28 ~ Newton: May 12, 19, June 2, 9, and 16.
For more information and to register for these Veterans trainings, call 978-544-6142, or email vets@quabbinmediation.org.
Race to End Child Abuse

This 5k run and walk on April 1 will support the Children’s Advocacy Center (CAC) of Franklin County and the North Quabbin area. The event will begin at 9:00 am, with registration beginning at 8:00 am, at 56 Wisdom Way, Greenfield. There is no registration fee, so just come and enjoy yourself with friends and family. The Children’s Advocacy Center staff will be present to conduct tours of their recently renovated facility, accept donations, and give you a tax-deductible receipt. There will be a timed finish and bathrooms will be available. Water and homemade cookies will be available at the finish line. For information, email info@cacfranklinhq.org or call Irene at 508-843-7306.

New Hours at Franklin/Hampshire Career Center in Orange

The Franklin/Hampshire Career Center at 131 West Main Street in Orange has announced that they will now be open on Tuesdays from 8:30 am to 4:00 pm and Wednesdays from 12:00 pm to 4:00 pm. The Franklin Hampshire Career Center provides employment and training services at no charge to job seekers and businesses. Whether you are looking to improve your job qualifications, explore a different profession, find a new career or hire an employee, they can help. Call 978-544-3506 or visit https://www.fhcconestop.com.

MEALS ON WHEELS WALKATHON

The Meals on Wheels Walkathon will turn 25 on the beautiful Greenfield Community College campus, One College Drive, Greenfield, on Saturday, April 29, from 8:00 to 11:00 am. Every spring for twenty-five years, our community has come together to make sure no elder has to feel alone, forgotten, or hungry. Funds raised at the Walkathon help make it possible for every elder who needs a home-delivered hot meal and wellness check to get one right away. Because federal and state funds are limited, many Meals on Wheels programs across the country have long waiting lists (some up to six months!) for elders who are unable to prepare their own meals at home.

You can celebrate and support elders in Franklin County and the North Quabbin by sponsoring the event or by signing up to walk by contacting Lisa Middents at 413-773-5555 x2225 or lmiddents@lifepathms.org. Additional information can be found at http://lifepathma.org.
Congressman James P. McGovern’s Local Office Hours in Athol

Congressman James P. McGovern, serving the 2nd Congressional District, Massachusetts, has announced new local office hours at the North Quabbin Community Coalition, 251 Exchange Street, Athol. Staff will be available on the third Friday of every month from 11:00 am to 2:00 pm to meet with you and provide assistance/advocacy with matters pertaining to federal government agencies and to discuss concerns, thoughts or opinions regarding matters pertaining to the federal government. To schedule an appointment or for additional information, please contact Eladia Romero, District Representative at 978-466-3552.

Free Volunteer Training: Long-Term Care Ombudsman

Want to volunteer to make a difference in your own community? Learn to offer support to residents of long-term care facilities through weekly visits. Learn to advocate for elders and people with disabilities in your community with free long-term care ombudsman volunteer training in Holyoke on March 1 and 2 from 9:30 am to 4:30 pm and March 3 from 9:30 am to 3:30 pm with breaks for lunch. Sign up online at http://lifepathma.org/get-involved/volunteer/ombudsman or call Trevor Boeding, Long-Term Care Ombudsman program director, at 413-773-5555 x2241.

Free Volunteer Training: Rides for Health

Healthcare transportation is a critical need in our area. In a few hours a week, you could help as a volunteer with Rides for Health. Rides for Health matches volunteer drivers with home care clients in need of a ride to places like their doctor’s office or pharmacy. Free volunteer training will take place in Greenfield on March 28 from 1:00 to 5:00 pm. Sign up online at http://lifepathma.org/ridesforhealth or call Trevor Boeding, Long-Term Care Ombudsman program director, at 413-773-5555 x2241.

Massachusetts Senior Legal Helpline

The Massachusetts Executive Office of Elder Affairs (EOEA) is the recipient of a Phase II Model Approaches to Statewide Legal Assistance Systems grant from the Administration for Community Living. The Phase II funding is an opportunity to continue and expand support for implementing well integrated and cost effective legal service delivery systems that maximize the impact of limited legal services to elder consumers in greatest need. EOEAs has partnered on the Project with the Volunteer Lawyers Project (VLP) of the Boston Bar Association to promote high levels of capacity, performance and service delivery impact.

The focal feature of the partnership is a Senior Legal Helpline hosted by VLP that provides free legal information and referral services to Massachusetts residents who are 60 years old or older. The Helpline telephone number is 800-342-5297 and is open Monday through Friday 9:00 am to 12:00 pm. Visit http://www.mass.gov/elders/the-massachusetts-senior-legal-helpline.html for more information.
Mission Statement: The North Quabbin Community Coalition is a community-wide alliance committed to improving the quality of life for all those living and working in the North Quabbin since 1984.

Wheeler Memorial Library Community Survey 2017

The Wheeler Memorial Library is asking the community to take a moment to complete their quick survey at www.surveymonkey.com/r/MZ6RNDV to help them improve library service and prepare for a potential renovation/construction project. More information about the project can be found at http://www.orangelib.org/Building%20Site/Building.xht