Dear Readers,

It’s January and we wish everyone in the North Quabbin a Happy New Year! December’s forum featured a discussion by Heywood Healthcare on their 2018 Community Needs Assessment. The full assessment will be presented by Heywood at our March forum and can currently be accessed at 2018 Heywood Healthcare Community Health Needs Assessment.

January also means it is post-election and we are once again lucky to have a delegation representing the North Quabbin that is truly connected locally. Congratulations to our Senator Anne Gobi, Senator Jo Comerford, and Representative Susannah Whipps. We look forward to working with you all. Do not hesitate to contact any of our legislators via our Legislative Directory at http://www.nqcc.org/legislator_directory.html.

Thank you for all you do!

Heather Bialecki-Canning
Executive Director

Next Coalition Forum:
January 18, 2019
9:00—10:30 am
Center for Community Resilience after Trauma (CCRT)
Orange American Legion, 40 Daniel Shays Hwy, Orange

February Newsletter DEADLINE
January 22
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

Heather Bialecki-Canning, Senator Jo Comerford, Susan Wallace, Deb Habib, Sharon Tracy, Susannah Whipps, and Rebecca Bialecki met in December to talk about various issues in the North Quabbin.
Our FY19 Donors

PLATINUM PLUS SPONSORS
Athol Orange Rotary Club
Community Action
Heywood Charitable Foundation

PLATINUM SPONSORS
Anonymous
Rebecca Bialecki

GOLD SPONSORS
Lynn Feldman
Congressman Jim McGovern
Montachusett Regional Planning Commission
Montague Web Works
Valuing Our Children

SILVER SPONSORS
Lucinda Brown
Edmond Hayes
NQ Chamber of Commerce & Visitors Bureau
Petersham Lions Club
Quabbin Mediation, Inc.

BRONZE SPONSORS
Susan Paju & Heidi Strickland
Charlie Winters

SUPPORTING SPONSORS
First Congregational Parish Unitarian
Jeff & Pam Jobst
Patricia Larson
Debra McLaughlin & Roger Clark Miller
Sandi Walters

INDIVIDUAL SPONSORS
Joey Baldic, Jr.
Ilana Gerjuoy
Cynthia Johnson
Elizabeth Swihart

OTHER SUPPORT
Boiler Bar and Grill
Bill Burton
Sally Ann Collette
Fisher Hill School
Opioid Task Force of Franklin County and North Quabbin
Pete’s Tire Barn
Pioneer Junior Women’s Club
Jesse Sawin
Kay Sheekey
David Runyan
SMallet Photography

Save the Date!
Loving Your Recovery
A free community event

Saturday, February 9, 2019
Time and Venue TBD
Athol, MA

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 below.
Seeking Participants for North Quabbin Youth Advisory Council

North Quabbin Community Coalition
251 Exchange Street, Athol, MA 01331
978-249-3703 ~ Fax 978-575-0474 ~ info@nqcc.org
www.nqcc.org

Working to improve the quality of life in the North Quabbin Region since 1984.

North Quabbin Youth Advisory Council
Youth Nomination Form

The Youth Advisory Council is an opportunity for youth, ages 12-18 who reside in North Quabbin, to impact positive change and growth in the North Quabbin Region focusing on the prevention of drug use. The council is committed to creating a platform in which youth will have a voice in advocating for the positive changes within their community.

Please complete this nomination form with a youth that you feel will be a valuable member of the Youth Advisory Council.

Name_________________________________________ Grade____________________

School________________________________________

Student Contact Information______________________

Person making Nomination________________________

Additional Comments
_____________________________________________
_____________________________________________

Please return all nominations via email, fax or mail to Sarah Collins, Drug Free Communities Project Coordinator.
Sarah Collins
251 Exchange ST
Athol, MA 01331
Fax- 978.575.0474
sarah@nqcc.org

Thank You!
Healing Arts ~ January & February 2019

The Center for Community Resilience after Trauma, a program of Clinical & Support Options, Inc., offers Healing Arts programs & psycho-ed workshops for participants to learn about the effects of trauma on the body, mind, & spirit as well as tools for healing & recovery. These programs are open to adults & mature teens that have been exposed to violence, crime, & trauma.

CCRT recognizes that seeking help can make people feel vulnerable. We are here to support you.
We welcome all races, ethnicities, religions, genders, sexualities, abilities, and ages, regardless of immigration status.

All CCRT services are free & confidential.
Space is limited, registration is requested & programs fill up quickly.
Contact us to reserve your place: (413) 773-5090 or CCRT@csoinc.org.

Peer Connection Open Hours
Wednesdays, Jan. 2nd & Jan. 16th
Wednesdays, Feb. 6th & Feb. 20th
1:30 – 3:30 p.m.

On the first Wednesday of each month, we will be playing board games during open hours. On the third Wednesday of each month, we will be making crafts during open hours (you can bring your own or just show up and we will have options for you!). We hope that this will give people a chance to connect over shared interests. Registration helpful but not required. Held at CCRT, One Arch Place Main Entrance, 2nd floor in Greenfield.

The Healing Power of the Drum
Wednesday, Jan. 9th
10:00 a.m. – 12:00 p.m.

Get back to you. The heart. The beat. Join us for an Interactive high energy, spiritually enlivening experience to release, (re)connect, (re)claim, & rejoice in the presence of self & others, in a loving, supportive & sacred space. Led by local musician, teacher, activist, and survivor Irène I-SHEA Shailly. No previous drumming experience needed. 50% of spaces reserved for participants of color. Se habla Espanol. Held at One Arch Place Main Entrance, 2nd floor in Greenfield.

New Habits for a Happier Life
Thursdays
Jan. 10th, Jan. 17th, AND Jan. 24th
4:00 – 5:00 p.m.

For three consecutive Thursdays, we will meet to learn and practice new ways to think about ourselves, relate to others, and act in meaningful ways. These are some of the keys to finding greater happiness. Each week we will learn new “happiness skills” that we can practice during the week and discuss when we return. This is a three week commitment, facilitated by Susan Maycock, M.S., trained in contemporary Energy Medicine & ancient Healing Arts. Held at CCRT, One Arch Place Main Entrance, 2nd floor in Greenfield.

LGBTQ+ and Allies Yoga
Tuesday, Jan. 29th in Greenfield
and/or
Tuesday, Feb. 26th in Florence
5:30 – 6:30 p.m.

Whether you’re just starting or practice regularly, you are welcomed to the mat with options & variations to support your body & experience. Classes provide a vinyasa style flow of physical postures guided by themes of yoga & Buddhist philosophy. Facilitated by Jena Duncan, a trauma-informed certified yoga instructor who is committed to lifting up those who haven’t felt welcomed in a mainstream yoga class, especially the LGBTQIA+ community. 1/29 held at CCRT, One Arch Place Main Entrance, 2nd floor in Greenfield. 2/26 held at Indigo Yoga, 45 Main St. in Florence.

Soul Medicine–Body Wisdom
Wednesdays, Jan. 30th or Feb. 27th
Individual 50-minute sessions at
9:30 a.m. and 10:30 a.m.

Well-being for body, mind, & spirit with craniosacral therapy - a gentle, hands-on approach to lessen stress, alleviate pain, & reduce the effects of trauma on the body. Provided by Susan Maycock, M.S., trained in contemporary Energy Medicine & ancient Healing Arts. Register for one session only, please. Priority for those who have not attended before. Held at CCRT, One Arch Place Main Entrance, 2nd floor in Greenfield.
Stigma-Free MAT
Addressing the Myths and Facts about Methadone, Suboxone and Vivitrol

Please join us for a presentation, panel discussion and community conversation about the important role of medication-assisted treatment (MAT) in treating opioid use disorder.

Featuring Dr. Ruth Pottee, Family Physician, Valley Medical Group

- What is MAT?
- How does it help?
- Which medications are right for me or my loved one?
- How does drug use alter the brain?

FRIDAY
January 11, 2019
9:30 AM - 12 Noon
Greenfield Community College
Dining Commons
One College Drive
Greenfield, MA

Coffee and a light breakfast will be served beginning at 9 AM.

Free and open to the public! RSVP not required.
Sponsored by the Opioid Task Force’s Treatment and Recovery Continuity of Care Work Group.

Questions?
info@opioidtaskforce.org
(413) 775-7474.
Vaping Resources from the Central MA Tobacco-Free Community Partnership

- Learn the facts about vaping. E-cigarettes/JUULs contain nicotine, which is highly addictive, and they produce an aerosol (not water vapor). Check out GetOutraged.org to learn what the products look like, the dangers of vaping, frequently asked questions, and tips for talking with your kids.

- Educate parents, teachers, community organizations, and groups. I am available to speak with parents, schools, employers, and community-based groups at no charge (see contact info below). Our school toolkit also includes a PowerPoint presentation that you can use to address parents or staff.

- Encourage parents/caregivers to talk with their kids about the dangers of vaping. Parents are a major influence on their kid’s decision to use tobacco and other drugs. Learn tips for talking with your kids about vaping.

- Order or download free materials from the Massachusetts Health Promotion Clearinghouse for your events. Handouts include frequently asked questions, tips for talking with kids, and a fact sheet. A poster is also available for use in adult spaces; the poster is not meant for youth.

- Post no smoking/vaping stickers in your schools, workplaces, and community. As of December 31, 2018, e-cigarette use is prohibited where smoking is prohibited in Massachusetts. Order no smoking/vaping stickers for free from the Massachusetts Health Promotion Clearinghouse. New materials are under development – check in January!

- Ensure middle and high school health curriculums include e-cigarettes. Free best-practice curriculums like CATCH My Breath are available in the school toolkit at GetOutraged.org. Multiple session curriculums build refusal and analytical skills and are more sustainable and effective than a one-time school assembly.

- Survey students about their vaping/tobacco use. Sample Surveillance Questions about tobacco, e-cigarettes, and marijuana use are available for school districts when designing surveys.

- Encourage youth to join The 84 Movement by starting or joining a chapter. The 84 is a very effective statewide movement of youth fighting Big Tobacco in Massachusetts. Youth groups in high school and community organizations (SADD, civics club, etc.) can sign up for free to become a chapter (adult advisor required).

- Share the facts about vaping with your community. Partner with me to use local media outlets and all your communication channels to share local facts about vaping on Facebook and Twitter with content from GetOutraged.org and Make Smoking History.

- Encourage your town/city Board of Health to pass local regulations that reduce the tobacco and vaping industry’s influence on youth. Research shows the more kids are exposed to tobacco products, the more likely they are to start using them.

Contact me, Tina Grosowsky, at tina.grosowsky@umassmed.edu or 508-856-5067 for more information or guidance on any of the above resources.
Quit Smoking or Using Other Tobacco for the New Year!

With the New Year here, make a resolution for a healthier life for you and your family. If you want to quit smoking or using other tobacco products and tried in the past, don’t give up. Many users say quitting is the hardest thing they’ve done and help is available, so keep trying!

The Massachusetts Smokers’ Helpline at 1-800-QUIT NOW (1-800-784-8669) is available for free coaching 24 hours each day, seven days a week (except Thanksgiving and Christmas) to support you through quitting. In addition, now you can enroll online through KeepTryingMA.org. Online supports include quit planning tools, peer support and motivational text messages. For more information, visit KeepTryingMA.org or call Tina Grosowsky at 508-856-5067. Make the choice to quit today, making the holidays and New Year tobacco free.

Public Comment Sought for WIOA Local 4-Year Plan

The MassHire Franklin Hampshire Workforce Board is posting for public comment a draft Workforce Innovation and Opportunity Act (WIOA) Local 4-Year Plan. The Plan is available for public comment until January 12, 2019. The draft plan will be finalized and submitted at the end of the comment period after all public comments have been considered. Hard copies are available for review at the MassHire Franklin Hampshire Career Center located at One Arch Place in Greenfield, MA. The FH Local 4-Year Plan is available here: https://www.masshirefhwb.org/current-masshire-fhwb-plans. Please submit comments in writing to info@masshirefhwb.org, where they will be reviewed by the MassHire FHWB.

WE MOVED!

The North Quabbin Patch & Family Resource Center has moved to the Millbrook Realty Trust building located at:

109 Lumber St Unit 5 Second Floor, Athol
(This building also houses Baxter Chiropractic and Crossroads Church)
Sophie’s Mission Inc.

A Mobile No Cost Pet Food and Pet Supply Pantry

Serving Massachusetts

Phone: 978-728-9111
Email: information@sophiesmission.org
Web: www.sophiesmission.org
Like us On: Facebook, Twitter, Instagram

Offering: Whatever you need just ask!

- Dry and Wet Dog Food for all size breeds
- Dry and Wet Cat Food including Kitten and Puppy Food
- Cat Litter
- Food and Water Bowls
- Specialty diet and prescription food for Dogs and Cats
- Small animal food and supplies – rabbits, hamsters and guinea pigs
- Dog and Cat - Collars, leashes, harnesses, Clothing & toys
- Cat Carriers and Dog Crates

Partners that offer pets for adoption:

Ahimsa Haven Animal Rescue – Templeton & Winchendon MA (978) 939 - 8464
Gardner Animal Shelter – Gardner MA (978) 630 - 4950
North Quabbin Regional Animal Control – Athol MA (978) 249 - 2494
Winchendon Animal Control – Winchendon MA (978) 297 - 1212
Dog Orphans Inc. – Douglas MA (508) 476 - 1855
Buddy Dog Humane Society Inc. – Sudbury MA (978) 443 - 6990
New England All Breed Rescue – Leicester MA (774) 641 - 3441
Second Chance Animal Services – East Brookfield MA (508) 867 - 5525
Dawgs Fight Back – Haverhill MA (978) 641 - 3867
Animal Recuse League of Boston – Boston MA (617) 426 - 9170
Community Cat Connection – Webster MA (508) 949 - 0779
Are you caring for a loved one with dementia?
The Savvy Caregiver Program

A free, six-session workshop series

Various locations across Franklin County and the North Quabbin region.

The Savvy Caregiver Program is a free, six-session training for family and friends who are actively caring for those living with Alzheimer’s or related dementias. Taking care of a person living with Alzheimer’s or related dementia is specialized work. To do this work successfully, caregivers need special skills, knowledge, and a positive attitude that helps them care for themselves.

Savvy Caregiver will help you:
• Understand the impact of dementia on both you and the person in your care
• Learn the skills you need to manage daily life
• Take control and set goals
• Communicate more effectively
• Strengthen family resources
• Feel better about your caregiving
• Take care of you!

Space is limited. Waiting lists available!

Email info@LifePathMA.org or leave your contact information at 413-773-5555 x1190 or 978-544-2259 x1190. No walk-ins and no professional caregivers please.

Funding for this program was provided by a grant from the Administration for Community Living in collaboration with the Massachusetts Executive Office of Elder Affairs and Elder Services of the Merrimack Valley.

Learn how to make choices
to live a healthier life!

Join a Healthy Living Workshop Series

WINTER 2019 WORKSHOPS

Chronic Pain Self-Management
Thursdays, February 14–March 21 | 1–3:30 pm
North Quabbin Recovery Center, Athol

Chronic Disease Self-Management
Mondays, February 18–March 25 | 6–8:30 pm
YMCA in Greenfield

A Matter of Balance:
Managing Concerns about Falls
Thursdays, Feb 14–April 4 | 1–4 pm
The Arbors at Greenfield

Healthy Eating for
Successful Eating
Tuesdays, February 19–March 26 | 1–3:30 pm
Gill Montague Senior Center

Workshops are free for participants and are open to people with one or more chronic health conditions as well as their caregivers and loved ones. For more information or to register for a workshop, call 413-773-5555 x2297 or 978-544-2259 x2297, or email arias@lifepathsma.org. For a complete list and more details about upcoming workshops, visit LifePathMA.org. And stay tuned for next seasons offerings!

Chronic Pain Self-Management
Living Well with Long-Term Health Conditions
FREE! Thursdays, February 14–March 21, 2019 | 1–3:30 PM
North Quabbin Recovery Center, 416 Main St., Athol, MA

Chronic Pain Self-Management helps people build self-confidence to assume an active role in managing their chronic pain by exploring …
• The root cause of pain
• Distraction and relaxation techniques
• Techniques for dealing with difficult emotions, stress, fatigue, isolation, and poor sleep
• Appropriate exercise
• Strategies on healthy eating, weight management, and nutrition
• Facing activity and rest

For more information or to register for a workshop, call 413-773-5555 x2297 or 978-544-2259 x2297, or email arias@lifepathsma.org. For a complete list and more details about upcoming workshops, visit LifePathMA.org.
Sensory Playgroup

For children who have challenges with food and eating.

We will be exploring different foods and sharing tools on how to help your child with eating challenges. There will also be art activities, sensory play, and social and emotional learning opportunities.

Space is limited!

Families must register for this group. To register or for any questions please contact:

Ariella Schwell - aschwell@servicenet.org
Jennifer Aldrich - 978-249-8467 x24

Advanced Manufacturing

Begin a career in Manufacturing and CNC Machining

Trainings begin January 2019

Last chance to attend

Information & Application Session

GCC Downtown Center
270 Main St, Greenfield
Monday, January 7
3:00 - 4:30 pm

Sign up at www.gcc.mass.edu/manufacturing or (413) 774-4361

Do you need help applying for SNAP Benefits? (formerly Food Stamps)

Application assistance is available at
Valuing Our Children’s
North Quabbin Patch Office
109 Lumber St. Athol

Walk in assistance is available
Monday - Friday 10:30am - 4:30pm
Or call 978-249-5070 and ask for Pat
Free English Classes

The Mount Wachusett Community College English for Speakers of Other Languages (ESOL) program provides free English classes for adult learners whose native language is not English. Beginning and intermediate classes are offered in the evening at their Gardner Campus at 444 Green Street, Gardner.

Classes focus on reading, writing, speaking, listening, vocabulary, grammar, and conversation. The ESOL program prepares students to develop the language skills required to communicate effectively in the community, workplace, in their daily lives, and to use English for entering college, job training, and career advancement. All instruction is in English. Students must be at least 16 years old.

Classes meet on Tuesday and Thursday evenings from 6:00 pm to 9:00 pm. Registration for classes is ongoing throughout the school year, so you can enroll at any time! For more information, please call 978-630-9230 or 978-630-9311.

Athol Bird & Nature Club

Events take place at the Millers River Environmental Center, 100 Main Street, Athol, unless otherwise noted. [www.atholbirdclub.org](http://www.atholbirdclub.org).

Jan. 9 @ 7:00 pm: ABNC Members Night—Start the new year off with a look back at this year’s highlights by members.

The 2018 Athol Christmas Bird Count—The 51st annual Athol Christmas bird count was conducted on December 15, 2018. Thirty observers in the field and 15 feeder watchers combined to identify 7,190 individual birds of 66 species in the 15 mile diameter circle centered in Athol. Mild weather with afternoon temperatures hitting 50° with no snow and many bodies of water were only partially frozen. These conditions help explain the above-average number of species observed, average of 60.5 the below average number of individuals, average 9000. The return of evening grosbeak to the region after an absence of seven years were one of the highlights of many of the teams. The Templeton team got our first-ever Peregrine falcon was the only new species added to the count list. Other interesting sightings included to northern shrike’s, and Eastern Phoebe at orange airport, and seven common redpoll’s in Athol. Feeder watchers were able to add three species not found by the field teams, they include a ruffed grouse and New Salem, two chipping sparrow’s and orange, and a sharp shinned Hawk in Athol. Many thanks to all who participated in will look forward to starting our 2019 year list.

Canada goose 13, wood duck 1, American Black duck 23, Mallard 68, common goldeneye 1, hooded merganser 25, common merganser 484, ruffed grouse 1, wild turkey 361, common loon 2, Sharp-shinned Hawk 1, Cooper’s Hawk CW, bald Eagle 7, red-shouldered Hawk 3, red-tailed hawk 11, Ring billed gull 10, Herring gull 7, rock pigeon 608, mourning Dove 381, Eastern screech owl 1, great horned owl 2, barred owl 2, belted Kingfisher 1, red bellied woodpecker 35, downy woodpecker 93, Hairy woodpecker 33, Northern Flicker 1, pileated woodpecker 16, Peregrine falcon 1, Eastern Phoebe 1, Northern shrike 2, blue Jay 94, American crow 44, common Raven 12, black-capped Chickadee 748, tufted titmouse 292, red-breasted nuthatch 22, white-breasted nuthatch 232, Brown creeper 13, Winter Wren 1, Carolina Wren 14, Golden-crowned kinglet 7, Eastern bluebird 40, American Robin 251, gray catbird 1, Northern Mockingbird 4, European starling 1443, Cedar waxwing 220, Snow Bunting 39, American tree sparrow 36, chipping sparrow 2, dark-eyed Junco 311, white-crowned sparrow 3, White-throated sparrow 54, song sparrow 21, swamp sparrow 1, Northern Cardinal 94, red-winged blackbird 1, brown-headed cowbird 1, House Finch 150, purple Finch 2, Pine Siskin 31, common redpoll 7, American Goldfinch 189, evening grosbeak 75, house sparrow 485, total individuals 7191, total species reported 66.
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.

Congressman James P. McGovern’s Local Office Hours in Athol

Congressman James P. McGovern, serving the 2nd Congressional District, Massachusetts, has 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, Regional Manager at 978-466-3552.