The Common Thread

A North Quabbin Community Coalition Publication

May 2022 ~ Volume 37, Issue 9

Heather's Highlights

Hello Readers,

Spring in the North Quabbin has brought many new changes locally. Flowers are blooming, animals are breeding, and the North Quabbin Community Coalition (NQCC) has added a new staff member. Welcome to Jamie Cleveland as our new DCF Coordinator.

April 2022 also meant the return of Athol's River Rat Race festivities! NQCC was able to participate in the parade, support the Big Cheese 5K Road Race, sponsored two canoes, and offered the first Annual River Rat Block Party. Despite the rain, all events were successful and we'll return next year.

Thank you for all you do,

Heather Bialecki-Canning
Executive Director



Next Coalition Forum:

May 20, 2022

9:00—10:30 am

Subject: Presentation by Valuing Our Children

Online

(See back page for Zoom link.)

June's Newsletter DEADLINE: May 24, 2022

Email details to admin@nqcc.org

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NQCC
251 Exchange Street
Athol, MA 01331
978-249-3703
www.nqcc.org ~ info@nqcc.org

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Our FY22 Donor/Members

July 2021-June 2022

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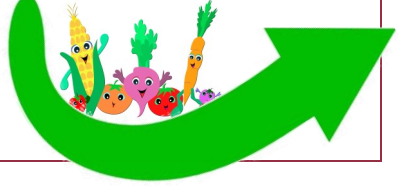
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Invitation to Local Non-Profits to Table at Annual Munch & Move

The NQCC's North Quabbin Children's Health and Wellness System of Care Taskforce invites local non-profit organizations to participate in its annual Munch & Move event taking place on May 18, 2022 from 4:00 to 6:00 pm at Athol High School's sports fields. The deadline for registration is May 16, 2022. Register at nqcc.org/mmreg



The North Quabbin Community Coalition's
NQ Children's Health & Wellness System of Care Task Force Presents:

Munch & Move

A wicked fun event for everyone in the family

May 18, 2022

4:00 - 6:00 pm
Athol High School Fields
2363 Main Street, Athol



Outdoors! Live music by the Can Collectors, games, prizes, obstacle course, raffle, family fun, and more -- all FREE!

Register for a free take-home meal (limited number) from Quabbin Harvest to prepare at home.
Visit nqcc.org/mm

Athol-Royalston Regional School District · CHD positively life changing · CSO Clinical & Support Options · dcf · Communities that Care Coalition · North Quabbin Childcare Association · North Quabbin Recovery Center · Orange Elementary Schools · Valuing Our Children · the Y

For more information, call 978-249-3703. This is not a school sponsored event.

Help Raise Awareness of Mental Health Challenges

Energy Park, Greenfield • Wed., May 18 • 10–2

20th annual Mental Health & Wellness Fair

A CLUBHOUSE EVENT BY CSO CLINICAL & SUPPORT OPTIONS



REDUCING STIGMA FOR 20 YEARS!

Showcasing Local Behavioral Health and Wellness Resources

- mental health **PROVIDERS**
- local **ARTISANS & VENDORS**
- community **PARTNERS**
- games and **ACTIVITIES**
- local **FOOD TRUCK**
- live **MUSIC**

csoinc.org/fair
Free Admission!

Live & In-Person
Wed., 5/18
10am–2pm

Want to be a Fair vendor?
*Contact **Danielle Barron** at Danielle.Barron@csoinc.org or 978-544-1859.*

"Stronger Together"

For **two full decades**, this free community event has promoted **Franklin County**'s vast behavioral health and wellness resources and **reduced stigma** often associated with mental health challenges.

The fair is hosted by the **Green River House** and **Quabbin House**, clubhouse programs of local nonprofit community behavioral health agency **CSO**.

Attending community partners include:

- **MassHire**
- **CleanSlate**
- **Recover Project**
- **Salisin Center**
- **NELCWIT**
- **Stavros Center**
- **Disability Law Cntr.**
- **Greenfield PD** (and Officer Ripon)

Sponsored By:

BATH FITTER®

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MENTAL HEALTH AWARENESS CELEBRATION

& FREE SCREENING OF



DEADLINE EXTENDED TO MAY 2!

MAY 3 @ 5:30 PM

Athol Area YMCA Gym, 545 Main St, Athol

Learn how to help young people thrive in our screen and stress-filled world.
For parents, caregivers, and their teens 11+ (recommended).

Pizza, resources, and childcare available on-site.

REGISTRATION REQUIRED by April 29 at https://form.jotform.com/220965732001145 or w/QR:

For questions, please contact Amanda at 978-249-3703 or amanda@nqcc.org.

North Quabbin Community Coalition · Valuing Our Children · CSO Clinical & Support Options · the YMCA · Athol-Royalston Regional School District

Screening made possible by the Northampton Prevention Coalition & the Western MA Coalitions

CORI & Reentry Project

of Franklin County and the North Quabbin Region

Community Legal Aid CENTRAL AND WESTERN MA

Despite the fact that you may never have been found guilty of a charge, or that you fulfilled any requirements of a guilty plea or verdict, you might be having trouble finding or keeping housing or employment because of your Criminal Offender Record Information (CORI). We may be able to help.

Civil or "collateral" consequences is the term often used to describe the difficulties facing people with CORI when they try to put their past behind them and move forward.

If you are facing any of the following legal issues due to criminal court involvement, incarceration, and/or a substance or alcohol use disorder, we may be able to assist you with:

- Sealing and expungement of CORI
- Public and subsidized housing denials
- Public and subsidized housing terminations
- Employment denials
- Housing discrimination based on substance and alcohol use disorder issues

Community Legal Aid provides free civil (non-criminal) legal services to low-income and elderly residents of Central and Western Massachusetts. We work to assure fairness for all in the justice system, protecting homes, livelihoods, health, and families.

CORI Sealing

Getting a copy of your CORI, reading it, and determining whether some or all of the charges are sealable is complicated. If you want help understanding what is on your CORI and attempting to seal eligible charges, we are here to help.



Overcoming a Public or Subsidized Housing Denial or Termination

If you applied for public or subsidized housing and were denied due to your criminal record, you have the right to appeal that denial. We may be able to assist you with the appeal process.



If you are being terminated or evicted from public or subsidized housing due to a criminal records issue, you may have appeal rights. Contact us to find out whether we can assist with your case.

Employment Denials Due to CORI

Have you been denied a job because of your criminal record? You may have the right to address this denial with the employer.



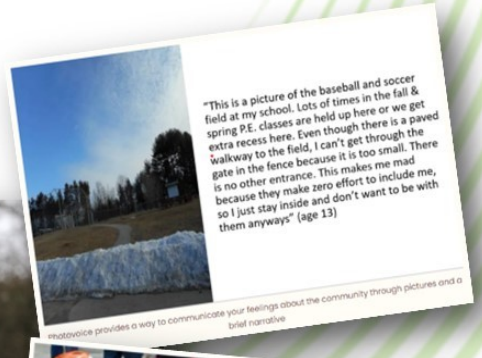
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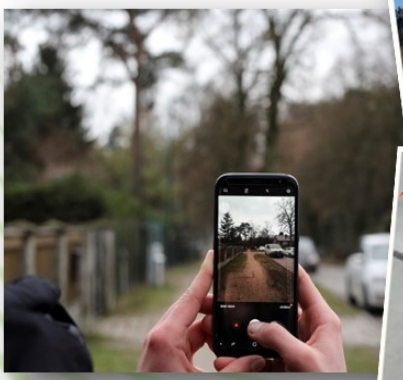
Community Legal Aid
20 Hampton Avenue
Northampton,
MA 01060
Phone: 855-252-5342
Fax: 413-585-0418
www.communitylegal.org



Your community needs you in 2022!

As part of the Greening Lord Pond Plaza plan, the North Quabbin Community Coalition, along with the Town of Athol, needs your help. We are looking for photos of anything you would like us to know about the area from Athol Town Hall to Alan E. Rich Environmental Park along Main Street.







Simply take a photo and write a small description about what is shown and how it impacts our downtown corridor. Is it easy to walk through there? Do you enjoy the scenery? Is it accessible? Try to avoid people in the photos, just capture spaces.

To send your photo and description to us, visit nqcc.org/photovoice. The submission deadline is June 15, 2022. Your photos will be used to help better inform planning and improve the area for all.

Visit lordpondplaza.wordpress.com/photovoice for more info on the Greening Lord Pond Plaza project.

Aspire! Athol

Age-Friendly Programs Offered

North Quabbin Citizen Advocacy is excited to announce that they are partnering with LifePath/Age-Friendly Franklin County and North Quabbin to present four Zoom learning opportunities! These programs will be presented by Nour Elkhattaby Strauch, the Age-Friendly Program Manager at LifePath. The programs are listed below and you can register for any or all that interest you. After registering, you will receive a confirmation email containing the Zoom link. They hope you can join them and that you will share with others! Also, feel free to bring your dinner!

NORTH QUABBIN CITIZEN ADVOCACY

AGE-FRIENDLY Franklin County & North Quabbin

LifePath options for independence

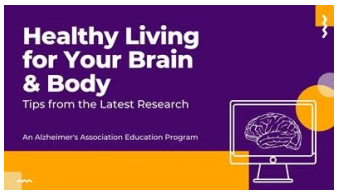
alzheimer's association

KNOW the 10 SIGNS EARLY DETECTION MATTERS

The 10 Signs of Dementia on May 11, 2022 at 6:30 pm

Discuss how to recognize common signs of the disease, how to approach someone about memory concerns, the importance of early detection and benefits of a diagnosis, and the resources available to the community through the Alzheimer's Association and LifePath. Register for The 10 Signs of Dementia at https://us02web.zoom.us/meeting/register/tZEqf-GrqzkrGtHYGBEwdNRVDAAFen5btJCM

Healthy Living for Your Brain & Body on May 24, 2022 at 6:30 pm



Learn important information and research on how cognitive activity, exercise, nutrition, and social engagement impact the aging process and can affect risk for dementia. Register for Healthy Living for Your Brain & Body at https://us02web.zoom.us/meeting/register/tZUpcuugrjosHdM7h4MGLKwjf8v3nanJ_9nY

Dementia & Your Community on June 15, 2022 at 6:30 pm

This training is for volunteers, advocates, and employees serving or interacting with older adults. Learn tips on how to improve your interactions with elders who may be living with memory loss or dementia. Register in advance for Dementia & Your Community at https://us02web.zoom.us/meeting/register/tZEkce6qqzouG9C-FX8dmcwMi746fCtqTqSu

Reframing Aging

WORDS MATTER
Age-inclusive, bias-free language can improve people's understanding of aging.

Age-Friendly Communities & Reframing Aging on June 28, 2022 at 6:30 pm

The first part of this training will provide an overview of the Age-Friendly Communities movement and explore ways in which our systems and policies can better serve the needs of older adults. The second part will focus on Reframing Aging, a national initiative aiming to change the way we think and talk about older adults' needs, and how that can lead to more supportive policies for us all as we age. Register in advance for Age-Friendly Communities & Reframing Aging: https://us02web.zoom.us/meeting/register/tZwucuusrj8jGtwqd1Blo6auZtDhDqOrATAK

You're Invited

to the

38th Annual NQCC Luncheon Celebration



June 17, 2022

11:30am - 2:00pm

Athol American Legion
325 Pequoig Avenue, Athol

> Seating is Limited <

Early Bird Discount Before June 10!

Visit www.nqcc.org, call 978-249-3703, or email admin@nqcc.org

Nurturing Network Meeting-IN PERSON

TENTATIVE AGENDA (start and end times firm):

Thursday, May 5, 2022

9:30 a.m. **Check-in and Light Networking Breakfast**

10:00 a.m. **Nurturing Welcome | Opening Activity**

10:30 a.m. **Keynote by Bettie Edwards-Murchison**

We are thrilled to welcome Bettie Edwards-Murchison, the author of the new *Nurturing Parenting Program for African American Families*. She will introduce her new supplemental curriculum and discuss with us the impact that race, diversity, and prejudice have on our work, on our families, and on parenting in general.

12:00 p.m. **Nurturing Lunch**

12:45 p.m. **Workshops** (four options; must pre-register)

Workshop A: Engaging and Supporting African American Families- Bettie Edwards-Murchison

Workshop B: Engaging and Supporting Spanish Speaking Families- Sylvia Toruno and Judelys Del Carmen

Workshop C: Engaging and Supporting Fathers in Massachusetts- John O'Neil and LaWaun Curry

Workshop D: Engaging and Working with Families who have a child with Autism Spectrum Disorder (ASD) or other Special Need-Heather Bialecki-Canning and Sue Parker

2:30 p.m. **Closing Activity | Next Steps**

3:00 p.m. **Day Ends**

FNC is grateful to Massachusetts Department of Housing and Community Development (DHCD) and the Department of Children and Families (DCF) for funding support

Family Nurturing Center | MA

changing children's chances

FAMILY NURTURING CENTER OF MASSACHUSETTS

www.FamilyNurturing.org

Thursday, May 5, 2022

9:30 to a.m. to 3 p.m.



Bettie Edwards-Murchison

Register for this free event:

https://fnc-nurturingnetworkmeeting-050522.eventbrite.com

(SPACE IS LIMITED)

For more information, contact:

Paul N. Melville, MSW, LCSW

Dir. of Training and Technical Assistance

pmelville@familynurturing.org

dcf

dhcd Massachusetts

Solidarity Farmshares: A New, Free Program

Forty North Quabbin households will receive over $100 of farm fresh veggies plus a container garden kit and recipes! Solidarity Farmshares is a new program of Seeds of Solidarity Farm and Education Center in Orange, MA. This opportunity is for low to moderate income households in the North Quabbin. It provides 40 households with $100 in "veggie bucks" coupons to use at the Seeds of Solidarity farmstand on Chestnut Hill Road in Orange, from June through November, at your convenience. Seeds of Solidarity specializes in tasty, organic salad and cooking greens, plus other vegetables. Each household will also receive a container garden kit, recipe booklet, shopping bag, and at the end of program in late fall, an abundant bag of fall veggies and other harvest items. This program is separate from SNAP or HIP (Healthy Incentives Program), so families who may not qualify for SNAP but would benefit by stretching their food budget with more farm-fresh vegetables (especially greens, our specialty!) may be eligible for this free program. Learn more, check income eligibility, and get the application at https://seedsofsolidarity.files.wordpress.com/2022/04/application-for-solidarity-farmshares-.pdf (due May 20th).

Donations Sought for Renovations at Bird of Prey Rehab Facility

As many of you may know, Tom Ricardi of Conway, a former Environmental Police officer, is a true hero to birds of prey. At any given time he cares for some 45 to 50 injured and sick birds at his Bird of Prey Rehab Facility. It is not rare for Tom to be called out in the middle of the night to retrieve a Great-Horned Owl with a broken wing from a collision with a vehicle, or to travel long distances to collect a starving Snowy Owl. His goal is to nurse as many birds as possible back to health and release them. In the 1970s, when Bald Eagles became endangered due to pesticides, Tom aided recovery efforts by successfully breeding them in a captive environment and releasing them.

All these birds require food, shelter, and medical care. The most pressing need at present is the repair, and in some cases, replacement of several enclosures. Despite Tom's continuous efforts, time and the elements have taken a toll. Although the structures are simple, some are quite large, the size of a one- or two- car garage, which allows the birds to fly and regain strength before being released. Those birds unable to make a complete recovery have a permanent home at the center. Some become integral to Tom's extensive educational and outreach efforts. He doesn't currently have a website, but can be reached at the address below.

The materials needed for this project range from lumber to wire fencing to simple hardware and locks for new doors. The center is seeking donations from lumber companies and farm supply stores, as well as from private citizens and birding enthusiasts throughout Massachusetts. Hobie Iselin, George Regmund, and Jim Lafley of the Hampshire Bird Club will handle the carpentry work, as well as Tom's sons, Tom and Steve. Deb Oakley will chronicle the effort in writing and photos for local publication.



The Massachusetts Bird of Prey Rehab Facility is a 501(c)(3) non-profit, and contributions are tax deductible. Donations should be sent directly to: Massachusetts Bird of Prey Rehab Facility, PO Box 26, Conway, MA 01341.



May 2022

Support the valuable friendships fostered through North Quabbin Citizen Advocacy at your own pace, and on your own schedule!

To register, email: nqcitizenadvocacy@gmail.com

Prizes may be awarded

THANK YOU TO ALL OUR GENEROUS SPONSORS, DONORS AND WALKERS!



SAVE THE DATE FOR OUR

HIGH SCHOOL EQUIVALENCY

Graduation 2022

a celebration for all
high school equivalency graduates
from 2019-2022

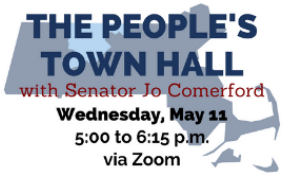
FRIDAY, JUNE 3, 5:00 PM

at Greenfield Community College
GREENFIELD, MA

This event is sponsored by
The Literacy Project &
Greenfield Community College's
Testing Center

Judith Roberts, jroberts@literacyproject.org , 413.774.3934
Kate Devlin, testing@gcc.mass.edu, 413.775.1821

The People's Town Hall with Senator Jo Comerford





Join Senator Jo Comerford for The People's Town Hall—a fun virtual event on May 11 beginning at 5:00 pm—that will highlight what she and her team have been doing on behalf of their district and look forward to what lies ahead. Attendees will also have the opportunity to ask questions, share ideas, and/or offer feedback.

English live transcription (subtitles) and Spanish interpretation will be available. To access Spanish simultaneous interpretation for the event, you must join Zoom using either the Zoom desktop client/app or the Zoom mobile app; simultaneous interpretation is not available if you join Zoom from the web or dial-in. Additionally, to listen in Spanish you must join the meeting audio through your computer audio/VoIP.

Registration is required for this free event at https://senatorjocomerford.org/town-hall-registration/.

After registering, you will receive an email from Zoom with information on how to join. Please check your spam/junk folder for this email. If you do not receive this email, please email cameron.lease@masenate.gov.

The Town Hall will be broadcast live through community media access centers, and will also be recorded and shared online for those who are unable to attend live. Please email cameron.lease@masenate.gov with questions about the event.

2022 Virtual Spring Series Via Zoom



OVERDOSE PREVENTION & NARCAN TRAININGS

Tuesday, May 17, 5:30 PM

Friday, June 24, 11 AM

Please join us at an upcoming community overdose prevention training to learn how to recognize and respond to an opioid overdose. Participants will also learn how to administer Narcan, a lifesaving opioid overdose reversal drug.

Participants will learn the answers to these questions:

- What is an opioid overdose?
- How do you recognize and respond to an opioid overdose?
- How do you administer Narcan to reverse an opioid overdose?

OPIOID Task Force of Franklin County and the North Quabbin Region

tapestry

Want to join the Zoom call? Please email info@opioidtaskforce.org.
www.opioidtaskforce.org

North Quabbin FOODATHON

Save the date!

Tuesday, May 17, 2022

The annual Food-A-Thon event runs 6AM 'til 6PM, for the purpose of helping to feed the hungry of the North Quabbin region through your donations to 5 area food pantries. Thank you for your ongoing support since 2004. Find out more anytime on Facebook or www.nqfoodathon.com.



















BEE Kind Movement

2022



North Quabbin, we GNOME you are kind!

Be a part of a movement to promote kindness and well-BEEing. By signing the pledge at nqcc.org/beekind, your agency/business agrees to strive to always BEE kind and respectful and to help others do the same.

After visiting nqcc.org/beekind, please print, sign, and display the Pledge at your agency/business and then fill out and submit the Registration. You will then be signed up to receive a gnome to display as a symbol of the BEE Kind Movement.

BEEing part of this movement will bring us together as a community to highlight the shared common value of Kindness. This is open to any public entity that would like to participate! For more information or questions, please contact Amanda at amanda@nqcc.org.



North Quabbin Community Coalition



Do you ride the bus? Give us your thoughts!

FRTA



Please take the survey and help identify needs and improvements for FRTA services!

https://www.surveymonkey.com/r/FRTAbus

Use your phone's camera app to scan this QR code to take you to the survey. Paper copies are available at the JWO Transit Center.

North Quabbin Community Coalition
251 Exchange Street, Athol MA 01331
www.nqcc.org

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.

NQCC May Forum:

Subject: Presentation by Valuing Our Children

May 20, 2022, from 9:00 to 10:30 am. Join Zoom Meeting us02web.zoom.us/j/89017545543 ~ Meeting ID: 890 1754 5543 ~ Passcode: 242560

Covid19 Vax Corner

To find a COVID-19 vaccine or booster, visit vaccines.gov, text your ZIP code to 438829, or call 1-800-232-0233 to find locations near you.

For free test kits, visit www.covid.gov/tests, call 1-800-232-0233 (TTY 1-888-720-7489), or contact your local Board of Health:

Athol 978-249-7934;
New Salem 978-544-9673
Petersham 978-724-0057
Royalston 978-249-3617
Wendell 978-544-3395 x106
Erving 413- 422-2800 x1101
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