



of Western Massachusetts



Life without limits for people with disabilities™

North Adams August 2022

Family Support Center North County Offerings

Please remember that unless otherwise indicated, you must RSVP to all events AT LEAST 2 days prior.
For more information, or to RSVP for events, please contact Cindy at (413) 664-9345, ext. 200.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Austrian Flag 	1	2	Drop-In 6:00PM-8:00PM Cost: See Description	4	5	6 
7	8	Law Enforcement & the I/IDD Community 6:00PM	Downtown Celebration 6:00PM-8:00PM Cost: See Description	11	12	13
14 	Women's Group 6:00PM-8:00PM Cost: See Description	Mini-Golf! 5:00PM-7:00PM Cost: See Description	Chalk Night! 6:00PM-8:00PM Cost: See Description	Caregiver Coffee Hour 12:00PM-1:00PM	19	20 
21	22	Self-Advocates 5:00PM-6:00PM Cost: \$2	Concert on Windsor Lake! 6:00PM-8:00PM Cost: See Description	Parent Advisory Group 6:00PM-7:00PM	26	27
28 	Men's Group 6:00pm-8:00pm Cost: See Description	UCP Info Session 10:00AM-11:00AM 6:30PM-7:30PM	End of the Summer Picnic! 6:00PM-8:00PM Cost: See Description			

Funding support for the UCP programs and services are provided under the Department of Developmental Services Family Support Center, Northern Berkshire and Berkshire United Way, Williamstown Community Chest, MassMatch, Massachusetts Rehabilitation Commission, Berkshire Life Charitable Foundation, Berkshire Bank Foundation, Rotary Club of Pittsfield, Massachusetts Commission for the Blind, City of Pittsfield and the Commonwealth of Massachusetts DHCD with funds made available by the City of North Adams..



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Pittsfield August 2022

Family Support Center Central County Offerings

Please remember that unless otherwise indicated, you must RSVP to all events AT LEAST 2 days prior.
For more information, or to RSVP for events, please contact Cindy at (413) 664-9345, ext. 200.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Chess Club 6:00PM-7:00PM	3 Drop-In 6:00PM-8:00PM Cost: See Description	4	5	6 
7	8	9 Law Enforcement & the I/IDD Community 6:00PM <hr/> Chess Club 6:00PM-7:00PM	10	11	12	13
14 	15 Women's Group 6:00PM-8:00PM Cost: See Description	16 Mini-Golf! 5:00PM-7:00PM Cost: See Description <hr/> Chess Club 6:00PM-7:00PM	17 Chalk Night! 6:00PM-8:00PM Cost: See Description	18 Caregiver Coffee Hour 12:00PM-1:00PM	19	20 
21	22	23 Self-Advocates 5:00PM-6:00PM Cost: \$2 <hr/> Chess Club 6:00PM-7:00PM	24 Live on the Lake! 6:00PM-8:00PM Cost: See Description	25 Parent Advisory Group 6:00PM-7:00PM	26	27
28 	29 Men's Group 6:00pm-8:00pm Cost: See Description	30 UCP Info Session 10:00AM-11:00AM 6:30PM-7:30PM <hr/> Chess Club 6:00PM-7:00PM	31 End of the Summer Picnic! 6:00PM-8:00PM Cost: See Description			

Funding support for the UCP programs and services are provided under the Department of Developmental Services Family Support Center, Northern Berkshire and Berkshire United Way, Williamstown Community Chest, MassMatch, Massachusetts Rehabilitation Commission, Berkshire Life Charitable Foundation, Berkshire Bank Foundation, Rotary Club of Pittsfield, Massachusetts Commission for the Blind, City of Pittsfield and the Commonwealth of Massachusetts DHCD with funds made available by the City of North Adams.

WE ARE BACK!!

Events will be held in BOTH locations!

PLEASE SIGN UP TWO DAYS PRIOR TO ALL UCP EVENTS!

Events for August 2022!

All in-person events will have social distancing and masks enforced!

Please sign up with Cindy for each event by calling

(413)-664-9345 ext. 200.

For Zoom events, the link will be sent out after you sign up and give your email!

Austria is our country of the month!

Tuesday's:

- **Chess Club (Pittsfield)**
 - ❖ **CHECKMATE!** Know what that means? Chess Club is back! Have an interest in learning how to play chess? Do you already know how to play? All skill levels are welcome here at UCP's Chess Club! Join your fellow chess fans on Tuesday nights at the **UCP Pittsfield office** for some fun! **This event will run every Tuesday in August from 6:00PM-7:00PM at the Pittsfield Office.**
- **Mini-Golf (North Adams and Pittsfield)**
 - ❖ How many holes in ones can you get? Will you become the mini-golf winner? Practice your swings and join the UCP crew for a night out on the golf course! **Feel free to eat dinner beforehand or purchase food at Krispy Cone after golfing! Please bring \$10 for mini golfing. If you plan to purchase food or dessert, please bring at least \$20 to cover it. This event will run Tuesday, August 16 from 5:00PM-7:00PM.**



Wednesday's:

- **Drop-In! (North Adams and Pittsfield)**
 - ❖ **WE ARE BACK!! HIP HIP HOORAY!** Stop in to the UCP Offices and say hello! Come and learn all about Austria which is our country of the month! Would you like to do an Austrian themed craft? What about brushing up on your Austrian trivia? Did you know that the Austrian flag is one of the oldest national flags in the world? This is a great opportunity to meet new people and explore what the UCP Family Support Centers have to offer! **For dinner, feel free to bring money to order out, eat beforehand, or bring your dinner with you! If you choose to order out, please bring at least \$20. This event will be held Wednesday, August 3 in both the North Adams AND Pittsfield offices from 6:00PM-8:00PM.**



- Downtown Celebration (North Adams)
 - ❖ The North Adams Downtown Celebration is on! The streets will be booming with a variety of vendors and local businesses! Stop by the UCP booth to show your support! The evening is sure to be filled with good food and good times! This event will be held **Wednesday, August 10 from 6:00PM-8:00PM. Eat dinner beforehand, or bring money to dine out at the celebration! If you choose to dine out, please bring at least \$20. Please bring extra money for any other items you would like to purchase!**

- Chalk Night! (North Adams and Pittsfield)
 - ❖ Summer nights call for summer fun! Come show off your artistic ability at UCP's very first chalk night! Decorate our parking lot with fun colors, designs, and pictures! Yard games will also be available to play! A hotdog bar will be served for dinner which includes all different kinds of condiments and toppings alongside baked beans and chips for a side! **This event will run Wednesday, August 17 from 6:00PM-8:00PM and cost \$8.**

- Concert at Windsor Lake! (North Adams)
 - ❖ It's that time of year again for the summer concert series on Windsor Lake! Come and enjoy the sounds of summer all while sitting by the lake! **This event will be held Wednesday, July 20 from 6:00PM-8:00PM. Feel free to eat dinner beforehand or bring your dinner with you! Please also bring a blanket or lawn chair to sit on!**

- Live on the Lake (Pittsfield)
 - ❖ Live on the Lake is back! What better way to spend an evening than listening to live music by the lake? Join your friends and come see the band Generation X Rock play! **Feel free to eat dinner beforehand or bring at least \$20 if you plan to eat out! Please bring a blanket or lawn chair to sit on as well. This event will be held Wednesday, August 24 from 6:00PM-8:00PM.**

- End of the Summer Picnic! (North Adams & Pittsfield)
 - ❖ What better way to end the summer than a picnic? Sit outside, enjoy the warm weather, socialize with your peers, and of course, play some yard games! Hamburgers, hot dogs, chips, and dessert will be provided for dinner! **This event will be held Wednesday, August 31 from 6:00PM-8:00PM. If you wish to bring a side dish to share, the cost will be \$5. If you do not wish to bring a side dish, the cost will be \$8. Please refrain from bringing any dishes that contain strawberries or nuts due to allergies!**

Rejoin some pastime favorites!



❖ Parent Advisory Group:

Your input is vital! HELP! HELP! HELP! UCP is looking to create an active Parent Advisory Group to help choose family trainings, events to enhance programming, and a chance to share your thoughts about what the future holds for your member, for the agency, and your options through Department of Developmental Services! This event will be **Thursday, August 25 from 6:00PM-7:00PM via Zoom.**

❖ Joint Women's Group: Tuesday, August 15 from 6:00PM-8:00PM.

Come have a girl's night out with UCP! This month for Women's Group, the ladies will be painting a garden gnome to add to our UCP garden! **A variety of subs and fruit will be served for dinner! This event will run Tuesday, August 15 from 6:00PM-8:00PM and cost \$10.**



❖ Joint Men's Group: Monday, August 29 from 6:00PM-8:00PM.

Men's Group is back and wants you to join! The guys of UCP are getting back together, and you don't want to miss out! This month, the guys will be doing a mystery night Men's Group! Come and find out what it's all about! **This event will run Monday, August 29 from 6:00PM-8:00PM and cost \$15+.**



❖ Self-Advocates:

We need you!! The Self-Advocates group is just getting started! Join your peers on **Tuesday, August 23 from 6:00PM-7:00PM via Zoom** and catch up, chat, and brainstorm new ideas and innovations! Self-advocates is always looking for new members, so join a meeting and see what we are all about! This event costs \$2.00.



❖ Caregiver Coffee Hour

You bring the coffee; we will bring the conversation! Join Care Manager Meghan Robertson-Hayes to talk about issues, current events, or any other topic ideas you may have! This is also a great time to brainstorm ideas to enhance programming! All ideas are welcome! This event will be held **Thursday, August 18 from 12:00PM-1:00PM via Zoom.**

If you have not already and want to be on our email list for calendars, activities, and special events, please call

(413) 664-9345 ext. 200 to get your name and email on our electronic list!





The Western Mass Family Leadership Program at MCS

**In partnership with
MCS Family Support Centers**

Presents:

Law Enforcement and the I/DD Community

A Conversation with Russell Lehmann - Advocate, Writer, Motivational Speaker



For people with intellectual and developmental disabilities (I/DD) such as autism, interacting with law enforcement can be difficult due to communication and behavioral challenges, and lead to misunderstandings and negative experiences. This presentation will look at the barriers to effective outcomes between people with I/DD and law enforcement, and consider ways that individuals and families can address them with the goal of increasing positive interactions.

Date: Tuesday, August 9th, 2022 Time: 6:00PM

Location: Online via Zoom

Register online at: <https://forms.gle/rWvd6ZV255fuo7UJ9>

Russell Lehmann is an internationally recognized advocate, motivational speaker, and author who happens to have autism. He is the author of two books - *"Inside Out: Stories and Poems from an Autistic Mind"*, and *"On the Outside Looking In"*. His work addresses the challenges of all the conditions of the human experience, uniting the efforts of diverse groups in order to achieve substantive, systemic change and acceptance. His work also focuses on erasing the stigma and stereotypes that come with having a disability. Russell is on the national board of directors for The Arc, a council member for the Autism Society of America, and has also sat on the Nevada Governor's Council on Developmental Disabilities.

Upon registration, an email will be forwarded with a link to the presentation.

Email for more information: susancrosby@mcsnet.org

**COME ONE!
COME ALL!**

UCP wants to help YOU!

**UCP is starting monthly informational sessions
and we want YOU to join!**

Assistive Technology?

Adult Family Care?

SNAP benefits?

Fuel Assistance?

Agency with Choice?

DDS Applications

Social Security?

ABLE Accounts?

Or do you simply want to learn more about UCP and what services, supports,
and assistance we can provide?



Join us monthly for an informational Zoom session!

**These informational sessions will be held at TWO different times to
accommodate your busy lives!**

Meet with Jennifer, Emily, and Kristin!

Tuesday, August 30, 2022

10:00 A.M.-11:00 A.M.

AND

6:30 P.M.-7:30 P.M.

See back page for Zoom link information!



UCP is inviting you to a monthly Zoom meeting.

10:00 AM Time:

Every month on the Last Tue, until Sep 27, 2022, 7 occurrence(s)

Mar 29, 2022 10:00 AM

Apr 26, 2022 10:00 AM

May 31, 2022 10:00 AM

Jun 28, 2022 10:00 AM

Jul 26, 2022 10:00 AM

Aug 30, 2022 10:00 AM

Sep 27, 2022 10:00 AM

Join Zoom Meeting

<https://us02web.zoom.us/j/84030037642?pwd=YnI4cTFEZkVIVzJVVWitzUEJQeFBNZz09>

Meeting ID: 840 3003 7642

Passcode: 233219

6:30 PM Time:

Every month on the Last Tue, until Sep 27, 2022, 7 occurrence(s)

Mar 29, 2022 06:30 PM

Apr 26, 2022 06:30 PM

May 31, 2022 06:30 PM

Jun 28, 2022 06:30 PM

Jul 26, 2022 06:30 PM

Aug 30, 2022 06:30 PM

Sep 27, 2022 06:30 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/89668852969?pwd=QnVvS1lkQldxdEJjVkxEV2dBMDFoUT09>

Meeting ID: 896 6885 2969

Passcode: 901388



of Western Massachusetts

*Life without limits for people with disabilities**

UCP'S Parent Advisory Group

WE NEED YOUR VOICES!

Calling all parents, community members, and professionals!

We want YOU to join us!



HELP! HELP! HELP! Your input is VITAL! UCP is looking to create an active Parent Advisory Group to help choose family training's, events to enhance programming, and a chance to share your thoughts about what the future holds for your member, for the agency, and your choices through Department of Developmental Services!

A time for us to plan for the future and to have a voice in what is offered through DDS and UCP's Family Support Center! We want everyone's voices to be heard!

Thursday, August 25, 2022 from

6:00PM-7:00PM via Zoom

To sign up, please contact Emily Shoestock at (413) 664-9345 ext. 229





August Right of the Month

Association



What that means:

- I have the right to choose my friends and any community groups I join or socialize with.
- I have the responsibility to be respectful if people don't want to be my friend.

What I am responsible for with that Right:

- I have the responsibility to respect other people's rights and personal space.

****UCP Supports The Rights and Responsibilities of all our members****