



Life without limits for people with disabilities™

# North Adams June 2023

## 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
 Israel is the country of the month				1	2	3 Pride Parade 11:00AM-4:00PM 
4	5 DDS: Tools to Self-Care 9:00AM-11:00AM	6	7 Steeplecats Game 6:00PM-8:00PM Cost- See Description	8 Caregiver Coffee Hour 12:00PM-1:00PM	9	10
11 	12 Women's Group 6:00PM-8:00PM Cost- See Description	13	14 Drop In 6:00PM-8:00PM Cost- See Description	15	16 Walking at the Glenn 5:00PM-6:00PM	17 
18	19	20	21 Picnic & Outdoor Games 6:00PM-8:00PM Cost- See Description	22	23	24 Adams Street Fair 12:00PM-3:00PM Cost- See Description
25 	26 Men's Group 6:00PM-8:00PM Cost- See Description	27	28 Popsicle Social 6:00PM-8:00PM Cost- See Description	29 Parent Advisory Group 6:00PM-7:00PM	30	

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..



of Western Massachusetts

Life without limits for people with disabilities

# Pittsfield June 2023

## 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
 Israel is the country of the month				1	2	3 Pride Parade 11:00AM-4:00PM 
4	5 DDS: Tools to Self-Care 9:00AM-11:00AM	6	7 Drop In 6:00PM-8:00PM Cost- See Description	8 Caregiver Coffee Hour 12:00PM-1:00PM	9	10
11 	12 Women's Group 5:00PM-7:00PM Cost- See Description	13	14 Pittsfield Suns Game 6:00PM-8:00PM Cost- See Description	15	16	17 
18	19	20	21 Picnic & Outdoor Games 6:00PM-8:00PM Cost- See Description	22	23	24 Adams Street Fair 12:00PM-3:00PM Cost- See Description
25 	26 Men's Group 6:00PM-8:00PM Cost- See Description	27	28 Popsicle Social 6:00PM-8:00PM Cost- See Description	29 Parent Advisory Group 6:00PM-7:00PM	30	

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.

**NORTH ADAMS MOBILE FOOD BANK  
2023-2024  
ANTICIPATED SCHEDULE**

**January 6th & 20th**

**February 3rd & 17th**

**March 3rd & 17th**

**April 7th & 21st**

**May 5th & 19th**

**June 2nd & 16th**

**July 7th & 21st**

**August 4th & 18th**

**September 1st & 15th**

**October 6th & 20th**

**November 3rd & 17th**

**December 1st & 15th**

All distributions will be held at the Brien Center,  
American Legion Drive, from 10-11 am

*All are welcome! There are no eligibility  
requirements to participate.*

Produce and grocery items are provided  
by the Food Bank of Western MA

For tips & recipe ideas:

<https://www.foodbankwma.org/learn/nutrition-tips/>

In the event of potential closures,  
Food Bank Mobile Line: (413)-419-0079



# DDS Metro Recharging Your Batteries: Tools for Self-Care

*Presented by: Pat Carney*

**Monday, June 5<sup>th</sup>, 2023, from 9:00AM-11:00AM**

This workshop will address the importance of maintaining self-care in our busy day to day lives.



As professional caregivers we are responsible for the health and well-being of individuals daily. To preserve our energy and provide compassionate care, it's vital to also focus on our own self-care.

Join Pat Carney as she teaches us various ways, big and small, to ensure we take care of ourselves, to assist in making us truly successful in providing care to others.



**Please call Cindy Poirier at (413) 664-9345 ext. 200 to sign up and receive the Zoom link!**

## PLEASE SIGN UP TWO DAYS PRIOR TO ALL UCP EVENTS!

### Events for June 2023!

All in-person events will have social distancing!

Please sign up 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!

**Israel is the country of the month!**



#### Wednesday's:

- Drop-In! (North Adams and Pittsfield)

- ❖ COME ONE! COME ALL! Stop in to the UCP Offices and say hello! Come and learn all about Israel which is our country of the month! Fun fact, Israel has the most museums than any other country! Israel is also nearly the same size as the state of Massachusetts! Join us to learn more fun facts and trivia! 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 \$25. This event will be held Wednesday, June 7<sup>th</sup> in the Pittsfield Office and Wednesday, June 14<sup>th</sup> in the North Adams Office, both from 6:00PM-8:00PM.**

- Baseball Games (North Adams and Pittsfield)

- ❖ Let's go out and show spirit for our local Baseball Teams! Join us to watch the Pittsfield Suns and North Adams Steeplecats but remember to bring a chair to get the best view! **This event will be held on Wednesday, June 7<sup>th</sup> at Noel Field for North Adams and Wednesday, June 14<sup>th</sup> at Wahconah Park for the Pittsfield Office. Tickets will be provided for FREE. Feel free to bring dinner or bring at least \$10+ to get food at the game.**





- **Picnic & Outdoor Games (North Adams and Pittsfield)**
  - ❖ It's time to cheer, summer is almost here! Join us for our first picnic of the year! There will be fun games of cornhole, basketball, and ladder ball available for everyone! **This event will run Wednesday, June 21<sup>st</sup> in both the North Adams AND Pittsfield offices from 6:00PM-8:00PM. The cost will be \$10, but only \$5 if a covered dish is brought. UCP will provide chips, dessert, hot dogs, and burgers.**
- **Popsicle Social (North Adams and Pittsfield)**
  - ❖ The weather is hot, but you can stay cool while chilling with your peers and eating popsicles! Bring yourself dinner and eat with the group and have popsicles after. A sugar-free option will be available. **This event will run Wednesday, June 28<sup>th</sup> in both the North Adams AND Pittsfield offices from 6:00PM-8:00PM. The cost is \$2.**



#### **Thursday's**

- **Walking at the Glenn**
  - ❖ Join us for a nice evening walk at the Glenn in Adams! **The event will be on Thursday, June 16<sup>th</sup> from 5:00PM-6:00PM.**



**ATTENTION! WEEKEND OFFERINGS!**



- **Saturday—Adams Street Fair! (North Adams and Pittsfield)**
  - ❖ Now that the weather is warming up, it's time to get outside! Come out and see all Adams has to offer. There will be food, craft vendors, live music, and even fire rescue trucks to see! Rumor has it the newest K9 dog Adam will be making an appearance! This event will be **held Saturday, June 24<sup>th</sup> from 12:00PM-3:00PM. Please bring \$20+ for food and any extra goodies you might find.**

## 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, June 29<sup>th</sup> from 6:00PM-7:00PM via Zoom.**

### ❖ Joint Women's Group: Monday, June 12<sup>th</sup> from 5:00PM-7:00PM.

Come have a girl's night out with UCP! This month for Women's Group, the ladies will support local and try the new boba shack, 57 Park Street in Adams! Please bring dinner with you as we will eat the tables provided outside on Park St and walk the Bike Trail after eating! **This event will happen on Monday, June 12<sup>th</sup> from 5:00PM-7:00PM and costs \$5+.**



### ❖ Joint Men's Group: Monday, June 26<sup>th</sup> from 6:00PM-8:00PM.

Men's Group wants you to join! The guys of UCP are back and want you to join! This month, the guys will be enjoying a night out at the Steeplecats baseball game! **This event will run Monday, June 26<sup>th</sup> from 6:00PM-8:00PM. The cost is \$5 for admission, and you can bring dinner or bring \$10+ to get dinner at the concession stand!**

### ❖ Self-Advocates:

We need you!! The Self-Advocates group is BACK! Join your peers on **Tuesday, June 20<sup>th</sup> from 5:00PM-6:00PM 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, June 8<sup>th</sup> 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!





# June Right of the Month

## Expression



### What that means:

- I have the right to be my own person.
- I have the right to express my wants, needs and desires in a judgement-free atmosphere without fear of punishment.
- I have the right to show my beliefs through art, music, religion and political views.
- I have the responsibility to respect other beliefs even if they are different than mine.

### What I am responsible for with that Right:

- I have the responsibility to make sure I treat everyone as I want to be treated.

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