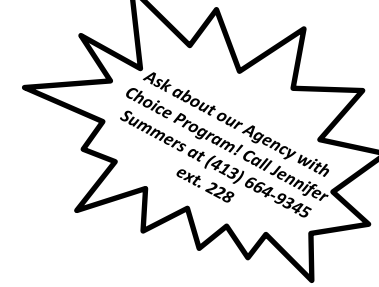






North Adams April 2024

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.

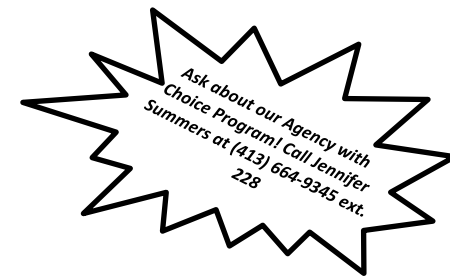


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kuwait in the country of the month 	1	2	3 Drop In 6:00PM-8:00PM Cost- See Description	4 CATA- Art 4:00PM-5:30PM <hr/> Caregiver Coffee Hour 12:00PM-1:00PM	5	6 
7	8 Meditation Monday 4:00PM-5:00PM	9 Women's Group 6:00PM-8:00PM Cost- See Description	10 Garden Night 6:00PM-8:00PM Cost- See Description	11 CATA- Art 4:00PM-5:30PM	12	13 Bowling @ K&M 10:00AM-1:00PM Cost- See Description
14	15 Meditation Monday 4:00PM-5:00PM	16 DDS Basic Human Rights Training 9:00AM-1:00PM Self-Advocates 5:00PM-6:00PM Cost- \$2 <hr/> Caregiver Coffee Hour 4:30PM-5:30PM	17 Spring Fling 6:00PM-9:00PM Cost- See Description	18 CATA- Art 4:00PM-5:30PM	19	20
21	22 Meditation Monday 4:00PM-5:00PM	23	24 Sensory Night 6:00PM-8:00PM Cost- See Description	25 CATA- Art 4:00PM-5:30PM <hr/> Parent Advisory Group 4:00PM-5:00PM	26 How2Go 6:00PM-11:00PM Cost- See Description	27
28 	29 Meditation Monday 4:00PM-5:00PM	30 Men's Group 6:00PM-8:00PM Cost- See Description				

Pittsfield April 2024

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
Kuwait in the country of the month 	1	2	3 Drop In 6:00PM-8:00PM Cost- See Description	4 Open Swim 6:00PM-7:00PM <hr/> Caregiver Coffee Hour 12:00PM-1:00PM	5	6 
7	8 Eclipse Party 3:00PM-4:00PM	9 Women's Group 6:00PM-8:00PM Cost- See Description	10 Garden Night 6:00PM-8:00PM Cost- See Description	11 Open Swim 6:00PM-7:00PM	12	13 Bowling @ K&M 10:00AM-1:00PM Cost- See Description
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28 	29	30 Men's Group 6:00PM-8:00PM Cost- See Description				

PLEASE SIGN UP TWO DAYS PRIOR TO ALL UCP EVENTS!

Events for April 2024

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!

Kuwait is the country of the month!



Monday's

• **Meditation Monday (North Adams)**

- ❖ Stretching, meditation, self-reflection, and movement are crucial for our physical and mental health. Join Jen Ross in a class that features improv dancing, yoga, and fun meditation techniques to feel the best you ever have! **This event is held on Monday, April 8th, 15th, 22nd, and 29th from 4:00PM-5:00PM in the North Adams Office.**



Wednesday's:

• **Drop-In! (North Adams and Pittsfield)**

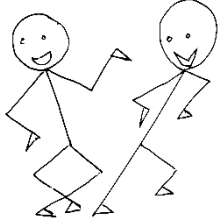
- ❖ COME ONE! COME ALL! Stop in to the UCP Offices and say hello! Come and learn all about Kuwait which is the country of the month! Did you know that Kuwait has the sixth largest oil reserve in the world? Join us to learn more fun facts and trivia! This is a great opportunity to meet new people and 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, April 3rd from 6:00PM-8:00PM.**



• **Garden Night (North Adams and Pittsfield)**

- ❖ Do you have a green thumb? Come pick out of various vegetables and grow your own for home! **This event will be held on Wednesday, April 10th from 6:00PM-8:00PM. Dinner will be a salad bar followed by dirt pudding for dessert. The cost of the event is \$12.**





- Spring Fling (North Adams and Pittsfield)

- ❖ Are you ready to get your groove on? Join us at our Spring Fling dance for food, good conversation, and showing off your best moves! You don't want to miss out! **This event will be held on Wednesday, April 17th from 6:00-9:00PM at the Cheshire Rod & Gun Club. The tickets for this event will be \$25.**

- Sensory Night (North Adams and Pittsfield)

- ❖ April is Autism Awareness month. Come out and show your support by joining us in various sensory activities including kinetic sand and fidget toys. **This event will be held on Wednesday, April 24th from 6:00PM-8:00PM. Pizza will be served for dinner. The cost will be \$5.**



Thursday's

- Open Swim (Pittsfield)

- ❖ Pre-registration is required each week! Please contact Cindy Poirier at (413) 664-9345 ext. 200 to sign up! Open swim is back for all UCP members and families! **This program is free and will be offered every Thursday in April from 6:00PM-7:00PM at the Gladys Allen Brigham Center.**



- CATA- Art (North Adams)

- ❖ Join instructor Elizabeth in various art activities. **This event will be offered on all Thursdays in the month of April from 4:00PM-5:30PM.**



ATTENTION! WEEKEND OFFERINGS!



Friday's

- Howl 2Go (Pittsfield & North Adams)

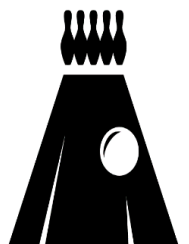
- ❖ It's time for UCP's annual benefit concert! This unique show will have you jumping out of your seats and dancing to the music! **Tickets are \$30 at the door! This event will be held on Friday, April 26th from 6:00PM-11:00PM. Please bring \$10+ for drinks at the golf course where the event is held.**



Saturday's

- Bowling @ K&M (North Adams and Pittsfield)

- ❖ Spare a few hours on the weekend and join us in Bowling at K&M! If you have your own shoes and/or ball, please feel free to bring those! **This event will be held Saturday, April 13th from 10:00AM-1:00PM. Please bring \$15 for bowling and shoe costs as well as \$15+ for lunch.**



Rejoin some pastime favorites!

❖ Parent Advisory Group:

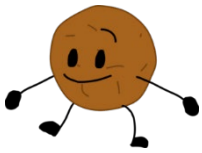
Your input is vital! HELP! HELP! HELP! UCP is looking to create an active Parent Advisory Group to help choose family trainings, events to enhance programming, and a chance to share your thoughts about what the future holds for your member, for the agency, and your options through Department of Developmental Services! **This event will be on Thursday, April 25th from 4:00PM-5:00PM via Zoom.**



❖ Joint Women's Group: **Tuesday, April 9th from 6:00PM-8:00PM at the North Adams Office.** Come have a girl's night out with UCP! This month for Women's Group, the ladies are going to baking delicious treats! A creamy pasta dish will be served for dinner. **The cost will be \$10.**



❖ Men's Group: **Tuesday, April 30th from 6:00PM-8:00PM at the North Adams office.** The guys of UCP are back and want you to join! The guys are going to watch the newest WWE pay-per-view and have meatball grinders for dinner! **Please bring \$8 for dinner.**



❖ Self-Advocates: We need you!! The Self-Advocates group is BACK! Join your peers on **Tuesday, April 16th 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, April 4th from 12:00PM-1:00PM via Zoom, as well as Tuesday, April 16th from 4:30PM-5:30PM via Zoom and in person in the North Adams Office.**



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!





PRESENTED BY



**CANNA
PROVISIONS**

HOWL
2GO™
BY HOWL AT THE MOON®

DUELING PIANOS FUNDRAISER FOR UCP OF WESTERN MASSACHUSETTS

FRIDAY, APRIL 26, 2024 • DOORS OPEN @ 6:30PM

BERKSHIRE HILLS COUNTRY CLUB • 500 BENEDICT ROAD • PITTSFIELD

\$30 PER PERSON OR \$350 PER TABLE OF TEN

TABLES GET RESERVED SEATING TO ENSURE YOU AND YOUR FRIENDS SIT TOGETHER



**PURCHASE THRU
EVENTBRITE**

**TICKET INCLUDES KJ NOSH
CATERED APPETIZERS!**



**Proceeds to benefit UCP of Western Massachusetts
Assistive Technology PATCH Scholarship Fund.**

Ask us about sponsorship opportunities throughout the year.

LISTEN TO THE ECLIPSE

Experience the Solar Eclipse through sound with Assistive Technology called the LightSound. Tool created for the Blind and Low Vision community to experience the eclipse by sound.

Turning Light into Sound
at UCP of Western MA



We will have a limited supply of eclipse glasses for seeing folks

MONDAY APRIL 8TH, 2024



Outside in Front of the Clocktower
Business Center

75 South Church St. Pittsfield MA, 01201

Time: 3pm - 4pm

For more information and to RSVP contact
413-442-1562 ext 122

NE Region DDS Basic Human Rights and Mandatory Reporter Training:

Please: Register for one date only! These are virtual trainings on WebEx.

Date: Tuesday, April 16, 2024, 9:00 AM to -1:00 PM on WebEx

To register for this training session

Go to <https://eohhs.webex.com/eohhs/k2/j.php?MTID=ta622197dbf0fc6c4f59aa5957b07c26a>

Once you are approved by the host, you will receive a confirmation email with instructions for joining the session.

Safeguarding the rights of the people we support is a shared responsibility. Families, staff, human rights officers, legal representatives, and the individuals themselves must all work together to ensure that a person's rights are respected. This class will provide some background on human rights, including an historical perspective, and provide a foundation for the role of support people. Abuse and mistreatment issues and staff responsibility in reporting abuse to both DDS and the Disabled Persons Protection Commission (DPPC) will be addressed. This training includes DDS' expanded DPPC Mandatory Reporting training. **Basic Human Rights is the prerequisite for Human Rights Officer training.**

Instructor: Ramzi Wakim/Donald Wise/Tom Jackson DDS NE Regional Trainers

If you need accommodations, please request them at least two weeks before the training by emailing Ramzi.Wakim@mass.gov

To register: Click on the link to register or copy/paste link into your browser. **(Person taking the training must register themselves with the email that will be used to take the training).**

Devices to use when taking the training: When staff register for the training (offered on WebEx), they need to register with the email that they will use to take the training. The device they use to take the training must have audio and should have video (camera) capacity. If using a smart phone to take the training, they will need to first download the Cisco WebEx app (see below) and go through the app to take the training. If they are using a smart phone to take a WebEx training, they CANNOT join these WebEx trainings by directly calling/dialing in—that doesn't work. Participants should attend the training either on a computer/laptop or connect through the Cisco WebEx app on a smart phone. If a participant accesses through the phone WebEx app, they don't have all the features, but they are still able to see the power point, hear the presenter and use the chat feature.

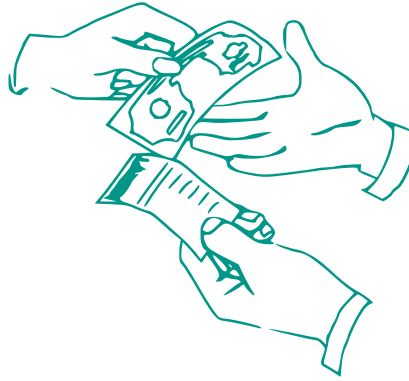
Unfamiliar with WebEx training and never used it before? At least one day before the training,

1) Please watch this video about how to use WebEx Training:

<https://launch.webex.com/launch/lsr.php?RCID=2655c5a915dd48c1ab5d2cf3f9dda3a4>

2) Download the App for WebEx on your computer /smart phone or iPad/tablet in advance in order to be able to use all the functions during the training:

<https://www.webex.com/downloads.html>



April Right of the Month

Property



What that means:

- I have the right to purchase and own things that make me happy
- I have the right to keep, use, dispose of, and legally own the things I like
- I have the right to use my money to purchase things I like

What I am responsible for with that Right:

- I have the responsibility to understand that my expenses of living are the first things that need to be paid before I buy other things

UCP Supports The Rights and Responsibilities of all our members