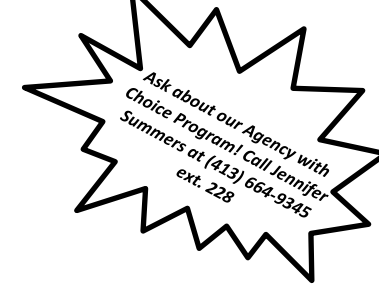





North Adams May 2024

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 Cheryl at (413) 664-9345, ext. 200.

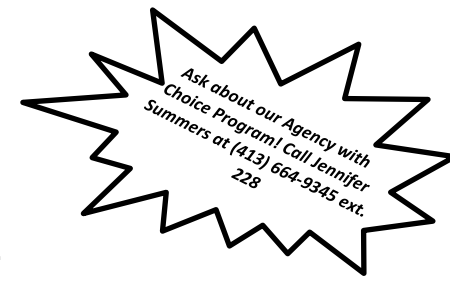







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Croatia is the country of the month 			1 Drop In 6:00PM-8:00PM Cost- See Description	2 Open Swim 6:00PM-7:00PM	3 Caregiver Coffee Hour 1:00PM-2:00PM	4 Camp Cleanup 10:00AM-2:00PM
5	6	7 CATA 4:00PM-5:30PM	8 Flower Jar Craft 6:00PM-8:00PM Cost- See Description	9 Open Swim 6:00PM-7:00PM <hr/> Women's Group 6:00PM-8:00PM Cost- See Description	10	11
12 	13 Meditation Monday 4:00PM-5:00PM	14 Self-Advocates 3:00PM-4:00PM <hr/> CATA 4:00PM-5:30PM	15 Caregiver Coffee Hour 5:30PM-6:30PM <hr/> Bingo Night 6:00PM-8:00PM Cost- See Description	16 Parent Advisory Group 4:00PM-5:00PM <hr/> Open Swim 6:00PM-7:00PM	17	18 
19	20 Meditation Monday 4:00PM-5:00PM	21 CATA 4:00PM-5:30PM	22 Rock Painting 6:00PM-8:00PM Cost- See Description	23 Open Swim 6:00PM-7:00PM	24	25
26 	27 UCP is CLOSED in observance of Memorial Day!	28 CATA 4:00PM-5:30PM	29 Cook Out & Games 6:00PM-8:00PM Cost- See Description	30 Open Swim 6:00PM-7:00PM <hr/> Men's Group 6:00PM-8:00PM Cost- See Description	31	

Pittsfield May 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 Cheryl at (413) 664-9345, ext. 200.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Croatia is the country of the month 			1 Drop In 6:00PM-8:00PM Cost- See Description	2 Open Swim 6:00PM-7:00PM	3 Caregiver Coffee Hour 1:00PM-2:00PM	4 Camp Cleanup 10:00AM-2:00PM
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PLEASE SIGN UP TWO DAYS PRIOR TO ALL UCP EVENTS!

Events for May 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!

Croatia 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, May 13th and 20th from 4:00PM-5:00PM in the North Adams Office, with a Zoom alternative!**

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 Croatia which is the country of the month! Did you know that Croatia has over 1,200 islands, isles, and inlets? 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, May 1st from 6:00PM-8:00PM.**

- Flower Jar Craft (North Adams and Pittsfield)

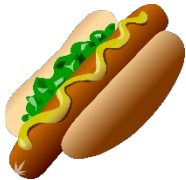
- ❖ April showers bring May flowers! Join us in a LIT Flower jar craft! **This event will be held on Wednesday, May 8th from 6:00PM-8:00PM. Sloppy Joe sliders & pasta salad will be served for dinner. The cost of the event is \$12.**





- **Bingo Night (North Adams and Pittsfield)**
 - ❖ B4! G45! Join us for our most requested activity, Bingo Night! You don't want to miss out on all the cool prizes! Can you be the Bingo champion? **This event will be held on Wednesday, May 15th from 6:00-8:00PM. Please bring your own dinner or bring \$25+ to order out.**

- **Rock Painting (North Adams and Pittsfield)**
 - ❖ It's time to update our welcoming gardens with new artwork! Wear clothes that you won't mind getting messy and bring your artistic skills! **This event will be held on Wednesday, May 22nd from 6:00PM-8:00PM. The cost of the event will be \$8.**



- **Cook Out & Games (North Adams and Pittsfield)**
 - ❖ The weather is warmer, the days are longer, so let's get outside and enjoy it! What better way to kick off summer than with a cookout? There will be outdoor games like cornhole and ladder ball for all to enjoy! **This event will be held on Wednesday, May 29th from 6:00PM-8:00PM. Dinner will be burgers, hot dogs, and sides. The cost of the event will be \$10.**

Thursday's

- **Open Swim (Pittsfield)**
 - ❖ Pre-registration is required each week! Please contact Cheryl Tidwell 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 May from 6:00PM-7:00PM at the Gladys Allen Brigham Center.**



Tuesday's

- **CATA- Art (North Adams)**
 - ❖ Get your creativity caps on and join instructor Elizabeth in various art activities/projects! **This event will be held every Tuesday in the month of May from 4:00PM-5:30PM.**



ATTENTION! WEEKEND OFFERINGS!



Saturday's

- **Camp Cleanup (North Adams and Pittsfield)**
 - ❖ Put on your gardening gloves and old clothes and help get Camp Holy Cross ready for the summer excursions! Tasks will include twig clean up, weeding the garden, etc. **This event will be held Saturday, May 4th from 10:00AM-2:00PM. Lunch will be provided!**



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, May 16th from 4:00PM-5:00PM via Zoom.**



❖ Joint Women's Group: Thursday, May 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 getting crafty and making a ceramic jewelry dish! Dinner will be chicken, broccoli, and rice casserole. **The cost will be \$15.**



❖ Men's Group: Thursday, May 30th from 6:00PM-8:00PM at the North Adams office. The guys of UCP are back and want you to join! This month, the guys are going to be having a cornhole tournament! Will you be the champion? Dinner will be chicken tenders and fries. **Please bring \$8 for dinner.**

❖ Self-Advocates: We need you!! The Self-Advocates group is BACK! Join your peers on **Tuesday, May 14th from 3:00PM-4:00PM 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 Friday, May 3rd from 1:00PM-2:00PM via Zoom, as well as Wednesday, May 15th from 5:30PM-6:30PM 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!





Because We Do Not Have a Crystal Ball Let's create a vision!

Conference is geared to both caregiver and the adult persons with disabilities.

Presented by:

- ❖ Berkshire Citizen Advisory Board for Department of Developmental Services (CAB)
- ❖ Department of Developmental Services (DDS)

CONFERENCE

MCLA at Murdock Hall - May 17, 2024 - 9 a.m. to 2:30 p.m.

Registration and Sharing: 8:30 to 9:00 - Free Workshop, Lunch provided

Speakers and topics include:

- Sonja Haecker, Executive Vice President of Berkshire County Arc
 - Mapping Relationships for the Future
- Maryellen Smith RN and Attorney John Torrone from DDS
 - Health care proxy, MOLST, and Guardianship
- Adam Hartwell, Director of Attainable Outreach
 - Attainable Savings Plans
- Ned Roche from Roche Funeral Home
 - Funeral Planning
- Cathy Costanzo, Executive Director of the Center for Public Representation
 - Supportive Decision Making

REGISTRATION:

RSVP by May 3rd to Terry Unwin

- Call: 413-447-7381 ext. 222
- Email: Terry.Unwin@mass.gov
- Your Name, telephone number, mailing address & email address
- Please note any accessibility needs or dietary restrictions

Assistive Technology Fair

Thursday, May 30th from 10 AM to 4:00 PM

Brought to you by the Massachusetts Department of Developmental Services – Central/West Regional Office

SPRINGFIELD COLLEGE FIELD HOUSE
FREE TO THE PUBLIC!!!



To Register for the AT Fair:

Grab your phone and snap a picture of this QR Code. This will open the page where you can register for the event!

DDS Central West is pleased to bring you an opportunity to explore innovations in Assistive Technology on Thursday, May 30th from 10:00 am to 4:00 pm at The Springfield College Field House (263 Alden Street, Springfield, MA 01109).

Assistive products help people maintain or improve their functioning and independence, promoting well-being. The Assistive Technology Fair is a chance to explore adaptive innovations in Smart Home Technology, Health, Employment Tools, Recreation, Leisure, Mental Wellness, Communication, Mobility, Executive Functioning, Remote Supports and Monitoring, Sexual Wellness, and more!

We invite you to experience a variety of assistive technology products through exhibits, demonstrations, and presentations -- **all at no cost**. Registration is encouraged.

Register using the QR Code above.

May Right of the Month

Due Process



What that means:

- I have the right to be presumed competent unless I am determined incompetent by a court of law
- I have the right to file a grievance and be free from unwarranted physical and chemical restraints
- I have the right to use the court system for legal issues

What I am responsible for with that Right:

- I have the responsibility to follow the law in my actions, words, and decisions regarding my life

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