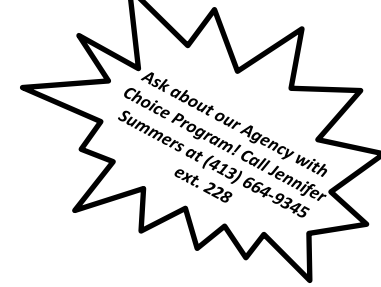








# North Adams November 2024

## 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 (413) 664-9345, ext. 200.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Our state of the month is Vermont! 					1	2 
3	4 Caregiver Coffee Hour 11:00AM-12:00PM Book Club 4:00PM –5:30PM	5 Women’s group 6:00PM–8:00PM Cost: See Description	6 BCAC Consults 11:00AM-12:00PM Drop-In 6:00PM-8:00PM Cost: See Description	7 Open Swim 6:00PM-7:00PM CATA 4:00PM-5:00PM	8	9 Yankee Candle Village Trip 10:00AM-3:00PM Cost: See Description
10 	11 UCP Offices CLOSED in Observance of Veteran’s Day	12 Men’s Group 6:00PM-8:00PM Cost: See Description	13 Pinecone Turkey Craft 6:00PM-8:00PM Cost: See Description	14 Open Swim 6:00PM-7:00PM CATA 4:00PM-5:00PM Parent Advisory Group 6:00PM-7:00PM	15	16 
17	18 Book Club 4:00PM-5:30PM Understanding Special Needs Trust Training 5:30 PM–7:00 PM Self-Advocates 5:30PM-6:30PM Cost: See Description	19	20 Potluck Dinner 6:00PM–8:00PM Cost: See Description	21 Caregiver Coffee Hour 1:00PM-2:00PM CATA 4:00PM-5:00PM Open Swim 6:00PM-7:00PM	22	23
24 	25 Book Club 4:00PM–5:30PM	26	27 North Adams Tree Lighting 6:00PM-8:00PM Cost: See Description	28 UCP Offices CLOSED in Observance of Thanksgiving	29 UCP Offices CLOSED	30 



of Western Massachusetts

Life without limits for people with disabilities™

# Pittsfield November 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 (413) 664-9345, ext. 200.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Our State of the month is Vermont! 					1	2 
3	4 Caregiver Coffee Hour 11:00AM–12:00PM	5 Women's Group 6:00PM–8:00PM Cost: See Description	6 Drop-In 6:00PM–8:00PM Cost: See Description	7 Open Swim 6:00PM–7:00PM	8	9 Yankee Candle Village Trip 10:00AM–3:00PM Cost: See Description
10 	11 UCP Offices CLOSED in Observance of Veteran's Day	12 Men's Group 6:00PM–8:00PM Cost: See Description	13 Pinecone Turkey Craft 6:00PM–8:00PM Cost: See Description	14 Open Swim 6:00PM–7:00PM	15	16 
17	18 Understanding Special Needs Trusts 5:30PM–7:00PM	19	20 Potluck Dinner 6:00PM–8:00PM Cost: See Description	21 Caregiver Coffee Hour 1:00PM–2:00PM  Open Swim 6:00PM–7:00PM	22	23
24 	25	26	27 North Adams Tree Lighting 6:00PM–8:00PM Cost: See Description	28 UCP Offices CLOSED in Observance of Thanksgiving Day  NO OPEN SWIM	29 UCP Offices CLOSED	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.

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

## **Events for November 2024**

**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!**

**We will now be discovering the states! This month we will be looking at Vermont!**



### **\*New Monday Activity\***

- **Book Club: (North Adams)**
  - ❖ Join staff and other members as they journey through the pages of the classics! We will try a new book every month! This month the book will be “Cinder” by Marissa Meyer. **This event will be held every Monday in November from 4:00PM-5:30PM.**

### **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 Vermont, which is our state of the month. Did you know that Vermont is the only state in which an NBA player hasn't been born? Or that Lake Champlain was designated as a Great Lake for just a few weeks! Did you also know that the state capital of Montpelier is the only one in the country without a McDonald's? Vermont is also the top producer of maple syrup in the world with 3.1 million gallons in 2024! 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, November 2<sup>nd</sup> from 6:00PM-8:00PM.**



- **Pinecone Turkey Craft (North Adams and Pittsfield)**
  - ❖ Let's get creative with our turkeys! Try out making pinecone turkeys! Include feathers and all, it's your creation! **For dinner we will be doing a classic homemade chicken pot pie. This event will be held on Wednesday, November 13<sup>th</sup> from 6:00PM-8:00PM. The cost of this event will be \$10.**
- **UCP Potluck (North Adams and Pittsfield)**
  - ❖ Join us to celebrate as a UCP family! Please bring a dish to share with everyone! If your last name begins with **A** through **L** you are on side dishes, **M** through **Z** you are on desserts! Turkey and Ham will be provided! **This event will be held Wednesday, November, 20<sup>th</sup> from 6:00PM-8:00PM in the North Adams office. The cost for this event will be \$15 and will take place in our North Adams office. When signing up please let us know what you will be bringing. Please NO strawberries or nuts!**
- **North Adams Tree Lighting (North Adams and Pittsfield)**
  - ❖ It's that time of year! Join UCP to welcome the holidays by attending the annual North Adams tree lighting! You don't want to miss out on the holiday cheer! **This event will be held on Wednesday, November 27<sup>th</sup> from 6:00PM-8:00PM. We will be eating dinner at Papa Ginos prior so please bring at least \$25+ for dinner.**



**ATTENTION! WEEKEND OFFERINGS!**



- **2<sup>nd</sup> Annual Yankee Candle Village Trip**
  - ❖ Come and get in the holiday spirit at one of the most loved places in Massachusetts. We will be traveling to South Deerfield again this year to Yankee Candle. Please make sure to have money for shopping and for lunch. For lunch we will be going to the South Deerfield Pizzeria. **This event will take place on Saturday, November 9<sup>th</sup> from 10:00AM-3:00PM. Please bring at least \$25 for lunch, and then money for whatever items you would like to purchase there.**

## *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, November 14<sup>th</sup> from 6:00PM-7:00PM via Zoom.**

### ❖ Women's Group:

Come join the ladies this month as they explore the world of baking! This month we will be making mini dessert pies and then relaxing with minestrone soup for dinner. **This event will be held on Tuesday, November 5<sup>th</sup> from 6:00PM-8:00PM. The cost for this event is \$10.**

### ❖ Men's Group-:

Let's not forget about the fellas! Come and join the guys this month as they celebrate the holiday with open faced turkey sandwiches! After dinner join in with playing a variety of games! Can you become the champion? **This event will take place on Tuesday, November 12<sup>th</sup> from 6:00PM-8:00PM and cost \$10.**

### ❖ Self-Advocates:

We need you!! The Self-Advocates group is BACK! Join your peers on **Monday, November 18<sup>th</sup>** 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 Monday, November 4<sup>th</sup> from 11:00AM-12:00PM and Thursday, November 21<sup>st</sup> from 1:00PM-2:00PM both 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!**



# BCAC Fuel

# Assistance Program

No need to be chilly, Let BCAC and UCP Help You

The BCAC Fuel Assistance program will be coming to UCP this year to help members and families sign up for the program.

**Wednesday, November 6th**

**11:00 am -12:00 pm**

**UCP North Adams**

To sign up for your individual consult , please call Cindy at (413)-664-9345

See back of this flyer for what materials you will need to bring.



**BERKSHIRE**  
COMMUNITY ACTION



of Western Massachusetts

*Life without limits for people with disabilities™*

**Documents Needed for the Application (where it applies)**

**Photo ID for Head of Household**

**Documentation needed for U.S. Citizen/Qualified Alien Status**

**U.S. Birth Certificate**

**Social Security Administration issued Social Security Card**

**Recent Social Security Administration benefit letter with all 9 digits of the Social Security Number on letter**

**Certificate of U.S. Citizenship (N-560 or N-561)**

**Certificate of Naturalization (N-550 or N-570)**

**Certificate of birth abroad of a U.S. citizen (Form FS-240 or FS-545)**

**Alien Registration Card (INS Form 551, commonly known as “green card”)**

**Proof of income for every household member over the age of 18 for the 30 days prior to your appointment date.**

**Wages (4 consecutive weeks)**

**Social Security (verification of gross amount from the source)**

**Pension (verification of gross amount from the source)**

**EAEDC-TANF (Award letter)**

**Self-Employment (Most current \*Certified tax return)**

**Rental Income (Most current \*Certified tax return)**

**Child Support (court order, DOR print out, or notarized letter from ex-spouse)**

**Unemployment (4 consecutive weeks)**

**Lease/Full name address and phone number of Landlord**

**Mortgage statement/Tax bill, Home Owners Insurance**

**Current Gas and Electric bills**

**\*If taxes are self-prepared an IRS tax transcript is needed and can be obtained by calling 1-800-829-1040**



Please join us for a

# UCP POTLUCK DINNER

Wednesday, Nov. 20

6:00PM-8:00PM

North Adams

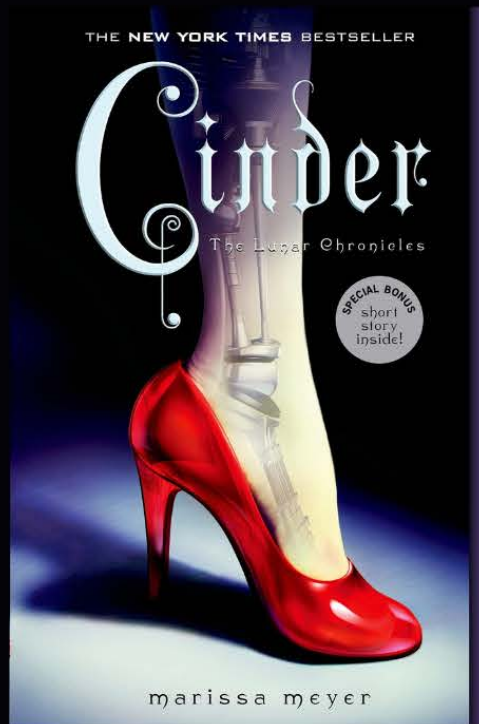
Call (413)-664-9345 ext. 200

to sign up





# Book Club



Cinder is a 2012 young adult science fiction novel by Marissa Meyer. It is the first book in The Lunar Chronicles series and is based on the classic fairytale Cinderella. The book is about a teenage cyborg named Cinder who must fight for earth's survival against villains from outer space. It has been a mash-up of fairy tales and science fiction, and a cross between Cinderella, terminator, and Star Wars.

Join staff, Jenn Ross on Mondays in November to read Cinder's story and explore this wonderful series.

To sign up please call Cindy at (413)- 664-9345 ex 200.



Massachusetts Department  
of Developmental Services

 DDS Neurodiversity series

# Explaining Autism Through an Autistic Lens

*with special guest speaker Laura Kate Dale*

**November 13<sup>th</sup>, 2024, 12:30 – 1:50 pm EST**

Laura Kate Dale is an autistic and otherwise disabled trans woman and author from the UK. In this talk, Laura will discuss her experiences as an autistic adult, through a lens designed to help bridge the understanding gap between autistic people and the non-autistic people working with them.

Topics will include:

- Communication deficit vs. communication divide - Autistic people are capable of socialising that is free of misunderstandings and not socially draining, when it's with other autistic people. The "deficit" is in many cases, autistic people having to do the labour involved in crossing a communication divide.
- Labelling someone as low or high functioning/support needs - The dangers of, from the outside, making judgements on the degree to which someone suffers or struggles with their autism. Outward appearance isn't necessarily indicative of the internal experience.
- Understanding masking - It's not "being less autistic", it's just holding onto autistic responses uncomfortably to unbundle later when alone.
- The autism/trans overlap - How prevalent is the overlap? Do we know why it exists? Unique challenges for those at the intersection.
- Ways to support autistic trans people in the workplace.

Read more:

- [Gay Times - 'I'm an autistic trans person and I understand who I am'](#)
- [Huffington Post - "I'm Trans, Autistic, And More Common Than You'd Think"](#)



[Register Now](#)

**Laura Kate Dale**

“Laura Kate Dale is an autistic and otherwise disabled trans woman and author from the UK. Her works include [Uncomfortable Labels](#), [Gender Euphoria](#), [Me & My Dysphoria Monster](#), and [Stories of Autistic Joy](#).”

# 1 AFTERNOON, 2 EVENTS!

**SATURDAY, NOV. 16, 11:30AM-12:30PM**



## **CALMING FIDGET CREATIONS & SENSORY PLAY -2ND FLOOR-**

**FREE** & open to youth in grades K-12.

Join Youth Services and learn to craft your own calming fidget toys!  
Supplies provided.



EVALUATIONS VOCABULARY BEHAVIOR PLAN COMMUNICATIONS

## **IEP Binder Drop-In**

REGISTRATION PREFERRED, BUT NOT REQUIRED: 413-663-7588 OR  
[NKENNEDY@NBCCOALITION.ORG](mailto:NKENNEDY@NBCCOALITION.ORG)

## **-3RD FLOOR-**

**FREE** & open to all north Berkshire families with children with an IEP or 504, or looking to request evaluation for special education services.

Build your own binder and learn to keep everything you need organized.



Northern Berkshire Community Coalition  
Community Empowerment • Prevention & Wellness

**NORTH ADAMS PUBLIC LIBRARY**  
**74 CHURCH STREET, NORTH ADAMS**  
MORE INFO: (413) 662-3133 | [HDIX@NORTHADAMS-MA.GOV](mailto:HDIX@NORTHADAMS-MA.GOV)

# UNDERSTANDING SPECIAL NEEDS TRUSTS

**PRESENTED BY ATTORNEY BENJAMIN SMITH**  
**BENJAMIN SMITH & ASSOCIATES LEGAL COUNSEL, P.C.**

**MONDAY, NOVEMBER 18, 2024**

**5:30 - 7:00 PM**

**333 EAST STREET, PITTSFIELD, MA 01201**

**1<sup>ST</sup> FLOOR CONFERENCE ROOM**

*Pizza & Refreshments Provided*

*The DDS Citizen Advisory Board Invites you to join us!*

*RSVP to [terry.unwin@mass.gov](mailto:terry.unwin@mass.gov) by Friday, November 15th*



# November Right of the Month

## Privacy



### What that means:

- I have the right to my own space and not have others come into it if I choose.
- I have the right to privacy when changing, bathing, making phone calls, medical appointments, information, and my personal space.
- I have the right to be alone in my private space if I need or want to be.
- I have the responsibility to respect others privacy and their personal space.

### 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\*\***