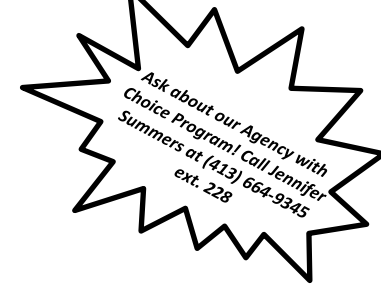



# North Adams February 2025

## 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 Massachusetts!					1
2	3 Book Club 5:00PM-6:00PM	4 DDS Self-Directed Training 10:00AM-11:30AM	5 Drop-In 6:00PM-8:00PM Cost: \$25+	6 CATA 4:00PM-5:00PM Open Swim 6:00PM-7:00PM	7 Caregiver Coffee Hour 2:00PM-3:00PM	8
9	10 Book Club 5:00PM-6:00PM	11 Joint Men & Women's Group 6:00PM-8:00PM Cost: \$30+	12 Valentine's Day Suncatcher Craft 6:00PM-8:00PM Cost: \$8	13 CATA 4:00PM-5:00PM Open Swim 6:00PM-7:00PM	14	15 North Adams Winterfest 10:00AM-2:00PM
16	17 UCP Offices are CLOSED in observance of President's Day!	18 Self-Advocates 5:30PM-6:30PM	19 Movie Night 6:00PM-8:00PM Cost: \$8	20 CATA 4:00PM-5:00PM Parent Advisory Group 6:00PM-7:00PM Open Swim 6:00PM-7:00PM	21	22
23	24 Book Club 5:00PM-6:00PM	25 Caregiver Coffee Hour 3:00PM-4:00PM	26 DDS Self-Directed Training 4:00PM-5:30PM Game Night 6:00PM-8:00PM Cost: \$10	27 CATA 4:00PM-5:00PM Open Swim 6:00PM-7:00PM	28	



of Western Massachusetts


Life without limits for people with disabilities™

# Pittsfield February 2025

## 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 Massachusetts!					1
2	3 Book Club 5:00PM-6:00PM	4 DDS Self-Directed Training 10:00AM-11:30AM	5 Drop-In 6:00PM-8:00PM Cost: \$25+	6 Open Swim 6:00PM-7:00PM	7 Caregiver Coffee Hour 2:00PM-3:00PM	8
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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 February 2025**

**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  
Massachusetts**



### **Monday's:**

- **Book Club (North Adams & Pittsfield)**
  - ❖ Join staff and other members as they journey through the pages of the classics! We will try to read a new book every month! We are continuing with the book “Cinder” by Marissa Meyer. This event will be held every **Monday in February from 5:00PM-6:00PM via Zoom.**



### **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 Massachusetts, which is the state of the month! Did you know that Massachusetts held the first Thanksgiving in Plymouth? How about the fact that Boston held the first World Series game in 1903? 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, February 5th from 6:00PM-8:00PM.**



- **Valentine's Day Suncatcher (North Adams and Pittsfield)**



- ❖ Let's celebrate the day of love with a craft! Create your own Valentine's themed suncatcher! Add jewels, color, shimmer, or anything you would like to make it your own! For dinner we will be serving a Massachusetts favorite, homemade Goulash! **This event will take place on Wednesday, February 12th from 6:00PM-8:00PM and will cost \$8 to attend.**

- **Movie Night (North Adams and Pittsfield)**



- ❖ Wintertime means chilly nights, and what better way to spend them than with a cozy movie indoors? The movie "ZooKeeper" will be the movie of choice! Get your popcorn ready! **This event will take place on Wednesday, February 19th from 6:00PM-8:00PM and will cost \$8 to attend.** Pizza and a fresh tossed salad will be served for dinner, followed by Boston crème pie for dessert!

- **Game Night (North Adams and Pittsfield)**

- ❖ Uno? Monopoly? Life? Trivia? Which game will you decide? Come show your peers who the game night champion can be! Bring on the competition! For dinner, hot open faced roast beef sandwiches will be served! **This event will take place on Wednesday, February 26th from 6:00PM-8:00PM and will cost \$10 to attend.**

**Thursday's:**

- **CATA Visual Arts (North Adams)**

- ❖ Join art teacher Lauren Coyne as she teaches you different tips, tricks, and techniques to creating a masterpiece! **This visual art series will run every Tuesday in February from 4:00PM-5:00PM.**



- **Open Swim (Pittsfield)**

- ❖ Pre-registration is required each week! Please contact (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 February from 6:00PM-7:00PM at the Gladys's Allen Brigham Center.**



**ATTENTION! WEEKEND OFFERINGS!**



**Saturday (North Adams and Pittsfield)**

- **North Adams Winterfest**

- ❖ It's time for North Adams annual Winterfest! There will be horse and carriage rides, a chowder competition, winter games, cookies & cocoa, a bonfire, and so much more! You don't want to miss out! If the weather is not cooperative, we will spend the day at one of the offices having a movie day. **This event will take place on Saturday, February 15th from 10:00AM-2:00PM and will cost \$30+.**

## *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, February 20<sup>th</sup> from 6:00PM-7:00PM via Zoom.**

### ❖ **Men's Group:**

This month the gentlemen of UCP will be joining the ladies for a night out at the restaurant Koto! Who is ready for some hibachi? **This event will take place on Tuesday, February 11<sup>th</sup> from 6:00PM-8:00PM and will cost \$30+ to attend.**

### ❖ **Women's Group**

The ladies are teaming up with the guys this month for a night out at Koto! Who is ready for some hibachi? **This event will take place on Tuesday, February 11<sup>th</sup> from 6:00PM-8:00PM and will cost \$30+ to attend.**

### ❖ **Self-Advocates:**

We need you!! The Self-Advocates group is BACK! Join your peers on **Tuesday, February 18th from 5:30PM-6:30PM** 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, February 7th from 2:00PM-3:00PM and Tuesday, February 25<sup>th</sup> from 3:00PM-4:00PM 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!**





## Peter W. Foote Vietnam Veterans Memorial Rink-Recreation Program

1267 South Church St  
North Adams, MA 01247

(413) 664-8185



# Adaptive Skating—Games on Ice!

Thursdays

1–3 p.m.

December 19, January 16

February 13 & March 13



Join the Universal Access Program for accessible skating, socializing and fun at Peter W. Foote Vietnam Veterans Memorial Rink in North Adams. This program is run by our partner All Out Adventures.

Use your wheelchair, an ice sled, a skate walker, ice grippers, or conventional skates on the ice. Spin, slide and play gently competitive games! There will be pucks and colorful balls to shoot around, races, and a tower of blocks to crash down!

The rink is cold, so please dress warmly and bring your winter coat, gloves, and a hat!

This program is for people with disabilities, their families, support staff, and friends. All are encouraged to help support on the ice (Yaktrax are available for those who don't skate).

**Pre-registration is required.** You must request to register by 12 p.m. the day before the program and can skate for one hour.

**Groups:** Maximum group size is 15, including staff.

**Cost:** FREE; AOA suggested donation—\$5/person

**Questions & To Register:** Register with AOA online at [alloutadventures.org](http://alloutadventures.org), call (413) 584-2052, or email [programs@alloutadventures.org](mailto:programs@alloutadventures.org).

Ice sleds are available on site for ongoing community use.



## Coming Event



Department of Conservation and Recreation, Universal Access Program  
[mass.gov/dcr/universal-access](http://mass.gov/dcr/universal-access)



# PRIMEROS PASOS HACIA LA EDUCACIÓN ESPECIAL



LA FEDERACIÓN PARA NIÑOS CON NECESIDADES ESPECIALES LE INVITA A PARTICIPAR EN UNA SERIE DE EDUCACIÓN ESPECIAL QUE TENDRÁ LUGAR LOS MARTES Y JUEVES DE 10:00 A 11:00

## HABILIDADES SOCIOEMOCIONALES

**FEB  
04**

APRENDA QUÉ ES EL APRENDIZAJE SOCIOEMOCIONAL, POR QUÉ ES IMPORTANTE Y COMO PUEDE AYUDAR A SU HIJO A DESARROLLARLAS

## DERECHOS BASICOS

**FEB  
06**

UNA INTRODUCCIÓN A LAS LEYES Y PROCEDIMIENTOS DE EDUCACIÓN ESPECIAL CON UN ENFOQUE EN REFERENCIAS, EVALUACIONES Y EL PROCESO PARA DETERMINAR SI UN ESTUDIANTE ES ELEGIBLE PARA EDUCACIÓN ESPECIAL.



## NUEVO IEP

**FEB  
11**

ENTENDER LOS CAMBIOS INTRODUCIDOS EN LA FORMULACIÓN DEL IEP, CONOCER LOS PLAZOS DE APLICACIÓN Y EXPLORAR LAS ÁREAS EN LAS QUE LOS ALUMNOS Y LOS PADRES PUEDEN HACER APORTES.

## MESA REDONDA

**FEB  
13**

ÚNASE A LA MESA REDONDA CON ORGANIZACIONES COMO EL DEPARTAMENTO DE SALUD PÚBLICA (DPH), PARENT PROFESSIONAL ADVOCACY LEAGUE (PPAL), SEGURIDAD SOCIAL Y SUS BENEFICIOS, DEPARTAMENTO DE SERVICIOS DE DESARROLLO DDS Y MASSHEALTH PARA AVERIGUAR QUIÉN ES ELEGIBLE Y CÓMO APLICAR.

## PREOCUPACIÓN DE LOS PADRES EN EL IEP

**FEB  
25**

APRENDA CONSEJOS SOBRE CÓMO REDACTAR UNA DECLARACIÓN DE PREOCUPACIONES EFICAZ PARA EL FORMULARIO DEL IEP Y RECONOZCA QUÉ DEBE INCLUIRSE EN LAS SECCIONES DEL NUEVO FORMULARIO DEL IEP

## MAPA DE CUIDADO

**FEB  
27**

TENGAMOS UNA REUNIÓN DE REFLEXIÓN PARA IDENTIFICAR LOS DISTINTOS SERVICIOS Y PROGRAMAS EN LOS QUE PARTICIPAMOS COMO CUIDADORES DE UN NIÑO CON NECESIDADES ESPECIALES.



ESCANEAR O [HAZ CLICK AQUÍ PARA REGISTRARTE](#)





# FIRST STEPS TOWARDS SPECIAL EDUCATION

THE FEDERATION FOR CHILDREN WITH SPECIAL NEEDS INVITES YOU TO PARTICIPATE IN A SPECIAL EDUCATION SERIES THAT WILL TAKE PLACE ON TUESDAYS AND THURSDAYS FROM 10:00 TO 11:00 AM.

## SOCIAL EMOTIONAL LEARNING

**FEB  
04**

LEARN WHAT SOCIAL-EMOTIONAL LEARNING IS, WHY IT IS IMPORTANT AND HOW YOU CAN HELP YOUR CHILD DEVELOP IT.

## BASIC RIGHTS

**FEB  
06**

AN INTRODUCTION TO SPECIAL EDUCATION LAWS AND PROCEDURES WITH A FOCUS ON REFERRALS, EVALUATIONS AND THE PROCESS FOR DETERMINING IF A STUDENT IS ELIGIBLE FOR SPECIAL EDUCATION.

## NEW IEP

**FEB  
11**

UNDERSTAND THE CHANGES MADE TO THE IEP FORMULATION, KNOW THE TIMELINES FOR IMPLEMENTATION, AND EXPLORE AREAS WHERE STUDENTS AND PARENTS CAN PROVIDE INPUT.

## ROUND TABLE

**FEB  
13**

JOIN THE ROUNDTABLE WITH ORGANIZATIONS SUCH AS THE DEPARTMENT OF **PUBLIC HEALTH (DPH)**, **PARENT PROFESSIONAL ADVOCACY LEAGUE (PPAL)**, **SOCIAL SECURITY AND ITS BENEFITS**, **DEPARTMENT OF DEVELOPMENTAL SERVICES (DDS)** AND **MASSHEALTH** TO FIND OUT WHO IS ELIGIBLE AND HOW TO APPLY.

## PARENTS CONCERNS IEP

**FEB  
25**

LEARN TIPS ON HOW TO WRITE AN EFFECTIVE STATEMENT OF CONCERNS FOR THE IEP FORM AND RECOGNIZE WHAT SHOULD BE INCLUDED IN THE SECTIONS OF THE NEW IEP FORM.

## CARE MAP

**FEB  
27**

LET'S HAVE A BRAINSTORMING MEETING TO IDENTIFY THE VARIOUS SERVICES AND PROGRAMS IN WHICH WE PARTICIPATE AS CAREGIVERS OF A CHILD WITH SPECIAL NEEDS.



SCAN OR [CLICK HERE TO REGISTER](#)



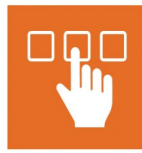




SUPPORT



EMPOWERMENT



CHOICE

## DDS SELF-DIRECTED SERVICES

Please join us to hear how participants and their families can design individualized services to meet their needs through the:

### Participant Directed Program or Agency with Choice

January 23, 2025 4:00-5:30 PM

[Click Here to Register](#)



February 4, 2025 10:00-11:30 AM

[Click Here to Register](#)



February 26, 2025 4:00-5:30 PM

[Click Here to Register](#)



March 4, 2025 10:00-11:30 AM

[Click Here to Register](#)



March 20, 2025 4:00-5:30 PM

[Click Here to Register](#)



Visit our website for more information:

[DDS Self-Directed Services](#)

For questions contact [amy.nazaire@mass.gov](mailto:amy.nazaire@mass.gov)

# February 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\*\***