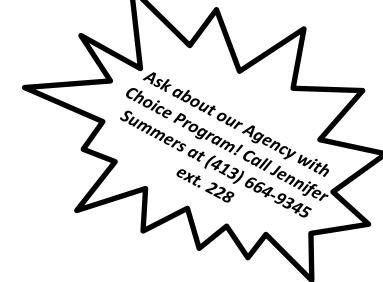







# North Adams July 2025

## 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.

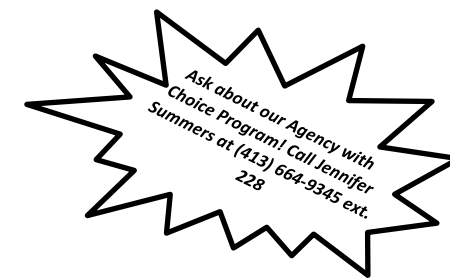


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Our state of the month is Hawaii!</p> 		1	2 Drop-In 6:00PM-8:00PM Cost: \$25+	3 CATA 4:00PM-5:15PM	4 UCP Offices CLOSED in observance of Independence Day!	5 
6	7	8 Technicool: Keeping Kids Safe on the Internet 10:00AM-12:00PM Website: <a href="http://childrenstrustma.org">childrenstrustma.org</a>	9 Steeplecats Game 6:00PM-8:00PM Cost: \$15+	10	11 Cooking Class 4:00PM-6:00PM	12
13 	14	15 Men & Women's Group 6:00PM-8:00PM Cost: \$30+	16 Hawaiian Trivia Night 6:00PM-8:00PM Cost: \$12	17	18 Cooking Class 4:00PM-6:00PM	19 North Adams Beach Party 3:00PM-6:00PM Cost: \$30+
20	21	22 Self-Advocates 5:00PM-6:00PM Cost: \$2	23 Luau Dance 6:00PM-8:00PM Cost: \$12	24 CATA 4:00PM-5:15PM Parent Advisory Group 6:00PM-7:00PM	25 Cooking Class 4:00PM-6:00PM	26
27 	38	29	30 Concert at Windsor Lake 6:00PM-8:00PM Cost: Free	31 CATA 4:00PM-5:15PM		

# Pittsfield July 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
<b>Our state of the month is Hawaii!</b> 		1	<b>2</b> <b>Drop-In</b> <b>6:00PM-8:00PM</b> <b>Cost: \$25+</b>	3	<b>4</b> <b>UCP Offices CLOSED in observance of Independence Day!</b>	<b>5</b> 
6	7	<b>8</b> <b>Technicool: Keeping Kids Safe on the Internet</b> <b>10:00AM-12:00PM</b> <b>Website: childrenstrustma.org</b>	<b>9</b> <b>Steeplecats Game</b> <b>6:00PM-8:00PM</b> <b>Cost: \$15+</b>	10	11	12
<b>13</b> 	14	<b>15</b> <b>Men &amp; Women's Group</b> <b>6:00PM-8:00PM</b> <b>Cost: \$30+</b>	<b>16</b> <b>Hawaiian Trivia Night</b> <b>6:00PM-8:00PM</b> <b>Cost: \$12</b>	17	18	<b>19</b> <b>North Adams Beach Party</b> <b>3:00PM-6:00PM</b> <b>Cost: \$30+</b>
20	21	<b>22</b> <b>Self-Advocates</b> <b>5:00PM-6:00PM</b> <b>Cost: \$2</b>	<b>23</b> <b>Luau Dance</b> <b>6:00PM-8:00PM</b> <b>Cost: \$12</b>	<b>24</b> <b>Parent Advisory Group</b> <b>6:00PM-7:00PM</b>	25	26
<b>27</b> 	28	29	<b>30</b> <b>Concert at Windsor Lake</b> <b>6:00PM-8:00PM</b> <b>Cost: Free</b>	31		

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

## **Events for July 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!**

**The state of the month is Hawaii!**



### **Wednesday's:**

- **Drop-In!**



- ❖ **COME ONE! COME ALL! Stop in to the UCP Offices and say hello! Come and learn all about Hawaii which is the state of the month! Did you know that Hawaiian Islands were formed from volcanoes? Did you know that Hawaii state flower is the yellow hibiscus? 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, July 2 from 6:00PM-8:00PM.****

- **Steeplecats Game**

- ❖ **Batter up! Let's see a homerun! The local Steeplecats are back and better than ever! Come cheer your home team on for a classic event! Please ensure you bring enough money to purchase food for dinner while at the game! **This event will take place on Wednesday, July 9<sup>th</sup> from 6:00PM-8:00PM and will cost \$15+.****



- **Hawaiian Trivia**

- ❖ **What better way to celebrate Hawaii than to learn everything about the 50<sup>th</sup> state? How well do you know Hawaii? Can you become the trivia champion? Lilo & Stitch will also be playing in the background! Chicken & fruit kabobs along with potato salad will be served for dinner! **This event will take place on Wednesday, July 16 from 6:00PM-8:00PM and will cost \$12 to attend.****





- Luau Dance
  - ❖ Bring your spirit and get ready for an evening in paradise! Enjoy sweet Hawaiian music, luau dancing, and food! Get ready to show off your hula dancing skills! A pulled pork meal over rice will be served for dinner followed by grilled pineapple over vanilla ice cream for dessert! **This event will take place on Wednesday, July 23 from 6:00PM-8:00PM and will cost \$12 to attend.**
- Concert at Windsor Lake
  - ❖ The Windsor Lake Concert Series kicks off! Bring your camp chairs, a picnic blanket, and dinner to enjoy live local music lakeside! Come listen to the sounds of Sean Magwire for an evening outside! **This event will take place on Wednesday, July 30 from 6:00PM-8:00PM. Please ensure you bring dinner for the concert.**

#### Thursday's



- CATA Visual Arts
  - ❖ Join art teacher Lauren Coyne as she teaches you different tips, tricks, and techniques to create a masterpiece! **This visual art series will run every Thursday in July from 4:00PM-5:15PM at the North Adams office, EXCEPT July 10 and July 17.**



#### Friday's

- Cooking Class (North Adams)
  - ❖ Have you wanted to brush up on your cooking skills? Maybe learn new recipes? Join Lisa & Cass as they teach you the tricks, tips, and techniques of cooking! New recipes will be explored and food safety will be taught! There is limited space so please be sure you sign up! This class is open to both North Adams & Pittsfield, however, **UCP is only able to provide transport for those in North County. This event will run every Friday in July from 4:00PM-6:00PM EXCEPT July 4<sup>th</sup>.**



### **ATTENTION! WEEKEND OFFERINGS!**



#### Saturday

- North Adams Beach Party
  - ❖ We don't need an ocean to have a beach! Visit North Adams on the third Saturday in July as more than 250,000 pounds of sand, donated by Specialty Minerals and delivered by the City of North Adams, is spread - curb to curb - the entire length of Eagle Street! There will be vendors, music, and food! The event itself is free, but please bring money for food as UCP will be eating somewhere downtown. **This event will be held on Saturday, July 19 from 3:00PM-6:00PM and cost \$30+ to attend!**



## *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, July 24 from 6:00PM-7:00PM via Zoom.**

### ❖ **Women & Men's Group:**

Join the ladies and gentlemen of UCP for an evening at Lebanon Valley Raceway! Lebanon Valley will be presenting "Eve of Destruction Demo Derby!" This will be a night of mayhem, stunts, insane racing, and carnage! Space is limited so make sure you sign up! You don't want to miss out! **This event will take place on Tuesday, July 15 from 6:00PM-8:00PM and cost \$30+ to attend. The money will cover your food and ticket as dinner will be purchased at the raceway!**



### ❖ **Self-Advocates:**

We need you!! The Self-Advocates group is BACK! Join your peers on **Tuesday, July 22nd from 5:00PM-6:00PM** 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 month, the advocates will be starting a quilting project! Please bring dinner as the event may run a little later for the project. **This event costs \$2.00.**



**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!**





Please complete the form below and return it with your check to: **UCP, 208 West Street, Pittsfield, MA 01201**

# SPONSORSHIP LEVELS

- ☐ MAJOR SPONSOR \$5,000
- ☐ YELLOW BALL SPONSOR \$2,500 **EXCLUSIVE**
- ☐ SIGNATURE DRINK SPONSOR \$2,500 **EXCLUSIVE**
- ☐ PIN SPONSOR \$2,500 **EXCLUSIVE**
- ☐ DID YOU KNOW? SPONSOR \$2,500 **EXCLUSIVE**
- ☐ TEE BLOCK SPONSOR \$2,500 **EXCLUSIVE**
- ☐ CART SPONSOR \$2,000
- ☐ SWAG SPONSOR \$2,000
- ☐ DINNER SPONSOR \$1,000
- ☐ BIRDIE SPONSOR \$750
- ☐ BEER SPONSOR \$500
- ☐ SNACK SPONSOR \$500
- ☐ TEE & GREENS SPONSOR \$225
- ☐ GREENS SPONSOR \$125



FOR DETAILS  
ON EACH SPONSORSHIP LEVEL,  
SCAN THE **QR CODE!**  
SPONSOR ONLINE AT: **UCPWMA.ORG**

NAME (as you would like it to appear on printed materials)		
ADDRESS		
CITY	STATE	ZIP
CONTACT PERSON		PHONE
EMAIL		



UCP  
of Western Massachusetts  
208 West Street  
Pittsfield, Massachusetts 01201  
413-442-1562 · UCPWMA.org



UCP  
of Western Massachusetts

26<sup>TH</sup> ANNUAL  
UCP OF WESTERN MASSACHUSETTS  
GOLF  
TOURNAMENT  
FRIDAY, JULY 11, 2025  
MIRAVAL BERKSHIRES

PROUDLY SPONSORED BY:



B:E  
OFFICE INTERIORS



synagex  
modernIT



BERKSHIRE  
PROPERTY MANAGERS

NEW DATE  
& LOCATION!





## UCP of Western Massachusetts is proud to announce our 26<sup>TH</sup> Annual Golf Tournament

*This year's tournament will be held  
Friday, July 11, 2025 at Miraval Berkshires  
on 55 Lee Road in Lenox, MA.*

It all began in 1961 when a group of families and volunteers who had children with cerebral palsy formed an organization in an effort to create services for children with disabilities. Their dedication helped to create our vision and craft our future. We have become the agency that has promotes a **Life Without Limits**. We define this as taking a holistic, individualized, family approach for the people we serve.

UCP of Western Massachusetts supports over 5,000+ children and adults with physical and developmental disabilities and their families for over 60 years.

We certainly hope you join us for what promises to be a fun day on the links!

Questions? Reach out to  
Elizabeth Filkins at  
413-442-1562 x103 or  
efilkins@ucpwma.org



## TO OUR GOLFERS

Sign up individually or as a team of four. Captain and Crew format. Entry fee includes green fees, cart, lunch, buffet dinner and tournament contests.

## 2025 PRICE

Individual Golfer.....	\$185
Foursome.....	\$740
Dinner Guests.....	\$55 Per Person

Important notes for tournament participants:

- Miraval Berkshires is a non-metal spike facility*
- No outside alcohol may be brought onto premises*
- Collared shirts & other proper golf attire are required*
- Tank tops, tee shirts and cut-off jeans are not allowed*
- Men's handicap up to 30, Women's handicap up to 36*

## SCHEDULE

Registration.....	10:30AM — 12:00PM
Lunch.....	11:30AM — 12:15PM
Shotgun.....	12:30PM
Buffet Dinner.....	6:00PM

*Awards and silent auction/raffle drawings  
will follow dinner.*

## PAYMENT

In order to secure your team/slot, full payment must accompany the registration form which must be received at UCP no later than June 20, 2025. After June 20, 2025, additional players/teams will be accepted on a first-paid basis until all team slots are full.

**Register & Sponsor online at: [ucpwma.org](http://ucpwma.org)**

Please make checks payable to:  
**UCP, 208 West Street, Pittsfield, MA 01201**

*Rain refund policy: There will be no refunds unless the course is closed. In the event the course is closed, you may request a refund for your green fees.*

*Buffet dinner will be held rain or shine at 6:00PM.*

## REGISTRATION

Please complete the form below and return it with your check to:

**UCP**  
**208 West Street, Pittsfield, MA 01201**

NAME		
ADDRESS		
CITY	STATE	ZIP
PHONE		HANDICAP
EMAIL		
.....		
NAME		
ADDRESS		
CITY	STATE	ZIP
PHONE		HANDICAP
EMAIL		
.....		
NAME		
ADDRESS		
CITY	STATE	ZIP
PHONE		HANDICAP
EMAIL		





# KIDS EAT FREE THIS SUMMER

*Free meals for kids  
18 years old and under*

## LEE

### Lee Elementary School

310 Greylock Street  
June 23 – August 1  
(closed on July 4, pick up July 3)  
Mondays – Friday  
Lunch: 11:30am – 1:00pm  
Every Friday, pick up meals  
4:00pm – 5:00pm

## SHEFFIELD

### Undermountain Elementary School

491 Berkshire School Road  
Sheffield  
July 1 – July 31  
(closed on July 4)  
Mondays – Thursdays  
*Grab-and-Go meals only*  
Breakfast: 8:15am – 8:45am  
Lunch: 11:00am – 11:30am

---

The following sponsors and municipalities provide these nourishing meals: Town of Lee, Southern Berkshire Regional School District, Hoosac Valley Regional School District, City of North Adams, Christian Center, City of Pittsfield, and Roots Rising

## ADAMS

### Hoosac Valley Elementary School

14 Commercial Street  
July 7 – August 8  
Monday – Friday  
Breakfast: 8:30am – 9:30am  
Lunch: 11:00am – Noon  
Meals are congregate, no carry out.

## NORTH ADAMS

### North Adams Splash Park

June 27 – August 19 (closed July 4th)  
298 State Street  
Mondays – Fridays  
Lunch served daily  
Noon-12:30pm

### Greylock Valley Apartments

June 27 – August 19 (closed July 4th)  
48 Angeli Street  
Multi-Day Meal Pickup  
Tuesdays & Fridays  
Breakfast & Lunch  
11:30am – 11:45am

### Mohawk Forest Apartments

June 27 – August 19 (closed July 4th)  
201 Mohawk Forest Blvd.  
Multi-Day Meal Pickup on  
Tuesdays & Fridays  
Breakfast & Lunch  
Noon – 12:15pm

### Wheel Estates

June 27 – August 19 (closed July 4th)  
1588 S. Church Street  
Multi-Day Meal Pickup on  
Tuesdays & Fridays  
Breakfast & Lunch  
12:30pm – 12:45pm

## PITTSFIELD

### Christian Center

193 Robbins Avenue  
June 18 – August 27 (closed July 3 & 4)  
Mondays – Fridays  
Breakfast: 8:30am – 10:30am  
Lunch: Noon – 1:00pm

### Morningside Community School

100 Burbank Street  
June 30 – August 19 (closed on July 4)  
Monday – Friday  
Breakfast: 8:30am – 9:00am  
Lunch: Noon – 12:30pm

### Berkshire Peak Apartments

341 West Street  
June 30 – August 19 (closed on July 4)  
Monday – Friday  
Breakfast: 9:00am – 9:30am  
Lunch: Noon – 12:30pm

### Dower Square

253 Wahconah Street  
June 30 – August 19 (closed on July 4)  
Monday – Friday  
Lunch: Noon – 12:30pm

### Clapp Park

245 West Housatonic Street  
July 7 – August 15  
Monday – Friday  
Lunch: Noon – 12:30pm

### Durant Park

30 John Street  
July 7 – August 15  
Monday – Friday  
Lunch: Noon – 12:30pm

### The Common

100 First Street  
Monday – Friday  
July 7 – August 15  
Lunch: Noon – 12:30pm

### Pittsfield Farmers' Market

100 First Street  
June 21 – August 23  
Saturdays  
Breakfast: 9:00am – 10:30am  
Lunch: 11:30am – 1:00pm





# Autism, Wandering, and Water Safety

## WHAT YOU NEED TO KNOW

### Safety Checklist

- ☐ Lock windows, doors, yards, and water access
- ☐ Know the dangers in your neighborhood
- ☐ Use a GPS or tracking device to support supervision
- ☐ Write down important information to share with emergency responders
- ☐ Teach neighbors about your family's concerns and how to contact you
- ☐ Ask your child's doctor, behavior specialist, and teacher, for help
- ☐ Introduce your child to local police, firefighters, and EMTs
- ☐ Teach your child to swim and create safe water habits

### Know the Dangers

Children with **ASD** are more likely to leave a safe place without an adult. This is called **wandering**. Some people call it elopement or bolting. Many children with autism are interested in water. If they wander to water, it can be **dangerous**.

**The #1 cause of death for children with autism is drowning, usually after wandering.**

There are things you can do to help stop wandering and help emergency workers to find your child if they go missing.



**If your child is missing, call 911 immediately.**

## Help Stop Wandering

### KEEP YOUR HOME SAFE

- Put locks or guards on your doors and windows.
- Put stop signs up on your doors and windows.
- If possible, add a fence to your yard.
- Fence and alarm any pools or other water sources.

### USE A TRACKING DEVICE

Look for one that is easy to wear, waterproof, and has a long battery life. These can enhance, but not replace, supervision.

### ASK FOR HELP FROM EXPERTS

Talk to your child's doctor, behavior specialist, and teacher about skills to prevent wandering, like asking for what they want or need, knowing what's dangerous, creating safe water habits, and how to get help if they need it.



## Plan for an Emergency

### KNOW THE DANGERS NEARBY

- Look around your neighborhood for risky places like pools, ponds, or lakes. Write down places that your child is drawn to.

### TALK TO YOUR NEIGHBORS

- Ask your neighbors to keep an eye out and keep water areas safe.

### MAKE AN EMERGENCY INFO SHEET

- Create a file with important information about your child. Include things like a current photo, physical description, how they communicate, and where they might go.

### MEET LOCAL HELPERS

- Some police and fire stations have programs where your child can meet first responders. You can also register your phone number with them.

### TAKE WATER SAFETY AND SWIM LESSONS

- Learning to swim and be safe around water can help your child stay calm and give emergency workers more time to help if needed.

## Visit Our Website

For more information about wandering and emergency preparedness, especially:

- A list of tracking devices,
- State programs and foundations that can pay for services, and
- Emergency preparedness planning tools



[mass.gov/AutismWaterSafety](https://mass.gov/AutismWaterSafety)

## Caregiver Support

- Worrying about your child's safety all the time can be stressful and tiring. If you need help, try contacting an **Autism Support Center** near you. You are not alone.



[www.mass.gov/info-details/autism-support-centers-list](https://www.mass.gov/info-details/autism-support-centers-list)

**If your child is missing, call 911 immediately.**



CLIMATE CHANGE &

# EXTREME HEAT



## CAUSES MORE DEATHS

each year than hurricanes, lightning, tornadoes, earthquakes, and floods



**COMBINED!**

## WHO'S AT RISK?



Adults over 65, children under 4, people with existing medical problems such as heart disease, and people without access to air conditioning

## WHAT CAN YOU DO?



### STAY COOL

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device



### STAY HYDRATED

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water



### STAY INFORMED

- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness



## LEARN MORE!

Visit CDC's Environmental Public Health Tracking Network to learn more about climate change and extreme heat at

[www.cdc.gov/ephtracking](http://www.cdc.gov/ephtracking)





# July Right of the Month

## Liberty



### What that means:

- I have the right to be treated with dignity and respect by everyone.
- I have the right to use my self-determination skills.
- I have the right to make choices about my education, living arrangements, self-directed supports, voting, and the people who are a part of my support team.
- I have the responsibility to make sure I treat everyone as I want to be treated.

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

- I have the responsibility to respect other people's rights and personal space.

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