

North Adams September 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.

Ask about our Agency with
Choice Program! Call Jennifer
Summers at (413) 664-9345
ext. 228







| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|--|-----------|--|
| <p>Our state of the month is Texas!</p>  | <p>1</p> <p>UCP Offices will be CLOSED in observance of Labor Day!</p> | <p>2</p> | <p>3</p> <p>Drop-In 6:00PM-8:00PM Cost: \$25+</p> | <p>4</p> | <p>5</p> | <p>6</p>  |
| <p>7</p> | <p>8</p> | <p>9</p> <p>The Intersection of Human Rights & DDS 2:30PM-4:00PM</p> <hr/> <p>Women's Group 6:00PM-8:00PM Cost: TBD</p> | <p>10</p> <p>City Hall Direct Support Night 6:00PM-8:00PM Cost: \$10</p> | <p>11</p> | <p>12</p> | <p>13</p> <p>Jungle Experience Zoo 9:00AM-3:00PM Cost: \$40+</p> |
| <p>14</p>  | <p>15</p> | <p>16</p> <p>Self-Advocates 5:00PM-6:00PM Cost: \$2</p> | <p>17</p> <p>Movie Night 6:00PM-8:00PM Cost: \$10</p> | <p>18</p> | <p>19</p> | <p>20</p>  |
| <p>21</p> | <p>22</p> | <p>23</p> <p>Men's Group 6:00PM-8:00PM Cost: \$15</p> | <p>24</p> <p>Clay Cactus Craft 6:00PM-8:00PM Cost: \$10</p> | <p>25</p> <p>Parent Advisory Group 6:00PM-7:00PM</p> | <p>26</p> | <p>27</p> |
| <p>28</p>  | <p>29</p> | <p>30</p> | | | |  |

Pittsfield September 2025

Family Support Center Central County Offerings

Please remember that unless otherwise indicated, you must RSVP to all events AT LEAST 2 days prior.
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PLEASE SIGN UP TWO DAYS PRIOR TO ALL UCP EVENTS!

Events for September 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 Texas!



Wednesday's:

- **Drop-In!**



- ❖ COME ONE! COME ALL! Stop in to the UCP Offices and say hello! Come and learn all about Texas which is the state of the month! Did you know that Texas was once its own country? Did you know that the soda Dr. Pepper was invented in Texas? 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, September 3 from 6:00PM-8:00PM.

- **City Hall Direct Support Night**

- ❖ September 7th-13th is "Direct Support Professionals" week and what better way to celebrate our staff than with a gathering at the City Hall's in both Pittsfield and North Adams. Join UCP and BFAIR at both city hall locations at 7:00PM for fresh cider, donuts, and conversation! Photos will be taken of the celebration around dusk, followed by the mayor's lighting up City Hall yellow to support our staff!
This event will be held Wednesday, September 10 from 6:00PM-8:00PM and cost \$10 as UCP will be having dinner beforehand. Dinner will be a fried chicken sandwich with honey, potato salad, and creamed corn.





- Movie Night
 - ❖ Sometimes we all just need a relaxing movie night! Grab your popcorn and snacks and join UCP for a viewing of the Disney movie “Rango.” You won’t want to miss this funny and endearing movie! **This event will take place on Wednesday, September 17 from 6:00PM-8:00PM and cost \$10 to attend. Homemade chili with fresh warm cornbread will be served for dinner.**
- Clay Cactus Craft
 - ❖ Texas is all too familiar with the desert and cactuses, so what better way to celebrate Texas than with our own clay cactus! Bring out your creativity and get ready to mold, create, and paint your own work of art! **This event will be held on Wednesday, September 24 and cost \$10 to attend. Fresh chicken legs, pinto beans, potato salad, and Texas toast will be served for dinner.**



ATTENTION! WEEKEND OFFERINGS!



Weekend offering attendees are chosen at random based upon who has already attended events as space is limited.

Saturday

- Jungle Experience Zoo
 - ❖ Join UCP for a day at a small family-owned zoo! You will get an incredible up-close and personal experience with different animals! The zoo includes a small gift shop, petting zoo, and picnic area as well. **This event will take place on Saturday, September 13 from 9:00AM-3:00PM. Please ensure you bring \$40+ to cover your admission as well as food 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, September 25 from 6:00PM-7:00PM via Zoom.**

❖ Women's Group:

Join the ladies and get ready to learn how to be a cowgirl for the evening! The ladies will either be going horseback riding or visiting a farm to learn all about the care of the horses and their stores! Dinner will be eating out local somewhere! **This event will take place on Tuesday, September 9th from 6:00PM-8:00PM and the cost will be determined.**

❖ Men's Group

Join the men and get ready for a cowboy night! This month the guys will be learning how to lasso like a true cowboy! Will you become a pro? **Rodeo burgers which include BBQ sauce, bacon, cheddar cheese, and are topped with onion rings will be served for dinner along with homemade coleslaw. This event will take place on Tuesday, September 23 from 6:00PM-8:00PM and will cost \$15 to attend.**

❖ Self-Advocates:

We need you!! The Self-Advocates group is BACK! Join your peers on **Tuesday, September 16 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!**





of Western Massachusetts

Life without limits for people with disabilities™

THANK YOU TO OUR DIRECT SUPPORT PROFESSIONALS!



Have you thanked your DSP'S lately?

*From September 7th to September 13th is Direct Support Professionals
Appreciation week!*

**UCP would like to thank all of our incredible DSP's
who work tirelessly everyday to support our
members in living a life without limits!**

*The work you do changes lives every day. Your compassion and
dedication make a profound difference in the lives of our families and
members.*

You are rock stars and the work you do does not go unnoticed!

THANK YOU! THANK YOU! THANK YOU!



LIFECOURSE IN ACTION SERIES

SESSION 1 - SEPTEMBER 10, 2025



INTRODUCING CHARTING THE LIFECOURSE THINKING AND TOOLS

Join us on Wednesday, September 10, at 12pm for our new *LifeCourse in Action* series kick-off webinar, *Introducing Charting the LifeCourse Thinking and Tools*.

Charting the LifeCourse (CtLC) is a powerful yet simple set of person-centered tools that can improve both lives and systems. Across the country, people, families, and professionals are using LifeCourse thinking and tools to find support, solve problems, and share their vision for a good life.

During our kick-off presentation, Ingrid Flory, director of family support with DDS, will introduce CtLC framework and tools, share how CtLC is being used across Massachusetts, and facilitate an interactive activity walking participants through using one of the CtLC tools.

LifeCourse in Action webinars are presented in English on Zoom with live, simultaneous Spanish interpretation. Please let us know if you have any disability access or language access needs to attend this webinar.



PRESENTER

Ingrid Flory

Director of Family Support, Massachusetts
Department of Developmental Services (DDS)

Coordinator of the Massachusetts Supporting
Families Community of Practice

REGISTER

**FOR THE
LIFECOURSE
IN ACTION
WORKSHOP
SERIES**

**FOR MORE
INFORMATION
OR QUESTIONS**

Elizabeth.Wike@umb.edu

WHEN ARE THE LIFECOURSE IN ACTION SESSIONS?

We will host a LifeCourse in Action webinar on the 2nd Wednesday of every month, from 12pm to 1pm, September through June

Session 1: September 10

Session 2: October 8

Session 3: November 12

Session 4: December 10

Session 5: January 14

Session 6: February 11

Session 7: March 11

Session 8: April 8

Session 9: May 13

Session 10: June 10



The Intersection of Human Rights Supports and the DDS Foundational Values

Virtual Presentation by Pat Carney, M.Ed.
Central West Director of Learning & Development
Opening Remarks by DDS Commissioner Sarah Peterson

Date: Tues, September 9th
Time: 2:30pm-4pm

Join the Zoom Session or scan QR code
Meeting ID: 994 9831 5469

DDS Mission Statement

"To create, in partnership with others, innovative and meaningful opportunities for individuals with intellectual and developmental disabilities to fully participate in and be valued members of their communities."

In plain language: our #1 goal is to support people in building real lives in real communities and not just in "DisabilityWorld."

Values at the heart of the mission statement

- Social Role Valorization
- Person-Centeredness
- Self-Determination
- Self-Advocacy

This session will cover:

- Applying DDS' mission and values to your role
- Identifying when values are or are not reflected in your work
- Supporting individuals in building confidence and self-advocacy

Why it matters

- By applying these values, we ensure we are carrying out the mission statement - and more importantly, support people to live full, meaningful lives - in the community, with dignity and respect.

QR code to join:





September 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****