



of Western Massachusetts

Life without limits for people with disabilities™

North Adams April 2026

Family Support Center North County Offerings

Please remember that unless otherwise indicated, you must RSVP to all events AT LEAST 24 hours prior.

For more information, or to RSVP for events, please contact (413) 664-9345, ext. 211.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Maryland is our state of the month!</p> 			<p>1</p> <p>Drop-In 6:00PM-8:00PM Cost: \$25+</p>	<p>2</p> <p>Caregiver Coffee Hour 11:30AM-12:30PM</p> <hr/> <p>CATA Visual Art 4:00PM-5:30PM</p> <hr/> <p>Open Swim (Pittsfield) 6:00PM-7:00PM</p>	3	4
5	<p>6</p> <p>Book Club (Zoom) 4:30PM-6:30PM</p>	<p>7</p> <p>Guardianship is Not the Only Option (Zoom) 6:00PM-8:00PM</p> <hr/> <p>Social Club: Poetry Workshop 6:00PM-8:00PM Cost: \$5</p>	<p>8</p> <p>Eggstravaganza! 6:00PM-8:00PM Cost: \$5</p>	<p>9</p> <p>CATA Visual Art 4:00PM-5:30PM</p> <hr/> <p>Open Swim (Pittsfield) 6:00PM-7:00PM</p>	10	11
12	<p>13</p> <p>Parent Advisory Group (Zoom) 2:00PM-3:00PM</p> <hr/> <p>Book Club (Zoom) 4:30PM-6:30PM</p>	<p>14</p> <p>Self-Advocates (Hybrid) 5:15PM-6:15PM Cost: \$2</p>	<p>15</p> <p>Williams College Baseball Game 4:00PM-7:00PM Cost: \$15+</p>	<p>16</p> <p>CATA Visual Art 4:00PM-5:30PM</p> <hr/> <p>Open Swim (Pittsfield) 6:00PM-7:00PM</p>	17	18
19	<p>20</p> <p>Book Club (Zoom) 4:30PM-6:30PM</p>	21	<p>22</p> <p>Spring Formal 5:00PM Cost: \$30</p>	<p>23</p> <p>CATA Visual Art 4:00PM-5:30PM</p> <hr/> <p>Open Swim (Pittsfield) 6:00PM-7:00PM</p>	24	<p>25</p> <p>UCP Day at the Berkshire Carousel 12:00PM-5:00PM</p>
26	<p>27</p> <p>Book Club (Zoom) 4:30PM-6:30PM</p>	<p>28</p> <p>Social Club: Tea Party 6:00PM-8:00PM Cost: \$10</p>	<p>29</p> <p>Terrarium Making 6:00PM-8:00PM Cost: \$15</p>	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..



of Western Massachusetts

Life without limits for people with disabilities™

Pittsfield April 2026

Family Support Center Central County Offerings

Please remember that unless otherwise indicated, you must RSVP to all events AT LEAST 24 hours prior.
For more information, or to RSVP for events, please contact (413) 664-9345, ext. 211.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Maryland is our state of the month!			1 Drop-In 6:00PM-8:00PM Cost: \$25+	2 Caregiver Coffee Hour 11:30AM-12:30PM <hr/> Open Swim 6:00PM-7:00PM	3	4
5 	6 Book Club (Zoom) 4:30PM-6:30PM	7 CATA Drumming 4:00PM-5:00PM <hr/> Guardianship is Not the Only Option (Zoom) 6:00PM-8:00PM <hr/> Social Club: Poetry Workshop (North Adams) 6:00PM-8:00PM Cost: \$5	8 Eggstravaganza! 6:00PM-8:00PM Cost: \$5	9 Open Swim 6:00PM-7:00PM	10	11
12	13 Parent Advisory Group (Zoom) 2:00PM-3:00PM <hr/> Book Club (Zoom) 4:30PM-6:30PM	14 CATA Drumming 4:00PM-5:00PM <hr/> Self-Advocates (Hybrid) 5:15PM-6:15PM Cost: \$2	15 Williams College Baseball Game 4:00PM-7:00PM Cost: \$15+	16 Open Swim 6:00PM-7:00PM	17	18
19	20 Book Club (Zoom) 4:30PM-6:30PM	21 CATA Drumming 4:00PM-5:00PM	22 Spring Formal 5:00PM Cost: \$30	23 Open Swim 6:00PM-7:00PM	24	25 UCP Day at the Berkshire Carousel 12:00PM-5:00PM
26	27 Book Club (Zoom) 4:30PM-6:30PM	28 CATA Drumming 4:00PM-5:00PM <hr/> Social Club: Tea Party (North Adams) 6:00PM-8:00PM Cost: \$10	29 Terrarium Making 6:00PM-8:00PM Cost: \$15	30 Open Swim 6:00PM-7:00PM		

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.

Events for March 2026

PLEASE SIGN UP 24 HOURS PRIOR TO ALL UCP EVENTS!

**Please sign up for each event by calling
(413) 664-9345 ext. 200**

**If you are not on the electronic newsletter, please call to get your email on the list!
For Zoom events, the link will be sent out after you sign up and give your email.**

The state of the month is Maryland!



Mondays:

- Book Club (Location: Online via Zoom)
 - ❖ Join the Book Club **every Monday from 4:30-6:30** to discuss what we liked about the story, talking about our favorite characters, and share our love of reading! We are currently reading *The Lunar Chronicles*, a series of fairy tale retellings set in a science fiction futuristic world.

Tuesdays:

- CATA Drumming (Location: Pittsfield office)
 - ❖ It's time to make some music! Join instructor Katie Herbst as she teaches you the tricks and techniques of drumming! You won't want to miss a beat! **This class will take place every Tuesday in April in the Pittsfield office from 4:00PM-5:00PM.**



Wednesdays:

- Drop-In!
 - ❖ COME ONE! COME ALL! Stop by the UCP Offices to say hello and learn about our state of the month! This is a great opportunity to meet new people, explore what the UCP Family Support Centers have to offer, and learn about our state of the month! For dinner, feel free to bring money to order out, eat beforehand, or bring your dinner with you! **This event will take place on Wednesday, April 1st from 6:00PM-8:00PM. If you choose to order out, please bring at least \$25.**



- Eggstravaganza!
 - ❖ Everything egg related, we will be doing! Boiling, dyeing, painting, drawing, hunting, and eating! **This event will take place on Wednesday, April 8th from 6:00PM-8:00PM. We will have breakfast for dinner: eggs, old bay biscuits, sausage, and pancakes! This event costs \$5.**
- Williams College Baseball Game (Location: Bobby Coombs Field in Williamstown)
 - ❖ It's baseball season! Williams College will be facing off against Rensselaer Polytechnic Institute in this exciting game. Did you know that Babe Ruth is from Maryland? Let's see if anyone can play like him! **This event will take place on Wednesday, April 15th from 4:00PM-7:00PM. We will grab food at Jack's Hot Dog Stand before the game. Please bring at least \$15 cash!**
- UCP's Spring Formal: A Night in Bloom (Location: Cheshire Rod & Gun Club)
 - ❖ It's the return of the Spring Formal! Let's dress up in our fanciest clothing, take a limo ride, and attend a dance party! Bring your biggest smile and your dancing spirit! **This event will take place on Wednesday, April 22nd. We will leave from St. Mary's Church for our Grand Entrance at 5:30PM and the dance will begin at 6:00PM. Dinner will be a buffet provided by M&J's Taste of Home. Tickets cost \$30.**
- Terrarium Making
 - ❖ Spring is here and it's time to plant your gardens! Terrariums are small, indoor gardens that are also self-watering if you close them up! We have build-your-own terrarium kits that you can customize however you like! **This workshop will take place on Wednesday, April 29th from 6:00PM-8:00PM. *You must RSVP by Wednesday, April 22nd so we know how many kits to get.* Dinner will be build-your-own quesadillas. This event costs \$15.**



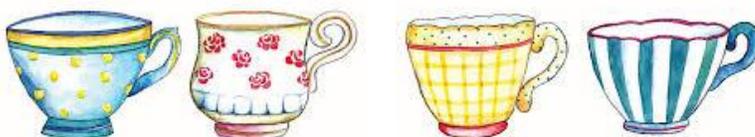
Thursdays:

- CATA Visual Arts (Location: North Adams office)
 - ❖ Join art teacher Jeff Gagnon as he teaches you different tips, tricks, and techniques for creating a masterpiece! **This visual art series will run every Thursday in April from 4:00PM-5:30PM at the North Adams office.**



Rejoin us for some old favorites!

- Caregiver Coffee Hour (Location: Online via Zoom)
 - ❖ You bring the coffee; we bring the conversation! Join Care Manager Meghan Robertson-Hayes to talk about issues, current events, and any other topic you may wish! All ideas are welcome! **These events will take place on Thursday, April 2nd from 11:30AM-12:30PM and April 24th from 3:00PM-4:00PM.** For April 2nd, the topic of discussion will be the introduction to a 4-part series on Autism. On April 24th, there will be a presentation on Special Needs Trusts from Attorney Abigail Poole.
- Social Club: Poetry Workshop (Location: North Adams)
 - ❖ We will be learning how to write different kinds of poems and techniques for writing poetry in this workshop. All you need to bring is your creativity! **This workshop will take place on Tuesday, April 7th from 6:00PM-8:00PM. Dinner will be spaghetti and meatballs. Please bring \$5 for dinner.**
- Parent Advisory Group (Location: Online via Zoom)
 - ❖ Your input is vital! Come meet our new Family Support Center Coordinator and help choose family trainings, events, and other programming. This is a chance to share your thoughts about what the future holds for your family member and learn about the support options we have to offer! **This event will take place on Monday, April 13th from 2:00PM-3:00PM.**
- Self-Advocates (Location: Hybrid – North Adams office and Zoom)
 - ❖ Join your peers to catch up, chat, and brainstorm new ideas for events and fundraisers! Self-Advocates is always looking for new members, so join a meeting and see what we are all about! **This event will take place on Tuesday, April 14th from 5:15pm to 6:15pm and costs \$2.00.**
- Social Club: Tea Party & Tissue Paper Flowers (Location: North Adams Office)
 - ❖ Complete with teacups and spring decorations, this tea party won't be one to miss! We will make tissue paper flowers while we sip tea with our pinkies up. We will have pasta salad, chicken salad, cucumber salad, cookies, lemon squares, and of course, plenty of tea! Proper tea party attire is encouraged. **This event will take place on Wednesday, April 29th from 6:00PM-8:00PM and costs \$15.**





ATTENTION! WEEKEND OFFERINGS!



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

- UCP Free Ride Day: (Location: Berkshire Carousel)

UCP's Assistive Technology Department is sponsoring free rides at the Berkshire Carousel on Saturday, April 25th from noon to 5:00PM!

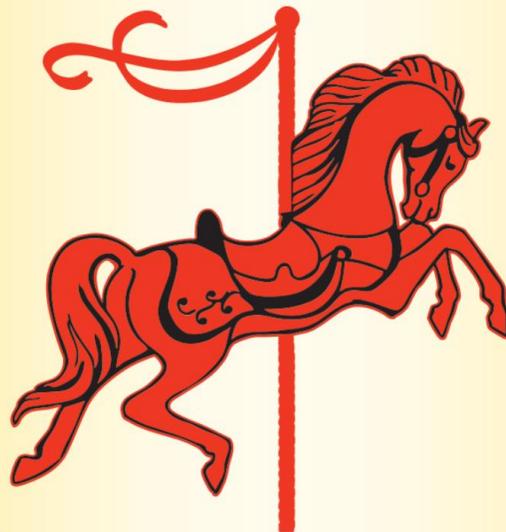
FREE RIDES!

Saturday, April 25th

Noon to 5pm

50 CENTER STREET • PITTSFIELD

**HOSTED BY UCP'S
ASSISTIVE TECHNOLOGY DEPARTMENT**



BERKSHIRE CAROUSEL



Community Bulletin Board



UCP does not provide transportation or staffing for community events

Thursdays:

- Open Swim (Location: [Gladys Allen Brigham Center](#) in Pittsfield)
 - ❖ **Pre-registration is required each week! Please contact UCP 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 April from 6:00PM-7:00PM at the Gladys Allen Brigham Center.**



Fridays:

- FIRST Fridays: Earthwork Festival (Location: Holden Street in North Adams)
 - ❖ A FREE community-centered celebration of the Earth and the work we are doing to take care of it. This event unites community members with the shared goal of a more thoughtful way of living. Expect a maker's market with local and regional artisans and plant lovers who are committed to eco-friendly practices, a DJ, and info booths from local eco-centered organizations. This event is rain or shine, either on Holden Street or indoors on Main Street. **This event will take place on Friday, April 3rd from 4:00PM-8:00PM.**

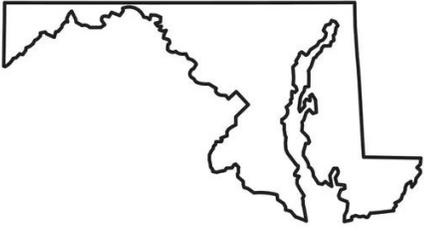
JOIN US FOR THE
**6TH ANNUAL AUTISM AWARENESS WALK
& RESOURCE FAIR!**
HOSTED BY FAMILIES LIKE OURS
April 18, 2026
11:00am-2:00pm
Rain Date 04/25/2026
Monument Mountain High School Track
600 Stockbridge Rd, Great Barrington, MA 01230

Celebrate community, inclusion, and awareness while supporting individuals with special needs and their families. Bring your friends, family, and neighbors!

community access
CATA
to the arts

FAMILIES LIKE OURS

GREYLOCK
FEDERAL CREDIT UNION



State of the month:

Maryland (MD)



Capital: Annapolis



State bird: Baltimore Oriole

State flower: Black-Eyed Susan

State cat: Calico



Maryland became the 7th state on April 28th, 1788.

Maryland is known for fishing. It exports the most Blue Crabs in the United States, which is the state crustacean



Some famous people from Maryland are:

Babe Ruth, the legendary baseball player

Francis Scott Key, author of The Star-Spangled Banner (our national anthem)

Michael Phelps, the Olympic swimmer with the most medals of anyone in history

Billie Holiday, an iconic jazz musician

UCP presents:



The Spring Formal A Night in Bloom



When: Wednesday, April 22nd
Where: The Cheshire Rod & Gun Club
Dress code: Semi-formal
Cost: \$30

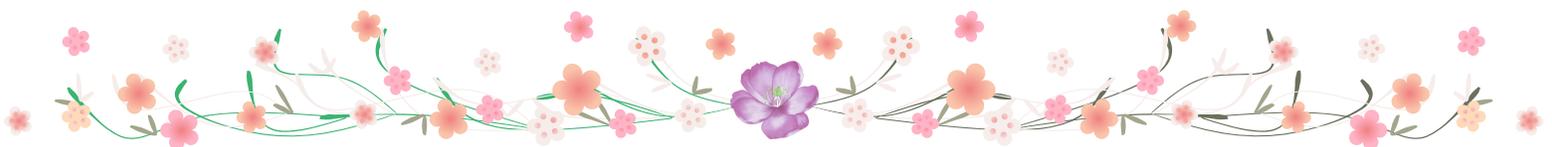
Bring your biggest smile and your dancing spirit!

Itinerary:



5:00PM.....Transport to St. Mary's
5:30PM.....Grand Entrance
6:00PM.....Dinner and Dancing

Thank you to our community partners for making this happen!
Cheshire Rod & Gun Club, Flynn & Dagnoli's Funeral Home, and M & J's Taste of Home





Providing Services in Berkshire, Hampden,
Hampshire, & Franklin Counties

Make a Difference in Someone's Life...



UCP of Western Massachusetts is looking for a caregiver for a cognitively impaired woman in the Berkshire County area. Compassionate and caring families, couples, or single women are encouraged to apply. Caregiver would be required to physically assist member with several activities of daily living, provide limited behavior management, provide companionship and advice when needed and oversight of the individual's day-to-day activities.

Looking for an enthusiastic and active caregiver who enjoys spending time with others and will encourage and facilitate community engagement. Caregiver will become part of the individual's team to help maintain and strengthen the family relationship.

Shared Living Providers must have qualified accommodations to meet the individual's living needs and be understanding and supportive of individuals with disabilities with a single-family home or apartment with an extra bedroom. The Shared living provider will be supported in their caregiver role with training, and guidance from a monthly case manager. This is a Department of Developmental Services (DDS) funded program.

Required Qualifications:

- Be a responsible person who is at least 18 years old
- Valid driver's license
- CPR/FA Certification or ability to obtain
- Ability to pass a CORI/Background Check



Are you open to Welcoming a new member into your family?

UCP of Western Massachusetts is providing an exciting opportunity for a caregiver to receive a tax-free, monthly stipend for opening their heart and home by providing companionship, emotional support and encouragement for growth, independence and community inclusion.

Our agency is dedicated to advancing the independence, productivity and full community inclusion for everyone we support. Our innovative programs are designed to serve children, adults and families.

HAVE QUESTIONS?

To learn more about this exciting opportunity, please contact:

Kristin Saharczewski
Director of Community Living Options
413-664-9345 x230
KSaharczewski@ucpwma.org

Adult Family Care is going to the statehouse!

When: June 3rd 2026

Arrive at the statehouse by 10 AM

Are you a member of UCP's AFC program?

Would you like to share your experiences with your state representatives?

Are you interested in joining us for an Advocacy day at the statehouse?

Reach out to Meghan Robertson-Hayes at



Mrobertson@ucpwma.org

Or (413) 664-9345 EXT 225



Please join the AFC team in meeting with the PLAN of MA and RI for a presentation about Special Needs trusts.

Time: Apr 24, 2026 03:00 PM

<https://us02web.zoom.us/j/81543082452?pwd=MS33sqZa6abtxlylBcqu7Vifl2zWwZ.1>

Meeting ID: 815 4308 2452

Passcode: 608843

About the PLAN of MA and RI:

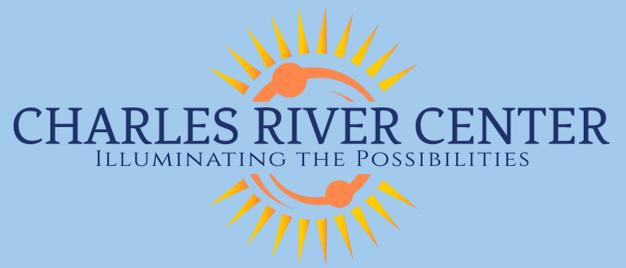
In sum, for 50 years, family members of individuals with special needs, or disabled individuals themselves, have turned to our non-profit special needs trust organization for assistance related to trusts and estates and special needs estate planning. We are proud and pleased that we've been – and continue to be – the organization to which individuals outreach when they have needs related to a special needs trust, a trust for an individual who is disabled, or a fiduciary trust.

The presentation will include information on:

- Understand the purpose of a Special Needs Trust
- Types of Special Needs Trusts
- Trustee Responsibilities
- Trustee Considerations
- Establishing a Trust with PLAN
- ABLE Accounts



- Presented by: Abigail V. Poole, Esq., PLAN of MA and RI In-House Counsel, joined PLAN in 2025. Attorney Poole brings with her a decade of experience in compassionately assisting individuals and families in the areas of estate planning, elder law, probate and trust administration while in private practice.
- Attorney Poole is a past president of the National Academy of Elder Law Attorneys, Massachusetts Chapter (MassNAELA), and remains an active member of MassNAELA's Special Needs and Disability Steering Committee and Membership Committee. Attorney Poole received the MassNAELA Member of the Year Award in 2021 and the President's Award in 2024. Attorney Poole was also recognized as a Super Lawyers® Rising Star from 2021 through 2024.
- Attorney Poole earned her bachelor's degree in psychology cum laude from Mount Holyoke College and her Juris Doctor from New England Law|Boston.



Date: Saturday,
April 4, 2026

Location: Logan Airport
Terminal E

Please join us!

Registration is
required



For more information and to register, scan the QR
code above or visit:

<https://www.charlesrivercenter.org/news-events/major-events/wings-for-autism/>

A FREE half-day event for parents, and their children with special needs to "practice" a trip to the airport.

Families get to experience:

- Entering the airport
- The check-in process and checking bags
- Security screening
- Boarding the plane
- Preparing for take-off
- Exiting the plane

Wings for Autism® was created by the Charles River Center, in collaboration with the Massachusetts Port Authority and TSA. The program began in 2011.

The Charles River Center, a member of the Arc, is based in Needham and Natick, MA and provides services and programming to more than 1000 adults and children with disabilities.



April 7th

Sign up by scanning the QR code
or emailing training@ppal.net



**GUARDIANSHIP IS NOT THE
ONLY OPTION: SUPPORTING
DECISIONS IN ADULTHOOD**



Northern Berkshire Community Coalition
Community Empowerment • Prevention & Wellness

Parents and Caregivers Support Group

When: the 2nd and 4th Wednesdays of each month from 10:00 AM-12:00 PM.

Where: UNO Community Center, 157 River Street, North Adams.

What: A peer-driven/peer-supported group in a judgement-free space. Share interests, experiences, and challenges in a laidback and low key environment.

No registration required.
Drop in and bring your family!
Snacks provided.

For more information, call 413-663-7588
or email nkennedy@nbccoalition.org
nbccoalition.org



April Right of the Month

Equality



What that means:

- I have the same rights as everyone else regardless of my abilities or disabilities.
- I have the right to advocate for myself and my life path.

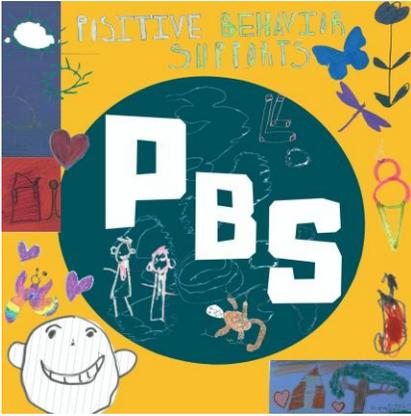
What I am responsible for with that Right:

- I have the responsibility to respect other people's rights and personal space.
- I have the responsibility to speak up when myself or others are being treated unfairly.

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

UCP's PBS Logo

What is
PBS?



*Positive Behavior Supports (PBS) is a systemic, person-centered approach to understanding the reasons for behavior and applying evidence-based practices for **prevention**, proactive intervention, teaching and responding to behavior, with the goal of achieving meaningful social outcomes, increasing learning and enhancing the quality of life across the lifespan.*

This is UCP's collaborative PBS logo! We ran a PBS logo contest for UCP members and received 17 incredible submissions, each one unique and meaningful. Choosing just one? Impossible. So, we decided to combine all 17 designs! The final image reflects the heart and soul of our PBS community—diverse, imaginative, and united.

April PBS Strategy of the Month

Modifying the Environment

What that Means: Adjusting the environment to reduce triggers and set people up for success

What that might look like:

- Reducing noise by going to a quieter area
- Adjusting lighting, seating, or group size
- Providing clear structure and predictable routines
- Ensuring materials are accessible and organized
- Using adaptive equipment

What this might help with:

- Reduces overstimulation and feelings of being overwhelmed
- Increases positive responses such as effective participation

Key Takeaways:

- Change the environment, not just the behavior.
- Proactive environmental adjustments can prevent challenging behaviors and promote success!

Want to know more about PBS? Contact Justine Buckley at jbuckley@ucpwma.org