Heather’s Highlights

Dear Readers,

Our May forum provided a lively presentation on the many options for children and families during the North Quabbin summer season. Lt. Melissa Lowell began by illustrating the options available through the Salvation Army, including but not limited to, Camp Wonderland. Jennifer Gordon, Executive Director of the Athol Area Y, hit the ground running with a stellar presentation of Camp Wiyaka. Meghan Shaughnessy helped to describe numerous other options available through the Athol Area Y and Camp Selah. Bonnie Stewart and Sandi Walters presented the opportunities available through the CSO All Stars Program in Athol with new eligibility criteria. Nice job ladies! All in all we had a wonderful discussion of these programs and more, who to contact, and all of the many flexible payment options that can be found upon request.

Linda Spears, the Commissioner for MA Dept. of Children and Families, and some members of her Community Connections team were able to join our meeting this month as well! The visit provided an engaging discussion on the state of DCF locally, the partnership with the NQCC as the local community connection coalition site, and Valuing Our Children’s (VOC) Family Resource Center/NQ Patch. We would like to say thank you to Commissioner Spears for all of your support and collaboration. Congratulations to VOC on your new amazing site on Lumber Street in Athol!

Thank you for all that you do!

Heather Bialecki-Canning
Executive Director
Our FY20 Donor/Members

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North Quabbin Recovery Center
One-Year Celebration!

The North Quabbin Recovery Center (NQRC) will be celebrating their one year anniversary on June 2 from 10:00 am to 2:00 pm at the Tully Lake Pavilion, Route 32 North (Athol-Richmond Road), Royalston. The NQRC will provide hot dogs and hamburgers and ask that if you’re able to bring a dish too, please do so. There will also be yoga, hiking, horseshoes, and volleyball. Bring your own chairs, and people are responsible for their own children during the event. There will be an all Recovery meeting at 11:00 am. For more information, visit https://www.facebook.com/events/454710845323043.
35th Annual Luncheon Celebration
Friday, June 21, 2019
11:30 am – 2:00 pm
Ellinwood Country Club
1928 Pleasant Street, Athol

Name of Organization: ________________________________
Name of Contact: ________________________________
Contact Phone: _____________________ Contact Email: ______________________

Person(s) who will be attending:
Name: ___________________ Name: ___________________
Name: ___________________ Name: ___________________
Name: ___________________ Name: ___________________
Name: ___________________ Name: ___________________

$25.00 pp if registered by June 14 - $30.00 pp if registered after June 14-
$180 for a table of 8

Please bill me at (address): ________________________________
I cannot attend, but my donation is enclosed: $___________
Total Amount enclosed: $___________

Lunch is a Buffet with Vegetarian Options
Please make checks payable to:
North Quabbin Community Coalition, 251 Exchange Street, Athol, MA 01331
If you have any questions, please call 978-249-3703 or email info@nqcc.org
Learn how to make choices
to live a healthier life!

Join a Healthy Living Workshop Series

SPRING/SUMMER 2019 WORKSHOPS

Chronic Pain Self Management
Wednesdays | June 5–July 30 | 8:30 a.m.–10:30 a.m.
CQID Outpatient Behavioral Health Services
102 Main Street, Greenfield, MA

Diabetes Self Management
Thursdays | June 13–July 11 | 5:30–8 p.m.
Dr. Ferry’s office waiting room
33 Kidder Street, Greenfield, MA

A Matter of Balance:
Managing Concerns about Falls
Wednesdays | June 5–July 24 | 1:30–3:30 p.m.
Greenfield Senior Center
36 Pleasant Street, Greenfield, MA

Healthy Eating for Successful Living for Older Adults
Wednesdays | June 12–July 17 | 9:30 a.m.–12 p.m.
YMCA Athol
545 Main Street, Athol, MA

For more information or to register for a workshop, call 413-773-5555 x2297 or 978-544-2239 x2297, or email awaisman@lifepathma.org. For a complete list and more details about upcoming workshops, visit LifepathMA.org. And stay tuned for next season’s offerings!

Healthy Eating for Successful Living
Living Well with Long-Term Health Conditions

Wednesdays, June 12–July 17, 9:30 am–12:00 pm
YMCA Athol

Healthy Eating for Successful Living is a program for people who want to learn more about nutrition and healthy heart and bone strategies.
- MyPlate dietary guidelines
- Water and exercise
- Label reading
- Grocery shopping
- Support of a nutritionist or registered dietician
- Behavior change techniques
- Self-assessment

For more information or to register for a workshop, call 413-773-5555 x2297 or 978-544-2239 x2297, or email awaisman@lifepathma.org. For a complete list and more details about upcoming workshops, visit LifepathMA.org.

Lifepath
Options for Independence

Orange Historical Society
41 North Main Street

BREAKFAST ON THE PORCH

2019

JUNE 8 - JULY 13
AUGUST 10 - SEPTEMBER 14

8AM-10AM

“Morning without you is a drabbled dawn.”
Emily Dickinson

Menu: Quiche, French Toast, Pancakes, Waffles, Sausage, Pastry, Fruit, Beverages
Cost $6.50

HIP IS BACK!
SIGN UP NOW
AT QUABBIN HARVEST CO-OP

- Get a box of fresh produce weekly or biweekly
- GET MONEY BACK in your EBT account!
- Fruit and veggie shares available

Get reimbursed up to these amounts:
1-2 person family: $40/mo
3-5 person family: $60/mo
6+ person family: $80/mo

12 N Main St, Orange
Mon-Fri 10-7, Sat 9-5
978-544-6784

The Healthy Incentives Program is administered by the Massachusetts Department of Transitional Assistance, in partnership with the Department of Agricultural Resources and the Department of Public Health, and is supported by state financing.
Free!

Family Fun Day

June 15, 2019 ~ 10am — 12pm

Tully Lake Recreation Area, Royalston MA

* Programs for families
* Playmaker activities
* Info about summer activities
* Entertainment
* Family Fun
* Arts and crafts

Presented by the North Quabbin Children’s Health and Wellness System of Care Taskforce

In the case of inclement weather, Please call 978-249-3703

NOT A SCHOOL SPONSORED EVENT
“Hope and Healing” Breakfast

June 14, 2019
7:30 - 9:00 am
Greenfield Community College

Join the Children’s Advocacy Center of Franklin County and North Quabbin at an important breakfast event to learn more about how the Advocacy Center transforms the lives of children we serve and why we need your support. This is also an opportunity to acknowledge, and help us congratulate, the recipients of the breakfast awards:

**Champion of Children** - Brenda Mozdierz
Investigator for the Department of Children and Families

**Hero of Justice** - Dr. Jeremy Aidlen
Pediatric Surgeon, UMASS Medical Center

**Volunteer of the Year** - Michelle Dwyer and Sue Dillon

For more information on this event, please contact Irene Woods at info@cacfranklining.org or 413-475-3401.
**Vapes & Cigarettes: Different Products. Same Dangers.**

The Massachusetts Department of Public Health recently launched a public information campaign for middle and high school aged youth titled Vapes & Cigarettes: Different Products. Same Dangers. The campaign links the dangers of vaping to cigarette smoking for young people, and was developed with the input of middle and high school students across the state.

Different Products. Same Dangers. will feature online and social media ads (Instagram, Snapchat, Spotify, and YouTube). The campaign sends youth to mass.gov/vaping for basic information and resources on the dangers of vaping and encourages them to follow the campaign on Instagram (@GetTheVapeFacts).

Detailed guidance on how schools and organizations who work with youth can utilize the campaign and its resources is available through a Toolkit for schools and community based organizations at www.GetOutraged.org. If you are already familiar with the Toolkit from the Department’s first campaign, The New Look of Nicotine Addiction, to educate parents and adults about the dangers of youth vaping, we encourage you to take another look as the Toolkit has been updated with new resources and information.

Different Products. Same Dangers. also includes posters, handouts, and mirror clings for schools and organizations. Materials are available free of charge at the Massachusetts Health Promotion Clearinghouse. Utilizing or communicating about the Different Products. Same Dangers. resources in your organization is also a great time to reinforce information for adults at www.GetOutraged.org. They’re hoping that you find the new campaign and updated resources in the Toolkit useful. Please contact Tina Grosowsky, Central MA Tobacco Free Community Partnership, at tina.grosowsky@umassmed.edu or 508-856-5067 for assistance.

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**ADVANCED MANUFACTURING**

**Begin a career in Manufacturing and CNC Machining**

Apply early to see if you qualify for funding that pays for the training – no cost to you!

Attend an upcoming Information & Application Session:

**Mondays 3:00 - 4:30 pm**
- June 3, 2019
  Franklin/Hampshire Career Center
  1 Arch Place, Greenfield, MA
- July 8, 2019
  GCC, Downtown Center,
  270 Main St, Greenfield, MA
- August 5, 2019
  Franklin/Hampshire Career Center
  1 Arch Place, Greenfield, MA

Sign up today and reserve a seat!

**RSVP at www.gcc.mass.edu/manufacturing or call 413-774-4361**

Veterans, women, unemployed, and other under-represented groups are especially encouraged to apply.

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**The 2nd Annual**

**Franklin County and the North Quabbin**

**Building a Resilient Community**

**Redefining a Community Approach to ACES: A Path Forward**

Join the movement to help create a trauma-informed Franklin County and North Quabbin Region. This event addresses community approaches to Addressing Childhood Experiences (ACES).

**Panelists at the Event:**
- Judge Beth A. Crawford, First Justice, Franklin County Probate and Family Court
- Jackie Humprey, LICSW
- Donna Maukweister, Executive Director, The Birch House Community Center
- Heather Bailer-Korn, Executive Director, North Quabbin Community Coalition
- Betty Jants, Family Services Director, Volunteering Our Children

**Wednesday, June 5, 2019, 9 AM—12 PM**

Join us for Networking and Free Breakfast from 8:30 am—9:00 am

Greenfield Community College, Main Dining Commons

Free and open to everyone! Registration not required. Questions?
info@oprodashfor.org | 413.774.4361
www.oprodashfor.org
Seeds of Solidarity Upcoming Events

Craft Your Own Life Mini Internships for Young People

Seeds of Solidarity is running two sessions of their mini internships in 2019. The first one runs June 10th to the 13th for young adults ages 20 to 24 (in college or working, or just post college). The second runs August 5th to the 8th for youth ages 15 to 19. Applications are available here.

Grow food and cook to eat well (and economically); Use tools (boost confidence, use your hands); Learn techniques to unwind (sitting & walking meditation, yoga); Clear your head (of intoxicants and technology); Communicate about topics of interest and experience time, space, and support to contemplate your ideas and life vision in order to stay engaged in disruptive times, and live your life with joy and meaning. Thanks to a grant from Common Good Greenfield, Greenfield Farmers Cooperative Exchange, and the support of generous individuals, there is no fee for youth to participate in a Craft Your Own Life experience!

2019-2020 Position Openings with TerraCorps

TerraCorps is an innovative national service program that prepares and mobilizes emerging leaders to help communities conserve and secure land for the health and well-being of people and nature. We do this by supporting AmeriCorps members who serve with nonprofit organizations across the state to tackle issues around land access, urban agriculture, and conservation. This year, we are looking for 48 members to join the TerraCorps team! Members can serve in one of five service positions: Youth Education Coordinator, Community Engagement Coordinator, Land Stewardship Coordinator, Regional Collaboration Coordinator, and Urban Agriculture Coordinator. Members serve in full-time (38 hour/week), 11-month positions from August 26, 2019- July 24, 2020. These 1,700-hour AmeriCorps positions receive a living allowance and are eligible for an education award, and additional AmeriCorps benefits. Application specifics, position descriptions, and additional information about how to apply can be found at www.terracorps.org/become-a-member. Applications will be accepted until all positions are filled. Interviews began in late April, and we aim to fill all positions by the end of July. Interested individuals can reach out directly to Maria Infante at minfante@terracorps.org.

Health Connector Navigator Available

The Community Health Center of Franklin County has the only Health Connector Navigator in Franklin County. A Navigator can help you to navigate the health insurance system, specifically MassHealth and Health Connector. Consider calling if you need to apply or want to see if you qualify; if you are having problems with MassHealth or the Health Connector; if you have questions about letters you receive; or if you need to fax information to MassHealth or the Health Connector. Their Navigator, Wendy, can help you with all of these issues and more. She can be reached at 413-325-8500, extension 146. She is also available at their sites located at 102 Main Street in Greenfield and 450 West River Street in Orange. www.chcfc.org.
Certified Community Behavioral Health Clinic (CCBHC) Athol June Activity Schedule

Clinical & Support Options’ CCBHC offers opportunities to provide integrated care (mental health, addictions, and physical health) to all ages regardless of ability to pay. Services currently offered are group activities (below), wellness coaching, peer support, and recovery supports. Contact Jade Martin, LMHC, R-DMT, Clinical Care Manager, CCBHC, at 978-249-9490 x4129 or jade.martin@csoinc.org with any questions about the program or visit www.csoinc.org.

Mondays
Play Doh Group (Ages 2-5) — 11:00 am
Puzzles & Coloring — 1:00 pm
Peer Led Substance Use Support Group — 2:00 pm

Tuesdays
Knitting & Crafting — 10:00 am
Seeking Safety Women — 11:00 am
Book Club — 12:00 pm with Susan Denis, Ongoing
Exploring Community Resources — 2:00 pm
Walking for Wellness (Adults) — 3:00

Wednesdays
Health, Wellness, & Chronic Pain Support — 10:00 am
Smoking Cessation Support — 1:00 pm
Early Recovery Group — 2:00 pm
Board Games (Family) — 4:00 pm

Thursdays
Board Games (Adults) — 10:00 am
All Recovery (Mental, Physical &/or Substance Use Peer Led Support Group — 1:00 pm
Mental Health Symptom Mgmt Group (Adults) — 2:00 pm
Crocheting & Knitting — 4:00 pm

Fridays
Paint by Number (Adults) — 10:00 am
Peer Led Substance Use Support Group — 11:00 am
Card Games — 12:00 pm

OVERDOSE PREVENTION & NARCAN TRAININGS
Free and open to all community members

WEDNESDAY, JUNE 12
1:30-3:00 PM
North Quabbin Recovery Center
416 Main Street in Athol

THURSDAY, JUNE 20
6:00-7:30 PM
Greenfield Public Library
402 Main Street in Greenfield

TUESDAY, JUNE 25
6:00-7:30 PM
Montague Catholic Social Ministries
43 Third Street in Turners Falls

Questions? info@opioidtaskforce.org
413.775.7474 | wwwopioidtaskforce.org

Landlord and Tenant Meet & Greet Event
Come and join us as we learn why access to safe and affordable housing is essential for individuals in recovery and those re-entering the community post-incarceration.

- Personal sharing
- Storytelling
- Information Sharing
- Discussion
- Free snacks and appetizers

Thursday, June 20, 2019, 3pm-6pm
The Episcopal Church of Saints James and Andrew
8 Church St, Greenfield MA

FRCM Transition from Jail to Community Task Force

Free and open to everyone! Registration not required. Questions?
info@opioidtaskforce.org | 413.775.7474 wwwopioidtaskforce.org
Athol Bird & Nature Club Events

Events take place at the Millers River Environmental Center, 100 Main Street, Athol, unless otherwise noted. www.atholbirdclub.org.

June 2 @ 9:30 am: Dragonflies and Damselflies in the North Quabbin — Join Club president and others for this look at both rare and common species found in the North Quabbin. We will start by searching an historical site for the endangered Ebony Boghaunter Williamsonia fletcheri after which we will look at different local habitats for early season odonates. Bring camera, net (if you wish), snacks, water, footwear to be able to wade in shallow water, and a sense of fun and adventure. Meet at 9:30 am at MREC 100 Main Street Athol. Contact Dave Small at Dave@dhsmall.net or 978-413-1772 for questions.

June 7 @ 6:00 pm: Millers River Environmental Center Grand Opening — Celebrate the Windows on Main Art Exhibit with food, music, and fun for the whole family. This event coincides with the First Friday Festival in downtown. Lots to do and see in downtown Athol!

June 22 @ Late Night: Annual Moth Ball — Join ABNC president Dave Small and naturalist Lula Field at Dave and Shelley’s house, 1542 Pleasant Street, Athol, to search for Lunas, underwings, silkmoths, and other night flying insects. Participants are invited to bring their tents, snacks to share, and favorite moth baits. (Don’t know what those are? You’ll find out!) Info: Dave Small, 978-413-1772 or Dave@dhsmall.net.

Clinical & Support Option Positions Open

Clinical & Support Options (CSO) is a great place to work offering competitive wages and a full benefits package. To view a complete list of available positions and apply directly online, visit their website at www.csoinc.org/employment.

Case Manager for Family Support Services: Provide community-based direct care services for children, adults, and families including crisis stabilization and ongoing support and case management through the state's Children's Behavioral Health Initiative. Associate's or Bachelor's in a mental health discipline required as well as one year related experience and strong interpersonal and organizational skills. Must have valid driver's license and reliable transportation.

Clinician for Family Support Services: Looking for a rewarding job with an opportunity to help individuals in their quest for stability, growth, and a positive quality of life? CSO has open positions for Master's Level Clinicians in our Family Support Services program, providing intensive clinical services to families in their homes in the western and central Massachusetts areas as part of the Children's Behavioral Health Initiative (CBHI). Clinicians will provide in-home therapy as part of an amazing team, working with the Clinical Supervisors and Family Support Workers/Case Managers.

Outpatient Clinician: Looking for a rewarding job with an opportunity to help individuals in their quest for stability, growth, and a positive quality of life? CSO has open positions for Master's Level Clinicians in our Outpatient Services program, providing clinical services to individual, families, couples, and groups in western and central Massachusetts.
North Quabbin Community Coalition’s Recent Award Winners!

Rural Health Hero Award winner, Paula Pralinsky, and NQCC Youth & Family Engagement Coordinator, Amanda Mankowsky

Spotlight Award winner, Annie Diemand-Bucci and NQCC Executive Director, Heather Bialecki-Canning

Spotlight Award winner, Mitchell R. Grosky, and NQCC Youth & Family Engagement Coordinator, Amanda Mankowsky

Spotlight Award winner, Kelsey Cass, and NQCC Drug Free Communities Coordinator, Sarah Collins
Mission Statement: The North Quabbin Community Coalition is a community-wide alliance committed to improving the quality of life for all those living and working in the North Quabbin since 1984.

Congressman James P. McGovern’s Local Office Hours in Athol

Congressman James P. McGovern, serving the 2nd Congressional District, Massachusetts, has local office hours at the North Quabbin Community Coalition, 251 Exchange Street, Athol. Staff will be available on the third Friday of every month from 11:00 am to 2:00 pm to meet with you and provide assistance/advocacy with matters pertaining to federal government agencies and to discuss concerns, thoughts or opinions regarding matters pertaining to the federal government. To schedule an appointment or for additional information, please contact Eladia Romero, Regional Manager at 978-466-3552.