Heather’s Highlights

Dear Readers,

September brought the beginning of a new forum year for the Coalition. Our first was held on September 20th, with a presentation from the Department of Children and Families Greenfield area office on Foster care and kinship options. This presentation then lead to a rich discussion about community engagement and how child protection and family support needs an entire community to be successful. Thank you Rissa Carl, APM, and Samantha Hakala Whaland, Patch Supervisor, for your time. They also opened the door to any community member who would like more information to contact their area office directly.

The first forum also provided introduction and networking opportunities for area providers to share new programs, projects, and contact information. September did not disappoint, reaching 55 attendees representing services from the North Quabbin, Franklin County and beyond. Taskforce efforts begin a new year as well in September and we look forward to your participation in any and all Coalition efforts. Together lets make it a great year.

Happy Fall,

Heather Bialecki-Canning
Executive Director

Next Coalition Forum:
October 18, 2019
9:00—10:30 am
Literacy Volunteers of Orange/Athol
Orange American Legion
40 Daniel Shays Highway
Orange, Massachusetts

November Newsletter DEADLINE: October 22
Email details to admin@nqcc.org

Visit our comprehensive North Quabbin Area Community Calendar at nqcc.org/events.html

Like us on Facebook for regular updates!

NQCC
251 Exchange Street
Athol, MA  01331
978-249-3703
www.nqcc.org
info@nqcc.org
Board of Directors

Sandi Walters, President
Clinical Support Options

Sharon Tracy, Vice President
Quabbin Mediation

Steve Raymond, Treasurer
Athol Select Board

John Bruinsma
Community Representative

Lynne Feldman
LifePath

Nicole Guertin
Franklin County Sheriff’s Office

Rev. Megan Leary
Orange Central Congregational Church

Chief Craig Lundgren
Orange Police Department

Pat Moore
Community Representative

Jeanette Robichaud
Community Representative

Charlie Winters
Community Representative

Staff

Heather Bialecki-Canning
Executive Director

Amanda Mankowsky
Youth & Family Engagement Coordinator

Sarah Collins
Drug Free Communities Coordinator

Katrina Burton
Project Assistant

Our FY20 Donor/Members

PLATINUM PLUS SPONSORS
Athol Daily News
Athol Orange Rotary Club
Community Action Pioneer Valley

PLATINUM SPONSORS
Anonymous (Athol)
Athol Savings Bank
Rebecca Bialecki
Susan C. Bredesen
Community Foundation for Justice
Franklin County Sheriff’s Office

GOLD SPONSORS
Family Pet Veterinary Services
Lynne Feldman
LifePath
Congressman Jim McGovern
Diane Nassif
Quabbin Valley Healthcare
The United Arc
Valuing Our Children Whippys, Inc.

SILVER SPONSORS
Lucinda Brown
Children’s Advocacy Center
Communities That Care Coalition
Ben & Margaret Feldman
FRCOG
Edmond Hayes
Hometown Realtors
NQ Chamber & Visitors Center
Petersham Lions Club
Quabbin Mediation, Inc.

BRONZE SPONSORS
Anonymous: In Memory of Eric J. Bacigalupo
Clinical & Support Options
GVNA HealthCare, Inc.
Kimball-Cooke, Inc.
MA D.A.R.E.
Debra McLoughlin & Roger Miller
Orange Oil Company, Inc.
South Athol United Methodist Church
Bonnie Stewart
Susan Paju & Heidi Strickland
Sandi Walters
Charlie Winters

SUPPORTING SPONSORS
First Congregational Parish Unitarian
Joseph C. Hawkins
James & Barbara Herbert
Deborah Hubbard
Hume Equipment Co.
Patricia Larson
The Literacy Project
Petersham Police Department
Privilege 351 Barber Shop
Seeds of Solidarity

INDIVIDUAL SPONSORS
Karl Bittenbender
Nicole Boutell Coleman
Ilana Gerjuoy
Mary Giannetti
Samuel Richardson
Samantha Staelens
Deborah Vondal
Irene Woods

OTHER SUPPORT
Boiler Bar and Grill
Billy Goat Boats
Bill Burton
Sally Ann Collette
Fisher Hill School
Lisa Kuenzel
Joyce L’Heureux
Ms. Muffet’s IncrediKorn
Opioid Task Force
Pioneer Junior Women’s Club
David Runyan
Jesse Sawin
SMallet Photography
Brent Walker

Thank you
Building Blocks for Community Development

Friday, Oct 4, 2019 4:30-6:30 pm
LaunchSpace@OIC
131 West Main St, Orange MA
With legislators Sen. Jo Comerford,

4:30-4:45
Legislators will each speak briefly
with updates about the 2019 and
upcoming 2020 legislative session,
including concerns about education and
economic development in small towns and rural
areas like the North Quabbin.

4:45-5:15
Q&A with the audience.

5:15-5:30
Closing discussion — “How can North Quabbin
residents help?”

5:30
OIC open house and LaunchSpace tour

Come and tour your local maker space!

Refreshments will be served

Refreshments from Nalini’s Kitchen at
Quabbin Harvest and other local vendors.

While you’re at OIC, visit Honest Weight
Artisan Beer’s tasting room too!

For more information contact
Brianna@orange-innovation.com
Is Your Listing in Look4Help Up-to-Date?

The fabulous new Look4Help Public Resource Directory has been live at www.look4help.org for two months and lots of folks are using it to find information about programs in Franklin County, Hampshire County, the North Quabbin, and nearby areas. Community Action Pioneer Valley is continually updating Look4Help to make sure it includes accurate information and they are asking that you take a moment to see what it says about your program/agency. Is your program or agency listed? Does it include up-to-date info? Is your program or agency showing up in the Popular Categories you think it should?

If you see changes that are needed, click on the "Add/Update Listing" tab in the main menu and fill out the form to let them know what changes are needed. As Community Action Executive Director Clare Higgins says, Look4Help is like a garden that we all need to tend to in order for it to provide the best info!

Massachusetts Census Equity Fund Grants

Every 10 years, the U.S. Constitution requires that all residents be counted through a nationwide census. Census data is used for political representation at the federal, state, and local levels, as well as to determine what communities receive private and public funding. How accurate the 2020 Census is can affect many critical decisions and it will have a wide-ranging and long-term impact on the future of Massachusetts.

The Massachusetts Census Equity Fund 2020 is a statewide funding initiative with the mission to increase participation in the 2020 Census in communities that are at significant risk of being undercounted. Through their statewide grant program, they aim to support community-based organizations to educate, organize, and empower residents in hard-to-count communities to respond to the 2020 Census. Grant sizes will range from $5,000 to $15,000 depending on requests. Smaller or larger amounts can be submitted for approval. For more information, visit https://www.masscensusequity.org/grants.

Child Safety in Today’s World:
An Engaging Presentation & Discussion
For all members of our community!

Learn about keeping our kids safe in the 21st century!

We’ll cover:
* Internet Safety Tips
* Healthy Relationships
* Communicating about the tough issues

Door Prizes Available!

Facilitated by Jackie Humphreys, LICSW & Joanne Leonard, CSEC Coordinator of the Children’s Advocacy Center of Franklin County and North Quabbin, Inc.

This workshop will be offered 3 times in 3 different locations of our region:

Wednesday October 2nd 6-7:30 at Baystate Franklin Medical Center, 164 High St, Greenfield
Tuesday October 22nd 6-7:30 at Athol Public Library, 600 Main St, Athol
Thursday November 7th 6-7:30 at Mohawk Regional High School, 20 Ashfield Rd, Sturbridge Falls

Register with Joanne Leonard at 413-475-3401 or jleonard@cafranklinq.org

This event is free, made possible by a grant from the Bete Family Foundation. This is not a school-sponsored event.
Massachusetts Community Health & Healthy Aging Funds

In January 2017, the Massachusetts Department of Public Health (DPH) completed a landmark revision of the Determination of Need (DoN) regulation. The revised regulation authorized the creation of the Massachusetts Community Health and Healthy Aging Funds. The Funds will invest significant resources in Massachusetts communities to improve population health outcomes through innovative and sustainable approaches that bring together a variety of people and partners.

DPH believes in a Massachusetts where all residents have a fair and just opportunity to be as healthy as possible. The Massachusetts Community Health and Healthy Aging Funds (the Funds) are committed to disrupting and removing barriers to health – structural and institutional racism, poverty, and deep power imbalances – through community-centered policy, systems, and environmental change approaches. They provide the resources to enhance the capacity of multi-sector collaboratives to authentically engage residents and work together so that everyone has the highest quality of life possible in Massachusetts.

If you are a Massachusetts non-profit organization or municipality with an idea or an approach to improve the health of your community through meaningful, sustainable change, join us. The Massachusetts Executive Office of Elder Affairs (EOEA) partners with DPH on the Healthy Aging Fund. Health Resources in Action (HRiA) acts as the fiscal agent and is responsible for facilitating the planning and implementation of the Funds. To learn more about what they fund, visit [https://mahealthfunds.org/what-we-fund](https://mahealthfunds.org/what-we-fund).
Opioid Task Force of Franklin County and the North Quabbin Region
Committee Meetings

Treatment and Recovery Committee
October 4 ~ 10:00 am - 11:30 am, Greenfield Community College, Downtown Center, 270 Main Street, Greenfield

Sex Trafficking in Franklin County & the North Quabbin Region
October 9 ~ 9:00 am - 12:30 pm, Greenfield Community College, Main Campus Dining Commons, One College Drive, Greenfield. A free event with Keynote Speaker Dr. Donna Sabella, International Expert on Human Trafficking. Following will be a panel discussion and Q & A. A free networking breakfast begins at 8:30 am.

Housing & Workforce Development Committee
October 11 ~ 10:00 am - 12:00 pm, Olver Transit Center, Allen Meeting Room, 12 Olive Street, Greenfield.

All committee meetings are open to the public. Please email info@opioidtaskforce.org if you plan to join.
Athol Bird & Nature Club Events
Events take place at the Millers River Environmental Center, 100 Main Street, Athol, unless otherwise noted. [www.atholbirdclub.org](http://www.atholbirdclub.org).

**Oct. 3, 3:30-5:00 pm: Wildlife Habitat Management Site Walk**—The public is invited to join MassWildlife habitat management specialists at the Tully Mountain Wildlife Management Area to see where planned habitat management activity will be taking place to benefit both rare and common wildlife. Meet at the WMA parking area located at the end of 152 Mountain Road (off Royalston Road) in Orange. Rain or shine. More details at [https://www.mass.gov/service-details/masswildlife-calendar](https://www.mass.gov/service-details/masswildlife-calendar).

**Oct. 4, 11, 7:30 am: Early Bird Birding w/ Jeff Johnstone**—Meet Jeff at the Center.

**Oct. 9, 7:00 pm: "Native Plants as Insect Habitat" with Charley Eiseman**—Each native plant species has a suite of host-specific insects that depend on it for food. Even allowing a single "weeds" to grow in your garden can significantly increase its habitat value, and choosing to plant native trees, shrubs, and wildflowers will cause your yard to teem with life. Using a number of common New England plants as examples, Charley will introduce us to some of these insects, their natural history, and signs of their presence to look for on their host plants.

**Oct. 20, 1:00 pm: ABNC Geology Division Meeting**—This meeting date will be devoted to dusting and cleaning The Quarry. Dust masks will be provided.
CSO Wellness Program October Activity Schedule

Clinical & Support Options’ Wellness Program offers opportunities to provide integrated care (mental health, addiction, and physical health) to all ages regardless of ability to pay. Services currently offered are group activities, support groups, peer support, recovery supports, care coordination, and wellness coaching. Contact Amy Softic, Integrated Services Manager for the Wellness Program at 978-249-9490 x4081 or amy.softic@csoinc.org with any questions about the program or to register for activities and/or groups. They are now located at 2033 Main Street, Suite 2, Athol.

<table>
<thead>
<tr>
<th>Mondays</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Mindful Movement (women) —</td>
<td>10:00 am</td>
</tr>
<tr>
<td>Disc Golf @ Tully —</td>
<td>11:00 am</td>
</tr>
<tr>
<td>Peer Led Substance Use Support Group —</td>
<td>2:00 pm</td>
</tr>
<tr>
<td>Job Search Group —</td>
<td>3:15 pm</td>
</tr>
<tr>
<td><strong>Tuesdays</strong></td>
<td></td>
</tr>
<tr>
<td>Knitting &amp; Crafting —</td>
<td>10:00 am</td>
</tr>
<tr>
<td>Depression &amp; Anxiety Support</td>
<td>11:15 am</td>
</tr>
<tr>
<td>Living in Balance (recovery support) —</td>
<td>2:00 pm</td>
</tr>
<tr>
<td>Walking for Wellness —</td>
<td>3:15 pm</td>
</tr>
<tr>
<td><strong>Wednesdays</strong></td>
<td></td>
</tr>
<tr>
<td>Health, Veteran’s Coffee Hour —</td>
<td>10:00 am</td>
</tr>
<tr>
<td>Women’s Seeking Safety —</td>
<td>10:00 am</td>
</tr>
<tr>
<td>Early Recovery Support Group —</td>
<td>2:00 pm</td>
</tr>
<tr>
<td>Board Games for Adults —</td>
<td>4:00 pm</td>
</tr>
<tr>
<td><strong>Thursdays</strong></td>
<td></td>
</tr>
<tr>
<td>Dimensions of Wellness —</td>
<td>9:30 am</td>
</tr>
<tr>
<td>Canoeing/Kayaking —</td>
<td>11:00 am</td>
</tr>
<tr>
<td>Living In Balance —</td>
<td>2:00 pm</td>
</tr>
<tr>
<td>Knitting &amp; Crocheting —</td>
<td>4:00 pm</td>
</tr>
<tr>
<td><strong>Fridays</strong></td>
<td></td>
</tr>
<tr>
<td>Art Group —</td>
<td>10:00 am</td>
</tr>
<tr>
<td>Yoga for Women —</td>
<td>1:00 pm</td>
</tr>
<tr>
<td><strong>Workshops</strong></td>
<td></td>
</tr>
<tr>
<td>Quitters Win with Tim Sweeney —</td>
<td>11:00 am-12:30 pm</td>
</tr>
<tr>
<td>Smoking and Substance Use Cessation —</td>
<td>11:00 am-12:30 pm</td>
</tr>
<tr>
<td>MENder’s with Time Sweeney —</td>
<td>11:00 am-12:30 pm</td>
</tr>
<tr>
<td>Support Group for Men</td>
<td></td>
</tr>
<tr>
<td><strong>Family Movie Night &amp; Dinner</strong> —</td>
<td>5:30-7:30 pm (every 4th Thursday)</td>
</tr>
</tbody>
</table>

We understand...  

It’s complicated!  
Your relationship with tobacco or other substances is probably complicated.

QuittersWin  
compassionate, comprehensive, and competent help for people who are ready to try to understand and untangle that complicated relationship! These services provided without cost to participants. Come to the free seminar (lunch included!)

**Friday, Oct. 4th**  
11-12:30  
**CSO**  
2033 Main Street, Athol  
**Pre-registration forms available in the Reception area.**  
**Sign up now!**  
Living In Balance  
Moving from a Life of Addiction to a Life of Recovery  
A 12-week research-based, flexible, and practical substance use recovery curriculum that helps clients address issues in lifestyle areas that may have been neglected during addiction.  
Starting October 15, 2019  
2-3pm on Tuesdays and Thursdays at CSO Athol  
Facilitated by Peer Support Specialist, Debby Lincoln  
Topics include:  
-  
  - Triggers  
  - Cravings  
  - Planning for sobriety  
  - Spirituality  
  - Anger and Communication  
  - Relapse Prevention Basics  
  - And more!  

To sign up for this group:  
Contact Deb at 978-249-9490, x4013  
Or email Debby.Lincoln@csoinc.org  
Or use a preregistration form.  

Those who complete the core 12 modules will receive a recovery-mediation and receive a certificate of completion. There will be an opportunity to continue through the 2nd stage of the curriculum “Recovery Management” which includes 25 sessions around topics such as nutrition, advanced relapse preventers, chronic pain and opiate, parenting skills, money management, grief, and more!  
No Copay Necessary  
PT1 transport available for qualifying MassHealth Members
October Events for Senator Comerford

**Building Blocks for Community Development**
October 4 ~ 4:30 pm - 6:30 pm
Orange Innovation Center
131 West Main Street, Orange

**Rural Public Health: A Path Forward Oversight Hearing**
October 18 ~ 11:30 am - 3:30 pm
John W. Olver Transit Center
12 Olive Street, Greenfield

The Massachusetts Joint Committee on Public Health will hold an oversight hearing to review the public health and health care findings and recommendations of the Rural Policy Plan developed by the Massachusetts Rural Policy Advisory Commission.

For the most up-to-date list of events, including upcoming bill hearings, please visit www.SenatorJoComerford.org/events.

---

The Literacy Project North Quabbin offers Computer-Based Learning Classes

Do you, or someone you know want to learn basic computer skills, or expand your use of digital media, or want your HSET (GED) but can’t get to our earlier classes? We have openings in our Computer Based Learning class on Tuesdays and Wednesdays from 3:30 - 5:30 PM.

Small group with individualized attention.

We can help with everything from computer basics to typing to social media and digital equipment.

We can also assist with independent studies for the HSET.

Give us a call soon before we fill up! 978-544-8917
RFP: Community Investment Grant Program

The Heywood Healthcare Charitable Foundation (HHCF) announces the 2019/2020 Community Investment Grant Program. Grants of up to a maximum of $10,000 will be awarded to organizations providing services within the Heywood Healthcare geography area to support programs aligned with the HHCF’s Funding Priorities. Funding priorities were identified through the 2018 Heywood Hospital/Athol Hospital Community Health Needs Assessment and are aligned with the Heywood Hospital/Athol Hospital Community Health Improvement Plan. The funding goal supports Heywood Hospital/Athol Hospital Community Benefit mission to improve the health of our community, with special consideration of disadvantaged populations, by working collaboratively with community partners to increase prevention efforts, address social determinants of health, and improve access to care. Deadline for application submission is October 25, 2019. Visit https://www.heywood.org/files/dmfile/HH-Community-Impact-RFP-FINAL-9-2019-rev-1.pdf for more information.
Employment Opportunities

The RECOVER Project

The RECOVER Project ~ “Building Inclusive Communities of Recovery” is hiring for several staff and volunteer positions! Click https://mailchi.mp/7b8abf885645/come-join-our-team-of-amazing-peers-and-staff for full descriptions and instructions if you are interested in joining their dynamic team of Peers and Staff!

Assistant Program Director (30 hrs)
An exciting opportunity to lead a dynamic team in realizing a vision of an inclusive recovery community designed to increase access to appropriate recovery supports for all people within our communities. Primary responsibilities include creating conditions for meaningful community engagement through a peer participatory process, staff scheduling and supervision, program development, and oversight of the day to day coordination, management, and operations of the physical space.

Recovery Coach Supervisor (12 hrs)
A position for someone who is excited and passionate about helping individuals achieve their personal and professional goals. The Recover Coach Supervisor will provide positive and solution-based supervision that encompasses administrative support, professional development, and social/emotional wellbeing to The RECOVER Projects Recovery Coach Volunteers. The successful candidate will work with our current Recovery Coach Supervisor to build an innovative Peer to Peer Recovery Coach Learning Community and Support System. The Recovery Coach Supervisors will grow and maintain partnerships with community organizations to develop a fluid support and resource network.

Recovery Coach Volunteers (part-time)
An opportunity to join their Recovery Coach Volunteer team to provide positive solution based recovery coaching within Franklin County and the North Quabbin areas. The ideal candidates will have the ability to build trusting, positive, and strength based relationships with those seeking support in their recovery journey. Candidates must have completed the 30 hour CCAR Recovery Coach Academy. Lived experience with substance use recovery required. Through this volunteer program, The RECOVER Project will provide opportunity to obtain up to 500 hours of Recovery Coaching and the supervision necessary as required for the Massachusetts Certified Addictions Recovery Coach designation. Workshops and classes designed to support personal wellness as a Recovery Coach and access to The RECOVER Project’s innovative Peer to Peer Recovery Coach Learning Community will be available.

The Literacy Project, North Quabbin

Education and Career Advisor/Career Pathways Instructor/Outreach (12 hrs)
The Literacy Project is seeking an Education and Career Advisor/Career Pathways Instructor (ECA) for their North Quabbin location in Orange. The ECA assists students with employment and college planning, and facilitates connections with community resources. This position is a member of the team with other site staff, as well as works collaboratively with local social service agencies, community colleges, and career centers. Staff meetings are required as part of working hours.

Build your business with us!

Thanks to a grant from the Community Foundation of North Central Massachusetts, CWE and OIC are offering a small business development series this fall at the OIC. Register today!

**Social Media for Business & Intro to Your Marketing Plan**
October 3, 5:30p.m. - 7:30 p.m.
Register: [https://bit.ly/2KEYi4k](https://bit.ly/2KEYi4k)

**Financing Options for Business**
October 17, 9:30 a.m. - 11:30 a.m.
Register: [https://bit.ly/2TDkH6s](https://bit.ly/2TDkH6s)

**Growth Strategies and Certification Options**
October 24, 9:00 a.m. - 11:00 a.m.

**Business Planning (10 session course)**
Wednesday nights, October 2nd through December 11th, 5:30-8:00 p.m.
8th Annual Canoe, SUP, and Kayak Event for all Ages. Proceeds will support local Youth Programs & Water Safety

Saturday, October 5, 2019
10:00 AM - 2:00 PM
Registration starts at 9:00 AM
Orange Riverfront Park,
Orange, MA

Sign up for races starts September 1st.
Be one of the first 50 and receive a FREE T-Shirt on race day.

Forms available at:
Billy Goat Boats located at the
Orange Community Boathouse

Financial Assistance Available for Youth & Adults

For more detailed information contact:
Jerry Whaland 978-577-8420
jwhaland@yahoo.com

Thank you to all our sponsors

Attorney Nicholas Kimball
978-709-1774

Special Thanks to the Wednesday Night Switcharoonee Paddlers
North Quabbin Community Coalition
251 Exchange Street, Athol MA 01331
www.nqcc.org

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.

Coalition Regular Happenings

North Quabbin Recovery Center Hours
The North Quabbin Recovery Center at 416 Main Street, Athol, provides a compassionate, safe space to offer peer support to allow multiple paths of recovery for all. Open Tuesdays 10:00 am to 1:00 pm, Wednesdays & Thursdays 10:00 am to 2:00 pm, with All Recovery Meetings from 11:00 to 11:45 am and an All Recovery Meeting Fridays at 7:30 pm. 978-249-4989. All welcome.

Me FIRST (Finding Inspiration, Respect, Self-Love, and Tools)
Have you been considering putting yourself FIRST? Please join us as we develop a confidential group that offers support around balance, health, nutrition, self-care, fitness, and keeping a sense of humor through it all. Second and fourth Thursdays, 6:00 to 8:00 pm, at the North Quabbin Recovery Center, 416 Main Street, Athol. 978-249-3703. All welcome.

Congressman James P. McGovern’s Athol Office Hours
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.