Heather Bialecki-Canning
Executive Director

Dear Readers,

Our September 18th forum featured a chance for all to share a snapshot of their programs now in the North Quabbin. We urge you again please take the survey on page 2 of this newsletter to make sure we have the most up to date information regarding changes to service delivery from your organization.

I have to say that my take away from our forum was the true sense of resiliency the North Quabbin continues to show! Whether a service provider, partner, community resident, or a zoom bomber, you couldn’t help but feel a sense of hopefulness that the work continues in our region, and will not waiver no matter the barriers!

This will lead very well into our forum for October, which will again be virtual (Join Zoom Meeting: https://us02web.zoom.us/j/87256905901?pwd=ekFybHN2WGzalkoN3pNSnZTYj1vQT09 — Meeting ID: 872 5690 5901 — Passcode: 644702). The October 16 forum will provide an interactive workshop on trauma informed care, self-care, and resiliency. It’s a great chance for all of us in the helping professions and concerned citizens to remember to take care of our own needs first, as to better assist our whole community.

Thank you for all that you do!

Heather’s Highlights

Next Coalition Forum:

October 16, 2020
9:00—10:30 am
Healthy Me, Healthy North Quabbin

Online

November Newsletter DEADLINE: October 20
Email details to admin@nqcc.org

Opt-In to Receive “The Common Thread” Newsletter here: SUBSCRIBE

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

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Take our SURVEY

Current Conditions of North Quabbin Community Services Survey

We want to know how you are operating and connecting during the pandemic. Please take a moment ASAP to fill out our survey! You can fill it out online at www.nqcc.org/survey.html or you can fill it out by using a Word Document (click here) or PDF (click here) and emailing it to info@nqcc.org, or by faxing it to 978-575-0474.
North Quabbin Community Coalition
251 Exchange Street, Athol, MA  01331
978-249-3703  ~  Fax 978-575-0474  ~  info@nqcc.org
www.nqcc.org

Working to improve the quality of life in the North Quabbin Region since 1984.

North Quabbin Youth Advisory Council
Youth Nomination Form

The Youth Advisory Council is an opportunity for youth, ages 12-18 who reside in North Quabbin, to impact positive change and growth in the North Quabbin Region focusing on the prevention of drug use. The council is committed to creating a platform in which youth will have a voice in advocating for the positive changes within their community.

Please complete this nomination form with a youth that you feel will be a valuable member of the Youth Advisory Council.

Name_________________________________ Grade__________________

School___________________________________

Student Contact Information_______________________

Person making Nomination__________________________

Additional Comments
___________________________________________
___________________________________________

Please return all nominations via email, fax or mail to Sarah Collins, Drug Free Communities Project Coordinator.
Sarah Collins
251 Exchange ST
Athol, MA 01331
Fax- 978.575.0474
sarah@nqcc.org

Thank You!
2020 Virtual Fall Series via Zoom

OVERDOSE PREVENTION & NARCAN TRAININGS

Wednesday, October 14, 6:00 PM
Monday, November 9, 7:00 PM
Thursday, December 17, 10:00 AM

Please join us at an upcoming community overdose prevention training to learn how to recognize and respond to an opioid overdose. Participants will also learn how to administer Narcan, a lifesaving opioid overdose reversal drug.

Participants will learn the answers to these questions:

- What is an opioid overdose?
- How do you recognize and respond to an opioid overdose?
- How do you administer Narcan to reverse an opioid overdose?

Want to join the Zoom call? Please email malle@opioidtaskforce.org.
www.opioidtaskforce.org
LifePath’s Healthy Living Fall 2020 Workshops:
FREE, Remote Workshops You Can Access on Your
Computer OR Your Phone!

Live Video Conferencing Workshops

- Books, CDs, and handouts mailed to your home
- 8-12 participants able to hear and see each other
- 2 Workshop Leaders
- Charts, brainstorm, and paired discussions like in-person workshops

Toolkit Telephone Workshops

- Posters and exercise CD, mailed in a “toolkit” to your home
- Weekly check in calls with 3-4 others to learn about health strategies, practice new skills, and talk about weekly goals

☐ My Life, My Health: Living Well with Long-Term Health Conditions: Provides information and practical skills that build self-confidence and help participants assume an active role in managing one or more long-term health conditions. Topics include healthy eating, relaxation techniques, communicating with health professionals and loved ones, goal-setting, problem solving, and more.

Live Video Conferencing Workshop: Six Wednesdays, 2:00-4:30 p.m., Oct. 14-Nov. 18

OR

Toolkit Telephone Workshop: Six Tuesdays, 1:00-2:00 p.m., Oct. 13-Nov. 17

☐ Chronic Pain Self-Management: Provides information and practical skills that build self-confidence and help participants assume an active role in managing problems specific to chronic pain, including fatigue, frustration, and poor sleep. Topics include appropriate exercise for improving strength, flexibility, and endurance; pain management techniques; goal-setting; and problem solving.

Toolkit Telephone Workshop: Six Thursdays, 1:00-2:00 p.m., Oct. 15-Nov. 19

☐ A Matter of Balance—Managing Concerns About Falls: Teaches practical coping strategies to reduce the fear of falling and explores environmental risk factors and exercises that increase strength and balance.

Live Video Conferencing Workshop: Eight Sessions, Tuesdays and Thursdays, 2:00-4:00 p.m., Sept. 29-Oct. 22

To register, please call Healthy Living Program Manager Andi Waisman at 413-773-5555 x2297 or 978-544-2259 x2297, or email awaisman@LifePathMA.org.
Four Week Online Mindfulness Skills Group
Tuesdays 10 – 11 starts Oct. 6

This experiential group will teach skills to manage depression, stress and anxiety through mindfulness/meditation practices.

The group is intended to:
- Teach and practice basic mindfulness skills;
- Improve self-awareness, self-compassion and self-acceptance;
- Build a regular mindfulness practice to manage symptoms of anxiety and depression and enhance well-being.

CSO Virtual (Zoom) Group

For more information: 978-249-9490 x4065
Doug Wensel, LMHC
(Direct Line: 978-613-9202)

SEEKING SAFETY
A SUPPORT GROUP FOR ALL

A weekly group for individuals, ages 18 and over, who have experienced upsetting events in their lives, along with a history of substance abuse.

The group is intended to help
- Learn how to stay safe and regain control of your daily life
- Learn to manage emotions
- Learn to set limits and establish boundaries
- Learn to identify and cope with triggers to prevent a relapse
- Learn how to heal from anger

When
Fridays from 10AM-11AM
Curriculum based but will be ongoing....

Where
CSO OUTPATIENT CLINIC
2013 MAIN ST., LEVEL 2, ATHOL, MA 01331

For more information:
978-249-9490
VEJRN BRUNO, EXT.4045

Celebrate Mental Health Awareness Week
5TH ANNUAL Spaghetti DINNER
SAFE DISTANCE EDITION

DRIVE-THRU & TAKE OUT to support a good cause.

WEDNESDAY OCT. 7 4-6 P.M. Drive-In Pickup
$10 PER ADULT

MENU
- Spaghetti with Sauce (Meat or Meatless)
- Tossed Salad
- Garlic Bread
- Cookies

All Proceeds Benefit CSO's Clubhouse Programs

For 4th Annual Prevention Conference

THE INVISIBLE LINKS IN THE CHAIN OF ADDICTION
Wednesday, October 7, 2020 | 9am-2pm
9:30 AM Key Note Speaker Trish Caldwell
Director of Family Services at the Recovery Centers of America
9:30-10:30 AM Resilience: The Biology of Stress & Science of Hope
10:30 AM-11 AM Panel Discussion
11 AM-12 PM Lunch Break/Networking
12-2 PM Workshop

Athol Bird & Nature Club Events

Please visit https://atholbirdclub.org/abnc-events for more info.

Oct. 2 @ 7:30 am: Early Bird Birding with Jeff —Join Jeff Johnstone for this look at our local fall migrating birds. Call Jeff at 978-249-9052 to reserve your spot and provide your contact info. Limited to eight people.

Quabbin Mediation Free Training and Mediation Services During COVID-19

Free training, mediation services, and conflict management coaching are currently being offered by Quabbin Mediation using the telephone or video conferencing. Contact them at info@quabbinmediation.org or call the office at 978-544-6142 and leave a message. If you want to refer someone, they can discuss the situation with you, or they can contact them directly.
**Fuel Assistance Programs**

**Hampden & Northern Worcester Counties:**
The New England Farm Workers Council (NEFWC), Inc. administers the Low Income Home Energy Assistance Program for income eligible families in Hampden and Northern Worcester Counties. Low-income families and individuals including all homeowners and renters who pay for their own heating costs, all renters whose heat is included in their rent, or renters in public and/or private subsidized housing who pay for their own heat and utilities and do not receive a heat/utility allowance are eligible. Some renters in public and/or private subsidized housing who’s heat is included in their rent might be eligible depending on the type of housing subsidy and category of rent. A NEFWC staff member also holds appointments at the North Quabbin Patch Office in Athol on Monday mornings. NEFWC, 473 Main Street, 3rd Floor, Fitchburg, 978-342-4520; North Quabbin Patch, 109 Lumber Street, 2nd Floor, Athol, 978-249-5070. http://www.partnersforcommunity.org/default/index.cfm/fuel-assistance.

**Franklin and Hampshire Counties:**
Community Action administers the Massachusetts Fuel Assistance Program to low income households who reside in Franklin or Hampshire Counties. Families who applied with their program last year will receive a recertification application in the mail. Each year, clients must update their application with the current information, all household members over the age of 18 must sign the application, and all income from all sources must be updated. For new applicants, they are required to schedule a phone appointment. Potential applicants may call them at 413-774-2310 or 800-370-0940 the first week of October to schedule an appointment or go onto their agency website to book their own appointment. Community Action cannot assist anyone with any fuel needs until November 1 and are only able to assist with a delivery of product between the months of November 1 to April 30. https://www.communityaction.us/fuel-assistance.

**Addiction Treatment Programs at Quabbin Retreat Operating Via Tele-Behavioral Health**
Quabbin Retreat has announced that they have openings available for their Tele-Behavioral Health programs through Zoom. They offer the Structured Outpatient Addiction Program (SOAP) and the Intensive Outpatient Treatment Program (IOP) via three-hour, Zoom-based group formats from 9:15 am to 12:30 pm weekdays focusing on addiction recovery. They also offer individual addiction counseling, care coordination, and referral services. Most insurances are accepted and self-referrals are welcome. For more information or to make a referral, please call the Quabbin Retreat at 978-724-0010 or email to morgan.ban-draoi@heywood.org.
Healthy Incentives Program (HIP) -- The Healthy Incentives Program (HIP) helps people buy more fruits and vegetables for their household. HIP means having more fresh produce for a family to eat, and provides better sustainability for local farms. HIP is funded by the State of Massachusetts and run by the DTA (Department of Transitional Assistance). Any household that receives SNAP benefits is eligible for HIP. SNAP participants can earn HIP incentives at participating agricultural retailers.

How does HIP work? -- If you are a SNAP household you will be automatically enrolled in HIP. You can use your SNAP benefits to buy fruits and vegetables from a HIP authorized farm, retail business such as Quabbin Harvest (CSA Farm Shares), or designated vendors at a Farmers’ Markets.

How does HIP work in Orange, Athol and North Quabbin Area --
If you live in Orange or Athol, there are three places people can use HIP incentives. These include:

- **Quabbin Harvest Food Co-op.** Households getting SNAP benefits may sign up for a CSA Farm Share. People interested in a CSA share must fill out a membership agreement and turn into store. Then it is sent to DTA. HIP/CSA Membership agreements are available at the store (12 N. Main St. in Orange) or online at [https://quabbinharvest.coop/files/SNAP_CSA_Membership_App_2020.pdf](https://quabbinharvest.coop/files/SNAP_CSA_Membership_App_2020.pdf). Once it is processed by DTA, people will be notified of a start date and get a CSA Farm Share (vegetable and/or fruit) every other week. What is in a CSA Farm Share varies each week depending on the season and availability with Shares going year round. People are reimbursed on their EBT Card for the CSA Shares automatically. You will receive $1 for each dollar you spend on eligible fruits and vegetables, up to a monthly limit. Questions – Call 978-544-6784.

- **Orange Farmers’ Market** — The Orange Farmers’ Market happens on Thursdays from 3-6 p.m. until mid-October. All produce vendors will now be HIP vendors. People can check at Rachel’s Smoothies to learn how to get HIP reimbursements at the Market starting Sept. 17th. All produce vendors at the market accept SNAP benefits, but people need to check with the Market Master before shopping. Stop by Rachel’s Smoothies to get information or ask a produce vendor.

- **Growing Places Mobile Market** -- This mobile market is in the Job Lot Parking Lot in Athol on Thursdays from 9:30-10:30 a.m. They are set up with fresh produce (vegetables and fruit) and are a HIP vendor. This Mobile Market will be in Athol until sometime late in October.

For people who have transportation and can travel there are Farmers’ Markets that have HIP vendors in Turners Falls, Greenfield, Barre, Gardner, Amherst, and Westminster. Other Farmers’ Markets may take SNAP but not have HIP vendors. Most of these Farmers’ Markets have Facebook pages with information.

**Other Information about HIP incentive benefits --**

Important: You must have a SNAP balance to earn the HIP incentive benefit. Your monthly cap is based on your household size. The amount for a CSA Farm Share or a Farmers’ Market purchase will be credited back to your SNAP account but there is a monthly cap.

<table>
<thead>
<tr>
<th>Household Size</th>
<th>HIP Monthly Cap</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-2 persons</td>
<td>$40</td>
</tr>
<tr>
<td>3-5 persons</td>
<td>$60</td>
</tr>
<tr>
<td>6+ persons</td>
<td>$80</td>
</tr>
</tbody>
</table>

(Revised -September, 2020 - Pat Larson -- Quabbin Harvest)
**Women Healing Women Healing Earth**

In recent years, Seeds for Solidarity’s work with women in need of skills for food self-reliance and supportive community has included a three-year, three community gardening and economic justice program, with courses taught in gardening and self-care for women who are incarcerated. Over a year ago, they convened an AWESOME group of women (pictured) to envision a new program, lovingly named Women Healing Women Healing Earth. They are very pleased to report that thanks to a recently awarded grant from The Community Foundation of North Central Massachusetts, they will be able to launch this project for a group of 20 women in our region in the coming year. If you would like to learn more or wish to earmark a contribution, reach out to Seeds of Solidarity director Deb Habib at deb@seedsofsolidarity.org.

**COVID-19 Community Impact Survey**

The Massachusetts Department of Public Health (MA-DPH) is trying to hear from communities so that it can better help people through the COVID-19 crisis. By taking the COVID-19 Community Impact Survey (CCIS), you can help find new solutions to community problems, and give MA-DPH the information they need to take action and support the communities that need it most. MA-DPH is committed to sharing information back in ways that will help us all take collective action.

This CCIS survey will help them better understand the impact of COVID-19 on our communities. Even if you haven’t been sick, your answers can help! The only requirement is that you are 14 or older and live in Massachusetts. Please consider taking a few minutes out of your day to take this important survey at https://survey.jsi.com/s3/DPH-COVID-19.

**MA Smokers’ Helpline Menthol Incentive Program (and Behavioral Health Program)**

To support MA residents, particularly those who have been historically and disproportionately targeted by the tobacco and vaping industries, the Massachusetts Smokers’ Helpline is offering an incentive program to residents who use mentholated tobacco products. Residents will receive $10 after completing the first coaching call, $15 after the second coaching call, and $25 after the third coaching call. While the incentive does not continue after the third call, the Helpline offers five free coaching calls, and residents are encouraged and welcome to take advantage of the Helpline’s full offerings. If residents enroll online, they must complete coaching calls via telephone to receive the incentive(s). This incentive program may be time limited pending utility and availability of funds. In addition to the incentive program, up to eight weeks of free Nicotine Replacement Therapy is also available to residents who speak with a coach (once screened for medical eligibility).

The Massachusetts Smokers’ Helpline is also offering a behavioral health program to those who match the following criteria: (a) have at least one of the following behavioral health conditions: anxiety, depression, schizophrenia, bipolar disorder, ADHD, PTSD, or substance abuse; (b) are 18 years or older at intake; (c) are ready to quit within 30 days; or (d) their preferred language is English (initially). The base of the behavioral health program is more intensive coaching (seven coaching calls) and eight weeks of NRT. Those enrolled in the behavioral health program can opt in or out at any time. Participants enrolled in the menthol incentive program may also receive services under the behavioral health program.

To access the MA Smokers’ Helpline, MA residents can call 1-800-QUIT-NOW or enroll online at www.makesmokinghistory.org/new-quit. Be referred to the Helpline or by a healthcare, behavioral health provider, or social service provider through QUITWORKS, accessed via http://makesmokinghistory.org/quit-now/for-providers.
**Advanced Manufacturing**

Train for a career in Manufacturing and CNC Machining
Apply early to see if you qualify for funding that pays for 100% of the training... no cost to you!

**Attend one of these upcoming Info & Application Sessions**
to learn more about Advanced Manufacturing Training offered at Greenfield Community College and other W. Mass. schools:

- **Free Online Info Sessions**
  - Mondays 3:00 - 4:00 pm on:
    - October 5
    - November 2
    - December 7
    - January 4

**Sign up TODAY and reserve a seat!**
(Next GCC Manufacturing Training begins on January 25, 2021)

Sign up at: gcc.mass.edu/manufacturing or call 413-774-4361
Veterans, women, unemployed, and other under-represented groups are especially encouraged to apply.

Free Adult Literacy Tutoring! online during COVID

- **Reading**
- **Writing**
- **Math**
- **Speaking**
- **English**

Skills for better jobs & quality of life

Changing lives in the North Quabbin Area...
One Syllable at a Time

Call 978-249-5381
lvao10331@gmail.com
lvao.org

**Literacy Volunteers of Orange/Athol**
Athol Eving New Salem Orange Petersham Phillipston Royalston Warwick Wendell & beyond

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**Healthcare UP!**

**HEALTHCARE UP - INFORMATION SESSION**

Launch your career in healthcare!

- Grant-funded program providing FREE Certified Nursing Assistant (CNA) and Home Health Aide (HHA) training to qualified participants
- Area employers are ready to hire trainees directly from this training program
- CNA/HHA training can start you on a healthcare career path towards medical assisting (MA), licensed practical nursing (LPN) & more
- Learn other employment skills along the way
- Virtual pre-training job readiness workshops & prep happening now
- Virtual CNA/HHA trainings planned for Fall 2020 and Winter 2021

**Attend a Virtual Healthcare UP Information Session to learn more**

Virtual Webinar Sessions Conducted via ZOOM
Interested applicants only need to attend ONE of the following:
- September 30 @ 10:30am
- October 13 @ 1:30pm
- November 19 @ 10:30am
- December 8 @ 1:30pm

Call to sign up: 800-457-2603 or 413-774-4361

---

**MassHire Free Online Training**

Coursera is a nationally known online learning platform with over 4,000 courses to help you learn new skills, train for in-demand jobs, refresh your education, prepare for college, or learn self-care techniques.

Courses in job readiness skills, business, entrepreneurship, technology and computer science, health care, science, social science, business English, math, arts & humanities, digital literacy, languages and more!

Some courses include FREE professional certificates.

**Available for a limited time only**

Register now through October 23, 2020
Enroll in courses by October 31, 2020
Complete the coursework and certifications by December 31, 2020
Must be Unemployed to register

**Call Now to Learn More and Sign Up!**

A Career Counselor can help you select courses
MassHire Franklin Hampshire Career Center
413-774-4361 / 800-457-2603
www.masshirefcareers.org

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Franklin Hampshire Workforce Board
American JobCenter® network

Pre-Training Job Readiness Workshops:
- Career Exploration & Labor Market Information
- Foundational Work Readiness Skills
- Technology Skills
- Financial Empowerment
- Job Search Skills & Assistance
- Customer Service & Communication Skills

Healthcare UP Grant: This project is funded by MassHire Central Valley Workforce Board (Workforce Compass) through federal (WIA Title I) and state funding (WIA Title II) for workforce development. Services are available for individuals with disabilities. The American JobCenter is administered by the Commonwealth of Massachusetts American JobCenter network.

Auxiliary aids and services are available on request for individuals with disabilities.

One Arch Pike, Suite 2 - Greenfield, MA 01301 - 413-774-4061, 800-457-2603 - www.masshirefcareers.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 provides a compassionate, safe space to offer peer support to allow multiple paths of recovery for all. The Center is open on Tuesdays and Thursdays from 10:00 am to 1:00 pm. All Recovery Meetings happen from 11:00 to 11:45 am and can be accessed virtually through this link https://us02web.zoom.us/j/364283750 or in person. All are welcome.

ACT Group
The ACT Group is held every Tuesday from 1:15 to 2:15 pm. The link to access the meeting is https://us02web.zoom.us/j/82131343295.

Renew or Become a Donor/Member Today!
You can help ensure that your community has a voice! The North Quabbin Community Coalition is vital in providing that voice and your support is critical in maintaining the efforts that have improved the quality of life for North Quabbin residents since 1984. Join or renew today here: http://www.nqcc.org/pdfs/membership_form.pdf or through PayPal by clicking here: