The North Quabbin Community Coalition (NQCC) has partnered with Clinical and Support Options for many years to offer the System of Care meetings in the North Quabbin, Franklin County and Hampshire County. This group is intended to strengthen the systems that affect children’s behavioral health access and address the concerns that may arise for families and children locally.

Over the course of the last year, it has become abundantly clear that the effects of substance use stem far beyond the person struggling with addiction, and have a strong impact on the community as a whole. With this realization, the System of Care group in North Quabbin chose to invite Dominique Simone Levine, Ph.D. to NQCC’s January forum to present on her amazing resource program called Allies in Recovery. This forum once again filled the Elks Lodge as we discussed the need for additional tools and resources aimed at the loved ones and caregivers for those struggling with addiction, many of whom are resistant to treatment.

Alliesinrecovery.net is a comprehensive tool aimed at exactly that population, with a proven track record of 70% effectiveness in getting someone into treatment. The Bureau of Substance Abuse Services in Massachusetts has purchased a subscription to this tool and has made it available to all MA residents by simply entering your zip code in the place where it asks for a promotional code. It is easy to use, supportive, and easily adaptable. Please check it out!

We also know that despite the best intentions of the loved ones, having access to quality treatment in our area continues to be a challenge. This concern is beginning to be addressed by the opening of the Quabbin Retreat, a member of the Heywood Healthcare Family, in Petersham this month. Congratulations to the Heywood team working on this project! Having the tools and the resources is an important step to our local success in overcoming substance abuse in our region.

Thank you for all you do!

Heather’s Highlights

Heather Bialecki-Canning
Executive Director
Our FY17 Donors

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David Runyan

Donations can be made via PayPal with the link on the cover of this publication, at www.nqcc.org, or by check to the address at left.
The North Quabbin Community Coalition’s Children’s Health & Wellness Task Force Presents:

Munch & Move
The best family night of your winter vacation!

February 22, 2017
6:00 - 8:00 pm
Athol-Orange Elks
92 New Athol Road, Orange

Dinner, music, games, dancing, and more!
Free!

For more information, call 978-249-3703. This is not a school sponsored event.
SAVE THE DATE: Wednesday, March 29, 2017

Y O U L E A D!
Y O U t h L E A D i n g E v e r y w h e r e

Middle School Conference for Student Leaders and Advisors
Wed. March 29, 2017
Sponsored by: Office of Northwestern District Attorney David E. Sullivan
Greenfield Community College
8 am—2 pm

Conference Objective
Supporting a drug-free youth culture that inspires healthy choices

Who Can Participate?
Middle School youth and advisors from schools within the Northwestern District

Topics and Activities
Healthy relationships
Violence prevention
Substance misuse prevention
Icebreakers
Networking
Model programs
Problem solving
Action planning

You Lead, You Win!
The Massachusetts Interscholastic Athletic Association
Training Active Bystanders Workshop: Creating Safety in Contentious Times

If you are a bystander witnessing a harmful situation, you have a choice to make. Do you do something? What do you do? Training Active Bystanders (TAB) helps participants recognize when they are bystanders, analyze situations, and evaluate the consequences for everyone involved. TAB heightens bystanders’ power. It teaches how bystanders can interrupt harm doing and generate positive actions by others. Active bystandership does not mean aggression against the harm doer. It means taking responsible action to help people in need instead of remaining passive and becoming complicit. Bystanders gain the competencies they need if they decide to take action when they witness something they feel is unfair, or wrong, or troubling.

The TAB curriculum covers the following:

- Defines the roles of individuals involved in a harmful situation (target, harm doer, bystander) and assists participants in discovering the positive power of bystanders;
- Reveals the universal inhibitors that lead to inaction on the part of bystanders and witnesses when harmful actions are going on and discusses how to overcome them;
- Examines the promoters of active bystandership (moral courage, inclusive caring, responsibility for others, etc.);
- Stresses safety and helps participants develop a variety of intervention techniques;
- Helps participants create action plans to break the inhibitors in the future when they encounter harm doing.

Lessons are interactive using games, large and small group activities, brainstorming, role plays and journal-writing. The power of TAB comes from the way the program becomes, through conversation, specifically relevant to participants’ lives.

TAB is taught by peers to their communities. This makes the TAB message powerfully relevant and easily replicable in diverse settings since trainers are of the culture in which they teach. Each group walks away from that experience with a changed and empowered vision of an individual’s role in creating a supportive and engaged community.

TAB offers the basic six-lesson, 4.5-hour curriculum, advanced lessons, training for TAB trainers, and two-hour introductory seminars. For more information, please contact Quabbin Mediation, 13 South Street, Orange, MA 01364 ~ 978-544-6142 or 888-924-2600 ~ info@quabbinmediation.org ~ www.trainingactivebystanders.org.

DTA Orientations for TAFDC Clients

Come to a DTA Orientation session on February 8, March 8, or April 12 at 1:00 pm at the North Quabbin Patch Office, 423 Main Street, Athol (978-249-5070) to learn about training opportunities, job search programs, child care assistance and transportation reimbursements. No appointment is required (programs/resources are available for TAFDC recipients.) For more information, contact the Dereck C. D’Onofrio at 413-772-3453.
Card Stamping for Children

The Children's Advocacy Center, 56 Wisdom Way, Greenfield, is offering a card stamping class for children ages 8 to 18. This will be held on February 4, 2017 from 10 am until noon, just in time for Valentine's Day!! This class is being offered free to children of Franklin County and the North Quabbin area. To register, email Irene at info@cacfranklinq.org

A Gathering on Social Justice Movement Building

You are invited to join the Community Church of North Orange and Tully, the First Universalist Church of Orange, the First Church Unitarian of Athol, and the First Congregational Parish Unitarian Petersham on Sunday, February 12, at the First Universalist Church, 31 North Main Street, Orange for a Gathering on Social Justice Movement Building.

How does social change happen? What do we need to learn from those who came before us and how will this inform the justice movements of our time? We continue to have too many people in jail, too many people hungry, jobless, and homeless, too many people dying from drug addiction, and too many people of color and immigrants living in fear. Our democratic process is still corrupted by big money and climate disruption continues to be a real, terrifying threat.

Laura Wagner, LICSW, Executive Director of UU Mass Action, will share her perspective on movement building in Massachusetts and how the past impacts our present. She will speak about moving away from an issue focused way of thinking about justice and towards a Fusion model that recognizes the intersectionality of the many pathways toward justice.

10:00 am - Service, followed by coffee hour and light refreshments.
12:00 pm - A Gathering with Laura Wagner at which you are invited to ask questions and share in moderated discussion.

♦ All are welcome. Participation in a faith community is not required.
♦ If you are unable to attend both the service and the Gathering, feel free to attend one or the other.
♦ The church is handicap-accessible and child care will be provided for the entire event.

Let's begin an informed conversation about some of the problems facing the North Quabbin area and build bridges, not walls.
Questions? Contact Diane Nassif: dianenassif@gmail.com
GET YOUR HANDS IN THE DIRT THIS YEAR!
with the G.A.R.D.E.N. Project 2017
Growing Agricultural Resources and Developing Economic Networks

A FREE PROGRAM FOR WOMEN
Learn how to:
- Grow your own organic food in small spaces
- Can, freeze or preserve food to keep or sell
- Create a food focused cooperative
- Install and maintain a permaculture garden

Classes held in Orange, Massachusetts
LIMITED SPACES AVAILABLE!
For more information or to apply to the program, contact Christine at the Women’s Center at MCHS (413) 663-4684 x3005 or email christine@mccomunity.org or Donna at NELCWI (413) 772-0871 x108 or email donna@nelcwi.org.
The GARDEN Project is a collaboration of Montague Catholic Social Ministry (MCMS), NELCWI, Seeds of Solidarity & Greenfield Community College (GCC). Funded by The Women’s Fund of Western Massachusetts.

SIGN UP FOR ALL 4 CLASSES – EARN COLLEGE CREDITS – GROW YOUR OWN FOOD – All Free!
Organic Gardening Tuesdays, 10-1:00 4/10 through 5/16
Food Preservation & Storage Fridays, 10-1:00 4/21 through 5/19
Creating Farm & Food Cooperatives Tuesdays, 10-1:00 5/23 through 6/20
Permaculture Landscape Installation & Mgmt Fridays, 10-1:00 5/26 through 6/23
Some assistance available for childcare, transportation and English-Spanish translation.

Do you need help applying for SNAP Benefits? (formerly Food Stamps)
Application assistance is available at Valuing Our Children’s North Quabbin Patch Office
423 Main Street Athol.
Walk in assistance is available
Monday - Friday 9am - 3pm
Or call 978-249-5070 and ask for Pat

Take your Child to the Library Day!
Saturday, February 4
10:30 AM - 1:30 PM
Wheeler Memorial Library
49 East Main Street, Orange

Schedule of events:
All Day Indoor Storywalk
One Day, The End, Short, Very Short, Shorter Than
Even Stories by Rebecca Kai Dotlich & Fred Roesler

All Day Picture book giveaway Describe what you love about the library on one of our blank bookmarks and get a free copy of Hector Fox and the Giant Quest by local author Astrid Scheerle.
Books will also be given away at the Moore-Leland Library, 572 Athol Rd. in North Orange from 10:30 - 12:30.

10:30 - 11:00 Storytime For children 2 - 5 years old and their caregivers.
Oliver family members and friends are welcome.

11:15 - 12:15 “Build a bookworm” craft activity For children 5 and up.

12:30 - 1:30 LEGO hour Children 6 and up and their families may build what they like with our LEGO collection.

Stacy Walk and picture book giveaway offered in cooperation with Valuing Our Children.

Community Playgroup
At the Athol Community Elementary School (ACES)
1064 Pleasant Street, Athol

Families will use the Main Entrance to the school, sign in, and follow the signs to the playgroup.
For more information please call:
Jennifer at Valuing Our Children: 978-249-8467
Tracy at Criterion: 978-413-3323
Sally at REACH: 413-665-8717

Wednesdays
1 to 2:15 pm
beginning February 1st
Open to all children in the North Quabbin region with children newborn to age 5.
Have fun exploring the preschool classroom, art activities, circle time, and more!
LifePath’s Upcoming Programs

Healthy Living’s "Diabetes Self-Management" Free Workshop Series

Learn how to better manage the symptoms of diabetes through exercise, healthy eating, stress management, communication with healthcare providers, and preventing complications related to diabetes with LifePath’s Diabetes Self-Management free workshop series on Wednesdays beginning February 8 and running through March 15, 1:00 to 3:03 pm at the Community Health Center of Franklin County, 450 West River Street, Orange. Family members and caregivers are welcome to attend! Register with Marcus Chiaretto at mchiaretto@lifepathma.org or 413-773-5555 x2304.

Pre-Retirement Seminar Regarding Medicare and Medicare Options

Are you under 65 and thinking about retirement and maybe feeling uneasy about your insurance options? Come hear current and clear information about Medicare Parts A, B, C, and D. This program is free and open to the public.

- February 15 ~ 1:00 pm: Greenfield Savings Bank, 282 Avenue A, Turners Falls
- February 17 ~ 1:00 pm: Greenfield Savings Bank, 61 North Main Street, South Deerfield
- February 27 ~ 3:00 pm: Greenfield Council on Aging, 54 High Street, #2, Greenfield

Click here for more information.

TUTOR TRAINING for Literacy Volunteers of Orange/Athol

Saturdays, Feb. 11, 18 & 25; 10:00 AM - 4:00 PM

Held at The Literacy Project North Quabbin Classroom
Orange Innovation Center
131 West Main Street, Suite 100

If interested please contact Program Coordinator Catherine King by February 6th at (978) 249-5381 or (978) 544-8917
The Heywood Healthcare

Diabetes Support Group

Our goal is to offer on an ongoing basis an opportunity for patients with diabetes to come together to receive continuing support, and exchange of ideas, networking, and education as it pertains to diabetes.

Reservations are required for this program. Please RSVP by calling (978) 249-1149 or emailing Mady.Caron@heywood.org.

Diabetes Support Group
Held from 3:30-4:30 pm in the Hills Board Room at Athol Hospital on the following dates:
February 13
March 13
April 10

Hosted by Mady Caron, RD and Doug Miller, RN, CDE

Diabetes Center of Excellence at Heywood Hospital
Athol Bird & Nature Club News

Birding the North Shore Of Massachusetts
Join Club director Ernie LeBlanc on a trip to coastal Massachusetts for the wintering birds of Cape Ann, including gulls, alcids, and sea ducks on February 11. Meet at 6:15 am at the Millers River Environmental Center, 100 Main Street, Athol. Please call ahead to let us know you are attending. Bring snacks and EXTREME cold weather clothing! Info: Ernie 978-249-4064 or lebroyal@aol.com.

Geology Division
Join Paul Kachinsky and others for our sixth Geology meeting at the Millers River Environmental Center on February 21 at 7:00 pm at the Millers River Environmental Center, 100 Main Street, Athol. We will discuss plans for the future geology display room including a name for it. Old and new business will be discussed including some winter trips as well as work days for the geology collection. Please feel free to bring one or two mineral or rock specimens which we might discuss.

Making the Millers River Blue Trail Accessible
The Millers River Watershed Council (MRWC) has joined with the Town of Athol and the Friends of the Alan E. Rich Environmental Park in purchasing and installing an accessible canoe/kayak dock on the Millers River in Athol. This dock will compliment the dock in Orange, improving access to the six-mile Millers River Blue Trail. Donations may be sent to MRWC, 100 Main Street, Athol, MA 01331 or online at https://millerswatershed.org and note “accessible dock” in comment.
Welcome to Early Childhood Screening
at the Athol Royalston Regional School District

Early Childhood Screening is a program developed to check the health and development of children between the ages 2.5 and 4. Children will attend screening one to two years before they enter kindergarten. Screenings are conducted by trained, licensed Athol Royalston Regional School District Staff.

Please call 978-249-2406

What are the goals of Early Childhood Screening?

- To find out how your child is growing and developing.
- To connect parent and child with early childhood programs and other community services that may be needed.
- To answer any parenting questions/concerns you may have.
- Identify any possible health or learning concerns so that they may be addressed before a child enters school.

Screening includes check-ups in areas of vision, hearing, speech, cognitive and motor development as well as general health and growth.
Parents may wait in the designated area for parents while their child moves through these stations.
If your child’s results demonstrate specific developmental needs you will be contacted directly.

Spread the word to families and friends!

Click Here for an Application
**North Quabbin Community Coalition**  
251 Exchange Street, Athol MA 01331  
[www.nqcc.org](http://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.

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**How You Can Help the Coalition!**

- **Become a Donor!** Visit [www.nqcc.org](http://www.nqcc.org).

- **Add our website address to your website.** Our site is full of beneficial resources and it would help people find us and them.

- **Send your events and job listings to us at admin@nqcc.org** to be added to our comprehensive North Quabbin Community Calendar or Employment Opportunity pages.

- **Contribute stories, announcements and events to our newsletter.** Our readership grows each week and you will reach many.

- **Like us on Facebook.**

- **Open an account at TD Bank and ask to join their Affinity Membership Program.** It costs you nothing and TD Bank will make an annual contribution to the NQCC based on members’ balances.

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**Affinity Membership Program**

North Quabbin Community Coalition (code: A3564)  
Call our Athol Store at 978-249-3248 to become a member of the program.

**Help raise money for your organization**

Open an account at TD Bank and we’ll make a contribution to your organization. TD Bank will make an annual contribution based on the average balance in all members’ accounts.

Eligible accounts include:
- Checking
- Money Market
- Savings
- Certificate of Deposit
- IRA

Contributions are calculated at 1.2% on checking balances and 1.44% on savings, money market, CD and IRA balances. Members’ accounts are not affected in any way by this contribution. Your account balances are used to determine the level of contribution and are kept confidential.

If you are already a TD Bank customer, visit any TD Bank location and ask to have your balances included as part of your organization’s Affinity Membership Program.