Dear Newsletter Readers,

Happy Summer! This time of year allows for the NQCC and its partners to take a look at all we have accomplished over the last year, and plan for what’s on the horizon. As we celebrated our 33rd annual luncheon, we were able to recognize some truly outstanding individuals, share stories of our collaborative successes, and celebrate!

We chose the theme of Monopoly this year, which helped to highlight our Social Capital in the North Quabbin. It is the connections we create and the joint networks that truly make us collaboration rich in our rural, yet innovative area.

This year’s award recipients included Dr. Rebecca J. Bialecki, Marley Aldrich, Yungjung Seo, Detective Peter Buck, the Senak/Doane/Collins/Mitchell Family, Jennifer Avery, Ruben Mercado-Lugo and the Franklin County Sheriff’s Office Re-Entry Team. The Warwick Fire Department was recognized with the second annual Salute to Service Award.

Summer also means that plans for one of our biggest events are in full swing. Our 7th Annual National Night Out will be held on August 1 from 6:00 tp 8:00 pm in Petersham, Orange and Athol. This event is sponsored by our Substance Abuse Prevention Task Force and Heywood Healthcare. Many thanks to the volunteers, co-chairs, and our police partners for helping make this year awesome. Hope to see you all there! More information can be found in this newsletter, on our Facebook page or at www.nqcc.org. Please share the flyer widely!

Thank you for all that you do,

Heather Bialecki-Canning
Executive Director
Our FY17 Donors

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Heywood Charitable Foundation
Northwestern District Attorney’s Office

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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.
North Quabbin Community Coalition’s Substance Abuse Prevention Task Force Presents

NIGHTOUT 2017

AUGUST 1, 2017 - 6-8 pm

ATHOL ~ ORANGE ~ PETERSHAM

Millers River Park @ Athol Public Library
568 Main Street

Butterfield Park
82 East River Street

On the Common
Main Street / Route 32

A free event for the whole family!
Hotdogs, lemonade, music, games,
K-9s, information and much more!

Find us on Facebook ~ www.nqcc.org ~ #nqcc
Discover the Power of Choice!
SMART Recovery®
Self-Management and Recovery Training

Welcome to SMART Recovery®, a science-based addiction recovery support group—where participants learn self-empowering techniques to aid their recovery through mutual-help face-to-face and online meetings and services. No matter what your addiction, SMART Recovery tools and techniques can help you overcome the behavior.

How Does SMART Recovery Work?
SMART Recovery uses tools based on scientifically-proven methods for addiction recovery such as Cognitive Behavior Therapy and motivational interviewing.

The SMART Recovery 4-Point Program®
- #1 ~ Building and Maintaining Motivation
- #2 ~ Coping with Urges
- #3 ~ Managing Thoughts, Feelings, and Behaviors
- #4 ~ Living a Balanced Life

Some of the tools used in the program are outlined to the right in “Some Specifics.”

What Makes SMART Recovery Different?
SMART Recovery advocates choice, so that those seeking recovery can choose what works best for them from a variety of options.

The SMART Recovery goal is for you to achieve a healthy, positive and balanced lifestyle and to “graduate” when you feel your addictive behavior is behind you, not to remain a permanent participant in the program. Upon graduation, many SMART participants volunteer as meeting facilitators or in another capacity to help “pay forward” the gains they achieved.

When Can I Start?
TODAY! Visit the SMART Recovery website for introductory information, slide shows and videos, articles, meeting locations, online meetings, chat sessions, discussion message boards and much more. All the tools are there for you to explore. And...it’s all FREE.

Some Specifics
Here are some of SMART Recovery tools that can help you in your recovery journey:

CHANGE PLAN WORKSHEET: This is a chart in which you list your goals, how you will attain them, the ways in which you will overcome obstacles and challenges, etc. The very process of completing a Change Plan Worksheet will clarify both your goals and the roadblocks to attaining them.

COST/BENEFIT ANALYSIS: Often called “CBA,” this tool is especially useful for increasing your motivation to abstain from your addictive behavior.

The ABC’s of REBT: This tool from Rational Emotive Behavior Therapy, founded by Dr. Albert Ellis, helps identify our irrational beliefs, which in turn lead to poor consequences.

DISARM (Destructive Imagery and Self-talk Awareness and Refusal Method): This tool exposes the thoughts and images which urge us to pursue our addiction as inaccuracies, excuses and rationalizations.

BRAINSTORMING: This technique is often used in face-to-face and online meetings. A participant introduces a question or problem. Other participants then offer ideas and/or suggestions without any judgment involved.

ROLE-PLAYING/REHEARSING: This tool is used mostly in groups. An example would be rehearsing how to avoid addictive behavior at a wedding or other high-risk upcoming event with group members playing various roles.

SMART Meetings
SMART Recovery conducts face-to-face meetings in locations around the world, plus daily online meetings. Click the “Meetings” link on the SMART Recovery website for times and places most convenient for you.

Local Meeting: Athol Hospital - 2033 Main Street Athol, MA - Briggs Conference Room 10 to 11:30 am - 1st and 3rd Saturday each month Info: 978 724-3469

VISIT SMART RECOVERY ONLINE – www.smartrecovery.org
Do you have diabetes? Then you don’t want to miss this health fair!

The Heywood Healthcare Diabetes Health Fair

Tuesday, September 19
from 4:00-5:30pm

Mt. Wachusett Community College South Cafeteria

This is an opportunity to learn about diabetes including the newest methods and tools in managing diabetes.

- Talk with healthcare professionals that specialize in the treatment of diabetes
- Learn about the best foods to include in a healthy diet
- Find tips and tricks to exercise in any season and enjoy food samples
- Free diabetic product samples will be available
- Take home free information

Enter to win a raffle gift by filling out a brief health questionnaire. For more information, please contact Doug Miller at (978) 630-5719 or douglas.miller@heywood.org or Denise Foresman at (978) 630-6289 or denise.foresman@heywood.org.

Join us for a lecture from Mary Beth Sherrin at 4:30 and 5:00 pm about her program My Hungry Head. It is a six-week course based on her book *My Hungry Head: Dismantling the Diet Prison* that helps attendees understand their body, control hunger and take charge of their weight.
Learn how to dye a silk scarf and support the Children's Advocacy Center!

August 24, 2017 – 6 pm until 8PM
at the Children’s Advocacy Center, 56 Wisdom Way, Greenfield MA 01301

Get down and colorful dyeing a silk scarf, all to celebrate the work of the CAC!

Learn how to create a glorious silk masterpiece using white vinegar dyes. Participants will use brushes, string, clothespins, rubber bands, marbles and a wide variety of folding techniques to create a silk scarf. Gail Callahan, the Kangaroo Dyer, will demonstrate how to prepare the silk, arrange your own workspace, and apply the dye. Once the silk is dyed, fabric paints and shiny glittery touches can be added if desired. Experienced helpers will be available to hold your hand, if desired.

What have other participants done with their silk?
- Accessorized an outfit for a special occasion.
- Decorated a panel in their work space.
- Worn the silk to keep warm at the transfer station.

Absolutely no experience necessary. Workshop limited to 25.

To Register, send a check for $75.00, made payable to the Children’s Advocacy Center. You will be provided with a tax donation letter.
For further information, call Irene Woods 508-843-7306 or email info@cacfranklinma.org

Gail Callahan has led workshops at Snow Farms in Chesterfield, The Wayland Winter Market in Weston and Webs in Northampton. Kangaroo Dyer/81 Franklin Street/Greenfield, MA 01301/ 413.773.5485
kangaroodyer@kangaroodyer.com

Even if you cannot attend, make a donation, and you will be entered into a raffle for Gail's book which will be personally signed by Gail.
Franklin Hampshire Career Center Moves to New Location

The Franklin Hampshire Career Center (FHCC) has moved its offices to a different floor in the Orange Innovation Center (OIC,) 131 West Main Street, Suite 100, Orange, co-located with the Literacy Project. FHCC provides employment and training services at no charge to businesses and job seekers in the Franklin and Hampshire Counties area and the North Quabbin region. Services provided at their Orange office include computer access, online assistance, job search/application guidance, employer recruitments and more. Workshops are presented on job readiness topics such as resume/cover letter writing and interview skills. FHCC can be reached at 978-544-3506 or by visiting https://www.fhcc-onestop.com

The United Arc Seeks a Clinical Director/BCBA and a Program Support Associate

The United Arc, a leading provider of services for individuals with intellectual and developmental disabilities in Franklin, Hampshire and Hampden counties and the North Quabbin region of Massachusetts, is seeking a dynamic, team-oriented individual for its Adult Services Program located in Greenfield, MA. The Clinical Director will develop and implement behavior plans and coordinate staff support to meet the needs and provide well-being of individuals served. This position will also supervise, train and support direct care staff and be responsible for the overall program by participating in clinical team meetings, facilitating communication with outside agencies and providers, and train new staff and assure their attendance at all mandatory trainings. The Clinical Director will maintain all certification and maintain accurate record keeping including, but not limited to, medication, appointments, individual files, ISP preparation, and contract reports. This position also oversees staff reports, files, and schedules, and on-call responsibilities on a schedule. Applicants should have a Master’s level Board Certified Behavior Analyst certification or be within one year of attaining this certification. For a full description and information on applying, please email hr@unitedarc.org.

The United Arc is also seeking a part time Program Support Associate to support parents with learning differences. Locations of work could include Hampden, Franklin and the North Quabbin area. This position requires working with families at risk. Must have the ability to work independently as well as on a team. Duties will include assisting with parent education groups, assisting Parent Educator with family cases, transporting children to supervised parental visits and, if required, assisting with those visits. Comfortable driving in rural and urban areas as well as the ability to drive long distances. Must have the ability to work in a fast-paced environment and be a self-starter. Competence with technology a must, bi-lingual in Spanish and experience working with children is a plus. A minimum requirement of a high school diploma with an Associate’s Degree preferred. Please submit a cover letter and resume to Susan Jones at suejone@unitedarc.org by June 30 at noon. AA/EOE.
Literacy Volunteers of Orange/Athol
SEEKS BOARD MEMBERS

to promote our valuable work
of one-on-one tutoring with adult learners.
Requires nine meetings per year,
and a willingness to work as a team to manage our program.

If you have a love of language and learning, and can devote just a few hours a month, I'd love to hear from you!

For more info contact
Catherine King, Program Coordinator
(978) 249-5381 or lvoa01331@gmail.com

Help promote literacy in the North Quabbin!

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The United Arc 2017 Gala & Auction

Saturday, September 23rd, 2017
The Log Cabin
500 Easthampton Road, Holyoke, MA

Join us for an exciting evening!

Live music by guitarist Chris Enriquezzo
Silent Auction
Social hour with a full open bar and hors d'oeuvres
Live Auction
Dinner & Dessert

www.theunitedarc.org/auction
Athol Hospital’s 23rd Annual Golf Classic

Athol Hospital is hoping that you will join them at their 23rd Annual Athol Hospital Golf Classic on August 9 at the Ellinwood Country Club, 1928 Pleasant Street, in Athol. Reservations for golfers will be accepted on a first-come, first-serve basis through July 28 or until the tournament is filled, whichever comes first.

Over the years, the Golf Classic and Athol Hospital’s valued sponsors, have provided support for enhancements for many important services, programs and equipment for the hospital. Their 23rd Annual Golf Classic will honor the tournament’s proud legacy of care and support. They are pleased to announce that funds from this year’s Golf Classic will support the construction of a new Athol Hospital Emergency Department (ED) and Medical Office Building (MOB). The planned ED construction will provide more spacious treatment rooms, to include a separate treatment area for behavioral health patients and will improve efficiency, optimizing the patient experience, while the new MOB will provide additional office space for primary, specialty and behavioral health providers.

Again this year, they will offer complimentary box lunches directly from the Ellinwood grill (featuring a free beverage ticket), which will be available for golfers to pick up at the 19th Hole after registration (located in the same building as registration.) Registration will be held starting at 10:30 am with a shotgun start at noon.

If you have any questions regarding the Golf Classic and your participation, please contact Heywood Healthcare Community Relations at 978-630-6248.

Free Summer Caregiver Training for Family & Friends of those with Dementia

Are you the caregiver of a loved one living with dementia? The Savvy Caregiver Program is a free, six-session training for family and friends who are active caregivers for those living with Alzheimer’s or related dementias. Sign up for the first series to be offered at LifePath in Greenfield, on Tuesdays, August 22 to September 26, from 3:00 to 5:00 pm, led by Savvy Caregiver Practitioners Chris Chagnon and Diana Balmonte.

Register online at lifepathma.org or leave your contact information at 413-773-5555 x1190 or 978-544-2259 x1190. Space is limited. No walk-ins and no professional caregivers please. Registration ends August 18.

Taking care of a person living with Alzheimer’s or related dementia is specialized work. To do this work successfully, caregivers need special skills, knowledge, and a positive attitude that helps them to care for themselves. Savvy Caregiver will help you: — Understand the impact of dementia on both you and the person in your care — Learn the skills you need to manage daily life — Take control and set goals — Communicate more effectively — Strengthen family resources — Feel better about your caregiving and — Take care of you!
MREC Open House

The Millers River Environmental Center at 100 Main Street in Athol asks the public to join them at the Center on Sunday afternoons during July and August from 1:00 to 4:00 pm for a look at the exhibits plus a special Natural History interest program at 2:00 pm.

July 23: 1:00-4:00 pm—Open House. 2:00 pm—Ernie Leblanc will present a program on "Beaks and Feet," a look at animal adaptations.

July 30: 1:00-4:00 pm—Open House hosted by Bob Mallet. 2:00 pm—Joshua Stewart Rose, PhD, will present a hands on workshop for all ages on aquatic invertebrates.

Several members of the club have been doing a great deal of work on the Center working on exhibits, painting, replacing bathroom floors, ceiling tiles on the first floor and the construction of a New Geology Room, "the Quarry," in the basement. The ABNC board recently decided to take the next step and open the Millers River Environmental Center for three hours (1:00-4:00 pm) on Sundays in July and August and are looking for volunteers to join them for these hours. They are also asking for a program each week to be held at 2:00 pm to increase interest in visiting. If you have ideas, they would love to hear them. If you are available to help please, take the Doodle Poll by clicking here: https://doodle.com/poll/g8nu3urpnuphtdhn. You may also e-mail dave@dhsmall.net or call 978-413-1772 if you have difficulty with the poll.
Play Group!

Thursdays 10am—11:30am
Valuing Our Children
217 Walnut St. Athol

Come be a part of our playgroups which are designed for newborn to pre-school aged children and their parents or caregivers. Parents and caregivers are encouraged to participate in the playgroups along side their child as they enjoy free play, art time, and story time!

For more information contact:
Jen: 978-249-8467

Sometimes we get wet or dirty during playgroup in the summer so dress accordingly or bring a change of clothes!

Summer Playgroup

Mondays 10:30 to 11:30
Wheeler Memorial Library
49 E Main St Orange
June 26th to August 7th

For more information please contact
Jen at Valuing Our Children: 978-249-8467
or Jason in the children’s room at Wheeler Memorial Library: 978-544-2495

Stories in the Park

Friday mornings June 30th to August 18th at
The Millers River Park behind The Athol Public Library

Enjoy strolling through the park any time between 9:30 am and 12:30 pm with your child as you read the pages of a different book each week posted along signs through the park.

For more information call
Angela in the Children's Room: 978-249-9515
or Jen at Valuing Our Children: 978-249-8467

The Nurturing Program

Wednesdays,
Aug. 30th - Dec. 13th
9:30 am - 12:00 pm

Light breakfast, lunch, childcare, and help with transportation are all provided.

For more information or to sign up please contact Julie at Valuing Our Children: 978-249-8467

This 16 week parenting education series for parents with a child 6 or under allows parents and children the opportunity to experience a nurturing atmosphere. The parents have the opportunity to learn new and effective parenting techniques, and the children have a curriculum that follows the weeks of the parent. This is also a great program that allows for parent-child engagement through the use of family meal and circle time.
Congressman James P. McGovern’s Local Office Hours in Athol

Congressman James P. McGovern, serving the 2nd Congressional District, Massachusetts, has announced new 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, District Representative at 978-466-3552.