Heather’s Highlights

Hello Newsletter Readers,

The February meeting of the North Quabbin Community Coalition featured a presentation by Clinical & Support Options' (CSO) Sandi Walters. Sandi presented the film "Resilience," which is an engaging one hour journey into the science of brain development and trauma. We have long suspected that childhood trauma has far reaching impact on the overall health of a person, but it was not until the 1990s that we had research to prove this theory. Dr. Vincent Fellitti and Dr. Anda combined their work to create the largest study of childhood trauma called the Adverse Childhood Events Study (ACES). ACES studies the history of trauma and follows participants through their adulthood and showing the study to be a very predictive scoring mechanism in future health outcomes.

Our community has been aware of the ACE study since the early 2000s, but the work is now gaining momentum as we look to better understand the impact and seek to find solutions. Our community is very attuned to the need to build protective factors for children at risk. Having even a single, stable, caring adult in the life of a child can yield tremendous results. As CSO works to build increased awareness of this study, we all need to take a look at how we can all be trauma sensitive and help to build resilience in all aspects of our community.

Thank you for all that you do!

Rebecca Bialecki
Former NQCC Executive Director
(Substitute for the February Forum only.)
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Wayne (Lumphy) Richardson
David Runyan
SMallet Photography
David Wornham

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 System of Care Presents:

Munch & Move
The best family night of your April vacation!
April 18, 2018
6:00 – 8:00 pm
Location To Be Determined
Dinner, music, games, dancing and more! Free!

Save the Date

For more information, call 978-249-3703. This is not a school sponsored event.
Free First Time Home Buyers' Seminar

Are you tired of paying too much in rent? If you're a first-time home buyer, you could be eligible for up to $11,000 in down payment assistance. Learn more about programs that could help you finally own your own home at Athol Credit Union's free First Time Home Buyers' Seminar on March 1 at 6:00 pm, at the ACU Community Development Center, 527 Main Street in Athol. Visit 
https://www.facebook.com/events/18819881892500 to register.
Quabbin Valley Healthcare Welcomes
Dr. Jared Toman
ON Thursday, March 8, 2018 at 4:30PM
For a dinner and to learn about Joint Replacement Surgery

Join Us! If you need orthopedic surgery, have it scheduled, want to know more about, or learn about the latest surgery procedures and protocols, this event is for you! This event is free, and a light dinner will be served.

About Dr. Jared Toman

Dr. Toman started his medical career at the College of Physicians and Surgeons at Columbia University where he received the Admiral Lyons Award for being the top military medical graduate. He accomplished his post-graduate training in Boston, Massachusetts, completing an internship at the Harvard-affiliated Beth Israel-Deaconess Hospital, and residency in orthopedic surgery at Boston University.

In 2014, Dr. Toman was recruited to rebuild the orthopedic surgery department at a regional medical center in Georgia. Two years later, that service line was recognized by JAACO with a center of excellence certification in joint replacement.

During his time in military and civilian orthopedic practice, Dr. Toman sought out opportunities to learn the best techniques in both surgical and peri-operative management of musculoskeletal disease, and bring those techniques back to his local patients. Since deciding to come home to Southern New England, he has continued to help educated clinicians, therapists and patients with educational seminars.

Dr. Toman's primary practice is conveniently located in Gardner, MA.

Education
- Board Certified in Orthopedic Surgery
- Fellow of the American Academy of Orthopedic Surgeons
- Orthopedic Surgery Residency — Boston University and the Lahey Clinic
- Internship – Beth Israel-Deaconess Hospital (Boston, MA)
- Medical School – Columbia University (New York, NY)
- Masters of Business Administration — University of Massachusetts

Awards
- Admiral Lyons Award – Top Military Medical Graduate (2004)
- Award for Clinical Excellence, Field Grade Officer, USAF Dist of Washington MAJCOM (2012)
- Air Force District of Washington Surgeon of the Year (2011)

To reserve your spot, please RSVP by calling 978-249-3717 by March 6.
RECOVER Project

Pancake Breakfast Fundraiser!

Saturday, March 17 8-11 AM
Saint James & Andrew Church
8 Church St, Greenfield

ALL YOU CAN EAT PANCAKES!
* Chocolate Chip, Plain, green & GLUTEN FREE
Breakfast includes: Ham, milk, juice, coffee & tea
GREEN PANCAKES!!

Price
* Adults $6
* Senior's $5
* Kids 10 & Under $3
* Kids under 3 FREE

For more info call;
(413)-774-5489
"LIKE" us Face Book page
or visit our web page

The RECOVER Project is a program of The Western Mass Training Consortium & funded by the Massachusetts Department of Public Health, Bureau of Substance Addiction Services.
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 10:30am - 4:30pm
Or call 978-249-5070 and ask for Pat
The United Arc’s Upcoming Programs

Positive Discipline Parent Education Group
This group takes place on Monday afternoons for 10 weeks starting March 5 from 12:30 to 2:00 pm at the United Arc/GAAFSN office located at 359 Main Street in Athol. The group offers an interactive and fun way to learn about discipline and how to use it in your home with your children. Transportation, on-site childcare and snacks will be provided. To register for the group, call Sharon Hatstat at 413-768-1500. Topics:

- Discipline from the past to the present.
- Different discipline techniques.
- Making discipline positive & what that means.
- Parenting styles.
- Does punishment work?
- Do rewards work?
- Learn how to run a family meeting.
- What is a logical consequence?
- Helping each other find solutions.
- Do you use praise or encouragement?
- Do you empower or enable? Mmmm?

Raising a Thinking Child Program
This Parenting Education group is geared toward people raising children 0-6 years old. The group will meet at 294 Avenue A in Turners Falls on Wednesdays from 9:30 to 11:30 am for 10 weeks beginning March 7. Each session provides parents with transportation, on-site childcare, and snacks. For additional information or to register for the group, contact Sharon Hatstat at 413-768-1500. Topics:

- Infant brain development
- Toddler brain development
- Reinforcing a child’s effort to think for themselves
- Practical ways to teach social & emotional competencies
- Ways to be more empathetic
- Ways to better cope with frustration & disappointment
- How to become a better problem solver
- Learning to record problem solving behavior & skills
- Practicing problem solving skills with your children
- Learning how to keep track of your own progress
- Learn how to run a family meeting.
- What is a logical consequence?
- Helping each other find solutions.
- Do you use praise or encouragement?
- Do you empower or enable? Mmmm?

An IEP for My Child Workshop
Sandy Fitzpatrick is an experienced parent advocate and special education consultant who will present this workshop on March 13 from 5:30 to 7:30 pm at The Untied Arc, 294 Avenue A, Turners Falls and on March 14 from 5:30 to 7:30 pm at The Untied Arc, 361 Main Street, Athol. Refreshments will be served. Please register at www.theunitedarc.org or (for March 13) Darlene Reilly at darlenereilly@unitedarc.org ~ 413-774-5558 x1042 or (for March 14) Karon Parker at karonparker@unitedarc.org ~ 978-249-4052 x1047. This training will explain:

- The Individual Education Program (IEP) and its development.
- Articulating a vision for your child.
- How to write measurable annual goals and monitor your child’s progress.
- How the document will support your student.
Tax Assistance
Written by Jessica Riel, LifePath

The income tax filing due date for tax year 2017 is April 17, 2017. If you need assistance filing your taxes, there are several free options for people with low incomes. Community Action of Franklin, Hampshire, and North Quabbin Regions offers a Free Tax-Assistance Program for residents of Franklin and Hampshire Counties as well as Athol, Petersham, Royalston, and Phillipston in Worcester County. For more information or to request an appointment, call 413-376-1136. Athol Council on Aging (COA) will be helping elders with tax prep and interested seniors should call 978-249-8986 to add their name and contact number to the waiting list to be called back to schedule appointments at the COA. Finally, Liberty Tax in Greenfield is also offering free tax prep to seniors who qualify for the Senior Circuit Breaker Credit. Call 413-772-0202 to schedule an appointment. For more even info, visit https://lifepathma.org.
Soup & Song
A BENEFIT FOR NORTH QUABBIN CITIZEN ADVOCACY

Adults $8, Children under 12 Free

March 23, 2018 | 5:30 to 8 p.m.

Boiler Bar & Grille, 245 Tully Road, Orange

Live Entertainment by:
Richard Chase
Lais Leal
John Wilkinson DeWitt and The Tectonics
and Other Local Talents
Heywood Hospital’s and Athol Hospital’s Triennial Community Health Needs Assessment (CHNA) Survey

The Montachusett Regional Planning Commission (MRPC) is in the process of collecting information related to the completion of Heywood Hospital’s and Athol Hospital’s triennial Community Health Needs Assessment (CHNA). Input gathered from the region’s resident’s via this anonymous survey will be used by the Hospitals to design future health care programs and services.

Those wishing to participate in this survey may take the survey online at:

- English version https://www.surveymonkey.com/r/HeywoodAtholHealthSurvey
- Spanish version https://www.surveymonkey.com/r/SpanishHeywoodAtholHealthSurvey
- Hmong version https://www.surveymonkey.com/r/HmongHeywoodAtholHealthSurvey

The Carl E. Dahl House at Cass Farm

Perched on a hilltop in the bucolic North Quabbin area of Massachusetts, the Carl E. Dahl House at Cass Farm provides sober supportive housing for men in a beautiful and historic home on a 30-acre working farm. Dahl House residents enjoy this place of beauty and peace while learning how to live a life of contented sobriety.

Unlike traditional sober living facilities, residents of the Carl E. Dahl House enjoy a greater level of care including Supportive Case Management from GAAMHA’s experienced staff who provide this service under contract from the Massachusetts Dept. of Public Health Bureau of Substance Addiction Services. A multitude of additional recovery support options exist in the local community, including many local AA and NA meetings, the North Quabbin Recovery Center, as well as Recovery Coaching provided by GAAMHA’s Recovery Coaches.

In addition to the great clinical care, outstanding facilities, recreational opportunities (including hiking, snowshoeing, fishing, mountain biking), residents of the program can take part in the activities that go into the daily functions of a working farm and help care for our other “residents” including the pigs, goats and chickens who inhabit our 18 stall barn and surrounding grounds. Healthy eating is the norm and farm to table happens in our own back yard as acres and acres of fruits and vegetables become the backdrop to daily life.

Single and double rooms are available. Residents can feel safe knowing that they are with a trusted provider who has been providing treatment and supportive housing for people with substance use disorders for over four decades. For more information for you or someone you know, visit http://www.gaamha.org/substance-abuse/soberhousing/dahlhouse or email supportivehousing@gaamha.org.
March StoryWalks
Fridays at The Athol Public Library 9:30 - 11:30 am

Pages from books are set up on signs throughout the library from 9:30—11:30 am every Friday. Each week there will be a craft or activity that goes along with each book!

March 2nd
Doctor De Soto
by William Steig
Quabbin Valley Dental will be giving away Dental Kits and answering questions!

March 9th
On Top of Spaghetti
by Tom Glazer

March 16th
Turning of the Year
by Bill Martin Jr.

March 23rd
And Then It’s Spring
by Julie Fogliano

March 30th
Up Down and Around
by Katherine Ayres

For more information contact Jen at VOC: 978-249-8467 or Angela at APL: 978-249-9515

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LEOMINSTER OPIOID TASK FORCE PRESENTS

NOT IN THE PLAYBOOK & TAYLOR’S MESSAGE

Chris and Kathy Sullivan share their story of hope, love, change, strength, and personal struggles with the impact of alcohol and substance use, underlying factors in drinking and loss and recovery. Together, they want students and communities to embrace creating increased awareness of alcohol and substance use, to develop skills, to seek help when needed and to know that making good choices is life changing.

February 28, 2018 at 5:30 p.m.
Leominster High School
122 Granite Street, Leominster

Resource tables will be available for the community prior to the presentation in the cafeteria

Project Redemption will be on display
Project Redemption has been created as a collaboration between the Alyssa’s Place at AED Foundation and Photography by Veronika Patty to help de-stigmatize addiction and people who struggle with substance use disorder.

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CSO WALK-IN INTAKE HOURS!

NEW HOURS

MONDAY - FRIDAY
10:00 am to 2:00 p.m.
Insurance Card and Co-pay if applicable for Intake

491 Main Street
3rd Floor
Athol, MA. 01331
978-249-9490
Notice on Suspension of HIP/SNAP Program

“Due to the overwhelming success and associated, unanticipated funding demands, the HIP program will be suspended, effective April 15, 2018. As of that date, SNAP clients will stop receiving a HIP incentive when they make a qualified SNAP purchase.” (Taken from a letter from Jeff McCue, Commissioner, MA Dept. of Transitional Assistance on February 14, 2018.)

What Can You Do? Call Governor Baker at 617-725-4005 to ask that he support supplemental funding for HIP from April to June 2018. Please call or email your state legislators (http://www.nqcc.org/legislator_directory.html) today and ask them to support any supplemental budget that provides funding to keep HIP operating through the current fiscal year. Also ask them to do the following:

♦ Support any budget or amendment that includes $6.2 million for HIP in fiscal year 2019. 
♦ Include HIP as a priority in their top three priorities when they meet with the Committee on Ways and Means to discuss the upcoming budget.

All legislators need to hear from their constituents, especially those who are on the Committee on Ways and Means. For more information on the HIP Program and to find advocacy tools, visit the Massachusetts Food System Collaborative at www.mafoodsystem.org.

(Note: Quabbin Harvest is a vendor in the North Quabbin area currently providing HIP - CSA/SNAP shares to people. The Coop works to support local and regional farmers and provides affordable fresh food.) https://quabbinharvest.coop.

Athol Bird & Nature Club

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

Mar. 15: 7:00pm —Know Your Habitat: Garden Success with New England Wildflowers - Plant ecologist, Ted Elliman from the New England Wildflower Society, will present the diverse wildflowers and habitats specific to Massachusetts. Suitable for naturalist and gardeners. This is a joint meeting of the Athol Bird and Nature Club and North Quabbin Garden Club.

Mar. 18: 7:00 pm —ABNC Geology Division - Hosted by Paul Kachinsky. This monthly meeting will feature various topics of discussion relative to geology. Come join in for this informal evening of exploration and learning.

Mar. 20: 7:00 pm —Attracting Pollinators to Your Landscape - Join Tom Sullivan, M.A.L.D, at Pollinators Welcome.com, for an evening filled with ideas and inspiration - from simple techniques to community practices focusing on connectivity. Tom is a pollinator habitat designer, land consultant, and educator with a special focus on native bees. This event is co-sponsored with the Northfield Bird Club and the Athol Bird and Nature Club. Free and open to all. Taking place at Northfield Mountain Recreation and Environmental Center, 99 Millers Falls Road, Northfield. For more info, visit http://www.h2opower.ca/recreation/northfield-mountain-recreation-and-environmental-center.
Employment Opportunities

**Fiscal & Office Coordinator—The Literacy Project**

The Fiscal & Office Coordinator is responsible for the general administrative functions and fiscal management of The Literacy Project (TLP) including: billing funding sources; overseeing payroll, processing accounts payable and receivable; monitoring and managing cash flow; maintaining human resource files and activities; and managing office materials and supplies. The position is 35 hours per week, generally Monday through Friday with an hourly rate range of $18 to $23 per hour commensurate with experience, and is a fully benefited position. Applications are due by March 2, 2018. For full description, qualifications and instructions, visit https://www.literacyproject.org/news/2017/4/7/executive-and-development-assistant-9e3r6.

**Licensed Alcohol and Drug Counselor—CleanSlate**

CleanSlate Addiction Treatment Centers is hiring a Licensed Alcohol and Drug Counselor (LADC) at their Greenfield location. The LADC will conduct groups and also meet with patients individually. This is a full-time, 40-hour/week position with a generous benefits package and competitive salary. For a complete job posting and to apply, visit https://recruiting.ultipro.com/CLE1008CSCI/JobBoard/12cd1123-fff4-41dc-9f20-11b75c1cd6b7/OpportunityDetail?opportunityId=c576ec7e-7f84-4cd2-a119-533176f4810d. If you have any questions, please contact Maile Shoul at mshoul@cleanslatecenters.com.

**Summer Jobs and Beyond Program Specialists—Community Action Youth Programs**

Community Action Youth Programs is hiring Summer Jobs and Beyond Program Specialists (two positions available in Orange and Ware). Seeking two experienced youth workers to provide 1:1 case management to high school age youth to support their achievement of educational/work goals. Provide job readiness training, and ongoing coaching to overcome barriers. Must be highly reliable, professional, positive and self-motivated. Experience engaging and supporting at-risk youth required. 37.5 hrs/wk. These are full year positions with excellent benefits. Applications accepted until positions are filled. For full description and instructions, visit https://docs.wixstatic.com/ugd/11a31b_d4d84524176448529d1125af3af0fb4a.pdf.

**Workshop Coordinator—Franklin Hampshire Career Center**

The Franklin Hampshire Career Center is seeking a Workshop Coordinator to design and deliver educational services to job seekers and provide individual and group resume/cover letter consultation services. Associates degree required, Bachelor’s degree preferred. Candidate should have experience in training/teaching or leading professional development groups or workshops and have outstanding oral/written communication, training, and facilitation skills. Bilingual fluency in both English and Spanish desired. This is a 25 hours/week position with benefits. Submit cover letter and resume to: FHETC, HR, One Arch Place, Greenfield, MA 01301, or email jobs@fhcareers.org. Applications accepted until position filled. Interviews begin week of March 5, 2018. Complete job description at: http://fhcc-onestop.com/about-fhcc/job-opportunites.
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.