Heather’s Highlights

Hello Newsletter Readers,

Our March forum highlighted the work of the North Quabbin Recovery Center (NQRC), located at 416 Main Street, Athol. The center, which is holding a grand opening on April 6 from 1:00 to 3:00 pm, will provide much needed support resources to those in our region seeking or actively living in recovery.

The forum featured nine peer leaders who have been the key to the successful planning and opening of the NQRC. An attendee of the forum shared that after hearing them all speak, she had a new understanding of the need for this kind of place in Athol. She went on to say that the peers helped to humanize their experiences and break down stigmas like “us and them.”

Over the last year and a half, a team of both allies and peers have been coming together to build the foundation for a strong, local recovery center. The process has had highs, lows, and lots of learning curves. However, with the help of centers throughout the state of Massachusetts, we have been very open minded about what our local center would become.

Thanks to the partnership of the Franklin County Sheriff’s Office, and the Opioid Task Force of Franklin County and the North Quabbin Region, the North Quabbin Community Coalition is able to provide local support and coordination of the center. The center is staffed solely through volunteers of both peers and allies at this time and will begin being open from 10:00 am to 2:00 pm Wednesdays, Thursdays, and Fridays. A brochure is being developed currently and will be shared soon, so stay tuned!

Thanks to all who have been a part of this process. We look forward to the growth of the center and our unique community! Special thanks to our donors Clean Slate, North Quabbin Garlic and Arts Festival, and Heywood Healthcare. Please feel free to join this list!

Heather Bialecki-Canning  
Executive Director
Our FY18 Donors

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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.
Come celebrate our GRAND OPENING!

North Quabbin Recovery Center

Join us for a celebration of the Grand Opening of The North Quabbin Recovery Center! We will be hosting an open house from 1-3pm with a ribbon cutting ceremony at 1:30pm.

Date: April 6th 2018
Time: 1-3pm
Ribbon Cutting Ceremony at 1:30pm

Place: 416 Main St. Athol, MA 01331

North Quabbin Recovery Center is a Project of North Quabbin Community Coalition in partnership with Franklin County Sheriff’s Office and The Opioid Task Force of Franklin County and The North Quabbin Region
Is Your Information Accurate on iCarol?

Community Action will soon be launching their new information and referral system, iCarol, to the public and their partners under the Building Bridges for Coordinated Care grant. They are working on verifying the information in the database and setting up a user-friendly interface for their public resource directory.

What does the system say about your agency and program? To help them make sure your program's information is accurate, please fill out the quick form here. You will then receive an email including the information they currently have and a way for you to update it. To learn more about iCarol, please contact Mary McClintock at mmclintock@communityaction.us.

Seeking Exchange Student Hosts

Are you interested in helping an international student’s dreams come true? Please consider hosting an exchange student through World Heritage. Not only will you be helping out a deserving student with the opportunity of a lifetime, but you’ll be gaining a new family member. For more information, call 800-888-9040 or visit https://www.world-heritage.org.

Starry Starry Night Seeks Committee Members

The Orange Revitalization Partnership’s Starry Starry Night Committee is in need of volunteers to join their committee and help plan for their New Year’s Eve festivities. This is a huge event that requires a lot of planning in advance and their next three meetings will take place at The United Arc, 361 Main Street, Athol, on May 20 at 6:00 pm, September 9 at 6:00 pm, and on October 14 at 6:00 pm. There will be additional meetings added as the event gets closer. For more information, please contact orp.starrystarrynight@gmail.com or Crystal Parent (Chairperson) at 413-336-0128. www.starrystarrynight.org.

Ras Spectiv Concert to Benefit Orange Revitalization Partnership

Wendell Full Moon Coffeehouse, at Wendell Town Hall, Six Center Street, will be featuring a performance by Ras Spectiv on April 28 at 7:30 pm to benefit the Orange Revitalization Partnership. The open mic slot for this show is the Wendell Warriors: African Drumming Jaffar's Djembe Class. For more info, visit https://www.wendellfullmoon.org.
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
RC Mahar Regional High School
507 South Main Street, Orange

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

For more information, call 978-249-3703. This is not a school sponsored event.
You are cordially invited to our

Open House
Thursday, May 10, 5—7 PM
Athol Public Library

Celebrate progress toward a more literate community
with our students, tutors, friends, families and Board
- free food and drink -

Seeking Adults who want HELP with READING &
WRITING, or SPEAKING ENGLISH as a SECOND LANGUAGE
SEND THEM OUR WAY!

Seeking Tutors

Basic Literacy and ESOL
Tutor Trainings
start
April 3 & April 17

Call: 978.249.5381
Write: lvoa01331@gmail.com
Stop by: Athol Public Library
Tuesday 3—7 PM, Thursday 1—5 PM
568 Main Street, Athol, MA 01331

United Way

LITERACY VOLUNTEERS
of ORANGE/ATHOL
The experiences of the active duty or veteran military member can have an effect on the entire family. Children can have an especially challenging time managing the changes in their lives. Project STAR BRIGHT provides counseling and parent support groups designed specifically for active or veteran military members, their spouses and their children.

Military Family Group
Mondays starting April 9th and ending May 28th, 2018
11:30am to 1pm
CSO Offices at 491 Main St. in Athol

This group will focus on providing support to caregivers of children who have been affected by stress, loss, or grief related to their families military status. Caregivers will receive support and skills to respond to their children’s emotional, behavioral, and social needs.

⭐ This group is led by Clinical & Support Options staff with military backgrounds.
⭐ Any caregiver of a child with an active duty or veteran family member is eligible.
⭐ All services are completely FREE and light snacks will be served.

TO REGISTER FOR THIS GROUP, please contact
Agnes Browne, PsyD.
413-582-0471 ext. 5087 or
Abrowne@csoinc.org
CleanSlate Centers Donates to the NQRC

CleanSlate Centers is excited to support the new North Quabbin Recovery Center, 416 Main Street, Athol, with a donation of $1,000. CleanSlate, an outpatient addiction treatment center whose Athol office is located at 201 South Main Street, provides medication-assisted treatment for opioid and alcohol addiction. Patients who receive medication-assisted treatment, or MAT, are evaluated by a physician and receive a prescription for a medication (typically Suboxone or Vivitrol) that will decrease cravings and withdrawal symptoms and therefore prevent relapse and risk of death by overdose. In order to continue receiving their medication, patients must return to CleanSlate regularly to receive medical evaluations, counseling and drug screens.

"Medication-assisted treatment is saving people's lives because it addresses the powerful physical grip that addiction, especially opiate addiction, has on the brain," says Maile Shoul, Center Manager of CleanSlate's Athol and Greenfield offices. "But to achieve true recovery, people need community and support. That is why we are so proud to support the North Quabbin Recovery Center."

To learn more about CleanSlate, visit cleanslatecenters.com, call 833-505-HOPE (4073) or email Maile at mshoul@cleanslatecenters.com.

North Quabbin Recovery Center (NQRC) Wish List

With the new North Quabbin Recover Center due to celebrate its grand opening and ribbon cutting ceremony on April 6 from 1:00 to 3:00 pm, at 416 Main Street, Athol, there still remains a need for items for the Center and we hope you might consider donating to this great cause. Monetary donations can be made to the North Quabbin Community Coalition, 251 Exchange Street, Athol, MA 01331 with “NQRC” in the memo or via PayPal by clicking here. The current items needed for the center are:

- White Noise Machines
- Dividers on Rollers
- Storage Cabinets
- Dolly
- Air Hockey
- Flash Drive
- Projector
- Ping Pong Table
- Recovery Books
- Karaoke Machine
- Bulletin Boards
- Computers (2)
- Table & Chairs for Small Office
- End Tables
- Kayaks
- Comfy Chairs

Public Input Requested: Community Health Needs Survey

The Montachusett Regional Planning Commission (MRPC) is in the process of collecting information related to the completion of Heywood Group’s triennial Community Health Needs Assessment (CHNA). They are in the process of collecting health information anonymously through a survey. Input gathered from the region’s inhabitants will be used by Heywood and its affiliate, Athol Hospital, to design future health care programs and services. This survey is available at approximately 50 locations throughout the Greater Gardner and North Quabbin regions (from Erving to Westminster), by using your smart phone with this QR code or visiting the website link at https://www.surveymonkey.com/r/HeywoodAtholHealthSurvey.
Identifying Policy and Systems Change for Community Resilience

Identifying Policy and Systems Change for Community Resilience - A Report of the Intercept Zero Project: Honoring the Voices of the Community offers insight into the lives of nearly 230 individuals in our rural area who helped identify the effects of crisis. The crises that study participants described did not come out of the blue; the road to crisis had been laid through earlier unmet needs. It was not surprising to hear many of the individuals interviewed describe a childhood trauma that followed them throughout their lives. These local research findings mirror learnings from the pioneering Adverse Childhood Experiences (ACE) study, which identified long-lasting physical, emotional, and mental impacts of trauma, when left untreated.

Through interviews, focus groups, and a mapping event, the Intercept Zero Project was able to identify strategies based upon what individuals said would have helped them earlier in their lives. These strategies fell into three categories: 1) Individuals and Families; 2) Community, Schools, and Social Services; and 3) Health, Behavioral Health, and Treatment Services.

The report focuses on 12 priority recommendations that they believe can improve the quality of life for our friends and neighbors, and build community well-being. The Intercept Zero Project was conducted by the Franklin County Resource Network’s Public Policy Task Force in collaboration with the Opioid Task Force of Franklin County and the North Quabbin Region. Click here for the full report: opioidtaskforce.org/wp-content/uploads/IZR_report_FINAL-for-web-2_7_18-1.pdf.

Family Nurturing Program—Three Day Facilitator Training

The Family Nurturing Center is offering a three-day Family Nurturing Program facilitator training on April 9 through April 11 from 9:30 am to 4:00 pm at Two Canal Street, South Hadley, MA. This is a fun, interactive training that will explain the values and philosophy of the Family Nurturing Program. It will provide an opportunity to understand ways to support families and focus on their strengths. It encourages participants to develop positive, nurturing ways to interact with co-workers, clients, and family members. Participants must attend all three days of the training. This training is co-facilitated by Sue Parker from the Family Nurturing Center and Heather Bialecki-Canning, Executive Director of the North Quabbin Community Coalition and nationally recognized Nurturing Program Trainer/Consultant. Visit https://www.eventbrite.com/e/family-nurturing-center-family-nurturing-program-3-day-facilitator-training-april-9th-thru-11th-tickets-41286556201?aff=eac2 to register.
Athol Bird & Nature Club

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

April 8: 6:30 am —Birding South Shore Land and Water - Meet Ernie LeBlanc at the Center to carpool to the South Shore. The itinerary will depend on local intelligence and includes the Cumberland Farms area, lakes and land around the South Shore, and coastal areas. We should get a good number of waterfowl and some leftover winter birds.

April 11: 7:00 pm —“Natural History and Conservation of Freshwater Mussels: Living Gems in North American Waters” - MNHESP Aquatic ecologist Peter Hazelton, PhD will focus on the life history, diversity and conservation importance of FW mussels, with a largely Massachusetts perspective.

April 13: 7:00 am —“Early Bird” Birding with Jeff - Join Jeff here at the Center before heading out to explore the North Quabbin area for spring migrant birds. Come for as long as your schedule allows. Severe weather cancels. Info: Jeff Johnstone, 978-249-9052.

April 15: 1:00 pm —ABNC Geology Division - Hosted by Paul Kachinsky. This meeting will feature various topics of discussion relative to geology. Come join in for this informal evening of exploration and learning.

Leadership Changes Underway at LifePath

After 27 years at the agency, Roseann Martoccia, Executive Director at LifePath, located at 101 Munson Street, has accepted the position of Executive Director at WestMass ElderCare, based in Holyoke. Following a comprehensive search process, the board of directors has selected Barbara Bodzin, who is currently the Director of Client Services, to lead LifePath as its next Executive Director.

Bodzin is a skilled senior manager who has overseen the Department of Client Services since 2004. Prior to joining LifePath, she worked at Highland Valley Elder Services beginning in 1986 in various capacities, first as a Case Manager, Information and Referral Specialist, and then as the Home Care Program Director from 1991 until joining LifePath. She has an in-depth knowledge of LifePath’s work and its consumers and is committed to the mission of the agency. A resident of Leverett, Bodzin knows the community well and has served on several boards in the area. She is well respected by staff and her colleagues.

LifePath’s dedicated staff offer “options for independence,” working to help each person find the best options for their unique needs. LifePath supports elders and persons with disabilities to maintain independence and quality of life in their own homes and communities and helps busy caregivers to find relief and help loved ones to choose the right path.

LifePath programs and services help residents of Franklin County plus the North Quabbin, operating in Athol, Petersham, Phillipston, and Royalston. Learn more about LifePath by calling 413-773-5555 or 978-544-2259 or visiting LifePathMA.org.
Employment Opportunity

Youth & Special Projects Coordinator ~ Franklin Hampshire Career Center

Manage youth programs, including but not limited to, the Workforce investment Opportunity Act (WIOA) and YouthWorks. Conduct special projects related to workforce programs, including but not limited to, career pathways and workforce data analysis. Bachelor’s degree in related field, experience managing youth and/or adult services or workforce programs. Strong organizational, administrative, and program management skills. The complete full time position job description is at http://fhcc-onestop.com/about-fhcc/job-opportunities. Submit cover letter and resume to: FHETC, HR, One Arch Place, Greenfield, MA 01301 or email to jobs@fhcareers.org. Applications accepted until the position is filled. Interviews begin early April. AA/EEO.

AA District 26 Activities Committee Recovery Hike

Alcoholics Anonymous General Service Committee of Eastern Massachusetts

District 26 is sponsoring a Recovery Hike on April 21 at Doane’s Falls. The group will meet at Tully Dam, Route 32, Royalston, at 9:30 am. This will be a 4 1/2 mile moderate hike. Bring water, lunch, snacks, bug spray, and wear appropriate clothing including boots. Heavy rain cancels. Call Dan B. at 978-895-3979 with any questions. www.aadistrict26.org.
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.

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.

ACT Group

A weekly group meeting for men with a history of criminal justice involvement.

TUESDAYS 1:15pm-2:15pm at the

North Quabbin Recovery Center
416 Main Street, Athol

Please call Ruben at 413-774-4014 ext. 2233 for more information.

FREE Lunch Provided