Heather’s Highlights
Dear Readers,

As an organization committed to improving the quality of life for all in the North Quabbin region, we cannot ignore the current calls for systemic racism to end. There is a lot of misunderstanding about BLM, in that it somehow undermines the fact that all lives matter. It does not. It is about calling attention to white privilege that has led to centuries of systemic injustice for people of color.

We need to work together to ensure that racial justice is achieved, and this will not be easy. We all must work to promote training for our police and criminal justice systems that enlighten all of our views. And direct resources to build training and support into the infrastructure of every community.

Silence has been accepted for too long. There are ways for YOU to make a difference. Learn all you can about equity, encourage discussion with opportunities for folks to express all sides. Take a stand, speak up. All lives do matter, but we must now pay attention to our neighbors of color and how we support them in this critical area of needed change.

Thank you for all that you do for our community. We stand together, stay safe and stay kind.

Heather Bialecki-Canning
Executive Director

and the NQCC Board of Directors

Next Coalition Forum:
September 18, 2020
9:00—10:30 am
Topic: Healthy Me, Healthy North Quabbin
Orange American Legion
40 Daniel Shays Highway
Orange, Massachusetts

September Newsletter DEADLINE: August 21
Email details to admin@nqcc.org

Visit our comprehensive North Quabbin Area Community Calendar at nqcc.org/events.html

Like us on Facebook for regular updates!

NQCC
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Athol, MA 01331
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info@nqcc.org
Our FY21 Donor/Members

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Orange Lions Club
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David Runyan

Thank You

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 by using this form: [http://www.nqcc.org/pdfs/membership_form.pdf](http://www.nqcc.org/pdfs/membership_form.pdf) or through PayPal by clicking here:
NQCC’s Annual Luncheon Celebration—Seeking Nominations

The Coalition will be doing a special presentation this year in place of our typical luncheon, but we need YOUR help! We are looking for nominees for our Annual Awards! These include:

**Barbara Corey Award**: Each year, the North Quabbin Community Coalition presents the Barbara Corey Award to a North Quabbin resident. The award is named for the original NQCC coordinator in honor of her values and dedication to the region.

**Salute to Service Award**: The North Quabbin Community Coalition proudly presents an annual Salute to Service Award to someone who has shown a track record of going above and beyond in dedicating their time and service to the community.

**Bridge Builder Awards**: These awards are given to folks who have truly built “bridges” for and in our region. Those who have advocated, supported, and created paths to improve the quality of life in the North Quabbin.

**Dr. Rebecca J. Bialecki Youth Leadership Award**: This award is given to North Quabbin area youth who have shown true leadership potential.

**Spotlight Awards**: These awards are presented throughout the year to highlight the amazing work, projects, and people of the North Quabbin!

Please send nominations to heather@nqcc.org with a short description of why your nominee deserves the award. All nominations must be received by July 31 to be considered for this year’s Celebration. Look for Celebration details coming soon!

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Athol Bird & Nature Club Events

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

**July 1, 7:00-8:30 pm Online: Nibbling on North Quabbin’s Wild Landscape**—Join Russ Cohen for a 75-minute slide show focusing on species that are ripe for harvesting during the summer months.

**July 8, 7:00-9:00 pm Online: Rare Plants of N. Quabbin**—Join Karro Frost for a 60-minute presentation on rare plants in the North Quabbin area and ways to identify and help protect these threatened plants.

**July 19, 1:00-3:00 pm Online: ABNC Geology Division**—For information on a limited participation meeting, contact Chris Coyle at lowereustis@gmail.com.
Updated Info on HIP Locations

Community Involved in Sustaining Agriculture (CISA) has updated information on open HIP locations for the month of July. You can find that list pinned to the HIP—Healthy Incentives Program, Pioneer Valley Facebook page at https://www.facebook.com/HIP.PioneerValley. We also wanted to let you know that a list of places where SNAP clients can use their HIP benefits in July can be found here in this Google Doc: https://docs.google.com/document/d/17kOHOykpPVeOvqYyVMoKpC0s_rRsji6PXu1Q9qM-0/edit?usp=sharing. This format is easier to print out.

We are at the height of the season now, and many farms are in full swing in terms of the variety of produce they can offer! The list is separated by Franklin, Hampshire, and Hampden counties. Please share widely with your partners and constituents so they can know where they can use their HIP benefits.

Questions, feel free to reach out to Zoe at 774-535-5129 or zoey@buylocalfood.org or Devon at 413-625-9907 x22.
Invest North Quabbin

Invest North Quabbin (INQ) is a new partnership consisting of the North Quabbin Community Coalition, the Town of Athol, the North Quabbin Chamber of Commerce, and the Athol Credit Union, with support from Tiny Town Marketing. It aims to provide emergency financial support to individuals, families, and small businesses in the North Quabbin impacted by COVID-19.

The nine small towns of the North Quabbin area include Athol, Erving, New Salem, Orange, Petersham, Phillipston, Royalston, Warwick, and Wendell. These towns are considered too small for large foundations or urban based funds. In addition, rural communities often lack the infrastructure to write complex government grants.

Invest North Quabbin funds are intended to support people and small businesses who need a short-term helping hand. Funds may support a family in need of specialty groceries to get by for the week, or to purchase a pair of steel-toed boots in order to get that new job, or funds for a small business to buy PPE or Plexiglas in order to re-open their doors.

Please Support Today!

We know that support for our community typically comes from within our community. This is a way for neighbors to help neighbors and allow our people to continue to thrive. Drop off your donation in any amount to INQ at any Athol Credit Union location or mail it to Athol Credit Union, 513 Main Street, Athol, MA 01331. You can also donate through our Patronicity link at https://www.patronicity.com/project/invest_north_quabbin_inq. The fund will distribute 100% of donations directly to those in need across the North Quabbin’s nine towns.

Apply for Help Today!

We can provide grants to working families and small businesses who have been impacted by COVID-19. Applications are available at www.nqcc.org/inq.html. For questions, contact the Chamber at info@northquabbinchamber.com or the Coalition at info@nqcc.org.
Seniors: Get $25 Worth of Free Farmer’s Market Coupons Free!
From LifePath, Written by Janis Merrell

Craving some fresh zucchini or ripe strawberries? LifePath will be distributing 625 free farmer’s market coupon booklets worth $25 each. One of these coupon booklets could be yours! The coupons are a part of a program from the Massachusetts Department of Agricultural Resources, designed to help elders get fresh, local fruits and vegetables and to help local farmers sell more produce. In order to be eligible for the coupon booklets, you must be at least 60 years old and earn $23,606 or less as an individual or $31,894 or less as a couple. For each additional family member please add $8,288 to the income limit. You will need to sign your name to attest that you meet the criteria to receive a coupon booklet. You do not need to attend a senior center or participate in any other programs to be eligible.

Each booklet contains 10 coupons worth $2.50 each. Please note no cash can be given as change, so you may want to bring small bills and coins so you can pay the difference instead of using only part of the value of a second coupon. Coupons will only be accepted by participating farmers at farmer’s markets or farm stands. Please check with each vendor to find out if they accept the coupons. The coupons do not expire until October 31, 2020. Each person can only receive one coupon booklet per year. You can use your coupons to buy fruits, vegetables, fresh-cut herbs, and honey. Other types of items for sale at the markets cannot be purchased with the coupons.

Coupon booklets will be available at the following locations, outside the buildings, on the dates specified:

**Wednesday, July 15, 2020**
- Athol Senior Center, 82 Freedom St., Athol, MA – 11:00 a.m. to 12:30 p.m.
- Orange Senior Center, 135 East Main St., Orange, MA – 10:00 a.m. to 11:30 a.m.
- Senior Center, Shelburne, 7 Main St., Shelburne Falls, MA – 2:00 p.m. to 3:30 p.m.

**Tuesday, July 21, 2020**
- Greenfield Senior Center, 35 Pleasant St., Greenfield, MA – 9:00 a.m. to 11:00 a.m.

**Thursday, August 6, 2020**
- Gill/Montague Senior Center, 62 5th St., Turners Falls, MA – 10:30 am to 12:00 noon
- Erving Fire Station #2, 18 Moore St., Erving, MA – 12 noon to 2:00 p.m.
- Northfield Senior Center, 69 Main St., Northfield, MA – 10:30 a.m. to 12 noon
- Bernardston Senior Center, 20 Church St., Bernardston, MA – 11:45 a.m. to 12:15 p.m.
- South Deerfield, Town Hall, 8 Conway St., South Deerfield, MA – 12:30 pm to 1:30 pm

Come visit to pick up your coupon booklet for $25 worth of free, local produce! If you have any questions, please contact Jane Severance, LifePath’s Nutrition Program Director, at 413-773-5555 x2271 or 978-544-2259 x2271, or via email at jseverance@lifepathma.org.
Healthy Living Program’s FREE, Remote workshops, Summer 2020: Workshops you can access on your computer OR your phone!

Live Video Conferencing Workshops
- Books, relaxation CD, and handouts mailed to your home
- 8-12 participants
- 2 Workshop Leaders
- A Technical Assistance Moderator

Toolkit Telephone Workshops
- All the tools in the traditional workshops + tip sheets and exercise CD, mailed in a “toolkit” to your home
- Weekly check in calls with 3-4 others to practice new skills and talk about weekly goals

☐ **My Life, My Health – Chronic Disease Self-Management:** This workshop is for adults with any long-term health condition and their caregivers: heart disease, depression, asthma, Crohn’s disease, obesity, etc. Partial list of topics include healthy eating, relaxation techniques, communicating with health professionals and loved ones, goal-setting, and problem solving.
  **Toolkit Telephone Workshop:** Six Tuesdays, 1:00-2:00 p.m., July 7-Aug. 18

☐ **Chronic Pain Self-Management:** This workshop is for adults who live with chronic pain and their caregivers. Partial list of topics includes the mind/body connection; distraction and relaxation techniques; appropriate exercise for improving strength, flexibility, and endurance; pacing activity and rest; goal-setting; and problem solving.
  **Live Video Conferencing Workshop:** Six Thursdays 1:00-3:30 p.m., July 16-Aug. 20

☐ **Diabetes Self-Management:** This workshop is for adults with pre-diabetes or diabetes or their caregivers. Partial list of topics include techniques to deal with hyper/hypoglycemia, appropriate use of medication, meal planning, goal-setting, and problem solving.
  **Toolkit Telephone Workshop:** Six Wednesdays, 1:00-2:00 p.m., July 15–Aug. 19

☐ **Healthy Eating for Successful Living in Older Adults:** This workshop is for adults hoping to improve their nutrition in order to lose/gain weight or live well with a chronic condition. Partial list of topics include “My Plate” guidelines, nutrition basics, label-reading, meal planning, goal-setting, and problem solving.
  **Live Video Conferencing Workshop:** Six Mondays, 1:00-3:30 p.m., July 13–Aug. 17

Contact the Healthy Living Program Manager, Andi Waisman, to register, at **413-773-5555 x2297** or **978-544-2259 x2297**, or email **awaisman@LifePathMA.org**.
Athol Stand United COVID-19 Relief Fund

Have you recently been unemployed, loss of hours, furloughed or other reduction of income as a result of COVID-19? If so, you may be eligible for financial assistance through the United Way COVID-19 Relief Fund.

What is the COVID-19 Relief fund? It is a one-time payment to assist eligible households in the Athol area. The financial assistance is paid to a third party on behalf of the eligible household. It can be used to pay for rent, utility arrearages, work related needs such as a car payment, medical expenses and other critical expenses.

How does it work?

- An eligible household must reside within the Athol service area.
- A client must have been unemployed, loss of hours, laid-off, furloughed, or other reduction of income as a result of COVID-29.
- A client needs to contact the Athol Area YMCA for assistance. The contacts at the Athol Area YMCA include:
  - Cassy Coeur – ecoeur@ymcaathol.org
  - Jennifer Gordon – jgordon@ymcaathol.org

In addition to the Athol Area YMCA, there are Direct Referring Partners a client may work contact within the Athol area. They include the following:

- Valuing our Children – contact Kena Vescovi – phone number 978-249-8467 or email at kena@valuingourchildren.org

- Athol/Orange Housing Authority – contact Christi Martin – phone number 978-249-4848 or email at generalinfor@atholorangehousing.org

- Municipal office:
  - Athol – contact Shaun Suhoski – phone number 978-249-2496 or email at ssuhoski@townofathol.org

If you are in need of financial assistance due to COVID-19 and live within the Athol area, please reach out any of the agencies listed above or contact the Athol Area YMCA directly.

Please fill out this form to apply: https://forms.gle/PT5SHHk63P2kjrM7
**Virtual Parent-Child Activities**
- Lego Club: Tuesdays 2:45 pm
  - Online Registration
- STEM Fun with Miss Aimee:
  - Wednesdays 10 am
  - Online Registration
- Playgroup: Thursdays 10am
  - Online Registration

**Services**
- SNAP Applications and Food Assistance
- Housing Resources,other needs:
  - Call to make a phone call appointment with Pat: 978-249-5070
- School Liaison - For questions or concerns about your child’s IEP, 504 plan, or any school situation call to make a phone call appointment with Christine: 978-249-5070
- Support and Stabilization
  - For families involved with the Department of Children and Families (DCF) or Kinship Placement.
    - Call to make a phone appointment with Julie: 978-249-3782

**Virtual Support Groups**
- Grandparent’s Group:
  - Thursdays 11am
  - Contact Bette: 978-249-5070
  - Online Registration
- Teen Group
  - Wednesdays 3pm
  - Contact Kelly: 978-249-5070
  - Online Registration
- Dads’ Group
  - Thursday 5pm
  - Fishing Trivia Night
  - Contact Nicole: 978-249-8467
  - Online Registration
- Patch Parents’ Council
  - Fridays 2pm
  - Contact Kelly: 978-249-5070
  - Online Registration

**Parent Education**
- Nurturing Skills: A one on one parent education series based on the parent’s personal needs.
  - Contact Bette 978-249-5070
  - Online Registration

**Dads’ Group**
Any man can be a father, but it takes someone special to be a dad...

Thursday, July 2nd 5pm via Zoom.
To register call Nicole: 978-249-8467

**Fishing Trivia Night!**
Participants will receive a fishing pole, tackle box, and a gift card to purchase a fishing license.

**Welcome Baby Baskets**
For families in The North Quabbin who have recently had a baby.
Baskets include diapers, new clothes, and blankets.

For more information or to request a Welcome Baby Basket please call Aimee at Valuing Our Children 978-249-8467
The Health Justice Academy: Building Health Care Power in Our Communities

Health Care For All would like to extend an invitation to our new iteration of the Health Care Democracy School: The Health Justice Academy: Building Health Care Power in Our Communities.

The Health Justice Academy is a free training curriculum composed initially by four weekly virtual modules that aims at providing tools to navigate the Massachusetts health care system and to advocate for health care rights and health equity in the midst of the COVID-19 pandemic and its aftermath. These training sessions will be implemented via Zoom and are geared towards advocates, health care and social service providers, community leaders, and community members who would like to have a better understanding of how to advance health justice and protect access to coverage and care for Massachusetts residents.

The modules will cover the topics below and are scheduled for the following dates:

1. **How to apply for health insurance, eligibility for health insurance programs, and tools to protect access to coverage for MA residents.** — Thursday, July 9th, 3:00-4:30 pm

2. **Immigrant health care rights, impact of the public charge rule, and tools to protect access to coverage and care for immigrant populations in MA.** — Thursday, July 16th, 3:00-4:30 pm

3. **Access to health services during the pandemic and its aftermath, and tools to protect access to oral health, prescription drugs and behavioral health services for Massachusetts consumers.** — Thursday, July 23rd, 3:00-4:30 pm

4. **How to navigate medical debt, legal resources available for consumers, and tools to protect Massachusetts patients from surprise billing.** — Thursday, July 30th, 3:00-4:30 pm

It is possible to register for one or more sessions and, depending on the demand, HCFA could add modules, expand content and invite other organizations to contribute.

You can register now for the first session "How to apply for health insurance, eligibility for health insurance programs, and tools to protect access to coverage for Massachusetts residents," which will take place on Thursday, July 9, from 3:00 to 4:30 pm. Please RSVP for the first module by July 7 by clicking here. You can also send an email to Chris Noble, HCFA's Health Justice Campaign Organizer, at cnoble@hcfama.org.
ServSafe Manager Training & Exam

Local instructor, Matthew Fortier, will teach ServSafe classroom training, which provides the most up-to-date information and prepares individuals to take the ServSafe Manager exam. Classes are to be held in small groups throughout July, future classes may be scheduled as requested. The facility at 62 Cheney Street, Orange, fully complies with Phase II guidance under the Governor’s plan to reopen the economy and the classroom is sanitized in between uses and tables spaced out appropriately. Three classes are available: July 2, July 10, and July 18. Classes will be held from 9:00 am to 3:00 pm at 62 Cheney Street, Orange.

Base pricing is $125 and includes classroom instruction with handouts and the Proctored ServSafe Manager's Exam. Recommended textbooks are an additional $45 and must be requested in advance of the class (classroom training, exam, and textbook is $170 total.) Classroom is limited to nine (9) students per class. Seats are limited and must be reserved. Please reserve by phone at 978-894-6548. PayPal or check prior to the class is preferred. Alternatively, a payment of cash at the beginning of the class, before instruction begins, will be accepted. Payment must be arranged ahead of the class in order for you to participate. Please make any checks payable to "Matthew Fortier". For group rates, retakes, private classes, or other inquiries, please contact us with any questions by calling 978-894-6548 or by emailing Mathew directly at mffortie@gmail.com.
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.