The Common Thread

A North Quabbin Community Coalition Publication

October 2022 ~ Volume 38, Issue 2

Heather's Highlights

Dear Readers,

It is Fall in the North Quabbin! I encourage you to check out all of the amazing events and beautiful sites to behold throughout our region. I highly recommend the North Quabbin Garlic & Arts Festival personally!

Our September Forum brought a very informative presentation by Dr. Ruth Potee about Behavioral Health Network's (BHN) Orange Methadone Clinic. The NQCC has been a huge advocate for the creation of a local methadone site, and cannot thank Dr. Potee enough for her leadership on this front.

Those who struggle with addiction need options, as the path to recovery is never one size fits all. We look forward to working closely throughout all North Quabbin based services to better the lives of all. Consider referring to and checking out the BHN website at https://www.bhninc.org.

Thank you for all you do,

Heather Bialecki-Canning
Executive Director



Next Coalition Forum:

October 21, 2022

9:00—10:30 am

Subject: The Opioid Task Force of Franklin County and the North Quabbin's CONNECT Project and NQ Hub

Online

(See back page for Zoom link.)

November Newsletter DEADLINE: Oct. 25, 2022

Email details to admin@nqcc.org

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NQCC
251 Exchange Street
Athol, MA 01331
978-249-3703
www.nqcc.org ~ info@nqcc.org

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251 Exchange Street, Athol, MA 01331
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North Quabbin Garlic & Arts Festival

24th Annual

THE FESTIVAL THAT STINKS!

Saturday & Sunday
Oct. 1-2, 2022
10 AM — 5 PM

FORSTERS FARM
60 CHESTNUT HILL RD
ORANGE, MA

ADMISSION: ADULTS $10
KIDS 12 & UNDER FREE!
STUDENTS, SENIORS, EBT: $5

GET THE WHOLE BULB AT:
WWW.GARLICANDARTS.ORG

Amazing Art • Farm Fresh Products • Garlic Cuisine & Chef Demos • Healing Arts
Music & Performance Galore • Fun Activities for Families • Portal to the Future

24 AND BACK FOR MORE!

yac Youth Action Council

Pumpkin Painting Contest!



Paint and title the pumpkin to represent YOU!

Contact Jamie by October 3 at jamie@nqcc.org or 978-249-3703 to register for your free pumpkin and paint to pick up that week.
Turn it in by Monday, Oct. 24th to the North Quabbin Community Coalition to have it then displayed and judged at the Halloween Stroll!
Ages 12-24yrs

1st, 2nd, and 3rd place prizes!

N•O•R•T•H QUABBIN CHAMBER OF COMMERCE AND VISITORS BUREAU

North Quabbin Community Coalition

Merry THANKSGIVING & HAPPY Christmas

Holiday Assistance Sign-Up Dates

The Salvation Army
107 Ridge Ave
Athol, MA 01331
(978) 249-8111

Monday, October 17	9 a.m.—12:00 p.m.
Wednesday, October 19	9 a.m.-2:00 p.m.
Thursday, October 21	9 a.m.—12:00 p.m.

Please do your best to sign up during these times as our staff is limited.

You will need an identification, birth certificate or social security card for children, and a utility bill in your name.

THE SALVATION ARMY DOING THE MOST GOOD®

Meals on Wheels Volunteer Drivers Needed!

Make a big difference in someone's day by delivering a hot noontime meal and a wellness check in your own community. Stipend and mileage reimbursement available. We are looking for volunteer drivers in many communities and especially in Greenfield, Athol, and Orange. Call 413-773-5555 or 978-544-2259, Ext. 2216, or visit LifePathMA.org/volunteer.



JOIN B.R.A.V.E.

*Breaking the Bias *Racial Justice
*Allyship *Values *Equity

North Quabbin Task Force

2nd Monday of the Month at 10 am

B.R.A.V.E. NQ is a new North Quabbin Community Coalition task force aimed at looking at our region comprehensively through the lens of inclusion, equity, and respect. Join the conversation and help us to continue to improve the quality of life for ALL of North Quabbin.

Sign Up By Emailing sarah@nqcc.org

THE Literacy PROJECT
North Quabbin

"Teaching adults when they are ready to learn."



The Literacy Project North Quabbin is off to a great start this Fall! Although we are filling up quickly, we still have space in our HiSET (GED) Level Classes and our Computer Based Learning Class. HiSET classes can be either in person (Mondays and Wednesdays) or Online (Tuesdays and Thursdays) from 10 AM – 1PM. Computer Based Learning, a small class to learn Computer Basics or study subject areas if the early class does not work, is held Tuesdays (In person and Online) from 2:00 – 4:00 PM, and Online on Thursdays from 2:00 – 4:00 PM.

Call Site Director Catherine King at 978-544-8917 for more information. Located at the OIC, 131 West Main Street, Suite 100, Orange, MA

LifePath's Healthy Living Fall 2022 Workshops: FREE, In-Person and Remote Workshops you can access on Your Computer OR Your Phone!

These evidence-based workshops provide information and practical skills for people living with long-term health conditions to better manage our health and improve the quality of our lives. Live Video Conferencing Workshops offer the full interactive curriculum but on a Zoom platform, with books and handouts mailed to your home and technical support for those new to video conferencing. Telephone Workshops offer weekly phone calls with 4 or 5 others to learn and practice new skills and talk about weekly goals with books, tip sheets, and handouts mailed to your home.

□ **Living Well with Long-Term Health Conditions (Live Video Conference):** Topics include healthy eating, relaxation techniques, communicating, goal-setting, problem solving, and more. **Tuesdays, October 10-July 29, 6:00-8:30 p.m.**

□ **Tomando Control de su Salud, Spanish Living Well with Long-Term Health Conditions, (Live Video Conference):** Techniques to deal with symptoms of chronic conditions, such as fatigue, pain, sleeplessness, shortness of breath, stress, and emotional problems, presented in Spanish in ways that are culturally appropriate. **Tuesdays, October 6-November 17, 9:30 a.m.-12:00 p.m.**

□ **A Matter of Balance–Managing Concerns About Falls (TWO in-person workshops):** Teaches practical strategies to reduce the fear of falling and explores medical, behavioral, and environmental risk factors for falls, stressing the importance of developing an exercise plan. **Athol Senior Center, Wednesdays, Sept 21-November 16 (skipping Oct. 5 for Yom Kippur), 1:00-3:00 p.m.**

-OR-

Gill-Montague Senior Center, Tuesdays, Sept 20-Nov 15 (skipping November 8 for election day), 10:00 a.m.-12:00 p.m.

□ **Healthy Eating for Successful Aging (Live Video Conference)**: Teaches the "My Plate" guidelines, nutrition basics, label reading, meal planning, goal setting, and problem solving for adults hoping to improve their nutrition in order to lose/gain weight, lower cholesterol, manage blood sugar levels, or live well with any chronic condition. **Fridays, Oct. 7th - Nov. 18th, 9:30 a.m.-12:00 p.m.**

For more information or to register, contact Andi Waisman, Healthy Living Program Manager, at *413-773-5555 x2297/978-544-2259 x2297/*awaisman@LifePathMA.org

LifePath options for independence | Executive Office of Elder Affairs | the healthy living Center of Excellence | SMRC Self-Management Resource Center

Employment Opportunities

LifePath - Full descriptions and requirements can be found at https://lifepathma.org/about/career-opportunities/job-opportunities.

Events Coordinator—Seeking an energetic, dynamic, events coordinator for the planning and oversight of LifePath's annual walkathon to be held May 6, 2023. Per diem hybrid/remote work environment.

Kitchen Assistant, Erving—The kitchen assistant re-heats and packages portions for the Home Delivered Meals program, washes pans/utensils, removes kitchen trash, upholds sanitary and temperature standards, and delivers meals as requested. Part time 15 Hrs per week M-F 10-1pm.

Nurse Supervisor—Personal Care Attendant Program (PCA). Full–time with a $5,000 sign-on bonus! No nights or weekends! The RN Supervisor is responsible for the management of the medical screening, nursing oversight, and care planning of consumers in the PCA program.

Registered Nurse or LPN—Full-time in Hampden, Hampshire, and North Quabbin areas. $5,000 Sign on bonus. No nights or weekends! Flexible scheduling and remote work options. Seeking RN with leadership skills for the Adult Family Care program.

Protective Services Worker—2 Full-time in Franklin County--$1500 signing bonus. Conducts thorough investigations of reports of elder abuse, neglect, financial exploitation and self-neglect. Provides services and/or referrals when allegations have been substantiated.

Community Action Pioneer Valley - Full descriptions and requirements can be found at https://www.communityaction.us/job-openings.

Head Start Business Operations Coordinator—$2000 Bonus. This position requires working closely with families to ensure timely payment of child care fees, tracking revenue collection, coordinating billing activities, and assisting with processing other Business Office activities.

COC Administrative Assistant—The Three County Continuum of Care at Community Action Pioneer Valley is looking for a well-organized professional to assist in the day-to-day operations and special initiatives for the continuum's regional efforts to end homelessness. The administrative assistant will support the COC's program staff's administration of funding, community engagement, data and reporting, and oversight of the coordinated entry system.

Community Resource Advocates —1 in Greenfield area, 1 in Orange. Seeking highly organized individuals with excellent customer service skills to work with low-income individuals and families answering our Information & Referral phone and meeting with people to assist with applications. You will conduct comprehensive benefits screening, scheduling of appointments, provide advocacy, resources, and application assistance. Work both in-person and over the phone with people living in Hampshire, Franklin, and the N. Quabbin region helping them access SNAP, health insurance, financial assistance, and housing using a strength-based model to educate households about their budgets, develop plans of action and make connections to resources.

Teacher Assistant/Bus Monitor (Orange)—Head Start program seeks preschool assistant. Excellent teacher: child ratios.

Franklin County Reentry Center

****Open House for FCSO staff and Community Partners'****

The Franklin County Reentry Center, a program of The Franklin County Sheriff's Office, invites you to our open house.

- Guided tours
- Meet and greet the CJCS staff
- Light refreshments

OCT 3rd

1-3:30pm

Please join us as we open the doors and settle into our new space at the Community Justice Support Center.

Franklin County Reentry Center | 106 Main St, Greenfied

For more information please call 413-390-9222 | Email: rcw@fcso-ma.us

Franklin County Reentry Center

****Opening Celebration****

Come Join us for our Opening Celebration!

- Music and Activities
- Food – Barbeque Burgers and Dogs
- Meet and Greet with the Reentry Team
- Raffle Prizes – Small, Medium, Large
- Clothing Closet
- All Are Welcome!

OCT 5th

3-5pm

Please join us as we open the doors and break in our new space at the Reentry Drop in Center.

Reentry Drop In Center | 106 Main St, Greenfield

For more information call: 413-390-9222 | Email: rcw@fcso-ma.us





North Quabbin Spotlight

The Children's Advocacy Center of Franklin County and North Quabbin and National Recovery Month

On September 16, 2022, The Children's Advocacy Center of Franklin County and North Quabbin (CAC) held their Hope and Healing Breakfast, the first gathering since the COVID-19 pandemic started. Bringing many stakeholders from around the region to gather and enjoy a delicious breakfast while shedding light on the continuous work that is happening with providing education, safety, healing, and justice for child abuse. The CAC proudly presented the Athol Police Department with the Champion of Children Award. It was noted that Athol has one of the highest rates of child sexual abuse in the state and Detective Sgt. Doug Kaczmarczyk and Officer Courtney Call go above and beyond for their cases. Also awarded was board member Lynda Zukowski with the Community Star Award and Northwestern District Attorney Dave Sullivan with the Hero of Justice Award. The keynote speaker Kate Price, who was trafficked by her father as a child in Appalachia and has been slowly piecing together what happened to her as an adolescent, captured the audience. Janelle Nanos a reporter for the Boston Globe published an in-depth piece ,"Kate Price remembers something terrible", bringing Kate Price's story to light. Price, a scholar at the Wellesley Centers for Women and a senior research associate at Advocates for Human Potential, reminded those in the audience that though rarely visible, it is always there. The event was ended on an uplifting note by a performance of the children at J'Duke. What a truly moving morning. The Hope and Healing Breakfast allows the CAC to highlight the raw stories while acknowledging all that is being done on the forefront for children who have been or are being abused.

In 1989, September became known as National Recovery Month to focus on educating the public on substance use, treatment, and mental health services, as well as to celebrate the lives of those who have committed themselves to long-term recovery. The North Quabbin Recovery Center, located on Main Street in Athol, participated significantly in celebration. They held space for a variety of activities that their peer leaders highlighted as adding value in their own personal recovery journey. Some of the activities included traveling tips, yoga, fishing, a nutrition group, massages, along with other creative expression activities. The NQRC peer leaders worked hard to create a FUN, interactive month for ALL community members that entered the space, highlighting what they find joy in, leading a group through a discussion, and including others to find joy in new activities. Every journey is different and September is a time for us to celebrate not only recovery, but what we do for our wellness every single day. The journey of recovery does not need to be where fun has to die! "Come on in and chat with us, we're awesome!!"



OCTOBER

North Quabbin Recovery Center

Recover and Discover

Open Hours
Tuesday: 9AM-12PM
Wednesday: 9AM- 12PM
Thursday: 9AM-12PM

MON	TUE	WED	THU	FRI	SAT	SUN
31 Happy Halloween 5:30PM Drug Court Alumni Group 7:00PM Al-Anon					1	2 
3 5:30PM Drug Court Alumni Group 7:00PM Al-Anon	4 9:00AM Coffee Bar 10:00AM FCSO Drop In Hours 11:00AM All Recovery Meeting 7:50PM AA Meeting	5 9:00AM Creative Space 10:00AM Comedy Hour 11:00AM All Recovery Meeting	6 9-11 AM Game Day 11AM All Recovery Meeting	7 7:00PM All Recovery Meeting	8	9 
10 5:30PM Drug Court Alumni Group 7:00PM Al-Anon	11 9:00AM Coffee Bar 10:00AM FCSO Drop In Hours 11:00AM All Recovery Meeting 7:50PM AA Meeting	12 9:00AM Creative Space 10:00AM Housing Task Force 11:00AM All Recovery Meeting	13 9-11AM Hocus Pocus 2 11AM All Recovery Meeting	14 **Haunted Hayride @ Silverlake 6-9** 	15 **Haunted Hayride @ Silverlake 6-9**	16 
17 5:30PM Drug Court Alumni Group 7:00PM Al-Anon	18 9:00AM Coffee Bar 10:00AM FCSO Drop In Hours 11:00AM All Recovery Meeting 7:50PM AA Meeting	19 9:00AM Creative Space 10:00AM Recipe Swap 11:00AM All Recovery Meeting	20 9:00AM Tik Tok w/ Sherry 10:00AM TED Talk 11AM All Recovery Meeting	21 7:00PM All Recovery Meeting	22	23 
24 5:30PM Drug Court Alumni Group 7:00PM Al-Anon	25 9:00AM Coffee Bar 10:00AM FCSO Drop In Hours 11:00AM Mindfulness Walk at Silverlake 7:50PM AA Meeting	26 9-11AM Halloween Crafts with Heather 11:00AM All Recovery Meeting	27 9-11AM Halloween Party Feel Free to wear a costume 11AM All Recovery Meeting	28 7:00PM All Recovery Meeting	29	30 

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.

NQCC October Forum:

The Opioid Task Force of Franklin County and the North Quabbin's CONNECT Project and NQ Hub

October 21, 2022, from 9:00 to 10:30 am. Join Zoom Meeting us02web.zoom.us/j/89017545543 ~ Meeting ID: 890 1754 5543 ~ Passcode: 242560

Covid-19 Corner

The NQCC, the NQ Recovery Center, and the Athol Board of Health, have free Covid-19 test kits available upon request. If you test positive, please follow the Covid-19 Isolation and Exposure Guidance for the General Public: https://www.mass.gov/info-details/covid-19-isolation-and-quarantine-guidance-for-the-general-public. Keep an eye out for community clinics coming to your area soon.

