The Common Thread

A North Quabbin Community Coalition Publication

March 2022 ~ Volume 37, Issue 7

Heather's Highlights

Dear Readers,

All February long, the North Quabbin Recovery Center, the North Quabbin Community Coalition, and our partners from the PART Task Force have urged you to Love Your Recovery! The hope is that our entire region will really become a recovery friendly community in the very near future. This allowed our February Community Forum to be dedicated to sharing tools for all to move toward that hope.

The forum featured a tool compiled by the PART Task Force Subcommittee called "Language Matters" and a Narcan training from Tapestry. The tools can be found on the NQCC resource page at https://nqcc.org/resource-directory/language-matters and if you are looking for additional resources, please do not hesitate to reach out. Thank you to all who made this forum possible, and please know we hope all tools can be updated and tailored to meet the needs of our local community.

March means it is almost spring, no matter what that PA groundhog says!!!

Thank you for all you do,



Heather Bialecki-Canning
Executive Director

Next Coalition Forum:

March 18, 2022

9:00—10:30 am

Subject: The Bee Kind Movement

Online

(See back page for Zoom link.)

April's Newsletter DEADLINE: March 22, 2022

Email details to admin@nqcc.org

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Athol, MA 01331
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The Opioid Task Force of Franklin County and the North Quabbin Region and the North Quabbin Community Coalition Presents:

A LIFELINE:
MOBILE OUTREACH SERVICES TO UNHOUSED INDIVIDUALS AND OTHER VULNERABLE POPULATIONS IN FRANKLIN COUNTY AND THE NORTH QUABBIN

THURSDAY, MARCH 17, 2022,
2 PM - 3 PM

REGISTER HERE:
HTTPS://US02WEB.ZOOM.US/MEETING/REGISTER/TZCRD-GVRTSQGTGB5TUAXVL-FWNA5AEN_XHM



Please Join Us

For a Child-Friendly Celebration & Flag Raising Event

In honor of Child Abuse Awareness Month

- Comments by District Attorney David E. Sullivan
- Athol Police Chief Craig Lundgren
- North Quabbin Community Coalition
- Valuing Our Children
- Department of Children and Families
- Children's Advocacy Center

Taking place at the Athol Library

April 1th, 2022 at 10:30 am

Information on local resources available

Children's Advocacy Center

of Franklin County and North Quabbin Area

Hosted by the Children's Advocacy Center, Valuing Our Children and the Northwestern District Attorney's Office

HRA

DEVELOPING BETTER COMMUNITIES

HOUSING REHABILITATION PROGRAM

Providing interest-free, deferred payment loans to income-eligible homeowners to correct health and safety code deficiencies and to improve the energy efficiency of their homes.

Eligible Improvements could include:

*Electrical and plumbing upgrades
*Accessibility modifications
*Lead paint abatement
*Septic repair/replacement
*Insulation & weatherization
*Roof repair/replacement
*Structural repairs
*Wells
*Heating and hot water system repair/replacement

For additional information, please contact Jen Morrow: 413-863-9781 x137 or email jmorrow@fcrhra.org

This program is administered by the Franklin County Regional Housing and Redevelopment Authority on behalf of the Towns of Erving, New Salem, Orange, Warwick, and Wendell

EQUAL HOUSING OPPORTUNITY

Resume Building Workshop

Valuing Our Children

Saturday March 12th 10am through Zoom

- How to create a strong cover letter
- Ideas on creating a dynamic resume
- Interview tips
- How to dress for success



To register call Summer 978-248-5070

Online Registration

Or Scan the QR Code

Family Resource Centers

Valuing Our Children

Learn Play Grow Connect aprender jugar crecer conectar



Del programa bilingue en Inglés y Español. ¡Disfruta de juegos, actividades, manualidades y más!

Bilingual story time and playgroupin the English and Spanish languages. Enjoy free play, activities, crafts, and more!

Mondays - Lunes 1:30pm

Valuing Our Children's North Quabbin Patch and Family Resource Center

109 Lumber St. Athol

Para obtener más información o registrarse, llame al
To find out more or to register please call
Adriana 978-249-5070

Or Click Here to Register

Family Resource Centers

Funded through the Coordinated Family and Community Engagement Grant by the Massachusetts Department of Early Education and Care

children's trust

2022 River Rat Weekend—April 9!

The annual River Rat Race is back for 2022 along with the annual River Rat Parade, and annual Big Cheese 5K! Check the links for info on each event.

River Rat Race: riverratrace.com)
River Rat Parade: northquabbinchamber.com
Big Cheese 5K: https://www.facebook.com/Big-Cheese-5K-181927998510370



The Literacy Project

We serve the NORTH QUABBIN region.

We help you get you back on track to get your High School diploma and on to a career or college.



Scholarships available

for Chromebooks and test fees.

Call us: 978-544-8917

2022 Virtual Winter Series



OVERDOSE PREVENTION & NARCAN TRAINING

March 17
6:00 pm

Please join us at an upcoming community overdose prevention training to learn how to recognize and respond to an opioid overdose. Participants will also learn how to administer Narcan, a lifesaving opioid overdose reversal drug. *This event is not open to the press/media.

Participants will learn the answers to these questions:

- What is an opioid overdose?
- How do you recognize and respond to an opioid overdose?
- How do you administer Narcan to reverse an opioid overdose?

OPIOID Task Force of Franklin County and the North Quabbin Region

tapestry

Want to join the Zoom call? Please email info@opioidtaskforce.org.
www.opioidtaskforce.org

Lake Park Playground Improvement Discussion

BE PART OF THE SOLUTION!

March 9th, 2022
6 to 7:30 PM

SALVATION ARMY, 107 RIDGE RD, ATHOL,MA

LIGHT REFRESHMENTS WILL BE PROVIDED



Sponsored by

North Quabbin Community Coalition

PEQUOIAG SETTLED 1735 ATHOL INC. 1762 COL. JOHN MURRAY

Valuing Our Children

SIMPLY GROUNDED YOGA/PILATES

IS NOW OFFERING TRAUMA INFORMED YOGA FOR VETERANS, FIRST RESPONDERS AND NURSES.

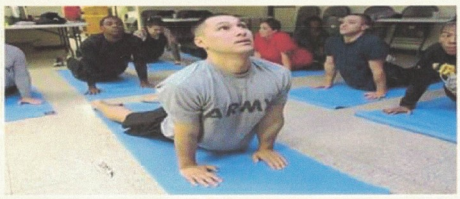
WEDNESDAY'S 6PM (DONATIONS ONLY)

REGISTER BY EMAILING

SIMPLYGROUNDEDYP@GMAIL.COM

LOCATED AT 5 SUMMER DRIVE, WINCHENDON, MA 01475

(978)868-4546 (LIMIT OF 10) BRING ANYTHING OF COMFORT FOR YOU.



-The benefits of yoga are needed now more than ever in this COVID era. Most of us are living in a state of 'Fight or Flight' with highly activated nervous systems. By introducing yoga to the body and mind, we are attempting to activate the 'Rest and Digest' state of our nervous systems, which is a healthier state. We offer classes specifically intended for people to try yoga regardless of body size, age, mobility, injury, history or physical and emotional challenges.

A program that assists military veterans, first responders and nurses who struggle with mental health, PTSD, addiction, and pain

FIRST RESPONDER

RN

DRIVE-THRU Soup Meal

MAR. 11 5-6 P.M.

To benefit
North Quabbin Citizen Advocacy

$10
per person



Soup Choices:
chicken noodle, corn chowder or vegetable minestrone

Reserve early as quantities may be limited.

3 Cups of Soup, 3 Rolls & Dessert

For Reservations
Call Maryann
978-894-4258
by March 4th

ATHOL CONGREGATIONAL CHURCH

1225 Chestnut St., Uptown Athol

Your Input Matters!

Take an Age-Friendly Survey

The survey is open until March 11 and can be accessed here:
www.surveymonkey.com/r/age-friendly-survey



Your input is needed for the Age-Friendly Franklin County and North Quabbin Survey:

If you are 50 or over or the caregiver of an older adult, and a resident of Franklin County or North Quabbin, please take 15 minutes to fill out this survey to help us understand how we can make our region a better place for people to grow older. Collected information will be used to create an Action Plan for the region and to apply for grants to improve support for elders.

For any inquiries or to request a paper copy, please contact Nour Elkhattaby Strauch, Age-Friendly Program Manager at LifePath:
nelkhattabystrauch@lifepathma.org | 413-829-9274

Access the survey here!

AGE-FRIENDLY
Franklin County & North Quabbin

LifePath
options for independence

frcog Franklin Regional Council of Governments

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 March Forum:

Subject: The Bee Kind Movement

March 18, 2022, from 9:00 to 10:30 am

Join Zoom Meeting
https://us02web.zoom.us/j/89017545543 ~
Meeting ID: 890 1754 5543 ~ Passcode: 242560



