










Pride

Fall 2020

A PUBLICATION OF THE SEVEN HILLS FAMILY SERVICES
MAKING COMMUNITY CONNECTIONS

Virtual Community Connections are Taking PRIDE in New Directions

 <p>Wed Oct 21st 6:00pm - 8:00pm</p> <p>Marvel vs DC Superhero Showdown</p> <p>Take part in a Marvel vs DC jeopardy game and end the evening by viewing episodes of classic superhero cartoons. For event information and ...</p> <p>Worcester-Family-Support-Center</p>	<p>Re-Create: Art Group</p> <p>Join us every Tuesday for a creative art group to explore different ways of expressing yourself. Be sure to have ready a surface (canvas, ...</p> <p>Recreation-Department • Worcester</p>	 <p>Wed Oct 21st 6:30pm - 7:00pm</p> <p>Brave Yoga</p> <p>Lisa Irvine from Brave Yoga joins us for a 6 week session on Mindfulness and Yoga, all are welcome to attend. Lisa is committed to sharing ...</p>	<p>week - share the activities that have worked for you and what keeps you happy during the week. Staff talk ...</p>
 <p>Fri Oct 23rd 10:00am - 10:20am</p>	 <p>Thu Oct 22nd 10:00am - 11:00am</p> <p>Coffee In the Community with Jayne</p> <p>Our weekly social gathering for parents, providers and caregivers. Chat with others to share information, coping skills and general *care ...</p> <p>South-Valley-Family-Support-Center • Sturbridge</p>	 <p>Fri Oct 23rd 2:00pm - 3:00pm</p> <p>It's a Wrap</p> <p>Weekly social group to discuss the events of the past week, ideas, resources, and FUN activities! Register with</p>	 <p>Thu Oct 22nd 11:00am - 12:00pm</p> <p>Health and Fitness Chat</p> <p>This group is for discussions focused around ways to better our minds, bodies and souls through healthy eating, physical activity and ...</p>
 <p>Mon Oct 26th 12:00pm - 1:00pm</p>			

connect families to vital community supports.

Ongoing communication has been the norm with families tuning in to Zoom communication with FSC staff, a practice that will continue into the new normal. This positive response culminated in **It's A Wrap**, a new weekly session to review the events of the week, learn about upcoming trainings, and provide feedback.

All of the exciting new offerings as well as all the old-time favorites are made possible, in part, through the annual **New Beginnings Charity Golf Tournament**. This year's event is being held Monday, October 19, at Highfields Golf & Country Club in Grafton, MA. This signature SHFS fund-raising event donates 100% of the proceeds to the affiliate's Community Connections program that supports adults with disabilities. Many of the listings and features you read about right here in *PRIDE* are made possible through support from New Beginnings. Keep these opportunities alive by participating in this year's New Beginnings as a golfer, sponsor, or donor.

Check out the Calendar: sevenhills.org/whats-happening/calendar

The force of collective, creative brainpower at Seven Hills Family Services (SHFS) cannot be weakened in the path of a pandemic. Give this team a challenge—even on the scale of COVID-19—and they will find a way to support their families and lead them through a wellspring of fun along the way.

Since the introductory virtual issue of *PRIDE* in June, SHFS participants and their families have been Zooming into action like never before. They've prevailed over **Superhero Showdowns**, immersed themselves in **Harry Potter Movie Nights**, **Danced like the Stars**, and matched wits and recall to **beat the buzzers**

at Jeopardy. Never before have living rooms seen so much action, giving couches and recliners a much-needed respite of their own.

It wasn't all fun and games, however. In between the event planning, SHFS staff answered the call to help so many families supported who were in need of basic supplies and guidance in the navigation of pandemic protocol. Family Support Center (FSC) staff were on standby to help ease the strain of families who were reeling from the loss of a job or child care, illness, and more. Teams were dispatched by Department of Development Services (DDS) to deliver grocery gift cards and electronic equipment, as well as



Register today at:
sevenhills.org/nbgolf

RECREATION DEPARTMENT HAPPENINGS

We welcome individuals of all abilities to join our programs!

Just Us Girls

Saturdays, 2x/month, September 2020 – May 2021, Ages 10-14, 10:00am-Noon; Ages 15-19, 1:00-3:00pm Join us for fun, skill-building activities and outings that focus on social growth and development. All seminars will be held on zoom initially. When in-person programming returns. All girls must be accompanied by an adult to help when needed, and participate in a separate parent/guardian group to be held at the same time. **COST:** \$50 for 18 classes. **PLEASE NOTE:** Limited space is available and sign-up is on a first-come basis. A commitment to the entire year is required. To register or for more information, contact Bradley Ayotte, bayotte@sevenhills.org. The program is funded through the United Way's Women's Initiative Grant.

Just Us Women

Fridays, 1x/month, October 2020 – May 2021, 6:30-8:30pm, Ages 20+. Just Us Women, an extension of the very popular Just Us Girls, is for women who are interested in creating new friendships and learning about important topics while enjoying each other's company. The group's interests drive the topics and event-planning, and include self-determination, goal-setting, healthy relationships, health and wellness, and community engagement. **COST:** \$165 for 8 sessions. To register or for more information, contact Bradley Ayotte, bayotte@sevenhills.org.

Re-Creating Together

Every Tuesday, October – December, 3:00-4:00pm, all ages welcomed. Join us for online Zoom gatherings where we will create and re-create various art forms. Our topics will include Art, Poetry Readings, & Storytelling. To receive a weekly email invitation, please contact Bradley Ayotte, bayotte@sevenhills.org.

Harry Potter Movie Marathon

Every Tuesday, October – December, 6:00-7:00pm, all ages welcomed. Join us for a *Harry Potter* movie marathon. Each week we will discuss the previous movie scenes as a group, view the next selection of scenes and take a movie quiz after each title is finished. Movie scene number and/or title will be announced weekly via the invite. To receive a weekly email invitation, please contact Bradley Ayotte, bayotte@sevenhills.org.

? For questions or more information, please contact: **Bradley Ayotte** at 508.796.1861 or bayotte@sevenhills.org

Special Olympics Worcester Walking Club

Every Sunday, October 4 – November 15, 2:00-3:00pm
Join fellow Special Olympics Athletes weekly for the Worcester Walking Club at Lake Park/Quinsigamond State Park; 10 N. Lake Ave., Worcester, MA Come out to the club, enjoy the fall weather, meet some new friends and get your steps in! Mask & COVID screening required. Register online: bit.ly/SOWalkingClub



Special Olympics
Massachusetts

Calling for Coaches & Partners for the 2021 Season!

When activities reconvene, we have available spots for interested volunteers looking to coach or join our teams as a partner for Special Olympics.

To learn more and for season schedules, please contact: **Bradley Ayotte, Therapeutic Recreation Director** bayotte@sevenhills.org or 508.796.1861.

FAMILY SUPPORT CENTER TRAININGS

REGISTRATION: Registration is required to receive the ZOOM meeting link. Due to the virtual nature of all events, you may attend trainings outside of your typical geographical region. For more information, please contact the event's Family Support Center Host.

Join us Monthly For Family Trainings

Mindfulness and Yoga

Oct. 7, 21; Nov. 4, 18; Dec. 2, 16; 6:30pm



bit.ly/SVMindfulness

Lisa Irvine from Brave Yoga will lead us for a 6-week session on Mindfulness and Yoga, all are welcomed to attend. Lisa is committed to sharing the practice of yoga in an adaptive and nurturing way to improve the well-being of ALL individuals. We do this by practicing yoga in group zoom sessions, educating others about the many benefits of yoga and mindfulness.

For more information or to register, contact Jayne Bowler at jbowler@sevenhills.org.

Hosted by the South Valley Family Support Center.

RCAP Solutions

Nov. 12, 6:00pm



bit.ly/WRCAPSol

Presentation by Mortgage and Housing Funding experts on Program options.

For more information or to register, contact Ana Morales at amorales@sevenhills.org.

Hosted by the Worcester Family Support Center.

Cyber Safety

Oct. 15, 6:00pm



bit.ly/WCyberSafety

Discussion about the pros and cons of social media and other online technology with suggestion on tools and tips to keep your family safe.

For more information or to register, contact Ana Morales at amorales@sevenhills.org.

Hosted by the Worcester Family Support Center.

Coping with Anxiety

Dec. 8, 6pm



bit.ly/WAnxietyTraining

Brendan Mahan of ADHD Essentials will discuss anxiety, why and how it affects us, how we respond to it, and how best to manage it, so we can do the things we want to do and enjoy more of life!

For more information or to register, contact Shawna Terkanian at sterkanian@sevenhills.org.

Hosted by the Worcester Family Support Center.

Guardianship and Alternatives

Oct. 26, 6pm



bit.ly/NCGuardianship

Families are often confronted with questions about guardianship and alternatives to guardianship as their loved ones approach age of majority and going on. This training will explain the process of filing for guardianship, and a guardian's responsibility. You will learn about the alternatives to guardianship such as Power of Attorney, health care proxy, social security representative payee, and supportive decision making. Join us on zoom and listen to Tom Alessi give us more understanding and answer our questions.

For more information or to register, contact Ida Avoryie at iavoryie@sevenhills.org.

Hosted by the North Central Family Support Center.

A Team to Carry On™: Creating Your Letter of Intent

Dec. 9, 6:30pm



bit.ly/SVTeamToCarryOn

No one can replace a parent/guardian but it helps to begin the process of building a Team to Carry On™. A great place to start is to complete a Letter of Intent. The purpose of a Letter of Intent is to help provide care and document all of the important facts about your loved one. This can include the easy-to-overlook small elements of daily living that bring joy to both your lives. It also is a time to sort out and reflect upon your feelings and expectations when thinking about the future for your loved one.

For more information or to register, contact Jayne Bowler at jbowler@sevenhills.org.

Hosted by the South Valley Family Support Center.

VIRTUAL FAMILY SUPPORT CENTER EVENTS

REGISTRATION: Registration is required to receive the ZOOM meeting link. Due to the virtual nature of all events, you may attend trainings outside of your typical geographical region. For more information, please contact the event's Family Support Center Host.

Join Us for Weekly Virtual Events!

Our Family Support Centers in Worcester, Fitchburg, and Sturbridge will each offer fun and informational virtual activities such as dance parties, painting, sing-a-longs, cooking together, poetry, drum circle, self advocacy, COVID-19 discussion, coping with grief, and more. Because these groups are held virtually, all are welcomed. Please register with one or all of the Family Support Center contacts listed, so that we can meet up with you as often as you choose. Once registered, you will receive a weekly email announcing the topics for each upcoming session.

Our Virtual gatherings will take place using Zoom. To learn more about Zoom or to download the app onto your phone, computer, or preferred device, visit: zoom.us

Stay Up To Date

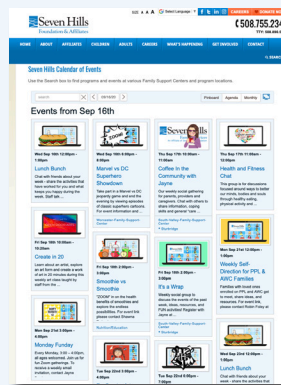
Information at the Family Support Centers is changing daily, so please be sure to check out our Facebook page or Events Calendar:



[facebook.com/
SHF.FamilySupportCenters](https://facebook.com/SHF.FamilySupportCenters)

Seven Hills Events Calendar:

sevenhills.org/whats-happening/calendar



The Seven Hills Family Support Centers are funded by and work in partnership with the Massachusetts Department of Development Services (DDS).

South Valley Support Center

208 Charlton Road, Sturbridge, MA • 774.241.2500 • For questions or more information, please contact: Jayne Bowler, 774.241.2505, jbowler@sevenhills.org or Elizabeth Carroll, 774.241.2504, ecarroll@sevenhills.org

Terrific Tuesday Trivia Tuesdays, Oct. - Dec., 2pm

Jeopardy-style, on subjects of interest such as mythology, science & technology, superheroes, etc. This group is designed for ages 16 and above, with Autism Spectrum Disorder (ASD) only, and must DDS eligible. bit.ly/SVTerrificTuesday

Fun Friday Fridays, Oct. - Dec., 2pm

Occurring every Friday from 9/18-12/18. Games such as Pictionary, scattergories, and word scramble, etc. This group is designed for ages 16 and above, with ASD only and must be eligible by DDS. bit.ly/SVFunFriday

Coffee in the Community Thursdays, Oct. - Dec., 10am-Noon

This is a weekly social gathering for parents and caregivers. Chat with others to share information, coping skills and everyday "Care in the Community." bit.ly/SVCoffeeCommunity

It's a Wrap with Jayne Fridays, Oct. - Dec., 2pm

Thank goodness it's "Friyay!" We'll chat about how our week has been and end our sessions with everyone's favorite "Jeopardy." bit.ly/SVItsAWrap

Monday Funday Mondays, Oct. - Dec., 3pm-4pm

Please join us weekly for Monday Funday. Each week, our activities will change to incorporate everyone's interests. We'll include Quizzes/ Trivia & Games, Art & Crafts and plenty of fun.

Oct. 26, Dec. 14, 3pm-4pm: Special Guest Mike Leo & Unique Drum Rhythms/Circle will join us for a "Halloween Twist" in October and a "Holiday Roadshow" in December. bit.ly/SVMondayFunday

Transition Tea Time First Monday of every month, 4pm

Join Transitional Support Specialist Eliana Agudelo for a support group aimed at parents of transition-age individuals (14-22) in South Valley. These monthly meetings will serve as a round table to get to know one another, discuss parenting a child with special needs, figuring out how to help your child transition into adult services, and share advice between one another as parents and as caregivers. bit.ly/SVTransitionTea

VIRTUAL FAMILY SUPPORT CENTER EVENTS



North Central Family Support Center

1460 John Fitch Hwy, Fitchburg, MA • 978.632.4322 • For questions or more information, please contact: Kathy Black, 978.602.8697, kblack@sevenhills.org or Gina Bernard, 978.602.8711, gbernard1@sevenhills.org

Trivia Night Thursdays, Oct. 1, Nov. 5, Dec. 3, 4:00pm

Movies, Music, Books, Current Events—what is your knowledge in? Join Friends in answering questions that are created with you in mind. bit.ly/NCTriviaNight

Keeping a Home: Life Skills Mondays, Oct. 5, 12, 19, 26; Nov. 2, 9, 16, 23, 30; Dec. 7, 14, 21; 10:00am

Practice your skills at home. Session one: Can you wash dishes, make a bed, vacuum and dust. Join us in getting some tips and tricks on Zoom. bit.ly/NCLifeSkills

Self Advocacy Tuesdays, Oct. 6, 13, 20, 27; Nov. 3, 10, 17, 24; Dec. 1, 8, 15, 22, 29; 10:00am

How do you make a difference in your community? Connect with other self Advocates about Current events and being an effective self-Advocate. bit.ly/NCSelfAdvocacy

Village Voices - Parent Social Wednesdays, Oct. 7, 14, 21, 28; Nov. 4, 11, 18, 25; Dec. 2, 9, 16, 23, 30; 2:00pm

A time for families of transition-aged love ones to come together and talk about community access, IEP, and the Transition Timeline of events. If you are a caregiver of a child aged 14-22, this group is here for you. bit.ly/NCVillageVoices

Lunch Bunch Wednesdays, Oct. 7, 14, 21, 28; Nov. 4, 11, 18, 25; Dec. 2, 9, 16, 23; Noon

Chat with friends about your week—share the activities that have worked for you and what keeps you happy during the week. Staff talk about healthy choices and schedules in a relaxed atmosphere. Maybe share your favorite songs or movies. bit.ly/NCLunchBunch

Dance Dance Wednesdays, Oct. 14, 21, 28; Nov. 4, 11; 11:00am

Join a team of people who enjoy music and dance. Using the idea of Tik Tok, make a 30-second dance routine in 5 sessions. Allison from Successfully Social will be helping to create a dance routine that will be presented at a Zoom event. bit.ly/NC Dance Dance

Healthy Living Skills Thursdays, Oct. 8, 15, 22, 29; Nov. 5, 12, 19; Dec. 3, 10, 17, 4:00pm

Practice your skills at home. Can you wash dishes, make a bed, vacuum and dust. Do you know how to make a budget for your Wants vs Needs. Practice mind body and spirit habits that help you during the times that are a challenge.

bit.ly/NCHealthyLivingSkills

Karaoke Party Thursdays, Oct. 15, Nov. 19, Dec 17, 4:00pm

Join the Family Support Centers and DJ Eddie to Dance to some of our favorite songs and sing along.

bit.ly/NCKaraokeParty

Exploring the Arts Thursday, Oct 22, 4:00pm A way for us to check out all different types of ART in the community by taking virtual tours or supporting local artist in the area. Create some masterpieces of our own and shar it with our friends.

bit.ly/NCExploringtheArts

Parent Coffee Social Saturdays, Oct. 3, Nov. 6, Dec. 5, 10:00am

A Coffee/ Tea time to support other parents - casual conversation about how things are going and share ideas along the way.

bit.ly/NCParentCoffee

CREATIVITY & CONNECTIONS

A Meetup Group for Adult Survivors of Brain Injury

Monthly Jam Sessions & Social Art Experience

To learn more and to access the schedule, please contact Heather Poulos at hpoulos@sevenhills.org

meetup.com/Creative-Minds-for-ABI-Survivors



CREATE IN 20!

Join us every Friday morning from 10:00-10:20am for "Create in 20," a virtual drop-in art class offered by Open Door Arts in partnership with the Worcester Art Museum (WAM).

Get inspiration from artwork by artists in the WAM and Open Door Gallery collections, learn new artistic skills and techniques, and create your own piece - all in 20 fun and interactive minutes!

To registers, visit:

bit.ly/ODACreate20

WORCESTER
ART MUSEUM

Open Door Arts
An Affiliate of Seven Hills Foundation

VIRTUAL FAMILY SUPPORT CENTER EVENTS



Worcester Family Support Center

799 West Boylston Street, Worcester, MA • 508.632.4322 • For questions or more information, please contact: **Shawna Terkanian**, 508.796.1894, sterkanian@sevenhills.org or **Ana Morales**, 508.796.1851, amorales@sevenhills.org or **Noel Grajales**, ngrajales@sevenhills.org

Fun & Games **Thursdays, Oct. 1, 8, 15, 22, 29; Nov. 5, 12, 19; Dec. 3, 10, 17, 4:30pm**

Social Group bit.ly/WFunandGames

Advocacy & Leadership **Thursdays, Oct. 1, 8, 15, 22, 29; Nov. 5, 12, 19; Dec. 3, 10, 17, 3:00pm**

Becoming an effective self advocate, knowing yourself, knowing your needs, and knowing how to access what you need.

bit.ly/WAdvocacyLead

Just For Laughs **Saturdays, Oct. 3, 10, 17, 24, 31; Nov. 7, 14, 21, 27; Dec. 5, 12, 19, 2:00pm**

Social Group bit.ly/WJustforLaughs

Cartoon Clash **Sundays, Oct. - Dec., 3:30pm**

Reminisce over classic 90s Saturday morning cartoons.

bit.ly/WCartoonClash

Action Adventure Club **Sundays, Oct. - Dec., 6:00pm**

Play a "choose your own adventure game" then watch a cartoon adventure movie. bit.ly/WActionAdventure

The Hangout **Wednesdays, Oct. - Dec., 3:00pm**

Social Group. bit.ly/WTheHangout

Self Direction for Active PPL & AWC Families **Mondays, Oct. 5, 12, 19, 26; Nov. 2, 9, 16, 23, 30; Dec. 7, 14, 21, 28,**

Noon Opportunity for families already enrolled as well as those new to the program get together to share ideas and resources.

bit.ly/WSelfDirect

Dance Fitness with Lynn **Mondays, Oct. 5, 19, 26; Nov. 2, 9, 16, 23, 30; Dec. 7, 14, 21, 28, 6:00pm**

Guided by our instructor Lynn, exercise to the beat of popular music. bit.ly/WDanceFit

Super Hero Showdown **Wednesdays, Oct. 7, 14, 21, 28; Nov. 4, 11, 18, 25; Dec. 2, 9, 16, 23, 6:00pm**

Take part in a Marvel vs DC jeopardy game and end the evening by viewing episodes of classic superhero cartoons.

bit.ly/WSuperhero

Double Dare **Thursdays, Oct. 8, Nov. 12, Dec. 10, 6:00pm**

Two teams of attendees compete in a trivia questionnaire with messy consequences for the Family Support staff competitors.

bit.ly/WDoubleDare

Harriet's Family Fitness **Mondays, Oct. 5, 12, 19, 26; Nov. 2, 9, 16, 23, 30; Dec. 7, 14, 21, 28; 7:00pm**

Instructor Harriet will facilitate a low-impact aerobic exercise routine for 45 minutes. Event suitable for all ages.

bit.ly/WHarrietFamFit

Dance Party **Thursdays, Oct. 15, Nov. 19, Dec. 17, 6:00pm**

Theme events. bit.ly/WDanceParty

Pokémon Trainers Club **Mondays, Oct. 26, Nov. 30, 3:00pm**

Chat about your favorite Pokémon and participate in a variety of related activities. bit.ly/WPokemon



Virtual Halloween Dance

Join us for a virtual social and Halloween themed Dance Party featuring the music of The Rockin' Robin.

Hoping to see our Holy Cross Dinner Dance regulars!
Costumes are encouraged.

Friday, October 30, 6:30pm-8pm

Registration is required: bit.ly/VirtualHalloweenDance

HELPFUL RESOURCES & COMMUNITY DESTINATIONS

RESOURCES

Health Care for all
hcfama.org

Massachusetts Families Organizing for Change
mfofc.org/matchus

Federation for Children with Special Needs
fcsn.org

SNAP Benefits
mass.gov/snap-benefits-formerly-food-stamps

Fuel Assistance
mass.gov/service-details/fuel-assistance-program

Department of Transitional Assistance
mass.gov/orgs/departments-of-transitional-assistance

Massachusetts Health Connector
mahealthconnector.org

Rewarding Work
rewardingwork.org

Respite supports
care.com

IMPORTANT INFORMATION

The **Pandemic Unemployment Assistance (PUA) application** is targeted to provide assistance for gig and religious workers, the self-employed, people seeking part-time work, and others not eligible for unemployment assistance. To apply as well as review the eligibility and documentation checklists, visit mass.gov/pua. The call center phone, **877.626.6800**, is also available for phone PUA applications.

Spectrum is offering free internet service to qualifying homes with students or teachers, call **866.991.6533**.

Internal Revenue Service (IRS)
irs.gov/coronavirus/get-my-payment

COVID Daily Updates:
cdc.gov

Helpful Phone Numbers

State COVID Hotline	211
Parental Stress Hotline	800.632.8188
Youth Mobile Crisis Intervention	800.977.5555
Infectious Disease Urgent Calls/Reporting	617.983.6800

COMMUNITY DESTINATIONS & VIRTUAL TOURS

There are several outdoor activities you can still enjoy during this fall season amidst the COVID-19 Pandemic. Below are some opportunities that allow for outdoor, social-distanced fun! Many venues include virtual tours that you may enjoy within the comfort of your own home. Be sure to know before you go and plan your trips accordingly, as many establishments have designated specific time slots for your visit, to avoid overcrowding.

Hampton Beach, Hampton, NH*
hamptonbeach.org/beach-cam/

Museum of Science*
mos.org/mos-at-home/virtual-exhibits

Andres Institute Art, Brookline, NH*
andresinstitute.org

Tougas Farms, Northborough
tougasfamilyfarm.com

Davis FarmLand, Sterling
davisfarmland.com

Mass Audubon Meadow Brook, Worcester
bit.ly/MassAudubon

Mount Wachusett Hiking, Princeton
wachusett.com

Tower Hill Botanic Garden, Boylston
towerhillbg.org

Southwick's Zoo, Mendon
southwickszoo.com/drive-thru

Old Sturbridge Village, Sturbridge
osv.org

Worcester Public Library, Worcester
mywpl.org

Worcester Art Museum, Worcester
worcesterart.org

Virtual Tours

The National Museum of Natural History*
naturalhistory.si.edu/visit/virtual-tour

Yellow Stone National Park*
bit.ly/YellowST

*Also available for virtual tours



Foundation & Affiliates

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A PUBLICATION OF THE SEVEN HILLS FAMILY SERVICES FAMILY SUPPORT CENTERS

Fall 2020: What's Inside: Virtual Community Connections, Recreation Department Happenings, Family Support Center Trainings, Virtual Family Support Center Events, Helpful Resources... and more!



PRIDE Fall 2020

PRIDE is a newsletter published by the Seven Hills Family Services Family Support Centers. Please direct all content requests, comments, and questions to:

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508.849.3898 F

Dr. David A. Jordan
President
Seven Hills Foundation

sevenhills.org

Chip in for a Worthy Cause

Monday, October 19, 2020

Over 1,800 families who have loved ones with disabilities are thriving due to **Community Connections** at Seven Hills. During these uncertain times, they need your support NOW more than ever! Support the New Beginnings Charity Golf Tournament that raises 100% of proceeds for our families.



Register as a Sponsor/Golfer at sevenhills.org/nbgolf

Making Community Connections for Opportunities to See. Believe. Achieve.