

Central Region
Coordinator: Sue Moriarty
Email: sue@wearemass.org

December Update from Central



Season's greetings from Central Region! Central was busy during the month of November. We had our 2nd hybrid meeting…in person and on zoom at the Autism Resource Central on November 8th! We also met on zoom on November 22nd. We watched John Mullaly's story of the month and went through the MASSFlash. Great job, John! We also had a special guest. Phelicia Berdet from DPH explained about the Linkages Program. We had a great discussion about all of the things the program can assist with to help us on our way to better health!

Some of us attended Building Bridges' self-advocacy group on November 28th. Justin and Karen do a great job as officers, and we had a great time with their group!

November's Drop-In Club was all about Thanksgiving, friendships, and gratitude. We celebrated our successes in advocating, and we played Thanksgiving Jeopardy and Name That Tune. December's theme and Drop-In will be about the holidays.

We look forward to our holiday party in person and on zoom on December 13th from 5-7PM. We will have a cookie swap, music, and of course our annual mystery greeting. We will also continue our zoom

meetings for Drop-In Club on the 1st Wednesday from 4-5:30PM and regional meetings on the 2nd Tuesday from 5-7PM and the 4th Tuesday from 3:30-5:30PM.

Many of us continue to connect with other advocates and work on issues that are important to us! We look forward to presenting about self-advocacy to the virtual Rainbow group in January.

Happy December and happy holidays from Central!

