

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

Central Region had another busy month in September!

Our MASS board members worked hard and had fun at the strategic planning sessions in late August and early September.

Some of the Central members have also been advocating for the “Stop the Shock” bill.

Our September drop-in theme was Fall, and we had fun playing trivia games. We continue to celebrate our success! We also had birthdays to celebrate!

Some of us attended Janet’s wonderful celebration of life event on September 11th. People shared warm memories of how special Janet was to us. It was a special day to honor Janet.

At the weekly SARTAC meetings we learned about many topics in September, including the Delta variant and boosters, peer mentoring, legislative advocacy, skill shares and ice breaker ideas that we share with our regional group.

Some of our regional members are busy planning for a leadership summit in December with other self-advocates across the state.

John Mullaly continues to help our group members stay calm at meetings with yoga breathing.

Some of us continue to be busy with grant work and with trainings. Fran, Seth and Jillian presented on self-advocacy for the Arc of Opportunity self-advocates, and Beth, John, Justin and Karen will present at the South Valley DDS Area Office in October.

A few members attended a Human Rights Officer training and they shared their highlights. Central-West Region has a new Human Rights Specialist named Leo. We are eager to meet him soon!

Beth, Seth, Sam and Jillian joined other self-advocates on a panel at Boston University to talk about self-advocacy.

Some people also attended the Wednesday Martial Arts classes sponsored by Easter Seals. The classes are fun and they make people feel stronger! All are welcome! Deb and Monique continued to

attend the REDD meeting and transportation meetings in September!

We closed out September with our regional, fall cookout at Regatta Point in Worcester. We welcomed new friends Elise, Tracey and Seriah! And we said hello to Maria who we haven't seen in 1 ½ years! It was awesome to get together in person and enjoy the lake, sailboats, good food and friends! Looking forward, we hope to do more self-advocacy training and we look forward to the SACK (Kansas Self Advocates) Conference in October.

We have had a great September and we hope you have too! Welcome, October!