

Metro Region

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Hello my fellow Metro folks, and welcome to the month of October. As a huge fan of cozy feeling weather, and spooky things, this is one of my favorite months! Are you someone that likes the Fall, or do you prefer Spring or Summer?

The month of October is exciting for so many reasons! The first reason that comes to mind is our upcoming advocacy day at the Massachusetts State House. On Thursday, October 23rd our organization will be meeting to talk about important issues, and legislation for people with intellectual and developmental disabilities. This is a wonderful opportunity open to anyone who is interested in joining! We will be meeting from 1:30 to 3:00 and if you'd like some more information please reach out to any of us



mass folks at our email account info@wearemass.org or phone number 857-360-0134.

Another reason why the month of October is so wonderful, is because it means we are much closer to our annual self-advocacy conference! This year our conference theme is your **IDEAS** Count: **I**nclusion, **D**ecisions, **E**ducation, **A**ccessibility, and **S**elf-Advocacy! Each year, somehow, our conference is even more fun. I know some people will also be excited with our new location for our conference this year which will be the Sheraton in Norwood, MA. As some of you may know, each year we nominate people for different awards, and if there is someone you'd like to nominate please reach out to me - Jenna DeSpirito - either by my email jenna.despirito@wearemass.org or my phone number 339-832-2922.



Looking forward to seeing everyone at our next regional meeting this October! **In October we will be meeting Tuesday, October 21st from 4:30 to 6:00 on zoom!** If you've got ideas about where to possibly meet in person you can always reach out to us! Or, if you've got some ideas about different topics to discuss related to self-advocacy we'd also love for you to reach out. We are always looking for ways to collaborate with different groups or organizations, and hear from new people!

May everyone have a wonderful month this October!

