

Metro Region

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Welcome to Spring! This month, April, marks the official start of springtime! Something I know we've all been looking forward to.

Once the Spring weather is here, what is the first thing you'd like to do? Are you someone that likes to get some fresh air on warm Spring days, or do you like to relax inside with the windows open a little and the breeze coming through your windows?

Before we hop into Spring, and the month of April, I want to spend some time highlighting what happened with our region last month. Last month as a region we celebrated Disability Awareness Month, which happens every March! We had a great discussion about disabilities, our experiences, and even brainstormed thinking about what we'd like newer self-advocates to know!

Here is an image that includes some of the things people said in honor of March being Developmental Disabilities Month:

- “Talk about what disability you have so that others can understand you more”
- “Speak up for what you believe in”
- “When you’re just learning about self advocacy try to attend meetings to learn more and listen and ask questions”
- “the right to vote is very important”
- “Just because we have different levels of disabilities doesn’t mean we’re silent. We’ve got an opinion, we’ve got a voice”



Getting back to the beautiful month of April, there is something I'm very excited about! And that is that the month of April is Autism Awareness Month! I myself, Jenna DeSpirito, have Autism and feel really passionate about talking about it and also hearing other people's experiences and learning from them.

In celebration of Autism Awareness, the Arc of Massachusetts is having an event at the Statehouse on April 8th from 10:00 to 11:30 in person. The event is the, " 21st Annual Autism Advocacy Day – Safeguarding Our Future: Defending Critical Services for the Autism Community". I am so incredibly excited to be attending this event in person and I hope to see some of you there! If you'd like more information please check out the Arc's website at https://thearcofmass.org/event/21st-annual-autism-advocacy-day/

We'll be sure to talk about the event, and other things at our regional meeting on Tuesday, April 21st from 4:30 to 6:00 on zoom! Come and join us so that we can keep learning from one another and continue to make our voices heard!

Join Zoom Meeting

https://us02web.zoom.us/j/226456287