

Metro Region

Coordinator: Jenna DeSpirito
Email: jenna.despirito@wearemass.org



Hello Metro Region, and welcome to the beautiful Spring, month of May! Let's make this month, and every month moving forward, greater than before! With the weather finally getting warmer, and the sun shining more, I think all of us are going to have an easier time with making things great.

Kamisha has a new role with our organization as a facilitator and newsletter writer and as part of Kamisha's facilitator role Kamisha will be joining our Metro officers and Metro regional meetings every month and offering support each month with outreach and other regional activities! Kamisha even helped me write this regional update, which I really appreciate!

Last month in April, as a region we celebrated Autism Awareness! Our very own Adner shared about his experiences with his autism, and helped all of us feel more inspired about advocacy going forward. During our amazing discussion, one of our group members said, “when I was going up, disabilities weren’t talked about” and it reminds us of how important our work is now. We want everyone to be able to share about their experiences with their disabilities, and know that there is strength in advocating for yourself and others.

This also reminds me of our very own Kamisha’s favorite quote about advocacy which is, “everyone deserves a seat at the table, and everyone's voices deserve to be heard”. Which couldn’t be more true! When you come to our regional meetings and share with us, you are making sure that people with disabilities are heard, respected, and celebrated.



There are a lot of important holidays to celebrate in the month of May! Like, Cinco De Mayo, Memorial Day, Mothers Day, and this month is also mobility awareness month, and mental health awareness month. All of these holidays are very important, and the first one I want to talk about is mental health awareness. Mental health awareness is important because there's many different ways you can take care of your mental health; like riding a bike, or journaling, or talking with friends, or even listening to music. There is a stigma behind mental health, and we want to remind everyone that there is nothing to be embarrassed or ashamed about. Everyone in this world experiences times where they are sad, or stressed out, or angry about something, so that means everyone in this world needs to take care of their mental health. We all deserve to feel supported!

Our next regional meeting will be Tuesday, May 19th from 4:30 to 6:00 on zoom.

As a reminder, all are welcome to join and participate in our meetings! We love welcoming new people to our group, and watching them grow with us as they get more and more involved with self-advocacy.

- Jenna, and Kamisha