

Central Region
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Central Update





Happy May! Hope you are enjoying the beautiful spring weather!

April has been a busy time for Central Region! We started off April with a self-advocacy Kick-Off at HMEA to help them start their new group! We will continue to join them in May!

Our Drop-In Club theme in April was Health and Wellness.



We talked about ways to stay healthy with a trivia game! We talked about our personal strengths and John did some relaxing breathing. Our May theme will be Spring!!



At our Central meeting we decided to work on a RIGHT OF THE MONTH that we can share with others, starting with Privacy. We welcomed two new self-advocates, Caity and Sean! At SARTAC meetings in

April people discussed advocacy tips, and Chester Finn talked about SDM and his work with MASS! Some of us attended another virtual NACDD discussion in April. The theme was “Advocacy in Action!” We also went to a celebration of life in honor of “Artie”, one of our members who passed away. Some of us attended a presentation by a transportation company called “VIA”, which might someday provide cheap, “on demand” transportation in the Central area.

We look forward to a legislative breakfast coming in May, and we are planning to present self-advocacy to a college class on May 2nd! We hope to play a healthy self-advocates game with guests at one of our May meetings. We are also looking forward to having a meet up in June and creating some art for Worcester’s ADA celebration, in collaboration with the REDD group this summer! The theme is “what does home mean to you?”

Happy May from Central!