



Central Region  
Coordinator: Sue Moriarty  
Email: [sue@wearemass.org](mailto:sue@wearemass.org)

May is Mental Health Awareness month. Central did our best to support one another and stay connected, as usual!

At our regional meetings in May, we had great discussions with our Central DDS Area Directors. June will be Human Rights month, and we hope to have a visit by the DDS Human Rights Director. We also want to invite our friends from faraway places to join us in the future!

We attended the Central Region Legislative Breakfast on May 21<sup>st</sup>, and we are working on calling our legislators on some of the legislative bills. Justin and others presented a discussion panel/webinar about Katie's Law and using respectful language. We connected with the Arc of Opportunity self-advocacy group in May, and we hope to join them again in June, along with visits to Open Sky and a Seven Hills group!

The Drop In Club theme for May was "Birthday Bash", and the date fell on Jackie's actual birthday! We celebrated everyone's birthdays with decorations, balloons, singing, a big cupcake and candles. We showed some cool birthday videos, and

had fun with birthday mad libs and trivia too! Katie played some piano songs and we “named that tune!”

Beth attended the monthly NACDD self-advocate discussion series. Fran attended a presentation at HMEA about Affirming Community Through Understanding Gender and Sexuality. Some of us have attended SARTAC meetings and talked about abuse, technology, and how to talk to your doctor. We learn about a lot of great self-advocacy issues to share with our group!

We joined Dr. Sally’s “Who Am I” zoom meeting in May, where we gathered with friends and talked about good health habits. Some of us 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 P. scored a job at the new Polar Park in Worcester! Deb and Monique continue to attend the REDD meeting and Virtual Transportation Conferences and meetings in May!

We are so happy that warm weather has arrived! We hope to get together soon, and we wish everyone a happy and healthy June!