



Southeast Region
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Hey Southeast! Happy September!

I can't believe summer is almost over. I have been making progress in my podcast – we just interviewed my fellow MASS staff member, Sam Muench. I hope you listen to it, and let me know what you think about it. We had a great conversation about his particular story, and what led him to grow into advocacy and becoming a SALS trainer.

September is Self-Care Awareness month, and Hispanic Heritage Month. I think self-care is important, and everyone should focus on it more. Personally, I like to sit down and reflect on life, and the

positive things in my life. Please try to focus on your mental health, and try to be happy. Try to make connections with positive people. Diversity is so important, especially when it comes to listening to the experiences of other people in the disability community. Try to find some local Hispanic heritage events happening this month!

We are continually trying to brainstorm more connections with other organizations in the Southeast. We recently got in touch with [CORD Cape Cod](#), and they were very excited to work together for the future, and we're looking forward to seeing where that goes!

Recently, I was able to join MASS at the Brandeis VolunteerFest, and the Deer Island Accessible Adventures event. Both were great experiences, and I myself went on the boat trip at Deer Island, it was awesome.

Hope everyone has a great September, and remember to get your tickets for the [28th Annual MASS Conference](#)! It's coming up fast, and is happening on Saturday, October 17th. Early Bird tickets end on September 9th!

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