

Central Region
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March Update from Central

Happy March from Central which, by the way, is Developmental Disabilities Awareness month!

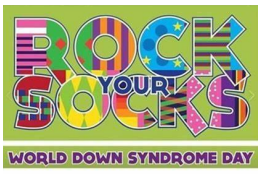


The month of February was all about friends! We met on zoom throughout the whole month once again. At our regional meeting on February 14th we talked about friends, we got to visit with Mary G who is recovering from health issues, and we remembered Mary's husband and our friend Artie who passed away last February. We also talked about self-advocacy and our group with Katie Briedis, the new Southeast Region Coordinator at MASS. In February we also talked about the power of people first language.

At our February Drop-In Club, we played friends songs and a silly Valentine's Candy game. We also did some nice appreciations of one another.

Going forward, we plan to have a busy spring! March will be about health and wellness! Michelle Barrett, DDS Area Director in South Valley will talk with us about what is happening at DDS. People can ask questions and share their concerns with Michelle. We will let you know when we confirm the date!

We look forward to having one regional meeting in person every month, starting in March. We will be rocking our socks on March 21st, World Down Syndrome Day.





We also look forward to connecting with more local groups in March.

We will be getting ready for our upcoming MASS Conference on May 19th and 20th. Some of us will also plan to attend the West Region conference in June.

Many of us continue to connect with other advocates and work on issues that are important to us! We plan to attend SAIL, NACDD, the NEAT meeting, SARTAC, transportation groups and more!

March Drop-In Club will continue by zoom meeting on the 1st Wednesday from 4-5:30PM. Regional meetings are on the 2nd Tuesday from 5-7PM (in person and on zoom) and the 4th Tuesday on zoom from 3:30-5:30PM.

Wishing you a happy March from Central!