

Central Region

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Happy December and Season's Greetings from Central!

Central was busy during the chilly month of November. Many of us got ready for our annual MASS Conference on November 22nd, which was a great success! Congratulations to Justin on winning the Craig Smith Spirit award, to Beth for winning the Judi Rodger Mentorship award, to Monique for winning the Gunnar Dybwad Supporter award and to Jillian for winning the Nancy Maynard leadership award. Many of us were very busy presenting, fundraising, and just enjoying all the conference had for us!

November's Chill and Chat with Coffee was all about Thanksgiving fun and gratitude. We talked about our traditions and all the holidays in the month, like National Donut Day, Pickle Day, and Cake Day! We played Thanksgiving jeopardy, freeze dance, and "most like a turkey" game. At our regional meetings we voted on awards, continued our advocacy, and enjoyed seeing some new people here and there. Jason asked us a question which he will bring back to his Thrive self-advocacy group. We are also enjoying some new members who come from time to time.

December's Chill and Chat with Coffee will be about holiday fun and games!







We will only be having one regional meeting in December. Our annual holiday meeting and party will be on December 9th, in person and on zoom from 5-7PM. We will have some fun celebrating the holidays and more! In the upcoming winter months, we will set our new goals, and think about where we are now and where we want to go! We are having fun working with GAAMHA's self-advocacy club, and we hope to discover and visit more self-advocacy groups in our region. Many of us continue to connect with other advocates and work on issues that are important to us, like SDM, transportation, and human rights! Our voices matter!

We will also have our regional meetings only by zoom for the winter months through March of 2026. Chill and Chat with Coffee will be held on Wednesday, December 4th from 4-5:30 PM and regional meetings will be held on the 2nd Tuesdays from 5-7PM and the 4th Tuesdays from 3:30-5:30PM. Feel free to join us!

