

Central Region

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Happy October from Central Region!

The chillier and colorful days of Fall are here!

In September we gave a shout out to self-care month! Sammy planned and led our "Chill and Chat with Coffee". We had a lot of fun with a wheel of self-care ideas. We talked about healthy food, and "eating a rainbow"! Of course, we still like our coffee!

Some of us also attended the statewide drop-ins where we always have fun!

At our Central Workteam meeting, we had a presentation by DDS Self-Directed Supports Manager in Central/West, Julia Wojciechowski. Some of us are

very interested in finding out more! We are also excited about the upcoming MASS conference on October 26th! Justin kept us up to date on voting, such as registering, the primary, and the upcoming election in November, as well as the latest legislation! Beth shared news about SDM. We continued to discuss transportation and other events like the movie "Patrice" coming soon to HULU, which is about the marriage penalty. We also talked about Good Neighbor Day and finding out more about our human rights officers.

October is Bullying Prevention and Awareness Month!





We will continue our advocacy this month, as we prepare for our annual conference!! We hope to see you there! <u>Remember-registration closes on Oct 11th!</u>

In October we will also talk more about Human Rights, SDM, self-direction, transportation, and all the things that are important to us!

Once again, happy October from Central!



