

Inside the August Issue

Meet New Team Members	2-3
Volunteers Needed	4
Thank Someone with a Neighborly!	5
Free August Events	6
Coalition Calendar	7
nbCC staff	8

Northern Berkshire Community Coalition

Coalition news

An update from



August 2025, Volume XL, Number 2

Working on Wellness Workshops Return!

It's been a long while since we've hosted a Working on Wellness (W.o.W.) Workshop, but they are back! As Jo-Ann, our new Health & Wellness Coordinator, gets more comfortable with a busy slate of Health & Wellness initiatives like the Bike Collective and the northern Berkshire Fitness Challenge, the W.o.W. Workshops are ready to return.

The first two will focus on creating better health through meal planning and learning grocery shopping tips. Both workshops will be presented by nutrition coordinators from the Food Bank of Western Mass. The Food Bank of Western Mass, in partnership with SNAP-Ed, generously offers nutrition events and guidance for free and we are grateful for their partnership in this effort.

If you decide to join us for one of these workshops you can expect to learn about MyPlate healthy eating guidelines, tips to add more exercise into your day, and how to make budget-friendly meals.

The first opportunity to attend this workshop will happen on August 21st, from 11:30 a.m to 12:30 p.m. at the UNO Center in North Adams. There will be a second opportunity to attend this same workshop in September, on the 18th, from 1:30 p.m. to 2:30 p.m. in the same location.

We hope you can join us at one of these events! In the meantime, if you have any questions about what you can expect at the workshop or about other upcoming opportunities to work on wellness, please contact Jo-Ann at jault@nbcccoalition.org or (413) 663-7588.

Grandparents Raising Grandchildren Group is on the Move

Did you know that Berkshire County is the only county in the Commonwealth where the percentage of grandparents who are the primary caregiver for their grandchildren is higher than the national average? In the U.S., 32% of grandparents who live with their grandchildren are responsible for their care. This is just one reason we are committed to offering the Grandparents Raising Grandchildren Group. Raising children at any age isn't easy, but grandparents face a unique set of challenges and finding support and camaraderie among other grandparents can provide essential support.

Beginning this month the Grandparents Raising Grandchildren Support Group will be held in new locations. The group meets twice a month, on the first and third Fridays, from 10:00 a.m. to 12:00 p.m., and is free and open to all grandparents that are caring for their grandchild or grandchildren.

The Adams Council on Aging will now be the host location for every first Friday's group, and starting in September the group held on the third Friday of the month will be hosted at the Spitzer Center in North Adams.

8/21

11:30AM-12:30PM

The **Food Bank of Western Mass.**, in partnership with SNAP-Ed, offers free nutrition education programs to our member agencies.

Reservations requested, not required.

For more info: **413.663.7588**
or jault@nbcccoalition.org

W.o.W.

(WORKING ON WELLNESS)

Workshop

CREATE BETTER HEALTH:

Meal Planning & Grocery Shopping Tips

UNO Center 157 River St., North Adams.



Our Mission

"Empowering the Northern Berkshire region to enhance the quality of life through our efforts at connecting, convening, and supporting all facets of the community."

In pursuit of this mission, we place particular emphasis on the following:

- Strengthening neighborhoods and community life
- Preventing alcohol/substance abuse and supporting recovery
- Promoting health and wellness
- Helping families to be strong and resilient
- Supporting positive youth development
- Building bridges between residents and service agencies

Coalition Supporters

Public Sources

- MA Dept. of Children & Families/EOHHS
- MA Cultural Council
- MA Department of Public Health
- MA Department of Public Health, Bureau of Substance Addiction Services

Local Support

- Contributions from our many individual supporters

The Coalition is a member agency of the Northern Berkshire United Way and the Williamstown Community Chest.



To submit announcements to the Coalition E-zine:

The **Coalition E-zine** is a weekly e-blast, published every Thursday, with news and announcements from Northern Berkshire agencies and organizations. Submissions must be received by 9:00 am Tuesday morning to be considered for inclusion in that week's issue. All submissions are subject to editing and should be 50 words or less. All events related to Northern Berkshire community public health will be considered for publication. Banner ads are available. For more information, please call 413-663-7588, or to submit an announcement, please email pbzine@nbccoalition.org.

Meet Some New Members of the Team!



Family Partner - Tammy Martin-Bartlett

1- What do you want the community to know about you?

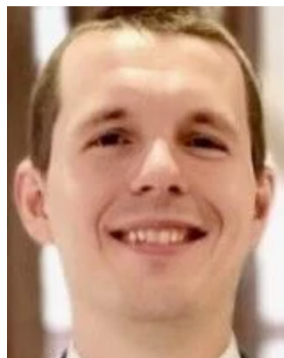
I was born and raised in Berkshire County, North Adams native. I have spent the past 23 years of my career trying to better the lives of others, from being a medical professional (13 years) to working in the social work field for the past 10 years.

2- What is your favorite thing about living in this area?

The Berkshires are a beautiful place to live. I love the mountains all around us and the small town feel of community.

3- What most excites you about the work you do?

I am able to take my experiences in life to help others, turning my traumas to something positive. Creating a positive sense of community for others, keeping them connected and helping them grow through what they are going through.



nbCC Board Member - A.J. Cote

1- What do you want the community to know about you?

Born and raised in the Northern Berkshires, I've always had a passion for helping people. At age four I had cancer and the good that came from that included witnessing a tremendous outpouring of support from our community. This experience inspired my mission to help people and I've been fortunate in my roles, to

have made a positive impact on our community and beyond, at least that's my hope. Through volunteering, working, or joining the occasional nbCC meeting, I've always felt connected to humanity in general and the North Berkshires in particular, it's a great honor to join nbCC and give whatever I can to unifying and improving life for all families living in North County.

2 - What is your favorite thing about living in the Berkshires?

My favorite thing about the Berkshires has to be the people. From an early age I've witnessed people taking care of each other, neighbors looking out for neighborhood kids, people saying hi when passing on the street. Despite all the real issues we know exist here there's hardly ever a shortage of good people willing to roll up their sleeves and put in the work to make this a better place, one smile at a time.

3 - What are you most interested in about the work the Coalition does?

nbCC's focus on families and youth leadership is what drew me in. Families are

the bedrock of society - they taught this in the sociology department - but more real to me was seeing what a family can do to set individuals up for success and how without family everything seems to be an uphill battle. Youth are our future. The problems of today will be solved by the youth of Tomorrow. It's up to all community members to be their trusted advisors and encourage them to learn the world, how they can find their place in it, and what tools are available to make the difference each of us were sent to make.

In all I'm so happy to be part of the nbCC team and looking forward to meeting and working with everyone in the North Berkshires who is ready to make a difference.



nbCC Board Member - Erin Shea

1- What do you want the community to know about you?

I hold a Bachelor's degree in Social Work from Our Lady of the Elms College and am a Licensed Social Worker with over 20 years of experience supporting elders, individuals with disabilities, and their families. Currently, I serve as the Vice President of

Quality Assurance at BFAIR, where I ensure compliance with quality standards and regulatory requirements while consulting on Human Rights matters. I'm committed to promoting diversity, equity, and inclusion, and I actively support BFAIR's Self-Advocacy Group and Family Advisory Committee in advocating for the rights and abilities of those we serve.

Outside of work, I find fulfillment in spending time with family, actively participating in my daughters' sporting events, hosting dinners with friends, and soaking up the sunshine during warmer months.

2 - What is your favorite thing about living in the Berkshires?

It's really a mix of things. As a native of the area, it's easy to take for granted just how beautiful the Berkshires are. Life here moves at a slower pace, but there's still so much to experience and enjoy. What I love most is that it's a small but mighty community. What stands out most to me is how people truly show up for one another—whether it's for a community event or when someone's in need, there's always a strong sense of support and connection

3 - What are you most interested in about the work the Coalition does?

I'm most interested in the Coalition's role as a true connector and resource for the Northern Berkshire community. I've always appreciated how nbCC brings people and organizations together to support those in need, meeting people where they are and working together with community partners to make a difference. I personally have participated in some of their program events in the past when my children were younger. I really value their mission of supporting the whole community, and I'm inspired by how they put that mission into action every day.

**Northern Berkshire
Community Coalition
Board of Directors
Fiscal Year 2026**

THERESA DENETTE, President
BFAIR

BEN LAMB, Vice President
1Berkshire

MAUREEN BARAN, Treasurer
Resident

MEGAN CHILDERS, Clerk
Williams College

CRAIG BARD, Executive
Committee
Community Resident

JEN MEEHAN
Resident

ANNA FLYNN
Greylock Federal Credit Union

AJ COTE
Brien Center

HEATHER KING
Resident

TIM CALLAHAN
North Adams Public School

ERIN SHEA
BFAIR



Volunteers Needed

nbCC is looking for up to 10 volunteers to become Community Champions!



WHAT IS A COMMUNITY CHAMPION?

A super volunteer who...

- Is connected within their town and the community
- Enjoys talking with people about solutions
- Has a passion for wellness and substance use prevention
- Wants to be a **change-maker** in their community!

BE A VOICE FOR YOUR COMMUNITY!



NORTHERN BERKSHIRE
COMMUNITY COALITION

MORE INFORMATION: <https://nbccoalition.org>

LEARN MORE:

UPCOMING INFO SESSIONS:

9:00 AM to 12:00 PM

8/12 - Savoy Town Hall

720 Main Rd., Savoy

8/13 - Clarksburg Town Hall

111 River Rd., Clarksburg

8/14 - Store at Five Corners

4 New Ashford Rd., Williamstown

8/19 - Wigwam Western Summit

2350 Mohawk Trail, North Adams

8/22 - Daily Grind

37 Park St., Adams

3:00 PM to 6:00 PM

8/21 - Lanesborough Library

83 N. Main St., Lanesborough

INTERESTED? CONTACT:

Meredith Starr

Youth Prevention Coordinator

mstarr@nbccoalition.org

413-663-7588

Who Will You Celebrate with a Neighborly Recognition Award?

Is there anyone you would like to thank this year for going above and beyond in the community?

The Northern Berkshire Community Coalition has been collecting submissions throughout the year to recognize community members who have volunteered or supported their community in some way. Please consider recognizing an individual in one of the following categories:

Businesses & Groups Pulling Together- These groups have helped a neighborhood or the wider community by working together for the benefit of others.

Youth Taking the Lead- Young people are making positive change in their neighborhood or community.

Family Support- These individuals have advocated and/or supported family units in a variety of ways.

Community Health and Wellness- These individuals have contributed to making their community a healthier place to live.

Neighborly Acts - These individuals go above and beyond for their neighborhood or community, helping others in many different ways.

Everyone who is submitted will be recognized at the Celebration on **Wednesday, November 19, 2025.**



Here is a link to the nomination form, along with a physical copy which can be filled out and mailed or brought to our office at 61 Main Street, Suite 218, North Adams, MA 01247.

Fill out a Neighborly here:

https://bit.ly/the_nbcc_neighborhoods

THE NEIGHBORLIES

Community Recognition Form

Person/Group/Business you are recognizing (You must provide at least one form of contact for the awardee.):

NAME: _____

PHONE OR EMAIL: _____

Check the category:

- | | |
|--|---|
| ☐ Community Health and Wellness | ☐ Businesses & Groups Pulling Together |
| ☐ Neighborly Acts | ☐ Young People Taking The Lead |
| ☐ Family Support | |

I recognize this person/group/business for: (15 words or less, please!)

YOUR information (You must provide at least one form of contact!):

NAME: _____

PHONE OR EMAIL: _____

ADDRESS: _____

Send or deliver completed form by November 7th to:

NEIGHBORLIES C/O NBCC
61 Main Street, Suite 218,
North Adams, MA 01247



All those recognized will receive an award!
Recognition forms received after November 7th will be awarded in the coming year.



Summer Safety Tips!



Continue to Practice
Hand Hygiene – wash
your hands!



Keep Children Away from
Burn Hazards



Dress Children in Sun
Protective Clothing &
Apply Sunscreen



Ensure Children Wear a
Helmet While on Wheels



Be Mindful of Bugs That
Thrive During the
Summer



Be Safe In & Near Water

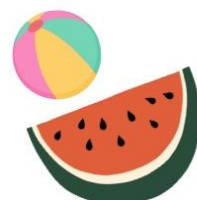


Stay Hydrated & Watch
for Signs of Heat
Exhaustion



here comes

SUMMER!



FREE August Community Events

- **Fri. Aug. 1 | 5-9PM | FIRST Fridays @ downtown North Adams**
- **Tues. Aug. 5 | 4-8PM | National Night Out**
 - 4-7 PM - Williamstown @ the Spruces
 - 4-7 PM - Cheshire @ the Cheshire Community House
 - 5-7 PM - Adams @ the Visitors Center parking lot
 - 5-7:30 PM - North Adams @ Noel Field
- **Sat. Aug. 9 | Adams Townwide Tag Sale**
- **Wed. Aug. 13 | 5:30-8PM | Downtown Celebration @ North Adams**
- **Sun. August 24 | 9 AM – 3 PM | Motorama Car Show**
- @ Downtown North Adams



EVERY WEEK

- **Tuesdays | 6:30-8PM | Free Concerts on the Lawn @ Adams Visitors Center**
- **Wednesdays | Dusk | Free Outdoor Movies @ the Clark**
- **Every 3 Thursdays | 7:30-9AM | Coffee in the Courtyard Adams**
- **Fridays | 7:30-9AM | Eagle Street Coffee Date, North Adams**
- **Saturdays**
 - 9AM-1PM | North Adams Farmers Market & Makers on Main Market @ Main St.
 - 9AM-1PM | Williamstown Farmers Market @ Spring St.
 - 9:30-11AM | Growing Healthy Gardens Group @ UNO park



We're Hiring! Open Positions at nbCC

Apply via mail to Amber Besaw at 61 Main Street, Suite 218, North Adams, MA 01247 or email jobs@nbcccoalition.org. Please include a cover letter, resume, and contact information for 3 references. For more details about our open positions please visit our website at bit.ly/WorkAtNBCC for more information about these positions.

Family Resource Center Clinician: Rate: \$29-30/hr, PLUS a \$5,000 sign-on bonus after completion of 1 year

The Family Resource Center (FRC) Clinician will provide Comprehensive Mental Health Assessments, including the Family Strengths and Needs Assessment (FSNA) assessment; short term treatment; and Care Planning to Youth and Families of the FRC.

Family Support Worker: Salary: \$40-43k/annually

The Family Support Worker is responsible for providing support to families who have engaged with nbCC. They will provide services at The Family Resource Center site, in schools, in the community, and in the homes of families, when applicable.

Coalition Events

National Night Out!

Tuesday, Aug. 5, (various locations listed below)

The annual celebration of community and building better relationships between law enforcement and first responders happens on the first Tuesday of August. Join the fun in the northern Berkshire community closest to you! It's free, family-friendly fun.

4-7pm - Williamstown at the Spruces

4-7pm - Cheshire at the Cheshire Community House

5-7pm - Adams at the Visitors Center parking lot

5-7:30pm - North Adams at Noel Field

Learn Through Play: We All Scream for Ice Cream

Saturday, August 9, 10:00 - 11:00 AM, UNO Center, 157 River Street, North Adams

In collaboration with Child Care of the Berkshires.

Activities and circle time with sensory activities. Best for ages 0-5 years. No registration required. Contact us at 413-663-7588 or nkennedy@nbcccoalition.org

Back-Packed for Success!

8/12 - FLORIDA & SAVOY FAMILIES 5-6PM @ GABRIEL ABBOTT SCHOOL

8/14 - ADAMS, CHESHIRE, CLARKSBURG, NORTH ADAMS, WILLIAMSTOWN FAMILIES - 1-3PM @ North Adams Armory, 206 Ashland Street

Registration is required. Our annual free backpack and school supplies event is open to all northern Berkshire school-age children entering Pre-k through 12th grade. For more information: 413-663-7588 or email nkennedy@nbcccoalition.org

Family Movie in Noel Field

Friday, August 22, at dusk (approx. 8PM) Noel Field, 310 State Street, North Adams

Bring the family and meet us in Noel Field by the playground and splash pad for a summer movie. Movie to be announced on our FB page. Free! Call us at 413-663-7588 or email gglasier@nbcccoalition.org for more information.

W.o.W. Workshop: Create Better Health - Meal Planning & Grocery Shopping Tips

Thursday, August 21, 11:30AM-12:30PM, UNO Community Center, 157 River Street, North Adams

The Food Bank of Western Massachusetts, in partnership with SNAP-Ed, offers free nutrition education programs to our member agencies. Explore MyPlate healthy eating guidelines, tips to add more exercise into your day, and learn to make a budget-friendly meals! Jo-Ann Ault, 413-663-7588. Reservations requested, not required.

nbCC Call-in Show!

Thursday, August 28, 5:00-7:00 PM, Channel 1301

The Coalition wants to hear from you! Tune into Northern Berkshire Community Television channel 1301 and

give us a call to let us know what's on your mind, what your concerns are, and what you'd like to see happening in your community. 413-664-4408.

Youth Summer Session

Tuesdays, 2:00-4:00 PM, nbCC, 61 Main Street, Suite 218, North Adams

FREE and open to youth ages 14-19. a space for young people to hang out, meet others, go on adventures & have fun! July 1 -Aug 19. Registration is limited! Register soon! Transportation available. Snacks provided. For questions or to register: Give us a call us at 413-663-7588, email Carrisa at csacherski@nbcccoalition.org

nbCC Bike Collective Hours

*Tuesdays, 3:30-5:30 PM, The Armory, 206 Ashland St., North Adams

1st Tuesdays - OPEN HOURS

2nd & 3rd Tuesdays BY APPT.

Bring your own bike or work on a bike at the bike collective. You'll have the opportunity to learn from other community members on basic bike fixes, or team up with more experienced bike mechanics to rebuild a bike. Tools and stands are provided. All NB residents are welcome! For more info, call us at 413-663-7588.

Teen Writing Workshop Summer Session!

Wednesdays August 6 & 20 | 11:00AM-1:00PM, nbCC, 61 Main Street, Suite 218, North Adams

Free and open to youth ages 13-19 who live in or attend school in North Berkshire. Aspiring writers and poets! Join this incredibly supportive group and get 1-on-1 help with your writing and performance style. Snacks and supplies provided. Transportation provided if needed.

Registration is limited! Register soon! Call us at 413-663-7588 or email csacherski@nbcccoalition.org for more information.

Drop-In Art Club Returns!

Wednesdays, 3:30 - 4:30 PM, UNO Center, 157 River Street, North Adams

Join us at the UNO Center (157 River Street, North Adams) for this FREE weekly drop-in program facilitated by MASS MoCA and The Clark. Snacks and supplies provided!

Children under 8yrs MUST be accompanied by an adult. Program facilitators are not responsible for child care. MORE INFO: 413-663-7588 or info@nbcccoalition.org

FRC Parenting Together Group * NEW TIMES

2nd & 4th Wednesdays, 10AM - 12PM, UNO Community Center, 157 River Street, North Adams

A peer-driven/peer-supported group in a judgement-free, confidential space. Snacks provided. Children welcome.

*NEW LOCATION: Grandparents Raising Grandchildren Coffee Time

1st Friday, 10:00 AM - 12:00 PM. Adams COA, 3 Hoosac St., Adams

This is a group for grandparents who are actively parenting their grandchildren giving them a safe and confidential space to share similar experiences with other grandparents. Coffee and snacks provided.



**We couldn't
GROW
without YOUR
support!**



Coalition Staff

Executive Director

Amber Besaw: abesaw@nbccoalition.org

Business & Administrative Staff

Liz Boland: lboland@nbccoalition.org

Sara Keagle: skeagle@nbccoalition.org

Communications Coordinator

Suzy Helme: shelme@nbccoalition.org

Youth Development

Carrisa Sacherski: csacherski@nbccoalition.org

Health & Wellness

Jo-Ann Ault: jault@nbccoalition.org

Youth Prevention

Meredith Starr: mstarr@nbccoalition.org

Family Resource Center

Nancy Kennedy: nkennedy@nbccoalition.org

Gabby Glasier: gglasier@nbccoalition.org

Andrew Rosenburg: arosenburg@nbccoalition.org

Sully Boland: sboland@nbccoalition.org

Kelcey Lee: klee@nbccoalition.org

Tammy Martin-Bartlett: tmartinbartlett@nbccoalition.org



Adams: 5 -7 pm
the Adams Visitors Center,
3 Hoosac St.

Cheshire: 4-7 pm
Cheshire Community House

North Adams: 5 -7:30 pm
Noel Field, 310 State St.

Williamstown: 4 - 7 pm
the Spruces, 60 Main St.

nbCC is
supported by:



Northern Berkshire
UNITED WAY

Northern Berkshire Community Coalition
61 Main Street, Suite 218, North Adams, MA 01247

Find this newsletter
online at www.nbccoalition.org



U.S. Postage Paid
Non-Profit Org.
Permit #35
North Adams, MA
01247

or Current Resident