

## BY SLICE OR HOOK: GOLFERS HIT THE LINKS WITH SUCCESS



For their fourth season, Coach Bob Raslavsky and Assistant Coach, Christian Comeau, instructed their golfers on the fundamentals of the sport. Golfers started in early June at the Tatnuck Driving Range, then hit the links at the Leicester Country Club.

On July 10, the golfers attended the State Assessment Round at Pine Ridge Country Club in Oxford, MA, and earned participation pins. The golfers and partners then attended the State Tournament in August at Westover Golf Course. The tournament was changed to a two-day format, and the participants stayed overnight on the campus of UMASS Amherst. Only four holes were completed on Sunday, with the tournament ending early due to heavy rain. Tracy Westerman, Lindsay Foley, and Thomas Raslavsky participated in the skills competition and earned gold medals.

In the 9-hole course competition, all of the golfers participated in the Level II-1 division. Repeating their gold-medal performance from 2010 were Tom Ushinski and his partner, Connor Gleason. Patrick Myshrrall and his partner/cousin, Eric Monahan, earned a 4th-place ribbon. Joe Bussolari and his new partner, Jack Murphy, earned a 5th-place showing. Congratulations to all of the golfers! They showed tremendous improvement and should continue to work in the off-season on the skills they learned from their coaches this year.



## NEW PROGRAM! ARTS & CRAFTS TO EXPRESS YOUR CREATIVE STYLE

The Seven Hills Family Services Recreation Department is excited to announce a new Arts Enrichment program with accomplished muralist and crafter, Joy Lapidus. Using a wide variety of media including fabrics, beads, wood, glass, paper-mache, clay and more will allow each artist to design and craft items that will showcase his or her individual talent. This unique approach to art requires no experience, just enthusiasm and an apron.

**When:** Tuesday evenings,  
January 10 – March 27, 2012.

**Where:** TBD

**Ages:** Two groups, ages 8-15 and 16+

**Cost:** \$135 per person, includes a \$20 supply fee and \$15 recreation fee.

**Sign Up:** Please call the Recreation Department at 508.796.1861 before December 27, 2011.

## SAVE THE DATE!

**THE 2011 HOLY CROSS DINNER  
DANCE IS SCHEDULED FOR  
NOVEMBER 10, 2011.**

Information will be available in early October. If you are not on the mailing list and would like to receive information, please contact the Recreation Department at 508.796.1861.

## INTERESTED IN COACHING, PARTICIPATING OR VOLUNTEERING?

Please contact the Recreation Department at 508.796.1861. We need you for next season's sports and programs!

# 2011 SPRING SPORTS BANQUET



Left to Right: Lindsay Foley, Coach John Gibree, and Tracy Westerman

The annual Adult Spring Sports Banquet was held in May at the Leicester Country Club (LCC). The athletes, coaches, partners and their families enjoyed a delicious meal prepared by LCC. The dance music was provided by the Lugo Family, and awards were presented to athletes, coaches and partners for their dedication, team spirit and support.

The Vinny Lazzaro Award is given to an athlete who has exceptional team spirit, going above and beyond to support his or her team. Basketball Coach John Gibree presented this award to Lindsay Foley, a member of the Seven Hills Family Services' Cougars basketball team.

The Val Kasprzak Award is given to an athlete who has shown improvement in the areas of good sportsmanship, individual skill achievement, and a greater understanding of others' needs. This award was presented to Tracy Westerman, an athlete who participates on the Seven Hills Family Services' Cougars basketball team, the Putters golf team, and the Knights soccer team.

The William C. Buckley Award is given to a volunteer who has shown exceptional dedication to the Recreation Program. This award was presented to John Gibree, Coach of the Cougars basketball team and a partner for the Wolverines softball team. Coach Gibree was a star athlete in High School and College and is well known in the community for his dedication and countless hours to the Seven Hills' Recreation Program. He started with the program playing softball as a partner, then filled an open vacancy as a basketball coach.

Thank you to all of our partners, coaches and volunteers for their enthusiasm and dedication to the recreation program. Without their support and commitment, many of the activities would not be possible. A special thank you to Leicester Country Club for the use of their facility; and student, Alex Pandil, for scheduling the field and coordinating all the volunteers from Assumption College's Reach Out Center.

**THE RECREATION CALENDAR IS NOW  
AVAILABLE ONLINE:** [www.sevenhills.org/shfs\\_reccal/.org](http://www.sevenhills.org/shfs_reccal/.org)

## AQUATICS MAKES A SPLASH!

For the second consecutive season, Coach Ann Marie Dawes, Assistant Coaches Sue Gibree and Traci Gustafson, and Recreation Director, Jen Bergstrom, led Seven Hills Family Services' Special Olympics Aquatics team to the Assessment Round in May, at Chicopee Comprehensive High School in Chicopee, MA.

The State Tournament was held in Boston, June 17-19. The athletes stayed overnight on the Boston University campus and competed at Harvard University. Opening Ceremonies were held Friday evening at Boston University's Walter Brown Arena. The athletes attended a dance with a Hawaiian Luau theme on Saturday night. The team collectively earned 1 gold, 3 silver, and 1 bronze medals; and two 4th-place and three 6th-place ribbons in the following events: 25 Freestyle, 50 Freestyle, 50 Backstroke, 50 Butterfly, and the 100 Individual Medley. Thank you to the coaches and volunteers for a great season!



## THANK YOU Leicester Country Club!

The outstanding service and accommodations from Cheryl Orrico and the Leicester Country Club staff made the Annual New Beginnings Charity Golf Tournament a complete success. On behalf of Seven Hills and the individuals that we support, we extend our most heartfelt thank you!

# SPECIAL OLYMPICS 2011 BOCCE TOURNAMENT

In 2006, there were just four players on two courts practicing their bocce game at East Park. This year, in her fourth season, Coach Traci Gustafson, along with her Assistant Coach, Ann Marie Dawes, led 12 players to another exciting season. Five traditional double teams and one unified double team practiced weekly at the Italian American Club in Shrewsbury. The Assessment Round was held in July at Szot Park in Chicopee, MA. All athletes were individually assessed to ensure appropriate assignments and earned their participation pins.

The bocce teams were on a roll at the State Tournament in August at the Nonotuck Park in Easthampton, MA. The Riley/Pietrewicz team won two out of four games, earning a 4th-place ribbon. The Gibbons/Callahan team also won two out of four games, earning a bronze medal. Team Bonnano/Hancock defeated three out of the four teams, earning a gold medal—a big improvement from last year's 6th-place ribbon! Unified Team Gannon/Santiago won two out of their three games, moving their ranks from a



4th-place place ribbon in 2010, to a gold medal this year. Team Horgan/Litterio competed in three games with two wins and a tie, also earning a gold medal. Team Orton/Raymond defeated all four of the teams they played, earning a gold medal for the second consecutive year!

A special thank you to Dave Couture for letting the teams practice at the Italian American Club! We hope everyone joins us again next season!

# SOFTBALL SEASON GETS OFF TO A HOT START

The heat did not affect the successful outcome of this year's softball season. The teams attended the Assessment Round in July at Blunt Park in Springfield, MA, and earned their participation pins.

In August, the teams traveled to the Special Olympics State Tournament also held at Blunt Park. The event was changed to a two-day format, so the teams stayed overnight on the campus of UMASS Amherst. For the first time, the players were required to use wooden instead of aluminum bats.

Team Badgers, coached by Adalberto Ruiz and assisted by Janet Trzaska, played in the John Lester Division, competing against the Center of Hope Dragons and the ARC Blue Jays. Team Panthers, coached by Anthony George and assisted by Ken Carlo, played in the Josh Beckett division and competed against the Center of Hope Eagles, NB Raiders and the Haverhill Hawks. Team Wolverines, coached by Amanda Gibree, played in the John Lester division and competed against the Hampshire Sharks and the Arc Twins.

Congratulations to all the players, and thank you to all the coaches, partners and volunteers for making the weekend fun and successful. A special thank you to the City of Worcester for the use of Crompton Park and Bennett Field.



# FALL FUN & FITNESS

## SPECIAL OLYMPICS COMPETITIVE BASKETBALL

Registrations are now being accepted for the 2011-12 season. **When:** Sundays, December-March. **Time:** TBD. **Where:** Bancroft School, Worcester. **Ages:** 8-12, 15-21, 22+ of all abilities. **Cost:** TBD **Commitment:** A commitment to all practices, scrimmages, the assessment round, and state tournament is required. Transportation will not be provided. **Sign-Up:** All athletes, including those who played last year, must register with the Recreation Department—not a coach—at 508.796.1861 or [jbergstrom@sevenhills.org](mailto:jbergstrom@sevenhills.org). Due to the increased interest in this sport, we cannot guarantee that everyone will be able to practice and advance to the Special Olympics state tournament. Athletes who have been consistently playing with the team for the past 2 years will be added to a roster. All new athletes will be put on a waiting/assessment list. Athletes who have been with the program for 2 or more years should sign up prior to November 14. **The final deadline for all sign-ups will be November 21.** A practice schedule and detailed letter will be sent a few weeks prior to the first practice. The Recreation Department must receive your Special Olympics medical form, Emergency Fact Sheet and registration fee prior to the first practice.

## NEW! FUN WITH POETRY

The Recreation Department is excited to start a poetry group for all abilities. This class will be offered on Tuesday evenings from September-December at the Worcester Family Support Center, 799 West Boylston Street. No experience is necessary. Poets will learn different forms of poetry and use magnetic words and pictures to put their work together. There is no cost, but the class is limited to 10 participants. To register, please call the Recreation Department at 508.796.1861 before September 15.



**MAIL PAYMENTS TO:** Recreation Department, Seven Hills Family Services, 799 West Boylston Street, Worcester, MA 01606

## FIT CAMP

A subsidiary of Y.A.M. Fitness, Fit Camp is a program for children and adults of all abilities. At Fit Camp, participants will follow an easy group exercise program by certified instructor, Brenda Morris. The program consists of sports, athletic drills for agility, cardiovascular training, and dance movements. Each class will be unique, and will include Pilates/Yoga poses for relaxation and a core workout. **When:** Wednesdays, starting September 28 (12 weeks). **Time:** Evenings. **Where:** Family Support Center, Worcester. **Age:** Youth ages 8-15, adults 16+, all abilities. **Cost:** \$99 per athlete/partner includes \$15 recreation fee. Payment must be made in full before the first class. No refunds. **Requirements:** A yoga mat and aerobic-style clothing is required for class (jeans are not permitted). **Sign Up:** Please contact the Recreation Department at 508.796.1861 or [jbergstrom@sevenhills.org](mailto:jbergstrom@sevenhills.org) before September 12. Upon registration, a detailed letter and schedule will be sent to you. If a participant is a few years older than the age group specified and would feel more comfortable in the younger group, please inform Jen Bergstrom when registering. There must be at least 4 people registered for each class.

## MUSIC THERAPY

Registrations are now being accepted for the fall 2011 session. **When:** Thursdays, September-December. **Time:** TBD. **Where:** TBD. **Ages:** Youth ages 8-15, adults 16+. Please advise if an older participant would be more comfortable with a younger age group. **Cost:** \$135.00 **Sign-Up:** Please contact the Recreation Department at 508.796.1861 or [jbergstrom@sevenhills.org](mailto:jbergstrom@sevenhills.org). If you require extra or 1:1 assistance or supports, you must provide them as volunteers are limited.

## UNIFIED RECREATIONAL BASKETBALL

Registration is now open for youth and adult recreational basketball. **When:** TBD, starting January 2012. **Time:** TBD. **Where:** TBD. **Ages:** Youth 8-13, teens 15-22. If a participant is a few years older than the age group specified and would feel more comfortable in the younger group, please inform Jen Bergstrom when registering. **Cost:** \$15. This fee will be waived for players on the Seven Hills' Special Olympics basketball team. **Sign-Up:** Please contact the Recreation Department at 508.796.1861 or [jbergstrom@sevenhills.org](mailto:jbergstrom@sevenhills.org), prior to November 19, 2011.

# SEVEN HILLS' FAMILY SUPPORT CENTER EVENTS

**WORCESTER FAMILY SUPPORT CENTER**—799 West Boylston Street, Suite #2, Worcester, MA. **508.796.1851/1852**. Drop-in times are Thursdays, 9:30-11:30 am & 5-7 pm, and every third Saturday, 9-11 am.

**Thursday, September 1-December 1, 9:30-11:30 am, 5-7 pm: DDS 18-22 Transition Process.** A member of the Department of Developmental Services (DDS) Worcester Office will walk families through the age 18-22 transition process. ***This seminar will take place every 1st Thursday of the month, September 1-December 1, 2011.***

**Thursday, September 8, 10 am-noon: SSI/SSDI Guidelines, presented by the Worcester Social Security Administration Office.** Learn about rules & regulations, & what SSI (Supplemental Security Income) & SSDI (Social Security Disability Insurance) have in common, as well as the differences between them.

**Thursday, September 22, 9:30-11:30 am, 5-7 pm: Skill Builder Video Presentation.** Gain practical tips for communication, personal care, self-esteem, respect to others, dealing with worries, and many other everyday issues.

**Thursday, September 29, 5-7 pm: Waypoint Adventure.** Specializing in custom-tailored, transformational adventure experiences for individuals, ages 8 and up, Wayside Adventure is accessible and intentionally designed to help individuals discover and develop interests, talents and strengths.

► To register, please contact Ana Morales at 508.796.1851 or amorales@sevenhills.org.

**SOUTH VALLEY FAMILY SUPPORT CENTER**—128 Main Street, Sturbridge, MA. **508.796.1950**.

Hours are Monday-Friday, 8 am-4 pm unless otherwise specified. Drop in at any time or call for a personalized appointment.

**Thursday, September 8, 10 am-Noon: Coffee & Conversation** Informal Drop-In

**Saturday, September 10, 9 am-Noon: Open House**

**Tuesday, September 13, 9 am: CPR/FA Training** (Registration required)

**Wednesday, September 14, 7 pm: CPR/FA Training** (Registration required)

**Thursday, September 15, Noon-2 pm: Coffee & Conversation** Informal Drop-In

**Tuesday, September 20, 10 am-Noon: Autism 101: Overview of Autism Spectrum Disorder**

**Tuesday, September 20, 7-9 pm: Family Open Mic Night** to share your issues, concerns, and/or solutions with others.

**Thursday, September 22, 10 am-Noon: Coffee & Conversation** Informal Drop-In

**Friday, September 23, 10 am-Noon: Emergency Preparedness** with Judy Swekla

**Tuesday, September 27, 10 am-Noon: Autism 101: Medical Management**

**Thursday, September 29, 10 am-Noon: Coffee & Conversation** Informal Drop-In

► To register, please contact Dawn Varrichio at 508.796.1950 or dvarrichio@sevenhills.org.

**NORTH CENTRAL FAMILY SUPPORT CENTER**—1460 John Fitch Highway, Fitchburg, MA. **978.632.4322**.

Drop-in times are every Wednesday, 11 am-1 pm; Thursdays 5-7 pm; and the fourth Saturday of each month, 10 am-Noon.

**Thursday, September 8, 5-7 pm: Transition 101: High School to Adulthood.** Presented by the Federation for Children with Special Needs. **Please register by Friday, September 2.**

**Thursday, September 15, 9:30 am-Noon: CPR; 1-3 pm: First Aid.** There is a \$25 fee for this complete training. **Please register by Thursday, September 8.** CPR & First Aid are regularly scheduled trainings held every 3rd Thursday of each month.

**Thursday, September 15, 5-7 pm: Laws & Regulations Regarding Transition & What Good Transition Planning Practices Are.** Presented by the Education and Transition team from the Institute for Community Inclusion. **Please register by Friday, September 9.**

**Wednesday, September 21, 11am: Guardianship Clinic** with Gayle Greene, Executive Director of TLC Trust. **Call to reserve your personal time slot with Gayle** to discuss guardianship and your unique situation.

**Thursday, September 22, 5-7 pm: Off to College: Transition to Higher Education for Students with Learning and Developmental Challenges** presented by Dr. Joseph Moldover. **Please register by Friday, September 16.**

**Wednesday, September 28, 5-7 pm: Transportation for Employment Forum** presented by David Hoff from the Institute for Community Inclusion. **Please register by Friday, September 16.**

**Thursday, September 29, 5-7 pm: Access to Post-Secondary Education Services.** Presented by the Education and Transition team from the Institute for Community Inclusion. **Please register by Friday, September 23.**

► To register, please contact Jessica Hood at 978.602.8711 or jhood@sevenhills.org.



PRIDE Fall 2011

PRIDE is a newsletter published by the Seven Hills Family Services' Family Support Centers. Please direct all content requests, comments, and questions to:

**Jennifer Bergstrom**

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**NEW PROGRAM! JUST US GIRLS**

Eight years ago, a parent started a unique social skills program called "Just Us Girls," as an answer to the limited opportunity in the community for girls with significant special needs. "Just Us Girls" supports participants in reaching their highest potential for socialization and creating new friendships. Seven Hills Family Services (SHFS) is now joining forces as this successful program continues to grow. The SHFS "Just Us Girls" group will participate in life-skills training, community outreach activities, and creative arts and learning. The program can accommodate 10 young women between the ages of 13 and 25. Register early as space is limited.

"Just Us Girls" will be led by instructor Sheila Judkins who helped to develop the program and is the owner of the Creative Arts and Learning Studio.

**When:** Held twice a month on Saturdays starting September 17. **Time:** 1-3 pm.

**Where:** Worcester Family Support Center, 799 West Boylston Street.

**Ages:** 13-25 **Cost:** \$175 per person. Payment must be paid in full on or before September 17. **Sign-Up:** Must register prior to September 9 by contacting Jennifer Bergstrom at 508.796.1861.

**SOCIAL MEDIA REMINDER...** The next time you are social networking on Facebook, Twitter, Flickr, and YouTube, check out Seven Hills' action in the Social Media arena for the latest buzz, photos and videos!

Contact **Kate Mysrall** • [kmysrall@sevenhills.org](mailto:kmysrall@sevenhills.org) • 508.755.2340 x1302

**Interested in learning more about putting Seven Hills Foundation in your will or estate plans?**

If you are receiving duplicate mailings, have a change of address, or wish to be removed from the mailing list, please contact Jennifer Wentworth at 508.755.2340 x1304 or [jwentworth@sevenhills.org](mailto:jwentworth@sevenhills.org).

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