



Pride

Spring 2020

A PUBLICATION OF THE SEVEN HILLS FAMILY SERVICES
MAKING COMMUNITY CONNECTIONS



Laughter might not be the best medicine for the pandemic, but a healthy tickle to your funny bones works wonders!


On **Funny Bones**, page 7, you'll be tickled to read that the COMICARNIVAL is coming to Seven Hills in 2021! Come one, come all for cosplay and games. Stay tuned to future issues of *PRIDE* as the date is announced and the excitement builds.

Also on Funny Bones, sharpen your comedic timing—and your pencil—with Joke Time and Word Search.

Save the NEW date for New Beginnings: October 19, 2020.

Register now to be a sponsor or golfer. Our participants need your support now more than ever for the Community Connections they need!

This issue of *PRIDE* will put a lot of spring into your step—while we take the extra steps to stay healthy.

Thank you to our readers for your support! We look forward to “zooming” with you through the seasons, having fun and recording memories to last a lifetime. Let the Zoom  icon be your guide through this virtual issue of *PRIDE*!



Taking PRIDE in Virtual Stride

As we adjust to the virtual reality of staying healthy in place, we are welcoming the myriad of opportunities being presented to us on our smartphones, smart TVs, iPads, computers, and more. The world outside is being virtually delivered indoors and there is a lot of fun to be enjoyed!

Welcome to this issue of *PRIDE* during the pandemic, chock full of what you anticipate and expect—with a virtual twist:

The **Recreation Department Happenings** on page 3 are re-creating fun for all abilities. Zoom into arts gatherings, poetry readings, interactive movie nights, and more!

Family Support Center Events on page 4 will be supporting your summer fun with weekly Zoom gatherings, workshops, and virtual unwinds with coffee and conversation.

On page 5, we have the link for you to **Re-create a Masterpiece** in four easy steps, or get jammin' with **Creative Minds!**

Helpful Resources on page 6 links you to important information to help you navigate solutions to your COVID-19-related needs and concerns, health & wellness topics, and even more homespun fun:

Take a seat in your living room and go on **Safari at the Cincinnati Zoo!** facebook.com/cincinnati-zoo

Make **Marshmallow Playdough** that can be eaten when the playing is done! bit.ly/MarshmallowDough

Flash your phones and croon in tune with **Garth Brooks** during his virtual concert from your front row seat—or on the floor—at home: bit.ly/PRIDEGarthBrooks

There's a NEW Date For New Beginnings!



Monday, October 19, 2020

Our families and their loved ones with disabilities need YOUR support NOW more than ever! Register as a Sponsor/Golfer and support their critical need for Community Connections!

Chip in for this Worthy Cause

Over 1,800 families who have loved ones with disabilities are thriving due to the vibrant Community Connections program at Seven Hills. Keep the opportunities alive by supporting the New Beginnings Charity Golf Tournament that raises 100% of proceeds for our families.

- **10:00 a.m. Shotgun Start**
- **Dinner, Prizes, Raffles**
- **Highfields Golf & Country Club, Grafton**

Register Now to Sponsor & Golf:
sevenhills.org/nbgolf

Contact Bill Stock to get involved: bstock@sevenhills.org or 508.983.1305

Making Community Connections for Opportunities to See. Believe. Achieve.

RECREATION DEPARTMENT HAPPENINGS

We welcome individuals of all abilities to join our programs!

Just Us Girls

Saturdays, 2x/month, September – May. Ages 10-14, 10:00am – Noon; Ages 15-19, 1:00-3:00pm

Join us for fun, skill-building activities and outings that focus on social growth and development. All girls must be accompanied by an adult to help when needed, and participate in a separate parent/guardian group to be held at the same time. **COST:** \$50 for 18 classes. **PLEASE NOTE:** Limited space is available and sign-up is on a first-come basis. Current members must register for the next session. A commitment to the entire year is required. Dates are subject to change. To register or for more information, contact Bradley Ayotte, bayotte@sevenhills.org. The program is funded through the United Way's Women's Initiative Grant.

Just Us Women

Fridays, 1x/month, October – May, 6:30 – 8:30pm, Ages 20+. Just Us Women, an extension of the very popular Just Us Girls, is for women who are interested in creating new friendships and learning about important topics while enjoying each other's company during dinner. The group's interests drive the topics and event-planning, and include self-determination, goal-setting, healthy relationships, health and wellness, and community engagement.

COST: \$255 for 8 sessions. To register or for more information, contact Bradley Ayotte, bayotte@sevenhills.org.

Re-Creating Together

Every Tuesday, May – August, 3:00 – 4:00pm, all ages welcomed. Join us for online Zoom gatherings where we will create and re-create various art forms. Our topics will include Art, Poetry Readings, Storytelling & Drum Circle. To receive a weekly email invitation, please contact Bradley Ayotte, bayotte@sevenhills.org.

Interactive Movie Night

Every Tuesday, June – August, 6:00 – 7:00pm, all ages welcomed. Join us for monthly interactive movies, first featuring *Harry Potter and the Sorcerer's Stone*. We will discuss the movie with props you can find around your house! Other titles will be announced weekly. To receive a weekly email invitation, please contact Bradley Ayotte, bayotte@sevenhills.org.

? For questions or more information, please contact: **Bradley Ayotte** at 508.796.1861 or bayotte@sevenhills.org

Calling for Coaches and Partners!

Should activities reconvene, we have available spots for interested volunteers looking to coach or join our teams as a partner for Special Olympics.

To learn more and for season schedules, please contact:

Bradley Ayotte, therapeutic recreation director
bayotte@sevenhills.org or 508.796.1861.

Softball Head Coach July – August Season
Softball Partners July – August Season
Softball Assistant Coaches July – August Season
Golf Head Coach July – August Season
Bocce Assistant Coach July – August Season
Soccer September – November Season
Basketball December – March Season

VIRTUAL FAMILY SUPPORT CENTER EVENTS

Join Us for Weekly Virtual Events!

Our Family Support Centers in Worcester, Fitchburg, and Sturbridge will each offer fun and informational virtual activities such as dance parties, painting, sing-a-longs, cooking together, poetry, drum circle, self advocacy, COVID-19 discussion, coping with grief, and more. Because these groups are held virtually, all are welcomed. Please register with one or all of the Family Support Center contacts listed, so that we can meet up with you as often as you choose. Once registered, you will receive a weekly email announcing the topics for each upcoming session.

Our Virtual gatherings will take place using Zoom. To learn more about Zoom or to download the app onto your phone, computer, or preferred device, visit: zoom.us

North Central Family Support Center

1460 John Fitch Hwy, Fitchburg, MA • 978.632.4322 • For questions or more information, please contact: **Kathy Black**, 978.602.8697, kblack@sevenhills.org or **Gina Bernard**, 978.602.8711, gbernard1@sevenhills.org

Every Thursday, May – August, 4:00pm, all ages welcomed. Join us for fun Zoom gatherings. To receive a weekly email invitation, contact Kathy Black at kblack@sevenhills.org or Gina Bernard at gbernard1@sevenhills.org.

South Valley Family Support Center

208 Charlton Road, Sturbridge, MA • 774.241.2500 • For questions or more information, please contact: **Jayne Bowler**, 774.241.2505, jbowler@sevenhills.org or **Elizabeth Carroll**, 774.241.2504, ecarroll@sevenhills.org

Every Monday, May – August, 3:00 – 4:00pm, all ages welcomed. Join us for fun Zoom gatherings. To receive a weekly email invitation, contact Jayne Bowler at jbowler@sevenhills.org or Elizabeth Carroll at ecarroll@sevenhills.org.

Every Thursday, May – August, 10:00am – Noon, all are welcomed. Parents and caregivers join us for a virtual Coffee and Conversation. To receive a weekly email invitation, contact Jayne Bowler at jbowler@sevenhills.org or Elizabeth Carroll at ecarroll@sevenhills.org.

Housing Pathways with Cathy Boyle, Wednesday, June 3, 6:00 – 8:00pm. This free and informative virtual workshop introduces families to the range of public funds available to pay for housing and supportive services (including for those without DDS supports). To receive an email invitation, contact Jayne Bowler at jbowler@sevenhills.org or Elizabeth Carroll at ecarroll@sevenhills.org.

Worcester Family Support Center

799 West Boylston Street, Worcester, MA • 508.632.4322 • For questions or more information, please contact: **Shawna Terkanian**, 508.796.1894, sterkanian@sevenhills.org or **Ana Morales**, 508.796.1851, amorales@sevenhills.org

Every Wednesday, May – August, 3:00 – 4:00pm, all ages welcomed. Join us for fun Zoom gatherings featuring social activities and Self Advocacy Groups. To receive a weekly email invitation, contact Shawna Terkanian at sterkanian@sevenhills.org or Ana Morales at amorales@sevenhills.org.

Every Friday, May – August, 5:30 – 6:30pm, all ages welcomed. Join us for a virtual Anime Club. To receive a weekly email invitation, contact Noel Grajales at ngrajales@sevenhills.org.



Re-creation of a Masterpiece

Create Your OWN Version of a Work of Art!



Tune it at bit.ly/WAMLesson to see how you can interpret a Work of Art into your own masterpiece in four easy steps:

1. **Choose** the art you wish to re-create
2. **Choose** how to re-create the work and materials
3. **Create** your masterpiece
4. **Share** your masterpiece with us & on social media

Presented by



Stay Up To Date

Information at the **Family Support Centers** is changing daily, so please be sure to check out our **Facebook** page or the **Calendar** at sevenhills.org:



[facebook.com/
SHF.FamilySupportCenters](https://www.facebook.com/SHF.FamilySupportCenters)



Check out the **NEW** Seven Hills Events Calendar:
[sevenhills.org/
whats-happening/calendar/](http://sevenhills.org/whats-happening/calendar/)

CREAT!VITY & CONNECTIONS

A Meetup Group for Adult Survivors of Brain Injury

Jam Sessions & Social Art Experience

To learn more and to access the schedule, please contact Heather Poulos at hpoulos@sevenhills.org

meetup.com/Creative-Minds-for-ABI-Survivors



The Seven Hills Family Support Centers are funded by and work in partnership with the **Massachusetts Department of Development Services.**

HELPFUL RESOURCES

FUN FOR ALL

Activities

Cincinnati Zoo & Botanical Garden Home Safari

Tune in at 3pm daily for a live Safari feature, or click "Live" to see previous videos

facebook.com/cincinnati_zoo/

Marshmallow Playdough Recipe

bit.ly/MarshmallowDough

Re-Create a Masterpiece

bit.ly/WAMLesson

Educational

Science & Math Show & Crafts

youtube.com/sciencemom

Animals

switchzoo.com

Geography & More!

kids.nationalgeographic.com

Reading & Math Skills Games

funbrain.com

Diverse Learning Activities

highlightkids.com

E-buddies with Best Buddies

bestbuddies.org/what-we-do/ebuddies

Digital Stories

Audible by Amazon

As long as schools are closed, kids can stream stories, for free, to continue dreaming, learning, and just being kids

stories.audible.com/start-listen

Stories Read by Celebrities

storylineonline.net

TV & Movies

crackle.com

Virtual Concerts

Celebrated musicians perform on social media

John Legend

bit.ly/PRIDEJohnLegend

Cold Play

bit.ly/PRIDEColdPlay

Garth Brooks

bit.ly/PRIDEGarthBrooks

sevenhills.org

Online Concert & Streaming

StageIt

Online Concert Streaming: buy notes/pay what you can stageit.com

Billboard COVID-19 Virtual Concert List

Updated streaming, virtual concerts list

bit.ly/PRIDEBillboard

NPR COVID-19 Virtual Concert List

Updated streaming, virtual concerts list

bit.ly/PRIDENPRList

HEALTH & WELLNESS

Yoga with Adriene

youtube.com/user/yogawithadriene

Cosmic Kids Yoga

youtube.com/user/CosmicKidsYoga

Healthy Nut Nutrition Dinner Recipes

bit.ly/HealthNutNutrition

Special Olympics

specialolympicsma.org

Greendale YMCA Online Community Center

bit.ly/GreendaleYMCAOnlineCC

IMPORTANT INFORMATION

The **Pandemic Unemployment Assistance (PUA) application** is targeted to provide assistance for gig and religious workers, the self-employed, people seeking part-time work, and others not eligible for unemployment assistance. To apply as well as review the eligibility and documentation checklists, visit mass.gov/pua. The call center phone, **877.626.6800**, is also available for phone PUA applications.

Spectrum is offering free internet service to those students without internet, call **844.488.8398**.

Mass Health Connector

www.mahealthconnector.org/covid-19

Internal Revenue Service (IRS)

irs.gov/coronavirus/get-my-payment

Helpful Phone Numbers

State COVID Hotline 211
Parental Stress Hotline 800.632.8188
Youth Mobile Crisis..... 800.977.5555
Infectious Disease Urgent Calls/Reporting..... 617.983.6800

Seven Hills Foundation Presents

COMICARNIVAL

Cosplay & Games

Coming 2021



B L W S Z R G D D A N W I P S
 A P L K E W E P Y E L Z Y P L
 S D P A M V V C M R P B E P R
 K Y E H B H E O C H N C L M I
 E Z U W T T W N S O I Y L A G
 T G W K C S O S H A S F Q J S
 B W J C U L W O L I J W U Y U
 A G A T Y I C O F P L C T X T
 L R S M M B L S G G F L C F S
 L U K M C Y B Z J L A Q S M U
 J A I M M S T R O P S L U E J
 S N K P I K R G M S O L F C X
 G L I N E D A N C I N G O C F
 H C Y R I U E F Z Z G F U O K
 S G N I N N I G E B W E N B V

WORD SEARCH

- SEVEN HILLS
- BASKETBALL
- BOCCE
- FLAG FOOTBALL
- GOLF
- JUST US GIRLS
- LINE DANCING
- NEW BEGINNINGS
- JUST US WOMEN
- SOCCER
- SPECIAL OLYMPICS
- SPORTS
- SWIMMING

JOKE TIME

What did the baseball glove say to the ball?
Catch ya later!

Where do catchers sit at lunch?
Behind the plate.

Why did the football coach go to the bank?
To get his quarter back.

Why did the fish refuse to play basketball?
He was afraid of the net.

What does a hockey player and a magician have in common?
They both do hat tricks.



Pride

A PUBLICATION OF THE SEVEN HILLS FAMILY SERVICES FAMILY SUPPORT CENTERS

Spring 2020: What's Inside:

New Beginnings Save The Date, Recreation Center Happenings, Family Support Center Events, Re-Creating a Masterpiece, Creative Minds, Helpful Resources, Funny Bones, and more!



PRIDE Spring 2020

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

Bradley Ayotte

Therapeutic Recreation Director
Seven Hills Family Services
bayotte@sevenhills.org
508.796.1861

799 West Boylston Street
Worcester, MA 01606
508.796.1850 T
508.849.3898 F

Dr. David A. Jordan
President
Seven Hills Foundation

sevenhills.org

To Our Families

We are grateful for the support and patience from all of the families we serve through Seven Hills Family Services.

To Our Staff

We appreciate your dedication and perseverance during this challenging time.



Seven Hills Champions