



Disability Resources

Empowering people with physical disabilities and visual impairments

November 2010

www.chd.org

CHD Service Areas

Children and Families

Community Resources

Hawthorn Elder Care

Homelessness Prevention

Intellectual Disabilities

Juvenile Justice

Mental Health/Addiction

Social Enterprises



United Way of Pioneer Valley



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nbazanchuk@chd.org
www.chd.org

Wheelchair soccer teams complete season



The Western Mass. Wild and Wicked Wheels indoor wheelchair soccer teams finished up their season Oct. 17 at a mini-tournament at the Hospital for Special Care in New Britain, Conn.

A big thanks to everyone who played and supported the teams this season!

Come play wheelchair basketball!

CHD is organizing a wheelchair basketball team, and we are looking for players. The program will have weekly practices where participants can learn good basketball fundamentals and learn to play together as a team. There will also be opportunities to play scrimmages against other New England teams. It will be a good and fun competitive experience for all! **Practices will be held Wednesdays from 6–8 p.m. in the PACE School gym, 69 Capitol Drive, West Springfield, Mass. The first practice is Nov. 10.** Sign up today by either e-mailing or calling the **Disability Resources** office. The fee is \$10 for members and \$15 for non-members. People who just want to play for recreation and not competitively are also welcome!

Join our new musical group!

Interested in music? Come join our new music group. No experience needed. The group is open to anyone who likes music and wants to get together to play instruments and sing. We hope to take everyone's special skills and combine them to form a small musical group and have a small concert. We will be getting together on **Thursdays from Nov. 4 through Dec. 2 from 5:30–7:30 p.m. in the CHD conference room, 332 Birnie Ave., Springfield, Mass.** The fee is \$25, which includes food and soft drinks! Contact Elizabeth or Nancy at 413-788-9695 or nbazanchuk@chd.org.

CHD PROGRAMS

Children and Families

Big Brothers Big Sisters
of Hampshire County
CASA of Hampden County
Early Intervention
Family Outreach of Amherst
Family Support and Stabilization
Foster Care
Independent Living Program
PACE School
Residential Treatment
Safety Zone
Therapeutic Mentoring

Community Resources

Disability Resources
HIV/AIDS Law Consortium
Not Bread Alone
Occupational Therapy

Hawthorn Elder Care

Adult Day Health

Homelessness Prevention

Diversion, Shelter & Housing
Jessie's House
Single Room Occupancy

Intellectual Disabilities

Meadows Homes
Outreach Team

Juvenile Justice

Adolescent Reentry Services
Adolescent Treatment Program
Alternative Lock-Up
Assessment Program
Juvenile Justice Supports
Terri Thomas Girls Program

Mental Health/Addiction

Adult Mental Health
Child & Adolescent Mental Health
Grace House
Outpatient Behavioral
Health Services

Social Enterprises

A New Leaf Flower Shop
Advance Office Cleaning
Riverbend Furniture

Free Junior Sports program

Calling all kids and teens 3–16 years old with physical disabilities and visual impairments! Kids of all abilities have a chance to try out different adaptive sports every week in our junior sports program: basketball, soccer, floor hockey, baseball, football and more! Friends and siblings can play too. Get out of the house this winter and warm up in the gym. Junior Sports will be held **Saturdays from 10:15–11:45 a.m. in the gym at CHD's PACE School, 69 Capitol Drive, West Springfield, Mass.** The program will start **Saturday, Nov. 13**, and it's **FREE!** To register, call Nancy at 413-788-9695.



Andrew Cournoyer moves down the ice at the Western Mass Knights season kickoff practice.

Sled Hockey under way

Sled hockey season has begun, but it is still not too late to sign up to play. The next practice for the **Western Mass Knights** will be Nov. 23 from 8:30–10:00 p.m. at **Amelia Park Ice Arena in Westfield**. The fee is \$50 for the season. Sled hockey is played just like regular hockey except you sit in a sled and use two sticks. Please call 413-788-9695 to sign up.

Making Healthy Connections

Making Healthy Connections is a transitions program for youth with disabilities and/or special health care needs who are 14 to 22 years old. Youths will have opportunities to meet new friends with similar disabilities and learn about topics such as health care, independent living, fitness, and adaptive driving. Making Healthy Connections also features a variety of adaptive sports and recreational activities. **MHC will meet every other Saturday from 1–4 p.m. in Springfield beginning Jan. 15, 2011.** We are also looking for youths and young adults (16–24, with and without disabilities) to apply to our Peer Leadership program. Peer leaders work with the youths enrolled in Making Healthy Connections and are positive role models in the group. Interested youth and parents should contact Susan Nicastro at 413-584-0455 or snicastro@pyd.org or Nancy Bazanchuk at 413-788-9695 or nbazanchuk@chd.org. **Please call to sign up before the end of December!**

Holiday Dance Show Dec. 11

The **CHD Disability Resources** and Unity Dance Spectrum Studio dance class will be performing in a holiday show Dec. 11 from 6:30–7:30 p.m. at Chicopee High School. Tickets are \$7 and can be purchased in advance by calling Sandy at 413-427-8156 or Nancy at 413-788-9695. The class is for members of **CHD Disability Resources** (age 5 to high school), their siblings and friends. The class registration fee is \$20, plus a monthly fee of \$32. Please call for more information or to sign up for classes.

November 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 <i>Bowling</i> 12:30-2:30 <i>Dance</i> 5:45-6:30	3	4 <i>Music Group</i> 5:30-7:30	5	6
7	8	9 <i>Bowling</i> 12:30-2:30 <i>Dance</i> 5:45-6:30	10 <i>Wheelchair Basketball</i> 6:00-8:00	11 <i>Music Group</i> 5:30-7:30	12	13 <i>Junior Sports</i> 10:15-11:45
14	15 <i>Dinner at Chili's in West Springfield</i> 5:00-7:00	16 <i>Bowling</i> 12:30-2:30 <i>Dance</i> 5:45-6:30	17 <i>Wheelchair Basketball</i> 6:00-8:00	18 <i>Music Group</i> 5:30-7:30	19	20 <i>Junior Sports</i> 10:15-11:45
21	22	23 <i>Bowling</i> 12:30-2:30 <i>Dance</i> 5:45-6:30 <i>Sled Hockey</i> 8:30-10:00	24 <i>Wheelchair Basketball</i> 6:00-8:00	25 <i>Happy Thanksgiving</i>	26	27 NO programs
28	29	30 <i>Bowling</i> 12:30-2:30 <i>Dance</i> 5:45-6:30				



Sean Tetrault and Natalie Stebbins take a break during CHD's stand-up soccer program at Holyoke Community College.

IMPORTANT INFORMATION

- If you are receiving this newsletter and no longer want to, please contact our office and let us know.
- If you would like to be added to our e-mail list, please send us an e-mail address along with your name and/or your child's name.
- To run a program, we need to have at least three registered participants, so please call the Disability Resources office at 413-788-9695 if you are going to come to a program activity.
- If a program activity is cancelled, we will announce it on our office voice mail message, so call the office at 413-788-9695 if you have any doubts.
- Our office is now located at **332 Birnie Avenue, Springfield, MA 01107.**

UPCOMING EVENTS

Dinner at Chili's Monday, Nov. 15 5-7 p.m.

1175 Riverdale Street
West Springfield, Mass.

Pay for your own meal.

**Sign up in advance by contacting Nancy
Come out, eat and have fun!**

If you are a **facebook** fan of **CHD Disability Resources**, please consider becoming a fan of CHD as well. You can find us on **facebook** under **Center for Human Development**, or follow the link from the CHD homepage at **www.chd.org**