

Universal Access Program

P.O. Box 484 • Amherst, MA 01004 • (413) 545-5353

Volume 15, Issue 1.

Winter 2011

Before You Go:

1.) Pre Register:

Get into the activity sooner when you arrive! Come with your waiver filled out! http://www.mass.gov/dcr/universal_access/docs/waiver.pdf

2.) In the event of poor weather:

Call the following numbers for program status:

Eastern MA:
(617) 626 1294

Western MA:
(413) 545 5758

3.) Need to cancel? Running late?

Call and leave a message so we know.

Check Out Our Blog:

<http://www.everyoneoutdoors.blogspot.com>

Visit Our Facebook Page:

**DCR REC
Connect**

All Photos by Marcy Marchello

Adaptive Skating – Games on Ice Continues!

Our adaptive skating ice games program is going into its second year and is really taking off!

Try out your wheelchair, an ice sled, or conventional skates on the ice!

The whole rink is ours to play on.

Spin, slide, race, slalom, socialize and play gently competitive games with others.

Ice sleds available for sled hockey and agility games.

Come join the FUN!

The adaptive skating has expanded to:

Revere, Worcester and Holyoke



Tom and Charlie race across the ice in Worcester.

Fitzpatrick Skating Rink in Holyoke.

Saturdays:
12:00PM – 2:00PM

**January 22
February 12
March 12
April 9**

Buffone Skating Rink in Worcester.

Thursdays: variable

January 20: 10:00AM–12:00PM

February 17: 1:00PM–3:00PM

March 17: 2:00PM–4:00PM

April 14: 2:00PM –4:00PM

Cronin Skating Rink in Revere.

Tuesdays:
11:30AM–1:30PM

**January 11
February 8
March 8
April 5**

For more info and to sign up, call 413-577-3840, or email Heidi.Marie-Peterson@state.ma.us.

More skating opportunities including DCR's Outdoor Skating Rink on page 2!

Ice Skating Opportunities

Ice Skating at the Asiaf

Rink in Brockton:

The assisted skating program takes place during public skating time on a separate section of the rink. Ice sleds and skate walkers are available!

Call All Out Adventures to sign up:

(413) 527-8980

Sundays: 2:40PM–4:40PM

January 16

January 30

February 13



Members of a Berkshire UCP group using ice sleds on their own at the N. Adams rink.

Outdoor Skating at the Kelly Rink:

Join us for Outdoor Adaptive Skating!

The Kelly Rink is an urban outdoor skating rink located right in the center of Jamaica Plain, one of Boston's liveliest neighborhoods.

Call Heidi Marie-Peterson to sign up:

(413) 577-3840

Tuesday: 12:00PM–2:00PM

February 15

[Rain or Snow date: Friday, February 18]

Sled Skate on Your Own:

Use Ice Sleds on your own during public skating hours at state skating rinks in the following towns:

Auburn, Boston, Brighton, Brockton, Cambridge, Franklin, Jamaica Plain, Greenfield, Holyoke, Hyde Park, Medford, Newburyport, North Adams, Plymouth, Revere, Springfield, Taunton and Worcester.

For more info: call *The Universal Access Program* at (413) 545-5758 or go to www.mass.gov/dcr/skating

Winter Festival at Dunn State Park!

At Dunn State Park in Gardner!
Saturday February 5, 11:00AM–3:00PM

Accessible snowshoeing, kicksledding, cross-country skiing, ice skating, winter explorations, socializing, snowmobile rides and winter fun!



Enjoying a snowmobile ride at the Winter Festival in Gardner.

We encourage folks to pre-register:
For more details, call Gigi to register at
(617) 626-1294

Outdoor Programs

D.A.R. State Forest

Snowshoeing, kicksledding, cross-country skiing, ice skating and winter explorations as conditions permit in Goshen.

Call *Stavros Outdoor Access* to sign up.

(413) 259-0009

Wednesday:

11:00AM–3:00PM

March 9

Mt. Tom State Reservation

Snowshoeing, kicksledding, cross-country skiing, ice skating and winter explorations as conditions permit in Holyoke.

Call *All Out Adventures* to sign up.

(413) 527-8980

11:00AM–3:00PM

Saturday: January 15, 29

Saturday: February 19

Wednesday: February 23



Adaptive ice skating on Lake Bray at DCR's Mt. Tom State Reservation in Holyoke.



Future Paralympian cross-country skiers at the Weston Ski Track.

Weston Ski Track

Come to DCR's Leo J. Martin Golf Course in Weston to enjoy cross-country skiing, kicksledding and snowshoeing on a groomed course.

Call *Stavros Outdoor Access* to sign up.

(413) 259-0009

12:00PM–4:00PM

Sunday: February 6, 13

Monday: February 21

Sunday: February 27

Sunday: March 5

Wendell State Forest

Explore the wilder side of winter in western Massachusetts. All activities, including snowmobile rides, as conditions permit.

Call *All Out Adventures* to sign up.

(413) 527-8980

Saturdays: 11:00AM–3:00PM

January 22

February 12

February 26

CALENDAR OF EVENTS:

Date	Day	Time	Location	Town	Theme
January 11	Tuesday	11:30-1:30	Cronin Rink	Revere	Adaptive Skating-Games on Ice
January 15	Saturday	11:00-3:00	Mt. Tom	Holyoke	Outdoor Recreation
January 16	Sunday	2:40-4:40	Asiaf Rink	Brockton	Public Skating/Assisted
January 20	Thursday	10:00-12:00	Buffone Rink	Worcester	Adaptive Skating-Games on Ice
January 22	Saturday	12:00-2:00	Fitzpatrick Rink	Holyoke	Adaptive Skating-Games on Ice
January 22	Saturday	11:00-3:00	Wendell State Forest	Wendell	Outdoor Recreation
January 30	Sunday	2:40-4:40	Asiaf Rink	Brockton	Public Skating/Assisted
January 29	Saturday	11:00-3:00	Mt. Tom	Holyoke	Outdoor Recreation
February 5	Saturday	11:00-3:00	Dunn State Park	Gardner	Winter Festival!
February 6	Sunday	12:00-4:00	Weston Ski Track	Weston	X-Country Skiing/ Snowshoeing
February 8	Tuesday	11:30-1:30	Cronin Rink	Revere	Adaptive Skating-Games on Ice
February 12	Saturday	12:00-2:00	Fitzpatrick Rink	Holyoke	Adaptive Skating-Games on Ice
February 12	Saturday	11:00-3:00	Wendell State Forest	Wendell	Outdoor Recreation
February 13	Sunday	12:00-4:00	Weston Ski Track	Weston	X-Country Skiing/ Snowshoeing
February 13	Sunday	2:40-4:40	Asiaf Rink	Brockton	Public Skating/Assisted
February 15	Tuesday	12:00-2:00	Kelly Rink	Jamaica Plain	Outdoor Adaptive Skating
February 17	Thursday	1:00-3:00	Buffone Rink	Worcester	Adaptive Skating-Games on Ice
February 18	Friday	1:00-3:00	Kelly Rink [<i>Rain Date</i>]	Jamaica Plain	Outdoor Adaptive Skating
February 19	Saturday	11:00-3:00	Mt. Tom	Holyoke	Outdoor Recreation
February 21	Monday	12:00-4:00	Weston Ski Track	Weston	X-Country Skiing/ Snowshoeing
February 23	Wednesday	11:00-3:00	Mt. Tom	Holyoke	Outdoor Recreation
February 26	Saturday	11:00-3:00	Wendell State Forest	Wendell	Outdoor Recreation
February 27	Sunday	12:00-4:00	Weston Ski Track	Weston	X-Country Skiing/ Snowshoeing
March 6	Sunday	12:00-4:00	Weston Ski Track	Weston	X-Country Skiing/Snowshoeing
March 8	Tuesday	11:30-1:30	Cronin Rink	Revere	Adaptive Skating-Games on Ice
March 9	Wednesday	11:00-3:00	DAR State Forest	Goshen	Outdoor Recreation
March 12	Saturday	12:00-2:00	Fitzpatrick Rink	Holyoke	Adaptive Skating-Games on Ice
March 17	Thursday	2:00-4:00	Buffone Rink	Worcester	Adaptive Skating-Games on Ice
April 5	Tuesday	11:30-1:30	Cronin Rink	Revere	Adaptive Skating-Games on Ice
April 9	Saturday	12:00-2:00	Fitzpatrick Rink	Holyoke	Adaptive Skating-Games on Ice
April 14	Thursday	2:00-4:00	Buffone Rink	Worcester	Adaptive Skating-Games on Ice

UNIVERSAL ACCESS PROGRAM 2011 PARTICIPANT REGISTRATION AND RELEASE

Please complete one form for each adult participant. Children may be registered along with an adult family member on the same form with adequate description. You must be a parent or legal guardian to register children under 18 years old. The Department of Conservation and Recreation (DCR) reserves the right to deny its services and/or your participation in any of its programs, or those that are conducted by its contractors or other service providers, to any individual (or legal representative) for any reason, including but not limited to failure to complete and sign this Registration and Release and Waiver of Liability form. DCR or its contractors will make reasonable efforts to have you sign a new waiver and release of liability form each calendar year; however, you agree that the waiver and release you sign today will extend into other calendar years and continue to be effective.

General Information

REC Connect Y N

Name _____ Address _____
 City _____ State _____ Zip _____
 Phone _____ Email* _____
 Sex _____ Height _____ Weight _____ Birth date _____

Emergency Contact Information:

Name _____ Relationship _____
 Address _____
 Home Phone _____ Cell Phone _____ Work Phone _____

*** Would you prefer to receive a twice yearly newsletter of activities by _____e-mail or _____mail?**

Please check your interests: _____Skiing _____Skating _____Snowmobiling _____Snowshoeing _____Kicksledding
 _____Letterboxing _____Cycling _____Hiking _____Fishing _____Geocaching _____Kayaking _____Canoeing
 _____Rowing _____Sailing _____Camping _____Nature _____Birding _____Horseback Riding _____Events
 _____Outdoor Games _____Power Chairs on Ice _____Other: _____

Confidential Questions

So we can better serve your needs, all participants must complete the following:

Yes No

- ☐ ☐ Do you have experience with outdoor recreation?
- ☐ ☐ Do you wear glasses or contact lenses?

Can you:

- ☐ ☐ Swim?
- ☐ ☐ Independently form a watertight seal with your mouth?
- ☐ ☐ Independently hold your head up in the water?
- ☐ ☐ Independently turn your body face up in the water while wearing a life jacket?
- ☐ ☐ Can you alert program staff to your needs?
- ☐ ☐ Can you follow multi-step instructions?
- ☐ ☐ Will a Personal Care Assistant accompany you?

If yes, please provide his/her name _____

- ☐ ☐ Will you be able to refrain from behaviors that pose a risk to yourself and/or others?
 (i.e. Pica behaviors, aggression, inability to set boundaries, lack of safety awareness)

Please explain or offer any additional information you feel the program staff should be aware of for your safety and comfort, including any special accommodations needed:

Medical Information

So we can better serve your needs, please list any medical conditions, or any physical, sensory, cognitive, or emotional disabilities or disorders you have:

Do you have seizures, diabetes, asthma or any allergies (including to insect stings), drug sensitivities, or dietary restrictions? Yes ____ No _____. If yes, please describe _____

Do you carry medication? Yes _____ No _____. If yes, please describe _____

Please list any medications you may take (in addition to those indicated above). Do any of these medications react negatively with sun and/or heat?

Waiver and Release of Liability; Photographs

I, for myself, and on behalf of any minor child to be registered and to whom I am a parent or guardian, hereby release the Commonwealth of Massachusetts, Department of Conservation and Recreation, and its employees, contractors, permittees, agents, representatives, volunteers and other governmental entities working for or with DCR ("Providers") from any and all liability, loss, damages, costs, claims and/or causes of action, including but not limited to property damage and emotional and bodily injuries, including death, arising in any way from my or my child's or ward's enrollment or participation in any program, course or recreational activity of every type and description provided or sponsored by the Providers. I understand that my or my child's or ward's participation in such program, course or recreational activity may involve risk and the possibility of injury to myself or to my child or ward, and to others, and of property damage. I hereby release and hold the Providers harmless from liability for any such injury or damage, whether incurred by me, my minor child or my ward, and including any injury that may occur as a result of emergency care provided by the Providers. I also hereby indemnify the Providers from any liability, loss, damages, costs, claims and/or causes of action brought by the minor child, the ward, or members of the minor child's or ward's family arising from their enrollment or participation, and from claims of others who I or my child or ward injure while participating in such program, course or recreational activity, including any injury that may occur as a result of emergency care provided to others by the Providers.

By participating in recreational activities offered by DCR and its contractors, I give the Providers unlimited access to and use of all photographs in which I (or my ward or minor child) appear for publication or display in newsletters and other media used to illustrate, advertise or promote recreational opportunities in the state forest and park system.

NAME (or as Legal Representative on behalf of
 minor child or ward)

AGE of participant

DATE

OR (If using Legal Representative, provide legal designation):

 (e.g., parent or court-appointed guardian)

 Name(s) of minor or ward

Notes from the Director:

Tom McCarthy

Greater Boston Accessible Recreation

Expanding accessible recreation opportunities in the greater Boston area has been a long-time goal for *The Universal Access Program*. Now, thanks to a shared vision of other adaptive recreation providers and spearheaded by The Carl and Ruth Shapiro Family Foundation, a founding organization, *Greater Boston Accessible Recreation (GBAR)*, has been formed. This organization is comprised of and will serve the needs of accessible recreation providers serving the Boston area. By finding ways to share resources and create professional development opportunities, GBAR hopes to provide a greater reach for all those engaged in providing inclusive, accessible recreation. If you have an interest in becoming a part of this organization please contact me at 413-545-5353.

Welcome Heidi!!

The UAP welcomes Heidi Marie-Peterson to our staff. Heidi joined *The Universal Access Program* in August as the new project coordinator for *Rec Connect*. With a background in outdoor recreation, education, support services and a strong interest in the development of adaptive sports, Heidi brings the necessary enthusiasm, knowledge and leadership needed to strengthen *The Universal Access Program* and achieve the goals of *Rec Connect*.

DCR's Universal Access Grant: *REC Connect*

REC Connect is now up and running! *REC Connect's* goal is to promote and provide recreation programs and opportunities for persons with physical disabilities.

REC Connect serves persons with physical disabilities in Greater Boston, Worcester and Holyoke, MA who are interested in expanding their recreation opportunities.

Teens and adults with physical disabilities, and individuals with severe physical disabilities, are strongly encouraged to apply.



Heidi Marie-Peterson tries to score on Maureen McKinnon-Tucker in Revere.

What a great opportunity to take charge of YOUR FUN!

Selected participants will work with Heidi Marie-Peterson, the project coordinator of *REC Connect* to develop a personal recreation plan with goals.

Participants will be able to observe, explore and be active in such activities as, power wheelchair games, hiking, sailing, rowing, kayaking, nature activities and winter recreation.

Who should apply?

You!

For Questions or to Apply:

Contact Heidi Marie-Peterson
(413) 577-3840

Heidi.Marie-Peterson@state.ma.us

REC Connect is looking for Peer Mentors and Volunteers.

Be a part of positive change!

REC Connect has opportunities for teens and adults with disabilities to be peer leaders.

Become a leader, inspire others, meet new people, experience new opportunities, and BE THE CHANGE!

Save the Date, Adaptive Recreation Fair!

Kick off the summer season:

**Artesani Park in Brighton
(Boston)**

**Saturday, June 4th from
10:00AM–3:00PM**

Meet recreation organizations serving people with disabilities offering a variety of recreation activities and sign up for summer fun! Enjoy recreation info, adaptive cycling, equipment demos, refreshments and festivities.

Call Gigi to register:
(617) 626-1294



Sarah and Anstacia Patch try out a wheelchair tandem bike at the Adaptive Recreation Fair.

Want to donate to Universal Access?

DCR's Conservation Trust and Urban Parks Trust Fund accepts contributions to support and enhance the outdoor recreation opportunities in Massachusetts for people of all abilities.

Your tax-deductible donation will help provide accessibility to our parks through site improvements, specialized adaptive recreation equipment, and accessible recreation programs.

Checks should be made out to The Commonwealth of Massachusetts, noting that the funds are for *The Universal Access Program (UAP)*, and sent to Ms. Sharon Hoey @ DCR, 251 Causeway Street, Suite 600, Boston, MA 02114. Call 617-626-1267 for more information.



DCR Access News Winter 2010

Universal Access Program
251 Causeway Street, Suite 600
Boston, Massachusetts 02114

...is dedicated to providing outdoor recreation opportunities in Massachusetts DCR Parks for visitors of all abilities. Accessibility to our DCR Parks is achieved through site improvements, specialized adaptive recreation equipment and accessible recreation programs. We invite you to use this as a guide to discover MA most accessible parks and forests that offer the recreation opportunities you seek. Please contact our office for copies of this in alternate formats.