

Universal Access Program

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

Volume 16, Issue 1.

Winter 2012

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

Photos by Marcy Marchello
and
Heidi Marie-Peterson

REC Connect's Adaptive Adventure Games!!

DCR's Adaptive Skating-Games on Ice program has been so successful, we decided to take it to the fields for year round fun and games!

Our first adaptive adventure games day took place at DCR's Mt Tom State Reservation with Chicopee's Best Buddies program. This program was custom designed to meet the interests and goals of their group of about forty high school students.

Customized programs for your group can be made by contacting Heidi Marie-Peterson at

(413) 577-3840

Heidi.Marie-Peterson@state.ma.us



Chicopee Best Buddies program takes on a team-building challenge at DCR's Mt. Tom.



Come join the FUN!

Have fun and play games such as tug of war, parachute challenges, kickball, kite flying, and team building games!

Adaptive Adventure Games is coming to a location near you!

Everyone is welcome, pre-registration is required.

Boston: April 28th
Worcester: May 5th
Holyoke: May 19th

Contact Heidi Marie-Peterson to reserve a space!



High School students take on a parachute challenge at DCR's Mt. Tom in Holyoke.

Adaptive Skating- Games on Ice!

Come join the fun at our adaptive skating- games on ice program in Boston, Worcester or Holyoke!

Lace up a pair of conventional skates, or try out your manual or power wheelchair to slide around the ice. Ice sleds are also available to cruise. Propel yourself with small hockey sticks or be pushed around the rink by a friend.

The whole rink is ours to play on!

Activities on the ice include an obstacle course, a tower of blocks for building up and crashing down, races, tons of colorful balls and pucks to shoot around, power chair games and a gentle game of hockey!

Admission and equipment is provided free of cost!

Ice sleds, skate walkers, helmets and ice skates are available.

For more info and to sign up, call 413-577-3840, or email

Heidi.Marie-Peterson@state.ma.us



Linda and Lisa race across the ice with smiles and laughter.

Fitzpatrick Skating Rink in Holyoke.

**Sundays:
12:00PM —2:00PM**

**January 22
February 26
March 18
April 1**

Buffone Skating Rink in Worcester.

Thursdays: *variable*

**January 26: 10:00AM–12:00PM
March 1: 2:00PM–4:00PM
March 29: 2:00PM–4:00PM**

Cronin Skating Rink in Revere.

**Tuesdays:
11:30AM–1:30PM**

**January 10
February 14
March 20**



Family and friends skate together! Try out our adaptive equipment, play games, and have fun!

NIGHT SKATING!

Steriti Rink in Boston's North End

Come join us after work or school for an evening of fun, games, and skating of course! Enjoy the night lights through the glass walls of the rink.

**Thursday: 7:00PM-9:00PM
February 9**

Ice Skating Opportunities

Ice Skating at the Asiaf Rink in Brockton

This adaptive 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: 1:30PM–3:20PM
January 15, 29**

February 12, 26

Outdoor Skating at the Kelly Rink in Jamaica Plain

Join us for Outdoor Adaptive Skating!
Come to the Kelly Rink located in the heart of Jamaica Plain! This adaptive skating program takes place during public skating time.

Call All Out Adventures to sign up:

(413) 527-8980

Wednesday: 1:00PM–3:00PM

January 18

February 1

Ice Skating at Steriti Rink in the North End

This adaptive skating program takes place during public skating. Ice sleds and skate walkers are available!

Call All Out Adventures to sign up:

(413) 527-8980

**Tuesdays: 1:30PM–3:30PM
January 24**

February 7



Dwayne and his family having tons of fun using ice sleds!

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/recreate/skating.htm

Notes from the Director

Tom McCarthy

Most of the time in my job, when it comes to programming, I only get to hear about the great work being done by my staff and how enjoyable the programs can be. I usually hear these reports while sitting in my office or attending a meeting of some sort. So, as a twist to this part of my work, I've begun attending most of the "Adaptive Skating-Games on Ice" programs to help out. This has proven to be one of the most enjoyable things I have done as part of DCR's Universal Access Program. Not only is it very satisfying to see our participants enjoying themselves, it is just plain fun. There is a special thrill to being on the ice and moving in ways that are completely different from everyday mobility. Whether it be moving on the ice in a free-form way or getting involved in an adaptive pickup hockey game, the time on the ice just flies by. I highly recommend that everyone take the opportunity to skate this winter and experience the great fun that can be had at one of our winter programs listed here or get to one of our rinks on your own.

Outdoor Programs

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

Saturdays: January 21,

February 4, 18

Wednesday: February 22

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 14, 28

February 11, 25

March 3



Sheila enjoys a day of snowshoeing at DCR's Wendell State Forest.



Alejandra has a blast sit skiing at 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

Sundays:

January 29

February 5, 12, 26

March 4

and

Monday, February 20

D.A.R. State Forest

Snowshoeing, kicksledding, cross-country skiing, enjoying a campfire and winter explorations as conditions permit in Goshen.

Call *Stavros Outdoor Access* to sign up.

(413) 259-0009

11:00AM–3:00PM

Thursday: January 12, 19

Tuesday: March 6, 13

UNIVERSAL ACCESS PROGRAM

2012 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 for 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: _____ Adventure Games _____ Skiing _____ Skating _____ Snowmobiling
 _____ Snowshoeing _____ Kicksledding _____ Letterboxing _____ Cycling _____ Hiking _____ Fishing _____ Geocaching
 _____ Kayaking _____ Canoeing _____ Rowing _____ Sailing _____ Camping _____ Nature _____ Birding
 _____ Horseback Riding _____ Events _____ 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

CALENDAR OF EVENTS:

Access News Page 7

| Date | Day | Time | Location | Town | Theme |
|-------------|-----------|-------------|----------------------|---------------|-------------------------------|
| January 10 | Tuesday | 11:30-1:30 | Cronin Rink | Revere | Adaptive Skating-Games on Ice |
| January 12 | Thursday | 11:00-3:00 | D.A.R. State Forest | Goshen | Outdoor Recreation |
| January 14 | Saturday | 11:00-3:00 | Wendell State Forest | Wendell | Outdoor Recreation |
| January 15 | Sunday | 1:30-3:20 | Asiaf Rink | Brockton | Public Skating/Assisted |
| January 18 | Wednesday | 1:00-3:00 | Kelly Rink | Jamaica Plain | Outdoor Adaptive Skating |
| January 19 | Thursday | 11:00-3:00 | D.A.R. State Forest | Goshen | Outdoor Recreation |
| January 21 | Saturday | 11:00-3:00 | Mt. Tom | Holyoke | Outdoor Recreation |
| January 22 | Sunday | 12:00-2:00 | Fitzpatrick Rink | Holyoke | Adaptive Skating-Games on Ice |
| January 24 | Tuesday | 1:30-3:30 | Steriti Rink | North End | Public Skating/Assisted |
| January 26 | Thursday | 10:00-12:00 | Buffone Rink | Worcester | Adaptive Skating-Games on Ice |
| January 28 | Saturday | 11:00-3:00 | Wendell State Forest | Wendell | Outdoor Recreation |
| January 29 | Sunday | 12:00-4:00 | Weston Ski Track | Weston | X-Country Skiing/ Snowshoeing |
| January 29 | Sunday | 1:30-3:20 | Asiaf Rink | Brockton | Public Skating/Assisted |
| February 1 | Wednesday | 1:00-3:00 | Kelly Rink | Jamaica Plain | Outdoor Adaptive Skating |
| February 4 | Saturday | 11:00-3:00 | Mt. Tom | Holyoke | Outdoor Recreation |
| February 5 | Sunday | 12:00-4:00 | Weston Ski Track | Weston | X-Country Skiing/ Snowshoeing |
| February 7 | Tuesday | 1:30-3:30 | Steriti Rink | North End | Public Skating/Assisted |
| February 9 | Thursday | 7:00-9:00PM | Steriti Rink | North End | Adaptive Skating-Games on Ice |
| February 11 | Saturday | 11:00-3:00 | Wendell State Forest | Wendell | Outdoor Recreation |
| February 12 | Sunday | 12:00-4:00 | Weston Ski Track | Weston | X-Country Skiing/ Snowshoeing |
| February 12 | Sunday | 1:30-3:20 | Asiaf Rink | Brockton | Public Skating/Assisted |
| February 14 | Tuesday | 11:30-1:30 | Cronin Rink | Revere | Adaptive Skating-Games on Ice |
| February 18 | Saturday | 11:00-3:00 | Mt. Tom | Holyoke | Outdoor Recreation |
| February 20 | Monday | 12:00-4:00 | Weston Ski Track | Weston | X-Country Skiing/ Snowshoeing |
| February 22 | Wednesday | 11:00-3:00 | Mt. Tom | Holyoke | Outdoor Recreation |
| February 25 | Saturday | 11:00-3:00 | Wendell State Forest | Wendell | Outdoor Recreation |
| February 26 | Sunday | 12:00-2:00 | Fitzpatrick Rink | Holyoke | Adaptive Skating-Games on Ice |
| February 26 | Sunday | 12:00-4:00 | Weston Ski Track | Weston | X-Country Skiing/ Snowshoeing |
| February 26 | Sunday | 1:30-3:20 | Asiaf Rink | Brockton | Public Skating/Assisted |
| March 1 | Thursday | 2:00-4:00 | Buffone Rink | Worcester | Adaptive Skating-Games on Ice |
| March 3 | Saturday | 11:00-3:00 | Wendell State Forest | Wendell | Outdoor Recreation |
| March 4 | Sunday | 12:00-4:00 | Weston Ski Track | Weston | X-Country Skiing/Snowshoeing |
| March 6 | Tuesday | 11:00-3:00 | D.A.R. State Forest | Goshen | Outdoor Recreation |
| March 13 | Tuesday | 11:00-3:00 | D.A.R. State Forest | Goshen | Outdoor Recreation |
| March 18 | Sunday | 12:00-2:00 | Fitzpatrick Rink | Holyoke | Adaptive Skating-Games on Ice |
| March 20 | Tuesday | 11:30-1:30 | Cronin Rink | Revere | Adaptive Skating-Games on Ice |
| March 29 | Thursday | 2:00-4:00 | Buffone Rink | Worcester | Adaptive Skating-Games on Ice |
| April 1 | Sunday | 12:00-2:00 | Fitzpatrick Rink | Holyoke | Adaptive Skating-Games on Ice |

Save the Date for our Adaptive Recreation Fair!

Kick off the summer season:

**Artesani Park in Brighton
(Boston)**

**Saturday, June 9th 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



*A young girl cycling the loop at the DCR's
Adaptive Recreation Fair.*

Want to donate to Universal Access?

*DCR's Conservation Trust and
Urban Parks Trust Fund accepts contribu-
tions 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 acces-
sible recreation programs.*

*Checks should be made out to The
Commonwealth of Massachusetts, noting
that the funds are for The Universal Ac-
cess 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 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.



DCR Access News Winter 2012

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



COME OUT AND PLAY!