



Make a reservation to go camping in an accessible yurt in 2016



Try an accessible DCR yurt.

Campground reservations open six months in advance and fill up fast, especially at popular campsites. Plan your summer vacation now! Try an accessible yurt in July or September at Shawme-Crowell State Forest, Nickerson State Park, or Wells State Park. To reserve a yurt or for more information about accessible camping, call Rachael at 413-545-5745.

Play around with some fun winter gear this season!

Winter is a great time to try out some of UAP's gear to help navigate the snow and ice.

Skate walkers provide secure balance on the ice, for novice and experienced skaters alike. We've recently upgraded to some sturdy metal walkers from Gliding Stars, an adaptive skating program in New York. The new walkers hold up well in the cold and are easy to use. They also pair up wonderfully with ice grippers that offer traction with steel coils that are safer and less damaging to the ice surface than spikes.



New skate walkers.



Picking up speed!

Kicksleds are a fast and fun way to get around the snow and transport people, gear, or even groceries! A wooden chair is mounted on long runners with footplates. The person pushing the sled can stand on the plates and glide along when going quickly or sledding down hills. The sleds are steered by twisting the flexible frame, and stopped by braking with the feet. The person sitting in the sled can assist with ski poles to make the ride an easier one. The sleds work best on moderate terrain, but small hills provide a thrill, too.

If you'd like to explore a new way to get around this winter, come to a program and give our equipment a try. We'll hope to see you in the parks!

Before You Come

♦ Pre-Register ♦

Get into the activity sooner when you arrive! Come with your waiver filled out!

www.mass.gov/dcr/universal-access/waiver

In the event of poor weather:

Contact the providing organization listed inside.

Need to cancel?

Please call the providing organization and leave a message.

Check out our blog:

www.everyoneoutdoors.blogspot.com

Stop by our website:

www.mass.gov/dcr/universal-access

Visit us on Facebook:

www.facebook.com/DCR.Universal.Access.Program

See stories and photos from our programs across the state and share your own adventures!

All Photos by DCR staff

Work to Play Initiative

The Universal Access Program (UAP) is excited to partner with Spaulding Rehab Hospital to expand the range of accessible recreation opportunities for working people with disabilities in the Boston area. This Work to Play Initiative (W2P) will bring more weekend and evening programs to the UAP program schedule, to provide programming outside of regular working hours.



Enjoying the lights and the sights at the Frog Pond.

Our first Work to Play program will take place on the Boston Common Frog Pond on Wednesday, February 24th from 5PM to 8PM. The Frog Pond is in a prime location and easily accessible via public transportation, and is a beautiful scene in the evenings. Come join us to enjoy the fresh air and see the Boston skyline light up the ice!

We are looking for your help to expand this initiative in the coming seasons so that working people can take advantage of all of the great recreational opportunities at parks across the state. If you are a person with a disability who works, or know someone who is, please take a few minutes to fill out our survey at goo.gl/DDRMmW

In addition to the Work to Play initiative, we already offer some weekend winter programming in the Boston area at DCR's Leo J. Martin Ski Track in Weston. To sign up for this program, please contact Stavros Outdoor Access at the number on the following page. If you would like more information about the initiative or would like to attend a Work to Play program, please contact the Universal Access Program at **413-348-2383**.

Notes from the Director

As I look at our considerable inventory of adaptive and off the shelf recreation equipment I am acutely aware of how critical it is to match the right gear with each individual in order to make the experience of recreation in Massachusetts state parks a seamless and enjoyable one. Over the past 20 years we have seen incredible advances in the range of adaptive equipment designed for practically every type of recreation out there. It seems the number of new designs and range of adaptive equipment is multiplying an incredible rate. It's hard to keep up at times with items such as power assist 4 wheel mountain bikes, track systems that adapt manual chairs for off-road mobility, or smart phone apps that provide nature interpretation for individuals who cannot see or read interpretive signage in the landscape. As we move ahead, the Universal Access Program will do its part to integrate these technological advances into our inventory of adaptive equipment as best we can so everyone can access our parks and activities regardless of ability.

Tom McCarthy

Outdoor Programs

Leo J. Martin Ski Track
Come to DCR's Leo J. Martin Ski Track in Weston to enjoy cross-country skiing, kicksledding and snowshoeing on a groomed course. Snow is made daily!

Call *Stavros Outdoor Access* to sign up.
413-259-0009

12:00PM–4:00PM
Sundays: January 31
February 7, 21, 28
March 6
&
Monday, February 15



Sitskiing at Weston Ski Track.

Mt. Tom State Reservation
Visit the popular accessible trail around Lake Bray this winter on snowshoes, skis, or on a kicksled. Bring your lunch and chat in the warming hut before the group hits the trails.

Call *Stavros Outdoor Access* to sign up.
413-259-0009

Thursdays, 11:00AM–3:00PM

February 11
March 10



A happy group heading out at Wendell State Forest.

Wendell State Forest
Enjoy the winter woods with outdoor skating, cross-country skiing, snowshoeing, and snowmobile rides, as conditions permit.

Call *All Out Adventures* to sign up.
413-584-2052

Saturdays, 11:00AM–3:00PM

January 16, 23, 30
February 6, 13, 20, 27

Wendell State Forest

Explore the groomed trails on cross-country skis, snowshoes, or a kicksled. Bring a lunch and warm up around the fire before heading out on a group excursion!

Call *Stavros Outdoor Access* to sign up: **413-259-0009**

Wednesday, January 6
11:00AM–3:00PM



Cindi, Jenna, and service dog Zoe snowshoe on the trails at Mt. Tom.

Adaptive Skating—Games on Ice!

Come join the fun at our adaptive skating program in Holyoke, Worcester, or Revere!

Lace up a pair of conventional skates or slide around the ice on your manual or power wheelchair. Ice sleds are also available to glide around—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 obstacle courses, a tower of blocks for building up and crashing down, races, colorful balls and pucks to shoot around, power chair games, and gently competitive hockey matches.

Admission and equipment is provided free of cost.

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

For more info and to sign up, call 413-545-5758 or email marcy.marchello@state.ma.us



Harper checks out a tower of blocks.

Fitzpatrick Skating Rink

Holyoke, MA

Sundays, 1:00PM–2:50PM

January 17

February 14

March 20

Buffone Skating Rink

Worcester, MA

Thursdays, 10:00AM–11:50PM

January 21

March 24

Cronin Skating Rink

Revere, MA

Tuesdays, 11:30AM–1:20PM

January 12

February 16

March 15



Shot practice while Mark and service dog Orbit guard the goal. Orbit's a pro at getting the ball!



Battling for the puck in a pick-up game of hockey.

Ice Skating Opportunities

Ice Skating at Asiaf Rink Brockton, MA

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: 413-584-2052

Sundays, 1:30PM–3:20PM

January 10, 24
February 7, 21, 28
March 6



Say cheese! Having fun out on the ice is what we're all about!

Outdoor Skating at The Frog Pond Boston, MA

Join us for outdoor adaptive skating after work!

Come to the Frog Pond on the Boston Common and enjoy adaptive skating at a beautiful location in the heart of the city during public skating time.

Call *All Out Adventures* to sign up:
413-584-2052

Wednesday, February 24
5:00PM–8:00PM



The public skating scene in Brockton.

Ice Games and Skating at Driscoll Rink Fall River, MA

Play games on the ice during the weekday programs, or stop by on the weekend for assisted public skating.

Call *All Out Adventures* to sign up:
413-584-2052

Wednesdays,
11:00AM–12:50PM
February 3, March 2

Sunday, March 13
2:00PM–3:50PM




Nina tries out a sled.

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, Charlestown, Fall River, Franklin, Jamaica Plain, Greenfield, Holyoke, Hyde Park, Medford, Newburyport, North Adams, Plymouth, Revere, Somerville, Springfield, Taunton, West Roxbury, Weymouth, and Worcester.

For more info, visit www.mass.gov/dcr/universal-access/skating or call the Universal Access Program at 413-545-5758

Calendar of Events

Date	Day	Time	Location	Town	Theme
January 6	Wednesday	11:00–3:00	Wendell State Forest	Wendell	Outdoor Recreation
January 10	Sunday	1:30–3:20	Asiaf Rink	Brockton	Assisted Public Skating
January 12	Tuesday	11:00–1:20	Cronin Rink	Revere	Adaptive Skating Games
January 16	Saturday	11:00–3:00	Wendell State Forest	Wendell	Outdoor Recreation
January 17	Sunday	1:00–2:50	Fitzpatrick Rink	Holyoke	Adaptive Skating/Ice Games
January 21	Thursday	10:00–11:50	Buffone Rink	Worcester	Adaptive Skating/Ice Games
January 23	Saturday	11:00–3:00	Wendell State Forest	Wendell	Outdoor Recreation
January 24	Sunday	1:30–3:20	Asiaf Rink	Brockton	Assisted Public Skating
January 30	Saturday	11:00–3:00	Wendell State Forest	Wendell	Outdoor Recreation
January 31	Sunday	12:00–4:00	Leo J. Martin Ski Track	Weston	X-Country Skiing/Snowshoeing
February 3	Wednesday	11:00–12:50	Driscoll Rink	Fall River	Adaptive Skating/Ice Games
February 6	Saturday	11:00–3:00	Wendell State Forest	Wendell	Outdoor Recreation
February 7	Sunday	12:00–4:00	Leo J. Martin Ski Track	Weston	X-Country Skiing/Snowshoeing
February 7	Sunday	1:30–3:20	Asiaf Rink	Brockton	Assisted Public Skating
February 11	Thursday	11:00–3:00	Mt. Tom Reservation	Holyoke	Outdoor Recreation
February 13	Saturday	11:00–3:00	Wendell State Forest	Wendell	Outdoor Recreation
February 14	Sunday	1:00–2:50	Fitzpatrick Rink	Holyoke	Adaptive Skating/Ice Games
February 15	Monday	12:00–4:00	Leo J. Martin Ski Track	Weston	X-Country Skiing/Snowshoeing
February 16	Tuesday	11:30–1:20	Cronin Rink	Revere	Adaptive Skating/Ice Games
February 20	Saturday	11:00–3:00	Wendell State Forest	Wendell	Outdoor Recreation
February 21	Sunday	12:00–4:00	Leo J. Martin Ski Track	Weston	X-Country Skiing/Snowshoeing
February 21	Sunday	1:30–3:20	Asiaf Rink	Brockton	Assisted Public Skating
February 24	Wednesday	5:00–8:00	Boston Common	Boston	 Assisted Public Skating
February 27	Saturday	11:00–3:00	Wendell State Forest	Wendell	Outdoor Recreation
February 28	Sunday	12:00–4:00	Leo J. Martin Ski Track	Weston	X-Country Skiing/Snowshoeing
February 28	Sunday	1:30–3:20	Asiaf Rink	Brockton	Assisted Public Skating
March 2	Wednesday	11:00–12:50	Driscoll Rink	Fall River	Adaptive Skating/Ice Games
March 6	Sunday	12:00–4:00	Leo J. Martin Ski Track	Weston	X-Country Skiing/Snowshoeing
March 6	Sunday	1:30–3:20	Asiaf Rink	Brockton	Assisted Public Skating
March 10	Thursday	11:00–3:00	Mt. Tom Reservation	Holyoke	Outdoor Recreation
March 13	Sunday	2:00–3:50	Driscoll Rink	Fall River	Assisted Public Skating
March 15	Tuesday	11:30–12:50	Cronin Rink	Revere	Adaptive Skating/Ice Games
March 20	Sunday	1:00–2:50	Fitzpatrick Rink	Holyoke	Adaptive Skating/Ice Games
March 24	Thursday	10:00–11:50	Buffone Rink	Worcester	Adaptive Skating/Ice Games

General Information:

OFFICE: V P D PCA GS W DB IN
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Please complete one form for each adult participant. Children may be registered along with an adult family member on the same form. You must be a parent or legal guardian to register children under 18 years old. Please print clearly.

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

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

Optional: Veteran Status: __yes I have served in the U.S. military __no I am not a veteran

The undersigned, on behalf of the below mentioned participant, in connection with his/her participation in events held by DCR's Universal Access Program hereby release the Commonwealth of Massachusetts, Department of Conservation and Recreation, and its employees, permittees, vendors, 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.

The undersigned, on behalf of the below mentioned participant, in connection with his/her participation in events held by DCR's Universal Access Program, gives my permission for the Commonwealth of Massachusetts, including it DCR, to use photographs and/or videotape of me or the participant for publicity and media purposes, including but not limited to internet publications and inclusion in any DCR publication.

Individual Participant: SIGN HERE

DATE _____

If participant is under 18 years of age or has legal guardian, signature of parent/guardian required:

Parent/Guardian: SIGN HERE

Parent/Legal Guardian name (please print):

2016 PARTICIPANT REGISTRATION FORM

General Information:

Name: _____ Birth date: _____

Emergency Contact: _____ Emergency Contact Phone Number: _____

Medical Information

Please complete this information to help us better serve you. Please check any that apply.

☐ Seizure Disorder ☐ Heart Disease ☐ Diabetes

☐ Traumatic/Acquired Brain Injury ☐ Bleeding Disorder ☐ Lung or breathing disorder

☐ High Blood Pressure ☐ Life Threatening Allergies ☐ Dementia

☐ Weakness or Paralysis of Extremities: ☐ Left ☐ Right

☐ Other (Please explain): _____

Please explain any medical information checked _____

Confidential Questions

So we can better serve your needs, please complete the following:

Height _____ Weight _____

☐ Yes ☐ No Can you independently form a watertight seal with your mouth?

☐ Yes ☐ No Can you independently hold your head up in the water?

☐ Yes ☐ No Can you independently turn face up in the water while wearing a life jacket?

☐ Yes ☐ No Can you alert program staff to your needs?

☐ Yes ☐ No Will you be able to refrain from behaviors that pose a risk to yourself and/or others? (i.e. Pica, aggression, lack of safety awareness, wandering away from the group)

☐ Yes ☐ No Will a Personal Care Assistant accompany you?

If yes, please provide his/her name _____

☐ Yes ☐ No Do you carry any medication?

If yes, please describe _____

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

Fun stuff!

Selected DCR events around Massachusetts



First Day Hikes: Start the New Year with an outdoor hike! All abilities welcome, hikes vary from easy to challenging. For a list of parks, visit www.mass.gov/dcr/first-day-hikes or call 617-626-4962. Contact each park for accessibility information and accommodation requests.

* Greater Boston *

Maple Sugaring Days at Blue Hills State Reservation, Canton: March 19th and 20th

Learn more about maple sugaring and sample some early spring sweetness at Brookwood Farm in Milton from 10AM–4PM. Please contact Amy Wilmot for more details and regarding site accessibility and accommodations: 508-866-2580 ex 126, amy.wilmot@state.ma.us. Admission: \$6 per person.

* Northeast *

Art shows at Lawrence Heritage State Park, Lawrence: Open 9AM–4PM, daily.

Learn about the history of Lawrence any time in an accessible and warm indoor location, or check out the changing gallery exhibits. February will showcase local photography of the mills, and March features an Irish Heritage Month show. Call Jim at 978-794-1655 for more info.

* Southeast *

Winter and spring activities at Fall River Heritage State Park, Fall River: Although currently closed for renovations, Fall River Heritage State Park will be re-opening in February for programs and activities. To find out about events or to request one, call 508-675-5759.

Borderland State Park, Easton: Ongoing programs this winter. Call or email for a program schedule: 508-238-6566 or borderland.park@state.ma.us.

* Central *

Programs and canal walks at Blackstone River and Canal Heritage State Park, Uxbridge: Ongoing.

Learn about the role of canals in transporting materials and manufactured goods between emerging industrial centers in an accessible indoor location, or walk along the flat, hard-packed towpath. For information and a program schedule, call 508-278-7604 or email kathryn.parent@state.ma.us.

* West *

19th Annual First Night Jr. at Holyoke Heritage State Park, Holyoke: December 31, 10AM–4PM

Ring in the new year at Holyoke Heritage State Park! This fun-filled event includes unlimited rides on the accessible Merry-Go-Round, performances, a travelling zoo, ice sculptures, crafts, a ball drop, and more. Tickets are \$8. For more information, please call the Merry-Go-Round at 413-538-9838.

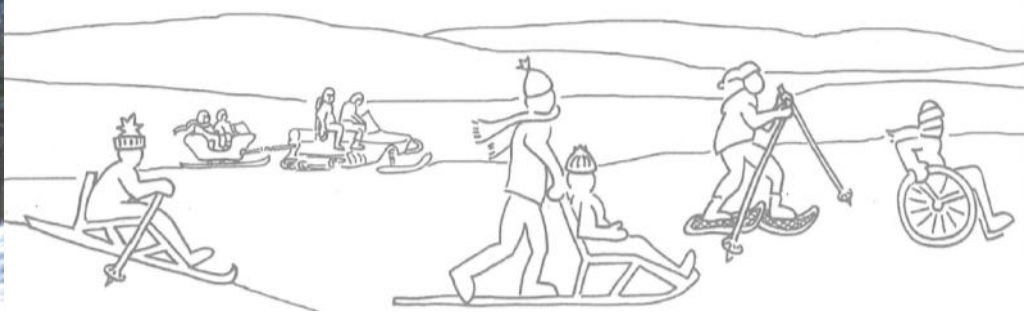
Urban Hikes at Holyoke Heritage State Park: Sundays at 12pm and Tuesdays at 2pm, ongoing.

Bundle up and stay active through the winter! Join a park interpreter for an easy 1 mile walk through the Heritage State Park and along the nearby canals on flat, paved ground. For more information and additional programs, call the Visitors' Center at 413-534-1723.

Canal-side walks and indoor programs at Great Falls Discovery Center, Turner's Falls: Ongoing.

Join a DCR park interpreter on level, paved bike trails and village sidewalks. Explore stories of industrialization and cultural and natural history along the Connecticut River and Turners Falls Power Canal. For more info and a full schedule, visit greatfallsdiscoverycenter.org or call 413-863-3221.

More accessible and adaptive fun in the parks!



Although this newsletter features all of the accessible and adaptive winter programs that the Universal Access Program offers, DCR parks and properties are also used by other organizations for their own accessible programming. The next few pages feature some of these organizations and the DCR facilities that they will be using this winter.

All Out Adventures at DCR's Wendell State Forest and DCR's Mt. Tom State Reservation

All Out Adventures (AOA) has a long history with the DCR, having been founded in 2001 by two outdoor leaders formerly contracted by the Department. In addition to UAP programs, AOA runs their own recreation programs for seniors, veterans, and individuals with head injuries.

A favorite winter location for AOA's Senior Snowshoeing and Statewide Head Injury programming is Wendell State Forest. While the accessible warming hut provides an ideal place to meet and set up programs, AOA director Karen Foster says that it's the incredible support from DCR park staff that makes Wendell State Forest such an excellent site for programming. Park staff keep the parking lots and walkways clear of snow and ice, ensure that the warming hut stays stocked with firewood, and groom the extensive trail system. The staff even creates a skating rink every year that allows everyone to enjoy outdoor skating.



*AOA's Veterans program in Wendell State Forest.
Photo by AOA staff.*



Mt. Tom and the DAR State Forest are also popular locations for AOA winter programs. For more information about AOA programming at DCR facilities and beyond, call 413-584-2052 or visit www.alloutadventures.org

Mt. Wachusett Adaptive Ski Program at DCR's Wachusett Mountain State Reservation



*Downhill monoskiing.
Photo by Dick Crisafulli.*

If you're looking to try downhill skiing, why not stop by Wachusett Mountain State Reservation in Princeton this winter?

Since 1984, the Mt. Wachusett adaptive ski program has been offering lessons for visitors with physical, visual, cognitive, and hearing disabilities. The ski program offers traditional skis as well as seated monoskis and bi-skis. Monoskis can be turned with only four pounds of pressure, so if you can move your head a few inches, you can navigate the slopes! For more information or to schedule a session, call



978-464-2300, extension 3307.

Spaulding Adaptive Sports Centers at DCR Rinks and DCR's Wachusett Mountain State Reservation

Adaptive Hockey at DCR Rinks

Spaulding Adaptive Sports Centers (SASC) partner with the UAP to bring you games on ice at Cronin Rink in Revere, but they also offer adaptive hockey at several other DCR-owned rinks as part of their Sears Adaptive Hockey Program. DCR rinks provide an excellent platform to help fulfill the mission of growing adaptive hockey in Eastern Mass. Join SASC at the following rinks this winter, January through March. All abilities welcome! No cost, and instruction and equipment are provided.

Saturdays: Allied Veterans Memorial Rink, Everett

Sundays and Thursdays: John G. Asiaf Memorial Rink, Brockton

Wednesdays: Emmons Horrigan O'Neil Memorial Rink, Charlestown


Learn to ski at DCR's Wachusett Mountain State Reservation, Princeton

Spaulding's ski club offers day trips on Saturdays to mountains throughout New England, but you can learn to ski right here in Massachusetts! Hit the slopes at Mt. Wachusett on Wednesdays, January through March.



Learn to play sled hockey at a DCR rink!

Photo by Karen Anderson

 **SPAULDING**
ADAPTIVE SPORTS CENTERS For more information or to register for these programs, call Spaulding Adaptive Sports Centers at 877-976-7272 or visit spauldingrehab.org

Waypoint Adventure at DCR's Blue Hills Reservation and DCR's Quincy Quarries



Rock climbing at Quincy Quarries.

DCR's Blue Hills Reservation offers a beautiful wooded experience just minutes from downtown Boston, and is the ideal location for Waypoint Adventure to teach winter skills in their popular snowshoeing program. Over 125 miles of trails provide a variety of options for individuals and groups to learn the skills of winter wilderness navigation. Although this program is currently full for the year, check in with Waypoint for other program opportunities!

Waypoint also utilizes historic Quincy Quarries for their outdoor rock climbing programs. The granite that built the Bunker Hill Monument provides a solid foundation for a challenging and rewarding climbing experience.

For more information about Waypoint Adventure's programming, call 617-244-5472 or visit waypointadventure.org



Donations welcome! DCR's Conservation Trust and Urban Parks Trust Fund accepts contributions to support and enhance outdoor recreation in Massachusetts for people of all abilities. Your tax-deductible donation will help provide access to our parks through site improvements, adaptive recreation equipment, and accessible recreation programs. Call 617-626-1267 for more information.

Checks should be made out to The Commonwealth of Massachusetts, noting that the funds are for The Universal Access Program (UAP), and sent to:

DCR's Conservation Trust and Urban Parks Trust Fund
251 Causeway Street, Suite 600,
Boston, MA 02114



Save the date for our Adaptive Recreation Fair!

Artesani Park in Brighton (Boston)

Saturday, June 4th

10:00AM–3:00PM

Join the Universal Access Program to kick off the summer recreation season! Meet other organizations that offer accessible and adaptive recreation opportunities and sign up for new adventures this summer.

Along with program information, enjoy adaptive cycling and letterboxing, equipment demos, refreshments, music, and more. For details or to register, call

Laila at 413-545-5759 or email

laila.soleimani@state.ma.us



Signing up for fun at the Adaptive Rec Fair at Artesani Park!

DCR's Universal Access Program is dedicated to providing outdoor recreation opportunities in Massachusetts State Parks for visitors of all abilities. Accessibility to MassParks is achieved through site improvements, specialized adaptive recreation equipment, and accessible recreation programs.

We invite you to use this newsletter to discover the most accessible recreation opportunities in Massachusetts State Parks! Please contact our office for copies in alternative formats.



DCR Access News Winter 2016

Universal Access Program

PO Box 484

Amherst, MA 01004

