

## DCR UAP Winter Schedule 2022-2023

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



## General Information

The Universal Access Program (UAP) offers adaptive, accessible programming seasonally at state parks, pools, and rinks. We partner throughout the year with **All Out Adventures**, **Easterseals Massachusetts**, **Holyoke Rows**, and **Waypoint Adventure** to run our programs. Our East Boston skating program is supported by **Spaulding Adaptive Sports Centers**.

Our structured programs feature adaptive equipment, professional staff, and instruction and support. Friends, family members, and companions are encouraged to take part in our programs alongside participants with disabilities.

## Release Forms and Pre-registration

A current **release form** is required for all of our programs. You must also pre-register for each activity with the providing organization. Get into the activity sooner when you arrive by bringing your release form filled out! To pre-register for an activity, in the event there is inclement weather, or if you need to cancel, please contact the providing organization listed for each program.

## Essential Eligibility Criteria and Program Attendance Guidelines

You must also meet the **essential eligibility criteria (EEC)** and follow our **Program Attendance Guidelines (PAG)** for the activity. EEC help you understand the skills you need to participate in our programs. For risk management considerations, everyone who attends our programs must meet these EEC. You can meet the EEC independently, or with the help of a caregiver (a family member, friend, or PCA). Visit us at [mass.gov/dcr/universal-access/eec](https://mass.gov/dcr/universal-access/eec) to learn more. If you have concerns about your ability to meet the EEC or PAG, please speak with the organization leading the activity. If you have general questions or concerns, please contact us at by email or phone at [DCR.UniversalAccess@mass.gov](mailto:DCR.UniversalAccess@mass.gov) or (857) 319-2168

Check out [mass.gov/dcr/universal-access](https://mass.gov/dcr/universal-access) to keep up-to-date with our activities!



## Universal Access Spotlight



Three years ago, Heather Pfleider began working at West Roxbury VA Boston Healthcare System's as the Spinal Cord Injury Inpatient Unit Recreation Specialist. She began looking for ways to bring inpatient veterans into the community and found the Universal

Access Adaptive Skating Program at Porrazzo Rink. This opportunity gave insight of things their program may be able to do on their own. Some of the Veterans were using a power chair with head controls and did not have to leave their chairs to skate. The skaters loved being on the ice. Heather knew there was a DCR rink across the street from the hospital. She reached out to the FMC rink manager, Dennis Caulfield. He was extremely excited to collaborate and gave her program the ice time to create an Adaptive Skating Program. Heather shares the benefits of being at Jim Roche Arena which include having their own set time to use the ice, that no transportation is needed, and that the program allows VA doctors, residents, and fellows to come to see and interact with veterans in a different environment. It is an opportunity to come together for community, exercise, and fun!





# IMPORTANT ANNOUNCEMENT

## Final Mass Paper Mailing

This newsletter will be the final automatic paper mailing for Universal Access Program. Going forward our information will be distributed through social media, website, and email. If you would like to have future newsletters continued to be paper mailed to you please email (Kristen.Rhodes@mass.gov) or call (857-319-2168) and you will be put on our new paper mail list. You are also welcome to connect to verify the email address we have on file for you.



## New Online Waiver for Registration and Release

We have updated our Participant Release Form. If you are planning to attend any program, please go to <https://www.mass.gov/forms/dcr-universal-access-program-release-form> and complete the form. This form will be good for the calendar year. If you have any questions or need assistance completing the form please contact: Kristen.Rhodes@mass.gov or call 857-319-2168.

## Universal Access Outdoor Connections

Please join us on Zoom at Universal Access Outdoor Connections! A time to find out about and share your experience with accessible and adaptive programs in DCR Parks.

Date and Time	Topic
January 20, 10am	Winter Recreation- DCR Programs, Parks and Trails
February 17, 10am	Partnering with DCR Parks for Programs and Groups
March 17, 10am	Accessible Hiking in DCR Parks
April 21, 10am	Birding in DCR Parks
May 19, 10am	Summer Programs and Opportunities

# Accessible Outdoor Winter Recreation

## Leo J. Martin Ski Track

Weston

*Reserve an hour-long outdoor experience!*

**12 p.m.–4 p.m.**

**Wednesdays: January 11, 18, 25**

**February 15, 22**

**March 1**

**Sundays: January 22 and February 5**

**Snow made on site! Trails groomed daily!**

Hit the trails using a kicksled, sit-ski, snowshoes, ice grippers, or cross-country skis!

**Times may vary! Call for details.**

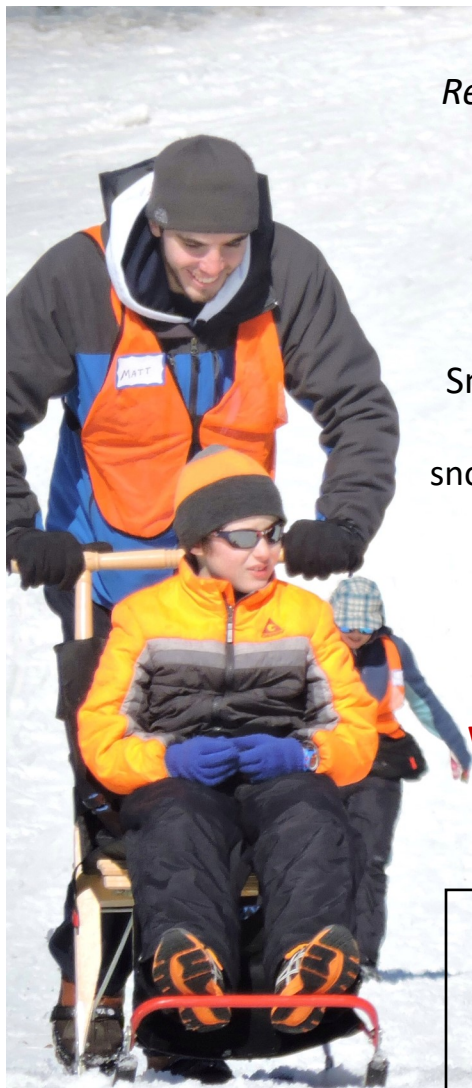
### Seeking Volunteers!

Help out at some or all programs!

### Mandatory Training:

**Wednesday, January 4th (or January 5th  
or 6th weather depending)**

**For more info or to register for a  
program, contact Waypoint  
Adventure: [www.waypoint-  
adventure.jumbula.com](http://www.waypoint-adventure.jumbula.com)**



## Western MA Locations

**Wednesday, February 1**

**Monday, March 13**

Visit the accessible trail on snowshoes, skis, ice grippers, a sit-ski, or a kicksled. Bring your lunch and enjoy the warm campfire with us!

**For more info or to register for a  
program, contact Waypoint  
Adventure: [www.waypoint-  
adventure.jumbula.com](http://www.waypoint-adventure.jumbula.com)**

## More Accessible Outdoor Winter Recreation!



### Dunn State Park Gardner

*Preregistration required. Call to reserve your time for an outdoor experience!*

**Fridays: 10:30 a.m.–2:30 p.m.**

**January 27**

**February 3, 10, 17**

**Weather Make up Date:  
March 3**

Join us for adaptive ice skating under the pavilion or hit the trails to snowshoe, hike, or kicksled! Warm up by the fireplace at the accessible visitor center!

### Wendell State Forest Wendell

*Preregistration required. Call to reserve your time for an outdoor experience!*

**Saturdays: 11 a.m.–3 p.m.**

**January 14, 21, 28**

**February 4, 11, 18, 25**

**Weather Make up Dates:  
March 4 & March 11**

Enjoy the winter woods with outdoor ice skating, gentle hockey games, sit-skiing, cross country skiing, kicksledding, hiking, and snowshoeing. Bring a lunch and warm up next to the outdoor fire!



For more details and to register for programs listed above, contact  
**All Out Adventures at [info@alloutadventures.org](mailto:info@alloutadventures.org) or (413) 584-2052.**

# Adaptive Ice Skating Opportunities

Come as you are and play on the ice! Lace up a pair of conventional skates or slide around the ice in your wheelchair. Ice sleds, skate walkers, helmets, and ice grippers are also available. Activities may include obstacle courses, a block tower, color balls and pucks to shoot around, and gentle hockey matches.

**Admission and equipment are provided free of cost.  
Pre-registration is required.**

To register for Holyoke, Worcester, and/or East Boston skating dates, contact **Kristen Rhodes** at **(857) 319-2168** or [Kristen.Rhodes@mass.gov](mailto:Kristen.Rhodes@mass.gov)



**Fitzpatrick Skating Rink**  
*Holyoke, MA*

**Sundays: 11:30 a.m.–2:00 p.m.**  
**March 5, 12, 26**

**Buffone Skating Rink**  
*Worcester, MA*

**Mondays: 1:00 p.m.–3:30 p.m.**  
**January 16, February 27, March 20**

**Porrizzo Skating Rink**  
*East Boston, MA*

**Wednesdays: 11:00 a.m.–1:30 p.m.**  
**January 18, February 15, March 15**

**Sled Skate on Your Own!** Use ice sleds on your own during public skating hours at state skating rinks. For a list of which rinks offer ice sleds for independent use, visit: [mass.gov/dcr/universal-access/skating](https://mass.gov/dcr/universal-access/skating) or call the **Universal Access Program** at **(857) 319-2168**

## Save the Date for our Adaptive Recreation Fair!



**Artesani/Herter Park in Brighton**

**Saturday, June 10**

**10 a.m.–3 p.m.**

Join us as we kick off the summer programming season in style! Enjoy adaptive activities including cycling, hiking, equipment demonstrations, face painting, kite flying, sidewalk chalking, and games. Refreshments available while supplies last.

**Volunteers Needed!**

To register or volunteer contact **Kristen** at [Kristen.rhodes@mass.gov](mailto:Kristen.rhodes@mass.gov) or **(857) 319-2168**.



**Universal Access Program**

P.O. Box 484

Amherst, Massachusetts 01004



**Winter fun!**