

# Medically Complex Program

Welcome to The Nemasket Group. Beginning January 1, 2021, we will be the service provider for the Medically Fragile Program in the Southeast region of Massachusetts. Your previous service provider, Bamsi and The Nemasket Group, are dedicated to a quick transition of services and supports. The Nemasket Group has been providing family support services for over 30 years and has supported medically fragile families in the New Bedford area.

Our staff brings broad and vast experiences as the majority of our staff have family members with developmental disabilities and complex medical needs. Sandy Heller, Director of the Medically Fragile Program and the Associate Executive Director of The Nemasket Group, has a 32 year-old son who grew up with tracheal stenosis. As a result of strep and pneumonia, he had a trach and G-Tube put in. Ana Colon is bilingual in Spanish and has two children with disabilities. One of Ana's children has a trach, oxygen and is non-verbal. Shanell Stewart has a 14 year-old daughter with autism who is non-verbal, has PICA, and a seizure disorder. Patrick Russell has over 15 years of experience supporting families of both children and adults through DESE, family support, and direct one-to-one support.

Our goal at The Nemasket Group, is to empower you/your family with the services and supports you need to develop, learn, and have the good things in life. We are here to offer support, information, referrals, workshops and trainings to you and your family.

## Meet your new Medically Complex Program advisers!

Join us on March 15<sup>th</sup> at Noon or on March 16<sup>th</sup> at 7:00 pm on Zoom to meet our team. We will be introducing ourselves and letting you know all the ways we are here to help you and your family's future.

Join Zoom Meeting <https://us02web.zoom.us/j/83881263279>

Meeting ID: 838 8126 3279  
One tap mobile +13017158592,,83881263279#

### Medically Complex Program at The Nemasket Group

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# Access Disability Resources Virtually

March 26-27, 2021

Online Globally

Open 24 hours each day

Live interviews. Workshops and activities: 7:00 am – 3:00 pm PDT

Register for this free experience at: <https://www.abilities.com/virtual>

Abilities Expo is thrilled to present a new and improved, interactive, accessible virtual experience for the disability community worldwide. We look forward to meeting you online at the Abilities Virtual Experience on March 26-27, 2021.

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## Emergency/Important info Binder Workshop

Do you have too much paperwork for your child/family member? Have you forgotten a doctor's name and/or their telephone number? Have you ever found yourself at a new doctor's office but forgot to bring the medication list with you? Let us help you organize your information and keep it all in one spot! We recommend an Information Binder where you can place any important documents or information you may need to bring in case of an emergency. POA, insurance cards, various records, IEP's, progress reports, a doctor/specialist information list and any results.

Empty your unorganized file cabinet onto your dining room table (or maybe your paperwork is already in piles on your table, no judgment) and set up your phone and let us help you get Organized.

\*Binders and Blank Forms can be provided \*

RSVP required. Email [Shanellstewart@nemasketgroup.org](mailto:Shanellstewart@nemasketgroup.org) or call Shanell at 508-562-7265

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## Caregivers Support Group

We are pleased to announce a community outreach support group for caregivers of adults (18 years old and older) with developmental disabilities.

The group aims to provide support to caregivers by

- Educating caregivers about developmental disabilities
- Providing ideas to improve communication and behaviors
- Practicing self-care skills

Group meets weekly for four weeks via Zoom. Meetings are 90 minutes each. First group starts the first week of March and new groups will start continuously through summer.

Participants do not need to be a patient at Brigham and Women's Hospital. If interested, please send email to [caregiversupportid@bwh.harvard.edu](mailto:caregiversupportid@bwh.harvard.edu)





**MASSCAP**  
Massachusetts Association for Community Action  
*Creating Opportunity. Changing Lives. Ending Poverty.*

# Programs

*"Very often a lack of jobs and money is the cause of poverty, but the symptom. The cause may lie deeper in our failure to give our fellow citizens a fair chance to develop their own capacities, in lack of education and training, in lack of medical care and housing, in a lack of decent communities which to live and bring up their children." – President Johnson, State of the Union, January 8, 1964*

MASSCAP Member Community Action Agencies (CAAs) provides a range of programs to help Massachusetts individuals and families across the state.



## [Adult Education & Workforce Development](#)

Workforce development activities help adults obtain the education and skills they need to secure jobs that will enable them to support their families.

## [Access to Benefits](#)

There are many services and benefits available to help moderate to low income families.

## [Early Education & Care](#)

Early Education & Care services are designed to make sure that children grow up healthy, are ready to start school, and are cared for in safe stimulating early education and care settings. Early Education & Care services support parents and caregivers so they can work, attend school and strive to build a better life for their families.

## [Energy Programs](#)

[Fuel Assistance](#) services help eligible individuals pay for heating their house or apartment during the heating season (between November 1st and April 30th of each year). Energy conservation services help with home improvements that improve efficiency and lower household heating costs.

## [Food, Nutrition, and Health](#)

Food, Nutrition and Health services help families and individuals with limited resources by providing food relief, help applying for SNAP benefits, by promoting nutrition awareness and developing community support for hunger program and offering assistance applying for Mass Health.

## [Housing Programs](#)

Housing services help by advocating for affordable housing for low and moderate income families. There are many supports available related to Housing Services.

## [Money Management](#)

Good financial management skills can help families learn to save and reach their long term goals. Knowing how to budget, saving toward a goal or saving for an asset, such as college, owning a small business or purchasing a home, can foster long-term self-sufficiency for families. There is a range of financial capability services available that help families realize their dreams.

# COVID-19 VACCINES & THE DISABILITY COMMUNITY

GET ANSWERS TO YOUR  
QUESTIONS ABOUT THE VACCINE.  
HEAR FROM PANELISTS  
INCLUDING:



**Dr. Regina La Rocque**

Infectious disease specialist  
and associate professor of  
medicine, Harvard Medical  
School



**Nassira Niocola**

Vaccine Ambassador and  
Health and Disability Program  
Coordinator at the Department  
of Public Health

March 9th, 2021  
6:00 PM to 7:30 PM

Register at  
<https://bit.ly/3dZc42h>

**Have questions or need accommodations?**  
Contact Alex Schwartz at [aschwartz@cpr-ma.org](mailto:aschwartz@cpr-ma.org)  
(617) 285-1897



## SELF-DIRECTION PROGRAMS



SUPPORT



EMPOWERMENT



CHOICE

## DDS SELF-DIRECTED SERVICES

Please join us for an interactive discussion about expanding choices and control in your life through Self-Directed Supports. This is an opportunity to hear how participants and their families can design individualized services to meet their needs through the

**Participant Directed Program**

or

**Agency with Choice**

### WHEN:

4/6/21 10:00am to 11:30am  
4/28/21 4:00pm to 5:30pm  
5/11/21 10:00am to 11:30am  
5/26/21 4:00pm to 5:30pm  
6/8/21 10:00am to 11:30am  
6/30/21 4:00pm to 5:30pm

Offered via WEBEX

To register please contact: [jennifer.r.benoit@mass.gov](mailto:jennifer.r.benoit@mass.gov)



**HELP UNITED**



*2021 Winter Season*

## Mobile Markets

Featuring **Blount Fine Foods Soup**



United Way of Greater New Bedford is hosting Winter Mobile Markets to distribute winter food items that include Blount frozen soup, pasta, stuffing, and more! All Greater New Bedford residents are eligible to receive this support. Food is distributed first come first served.



**5:30pm on Tuesdays\* starting February 23<sup>rd</sup>**  
until 7pm or all boxes are given out

**February 23<sup>th</sup> & March 9<sup>th</sup>**  
**Bank Five (NB North)**  
**1724 Acushnet Ave**  
**New Bedford**

**March 2<sup>nd</sup> & March 16<sup>th</sup>**  
**Rosebrook Event Center**  
**50 Rosebook Place**  
**Wareham**



\*in the case of inclement weather, Mobile Markets will be postponed to the following Wednesday. Stay tuned on our Facebook for the most up-to-date information.

Learn more at [unitedwayofgnb.org/mobile-market](https://unitedwayofgnb.org/mobile-market)

# DDS 101 Training

What you should you know about DDS as the transition from high school to life after high school approaches.

*This free workshop will focus on the following topics:*

## **ELIGIBILITY**

*How do I become eligible for DDS Services?*

## **AREA OFFICE**

*What is the role of the DDS Area office?*

## **FAMILY SUPPORT**

*What can Family Support provide to my family, and what are the limitations?*

## **SELF-DIRECTION**

*What are Self-Directed Services?  
How do they differ from Traditional Services?*

## **AUTISM SERVICES**

*What support is available to my family member with autism, and how do we access it?*

**When:** March 23, 2021, 6:00PM -7:30PM

**Where:** Virtually via WEBEX

**Follow This Link To Register:** <https://conta.cc/3saUVX0>

You will receive a link to join in your confirmation email

**Contact Ed Wilson, Southeast Regional Manager Self-Directed Services with any questions:**  
Edward.B.Wilson@mass.gov