



Universal Access Program

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

Volume 17, Issue 1.

Winter 2013

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>

Photos by Marcy Marchello and other UA P staff.

Trails, Bridges and Boardwalks

A number of projects have already or are about to come on online, that offer greater access to the outdoors. Each project offers a unique and exciting opportunity to experience our parks in an easy fashion that the whole family can enjoy.



Houghton's Pond

Houghton's Pond

The Marigold Marsh Boardwalk and Interpretive Signage Project at Houghton's Pond at DCR's Blue Hills Reservation will give all visitors an up close and intimate view of the "Marigold Marsh" as you head to the new bathhouse and the beach at Houghton's Pond. This project underscores DCR's commitment to providing quality recreation and access to people of all abilities. The gently winding and gradually sloping pathway

greatly enhances the experience of the accessible route to the beach. In addition to the new boardwalk and access route to the bathhouse, the beach at Houghton's Pond has been made accessible by a pathway leading to the beach and the use of over-the-sand rollout matting. Please check the information page on our website to get further updates as to the date for the Marigold Marsh ribbon-cutting event.

Wells State Park

The accessible trail at Wells State Park was reconstructed this past summer after being damaged by Hurricane Irene. This beautifully reconstructed trail has better surfacing and offers a new stone stabilized bridge. The loop trail takes you through some beautifully forested areas in and around a wetland area, where you are sure to find many interesting things to look at.



Trails at Wells State



Bridge at Mount Tom State Reservation

Mount Tom State Reservation

Mount Tom State Reservation has completed a new bridge over the wooded section of Lake Bray with a link trail connecting it to the existing accessible trail. This new project opens an area not previously accessible to people with mobility impairments. The trail connection component should be completed by this coming spring and will offer a wonderful new experience for visitors to this park.

These projects are but a few of the new improvements made to our parks to improve accessibility. Please come out and enjoy your state parks!

Adaptive Skating - Games on Ice!

Fitzpatrick Skating Rink in Holyoke

Sundays: 1:30PM - 3:30PM

January 20

February 10

March 10

Thursday: 2:30PM - 4:30PM

February 21

For more information and to register call 413-545-5758
or email marcy.marchello@state.ma.us



Cronin Skating Rink in Revere

Tuesdays: 11:30AM - 1:30PM

December 11

February 19

March 12

April 2

For more information and
to register call 617-626-1294
or email gigi.ranno@state.ma.us

Come join the fun at our Adaptive Skating-
Games on Ice Program in Boston or Holyoke!

Lace up a pair of conventional skates, use an ice sled, or try
out your wheelchair on the ice. 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 are provided free of cost!

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



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 –3:30PM

January 13, 27

February 10, 24

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, Somerville, Springfield, Taunton, West Roxbury and Worcester.

For more info:

Call *The Universal Access Program*

at (413) 545-5758

or go to www.mass.gov/dcr/skating



**Volunteers
Needed !
Call 413-545-5758**

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

11:00AM–3:00PM

Saturdays:

January 12 and 26

February 9 and 23

Volunteer Training:

January 5



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 19

February 2

February 16

and

Wednesday:

February 20

Outdoor Programs

Weston Ski Track

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

Call **Stavros Outdoor Access** to sign up.

(413) 259-0009

12:00PM–4:00PM

Sundays:

January 27

February 3 and 24

March 3

and

Monday: February 18

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

Wednesdays:

January 23

February 13

March 6

Volunteer Training:

January 9



DCR UNIVERSAL ACCESS PROGRAM 2013 PARTICIPANT REGISTRATION FORM

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 Form and the Release of Liability & Photographs. DCR or its contractors will make reasonable efforts to have you sign new Registration and Release Forms for each calendar year; however, you agree that the Registration and Release Forms you sign today will extend into other calendar years and continue to be effective.

General Information:

Name(s): _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email* _____

Sex _____ Height _____ Weight _____ Birth date _____

*Would you prefer to receive a twice yearly newsletter of activities
via _____ e-mail or _____ mail?*

Emergency Contact Information:

Name _____ Relationship _____

Address _____

Home Phone _____ Cell Phone _____ Work Phone _____

Medical Information

Please check all medical conditions you have or have had in the past:

Asthma Stroke Seizure Disorder Heart Disease Heart Attack

Traumatic/Acquired Brain Injury Diabetes Bleeding Disorder COPD

High Blood Pressure Alzheimers/Dementia Use of bladder/bowel bag

Weakness or Paralysis of Extremities: Left Right

Life Threatening Allergies: Explain _____

(Example: bee sting, peanuts, etc.) Do you carry an EpiPen for this allergy? Yes No

Other (Please explain) _____

Registration Form continued:

__Please explain any Medical Information checked on front page;_____

Do you carry or take medication? __Yes __ No _____ If yes, please describe

Do any of these medications or conditions make you sensitive to sun and/or heat? __Yes __No

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 have a tendency to wander away from groups?

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 program staff should be aware of for your safety and comfort, including any special accommodations needed:

Optional:

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

Please check your interests:

- ___XC Skiing ___Ice Skating ___ Snowmobiling ___Snowshoeing___ Cycling ___ Hiking
 - ___ Kayaking ___Canoeing ___Rowing ___Sailing ___Camping ___Nature Programs
 - ___ Horseback Riding ___Events ___Outdoor Games ___Fishing ___Other:_____
-

DCR UNIVERSAL ACCESS PROGRAM 2013 RELEASE OF LIABILITY & PHOTOGRAPHS

*Please complete **one release for each adult participant**. Children may be registered along with an adult family member on this release at the bottom. 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 the Registration Form and the Release of Liability & Photographs. DCR or its contractors will make reasonable efforts to have you sign new Registration and Release Forms for each calendar year; however, you agree that the Registration and Release Forms you sign today will extend into other calendar years and continue to be effective.*

Waiver and Release of Liability & Photographs

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, 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.

PARTICIPANT NAME – Print Clearly

Participant's Age

Participant's Signature

DATE

If participant is under 18 years of age:

Additional Name(s)

Signature of Parent/Guardian required

Thank You Kathy Lowry!

Kathy Lowry, a Landscape Architect with the Universal Access Program, retired on September 30 of this year. She will be deeply missed by many at DCR and beyond, but most of all by the UAP staff.

In her almost 20-year relationship with The Universal Access Program, Kathy led the accessibility improvement work on too many projects to name. From accessible trails, fishing areas, scenic viewing areas, beach access areas and swimming pools, to building improvements, updated camping areas, winter recreation access and much, much more. Her work helped to make the Massachusetts State Park system one of the most welcoming to people of all abilities in the nation. Thanks to Kathy, people with disabilities, along with their family and friends, now have a wide range of choices for outdoor recreation activities they can access independently. Kathy's work also improved areas where accessible recreation programs can now take place, adding even more recreation choices for the disability community.

Kathy's keen sense of natural aesthetics and good taste in design, along with her love of nature and the environment, added up to accessible improvements that reflected a sensitivity to place and surroundings rarely seen in adaptive design. We say goodbye to a tremendous resource in her depth of knowledge and talent that will be impossible to replace.

We wish Kathy all the best as she focuses on her painting, travels and enjoys her many other interests now that she has a little more time to explore. Best of luck and warm wishes for many happy days ahead.

The UAP Staff



CALENDAR OF EVENTS:

Date	Day	Time	Location	Town	Theme
December 2	Sunday	1:30-3:30	Fitzpatrick Rink	Holyoke	Adaptive Skating-Games On Ice
December 11	Tuesday	11:30-1:30	Cronin Rink	Revere	Adaptive Skating-Games On Ice
January 12	Saturday	11:00-3:00	Wendell State Forest	Wendell	Outdoor Recreation
January 13	Sunday	1:30-3:30	Asiap Rink	Brockton	Public Skating/ Assisted
January 19	Saturday	11:00-3:00	Mt. Tom	Holyoke	Outdoor Recreation
January 20	Sunday	1:30-3:30	Fitzpatrick Rink	Holyoke	Adaptive Skating-Games On Ice
January 23	Wednesday	12:00-4:00	D.A.R. State Forest	Goshen	Outdoor Recreation
January 26	Saturday	11:00-3:00	Wendell State Forest	Wendell	Outdoor Recreation
January 27	Sunday	12:00-4:00	Weston Ski Track	Weston	X-Country Skiing/ Snowshoeing
January 27	Sunday	1:30-3:30	Asiap Rink	Brockton	Public Skating/ Assisted
February 2	Saturday	11:00-3:00	Mt. Tom	Holyoke	Outdoor Recreation
February 3	Sunday	12:00-4:00	Weston Ski Track	Weston	X-Country skiing/ Snowshoeing
February 9	Saturday	11:00-3:00	Wendell State Forest	Wendell	Outdoor Recreation
February 10	Sunday	1:30-3:30	Fitzpatrick Rink	Holyoke	Adaptive Skating-Games On Ice
February 10	Sunday	1:30-3:30	Asiap Rink	Brockton	Public Skating/ Assisted
February 13	Wednesday	12:00-4:00	D.A.R. State Forest	Goshen	Outdoor Recreation
February 16	Saturday	11:00-3:00	Mt. Tom	Holyoke	Outdoor Recreation
February 18	Monday	12:00-4:00	Weston Ski Track	Weston	X-Country Skiing/ Snowshoeing
February 19	Tuesday	11:30-1:30	Cronin Rink	Revere	Adaptive Skating-Games On Ice
February 20	Wednesday	11:00-3:00	Mt. Tom	Holyoke	Outdoor Recreation
February 21	Thursday	2:30-5:00	Fitzpatrick Rink	Holyoke	Adaptive Skating-Games On Ice
February 23	Saturday	11:00-3:00	Wendell State Forest	Wendell	Outdoor Recreation
February 24	Sunday	12:00-4:00	Weston Ski Track	Weston	X-Country Skiing/ Snowshoeing
February 24	Sunday	1:30-3:30	Asiap Rink	Brockton	Public Skating/ Assisted
March 3	Sunday	12:00-4:00	Weston Ski Track	Weston	X-Country Skiing/ Snowshoeing
March 6	Wednesday	12:00-4:00	D.A.R. State Forest	Goshen	Outdoor Recreation
March 10	Sunday	1:30-3:30	Fitzpatrick Rink	Holyoke	Adaptive Skating-Games On Ice
March 12	Tuesday	11:30-1:30	Cronin Rink	Revere	Adaptive Skating-Games On Ice
April 2	Tuesday	11:30-1:30	Cronin Rink	Revere	Adaptive Skating-Games On Ice

DCR Universal

From Boston to the Berkshires, we
*hope you'll join us to enjoy the
outdoors!*



COME OUT
AND PLAY!



Access Winter Fun !



Save the Date for our Adaptive Recreation Fair!

Artesani Park in Brighton (Boston)

Saturday, June 8th from 10:00AM–3:00PM

Meet recreation organizations that serve people with disabilities and offer 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

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 at 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 2013

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



COME OUT AND
PLAY!