



## Nantucket S.T.A.R. Late Spring 2023

# Summer is almost here!



by **Kerry Ray** on June 1

Happy June everyone! The weather has been glorious and summer is in the air! I hope everyone has had a wonderful school year and is looking forward to a fun-filled summer. Summer plans are in motion for S.T.A.R. so please read on for upcoming programs and activities. Program registration can be found on our website or by emailing me. Our website now has online program payments available as well.

### **Aquatics at the Community Pool**

Who is ready for a swim? Join us for S.T.A.R. Family swim time! Get your bathing suit and towel and let's explore the pool together. This is a wonderful opportunity to enjoy swim time together, in a quieter and less hectic environment. There will be S.T.A.R. staff onsite to provide support in the pool. All levels welcome. Registration is required. Ages: 3 and up

When: Tuesdays 1-2pm June 27, July 11, 18, 25 & August 8 (participants will be placed in one of two, 25 minute sessions)

Where: Nantucket Community Pool, Surfside Road      Cost: \$65

## **Ocean Adventures**

What better way to enjoy the summer than time on the water? Meet us at Jetties beach for some fun in the water and on the sand. Participants explore kayaking and stand up paddle boarding with support from our staff and volunteers. Equipment and personal flotation devices are provided through our partnership with Nantucket Community Sailing. Registration is required. Ages: 5 and up

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When: Fridays July 7, 14, 21 & 28th Session 1) 1-145 or Session 2) 2-245pm (time slots will be confirmed before program begins)

Cost: \$65

## **Stay tuned for.....**

### **In the Garden with Sustainable Nantucket**

Summer is for gardening! Come visit the farm to school garden with S.T.A.R. and Sustainable Nantucket! We will meet Ella with Sustainable Nantucket to learn all about plants and gardening. Come dressed to get dirty! Registration is required.

When: TBA

Where: Farm to School Garden, next to NPS athletic fields off of First Way

Ages: 4 and up

## **Adventure groups**

Let's get out and explore! Join S.T.A.R. as we get out and explore Nantucket. We will hike, take field trips and enjoy what our island has to offer. Activities and dates are being finalized now, so stay tuned for registration.

When: TBA

Where: TBA/ Varied locations

Ages: Kindergarten and up

## News and Upcoming Events

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**NANTUCKET S.T.A.R.**  
y  
**MARTHA'S VINEYARD  
COMMUNITY SERVICES**  
LO INVITAN A UNA NOCHE DE  
CINE FAMILIAR QUE ESTA

**ORIENTADA A LOS SENTIDOS Y ES  
GRATUITA**

**SABADO 10 DE JUNIO, 12PM  
NANTUCKET DREAMLAND**

¡Trae a toda la familia a ver *The Little Mermaid*!  
(la película será en inglés)  
¡Las luces estarán encendidas, el sonido bajará y  
los miembros de la audiencia podrán levantarse  
y moverse, bailar o cantar!  
¡Un evento ideal para niños con necesidades  
sensoriales o especiales y sus cuidadores!  
Por favor confirme su asistencia  
[kerryr@nantucketstar.com](mailto:kerryr@nantucketstar.com)

**NANTUCKET S.T.A.R.**  
&  
**MARTHA'S VINEYARD  
COMMUNITY SERVICES**  
INVITE YOU TO A  
FREE

**SENSORY FRIENDLY FAMILY MOVIE**

**SATURDAY, JUNE 10, 2023 12PM  
NANTUCKET DREAMLAND**


Bring the whole family to watch *The  
Little Mermaid*!! Lights will be on,  
sound will be lowered and audience  
members are welcome to get up and  
move, dance or sing!  
An ideal event for children with sensory  
or special needs and their caregivers!  
Please RSVP to  
[kerryr@nantucketstar.com](mailto:kerryr@nantucketstar.com)

We hope you can join us for our final sensory-friendly film of the season this Saturday, June 10th at noon to view *The Little Mermaid*! Movies are free but registration is required. Email [kerryr@nantucketstar.com](mailto:kerryr@nantucketstar.com) or via our website


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Our friends at the Martha's Vineyard Community Services/ Family Support Center have shared the following opportunities:

**BEST BUDDIES** Best Buddies Transitions Summer 2023 Virtual Workshop Series



- 11 JULY** **Resume ReBuild** 3PM-4PM  
Bring your working resume for review by a Transition Manager
- 27 JULY** **Financial Literacy** 10AM-11AM  
Learn about earning a paycheck and budgeting your money wisely!
- 1 AUGUST** **Volunteerism** 3PM-4PM  
Learn strategies to find volunteer opportunities in your local community
- 9 AUGUST** **College Knowledge** 10AM-11AM  
Learn about scheduling and time management in college
- 16 AUGUST** **SMART Goal Planning** 3PM-4PM  
Work with a Transition Manager to set smart goals for the new school year

**Register Here**  Questions or need help registering? Email [JulianneSullivan@bestbuddies.org](mailto:JulianneSullivan@bestbuddies.org)

PARTNERS FOR YOUTH WITH DISABILITIES SUMMER 2023

## young leaders rising

Young Leaders Rising (YLR) program is an 8-week youth-led leadership program for high school students, **ages 14-22 with a disability**, and leverages a hybrid learning community to develop leadership, career readiness, and self-advocacy skills.


Join all four series or only a few. Each themed virtual series includes live workshops, online coursework, interactive projects, and a culminating in-person event.

- July 10 - July 21**  
Justice, Pride and Activism
- July 24 - August 4**  
Let's Get Ready to Work and Earn Money
- August 7 - August 18**  
Education in High School and Beyond
- August 21 - September 1**  
Independent Living

**Interested in mentoring others?**  
Apply for a paid position:

- YLR Fellow (18-27 years old)
- Completed high school
- Demonstrate leadership
- Dedicate 5 hours per week to assist in planning YLR

**SIGN UP TODAY**  
[pyd.org/get-involved](http://pyd.org/get-involved)  
Contact: Carol Murray, Youth Leadership Manager  
978-827-0742 ext.112  
[cmurray@pyd.org](mailto:cmurray@pyd.org)



PARTNERS FOR YOUTH WITH DISABILITIES SUMMER 2023

## youth leadership forum

The Youth Leadership Forum (YLF) is a free conference for young adults, **ages 16-22 with disabilities**, held annually in Massachusetts and other states across the country.

**June 25-29, 2023**  
Emerson College, Boston MA

Engage in both small and large group discussions and workshops on topics such as:

- Legislative and self-advocacy
- Disability pride
- Assistive technology
- Independent living
- Career exploration
- Higher education
- Community participation

**Interested in mentoring others?**  
Apply for a paid position:

- YLF Peer Leader (19-25 years old)
- Currently in college classes or working
- Must commit to additional training
- Paid a \$500 stipend

Two options for participation:

- In-person full access** - live and study on a college campus with off-campus learning opportunities
- Partial virtual access** - see keynote speakers, panels, and select virtual workshop sessions.

**SIGN UP TODAY**  
[pyd.org/get-involved](http://pyd.org/get-involved)  
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Angela Knapp and the MVCS Family Support Center are a fantastic resource for families and individuals with diverse needs. Angela and the FSC are treasured collaborative partners of Nantucket S.T.A.R. and the FSC is available to provide a wide

range of supports and resources for families on Nantucket and Martha's Vineyard, such as

- Home visits and consultations
- Transportation to off-Island medical appointments
- Information and referrals to community, local, regional and state-wide resources
- Assistance when applying for entitlements:
  - [MassHealth](#)
  - [Supplemental Security Income \(SSI\)](#)
  - [Fuel Assistance](#)
- Seminars, training and workshops
- [Sensory Lending Library](#)
- Sensory friendly films
- [Tools and resources](#) for families

Families who have a family member with a developmental disability living at home and who are determined to be eligible for supports provided through the [Department of Developmental Services](#) program may receive services through the Family Support Program. Please see their website below to learn more.

<https://www.mvcommunityservices.org/services/disability-services/disability-support-services/>

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**Nantucket Community Sailing is at Nantucket Community Sailing.** ...

4d · Nantucket, MA · 🌐

We offer Adaptive Sails! Please help us spread the word!

We're thrilled to be able to continue the wonderful adaptive program started by Sail to Prevail, by offering Adaptive Sails to youth and adults, with NCS again this summer. These sails are part of our community outreach at NCS, funded by our generous donors, and they are offered completely free of charge to students/families.

We offer 2 concurrent Adaptive Sail slots on Wednesday mornings from 9am - 11am at our Jetties Sailing Center. We will be offering these slots on Wednesdays: June 28, July 5, July 12, July 19, July 26, August 2, August 9 and August 16.

New in 2023, we will also offer Adaptive Sails at our Polpis Harbor location (18 Wauwinet Road) by appointment.

As we continue to grow our Adaptive Program at Nantucket Community Sailing, we are working to accommodate each family with up to 3 sails. These can be therapeutic sails, or more active lessons. Or anywhere in between! Our goal is to get your sailor out sailing in whatever manner may be comfortable for them. Please note, a caregiver will be required to join the sail. Sailors and friends/caregivers should be youth ages 5+ or adults. The boats can accommodate up to 2 caregivers/friends alongside the student (3 guests in total).

Email NCS Program Director [emily@nantucketsailing.org](mailto:emily@nantucketsailing.org) to learn more and book a sail!

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Need some summer reading? Nantucket S.T.A.R. now has a variety of resource books available to sign out and borrow. Books are listed on our website under *Lending Library* and by clicking this link [Lending Library](#) You may click on the title to learn more about each book.

Books can be checked out by emailing [info@nantucketstar.com](mailto:info@nantucketstar.com)

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Stay tuned for more information on additional summer programs and events as they become available and be sure to follow along on social media to see what we are up to!



@starnantucket



@ nantucket star

[READ MORE ON OUR WEBSITE](#)



Nantucket S.T.A.R.  
Po Box 3423 Nantucket, Ma 02584  
A 501(c)(3) nonprofit