

Making A Positive Difference Everyday!!

Connections

APRIL 2011

~8th Silent Auction~
Friday, May 9, 2011
Lorvino's Vineyard

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Lost In Laconia

On May 4, 2011, at 7:00 pm, the documentary film *Lost in Laconia* will be shown at the Timberlane Performing Arts Center (TPAC) located on 40 Greenough Road in Plaistow, NH.

The Region 10 Board of Directors and Family Support Council invite you to join us in viewing this important historical documentary. Following the film, there will be a panel discussion with Gordon Dubois and other individuals whose lives were impacted by Laconia.

Film maker Bill Rogers of 1LMedia teamed up with Gordon DuBois, Laconia State School historian, to produce this film which traces the history of the Laconia State School from its initial beginnings in 1901 as the New Hampshire School for the Feeble-minded until it closed in 1991. January, 2011, marked the 20 year anniversary of the closing of the institution.

Using archival footage, interviews with former residents of the institution, families of former residents, and people who worked at the institution, along with an extensive collection of photos, newspaper articles, and state documents, this documentary examines the social values and cultural ideals of the twentieth century.

In 1903, there were 58 children living in almshouses throughout New Hampshire who were admitted to the New Hampshire School for the Feeble-minded. This was during a time when certain individuals and entire families were stigmatized as "feeble-minded". They were considered a danger to society and sentenced to a life of isolation and total segregation in the name of creating a better society, safe from the dangers posed by this segment of the population. Over the next 80 years, hundreds of New Hampshire citizens, children and adults, were segregated and isolated in this large state operated institution, often rejected by family, friends and the community. It wasn't until the 1980's that the role of the institution was questioned and an array of community services became established to serve individuals with developmental disabilities.

In 2008, the idea of making a documentary film about the Laconia State School was born through the inspiration of participants in the University of New Hampshire's Institute on Disability-Family Leadership Program. Mr. DuBois was inspired by their vision, and the project commenced under the auspices of the Community Support Network, Inc. of Concord. The film was produced through funds contributed by many organizations and citizens throughout the state. Region 10 Fundraising is proud to have been one of the sponsors that made this film possible. *Lost in Laconia* is dedicated to Ms. Frieda Smith, a tireless advocate for people with disabilities.

More information about the film and the Laconia State School History Project is available at www.csni.org or you may call CSNI at 229-1982.

If you plan to join us on May 4th, please RSVP to Sheila Prunier at 603- 893-1299 or email to sprunier@region10nh.org before May 1st. There is no charge to attend.

What's Right Around The Corner?

Why, our 8th annual Silent Auction, that's what! Get your tickets early—and save. Tickets at the door are \$20 each. But if you drop by our office or call us at 893-1299, you can get yours for \$15.

If you've been to our Auction before, you know what a great time it is. And if you haven't, well you're in for a real treat! Some of the highlights:

- ~Silent Auctioning
- ~Complimentary Wine Tasting
- ~Scrumptious Hors d'oeuvres
- ~Decadent Desserts
- ~Entertaining DJ Music
- ~Lots of Exciting Raffles



(Cont'd on page 2)



MISSION STATEMENT

"Our mission is to support people who have developmental disabilities or acquired brain disorders, in partnership with families and caregivers, to enhance their independence and personal growth while fostering meaningful relationships and involvement within their communities."

-Region 10

**Region 10
Board of Directors**
(towns they represent)

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(Bradford, MA)

Elaine Lavin
(Salem)

Robin Knight
(Sandown)

Linda Steir
(Atkinson)



(cont'd. from Page 1)

This year our special evening is on a Friday—a little change from past years—and a wonderful way to begin your weekend. The date is May 6, 2011 at Zorvino's Vineyard in Sandown, NH from 7 to 11pm.

You still have time to donate items, purchase advertising space in our program book, or become a corporate sponsor—and, of course, purchase your tickets in advance at the reduced price.

So don't miss out! Call your neighbors, invite your family/friends, and plan for an evening of fun—we all look forward to seeing you there!

Candia Woods Golf Links ~ Candia NH

Experience the beautiful ambiance of Candia Woods Golf Links—from course to course! Candia Woods Golf Links has been the golf course of choice for the Region 10 Community Support Services' Annual Golf Tournament since 1992, and we have been a proud sponsor of this important fundraising event. Our scenic 18 hole championship course is the perfect location for a wonderful tournament experience offering open fairways and large greens. Golfers can sharpen their skills at our driving range and putting green before the tournament and enjoy a delicious meal in our Evergreen Pavilion to end the day! Candia Woods also offers a pro shop, fully stocked with top quality clothing and equipment at great prices. Our staff of PGA professionals is available to provide personal service regarding your equipment or skills to help improve your game. Candia Woods is located at 313 South Road, Candia, NH, just off Rte 101, Exit 3, and is convenient to greater Boston, the Seacoast Region, and the Concord and Manchester area. Candia Woods has opened a sister golf course in Somersworth, NH named "The Oaks Golf Links" (692-6257). Please call for tee times or information about outings, leagues, or tournaments. You can reach them at 1-800-564-4344, email tbishop@candiawoods.com or visit the website at www.candiawoods.com. For information on their Somersworth location contact sbishop@theoaksgolfinks.com or visit them at www.theoaksgolfinks.com.

Office Space Available

\$1,200 per month. 1475 sq. feet of prime commercial space available on Commerce Drive Industrial Park located off Rte. 111 in Atkinson. This is a very clean professional office suite that includes a reception area, 3-4 offices (one office can be used as large conference room.) Kitchenette area and bathroom with shower. Plenty of parking. Convenient to Rtes 495 and 93. Trash removal, plowing and landscaping included. Tenant is responsible for utilities. One year lease. For further information, please contact Chris Roy at 893-1299.

Spring Karaoke/ Dance Evening

Kimi Nichols Center, Inc. is sponsoring a Spring karaoke and dance evening on May 7, 2011 from 7pm to 11pm at the Atkinson Community Center. It is a BYOB event but there will be snacks provided. It is \$10/person. Prizes will be provided for first place single and duet singers. There will be raffle and silent auction items. If you require additional information please call 382-8586 or email lgray@kiminicholscenter.org



Region 10 recently awarded the Salem Exchange Club with a certificate of appreciation

Pictured left to right:

**Larry Vandeventer,
Beth Gagnon &
Jinelle Hobson.**

People Power Post



Our March People Power meeting was filled with excitement as we had a lively discussion about the songs we would like to have played at our upcoming May Dance. There were many requests and lots of laughter.

Next on the agenda, we brainstormed names for each of our 2011 dances. Voting from a list of very creative choices, we decided on the winners:

- Spring Dance - Flower Power Dance**
- Summer Dance - Summer's Breeze Dance**
- Fall Dance - Harvest Moon Dance**

All dances are held at the Atkinson Community Center, from 6:00 PM to 9:00 PM. *(Attendance is limited to anyone age 21 and older.)* Keep an eye out for Dance Event Flyers in Connections!

Our April 7th meeting will be held at the Healing Touch Pottery in Hampstead NH located in the Colby Corner Plaza, on the corner of Rte. 111 and 121-A. We're looking forward to this hands-on craft night, which will include (as always!) refreshments.

The People Power Group welcomed another new member in March. Our numbers are growing! We are a fun and lively self-advocacy group sponsored by Region 10. We meet the first Thursday of every month and are always looking for new members. *(Must be 21 years of age or older to join.)* For further information, please call Beth Heidt at 625-8825 or Dianna Winward at 893-1299.

The best part of our March meeting? Consensus says, explaining how cool our group is and why others should join People Power !!



FAMILY SUPPORT



FAMILY SUPPORT TRAININGS & GROUPS

Some Valuable Trainings, Workshops And Resources

To access the NH Bureau of Developmental Services Education and Training calendar go to <http://www.dhhs.nh.gov/dcbcs/bds>.

Family Support & the Family Support Council Training Opportunities

- ◆ “Helping Students with Different Abilities Make Friends”, presented by Robin Lurie-Meyerkopf of Asperger’s Association of NE (AANE), April 11, 2011, Plaistow Public Library, 5:30 to 7:30 PM.
- ◆ “Happiness 101”, presented by Cathy Spinney, President of the Board of Directors at Region 10 CSS, May 9, 2011, Kimball Public Library, Atkinson, 5:30 to 7:30 PM.
- ◆ “Making Daily Life Work at Home”, presented by Robin Lurie-Meyerkopf of AANE, May 23, 2011, Plaistow Public Library, 5:30 to 7:30 PM. **See flyer insert!**

If you would like to register for any of these training opportunities please contact Anita Trudel at 893-1299, X334 or email atrudel@region10nh.org to register.

Camperships

It’s that time of year again! Region 10 campership applications are available to Region 10 families for individuals to participate in various summer camps of their choice. Contact your Support Coordinator if you have questions or to request an application. Please fill out your campership application and return it to Anita Trudel no later than April 29, 2011.

~CareGivers Presents~

9th Annual Chocolate Lovers Fantasy..

Fundraising event on Sunday, May 22, 2011 from 12:00pm- 3:00 pm in Manchester at the Center of NH Radisson Hotel. To get more information go to caregiversnh.org and click on upcoming events.

Katie Beckett Medicaid at the Age of Eighteen ~ Did You Know?

If your son/daughter is on Katie Beckett Medicaid and has turned 18 years of age, you must re-apply for eligibility under the Aid to the Permanently and Totally Disabled (APTD). It is recommended you make this new application following the person’s 18th birthday, but prior to turning 19. The sooner the better. If you wait until after their 19th birthday you will lose your coverage waiting for the eligibility determination for APTD to be made. At 19 your son/daughter will no longer qualify under Katie Beckett and will automatically be terminated from this Medicaid program. You will not receive notification of this termination.

Early Childhood Transitions ~ Parents ~

Do you have a child in Family Centered Early Supports & Services? Do you have questions or feel anxious about the transition from Early Supports & Services to the School District (SPED)?

Join us for this interactive training session and meet your Preschool Coordinator.

Date: April 15, 2011

Time: 9:30 to 11:30 am

Place: Easter Seals

15 Ermer Road, Salem, NH

Childcare will be provided at the workshop if needed. To register, please call Tammy Dudal at 893-1299, ext. 326. Please leave a message if you can attend this workshop and if you need childcare. It is important to RSVP as soon as possible to ensure that your school district will attend this workshop.

ATECH Workshop – Apps-The New Bag of Tricks in Assistive Technology

In this full day, hands-on seminar, assistive technology specialists will help you identify apps that will increase independence and aid communication, social skills, fine motor development, literacy and visual schedules. There will be discussion around capability and access strategies for individuals with disabilities such as autism, cerebral palsy, Down syndrome, CVI, stroke and development disability. Choose from one of two dates for this popular workshop: Friday, April 8, 2011 or Friday, May 20, 2011 from 8:30am to 4:30pm at ATECH Services Training Room, 57 Regional Drive, Suite #7, Concord, NH 03301. Speakers are Phyllis Watson, CCC-SLP, AAC Specialist, ATECH Services and Jennifer Stylianos, MS OTR/L, ATP, Occupational Therapist, ATECH Services. Fee: \$115.00 per person and includes continental breakfast and lunch. To register: contact Lisa Demers at 603-226-2900, ext 10, or info@atechservices.org.

Region 10 Family Support Council

Robin Knight Chairperson

(Sandown)

Laurie Giguere Vice Chairperson

(Salem)

Mariellen Rowe Secretary

(Derry)

Lynn Aboujaoude (Pelham)

Carol Dabrowski (Derry)

Katie Everett (Windham)

Susan Nyberg (Chester)

Alece Pappas (Salem)

Darlene Wilson (Newton)

Meetings are
scheduled the **third**
Tuesday of the month
from 6:30– 9:00 pm
at Region 10.





A List To Keep Handy
Region 10 CSS
Employee
Extensions

Aleece.....322
Anita.....334
Bill.....317
Carole F.....307
Carole T.....336
Cathy F.....319
Chris.....312
Dee.....323
Dianna.....314
Donna.....340
Irek.....333
Gina.....332
Jane.....315
Jinelle.....311
Judy.....339
Kristen.....320
Kelly.....331
Kim.....329
Kristine.....330
Leslie.....327
Linda L.....324
Mariellen.....318
Mary.....313
Nancy.....338
Robb.....325
Sheila.....306
Stacy.....337
Tammy.....326
Terri.....321
Tina.....341
Tom.....316

Just call
Region 10 at
603-893-1299
and dial the
extension of the
person with
whom you wish to
speak!



Autism News:

For Autism Support Groups, log onto <http://www.autism-society-nh.org/Support.html>

Person-Centered Planning for Older Adults

Person-centered planning is a unique, individually-focused approach to working with persons in need of services and supports. This workshop offers an introduction to person-centered planning, including an overview of a person-centered system of care. Topics to be presented include information on how to facilitate person-centered planning meetings and tools to use in the planning process, specifically focused on planning with older adults.

Case managers, social workers, nurses, long term care specialists, clinicians, family members, and others involved in planning with older adults are encouraged to attend.

Dates: Wed., Apr. 20, 2011 or Wed., May 11th

Time: 9am to 4pm, *registration begins at 8:30am*

Location: IOD Professional Development Center, 56 Old Suncook Road, Concord, NH

Registration Fee: \$25, *includes continental breakfast, lunch, and materials*

Workshop Instructors: Susan Fox, M.Ed., MA & Patty Cotton, M.Ed.

For more information: 603-228-2084 or contact.iod@unh.edu

Success Story

I'm So Glad I Got Two 1st Places

By Heather Belanger



I went snow shoeing a few weeks ago with some of my Special Olympic team for try outs, and ended up getting two 1st places. It was so awesome. In another few weeks I'm going to Waterville Valley for a few days for the Special Olympics annual competition. It's coming up really soon. Sure, it's a long way up there, but that's okay. The rest of it is all fun. I think it is the first weekend in March. I'll let you all know how I did when I get back. I can't wait to find out how I do up there either. We will find out soon enough. I love it up there, it is so beautiful. Sure I'll miss my staff and friends in program, but I'll be fine. It's only for a few days and that's all. I love the dance the most because then I can spend time with one of my best friends who used to be on my team, but she's on a different team now. Spending time with her is the best part of the weekend for me.

Good Luck Heather!!!!

~ New Online ~

Work Incentives Resource Center

The Work Incentives Resources Center (WIRC), a new website developed by the UNH Institute on Disability in collaboration with Granite State Independent Living (GSIL), is helping individuals with disabilities to navigate the benefits planning process with the goal of making gainful employment a reality.

The fear of losing public income assistance and benefits through the Social Security Administration (SSA) and Medicare/Medicaid often deters individuals with disabilities from pursuing employment. The WIRC website aims to dispel the myths about these benefits and expand employment for individuals with disabilities through greater awareness and use of work incentives.

"People with disabilities can contribute in important and valuable ways to our communities and our economy," said David Hagner, Ph.D., WIRC project director. "Nobody should be put in a position of remaining idle or unproductive in order to obtain the assistance they depend on."

The website is designed for New Hampshire consumers, families, and service provider staff. Available resources include topical fact sheets, calculation tools, links, notices of upcoming trainings, and a password-protected section where full-time work incentives specialists share more in-depth information and resources. Information at WIRC is approved by Social Security or other applicable agencies for accuracy.

As a collaborating partner, GSIL provides toll-free telephone assistance, work incentives specialist training and a database of trained staff, and staff certified by the SSA to provide Work Incentives Planning and Assistance to ensure the accuracy and quality of information provided.

The development of WIRC was funded by the New Hampshire Medicaid Infrastructure Grant. For more information on WIRC, visit www.nhwirc.org.

The Institute on Disability at the UNH was established in 1987 to provide a coherent university-based focus for the improvement of knowledge, policies, and practices related to the lives of persons with disabilities and their families. Its mission is to strengthen communities to ensure full access, equal opportunities, and participation for all persons.

The University of New Hampshire, founded in 1866, is a world-class public research university with the feel of a New England liberal arts college. A land, sea, and space-grant university, UNH is the state's flagship public institution, enrolling 12,200 undergraduate and 2,300 graduate students.

Kid's Carnival 2011

On behalf of the Region 10 Kid's Carnival Committee, please accept our most sincere thank you for all of the support that you continue to give to this event. The carnival was held at the Woodbury Middle School on February 12, 2011. We are extremely proud to report that our 14th annual carnival was a huge success. It was a beautiful sunny day that brought out the largest crowd to date. We had a few new additions to our carnival that were a big hit such as the Chubb Mobile where families enjoyed the fried dough and French fries.



Children also enjoyed the new candy table, painting pottery, make your own play dough, dog prevention, boat races and the Mad Science demonstration. We saw many smiling faces and heard laughter throughout the day not just from children but parents too. Please check out our website for many pictures taken at this event. We raised over \$5,000, which will benefit the children and adults with developmental disabilities or acquired brain disorders that we serve.



Your generosity and thoughtfulness is greatly appreciated each and every year. We also received a great number of cakes for the famous cakewalk. Cakes that were dropped off at Region 10 or delivered the day of the carnival were a huge hit, so thank you to all those who donated. It brings so many smiling faces to the cake walk winners. A special thanks to Chickadee Hill Cakes, of Sandown, for providing an exquisite Valentine's Day cake for the door prize. The family that won was thrilled! The performances from Studio of Performing Arts, Ronald McDonald Magic Show and Ocasio's True Martial Arts were again spectacular and very entertaining.

We couldn't have such a successful day without the dedication from the committee members. Tammy Dudal, Katie Everett, Kristen Frost, Julie Garvey, Kim Heghinian, Kelly Judson, Linda Meehan and Linda Stinchfield spent countless hours planning for this event. Our goal is to make this community event bigger and better each year. We certainly did succeed our goal this year! It is a fun filled day with lots of raffles, prizes, food, activities and entertainment but most importantly time spent with family and friends.

A huge thank you also goes out to our dedicated volunteers for the day of the carnival. This event could not be possible without your helping hands, friendly faces and your enthusiastic attitudes. It is always so wonderful to see the same volunteers year after year and also new faces that we know we can count on years to come. Thank you for all you do to help us continue our mission to support families in our community. You make a difference each and every day! Mark your calendars for our **15th Annual Kid's Carnival** on February 11, 2012. We will be working hard to make this event a memorable day.



Thanks to the following for their wonderful contributions as well as their time:

Mr. & Mrs. Len Dichard ~ The Dudal Family ~
Mr. & Mrs. Fran Forgit ~ Ms. Barbara Gemme ~
The Judson Family ~ BJ's Wholesale Club ~
Ms. Karen Hill ~ Ms. Jill Johnston & Family ~
Mr. & Mrs. George Hilenski ~ Nancy Murphy ~
Mr. & Mrs. Rolland Prairie ~ Ms. Adele Prairie ~
Mr. & Mrs. Roger Smith ~ Ms. Lisa Ricci &



Friends ~ Ms. Chris Roy ~ Ms. Cathy & Kelly Spinney ~ Ms. Marion Stanley- Longaberger Consultant ~
Ms. Linda Steir ~ Ms. Linda Stinchfield & Family ~ Manchester Monarchs Hockey Club ~ McDonald's -
The Napoli Group, LLC. ~ McDonald's of Raymond ~ Dwight Barnes ~ Chickadee Hill Cakes, Sandown ~
Panera Bakery - Paul Ford ~ Atkinson Graphics ~ David Tremblay ~ Garand's Discount ~ Norman Garand
~ Portland Sea Dogs ~ Mr. Michael Delahanty-Salem School District ~ Ms. Rose Lemay ~ Kindermusik ~
Boston Celtics ~ New England Revolution ~ The Houle Family ~ Boston Red Sox ~ Build-A-Bear
Workshop ~ Salem Police & Fire Department ~ Zorvino Vinyards ~ Jim Zanello ~ Jinelle & Leah Hobson
~ Boston Red Sox ~ The Macione Family ~ Route 108 General Store of Newton, The Bateman Family ~
Kristen & Kaitlyn Frost ~ Ms. Katie Everett ~ Ararat Armenian Church ~ The Fuller Family ~ The Danis
Family ~ The Trudel Family ~ Papa Ginos of Salem ~ Mr. Irek Kaczmarczyk ~ Ara & Kim Heghinian ~
Pamella Pitman ~ Terese Young ~ Sandown PTA ~ Ms. Kira Winward ~ Keurig ~ Life is Good ~ Salem
Cub Scouts-Troop 409 ~ Stonyfield Yogurt ~ Ford of Londonderry ~ Chobani ~ UTZ Snacks ~ Healing
Touch Pottery ~ Mad Science-Jurassic Joe ~ Well Read Books ~ Sanborn Candies ~ Ms. Linda Leahy ~
Enterprise Bank, Salem NH ~ Santo Insurance & Financial Services ~ Canobie Lake Park ~ Atkinson Girls
Scout Troop 22682 ~ Timberlane Varsity Boys Basketball Team ~ Region 10 Board of Directors ~
Region 10 Family Support Council ~ Dunkin Donuts - Plaistow NH ~ Ms. Julie Garvey



Adult Story Hour held at Hampstead Public Library on the second and fourth Friday of the month at 10am. Adult Story Hour gives people with special needs a chance to hear a story, make a craft and interact with others. For more information, call the library at 329-6411.

Executive Director
Jane Dichard

Newsletter Editor
Stacy Merriam

Calendar of Upcoming Trainings

Board of Director's Meeting

April 14, 2010
6:30 pm

Date & time subject to change. Please call to confirm if attending.

*If not connected to Region 10 Community Support Services Inc., there is a \$25 per day fee charged for trainings.

If you would like more information on any of the trainings sponsored by Region 10, please call 893-1299.

JOIN US FOR THE FOLLOWING:

April Trainings:
*will be held at
Region 8 One Sky Community
Support Services,
Portsmouth, NH*

Empowerment
Lynn Tonkin
April 20, 2011
9:00 a.m.-11:00 a.m.

Rights
Sharon Richey
April 20, 2011
11:30 a.m.-2:00 p.m.

**Overview of System &
Developmental
Disabilities**
Bob King
April 20, 2011
2:15 p.m.-4:15 p.m.

****Please register by
April 13th**

May Trainings:
*will be held at
Region 8 One Sky Community
Support Services,
Portsmouth, NH*

**Understanding &
Supporting Effective
Behavior/Helping People
Learn Useful Skills**
Sharon Richey
May 18, 2011
9:00 a.m.-2:00 p.m.



****Please register by
May 11th**

June Trainings:
*will be held at
Region 8 One Sky Community
Support Services,
Portsmouth, NH*

Quality of Life
Martha Bonneau
June 15, 2011
9:00 a.m.-12:30 p.m.

Health & Safety
Martha Fenn King, RN
April 20, 2011
1:00 p.m.-4:30 p.m.



****Please register by
June 8th**



Serving individuals with developmental disabilities and their families in the following communities:
Atkinson Derry Pelham Salem
Chester Hampstead Plaistow Windham
Danville Newton Sandown