

Making A Positive Difference Everyday!!

Connections

AUGUST 2010



"Someone's sitting in the shade today, because someone planted a tree a long time ago". ~Warren Buffet

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Community Support Services

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

People Power

People Power met in July and had a great discussion that revolved around pet care- pros and cons. All members took part in discussing who does and does not have pets at home. They talked about who has had the most pets in their life. We discovered that there are only a couple of members that do not have pets.

At next months meeting the group plans to focus on health, exercise and nutrition. We plan to incorporate what we learn from this meeting with the healthy snacks we choose for our future meetings and events. We are all looking forward to participating in this important, worth-while learning endeavor.

Also, Friday, August 20th, the group is gearing up for their summer dance. This dance is going to be held at the Atkinson Community Center in Atkinson, NH. Another wonderful event the group has begun talking about is their annual Chunky's Cinema Pub outing, which will take place in September; we are all very excited!!! The People Power group likes to take time for fun as well as learning new things, they are all terrific.

People Power is a very enjoyable group and new members are always welcome to join. The monthly meetings are held on the first Thursday of every month at the Hampstead Public Library, 6 Mary E. Clark Drive, Hampstead, NH. Individuals must be 21years of age or older to join. For more information please contact Dianna Winward at Region 10, 893-1299 ext. 314.



Members of Region 10's People Power and the newly appointed advisors pose for a group picture.

A WIN FOR REGION 10!

Well, it wasn't easy—but Region 10 finally ended up a bunch of "real winners" in our annual Wiffle Ball championship game with some mighty tough competitors.

The outlook was at first pretty dismal—only four of us from Region 10 (at least one of VERY dubious athletic ability) versus a whole host of well-trained, accomplished, dedicated challengers from SARC. Our chances didn't look good—until, out of the blue, reinforcements arrived—four DSP's from the "other side." That's when our team went into gear!

It was close and it was tough, but we finally came out ahead. For the first time ever, Region 10

won. We've been on the losing end at Wiffle Ball, Basketball, Bowling and Trivia Pursuit. There's hope for us yet!!

Thank you, consumers, staff and the wonderful folks from SARC who invite us to participate in these fun-filled events. We enjoy every moment—and we appreciated the pride shown by your team during the "high-fives" lineup after our win! How gracious you all are!



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

**Cathy Spinney,
President**
(Pelham)

**Ken Ferreira,
Vice President**

**Barbara Strzykalski,
Treasurer**
(Atkinson)

**Kathy Murphy,
Secretary**
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(Atkinson)

Colleen Demers
(Pelham)

Jim Dickerson, DMD
(Windham)

Marion Donahue
(Bradford, MA)

Robin Knight
(Sandown)

Joan Sabatini
(Salem)

Linda Steir
(Atkinson)

Region 10 21st Golf Tournament
~Please Save the Date~

Region 10's 21st Annual Golf Tournament is going to be held at Candia Woods Golf Links in Candia, NH. If you know someone and/or are willing to help us with sponsors and contributors, please call Jane Dichard at 893-1299. Let's make our 21st golf event our most successful tournament ever!

Calling All Bakers

We are looking for bakers for our annual Golf Tournament. We need over 40 dozen cookies, so any donations would be greatly appreciated. We will need the homemade cookie donations by 9/14/10. If you would like to make a donation of homemade cookies to the golf tournament, please contact Kelly Judson at 893-1299 ext 331 or kjudson@region10nh.com as soon as possible. Thank you for your support!



2-1-1 in NH

2-1-1 is an easy to remember telephone number that connects callers, at no cost, to information about critical health and human services available in their community.

2-1-1 reaches approximately 196 million people (over 65% of the total U.S. population) in 41 states and the District of Columbia, however, millions of Americans still need to be connected. America needs 2-1-1 to be accessible nationwide.

The United Ways of New Hampshire (UWNH), a group of ten New Hampshire United Ways, has collaborated with five comprehensive Information and Referral (I&R) agencies in the State of New Hampshire to obtain ownership of the 2-1-1 number from the Public Utilities Commission. The initiative is also being supported by United Way of America and the Association for Information and Referral Services (AIRS).

UWNH has attained a leadership role in NH 2-1-1 by retaining a part-time project coordinator, committing to financially support a significant portion of the initial operating costs and working with state officials and private foundations to secure additional funds.

The 2-1-1 NH Information and Referral Service began pilot operations in November 2007. Residents in New Hampshire can contact 2-1-1 NH toll-free by dialing 1-866-444-4211. A website with searchable database is also available at www.211nh.org.

2-1-1 NH staff anticipates that residents will be able to connect to 2-1-1 NH by dialing 2-1-1 from landlines by May 2008. Complete access, via the 2-1-1 dialing code from landlines and cell phones, is expected to be complete by the end of 2008.

2-1-1 NH is an initiative of the United Ways of

New Hampshire in partnership with Public Service Company of New Hampshire. It is also sponsored by the Citizens Bank Foundation, Exeter Hospital, New Hampshire Charitable Foundation and the State of New Hampshire.

Do you Need Assistance Filing for Guardianship?

Did you know that The Hillsborough and Rockingham County Probate Courts each have a Service Center?? Did you know that the Service Centers each have a representative to assist you with all guardianship paperwork?? Did you know that they each are a Notary Public and can assist you in completing all of the guardianship paperwork at the court????

All Probate Courts have a web site with all guardianship forms as well as instructions for each form. Please contact your Probate Court Representative or your Region 10 Community Support Services, Inc. Support Coordinator with any questions that you may have. Below is a list of the web addresses as well as contact information for each probate court.

Rockingham County Probate Court

Physical Address:
10 Route 125, Brentwood NH 03833
Mailing Address:
PO Box 789, Kingston NH 03848
www.courts.state.nh.us
Gina Rogers (603)642-7117 ext 2300

Hillsborough County Probate Court

30 Spring Street
PO Box 387
Nashua NH 03061-0387
www.courts.state.nh.us
Cindy Maggiacomo (603)882-1231

Star Balloons by Ryan

Would you like to send balloons to someone special? There are many reasons to make someone's day a bit brighter... Birthdays, Graduations, Thank You's, Anniversaries, or "Just Because." Would you like to send balloons to that special person in your life? Then contact Ryan at **603-203-1235**. Please leave Ryan a message on the machine, and all calls before 2pm will be returned within a couple of hours, any calls after 2pm will be returned the following business day.

Ryan is the founder and owner of Star Balloons. He is a young man challenged with multiple disabilities including Cerebral Palsy and blindness. Fifteen years ago, Ryan and his family had a dream of starting his own balloon business. He has worked very hard to learn the skills needed to be able to handle many aspects of the business with the help of a job coach and the support of his family!





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/DHHS/BDS>.

5th Annual Apex Summer Leadership Institute

August 18 & 19, 8:45 am to 4:15 pm, Attitash Grand Summit Hotel & Conference Center, Bartlett, NH, Cost \$275.00 - This conference will provide an opportunity for teams from high schools including administrators, teachers, other staff members, community mental health providers, **students**, and **parents** to build knowledge, skills, and connections to resources that will improve the culture, climate, student engagement, graduation rates, and student achievement in their schools. For more information, please contact Institute on Disability at 603-228-2084 or email contact.iod@unh.edu

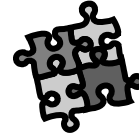
Behavioral Consultant Services Available Through Region 10

The Family Support Council at Region 10 contracts with a behavioral consultant who offers in-home consultations on a monthly basis as needed. If your child is struggling with behavioral issues or you would like to have a consultation to address everyday issues that are becoming problematic, contact Anita Trudel at Region 10 to schedule an appointment. Call 893-1299 X334 or e-mail at atrudel@region10nh.com.

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.

Seacoast NH Area Parent Recommended Autism Resource Guide



25 Seacoast Autism Network families participated to build a great resource intended for parent-to-parent use. Some of the topic headings for resources that were supplied by other network parents are "DAN" Doctors, ADD Coach, Advocates, AUTISM DIAGNOSTIC And/Or TREATMENT RESOURCES, Behavioral Health/Counseling/ Psychotherapy, Behaviorists, Dentists, Doctors Recommended for Routine Care, Doctors who are Open to Alternative Vaccine Timing, Educational Programs/ Lessons, Grants for Families Struggling with Child Health-Related Expenses, MISC., Music Resources, Music Therapy, Psychological Kinesiology, Recreation/ Leisure, SPECIAL NEEDS TRUSTS, Specialists, Stores, and Therapies. You can have a guide too, but there is one catch: You must supply at least one resource for the guide! Electronic copies of the most updated guide will be emailed to all participants!! E-mail Vickie Gayhardt at Vgayhardt@eastersealsnh.org with your resources and to get a copy of the guide.

Goodwill Learning Site -

This is an active learning site of Goodwill Industries and it is FREE!!!! Topics include computers, math, every day life, etc. Check it out! <http://www.gcflernfree.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)

Carol Ingram
(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.

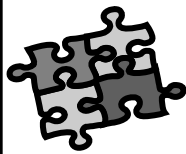




A List To Keep Handy
Region 10 CSS
Employee
Extensions

- Aleece.....322
- Anita.....334
- Bill.....317
- Carole F.....307
- Carole T.....336
- 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
- Laura.....319
- Leslie.....327
- 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>

Statewide Communication Conference

“Making Communication Happen Worldwide” is a Statewide Communication Conference being held on October 26, 2010 at the Hilton Burlington Hotel in Burlington, Vermont. “Making Communication Happen Worldwide” is a one day conference that will provide practical and in-depth information to people who support adults and transition age youth with communication challenges. The conference highlights 14 breakout sessions, assistive technology vendors, art exhibit and a special premiere showing of a new feature length documentary about adults with autism around the world. The centerpiece of the story is the friendship of two Vermonters, Larry and Tracy, and their work to advocate for others with Autism. They took a trip around the world determined to put a new face on Autism. Keynote by Douglas Biklen, PH.D., Dean of the School of Education, Syracuse University and co-producer of the film; panel discussion with Larry and Tracy and others from the film. For more information contact June Bascom, Division of Disability and Aging Services/DAIL by phone at 802-241-2644.

Have You Voted Today?

Pepsi will donate \$50,000 to NH's efforts to improve services for individuals experiencing an autism spectrum disorder.

BUT, you have to vote! Go to: <http://pepsi.d1YHWJ>. Please ask your friends and family to vote too!

Transition Guide

Region 10’s Family Support Department has been working diligently to update Transition information and resources that we offer to our families. If you are interested in receiving a copy of the Transition Guide and/or the other resources that we have revised for the transition age (15-21), please contact your Support Coordinator at Region 10. We can be reached at 893-1299 at the following extensions:

- Kelly Judson ext. 331**
- Kim Heghinian ext. 329**
- Nancy Murphy ext. 338**
- Kristen Frost ext. 320**

We look forward to hearing from you and working with you through the transition process.

Free Newsletter from Wrightslaw

The Special Ed Advocate is a free online newsletter about special education legal and advocacy topics. Subscribers learn about new cases, articles, seminars, trainings, and special offers on books by Pete & Pam Wright, as well as other useful information about special education law and advocacy. You can sign up at: <http://www.wrightslaw.com/subscribe.htm>.



Summer Fun

Boston Portsmouth Air Show, sponsored by Brain Injury Assoc. of NH, will take place at Portsmouth International Airport at Pease, August 28 & 29.

Gates open at 9:00 am; main show starts at 12:00 pm. For more information, check out <http://www.newenglandairshow.com/>

Field of Dreams FREE Summer Concert Series Info 2010

Sponsored by: Enterprise Bank, Pentucket Bank, Salemhaven

Concert Supporter: Canobie Lake Park

<u>Date:</u>	<u>Musical Style Description</u>	<u>Band</u>
July 8	Music of the Beatles	Beatles Tracks
July 15	Big Band Music	Good Mem'ries Big Band
July 22	Classic Rock	Threeplay
July 29	Rock and Blues	George & Co.
August 5	Modern/Classic Rock	The Claytiles
August 12	Modern/Classic Rock	Mugshot
August 19	Celebrating the Women of Rock	Minor Issues
August 26	Classic Rockin' Roll with Kickin' Horns	Smoke n Mirrors



Note: Concerts start at **6:30 pm this year (Last year it was 7:00 pm) 50/50 raffle fund raiser. Bring chairs, blankets. No pets or smoking. Parking in FOD lot is for handicap/senior citizens, and band. Parking should be at the court house or Salem High School .



National Core Indicators Satisfaction Survey Update

The Community Support Network Inc. (CSNI) and your local area agency would like to thank all the individuals, families, and/or guardians who responded to the recent satisfaction survey. We would like to give you an update on the status of the process.

This spring CSNI and the ten area agencies sent out 5,390 surveys. A total of 1,749 surveys were returned for an overall return rate of 31%, which is excellent. The New Hampshire developmental services system takes its responsibility to provide services that meet the satisfaction of individuals and families, very seriously. The National Core Indicators project will allow us to look not only at how we are doing in NH to meet your needs, but in comparison to where we stand nationally. The analysis of the survey data and the report is being prepared by the Human Services Research Institute (HSRI) in Cambridge, Massachusetts. It is anticipated that the full report will be available at the end of this year. In all cases, your information has remained confidential unless you specifically requested a call from your area agency.

The importance of individuals, families, and guardians responding to satisfaction surveys cannot be over estimated. We count on you to let the system know how it is doing in meeting your needs. We greatly appreciate the time you spent completing the survey and assure you that we will use the results of the survey to enhance our ability to provide quality services.

Institute on Disability Seeks Artists for its 2011 Calendar

Are you an artist looking for an opportunity to get your work noticed? Do you know someone who is an artist and might be interested in such an opportunity? Every year since 2000, the [Institute on Disability](#) (IOD) at the University of New Hampshire has produced a calendar that features 13 original works of art. These highly anticipated calendars are distributed each year to thousands of people around the world who are connected to the IOD's mission of strengthening communities and ensuring full access, equal opportunities, and participation for all persons. The IOD is currently inviting artists to submit artwork to be considered for its 2011 Calendar.

The theme for the 2011 calendar is reflective of the quote:

“Inclusion is a right, not a special privilege for a select few.”

~Federal Court, Oberti vs Board of Education

If you would like to submit, here are some simple guidelines to follow:

- All artwork must be 2-dimensional (i.e. drawings, paintings). Unfortunately, we are unable to accept photography and sculpture.
- Artwork for submission may be created for the purpose of this calendar or may be selected from an existing portfolio of work.
- Artwork should reflect the artist's interpretation of the quote above.
- Artists are encouraged to submit artwork with vibrant colors (see links to past calendars below).
- Artists are welcome to submit a maximum of three (3) works of art for consideration.
- Submissions must include the artist's name, phone number, email address, and title(s) of artwork.
- If chosen, the original work submitted will be requested and will need to be sent to the IOD. All originals will be returned to the artists.

Here are links if you would like to see a PDF copy of the [2009](#) and [2010](#) calendars.

Please do not send original artwork at this time. Digital copies (scanned or photographed artwork) for consideration should be sent as a JPG or PDF file to contact.iod@unh.edu with “2011 IOD Calendar Art” in the subject line. If you would like to submit a printed copy (not an original) of your artwork via U.S. postal mail, please mail it to:

INSTITUTE ON DISABILITY / UCED

Attn: Matthew Gianino

10 West Edge Drive, Suite 101

Durham, NH 03824

During the final selection process, the IOD may request the original artwork for further consideration in some cases. The 13 finalists will be asked to complete an [Artwork Release Form](#). Please be sure you are able to comply with the terms of the release form prior to submitting. **The deadline for submissions is Friday, July 30, 2010.** All artists whose work is chosen for the 2011 Calendar will be contacted by August 27. If you have any questions, please don't hesitate to contact the IOD.

Good luck and we look forward to your submission!

~The IOD Staff

**"One man
with courage
makes a
majority."**

**~Andrew
Jackson**

CHARITY BLAST

If you make your purchases online, you can help raise money for families of Region 10 by simply going to this website, www.charityblast.com. Before you make an online purchase go to the above web address and select Region 10, then choose your retailer and order as usual. A portion of each sale goes directly to Region 10. See for yourself how simple this is by going to the website for your next online purchase. **Just a few simple steps can help make a difference for some people!!**

Executive Director
Jane Dichard

Newsletter Editor
Stacy Merriam

Calendar of Upcoming Trainings

Board of Director's Meeting

September 9, 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: Rockingham Games of Chance

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

Understanding & Supporting Effective Behavior/Helping People Learn Useful Skills
Sharon Richey
August 18, 2010
9:00 a.m.-2:00 p.m.

***Please register by August 11th*

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

Health and Safety
Martha Bonneau
September 10, 2010
9:00 a.m.-12:30 p.m.

Quality of Life
Martha Bonneau
September 10, 2010
1:00 p.m.- 4:30 p.m.

***Please register by September 3rd*

Rockingham Games of Chance



Total Revenue from June 25th
\$7,705.25

**Next Games of Chance Night is July 31st then to follow...
October 6th
November 19th
&
December 18th**



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