

Making A Positive Difference Everyday!!

Connections

FEBRUARY 2011



14th Annual
Kids Carnival
Saturday,
February
12th
11 am- 4 pm

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Region 10
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

COME ONE COME ALL ~ REGION 10's ANNUAL KIDS CARNIVAL

Region 10's 14th Annual Kids Carnival is just around the corner on Saturday, February 12, 2011. The carnival is sure to be a great time filled with fun shows including Mad Science, Ronald McDonald Magic, Ocasio's True Martial Arts, as well as the Studio of Performing Arts Dance. Our traditional Cake Walk is always such a hit, so if you would like to donate a cake all cake donations will be greatly appreciated. Our goal is to have 30 cakes this year. Can we count on your support to help us reach our goal? If you would like to make a cake donation or would like to donate a raffle item, please contact Tammy Dudal at tdudal@region10nh.org or 603.893.1299. Please be sure to see the Carnival Flyer insert for your chance to enter the coloring contest! We look forward to seeing all of our old families and friends as well as some new friends this year. So bring a friend, neighbor or let your child's school know of this event and have them join us for another fun year at Region 10's Annual Kids Carnival.

~ The Schedule of Events for the Day ~

DEMONSTRATIONS

Magic Science Show.....11:30 am
Ronald McDonald Magic Show.....12:30 pm
Ocasio's True Martial Arts.....1:30 pm
Studio of Performing Arts Dance.....2:30 pm

ACTIVITIES

Cub Scouts Boat Race ~ Cake Walk ~ Sand Art ~
Healing Touch Pottery ~ Nail Painting ~
Coloring Contest ~ Face Painting ~
Cookie Decorating ~ Beading ~ Arts & Crafts

*Join us 11:00am-4:00 pm at Woodbury Middle School, 206 Main St., Salem, NH
Enjoy pizza, fried dough, french fries, soda, plenty of candy and tons of fun!
Admission is FREE!! See flyer insert to enter the coloring contest!*



(Above: {L} Joel Morris and {R} Deanna Johnson)

**Hiring
Individuals
with
Disabilities
and the
Financial
Advantages!**



(Above: {R} Deanna Johnson and {L} Joel Morris)

Deanna Johnson Region 10's Client Benefits/Work Incentive Coordinator, along side Joel Morris CEO of Life Visions, in Newton, NH did a presentation at the Atkinson Country Club for PACE on Thursday, January, 13, 2011. The topic was about hiring individuals with disabilities. They discussed the benefits of hiring employees with disabilities as well as the different financial incentives that are available as well. Over 30 businesses were in attendance.

FUNDRAISING GRANT AWARDS

The Region 10 Fundraising Grant Committee met on Friday, January 7th and was pleased to award \$7,165 in funds raised through Region 10's annual Golf Tournament, Silent Auction, Kids Carnival as well as 1/3 of the proceeds from Rockingham Park. Through these committees and their hard work and efforts, the earnings help many families and individuals have another source of financial assistance to enable them to accomplish and/or gain things that otherwise may be financially difficult. Between first and second quarter of this fiscal year the committee has awarded a total of \$11,353.00. This quarter funds grants awarded were in the following categories:

~Communicative Devices, Holiday Assistance, Social/Recreational Assistance, Valuable Classes/Trainings for multiple individuals, Gym Membership, Horseback Riding, Portable Adaptive/ Assistive Technology, Community Participation/Events

The Fundraising Grant Committee meets quarterly on the first Friday of the month. If you have a need for some financial assistance with adaptive/assistive technology, community participation, social/recreational/leisure activities, therapeutic services, training and education, environmental modification or in some other way please speak with your Support Coordinator about the possibility of a Fundraising Grant. Applications for a grant can be found online at region10nh.org.

Also, it is that time of year again for High School seniors who are college bound to begin filling out applications for scholarships. Region 10 offers a \$500.00 scholarship to one senior from each of the High School's within our district; Pelham High School, Pinkerton Academy, Salem High School, Sanborn Regional High School, and Timberlane Regional High School. If you know of a senior student that is headed for college that will be pursuing a degree in the Human Service field, has been an advocate or has supported and individual with Developmental Disability and/or has been involved in community service/volunteering they can go to their guidance counselor to request an application for Region 10's Scholarship. The Fundraising Committee looks forward to reading essays about the great strides these students have made within our community to support and advocate for individuals with disabilities. We know that they are our future advocates in the Human Service field and would love to give them some financial assistance as they embark on the next stage of their journey in supporting individuals. The Committee will meet to review all Scholarship applications on April 15th, so please have any seniors that you feel meet the requirements visit their guidance counselor for more information.

Our next Grant Committee meeting will be held on April 8th, so please submit your grant application to your Support Coordinator by April 1st. We wish everyone a happy and healthy 2011.

Region 10 Thanks a Generous Community

It was truly a magical season for a number of families that are served through Region 10. During the holidays Region 10 went to greater lengths by coordinating the collection of gifts and dinners. Many local businesses came out in full force to help Region 10 provide clothing, gifts and food to over 75 children and families.

Giving Trees were placed at Enterprise Bank in Salem as well as Pentucket Bank in Hampstead. These trees were filled with requests from children of all ages. The response from the community was amazing. Every tag on the tree was taken and items were pouring back into the banks. Sheryl Parsons of Enterprise Bank delivered a car load of toys and clothing to the Region 10 office the week before Christmas. She also brought in a huge box of brand new hats and mittens that were generously donated by the Salem Lions Club.

"The outpouring of support has been tremendous" stated Jane Dichard, Region 10's Executive Director. "One of the goals Region 10 strives for is to continue to build relationships within the community. This certainly was proven during our recent holiday drive."

Region 10 is so blessed to have built relations with the community who year after year continue to support our mission. We would also like to acknowledge and say thank you to the following groups: Ararat Armenian Congregational Church, Salem; Timberlane High School Cheerleaders, Plaistow; Windham Helping Hands, Windham; Enterprise Bank, Salem; Salem Lions Club, Salem, Pentucket Bank, Hampstead; and the Region 10 Family Support Council, Fundraising Committee and Staff.



Pictured Above: (Left to Right) Anita Trudel, Nancy Murphy, Kristen Frost and Kim Heghinian ~ all from the Family Support Department, Jane Dichard, Executive Director of Region 10.

Region 10 Board of Directors (towns they represent)

**Cathy Spinney,
President**
(Pelham)

**Ken Ferreira,
Vice President**

**Barbara Strzykalski,
Treasurer**
(Atkinson)

**Kathy Murphy,
Secretary**
(Chester)

Ed Adamsky, Esq
(Pelham)

Lorraine Butler
(Derry)

Kathleen Dayotis
(Atkinson)

Colleen Demers
(Pelham)

Jim Dickerson, DMD
(Windham)

Marion Donahue
(Bradford, MA)

Robin Knight
(Sandown)

Linda Steir
(Atkinson)





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>.

Family Support & the Family Support Council Training Opportunities

- ◆ “Social Security Benefit Information Session”, presented by Kenneth Baron of the SSA, February 17, 2011, Plaistow Public Library, 5:30 to 7:30 PM.
- ◆ “Understanding Special Education Services: Tips for Parents”, presented by Dr. Fish of the NH Bureau of Special Medical Services, Kimball Public Library, Atkinson, March 31, 2011, 5:30 to 7:30 PM. See flyer insert.
- ◆ “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. Watch for flyer insert in future Connections!
- ◆ “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. Watch for flyer insert in future Connections!

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

Fuel Assistance is Here

Contact your local Community Action Program (CAP) to see if you qualify for fuel and/or electric assistance.

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.

◆ Rockingham Community Action -
Phone: 436-3896 Website: www.rcaction.org

◆ Southern NH Services, Hillsboro County-
Phone: 647-4470 Website: www.snhs.org

Monthly income guidelines per family size:
1 person - \$1,780.00 ~ 2 people - \$2,395.00
3 people - \$3,010.00 ~ 4 people - \$3,625.00
5 people - \$4,240.00 ~ 6 people - \$4,854.00

Resource Group for Parents of Children Birth to 5 Years Old

The Department of Social Work, in conjunction with the Department of Education, is offering a six week parent resource group for parents of young children (birth-5 years). This group is being offered for parents of children newly evaluated for early intervention services or recently diagnosed with a disability. The group will be held in Durham, NH at the Child Study and Development Center at the University of New Hampshire, 22 O’Kane Road, Durham, NH.

****Child care and light refreshments will be provided. The group will meet on Thursdays from 6:30-8:00 pm for six weeks (Feb. 3-Mar. 10) There is no cost but reservations are required. Space is limited.**

Please contact Lisa Wilder at (603) 862-2381 or lisa.wilder@unh.edu

Region 10's Parent to Parent Program

The Parent to Parent Program is a way for families to connect with each other to share ideas and offer support and encouragement. With prior approval, your support coordinator will match families with common interests by contacting families and sharing other parent’s names and phone numbers with them. As a Parent to Parent you can either be contacted by other families or you can initiate the contact, depending on your comfort level. To learn more about the Parent to Parent Program, contact Anita Trudel at 603.893.1299, ext. 334 or by e-mail at atrudel@region10nh.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>

Engaging Learners with Sensory Processing Disorders

with Traci Gilman, MS, OTR/L

What does it take to learn? What does the classroom feel like, smell like, sound like to a student with sensory processing disorders? Participants will be introduced to the principles of sensory processing and how educators can create environments that help all learners learn. Using current research and methodology audience members will explore sensory processing profiles and have the opportunity to create optimal learning environments. This is a must for all teachers from elementary through high school.

Participants will:

- ◆ Describe brain function that relates to sensory processing.
- ◆ Describe how stress can disrupt the learning process.
- ◆ Identify characteristics of sensory defensive vs. those that are under-aroused.
- ◆ Be familiar with basic guidelines for classroom workspace design that benefit students with sensory processing difficulties and differences.
- ◆ Identify similarities and differences between students with Sensory Processing Disorder (SPD) and Autism Spectrum Disorders (ASD).

Date: Wed., Mar. 9, 2011 (Snow date of Mar. 16th)

Time: 9:00 am - 4:00 pm, (Check-In begins at 8:30)

Location: [SERESC](#) 29 Commerce Dr, Bedford, NH

Registration Cost: \$155.00 per individual

Cost includes: Continental breakfast, lunch, certificate of attendance w/ 6 contact hours

****Early Registration Cost:** \$125.00 if registration & payment are received by 2/21/2011**

Registration Deadline: 2/28/2011

If you have any questions contact Robin Knight at 603.206.6816 or by e-mail rknight@seresc.net

Therapy in Motion, LLC

The Kettle Carriage House (Social Skills Group)
6 Sarah's Way, Newton NH 03858

Dates: May 13, 2011—June 17, 2011

Times: Thursday's from 6:30-8:30 p.m.

Telephone: 603.686.6775 or 603.401.7870

Therapist: Aida Louise Koocher, MA, CCC-SSP
E-Mail: akoocher@comcast.net

Therapist: Michelle Bragdon-Place, MS, OTR/L

E-Mail: mab6173@aol.com

NH Asperger's Association of New England Chapter –

Visit www.aane.org for more information on area support groups or contact Robin Lurie-Meyerkopf, MEd, Associate Director at AANE – 617-393-3824, ext. 316 or robin.lurie-meyerkopf@aane.org.

Did You Know....

In the Family Support Department we support over 400 families between the ages of 3-21 years of age. Kelly Judson is the Director of Family Support. Kristen Frost, Kim Heghinian and Nancy Murphy are the Support Coordinators that are responsible for supporting families. As you can imagine it is a very busy department due to supporting so many families. We try very hard to respond to your calls timely and maintain contact as needed. If you would like to talk with your support coordinator, please give us a call and let us know that you would like to hear from us. Families are assigned a support coordinator based on the town they live. The breakdown of what family each coordinator supports as well as their contact numbers/ e-mail address are as follows:

◆ **Kristen Frost:** Chester, Derry & Hampstead
Phone: 893-1299, ext. 332

E-Mail: kfrost@region10nh.org

◆ **Kim Heghinian:** Atkinson, Danville, Newton, Plaistow and Sandown

Phone: 893-1299, ext. 329

E-Mail: kheghinain@region10nh.org

◆ **Nancy Murphy:** Pelham, Salem and Windham

Phone: 893-1299, ext. 338

E-Mail: nmurphy@region10nh.org

If you need to get in touch with Kelly Judson you may contact her at 893-1299, ext. 331 or by e-mail at kjudson@region10nh.org.

Do You Need Help In Figuring Out Your Medicaid, Social Security, Medicare Benefits

Are you confused about Medicaid, Social Security, and Medicare? Are you thinking about going to work but are afraid of losing your benefits? Do you wish there was someone that you could talk to that might be able to answer your questions? Region 10's Client Benefits / Work Incentive Coordinator, Deanna Johnson might be able to answer all of your questions or at least steer you in the right direction. If you would like her assistance call her at 893-1299 ext. 323, or by e-mail at djohnson@region10nh.org she would love to talk with you to help you get started in the right direction.

Region 10 is Seeking Volunteers ~ Would you Like to Help

Region 10 is currently seeking volunteers to participate in the following agency committees. If you have a few hours to volunteer and would like to help Region 10 with these important safeguards, or if you would like further information about either of these committees, contact Judith Crane or Jane Dichard at Region 10 at 603-893-1299. We strive to have committee members representing diverse roles including the family perspective, which we currently do not have on our Behavior Treatment Review Committee. Please consider volunteering your time to support Region 10's mission.

Human Rights (HR) Committee

- ◆ Promotes rights protection for individuals receiving services through Region 10;
- ◆ Develops recommendations for regional policies and procedures;
- ◆ Assures necessary documents, policies and procedures are in place for the protection of rights.

Meets every 6 months (typically on a Monday morning from 10 a.m. to noon) and as determined

HR Subcommittee: Behavioral Treatment Review:

- ◆ Reviews behavioral treatment plans and protocols developed by teams proposed for implementation with individuals receiving services;
- ◆ Reviews environmental alterations and other restricted measures proposed for implementation in response to behaviors of individuals;
- ◆ Recommends behavioral policies and procedures.

Meets monthly (typically on Monday mornings at 9:30 a.m.) and as determined



~ Rockingham Park Games of Chance ~

Region 10 has been selected to participate in the

NH Charitable Games of Chance on the following dates in 2011:

- Tuesday, January 25th (3pm-midnight)
- Friday, March 4th (2pm-1:00am)
- Thursday, April 7th (2pm-midnight)
- Wednesday, May 11th (3pm-midnight)
- Saturday, June 18th (12pm-1:00am)
- Monday, July 25th (3pm-midnight)
- Friday, August 26th (2pm-1:00am)
- Sunday, September 25th (12pm-midnight)
- Tuesday, November 14th (3pm-midnight)
- Thursday, December 29th (2pm-midnight)



Region 10 will receive a portion of the proceeds made from each of these evenings. 100% of this money will be used to support the individuals and families we serve. Grab your family, friends, and your best poker face and join in the fun at the Rockingham Park Race Track, Route 28, Salem, NH.

****Please Gamble Responsibly****

PEOPLE POWER POST

At the People Power's long awaited Christmas party the group had so much fun socializing, you could hear the lively chatter through out the whole restaurant.

The food was amazing, there was cheese and crackers to start as well as a wonderful vegetable tray. Then there were two choices for the main meal, chicken parmesan and marinated steak tips, (the choice turned out to be about 50/50) after all that there was a wonderful chocolate mousse for dessert. As if that wasn't pleasurable enough, the groups amusement during the Yankee swap had smiles on everyone's faces. The laughter and cheers were very entertaining.

It was impossible to choose the best part of the evening, as it was fun, fun, fun- from beginning to end!

The next meeting will be held on February 3rd at 6:00 pm at the Hampstead library. We'll be making plans for the People Power's meeting agendas and the events through out the year. One of the events we will be discussing is going to Healing Touch Pottery in Hampstead. And of course the annual dances and Chunky's events that are always a hit. We are all looking forward to another wonderful year of meetings and events.....

2011 Kids Carnival

Join us on



Saturday, February 12, 2011 for: The 14th Annual Kids Carnival
There will be some great events including:
Mad Science, Kinder Musik, Cub Scouts Boat Race, Ocasio's Karate and much more!

Executive Director
Jane Dichard

Newsletter Editor
Stacy Merriam

Calendar of Upcoming Trainings

Board of Director's Meeting

February 10, 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:

March Trainings:
will be held at
Region 10
Community Services,
Atkinson, NH

Acquired Brain Disorders (ABD)
Scott Dow
March 23, 2010
10:00 a.m.-2:00 p.m.



****Please register by March 16th**

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**



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