

Making A Positive Difference Everyday!!

# Connections

JANUARY 2011



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New Year!*  
~ 2011 ~

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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

## 21st Annual Region 10 Golf Challenge

Region 10 Community Support Services would like to thank everyone who helped make our 21st Annual Region 10 Golf Challenge on September 16<sup>th</sup> at Candia Woods Golf Links such a GREAT SUCCESS! Over 100 golfers, 30 sponsors and more than 50 contributors supported this event to make a very positive difference in the lives of many individuals and families served through Region 10. In spite of the challenging economy, through their collective efforts, this year's tournament raised over \$16,000. With tournaments being held every day to benefit so many worthy causes, we greatly appreciate the fact that so many people choose to support Region 10's tournament year after year!

*So who won? Congratulations go out to the following:*

### Contest Winners:

*Long Drives:* Brad Kent and Sue Silsby

*Straight Drive:* T J Thompson

*Closest to the Pin 5<sup>th</sup>:* Brad Kent and Carol Boule

*Closest to the Pin 8<sup>th</sup>:* Paul Camell

*Closest to the Pin 17<sup>th</sup>:* Paul Bjork

*Closest 2<sup>nd</sup> Shot on 7<sup>TH</sup> Green:* Tim Henkels Team

*Closest 3<sup>rd</sup> Shot on 16<sup>TH</sup> Green:* D J Lowd Team

*Longest Putt Made: 12<sup>th</sup>:* Team Thompson

### Tournament Winners:

*1<sup>st</sup> Place:* Dave Camell, Jay Brunetti, Paul Camell and Paul Bjork

*2<sup>nd</sup> Place:* Jim Dickerson, Bob Barnett, Jim Pert and John Polcari

*3<sup>rd</sup> Place:* Mike Boudreau, Dan Fusco, Don Rose and Fred Thompson

*21<sup>st</sup> Anniversary:* Josh Milligan, Jeff Smock, Nick Mancini, Eric Slyffe

### Winners of the Special Divisions:

*Mixed Team:* Mark Lore, Ann Dillon, Brian Young and Brad Kent

*Regional Family Team:* Brian Thomas, Michael Rosengard, Rich Conlon

*Regional Provider:* Carl Pufahl, Chris Slover, Craig Crowell, John Iafolla

### AND LAST BUT CERTAINLY NOT LEAST.....

Region 10's tournament was made possible again this year because a small, but very committed, group of individuals who know how important the golf tournament proceeds are to the individuals and families who benefit from them. Without their efforts this golf tournament would not have been possible. Many thanks to the Golf Tournament Committee members and to the many other volunteers who made our 2010 tournament such a fun and successful event!

Committee Members: Terri Cadorette, Gina Consentino, Jane Dichard, Bill Dillon, Dee Johnson, Stacy Merriam, Mary Reed, and Chris Roy.

Tournament Volunteers: Leslie Coughlin, Judy Crane, Len Dichard, Cathy Forgit, Jinelle Hobson, Kristine Houle, Kelly Judson, Linda Leahy, Aleece Pappas and Dianna Winward.

We would also like to extend a very special thank you to the many family members and Robb Wheeler for baking the delicious cookies that our golfers enjoyed so much! The cookies keep our golfers coming back year after year, adding such a personal thank you from our families and staff.

And finally, we want to express our appreciation to Ted Bishop for his support over the past years and to the Candia Woods crew who were so helpful. Once again they did a tremendous job managing our tournament. The course was in great condition and the barbeque following the tournament was

*(cont'd. on page 2)*

**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)*



*(Cont'd. from page 1)*  
absolutely delicious!

Each year the Golf Committee reaches out to attract new golfers, sponsors and contributors, encouraging members of our local communities to help make Region 10's fundraising efforts successful. Why not join us next year?

Region 10 Community Support Services, Inc. is a non-profit agency that provides services and support to individuals who have developmental disabilities or acquired brain disorders and their families in Southern New Hampshire. Region 10 is one of the ten Area Agencies designated by the State of New Hampshire, Department of Health and Human Services, Bureau of Developmental Services. The majority of Region 10's services and support are provided through contracts with the Bureau for State and Medicaid funding. All proceeds from our tournament go to directly support individuals and families. If you would like to learn more about Region 10, find out how you can become involved as a volunteer or want to support our agency fundraising efforts, please call Jane Dichard at the Region 10 office at 603-893-1299.

**~ Working with Natural Supports ~**

In February 2010, Chris began working at the Super Used Bookstore in Salem, NH. In the beginning, Chris received support from a job coach to help him learn the day-to-day operations at the store and to become familiar with the responsibilities assigned to him. Chris's work habits throughout this learning process have become much more focused and he is doing a great job at accomplishing his required tasks. Some of Chris's tasks while working at the bookstore with a job coach included: alphabetizing books and DVD's by either the author or title, sorting the books into different categories such as holiday, science fiction or children's and locating where in the store each belonged. After working with a job coach for approximately 5 months, Chris's manager felt that Chris had the skill set necessary to perform his tasks and was capable of utilizing the support network necessary to work on his own. One day while at work, Chris's manager approached him and his job coach and requested that Chris begin transitioning into working with natural supports. Chris's staff provided the space he required in order to make his own choices and to begin problem solving everyday workplace dilemmas. As a result, in August 2010, Chris began working independently for four hours a week. Currently, if Chris finds that he needs assistance at work, he utilizes the supports from either his co-workers or supervisor. Since working independently, Chris expanded his job duties to include: assisting with the cash register, bagging purchases, and using a pricing gun to label books and DVD's. If time permits at the end of his shift, Chris does some light cleaning. Chris states that "I like working on my own because it makes me feel more like an adult and I can concentrate better". He also stated that when "I was working with a job coach I found himself to be more focused on interacting with staff rather than my work". Chris enjoys getting regular paychecks so that he can make his own purchases out in the community. Great job, Chris, on such a great accomplishment.

**~ Farmstead Epping & Mallory B. ~**

Have you heard about Verdant Pastures? This is the Epping location of the Farmsteads! The location now supports several individuals who enjoy farm animals, working outdoors, volunteering in the local community, cooking, and many other activities all focused on assisting them to increase their skills and contributing to their zest for life. We want to feature a wonderful young woman who is part of this team, Mallory Bonneau. Mallory is the local blogger for their facebook page which you can find at: <http://www.facebook.com/home.php?#!/pages/Farmsteads-of-NE-Epping/134298313268644>.

She writes entries about the Farmstead day as well as shares insights into life through her eyes. She enjoys writing these entries and loves when she receives commentary back on her posts. Stop by her facebook blog for a read, leave a hello for Mallory and "friend" the team!

Not only is Mallory a writer, but she also recently earned a Gold Medal in the Special Olympics bowling event, enjoys cooking and is looking forward to snow so that she can do some snow shoeing. Great work Mallory, and we look forward to reading more of your entries soon!





# 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 Opportunity

\*\*\*\*\*

**“Get Ready, Get Set, Go! Preparing to be an Effective Member of Your Child’s IEP Team,** presented by Charlene Mayo of the Parent Information Center, January 12, 2011, Plaistow Public Library, 5:30 to 7:30 PM.

**“Social Security Benefit Information Session”,** presented by Kenneth Baron of the SSA, February 17, 2011, Plaistow Public Library, 5:30 to 7:30 PM. See flyer insert!!

**“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. Watch for flyer insert in future Connections!

**“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](mailto:atrudel@region10nh.com) to register.

## Participate at the State Level

Parents are needed to represent the family perspective on the NH Interagency Coordinating Council (ICC). The ICC is a federally required state advisory board to NH’s early intervention program for infants and toddlers having or at risk of having developmental disabilities. In NH, the early intervention program is known as Family-Centered Early Supports and Services (ESS).

Family members are important members of the ICC. Not only are they required members under federal law, they also ensure that the family perspective is woven into every discussion. Members of the ICC include state agencies that serve young children and their families, ESS providers, higher education institutions who prepare professionals to work with children with disabilities, their families and health professionals. The ICC currently meets approximately 5 times per year, typically the first Friday of every other month, in the Concord area.

We need more parent voices on the ICC – The information and recommendations parents share can directly result in wonderful improvements to NH’s ESS program. If you are interested or know someone who might be, please contact the Part C Office at 271-5122 for more information.

## The Assistive Technology Exchange

Log onto [www.getatstuff.com](http://www.getatstuff.com) to find used equipment through “Assistive Technology Exchange in New England.” This free “classified ad” resource is designed to help people find, buy, sell or give away used AT equipment. Categories of devices listed on the exchange are: **Vision** – Magnifiers, etc; **Hearing** – Amplified Phones, etc; **Speech Communication** – Communication Devices, etc; **Mobility, Seating & Positioning** – Power & Manual Wheelchairs, Scooters, Walkers, Ramps, etc; **Daily Living** – Bathing/Toileting Aids, Life Chairs, etc; **Transportation and Vehicle Modifications** – Accessible Vans, 3 Wheel Bikes, Pool Lifts & much more.

### 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)*

**Aleece Pappas**  
*(Salem)*

**Darlene Wilson**  
*(Newton)*

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

## 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.





**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>

**Musical Discoveries with Ms. Suzi**

Suzanne Denu, co-director of a new series of social pragmatics and language groups with Kathy McKechnie at New England Therapy Options in Plaistow, NH, is also offering music therapy in Salem, NH. She is a board certified music therapist who received her degrees from Berklee College of Music and Boston University. Since 2003, Suzanne has worked at Children’s Hospital in New Orleans, bringing live musical interactions to children of varying ages and abilities. The belief that every child is a musical being is the foundation of Suzanne’s practice. With her guitar and a basket of interesting instruments, Suzanne’s methods have created positive changes in children of all ages working through speech and language, physical, social, and cognitive challenges. Call her for more information and rates at 617-960-6936, or email [suzannedenu@gmail.com](mailto:suzannedenu@gmail.com).

**Mileage Reimbursement**

*Did you know that NH Medicaid can reimburse for mileage to medical appointments??*

For more information and/or an enrollment form for this program, please call Roxanne at the Medicaid Transportation Office (271-4344 ext 115).



**Thank You  
Ocasio's for  
11 Years of  
Continued  
Support with  
Thanksgiving  
Dinners!**

**This is a New Year's wish for you:**

*"Comfort on a difficult day, smiles when sadness intrudes, rainbows to follow the clouds, laughter to kiss your lips, sunsets to warm your heart, hugs when spirits sag, beauty for your eyes to see, friendships to brighten your being, faith so that you can believe, confidence for when you doubt, courage to know yourself, patience to accept the truth, and love to complete your life."*

**Valuable Resources:**

**ComeUnity: Parenting Support for Your Unique Family**

*Comeunity.com* is a parent website for families of children with special needs. *Comeunity* provides articles/resources for Advocacy & IEPs, Adoptions, Adoption Health, ADHD & ADD, Allergies, Asthma, Autism & Aspergers Syndrome, Cerebral Palsy, Cleft Palate, Growth & Feeding Issues, Parenting, Premies, Sensory Integration, Speech & Language, Vision Impairment and more. (Source of this article: NH Family Voices, "Pass It On" Newsletter)

**Think College: College Options for People with Intellectual Disabilities**

Doors to postsecondary education programs are opening for people with intellectual and other developmental disabilities. The *Think College*, [www.thinkcollege.net](http://www.thinkcollege.net), website provides a variety of resources and tools to help students & families explore new options, including information on how disability services offered in college are different from the special education services families are accustomed to (Source of this article: NH Family Voices, "Pass It On" Newsletter)

**Bullying- An Imbalance of POWER!**

Bullying can lead to terrible problems for bullies, victims and bystanders. Studies have also converged to reveal that it is by no means childhood inevitability. We now know that bullying can be prevented. There are numerous national, state and local techniques that can be employed to help schools effectively prevent, reduce and cope with bullying among young people. For more information about bullying laws and activities in New Hampshire visit: [www.nhbullywatch.org](http://www.nhbullywatch.org). (Source of this article: NH Family Voices, "Pass It On" Newsletter)

**Autism Research Institute**

This monthly e-newsletter from the Autism Research Institute is a valuable resource for adults with ASD. Go to [www.autism.com](http://www.autism.com) to sign up.

**Fuel Assistance is Here**

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

**Rockingham Community Action -**  
Phone: 436-3896 Website: [www.rcaction.org](http://www.rcaction.org)  
**Southern NH Services, Hillsboro County-**  
Phone: 647-4470 Website: [www.snhs.org](http://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

Region 10 Community Support Services, Inc. ~ 14th Annual

# Kids Carnival *Free Admission*

## Saturday February 12, 2011

### 11:00a.m. - 4:00p.m.



Woodbury Middle School ~ 206 Main Street, Route 97 ~ Salem ~ NH



### DEMONSTRATIONS

- |                                 |            |
|---------------------------------|------------|
| Mad Science Show                | 11:30 a.m. |
| Ronald McDonald Magic Show      | 12:30 p.m. |
| Ocasio's True Martial Arts      | 1:30 p.m.  |
| Studio of Performing Arts Dance | 2:30 p.m.  |

### ACTIVITES

- |                          |                   |
|--------------------------|-------------------|
| Cub Scouts Boat Race     | Coloring Contest  |
| Cake Walk                | Face Painting     |
| Sand Art                 | Cookie Decorating |
| Healing Touch Pottery    | Beading           |
| Nail Painting            | Arts and Craft    |
| Kindermusik by Miss Rose | Candy Table       |



Raffles Include: Celtics, Red Sox, Bruins, and Patriots Souvenirs!

Enjoy Pizza, Fried Dough, Fries, Soda, and Plenty of Candy!

All proceeds will benefit people with developmental disabilities or acquired brain disorders served by Region 10. For more information please call 603.893.1299 or visit [www.region10nh.org](http://www.region10nh.org). Visit us on Facebook! <http://www.facebook.com/pages/Region-10/106783112693299>

**2011 Kids Carnival**

The 14<sup>th</sup> Annual Kids Carnival is approaching once again. We have great events including Mad Science, Kinder Musik, Cub Scouts Boat Race, Ocasio's Karate and much more! Look for more information in next month's Connections.

### PEOPLE POWER POST



People Power's fall dance was a huge success! The dance was well attended and everyone had a great time dancing and mingling the night away. Everyone is so excited looking forward the spring dance. (Date and time to be announced).

This month the group is looking forward to their annual Christmas party which will be held January 13<sup>th</sup>, 2011 at the Village Square Restaurant on Rte. 111 in Hampstead, NH.

Our People Power monthly meetings will resume on Thursday, February 3<sup>rd</sup>. The meeting will continue on the first Thursday of every month from 6:00 pm till 7:45 at the Hampstead Public Library. At our meetings members learn to advocate for themselves as well as support each other to become more self sufficient and independent in their lives. We are always looking for new members to join this worthwhile, enjoyable group. All members must be at least 21 years of age or older. If you would like to join, please contact Beth Heidt at 625-8825 or Dianna Winward at 893-1299.

**Executive Director**  
Jane Dichard

**Newsletter Editor**  
Stacy Merriam

# Calendar of Upcoming Trainings

## Board of Director's Meeting

January 13, 2011  
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 8  
One Sky Community Services,  
Portsmouth, NH*

**Acquired Brain Disorders (ABD)**  
Scott Dow  
**March 23, 2011**  
10:00 a.m.-2:00 p.m.



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

**April Trainings:**  
*will be held at  
Region 8  
One Sky Community 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  
March 16th*

~ NEWS FLASH ~



*Serving individuals with developmental disabilities and their families in the following communities:*

|          |           |          |
|----------|-----------|----------|
| Atkinson | Derry     | Pelham   |
| Chester  | Hampstead | Plaistow |
| Danville | Newton    | Sandown  |
|          |           | Salem    |
|          |           | Windham  |