

Making A Positive Difference Everyday!!

Connections

MARCH 2011

NH Biennial Budget
(Cont'd.)

Salem Lions Club
Early Childhood
Transition Night 2

Family Support
Trainings & Info 3

Autism News/Classes
Programs & Trainings 4

2011 Region 10's Annual
Silent Auction

SIS ~ Supports Intensity
Scale

People Power Post 5

New Hampshire Biennial Budget Being Developed ~ Family Voices Need to Be Heard

There is certainly no doubt that New Hampshire has been experiencing budget issues due to declines in revenue and increased demands on all areas of state government over the past few years. No one is expecting this situation to be corrected in the short term. **This translates into concerns within the disability community that funding for vital services will be in jeopardy as the next budget is being developed.**

However, even in these trying times, it is imperative that New Hampshire not neglect essential services for its most vulnerable citizens. When New Hampshire closed Laconia State School in 1991, it became the first state in the country to provide services to individuals with developmental disabilities within their local communities. That was a proud moment for New Hampshire and a tremendous victory for individuals with disabilities living at Laconia and within all communities in New Hampshire. That decision demonstrated New Hampshire's commitment to support the rights of people with disabilities and to treat them with the dignity and respect to which they are entitled. Laconia's closure replaced segregated institutional services with opportunities for individuals with developmental disabilities to live within their local cities and towns as neighbors, as employees and volunteers, living like other members of their communities. Community services also provided family members with varied supports to assist them with their care-giving. **It is important for New Hampshire to fulfill the promise made at that time and fund the essential services needed by the individuals currently receiving community developmental services as well as those who will be in need of services during the next biennium.**

Eight out of ten adults with disabilities live with a family member; some parents in their eighties are still primary caregivers for their children in their sixties. The fact that they do so, demonstrates the partnership that exists between families and the service system. Families do their share for as long as they can, often asking for very minimal assistance but they do need the support of our state to assure that the needs of their children are met. **Supporting family caregivers as well as individuals saves the state money in the long run.**

If New Hampshire does not fund the waiting list, there will be over four hundred individuals statewide who will be left without the services that they will need during the next biennium. The current law requires that this funding be allocated, but that law could be changed if our legislators don't share the same values as those who established the law.

So what can we do now to support our most vulnerable citizens? How can NH deliver on the "promise" at this time when no one wants a tax increase or new taxes and when many of the people we elected in November are calling for cuts and the need to lower taxes?

We need to remind our elected officials that:

- ◆ According to the US Census Bureau, NH currently ranks #1 in median household income, ahead of 49 other states.

- ◆ According to The Tax Foundation, NH has the 46th lowest state/local tax burden.

David Braddock reports in The State of the States in Developmental Services that New Hampshire has dropped from being 10th in the country to 34th regarding fiscal effort related to developmental services.

(Cont'd on page 2)



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

**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)

Elaine Lavin
(Salem)

Robin Knight
(Sandown)

Linda Steir
(Atkinson)



(Cont'd from page 1)

Although our legislators face difficult decisions, they need to do the right thing and authorize the funding level needed to support people with developmental disabilities in accordance with the law and in accordance with our NH values.

Since 1983 I have been working in New Hampshire, and I am very aware of the cost effectiveness of the community developmental services system. I know that the non profit Area Agencies are governed by boards of directors comprised of local community members. One third of board members are consumers of services. These non-profit boards direct resources cost effectively and in response to priority needs, administering services with very low general management costs. In the past, the service system has endured many years of level funding and budget reductions. However, at this time of increased service costs and greater demand, the developmental services system is too lean to absorb any cuts. Faced with forced reductions, services to individuals and families would be impacted.

The budget for the upcoming biennium, July 1, 2011 through June 30, 2013 is not finalized yet, and it will go through a series of steps before that happens. The previous budget debates focused on whether or not the fiscal issues were due to lack of revenue or overspending. Some legislators today don't even want to entertain the issue of finding new revenue and believe instead that the budget issues can be resolved through budget cuts. **There is still time for you to make your voice heard. But don't wait!** If you haven't already, I urge you to make contact with your elected representatives to let them know how important funding for individuals with developmental disabilities is to you and your family and how important it is for them to support this funding. If your family member is expecting new services to begin during the biennium, it will be necessary for new funding to be authorized within this budget in order for Region 10 to provide these needed services. In the past family voices have always mattered. **Over the years, family voices have led New Hampshire to changes that have positively impacted the quality of life for people with developmental disabilities and our communities. Now more than ever, when the needs are so great in so many areas, it is vital for your family voices to be heard.**

If you would like to be kept informed about legislative and public policy issues that can impact developmental services, you can email Terri Cadorette at tcadorette@region10nh.org and ask to be added to her email tree.



**Salem Lions Club
Gives To the
Community ~
Thank You**

I recently had the pleasure of visiting the Salem Lions Club to present a Certificate of Appreciation (pictured here: Sheryl Parsons, Salem Lions Club President and Jinelle Hobson) for their assistance to our local families over the holiday season. The Lions Club generously donated hats, gloves and mittens for us to distribute. Members also provided a number of turkey dinners to families served by Region 10 who live in the Salem area.

Region 10 continues its efforts to raise awareness of our mission and to build upon relationships with local area associations such as the Salem and Atkinson Lions Club, as well as the Salem Exchange Club. Region 10 and area civic organizations share a common goal—to provide support and assistance in their communities. Over the upcoming year, I will be reaching out to other organizations across the eleven towns we serve. It is a pleasure to meet so many dedicated volunteers whose commitment to their communities is obvious. Working together, we can make a positive difference in our little corner of the world.

~Jinelle Hobson, Development Coordinator

**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.

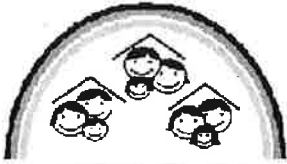
Date: April 15, 2011
Time: 9:30 to 11:30 am
Place: Easter Seals

15 Ermer Road, Salem, NH

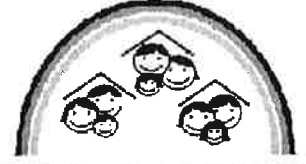
Childcare will be provided at the workshop if needed. To register, please call Tammy Duda at 893-1299, ext. 326. Please leave a message if you can attend this workshop and if you need childcare. It is important to RSVP as soon as possible to ensure that your school district will attend this workshop.

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.



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

- ◆ “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.
- ◆ “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. **See flyer insert.**
- ◆ “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. **See flyer insert.**
- ◆ “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.

Families Helping Families

The Region 10 Family Support Council (FSC) is an Advisory Council to the Region 10 Board of Directors concerning matters of importance to family caregivers. The FSC typically meets on the 3rd Tuesday of each month, September through June at 7 p.m. Would you consider joining? For more info see flyer insert or contact Kelly Judson at Region 10, 893-1299 ext 331 or kjudson@region10nh.org

There is a APP for That – APPS that Benefit Individuals with Disabilities

For a comprehensive list of Applications for the IPOD and IPAD (compiled by Therese Willkomm PhD, ATP) contact Therese at 603-491-6555 or theresew@unh.edu

Web Course: Career Development for Youth & Adults with Disabilities

TRN, Inc. has opened registration for the popular Web Course: Career Development for Youth & Adults with Disabilities on March 9 - 22, 2011

Career Development is a 2-week, approximately 18-hour web training on developing career goals through innovative vocational assessment, career development skills, and vocational profiling for youth and adults with disabilities. Topics will include principles of self-determination, the discovery process and situational assessment. We’ll also discuss entry jobs versus dream jobs, self-employment, career exploration strategies, self-presentation and other approaches. **Registration is \$149 US.** Credit cards and purchase orders accepted but payment must be received for enrollment. Participants can log on at **ANYTIME** from **ANY COMPUTER** with internet access during course access and participate in the training. Successfully complete the course will receive a certificate.

The course will be facilitated by Rob Hoffman, a well-known consultant who has taught extensively on the employment of people with disabilities. Career Development is a key component of preparing youth and adults for job success. Learn about supporting people in discovering and enhancing their job interests and talents, and how to help people develop job search tools and represent themselves to employers with confidence.

Registration is limited, and previous courses have all filled to capacity, so register early to be sure to have a slot.

To learn more about the training or to register, visit <https://trn-store.com/content/course-career-development>

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>

Supporting and Educating People on
the Autism Spectrum - Online Graduate
Courses & Certificate Program Autism

For information log onto:

<http://continuingstudies.rutgers.edu/autism>

Free Training Opportunity & Invitation To Participate In a Study On a Web-Based Training Program for Parents of Children With Autism

The purpose of this study is to evaluate the effectiveness of an eLearning program for training parents in the principles and procedures of ABA treatment for children with Autism. The eLearning program consists of videos and slides that train you on all the major components of ABA treatment for autism. For parents who want an in-depth level of training, this eLearning program will be a rich source of information on state-of-the-art procedures for autism treatment. The eLearning program can be accessed from any computer with an internet connection, any time of the day, from the comfort of your home. The purpose of this study is to evaluate how much parents learn from it, so we will be asking parents to take a web-based pre and post test. If interested and for more information contact Jina Jang at 818-345-2345 ext 321

j.jang@centerforautism.com or Jonathan Tarbox, PhD, BCBA-D, Director of Research and Development, Center for Autism and Related Disorders at 818-345-2345, X256
j.tarbox@centerforautism.com

GSIL ~ Work Incentive Program

Introducing Granite State Independent Living's Work Incentive Planning & Assistance (WIPA) Program's first monthly newsletter: For valuable information on disability benefits, work incentives, and upcoming events and trainings, join their mailing list by contacting Kathy LaBarre at 603-410-6551 or klabarre@gsil.org

Cleaning for a Reason

If you know a woman currently undergoing chemotherapy, pass the word along that there's a cleaning service that provides FREE housecleaning, once a month for 4 months while she's in treatment. All she has to do is sign up and have her doctor fax a note confirming the treatment. Cleaning for a Reason will have a participating maid service in her zip code area arrange for the service. This

organization serves the entire USA and currently has 547 partners to help these women. It's our job to pass the word and let them know that there are people out there that care.

<http://www.cleaningforareason.org>

Summer Program at Keene State for individuals with ADHD or a Learning Disability

ACES is a two-week residential, summer program (July 10 – July 22, 2011) at Keene State College where you'll explore:

- finding your career path
- learning how to live independently
- ACES combines classroom learning, stimulating discussion groups, on-site experience of work environments, dorm living, recreation, and a weekend in an outside setting.

ACES is for high school students with learning disabilities or ADHD. For more information go to: <http://aces.keenecommons.net/> or contact Sheila Mahon, Program Director, 603-352-1304.

New Certificate Program in Developmental Disabilities

From Lakes Region Community College

Lakes Region Community College (LRCC) is pleased to announce the addition of a new certificate program. Beginning in January 2011, LRCC will begin to offer a Certificate in Developmental Disabilities. This certificate program will be part of the Human Service Program at the college. Students can enroll in one course or the entire certificate. Any credits earned in the certificate program can be used towards an Associate's Degree in Human Services.

The courses in this program will be a combination of theory and hands-on application. The courses are being designed so that they are appropriate for someone interested in the field, those relatively new in the field, or those wanting to expand their education.

Funding is available for the tuition, text books and student fees associated with this program. The Institute of Disability at the University of New Hampshire, through its DirectConnect Initiative is supporting this. DirectConnect is a project funded by the US Department of Labor which is addressing the multiple issues within NH's Direct Care Workforce, including training.

The first class in the certificate will start on January 22nd and run for 9 consecutive Saturdays. Those interested in enrolling are to contact the college via the web at www.lrcc.edu or by calling 524-3207 for information regarding registration and scholarship assistance through the grant.

2011 Annual Silent Auction

It's on its way!!!! (And we're not talking another snowstorm!) We're talking about time for daffodils, tulips and Region 10's Springtime affair of the year!

What: Silent Auction
When: Friday, May 6, 2011
Where: Zorvino's Vineyards in Sandown, NH
Who: YOU!
Why: Because it's a fun-filled evening packed with lots of great auction items, complimentary wine-tasting bar, yummy hors d'oeuvres, entertainment, raffles, socializing and more!



At \$15 a ticket purchased in advance (\$20 at the door), you won't want to miss out on this wonderful event. Please call us at 893-1299 to reserve your tickets and let us know if you have auction items to donate. We would love to talk with you about Auction sponsorships and advertising opportunities in our Silent Auction brochure.

It's one of Region 10's most exciting happenings, and we cannot wait to see you there!

2011 Summer Camp Opportunity

Camp Connect is an Easter Seals Camp through "The Family Place". The camp is a summer program in Manchester for elementary and middle school age children with Asperger's Syndrome, Autism Spectrum Disorders & Social/Pragmatic Language Challenges. Cost is \$2750. for the five week session running Mondays – Thursdays, 9 am to 2 pm from July 5 to August 4, 2011. For more information, contact Sherry Paplaskas at 895-1522 or spaplaskas@eastersealsnh.org

Supports Intensity Scale ~ SIS



Region 10 and the New Hampshire Bureau of Developmental Services will be using the "Supports Intensity Scale (SIS)" interview tool to help us plan services for people who will need new services or a change in services. The SIS is done in a meeting with the individual in need of services and at least two other people who know the individual well.

The SIS will be used to help us learn about the supports that the individual will need to be successful at home, at school, in the community, at work and in other settings. There is no paperwork that has to be done before the meeting. What we learn in the meeting will be used as part of planning for services. Please see the insert in this month's Connections to learn more about the SIS.

We appreciate all your help in setting up these interviews should you be contacted.



Congratulations goes out to the many Kids Carnival Committee members as well as all of the volunteers that joined forces make the 2011 Kid's Carnival a huge success. A big thank you to all who donated to the event as well all of the wonderful demonstrator's which were enjoyed by so many families. So much fun was had by all who attended.

People Power Post

Our January People Power meeting was filled with excitement as we made plans for this year's events. First on the agenda was planning our April 7th meeting at the Healing Touch Pottery Shop in Hampstead. Staff there will be guiding us in creative ways to mold, paint and glaze our own hand-made pottery items. Crafting a work of art at the pottery wheel promises to be a special event for everyone! Thanks to Jinelle Hobson of Region 10 for suggesting Healing Touch Pottery.

On the scheduling calendar; a discussion of our ever popular dance events! Confirmed dates are as follows:

Friday, May 20 for our Spring Dance
Friday, August 12 for our Summer Dance
Friday, November 18 for our Winter Dance



They will all be 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! And don't forget about our annual dinner and movie outing at Chunky's in October!

Our March 3rd meeting will be held at the Hampstead Library to discuss dental hygiene, with supplies generously donated by Delta Dental.

The People Power Group welcomed a new member in February, so 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 January meeting? Brainstorming new ideas for upcoming events to make 2011 the best People Power year yet!!

Executive Director
Jane Dichard

Newsletter Editor
Stacy Merriam

Calendar of Upcoming Trainings

Board of Director's Meeting

March 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	Plaisow	Windham
Danville	Newton	Sandown	