

Making A Positive Difference Everyday!!

Connections

MAY 2010



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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

A “Mother’s Day Story” which some may have seen in the past, but is one of those stories that is nice to re-read, especially around Mother’s Day. It has some significant meaning to me as daughter (and a Mother also-to two dear, sweet children) of Chris Roy, the author of this story! This was a story published many years ago (when Chris was Editor) that sends out a great tribute to all Mothers.

“A Tribute To Mothers”

I began sifting through a myriad of poems, short stories and articles; each one in its own way proclaiming the unsurpassed wisdom, patience, devotion and overall perfection found in this matriarch of matriarchs, “THE MOTHER.” Now I’ll be the first to admit, there are numerous things I’m not an expert in. I’ll admit my limitations when it comes to choosing sound investment opportunities or even picking the freshest cantaloupe at the grocery store. But having raised four children of my own, I know firsthand about this “mothering” thing. And if those aren’t good enough credentials...I also HAVE a mother!

That’s right, I know this subject inside and out; forward and backwards. I must admit though, I don’t know who those authors are referring to in their writings. It certainly isn’t me. I called my mother to check. It wasn’t her either.

Don’t get me wrong! Mothers are truly the best invention ever made. But the pressure of having to live up to the expectations outlined in some of those writings are almost too much for even the heartiest of us “mothers.” I can only speak for myself, but after raising children for some 23 years these are some of the facts about mothering I have found ring true for me.

1. The only wisdom I possess about being a mother was when I realized how little I actually knew. Once I figured that out it was a much smoother ride!
2. I would do well in my life if I find the answers for me. In no way would I or should I presume I have the answers for my children or anyone else.
3. Any mother who says she has never lost her “cool” has a live-in nanny. Please don’t presume I have endless patience; things get to me too. After all, we “mothers” are only human.
4. As far as the devotion part; I am devoted to the concept of giving my children the necessary tools in order to learn, grow and ultimately make their own choices in life. I truly feel that is my role as a parent. I am here to guide, to love unconditionally, perhaps even to re-direct if needed.....but devoted?? I think if someone’s looking for devotion they should consider buying a dog!
5. If you want to get through this alive, you’ll need a sense of humor. If you can’t find yours, order a new one!!!

In closing, honoring your mother on Mother’s Day is great. But don’t stop there. If you’re an adult, give your mom a call or stop by. If you’re a child, try to remember that moms do the best they can (being human and all.) No matter what, they love you. And if you’re a mom, Congratulations!! You’ve signed up for the most satisfying job in the world. I know..... I asked my mom.

♥ **Happy Mother’s Day!** ♥



Join us Saturday May 8th

Region 10’s Silent Auction Zorvino Vineyards At 7:00 pm Tickets will be available at the door!

Region 10 would like to thank Oracle for their generous Sponsorship!

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What is People Power?

When the members of People Power (a self advocacy group in Southern NH) met this past March a question was asked of them... *What is People Power?* The members found many ways to describe what their group represented. One member stated "it is a group that meets to learn more about issues that we are concerned about," while another suggested, "we are a group that works on improving our skills to stand up for ourselves." In the end, the group determined that they could be summed up as **"friends who meet to discuss advocacy skills, and life experiences where they can put these skills into action."**

To some members of this group the key word is **Advocacy**. In years past People Power members spent a significant amount of time talking about taking care of themselves, their environment, and their country. By talking about how to be prepared for emergency, living a green "eco" friendly life, health and safety, voting, etc, members of People Power are empowered to advocate for themselves and support each other as they become more independent and self sufficient in their lives, both locally and globally.

Many other members, however, felt the key word is **Friends**. Meeting monthly as a group is a great and consistent way to meet people and form lasting relationships. Along with improving skills, members of this group make sure they take time out to mix in a little fun too. People Power hosts (for members only-18 and older) adult dances quarterly at the Atkinson Community Center, attend an annual movie night out at Chunky's Cinema, as well as an annual Christmas dinner at the Village Square Restaurant!

In either case, all members of People Power feel the group is a worthwhile and enjoyable group where they learn new things, and have the opportunity to meet new people. People Power meets the first Thursday of each month at the Hampstead Library. New members are always welcome and must be 18 years or older to attend. To join, please contact Region 10 at 893-1299!

Newspaper Clippers Needed

From time to time Region 10 will send out News Releases to local newspapers. While we send out the releases, we also like to keep track of what gets published. We are asking for your help in tracking these releases. If you see an article pertaining to Region 10, please clip it and send it into our office. Be sure to include the name of the publication and the date that the release was printed. Currently we send releases to papers within the 11 towns we serve, including, but not limited to Atkinson, Chester, Danville, Derry, Hampstead, Newton, Pelham, Plaistow, Salem, Sandown and Windham.

**A Note from your
Legislative Liaison:**

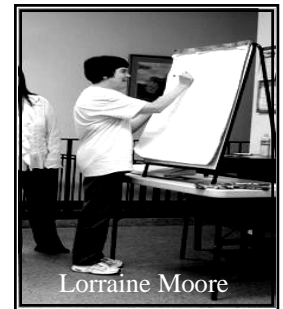
There has been a lot happening up in Concord around New Hampshire's state budget. Things change so quickly that it's impossible to keep up with it in a column of our Connections Newsletter. If you want to be kept up to date as to when hearings are happening, and what legislation is being proposed, then you might want to have your email added to my email list. If you would like to be added, send me an email at tcadorette@region10nh.com and request to be added to the legislative list serve. Since the DHHS budget accounts for a large portion of the state's total budget, whenever there is a need for cuts to the budget, the possibility of DHHS seeing drastic cuts is always a concern. These are likely cuts that would affect services to our adult service system. It is extremely important that we keep an eye on any legislation that affects our services. Region 10 is hosting a forum in May to talk about funding for 2011 services, legislative issues and how you can be a good advocate. More information about this forum can be found on page 4 of this Connections Newsletter.
~Terri Cadorette



**SARC vs. Region 10 ~
Pictionary**

*"Region 10 was handed the
mop in the end"*

Region 10 headed over to SARC, in Atkinson, April 13th for a fun, yet slightly competitive game of Pictionary. There was so much fun and laughter had by all that in the end my stomach was hurting. I think SARC had been brushing up on their artistic skills, because they were all incredible Pictionary players. Their minds were focused and they were just coming out with the answers of what was being drawn so quickly. Everyone from both teams participated by drawing at least once and the drawings were great! Some of the details that went into the drawings were incredible. The laughter in the room and the camaraderie was so much fun to see. SARC was a tough team and in the end they were declared the Pictionary Winners! Congratulations SARC! A job well done by all who participated in making this such a great time.



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~ Stacy Merriam



FAMILY SUPPORT



FAMILY SUPPORT TRAININGS & GROUPS

Some Valuable Trainings and Workshops

To access the NH Bureau of Developmental Services Education and Training calendar for March to November, 2010, go to <http://www.dhhs.nh.gov/DHHS/BDS>

Post-Secondary Transition Workshop Series

The Pathway from High School to a Career: Promising Strategies, Supports, and Partnerships in Secondary Transition

The 2010 Research to Practice Series from the UNH Institute on Disability focuses on several unique strategies for developing effective, outcome-based educational experiences that promote the successful transition of students with disabilities and students at risk to their chosen post-secondary experiences.

Please see the individual workshops below for more information.

High School is Transition: A Framework for Reform that Allows Schools to Educate All Students

Date: Thurs., May 13, 2010 | Time: 9am to 3pm

Registration Fee: \$75

Instructor: JoAnne Malloy

Location: Holiday Inn, 172 N. Main St, Concord, NH

Full workshop descriptions, presenter information and online registration: Visit <http://www.iod.unh.edu/events.html> or call 603.228.2084.

*Registration fees include continental breakfast, lunch, and materials. *Workshops qualify for Staff Development Credits/Contact Hours.

Questions about IOD professional development opportunities? Visit the IOD online at www.iod.unh.edu or e-mail contact.iod@unh.edu.

Social Skills Groups:

By: Therapy in Motion, LLC

Where: The Kettle Carriage House,

6 Sarah's Way, Newton, NH 03858

When: Thurs 6:30-8:30pm, May 13th June 17

For: Children and teens who are experiencing social, interpersonal and communication challenges (interviews will be conducted prior to acceptance)

Cost: \$600.00 per each 6 week session

These groups are specifically designed interactive programs to promote the development of social understanding, social competence, and social skills. Groups are designed to serve individuals with Asperger's Syndrome, Non-Verbal Learning Disability and/or related challenges. They are led by a speech pathologist and an occupational therapist. Contact information is as follows:

* 686-6775, e-mail mab6173@aol.com, or

* 401-7870, e-mail akoocher@comcast.net.

SILC Conferences and Seminars

Free Seminar-May 19, 2010 from 2:00 to 4:00 at the Governor's Commission on Disability, 57 Regional Drive, Concord, NH. The presenter will be from the New Hampshire Chapter of the National Alliance on Mental Illness (NAMI). The speaker will talk about mental health and resources available. Contact/registration: Karen Geary, 603-271-4174 or email Karen.geary@nh.gov

Education Conference <http://www.picnh.org/p4e2010/>. **May 15, 2010**, Concord. Spanish translation available. **Registration required.** Costs/Registration/Contact: Parent Information Center, (800) 947-7005.

Brain Injury and Stroke Conference <http://www.bianh.org/pdf/2010conference.pdf>. **May 19, 2010**, Manchester, NH. **April registration deadlines.** Contact: Brain Injury Association of New Hampshire, Concord, NH, 603-225-8400, mail@bianh.org

Check out SILC's website www.silcnh.org for more valuable information and resources.

"Mother - that was the bank where we deposited all our hurts and worries." ~T. DeWitt Talmage

Region 10 Family Support Council

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(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.

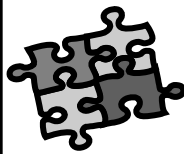




**A List To Keep Handy
Region 10 CSS
Employee
Extensions**

- Aleece.....322
- Anita.....334
- Bill.....317
- Carole F.....307
- CaroleT.....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>

Autism Summer Institute

The 12th Annual Autism Summer Institute – “A New View of Students with ASD: Implications for Inclusive Education” will be held at the Crowne Plaza Hotel, Nashua, NH from August 9 to 12, 2010, Mon., Tues., Wed. 8:00am to 3:45pm, and Thurs. 8:00am to 12:00pm. There will be a new format with breakout sessions and themes that include:

Instruction, Communication, Social Relationships, Behavior, and Futures’ Planning

Keynote Presenters: Ari Ne’eman, Cheryl M. Jorgensen, Ph.D., Jeff Strully, and Judy Endow, MSW. To make reservations or inquire contact the Institute on Disability at 228-2084 or contact.iod@unh.edu. Mention the ASI when making your reservation.

Attention Campers!!!

For a list of over 80 camps which are members of the New Hampshire Camp Directories Association and are licensed by the State of New Hampshire, go to www.nhcamps.org and click on “Camp Directory.” Another summer camp resource is <http://www.choicecamps.com/learning-disabilities-summer-camps/>.

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, 103 South Main Street, Weeks Building, Waterbury, CT 05671-1601, phone at 802-241-2644.

SAVE THE DATE!!

The Region 10 Public Policy Outreach Committee

Invites you To Attend a Forum on
May 17, 2010

At SarahCare

201 Route 111 (Hampstead Commons)
Hampstead, NH

For your convenience there will be
2 separate forums

One from 9:30 to 11:30 AM &

One from 6:30 to 8:30 PM

We are extending invitations to families whose family member(s) will be in need of adult services over the next 3 years, as well as other interested parties. The purpose of the forums is to discuss New Hampshire’s state budget and how legislation can affect the services that your family member will need, and how easy it is for you to advocate for your families needs.

Our Presenters will be:

Cathy Spinney, Board President

Jane Dichard, Executive Director

Linda Steir, Parent

Anita Trudel, Parent

Terri Cadorette, Legislative Liaison

AND . . . Legislators to be announced

If you are interested in attending one of these forums please RSVP to Sheila Prunier, call 893-1299, ext. 306 and indicate which forum you plan to attend, and the number of people who are attending.

Wish Granting Organizations

For a list of Wish Granting Organizations, check out these two websites:

1. www.sharenetwork.org/wish.htm
2. www.familyvillage.wisc.edu/general/wish-grant-orgs.html

Just for Fun Brain Teaser!

Johnny’s mom had 4 children. The 1st was April, 2nd was May and the 3rd was June. What was the name of her 4th child?

Answer on pg. 6

A Salute to all our volunteers for the 2010 Kid's Carnival

Mitch Mencis
 Erik Nelson
 Ed Mencis
 Michael Dudal
 Alyssa Strzykalski
 Sonia Narine
 Nancy Murphy
 Logan Nicolaisen
 Shayla + Marion Stanley
 Molly Freedman
 Andrea Glynn
 Mary Olson
 Chris Roy
 Tom Sullivan
 Pam Boudreau
 Lisa Smith

Kathie Dayotis
 Len Dichard
 Jane Dichard
 Rose Lemay
 Adele Prairie
 Erin Sheehan
 Rolland Prairie
 Michelle Murphy
 Ruth Templeton's Atkinson
 Girl Scout Troup 2685:
 Kathryn, Emily, Cecilia, Rose,
 Carolyn, Peyton, Holly, Diana
 Kaliegh, Kailyn and Laurie
 Salem Police Department
 Ararat American Church :
 Sarah Gilman, Allie Sliney and
 Chrissie Sliney

Officer Paul Benoit + Till
 Chelsea Paquette
 Jennifer Mattinson
 Sandra Prairie
 Erin Murphy
 Conor Murphy
 Jill Johnston
 Danielle Salvetti
 Rick Stinchfield
 Rose Dudal
 Colby Dudal
 Ben Judson
 Patrick McKinney
 Travis Dudal
 Nick MacRae
 Jake Damphouse



*Memorial Day
 May 31st*

*Making a Positive Difference Everyday! Thank you for your continued support each year!
 Volunteers don't get paid, not because they're worthless, but because they're priceless.
 ~Sherry Anderson*

Games of Chance

Region 10 has been selected to participate in the NH Charitable Games of Chance!

Did you know that over the past two years Region 10 has raised \$100,000 at the Rockingham Park Race Track Games of Chance...we'll be there again on Thursday, May 20th. Join us there, it is a lot of fun, and you will be supporting the individuals we serve at Region 10! We hope to see you there!



Nights for Region 10's 2010 Games of Chance are a follows:

- Thurs., May 20th.....2:00 pm-12:00 am**
- Fri., June 25th.....2:00 pm-12:00 am**
- Wed., July 7th.....3:00 pm-12:00 am**
- Sat., July 31st.....12:00 pm-12:00 am**
- Wed., October 6th.....3:00 pm-12:00 am**
- Fri., November 9th.....2:00 pm-12:00 am**
- Sat., December 18th.....12:00 pm-12:00 am**

~Please gamble responsibly~

Let's Celebrate Mom's ~by Nicholas Gordon

*"Happy Mother's Day" means more
 Than have a happy day.
 Within those words lie lots of things
 We never get to say.*

*It means I love you first of all,
 Then thanks for all you do.
 It means you mean a lot to me,
 And that I honor you.*

*But most of all, I guess it means
 That I am thinking of
 Your happiness on this, your day,
 With pleasure and with love.*

Region 10 Joins Facebook

Region 10 has joined forces with Facebook so check out our page. If you are have joined facebook search for "Region 10" and become a fan. You will get the latest updates on some trainings, conferences, see pictures from events that we have and find out some great facts and news on the happenings here at the Region! We need to up our fan count! Why not recommend the Region 10 page to all your friends...let's see how quickly we can grow! Please help!!

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

~JUST FOR FUN BRAIN TEASER~

A hunter pitched her tent and then hiked straight south for 5 miles; she then turned and hiked five miles due east. Finally she turned and hiked five miles straight north where she saw a bear ripping apart her tent. What color was the bear?

~See pg. 6 for the answer.

Calendar of Upcoming Trainings

Board of Director's Meeting

May 13, 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:

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

Understanding & Supporting Effective Behavior/Helping People Learn Useful Skills
Sharon Richey
May 19, 2010
9:00 a.m.-2:00 p.m.

***Please register by May 12th*

***Answer to Brain Teaser**
From Page 4*

A: Johnny

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

Quality of Life
Martha Bonneau
June 16, 2010
9:00 a.m.-12:30 p.m.

Health & Safety
Martha Fenn King
June 16, 2010
1:00 p.m.-4:30 p.m.

***Please register by June 9th*

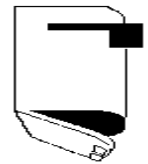
***Answer to Brain Teaser**
From Page 5
would be 5 miles from her camp.*

A: White, it had to be a Polar Bear; otherwise the hunter

Words to Describe "Mother"

Caring Kind
Beautiful

Nurturing
Forgiving Helpful
Lovely
Giving Patient



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