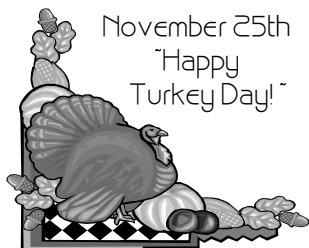


Making A Positive Difference Everyday!!

Connections

NOVEMBER 2010



Region 10 CEO Job Post	
Fundraising Grant Awards	2
Family Support Trainings & Info	3
Autism News	
Tidbits & Facts	4
Turkey Facts	
Recipe	5

Dreaming The Biggest Dreams

Region 10's own Director of Finance, Bill Dillon and his lovely wife Ann have been honored with the 2010 Leadership Award by One Sky Community Support Services in Portsmouth. We cannot think of a more deserving family.

Bill and Ann are parents to David, Kayla and Brianna. Their dear Brianna, who was born with the rare Aicardi Syndrome, passed away in May. In their efforts to provide Brie with a full and rich life, the Dillon family has set an example of leadership and commitment for countless others.

The Dillons, always humble about their own accomplishments, attribute any of their success to the impact of attendance at UNH's Leadership Series. Over the years, Bill and Ann have encouraged and supported families and professionals in the experience of the Leadership Series.

They would also be the first to say that their Brie's indomitable spirit has always been an inspiration to them—an inspiration to promote inclusion, acceptance and opportunity—in schools, in churches, in public facilities, at social events—wherever people gather to support and encourage one another.

Like a "Ripple in the Pond," we can only imagine the number of lives that have been changed because of the Dillon's fine example. How many young students have become Nurses, Therapists, and Special Ed teachers as a result of their relationship with Brie and her family!

Brie's passing has only reinforced Bill and Ann's commitment to make a difference for people who have disabilities and their families. They are planning an annual Family Support Conference Leadership Award in Brianna's name—as well as promoting an accessible pathway along the Exeter River in Brentwood for the enjoyment of all.



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

Thanksgiving Turkey Dinners Available



Thanksgiving is quickly approaching! There are a limited amount of turkey dinners available for those in need.

To order your Thanksgiving Dinner, contact Kelly Judson at 893-1299 ext. 331 or e-mail at kjudson@region10nh.com, no later than November 5, 2010. Please leave your name, address, phone number and number of adults and children that will be attending your thanksgiving feast.

We would like to give a big thanks to Ocasio's True Martial Arts of Plaistow, NH and Haverhill, MA for their kind and generous donations and efforts!!

~ Top Picks for November ~ Some relaxing ideas as the Fall weather approaches:

- ◆ **Movies** ~ Planes, Trains, and Automobiles
Last Song
Home for the Holidays
Charlie Brown Thanksgiving
- ◆ **Books**~ Five People You Meet in Heaven, by Mitch Albom
Eat, Pray, Love, by Elizabeth Gilbert
Beachcombers, by Nancy Thayer
Safe Haven, by Nicholas Sparks
- ◆ **Crafts**~ Grab an old pair of jeans and flannel shirt, stuff it with leaves from your yard and make a pumpkin man. Use your creativity and add to his body (boots, hat, scarf, etc.) Have fun this Fall!

**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)

Joan Sabatini
(Salem)

Linda Steir

Chief Executive Officer (CEO)
Region 10 Community Support Services, Inc
Atkinson, NH

The Board of Directors of Region 10 Community Support Services, Inc. of Atkinson, NH invites applications and nominations for the position of Chief Executive Officer (CEO) to lead the expansion efforts of this dynamic organization. Candidates must be creative, entrepreneurial, visionaries with demonstrated and measurable success.

About Region 10:

Established in 1979, Region 10 Community Support Services, Inc. is one of 10 Area Agencies designated by the State of NH to coordinate and facilitate supports and services for individuals with developmental disabilities and acquired brain disorders. The Agency supports the communities of Atkinson, Chester, Danville, Derry, Hampstead, Newton, Pelham, Plaistow, Salem, Sandown, and Windham, NH. Region 10's mission is "...to support people who have developmental disabilities or acquired brain disorders, in partnership with caregivers, to enhance their independence and personal growth while fostering meaningful relationships and involvement within their communities.

About the Position:

The Chief Executive Officer (CEO) of Region 10 Community Support Services, Inc. is responsible for all strategic, fiduciary, and service related functions of the agency. Reporting to the Board of Directors, the CEO is the primary voice, information source, and leadership of the organization. The CEO assures the sound management of all aspects of the agency, and provides leadership relative to service delivery and agency growth/development.

Region 10 offers a highly competitive salary and benefits package commensurate with experience.

Requirements:

- A master's degree in Business, Education, Human Services, Psychology, or Social Work
 - Five (5) years of post-master's degree professional experience
 - Employment history in developmental services or community development
- Experience in non-profit administration, budgeting, and board relations with a demonstrated entrepreneurial spirit

Application Process:

Qualified candidates may submit a resume, letter of intent, and three (3) letters of professional reference to:

CEO Search
Region 10 Board of Directors
PO Box 56
Atkinson, NH 03811

Applications deadline is Monday, November 22, 2010 for consideration
Region 10 is an Equal Opportunity Employer

~ Fundraising Grant Awards ~

The Fundraising Grant Committee started the new Fiscal year off by granting about **\$4,850.00** worth of funds to multiple individuals. We discussed at our last meeting some new ways to assist individuals in different group activities and learning sessions. We will be looking into some new class ideas for groups of individuals and would like to hear input from the people and families that we serve. If you have any ideas of some classes that you may like to see formed, please contact Stacy Merriam or your support coordinator to share your thoughts.

This past meeting we awarded grants in the areas of :

specialized therapies, protective gear, gym memberships, vacations, DSP gifts, specialized sled, educational therapies, camps, and reading tutors.

Our next meeting will be **January, 7, 2011**. Please submit any and all grant requests prior to that date to Region 10, 8 Commerce Drive, Atkinson, NH, to the attention of Stacy Merriam or your Support Coordinator.

We look forward to our next Fundraiser, **The Kids Carnival**, to be held on February 12, 2011 at the Woodbury School on Rte. 97 in Salem, NH from 11am-4pm.





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, contact Anita Trudel at 893-1299, X334 or email atrudel@region10nh.com to register. See flyer insert!

Save the Date~ Nov. 12, 2010

Early Childhood Transition Open House is on November 12th at 9:30-11:30 at Easter Seals of Salem. This workshop is for families who currently receive Early Supports & Services and may plan to attend Special Education Preschool program at age three. Childcare will be provided. If you have any questions please call Tammy Dudal at 893-1299 Ext. 326. Invitations will be sent directly to families who have children currently receiving services.

“Best Buddies” Comes to UNH

Best Buddies is a program that helps establish one to one friendships between UNH students and adults who have intellectual or development disabilities ages 18-35. For more information, contact Christine Curtin at cmb228@unh.edu 508-942-8422 or Alex Cousins at add29@unh.edu, 603-770-1019.



For valuable information and checklists on Emergency Preparedness go to www.ready.gov

~ People Power Post ~

We had a full house at the October People Power meeting, with a full agenda of items to discuss, decide and plan.



First on the agenda was the movie selection for our upcoming outing at Chunky’s Theater in Pelham. Everyone in attendance enthusiastically chose the movie “Secretariat!” We look forward to a fun evening of good food, good company and great movie viewing!

Next, we learned that the Christmas show put on by “Play Among the Stars” has been changed to “Its Beginning to Look a Lot Like Christmas.” The date and time have stayed the same, December 3rd, 7:00 pm, at Salem High School. So come out and enjoy a great show with some of our talented People Power members at their acting best! Tickets are not needed, but donations will be accepted.

The wrap-up and best part of the meeting was our lively and fun discussion over what to call the November 19th dance that is being held at Atkinson Community Center from 6-9 pm. With so many wonderful names suggested, “The Turkey Trot Dance” came out the winner! Please join us on November 19th—and be sure to bring your dancing shoes!

Our next meeting will be held on November 4th, 6:00 pm, at the Hampstead Library. At this meeting we will begin making plans for the People Power Christmas Party to be held at The Village Square Restaurant in Hampstead. We plan to schedule this Christmas party in January--after the hustle and bustle of the holidays— so we can relax, enjoy each other’s company and, of course, the good food!

For further information on any of these events, please call Beth Heidt at 625-8825 or Dianna Winward at 893-1299.

~ The Health Care Issue ~

See this website before Nov. 2, 2010

There is a link to the new National Health Care on the website from the NH Family Voices explaining what the new national health care does & doesn’t do. Check it out at www.nhfv.org

**Region 10
Family Support
Council**

**Robin Knight
Chairperson**
(Sandown)

**Laurie Giguere
Vice Chairperson**
(Salem)

**Mariellen Rowe
Secretary**
(Derry)

Lynn Aboujaoude
(Pelham)

Carol Dabrowski
(Derry)

Katie Everett
(Windham)

Carol Ingram
(Windham)

Susan Nyberg
(Chester)

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>

Asperger Academy for High School Educators & College Personnel~ Success after High School for College Bound Students with Asperger Syndrome

Presents:

Transition Planning, Supporting College Life

Date/Time: Fri. & Sat. Nov. 5 - 6, 8:30am-3pm
(check-in 8:00-8:30)

Location: UMass Lowell Inn & Conference Center

Asperger Academy for Parents~ Success after High School for Students with AS & Related Conditions

Transition Planning, Supporting College Life, and What's Important for Work

Success

Date/Time: Sat., Nov. 13, 9:00am - 3:00pm
(check-in 8:30-9:00)

Location: UMass Lowell Inn & Conference Center

The presenters for these conferences will be Jane Thierfeld Brown, Ed.D. & Lorraine Wolf, Ph.D.

Authors of *Students with Asperger Syndrome: A Guide for College Professionals*

If you would like information please contact:
Robin Lurie-Meyerkopf Med, AANE Assoc.
Director at 603-520-4780 (cell) or 617-393-3824 x11 (work) or you can reach her by e-mail at robin.lurie-meyerkopf@aane.org

Boot Camp for Facilitating Parent Support – Autism Parent Support Program

Easter Seals, The Family Place, offers a six week parent leadership training program specifically designed for parents and family members who live with individuals with ASD. The program provides families with a comprehensive guide to enable them to be competent and skilled in supporting the needs of not only their own families but other families within their communities as well. The program is offered at no cost as a result of a generous grant from the DHHS, Bureau of Development Services, Part C ARRA Funds. A six week session is currently in progress. If you would like information on future sessions, contact Easter Seals, The Family Place at 895-1522 or email panderson@eastersealsnh.org

Check out these Valuable Autism Web-sites

Autistic Self-Advocacy Network

Seeks to advance the principles of the disability rights movement in the world of autism.

www.autisticadvocacy.org

Autism Society of America

ASA's stated purpose is to increase public awareness about day-to-day issues faced by people on the spectrum, to advocate for appropriate services for individuals with an autism diagnosis, and to provide the latest information regarding treatment, education, research and advocacy.

www.autism-society.org

Autism Society of NH

Statewide organization provides information, advocacy and support to individuals with Autism and Pervasive Developmental Disorders (PDD), and their families. 603-679-2424

www.autism-society-nh.org

Did You Know?

Monthly Social Security and Supplemental Security Income (SSI) benefits will not automatically increase in 2011. The SGA (Substantial Gainful Activity) will not go up and will stay at \$1,000.00~ (non-blind)~ \$1,640.00~ (blind)~ for 2011 as well.



*May your stuffing be tasty, May your turkey plump,
May your potatoes and gravy, Have nary a lump.
May your yams be delicious, And your pies take the prize,
And may your Thanksgiving dinner Stay off your thighs!*

~Author Unknown

Pet Assisted Activities
Augmentative Communication



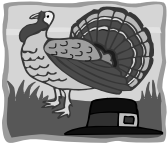
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www.CommuniK-9.com

Sue Drouin M.S., CCC-SLP
Speech-Language Pathologist
Sue@CommuniK-9.com



How the Turkey Got Its Name

There are a number of explanations for the origin of the name of Thanksgiving's favorite dinner guest. Some believe [Christopher Columbus](#) thought that the land he discovered was connected to India, and believed the bird he discovered (the turkey) was a type of peacock. He therefore called it 'tuka,' which is 'peacock' in Tamil, an Indian language. Though the turkey is actually a type of pheasant, one can't blame the explorer for trying. The Native American name for turkey is 'firkee'; some say this is how turkeys got their name. Simple facts, however, sometimes produce the best answers—when a turkey is scared, it makes a "turk, turk, turk" noise.

Turkey Facts

- At one time, the turkey and the bald eagle were each considered as the national symbol of America. [Benjamin Franklin](#) was one of those who argued passionately on behalf of the turkey. Franklin felt the turkey, although "vain and silly", was a better choice than the bald eagle, whom he felt was "a coward".
- According to the [U.S. Department of Agriculture](#), more than 45 million turkeys are cooked and eaten in the U.S. at Thanksgiving—that's one sixth of all turkeys sold in the U.S. each year. American per capita consumption of turkeys has soared from 8.3 pounds in 1975 to 18.5 pounds in 1997. Ten years later, the number has dropped slightly in 2007 to 17.5 pounds.
- In 2008, more than 250 million turkeys were raised with an average liveweight per bird of 28 pounds with nearly 6 billion pounds of turkey processed. By contrast, in 1970, only 105 million birds were raised with an average liveweight of 17 pounds and 1.5 billion pounds processed. The turkeys produced in 2008 together weighed 7.9 billion pounds and were valued at \$4.5 billion.
- In 2002, retail sales of turkey was approximately \$3.6 billion. Forecasts for 2009 expect sales to reach \$3.8 billion.
- Age is a determining factor in taste. Old, large males are preferable to young toms (males) as tom meat is stringy. The opposite is true for females: old hens are tougher birds.
- A turkey under sixteen weeks of age is called a *fryer*, while a young *roaster* is five to seven months old.
- Turkeys are the only breed of poultry native to the Western Hemisphere.
- Turkeys have great hearing, but no external ears. They can also see in color, and have excellent visual acuity and a wide field of vision (about 270 degrees), which makes sneaking up on them difficult. However, turkeys have a poor sense of smell (what's cooking?), but an excellent sense of taste.
- Domesticated turkeys cannot fly. Wild turkeys, however, can fly for short distances at speeds up to 55 miles per hour. They can also reach speeds of 25 miles per hour on the ground.
- Turkeys sometimes spend the night in trees.
- Turkeys can have heart attacks: turkeys in fields near the Air Force test areas over which the sound barrier was broken were known to drop dead from the shock of passing jets.
- The ballroom dance known as the Turkey Trot was named for the short, jerky steps a turkey makes.



Charity Blast

If you make your purchases online, you can help raise money for families of Region 10 by simply going to this website,

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!!**

Simple Homemade Low-Cal Applesauce

Did you go picking apples and need some new simple delicious recipes. Well here is one for your Thanksgiving Feast!

- ◆ 6 Apples, cored, peeled and sliced
- ◆ Cinnamon Sugar
- ◆ Diet Dr. Pepper

Core, peel and slice about 6 apples and put in an oven safe dish. Sprinkle with about 1-2 Tbsp. of cinnamon sugar mixture and pour about 1/2– 3/4 cup of Diet Dr. Pepper. Cook in the oven at 375 degrees for about 30 min (until apples are soft). Take out of oven and mask to desired consistency. Serve and enjoy.



Executive Director

Jane Dichard

Newsletter Editor

Stacy Merriam

Calendar of Upcoming Trainings

Board of Director's Meeting

November 4, 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:

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

Understanding & Support Effective Behavior/ Helping People Learn Useful Skills
Sharon Richey
November 17, 2010
9:00 a.m.-2:00 p.m.

***Please register by
November 10th*



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

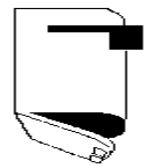
Health & Safety
Martha Fenn King, R.N.
December 15, 2010
9:00 a.m.-12:30 p.m.

Quality of Life
Martha Bonneau
December 15, 2010
1:00 p.m.-4:30 p.m.

***Please register by
December 8th*



If your children are in need of gifts this holiday season please contact Kristine Houle at 893-1299 ext. 330 or by e-mail khoule@region10nh.com
Please leave the child's first name, age, and gender as well as their clothing size. We will try our best to assist your family with your holiday wishes!



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