

Making A Positive Difference Everyday!!

Connections

OCTOBER 2010



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Welcome To The Region 10 Family

We would like to welcome two new Service Support Coordinators to the Region 10 Family.

Cathy Forgit has a MS in business from Purdue University and worked at Center for Life Management as a Practice Manager for the children's program. She also volunteered as an advocate for families and individuals with disabilities. Cathy is no stranger to Region 10, having served on the Region 10 Family Support Council as well as the Board of Directors. Cathy and her husband Fran have a son and daughter together. As a parent, Cathy understands the challenges and opportunities gifted to parents of differently abled children.

Linda earned her BS in Psychology from Suffolk University. She has spent that past 8 years as a Special Education Instructional Assistant at the Windham School District. She and her husband Ken have a daughter, son and also a granddaughter with whom they love spending time.

We welcome Cathy and Linda to our family here at Region 10, you are a nice addition to the team!



Pictured Above: (L) Cathy Forgit, Service Support Coordinator (R) Linda Leahy, Service Support Coordinator

SALEM JUNIOR OLYMPIC DEVILS

Is your child 8-21 years of age? Are you looking for extracurricular activities?



Salem Junior Olympic Devils provide recreation programs for special needs children in the Salem area. Their programs include Basketball, Soccer and Track & Field and are open to any school age child with intellectual challenges starting at age 8 and going up to age 21 (or graduation). Events and practices are conducted by trained coaches and volunteers who dedicate their time to provide the athletes with an enjoyable and fulfilling experience. Their goal is to provide the athletes with a safe and fun experience where they can not only learn different sports and develop as athletes but also learn the importance of friendship, teamwork and good sportsmanship. For more information and registration please contact the recreation department at 890-2140 or stop by their office at the town hall in Salem.

~ ~ News Flash ~ ~

New Interim Executive Director at NH Council on Developmental Disabilities

It is with great pleasure to inform you that Carol Stamatakis has been appointed the new Interim Executive Director for the NH Council on Developmental Disabilities. We are thrilled that she has accepted this position.

The Council is moving forward with its strategic plan and with a full complement of Agency employees. David Ouellette our Project Director, Mary Lawson, our Administrative Assistant, and Melissa Ouellette, a consultant with our office and a vital component of our 501 (c) (3) Opportunities Now; otherwise known as "ON."

The Council is in a very strong position at this point in time and we look forward to completing our restructuring and reorganizing within the next six months as we accomplish all that we have set out for ourselves.

Please feel free to contact Carol, any member of our staff, or any of the Council Members themselves with any questions or if you would like to say "hello!"



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)

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(Derry)

Lorraine Butler
(Derry)

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(Atkinson)

Colleen Demers
(Pelham)

Jim Dickerson, DMD
(Windham)

Marion Donahue
(Bradford, MA)

Robin Knight
(Sandown)

Joan Sabatini
(Salem)

Linda Steir
(Atkinson)



**PEOPLE POWER
POST**



The topics of conversation were rolling in at our recent People Power meeting! We talked at length about preparing and submitting a "People Power Post" for every issue of Connections. Our most enjoyable guest speaker, Carole Thibodeau, offered ideas for how to promote who we are and what we do. Then there was the announcement of an upcoming "Play Among The Stars" Christmas show on December 3 at Salem High School. Several of our group's members will be participating in an exciting production, entitled "An Enchanted Christmas." Tickets are not needed, but donations will be accepted.

We also discussed People Power's age requirement of 21 for members. One of our group has what might be called a "head for numbers" and announced that 21 years translates into 7,670 days—or 252 months—or 1,096 weeks—or 184,080 hours—or 11,044,800 minutes—or 662,688,000 seconds. ALMOST all of this was calculated WITHOUT a calculator!! Now, we have not verified the accuracy of these figures, but we're pretty sure they're right on!

The group decided that the best part of the meeting was our laughter over the "age requirement calculations!" They want to remind prospective members currently under the age of 21 that your time will come if you just hang in there—membership in their group is "worth the wait!" You'll be 662,688,000 seconds old before you know it!

Our next meeting will be held on Thursday, October 7 at 6:00 pm at Hampstead Library. We'll be making movie choices for our October 14 meeting at Chunky's Theater in Pelham and also planning our November 4 meeting agenda at the Library. Another special date to jot down is our November 19 dance at the Atkinson Community Center from 6 – 9 pm. For further information on any of these events, please call Beth Heidt at 625-8825 or Dianna Winward at 893-1299.

Remember, YOU are invited to join us! So, if you're age 21 (or 7,670 days old!) you qualify for membership in People Power. We look forward to seeing you!

Waitlist Funding

Region 10 is very that the Bureau of Developmental Services has authorized new funding to support the individuals identified by Region 10 to be in need of services during the period that began July 1, 2010 through June 30, 2011. Matthew Ertas, Bureau Administrator, indicated that statewide, Area Agencies identified 345 individuals as being in need of services to begin during this period. Region 10

had identified 36 individuals who were currently in need of services, or who would be following their graduation from school during this fiscal year. Although we are very fortunate to have received this level of funding for the individuals currently associated with Region 10, we anticipate that there will be additional individuals who will be determined eligible during this year. We will need to look for additional resources to serve them as we have allocated all of the new funding that the bureau has given to us. Matthew expressed his appreciation to all of the Area Agencies for the great work that they did during FY2010 to begin serving everyone who had been identified for funding in the first year of the biennium. Service and Family Support Coordinators have been assisting individuals needing adult services to begin during July, August and September and have also begun working with other individuals and their families to initiate the service planning process for services that will begin later this year.

In addition to the above funding for adults, we are also happy to have received additional funding for the In Home Support Waiver to begin meeting the needs of the children who have been on the Waiting List for these services.

Region 10 continues to work with a network of vendor agencies that provide a broad scope of services. If you are interested in hearing more about our vendor agencies and the services they provide, please contact me or check out our website and view their links.

Region 10 Attended Plaistow Old Home Day on June 26, 2010

Region 10 had a great time participating in Plaistow's Old Home Day on June 26th. This is such a great NH community celebration that seems to get bigger every year. I hope that if you were there, that you had a chance to stop by to see us at our booth. We had fun talking with others in neighboring booths and with the many folks who joined us on this beautiful day to check out the festivities. Many thanks to everyone who helped us organize and gather supplies for this event especially Carole Fongemie, Kelly Judson and Chris Roy and Mary Reed! And Special Thanks to Kelly, Julie Garvey, Len Dichard and Jane Dichard for volunteering at our booth. Throughout the day, we gave out information about Region 10, hosted a free Lollipop Tree contest (which was a big hit) and gave away coloring books, crayons and prizes from the prize box. Region 10 also held a bicycle/helmet raffle again this year. The lucky winner of the raffle was Jake Patten of Plaistow. Needless to say, he was very happy when he learned that he had won the bike and helmet. Thanks to all who celebrated!



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>.

PIC ~ Wrightslaw Conference

“One day Special Ed Law and Advocacy Conference” featuring Pete Wright of “Wrightslaw” and presented by the Parent Information Center will be held at the Courtyard by Marriot, Nashua, NH on 10/28/10 from 8:00 to 4:30. Cost for PIC Members is \$150.00/general public - \$175.00. For more information and to register on-line go to <http://www.wrightslaw.com/speak/10.10.nh.htm>. Questions: Call Sylvia Abbott at 800-947-7005, or 224-7005, X111.

Program Description:

- ◆ special education law, rights and responsibilities
- ◆ tests and measurements to measure progress & regression
- ◆ SMART IEPs introduction to tactics & strategies for effective advocacy

Attention: Mom's

Are you interested in getting together with other Mom's to socialize, connect, and share stories? We would like to bring back “Mom's Breakfast”. Region 10 would like to hear from you if you think you would be interested in getting together with other Mom's once per quarter. Light refreshments would be served and children are welcome!!! If interested, please e-mail Anita Trudel at Region 10: atrudel@region10nh.com or call 893-1299 ext 334.

Is Your Child Interested in a Sibling Group?

We would like to offer a “Sib Shop” at Region 10 and we need to hear from you! We would like to know if your child(ren) may be interested, ages of sibling that would be attending, and how frequently they would be able to attend (monthly or quarterly). Please contact Anita Trudel at the above e-mail or phone number along with any suggestions/ideas.

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.

Behavioral Consultation Services Available through Region 10

Region 10 contracts with a behavioral consultant who offers in-home or phone consultations on a monthly basis as needed. Her schedule is limited. If you are struggling with behavioral issues with your child, please contact Anita Trudel at Region 10 to set up an appointment. Call 893-1299 X334 or email at atrudel@region10nh.com

Valuable Website for Independent Living

To get valuable information, current resource newsletter, and links to various websites regarding disaster emergency preparedness, Alzheimer's, disability issues including assistive technology, community resources, employment, mental health, caregivers, recreation, and many more, go to www.silcnh.org. The New Hampshire Statewide Independent Living Council is an independent cross disability council. SILC represents the independent living needs of persons with significant disabilities across the entire state. Their mission is to provide leadership and advocacy in support of the independent living philosophy for persons with significant disabilities.

Generation Y Not Conference

Save the date ~ Wed., Nov. 3, 2010~ Generation Y Not Conference (young adults only). The focus is *employment!* The location is Southern NH University in Manchester. This is a collaborative effort between young adults of Merrimack County, Community Bridges, John Stark Regional High School and People First of New Hampshire. People First of NH is the organization accepting donations on behalf of the Generation Y Not Committee. It is a not-for-profit organization. If you have questions, please contact us by phone at 568-2128 or by email at info@peoplefirstofnh.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.





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>

Autism Parenting Network Meetings

Autism Parent Networking Meetings in Raymond Autism Parent Networking Meetings for the '09-'10 school year are on hiatus for the summer. Meetings will resume in the fall, dates TBA, at Easter Seals NH The Family Place, 135 Route 27 Suite 2 (entry in back of building), Raymond, NH 03037. Look for more information for this coming school year.

Introductory Training for Facilitated Communication

The Institute on Disability (IOD) at the University of New Hampshire will offer Introductory Training for Facilitated Communication (FC) on Tuesday, October 12, 2010 and Thursday, March 17, 2011 at the IOD Professional Development Center in Concord, NH. This workshop will provide participants with a general overview of facilitated communication (FC), a method of augmentative and alternative communication used by people with limited speaking abilities. Topics covered will include the history of FC, basic elements of the FC technique, determining candidacy for FC, and a review of current research and best practices. Examples and demonstrations of the use of FC with both school-age individuals and adults will be given. This workshop will provide information to people who are interested in gaining basic understanding in FC. It is also a prerequisite for people who will become facilitators for individuals who use FC.

Dates: October 12, 2010 or March 17, 2011
Time: 9am to 3:30pm, reg. begins at 8:30am
Location: UNH Institute on Disability Professional Development Center, 56 Old Suncook Road, Concord, NH 03301

Registration Fee: \$95

Workshop Instructor: Pascal Cheng, M.Ed., C.A.S.
For more information and to register call 228-2084 or e-mail contact.iod@unh.edu

Save The Date~ The 4th Annual Statewide Caregiver Conference

The conference is for parents, spouses, relatives, adult children and friends in the community who provide the day to day care for another individual. Come join us for a day of good food, good information, good company and some relaxing activities.

**Wed., Nov. 3rd-8:00am- 4:15pm~Attitash
Grand Summit Hotel & Conference Center,
Bartlett, NH**

For more information or to request a registration brochure contact Ellen Edgerly, Coalition of Caring at 332-9891 or by e-mail at ellenedge@metrocast.net. You can also visit the website at www.coalitionofcaring.org. *Check out our new Caregiver's Blog on the website.

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.

2010-2011 AT for All

Hands-on, interactive assistive technology (AT) workshops featuring practical solutions for home, school, work, and play presented by Assistive Technology in NH, UNH Institute on Disability/University of NH

Assistive technology (AT) can benefit all age groups and address a whole range of functional limitations. AT for All offers eight hands-on, interactive workshops—from the low-tech to the state-of-the-art, from education to employment, from independent living to leisure—something for everyone!

Assistive Technology Provider CEUs from RESNA (Rehabilitation Engineering and Assistive Technology Society of North America) will be available for an additional \$16 per session if requested.

Time: 9:00am - 3:00pm, Reg. begins at 8:30, (except on April 7, 4-6pm, registration begins at 3:30pm)

Advance registration is required!

Phone: 228-2084, or e-mail www.iod.unh.edu

Locations:

Holiday Inn

172 North Main Street, Concord, NH

(October 8 & May 13 only)

UNH IOD Professional Development Ctr.

56 Old Suncook Road, Concord, NH

Who Should Attend:

General and special educators, paraprofessionals, AT and technology providers, physical and occupational therapists, speech language pathologists, vocational rehabilitation counselors, disability support services staff, family members, students, and others.

Instructors:

David Hagner, Ph.D. & Dan Herlihy

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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 by phone at 802-241-2644.



QUALITY OF SERVICES. WHAT IS YOUR VIEW?

Back in 2007 the NH Legislature passed Senate Bill 138 to address a number of critical issues for the area agency system, such as the wait list funding, workforce development, and quality improvement. This bill created a committee -with membership from the regional Family Support Councils, area agency Boards of Directors and a variety of advocacy organizations- to make recommendations to enhance the infrastructure of the service system. The SB 138 Committee issued two comprehensive reports which can be found on the NH Department of Health and Human Services website (www.dhhs.state.nh.us). The efforts of the SB 138 Committee ultimately resulted in the creation of a statewide Quality Council and the decision to join the National Core Indicators Project (NCI), which will enable us to compare the quality of NH's area agency services to other states around the country.

A key component of the NCI is hearing how You feel about the supports you receive. Last Spring you received a survey in the mail asking what you thought of various aspects of the system. We are pleased to report that over 1300 of you responded and that information will be included in the National Core Indicators Report next year.

Equally important to this process are face to face interviews which are conducted with 400 randomly selected individuals for more in depth information. These interviews are conducted by staff members of the NH Bureau of Developmental Services and this information is included in the NCI analysis of quality in our state. As always, the information provided is confidential unless you choose to have it shared with your local area agency.

We understand that people have busy lives and know that it can be challenging to respond to one more request for information, but it really is what allows us to improve the supports we offer. If you are one of those chosen to participate in an interview, please take the time to tell us how you are feeling.

It really is the New Hampshire way- and it will make a difference! If you have any questions, please feel free to contact Judy Crane at Region 10, 893-1299.

(Cont'd from page 4)

Sessions:

There's an App for That! Mobile Applications to Increase Independence

Registration Fee: \$115 Date: October 8, 2010 or May 13, 2011

Assistive Technology for Older Adults

Registration Fee: \$95 Date: November 4, 2010

Creating Interactive Computer Activities with Boardmaker Plus! v.6

Registration Fee: \$95 Date: January 10, 2011

Assistive Technology and Transition

Registration Fee: \$95 Date: February 2, 2011

Beyond Duct Tape and Velcro – 101 AT Solutions YOU Can Make Using Everyday Materials

Registration Fee: \$175 Date: March 9, 2011

Universally Designed Technology to Support Reading, Writing, and Communication in the General Education Classroom

Registration Fee: \$35 Date: April 7, 2011

Natural Support Strategies and Assistive Technology Solutions in the Workplace

Registration Fee: \$95 Date: May 4, 2011

Questions about the 2010-2011 AT for All Series?

Call 603.228.2084 or email contact.iod@unh.edu. Caregiver Support Group

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

Calendar of Upcoming Trainings

Board of Director's Meeting

October 14, 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:

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

Empowerment
Lynn Tonkin
October 20, 2010
9:00 a.m.-11:00 a.m.

Rights
Sharon Richey
October 20, 2010
11:30 a.m.- 2:00 p.m.

Overview of System & Developmental Disabilities
Jane Dichard
October 20, 2010
2:15 p.m.- 4:15 p.m.

***Please register by
October 13th*

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*



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*



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

Atkinson Derry Pelham Salem
Chester Hampstead Plaistow Windham
Danville Newton Sandown