

Making A Positive Difference Everyday!!

Connections

SEPTEMBER 2010



September 6, 2010

Labor Day ~

A day to celebrate the economic and social achievements of workers.

2010 Golf Tournament

People Power

Board New Flash 2

Family Support
Trainings & Info 3

Autism News

Caregiver Support Group
Summer Olympic Story 4

NAIMH~Conference

Estate Planning

Caregiver Conference 5



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

NH's ONLY Competitive Special Needs Cheerleading Team Begins Their New Season

eXtrem Cheer of Hampstead, NH is happy to announce sign ups for their special needs cheerleading team, the "Stars". These girls and boys (yes boys, too) are a National Champion competitive cheerleading team, that practices once a week, and performs a real routine on stage at approximately four competitions per year, at least one of them Nationally Ranked.

This very special and talented group of athletes have been competing successfully under eXtrem's banner for four years now. The team will be starting its fifth season in September and is actively looking for athletes to participate. The team is made up of special needs athletes paired with buddies, who cheer on eXtrem's other competitive teams and volunteer their time to help out with the special needs athletes.

This is a wonderful athletic program that showcases our athletes special abilities on a national stage.

For more information please Contact Mark Acciard at eXtrem Cheer, 25a Owens Ct. Hampstead, NH, 03841, (603)329-6688, or on the web, www.extremcheer.com, macciard@extremcheer.com.



Pictured above: Kristine Houle, Robin Berry & Jane Dichard

Region 10 Awards 5 Local Seniors Scholarships

Recently the Region 10 Grant Committee awarded 5 high school seniors scholarships. Each recipient received a check for \$500.00. The following students submitted their winning essays to Region 10:

**Nicole Bourque, Pelham High School~
Robin Berry, Pinkerton Academy~**

Brittany Fetzner, Salem High School~ Samantha Trostle, Sanborn Regional High School~ Casey McDonnell, Timberlane Regional High School

Region 10 would like to congratulate and wish them good luck with all of their future endeavors.

Pictured above are two of the recipients. On the left is Robin Berry, a graduate of Pinkerton Academy. Robin will be pursuing a career in the Health & Human Service Field at UNH. To the right is Brittany Fetzner, a graduate of Salem High School who is attending FGCU in Fort Myers, FL this fall. Presenting the check to them is Kristine Houle, Region 10 Grant Committee Member and Jane Dichard, Region 10's Executive Director.



Pictured above: Jane Dichard, Brittany Fetzner & Kristine Houle



2011 Graduates from the 5 following High Schools look for Region 10's Scholarship Application :

Pelham High School, Pinkerton Academy, Salem High School,
Sanborn Regional High School and Timberlane Regional High School

REGION 10 COMMUNITY SUPPORT SERVICES INC. 8 COMMERCE DRIVE ATKINSON, NH 03811 (603)893-1299

Visit our Website: www.region10nh.com Email: info@region10nh.com

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(towns they represent)

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(Pelham)

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(Windham)

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(Bradford, MA)

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(Sandown)

Joan Sabatini
(Salem)

Linda Steir
(Atkinson)



Region 10 like to bring to your attention that our fellow board member **Jim Dickerson** has been named by NH Magazine (August issue) as one of the **Top 165 Dentists in the State.**

Congratulations, Jim!
Well done.

And we'd also like to bring to your attention that our fellow board member **Ed Adamsky** has been named one of **Boston's Best Lawyers-2010 Edition by the Best Lawyer's Guide.** He was one of three Elder Law Attorneys chosen in all of New England. This honor is bestowed by being chosen by one's peers.
Congratulations, Ed!
Well done.



“Buddy Walk” for Down Syndrome

The Northern New England Down Syndrome Congress is hosting their annual “Buddy Walk” on Saturday, September 18, 2010 from 10:00 a.m. to 3:00 p.m. The goal of the Buddy Walk is to raise awareness and acceptance of individuals with Down Syndrome; to raise the funds necessary to develop innovative and effective programs, and to enhance the position of the Down Syndrome community, enabling us to positively influence local and national policy and practice. Participants will include individuals with Down Syndrome, local celebrities, politicians, friends and family. To register on-line go to <https://www.firstgiving.com/nnedsc> or contact Maria Yakkey at maria@nnedsc.org, or by phone at 622-2841. You can also register on the day of the walk.

Region 10 21st Golf Tournament

~Please Save the Date~

Region 10's 21st Annual Golf Tournament is going to be held at Candia Woods Golf Links in Candia, NH. If you know someone and/or are willing to help us with sponsors and contributors, please call Jane Dichard at 893-1299. Let's make our 21st golf event our most successful tournament ever! We look forward to another great year!

Calling All Bakers

It is that time again!!!! We need cookies for the golf tournament on September 16, 2010. If you would like to donate home made cookies for the golf tournament, that would be GREATLY appreciated!!! We will need the cookies on or by September 15, 2010 in order to package them....any type of homemade cookie in any quantity would be happily received!!! Giving the golfers homemade cookies is such a nice touch.....we appreciate your past support and are looking forward to any support that you could offer this year.



Please let Kelly Judson know, ASAP, how many dozen that you will be able to make as well as letting her know if you could bring them to Region 10 on 9/15 or if they will need to be picked up. Once again, THANKS!!

People Power

When the members of People Power met last month, they were very excited to have two new members join this fun and informative group. The new members joined us in this month's discussion about health and nutrition. Our hopes with this discussion is for everyone to make wise choices in their diet each day.

September's meeting will be held on Sept. 9th at the Hampstead Public Library at 6 pm. The group is looking forward to Carole Thibodeau joining us as our guest speaker. She will be giving us tips on writing interesting & informative articles for Region 10's Connections newsletter.

This self advocacy group, which is sponsored by Region 10, meets monthly to discuss an array of topics. Members learn to advocate for themselves as well as support each other to become more self sufficient and independent in their lives. It is a worth while and enjoyable group. We are always looking for new members, 21 years of age or older to join. Contact Dianna at 603-893-1299 ext 314.





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>.

Supporting Friendships!

Facilitating Social Networks for Young Adults with Disabilities in the Community

The Institute on Disability will present **Supporting Friendships! Facilitating Social Networks for Young Adults with Disabilities in the Community** on Monday, September 13, 2010 at the IOD Professional Development Center in Concord. Friends magnify our joys and support us in our struggles. A facilitated social network can be a great way to assist young adults with disabilities in connecting with potential friends in the community. In this workshop, we'll learn about the concepts of a social network and discuss the role that a facilitator can play in supporting friendships and developing a network. We'll discuss potential funding sources for facilitation and make plans for ongoing training, supporting, and mentoring for families and facilitators who are interested in forming a social network for someone. Family members and anyone interested in becoming a network facilitator are encouraged to attend.

Date: Monday, September 13, 2010

Time: 9am to 3pm, *registration at 8:30am*

Location: UNH Institute on Disability Professional Development Center, 56 Old Suncook Road, Concord, NH 03301

Registration Fee: \$85*

Workshop Instructor: Lisa Hasler

*Includes continental breakfast, lunch, and materials

**For more information and to register call
603.228.2084**

PIC ~ Wrightslaw Conference

The Parent Information Center is please to announce a Wrightslaw Conference-Special Education

Law and Advocacy Training on Oct. 28, 2010 from 8:30am – 4:30pm presented by Pete Wright, a nationally known and highly sought after attorney and expert on special education advocacy. The Conference will be held at the Courtyard by Marriot, 2200 Southwood Drive, Nashua, NH. For more information, contact Sylvia at 224-7005, ext.11 or 1-800-947-7005. You can also contact by email at admin@picnh.org. Online registration is available at www.picnh.org. General admission price is \$175.00.

Positive Practices in Behavioral Support through Nonlinear Applied Behavior Analysis (ABA) Seminar

This seminar is to be held September 21–24, 2010 at the Courtyard by Marriott, 700 Huse Road, Manchester, NH; presented by Gary W. LaVigna, Ph.D., BCBA-D, Clinical Director of the Institute for ABA (IABA) in Los Angeles; sponsored by Easter Seals of NH/ www.nh.easterseals.com; cost of registration before 8/21 is \$500.00 for full series and \$150.00 for daily rate; after 8/21, cost is \$600.00 for full series and \$175.00 daily. For more information or to register contact IABA at [1-800-457-5575](tel:1-800-457-5575)/jmarshall@iaba.com/www.iaba.com

Generation Y Not Conference

Save the date ~ Wednesday, November 3, 2010~ Generation Y Not Conference (young adults only). The focus is *employment!* The location is Southern NH University in Manchester. This conference 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 New Hampshire 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 603-568-2128 or by email at info@peoplefirstofnh.org

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.

Region 10 Family Support Council

Robin Knight
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(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.*

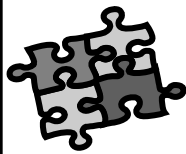




A List To Keep Handy
Region 10 CSS
Employee
Extensions

Aleece.....	322
Anita.....	334
Bill.....	317
Carole F.....	307
Carole T.....	336
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 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.

Autism Websites for Tips, & News

- **A place to share and gain toileting tips:**
<http://autism.about.com/u/ua/childrenandautism/toiletingtips.htm?nl=1>

- **Pioneer in treatment of autism dies**
A respected and revered pioneer in the treatment of autism spectrum disorders has died. Dr. O. Ivar Lovaas passed away in California.

Dr. Lovaas expanded on the use of Applied Behavior Analysis (ABA) which helps people with autism learn to function in day-to-day society. His work began in the 1960s and helped thousands of children with autism across the globe. ABA is evidence-based treatment that proves successful in about half of the patients treated, and can offer the chance for a more productive life.

<http://www.mynews4.com/story.php?id=24495&n=122>

- **Back to school Tips:**
<http://www.pathfindersforautism.org/articleItem.aspx?id=55>

- **Statewide Autism Event Calendar**
<http://www.autism-society-nh.org/calendar.html>

Caregiver Support Group

Do you take care of a loved one? Starting to feel a bit overwhelmed? You are not alone and support is here. Silverthorne Adult Day and ServiceLink offer a support group, the third Wednesday of every month, from 4:00-5:00pm. Meet with others, share concerns and receive advice. This month, August, 18th Camille Flaherty from Yoga Balance of Life, will share some chair yoga which may help alleviate some stress encountered in the care-giving role. Please call Paula at 893-4799 with any questions. Caregivers are welcome to bring their loved ones as a Silverthorne staff is available to watch over them, while the group is being held.

Special Olympic Competitor

Clint Barry was a proud participant in the 2010 Special Olympics held in Nebraska this summer and came back with some great stories, memories and medals! He visited Region 10 to share incredible stories and show the staff all of the many medals he won for swimming while he was there. Clint's girlfriend joined him at the Olympics, and they continue to work hard swimming and training every week as a part of the Derry, NH team.

Clint is a hard working man. Outside of training he works at Hannaford's where he is a highly valued employee. Congratulations, Clint!



Pictured above: Irek Kaczmarczyk (Region 10 Support Coordinator) & Clint Barry w/ his medals!

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.

NH Assoc. for Infant Mental Health ~ 16th Annual Conference

The NH Association for Infant Mental Health presents its 16th Annual Conference at the Red Jacket Mountain View Resort in North Conway, Thursday, September 30th and Friday, October 1, 2010: **“Eat, Sleep and Be Merry: Regulation Concerns in Young Children”** featuring Jodi Mindell, PH.D & Judy Mikami, M.S. CCC/SLP.

Topics include:

- Sleepy, Dopey and Grumpy:** Sleep and Sleep Disorders in Young Children;
- Case Presentation, Self Regulation and Social Emotional Development;**
- Addressing Common Feeding Concerns in Young Children**

Workshop choices are:

- Beyond Behavioral Issues:** Snoring, Sleepwalking, and Sleep Terrors;
- Creating Calmer Kids:** Skills for Helping Young Children and Their Parents Manage Anxiety;
- Beyond the Picky Feeder:** Sleuthing out the Problem-Feeder;
- The Play’s the Thing!**

To register please contact Sandy Beaudry, Child and Family Services, Concord, NH, 518-4270. You can contact JoAnn Cobb at 518-4141 with any questions regarding CEU’s which are available for a \$10.00 fee at the conference. Room rates are \$125.00 plus 8% NH Lodging tax per room per night.

Do You Need Estate Planning Assistance???

Attorney John Kitchen’s practice areas include probate, trust, gift and estate taxation and disability law. He has drafted guardianship petitions as well as powers of attorney, wills and trusts, including revocable trusts, special needs trusts, gift trusts and charitable trusts since 1978. John has offices in Auburn and Laconia, NH. He offers a complimentary consultation. Visit his website: www.johnkitchenlawoffices.com or contact him at the Laconia office at 603-524-5765, email jskitch@earthlink.net or the Auburn office at 669-6541.

Beasley and Ferber Professional Association focuses its practice on Elder Law, Estate Planning for the elderly, those with disabilities, and other areas. The disability section of the practice emphasizes planning for families with special needs children including maintenance of SSI and Medicaid eligibility for the special needs child. Edward Beasley and David Ferber have offices in Nashua, Bedford, Concord, and Exeter, NH and North Andover, MA. Visit their website: www.nhelderlaw.com or contact them in Nashua 603-598-1318, Concord 603-225-5010, Exeter or N. Andover 1-800-370-5010, email info@beasleyferber.com

Erik Potts of Baystate Financial Services is a Financial Planner. Erik’s clientele includes typical family planning, business planning, planning for families with special needs dependents and fee planning. He has in depth knowledge of federal laws as they pertain to government benefit eligibility, legal documents such as special needs trusts and guardianships, as well as financial considerations for providing not just lifetime care, but quality of life. Erik is an active member of the Autism Society of NH. He has offices in Salem and So. Hampton, NH and offers a complimentary consultation. Visit the website www.baystatenh.com or contact him in Salem 603-898-4693, email epotts@baystatefinancial.com.

Gregory J. Loosigian of New York Life Insurance Company is a Financial Services Professional. He is licensed in NH and MA. Gregory offers valuable information about special needs planning including special needs trusts, guardianship, arranging funding, planning for the needs of other family members, and state benefits such as Medicaid and SSI. He has an office in Andover, MA and offers complimentary consultations. Contact him at 978-681-4312, Cell 978-273-8377 or email gjloosigian@ft.newyorklife.com

~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 Coalition of Caring website at www.coalitionofcaring.org. *Check out our new Caregiver’s Blog on the website. **Strength, Hope & Nobility**



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

September 9, 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:

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

Health and Safety
Martha Bonneau
September 10, 2010
9:00 a.m.-12:30 p.m.

Quality of Life
Martha Bonneau
September 10, 2010
1:00 p.m.- 4:30 p.m.

***Please register by
September 3rd*



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
November 10th*



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