

Making A Positive Difference Everyday!!

# Connections

FEBRUARY 2010



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## Our Community Gives Back

Region 10 is blessed by the many people and companies in our community who overwhelmingly gave of their time, energy and resources during this past holiday season!

Ocasio's True Martial Arts in Plaistow is in its 16<sup>th</sup> year of donating everything from rolls to turkeys to cranberry sauce—to the tune of well over *five thousand* Thanksgiving Day baskets! Year after year, this special November day for giving thanks has found countless numbers of area families celebrating their day and their dinner as a result of Ocasio's generosity.



Pictured Above: Kim Ocasio (in back) with members of the Ocasio's True Martial Arts Team in Plaistow.



Pictured Above: The Timberlane Regional High School Owl Cheerleaders

The Plaistow Timberlane Owl Cheerleaders, AJ Lambert of Blended Solutions in Manchester, Windham Helping Hands, and the Congregation of Ararat Armenian Church in Salem all donated dozens of children's toys, gift cards and turkey dinners. Each and every one of these community neighbors bestowed joy and wonder to young children and their families making for a season to remember.



Pictured Above: AJ Lambert & Karen Jackson from Blended Solutions



Pictured Above: Ararat Armenian Church of Salem, NH

**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



Don't forget about the Coloring Contest for the 2010 Kids Carnival. Look for the insert in *this* Edition of Connections. Be sure to bring your colored picture to the Carnival on February 13th and be ready for a fun time!!!



**Region 10  
Board of Directors**  
*(towns they represent)*

**Cathy Spinney,  
President**  
*(Pelham)*

**Ken Ferreira,  
Vice President**

**Barbara Strzykalski,  
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**Colleen Demers**  
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**Jim Dickerson, DMD**  
*(Windham)*

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*(Bradford, MA)*

**Robin Knight**  
*(Sandown)*

**Joan Sabatini**  
*(Salem)*

**Linda Steir**  
*(Atkinson)*

**Maureen Tully, "A Spiritual  
Advisor" to Pinkerton's Girls  
Basketball Team and Coach**

On Monday, December 21, 2009 there was a wonderful article in The Eagle-Tribune written by Christopher Smith. The article featured our dear friend Maureen Tully. According to the article, Maureen started playing basketball in high school for the Special Olympics, and her team practiced at the Pinkerton gym in the 1990's. Astros Girls Basketball Coach John Barry had his curiosity piqued enough to want to meet this remarkable young athlete. Maureen started helping John as a Junior in the 1996 – 1997 season and then just naturally earned her role as the team's Spiritual Advisor. She has assisted Coach Barry now for almost 12 years at nearly every home game and several road games.

In the Eagle Tribune's article, Barry says, "Her job is to maintain discipline; if anyone gets out of hand, she takes care of it." Maureen keeps the focus on what's important. She sits with Coach Barry before games just talking--to help calm his nerves. "She does more for me," Barry said. Maureen adds, "We've become really close over the years."

She has left her mark on Pinkerton's Girls Basketball team, and they showed their gratitude by giving her a plaque and large poster of the team (which included her name) at their 2006 Championship dinner. She also receives flowers, along with the Senior players, each Senior night. Coach Barry says "She's like my Basketball Psychologist. Mo (as he calls her) is even on our State Championship Plaque in the hallway."

Maureen's passion for Basketball was partly inspired by her father, who played at the University of Notre Dame in the early 1960's. "Basketball is one sport that really came out into the headlights as my favorite sport," Maureen said, "I could follow it better than golf or football."

For a woman who has a genetic disorder and has endured multiple surgeries and numerous physical setbacks, Maureen has a positive outlook and doesn't let any limitation hold her back. She says her position with the team keeps her involved in a game she loves despite not being able to play anymore.

It is simply amazing that "a little curiosity" can turn into a lifelong friendship in which each friend has so much to offer to the other. It is nice to hear of such warmth, compassion and love.

**Free Newsletter from Wrightslaw!**

The Special Ed Advocate is a free online newsletter about special education legal and advocacy topics. Subscribers learn about new cases,

articles, seminars and training, special offers on books by Pete & Pam Wright, and other useful information about special education law and advocacy. You can sign up at: <http://www.wrightslaw.com/subscribe.htm>

**13<sup>th</sup> Annual Kid's Carnival Fast  
Approaching**

The carnival will be held on Saturday, February 13<sup>th</sup> from 11am – 4pm at the Woodbury Middle School on Main Street in Salem, NH. The admission is FREE! The committee is in need of raffle items. If you would like to donate a new item or new toy for one of our raffle baskets please contact the Region 10 office before the event.

The famous cakewalk is a highlight at the event. We hope that you are able to donate a cake for the cakewalk. Please bring your cake or cupcakes to the Region 10 office on Thursday, February 11<sup>th</sup> between the hours if 8:30am to 4:00pm. Or you can bring a cake the day of the carnival.

Pentucket Bank, Ride Away and Salem Co-Op Bank are the main sponsors for this wonderful family event. Region 10 is fortunate to have Sandlots-Camp-U-Can-Do-It sponsoring the Coloring Contest again this year. We are also very excited to have Zoo Creatures joining us. Children will be making musical instruments with Kindermusik's Miss Rose. Children will be able to participate at the end of the day in a Marching Band Parade held in the gymnasium.

**Schedule of Events (times are approximate)**

11:00	Salem Police Department K-9 Unit
11:30	Kindermusik with Miss Rose
12:00	Ronald McDonald Magic Show
12:30	Balloon Bop with Coach Mitch
1:00	Zoo Creatures
1:30	Ocasio's True Martial Arts
2:00	Studio of Performing Arts
2:30	Keeping Active with Coach Mitch
3:00	Coloring Contest/ Raffle Winners Announced

Our friends from Life is Good will also be giving out free popcorn and stickers. Mascots from the Manchester Monarchs and the Lowell Spinners will be available for pictures. There will be MANY activities and refreshments throughout the entire day for children and their families to enjoy. We hope to see you there!

**Camperships**

It's that time of year again! Region 10 campership applications are available to Region 10 families for individuals to participate in various summer camps of their choice. Contact your Support Coordinator if you have any questions or to request an application. Please fill out your campership application and return it to Anita Trudel no later than April 30, 2010.



# FAMILY SUPPORT



## FAMILY SUPPORT TRAININGS & GROUPS

### *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. The four sessions feature distinct content and objectives, including student-directed models that support the development of career goals, sector-based strategies that link high school programs to employers and post-secondary education, ways to use assistive technology to improve educational and employment outcomes, and a school-wide framework that allows educators, parents, and students to utilize the emphasized high school reform. Please see the individual workshops below for more information.

#### [Assistive Technology and Transition](#)

**Date:** Thurs., April 15, 2010 | **Time:** 9am to 3pm  
**Registration Fee:** \$75  
**Instructor:** Therese Willkomm

#### [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 North Main Street, 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, except the March 1 session, which does not include lunch.*

*\*Workshops qualify for Staff Development Credits/Contact Hours.*

Questions about IOD professional development opportunities? Visit the IOD online at [www.iod.unh.edu](http://www.iod.unh.edu) or e-mail [contact.iod@unh.edu](mailto:contact.iod@unh.edu).

### **Trainings for 2010 ~ See Insert**

See insert for list of important upcoming trainings/workshops sponsored by region 10 family support council? Be sure to post them on your refrigerator as a helpful reminder!



### **Transition Open House Parents~**

Do you have a child in Family Centered Early Supports & Services?

Do you have questions or feel anxious about the transition from Early Supports & Services to the school district (SPED)?

Do you know when the transition process begins and what the steps are?

Join us for this interactive training session and meet your Preschool Coordinator.

**Date:** April 16, 2010

**Time:** 9:30 to 11:30

**Place:** Easter Seals of Salem  
15 Ermer Road, Salem, NH 03079

**Phone:** 893-0984

Childcare will be provided at the workshop if needed. To register call Tammy Dudal at 893-1299 ext. 326 and leave a message if you can attend this workshop and if you need childcare. It is important to RSVP at your earliest convenience to ensure that your school district will attend this workshop.

### **Website ~ ID & Address Needs of Young Adults**

People First of New Hampshire is working toward identifying and addressing the needs of young adults. We ask that you help us by going to our website and taking our survey. If you know a young adult, please forward this link so that s/he can complete our survey and hopefully participate in what we organize. We appreciate your time and support. Please go to this website and participate: [http://survey.constantcontact.com/survey/a07e2o173gvg3kmd\\_r9k/start](http://survey.constantcontact.com/survey/a07e2o173gvg3kmd_r9k/start)



### **Bowling Anyone?**

Adaptive Bowling (ages 8 and up), sponsored by the Salem Recreation Department, will run from February 5 - May 14, from 3:45 to 4:45. (There will be no bowling on Feb. 19 & 26 - during Mass and NH vacation weeks) at Park Place Lanes, Rte 28, Windham, NH. Cost for Salem residents is \$48.00, non-residents \$60.00 plus \$4.50 shoe fee for all bowlers. Please contact Salem Recreation Department at 890-2003 to sign up.

### **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
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!



### Browser Site For Children Living With Autism

- **Zac Browser** [www.zacbrowser.com](http://www.zacbrowser.com)  
"Welcome to the official Zac Browser site – Zone for children living with autism. Here you will find the best environment on the Internet for children living with various autism challenges. Zac Browser is a totally free software package. It is the first Internet browser developed specifically for children living with variants of autism spectrum disorders (ASD), Asperger syndrome, Rett syndrome, childhood disintegrative disorder, PDD not otherwise specified and PDD-NOS, also called atypical autism. Zac Browser was designed to offer a pleasant, rewarding and secure experience. Children sing, play and discover the best that the Internet has to offer with only a few clicks of the mouse. Zac Browser is software that allows your child to access games (a lot of games) activities (based on diverse interests) along with videos (that allow a stimulating experience and encourages children to talk). All games, activities and videos are specifically chosen for their positive effect on children suffering from autism. So why not do like a million other people have done throughout the world, install Zac Browser now. The new version of Zac Browser now includes a link towards the latest news as well as open discussions on the subject of autism via « [The Autism News.com](http://TheAutismNews.com) »."

### Rethink Autism

Rethink Autism is a web-based treatment program that offers immediate access to cost effective, research-based intervention tools for professionals, parents and family members. These tools are rooted in ABA, Applied Behavioral Analysis, which according to over 30 years of research, demonstrates the most effective interventions for individuals with Autism. ABA is taught, step by step, through on line video clips and written lesson plans.

If you would like more information regarding this website, please visit [www.rethinkautism.com](http://www.rethinkautism.com).

### Behavioral Consultant 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 [atrudel@region10nh.com](mailto:atrudel@region10nh.com).

### CLM ~ New Office Open

Center for Life Management has opened their new office, located in Hampstead, NH at 218 East Road. This year, resolve to make emotional health and well-being be a priority.

### Kindermusik® by Miss Rose - 2010 Winter/Spring Schedule

**Kindermusik Family Time** (newborn-7 years) is a multi-age program designed for multi-child families who want to experience the joys of music and learning while having fun together.

Meets: Monday January 25 – April 5, 10:30  
Tuesday January 26 – April 6 9:15  
Tuition: \$100.00 1<sup>st</sup> child/ \$90.00 2<sup>nd</sup> child  
Materials:\$65.00

**Kindermusik Village** (newborn-18 months) provides a wonderful learning and bonding experience for you and your baby.

Meets: Thursday January 21 – May 20, 10:30  
~Second 8-week session begins  
March 25th at 10:30  
Tuition: \$80.00 (Multi-class \$150.00/ \$73.00)  
Materials: \$39.00

**Kindermusik Our Time** (18 months-3years) is a class created for you and your child to celebrate the wondrous time of connection and discovery.

Meets: Monday January 25 – May 17, 9:15  
Tuesday January 26 – May 18, 10:30  
Wednesday January 27 – May 19, 9:15  
Thursday January 28 – May 20, 9:15  
Tuition: \$150.00  
Materials: \$55.00

**Kindermusik Imagine That!** (3-5 years) takes your child (without a parent) on a musical journey of discovery and exploration by the power of imagination.

Meets: Same dates as "Our Time",  
Monday 11:45, Tuesday 12:30,  
Wednesday 10:30, Thursday 12:30  
Tuition: \$150.00  
Materials: \$58.00, w/ Backpack \$65.00,  
extra backpack \$10.00

**Kindermusik for the Young Child** (5-7 years) is a music curriculum designed to provide readiness for the young child who is eager for first experiences with musical symbols and instrumental discovery.

Meets: Monday January 25 – May 17  
(Young Child 2), 4:00  
Tuesday January 26 – May 18  
(Young Child 2), 4:00  
Wednesday January 27 – May 19  
(Young Child 4), 4:00  
Tuition: \$165.00

Materials \$55.00 (New Student \$87.00 YC2)  
All classes meet at 35 Gigante Drive, Hampstead, NH at Dr. James Holland's (Orthodontist) building.

To register contact Rose Lemay at 382-9055 or [roselemay@comcast.net](mailto:roselemay@comcast.net)  
**Register Early, classes fill quickly!!**

### SAVE THE DATE!!

Save the Date for Region 10's 7th Annual Silent Auction on May 8, 2010. If you've been at one of our Silent Auction before, you know you're in for a great evening!! If this will be your first, trust us—it's a fun time!

It will again be at Zorvino's Vineyards on Route 121A in Sandown, with complimentary wine tasting that's *always* a real treat!

You can get a headstart on the festivities in many ways: Mark your calendar/get your tickets early/donate items to be auctioned/become a sponsor/buy an ad in our brochure (see our insert)/just get involved!

Would you like to contribute to our Auction Baskets? Some of the basket themes are: Gardening, Car Wash, Outdoor Fun, Barbeque, Wine, Sports.....YOU can come up with your own theme for a basket!! The month of May is always abuzz with thoughts and plans for Spring and Summer. We'll all be out of our winter doldrums and into a brand new "New England" time of year!

*"The way I see it, if you want the rainbow, you have to put up with the rain."  
~Dolly Parton*

### Carole's Corner~



*Pictured Above: The Cast and Crew of Life Visions!*

#### There's one word for Life Vision's production of **The Wizard of Oz: WOW!!**

I'd been hearing rave reviews about the consumers of Joel Morris' Life Visions program putting on a stage play last year—but I missed it! Wasn't going to let that happen again.

Under the able direction of Lynn Tonkin, consumers of all levels of experience and capabilities put on a show of shows on Friday, January 8 at the Atkinson Community Center! Singing, dancing, drama, comedy, you name it.

They pulled it off with nary a hitch. And when a "hitch" did occur, boy did they

ever support each other. If the Tin Man forgot a line, the Scarecrow helped out. When Dorothy left a prop backstage, a stagehand provided it. If the Cowardly Lion missed a cue, a voice from offstage filled in. No one was left alone.

I laughed—I cried—then I laughed again—and again.

Congratulations to Joel, Lynn, and all their wonderful cast and crew. Disabilities?? Limitations?? You'd be hard pressed to discover what they were during Life Visions rendition of The Wizard of Oz. Next stop: Broadway!! ~Carole T

**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](http://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!!**

### SARC VS. REGION 10



*Pictured Above: Leslie Coughlin & Mariellen Dileo*

Once again SARC has challenged the employees at Region 10 and they have come out the Winners!!! The challenge took place on Tuesday, January 12th at Park Place Lanes in Salem. Much fun was had by all.

The averages were:  
SARC: 78  
Region 10: 77.2

To Region 10's dismay SARC remains the champions. What will SARC challenge Region 10 to next?



*Pictured Above: Kim Marceau and Staff*

**Executive Director**  
Jane Dichard  
  
**Newsletter Editor**  
Stacy Merriam

JOIN US AT REGION 10 FOR THE FOLLOWING:

# Calendar of Upcoming Trainings

## Board of Director's Meeting

February 11, 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.

**March Trainings:**  
*will be held at  
Region 10  
Community Support Services,  
Atkinson, NH*

**Acquired Brain Disorders (ABD)**  
Scott Dow  
**March 17, 2010**  
10:00 a.m.-2:00 p.m.

*\*\*Please register by  
March 10th*



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

**Empowerment**  
Lynn Tonkin  
**April 21, 2010**  
9:00 a.m.-11:00 a.m.

**Rights**  
Sharon Richey  
**April 21, 2010**  
11:30 a.m.-2:00 p.m.

**Overview of System and Developmental Disabilities**  
Cathy King  
**April 21, 2010**  
2:15 p.m.-4:15 p.m.

*\*\*Please register by  
April 14th*



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