

Making A Positive Difference Everyday!!

# Connections

JUNE 2011

Region 10's Annual  
Golf Tournament ~



September 15th

Candia Woods  
Golf Links

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## Status of the State Budget

By the time you read this article, the House and Senate will have already completed the regular session with the exception of bills that will go to the Committee of Conference. The Committee of Conference must be finished by June 16<sup>th</sup> with the final session of our legislature scheduled for June 23<sup>rd</sup>. But as of the time this article is being written, we only know what the House presented and that is a budget which significantly reduced and eliminated funding for developmental services. We do not know what the Senate will propose and whether or not the Senate budget will restore the funding that is needed to prevent essential developmental services from being cut and to provide funding for the individuals who will need services during the biennium. The Committee of Conference will be charged with reconciling the budgets from the House and Senate and preparing a version that would need to be approved by both legislative bodies before being sent to the Governor.

It is a very challenging time and one that threatens changes in the basic law that was enacted to establish, maintain, implement and coordinate a comprehensive service delivery system for people with developmental disabilities. Ultimately the very existence of our community services system is in jeopardy. If you haven't already seen "Lost in Laconia", I urge you to do so. As a society, we can never forget our history; we can not allow ourselves or our elected officials to ignore the lessons we've learned from our past and allow services and support for people with developmental disabilities to regress.

I personally don't believe that this law was enacted with the proviso, that we fund services when we have the financial resources that we can spare to do so. I believe the law intended to state New Hampshire's commitment to fund the essential services that vulnerable people need and that we as a society believe is our humane responsibility to provide.

There are still community members, including many of our elected officials, who do not have any direct experience in providing care for someone with a developmental disability or have a relationship with someone with a disability. I hope that you will reach out to provide the education that is needed to help people better understand why personal advocacy is so important on behalf of vulnerable people who often cannot speak for themselves. Everyone needs to understand the importance of the requested funding to the lives of individuals and their families. My experience is that families do as much as they can for as long as they can, asking for very little along the way. However, individuals deserve basic services and families need our help to support them in their care-giving role. The budget that was proposed by the House would take us back in time in the availability of options for supporting people with disabilities. It would also create health and safety concerns for individuals and their families, disrespect many NH citizens and erode the positive image that NH has gained since the closing of Laconia State School and the establishment of our community services system. For all of the right reasons, we need to stand strong in our advocacy and now more than at any other time in our recent past, family voices need to be raised.



### 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

## Lost in Laconia



The crowd at TPAC, Plaistow, NH  
"Lost in Laconia" viewing

Recently, Region 10 invited the general public to view the documentary "Lost in Laconia." The event was held at the Performing Arts Center in Plaistow. Gordon DuBois, the film's creator spoke to a crowd of over 70 prior to the viewing of the film. The documentary traces the history of the New Hampshire School for the Feebleminded, or The Laconia State School, from its initial beginnings in the early 1900's until its closure in 1991. He explained how he had researched and interviewed the families whose lives were affected by the state school. During the documentary the audience was silent as they sat and watched

*Cont'd. on page 2)*

**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)*

**Elaine Lavin**  
*(Salem)*

**Robin Knight**  
*(Sandown)*

**Linda Steir**  
*(Atkinson)*

*(Cont'd from page 1)*

the treatment of some of our most vulnerable individuals. After the documentary, there was a panel discussion with Freda Smith whose daughter was a resident of the institution, Kathy Murphy whose sister also spent many years at Laconia and Jeannette DeMichelis who was grateful that her son was born after the state school was closed.

In 1901, the New Hampshire Legislature passed legislation to establish a state school for "feebleminded" children. Sixty children living in almshouses throughout the state were admitted to the school in 1903. By 1973, 1100 children and adults with disabilities resided at the institution, some living in sub-human conditions.

Thousands of New Hampshire citizens were confined to a life with no meaning or hope for the future. Families were often cut off from friends, family and their community. In the first half of this century eugenics was widely accepted and practiced.

In 1991, with the help of a federal class action law suit, the institution was closed and New Hampshire became the first state to have no institutions for people with developmental disabilities. The presentation of "Lost In Laconia" provided insight into the principle features of society's values and changes in those values during the twentieth century. It connected Laconia State School's institutional history with larger social ideals and principles, which led to national trends and social policy.

Faced with the critical financial issues that the state is experiencing, it is now more important than ever to remember that people with developmental disabilities have the right to be treated with dignity and respect and to continue to receive the vital services they need to be able to live in their communities with their family and friends.

Special thanks go to Ms Kathie Dayotis for making the arrangements with the Plaistow Performing Arts Center and Bean Towne Coffee House and Café in Hampstead for generously donating the coffee for the evening.



*Dennis Powers & Freda Smith*

**2010 Golf Tournament Call to Action!**

Time to dust off the clubs! Region 10 is gearing up for its 22<sup>nd</sup> Annual Golf Tournament to be held on Thursday, September 15, 2011 at Candia Woods Golf Links, Candia, NH. Help us make this our best tournament ever!

We've enclosed the golf flyer in our newsletter this month. Help us by sharing it with business associates; friends and neighbors; and organizations in your community.

Imagine how successful our tournament could be if everyone brought in just one sponsor or donation. Remember, all proceeds from our fundraising events go to support the many individuals and families that we serve. Our events don't happen

without your support---help us make a positive difference---get involved! For more information please call 893-1299 and ask to speak with Bill or Jane at the Region 10 office.



**Just a Reminder!!**

With the invention of Caller ID, when you receive a call from someone at Region 10, you may notice a number other than our main phone number appears on your caller ID. That is because we have several hunt numbers that allow staff to make and take calls at the same time. When calling into Region 10, please make sure you use the main number **(893-1299)** and **NOT** the other numbers that may appear on your caller ID. Doing this will ensure that during business hours you can connect to a live staff person simply by dialing "0", and that any after-hour or weekend emergency calls will be forwarded to our answering service who can contact the appropriate Region 10 staff person to assist you. Remember, these other numbers are simply additional phone lines...always use the main number to assure your important calls receive the attention they require.





# FAMILY SUPPORT



## FAMILY SUPPORT TRAININGS & GROUPS

### ESS Transition Open House



The Early Supports & Services "Transition Open House" was held at Easter Seals in Salem, NH on April 15th. Region 10 sponsors and coordinates the event every April and November to share information

regarding the transition from Early Supports and Services to school services. Jenn Cuhna, from the Parent Information Center, gives a presentation on the special education laws and process to all of the parents in attendance. Members of The Children's Pyramid, Easter Seals, and the area school district contacts, are all in attendance as well as staff from Region 10. Approximately 15 families participated. Easter Seals provides staff that baby sit the children during the presentation. For more information, please contact Region 10 at 893-1299.

### Therapeutic Riding Summer Clinics

The Carriage Barn is pleased to announce that its 5<sup>th</sup> Annual Summer Horsemanship Clinics will be held at Black Magic Farm, in South Hampton, NH, weekly from June 27<sup>th</sup> through August 26<sup>th</sup>. These clinics are for beginners and independent riders ages 6 to 10 & 10 to 15. Learn about horse care and handling, nutrition, first aid, and horseback riding. The 2011 Kids Driving Clinics Series will run July 11<sup>th</sup> -15<sup>th</sup> and August 8<sup>th</sup> - 12<sup>th</sup>. Groups are forming now for kids ages "under 10" and "10 & over", beginner through advanced levels. **99% of classes are inclusive.** For more information or a registration form, please contact The Carriage Barn at 603-378-0140, email [carriage-barn@comcast.net](mailto:carriage-barn@comcast.net), or visit their website at [www.carriage-barn.com](http://www.carriage-barn.com).

### Valuable Website ~ FAST

Family Advocacy and Support Training (FAST)-a project of the Pacer Center has a great website with information on: Getting and Keeping the First Job;

The Journey to Adulthood: What Every Parent Needs to Know; Skills for Effective Parent Advocacy; Working for Change: Using the Power of a Personal Story and more. Log onto:<http://www.fastfamilysupport.org/fasttraining/index.asp>

### More Valuable Websites

#### ◆ Recreation/Leisure-Adaptive Cycling Schedule - Summer 2011.

<http://www.nepassage.org/>, go to the calendar link. Contact: Northeast Passage; [northeast.passage@unh.edu](mailto:northeast.passage@unh.edu), or 862-0070.

#### ◆ AccessibilityResources for Accessible Media including Captioning and Description

<http://main.wgbh.org/wgbh/pages/mag/resources/guides>

#### ◆ Autism-Job Tips Website for People with Autism

<http://www.do2learn.com/JobTIPS//index.html>.

### Region 10 Launches Innovative Website:

In an effort to inform the community about Region 10 Community Support Services and the services available to individuals who have developmental disabilities or acquired brain disorders, Region 10 has re-designed its website. This easy-to-navigate new website provides a wealth of information including upcoming fundraising events, trainings and workshops, legislative information, news about Region 10 and the consumers we serve as well as helpful resources for individuals receiving services and their families.

Please visit Region 10's new website at [www.region10nh.org](http://www.region10nh.org). Also you can visit us on Facebook: <http://www.facebook.com/pages/Region-10/106783112693299>

Region 10 Community Support Services, Inc was established as a non-profit agency to respond to the critical need for local community resources for individuals who have developmental disabilities or acquired brain disorders. Region 10 serves the following 11 towns: Atkinson, Chester, Danville, Derry, Hampstead, Newton, Pelham, Plaistow, Salem, Sandown and Windham.

### 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)

**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
Julie.....	343
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>

### Save The Date

**The 13<sup>th</sup> Annual Autism Summer Institute – “Everybody Reads, Everybody Writes, Everybody Has Something to Say”** will be held on August 8-10, 2011 at the Crowne Plaza Hotel, Nashua, NH.

**Featuring:** A strand specifically for adolescents and young adults who experience autism organized by the Autistic Self-Advocacy Network\*; Age-specific content; A hands-on technology exploration lab and evening film screenings.

**Keynote Presentations by:** Donna Williams, a prolific author and artist from Australia; DJ Savarese, self advocate and young adult; Student Advocates, including filmmaker Drew Goldsmith, representing the national youth inclusion campaign I am Norm; Ari Ne’eman, Founding President of the Autistic Self-Advocacy Network; Christi Kasa, Ph.D., University of Colorado; and Therese Willkomm, Ph.D. assistive technology expert from the UNH Institute on Disability.

**Questions?** Call 603-228-2084 or email the IOD at [contact.iod@unh.edu](mailto:contact.iod@unh.edu).

**To register:** [www.iod.unh.edu.asi](http://www.iod.unh.edu.asi).

#### Stay connected – find them on Facebook.

\*A discounted rate will be offered to youth and young adults with autism who would benefit personally and who may also be potential leaders in their schools and communities. For more information: Mary Schuh – [mary.schuh@unh.edu](mailto:mary.schuh@unh.edu) or Cheryl Jorgensen – [cheryl.jorgensen@unh.edu](mailto:cheryl.jorgensen@unh.edu) about the Institute content. Mary Ann Allsop – [maryann.allsop@unh.edu](mailto:maryann.allsop@unh.edu) with registration or logistic questions.

### More Great iPad Apps:

- ◆ **Create a Car:** Create a Car is a click and drag activity for elementary age students. It features an intuitive interface developed specifically for young children. Select one of six vehicle body styles and then select from over 50 different parts to place on the vehicle body. Link: <http://itunes.apple.com/us/app/create-a-car/id388173036?mt=8>
- ◆ **Reading Magic:** From BOB Books, reading magic starts your child reading with this phonics-based interactive game. Your favorite Bob Books characters and full-color animations encourage kids along the path of learning to read. Link: <http://itunes.apple.com/us/app/bob-books-1-reading-magic/id405995002?mt=8>
- ◆ **Cookie Doodle-** Cookie Doodle is a fun and creative application that lets kids mix, bake

and decorate their own cookies without the mess! Kids tap the screen to mix ingredients, use their hands to roll the dough out on the screen and then get to pick from an endless array of icing, sprinkles and candies to place on your cookie. It is a very hands on game that brings out the chef in everyone! Link: <http://itunes.apple.com/us/app/cookie-doodle/id342128086?mt=8>

### iDevices and “Touch” Technology

In the past year, the enthusiasm about the iPad and iPod Touch for children with special needs is astounding. Including the iPad as a tool in communication therapy sessions brings many rewards and surprises to an entire range of students with special learning and adaptive needs. The students are excited, attentive, engaged. They tend to comment more and make more requests. With that said, using an iDevice (iPad, iPod Touch, iPhone) effectively requires a more sophisticated touch. This “touch” is generally not strength for individuals with poor fine motor control, low tone, motor planning issues, and or poorly modulated movements. With any given app, the student may need to point/tap/select in all four quadrants, select and drag back and forth left to right, select and drag back and forth top to bottom, select and hold, swipe back and forth left to right and swipe back and forth top to bottom. It’s complicated! In addition, students need to be able to shift their touches quickly within apps. In my work with students, I have found the following apps helpful in assessing and teaching the variety of touches needed to use iDevices with improved accuracy and greater independence.

One app, Slide 2 Unlock is specifically for teaching how to slide to unlock the main screen on the iDevices though a series of six graduated steps and cost \$9.99. Dexteria is an app designed by occupational therapists that presents three activities related to specific finger and hand movements and costs \$9.99. The remainders of apps listed are free or very low cost and are not only completely entertaining and educational but will help your child perfect the “touches” needed for iDevice technologies.

Listed with easiest skill levels first: (Search in iTunes as written below.) Slide & Spin, Build it Up, Baby Peekaboo Cards HD, weeGiggle, Baby-Butterfly Colors, FreeSong, Toddler Counting, SoundTouch, BoogieBopper, TappyTunes, Tap Hard, Whimsy, KnobPuzzle, builder blocks hd, Anne Geddes Beginnings, TallyTots, RedFish, CookieDoodle, and The Good Shepherd. For more iDevice information, please check out the blog for CommuniK-9, at <http://communik-9.blogspot.com> or contact Sue Drouin M.S., CCC-SLP at 603.893.6018 or email [Sue@CommuniK-9.com](mailto:Sue@CommuniK-9.com)



Dr. & Mrs. Jim Dickerson  
Door Prize Winners



Gary & Danielle Hoffman,  
Table of Wine Winners



Joe & Karen Hatch,  
Door Prize Winners



Rob Frye,  
Funtimes DJ Service

~ Another Successful Night ~  
**8th Annual Silent Auction**

On May 6, 2011, Region 10 held its 8th Annual Silent Auction at Zorvino Vineyards in Sandown, NH. Thank you to our Main Sponsors:

**Enterprise Bank and FLIR**

This event was a great success and helped Region 10 to raise funds for individuals with disabilities as well as acquired brain disorders.

We extend a heartfelt thank you to **all** who made this event possible and those who donated their time and resources. We would not be here without the generosity and kindness of those within the community!

Please check July's edition of Connections for more information and a complete listing of winners, donors and sponsors. We look forward to sharing with you the success of this event.



Ciara, 50/50 Raffle Winner



Top: Shelley Coughlin,  
Searles Castle Dinner  
Raffle Winner



Top: Tom Lianza,  
iPad 2 Winner

Right: Mary Peloquin,  
Lottery Tickets Winner



Left:  
Guests, Marika Steir &  
Sharon Bateman

**Adult Story Hour** held at Hampstead Public Library on the second and fourth Friday of the month at 10am. Adult Story Hour gives people with special needs a chance to hear a story, make a craft and interact with others. For more information, call the library at 329-6411.

**People Power Post**



Our May People Power meeting was filled with excitement as we passed out all the great pottery pieces that were made at our previous meeting.

Next on the agenda, we role played conflict resolutions with positive and negative results. Everyone had a turn at role playing.

Our June 2nd meeting will be the annual voting of the committee members, we are all looking forward to learn who wants to run for what position as well as what they will bring to the table for future People Power meetings.

Our numbers are growing! We are a fun and lively self-advocacy group sponsored by Region 10. We meet the first Thursday of every month and are always looking for new members. *(Must be 21 years of age or older to join.)* For further information, please call Dianna Winward at 893-1299.

**The best part of our May meeting?...how to handle conflicts in an effective and appropriate way!**

**Office Space Available**

\$1,200 per month. 1475 sq. feet of prime commercial space available on Commerce Drive Industrial Park located off Rte. 111 in Atkinson. This is a very clean professional office suite that includes a reception area, 3-4 offices (one office can be used as large conference room.) Kitchenette area and bathroom with shower. Plenty of parking. Convenient to Rtes 495 and 93. Trash removal, plowing and landscaping included. Tenant is responsible for utilities. One year lease. For further information, please contact Chris Roy at 893-1299.

**Executive Director**  
Jane Dichard

**Newsletter Editor**  
Stacy Merriam

# Calendar of Upcoming Trainings

## Board of Director's Meeting

June 9, 2011  
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:

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

**Quality of Life**  
Martha Bonneau  
**June 15, 2011**  
9:00 a.m.-12:30 p.m.

**Health & Safety**  
Martha Fenn King, RN  
**June 20, 2011**  
1:00 p.m.-4:30 p.m.

**\*\*Please register by  
June 8th**

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

**Empowerment**  
Lynn Tonkin  
**July 20, 2011**  
9:00 a.m.-11:00 a.m.

**Rights**  
Sharon Richey  
**July 20, 2011**  
11:30 a.m.-2:00 p.m.

**Overview of System &  
Developmental Services**  
Jane Dichard  
**July 20, 2011**  
2:15 p.m.-4:15 p.m.

**\*\*Please register by  
July 13th**

### CommuniK-9

Sue Drouin M.S.,  
CCC-SLP is a practicing  
speech-language  
pathologist who specializes  
in the treatment of  
social-communication and  
feeding disorders in  
children diagnosed with  
Autism Spectrum Disorder,  
Down syndrome, Verbal  
Apraxia of speech,  
chromosomal disorders,  
receptive and expressive  
language disorders and  
specific language  
impairments.

*Sue is an In-Network  
provider for many NH  
health insurance plans.  
Additionally, Sue offers Pet  
-Assisted Therapy.*

*You can contact Sue at:  
P.O. Box 2349  
Salem, NH 03079-2349  
603. 893.6018*

*[Sue@CommuniK-9.com](mailto:Sue@CommuniK-9.com)  
[www.CommuniK-9.com](http://www.CommuniK-9.com)*



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

Atkinson	Derry	Pelham	Salem
Chester	Hampstead	Plaistow	Windham
Danville	Newton	Sandown	

Region 10 Community Support Services, Inc.  
8 Commerce Drive  
Atkinson, NH 03811

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