

Connections

October– December 2011

Managed Care

After an incredible spring engaged in budget struggles to preserve developmental services funding and to obtain new WL funding, we ended up with some reductions and inadequate WL funding. The final numbers were much brighter than what had been proposed, however, and we are now facing a very critical crossroad which has potential to jeopardize what we have all worked so hard to establish since the closing of Laconia State School. By now I am sure you are aware that while we were fighting the budget battle, a law was passed and signed into law in June requiring the Department of Health and Human Services to enter into contracts with managed care organizations to administer all Medicaid services in New Hampshire beginning July 2012. Region 10 along with One Sky and Community Partners sponsored a “Managed Care Forum” on August 31st presented by Deborah Fournier of the NH Fiscal Policy Institute. We also hosted a teleconference on September 6th to help community members understand managed care and its potential impact. In addition, the NH Challenge published a special edition focusing on Managed Care. The Department also hosted several forums across the state and is coordinating focus groups representing specific populations that utilize Medicaid for services. The Community Support Network, an association of the ten Area Agencies, is working to provide information about the use of managed care for long term care in other states, and to work with the Department to preserve the values and quality of our cost effective services. If you want to stay up to date with what’s happening regarding public policy matters and aren’t already on Terri Cadorette’s email tree, please contact her at tcadorette@region10nh.org or check our Region 10 website for information.

**Upcoming Information on the
Region 10 Website!
Regional Quality Council
Meeting
Tues., Nov. 15th ~ 6-8 pm
At the Hampstead Public Library**

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DSP Appreciation Day

Direct Support Professionals Appreciation Day was celebrated in Concord on September 13, 2011. Governor Lynch proclaimed September 16th as the day to honor their important work! Region 10 invited nominees of direct support professionals for our two regional awards, one awarded to an employee and one to a home care provider. A group reviewed all of the nominations and selected two Direct Support Professionals as Region 10’s award recipients. In addition, their names will be submitted as Region 10’s nominations for the Developmental Disabilities Council Statewide Awards. Lillian Sawyers, nominated by the Nashua Center and Eric Shoemaker, nominated by Career Resources were selected. Lillian is a home care provider for one individual and a day support person for another individual served by Region 10. Eric is a home care provider for an individual who previously resided at a group residence. Both Lillian and Eric have made a tremendous difference in the quality of life for the individuals they support and personally represent all that our services hope to achieve in supporting individuals. We’re honored to recognize their many contributions that make such a “positive difference” for individuals we serve and their families. Region 10 has invited both individuals to attend the upcoming DD Council DSP Conference in October where the statewide award winners will be announced. Call Sheila Prunier for more info on the DSP Conference, held on October 21st and 22nd.

Important Change ~ NH Bureau of Developmental Services Complaint Process

On Sept. 1, 2011, the process changed from complaints being handled directly by each Area Agency to complaints being made directly to the State. If you receive services and believe that your rights have been violated, you have the right to file a complaint. In addition, staff, providers, and others who work with individuals in the developmental services system must file a complaint if they are aware of or suspect that an individual is being abused, neglected or exploited. To file a complaint, call this 24 hour toll free number 1.855.450.3593. After your complaint is filed a complaint investigator will contact you.



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 Community Support Services, Inc. Updates

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~ Region 10's 2011 Annual Appeal ~

As we are once again preparing to conduct our Annual Appeal, we would like to thank everyone who generously contributed to making our last year's appeal so successful. We are certainly in challenging economic times, with state resources reduced, making it more critical than ever that Region 10 reach out to others for their support. The contributions we receive from the annual appeal are important to enabling our agency to offer a variety of supports to individuals and families that would not be possible within existing resources. Since the holidays are the perfect time for reaching out to help others in need, we will be mailing out our appeal letters in November. We are hoping that the generous spirit of our Region 10 families and other community members make this year's appeal more successful than ever as local needs continue to increase. If you would like to make your contribution now, please complete the form on pg. 10 and return it along with your check to Region 10 or go to our website (www.region10nh.org) and donate using a credit card and PAYPAL. Thank you for your support. **If you would like to make a contribution complete the form on the back page (pg. 10), cut out and return to:

Region 10, 8 Commerce Dr., Atkinson, NH, 03811.

Region 10's Great New Additions

We are pleased to announce a new employee to our Region family. Region 10 is participating in the statewide START program. START is a systems-linkage approach to supports & is an acronym for *Systemic – Therapeutic-Assessment – Respite - and Treatment*. Those who benefit from START have intellectual disability and mental health conditions or challenging behavior that is negatively affecting their quality of life.

The underlying philosophy of START is that services will be most effective when everyone involved in supports & treatment is allowed to participate actively in treatment planning and service decisions. In order for this to occur, collaboration between service providers and with service users is needed. START aims to enhance local capacity and provide collaborative, cost-effective support to individuals and their families



through exemplary clinical services and education with close attention to service outcomes. START will assist us in consultation and training in crisis prevention, management and support for individuals with intellectual disabilities and behavioral health needs.

Training and start up for this program is funded through the state. Each participating agency was asked to select two employees to receive training for the START program. Service Coordinator Cathy Forgit expressed interest in this position, and Region 10 hired Jennifer Crosley (pictured, left) as our second START employee. Both Jennifer and Cathy will split their time between training for this new program and providing service coordination for existing individuals.

*Welcome Jennifer, and congratulations Cathy on
your new professional journey!*

Adult Community Services Update

Adult Community Services staff continues to support individuals and families who have received Waitlist funding to begin new services as well as assisting others to expand existing services to respond to increasing needs. Service Coordinators provide information and support to individuals and families to interview and select from the many talented vendors that are working with our agency. We have a wide array of service providers who offer diverse programs to meet the needs of each individual.

The Adult Community Services Department consists of 9 Service Coordinators, 1 Administrative Assistant and 1 Intake Coordinator. The department has experienced change this year as Tina Paquin, our ABD Service Coord. has resigned to pursue working with the Brain Injury Association. We are currently in the process of hiring a new ABD Service Coord.

Throughout the year, the Region 10 Service Coordinators and other members of Region 10 participate in a wide variety of events with the individuals we serve, the vendor agencies and SARC. The events are always well attended and a good time is had by all. In May 2011, Region 10 also participated in a basketball game with several individuals and SARC. Region 10 staff played a good game, however, they were no match for the individuals playing on the SARC team. It was a great day and lots of fun for everyone. In August, 2011 we had the annual Canobie Lake Park trip. This is a well attended event and seems to be enjoyed by all staff and individuals. We are all looking forward to the fall with the leaves changing and the weather being cool and comfortable.

Just An Old-Fashioned Love Song

On June 16th, 2011, Richard & Melissa Sweeney renewed their wedding vows in an outside ring ceremony at the home of Melissa’s sister, Tammy Johnson of Danville, NH. Bob Mayo officiated from a prepared text. Richie & Melissa have been married for 10-years and continue to be very happy together. Festivities included a spectacular wedding cake, bubbly champagne and popular music selections. Everyone danced the evening away to celebrate the couple’s good fortune and affection for one another. Melissa’s bride’s maids included Tammy and Crystal. Rich’s best men included Derek and Charlie.



(Pictured right: Mrs. & Mr. Sweeney)

A Hard Worker Who Loves His Job

Bryan Gordon’s idea of the perfect job was working in a car dealership. He achieved that goal this past spring while being supported by Work Opportunities. Bryan got a job at Auto Auction of New England in Derry one day a week in food service maintaining the cafeteria. As the cars are being driven in to be auctioned, Bryan has a perfect view of each one as he watches the process of auto auctioning unfold. Bryan loves being in this environment and always looks forward to going to work. His boss appreciates Bryan’s work ethic and says he’s doing a great job. Bryan is well liked by his staff and management at the Auto Auction. Good job, Bryan!

Volunteer Your Time



The Carriage Barn Equine Assisted Therapy Program is looking for volunteers to assist with Therapeutic Riding & Carriage Driving. Volunteers are needed at various times throughout the week to work with horses and clients.

Adults and retirees are welcome (volunteers must be at least 14 years old). Experience and horse knowledge is a plus but is not required. Anyone interested in learning more can contact The Carriage Barn at 603-378-0140 or email carriage-barn@comcast.net.

The program is located in South Hampton, New Hampshire and seeks to promote the health and well-being of people who have disabilities by enhancing their physical, psychological, cognitive and emotional healing. Program activities utilize horses to provide opportunities for these individuals to form unique relationships that nurture and empower them in a way that brings new insights, self-confidence, improved communication, and relaxation. In the context of a quiet,

natural outdoor setting, these activities provide a serene learning environment.

The program is a 501(c)3 Not-for-Profit Organization, as well as a member center of the Professional Association of Therapeutic Horsemanship, International (formerly The National Association of Riding for the Handicapped, www.pathintl.org).

iPad and iPod Technology

The iPad/iPod technology is continuing to grow and become a part of our kid’s daily life. Many families have purchased an iPad and many classrooms have at least one iPad if not more for their students. The app market continues to grow. To date, there are over 425,000 apps! I have continued my search for the best apps to use in my work with children with special needs. Below is my current favorite list of apps that for my students diagnosed with autism spectrum disorder. These apps have been chosen because they address the hallmark weakness of kids on the spectrum, are engaging, well attended to and include realistic images and sounds.

For teaching emotions: Voila Friends, ABA Emotions, Touch Emotion and MoodyMonster

For sound discrimination: Biggest Sounds HD, Noise Room, Things You Can Hear, Sounds and What Was That Noise?

To teach receptive vocabulary: Photo Touch apps and My First 1000 Words by Grasshopperapps.com, Kindergarden.com apps, and SeeTouchLearn

For early literacy, site words and spelling skills: I Like Books and Little Spellers from Grasshopperapps.com, WordWizard, iWriteWords, Word Wagon, Winnie the Pooh puzzle book, There’s a Monster at the End of this Book, and I was So Mad.



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
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- Irek.....333
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- Jane.....315
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- Kelly.....331
- Kim H.....329
- Kristine.....330
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- Linda L.....324
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- Nancy.....338
- Robb.....325
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- Stacy.....337
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- Terri.....321
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Just call
Region 10 at
603-893-1299
and dial the
extension of the
person with
whom you wish to
speak!





~ Family Support ~ Updates & For Your Information



**Region 10
Family Support
Council**

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(Sandown)

Laurie Giguere
Vice Chairperson
(Salem)

Mariellen Rowe
Secretary
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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*

Do you have an IEP Meeting Scheduled?

The support coordinators at Region 10 are available to attend your child's IEP Meetings. Communication and working together is an essential key in planning for your child's future needs. We welcome you to contact your support coordinator in the Family Support Department with an invitation. It is never too early to start planning for the future. We can be reached at 893-1299 at the following extensions:

- ◆ Kelly Judson ~ Family Support Director ~ x. 331
- ◆ Kim Heghinian ~ Support Coordinator ~x. 329
- ◆ Nancy Murphy ~ Support Coordinator ~x. 338
- ◆ Kristen Frost ~ Support Coordinator ~ x.320

Do you Need Assistance Filing for Guardianship?

- ◆ Did you know that The Hillsborough and Rockingham County Probate Courts each have a Service Center?
- ◆ Did you know that the Service Centers each have a representative to assist you with all guardianship paperwork?
- ◆ Did you know that they each are a Notary Public and can assist you in completing all of the guardianship paperwork at the court?

All Probate Courts have a website with all guardianship forms as well as instructions for each form. Contact your Probate Court Representative or your Region 10 CSS, Inc. Support Coordinator with any questions that you may have. ***Below is a list of the web addresses and contact info for each probate court.***

Rockingham County Probate Court

Physical Address:

10 Route 125, Brentwood NH 03833

Mailing Address:

PO Box 789, Kingston NH 03848

www.courts.state.nh.us

(603)642-7117 x. 2300

Hillsborough County Probate Court

Physical & Mailing Address:

30 Spring Street

PO Box 387

Nashua NH 03061-0387

www.courts.state.nh.us

(603)882-1231

Behavioral Consultation Services Available through Region 10

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

More iPad/ iPod Applications

There are two fun apps that help kids talk about and experience two very difficult activities- getting a haircut and going to the doctor. Toca Hair Salon and Toca Doctor are so cute. The actions kids can perform and sound effects make the app truly multisensory. It is a great way to rehearse and prepare for those two challenging tasks.

If you need a kid safe way to search for images in your iPad, try FotoFarm. It completely screens images and has a simple interface. With this app, I can search with confidence and not have to worry about anything inappropriate popping up. If you would like up to date information about iDevice technologies, please check out Sue's blog at www.CommuniK-9.com/Blogspot Sue can be reached at Sue@CommuniK-9.com or 603.893.6018

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 & will automatically be terminated from this Medicaid program. You will not receive notification of this termination.

~ Family Support Conferences, Trainings & Support Groups ~

To access the NH Bureau of Developmental Services Education and Training Calendar go to:

www.dhhs.nh.gov/DHHS/BDS.

For Information & Resources log onto:

www.silcnh.org. (NH Statewide Independent Living Council)



**OT WORKS
4 KIDZ, LLC**

In addition to providing pediatric occupational and speech therapy services, OT WORKS 4 KIDZ is now offering physical therapy!

We are very excited and wish a warm welcome to Kathy Medrek, pediatric physical therapist. Kathy is a well seasoned, enthusiastic therapist whose creative energy captures the attention of children she treats. Please call with any questions.

Amy Stafford and Laurie Gulla,
Owners of
OT Works 4 Kidz,
LLC

**OT Works 4
Kidz, LLC**

27 Roulston Rd,
Unit 1
Windham, NH
03087

Phone:
(603) 870-0078

Fax:
(603) 870-8134

Website:
otworks4kidz.com

Email:
otwork-4kidz@yahoo.com

Early Childhood Transition Open House ~ November 4, 2011

Easter Seals is once again hosting the Early Childhood Transition Open House on November 4th from 9:30-11:30 at Easter Seals, 15 Ermer Road, Unit 102, Salem, NH. This workshop is for families who currently receive Early Supports & Services and may plan to attend Special Education Preschool program at age three. *Invitations will be sent directly to families who have children currently receiving services. The Parent Information Center will present an informative session regarding Special Education Ruling. Childcare will be provided. Please RSVP to Anita Trudel at 893-1299 Ext. 334 or e-mail to atrudel@region10nh.org.

~ **RSVP BY 10-21-11 TO ENSURE THAT YOUR SCHOOL REPRESENTATIVE WILL ATTEND** ~

Guardianship Training

This guardianship training is presented by Julianne French of Rockingham County Probate Court on Monday, November 7, 2011 at the Plaistow Public Library from 5:30 to 7:30PM. **Please see flyer insert**

If you would like to register for this training, please contact Anita Trudel at 893-1299, X334 or e-mail atrudel@region10nh.com.

8th Annual State Suicide Prevention Conference

Presented by NAMI NH, the State Suicide Prevention Council, and the Youth Suicide Prevention Assembly. This conference is being held on Friday, November 4, 2011 from 8:00AM to 4:30PM at the SERESC Conference Center on 29 Commerce Drive, Bedford, NH.

For more information, contact Patrick Roberts at 603-225-5359 or e-mail him at proberts@naminh.org

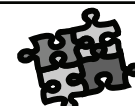
Support Opportunities

- ◆ **A group for parents of non-verbal children.** Is your child non verbal and older than 4 years of age? This group might be for you. We meet once a month and talk about some of the unique situations that happen in the life of a parent/family with a non verbal child. Help one another brainstorm about communication, peer interaction and family dynamics. This group is NOT diagnosis specific, all are welcome. If you are interested in attending, contact Maria Yakkey at 264-0999 by e-mail at maria@mariasweb.com OR Laurie Lamy islamy@comcast.net.
- ◆ **Apps for Special Education.** <http://origin.library.constantcontact.com/download/get/file/1101483029637-837/Apps-for-Special-Education.pdf>
- ◆ **Tips for Vacationing with a Child with Special Needs.** http://www.mayinstitute.org/news/topic_center.html?id=768



Autism News: For Autism Support Groups, log onto

<http://www.autism-society-nh.org/Support.html>



New ICD-9-CM Code for Wandering

A very large percentage of people with autism "wander" - meaning they simply get up and walk or run off, for no obvious reason and in no obvious direction. This behavior is by no means limited to people with autism: the Alzheimer's community may be even more vulnerable. Wanderers often seem compelled to wander, which means that locked doors and fences aren't always enough to curb the behavior. And, of course, caregivers can't possibly be vigilant all day and night, nor should they be asked to lock their loved ones in escape-proof settings. For more information go to: <http://autism.about.com/b/2011/07/22/new-diagnostic-code-for-autistic-wandering-approved-for-october-2011.htm?nl=1>

Independent Websites That May Interest You

- ◆ www.sarahstup.com is hosted by an accomplished teen writer and artist who has autism.
- ◆ www.scn.org/people/autistics/relationships.html focuses on "Autism, Dating, and Socialization."



Rockingham Park Games of Chance

Region 10 has 2 more nights to participate in the NH Charitable Games of Chance on the remaining dates in 2011:

Tues., Nov. 14th

(3pm-midnight)

Thurs., Dec. 29th

(2pm-midnight)

Region 10 will receive a portion of the proceeds made from each of these evenings.

100% of this money will be used to support the individuals and families we serve.

Grab your family, friends, and your best poker face and join in the fun at the

*Rockingham Park Race Track,
Route 28, Salem, NH.*

Please Gamble Responsibly



Region 10 Community Support Services, Inc. **~ Fundraising Efforts Updates ~**

Fourth Quarter Fundraising Grants

On July 8th the Region 10 Fundraising Committee met to review requests and grant funds to those who applied for the Fourth Quarter of FY2011. For the last quarter of FY2011, we were pleased to have granted over \$6300.00. The grants are funded through the money raised from our 3 main fundraisers; Golf Tournament, Folktale Carnival and Silent Auction as well a 1/3 of the proceeds from our nights at Rockingham Park. Through these events we were able to assist individuals in our region a grand total of \$35,000.00 for this Fiscal Year of 2011 (July 2010– June 2011). Region 10 appreciates all those involved in making these events such a success because without their efforts, we would not have the funds available to give to those who may need just a little extra to assist with things not currently covered in existing budgets; home mod, discretionary funds, family support funds, etc.

The Fundraising Grant Committee meets again on October 8th to review Grants for FY2012. If you have a request you would like to submit, please talk with your support coordinator to access an application or go to our website (www.region10nh.org) and download one today.

Grant Recipient Testimonial



“Here is a photo of Ben in the portable lift the fundraising grant helped us purchase.”

The Mo-Lift Smart is the only hooyer that will fit into our van along with Ben & Sam’s power wheelchairs. This lift has enabled our family to go away on vacation and for the boys to go to camp this summer. Without this lift Ben and Sam would not be able to be easily transferred for routine day to day necessities in their lives as well as having the ability to spend a night outside of our home. The Mo-Lift Smart has enabled Sam and Ben to more fully participate in family, school, church and community outings. Thank you Region 10 and all the generous donors who have made the purchase of this possible. You have truly blessed our family and we appreciate you!~ Lori S.

Come One Come All to the 2012 Kids Carnival

On February 11th 2012, Region 10 will be celebrating its 15th annual Kids Carnival! We are very excited to offer all of our traditional events such as our famous Cake Walk, Face & Nails Painting, Cookie Decorating, Pottery, and Coloring Contest. In addition we will have entertaining demonstrations from Ocasio’s True Martial Arts, Studio of Performing Arts, Ronald McDonald Magic Show, and Mad Science Show. The Kids Carnival is a fun, family orientated event that raises money to support families and individuals with special needs in our local community. If you would like more information or would like to make a donation for this event please contact Tammy Dudal at 893.1299 ext 326 or tdudal@region10nh.org You can find more information and look for up-to-date news on our website: www.region10nh.org or visit us on Facebook! We can’t wait to see all of our friends again this year!

Region 10’s 21st Annual Golf Tournament



Our tournament was held on September 15th at Candia Woods Golf Links. Region 10 is very fortunate to have such tremendous support from the many golfers, contributors and sponsors that come back year after year, and many new folks who join in, making our tournament a great success! We’ll provide all the details in the upcoming issue of Connections!

2012 Silent Auction

The 2012 Silent Auction committee has begun the plans for the 9th annual Silent Auction. The location for this event will be at Atkinson Country Club. Please save the date, Saturday, May 12, 2012, from 7:00-11:00pm. Join us for a fun evening, full of great items to bid on. We look forward to this new venue. Look for more information in the next edition of Connections in January.

NH Council on Developmental Disabilities Appoints New Director

The NH Council on Developmental Disabilities is pleased to announce that it has appointed Carol Stamatakis as its new director. Her appointment was effective July 2011. Carol has worked for the Council for seven years, serving as the Director of Policy and Planning and as the Acting Executive Director for the past year. Prior to that, she was a Legal Coordinator and Staff Attorney in the NH Department of Health and Human Services.

Carol brings a wealth of experience in advocating for persons with disabilities. She received her Juris Doctorate from Case Western Reserve University School of Law in 1985. She has been a member of the NH Bar since 1985 and served as a member of the NH State Legislature from 1989 – 1994. She comes to this position with a long history of working in NH and expertise in communication, advocacy, legislative and public policy work.

Carol is very excited to take on this new challenge and remarks that, “I look forward to serving the Council as its director and to working to empower people with disabilities and their families to achieve full citizenship and inclusion within our communities.”

The NH Council on Developmental Disabilities is committed to dignity, full rights of citizenship, equal opportunities, and full participation for all NH citizens with developmental disabilities. For more information about the Council please visit our website: <http://www.nhdhc.org/>



Mileage Reimbursement from Medicaid

Did you know that NH Medicaid can reimburse for mileage to medical appointments??

You must enroll in this program prior to receiving any of the benefits. For more information and/or to request an enrollment form for this program, please call Roxanne at the Medicaid Transportation Office at 271-4344 ext 11

People Power Post ~

A lot has been happening these past few months!



People Power welcomed John Lemay, new DJ for all our dances.

John showed every one such a great time at our Summer’s Breeze dance that we can hardly wait for the next one on Friday, November 18 from 6 to 9 PM at the Atkinson Community Center. We hope to see you there! Remember to bring your dancing shoes as John leads us all to the dance floor.....for a rocking good time.....You go, John the DJ man!!!

September’s full meeting agenda included a discussion on fundraising for the national 2012 Self Advocacy Conference in Minnesota. Several members are interested in attending this event. Our first

fundraiser will be held at the St. Thomas Aquinas Church’s Annual Christmas Fair in Derry on November 19th from 9-3:00. We are looking for donations of items to sell in order to raise the needed funds for the conference. If you don’t have craft items, any form of donations/contributions will be greatly appreciated....hope to see you there.

As always, the group is excitedly anticipating the annual outing to Chunky’s Cinema in Pelham, NH on October 27th. We will be discussing what movie the group will see at the October 6th monthly meeting held at the Hampstead Library. We talked at length about our remembrances of 9/11/01. Everyone shared memories of that fateful day....and what its 10th anniversary means to us.

Believe it or not, we are already looking forward to our annual Christmas party in January at Hampstead’s Village Square Restaurant. This special holiday celebration is always a highlight of our year!

On a more serious note, our group is very concerned about the dire news of the budget cut to People First of New Hampshire. We are willing to help promote the good works this state self advocacy organization has accomplished over the years---in any way we can.

People Power, a local self advocacy group sponsored by Region 10, meets monthly to discuss an array of different topics. Members learn to advocate for themselves and support each other to become more independent and self sufficient. New members are always welcomed and must be 21 years of age or older to join. Please contact Dianna @ 603-893-1299, ext 314 with any questions about People Power.



(Pictured Right: People Power Group)

Region 10 CSS

8 Commerce Drive
Atkinson, NH 03811
603.893.1299

www.region10nh.org

Join us on Facebook.



**!!!!New!!!!
2012
Calendar
Available
Soon**

With the holiday season approaching Region 10 will be selling its new **2012 Full Color Calendar.**

The calendar highlights in a beautifully laid out collage format, fundraising & community events held throughout the years. These calendars will make great gifts for friends, family and co-workers. Be sure to check the Region 10 website at www.region10nh.org or become a fan on our facebook page for details.



Holiday Time Assistance ~ Happy Holidays!!

Thanksgiving Turkey Dinners Available



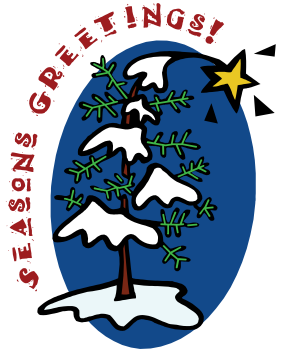
Thanksgiving will be here before you know it! We are planning on having a limited amount of turkey dinners available for those in need. If you are in need, please contact Anita Trudel at 893-1299 ext. 334 or e-mail at atrudel@region10nh.org, no later than November 7, 2011. Please leave your name, address and phone number with Anita and we will add you to our list. We will be in touch with the specifics on what time you can pick up your turkey dinner at Region 10 on Wednesday, November 23rd.

As always, a huge THANKS to Ocasio's True Martial Arts of Plaistow, NH and Haverhill, MA for their kind, generous and ongoing donations and efforts!!

Do You Need Assistance during the Holiday Season??

Can you believe that we are thinking of the holidays already??! We are starting to plan and think of the families that may need something during this time of year. In the past, we have received generous support and donations from private organizations, individuals as well as community organizations such as Ararat Armenian Church from Salem, NH, Toys for Tots and the Timberlane Regional High School Cheerleaders. In the event that we are fortunate enough to be a recipient of their generosity, we would like to help you.

If you are in need of a holiday dinner and/or assistance to make your child's holiday one to remember, please contact Anita at 893-1299 ext. 334 or e-mail at atrudel@region10nh.org, no later than December 1, 2011. Please leave your name, address, phone number as well the children's ages, gender, sizes and preferences for items with Anita and we will add you to our list. We will be in touch with you regarding the availability of donations.



Other Useful Information and Resources

Suicide Prevention General Information

NH 24 hour hotline for crisis and suicide prevention and the National Suicide

Prevention Lifeline response center: Call 1-800-273-talk (8255) or go to www.suicidepreventionlifeline.org for more valuable information. You can also visit www.naminh.org for the National Alliance on Mental Illness, NH.

Introducing New Bereavement Support Groups

◆ **Manchester Survivors of Suicide Loss Support Group**

This group meets the 2nd Thursday of each month at 6:30-8:00 pm at the Brookside Congregational Church (Manning House) on 2013 Elm Street, Manchester, NH. Contact Marsha Chapple at 603.620.4754 or mahshah@comcast.net

◆ **Suicide Bereavement Support Group**

This group meets Wednesdays at 6:00-7:30 pm at the Manchester VNA on 33 S. Commercial Street, Ste 401, Manchester, NH. Please contact Chuck Johnson at 663.4005 prior to attending.

Sensory-Friendly Entertainment Goes to Broadway

In recent years, movie theaters have been providing Autism-friendly screenings. Now a nonprofit group, the Theatre Development Fund, is taking this concept to Broadway. The Theater Development Fund, which works to make theater accessible to all, will host an autism-friendly performance of Disney's "The Lion King" at Broadway's Minskoff Theater on 10/2/11. This special show will feature adjustments to accommodate sensory issues of attendees. The cast is working to minimize surprise noises and the use of strobe lights. Autism experts will staff the theater during the performance and designated "quiet areas" will be available for anyone needing a break. The group will also offer a downloadable social story to prepare attendees for the experience. The 10/2/11 performance will be a first for Broadway. The goal of the Theater Development Fund group is to be as inclusive as possible, welcoming families with children and adults on the autism spectrum.

Just a Friendly Reminder about Connections

Connections has officially gone Quarterly!!! This edition of Connections runs from Oct.–December, therefore the next edition will not be out until January. All of this information and more can be found on our Region 10 website at region10nh.org. This website is a valuable tool that is being updated on a regular basis, so get on the web and check us out. Also, you can find information if you are on Facebook, search for Region 10 and “friend” us by doing so you will see more events and updates on various things. As always if you have any questions please contact us at 603.893.1299. We hope this edition and new format is enjoyable and Informative. Enjoy the holiday season and remember the next edition you will see in the New Year. Happy holidays to all.

Innovative Employment Ideas

On October 6th & 7th Region 10 will be hosting a training with IncomeLinks. This is a micro-enterprise training. Their goal is to increase the participants understanding of how to start a business, and how to generate income from that business. This is open to everyone who want to attend place to be determined depending on how many people sign up. Follow up dates on November 18th, and December 9th to help teams with any obstacles or questions they may have. If you are interested please call Dee Johnson at 893-1299 ext. 323 to register by Friday, September 30th. You can check them out at www.incomelinks.biz

Employment Success Story

Trisha is a wonderful lady who loves animals and has been employed with PetSmart in Nashua, NH

since January of 1999.

Trisha works in the fish department and is responsible for the beta fish display. This job includes ensuring the fish have fresh clean water. She collects the fish, carefully transfers them using a net, cleans out the old water and transfers the fish back into fresh water. Trisha has become completely independent with her work through the support of her long time job coach from *JOBS ETC.*, an adult services program of the Nashua Center in Nashua.

Trisha expresses love for her job and has worked very hard to overcome many obstacles in order to maintain her employment. Trisha is very sensitive to sounds and as most people know, pet stores are filled with many distracting sounds. The birds squawk loudly, dogs bark and children run, yell, and squeal! At times, Trisha’s reactions to these sounds can be inappropriate for a work environment but PetSmart has been very supportive throughout her employment. Her boss treats her respectfully and takes the time to explain expectations as they arise. They have even helped her to find ways to minimize the effects of the distracting sounds by allowing a radio in her work area. In addition, they allow her the freedom to leave work early if necessary. PetSmart is one of those businesses that goes above and beyond for their employees and Trisha and the Nashua Center are grateful for the opportunity they have provided. Trisha is proud to note that she has not had any issues at work in over a year! She has increased her job responsibilities as well as her independence. We wish Trisha many years to come of a happy and stable employment experience at PetSmart! Trisha grew up in Pelham and currently resides in Salem. She has been affiliated with Region 10 Community Support Services, Inc. for over 10 years.

Disability-Related Useful Websites ~ *check out some informational websites*

- ◆ www.alifeworthliving.us is a wonderfully positive site about having a child with Down syndrome
- ◆ <http://secondchancetolive.wordpress.com> is hosted by Craig Phillips, "a traumatic/acquired brain injury survivor, with a message of encouragement, motivation, empowerment, and hope."
- ◆ www.colingetsachance.com is the site of a book about a boy with Down syndrome.
- ◆ www.josievarga.com is the site of an accomplished author, speaker, and inventor who has a disability.
- ◆ www.ramps.org offers helpful information about ramps (for homes, businesses, cars, etc.)—how to choose the right ramp, how to build one, and more.
- ◆ www.freedomtotravelshow.com has helpful information about travel for people with disabilities.
- ◆ www.abledata.com is a comprehensive site on assistive technology.
- ◆ www.atechnews.com focuses on "Independence through Technology."
- ◆ www.captionedtelephone.com features a telephone that displays "word-for-word captions."
- ◆ www.tomsnyder.com features a variety of software that might be helpful to people with disabilities.
- ◆ www.attainmentcompany.com features augmentative communication devices, software, books, and learning aids.
- ◆ www.stevensonlearning.com offers programs on math, spelling and language, and skills.
- ◆ www.ineedhelpcommunicationbracelets.com features "communication bracelets"
- ◆ www.abilitymagazine.com is an online and print magazine on disability

Choose Work

Thousand of SSI and SSDI beneficiaries have learned how to stay in control of their benefits while enriching their lives through employment.

You can too! Work Incentive Seminar Event (WISE) provide you and your family the

opportunity to learn how to take advantage of Social Security Work Incentives, including Ticket To Work.

****Announcing****

SSI Beneficiaries

November 1st
5:00-7:00 p.m.

SSDI Beneficiaries

November 2nd
5:00-7:00 p.m.

**Region 10
Community
Support Service**
8 Commerce Dr.

Atkinson, NH

Hosted by

NH Best project

Register online a
www.socialsecurity.gov/work

866-968-7842

TDD 866-833-2967

**Space is limited!
Call our toll free
number or register
online today!**

Calendar of Upcoming Trainings

**Annual Meeting
Rescheduled Wed.,
Sept. 28, 2011
7:15 pm**

**Board of
Director's Meeting**

**Thurs., Nov. 10, 2011
6:30 pm**

**Thurs., Dec. 8, 2011
6:30 pm**

*Date & time subject to
change. Please call to
confirm if attending.*

JOIN US FOR THE FOLLOWING:

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

Empowerment
Lynn Tonkin
October 19, 2011
9:00 a.m.-11:00 a.m.

Rights
Sharon Richey
October 19, 2011
11:30 a.m.-2:00 p.m.

**Overview of System &
Developmental Services**
Bob James
October 19, 2011
2:15 p.m.-4:15 p.m.

****Please register by
October 12th**

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

**Understanding &
Supporting Effective
Behavior/Helping People
Learn Useful Skills**
Lynn Tonkin

November 16, 2011
9:00 a.m.-2:00 p.m.

****Please register by
November 9th**

*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.**

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

Health & Safety
Martha Fenn King
December 14, 2011
9:00 a.m.-12:30 p.m.

Quality of Life
Martha Bonneau
December 14, 2011
1:00 p.m.-4:30 p.m.

****Please register by
December 7th**

REGION 10 COMMUNITY SUPPORT SERVICES, INC.

Yes, I want to help Region 10 Community Support Services as you work to meet the needs of children and adults with disabilities. I am enclosing my gift in the amount of:

___ \$25 ___ \$50 ___ \$100 Other \$ ___

Name: _____

Address: _____

Phone: _____

Please make your tax-deductible check payable to
Region 10 Community Support Services.

THANK YOU!



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

Atkinson Derry Pelham Salem
Chester Hampstead Plaistow Windham
Danville Newton Sandown

A decorative border of colored pencils surrounds the text. At the top, there are three pencils: brown, green, and red. On the left side, there are four pencils: yellow, blue, red, and green. On the right side, there are three pencils: blue, yellow, and a cup containing several pencils (red, yellow, blue, green, brown). At the bottom, there are three pencils: brown, yellow, and blue.

“GUARDIANSHIP INFORMATION NIGHT”

Please join us for this important information night to gain knowledge in the specific process of applying for *Guardianship*. You will learn when and where to apply, what you will need in preparation for applying, what to expect from the process, and when and how the determination will be made.

*Presented by Julianne French
of Rockingham County Probate Court*

Sponsored by Region 10 CSS, Inc. Family Support Council

*Please come prepared with questions about specific situations...
we will have a question and answer session.*

WHEN: Monday, November 7, 2011, 5:30 to 7:30PM

WHERE: Plaistow Public Library
85 Main Street
Plaistow, NH 03865
382-6011

Please RSVP by October 31, 2011
to Anita Trudel
(603)893-1299, ext 334, atrudel@region10nh.org

REGIONAL QUALITY COUNCIL MEETING

What does Quality Mean to YOU??? We'd like to know! Please join us to share your thoughts and ideas about what quality means to you.

**You are cordially invited to a discussion
with the Quality Council for Developmental Disability and
Acquired Brain Disorder Services.....**



When: Tuesday, November 15, 2011
6:00 to 8:00 pm

Where: Hampstead Public Library
6 Mary E Clark Drive, Hampstead, NH

Who: Individuals with Disabilities, Families, Agency Staff, Family Support Council Members, Board Members, and Community Members

Details: *Region 10 Community Support Services, Inc. in cooperation with the state's Quality Council for Developmental Services, would like to invite you to attend a regional conversation on the importance of quality services. This meeting is an opportunity for all stakeholders (individuals with disabilities, families, agency staff, family support council members, board members, and community members) to share their thoughts and ideas about what quality means to them and to learn about the role the Quality Council plays in influencing the quality of services.*

RSVP: By November 4, 2011 to Anita Trudel at (603)893-1299 ext 334 or e-mail atrudel@region10nh.org (subject line: Quality Council Meeting)

The Quality Council for Developmental Services believes that everyone plays an important role in impacting quality services which directly impacts the quality of life individuals with developmental disabilities and acquired brain disorders experience.

Complimentary refreshments and raffles!!!