

Connections

FEBRUARY 2004

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The Strategic Planning Committee and Board of Directors proudly present our revised...

Region 10 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.”

Vision Statement

The services provided through Region 10 to individuals with developmental disabilities or acquired brain disorders will be meaningful to them and flexible enough to accommodate their preferences and needs. Basic needs for food, clothing, shelter, and comprehensive health and dental services will be met. Individuals and families will be supported in their planning efforts and in achieving the goals they seek. Our involvement will be respectful of personal values, choices and dreams. As desired, individuals and families will be assisted to involve other family, friends and community members in their lives. By encouraging maximum independence, facilitating relationships and providing educational opportunities, we will assist individuals to become less dependent upon Region 10 and the service system and more reliant on themselves and the natural relationships they have developed. Our vision is for natural inclusion within their communities.

Region 10 will be proactive in securing funding and other resources so that individuals will not have to wait for needed services. We will utilize the relationships and networks we have developed and will continue our efforts to collaborate with others on common goals. We will expand our ability to provide support through increased opportunities for internships and volunteers, by creative management of existing resources and through development of new revenue sources.

Together with individuals and families

receiving support and in conjunction with our provider agencies, we will identify clear service outcomes, establish regional goals and work to eliminate those barriers which hinder our accomplishments. Direct Support Professionals will be empowered in their work, feel valued and respected, and will be supported in their search for personal growth. We will encourage both personal and regional advocacy and our agency will remain ever vigilant in our efforts related to rights and their protection.

Region 10 will serve as a resource regarding disability and support issues, sharing our experience, providing education and working in partnership with others for the inclusion of all individuals within their communities. We will work to foster natural community supports by increasing opportunities for community members to become involved with individuals who have disabilities. Through these efforts, members of the business, professional, health care, government and overall community at large will become more aware of and responsive to the needs of individuals with disabilities. Our communities will be accessible and welcoming and individuals we support will be more active participants within them.

Region 10 will be thought of as a valued organization, not only by those affiliated with Region 10 but by the greater community. People will know about Region 10, the work we do, the contributions we make and will recognize our willingness to work as a community partner for the betterment of our communities for every one.

(Our revised Strategic Plan begins on page 4)

BOARD RECRUITMENT

The Region 10 Board of Directors is seeking board members. This is a volunteer position on a governing Board that meets the second Thursday of each month. Membership is open to consumers, parents, providers, local business owners or professionals (banking, legal, law enforcement, public relations and/or fundraising expertise) or anyone else interested in making a difference in the lives of the individuals we serve. Call Jane Dichard with questions or to get an application.

FOLKTALE
JOIN US!!
DETAILS IN-
CARNIVAL



Executive Director
Jane Dichard

Newsletter Editor
Chris Roy

Design Editor
StealthQuest

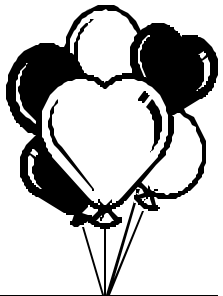
Annual Appeal Update

Thank you to everyone who has already contributed to Region 10's 3rd Annual Appeal. Our goal is to raise \$10,000 through this appeal and in just the last month, we are almost one quarter of the way there! To date, contributions exceed \$2400. Region 10 provides very valuable services and supports to local individuals with developmental disabilities or acquired brain disorders and their families. We hope that you will consider Region 10 Community Support Services when making your charitable contributions. You can help us to provide needed services and support by making a tax-deductible contribution to Region 10. Your gift will be well spent to meet critical needs and will certainly be appreciated by those who benefit from your generosity. Please join the growing list of those who have already done so by making your contribution today! Although it sounds like we are a long way from our goal, every contribution in any amount helps us get closer to reaching it. If 300 individuals each contribute \$25 or a fewer number of individuals contribute more, our \$10,000 goal would be met!

Region 10 currently assists over 700 individuals and their families residing in our local communities. Although our services and supports vary based on individual needs, they all make a critical difference in the lives of the individuals and families who receive them. Unfortunately financial resources have been unable to meet the increasing needs within our communities and there are now many individuals who are waiting for funding in order to receive needed services. Next year as students graduate from school, more young adults will turn to Region 10 for assistance. We are asking you to help make a difference! In years past, we have exceeded our fundraising goals thanks to the generous response from so many of our community members. We are hoping that with your help, we will do so again this year!

Many thanks to the individuals listed below who have already generously contributed in support of our appeal. They include:

Mr. Bedros Kamitian
Mr. Tom Weeks
Mr. and Mrs. Vincent Kissel
Mr. and Mrs. Dave Camell
Mr. and Mrs. Van Laventure
Ms. Kathleen DeCristofaro
Mrs. Wanda Desaulniers
Mr. and Mrs. Matthew Hanna
Mr. and Mrs. Robert Modrak
Mr. and Mrs. Larry Stalhiem
Mrs. Karen Thulin



VALENTINE'S DAY

Mrs. Judith M. Zdunko-Blair
Mr. and Mrs. John Pallaria
Mr. and Mrs. Charlie Kamitian
Mr. and Mrs. Jim Poliquin
Mr. and Mrs. Frederick Bean
Mr. and Mrs. Armand Beliveau
Mr. and Mrs. Edward Conlon
Mrs. Colleen Drugan
Ms. Joann Fontaine
Mr. and Mrs. Fred Grasso
Mr. and Mrs. Joe Hatch
Mr. and Mrs. Dante Ippolito
Mr. and Mrs. Anthony Sweeney
Mr. and Mrs. Alfred Collins
Mr. and Mrs. Frank Buck
Mr. and Mrs. Jonathan Kaplan
Mr. David Boisvert
Mrs. Esther Doerfler
Ms. Barbara Brown
Mr. and Mrs. Michael Steir
Mr. and Mrs. James Linehan
Mr. and Mrs. Mark Stevens
Mr. Joseph Guthrie
Mr. and Mrs. Robert Reed
Mr. and Mrs. Timothy Ryan
Mr. and Mrs. Peter Simon
Ms. Debra White
Mr. Michael Difeo
Mr. and Mrs. Philip Randall
Ms. Emily Rose
Mr. Steve Roddy
Mr. and Mrs. Len Dichard

Self-Advocacy Update

People Power members enjoyed their annual Holiday Party held on Dec. 3rd at the Crotched Mountain office in Derry. Members brought appetizers, sodas and desserts and Region 10 provided a turkey dinner with all the fixin's. The party was complete with live music provided by one of the member's parents, and a holiday gift swap.

People Power will be participating in the up and coming Region 10 fundraising event, "The 7th Annual Folktale Carnival" on February 14th. We will be having a table with some silent auction items.

The next regularly scheduled meeting will be Wednesday, February 4th at the Triumphant Cross Church on Zion Hill Road in Salem from 6-8 pm. Gordon Dubois is scheduled as the guest speaker to discuss allocating funds to local self-advocacy groups and to get input from our members. New members are always welcome.

If you have any questions about the group, please feel free to contact Jeff or Beth Vacco at the Region 10 office, 893-1299.



FAMILY SUPPORT

PARENT BREAKFAST GROUP

We are planning to bring back our Parent Breakfast meetings. These meetings are a social gathering of parents who are interested in meeting new people and sharing ideas.

We have no guest speakers and no agendas. Just an informal get-together for our parents to enjoy. We would like for you to come, share a cup of coffee and spend a couple of hours with us.

Children are also welcome to attend. We have toys to keep them entertained.

We meet at the Region 10 office from 10-11:30 am. If you have any questions, please feel free to call Kathy Waterson at 893-1299. We look forward to seeing you!

List of Upcoming Dates:

- February 16th
- March 17th
- April 15th
- ~~May 13th~~

Region 10 Autism Spectrum Disorders Support Group 2004

February 2, 2004

Oral Hygiene

March 1, 2004

Sibling and Family Supports

April 5, 2004

IEP Q/A

May 3, 2004

Nutrition and Feeding Issues

June 7, 2004

Planning Meeting

All meetings are held at Kelly Library on Rt. 97 in Salem, NH. Meetings are from 7-9 p.m. Please call Region 10 (893-1299 by 4:00 p.m.) for cancellation information due to weather conditions.

Topics may change depending on speaker availability. Call Kathy Waterson 893-1299 for more information.

THERAPY & THE PERFORMING ARTS

Recreational Programs

There is an organization called Therapy & the Performing Arts (TPA) that has recreational programs for children with disabilities. This program is funded through the Genesis Foundation and some scholarships are available to families that have a financial need.

Some of the programs offered are ice skating, horseback riding, adaptive swim, snow shoeing, waters sports, music & me & adaptive gymnastics.

If you would like more information on this program you can either contact Sue Foster at 603 624-2076 or e-mail her at: TPA2076@earthlink.net

Consultant Available

Tina Demis is a behavioral consultant working for a number of school districts in both Southern NH and MA. She has worked for 17 years with children presenting behavioral challenges in school, residential facilities and private home settings. Tina conducts ABA consultation/supervision for early intervention programs and works extensively with children on the autism spectrum. Tina is available for private consultation for Region 10 families by contacting her at Tina-Demis@comcast.net or 617-877-5843

MY CHILD CAN'T PLAY BASEBALL!?!?!?

Well Listen To This!!!!

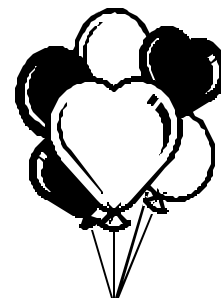
The answer is "YES THEY CAN!!!"

As interested parents of Region 10 we are in the process of forming Challenger Little League teams for the Spring of 2004. All children ages 5 through 18 with any physical or mental disabilities are encouraged to participate.

Little League Challenger Division **has** proven therapeutic and socialization benefits. It promotes self-esteem, teamwork and sportsmanship. But most of all it's **fun** for the whole family!!

If you are interested in your child having fun please call Mary and Michael Haney @ (603) 329-8051 for more information about Little League Challenger Division.

Last year was our inaugural season and it was a great success. The Orioles and Cardinals were up for the challenge and a good time was had by all (children, parents and coaches alike). We are



VALENTINE'S DAY

**PDD Autism
Support Group**
Guest Speakers
Monthly
**1st Monday of the
Month**
*No Charge
7:00 pm - 9:00 pm
Call *Kathy Waterson*

Region 10 Strategic Plan for Fiscal Years 04/05

Region 10 is required by the Division of Developmental Services to develop and submit an agency plan every two years in alignment with the legislative biennium. Last summer a committee was established to develop plan recommendations for the Region 10 Board of Directors. As part of this process, the committee reviewed our agency Mission and Vision Statements, Region 10's strengths and weaknesses, existing opportunities and threats, and gathered input from individuals and from a variety of groups through conversations and surveys.

The Board of Directors reviewed and approved the committee's proposed changes to the Mission and Vision Statements and the plan recommendations at their November, 2003 meeting. Region 10's Strategic Plan was submitted to the Division of Developmental Services in December. I hope that you will review our plan and make me aware of any comments or suggestions that you have concerning it. Region 10 is also hoping that many individuals receiving services and their family members will be interested in becoming involved with the work teams now forming to address each of the goals and objectives contained within the plan. The teams will benefit greatly by having people with varied perspectives working together toward common goals. If you would like to become involved, please call me at the Region 10 office. Thank you. —*Jane Dichard*

Strategic Plan: FY 2004 and 2005 (Region 10 Community Support Services, Inc.)

Supporting Individuals And Families

Goal A: *Increased support for individuals to enhance independence, personal growth and foster meaningful relationships and community involvement.*

Objective 1: to strengthen the service planning process by providing more choice and control for individuals and families, supporting opportunities for personal development and meaningful community participation, reinforcing regional expectations of providers, involving direct support professionals in the planning process, and assuring accountability for implementation of plans and overall individual/family satisfaction with services.

Objective 2: to expand upon regional education and training support currently provided to Staff and Families by developing a continuing education series for individuals receiving services to assist them in developing new skills.

Goal B: Increased support to families in accessing information and quality supports and services for their children.

Objective 1: to monitor progress toward the goals and objectives outlined in our current Early Supports and Services Plan and begin the process for development of our next plan in the summer of 2005.

Objective 2: to review support and resources currently available to individuals on the Priority One Waiting List and individuals living with elder caregivers, determine strategies for Region 10 to improve assistance in these areas and identify the resources necessary to do so.

Objective 3: to disseminate information to families and individuals in ways that are timely and family friendly, to assist them in their understanding of service and funding issues concerning current or future services and support them in their advocacy to address unmet needs.

Enhancing Relationships

Goal C: Increased relationships for individuals and family members

Objective 1: to increase opportunities for adults receiving services to socialize with friends and peers in ways which respond to their varied interests, personal choice and encourage community involvement.

Objective 2: to explore ways in which we can work in partnership with our schools and families to increase the scope of social opportunities for middle and high school aged children to promote friendships.

Objective 3: to increase the awareness of Region 10 families of social and recreational resources available within our local communities by sponsoring family "Recreation Information Nights".

For Future Consideration: To identify additional ways in which interested families can meet with other family members with similar interests and/or needs.

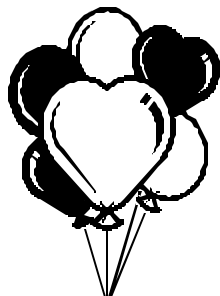
Developing Community Partnerships

Goal D: *Increased involvement of Region 10 within our communities and increased involvement of our communities with Region 10*

Objective 1: to increase the awareness of community members of Region 10 and the resources we provide by developing a plan and implementing strategies to increase our presence.

Objective 2: to explore with our local towns, ways in which Region 10 could work in partnership with them to accomplish community goals and identify a specific Region 10/community initiative.

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VALENTINE'S DAY

(Continued from Page 4)

Objective 3: to expand upon our involvement with local community organizations by increasing our membership, support for community activities and participation in community events.

For future consideration:

To work in conjunction with our vendor agencies to develop strategies to utilize volunteers including identification of volunteer activities, recruitment strategies, training and supervision responsibilities and ways to recognize their contributions.

Maximizing Agency Operations

Goal E: Increased efficiency, cost effectiveness and overall satisfaction of individuals and families and positive relationships with our vendor agencies

Objective 1: to expand Region 10's external revenue through increased Development and Fundraising efforts and establishing capacity for 3rd party billing.

Objective 2: to enhance the Board's foundation by recruiting future members from communities not currently represented who have interests and skills complimenting those of existing members and to become more creative in finding meaningful ways for members to use their varied personal and professional strengths to further the mission of the agency and goals of the Board.

Objective 3: to monitor the quality of services and satisfaction with them through continuous quality improvement initiatives identified within the annual Quality Improvement Plan.

Objective 4: to review existing agency financial management policies and procedures and develop new policies and procedures as necessary to improve accountability and financial safeguards.

Objective 5: to work in conjunction with Region 8 as determined and with our "common" vendor agencies to identify and implement strategies to increase consistency, streamline requirements, and establish other ways to support vendor success in delivering quality services.

For Future Consideration: To work with other Area Agencies on a consumer based assessment process utilizing consumer information and current financial data to review funding "equitability" and to project general funding ranges needed to support WL consumers based on their adaptive and behavioral needs.

Read all about us on the web!!

Visit our new and "improved" website. It's chock full of information you can access right from your home.

Visit us soon!!!

Don't Miss This Workshop! **Diversity and Self-Determination** **Thursday February 26, 2004** **9:00 am – 12:00 pm**

Diversity is a very timely topic. This interactive workshop addresses Diversity as a reflection of the uniqueness of each individual in almost every aspect of life.

Diversity is a source of strength for our agencies, community and country. It is directly related to the concept of Self-Determination for people we serve.

The workshop addresses concepts of prejudice, oppression, discrimination and a definition of Cultural Competency.

Participants will discuss demographic changes in their community and impact of changes on the workplace.

Due to limited seating, RSVP to Sheila at Region 10 by 2/20/04.

Employee Anniversaries

Region 10 is very pleased to recognize the following employees for their long term commitment to our agency.

In December, Kristine Houle, Community Support Assistant, celebrated her 10 year employment anniversary; Kathy Waterson, Family Support Coordinator, celebrated 5 years of employment; Tina Paquin, Support Coordinator, celebrated 4 years at Region 10 and Jane Dichard celebrated 17 years.

In January, Jeff and Beth Vacco, Self Advocacy Advisors, celebrated 8 and 5 years respectively.

We are very fortunate that so many staff at Region 10 have such longevity at our agency and we benefit greatly from their knowledge and skills.

WE NEED CAKES, CAKES, CAKES!!

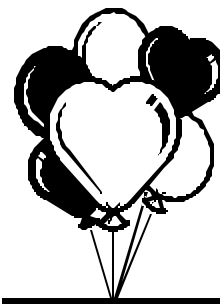


The Folktale Carnival Committee is asking for your help. One of our best received contests at the Carnival is "**THE CAKEWALK!**"

We go through a lot of cakes that day! If you could

donate a cake it would certainly be appreciated.

Baked or bought—doesn't matter. Just bring it in our office sometime on Friday, February 13th. For further information, call Leah Frim at 893-1299. Thanks for your help! We look forward to



VALENTINE'S DAY

Calendar of Upcoming Training's

**Board of Director's Annual Meeting
FEB 12th
7:00 p.m.**

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

*If not connected to Region 10 Community Support Services Inc. If you would like more information on any of the training's sponsored by Region 10, please call 893-1299.

JOIN US AT REGION 10 FOR THE FOLLOWING:

Developmental Services Outcome Training presents the following trainings. There is no charge to attend.

All trainings are held at the **United Methodist Church Exeter, NH**

Understanding & Supporting Effective Behavior/Helping People Learn Useful Skills
Sharon Richey
February 11, 2004

No Charge
9:00 a.m. - 4:00 p.m.
United Methodist Church Exeter, NH
Registration Deadline: 2/4/04

Empowerment
Lynn Tonkin
March 10, 2004
No Charge
9:00 a.m. - 11:00 a.m.
United Methodist Church Exeter, NH
Registration Deadline: 3/3/04

Overview of System and Developmental Disabilities
Bob James
March 10, 2004
No Charge

11:15 a.m. - 1:15 p.m.
United Methodist Church Exeter, NH
Registration Deadline: 3/3/04

Rights
Cheryl Killam
March 10, 2004
No Charge
1:30 p.m. - 4:00 p.m.
United Methodist Church Exeter, NH
Registration Deadline: 3/3/04

Quality of Life
Martha Bonneau
April 14, 2004
9:00 a.m.-12:30 p.m.
Register by: 4/7/04

Health & Safety
Valerie Vambushew
April 14, 2004
1:00 p.m.—4:30 p.m.
Register by: 4/7/04

Fraud Awareness – What Everyone Should Know!
Officer Joyce Chadwell & Officer Dan Komenda
March 4, 2004
No Charge
1:00-2:00 p.m.

Location changed to:
Crotched Mountain, 16 Brookstone Park, Route 111, Suite 3, Derry NH,
Register by:
February 26, 2004
Call 893-1299

PDD Autism Support Group
Guest Speakers Monthly
1st Monday of the Month
No Charge 7-9 p.m.
at Kelly Library, Salem NH
Call Kathy Waterson



Play Ball!!-Details Page 3

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

Non-Profit Org.
U.S. POSTAGE PAID
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PERMIT NO. 36

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

