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BraveKids.org

Brave Kids was founded on June , 2001, by Kristen Fitzgerald, after the loss of her two children to catastrophic illnesses. The Brave Kids program has been approved by and is linked to over 75 health organizations such as The National Association of Pediatric Nurse Practitioners, The National Brain Tumor Foundation, The National Pediatric AIDS Foundation, United Cerebral Palsy, and the National Children's Cancer Society.

BraveKids.org is an online community for children with special needs and their parents or caretakers.

Services Provided:

- **Message Boards** - to give emotional support to children with special needs and parents by connection them to others in similar situations around the world.
- **Directory of Healthcare Resources** - based of zip codes, this enables caretakers to easily locate healthcare resources and support for ill children in their communities.
- **The Most Recent and Accurate Medical Information** - for family members, as well as providing illness-related information to the children in a fun, interactive way so they can understand what's happening to them.
- **Interactive Games and Contests** - for children with special needs. Winners receive wonderful prizes and will be featured on the website and in the Brave Kids newsletter.

There is much more on the website. Check it out at www.bravekids.org.

NH Family Voices Lending Library

To borrow a book just give us a call at 1-800-852-3345 ext 4525. Below are some examples of Children's Books For Siblings:

The Other Dog - This amusing story, told from the perspective of the family dog, addresses feelings of a new baby entering the family and the realization that this is kind of nice after all.

"Am I The Only One?" - Written by and for brothers and sisters of physically and mentally disabled children. Siblings share their experiences and feelings.

He's My Brother - A young boy describes the school and home experiences of his younger brother who has a learning disability.

Straight From The Siblings: Another Look At The Rainbow - Written by and for children who have brothers and sisters with a life threatening illness.

Brothers, Sisters, and Special Needs - Information

and activities for helping young siblings of children with chronic illnesses and developmental disabilities. Designed especially for children ages 3-8.

Views From Our Shoes: Growing Up with a Brother or Sister with Special Needs - Siblings share their experience. Clearly speaks to siblings to let them know they are not alone, that other kids have had their worries, felt their joy and successfully met their challenges.

Koala Lou - Feeling like Mom doesn't love her anymore because she is so busy with her younger brothers and sisters, Koala Lou plans to win her distracted parent's attention. Conveys an important message about competition for attention.

Good Girl Gracie Growler - This is a story of a family of tigers that has a brand new baby and the older child, Gracie Growler, is unsure about the new addition at first. Before long she becomes the baby's protector, friend and champion, all that a big sister should be!

Becky's Story - A Book To Share - This is a story about a girl who's brother has been in an accident. Siblings are too often forgotten or misunderstood when a serious illness or accident strikes. A good book about sharing information and feelings. ◆ —◆ —

Region 10 Quality Assurance Committee Parent/Guardian Annual Satisfaction Survey

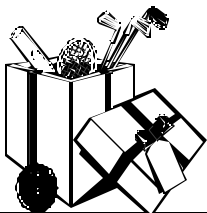
Region 10 will soon be distributing the Region 10 QA Committee Parent/Guardian Annual Satisfaction Survey to all parents/guardians of children age 3 or over whose children do not reside with them. This year, the QA Committee modified this survey slightly to align better with the Family Survey being distributed through the Outcomes Partnership. Each parent/guardian should receive only one survey with the survey being determined based on whether or not their child lives with them.

Region 10 is pleased that these two surveys will afford all parents and guardians of individuals age 3 and over an opportunity to tell us about their satisfaction with their services and support received through Region 10. I hope that everyone will take the

A MESSAGE FROM THE EDITOR

As we discussed in a previous edition of *Connections*, we have had to target some areas which will save money without affecting services, therefore helping to alleviate budget concerns. One of the areas identified was our newsletter.

It is with much regret that we announce, effective this month, *Connections* will be published on a bi-monthly basis. We hope this decision does not cause our readers any inconvenience.





FAMILY SUPPORT

Being a Mother; the Highs and Lows: But mostly the Highs

Sometime ago my husband and I were sitting in the doctor's office listening to her as she explained to us that our newborn daughter's life span would probably be 2 weeks to 1 year. At that point, I felt as though I was not in the room but watching down on two distraught parents.

So many things went through my mind; what did I do to her, would I bury her in her Christening gown? I'll need to start some type of fund in her name... maybe donate baby quilts to special care nurseries in her name?

But that was then, and this is now! That incredibly spunky soon to be 2 year old has given my husband, my son and I such a ride since she came into our lives! Mia (meaning mine in Italian) has given us something we can never have gotten from a relative, a friend, a doctor, or a book.

The lessons learned are invaluable. We've chosen to live our lives knowing how fortunate we are to have Mia, and not saddened by her challenges. We're empowered! Who cares if she just started crawling...guess what, she's crawling, and so fast! She failed her newborn hearing tests, but guess what, with hearing aids she can hear (and even a bit without them)! We've chosen to focus on all the positives because we are so very lucky, and we realize that.

Mia is our bright spot, she's our hope, she's our light in a dark room, and she shines above all.

She's renewed our faith and has given me the opportunity to fight for her causes, which I gladly do as her mother. And for all the other children in Mia's situation, I'll fight for them too. What an incredible journey it's been so far! —*Lisa Ricci*

"Kidz Play"

Pediatric Therapy & Wellness Center, LLC
Specializing in Sensory Integration Therapy, Autism Spectrum Disorders, and Pediatric Therapies
Summer Programs 2003. Workshops run from July 7th through August 22nd.

1-F Commons Drive, Suite 38
Londonderry, NH 03053
Phone: (603) 437-3330
Fax: (603) 437-0431
Email: kidzplay@msn.com
www.kidzplay.com
www.theragifts.com

PARENT'S BREAKFAST GROUP

The next parent breakfast group will be meeting at Region 10 from 10-11:30 a.m. on May 19th. Please feel free to come and join other parents in a very casual setting. Children are also welcome. If you have any questions please call Kathy Waterson at 893-1299.

• June 3, 2003

Alliance Needs Your Help!

The National Alliance for Autism research needs your help. One out of every 250 children born today falls within the Autism spectrum. While additional children are diagnosed every day, the hope for a cure remains distant, there is no time to wait.

NAAR needs your help to increase their efforts to support necessary biomedical research into the causes, prevention, treatment and hopefully a cure for Autism.

Please join us in the first annual **WALK F.A.R. for NAAR**, Great Moose March of Northern New England. The walk will take place on Sunday, October 5th, at Veterans Park in Manchester, New Hampshire.

Contact Kim Drelick at (603) 382-0838 for information to create or join a team, or visit our web site at www.autismwalk.org

A luncheon (to recruit team captains) is scheduled for July 31st at the Center of Manchester .

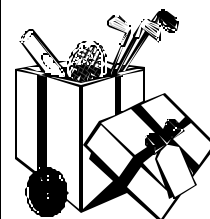
FREE COMPLIMENTARY FISHING LICENSES (PERMANENT)

Free fishing licenses for people with developmental disabilities. There are certain requirements and an application form from Fish and Game that must be completed. Complimentary licenses are also available to some group homes, paraplegics, disabled veterans and individuals with severe visual impairment. For more info and to obtain an

MISSION STATEMENT

"Our mission is to support individuals who have developmental disabilities and their families to realize their dreams by enhancing relationships within the community, respecting personal choice and providing opportunities for lifelong learning."

—*Region 10*



LEGISLATIVE UPDATE

(As of 5/19/03)

First, the families in Region 10 would like to send out a special **THANK-YOU** to a few of the Representatives and Senators that represent our towns for their support:

House Waiting List Bill (HB 421)

Representative Jim Holland of Salem for introducing the bill and **Senator Chuck Morse** of Salem (District 22) for co-sponsoring the bill, House Bill 770, establishing a credit against the business enterprise tax for compensation paid to disabled employees, let's thank the following sponsors:

* **Representative Anthony DiFruscia** of Windham

* **Representative James E. Holland** of Salem

* **Representative Charles McMahan** of Windham

* **Senator Frank Sapareto** of Derry (District 19)

Thanks also to Senators representing town in Region 10 who supported the Senate Waiting List bill SB 216

* **Senator John Barnes** (Chester, Danville & Sandown)

* **Senator Frank Sapareto** (Derry, Hampstead & Windham)

* **Senator Chuck Morse** (Atkinson, Pelham, Plaistow & Salem)

* **Senator Russell Prescott** (Newton)

Here is a synopsis of some of the bills before the state House and Senate committees that affect Developmental Disabilities Services:

Senate Bill 216 (Waiting List)

Has been tabled in Senate, after successfully passing the Senate Public Institutions, Health and Human Services Committee and Senate Finance and two Senate floor votes. This bill appropriates \$3.6 million (state and federal dollars) for FY '04, and \$8 million for FY '05.

House Bill 421 (Waiting List)

Has been retained in House Finance. This bill appropriates \$16.3 million for FY '04 (state & federal dollars) and \$19.3 million for FY '05.

Just as a reminder, the current statewide waiting list numbers (as of 5/19/03) are: 362 people on priority 1 and 133 people on priority 2.

House Bill 715 (Requiring persons found incompetent to stand trial be placed in the secure psychiatric unit of the state hospital)

Was heard before Criminal Justice and Public Safety, and is currently retained in that committee. We are hopeful it will be sent to a study committee.

House Bill 770 (establishing a credit against the business enterprise tax for compensation paid to disabled employees)

Was sent by the Ways and Means Committee to study.

On the BUDGET:

The budget passed by the House of Representatives on 4/17/03 will require significant cuts in Developmental Disabilities services, and includes a 5% Medicaid rate reduction for providers. It does little to address the current and growing Waiting List crisis.

The budget is now under consideration in the Senate. Advocates have been encouraged to be in contact with their Senator, expressing their expectation that the Senate version of the budget will more adequately address the needs of those who experience developmental disabilities.

The full Senate will vote on its version of the budget by June 5th. The budget will then be sent back to the House for a second vote by June 11th. The House and Senate will have 2 weeks in June to agree on a budget that must be presented to the Governor Benson for his approval or veto.

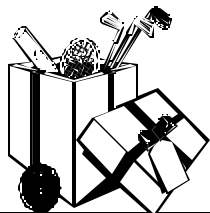
Things change quickly, so if you want to be kept up to date, you can go on line to the state's web-site (<http://www.gencourt.state.nh.us/ie/>) to follow these and other bills.

IN-HOME SUPPORT COUNSELOR

Family seeks an In-Home ADL Support Counselor (activities of daily living) to supervise/assist a 13 year old boy with PDD with ADL's such as laundry, shopping, social skills, dishes, light meal preparation and clean up, homework, simple household age-appropriate chores, shopping, banking Safety-keeping sharp objects out of reach; helping client express feelings in words rather than in aggressive acts; supervising medication administration **HOURS AND TIMES**-regularly scheduled after-school and weekend hours 20-24 hours per week in Pelham. Permanent, part-time position. School vacation weeks up to 30 hours available. Some Respite weekends also available. Exact days and times to be mutually agreed upon. Possibility of job sharing

EXPERIENCE/TRAINING: Must submit to a CORI (criminal record investigation); some experience working with children but willing to train the right candidate Salary: \$12-\$15 per hour depending on experience and references N.H. Workman's compensation coverage provided. .

CONTACT: Ken or Linda 603-893-6620 e-mail ldbaker@massed.net. Will need resume and references.



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!!!**

The Training Collaborative Presents A Repeat of the 5-part Supervision & Leadership Series

Presented by Lisa Hasler. \$30 per workshop if not affiliated with Regions 4,5,6,7,8,9 or 10.

Fifth Topic: Building Teams & Facilitating Groups

9:00 a.m.-3:00 p.m. , June 17 at Region 7 in Manchester? Contact Region 10 to register or for further information.

TBI SUPPORT GROUP

The song "One" by Three Dog Night (1969) says it all. "One is the loneliest number." That is how people with T.B.I (traumatic brain injury) often feel. As a survivor myself, I can attest to that fact. I felt alone, that no one really understood what was happening or how I felt. No matter how many people tried to explain to me what had happened, what was happening and why, it just didn't make sense. Life really didn't have the same meaning I remembered it once had until I met others just like me. Other people who had sustained an injury like mine. Then the pieces fell into place.

I learned that I was not alone; that others like me had difficulties similar to the ones I was having. These other folks had memory problems, difficulties with the most simple of tasks, and had to learn, or re-learn the most basic of skills, just like me. I was given **HOPE**.

That is the idea behind the Bridge Onward. It is a place for folks who have experienced brain injury to come and feel safe among peers. It is a place where they can re-learn basic skills of life without being judged by those who may not understand. Many folks were catalysts for our NEW support group here in the southern part of our state that we call the Bridge Onward.

The Bridge Onward is opening as a support group on May 1st and invites you to come out and help us celebrate this worthwhile gathering. There are 2,600 new brain injuries in the state of New Hampshire every year and almost a quarter of those injured will have a loss that will span their lifetime. So, come out and join us as we celebrate the HOPE that we believe will be given to those who are just like me...a brain injury survivor.

Place: St. Peter's Episcopal Church, Rt. 128,

Londonderry

When: Every first and third Thursday starting May 1st

Time: 10 - discussion
11AM - guest speaker
12 noon - time to go home for lunch

Coffee & Donuts served at 9:30.

Directions:

- From Route 93 take exit 4 which is Route 102 West towards Londonderry. If coming from Nashua take Route 102 East.
- Look for the intersection with route 128. Go north on Route 128 about 1 mile and you'll see St. Peter's Episcopal Church on your right. Look for street sign that says Peabody Row. It is next to Mack's Apples. If you go past Mack's Apples, you missed it - turn around!

WEBSITES OF INTEREST

Below are some websites that may be of interest to our readers. Visit the Region 10 website at www.region10nh.com for a full listing of sites of interest to individuals and families.

Disabled Dealer Magazine-

www.disableddealer.com

Handicap Technology -

www.mainstream-mag.com or,
www.best.com/~reed.disability.html

Disability Postcards -

www.dpp@blvd.com

Outdoor Explorations -

www.outdoorexpl.org

High Tech Augmentative Communications Systems for Disabled -

www.zygo-usa.com

NMEDA -

www.nmeda.org

Disability Information & Resources -

www.makoa.org

New Mobility Magazine -

www.newmobility.com

Disability Chat Links -

www.makoa.org/chat/index.html

AAA -

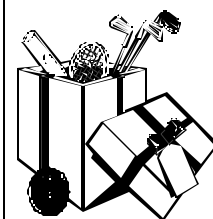
www.aaa.com

National Spinal Cord Injury Association -

www.spinalcord.org

National Organization for Rare Disorders -

www.nordrdb.com



Calendar of Upcoming Training's

Board of Director's Meeting
JUN 19th
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:

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

Parent Breakfast Meetings
 June 3, 2003
See Page 3 for Details!

Traumatic Brain Injury Support Group

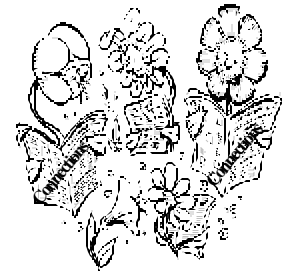
Place: St. Peter's Episcopal Church, Rt. 128, Londonderry
When: Every first and third Thursday starting May 1st
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10 a.m. - discussion
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The Training Collaborative
 Presents a repeat of the 5-part Supervision & Leadership Series
 Lisa Hasler
See Page 5 for Details!

do you Have a Request for a specific training!
 Let us know what type of trainings you would be interested in having Region 10 host. We are always looking for ideas as to what trainings would be useful to the people and families that we serve!

Understanding & Supporting Effective Behavior/Helping People Learn Useful Skills
 Sharon Richey
June 11, 2003
 No Charge
 9:00 a.m. - 4:00 p.m.
 United Methodist Church
 Exeter, NH
Registration Deadline: 6-4-03

THINK SUM-



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

Non-Profit Org.
 U.S. POSTAGE PAID
 ATKINSON, NH
 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

