

Connections

OCTOBER 2004 ISSUE

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Region 10
Community
Support
Services, Inc

25th
Anniversary
1979-2004

Celebrating 25 Years of Success

Region 10 is proud to be celebrating 25 years of successfully serving individuals with developmental disabilities (and more recently, individuals with acquired brain disorders) in our local communities. To better understand how far we have come, we must know where we began.

Back in 1978, a Class Action Lawsuit, *Garrity v. Gallen*, filed by parents on behalf of persons with disabilities, provided the impetus for the State of New Hampshire to provide community based services for individuals with developmental disabilities. Several of the families involved in initiating this Lawsuit were local residents. At that time, the Laconia State School and Training Center, which opened in 1901, was New Hampshire's institution for the developmentally disabled and no network of community services was in place to respond to local needs. Families were also concerned about the lack of educational opportunities for their children and advocated for a "Free and Appropriate Education (PL94-142-Special Education Law). Prior to passage of this law, many families had initiated grass roots efforts so that their children would have opportunities to get together for learning and for socialization at a time when school doors were closed to their children. The Kimi Nichols Development Center in Plaistow and the Debbie Voter Center in Salem were created by families to respond to their children's needs.

As a result of the *Garrity v Gallen* Lawsuit, the State of New Hampshire increased its efforts to improve the quality and scope of community services and began pilot projects in four geographic areas to address two issues: de-institutionalization of residents from Laconia State School and Training Center and the development, coordination and monitoring of community services and resources. Kimi Nichols responded to the State's request and was designated as one of the four pilot programs. A

committee was formed to oversee the planning and implementation of this pilot and in March 1979, the project became incorporated as a separate entity from Kimi Nichols under the name of Region 10 Client Management, Inc. (In 1989, Region 10's name was officially changed to Region 10 Community Support Services, Inc. to more accurately reflect the broader range of services provided). In October 1979, Region 10 moved into its new office and established itself as an independent agency. In July 1981, Region 10 was officially designated as an Area Agency for our geographic region including the *Atkinson, Chester, Danville, Derry, Hampstead, Newton, Pelham, Plaistow, Salem, Sandown, and Windham* communities.

In 1980, the Lawsuit mandated that New Hampshire provide community based services for developmentally disabled individuals and in response, the State submitted a plan for 12 regional non profit Area Agencies to be designated to oversee community based services. In 1980, the first Respite Care programs began as pilot projects, Parent Advocacy groups and organizations grew statewide, community services were developed for individuals leaving Laconia, and individuals living with their families received services. Families also advocated for Early Intervention Services to provide critical therapeutic support for Children birth to age three.

In 1982, the State began receiving Medicaid funding for Adult Services enabling New Hampshire to stretch its resources by receiving a dollar in federal funding for each state dollar expended for these services. Families continued to work with the State to develop more flexible Respite Care Programs and to advocate for additional funding to meet needs.

In 1985, "Action for Independence" identified the need for increased funding for Family Support, Respite and Adult Services to respond to rapidly growing waiting lists and needs. School Districts referred appropriate families to Area Agencies for assistance. However, beginning in 1986, the Area

(Continued on Page 2)

Executive Director
Jane Dichard

Newsletter Editor
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Design Editor
StealthQuest

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Agencies received "maintenance level funding", and parents once again worked with Area Agencies to advocate for increased funding for all services, including Early Intervention, Respite Care, Family Support and Adult Services. In 1987 a Family Support Task Force was established and Area Agencies and families worked together to provide the task force with information concerning needs and resources. Many parents and family members testified before this task force and initiated contact with their local representatives to advocate for Family Support and Waiting List bills. Their efforts were rewarded! In 1989, the Family Support and Waiting List Bills passed, making additional funding available for local services and supports.

In 1991, Laconia State School (having been renamed the Laconia Developmental Center in 1988) closed, ending New Hampshire's institutional services for individuals with developmental disabilities. In the years since then, we have continued to work to make services and supports more flexible and responsive to individual needs. New Hampshire has worked with Medicaid to fund supports to children and adults living with their families, supports that Medicaid had not funded in prior years. Regarding the waiting list, there are still more individuals who are waiting for services than there is funding to provide them. The need for advocacy continues.

Throughout our history, Region 10 has been a partner with the individuals and families we support, with our subcontract agencies and with our communities, to create opportunities for personal development, for employment, for family support, for respite, for personal care, for developing and maintaining relationships, and for participating fully as members of our communities. Although we have achieved much and have assisted so many since 1979, there are still challenges that we face. We are proud of our accomplishments and remain committed to continuously improving upon what we do and to advocate for what is needed by those we support. We are committed to building upon our successes and expending whatever effort is necessary to assure that services and supports for individuals with disabilities and their families never return to where they were so that each future generation can look forward to the continued promise of local community supports. Region 10 is all of us, working together to move forward from here, and to never go back!

Over the years, individuals with developmental disabilities and their families have been the driving force behind New Hampshire's positive change, guiding New Hampshire to do the right thing for its citizens with developmental disabilities and

acquired brain disorders, and celebrating New Hampshire's demonstration to the nation and the world, that we all belong in our communities.

—◆————◆—
"AN EVENING OF GIVING"
The Mall at Rockingham Park
Salem, NH

Come and join in the fun, shop till you drop, and support a great cause, all at the same time!

The Mall at Rockingham Park is sponsoring "An Evening of Giving" on Sunday, November 21, 2004, from 6-9:30 p.m. Every store will remain open for this "after-hours" holiday kickoff. The price of admission entitles you to discounts, a chance to win prizes, entertainment, food, and lots of fun (no extra charge!)

The cost of admission is \$10, which includes a raffle ticket. You need not be present to win, but it's a sure bet you won't want to miss all the excitement of this popular event! When you purchase a ticket through Region 10, your donation directly benefits the individuals and families who have developmental disabilities or acquired brain disorders that are served through our organization.

What better way to have fun, stay on top of your holiday shopping, and contribute to a great cause....all for the price of admission.

To get your ticket today, contact Aleece at Region 10 or purchase one directly from one of our representatives.

Thanks and enjoy!!!

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Self Advocacy Update

People Power, the Greater Salem Self Advocacy group has changed their meeting night to Thursday evenings from 6 pm - 8 pm at the Hampstead Public Library. People Power is pleased to announce that the New Hampshire People First organization has agreed to partner with the Disabilities Rights Center and Granite State Independent Living Center to provide statewide voter education training to all of the People First self-advocacy groups. People Power (Salem area) will have their voter education night Thursday October 7, 2004 at the Hampstead Public Library from 6 pm - 8 pm. All are welcome!

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Region 10 Now Offers
Advertising Space

Please join us in thanking the businesses who have advertised in Connections. Their generous donations help defray publication and mailing cost associated with our "Connections" newsletter each month. If you are interested in advertising in our newsletter, please contact Carole at Region 10.





FAMILY SUPPORT

Workshop Offered

Workshop sponsored by New Hampshire Special Medical Services Bureau, NH Family Voices, Partners in Health and the Council on Children and Adolescents with Chronic Conditions will be held in Boscawen. Everyone is welcome who has connections with Special Health Care Needs. Cost will be \$22 and includes continental breakfast and complete lunch.

"How To Know What To Ask-To Get What You Need"

Wednesday October 27, 2004

If you did not receive a flyer and are interested in more information please e-mail Kathy Szczepanik at: kszczepanik@region10nh.com .

Planning for Families Who Have Dependents With Special Needs

Sponsored by:

Region 10 Community Support Services

Tuesday, October 26th, 2004

7:00 – 9:00 p.m.

8 Commerce Drive Atkinson, NH

R.S.V.P. Aleece 893-1299 Ext. 319 or

apappas@region10nh.com

Learn how you can ensure a comfortable and meaningful life for your loved one, even after you can no longer provide for him / her yourself.

- Planning for the future today
- A lifetime of concerns
- Building your team
- 7 steps to comprehensive planning

This Workshop will be presented by Erik M. Potts, New England Financial, 242 State St., Portsmouth, NH 08301. His telephone number is 603-498-2807. This is a free, no obligation workshop, and will be comprised of an hour presentation followed by an hour of questions & answers.

Summer "Get-Together" Was A Hit!!!

The Ice Cream Social was a great success with 13 families, (45 people) attending. The ice cream sundaes were delicious and socializing was fun. Thanks to all who pitched in to help. It was a great evening

in the Atkinson Community Center with families and staff from Region 10.

We look forward to the Cabin Fever Potluck to be held on January 20, 2005 and again it will be held at the Community Center in Atkinson. It is a great room, very spacey and bright. Let's double the number of families. Keep watching the Connections for more information about our January social. Family Support Council and staff thanks you for joining us.

HOSTS NEEDED

Well, the primary is over, the votes have been counted, and now it's time for us to start planning to educate the candidates. I am looking for volunteers to host legislative coffees during the month of October. We need to reach all the candidates running for seats in the House of Representatives and the state Senate, and let them hear what our concerns are around issues that affect families and individuals with disabilities who access supports and services through Region 10 Community Support Services.

These are the towns I need to have coffees hosted in:

- Derry
- Salem/Windham (these 2 towns are in the same district, so someone from either town could host a coffee) Pelham
- Atkinson/Chester/Danville/Hampstead/Newton/Plaistow and Sandown are all in the same district, so anyone from any of these towns could host a coffee.

? We also need families to attend these coffees that are willing to tell their stories. It would be nice if we had representation from different areas. Families that have a young child, a family with a child on the waiting list, a family whose child is receiving Special Education services, a family who spent time on the waiting list and now has funding, and anyone else that has a story that will help the candidates understand what issues a family faces on a daily basis. It would also be good if we could have a self-advocate attend, maybe someone who lived at Laconia State School.

? Please either e-mail me or give me a call at 893-1299, ext. 321 for details, or to let me know if you'd be either interested in hosting a coffee, or attending one.

—Terri Cadortte, Legislative Liaison?

Please Note:
The Harvest Social scheduled for October 21st has been cancelled.



Autism Group

If you are a family with a young (age 4-8 yrs) child diagnosed with autism and would like to join with other parents in supporting each other, forming a play group or a parent group, please contact Kathy Szczepanik at Region 10, 893-1299 ext 316..

The National Alliance for Autism Research

(NAAR) needs your help. One out of every 250 children born today falls within the Autism spectrum. While additional children are diagnosed everyday, 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 of Autism.

Please join us for the 2nd Annual **WALK F.A.R. for NAAR** of Northern New England event. The walk will take place on Sunday, October 10th, at the Veterans Park in Manchester, NH. Registration begins at 10:00 am with a staggered start at 11:00 am.

Please call 1-888 627-NAAR to start or join a team or visit our web site at www.autismwalk.org

Thank you **WMUR-TV**, for sponsoring this event.

Region 10 Joins the walk

Region 10 is looking to put together a team for the Walk F.A.R. for NAAR and raise money for Autism Research. Walk F.A.R. for NAAR is the signature fundraising event of the National Alliance for Autism Research.

Come and join us as we walk, talk and raise monies for this important cause.

Call Kathy Szczepanik, Support Coordinator for Region 10, at 893-1299 ext. 316 with your questions, and to sign up.

Where do the Candidates Stand on Education and Long-Term Care Issues? Find out at the . .

Candidates Awareness Forum

Date: October 17, 2004

Time: 2 p.m. to 4 p.m.

Place: Rundlett Middle School Gym,
Conant Park Drive (off South Street)
Concord, NH

Hosted By: CAUSE

*(Communities Actively United
For Social Equality)*

Co-sponsored by: AARP, the Disabilities Rights Center, the Elder Rights Coalition, Granite State Independent Living, the Alliance for Retired Citizens, NH Cares, the NH Citizens Alliance, Community Supports Network, People First of NH, the NH Charitable Foundation, Partners in Health, NH Autism Society, and the Governor's Commission on Disability.

All candidates have been invited. This is a great way to learn where each candidate stands on important issues in NH.

YOUR VOTE COUNTS!

(Candidate background statements come directly from each respective candidate's official Web site.)

THE PRESIDENTIAL CANDIDATES

- President George W. Bush & Vice President Dick Cheney (R)
- Senator John Kerry & Senator. John Edwards (D)

THE CANDIDATES FOR GOVERNOR

- Governor Craig Benson (R)
- John Lynch (D)

Seeking a second term, President **George W. Bush** was sworn into office in 2001 after a campaign in which he outlined proposals to reform America's public schools, transform national defense, provide tax relief, modernize Social Security and Medicare, and encourage faith-based and community organizations to work with government to help Americans in need.

John Kerry's campaign is based on a platform to make America stronger at home and more respected in the world. He has a plan to create good-paying jobs at home and a plan to make healthcare a right for all Americans. He also seeks to make the US independent from Middle East oil, modernize and strengthen America's military and lead a new era of alliances.

Incumbent **Craig Benson** has taken on numerous challenges, working through the system and proper channels to overcome them. His influence has not come from a title in a political office, but rather from his unique ability to communicate with people, share ideas, listen to concerns and build support around his beliefs.

A business and community leader, **John Lynch** has dedicated his life to putting people first. As Governor of New Hampshire, John Lynch will put the interests of New Hampshire families first, fighting to create good jobs, improve schools, and expanding access to affordable healthcare.

Family Support Council

The Family Support Council has changed their meeting schedule to the first Wednesday of the month, starting in September. New members are always welcome. To find out more, contact Kathy Waterson at the Region 10 office.

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."



Southeastern Regional Education Service Center (SERESC) Offers the following autism related workshops

- **Sensory Diets: Background info and hands on information-**

With Traci Gilman, OTR/L. This workshop will remove the mystery of sensory diets and go beyond the basics to cover sensory diets with hands on strategies and ideas to help children with sensory processing challenges get through their day. Traci will discuss theoretical reasoning and strategies for setting up and maintaining sensory diets. Course participants will be able to explore hands on activities. Oct 19, 2004, 9 – 2:30 pm, and is \$85.00 per individual at SERESC, Bedford, NH.

- **AIDeIng Young Children with Autism**

Spectrum Disorders—This is a two day conference as an introduction into Autism 101, with Teresa Bolick, Ph.D., Traci Gilman, OTR/L, Abby Collins and Thomas Benjamin, M.S., BCBA.

Topics covered: Introduction to Autism Spectrum Disorders, Sensory Processing Considerations, Parents Perspective, Positive Behavioral Supports and Encouraging Socialization and Communication through Play. December 6th and 7th with a snow date of December 13, 2004. 8:30 – 3:45. Cost is \$155.00 per individual; \$125.00 per parent and paraprofessional. Reduced fee is courtesy of the Autism Society of NH. Limited scholarships are also available for NH parents. Location: SERESC, Bedford, NH.

From IEP to Classroom and Community: Using Modifications, Accomodations and Direct Intervention to Maximize Strength and Minimize Challenges with Teresa Bolick, Ph.D. This will be an interactive workshop, with a continued listserv support. This is for **Elementary** grades. January 12, 2004. Snow date of January 27 2004. This workshop is in development. Flyers and updated information to be sent out early November. Location: SERESC, Bedford, NH

From IEP to Classroom and Community: Using Modifications, Accommodations and Direct Intervention to Maximize Strength and Minimize Challenges with Teresa Bolick, Ph.D. This will be an interactive workshop, with a continued listserv support. This is for **Middle/High School** grades. January 20, 2005. Snow date of January 27 , 2005. This workshop is in development. Flyers and updated information to be sent out early October. Location: SERESC, Bedford, NH

Advanced Sensory Information (Title not confirmed) with Traci Gilman, OTR/L – This will be an advanced Sensory that will go beyond Sensory Diets. March 16, 2005. This is in the preliminary development phase. More information to follow in Early January. Location: SERESC, Bedford, NH

Asperger Syndrome and Related Challenges in Young Children: A Common Sense Approach, With Teresa Bolick, Ph.D. March 31, 2005 at SERESC, Bedford, NH. This one-day conference will help with understanding of how Asperger Syndrome affects young children and to become aware of strategies for support and intervention. Registration deadline is March 17, 2005.

If you would like further information on any of these events, please contact Robin Knight, Project Assistant at (603) 206-6816 or rknight@seresc.net.

Please be advised that advanced registration is required for all workshops prior to attendance.

SERESC would like to thank the Autism Society of New Hampshire for its collaboration and support through reduced fees and scholarships for parents and paraprofessionals for their support for education of those who live and work with young children with autism spectrum disorders.

Childnett.tv is a first-of-it's-kind web TV channel dedicated to autism and other neuro-developmental disorders. Funded by the Dan Marino Foundation, Childnett.tv is an internet access web channel that includes streaming video via the internet for FREE!!

**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!



Calendar of Upcoming Training's

**Annual Board
25th Anniversary
Meeting
OCT. 14th
7:00 p.m.
Granite Rose,
Hampstead, NH
JOIN US!**

*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.

October trainings will be held at Region 8 Community Developmental Services, Portsmouth, NH

Overview of System and Developmental Disabilities
Bob James
October 13, 2004
No Charge
11:15 a.m. - 1:15 p.m.
Region 8 Community Developmental Services, Portsmouth, NH

Registration Deadline: 3/3/04

**TRICK
OR
TREAT**

Empowerment
Lynn Tonkin
October 13, 2004
No Charge
9:00 a.m. - 11:00 a.m.
Region 8 Community Developmental Services, Portsmouth, NH
Register by 10/6/2004

Rights
Sharon Richey
October 13, 2004
No Charge
1:45 p.m. - 4:15 p.m.
Region 8 Community Developmental Services, Portsmouth, NH
Register by 10/6/2004

December Training:
Understanding & Supporting Effective Behavior/Helping People Learn Useful Skills
Region 8 Community Developmental Services
Sharon Richey
December 8, 2004
No Charge, Register by: 12/01/04
9:00 a.m. - 2:00 p.m.

November Trainings:

November trainings will be held at Region 10 Community Support Services, Atkinson, NH

Quality of Life
Martha Bonneau
November 10, 2004
No Charge
9:00 a.m.-12:30 p.m.
Register by: 11/3/04

Health & Safety
Pat Turner
November 10, 2004
No Charge
1:00 p.m.—4:30 p.m.
Register by: 11/3/04

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

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

