



## Showing Their Mettle: NH Special Olympians Shine on National Stage

By Chris Dugan

Sports and friendship came full circle this past summer when local basketball player Andres Tourgee found himself on a New Hampshire team with former rivals. "Andres' unified team from ConVal Regional High School had played and lost a close playoff game to a team from Berlin earlier this year," recalls Andres' mom, Chris. "It turned out that two of the Berlin players wound up on the same (Special Olympics of New Hampshire-SONH) team as Andres for the national games and they have since become great friends."

The rivals turned friends and their teammates acquitted themselves well, bagging a bronze medal on the big stage. The team was among over



*Andres Tourgee - Power Forward*

40 athletes, coaches and volunteers from the Granite State who traveled to Seattle for the 2018 Special Olympics USA Games. In all, the

games drew more than 4,000 athletes and coaches representing 50 state Programs and the District of Columbia. The athletes were supported by tens of thousands of volunteers and competed in 14 Olympic-type team and individual sports.

Chris Tourgee said her son enjoys a range of sports with basketball, soccer and tennis among his favorites. He also works part-time at Rivermead, a senior living community in Peterborough. He became connected to SONH about a year ago. "It's been an amazing and happy experience for him and our family," Chris said on being part of SONH. "This is a wonderful organization."

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# From the Desk of Chris Dugan

## Welcome to the Fall edition of The New Hampshire Challenge.



*Christopher Dugan, Editor, The NH Challenge*

While the season marks the end of summer, it is also very much a new beginning, especially for kids of all ages going off the school. In connection with that theme, please see a great piece by Columnist Jeff Symes on page 4 on the student and teacher relationship. We'll also profile a local organization seeking to inform and educate families dealing with Marfan Syndrome, which affects one's connective tissue. Other features include a profile on Future In Sight (formerly known as The New Hampshire Association for the Blind) and news on NAMI-NH's fall walk fund-raiser. You will also learn about NH's Olympic heroes as we share the amazing

exploits of athletes competing in the national games for the Special Olympics of New Hampshire. You'll also read a feature on the role technology is playing to enhance the quality of life for those with disabilities. Finally, this edition includes insightful and informative pieces from our talented columnists.

The fall of 2018 also means that federal, state and local elections are in the forecast. As a non-partisan organization, The New Hampshire Challenge does not endorse specific candidates of any party. But what we do strongly support- is participation by those of voting age in the democratic process. As local and national elections have indicated, every vote does indeed count. And whether it's an election for your town council or select person or someone to represent our state in Washington, D.C., you become part of this vital process when you cast your vote.

As always, thank you for reading our newspaper. We welcome your comments, suggestions, ideas and points of view.

*Chris*

## The New Hampshire Challenge

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# Agency Spotlight: Future In Sight



Founded in 1912 as the New Hampshire Association for the Blind, now known as Future In Sight is an impactful non-profit dedicated to transforming the lives of those who are blind, visually impaired as well as their families.

The organization provides a range of services in education, rehabilitation, and social services to infants and toddlers, children (3-21,) adults, and seniors. The organization also partners with medical and eye professionals, health-care facilities, social service organizations, and state agencies, including the Department of Education and Department of Rehabilitation Services.

"We offer our clients a holistic continuum of care that includes counseling, group therapy, occupational therapy,

low vision therapy, vision rehabilitation therapy, orientation and mobility training, education services, and technology training," says David Morgan, CEO-Future In Sight. "We also work to educate the public about the advancements in medical care, therapies, treatments, and technology, which can improve life for the growing number of people with vision loss."

Morgan added that the agency uses a personalized approach through which programs and services are customized to meet clients' needs in the home, at work, at school and in the community. He noted that no one is denied services based on financial ability to pay.



The agency runs a number of special fundraisers throughout the year, including Dinner in the Dark, a unique sensory awareness experience takes guests on a journey of taste, sound, and touch - all in the dark. Created in Germany, "Dining in the Dark" is a one-of-a-kind concept that has been enjoyed by many people across Europe. Moving the concept to America in 2005, this type of event has been experienced by thousands of people wanting a glimpse into an unfamiliar world - the world of vision loss and blindness.



## Please consider advertising in The New Hampshire Challenge

The New Hampshire Challenge is a quarterly publication and has a current circulation of 8700 or more homes, schools and businesses. The Challenge reports on disability issues from a family perspective and audience consists of those in NH's disability community and other stakeholders. What better way to reach that community than by advertising in the Challenge?

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The event takes place on October 23rd at 6:00 p.m. at Rudi's restaurant in Portsmouth. For details please contact Future In Sight at (603) 224-4039.

Like many non-profits, Future In Sight relies upon dedicated and caring volunteers. "Our board and volunteers have an amazing impact upon our mission," Morgan said. "From providing leadership to helping out at special events, we can't thank them enough for all that they do."

To learn more about Future In Sight, please visit [www.futureinsight.org](http://www.futureinsight.org).

# Role Reversal: Teachers & Students

By Jeff Symes



Jeff Symes

What was the most important caregiving education you had? How did you learn what real care is and who showed you? It didn't have to occur in a training room or be graphed on a PowerPoint slide. Maybe it happened in a live experience, in the moment, and you only came to understand the lesson later when you had some time to reflect on it.

In the direct support world, the best instruction often comes from teachers who don't fit the traditional mold of a teacher. But if at core a teacher is someone who inspires you to look for answers to problems, who rewards a challenge met and motivates your efforts, then people with disabilities make some of the best teachers of their own caregivers. Estimates range from 40 million to as many as 65 million people in the U.S. are providing care for a family member, devoting an average of more than 20 hours a week to a wide range of care tasks from guardianship and advocacy at appointments and meetings to medication administration and tube feeding. In fact, there is growing awareness that many medical tasks once the province of trained doctors and nurses are now falling to families thrust into providing complex care with little preparation.

Lexi Gerkin is a 17-year old junior at the Monarch School, but she has as much to teach as she has to learn. When she was 12-years old, she was diagnosed with Cornelia de Lange Syndrome (CdLS) and a rare epilepsy syndrome known as PCDH 19. Her complex care needs put her parents, Audrey and Rob, through a crash course on seizure management among other support needs. And when her in-home pediatric nurse left the position, Audrey had to leave her job earlier this year to ensure the needed care was given.



Audrey has become used to providing a level of medical care for Lexi that she only half-jokingly says might have earned her an honorary nursing degree. But there have been more than just medical lessons that her daughter teaches her. "I've learned far more from Lexi than she's learned from me," she says. "She teaches patience and tolerance and how to fight for people in the right way. You learn to fight when you're desperate. When you have to succeed, there's no other choice."

A decade ago, Karen and Patrick Lyons had their own unexpected collision with a world of medical experts and specialists speaking their own language. Shortly after their son, Luke, was born, he was diagnosed

with CdLS, which is a rare genetic disorder that presents a range of physical, cognitive, and medical challenges. The couple were suddenly faced with an array of complex care needs and Karen admits she was overwhelmed. She remembers that, "We were just thrown into this new world of special needs and it seemed like everybody else knew everything and we didn't know anything."

Colliding with that world has its stresses but Karen stumbled on a release – she became a runner.

She had never run before and was winded after her first 10-minute jog around the block, but she stuck with it and found more than just stress relief. Soon, she came to understand that Luke was behind her efforts and, with his inspiration, she started to run to raise awareness of CdLS and raise money for the CdLS Foundation. In 2013, she chose the New York marathon to become a first-time marathoner at the age of 39. Five years later, she was the first woman from NH to earn the Abbott World Marathon Majors medal for completing all six marathons: Boston, Chicago, New York, London, Berlin, and Tokyo.

"When I started running I didn't think of myself as a runner," she

recalls. "I said, 'I'm just a tired mom trying to get a grip.' After the New York marathon, I realized that I did accomplish something significant and it was all because of Luke." But some journeys can't be measured in miles. For Alanna and Kurtis Lang and their two daughters, Sydnee and Rylee, Sydnee's experience with dyspraxia is a shared journey. Dyspraxia, also known as developmental coordination disorder (DCD), is a lifelong neurological disorder that affects the way the brain and body communicate. While 8-year old Sydnee strives to keep up with her sister, Alanna sees how Sydnee's efforts affect the whole family.

"Sydnee's journey impacts all of our lives in a multitude of ways," says Alanna. "It's a shared journey. I mean, we're a family unit living in the same household and we experience much of life together every day. There are hurdles and gifts that Sydnee's condition presents for all of us, as a family and individually, too. I know how it can have a negative impact but it can and does uplift all of us into being the best versions of ourselves." The journey may be difficult at times and rewarding at others, but how to become the best versions of ourselves is what good teachers teach.

*Jeff Symes works as a service coordinator in Consumer Directed Services at Gateways Community Services in Nashua. For more than ten years, he has been active in NH in a number of roles supporting people with disabilities, from direct support and advocacy to job development and service coordination. Before he found a calling in developmental services, he spent two decades as a freelance writer and photographer for newspapers and magazines throughout the country.*

# Assistive Technology: Improving access, enhancing quality of life

By Chris Dugan



In the not too distant past, being wheelchair bound meant one would be faced with many limitations, both in the home and community.

*“Lack of access can make the world smaller, But with improvements in technology and other innovations, there are new opportunities for those with disabilities.”*

said Jon Eriquezzo, Vice President of Innovation at the Crotched Mountain Foundation.

Eriquezzo, who wear two hats in the organization, also leading Crotched Mountain’s Assistive Technology Program (ATECH), shared that when a family in need sees how technology can help them, the experience can be transformative. “When you witness how a device or piece of equipment can open up someone’s life and make them feel more a part of society, it’s an amazing and gratifying experience,” he said.

The Merrimack resident has been with Crotched Mountain for 17 years and has led ATECH for the past two. In addition to providing a broad range of equipment backed by caring and experienced staff, ATECH also provides a Refurbished Equipment Marketplace (REM). “The cost of durable medical equipment and related devices can represent a barrier to those in need,” noted Eriquezzo. “Through this service (REM), we can offer people critical equipment at a fraction of the retail price.” He adds that rental equipment is also available.

In addition to being the largest provider of assistive technologies in the state, ATECH works to ensure that the equipment they provide meets the specific needs of patients. Eriquezzo says that the staff at ATECH views the patient and family in a “holistic way” and work to help individuals achieve their life goals using assistive technology at home, school, work, and play. “Our approach is 100% person-centered. We don’t just provide the equipment and an owner’s manual,” he said.

*“We work to build a plan designed to deliver the best possible outcome for the patient. Our ultimate goal is to do this the right way, the first time.”*

Once the program is designed, the staff at ATECH remain connected to the patient to ensure their needs are met going forward. Often, Eriquezzo says, this means training family members and caregiver on the use of the equipment.

“There’s a term known as ‘device abandonment,’” said Eriquezzo. “This is when a device or piece of equipment isn’t being used. This happens for a variety of reasons. We work diligently to avoid this.”

Other services provided by ATECH include support for Access and Independent Living, Augmentative and Alternative Communication (AAC), Wheelchair Seating and Mobility and Hearing (provided through a partnership with SERESC - Southeastern Regional Education Service Center). In the course of a year, ATECH serves about 2,000 people.

In addition to overseeing day-to-day operations, Eriquezzo meets with key stakeholders and other community partners on a regular basis, all with an eye toward moving the ball forward when it comes to disability causes in New Hampshire. “As is the case with many non-profits, collaboration and communication are key when it comes to better outcomes. Be it with elected officials, regulators, insurance

carriers or fellow agencies, this process is critical.” He went on to add that due to the state’s smaller size, successful collaborations are easier to establish.

Supporting family advocacy is also a key part of this puzzle, Eriquezzo says. “I refer this to as advocacy with a small a,” he stated. “We’re not necessarily lobbying for a particular bill or law, rather we’re informing and educating families about the legislative process and the role they can have in it. We also might be advocating for increased funding (state or federal) when it comes to programs and services.”

At the end of the day, despite the liberal use of the word ‘technology,’ Eriquezzo says that the team at ATECH approaches each day with a simple mantra. “Our approach is deeply personal and we seek to help individuals achieve their life goals using assistive technology at home, school, work, and play.”



Jon Eriquezzo

To learn more about ATECH and REM, please visit [www.crotchedmountain.org](http://www.crotchedmountain.org).

# The Questions Kids Ask

Kathy Bates



I have several jobs that I really like. I am a facilitator and member of the *Self-Advocacy Leadership Team (SALT)*. I also work for the *Institute on Disability at UNH* as part of a team that works on the Disability and Public Health Project. I also have a blog called "From Where I Sit" it's great that I can share my perspective on some big issues that effect everyone but especially people who have disabilities. All my work is centered around advocacy. I have a degree in elementary education, I worked as a special ed paraprofessional and a Kindergarten teacher in the school system working for twenty-five years. My first job before I was gainfully employed and could still be eligible for Medicaid was as a special ed kindergarten paraprofessional. I worked 3 hours a day for \$5 an hour. I loved that job and I was so proud to be employed. I volunteered for the rest of the school day. Because of programs like MEAD (*Medicaid for Employed Adults with Disabilities*) employment opportunities have improved for many adults with disabilities and my career path has changed. I don't have many opportunities to work with children anymore and I really miss it.

When I first moved to Somersworth, I worked in the after-school program, Somersworth youth connection or SYC. I live so close to the school, it worked out great because I could use my wheelchair to get back and forth independently. I use my power chair like it's a compact hybrid vehicle in the spring, summer, and fall. If I had a detachable snowplow and some chains on my tires I'd be running the roads in the winter too. But winter was just too challenging. So, this year I couldn't wait for the snow to melt and for spring to be here. Now I have started volunteering again a couple of days a week at the local elementary school helping kids with their homework.



My usual routine is to give the students a chance to ask me any questions that may be on their minds. That way any fears or apprehension they may have, melts away. The students also have a little bit of time to get used to my voice, I know it can be difficult to understand at first. It usually takes my voice like five or ten minutes to relax when I'm speaking to a group. In fact, the first thing I say to any group is "Please feel free to ask me to repeat if you don't understand me and I will be happy to". My voice is always the first

subject to come up with young kids, they say, "talk in your normal voice" and my response is "I am talking in my normal voice. Are you talking in your normal voice?" They say "yep" then I say, "great we're all set, I guess you'll just have to get used to it." Ok they say and then it's never brought up again. Another question little kids like to ask is "Do you have to sleep in that chair?" it usually comes after I have shown them how my chair can recline. I explain to them that I have ladies who come and help me put my pjs on and they put me in bed. They are all very much relieved saying things like "It's a cool chair but I'm glad you don't have to sleep in it."

how kids minds work and how direct and honest they are with me. Once all their questions are answered, I am just a teacher like any other adult in the school.

None of the questions the kids asked me were surprising, that was until I met the fourth graders. Their questions were different, the kind you might ask a potential friend to figure out what you have in common. The tweens asked me questions like what do you do when you're board? What is your favorite sport? What is your least favorite sport and why? and What is your favorite food? None of their questions had anything to do with disability at all! Maybe they were just trying to avoid being impolite but, curious kids don't usually worry about that too much. I just loved how they were able to relate to me in a very typical way. One of the first lines in my bio says, "Kathy can envision a future where disability is seen as just another form of diversity"

Maybe we are closer to that than I ever realized.

*For the past fifteen years Kathy has been a group leader for the Leadership Series through the Institute on Disability and has been an advisor for People First of New Hampshire. She is currently working with the Self Advocacy Leadership Team (SALT) as a Facilitator. Kathy is a well-known and respected advocate for people with disabilities in the areas of employment, person-centered planning, self-directed care, education, and disability rights. Five years ago, she started her own business; Wings and Wheels Consulting Services.*

*To learn more about Kathy's consulting services, please visit [www.wingsandwheelsconsulting.com](http://www.wingsandwheelsconsulting.com)*

# Understanding Marfan Syndrome:

## Local organization seeks to inform and educate community about disorder

By Chris Dugan



(Pictured left-right) Drew Jones, Rene Jones and Matt Jones

In the mid-1980s, Flora Jean “Flo” Hyman seemed bound for stardom. The 6’5” volleyball star had just led the U.S. volleyball team to a silver medal in the 1984 Summer Olympics. This following a successful college career at the University of Houston where her Cougars captured a pair of national championships with Hyman as its star player. Nicknamed “Clutch”, her serves were measured at 100 miles an hour. Following the Olympics, Hyman moved to Japan to play professional volleyball and to pursue a career as a model and actor. In the winter of 1986, she substituted out of a game, went to sidelines and collapsed. Despite the efforts of medical professionals, she died later that evening. She was just 31.

As they sought to understand what had struck down someone in their athletic prime, Hyman’s family questioned the initial reported cause of death—a heart attack. They requested an autopsy and learned that Hyman had a healthy heart, but that she had died from aortic dissection—caused by Marfan Syndrome. The dissection, described as a dime sized weak spot in Hyman’s aorta, caused a

rupture and led to her death. Had the condition been discovered earlier, it could have been treated with surgery, but Hyman’s athletic career may likely have been over as vigorous exercise is a significant cardiac risk factor for those diagnosed with Marfan.

While Hyman’s case is higher profile, Marfan is more common than one might think. According to the Marfan Foundation, one in 5,000 people has the condition and about three in four people inherit it from a parent. Marfan affects the body’s connective tissue and markers of the disorder are found in the heart, blood vessels, bones, joints and eyes. It also can cause an enlarged aorta, which can be life-threatening.

Rene Jones leads a local organization in New Hampshire which brings together connective tissue disorder families, caregivers, medical providers and other stakeholders. The New England Connective Tissue Disorder Support Group has an upcoming symposium and Rene took time out recently to talk to the New Hampshire Challenge about the support group and the symposium in September.

For Jones, the issue is personal as her son was diagnosed with Marfan syndrome at the age of 12. “When we were going through the diagnosis process, there was so much to learn and absorb, it was overwhelming,” she said. “You’re talking to specialists in cardiology, genetics, pulmonary, bone growth, endocrinology, orthopedics, optometry, while at the same time trying to get your head wrapped around everything that is happening.”

Fast-forward 14 years and Jones’ son is now 26-years-old and studying Psychology in college. She acknowledges that the road from then until now was not always a smooth one (her son has had multiple surgeries and procedures, including open heart surgery) but is now a thriving young adult and living a quality life. “As Marfan syndrome involves the connective tissues, many conditions can result,” Jones notes. “It typically impacts the heart, spine, and eyes; however, it also can cause havoc on your intestines and other organs. The good news is that research and technology have come a long way and the condition is now being diagnosed much earlier.

Often diagnosis occurs when kids get their first eye check-up or scoliosis screening. Unfortunately, the diagnosis 20 years ago was being made on the autopsy table. Treatments vary and range from coordinated care and management through yearly echocardiograms and taking beta blockers, to surgeries to repair or replace the aortic valve, spine surgery to repair scoliosis, thoracic surgery for pectus repair, and eye surgery for lens detachment. “Families that live in New England are very fortunate to have so many of the leading experts in Marfan syndrome, Loews-Dietz syndrome and Ehlers-Danlos syndrome in our own

backyard with teaching hospitals like Boston Children’s Hospital, Brigham and Women’s Hospital, Massachusetts General Hospital and Dartmouth Hitchcock Medical Center in Lebanon,” she said.



Drew Jones with his dog Zena.

Jones says that the upcoming symposium is aimed at families and medical professionals who deal with connective tissue disorders and will feature a broad range of news, information, research findings and treatments for the condition including therapeutic cannabis which was recently approved in New Hampshire two years ago.

Jones’ role as an advocate over the past 14 years centers on a simple theme: “We never want people to feel alone.” She said that families who are dealing with connective tissue disorders or invisible disorders can often feel isolated. “A key part of our role is to connect families to others dealing with the same issue. There is definitely strength in numbers. And there’s a lot to be learned from talking to other people in the same situation.”

To learn more about Marfan Syndrome, please visit the Marfan Foundation website, [www.marfan.org](http://www.marfan.org). To learn more about the annual symposium, please visit: [www.connectivetissuesymposium.org](http://www.connectivetissuesymposium.org)

# When an Acquired Disability Rocks the Family Boat

By Wendy E. N. Thomas, Executive Director of The New Hampshire Challenge



Wendy E. N. Thomas

it changes everything. This is a story of that very situation.

About 2 months ago my daughter started breaking out in full body hives. We went through the usual allergy investigative steps. We checked if any new soaps or lotions were being used, we wondered if maybe it was the pollen, or maybe it was something that she ate. But it was strange because her hives showed up at the strangest times and we couldn't connect to them anything. Her reaction kept coming and each time was more severe than the previous one. She began having trouble breathing with each episode – a very dangerous situation. It got to the point where she was put on strong allergy medications and she must now carry an inhaler and epi-pen everywhere she goes.

Our family has several members with Lyme Disease and in my research over the years I've learned a lot about tick borne illnesses. I remembered something about a tick that could make you "allergic to meat."

Sometimes we are born with disability and sometimes disability is thrust upon us. When that happens,

it changes everything. This is a story of that very situation.

Thank God those ticks aren't around here, I naively thought.

It turned out that the tick, called the Lone Star Tick, is most definitely in this area. I talked to our local vet and he said that he's been seeing Lone Star ticks in southern New Hampshire on dogs 6 years ago. If he saw them then, just think how many more are around now.

After hearing this information, I decided to remove red meat from my daughter's diet (people with this allergy can eat chicken, fish, and eggs, but no mammal meat.) Her hives seemed to get better until the day we cooked a piece of chicken on the grill that had been used for hamburgers. Her meal gave her a full allergic reaction within a few hours.

I took her to our doctor who ran some tests and told us that it certainly looked like a red meat allergy.

We avoided all red meat and made sure there was no cross-contamination with her food. One night I made a cheesy tomato tart for dinner (no meat, right?) You guess it – she had an anaphylactic reaction. Apparently, she is also now life-threateningly allergic to dairy (which stands to reason, milk comes from cows and cows are mammals.)

My daughter must continue taking daily medication, carry an epi-pen, and avoid

all red meat and dairy for the next year at which point she will be retested and there is a chance that the allergy might have gone away. But there's also the chance that this might be permanent. In the grand scheme of things, this isn't the worst situation, but just like any kind of disability, it will take constant planning, vigilance and changes to our family's behavior. We're going to a pot-luck dinner? She won't be able to eat any food that she doesn't know the full ingredient list, so we'll have to provide a vegan dish and make sure that utensils aren't shared. We're going to a restaurant? As meat is all cooked in the same place, there's too much risk of cross-contamination with her food – she'll get the salad minus any cheese and creamy dressing, thank you.

If she needs a vaccine, she'll even have to make sure that it doesn't have any bovine products in it.

Fortunately, there is a lot of good information on the vegan lifestyle. I've found great recipes online and I've picked up a few vegan cookbooks. We're lucky. But still, everyone in the house is going to have to adjust to a lifestyle that is a little different than what we've been used to. Of course, we're all willing to help another family member, but there is a little resentment. "Why do I have to give up meat just because she can't have it?"

Why can't things be the way there were?"

As far as disabilities go, this one is one of the lesser ones (but not to my daughter) however it's still an adjustment for everyone. Which is exactly what happens with an acquired disability. Your family could be running smoothly and then there's an accident, an illness, or a situation that kicks off a disability.

Everyone has to drop what they've always done and begin on a new course.

Everyone.

Because it's important to remember that acquired disabilities don't just happen to the individual, they also affect entire families and support systems and while, of course, we're willing to help and protect our loved ones, it does mean big changes for all.

*As The NH Challenge's Executive Director, Wendy has been involved in disability advocacy for years after some of her children needed Special Education assistance in the public schools. After having taken advocacy training through the Parent Information Center, Wendy served as a volunteer Special Education Advocate for many families in Southern New Hampshire. She is proud to be the Executive Director of The New Hampshire Challenge as she recognizes its value to disseminate important information about and for NH's disabled community*

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# Area Agencies for Developmental Services

## Region 1 North Country

### Northern Human Services

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## Region 3 Lakes Region

### Lakes Region Community Services

www.lrcs.org  
719 North Main St., Laconia, NH  
03247  
524-8811

### President & CEO:

Rebecca Bryant, 524-8811  
Rebecca.bryant@lrcs.org

### Family Support Council Chair:

Lynn Hilbrunner  
Lynn.hilbrunner@nhvh.nh.gov

### Executive Vice President – Individual and Family Services:

Shannon Kelly, 581-1502  
shannon.kelly@lrcs.org

### Vice President – Resource Coordination:

Robert Landry, 581-7994  
Robert.landry@lrcs.org

### Director – Family Resource & Autism

Centers of Central New Hampshire:  
Erin Pettengill, 581-1571  
erin.pettengill@lrcs.org

### Home Assist – Elder Services:

Darlene Bolduc, Coordinator,  
581-1516  
Darlene.bolduc@lrcs.org

### Family-to-Family Coordinator:

Kaitlin Levesque, 581-1558  
Kaitlin.levesque@lrcs.org

### Benefits Technician:

Lisa Richardson, 581-1513  
Lisa.richardson@lrcs.org

## Region 4 Capitol District

### Community Bridges

www.communitybridgesnh.org  
70 Pembroke Rd.,  
Concord, NH 03301  
225-4153

### Executive Director:

Richard Royse, 225-4153, x239  
rroyse@communitybridgesnh.org

### Family Support Council Chair:

Amy Girouard, urban12@comcast.net

### Director of Operations Individual & Family Supports:

Terri Warren, 225-4153 x269  
twarren@communitybridgesnh.org

### Family Centered Early Supports and Services:

Karen Lofgren  
klofgren@communitybridgesnh.org

### Director of Public Policy and Long Term Planning:

Sarah Aiken, 724-7039  
Saiken@communitybridgesnh.org

## Region 5 Monadnock Region

### Monadnock Developmental Services

121 Railroad St., Keene, NH 03431  
352-1304

### Executive Director:

Alan Greene, 352-1304,  
alan@mds-nh.org

### Family Support Council Co-Chairs:

Linda Phelps, lin29\_000@yahoo.com  
Steven Nelson, steven.nelso@tsa.dhs.gov

### Family Support Coordinator:

Lynn Yeiter, 352-1304,  
lynn@mds-nh.org

### Benefits Technician:

Piper Reason, 352-1304, piper@mds-nh.org

### Respite Coordinator:

Katie Sickles, Katie@mds-nh.org

## Region 6 Nashua

### Gateways Community Services

www.gatewayscs.org  
144 Canal St., Nashua, NH 03064  
882-6333

### President/CEO:

Sandra Pelletier, 882-6333  
spelletier@gatewayscs.org

### Family Support Council Chair:

Mike Poulin, 402-2703  
Mpoulin11@comcast.net

### Sr. Director of Child and Family Services:

Mindy Pond, 459-2745  
mpond@gatewayscs.org

### Director Early Supports and Services:

Nancy Lucci, 459-2773  
nlucci@gatewayscs.org

### Gateways Autism Center:

484-4135

### Intake for Under 3 Years:

Roxanne Bouchard, 459-2775  
rbouchard@gatewayscs.org

### Intake for 3 Years and Older:

Claudia Slaney, 459-2787  
cslaney@gatewayscs.org

## Region 7 Manchester

### Moore Center Services

www.moorecenter.org  
195 McGregor St., Unit 400  
Manchester, NH 03102

### President and CEO:

Paul Boynton, 206-2742  
paul.boynton@moorecenter.org

### Vice President of Individual & Family Services

Maureen Rose-Julian, 206-2726  
Maureen.rose-julian@moorecenter.org

### Regional Director, Family Centered Early

Supports and Services:  
Diane Bolduc, 206-2782  
Diane.bolduc@moorecenter.org

### Intake Coordinator, Family Support Services:

Lindsey Magee, 206-2879  
Lindsey.magee@moorecenter.org

### Intake Coordinator, Family Centered

Early Support and Services:  
Beth Warner, 206-2732  
Beth.warner@moorecenter.org

### Family Support Council Chair:

Pam McDonald, 471-0052  
Pmcdonald0@comcast.net

### Respite Coordinator, Family Support Services:

Aida Schneider, 206-2714  
Aida.schneider@moorecenter.org

## Region 8 Seacoast

### One Sky Community Services

www.oneskyservices.org  
755 Banfield Rd. Suite #3  
Portsmouth, NH 03801  
436-6611

### CEO/Executive Director:

Chris Muns, x103  
c.muns@oneskyservices.org

### Director of Service Coordination:

Karen McLaughlin, x135  
k.mclaughlin@oneskyservices.org

### Associate Director of Service Coordination/Vendor Service:

Alicia Sherwin, x128  
a.sherwin@oneskyservices.org

### Manager of Family Services:

Sheena Farmer, x138  
s.farmer@oneskyservices.org

### Intake/Resource Coordinator:

Misty Riley, x147  
m.riley@oneskyservices.org

### Manager, Rep Payee and Benefits Services:

Denise Larsen  
d.larsen@oneskyseervices.org

### Family Advocacy and Education

Audrey Gerkin, x155  
a.gerkin@oneskyservices.org

### Family Support Council Chair:

Ann Sanok, annsanok@comcast.net

## Region 9 Strafford County

### Community Partners

www.communitypartnersnh.org  
Forum Court, 113 Crosby Rd. Suite 1  
Dover, NH 03820  
516-9300

### Executive Director:

Brian Collins, 516-9300  
bcollins@communitypartnersnh.org

### Family Centered Early Supports and Services:

Suzanne Iverson, 516-9300  
siverson@communitypartnersnh.org

### Director of Family Support:

Deirdre Watson, 516-9300  
dwatson@communitypartnersnh.org

### In Home Supports:

Kristina Elliott, 516-9300  
kelliott@communitypartnersnh.org

### Respite Coordinator:

Emily Harring, 516-9300  
eharring@communitypartnersnh.org

### Transition Coordinator:

Nicolette Powers, 516-9300  
npowers@communitypartnersnh.org

### Director of Family Education and Advocacy:

Jackie Hookway, 516-9300  
jhookway@communitypartnersnh.org

### Family Support Council Chair:

Denice Albert, 516-9566  
dalbert@communitypartnersnh.org

### Partners in Health Coordinator:

Paula Fraser, 516-9300  
pfraser@communitypartnersnh.org

### Partners in Health Council Chair:

Loretta McGrail, 866-0146

## Region 10 Atkinson/Salem

### Community Crossroads

www.communitycrossroadsnh.org  
893-1299, Fax 893-5401  
8 Commerce Drive, Suite 801  
Atkinson, NH 03811

### President/CEO:

Dennis Powers, x315  
dpowers@communitycrossroadsnh.org

### Area Agency Director:

Cynthia Mahar, x341  
cmahar@communitycrossroadsnh.org

### Director of Community Services (including FS and Adult Services):

Kelly Judson, x331  
kjudson@communitycrossroadsnh.org

### Director of Community Partnerships:

Jennifer Bertrand, x358  
jbertrand@communitycrossroadsnh.org

### Partners in Health Family Service Coordinator:

Maura Pennisi, x359  
mpennisi@communitycrossroadsnh.org

### Respite Coordinator:

Anita Trudel, x334  
atrudel@communitycrossroadsnh.org

### Family Centered Early Supports and Services:

Tammy Dudal, x326  
tdudal@communitycrossroadsnh.org

### Benefits Coordinator:

Deanna Johnson, x323  
djohnson@communitycrossroadsnh.org

### Family Support Council Chair:

Laurie Giguere, 893-1299

# Where to Find Help—Statewide Resources

Readers: If you know of resources that are not listed here, please email me so I can add them to the list. To agencies: If your information has changed, please email the corrections to: duganchris230@gmail.com.

Information is Power is more than our motto, it is our mission to provide this to our readers.

## Ability Jobs

[www.abilityjobs.com](http://www.abilityjobs.com)

Ability Jobs is the Leading Website dedicated to employment of people with disabilities. Ability Jobs is the largest resume bank with tens of thousands of job seekers with disabilities, from entry level candidates to PhDs. The goal of Ability Jobs and Job Access is to enable people with disabilities to enhance their professional lives by providing a dedicated system for finding employment. By posting job opportunities, or searching resumes, employers can find qualified persons with disabilities as well as demonstrate their affirmative action and open door policies.

## ABLE-NH

### Advocates Building Lasting Equality in New Hampshire

[www.ablenh.org](http://www.ablenh.org)

ABLE NH is a grass roots organization dedicated to working toward equality and advocating for the civil rights of individuals and families with disabilities. Local Chapters throughout the State.

## APSE

[www.apse.org](http://www.apse.org)

Association of Persons in Supported Employment (APSE): Advancing Employment, Connecting People. APSE is the only national organization with an exclusive focus on integrated employment and career advancement opportunities. See also [www.nhddc.org](http://www.nhddc.org).

## NAMI-NH

### Alliance for the Mental Illness of NH

85 North State Street  
Concord, NH 03301  
603-225-5359

[info@naminh.org](mailto:info@naminh.org)

[www.naminh.org](http://www.naminh.org)

Statewide organization and affiliates offer information and support to people with serious mental illnesses and their parents, children, spouses, siblings and friends.

## The Arc National Office

1825 K Street NW, Suite 1200  
Washington, DC 20006

Phone: 202-534-3700 / 800-433-5255

Fax: 202-534-3731

Email: [info@thearc.org](mailto:info@thearc.org)

Facebook: [facebook.com/thearcus](https://www.facebook.com/thearcus)

Twitter: [twitter.com/thearcus](https://twitter.com/thearcus)

YouTube: [youtube.com/user/thearcoftheus](https://www.youtube.com/user/thearcoftheus)

## The Arc's Public Policy Office

Phone: 202-783-2229

Fax: 202-783-8250

Medicaid Reference Desk: The Arc of The

United States now has a new Medicaid Reference Desk which is intended to help individuals with Intellectual and Developmental Disabilities (I/DD) and their families as they navigate the complexities of Medicaid benefits, services and supports. Currently, there is no state chapter of The Arc in New Hampshire.

## Concord Regional Arc, Inc.

228-8279

PO Box 1173

Concord, 03302-1173

## Salem Arc

### SARC located at the Voter Center

893-9889

8 Centerville Drive

Salem, NH 03079

Elaine Lavin, Executive Director

Provides programs for Developmentally Disabled persons, conducts a public education campaign, assists with volunteer services, and provides counseling and information and referral services. Provides Classes in cooking, computers, etc.

## Brain Injury Association of New Hampshire

52 Pleasant Street

Concord, NH 03301

225-8400 or 1-800-773-8400

[mail@bianh.org](mailto:mail@bianh.org)

[www.bianh.org](http://www.bianh.org)

Statewide organization provides resource information to survivors of brain injury and their families.

## Bureau of Special Medical Services

271-4488

1-800-852-3345 x4488

Division of Public Health; broad range of health programs for diagnosis and treatment of children (0-20) who have physical disabilities, chronic illnesses or developmental delays.

## Bureau of Vocational Rehabilitation

271-3471 or 1-800-299-1647

Fax: 271-7095

[www.ed.state.nh.us](http://www.ed.state.nh.us)

Provides individualized guidance, counseling and placement services to eligible consumers; also provides family services around needs of individual.

## Child Development Center

653-6060

Assessment, diagnosis, follow-up; information and education.

## Council for Children and Adolescents with Chronic Health Conditions and their Families

105 Pleasant Street

Concord, NH 03301

Denise Brewitt

225-6400

1-800-852-3345 x4991

Fax: 271-5166

[ccachc@conversent.net](mailto:ccachc@conversent.net)

[www.ccachc.org](http://www.ccachc.org)

## Crotched Mountain ATECH Services

57 Regional Drive, Suite 7

Concord, NH 03301

603.226.2900

[www.cm-atech.org](http://www.cm-atech.org)

As the largest and most comprehensive provider of assistive technology services in NH, Crotched Mountain ATECH Services offers creative options and professional expertise to address mobility, communication and accessibility needs.

## Crotched Mountain REM (Refurbished Equipment Marketplace)

57 Regional Drive, Suite 7

Concord, NH 03301

603.226.2900

[sales@atechservices.org](mailto:sales@atechservices.org)

[www.shopREM.com](http://www.shopREM.com)

Sale of quality refurbished equipment at affordable prices. Inventory on website and at our showroom in Concord.

## Crotched Mountain Ready, Set, Connect!

57 Regional Drive, Suite 7

Concord, NH 03301

340 Granite Street, Unit 3

Manchester, NH 03102

603.226.2900

[www.cmf.org/aba](http://www.cmf.org/aba)

Young children with autism can improve social, communication, daily living and motor skills through Crotched Mountain's Ready, Set, Connect! — an intensive site-based Applied Behavior Analysis treatment

program led by Board Certified Behavior Analysts.

## Crotched Mountain Accessible Recreation and Sports

1 Verney Drive

Greenfield, NH 03047

603.547.3311

[cmars@crotchedmountain.org](mailto:cmars@crotchedmountain.org)

[www.cm-cmars.org](http://www.cm-cmars.org)

CMARS brings people of all abilities together with family and friends to enjoy sporting activities. Certified recreational therapists and volunteers provide needed support, equipment modification and expert instruction.

## Department of Education Bureau of Special Education

101 Pleasant Street

Concord, NH 03301

603-271-3494

Fax: 271-1953

[www.ed.state.nh.us](http://www.ed.state.nh.us)

Information and advocacy. Responsible for ensuring that school districts provide a free and appropriate education to all educationally handicapped students.

## NH Department of Education Public Information Office

Lori Temple

(603) 271-6646

Email: [Lori.Temple@doe.nh.gov](mailto:Lori.Temple@doe.nh.gov)

"If children cannot learn the way we teach, maybe we should teach the way they learn."

## Department of Health & Human Services

[dhhs.state.nh.us](http://dhhs.state.nh.us)

This website is for the entire array of services that are provided by State government. One program is SMS, Special Medical Services, the NH Title V Program for Children with Special Health Care Needs is just one of the programs offered by the Bureau of Developmental Services. SMS offers a broad array of diagnostic, treatment and coordination services for children birth to 21 with chronic illness, physical disabilities or developmental delays. Programs are Nutrition, Feeding and Swallowing, Care Coordination, Child Development evaluation and Neuromotor Disabilities clinics and access to Family Support and Resource programs. Call Nurse on Call to get more information.

## Direct Connect

DD<https://directconnect.unh.edu>

A grant from the Department of Labor to provide training opportunities for Direct Support Professionals to anyone who would need someone to assist them, especially anyone with a disability and/or elderly. DirectConnect will address the growing direct care workforce shortage in New Hampshire by providing recruitment, training and retention opportunities aimed at creating a sustainable workforce.

## Disability is Natural

[www.disabilityisnatural.com](http://www.disabilityisnatural.com)

Kathie Snow's email [kathie@disability-isnatural.com](mailto:kathie@disability-isnatural.com)

[cscend.com](http://cscend.com). Kathie Snow is best known for her website and eNewsletter, Disability is Natural. She is a marvelous resource for parents and professionals as well as policy makers.

## Disability Rights Center – NH

64 N Main Street, Suite 2, 3rd Flr

Concord, NH 03301-4913

603-228-0432

1-800-834-1721

Fax: 225-2077

[advocacy@drcnh.org](mailto:advocacy@drcnh.org)

Provides legal services and other advocacy assistance to persons with disabilities; information/referral and publishes the Rap Sheet @[www.drcnh.org/rapsheet.htm](http://www.drcnh.org/rapsheet.htm).

## Dreamcatchers NH

1087 Elm Street, Suite 257

Manchester, NH 03101

[Info@dreamcatchersnh.org](mailto:Info@dreamcatchersnh.org)

## Early Education and Intervention Network of NH

10 Ferry St. #416

Concord, NH 03301

603-228-2040

[eeinnh@earthlink.net](mailto:eeinnh@earthlink.net)

[www.eeinnh.org](http://www.eeinnh.org)

Information/referral; early intervention and pre-school programs for children with Developmental Disabilities or at risk for developmental delay.

## [www.family-friendly-fun.com/disabilities/coping-stress.htm](http://www.family-friendly-fun.com/disabilities/coping-stress.htm)

This website offers parents information on coping strategies and parent groups along with interactive sections where parents can ask questions and get the thoughts & support of other parents. It also has several Guides that can be downloaded.

# Where to Find Help—Statewide Resources

## Enable Mart

www.enablemart.com  
Assistive technology devices can help make the lives of all individuals easier. EnableMart is the worldwide leader in assistive technology distribution.

## Governor's Commission on Disability

121 S. Fruit St., Suite 101A  
Concord, NH 03301  
271-2773 (Voice),  
271-2774 (TTY)  
1-800-852-3405 (Voice)  
Fax: 271-2837  
www.state.nh.us/disability  
email: disability@nh.gov.  
The New Hampshire Governor's Commission on Disability (GCD) is proud to be the New Hampshire State Affiliate for the DBTAC New England ADA Center. The Center is the leader in providing information, guidance and training on the Americans with Disabilities Act, tailored to meet the needs of business, government and individuals at local, regional and national levels. Contact us or call 1-800-949-4232 about your rights and responsibilities under the ADA.

The Commission's goal is to remove the barriers, architectural, attitudinal or programmatic, which bar persons with disabilities from participating in the mainstream of society. GCD is committed to ensuring that our web site is accessible to everyone and provides information about the many services, laws, and regulations that affect citizens with disabilities, Implementing and operating the federally funded Client Assistant Program designed to work out problems that may arise between persons with disabilities and the Division of Vocational Rehabilitation.

## Granite State Independent Living (GSIL)

603-228-9680 (V/TTY)  
1-800-826-3700 (V/TTY)  
www.gsil.org  
Information and referral, peer support and counseling, skills training, advocacy, interpreter and personal care attendant services, transportation, social and recreational programs and accessibility services.

## The Homemakers Health Services

www.thehomemakers.org  
603-335-1770  
1-800-660-1770  
A full service, charitable health care agency which provides compassionate, professional, comprehensive and visiting nursing service.

## Institute on Disability/UCED

(Concord office)  
Phone: 603-228-2084  
Fax: 603-228-3270  
(Durham office)  
Phone: 603-862-4320  
Fax: 603-862-0555  
www.iod.unh.edu  
Training, technical assistance and resources with the goal of improving the quality of life and level of participation of people with disabilities in schools, the community and the workplace.

## Medical Genetics

Dartmouth-Hitchcock Medical Center  
603-653-6044  
Genetic testing and counseling, information and referral. The National Clearinghouse on the Direct Care Workforce  
www.directcareclearinghouse.org/i\_workerassist.jsp  
The National Clearinghouse on the Direct Care Workforce collects, analyzes, and disseminates information concerning the health care paraprofessional workforce. In New Hampshire you can find more information at www.nhddc.org.  
See also www.nadsp.org.

## New Hampshire Council on Developmental Disabilities

2.5 Beacon Street  
Concord NH 03301  
Phone: 603-271-3236  
1-800-852-3345, x3236  
www.NHCDD.org  
Monitors services; promotes policy; advocacy.

## NH Family Ties

Ashlee Fye, M.Ed  
NH Family Ties Statewide Coordinator  
P2PUSA Alliance Member of NH Community Bridges  
70 Pembroke Road  
Concord NH 03301  
(603) 226-3212 x241  
1-800-499-4153 x241  
afye@communitybridgesnh.org  
www.nhfamilyties.org  
Specializes in networking families of children who have a special health care need, disability or mental health issue; support and information.

## NH Family Voices, Family to Family Health Information Center

271-4525  
(800) 852-3345 x4525  
nhfamilyvoices@nhfv.org  
www.nhfv.org  
Assists families in finding their way through the maze of services by

providing information and emotional support, identifying resources available within the community, and making available a lending library of books, videos and audio tapes; distributes free newsletter, Pass It On.

## NH Family Voices Lending Library

The Lending Library provides information and resources free of charge (upon request) to residents of NH including families, caregivers, educators and other professionals seeking information, referrals or resources on topics relating to children of all ages. The Lending Library maintains a user-friendly website with access to 1) the Online Lending Library Collection containing over 5,000 books, videos, dvds, etc. Patrons can easily request items using the convenient Online Request Form. Requested materials are then delivered to the individual's Local Public Library. 2) a Statewide Directory of NH specific programs and services connecting families, caregivers and professionals; as well as a 3) Statewide Listing of workshops and events for families and professionals.

## Future in Sight

603-224-4039  
(800) 464-3075  
services@futureinsight.org  
www.futureinsight.org  
Provides information, education, advocacy, referral services and rehabilitation to children and adults who are blind or visually impaired to enable them to maintain their independence.

## Northeast Passage

UNH/Recreation  
862-0070  
northeastpassage@unh.edu  
www.nepassage.org  
Provides (for a fee) equipment and expertise to individuals, schools and companies to ensure access to educational outings and recreational activities.

## Office of Public Guardian

603-224-8041  
Provides legal guardianship services for people with Developmental Disabilities and mental illnesses.

## Parent Information Center

54 Old Suncook Road  
Concord, NH 03301  
224-7005  
www.nhspecialied.org  
Information, support and training around educational issues and advocacy.

## People First of NH

Janet Hunt  
4 Park Street, Suite 304B  
Concord, NH 03301  
603-568-2128  
www.peoplefirstofnh.org  
www.institutionsclosethem.org  
www.linkedin.com/in/janetehunt  
Self-advocacy group of people "working together to help each other take charge of our lives"; help team available for new or existing groups; 24-hour answering service.

## Seacoast Child Development Clinic at UNH

603-862-0561 (Voice/TDD)  
603-862-0034 (fax)  
www.seacoastclinic.unh.edu  
An interdisciplinary clinical consultation service, assisting families of children with Developmental Disabilities by using a team approach. Evaluation may include home and/or school visit, depending on needs of child and family. The program is affiliated with Dartmouth Center for Genetics and Child Development and the Institute on Disability, UNH.

## seriweb.com

This site offers Internet accessible information resources of interest to those involved in the fields related to Special Education. This collection exists in order to make on-line Special Education resources more easily and readily available in one location. This site will continually modify, update, and add additional informative links.

## Service Link

1-866-634-9412  
ServiceLink Resource Centers are the places in your community to get answers about healthcare and other services for older adults, persons with disabilities and family caregivers.

## Special Olympics NH

603-624-1250  
1-800-639-2608  
Fax: 624-4911  
www.sonh.org  
Provides sports opportunities for athletes with Developmental Disabilities.

## "Talking Books"

(NH Bureau of Services to Persons with Disabilities)  
271-3429 or 1-800-491-4200  
www.nh.gov/nhsl/talking\_books  
FREE service for people with visual, physical, and reading disabilities. Supplies (by mail) cassette books and records and equipment needed to use them. Fiction, non-fiction and popular magazines available.

## TECH-LAB

117 Pleasant Street  
Dolloff Bldg.  
Concord, NH 03301  
603-226-2900  
mpeabody@nhaat.mv.com  
Hands-on technology exploration; loans of assistive technology; training; technical support.

## The Laura Foundation

1014 Eaton Road  
Madison, NH 03849

laurafoundation@gmail.com.

## Tri-County CAP, Inc./ Guardianship Services

www.gsgs.org  
Whitefield Office:  
34 Jefferson Road  
Whitefield, NH 03598-1221  
Phone: (603) 837-9561  
Fax: (603) 837-2613  
Concord Office:  
18 Low Avenue  
Concord, NH 03301-4902  
Phone: (603) 224-0805  
Fax: (603) 229-1758  
A private, non-profit agency providing guardianship, protective and fiduciary services to persons with disabilities in New Hampshire. Provides legal conservatorship services, court appointed Special Needs Trustee, Representative Payee, Federal Fiduciary, and we provide consulting services to family guardians, etc. Our scope of clients also include individuals with TBI, PTSD, and elderly dementia.

## UNH Institute on Disability

10 West Edge Drive  
Suite 101  
Durham, NH 03824  
phone: 603.862.4320  
relay: 711  
fax: 603.862.0555  
iod.unh.edu

## Vision and Hearing Support Services at PIC

224-7005 ext. 112  
VSA arts of New Hampshire  
228-4330  
info@vsaartsnh.org  
www.vsarts.org  
Provides opportunities in the arts for people with disabilities and technical assistance for programmatic and cultural access.

# Additional Resources

## [www.211nh.org](http://www.211nh.org)

An initiative of Granite United Way. Call 2-1-1 and talk to a trained information and referral specialist with information on all the health and human services available to NH citizens.

## [aapd.com](http://aapd.com)

American Association of People with Disabilities is the country's largest cross-disability membership organization, organizes the disability community to be a powerful voice for change—politically, economically, and socially.

## [www.ablenh.org](http://www.ablenh.org)

Advocates Building Lasting Equality in New Hampshire is a new grassroots advocacy organization for families & professionals concerned with achieving inclusive natural supports for children and adults with disabilities in New Hampshire.

## [www.access-able.com](http://www.access-able.com)

Access-Able Travel Resource providing access information and resources to the mature and travelers with disabilities.

## [www.ada.gov](http://www.ada.gov)

American Disability Association provides access to Americans with Disabilities Act regulations for businesses and State and local governments, and technical assistance.

## [www.albinism.org](http://www.albinism.org)

The National Organization for Albinism and Hypopigmentation is an organization where people with albinism, their families and those that work with them can get information, ask questions and share their experiences.

## [www.autismnow.org](http://www.autismnow.org)

The Autism NOW Center is the nation's source for resources and information on community-based solutions for individuals with autism, other Developmental Disabilities.

## [www.autism-society.org](http://www.autism-society.org)

[asanet@autism-society.org](mailto:asanet@autism-society.org)  
The Autism Society, the nation's leading grassroots autism organization, exists to improve the lives of all affected by autism. Founded in 1965 by Dr. Bernard Rimland, Dr. Ruth Sullivan and many other parents of children with autism, the Autism Society is the leading source of trusted and reliable information about autism.

## [www.benefitscheckup.org](http://www.benefitscheckup.org)

A nonprofit initiative led by the National Council on Aging which features a database of roughly 1,000 federal and state programs for the elderly and people with disabilities.

## [www.csni.org](http://www.csni.org)

Community Support Network, Inc. is a not for profit organization that works in support of the 10 Area Agencies throughout the state of New Hampshire that provide services to individuals with Developmental Disabilities and acquired brain injury and their families disabilities.

## [www.congress.org](http://www.congress.org)

Information on daily happening in Washington D.C.

## [www.dhhs.nh.gov/dcbcs/bds/qualitycouncil/index.htm](http://www.dhhs.nh.gov/dcbcs/bds/qualitycouncil/index.htm)

The Developmental Services Quality Council was established to NH Department of Health and Human Services

## [www.dot.gov/accessibility](http://www.dot.gov/accessibility)

The US Department of Transportation's site for information about air travel for people with disabilities.

## [www.Benefits.Gov](http://www.Benefits.Gov)

The official benefits website of the U.S. government Informs citizens of benefits they may be eligible for Provides information on how to apply for assistance.

## [www.disabilitycoop.com](http://www.disabilitycoop.com)

The national Developmental Disability news site covering Autism, Cerebral Palsy, Down syndrome, Intellectual Disability and more.

## [www.dredf.org](http://www.dredf.org)

Disability Rights Education and Defense Fund, founded in 1979 by people with disabilities and parents of children with disabilities, is a national law and policy center.

## [www.emerginghorizons.com](http://www.emerginghorizons.com)

Consumer oriented magazine about accessible travel. Available in print and on-line.

## [www.easterseals.com](http://www.easterseals.com)

[www.cms.hhs.gov](http://www.cms.hhs.gov)  
Information from the U.S. Centers on Medicare and Medicaid (formerly the U.S. Health Care Financing Administration).

## [www.crotchedmountain.org](http://www.crotchedmountain.org)

Crotched Mountain is a charitable organization employing more than 900 people, whose mission is to serve individuals with disabilities and their families, embracing personal choice and development, and building communities of mutual support. More information & resources on the website.

## [www.dhhs.state.nh.us](http://www.dhhs.state.nh.us)

NH Department of Health and Human Services web site. Information on benefits programs.

## [www.hhs.gov/newfreedom](http://www.hhs.gov/newfreedom)

US Department of Health and Human Services' New Freedom Initiative.

## [www.nh.gov/disability](http://www.nh.gov/disability)

The Governor's Commission's goal is to remove the barriers, architectural or attitudinal, which bar persons with disabilities from participating in the mainstream of society.

## [www.inclusionresearch.org](http://www.inclusionresearch.org)

Inclusion Research Institute—a nonprofit organization whose activities include education, research and dissemination of information promoting inclusion.

## [www.nhspinal.org](http://www.nhspinal.org)

NH Chapter of the National Spinal Cord Injury Association.

## [www.nod.org](http://www.nod.org)

National Organization on Disability

## [www.nhspecial.org](http://www.nhspecial.org)

Parent Information Center (PIC), is a statewide parent center for families of children with disabilities.

## [www.sath.org](http://www.sath.org)

Society for Accessible Travel & Hospitality

## [www.silcnh.org](http://www.silcnh.org)

Information and Resource Newsletter New Hampshire Statewide Independent Living Council (SILC) is updated monthly with a host of resources from A to V under resources that can be sent by email, just hit subscribe or send to: NH Statewide Independent Living Council c/o Governor's Commission on Disability

## [www.skimhs.org](http://www.skimhs.org)

Maine Handicapped Skiing—offers year-round recreation for people with physical disabilities free of charge.

## [www.socialsecurity.gov](http://www.socialsecurity.gov)

Information on Supplemental Security Income (SSI), disability and related benefits.

## [www.yourtickettowork.com](http://www.yourtickettowork.com)

Information on the Social Security Ticket to Work program.

## [www.family-friendly-fun.com/disabilities/coping-stress.htm](http://www.family-friendly-fun.com/disabilities/coping-stress.htm)

This website offers parents information on coping strategies and parent groups along with interactive sections where

parents can ask questions and get the thoughts & support of other parents. It also has several Guides that can be down loaded.

## [Enable Mart](http://www.enablemart.com)

[www.enablemart.com](http://www.enablemart.com)  
Assistive technology devices can help make the lives of all individuals easier. EnableMart is the worldwide leader in assistive technology distribution.

## [Governor's Commission on Disability](http://www.governorcommissionondisability.com)

121 S. Fruit St., Suite 101A  
Concord, NH 03301  
271-2773 (Voice),  
271-2774 (TTY)  
1-800-852-3405 (Voice)  
Fax: 271-2837  
[www.state.nh.us/disability](http://www.state.nh.us/disability)  
email: [disability@nh.gov](mailto:disability@nh.gov)  
The New Hampshire Governor's Commission on Disability (GCD) is proud to be the New Hampshire State Affiliate for the DBTAC New England ADA Center. The Center is the leader in providing information, guidance and training on the Americans with Disabilities Act, tailored to meet the needs of business, government and individuals at local, regional and national levels. Contact us or call 1-800-949-4232 about your rights and responsibilities under the ADA. The Commission's goal is to remove the barriers, architectural, attitudinal or programmatic, which bar persons with disabilities from participating in the mainstream of society. GCD is committed to ensuring that our web site is accessible to everyone and provides information about the many services, laws, and regulations that affect citizens with disabilities, implementing and operating the federally funded Client Assistant Program designed to work out problems that may arise between persons with disabilities and the Division of Vocational Rehabilitation.

## Publications of Interest

### [Ability Magazine](http://www.abilitymagazine.com) FREE

Provides information on New Technologies, the "Americans with Disability Act", Travel and Leisure, Employment Opportunities for People with Disabilities, Human Interest Stories, National and Local Resource Centers and more. [www.abilitymagazine.com](http://www.abilitymagazine.com)

### [Dialogue Magazine](http://www.blindskills.com) FREE

Blindskills, Inc. is a non profit corporation, based in Salem, Oregon, that publishes Dialogue, a magazine written specifically for persons who are blind or are experiencing sight loss. [www.blindskills.com](http://www.blindskills.com)

### [Disabled Peoples' International](http://www.dpi.org) FREE

Disability magazine supported by Disabled Peoples' International. [www.dpi.org](http://www.dpi.org)

### [Disability Solutions](http://www.disabilitysolutions.org) FREE

A resource for families and others interested in Down syndrome and related disabilities. Published six times a year. For information on subscriptions, call 503-244-7662.

[www.disabilitysolutions.org](http://www.disabilitysolutions.org)  
[subscription@disabilitysolutions.org](mailto:subscription@disabilitysolutions.org)

### [Exceptional Parent Magazine](http://www.EParent.com)

Paid subscription, \$39.95 a year (201) 489-4111 or 1-877-372-7368  
Feature articles; extensive listing of national organizations for specific disabilities/conditions. [www.EParent.com](http://www.EParent.com)

### [Headway](http://www.bianh.org)

A quarterly newsletter provided by the Brain Injury Association of New Hampshire, giving out up-to-date information on brain injury, services and programs, and survivor stories. You may find current issues and information on our website at [BIANH.org](http://BIANH.org).

### [New Developments](http://www.devdelay.org) FREE

(301) 652-2263  
While membership is free, we encourage a donation. Published quarterly by Developmental Delay Resources, resource network integrating conventional and holistic approaches for parents and professionals. [devdelay@mindspring.com](mailto:devdelay@mindspring.com)  
[www.devdelay.org](http://www.devdelay.org)

### [Parents Make the Difference](http://www.nhparentsmakethedifference.org)

FREE  
For Parents of Children Age 3–26 A publication of the Parent Information Center © 2010 The Parent Information Center of NH Parent Involvement is the "hidden in plain sight solution."  
[www.nhparentsmakethedifference.org](http://www.nhparentsmakethedifference.org)

### [Pass It On](http://www.nhfv.org) FREE

New Hampshire Family Voices  
800-852-3345 x4525  
Family to Family Health Information & Education Center. Supporting families having children with special healthcare needs and disabilities. Resources and information for families with special health care needs; quarterly. [nhfv@yahoo.com](mailto:nhfv@yahoo.com)  
[www.nhfv.org](http://www.nhfv.org)

### [Ragged Edge](http://www.raggededgemagazine.com) FREE

Fax: (502) 899-9562  
Magazine written by and for people with disabilities with information on issues pertinent to the disability movement; bi-monthly circulation@[raggededgemagazine.com](mailto:raggededgemagazine.com)  
[www.raggededgemagazine.com](http://www.raggededgemagazine.com)

### [NH Rap Sheet](http://www.nhddc.org/publications.html)

A collaborative newsletter of the NH Council on Developmental Disabilities, the Disabilities Rights Center of NH, and UNH the Institute on Disability. [www.nhddc.org/publications.html](http://www.nhddc.org/publications.html)

### [Stepping Stones NH](http://www.steppingstonesnh.com) FREE

[www.steppingstonesnh.com](http://www.steppingstonesnh.com)  
A guidebook for people with disabilities, their families and the professionals who support them. A specialty publication of Parenting New Hampshire sponsored by the NH Council on Developmental Disabilities.

# Additional Resources

## Granite State Independent Living (GSIL)

603-228-9680 (V/TTY)  
1-800-826-3700 (V/TTY)

www.gsil.org  
Information and referral, peer support and counseling, skills training, advocacy, interpreter and personal care attendant services, transportation, social and recreational programs and accessibility services.

## The Homemakers Health Services

www.thehomemakers.org  
603-335-1770  
1-800-660-1770

A full service, charitable health care agency which provides compassionate, professional, comprehensive and visiting nursing service.

## Institute on Disability/UCED

(Concord office)  
Phone: 603-228-2084  
Fax: 603-228-3270  
(Durham office)  
Phone: 603-862-4320  
Fax: 603-862-0555  
www.iod.unh.edu

Training, technical assistance and resources with the goal of improving the quality of life and level of participation of people with disabilities in schools, the community and the workplace.

## Medical Genetics

Dartmouth-Hitchcock Medical Center  
603-653-6044

Genetic testing and counseling, information and referral. The National Clearinghouse on the Direct Care Workforce  
www.directcareclearinghouse.org/i\_workerassoclist.jsp

The National Clearinghouse on the Direct Care Workforce collects, analyzes, and disseminates information concerning the health care paraprofessional workforce. In New Hampshire you can find more information at www.nhdcc.org. See also www.nadsp.org.

## New Hampshire Council on Developmental Disabilities

2.5 Beacon Street  
Concord NH 03301  
Phone: 603-271-3236  
1-800-852-3345, x3236

www.NHCDD.org  
Monitors services; promotes policy; advocacy.

## NH Family Ties

Ashlee Fye, MEd  
NH Family Ties Statewide Coordinator  
P2PUSA Alliance Member of NH  
Community Bridges  
70 Pembroke Road  
Concord NH 03301  
(603) 226-3212 x241  
1-800-499-4153 x241  
afye@communitybridgesnh.org  
www.nhfamilyties.org  
Specializes in networking families of children who have a special health care need, disability or mental health issue; support and information.

## NH Family Voices, Family to Family Health Information Center

271-4525  
(800) 852-3345 x4525  
nhfamilyvoices@nhfv.org  
www.nhfv.org  
Assists families in finding their way through the maze of services by providing information and emotional support, identifying resources available within the community, and making available a lending library of books, videos and audio tapes; distributes free newsletter, Pass It On.

## NH Family Voices Lending Library

The Lending Library provides information and resources free of charge (upon request) to residents of NH including families, caregivers, educators and other professionals seeking information, referrals or resources on topics relating to children of all ages. The Lending Library maintains a user-friendly website with access to 1) the Online Lending Library Collection containing over 5,000 books, videos, dvds, etc. Patrons can easily request items using the convenient Online Request Form. Requested materials are then delivered to the individual's Local Public Library. 2) a Statewide Directory of NH specific programs and services connecting families, caregivers and

professionals; as well as a 3) Statewide Listing of workshops and events for families and professionals.

## Future in Sight

603-224-4039  
(800) 464-3075  
services@futureinsight.org  
www.futureinsight.org  
Provides information, education, advocacy, referral services and rehabilitation to children and adults who are blind or visually impaired to enable them to maintain their independence.

## Northeast Passage

UNH/Recreation  
862-0070  
northeastpassage@unh.edu  
www.nepassage.org  
Provides (for a fee) equipment and expertise to individuals, schools and companies to ensure access to educational outings and recreational activities.

## Office of Public Guardian

603-224-8041  
Provides legal guardianship services for people with Developmental Disabilities and mental illnesses.

## Parent Information Center

54 Old Suncook Road  
Concord, NH 03301  
224-7005  
www.nhspecialied.org  
Information, support and training around educational issues and advocacy.

## People First of NH

Janet Hunt  
4 Park Street, Suite 304B  
Concord, NH 03301  
603-568-2128  
www.peoplefirstofnh.org  
www.institutionsclosethem.org  
www.linkedin.com/in/janetehunt  
Self-advocacy group of people "working together to help each other take charge of our lives"; help team available for new or existing groups; 24-hour answering service.

## Seacoast Child Development Clinic at UNH

603-862-0561 (Voice/TDD)  
603-862-0034 (fax)  
www.seacoastclinic.unh.edu

An interdisciplinary clinical consultation service, assisting families of children with Developmental Disabilities by using a team approach. Evaluation may include home and/or school visit, depending on needs of child and family. The program is affiliated with Dartmouth Center for Genetics and Child Development and the Institute on Disability, UNH.

## seriweb.com

This site offers Internet accessible information resources of interest to those involved in the fields related to Special Education. This collection exists in order to make on-line Special Education resources more easily and readily available in one location. This site will continually modify, update, and add additional informative links.

## Service Link

1-866-634-9412  
ServiceLink Resource Centers are the places in your community to get answers about healthcare and other services for older adults, persons with disabilities and family caregivers.

## Special Olympics NH

603-624-1250  
1-800-639-2608  
Fax: 624-4911  
www.sonh.org  
Provides sports opportunities for athletes with Developmental Disabilities.

## "Talking Books"

(NH Bureau of Services to Persons with Disabilities)  
271-3429 or 1-800-491-4200  
www.nh.gov/nhsl/talking\_books  
FREE service for people with visual, physical, and reading disabilities. Supplies (by mail) cassette books and records and equipment needed to use them. Fiction, non-fiction and popular magazines available.

## TECH-LAB

117 Pleasant Street  
Dolloff Bldg., Concord, NH 03301  
603-226-2900  
mpeabody@nhaat.mv.com  
Hands-on technology exploration; loans of assistive technology; training; technical support.

## Tri-County CAP, Inc./ Guardianship Services

www.gsgs.org  
Whitefield Office:  
34 Jefferson Road  
Whitefield, NH 03598-1221  
Phone: (603) 837-9561  
Fax: (603) 837-2613  
Concord Office:  
18 Low Avenue  
Concord, NH 03301-4902  
Phone: (603) 224-0805  
Fax: (603) 229-1758  
A private, non-profit agency providing guardianship, protective and fiduciary services to persons with disabilities in New Hampshire. Provides legal conservatorship services, court appointed Special Needs Trustee, Representative Payee, Federal Fiduciary, and we provide consulting services to family guardians, etc. Our scope of clients also include individuals with TBI, PTSD, and elderly dementia.

## UNH Institute on Disability

10 West Edge Drive  
Suite 101  
Durham, NH 03824  
phone: 603.862.4320  
relay: 711  
fax: 603.862.0555  
iod.unh.edu

## Vision and Hearing Support Services at PIC

224-7005 ext. 112  
VSA arts of New Hampshire  
228-4330  
info@vsartsnh.org  
www.vsarts.org  
Provides opportunities in the arts for people with disabilities and technical assistance for programmatic and cultural access.

# Mental Health Centers

## Region I Northern NH Mental Health and Developmental Services

Main Office: 447-3347  
Berlin: 752-7404  
Conway: 447-2111  
Colebrook: 237-4955  
Littleton: 444-5358  
Wolfeboro: 569-1882

## Region II West Central Community Mental Health Services

Main Office: 448-0126  
Claremont: 542-2578, 542-5449

## Region III Genesis Behavioral Health

Main Office: 524-1100  
Plymouth: 536-1128

## Region IV Riverbend Community Mental Health Center

Main Office: 228-1600  
Franklin: 934-3400

## Region V Monadnock Family Services

Main Office: 357-4400  
Jaffrey: 532-4291  
Keene: 357-6870  
Peterborough: 924-7236  
Walpole: 756-4735  
Winchester: 239-4376

## Region VI Greater Nashua Mental Health Center at Community Council

Main Office: 889-6147

## Region VII Mental Health Center of Greater Manchester

Main Office: 668-4111

## Region VIII Seacoast Mental Health Center

Main Office: 431-6703  
Exeter: 772-2710

## Region IX Community Partners

Dover: 516-9300

## Region X Center for Life Management

Main Office (Derry): 434-1577  
Salem: 893-3548  
Windham: 434-9937

# DIY Language: For the Language Lover in All of Us

## Total Communication: Part 2: Shouldering the Burden of Communication with the Speaker

Cynthia Diane Foss



Cynthia Diane Foss

I have always believed that behavior is communication. When infants cry, they are telling us something. They may want food, a dry diaper, attention, or something else. We might not know what they want, but they definitely want something. As humans age, their communication methods become more effective, more verbal, easier to understand, and hopefully, less reliant on behavior. In other words, the listener, be it Mom, Dad, family members, peers, or someone with a formal relationship (e.g. doctor, lawyer, nurse), doesn't have to work as hard to understand the speaker's message. As humans progress through their life span, they typically fine tune their communication skills. They become more intelligible. Their vocabulary expands, their use of body language and facial expressions becomes more purposeful. Unfortunately, this is the best case scenario.

Problems arise when communication is difficult for someone. When the speaker struggles to communicate, the listener struggles to understand the message. Too much struggle means loss of message. Communication is very timely; we only a few seconds to get our point across. If our point isn't made in a timely manner, the message gets

lost. If the message gets lost, frustration occurs for both the listener and speaker. Eventually, communication attempts stop because both parties are frustrated, angry, and embarrassed about their lack of communication.

When members of our tribe struggle to communicate, we want to help them and also get our own needs met. Many of us are guilty of talking for our tribe members. Some of us pretend to understand and then suffer in silence. Others take the Marge Simpson approach and justify it by saying "the truth will set us free!"

Spit it out! I don't have all day!

Now I have been a big fan of Marge Simpson for years. But, I would point out that Marge only yells when she is frustrated beyond belief. She almost always regrets her outbursts too, even if Bart or Homer deserved the outburst. Fortunately, most of us don't have a Homer Simpson with which to communicate. However, we do have significant others who struggle to communicate effectively. The communication breakdown can come from a number of issues: Cerebral palsy, stroke, a vehicle accident resulting in brain

injury, cancer, etc. The list of communication impactors is endless. However, fear not!

Communication may always take more time with folks who have a unique communication style. However, following a few of the following rules of thumb can make communicative interactions with these folks faster, more fluent, and less frustrating for both the speaker and the listener.

Total communication Rules of the Road

1. The speaker gets to choose the mode of communication. If the speaker attempts to use speech then the listener should make every effort to understand the speech attempt. If the whole message cannot be understood via speech, then the listener can help get the message out by using yes or no questions, writing, pictures, gestures, or devices to narrow down the topic, identify the people involved in the discussion and identify key words that are unintelligible.

2. The listener needs to be both a good listener and a good observer. The observing part is just as crucial as the listening part because we communicate so much with body language, such as facial expressions, arm positioning, eye contact, etc. In fact, there is research out that says at least 70% of our message is communicated via body language. Furthermore, research also states that if someone's words and body language don't seem to be giving the same message, we should believe the body language. It's more accurate.

3. Be patient but know when to quit. Supporting the use of total communication with someone who truly has to work hard to convey information will always take longer than listening to someone verbally re tell information or participate in general conversation. Be mindful of the topic. If the interaction is dealing with a medical dilemma or a legal matter, it may be more important to get as many details as possible. However, if you and the significant tribal member are just having casual conversation, several frustrated, it may be worth it to take a break from the conversation and return to it later. Some conversations are more important than others. Know the type of conversation you are having and spend the appropriate amount of time on it.

The above suggestions can be very helpful in helping folks with unique communication styles get their points across. However, it takes practice to support them effectively. Some find communication easier than others. Some have significant others who are attached to more controversial communication methods. How do we decide which communication method under the total communication umbrella is best? We will delve into how to support some different communication methods in our next article.

*Cynthia Diane Foss is a speech language pathologist with over 30 years of experience. She is nationally certified by ASHA, and holds licensure in New Hampshire, Massachusetts, Louisiana, and California. She has her own private practice, Mindful Communication. She specializes in child language disorders.*

# Breaking Down Barriers: The Institute on Disability/UCED

By Chris Dugan

By some estimates, more than 50 million Americans experience some form of disability. Far too often, individuals who experience a disability and their families face significant obstacles to being fully engaged members of their communities. Fortunately, there are organizations in New Hampshire that work tirelessly to remove these barriers.

“Outdated systems, policies, and conceptions often compromise the inclusiveness of our communities,” said Matthew Gianino, Interim Associate Director at the UNH Institute on Disability/UCED (IOD). “In addition to being a social justice issue, these flawed approaches often prevent individuals who experience a disability from fully participating in society.” For more than 30 years, the IOD has worked to provide a university-based focus for the improvement of knowledge, policies, and practices related to the lives of people with disabilities and their families. It serves as an important link between the university and the community on disability-related priorities across the lifespan.

The Institute’s central mission, says Gianino, is to promote full access, equal opportunities, and participation for all persons by strengthening communities and advancing policy and systems change, promising practices, education, and research.

“The state of New Hampshire and the country have certainly come a long way as it relates to inclusion for those in the disability community,” Gianino said. “That said, our work is far from over. There continues to be great opportunity to improve service delivery, local and national policies, and the accessibility of vital life experiences including employment, education, recreation, and transportation.”

Located within the College of Health and Human Services at the University of New Hampshire, the IOD looks to help respond to the needs of individuals with disabilities and their families through innovative and interdisciplinary research, academic, service, and dissemination initiatives. Through these initiatives, the IOD builds local, state, and national capacities to address disability issues.

The IOD is among 67 centers across the nation federally designated by the Development Disabilities Assistance and Bill of Rights Act (DD Act). Programs authorized by the Act empower individuals with developmental disabilities and their families to help shape policies that impact them. DD Act programs conduct important research and test innovative new service delivery models. They work to bring the latest knowledge and resources to those who can put it to the best use, including self-advocates, families, service providers, and policy makers.

The Institute aligns its projects and strategic initiatives with current and emerging national, regional, and state priorities related to individuals with disabilities. A majority of the over 30 IOD grants and programs are concentrated within the following areas:

- Assistive Technology
- Community Living and Employment
- Health and Genetics
- Inclusive Early Care and Education

Gianino shared that the IOD is fortunate to have a talented and experienced mix of faculty (clinical and research-based) and staff- in all about 90 employees. “Our dedicated and brilliant faculty and staff are the backbone of our organization and are engaged in extraordinarily innovative and impactful work that is making a difference in the lives of individuals who experience a disability in communities across the state and country,” he said.

The IOD’s vision statement encapsulates its work: *We envision a future where all people, including individuals living with disabilities, are fully engaged members of communities and where culturally appropriate supports that lead to independence, productivity, and a satisfying quality of life are available to individuals and families across the life span.*

To learn more about the Institute on Disability/UCED, please visit [www.iod.unh.edu](http://www.iod.unh.edu)

## Put on your walking shoes to #crushstigma!

### Registration is NOW OPEN for 2018’s NAMIWalks NH: Hope Rocks! on Sunday, September 30th in Concord!

Every year, mental illness impacts the lives of at least one in 5 adults and children across the United States. Participants from 2017’s NAMIWalks NH helped NAMI New Hampshire to provide support, education and advocacy last year to more than 21,000 Granite Staters, and their families, affected by mental illness and suicide.

NAMIWalks NH is the largest mental health education and fundraising effort in our state, last year bringing together 1,200+ Walkers to celebrate mental illness recovery, to honor those who have lost their lives to mental illness and to help raise funds, crush stigma and promote awareness. NAMIWalks NH is family-friendly, dog-friendly, free and FUN! Walkers enjoy a delicious BBQ lunch, dog costume contest, bounce house, music, bubble station, Zumba, puppet show, face painting, raffle, and more!

Registration opens at 9:00 am on Sunday, September 30, and the 16th Annual NAMIWalks NH: Hope Rocks! kicks off at 10:30 am. Standard Walk route is 5K, but there’s also a shorter route available. All are invited to the Post-Walk BBQ lunch. Sign up to walk or make a donation at [www.NAMIWalks.org/NewHampshire](http://www.NAMIWalks.org/NewHampshire).

NAMI New Hampshire is a grassroots organization working to improve the lives of all people affected by mental illness and suicide through support, education and advocacy.

Learn more about NAMIWalks NH and NAMI New Hampshire by visiting [www.NAMINH.org](http://www.NAMINH.org) or calling 1-800-242-6264.

# NH Special Olympians Shine on National Stage

Continued from page 1



The mission of SONH is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

To learn more, please visit [www.sonh.org](http://www.sonh.org).

## NH Athletes Results at USA Games

### 100M Run

Kora Kalfaoglu	1st
Ethan Brown	3rd
Zachary Morris	5th
Dylan Coyne	NA
Bayzil Moreau	NA

### 100M Walk

Phoenix-Trinity Irish	4th
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### 200M Run

Bayzil Moreau	2nd
Dylan Coyne	3rd
Ethan Brown	3rd
Kora Kalfaoglu	8th

### 400M Run

Dylan Coyne	2nd
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### 50M Run

Phoenix-Trinity Irish	4th
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### Mini-Javelin

Kora Kalfaoglu	4th
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### Running Long Jump

Bayzil Moreau	1st
Zachary Morris	2nd

### Shot Put

Kora Kalfaoglu	1st
Zachary Morris	3rd
Ethan Brown	4th

### Softball Throw

Phoenix-Trinity Irish	1st
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### 100M Walk

Phoenix-Trinity Irish	3rd
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### Standing Long Jump

Phoenix-Trinity Irish	1st
-----------------------	-----

### Basketball

Cicely Mannino	3rd
Trevor Lavalla	3rd
Roger Belanger	3rd
Randy Belanger	3rd
Luke Devins	3rd
Ellie Coe	3rd
Brenden Curry	3rd
Andres Tourgee	3rd
Derek Baer	3rd

### Bocce - Doubles

PJoshua Brescia	1st
Justin Houle	1st
Lisa Moody	3rd
Rachel Maxim	3rd

### Bocce - Singles

Rachel Maxim	2nd
Justin Houle	2nd
Joshua Brescia	3rd
Lisa Moody	4th

### Bocce - Singles

Rachel Maxim	2nd
Justin Houle	2nd
Joshua Brescia	3rd
Lisa Moody	4th
Zachary Morris	2nd

### Bocce - Team

Justin Houle	1st
Lisa Moody	1st
Rachel Maxim	1st
Joshua Brescia	1st

### Golf - Individual Stroke 18 Hole

Mark Thornton Sr	2nd
Parker Thornton	2nd

### Golf - Individual Stroke 9 Hole

Craig Eich	2nd
Jan Eichler	2nd

### Powerlifting - Bench Press

Aaron Fournier	1st
Cory Remillard	2nd
Adam Pelkey	3rd
Sean Rohlfing	3rd
Andrew Strzykalski	3rd

### Powerlifting-Combo Bench/Lift/Squat

Adam Pelkey	1st
Aaron Fournier	2nd
Andrew Strzykalski	3rd
Sean Rohlfing	NA
Cory Remillard	

### Powerlifting - Dead Lift

Adam Pelkey	1st
Andrew Strzykalski	3rd
Cory Remillard	3rd
Aaron Fournier	3rd
Sean Rohlfing	3rd

### Powerlifting - Squat

Adam Pelkey	2nd
Aaron Fournier	3rd
Andrew Strzykalski	3rd
Sean Rohlfing	3rd
Cory Remillard	3rd

### Swimming - 25M Backstroke

Kelley Jon Scruggs	1st
Alec Cirulli	2nd
Amanda Coviello	2nd
Katie Bourque	3rd

### Swimming - 25M Breaststroke

Katie Bourque	3rd
Kelley Jon Scruggs	

### Swimming - 4x25M Freestyle Relay

Amanda Coviello	2nd
Katie Bourque	2nd
Kelley Jon Scruggs	2nd
Alec Cirulli	2nd

### Swimming - 50M Backstroke

Alec Cirulli	4th
Amanda Coviello	4th

### Swimming - 50M Freestyle

Kelley Jon Scruggs	2nd
Amanda Coviello	3rd
Alec Cirulli	4th
Katie Bourque	4th

### Ten Pin Bowling - Singles

Lorrie Strand	1st
Richard Coulter	4th
Ashley Dow	4th
David Law	4th

### Ten Pin Bowling - Team

Ashley Dow	1st
David Law	1st
Lorrie Strand	1st
Richard Coulter	1st

### Ten Pin Bowling - Traditional Doubles

Richard Coulter	2nd
David Law	2nd
Ashley Dow	4th
Lorrie Strand	4th

## News You Can Use: The 2019 Health Insurance Marketplace and Open Enrollment

Open enrollment through the federally facilitated Health Insurance Marketplace ([www.healthcare.gov](http://www.healthcare.gov)) will run from November 1, 2018 to December 15, 2018. Residents can enroll in an individual insurance plan outside of the open enrollment period only if they qualify for a special enrollment period of 60 days following qualifying life events.

### Health Insurance Plans:

In 2019, three insurance companies will offer individual, ACA-compliant health plans on the New Hampshire Marketplace. They are: *Anthem*, *Ambetter from NH Healthy Families*, and *Harvard Pilgrim Health Care*.

Those who are currently covered through the Marketplace and who do not select a new plan during open enrollment will be automatically assigned to one by the Marketplace.

### Where to find help:

If you want to receive federal financial assistance, you will need to enroll through the Marketplace. An insurance agent – or a navigator – could help you with this process. You can find local help at <https://localhelp.healthcare.gov/> or by calling the Marketplace at (800) 318-2596.

### Federal Assistance Based on Income Levels is Available for 2019:

Depending on your income level, you may qualify for cost assistance for paying premiums and/or out-of-pocket costs. All of these subsidies remain available for 2019 plans. Low or no income New Hampshire residents may qualify for no-cost or low-cost coverage under the New Hampshire Granite Advantage Health Care Program. When you complete an application on [www.healthcare.gov](http://www.healthcare.gov), you will be prompted to enter your tax household size and financial information. After completing the application, you will be notified if you qualify for financial assistance for a

Marketplace plan or for the New Hampshire Granite Advantage Health Care Program.

### More information on 2019 plans:

For the most up to date information and resources on 2019 Open Enrollment, please visit the NH Insurance Department's website: [http://www.nh.gov/insurance/consumers/mp\\_plans.htm](http://www.nh.gov/insurance/consumers/mp_plans.htm)

If you have questions about using the Marketplace and obtaining coverage, please call the federal government at (800) 318-2596. (Once you have coverage, please contact the Insurance Department with questions or concerns, at 1-800-852-3416 or (603) 271-2261, or by email at [consumerservices@ins.nh.gov](mailto:consumerservices@ins.nh.gov).)

If you or your organization need more information and resources about Open Enrollment, contact Eireann Aspell, outreach coordinator at the New Hampshire Insurance Department, by phone 603-271-3781 or email [Eireann.aspell@ins.nh.gov](mailto:Eireann.aspell@ins.nh.gov).