



Newsletter

Winter 2002

SNSC-UV Board News

At the SNSC-UV Annual Meeting in late October, members and staff thanked Pat Pollard and Carol Foster as they retired from the Board. Pat and Carol have each served as President, sharing their parent perspectives and their expertise. Pat will continue in an appointed official role, and we certainly will keep in touch with Carol and her family. Nancee Tracy, who left the Board in July, was also thanked for her service to Special Needs Support Center Of The Upper Valley.

Four new Board members were elected at the meeting: Karen Currier of Lebanon; Kathy Marshall of Meriden; Maggie Pyer of West Lebanon; and Andy Werchniak of Hanover. These new members bring a mix of parent and professional experience to the organization. SNSC-UV is very fortunate to have interested and caring people join in our continuing efforts to provide a variety of supports to parents of children with any special needs. SNSC-UV's other Board members are: Steve Atkins, Nick Burke, Ann Christiano, Tony Grizzaffi, Toni LaMonica, Elizabeth Larsen, Phyllis McKenna and Doug Williamson.

Just 4 Kids - Parent to Parent Web site

Addition Parent to Parent of New Hampshire at www.p2pnh.org announces its new web page Just 4 Kids and teens, www.kidsden.org. The web site, created by webmaster Ted Bergeron of Keene, is a protected place for kids and teens to express themselves and share their thoughts and experiences. While only members can post items on the many pages (including a Message Board, Stories, Home Page Builder, Bill of Rights, Favorite Books, Art Exhibit and others), anyone can read what has been posted. To sign up as a member, kids are asked to have their parents' permission and are asked to abide by the Guidelines for the site. Ted monitors the site daily, updating memberships and checking postings---all to insure a safe and quality place for kids to participate.

Check it out and review the Guidelines so that you can feel comfortable with your child visiting the site. Please let us know what you think and feel free to give us any suggestions.

Philip Eller, Parent to Parent, 448-6393 or 1 800 698-5465.

Partnering with Partners in Health

Partners in Health, a statewide program for parents who have children with a chronic health condition, one that impacts daily life, has worked with some Upper Valley New Hampshire families to obtain needed services, equipment or funding for various items.

Katie Merrihew, Partners in Health Coordinator at SNSC-UV, has helped write grants, located funding sources, connected parents with medical professionals, collaborated with city and town

Respite Child Care

The Respite Child Care Program at SNSC-UV, now in its second year, is planning a training for Respite Care Providers. The training will be at no charge to participants and will include components such as family support, behavior management, CPR, a parent panel and universal precautions. The training begins on January 20. Call Leona Ryder, Coordinator at 448-1268 to register.

The Respite Program has provided over 5000 hours of respite since late January, 2002. A survey

officials as well as other organizations that offer services and has provided funding from Partners in Health flexible monies. She has also become an Educational Advocate through training by the Parent Information Center of Concord so that she can assist families at their children's school planning meetings.

If you have a child with a chronic health condition, such as diabetes, asthma, heart problems, or if you have a friend or neighbor who might benefit from the program, please call Katie at 448-7108.

completed in September gave high marks to the program, with 100% of those responding stating that the service was beneficial to their family and had a positive impact on their family. All respondents said they would recommend the program to other families.

This program is for ALL families and is available for a night out as well as for unplanned family situations such as parental illness. The program provides respite workers and funding, if needed.

Happenings

Happenings, for teens and young adults, has had some activities this past summer and fall and has a slate of fun events coming up as we enter our third year.

A summer pot luck cookout was held in August, in the blazing heat, at the Corey Taber field in Plainfield. Twenty-three people had a good time, with many mustering the energy to play soccer and basketball!

In October we gathered at the Riverview Orchard. This time the weather was cold and misty, but we all picked a few apples, ate our lunches and enjoyed each other's company. Next year we will do this in September and hope for a crisp and sunny day.

The Sacred Heart Youth Group invited Happenings to co-sponsor a dance in late October. About 60 people attended, including some Dartmouth students and Mascoma High School students. Rocking Brian Warren was the DJ and, as always, dancing was non-stop and lively.

We are planning dances for February and April, a sliding party in January, and a cooking class in March.



Region XII Family Support Council

Region XII Family Support Council in conjunction with UDS submits an annual plan to the State of New Hampshire. The Council's goals for this year's plan are:

- 1) Increase community participation in and support of social and recreational activities.
- 2) Increase access to information relating to supports and services for families
- 3) Follow up on the work of the Council's retreat
- 4) Address the issue of Council leadership and representation at both UDS and SNSC-UV

Additionally the Council and UDS have these joint goals:

- 1) More accurately communicate to UDS the needs of families within the region
- 2) Continue to improve communication among UDS, FSC, and SNSC-UV
- 3) Better understand the UDS budget and how it impacts on families
- 4) Continue to offer a rotating schedule of presentations on the planning issues of: transition, guardianship, and future planning trusts, living wills, powers of attorney and individualized planning guides

The Council creates the plan that is executed by staff at UDS and SNSC-UV. Part of the annual budget goes to SNSC-UV. SNSC-UV organizes and/or coordinates specific events and activities such as educational workshops, the Family Council Cookout, Ice Cream Socials, etc. The Council is very interesting in hearing more about



the specific needs of your family AND it is interested in talking to you about possibly joining the Council. Please call Tara Mullen at 443-4109 or write her at tara@uds.org if you would like more information or to share information.

Sibshops

This fall there have been two SibShops, for children ages 6-12 who have siblings with special needs. Kids are enjoying fun activities, great food and special visitors, such as firefighters and a percussionist. Call Toni LaMonica at 653-1488 or Phil Eller at 448-6393 to find out about the spring SibShop.

Nathan Hall Library

The Nathan Hall Library has several new books on ADHD, autism, family support and diabetes. Our collection includes books, videos and tapes on special needs, special health needs, parenting, stress management and the special education process. We have materials for kids and for adults, just waiting for your perusal! Stop in at 12 Flynn Street to check out the offerings.

Kids on the Block

The Kids on the Block are now offering skits on autism and on diabetes, both at no charge in the Upper Valley of Vermont and New Hampshire. To find out about scheduling a performance, call SNSC-UV at 448-6311 or Ann Justice, Coordinator at 795-2105.

Connections and Medical Buddies

Connections (SNSC-UV's Big Brother/Big Sister program) and Medical Buddies are providing great experiences, good role models and new relationships to more than 25 children and teens. If you would like more info, call Kirsten Murphy at 653-1481 or SNSC-UV at 448-6311.

SNSC-UV Cookbook

SNSC-UV's Cook Book is headed to the publisher before the end of December. If you have a recipe you would like us to include, speed it to us at 12 Flynn Street or fax it to 448-6310. The cook book will be available in February and will cost \$10 per copy.

SNSC-UV Staff

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Read Past Issues

The SNSC-UV homepage address is www.sns-c-uv.org