



Newsletter Fall 2003

October Activities

October 4, Saturday, 10:00 am. - 1.30 p.m., SibShop for siblings, ages 6-12, of children who have special needs and special health needs. Parents are invited to come from 10- 10:30 to talk about SibShop activities for the coming year.

Lunch will be served to the attendees. Call Philip Eller at 448-6393 or Toni LaMonica at 653-1488 for more information and to register your child(ren).

October 11, Saturday, noon - 2 pm., a Happenings (teens and young adults) Orchard event, at Riverview Farm on River Rd. in Plainfield, NH. Bring a bag lunch. Dessert and drinks will be provided. Plan on paying for apples you pick for your family. Rain date is October 12.



October 15, Wednesday, 6 p.m. - 9:30 p.m., the Parent Information Center presents a workshop on the Special Education process and developing an Individualized Education Plan (IEP). This will be an extremely informative workshop for parents and professionals. The more you know about the process, the more comfortable you will be at the meetings that take place during the referral, evaluation and planning stages. Call Philip Eller, Parent to Parent Coordinator, at 448-6393 to register or for more information.

October 17, Friday, afternoon - Happenings apple baking with some senior citizens. Call Maryellen Sullivan at 448-6311 if your teen or young adult is interested in participating.

October 18, Saturday, afternoon - Happenings apple dessert sharing with senior citizens. Call

Asperger's Series

A three-part series on Asperger syndrome is being planned for later this fall. The series will include professionals, educators and parents as part of a panel to address topics of concern in parenting and working with children who have Asperger syndrome. SNSC-UV will mail a notice of the series, but please call Philip Eller at 448-6393 for more information.

ADD/ADHD Support Group

This ongoing group co-sponsored by SNSC-UV and CHaD meets the third Wednesday of the month from 5:30 - 7 p.m. at DHMC. Call Philip Eller at 448-6393 for the exact location.

Holiday Wreaths



Special Needs Support Center Of The Upper Valley is taking orders for beautiful, healthy holiday wreaths. The wreaths will be delivered and can be picked up at our office on November 22. Each wreath costs \$15. Please call us, 448-6311 or 448-6393 to reserve one for your family.

Cookbooks

We have received many compliments on our cookbook! Give us a call and we will make sure that there is one for you to use and enjoy as the holiday season approaches.

SNSC-UV Annual Meeting

Maryellen at 448-6311 for more information.

October 31, Friday, 7 - 9 p.m. - Happenings Halloween Dance at the Sacred Heart Church in Lebanon. Admission: \$1 or a canned good. Wear a costume!

The SNSC-UV Annual Meeting will take place on November 18 from 6-8 p.m. at the Howe Library in Hanover.

Special Needs Support Center Of The Upper Valley is about to enter its 25th year! Founding members, those who started the group by meeting around a kitchen table, will talk about their vision back in 1979. Did they foresee their efforts lasting a quarter-century? Join us to hear from them.

Region XII Family Support Council

This year has brought a number of changes. We began the year by saying goodbye to Paula Graves whose tenure on both UDS and FSC boards spanned many years and many, many changes. We are all grateful to Paula for her commitment to both groups. Elizabeth Larsen, who served on both the FSC and SNSC-UV boards, stepped down from FSC after many years. Both women are missed and everyone wishes them the best as they carry out their busy lives. Roberta "Bobbi" Gross has assumed the leadership role for the council. Two prospective members have been identified and there is room for more should anyone be interested (please call Tara Mullen at 443-4109).

This year the state designed a new format to address long-term planning for the Council and UDS. The Council will roll its goals into UDS's biennial plan. The desired outcome of this is to increase communication and cooperation and better address the needs of those served by both entities. The Council's priorities include supporting social and recreational activities for all with a new focus on the individuals transitioning from school to community. The state has made serious program cuts that particular affect this group.

Another sign of the tightening of the purse strings is the requirement that each family who receives family support have a yearly family support plan. This plan will identify current and projected needs. Families will have the opportunity to learn of other resources that might be available and activities will be tracked to provide documentation. The plan document has just been completed. Please contact Tara Mullen if you project any immediate needs. Otherwise, she will be contacting families who have accessed family support in the past. Families must have prior approval if they plan to access funds to support activities such as High Horses or Special Olympics. Hopefully this tool will help to project needs and better address emergencies as they arise. Everyone will be asked to tap into all other available resources before coming to the Council.

The Council and UDS will be sponsoring three presentations for families regarding UDS operations and functions. These presentations are scheduled for the first hour of regular Council meetings on October 15, 2003 and January 21 and April 21, 2004. Please call to find out the topics for the evening and to let us know that you will attend. UDS will continue to present future planning issues for families. The first one for the year will be a two hour presentation on Transition that is scheduled to be held Tuesday, September 30 at UDS at 6:30. Again, if you plan to attend, please call ahead to RSVP by September 26 by calling 448-2077. Everyone is welcome who has an interest in this topic. We are very fortunate to have Carol Burmeister as the presenter.

Family Support Council and Happenings Cookout

Thirty-five people had a great evening of good food, chatting and sharing, and playing lawn games at the annual Family Support Council sponsored picnic for Region XII families. This year teens and young adults and their families from the Happenings group joined the picnic. The combination proved positive and fun for everyone. This is the fourth year the event has taken place at Storrs Pond in Hanover - a beautiful setting.



As usual. Chef Bob (Sullivan) grilled his tasty hamburgers and hot dogs. Maryellen and Philip supplied baked beans and desserts. Families brought a tremendous array of tasty salads. By the end of the evening everyone was full - of good food and good fellowship.

SNSC-UV's Parent to Parent of Region XII provides the organization of this event every year for the Region XII Family Support Council, which supplies the funding.

ADVOCACY AVAILABLE

Keep in mind that SNSC-UV has volunteer advocates who will accompany you to your child's IEP and/or 504 school meetings. Call Maryellen Sullivan at 448-63 11 or Philip Eller at 448-6393 or, if your child has a chronic health condition, call Katie Ouelette at 448-7108.

Wedding Bells for Katie and Jason



Partners in Health Coordinator Katie Merrihew is now Katie Ouelette! On September 13, during a lovely ceremony, Katie was married to Jason Ouelette.

Katie and Jason are in Hawaii as this newsletter goes to press, but they will return on September 25, and Katie will be back in the office and taking calls at 448-7108.

The P2PNH Corner by Philip Eller



As you may know, a three-legged stool is great when milking a cow, but for a stool to stand on, a four-legged one is much better and safer. A parent to parent match provides a unique and especially helpful support for a family when they have a child with a special need. I call this "the fourth" leg of the family support stool. The first leg - medical/professional intervention - is obviously needed. So is the second leg - support of family members and close friends. And usually, support is necessary from social service or educational agencies - the third leg. But, the unique assistance provided by other parents

Sweet Sunday in the Park

"who have been there" is often overlooked, or even unknown or not considered, when parents are given a devastating diagnosis about their child. And without this fourth leg, the "stool" of support is not complete and in fact, can remain "rather tipsy." Only another parent who has been through the same or similar ordeal and journey can fully appreciate a "new" parent's feelings and questions and needs. And this supporting or veteran parent can thus provide unique insights and answer the special questions and concerns of the parent new to this challenging journey. The supporting parent addresses the "nitty-gritty" issues of raising a child with special needs---those still to deal with when all the professionals and the family members and friends have gone home.

Please keep in mind this model of support and its four legs when you are interacting with a family that is caring for a child with special needs, and refer them to Parent to Parent of New Hampshire for this unique and extremely helpful "fourth leg" of support.



UVSG's Nancy Tantillo sports a face painting as she watches someone writing their jelly bean guess form. Thank you, Nancy, for donating the jar and jelly beans, and for counting the beans beforehand! Thanks also to Nancy's daughter, Sarah, for the face painting artistry.



Chocolate chip and Seasonal fruit dessert judges dig right in! From left: Carrie Martin (back to camera), Steve Atkins, Philip Eller, Pete Bleyler, Bob Sullivan. Carol Egbert, not in photo, was also a judge. Thanks for the hard work sampling the delicious entries!

It takes a community...

Quite a number of wonderful people and businesses helped make our two summer fundraisers, the Play House Raffle and Sweet Sunday in the Park, a success.

The play house was made possible this year: by an anonymous building group which we are calling the Coffee Cup Construction Company; by Don Pollard of Don's Woodworking, who loaned his trailer for the entire summer; by Nicole Demers, who painted the house; and by Billy Lyons of All-Secure and Bob Sullivan, who



could both be seen on the highways with the play house in row. We thank Dan & Whit's, Fore-U Ice Cream, the Dartmouth College Child Care Center, the Dartmouth Hitchcock Child Care Center, and the Child Care Center of Lebanon for hosting the house so we could sell tickets. Thanks also to Karen Currier, Rosie Gilbert, Kathy Marshall, Mev O'Neill, Phyllis McKenna, Toni LaMonica and Steve Atkins for helping sell tickets at various places.

SNSC-UV thanks the City of Lebanon for use of Colburn Park for the afternoon of Sweet Sunday in the Park. We thank the Partners in Health Family Council for sponsoring the Bounce Fun House and Barbara Mellert for monitoring the bouncing children. Thanks to Karen Currier, Phyllis McKenna, Steve Atkins, Doug Williamson, Maggie Pyer, Toni LaMonica, Nancy Archibald, Meg O'Neill, Carrie Martin, Kerry Rouleau, Julie Tantillo, Sarah Tantillo and Tracy Bleyler for helping the SNSC-UV staff- we couldn't have done it without you!

Thanks to Dutille's Jewelers, Simon Pearce, Golf & Ski Warehouse, Fore-U Golf and Ice Cream, Wal-Mart, Denise Martin, Martin's Sports Cards, Bridgman's, Hubert's, Lebanon Health Food, the CCB, LaValley's, BJ's Wholesale, King Arthur Flour, Salt Hill, Staples, Entertainment Cinemas, Cloverleaf Jewelers, Banagan's & 50 50, EMS, Rugged Bear, Bobbi Gross, Timothy McKenna, Doug Williamson, Toni LaMonica and Barbara Gaines for donated items!

Thank you to Ben & Jerry's, Shaw's and Butson's for ice cream, paper goods, soda and ice. Whew!!!

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