
Family Support Newsletter

Developmental Services of Strafford County, Inc.

Issue # 23

February 2001

Annual Camperships Issue— Apply Now!

It is never too early to start planning for summer activities for your son or daughter, especially if you are looking at sending your son or daughter to a residential camp. The Family Support Program will again this year have scholarships available for summer but the program will not be able to cover the full cost of summer camp. Some families have had success in the past in getting their school district to help with some of the cost. Also, some camps offer their own scholarships, so check with your summer camp. If you would like summer financial assistance from the Family Support Program, please return your request (form inside) to Family Support by Monday April 2. (Don't forget, Summer Recreation and Camp Guides are available, call us!)

The **Harry Allen Gregg Foundation** has grants available for summer camp. Applications need to reach the foundation by March 27th and a doctor's note needs to accompany the it. More information and applications can be received by calling the Gregg Foundation at 547-3311. We also have applications for the Gregg Foundation at the Family Support Program. Please call Gerry at 749-4015. Remember the closing date for Gregg Foundation grants is March 27th!



2001 Family Support Conference

The annual statewide Family Support Conference will be from Friday, May 4 to Sunday, May 6 in Bartlett NH. The conference provides a wonderful opportunity to meet new people, share information, relax and learn more about available resources for your son or daughter. The keynote speaker will be Dennis Harkins from Wisconsin who will talk about building

leadership. Look for conference brochures in the mail at the end of February. The Family Support Council has set aside some funds to assist families in attending the conference. Please contact Deirdre or Gerry at 749-4015 when you receive your conference brochure as both conference spaces and scholarships disappear quickly.

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Samantha Eldredge - Frisbie Hospital Volunteer

By: Hilary Douglass
Director, Volunteer Services
Frisbie Memorial Hospital

On a warm July day back in 1993 Samantha Eldredge, along with job coaches from Developmental Services, made their way to Frisbie Memorial Hospital for the first day of what would be a long career as a volunteer in the Materials Department.

Greeted by her supervisor Gary Pray, inventory control coordinator, Samantha was shown the ropes for “stickering” items, a necessity for tracking items and billing purposes. According to Gary, the Samantha then was a shy, quiet young lady who wasn't very sure of herself or how she would fit in. Her progress since then is nothing short of remarkable. "Today, Samantha gets dropped off, gets her volunteer badge and reports to the department ready to get to work. Now whenever she goes to lunch, she goes by herself, picks out the items she

wants, and stops and talks to just about everyone on the way there and back. She's really benefited from her experience here” he said.

Gary is pretty special, too. He willingly took Samantha under his wing and showed her what needed to be done. Thanks to Gary's fun, playful nature, Samantha's comfort level and self-esteem soared and it wasn't long before she started feeling good about her work and herself. The rapport and camaraderie that Gary, Samantha and others in the Materials Department have are priceless. We have all enjoyed watching Samantha's growth in the last seven years and know that the successes in that department are a result of great teamwork! (Samantha is the daughter of Pete Eldredge who works as the Facilities Assistant for DSSC, Inc.)

Dover Adapted Aquatics Program

Mark your calendar for the next group of Adapted Aquatics classes which are March 25 to April 22. There are two classes each Sunday evening - 4:05 to 4:35 and 4:40 to 5:25. The earlier class is for the younger participants and the later class is the teen class. The goal is to have fun in the water! You are

welcome to come down and observe the groups to see if you think it might interest your child. Watch the group interactions and notice how the class can cater to your child's needs with full support or very little support. Call Tom at the Dover Indoor Pool at 516-6427 for further information.

Partners in Health News

The Partners In Health Family Council met on Tuesday, January 23, 2001. The council has decided to hold vision training sometime in March, the date TBA. The objective of the vision training is to generate ideas from challenge's that families face with children with chronic health conditions at home, in school and in the community. The goal of the vision process is to strengthen the parent's ability to advocate for their children and to empower them to be a voice on child

health issues both at the state level and the community level.

Congratulations to Laurie and Kenneth Hochgraf and Gina & Mike Pearson on winning the UNH men's hockey tickets and dinner at the New England Center. Hope you had a great time! Also thanks to the donor of the Hockey tickets (who wishes to remain anonymous).

Deirdre Watson: DSSC's Employee of the Year

Brian Collins, Executive Director of Developmental Services of Strafford County reports: "I am happy to announce that Deirdre Watson was recognized as our 2000 winner of person most exemplifying the DSSC mission. Each year a nominating process brings forth names of individuals who are employees, family members, consumers and members of other organizations who have assisted in furthering our agency mission, that of providing the highest quality supports to individuals and their families. It is clear throughout the process that Deirdre's work in Family Support has exemplified so many of our agency goals and visions. Her work with and advocacy for families inspire all of us and models how we should conduct ourselves in our work. It is great to receive feedback from families who are appreciative of her recognition and that of the Council's as well. Please join me in congratulating Deirdre for a job well done."



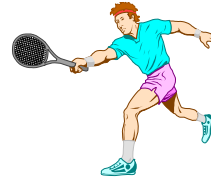
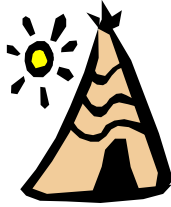
*Deirdre Watson
Family Support Coordinator*

DSSC Workshop Series Planned

Partners In Health and Family Support along with the Parent Information Center (PIC) will be holding at DSSC, a three part workshop series for parents to help promote parent / professional collaboration in the educational process. Workshop Topic, Dates, and Times: (#1) Parent/Professional Communication – Monday, March 26, 2001 6-8:30 pm; (#2) Section 504 - An overview of the 504 Process: Monday, April 9, 2001 6-8:30 pm; (#3) The Special Education Process and Developing the Individual Education Process; (IEP) – Monday, April 23, 2001 6-8:30 p.m. For more information please contact Cheryl Goscinski-Drew at 749-4015 ext. 211.

**Summer Camp and
Recreation Application
for Financial Assistance
on the Reverse side!
Apply by April 2**

Summer Programs—Financial Assistance



Dear Families,

It is that time of year to start planning summer recreational activities. Again this year the Family Support Council has set aside some funds to help pay for summer programs such as day and residential camps, family trips or other summer activities.

In order to determine how many people we can assist, we need to know how many families are interested in financial or other assistance. **This will be the only notice to apply for funds for summer 2001.**

In past years, many families received additional help with camperships from other organizations or their school districts. If your child is at school, now is the time to talk with your team about summer programming. If you need assistance in finding a summer program, please contact Deirdre or Betsy at Family Support.

If you are applying for a Family Support Scholarship, please return the enclosed to:

Gerry Riecks
Developmental Services of Strafford County
Forum Court Suite #1
113 Crosby Road, Dover, NH 03820



SCHOLARSHIP APPLICATION

NAME: _____ TELEPHONE: _____

ADDRESS: _____

Name of Program: _____

Total Cost of Program: _____

Amount requested from Family Support: _____

Scholarships awarded will depend on number of requests and availability of funding.

RETURN TO FAMILY SUPPORT PROGRAM BY MONDAY APRIL 2, 2001

The Importance of Sorting “Stuff”

Children learn many math skills long before they are ready for the basics of addition and subtraction. One of these skills is the ability to sort objects. When they sort, children group things together that belong together in some way. Kids often sort by color—red blocks in one group, blue blocks in another. Or they may sort by shape—triangle blocks here, rectangle blocks there. When children’s rooms are organized, their toys become natural objects to sort. At cleanup time, alphabet blocks go into one container; colored blocks go into another; farm animal figures in one tub, and toy cars into a box.

In helping with the laundry, children can sort clothes into piles of shirts, shorts, pants, underwear, and socks. After dishes are done, kids can put away knives, forks, and spoons. In helping to put away groceries, children can divide boxes from cans or bathroom items from kitchen items. By lending a hand in sorting things into the appropriate recycling containers, children also develop earth-friendly

habits. Early in a child’s explorations of sorting activities, adults play a useful role by providing words for what the child is doing (“I see you are putting all the square blocks together!”) We also can help extend sorting and reinforce certain concepts, such as color or size (“Let’s see if we can find all the *little* blocks.”) In time, a child begins to use these words and expand his or her understanding of the mathematical world.

It is never too early for learning! In the infant and toddler years, learning is directly related to a child’s movement and interactions with her environment—both the people and “stuff” in her surroundings. Concerns in the early years of development can have an impact for years to come if appropriate support is not provided. If you or any one you know has a question about how infants and toddlers grow and develop, call Early Supports and Services (The Infant & Toddler Program) at DSSC Inc..

From the Children’s Museum of Portsmouth

On February 24, artist Richard Haynes will conduct a workshop at the museum. He will demonstrate his techniques, discuss how his African American heritage influences his art and have a few of his images on hand for viewing. Richard has worked with Caran D’ache (oilwax-based crayons) since 1983. During the workshop, participants will work with these special crayons on vellum. Time: Saturday, Feb. 24, 9:30 - 10:30 am. Class fee per family is \$10 for museum members and \$15 for non-members. Fee per individual is \$5 for museum members and \$7 for non-members. Recommended for families with children ages 5 years and older. Pre-registration will begin on Feb. 5 at 436-3853.

New Books added to Family Resource Room Library

If you’ve ever wanted to crawl in the closet with an OREO: Tips for parenting a child with special needs:
By Martha Kate Downey; edited by David Downey and Abby Messner Collins. And

Pretending to be Normal: Living with Asperger’s Syndrome: By Liane Holliday Willey

Please come by the office and check out a book or two that might be of interest to you. We also have some videos that could be of interest!

AREA SUPPORT GROUPS

Down Syndrome Support Group: Parents' Group that has usually been an informal get together for fun/relaxation. To see what they're doing, call Dee Willant at 659-7312.

Parents of Children with Down Syndrome: Parents meet monthly, with or without children, to socialize and share ideas as well as plan for future meetings and discuss possible topics to address or speakers. Call Nicole Hamel at 743-6893 or Betsy Carroll, Parent to Parent Coordinator at 749-4015.

C.H.A.D.D. (Children and Adults with Attention Deficit Disorders): Provides informational and supportive meetings and frequent workshops. Phone: 430-8787.

Parents of Adult Children (PAC): Parents of adult children (18 and over) with developmental disabilities meet to socialize and share ideas as well as plan for future meetings. Phone: Betsy Carroll, Parent to Parent Coordinator, 749-4015.

NAMI - CAN (National Alliance for the Mentally Ill - Children & Adolescent Network): Support group for parents of children with any type of mental illness or with a diagnosis of ADD, ADHD, ODD, OCD. Call Strafford Guidance at 742-0630 for info on ongoing groups.

Support Group for NLD/RHD and Asperger's Syndrome: Support meetings, speakers, information shared Call Nadine Ferrero at 746-5671.

Group for Teens with Asperger's Syndrome: Parent run group in home to support teens wanting to socialize. Phone: 664-2899.

Family Empowerment Project: Groups created in Rochester as needed. Provides resources and information regarding counseling, clothing, food, parenting help, stress and DCYF, AFDC/TANF. Call Lisa Paone at 330-9124 or 1 800 210-1434.

Fathers' Support Group (FSG): Small group of fathers of children with special needs meets for support, maybe pizza and a video plus periodic speakers. Call Wayne Goss at 749-4051, or call Gordon Peare at 692-2972 for more info.

Teens Coping: Young people with a disability between the ages of 14 and 21 meet monthly for support and increasing community awareness of different abilities. Phone: Eric Knowles at 1800 826-3700.

New Parents Support Group: Weekly meeting for new parents about various issues on parenting. Call Jean Loiselle at WDH at 740-2263.

Tourette Syndrome Association: Monthly meeting for parents of children with Tourette's. Phone: Deb Kramlich, 207 428-3040.

Tourette Syndrome Support Group: Monthly meeting for parents with Vicki Compitello, a licensed psychologist and parent. Contact is through e-mail: arachl@aol.com

New Support Group for Parents of and Children with a Seizure Disorder: Tammy Guckert, a parent of a child with a seizure disorder is starting an epilepsy support group in Northwood. The meetings will be held on the second Monday of every month at the Northwood Congregational Church on Route 4 (just before you reach Coe-Brown Academy) from 6:00 to 7:00 PM. The entire family is welcome and Tammy plans to arrange for babysitting. She also has plans for activities the children can do while the parents meet! Please feel free to give her a call at 942-8144 for further information

Support Group for Parents of Children with Cerebral Palsy: Parents meet monthly, usually with children, to socialize and share ideas as well as plan for future meetings. Group meets the fourth Friday of the month. Call Allison Goss at 749-4051 or Betsy Carroll at 749-4015

Great Freebies From Uncle Sam:

Coloring Books for Kids. The U.S. Environmental Protection Agency offers a series of free activity and coloring books that teach children about conservation. Titles include *Endangered Species: Save Our Species Activity Book* and *Once There Lived a Wicked Dragon*. For copies, write, phone, or log on to National Service Center for Environmental Publication, P.O. Box 42419, Cincinnati, OH 45242; 1 800-490-9198; www.epa.gov/kids. The coloring books *Water 'N Kids* and *Boats 'N Kids* teach children about water safety. Contact: Commandant, U.S. Coast Guard Headquarters (OPB-2), 2100 Second Street SW, Washington, DC 20593; 1 800-368-5647. E-mail: infoline@navcen.uscg.mil.

Stamp-Collecting Kits. Children who join the U.S. Postal Service's Stampers program receive free copies of *Stampers* magazine and other educational materials that teach them about the history of postage stamps and how to start a collection. Contact: Stampers Collectibles, Stamp Fulfillment Services, P.O. Box 7247, Philadelphia, PA 19101; 1 888-STAMP-FUN.

Surplus Computers. Parents who home-school children, schools and educational groups may be able to get free used computers from the Government. Contact: General Services Administration(MTP), 1800 F Street NW, Washington, DC 20405; www.computers.fed.gov. Free or low-cost computers may also be available to qualified individuals and groups through state agencies for surplus property. To locate your state agency, visit: www.nasasp.state.ut.us.

Pool Pant Diaper

We found this item in the Abilitations Catalog and thought some families might be interested. The Pool Pant Diaper, for both big kids and adults, has an outer layer of oxford nylon and an inner layer of 100% cotton flannelette. Special velcro closures allow for adjustability but prevent accidental opening with movement. The youth cost is \$19.95 and the adult is \$27.95. Call Abilitations at 1-800-850-8602 and request a catalog or visit them on the web at www.abilitations.com.



Pool Pant Diaper

UNITY

I dreamed I stood in a studio
And watched two sculptors there
The clay they used was a young child's mind
And they fashioned it with care.

One was a teacher, the tools he used
Were books and music and art
One a parent with a guiding hand
And a gentle loving heart.

Day after day, the teacher toiled
With a touch that was deft and sure
While the parent labored by his side
And polished and smoothed it o'er.

And when at last their task was done
They were proud of what they had wrought
For the things they had molded into the child
Could neither be sold nor bought.

And each agreed he would have failed
If he had worked alone
For behind the parent stood the school,
And behind the teacher, the home.

Author Unknown



Family Support Raffle
February 2001

Name:

Address:

Tel #

A Weekend in Portsmouth

Stay in a well equipped two bedroom condo, one block from Market Square. Return this page or send your Name, Address, and Tel # with the words: February Raffle written on it to Gerry Riecks at the above address by 2-26-01.

Return no later than Feb 26, 2001



**Developmental Services of
Strafford County, Inc.**

Family Support Program
113 Crosby Road - Suite 1
Dover NH 03820
Phone: 603-749-4015
Fax: 603-743-3244
Email: families@concentric.net

It's about the mission.....