



# Family Support Newsletter



Community Partners  
Dover NH

## Do You Have Medicare?

First things first—if you have just Medicaid, nothing changes. The information in this article doesn't apply to you.

If you have both Medicare and Medicaid or Medicare only, you should have received information about upcoming changes around prescription drug coverage that should not be ignored. If you have both Medicaid and Medicare, Medicaid will no longer be paying for your medications. They will be paid by the new Medicare Prescription Drug Program. The coverage is not the same as it was with Medicaid. First you will have to choose from a list of approximately 20 approved plans. Each plan will charge a monthly premium (which can be waived for those on Medicaid) and will only cover drugs that are on their approved list. This list varies widely from plan to plan. It is critical to have a list of the medications you use regularly as you call the providers to determine which plan is best for you. If you have Medicare only with no supplemental coverage, and don't pick a plan, you will continue to pay 100% of the costs. However, if you decide to join a plan at a later date, the premium will be higher than if you choose now.

If you have both Medicare and Medicaid and don't pick a plan, one will be picked for you randomly, with no regard to whether your current medications are covered by that plan. You may change it if you discover the plan picked for you is not covering your medications, but to avoid unnecessary expense, choose a plan that covers your medications before the end of the year. If you have any questions, feel free to call your Case Manager or Family Support contact person at 749-4015.

## Holiday Open House

As we do every holiday season, the Family Support Team will be hosting the annual Community Partners Holiday Open House. It is to be held at our Crosby Road office and will be open to all our families on Thursday, December 22<sup>nd</sup>. Please stop by any time between 10:00 a.m. and 2:00 p.m. for some good fellowship and tasty treats. There will also be periodic raffle drawings held throughout the day. Stop by and say hello!



November 2005

Issue # 44

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**Come Join Us!**  
**December 22<sup>nd</sup>**  
**10:00—2:00**

## Fuel Assistance—Winter 2005-2006

Eligibility and benefits for the Fuel Assistance and Weatherization Programs are determined by gross household income (total income, including rental income, tips, dividends, and all wages or salary, before deductions), number of household members, and vulnerability to heating costs. Eligibility for both Fuel Assistance and Weatherization Programs usually can be determined during one appointment. Homeowners and renters, including renters whose heat is included in rent, are eligible to apply. In Strafford County call 743-1334, 332-3963, 652-9893, or 755-9305.

Due to the overwhelming need that is resulting from the sky rocketing fuel costs, there may be waiting lists or delays in processing your application. Call soon. For those of you in Rochester, East Rochester and Gonic, if you have contacted all of the above and still need help; the Share Fund Community Outreach Program (335-0011) is a volunteer program that can offer emergency help for fuel among other things. They are open on Mondays and Wednesdays from 9-4 (except for a lunch break at noon).

NH's Fuel Assistance and Weatherization Programs prohibit discrimination based on race, color, religion, sex, age, national origin, marital or familial status, sexual orientation, and mental or physical disability. Fuel Assistance benefits range from \$120 to \$975, depending on household income and energy costs. The average benefit is \$500.



Family of Income →	1	2	3	4	5	6	7	8
30 Days ↓	\$1455.00	\$1951.00	\$2447.00	\$2942.00	\$3438.00	\$3934.00	\$4430.00	\$4925.00
365 Days	\$17,705.00	\$23,736.00	\$29,767.00	\$35,798.00	\$41,829.00	\$47,860.00	\$53,891.00	\$59,922.00

## Mark your Calendars—Next Family Support Conference

New Hampshire Family Support Conference

May 5, 6, & 7, 2006

New Location: Sheraton  
Nashua Hotel



- Great Workshops throughout the weekend
- Dinner
- Dancing
- Auction
- Karaoke

Inspiring Keynote Speakers:

- Original NH Family Support Task Force Members
- Current NH Government Leaders
- David and Faye Wetherow

Full Conference Flyer due out in February 2006

## Support Group for Siblings



Having a brother or sister with a disability or health problem can be embarrassing, wonderful, worrisome, frustrating and as well as a great learning experience for a typically developing child. Brothers and sisters may grow up with ambivalent feelings about their siblings who have special needs and may never meet others who share their concerns. We are looking for these brothers and sisters (from 8-12 years old) who have a sibling with a disability or chronic health issue to start a group. This group would meet once a month for fun, games, crafts, outings and sharing. Please call (749-4015) or email Betsy Carroll (bcarroll@bhdssc.org) or Marcia Flinkstrom (mflinkstrom@bhdssc.org) for more information or if your child would like to be a part of this group.

## Free Labor—Work Release Program

Pam Zottos attended the Strafford Network Wraparound meeting and received some information that may assist some individuals with whom we work. The Community Work Release Program at the county jail is looking for work (volunteer) opportunities in the community. More recently they have been used to assist in moving people. They have their own moving van. They are obviously supervised at all times and there is no cost. This may be a good resource for some (not all) situations where additional help is needed. They can also be utilized for other labor jobs as appropriate. If you are interested, call Pam at 749-4015.

## New On-line Discussion Group for Parents

This group is targeted to the parents, siblings, relatives, and support staff for clients of Area Agencies (such as Community Partners) in the state of New Hampshire. Please use this group to share ideas, solutions, and useful "networking" information with other Area Agency families. Registration is required and in the spirit of open discussions, will be only lightly moderated. See <http://health.groups.yahoo.com/group/NH-AreaAgency-Parents/> to sign up. This group is not officially supported or moderated by the Area Agency or any state or federal agency. It is completely parent run.

## Good News—Bad News

First the good news: Lisa Krebs has joined us as the new Partners in Health Coordinator. Lisa is a former Case Manager for adult services and is very enthusiastic to be working more closely with the families involved in the program, as well as having the opportunity to participate on the Partners in Health Family Council. Lisa says, "I will work hard to provide quality supports to the families in Partners in Health. I have heard many wonderful comments about Sarah's commitment level and hard work and want to wish her the best as she nears completion of her Master's Degree!"



Lisa Krebs



Sarah Small

Now the bad news: As Lisa noted, Sarah Small has resigned as Partners in Health Coordinator to devote more time to completing her Master's in Social Work through UNH. In addition to classes, she has a full time externship in the Oncology Department at Frisbie Hospital. She is missed by all. Good Luck Sarah!

## Forum on SpEd Law Changes

Would you like to know about changes to the special education law? Would you like to have a say in what NH's Rules for the Education of Children with Disabilities look like?

NH Connections in collaboration with the NH Department of Education Bureau of Special Education, NH Association of Special Education Administrators, State Advisory Committee and the NH Parent Information Center is holding regional sessions to help collect community input for the revision of the NH Rules for Special Education. Our local session will be held on 11/16/05 from 3:30-5:30 or 6:30-8:30 at the Community Partner's office in Rochester.

If you have questions or need special accommodations? Please contact Dawn Marquis at (800) 947-7005 or [info@nhconnections.org](mailto:info@nhconnections.org) or Alan Pardy at (603) 224-7555 [alan@nhasea.org](mailto:alan@nhasea.org). Refreshments will be provided. Limited mileage and childcare available on a first come, first serve basis. These early input sessions are not intended to replace the formal hearings to be held in the new year.



*November 16th  
3:30—5:30  
or 6:30—8:30*

## Educational Advocacy Training

The Parent Information Center in Concord provides some great trainings around the state. A few years ago, we hosted the Educational Advocate training here in Dover. We are thinking of doing that again if there is enough interest. The training lasts for 12 weeks with a 4 hour commitment each week. Completion

of this course will give you a thorough understanding of special education law and your rights as a parent of a

*Should Family Support host an  
Educational Advocacy Training  
for Parents?*

child who receives special educational services. Please give Betsy Carroll a call at 749-4015 if this is something in which you would like to participate or if you would like more information. Parents who have attended this training in the past have spoken highly of both the presenter and the information presented.

## Help for the Holidays

Here is a list of organizations helping families to get holidays gifts for their children.

- Dover Residents: Applications for "Toys for Tots" can be obtained from City Welfare Office any weekday from 8:30-4:PM. Phone: 743-6035.
- Somersworth Residents: "Toys for Tykes" Applications can be obtained from City Welfare Office at City Hall. Phone: 692-9509. (0-12)
- Rochester/Gonic Residents: "Toy Bank". Applications can be obtained from City Welfare Office at City Hall. Phone: 332-3505.
- Salvation Army "Wish Upon a Star" program. Phone: 332-2623.

If your town is not listed call 332-2623-they will have information.

Also: Local Food Pantries:

Dover: One Silver St (Corner of Central Ave) Thursday 9-12 call 742-5664

Rochester/ Gonic: Gerry's Pantry 330-3468 (call for hours)



## Upcoming SERESC Trainings

Call Robin Knight at 206-6816 for more information on these trainings:

- Applied Behavior Analysis in Educational Settings—Friday, December 9
- Advanced Clinical Issues in Childhood Autism & Related Disorders—Thursday, January 11
- Advanced Sensory Diets—January 19
- Visual Supports: Strategies to Support & Maintain Active Participation in School, Home & Community—January 30-31
- Asperger Syndrome: Getting Ready for the Real World—March 23-24

## Community Partners Waiting List Statistics as of 10/05

As a result of receiving additional funding from the Bureau of Developmental Services, Community Partners was able to provide services to seven individuals who were on the waiting list. One individual will be receiving Residential Services and the others will be receiving Day/Vocational or Community Support Services. While we are happy to be able to offer these services, we are also mindful of all who did not receive funding. As the year unfolds and vacancies occur, we hope to be able to offer services to additional individuals who remain on our waiting list.

### STATEWIDE WAITING LIST

*As of June 2005, there are  
281 individuals with a #1 priority  
with an average wait of 361 days*

Below is a table that summarizes the number of individuals at Community Partners, who are currently awaiting funding from the state. For more details on the waiting list and a description of the different priority codes, visit:

<http://gencourt.state.nh.us/rules/he-m500.html>

and scroll down to section He-M 503.11

	#1 Priority	#2 Priority	#3 Priority
Case Management	29	25	18
Residential Services	6	13	13
Day/Vocational Services	17	14	16
Community Support Services*	14	13	18

\* Community Support assists eligible individuals who are able to live independently in a safe manner. Support is not provided daily and the individual either has or is expected to have the ability to pay for their own living expenses.

## Teen Social Group News

On a sunny September Sunday, the Teen Social Group met at Willand Pond in Dover to walk the path around it. We treated ourselves to ice cream after our strenuous hike, across the street at Strafford Farms. There were seven teenagers there and there's always room for more to come to the planned groups. Next one will be in January 2006! We'll either go swimming at the Dover pool or to an athletic event at UNH. Any preference?? New ideas are welcome! Call Betsy Carroll at 749-4015.



## After School Court Sports

After School Court Sports with Northeast Passage is now being held at the Butterfield Gym in Dover on Wednesdays from 3:30 to 5:00. It's a fun time with kids with and without a disability as **everyone** has to use a wheelchair! Please feel free to call Betsy with any questions you might have about the program or you can call Matt Frye at 862-0070.

## Family Support Hayride

See Pictures 

It didn't snow and it didn't rain! It was a bit cold but with the heater inside the green house and hot cider and cookies to eat and drink, everyone managed to stay pretty warm. Even though there was lots of mud around Emery Farm, the wagon for the hayride managed to make it out to the fields. No one got lost in the corn maze! The kids enjoyed seeing the animals and playing in the sand box. In all, we had over sixty people show up to enjoy the festivities. There were also sixteen members of the UNH Psychology Club to do some face painting and to help out with mask making which was a fun entertainment for the kids. Many thanks to that group for donating their time! And to Deirdre and Suzanne for greeting and welcoming families.



# Hayride 2005



Jade, Karla, Carl, and Ruby



Sarah with her mom and grandmother



Alex



Deanna



Heather



Michael, Matthew with uncle and mom

*Over 20 families enjoyed this fun fall activity. Join us next year!*



Chuck, George and Joan



Ryan, Cory, Jessica,  
Sheryl, Reggie, and Judy

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## Community Partners

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### Family Support Raffle

Congratulations to Patricia Kalar, last issue's winner of \$50.00 in gas for their car. This month the raffle is for a \$50.00 gift card at Kohl's Department Store. Send the below entry or your name, address, and phone number on a slip of paper with the words "November Raffle" on it, no later than 11/30/05, to:

Gerry Riecks, Community Partners, 113 Crosby Road—Suite I, Dover NH 03820

Name:

Address:

Telephone:

*Open only to Community Partner's families  
who receive this by mail*

Deadline for entering: 11/30/05

Raffle is open only to Community Partners families who receive this in the mail.

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