



# Family Support Newsletter

Issue # 48

November 2006



Happy Holidays from  
Family Support

## Save the Date—2007 Family Support Conference

The 2007 Annual Family Support Conference will be held the weekend of May 4, 5 and 6 at the Mount Washington Hotel in Bretton Woods. As usual the Family Support Council will have scholarships available for families to attend. Look out for brochures arriving in the spring. We encourage new families to attend as it is a great way for networking with other parents and learning about services and resources available in New Hampshire.



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## Holiday Open House

Each December, an open house is held here at our offices at Crosby Road. We invite all who receive this newsletter to stop by anytime between 10:00 and 2:00 for some cheerful company and great tasting holiday goodies. Raffles will occur throughout the day. This year's open house will be held on Thursday, December 21st with a snow date of Friday, December 22nd. We are looking forward to seeing everyone.

## Notes from the Transition Forum 2006

Between 10 and 15 parents gathered for each of the four nights of the 2006 Transition Forum sponsored by Family Support and the Family Advisory Council. Parents learned about Adult Services (including Residential Services, Vocational/Day Services, Case Management, and Vocational Rehabilitation); Future Planning; Guardianship; Legislative Initiatives; and Special Needs Trusts. The feedback surveys from participants was 100% positive. We wish to thank all the presenters for their thoughtful presentations and for answering parent's questions. If anyone who was unable to attend would like the handouts, please call Hugh at 749-4015. This series will be repeated again in two years and all are welcome, including parents who attended this or past forums. Special Thanks goes to Pete Eldredge, Family Advisory Council member for his help and guidance. Hope to see you at Transition Forum 2008!

These were excellent parent trainings,  
all parents could learn from them.  
a parent



Parents attending a training on the Guardianship process.



Judge Cassavechia answers questions from parents about Guardianship.



Parents learn about the adult service system from a panel of administrators of adult services .

## Fundraiser for Family Support

Kathy Wotton, a mom with a child in Family Support, is hosting an Arbonne Open House on Monday November 27th from 12.00-6.00pm at her home on 12 Apache St, Dover with proceeds being donated to Community Partners Family Support Program. This is a great opportunity to start your holiday shopping . Arbonne offers a variety of skin care products and cosmetics. Come by and learn about items available. For more information please contact Kathy at 817-1591.



## A tribute to Chuck Raymond—Family Advisory Council Chairman

**C**huck  
**O**pen to the needs of others  
**M**any families assisted  
**M**anages to find solutions  
**U**sually at every meeting  
**N**othing stops his energy  
**I**nstills courage and strength  
**T**eaches all of us empathy  
**Y**ears and years of service

**P**arents are very grateful  
**A**ble to make something happen  
**R**eady to resolve issues  
**T**ransforms problems into victories  
**N**ever too busy to listen  
**E**normous in his kindness  
**R**espected by his fellow members  
**S**urely missed—when unable to attend



Chuck Raymond, Chair  
Family Advisory Council

## Updates on Local Support Groups

Community Partners hosts a group for parents whose children are on the Autism Spectrum on the first Wednesday of the month from 6:30 to 8:30. The group meets at our Rochester Community Office at 25 Old Dover Road. Contacts are Kyle Szczepanik, 335-5286 or Suzanna Fletcher, 942-8386.

The Family Place at Easter Seals hosts a monthly support group for parents/caregivers of individuals of all ages who have autism spectrum disorders. This group is also open to parents beyond Rockingham County. They meet the 2nd Wednesday night of each month from 6:30 to 8:30 at the Cozy Corner Plaza, route 27/107, Unit 10 in Raymond. Contact is Viki Gayhardt at 895-1522 or email [vsgayhardt@yahoo.com](mailto:vsgayhardt@yahoo.com).

Community Partners provides support to a group for parents whose children have cerebral palsy or neurological impairments. The group meets for a pot luck supper on the 4th Friday of the month at 6PM at the Goss's home at 2 Grady's Lane in Dover. Contacts are Alison & Wayne Goss at 749-4051.

We also provide support to a group for parents whose children have Down Syndrome. They met on October 13 and November 3 and will meet again for Pizza on December 1 at the Flinkstrom's, 89 Academy Street in South Berwick. There will be a Mom's Night Out on November 17. Contact Marcia at 207 384-5041.



## Council of Councils - NH Partners in Health

Tammy Munroe, Chairperson for Region 9 Partners in Health Program met with other representatives from NH Partners in Health on Friday, October 20<sup>th</sup>, at the Common Man in Concord for a dinner meeting to organize a "Council of Councils". This state-wide Council will be addressing issues of importance to families of children with chronic health conditions and bringing these concerns to the appropriate audience. It's also a group that will be sharing local council activities and experiences.

I would like to take this opportunity to thank Tammy for her ongoing commitment to the PIH Family Advisory Council and to welcome new and former members who joined us last month for our visioning meeting. Council efforts for this year will include collaboration with the new pediatric unit (PRISM) being built at Wentworth Douglass Hospital, as well as public relations, stress management and family recreation.

Have a family member in the Partners in Health Program? Please consider joining the PIH Advisory Council.

The PIH Family Advisory Committee will meet the second Tuesday of each month at 6:00 pm at the Crosby Road offices. Any family member connected to the PIH program is encouraged and welcome to join us at any time. Your input and your experiences are important!

Please call me at 749-4015 if you have any questions about the Partners in Health Program or the Family Advisory Council. Judy Saddler, FSC, NH Partners in Health Program

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## Partners in Health Update

**Vision Planning Results for 2006-2007:** Partners in Health will host a Community Tea in collaboration with Youth and Family Services from Behavioral Health and Early Supports and Services, on November 29, 2006 at 113 Crosby Road in Dover from 3:30 to 5:30 pm. School nurses, guidance counselors and staff from local medical practices will be invited to hear an overview of these programs. Family members are welcome to attend. Please RSVP to Judy Saddler, PIH Coordinator at 749-4015. This effort is in response to Council's request for more PR efforts to increase awareness in the community and increase referrals to the program. Additional efforts will be discussed at future Council meetings.

A grant has been written to the Hood Center for \$15,000 to enable us to collaborate with Wentworth-Douglass Hospital in Dover to create a Family Resource Center similar to the one at Children's Hospital at Dartmouth (CHaD) in the new pediatric wing currently under construction. This new wing is scheduled for completion by next summer. The exciting news for families is that CHaD specialists will come to Dover for a variety of clinics so families might not have to travel to Lebanon or Manchester. We'll keep you posted . . . . .

The PIH Council also requested more recreational activities for families, resource information and stress management programs.

If you have any ideas you'd like to share with us and are enrolled in the Partners in Health Program, PLEASE join us the second Tuesday of each month at 6:00 pm at 113 Crosby Road in Dover. We meet only once a month for 2 hours. If you need help with child care or transportation to Council meetings, call Judy Saddler at 749-4015 #209.

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## Ready to Go? Toilet Training Tips

by Dotty Lavoie OTL

Age is not always a good indicator that a child is ready for toilet training. Many parents think of two as the age to introduce this big step in independence for a child following typical developmental milestones. However, many are not physically, cognitively and emotionally ready until near three. Children with physical, medical, and developmental issues may not be ready for quite some time after three. But how do you know if a child is “ready”? What exactly is involved in toilet training?



Toilet training involves recognizing the need to go, pushing pants and underwear down, getting on the toilet/potty and urinating or having a bowel movement. It also includes getting toilet paper, wiping correctly, getting off the toilet, pulling clothing back up, flushing the toilet, and washing hands. Think of all the skills involved in this process! It is not unusual for a child to need some help until the age of four or five. The key to making this a short and stress-free experience is to **make sure the child is really ready for toilet training before beginning.**

What are the **Readiness Signs** that help to signal a child is ready to start this big step? The following list includes many of these signs. A child does not need to have all of them, but the more that are present, the easier and faster toilet training will be.

- Able to sit down and play quietly for about five minutes
- Over the excitement of learning to walk and run
- Able to help dress and undress self
- Shows imitative behavior
- Wants to put toys and possessions where they belong
- Able to understand and follow simple directions
- Takes pride in accomplishments
- Not in a period of negativism
- Has bowel movements at regular times every day
- Able to remain dry for about two hours at a time
- Able to urinate a good amount at one time
- Aware of the process of elimination
- Has a name for urine and bowel movement

Make sure that the child is not in the middle of a stressful situation like weaning from a bottle, the birth of a new baby in the family, and changes in childcare arrangements. Wait at least a month after such a stressful situation to begin toilet training even if the child has a number of readiness signs.

Pre-toilet training activities can be introduced by eighteen months in typically developing children. These activities set the stage for toilet training and can be continued until a child has enough readiness signs to begin toilet training. First teach a name for urine and bowel movements. Each family will decide what words they wish to use. For example, when a child has a wet diaper talk about it—“You have pee pee in your diaper. It’s all wet”. Second, allow the child to watch family members and peers use the toilet. Third, change diapers as soon as possible to prevent the child becoming comfortable in wet or dirty diapers. If possible change diapers in the bathroom where diaper discards can be flushed down the toilet teaching where “poopos” go. Encourage the child to flush. Lastly, praise the child when they tell you with words or gestures that they have gone “peepee or poopoo”.

## Volunteering at Apple Harvest Day

Sarah Buckovitch & Jessie Cefalo from the Self-Advocates Group volunteered at the Community Partners booth at Apple Harvest Day in Dover. The pair helped folks who stopped by our booth make bird feeders from bagels, peanut butter & birdseed. We made over 300 birdfeeders! Congratulations and thanks go out to Sarah and Jessie!



## The Sibling Group 2006

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The kids met in September and October in Rochester and will meet again on **November 18** and **December 16**. At the October meeting, we had 2 siblings attend for the first time! If you are between the ages of 8 and 12 and have a brother or a sister with a disability or a chronic health condition, we'd love to have you come to the group! Please give Betsy a call at 749-4015 if you're interested.

As of **January 2007**, the Sibling Group meetings will be held in Dover at Wentworth Douglass Hospital on a Saturday morning. The program will be financially supported by WDH because they see this group as a real benefit to families in supporting their children. Family Support will continue to collaborate with the group's facilitator, Colleen, to make sure that the sibs are having fun and that family needs are being met.

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## Gymnastic Classes

Gymnastics Classes at Tri-Star in Dover are available for 2-6 year olds. Paula Boivin, an occupational therapist, is starting up a class for children with special needs on Mondays from 1:30 to 2:15. Paula has taught gymnastics for 20 years! The group will be a parent/toddler class. Paula will plan with the parents on addressing skills such as foot/eye and hand/eye coordination, strength training, and sensory integration. Please call Paula at 749-1234.

## Dad's Night Out Canceled

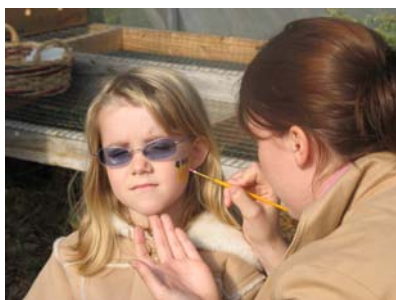
We're so sorry that the Dad's Night had to be cancelled back in September. There was only 1 RSVP by the requested date. However, we did get a couple more responses after the decision was made to cancel. We will try again to provide this opportunity for the fathers to feel more involved with some of the services for their kids.

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## 2006 Family Support Hayride



Over 100 family members attended this year's Hayride.



Face Painting, a corn maze, and other crafts were enjoyed by the kids.



Everyone enjoyed the cider and pumpkin cookies. Hope to see you here next year.



Thanks go out to Emery Farm and the UNH Psychology Club for helping to make it a great day.



Family Support  
Community Partners  
113 Crosby Road Suite 1  
Dover NH 03820

Phone: 603-749-4015  
Fax: 603-743-3244

Email:  
hphilbrick@communitypartnersnh.org

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



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## Family Support Raffle

This issue's raffle will be \$50 in gift certificates to Chili's Restaurant. Thanks go out to a Partner's in Health family for helping with the Gift Certificates. Please send the form below or your name, address, and telephone number with "November Raffle" written on it to Gerry Riecks, Community Partners, 113 Crosby Rd, Dover, NH 03820 by November 30, 2006. Congratulations to the Aviles family, winners of August's raffle of a 50.00 Gift Card to Wal-Mart.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

**Return entry by November 30, 2006**

Raffle only open to our families who receive this in the mail.

