

Celebrating
40 YEARS



MONADNOCK
DEVELOPMENTAL
SERVICES

HELPING PEOPLE WITH DEVELOPMENTAL DISABILITIES



Spring 2023

THE CLIPBOARD

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The mission of MDS is to work toward inclusion, participation and mutual relationships for all people who are at risk of isolation from their community.

www.mds-nh.org

Inclusion
Participation
Mutual Relationships



Message from the Executive Director

Direct Support Professionals (DSPs) and Home Providers (HPs) are essential to helping people with developmental disabilities live, work, socialize and fully participate in their communities. Their jobs are not a typical weekday schedule, but rather 365 days a year, 24 hours a day and holidays. We thank our DSPs and HPs for what they do every day, and once a year we get to thank them on a larger stage. Currently, the New Hampshire Council on Developmental Disabilities is accepting nominations for the 2023 DSP and HP of the year until June 1, 2023. Award winners will be recognized at the 2023 DSP and HP Appreciation Week celebration in September. The nomination form is on page 8 of this newsletter.

DSPs support individuals with daily living skills, volunteer work, social activities in the community and mentor individuals at their place of employment. HPs welcome individuals into their homes and offer a safe and family centered living environment. Being part of a family environment helps individuals build strong relationships at home and in their communities. Throughout the years, I have seen DSPs and HPs dedicate countless days, weeks, months and years to their profession and the individuals they support. Within the Monadnock Region, we have hundreds of DSPs and HPs working with 750 individuals and their families. If you know a great DSP or HP, please take a few moments to nominate this person who has made a difference in the life of the individual they support.

I'd also like to give you an update on the Bureau of Developmental Services System Redesign. BDS continues to work with area agencies and provider agencies to prepare for Direct Billing to begin on July 1st. With just over a month to go, changes are happening very quickly. Service coordinators, providers and area agencies are being trained on a myriad of changes. As the process has evolved it has necessitated many new policies and procedures along with rule changes. Rule revisions are being proposed for regulations He-M 505 Establishment and Operations of Area Agencies and regulation He-M 503 Eligibility and the Process of Providing Services. It is anticipated that the draft versions of these rules will open for public comment soon. Additionally, a new rule, He-M 504 the Provider and Provider Agency Operations has also been drafted. The public comment period for this rule will take place a bit later at which time MDS will post on Facebook, our website and via email blasts the opportunity for you to comment.

Mary-Anne Wisell
Executive Director

THE CLIPBOARD



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The Clipboard is an agency-wide MDS newsletter. All departments, families, individuals, and community organizations are invited to submit items to be included in the publication. The opinions expressed in articles are those of the people who have written and submitted the material. Therefore, the information contained in these articles is not necessarily the opinion of MDS.

Send your comments or articles to:

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Service Awards

Every year, MDS recognizes employees who are celebrating milestone anniversaries of employment with MDS.

Congratulations to the 2023 honorees!

35 Years

Mary Coates

30 Years

Bob Vigeant

25 Years

Lurleen Morin

Jeanette Millar

15 Years

Russell Cloutier

Alison Scalia

Becky May

10 Years

Amy Hathaway

Robb Hobbs

Chris Sutherland

Leslie Foster

Nicole Streeter

Deb Franco

Kellie Farnum

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5 Years

Guy Johnson

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Karen Collins

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Patricia Fletcher

Meghan Rouleau

Save the Date!

9th Annual Run~Walk~Smile

November 4, 2023



MDS Family Council Annual Picnic

Do you have a family member who receives services from MDS? Are you looking for something to do that s/he and the whole family can enjoy?

If so, this event is for you....



MDS Region 5 Family Councils' Annual Fun Day Picnic!!

- Visit the animals
** PONY RIDES NOT INCLUDED
- Lots of Games & Activities - FUN FOR ALL AGES
- Swimming available (so bring your bathing suits & towels)

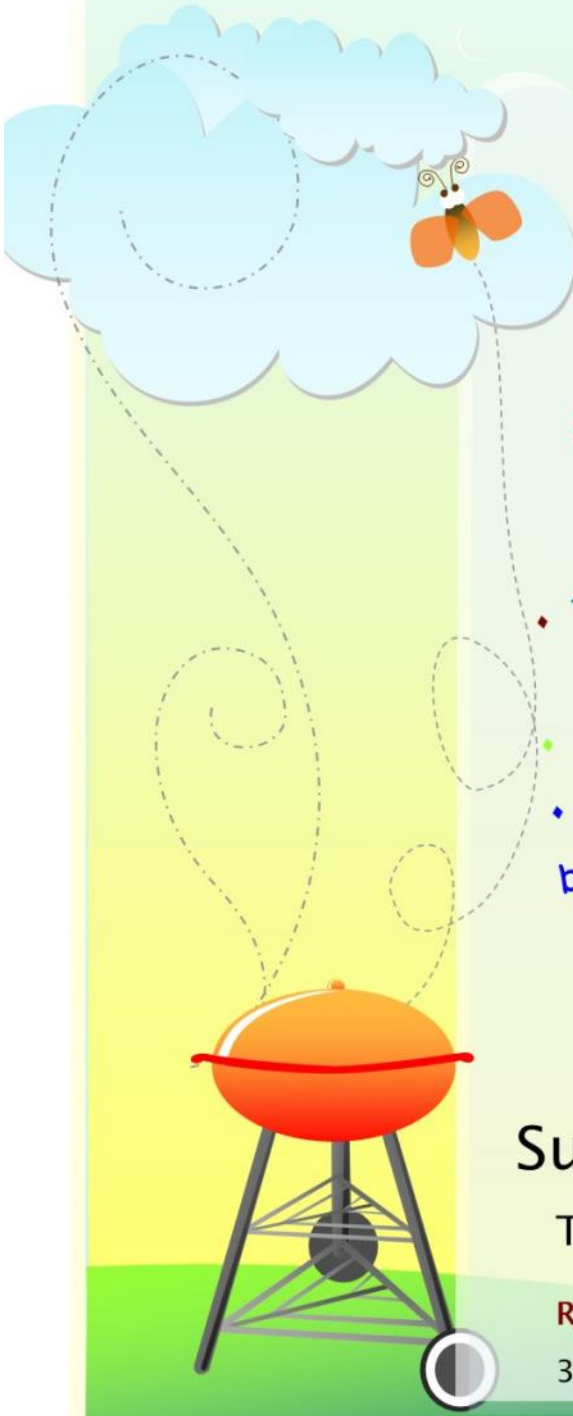
*** COVID ALERT***

Please take your temp before you come
& bring your own mask if you prefer to wear one.

Sunday, June 4th 2 to 5pm

The Inn at East Hill Farm in Troy

RSVP REQUIRED to: Nicholas by May 27th
352-1304 or Nicholas@mds-nh.org



Unforeseen Consequences

By Robin Kenney, Ed.D., President of the New Hampshire Brain Injury Association (BIANH)

In November of 2009, the I Unit of New Hampshire Hospital closed its doors. The unit had been established in 1992 by Dr. Tom McAllister as a Neuropsychiatry in-patient resource, specializing in the diagnosis and acute care of patients with traumatic and acquired brain conditions, as well as those with intellectual and developmental disabilities.

These are among the most challenging patients to treat, and working through an inter-disciplinary team approach, the I Unit quickly became an essential component of the continuum of care here in New Hampshire. The patients seen there often presented with complex conditions and the team took great care to see that medications prescribed were followed through to their optimum dosage and efficacy levels. Because the Unit was operated under the umbrella of Dartmouth Medical School, patients were afforded the benefits of “best practices” in the field of Neuropsychiatry.

Not only was the Unit a successful treatment resource, but was also instrumental in allowing patients to return to their community setting after completing stays there. In some cases, the Unit teams were able to follow the course of patients’ progress into the community, thereby insuring consistency of treatment practices. This made it possible for patients

to live in the least restrictive settings possible and, in many instances, reduce the need for community care.

Additionally, the very existence of the I Unit gave community providers and vendors the confidence to accept individuals with very complex needs, secure in the knowledge that, should an individual require urgent short-term mental health intervention, the Unit was there to provide it.

It continues to be perplexing as to why the I Unit was closed, as the consequences of this decision are still being felt around the state. The closure forced providers to return to institutionalization—a treatment alternative that has tragically proven to be unsustainable, as we saw with the Lakeview experience in 2012. Once Lakeview closed, the search for alternative placements has led to patients being transferred out of state—some as far away as Florida. While many of these programs have provided good care, it should not be necessary to send New Hampshire’s most vulnerable citizens far from their homes and any family supports they may have.

The bottom line is that the BIANH is committed to working with policy-makers in Concord to advocate for the restoration of a New Hampshire based resource comparable to the I Unit. We look forward to participating in that important dialogue.

Hello! I would love to hear from you!

Our Region 5 Area Agency serves about 1,000 individuals and families in the Monadnock Region. You are the reason we are here and we want to be sure your voice is heard.

As your Executive Director, I’d like to know:

- *Do you have feedback you’d like to share?*
- *Do you have unresolved concerns?*
- *Do you have questions about your current services or the BDS system redesign?*
- *Do you want to find out more about our MDS mission of inclusion, participation and mutual relationships?*



Please reach out — 603-352-1304 or MaryAnneW@mds-nh.org.

A Close Distance

By Sonja Martineau, MDS Transition Coordinator—Children's Services

Who could have predicted that preparations to participate in a sports competition some 1300 miles from home would unite two complete strangers who have lived a mere 15 minutes from one another for nearly six years?

The Special Olympics USA Games in June 2022 was a winning event in more ways than one for Jack Elkan and Russell Putnam. Both men excelled at and won awards in their sport but it's the friendship that formed as a result of their participation in Special Olympics that has had the more profound impact on their lives.

Though close enough to call neighbors, Alstead and Marlow students attend different high schools. An Alstead resident, Russell graduated from Fall Mountain Regional High School in 2020 and from Project SEARCH in June 2021, while Jack attends and will graduate from Keene High School in June 2024. Despite attending different schools and having different life timelines as children, Russell and Jack have recently discovered that they are on a similar path in terms of how they wish to proceed in their adult lives.

As someone acquainted first with Russell and a couple of years later, Jack, I was intrigued by their new connection and wanted to learn more. Recently, we met via Zoom, and these two young men—along with their parents—shared their serendipitous journey from strangers to friends.

Their story began last spring at a training session ahead of the June 2022 Olympic event and ironically, it was in Concord, NH that their paths first crossed. Although there were numerous athletes from different parts of NH in attendance, the two families unexpectedly came together. As Jack and Russell waited in the stands with their parents, Jack began speaking with Russell's mother, Karyn, who he happened to be seated beside. Through their conversation, the two families soon discovered that they were essentially neighbors.



Russell (left) and Jack enjoy a meal at a local restaurant.

Jack shared that later when they competed at the Olympics in Florida, the two took turns cheering each other on. As Russell competed, Jack went up to the fence and called out his name with words of encouragement. When it was Jack's turn, Russell enthusiastically did the same. Both track athletes, the two went on to become winners, but they walked away from the event with so much more than their medals.

Russell and Jack became fast friends and soon discovered that they have more in common than running—an activity they continue to do together. Both of these young men are collectors, though their collections differ. Russell has been an avid train fan for many years and has a vast collection of railroad cars. He is adept at maintaining/repairing them and had just finished a repair job before our interview. Jack shared a photo of his extensive Hot Wheels collection, which includes a couple of vehicles he's photographed for his photography business. The two share an interest in RC boats and have enjoyed operating them on local ponds. And as Jack's family has an ATV, he recently took Russell for a ride. While Jack can both steer and shift, the shifting is arduous for him. Russell can operate small tractors and has experience with gear shifting. With their respective skills in mind, the two decided to try and operate the vehicle together and Linda recently

Continued on page 6

A Close Distance

observed them taking off with Jack steering as Russell shifted—a team effort that was a complete success!

Since learning that they're neighbors, the families have enjoyed another surprise discovery—yet one more thing that Russell and Jack have in common. Interestingly, they share the same Friday night tradition; a pizza to bake at home from the same local pizza shop, followed by a film. I was fascinated by this news and wondered how Russell and Jack's future plans will affect their tradition. The two have decided to rent a two-bedroom apartment once Jack finishes high school and though not yet certain how they'll divide up the housekeeping chores, they're in complete agreement about continuing their Friday night pizza and film ritual. I asked about the future of their collections and they shared that their living room will be the display area for their train and car collections. Jack went on to explain how the room will be laid out.



Russell (far left) and Jack (2nd from left) compete in a track event.

In preparation for one day sharing an apartment, the two recently stayed overnight at the Elkan's house. During the visit, they learned that Russell, who currently holds two part-time jobs, retires later in the evening and Jack, who still rises early for school, is accustomed to retiring earlier. After first listening to

music, the two employed the art of compromise to solve their evening time discrepancy with Jack staying up a little later and Russell retiring a bit earlier than usual.

Since that fateful first meeting, it's not only Russell and Jack's lives that have been enriched. Their parents have benefited as well. Due to Covid-19 restrictions, Russell received a limited number of Project SEARCH graduation tickets and in addition to his family members, Jack was the one friend that he chose to invite. Sadly, Jack's family was away that week, but to make up for missing the event, they invited Russell and his family to their beach house for a long weekend. Thus began the dual friendships that continue today.

Jack's mother Linda shared that when their family relocated from Maryland, they'd lost the regular contact with their circle of friends that one typically enjoys through geographic proximity. Since living in their new, rural community it's taken time to connect with others, but through Jack and Russell, their parents have come together. Since last summer, the two couples have enjoyed multiple visits and activities and have met their sons' siblings. With similar philosophies and dreams for their sons' happiness, independence and success, the parents have formed a relationship of their own.

When I asked how Russell and Jack's friendship has impacted their families, the parents responded with the same word—comforting. Knowing that their sons have a true friend with whom they share multiple interests and hopefully in the future, a living space, has brought solace to all four of them. The knowledge that their sons will not need to navigate the myriad changes and challenges that occur in adult life alone is an unexpected and happy fulfillment of one of the most important dreams they've had for them. For their part, Russell and Jack's skills, interests and hobbies—as well as their mutual respect and regard for one another—is a winning combination that will serve these two well when their names rise to the top of the housing waitlists.

MDS Community

A Winter Wonderland

By Sarah Heath, Program Manager, RRI

When a major winter storm hit the Monadnock region in March, Donald, along with more than half of area residents were snowed in. With the snow falling heavily and collecting on the trees, Donald was without power for most of the first day of the storm. Downed trees and power lines blocked Donald's road, making it impassible.



Donald's driveway in Marlborough, NH.

But Donald's DSP, John, went above and beyond to ensure Donald's safety by calling to check on him every couple of hours. Later that evening, John walked through two feet of snow to reach Donald's home and start his generator. Donald ended up with 37 inches of snow and was without power for 48 hours. But throughout the storm Donald was safe and warm, thanks to the dedication of his DSP.

Jumping Into Something New

By Cheyenne Bentley, Program Manager, RRI

Starting anything new can be a scary experience, especially later in life. Anne took the opportunity for a new experience and jumped right in, literally! Anne recently began attending a gymnastics class once a week at the American School of Gymnastics. Each week she is more and more comfortable with the class. Anne loves the trampoline, which seems to be her favorite spot in the gym. She loves having staff

hold her hands while she jumps. Sometimes she will even jump by herself.

Each week Anne is encouraged by her staff and the gym staff to go a little outside of her comfort zone and try something different. Anne now enjoys walking back and forth between the bars and walking the balance beam. There are so many more activities she has tried and enjoyed and we hope there will be many more to come!

A Fun-Filled Journey

By Glenn Wilder, Keene, NH

I was able to take a road trip to the town in Vermont where my family once lived. I was very young when my family moved to New Hampshire. The trip was long, but relaxing. Viewing the countryside made the trip enjoyable. Our small town, Calais, probably had not changed in years, it only had a town clerk's office, post office, church and small country store.

We drove through a dairy farm that had many cows. The farm had a science lab that taught guests all about maple sugaring. There were sculptures that were actually maple tree roots. One had all burrs that were cut off that looked like a bearded man's face. There was also a gift shop and baby animals to see. It was a very hot day, so we had dessert first, the best maple creamy I have ever had!



Glenn in front of a replica of the Vermont Capital building.

DSP & HP of the Year Nominations

Be sure to submit your nominations for DSP and Home Provider of the Year by **June 1, 2023!**

The dedication and commitment DSPs and Home Providers bring to their work makes it possible for individuals with developmental disabilities to live, work, socialize and fully engage in their communities.

DSP and Home Provider of the Year

For Outstanding Service

2023 Nomination Form

Please submit by **June 1, 2023**

to

Vanessa.A.Blais@DDC.NH.gov

NHCDD 2 1/2 Beacon St., Suite 10 Concord, NH 03301

Rewarding Those Who Serve Individuals and Families

Nominator's name _____

Address _____
street city zip code

Phone _____
home cell

Email _____

Name of the person being nominated for the award: _____

Nominee's contact information: _____

Please select position of nominee: DSP Home Provider

Tell us why you believe this person demonstrates outstanding service and should be recognized:

Thank you for helping us recognize those who support our community!
The DSP Conference Planning Committee

Self-Advocacy Connections

Self-Advocacy Connections – All About Us

The Connections—All About Us self-advocacy group is a safe and friendly group that meets the third Monday of each month via Zoom from 10:30 to 11:30am.

Self-advocacy is about making connections and friendships. It's about learning how to speak up for yourself, thinking about what your own good life should look like and how to move in that direction. The Connections—All About Us group is a safe place to learn about our rights and responsibilities, talk about things that we are struggling with or hoping for, make connections in our communities and share our thoughts. Join one of our meetings and see what we do. We like to have fun and invite you to join us!

Recently, The Connections—All About Us group published the Rights & Responsibilities handbook, which talks about abuse, neglect and exploitation and how you can identify these behaviors. The handbook also explains your personal rights and provides many real life examples to help us better understand how we should expect to be treated. The Rights & Responsibilities handbook is available on the MDS website at:

<https://www.mds-nh.org/index.php/R&R>

Meetings are posted on the [MDS training calendar](#) which is where you'll find the Zoom link to each session.

Contact Mari Schacht by email: mari@mds-nh.org or by phone: 603-352-1304, ext 212.

S Speaking up for ourselves
E Embracing strengths
L Living our best life
F Finding yourself

A Advocating for others, ourselves
D Doing group projects, activities
V Voicing our thoughts and ideas
O Opening up to share our stories
C Coming together to work as a team
A Acting out different social situations
C Count on yourself
Y Your voice matters

By Brianna

MDS Self-Advocacy Connections

Come join us on the 3rd Monday of every month – 10:30 am to 11:30 am
In person – MDS office – 121 Railroad St, Keene or via ZOOM

<https://us02web.zoom.us/j/87016696979?pwd=d1JuckU3NVg0dTlyV01ubFc2cDYvZz09>

Meeting ID: 870 1669 6979
Passcode: 407639



MDS Family Council



“The mission of the Monadnock Developmental Services Family Council is to support, assist, and educate families, individuals, and the greater community. Our purpose is to ensure greater access to the community, increase engagement, and strengthen families by working in partnership with MDS. We strive to empower families and to be a voice for change and inclusion through advocacy and inclusiveness throughout the lifespan.”

The Monadnock Family Council is a voice for families. We are a group of families who support family members with intellectual disabilities both living at home and independently, who are supported by Monadnock Developmental Services. Family Council membership is representative of the various ages, diagnosis and geographic locations of individuals and families served in the Monadnock Region.

New Hampshire has ten family councils; one for each of the ten Area Agencies in the state. All are created by the New Hampshire legislation to advise on the needs of families in their region. Each family council has a budget, which is provided by the State of New Hampshire. These funds are used to support families in need of respite, home modifications, camp inclusion, family training and emergency family assistance.

The Monadnock Family Council meets the 2nd Monday of each month from 6 to 7pm and are open to everyone. Anyone who would like to observe or provide input is encouraged to attend a meeting. To be a voting member of the Monadnock Family Council, a family member must consistently attend the monthly meetings. However, there are many ways to be involved other than attending the monthly meetings. You can attend an activity or training, volunteer at a fundraising project or family outreach event, or simply just let the council know how your family is doing.

We encourage families to share their concerns, confusion, observations, suggestions and needs at any time. For more information about the Monadnock Family Council, please contact Lynn Yeiter at 603-352-1304 or lynny@mds-nh.org.

New Email Address for Self-Directed Services Department

The sdsadmin@mds-nh.org email address has been created so that all Self-Directed Services and In Home Supports families can submit their monthly paperwork to the SDS Department Administrative Assistant, rather than to individual Service Coordinators. The department Administrative Assistant will then ensure that all paperwork is appropriately filed and distributed to the individual's Service Coordinator.

If you have any questions about this process, please contact Nicholas at 603-352-1304 or Nicholas@mds-nh.org.

Resources

New Hampshire Resources

ABLE NH

2 1/2 Beacon Street
Concord, NH 03301
(765) 4ABLENH
www.ablenh.org

Advocates for the civil and human rights of all children and adults with disabilities. Promotes full participation by improving systems of supports, connecting families, inspiring communities, and influencing public policy.

Disabilities Rights Center

64 N. Main Street, Suite 2
Concord, NH 03302
(800) 834-1721 (603) 228-0432
www.drcnh.org

Provides advocacy assistance, information and referral services to families and individuals with disabilities.

Governor's Commission on Disability

54 Regional Drive, Suite 5
Concord, NH 03301
(800) 852-3405 (603) 271-2773
www.nh.gov/disability

Information and referral service, Client Assistance Program for vocational rehab clients, Barrier Free Committee, and newsletter.

NH Council on Developmental Disabilities

2 1/2 Beacon Street
Concord, NH 03301
(603) 271-3236
www.nhddc.nh.gov

Recommends policy and advocates for legislative change on issues affecting people with developmental disabilities. Not a direct service agency, but likes to hear your thoughts.

NH Family Voices

129 Pleasant Street
Concord, NH 03301
(603) 271-4525
www.nhfv.org

Family organization that provides services to families and professionals caring for children with special health care needs and/or disabilities. network of families speaking on behalf of children with special health care needs.



People Can't Wait
Make your voice heard by our legislators!



Looking for rewarding part-time work?

Are you dedicated, creative, committed, team-oriented, with a good sense of humor?

MDS is hiring part-time Direct Support Professionals (DSPs) for children and adults in Keene and Peterborough.

You could make a huge difference in someone's life!

Call 603-352-1304 or send an email to us at employment@mds-nh.org for more information.



Inclusion • Participation • Mutual Relationships

MDS is hiring! Email employment@mds-nh.org

Medicaid False Claims Act

False claims are not claims with innocent billing mistakes. False claims include services that are:

- ♦ Not rendered
- ♦ Not supported by patient's medical record
- ♦ Part of a previously submitted claim
- ♦ Upcoded

Watch a brief video on the False Claims Act to help you understand and comply with this law:

<https://www.youtube.com/watch?v=BbZ78QTLztQ&feature=youtu.be>

Want to file a complaint?

Call 1-855-450-3593

To file a complaint with the Bureau of Developmental Services (BDS), call 1-855-450-3593. After you file a complaint, an investigator will contact you directly.

Respite Providers Needed

**Part time hours with flexibility.
Email employment@mds-nh.org**

Mack's Lunch Stop

Mack's Lunch Stop meets at the United Church of Christ (UCC) Tuesday, Wednesday and Thursday each week from 11am to 2pm. The UCC is located on Central Square in Keene.

Annual membership fee is \$30 and is used to cover the cost of using UCC facilities.

For more information and to become a member, contact Chad and Bob at : mackslunchstop@gmail.com