

Information and Resource Newsletter

New Hampshire Statewide Independent Living Council (SILC)

www.silcnh.org

603-271-0476

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Please pass this newsletter on.

Interested in possibly joining a SILC Task Force on: benefits, health care, or housing? Please contact: Paula Ninivaggi, Statewide Independent Living Council (SILC), 603-271-0476; 1-800-852-3405 ext. 0476, paula.ninivaggi@nh.gov

Attention Deficit Hyperactivity Disorder (ADHD)

Tip Sheet-Helping Your Child with ADHD Learn Time Management Skills

<http://www.additudemag.com/adhd/article/5992.html#>

Blind

"Going Blind"-Movie and discussion about blindness

http://www.redrivertheatres.org/box_films.php#goingblind March 7, 2011, Red River Theatre. Concord. **Free limited admission seating.** Reservations: 603-224-4697 extension 13

Brain Injury (March is Brain Injury Awareness Month)

Traumatic Brain Injury Information and Resource page includes Spanish links, information for children, adults, caregivers, older adults, <http://www.nlm.nih.gov/medlineplus/traumaticbraininjury.html>

Sports related concussions, information for coaches, players, families, etc

http://www.brainline.org/content/2010/11/heads-up-concussion-in-hockey.html?utm_source=newsletter_january&utm_medium=Newsletter&utm_campaign=January%20Newsletter

Concussion and Traumatic Brain Injury information and resources for: military personnel, families, providers, veterans

http://www.dvbic.org/?utm_source=BrainLine&utm_medium=Email&utm_campaign=January%20Newsletter

Cancer

Greater Nashua Cancer Survivor Celebration Brunch, March 27; Nashua, NH.

https://formsweb.snhmc.org/programs/community_education.asp Contact/RSVP: Healthmatch; 603-577-2255

Cancer Support Programs including Cancer Navigators

<http://www.cancer.org/Treatment/SupportProgramsServices/index?ssSourceSiteId=null>

Helping Children When a Family Member Has Cancer

<http://www.cancer.org/Treatment/ChildrenandCancer/HelpingChildrenWhenaFamilyMemberHasCancer/DealingWithDiagnosis/index.htm>

People Living with Cancer website <http://www.cancer.net/portal/site/patient> (with Spanish link) includes coping, financial, organizations, support, etc.

Cancer support groups and education; Concord NH

<http://www.concordhospital.org/services/payson/education.php>

Caregiving

Family Care Navigator http://caregiver.org/caregiver/jsp/fcn_content_node.jsp?nodeid=2083

Children, Families, Youth, Teens

Partnerships for Education (P4E) Conference: The Power of Family-School-Community Partnerships; www.picnh.org/p4e2011; March 12; Manchester, NH. Contact/Registration: Parent Information Center (PIC); 603-224-7005;

Parenting Expo, March 19; Nashua High School South. Contact: Nashua High School South; nhss.pawss@gmail.com

Special Needs Support Center <http://www.snsc-uv.org/>. Organization for families of children with disabilities. **Upper Valley NH/VT.** Contact: 12 Flynn St. Lebanon, NH;603-448-6311;1-800-698-5465; P2PNH@Valley.Net

Acronyms used in Special Education <http://iris.peabody.vanderbilt.edu/activities/class/icl018.pdf>

Community Resources

NH Community Resources 2010 (benefits, clothing, dental, food, housing, etc) **Seacoast area** <http://www.dssc9.org/FS%20Newsletters/October%202010%20Resource%20Newsletter.pdf>

Community and Disability Resources-Dartmouth, Lebanon, Upper Valley NH <http://www.snsc-uv.org/links.php>

Deaf/Hard of Hearing

ASL Movie-Black Sand <http://www.ndhhs.org/documents/2011flyer.pdf> **March 6**, Manchester, NH. Tickets/Contact: Information and Referral Specialist, Northeast Deaf and Hard of Hearing Services, Voice: (603) 224-1850 ext 204; VP: (866) 349-4965; info@ndhss.org

Disability Awareness/ Success Stories

"Ever Reaching Toward My Goal"- video and transcript of a **Jamaican-American with Cerebral Palsy** <http://www.proyectovision.net/english/success/lateef.html> (also in Spanish)

A young person who is a Businessman, Drummer, and Blind <http://www.proyectovision.net/english/success/Amber3.html> (with Spanish link)

Stories of Leadership <http://www.mnddc.org/extra/publications/partnersstories.txt>

"Finding Our Way" stories of teens and their parents living with a chronic condition/disability http://www.starprogram.net/files/Finding_Our_Way.pdf and more **stories of teens living with a chronic condition** http://www.starprogram.net/files/Nine_Stories.pdf

Story of Charles Kaman, helicopter pioneer, guitar player, founder of a guide dog organization, and a person who was Deaf <http://www.nytimes.com/2011/02/03/business/03kaman.html>

Disability Other

Inclusive Education Webinars <http://www.iod.unh.edu/Projects/niei/Webinars.aspx> AND **Trainings Offered by the University of New Hampshire's Institute on Disability (IOD)** <http://www.iod.unh.edu/Services/professional-development.aspx>

Financial

Possible Scholarships, Internships, Grants etc for People with Disability and/or different ethnic groups <http://www.proyectovision.net/english/news/43/opportunities.html> (with Spanish link)**NOTE DEADLINES.**

Information from the IRS <http://www.irs.gov/pub/irs-pdf/p3966.pdf> and <http://www.irs.gov/individuals/article/0,,id=107626,00.html>

Health and Wellness/Health Care

Tip Sheets for Patients and Health Care Providers on Making Health Care Accessible for People with Disabilities. Includes working with people who are Blind, Deaf, from Culturally Diverse communities, etc. Includes videos and information in Spanish <http://www.proyectovision.net/english/news/43/map.html>

Tip Sheets-Managing Your Medications http://www.aarp.org/health/drugs-supplements/info-05-2010/make-the-most-of-your-meds-nh.html?cmp=RDRCT-NHMEDS_OCT05_010 AND http://assets.aarp.org/www.aarp.org/_cs/misc/206600_medsmadeeasyeng_final.pdf AND **Personal Medication Record** http://assets.aarp.org/www.aarp.org/_articles/learntech/wellbeing/medication-record.pdf

Newest Healthy Meals cookbook from the National Institutes of Health

http://hp2010.nhlbi.nih.gov/healthy_eating/pdfs/KTB_Family_Cookbook_2010.pdf And **more recipe collections**
<http://www.nhlbi.nih.gov/health/index.htm#recipes>

Home Modification

Possible funding for Access Modification projects in the Seacoast NH area.

http://www.gsil.org/access_services.htm Projects can include wheelchair ramps, and other minor access modifications in the home. Contact: Granite State Independent Living, 800-826-3700; info@gsil.org

Independent Living Skills

"It's My Choice" an Independent Living Workbook with worksheets, tips, etc

http://www.mnddc.org/extra/publications/choice/Its_My_Choice.pdf (available in text, Spanish, audio file)

Mental Health

Workshops for families of people with mental illness. FREE, March/April in Nashua Topics include: future planning, employment, benefits, Asking for and getting help

<http://www.dhhs.nh.gov/dcbcs/bbh/ocfa.htm> **Registration/contact** Michael Bilson: 603-271-5045; 1-800-852-3345 ext.5045; mbilson@dhhs.state.nh.us

"Promoting Community Integration and Supporting Recovery for Family Members and Supporters"

http://www.tucollaborative.org/pdfs/Toolkits_Monographs_Guidebooks/relationships_family_friends_intimacy/Family_Members_and_Supporters.pdf

Older Adults

Tip Sheet and Resources for Staying in Your Home for Older Adults and People Living with Disabilities <http://www.nia.nih.gov/HealthInformation/Publications/stayinghome.htm>

Recreation/Leisure

Winter/Spring Recreation/sporting events for People with Disabilities (NH)

<http://hosted.verticalresponse.com/603183/b66ecc1964/316813823/b107d210ae> Contact: Northeast Passage 603-862-0070; Northeast.Passage@unh.edu

Lion's Club Model Train Show <http://www.nhgrs.com/milford11.htm>. **March 19 and 20**. Hooksett, NH.

Able Flight- Possible Flight Training Scholarships for People with Physical Disabilities

<http://www.ableflight.org/home.html> Contact: Able Flight; 919-942-4699; info@ableflight.org

Camp Resources for Children with Disabilities http://www.f-sepac.org/f-sepac.org/camp_resources.html

Camps and Retreats for Families and Children Touched by

Cancer <http://www.cancer.net/patient/Coping/Age-Specific+Information/Cancer+in+Children/Camps+and+Retreats>

Camp in NH, for youth who are blind or visually impaired. <http://www.inter-actions.org/index.html>.

Contact: Inter-Actions, 6 Chenell Drive, Concord, NH; 603-228-2803; campinfo@inter-actions.org

Camp for Children and Adults with Disabilities in New Hampshire

<http://www.campallennh.org/index.shtml> Contact: Camp Allen, 56 Camp Road, Bedford, NH; (603) 622-8471

Tip Sheets and Resources on Summer Camps for Children with Disabilities

<http://www.mychildwithoutlimits.org/?page=summer-camps-for-children-with-special-needs>

Support Groups

Support Groups Upper Valley NH, VT http://snsc-uv.org/support_groups.php Includes: ADHD, AA, Brain Injury, Caregiver, Deaf, depression, Mental Health, PTSD etc.

Southern New Hampshire Support Groups: FREE. Diabetes, Man-to-man prostate cancer, Breast Cancer, Pre- and post-transplants, Cancer, Cross Disability, etc <http://www.snhmc.org/programs/supportgroups.htm>

Transition/Youth/Teens

College Fair http://www.nhheaf.org/index.asp?page=events_dc, **March 26; Manchester. Free** includes information for students with disabilities. Registration required. Contact/Registration: Center for College Planning; 800.525.2577 x 119; destinationcollege@nhheaf.org

Employment Skills Event for Teens; April 7th, 2011, Manchester Boys and Girls Club. Topics include: dressing for success, filling out applications, interviewing, job preparation, etc. Contact: NH-JAG, Youth Specialist; Manchester Community College; 603.668.6706 ext.241; swindow@ccsnh.edu

STAR (Steps Towards Adult Responsibility) Program <http://www.starprogram.net/index.php>. **This is for teens with chronic health conditions/disabilities. Upper Valley NH and VT.** Programs for teens transitioning and parents. Contact: STAR, SNSC, 12 Flynn St. Lebanon, NH 03766;(603) 448-6310; starprogram@earthlink.net

"I am College Bound" resources for High School Students in New Hampshire including colleges, events, money management, financial aid, etc <http://www.iamcollegebound.org/index.php>

Guide for Building Partnerships for Careers for Students with Disabilities
<http://www.ivrs.iowa.gov/Transition/BuildPartnershipsforCareerExploration.pdf> (September 2010)

Resources for Youth with Disabilities, topic include: education, employment, recreation, health, advocacy, etc. <http://www.fvkasa.org/resources/index.php>

Veterans/Service Members

New Hampshire Veterans and Wounded Warriors Resource Links
http://www.nationalresourcedirectory.gov/state/new_hampshire

Caregiver Support and Resources from the Veteran's Administration <http://www.caregiver.va.gov/> and toll-free National Caregiver Support Line 1-855-260-3274.

Department of Education's Website for Veterans and Military Families <http://www.ed.gov/veterans-and-military-families>

Please see the SILC website at www.silcnh.org for more information and links.

Contact Information:

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