

# **Information and Resource Newsletter**

## **New Hampshire Statewide Independent Living Council (SILC)**

**[www.silcnh.org](http://www.silcnh.org)**

**603-271-0476**

**Editor-Paula Ninivaggi**

**Date: June 2011**

**Please pass this newsletter on.**

### **Aphasia (June is Aphasia Awareness Month)**

**National Institute of Neurological Disorders and Stroke**

<http://www.ninds.nih.gov/disorders/aphasia/aphasia.htm> Blind

### **Benefits/Financial**

**Free Publications on Health and Government Benefits** in: Chinese, Korean, Tagalog, Vietnamese

<http://www.pueblo.gsa.gov/rc/asianoffer.htm>

**Tips Sheets on Saving Money** [http://extension.unh.edu/resources/files/Resource001531\\_Rep2080.pdf](http://extension.unh.edu/resources/files/Resource001531_Rep2080.pdf).

### **Cancer (June 5 is National Cancer Survivors' Day)**

**Cancer Survivorship information and resource links** <http://www.cdc.gov/cancer/survivorship/links.htm> In Spanish too.

### **Caregiving**

**Family Caregiving Partners**

<http://www.extension.org/pages/8985/family-caregiving-partners>

### **Cataracts (June is Cataract Awareness month)**

**Information and Resources on Cataracts** [http://preventblindness.org/eye\\_problems/cataractFAQ.html](http://preventblindness.org/eye_problems/cataractFAQ.html)

### **Children, Families, Youth, Teens**

**Conference on Engaging Families** [https://www.events.unh.edu/RegistrationForm.pm?event\\_id=8499](https://www.events.unh.edu/RegistrationForm.pm?event_id=8499). **June 3, 2011, Manchester, NH.** Contact: University of NH, Institute on Disability, 603.228.2084; [contact.iod@unh.edu](mailto:contact.iod@unh.edu)

**Regional Resource Center Program**

[http://www.rrcprogram.org/component/option,com\\_bookmarks/Itemid,28/mode,0/catid,39/navstart,0/search,\\*](http://www.rrcprogram.org/component/option,com_bookmarks/Itemid,28/mode,0/catid,39/navstart,0/search,*)  
/ Resources offering information and support of particular interest to parents of children with disabilities.

**Free Parenting Newsletter** <http://www.extension.org/pages/9198/just-in-time-parenting-community-page>

### **Congenital Cytomegalovirus (June is Congenital Cytomegalovirus month)**

**Congenital Cytomegalovirus information** <http://www.stopcmv.org/>

### **Deaf/Hard of Hearing**

**Deaf Parents Support Group; "Panel Discussion on Grief"; June 11, 2011** <http://www.ndhhs.org>

Contact: NDHHS, 57 Regional Drive, Concord, NH; 603.224.1850; TTY 603.224.0691; [info@ndhhs.org](mailto:info@ndhhs.org)

### **Dementia**

**Training-"Creating a Dementia Friendly Home"** [http://iod.unh.edu/Services/eventdetail/11-04-](http://iod.unh.edu/Services/eventdetail/11-04-18/Creating_a_Dementia-Friendly_Home.aspx)

[18/Creating\\_a\\_Dementia-Friendly\\_Home.aspx](http://iod.unh.edu/Services/eventdetail/11-04-18/Creating_a_Dementia-Friendly_Home.aspx). June 10, 2011, Concord, NH. **Registration/Contact:** Institute on Disability; [melissa.mandrell@unh.edu](mailto:melissa.mandrell@unh.edu); 603.228.2084

### **Diabetes**

**Recipes for People with Diabetes in English and in Spanish**

<http://www.ndep.nih.gov/publications/PublicationDetail.aspx?PubId=131>. Can also be ordered for free.

## **Diabetes Information and Resources in Spanish**

<http://www.cdc.gov/diabetes/spanish/index.htm?source=govdelivery>. AND **Living with Type 2 Diabetes**  
[https://platform.rievent.com/events/vitality/1369/content/patient.jsp?utm\\_source=Offline&utm\\_medium=Print&utm\\_content=Registration&utm\\_campaign=LWT2D](https://platform.rievent.com/events/vitality/1369/content/patient.jsp?utm_source=Offline&utm_medium=Print&utm_content=Registration&utm_campaign=LWT2D) (In Spanish too)

## **Disability Awareness/Success Stories**

### **"The Etiquette of Illness, Hospital Visits"**

<http://www.uthealthleader.org/archive/Etiquette/2011/hospitalvisits-0421.htm>

### **"Dyslexia Won't Keep Budding Engineer Out of University"**

<http://www.guelphmercury.com/news/article/522016--dyslexia-won-t-keep-budding-engineerout-of-university>

### **A Teen with Attention Deficit Hyperactivity Disorder (ADHD) and Music**

<http://www.indeonline.com/news/x128434697/Teen-with-ADHD-finds-music-is-great-medicine>

### **The Story of the First Child to be Diagnosed with Autism and how Community made a Difference**

<http://www.theatlantic.com/magazine/archive/2010/10/autism-8217-s-first-child/8227/1/>

## **Disaster/Emergency Preparedness**

### **The Ready Campaign: resolve to be ready**

<http://www.ready.gov/america/about/resolve2011.html>

### **New Hampshire Emergency Planning Resources for People Living with Disabilities**

<http://www.nh.gov/readynh/needs/index.htm>

**Family Emergency Contact Sheet** <http://www.caseyfamilyservices.org/userfiles/pdf/emergency-comms-plan-form-newhampshire.pdf>

### **Disaster Preparedness Resource Guide for Families**

[http://www.caseyfamilyservices.org/userfiles/pdf/emergency\\_preparedness\\_guide.pdf](http://www.caseyfamilyservices.org/userfiles/pdf/emergency_preparedness_guide.pdf)

## **Employment**

**Job Accommodation Network Newsletter** <http://askjan.org/enews/2011/Enews-V9-I2.htm>

### **Job Tips for People with Autism and other Disabilities**

<https://disability.workforce3one.org/view/4011110646229501756/> Topics include: determining interest, finding, keeping a job, dealing with stress. Includes cue cards, checklist, organizers, etc.

**Career Exploration Tools** <http://www.careerinfo.net/explore/View.aspx>

**New Hampshire Career Exploration Center** <https://nhworksjobmatch.nhes.nh.gov/careers.asp>

## **Health and Wellness/Health Care**

**Resources for Healthy Eating/Active Living** [http://www.lrp-ph.org/html/heal\\_resources.html](http://www.lrp-ph.org/html/heal_resources.html) and **Recipes**  
[http://www.fruitsandveggiesmorematters.org/?page\\_id=17621#lowfatdes](http://www.fruitsandveggiesmorematters.org/?page_id=17621#lowfatdes) and **Evaluate Your Eating Habits**  
[http://www.nlm.nih.gov/medlineplus/news/fullstory\\_111844.html](http://www.nlm.nih.gov/medlineplus/news/fullstory_111844.html)

### **Healthy Living in Tough Times**

<http://www.ianrpubs.unl.edu/epublic/pages/publicationD.jsp?publicationId=1319> (some of these are state specific)

### **Health and Wellness Resources from the National Institutes on Health**

<http://www.nih.gov/health/wellness/>. Includes: recipes, cancer, heart disease, bone health, hearing, vision, talking to your doctor, seniors. etc. And More **Healthy Living Resources including information for veterans and service members** [https://www.nationalresourcedirectory.gov/health/healthy\\_living](https://www.nationalresourcedirectory.gov/health/healthy_living).

## **Mental Health**

Seminar-" **LIVE LONG and FEEL GREAT!**" **JUNE 16, 2011** 9:00 am – 3:00 pm, **Concord, NH. Free.**  
"Especially for Consumers of Mental Health Services". **Registration Deadline June 8, 2011**

Registration/Contact: Bureau of Behavioral Health, 603-271-5045 or 1-800-852-3345 ext. 5045 email [mbilson@dhhs.state.nh.us](mailto:mbilson@dhhs.state.nh.us)

**Stress Management Toolkit** <http://www.healthfinder.gov/prevention/ViewTopicFull.aspx?topicID=45>

## Multiple Sclerosis (MS)

**Keeping the Mind Moving** [CogniFitness: Keeping the Mind Moving](#). FREE. **June 11, Plymouth NH**. **Registration Required.** Topics include: attention, executive, and memory skills. **Contact:** NH National Multiple Sclerosis Society, 1-800-344-4867 or [amber.stalker@nmss.org](mailto:amber.stalker@nmss.org)

**Conference Call for People New Diagnosed with MS** [Can We Talk: Newly Diagnosed Conference Call - Top 10 Questions](#). **June 21, 2011. Free.** Registration Required. Contact: NH National MS Society; 1-800-344-4867 or [martha.maynard@nmss.org](mailto:martha.maynard@nmss.org)

**Kids Get MS Too- A Day at Fenway Park (Boston, MA)** [Kids Get MS Too — A Day at Fenway Park July 23, 2011. Free.](#) Registration deadline July 15 2011. Registration/Contact: NH National MS Society, [Sarah.MacIsaac@nmss.org](mailto:Sarah.MacIsaac@nmss.org) or 1-800-344 4867, option 1.

**Kids Get MS Too Family Camp Getaway!** [Kids Get MS Too Family Camp Getaway!](#) **Nottingham, NH; August 19-21, 2011. Registration Deadline: July 11, 2011.** Registration/Contact: NH National MS Society; 1-800-344-4867, option 2, ext 127 or [Amber.Stalker@nmss.org](mailto:Amber.Stalker@nmss.org)

## Older Adults

**Seniors Count Symposium**

<http://events.r20.constantcontact.com/register/event?llr=7oz88veab&oeidk=a07e3hyj0kxe915131a>. **June 21, Manchester, NH.** Registration/Contact: Easter Seals NH; 603 621.3536; [dcummings@eastersealsnh.org](mailto:dcummings@eastersealsnh.org)

## Other

**Agencies and Organizations related to Disability, Health, Caregiving, Assistance, etc**

[http://www.nfcacares.org/caregiving\\_resources/agencies\\_and\\_organizations.cfm#Health%20Insurance](http://www.nfcacares.org/caregiving_resources/agencies_and_organizations.cfm#Health%20Insurance)

## Recreation/Leisure

**Summer Recreation programs and events including kayaking, tennis, golf, and more**

<http://www.earlstudios.net/nep/calendar.asp?month=6&year=2011> Contact: Northeast Passage, Durham, NH [northeast.passage@unh.edu](mailto:northeast.passage@unh.edu) or 603-862-0070

**Tip Sheet-Physical Activity for Children with Disabilities**

<http://www.mychildwithoutlimits.org/?page=physical-activities>.

**Vacation Planning for People with Disabilities**

[http://www.ncpad.org/fun/fact\\_sheet.php?sheet=890&section=3289](http://www.ncpad.org/fun/fact_sheet.php?sheet=890&section=3289)

**Lakes Region Recreation Guide** [http://www.lrp-ph.org/html/heal\\_getmoving.php](http://www.lrp-ph.org/html/heal_getmoving.php) (updated April 2011) check ahead for accessibility.

**"Play Among The Stars"** <http://www.playamongthestars.com> and **Event listing**

<http://www.playamongthestars.com/events> "Play Among The Stars Theatre Groupe, Inc. is a non-profit organization for people with disabilities in Salem, NH Contact: PO Box 2222, Salem, NH 03079; 207-510-1789

**Adaptive Gardening** <http://www.infinitec.org/play/gardening/enablinggardening.htm>

**Recreation ideas to do Outside** <http://www.letsmove.gov/lets-move-outside>

**Safety (June is Rip Current Awareness Month and Home Safety Awareness Month)**

**Water Safety Tips for Families of Children with Disabilities** <http://www.safekids.org/safety-basics/special-needs/water-safety> AND **for Adults and Others**

<http://www.nlm.nih.gov/medlineplus/watersafetyrecreational.html> And **Safe Boating**

[http://www.nlm.nih.gov/medlineplus/news/fullstory\\_110835.html](http://www.nlm.nih.gov/medlineplus/news/fullstory_110835.html) AND **National Rip Current Awareness**

**Week** <http://www.ripcurrents.noaa.gov/> AND **Real Life Rip Current Stories**

[http://www.ripcurrents.noaa.gov/real\\_life.shtml](http://www.ripcurrents.noaa.gov/real_life.shtml)

## **Home Safety Information and Resources for all Ages**

[http://www.homesafetycouncil.org/AboutUs/HSM/au\\_hsm\\_w001.asp](http://www.homesafetycouncil.org/AboutUs/HSM/au_hsm_w001.asp)

## **Scleroderma (June is Scleroderma Awareness Month)**

### **National Scleroderma Awareness Month information and resources**

[http://www.scleroderma.org/medical/resources/resources\\_home.shtm](http://www.scleroderma.org/medical/resources/resources_home.shtm)

## **Service Animals**

**Service Animals in Places of Business** <http://drcnh.org/svcanimalswebltr.pdf>

### **Service Dogs and Fitness Facilities**

[http://www.ncpad.org/exercise/fact\\_sheet.php?sheet=889&section=3278](http://www.ncpad.org/exercise/fact_sheet.php?sheet=889&section=3278)

## **Transition/Youth/Teens**

### **Possible Internships, Scholarships, Grants**

<http://www.proyectovision.net/english/news/44/opportunities.html> (with Spanish links) NOTE DEADLINES

**Tip Sheet-How Families can Help Youth with Disabilities Find a Job** <http://www.ncwd-youth.info/infobrief/tapping-into-the-power-of-families>

## **Transportation (June is Paratransit Month)**

### **Seabrook New Hampshire Taxi Voucher Program**

[http://www.seabrooknh.org/pages/Seabrooknh\\_Recreation/taxi](http://www.seabrooknh.org/pages/Seabrooknh_Recreation/taxi)

**Accessible Transportation Seacoast Area NH** <http://www.coastbus.org/communityrides.html>. Call: 1-855-736-4287 (list in master list and on website)

### **American with Disabilities Act (ADA) Transit Rights and Responsibilities Bookmarks and Guides**

[https://secure2.convio.net/es/site/Ecommerce?store\\_id=9663&VIEW\\_CATALOG=true&FOLDER=1681&TYPE=&NAME=spanish&autologin=true&JServSessionIdr004=kdfvzs6ry1.app227b](https://secure2.convio.net/es/site/Ecommerce?store_id=9663&VIEW_CATALOG=true&FOLDER=1681&TYPE=&NAME=spanish&autologin=true&JServSessionIdr004=kdfvzs6ry1.app227b) (Free to order) In Spanish

## **Veterans/Service Members**

### **Education and Training Opportunities for Veterans, Wounded Warriors, Spouses, Dependents**

[https://www.nationalresourcedirectory.gov/education\\_and\\_training](https://www.nationalresourcedirectory.gov/education_and_training)

**Resources, Tip Sheets, Support Groups, Organizations etc for military families and families of veterans** [https://www.nationalresourcedirectory.gov/family\\_and\\_caregiver\\_support/family\\_support](https://www.nationalresourcedirectory.gov/family_and_caregiver_support/family_support)

**Please see the SILC website at [www.silcnh.org](http://www.silcnh.org) for more information and links.**

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