

Information and Resource Newsletter **New Hampshire Statewide Independent Living Council (SILC)**

www.silcnh.org

603-271-0476

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Autism/Asperger's

Advancing Futures for Adults with Autism www.afa-us.org/site/c.IIYIkNZJuE/b.5063863/k.BE3C/Home.htm

Benefits/Financial Assistance

Work Incentives Seminar <http://www.cessi.net/wise/Register.aspx?StateCode=NH>. **October 27, Littleton, NH.** Free. Contact: Granite State Independent Living, (603) 444-0904; dmaty@gsil.org

2010 Medigap Policies: A Guide to Health Insurance for People with Medicare
www.medicare.gov/Publications/Pubs/pdf/02110.pdf

Blind (October is "Meet the Blind Month")

Conference for families of school age children who are blind, visually impaired and deafblind, and additional disabilities www.perkins.org/resources/training-conferences/discover-conference/discover-the-possibilities.html. **October 23, Watertown, MA.** Registration required. Contact: Perkins School for the Blind, 617-972-7432 or email: Outreach@Perkins.org

Summit- The Story of a person who is blind who climbed Mount Everest www.2001everest.com/

Kids who are Blind do Science too www.nfb.org/Images/nfb/Publications/bm/bm05/bm0509/bm050904.htm
and **National Center for Blind Youth in Science** www.blindscience.org/ncbys/Default.asp

"Stories of People who are Blind www.nfb.org/Images/nfb/Publications/books/kernel1/kern12tc.htm

Information and Resources for People who are Blind or have Low vision
www.nfb.org/images/nfb/documents/word/Do_you_know.doc

New Hampshire Resources for Adults and Children who are Blind
www.nfb.org/nfb/NH_resources.asp?SnID=562734146

"Blindness Handicap or Characteristic" www.nfb.org/Images/nfb/Publications/convent/blndnesh.htm

"The Nature of Independence" www.nfb.org/Images/nfb/Publications/convent/addres93.htm

Bullying (October is National Bullying Prevention Month)

Bullying Prevention Resources www.pacer.org/about/releases/2010/nr20100813-1.asp

Violence Prevention Resources www.cdc.gov/ViolencePrevention/youthviolence/index.html and
<http://www.cdc.gov/ViolencePrevention/index.html> (includes information for adults and older adults)

Ryan's Story: How Bullying Affected a Child and Family www.ryanpatrickhalligan.org

Bullying Prevention Resources for Parents, Schools, Law Enforcement, the Community
www.olweus.org/public/index.page and **Toolkit on Bullying for Parents**
www.olweus.org/public/bullied_child.page

Take a Stand, Lend a Hand <http://stopbullyingnow.hrsa.gov/kids>

Caregiving

"When Employees become Caregivers A Manager's Workbook"

www.medicare.gov/Publications/Pubs/pdf/11035.pdf. Has resources for the employer and employee.

Children, Families, Youth, Teens (October is Parent Involvement in Education Month)

Forums on Family/School Partnerships in Special Education www.nhconnection.org **October. Various locations in New Hampshire.** Contact/Registration: Parent Information Center; 224-7005 or 1-800-947-7005; email: admin@picnh.org

Conference on Special Education www.nhspecial.org/wrightslaw2010.shtml. **October 28, Concord, NH.** Registration required. Contact: Parent Information Center at (800) 947-7005 (NH Only) or (603) 224-7005 ; info@picnh.org.

Tips for Parents on Partnering with Schools and Helping your Children
www.nhparentsmakethedifference.org/index.htm

School Tips for Parents of a Child with a Disability www.readingrockets.org/article/38405

Deaf/Hard of Hearing

Presentation- Crime Prevention and Personal Safety www.ndhhs.org/documents/HOHflyersept-dec2010.pdf. **October 20, Concord, NH.** CART will be provided. **FREE.** Contact: NDHHS, 603-224-1850; relaynh@ndhhs.org

National Institute on Deafness and other Communication Disorders www.nidcd.nih.gov

Direct Support Professionals

Direct Support Professionals Conference www.nhddc.org/support.html. **October 22-23, Bartlett, NH.** Contact/Registration: NH Council on Developmental Disabilities, 603-271-3236.

Disability Awareness/ Success Stories

Rocket Launch- The Story of a NASA rocket launched by Students who are Blind
www.nfb.org/nfb/JtB_Library_rocket_display_info.asp?SnID=1087912498

A CEO learns important Lessons from having a temporary Disability
www.businessweek.com/managing/content/jul2010/ca2010075_050913.htm

Disability Language and the term "special needs" www.disabilityisnatural.com/images/PDF/specneed.pdf

An Olympic athlete's story about living with Depression

www.wisconsinrapidstribune.com/article/20100906/WRT0101/9060470/1982/WRT04/Olympian-Suzy-Favor-Hamilton-promotes-suicide-prevention-campaign-in-Wisconsin

Disability History

Beyond Affliction-The Disability History Project"
www.npr.org/programs/disability/ba_shows.dir/index_sh.html

Disability History Museum www.disabilitymuseum.org/

Disaster Preparedness

Functional Needs Conference www.nh.train.org/DesktopShell.aspx. **October 6, Concord, NH.** Registration required. Contact: Thomas Flynn, 603-271-7499; tdflynn@dhhs.state.nh.us

Down 's Syndrome (October is National Down's Syndrome Awareness Month)

Myths and Facts about Down's Syndrome www.dsindiana.org/AboutDS.php

National Down syndrome society www.ndss.org/ **Helpline** 1.800.221.4602. Email info@ndss.org. Information in Spanish and other languages.

Employment (October is National Disability Employment Month)

Veterans Job and Resource Fair www.nh.gov/nhes/news/documents/HireNHVetPoster.pdf **October 19, Concord, NH.** Free.

Veterans Job and Resource Fair www.nh.gov/nhes/news/documents/LittletonHireNHVetPoster.pdf
October 27, Littleton, NH. Free.

Young Adult Employment Conference www.peoplefirstofnh.org/GenYNotPresenterForm2010.htm.
November 3; Southern New Hampshire University, Manchester, NH. Contact: People First of New Hampshire; 603-568-2128; info@peoplefirstofnh.org

Information about Blindness and Vision Loss for Employers
www.nfb.org/nfb/Employers.asp?SnID=562734146

"Business Case for Hiring People with Disabilities" www.dol.gov/odep/bsense/bsense0509.htm

Business Tax Credits and Deductions for Employment of People with Disabilities
www.worksupport.com/documents/taxcredits2008.pdf

Information and Resources for Employers on Hiring People with Disabilities
www.thinkbeyondthelabel.com/Default.aspx

For Employers- Disability Employment Resource Page
www.shrm.org/hrdisciplines/Diversity/Articles/Pages/disability_072110.aspx

Resources for People with Disabilities looking for Work and **Employers** www.ableandwilling.net

Disability Nondiscrimination Law Information for Employers www.dol.gov/elaws/odep.htm

Essential Skills to getting a job. www.dol.gov/odep/documents/essential_job_skills.pdf

Health and Wellness/Health Care

Health Care Reform Provisions effective 9/23/10 www.healthcare.gov/news/factsheets/overview.html

Spanish Language Health Care Reform and Insurance information website
www.cuidadodesalud.gov/enes/index.html (Also in English)

Health Care Reform **Insurance Appeals Information**
www.healthcare.gov/news/factsheets/protectconsumers_factsheet072210.pdf (Also in Spanish)

Housing

Tools for Tennants http://download.ncadi.samhsa.gov/ken/pdf/toolkits/housing/29415_PSHousing_Tools.pdf

Mental Health (The first week of October is Mental Illness Awareness week)

Workshops for Families of People living with Mental Illness. October 7, Berlin NH.
<http://www.dhhs.nh.gov/dcbcs/bbh/documents/ocfatraining.pdf> **Free.** Registration/Contact: Office of Consumer and Family Affairs, 603-271-5045 or 1-800-852-3345; mbilson@dhhs.state.nh.us

Conference Mental Health and Schools www.naminh.org **October 5, Concord, NH.** **Registration/Contact:** National Alliance on Mental Illness-NH (NAMI), 603-225-5359; info@naminh.org

Suicide Prevention Conference <http://www.naminh.org/uploads/docs/SPConf2010SaveDate.pdf>. **November 5. Mobile Vet Center onsite. Lincoln, NH.** Registration required. Contact: 603-653-8360; Cynthia.J.Lapointe@dartmouth.edu or 603.225.5359 or blopez@naminh.org.

National Screening Day, includes Military, College Students and the General Public
www.mentalhealthscreening.org/events/national-depression-screening-day.aspx

Older Adults

Independence and Aging Resource Fair www.nh.gov/servicelink/documents/LSSIAFairPoster2010.pdf.
October 4 in Concord, NH. FREE. Contact: LSS In-Home Care; 603-410-3010 or 800-244-8119

National Council on the Aging (NCOA) www.ncoa.org. Resources on: benefits, employment, health, independent living, money, etc. Contact: NCOA; 1901 L Street, NW, 4th Floor; Washington, D.C.; 202.479.1200

Other

Federal Citizens Information Center www.pueblo.gsa.gov. Easy ways to get information and order publications on a variety of topics like: education, employment, food, housing, money, etc. Telephone 1-888-878-3256.

Recreation and Leisure

Cheerleading Team for Kids with Disabilities www.extremcheer.com/team-stars.php New Hampshire.

Safety

Reducing Your Risk of Falls www.jointcommission.org/NR/rdonlyres/E9AD1DCA-1CBF-4E55-8C5D-FA7F14EC488D/0/Speakup_falls_brochure.pdf. Available in Spanish.

Spinal Cord Injury

Spinal Cord Injury (SCI) Conference for People Living with SCI

www.bmc.org/spinalcordinjurycenter/consumereducation/conference.htm **October 23, Boston, MA.**

Registration required. Contact: Boston Medical Center, 617.638.7389 or rehab@bmc.org

Teens/Young Adult/Transition Planning

Checklist for Application for Federal Student Aid (FAFSA)

www.educationquest.org/fafsaquest.asp?fafsayr=2010

Navigating College-Tips for Parents and Students with a Learning Disability

http://voices.washingtonpost.com/campus-overload/2010/08/navigating_college_admissions.html

Transportation

Grafton-Coos Regional Transportation Directory and Resources

www.nh.gov/dot/programs/scc/documents/Region1-Grafton-CoosDirectory.pdf

New Hampshire Medicaid Medical Transportation Program

<http://www.dhhs.nh.gov/ombp/medicaid/transportation/index.htm>. Contact: Medicaid Client Services Transportation Unit, (603) 271-3770 or (800) 852-3345, extension 3770 (in state only).

Veterans/Service Members

Play-“Theatre of War” www.naminh.org/index.php?page=tow **October 6, Concord and Pembroke, NH.**

Free. Reservations required. Contact/Registration: NAMI-NH; 603-225-5359 x 27.

Lecture, discussions, and events for Veterans at UNH Manchester in **October** www.unhm.unh.edu/about-us/news-events/unh-manchester-events/index.php#veteran

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

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Please note:

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