



We hope this newsletter finds you and your family healthy as winter winds down. We are looking forward to warmer days and will help you begin to think about spring and summer activities with this issue.

Enclosed you will find forms to apply for both camp scholarships and financial funding requests for programs and activities for your child that are not usually covered by insurance. As school districts begin to discuss extended school year (ESY) for your child, so should you begin planning camps and activities that will supplement your child's ESY and general summer experience. It's never too early to plan!

We continue to look for new ideas and members to the Family Support Advisory Council (FSAC). If you would like to communicate with or join us, our contact info can be found at this link:

<https://www.oneskyservices.org/about-us/family-support-advisory-council/>

Spring/Summer Activity Ideas



Cool playground: Kids' Kingdom in Hampton

Submarine Exploration! : Albacore Museum: Kids can go inside a real submarine (on land!) and explore the periscope, the control room, engineering spaces, and bunk rooms, and hear crew members tell of things that happened when they were at sea.

Portsmouth Outdoor Pool: This is a huge, amazing pool that has an extremely shallow section that is great for non swimmers. Lots of space to hang out for the day. And, a small playground is right next door.

Sensory Friendly Movies: Cinemagic Stadium 10 - Portsmouth; Brickyard Cinema in Epping

Explore and Learn! Children's Museum Dover - has an autism program during the school year, but many great exhibits and fun for all kids. Check hours for when its not busy.

Boston Children's Museum: MorningstarAccess at Boston Children's Museum offers children with special needs/medical needs the opportunity to visit the Museum at a time when there are only a few other visitors. Check out their website for time and registration.

Newcastle Fun!: Great Island Common's Beach is shallow with no waves. Good place for children and adults. Low crowds on weekdays and a great play ground. (Source:



Maneuvering Through the Maze: 2019

NH Family Voices has just published a revision of their popular resource guide "Maneuvering Through The Maze". This resource is essential for those of us who have children with special health care and developmental needs, covering birth through adulthood. The guide can be downloaded for free or purchased in hard cover. Visit the NHFV website to order www.nhfv.org.

Camp Finder



Some local camps that specialize or will work with your family to accommodate children & adults with autism/developmental disabilities:

Easter Seals has two camps in NH: up to age 21: Camp Snow Mo in Gilmington Iron Works and Camp Easter Seals in Manchester: <http://www.easterseals.com/nh/our-programs/camping-recreation/camp-sno-mo.html>

Camp Allen in Bedford: Day and overnight summer camps for both adults of any age and children: <https://campallennh.org/>. On August 9, 10, 11 there will be a **Prader-Willi Syndrome Camping Weekend** with lots of activities and food security. Contact Maureen Tracey at maureentracey3@hotmail.com

Camp Starfish in Rindge NH. Day and Residential programs for special needs children ages 7-17. <http://www.campstarfish.org/>

Wediko Summer Program: A 45-day residential treatment program in Windsor NH serving children ages 8-19 with social, emotional and behavioral challenges including those with autism and aspergers. <http://www.wediko.org/our-services/wediko-summer-program/admissions>

Camp Lincoln: Day camp in Kingston, NH. Parents/school district must provide one-to-one aide. <https://www.sdymca.org/ymca-camp-lincoln/day-camp-at-ymca-camp-lincoln>

Camps Fatima in Gilmington Ironworks, NH offers an “Exceptional Citizens’ Week” a co-ed, one week camp for children and adults ages 9+ with intellectual and/or physical challenges

YMCA Seacoast: Camp Gundalow, Portsmouth, NH. Standard day camp program. Parents/school districts must provide one-to-one aides if needed.

Adams Camps: Various summer programs in the White Mountains for children ages 4 and up with developmental delays including, but not limited to: autism, cerebral palsy, and Down syndrome <https://adamscampnewengland.org>

Pine Tree Camp Rome, Maine: Overnight sessions for persons with intellectual disabilities. Also sponsors an Autism Family Weekend. <https://www.pinetreesociety.org/>

NH Family Support Conference April 26-28

Held at the beautiful Omni Mt. Washington Resort, offers attendees the opportunity to gather current information on a variety of issues, as well as providing a forum to meet other family members and individuals with similar life experiences. Fun and exciting recreational activities specific for children of various ages are also planned. Participants come away with renewed strength as well as resources to continue the journey in assisting family members to reach their full potential. Contact Cara Baker at One Sky (603-436-6111 Ext. 141) to learn of scholarship availability (time sensitive), and check out the conference website at www.fscnh.com.

Please Notice This



HAVE YOU JOINED OUR PARENT FACEBOOK GROUP yet? Search “ONE SKY FAMILY SUPPORT ADVISORY COUNCIL PARENT GROUP” for networking and more timely information!

Upcoming One Sky Events

One Sky Annual Client Picnic, June 28, 2019.

A long time tradition that our clients look forward to each year, which is held at the Stratham Hill Park. Enjoy a cookout, courtesy of Bob's Clam Hut, a dunk tank, photo booth, karaoke, and more!



One Sky Challenger's Cup Regatta, July 13, 2019

A favorite event returns! More details to follow from One Sky Community Services, but save the date for fun, food, and fundraising on New Castle Island!

Legislative ACTION NEEDED

2019 legislative session is in full swing. Staff from One Sky and representation from the FSAC met earlier in March to discuss a grassroots plan to organize Region 8 family representatives to testify at the budget hearing on March 18 in Concord. We hope that family participation in legislative outreach will increase in the future, as ***legislation that affects our families should never be decided without our input!*** Some bills that may impact our families include the following :

- **HB692** Dental care for Medicaid recipients: HB 692 (One Sky provided testimony in support of this bill.) (Update as of 3/14/19: In House, ought to pass with amendment 2019-0748h: Motion Adopted voice vote 3/14/19.)
 - **SB1** Family and Medical Leave: (Update as of 3/20/19 Senate, Ought to Pass.)
 - **SB86** Commission to study the needs of developmentally disabled individuals with mental illness and/or high-risk (criminal) behavior (Update: As of 3/19/19: In House, Introduced)
 - **SB308** Rate increases to health care workers (Update as of 3/20/19: In Senate, committee reports: Ought to pass with Amendment 2019-1156s, 3/27/19; Senate calendar 15)
 - **259** DHHS to submit an amendment to the state Medicaid plan to expand coverage under the MEAD program, which provides Medicaid for employed adults, to individuals 65 years of age and older: (Latest update: Pending Motion OT3rdg; 03/21/2019; Senate Journal 9)
- HB578** Declares that 18-21 year-olds who graduate are eligible for DD services they would otherwise be eligible for at age 21. (Update: 2019-02-06 - Retained in Committee)
- **SB289** Aligning NH's Area Agencies with mandates from the federal Centers for Medicare and Medicaid (CMS) (Latest: Pending Motion OT3rdg; 03/21/2019; Senate Journal 9)

Bills that could affect DD families with a loved one who has comorbid mental health issues:

- **SB14** Expands home and community-based behavioral health services for children to include mobile crisis response and stabilization services. (Update: Introduced 03/20/2019 and referred to Children and Family Law)
- **HB687** Establishes a procedure for issuing extreme risk protection orders to protect against persons who pose an immediate risk of harm to themselves or others. (Status: Introduced on January 17 2019 - 25% progression)

Even though the budget hearing is over, *it is NOT TOO LATE to let your legislators know how you feel about these bills and how they may affect your family.* CALL or WRITE your reps and make your needs known! You can find your legislators at the links below. If you need help, let us know! Here is a sample of what you might write/say when contacting your rep by phone, email or letter:

“Thanks in advance for your consideration of my request (or for taking my call). My name is _____ and I live in [Name of Town], NH. I am contacting you to ask that you support of the developmental disability services budget and the people that carry out that work (or specify one of the bill numbers listed above). My [son/daughter, family member, friend, client...] is supported by One Sky Community Services through [Early supports and services, In Home Supports Waiver, Family Support, DD waiver, ABD waiver]. [Add brief comments about your experiences, your child, a family member, friend or client. For example:

- *Have you or people you know had difficulty hiring or retaining support staff because of low wages and NH's workforce shortage?*
- *Are you, a family member or friend on a wait-list for services?*
- *Have you experienced the impact of the cost-of-living outpacing Support Budgets for the providers caring for individuals with developmental disabilities and acquired brain disorders (providers who have not had rate increases for 10 years)?*
- *Is full funding of Developmental Disability Services vital to your quality of life, and that of your family and NH's overall social and economic community?]*

(Repeat that you urge them to support the budget for developmental services/those who support our loved ones/or specify the bill number above, and thank them again for their support). Don't forget to provide them your name, address, email address and phone number.”

<https://www.citizenscount.org/elected-officials>

<http://gencourt.state.nh.us/Senate/members/wml.aspx>

<https://www.gencourt.state.nh.us/house/members/default.aspx>



We would love to meet you face-to-face!

**Please join us (parent members of the FSAC) for coffee on May 8th,
10 AM, at Me & Ollies in Exeter.**