

**NEW YEAR OBSERVATIONS** *Don Shumway*

**PHIL DUBOIS** *In Remembrance* • **ONE VILLAGE, ONE VOICE**

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# HORIZONS

A NEWSLETTER FOR FAMILIES AND FRIENDS OF CROTCHED MOUNTAIN



**COMMUNICATING LOVE**



## New Year Observations

by Don Shumway  
President and CEO



*On the Cover:*  
Brianna and her dad Chris say  
goodbye as Brianna heads out to recess  
following a team meeting at  
Thornton Central School.  
Story on page 4.

*Thanks to Our Photographers:*  
Robin Boyd, Joan Crooker, Geoff Forester,  
Gwen Rumberg



*Occupational therapist Dave Kontak welcomes Crochted Mountain School (CMS) teacher Ashlee Riviere and student James to the Media Center.*

**W**HEN THINGS SETTLE DOWN after the holidays I'm always grateful for the time to think about what really matters. Someone recently asked me what I love about Crochted Mountain, and immediately three things came to mind.

### **The faces of our clients**

When I think of the people we serve, I see many expressions. I see the concentration of a patient recovering from a brain injury as he relearns language. I see the joy of a student as she makes fast friends with a therapy horse. I also see the faces of family and friends as they rally around a loved one who takes his first steps after an injury. And, I see the warm expressions of trust and affection as students in our Cedar's Point model experience safety, consistency and respect for perhaps the first time in their lives.

### **The dedication and caring of our staff**

We have staff members who have been with Crochted Mountain for over 30 years. They continue to work here year after year because they feel a real connection to our clients and the work they do. Take Phyllis Watson (story on page 4), a speech language pathologist at ATECH Services who helps her clients communicate through technology. Her effectiveness as a speech language professional is enhanced by her willingness and ability to gain a deep understanding of what her clients value and what they want

and need to accomplish as they step out into the world each day.

### **The critical importance of what we do**

Every day, I see lives changed for the better through the work we do serving those with the most life-changing injuries and illnesses. By providing the right supports and resources, we empower our clients, patients and students to be as independent as possible and to participate in life to their highest potential as valued members of their communities. In this new year, I can say I am proud of our staff people and our patients, students and clients as they give their all to helping, teaching, learning and healing.



*Abby from CM's Adult Residential Program shares an affectionate moment with Vader, an equine therapy horse.*

## IN REMEMBRANCE AND APPRECIATION OF A FRIEND AND LEADER

# Phil DuBois



*Land conservation is one of Phil's lasting legacies. The Dutton Brook wetland, now part of a conservation easement, displays spectacular colors in the fall.*

**F**ORTY-FOUR YEARS is a long time to have a friend. Crotched Mountain is fortunate to have enjoyed such an enduring friendship with Phil DuBois, Ph.D., a long-time trustee and board member of the Crotched Mountain Foundation. Phil became a trustee in 1970 and, as loyal friends do, he stuck with us, becoming a board member in 1995, serving as chair in 1996-1997 and afterwards on many board committees. In 2001, he was named Director Emeritus and continued his involvement with Crotched Mountain's programs and services, receiving the first James E. Chandler Award in 2007 for his exemplary dedication to the organization. Our dear friend Phil DuBois passed away on January 19, 2014.



What Phil helped Crotched Mountain accomplish during his 44 years of friendship and service is remarkable.

He was instrumental in the success of our land preservation efforts, leading to the opening of our accessible hiking trails and our continuing accessible recreation initiatives. A scientist, inventor and businessman, Phil was also an encouraging voice in the development and support of assistive technology advancements at our Greenfield campus and through our statewide assistive technology programs and services at ATECH Services in Concord.

An avid horseman, Phil raised and trained Morgan horses. He shared his love, appreciation and knowledge of horses with Crotched Mountain, helping to establish our Equine Collaborative, which provides equine therapy and experiences for students and patients at Crotched Mountain.

Crotched Mountain was just one of Phil's many community interests. A dedicated and influential voice in land conservation locally and statewide, he served on the Trust for New Hampshire Lands, the New Hampshire Chapter of the Sierra Club and the Peterborough Conservation Commission and Long-Range Planning Commission. He also served on the boards of the Sharon Arts Center and Monadnock Community Hospital. A Peterborough resident for many years, Phil was the best kind of local inhabitant, taking a lifelong interest in the health of his community's land, culture and people.

We will miss Phil's expansive knowledge, inspiring leadership and unquenchable generosity of spirit. We will miss him in so many ways and are glad and grateful to have called him friend.



*With the mind of a scientist and inventor, Phil played a significant role in CM's commitment to create accessibility and health through technology. Here, an ATECH therapist conducts pressure mapping to determine the best seating supports for a wheelchair user.*

**PARENTS, TEACHERS, THERAPISTS, FRIENDS**

# One Village, One Voice



*Classroom teacher Julie, para-educators Kaitlyn and Hannah and classmate Maggie admire Bri's hand-tracing prowess as she constructs reindeer antlers.*

**T**HIS IS A STORY of how a group of people with different skills and perspectives rallied around one little girl, and with commitment and cooperation, made good things happen.

Amazing things really. Just ask anyone who knows Brianna, known to all as Bri, a seven-year-old girl diagnosed with autism and severe apraxia of speech. Unable to speak, communication for Bri was a frustrating endeavor, often resulting in behaviors as she tried to make her needs known. At age three, as she approached the fast-paced world of preschool, Bri needed a new way to make herself understood and demon-

strate her learning, which is where the story begins.

Phyllis Watson, CCC, SLP, speech language pathologist at ATECH Services, a program of Crocthed Mountain, first evaluated Bri when she was three-years-old and receiving early intervention services through Lakes Region Community Services. "The plan was to expand her use of the Picture Exchange System (PECS) to integrate it into the home setting," explains Phyllis. The PECS uses pictures of objects and actions to communicate and, at the time, was Bri's primary method of communication.



*Maggie tries her hand at communicating via Bri's SGD while ATECH speech language therapist, Phyllis Watson offers guidance.*



*Bri's intense focus on the task at hand is remarkable.*

One year later, Phyllis met with Bri again to reevaluate her needs as she prepared to enter preschool in hopes of moving her to a speech generating device (SGD). “The process of locating funding and trialing different devices can take up to a year,” Phyllis points out. “So, in the meantime, we focused on increasing her skills with PECS while she learned to use a SGD loaned by ATECH.” ATECH’s capacity to loan and trial different devices, which it acquires through grants and gifts from individuals, makes ATECH a valuable resource for families and communities.

Since receiving her own SGD last winter, Bri has amply demonstrated the depths of her curiosity, ability and learning. “We first incorporated the device into snack time. As she was still using PECS exclusively to make requests for immediate needs, we took the skills she had with the system and transferred them to the device, essentially using it as a PECS,” says Bridget Powers, MS, CCC, SLP, Bri’s speech language therapist at Thornton Central School. “From there we integrated it into all settings. Her superb visual and motor skills complement the Applied Behavioral Analysis (ABA) techniques used to teach her to navigate and find words.”

Bri has made great strides. She understands that the letters c-a-t create a word that means cat. She composes compound sentences and describes pictures in the correct tense as in, ‘He is drinking milk.’ “And the other day,” recalls Bridget, “she said to me, ‘I need help with my hair pretties, please.’”

Currently, the team seeks opportunities to integrate peers into activities. Once a week Bridget joins Bri in the classroom for free time and usually includes one other student. “Bri continues to use me as a mediator and is still learning she can communicate directly with her peers. She is clearly paying more attention to others,” Bridget observes. “She has photos of classmates programmed into her device and greets them by name.”

With remarkable enthusiasm and ease, Bri recently switched to an iPad mini with Touch Chat software programmed with the voice of a little girl. “I’m blown

**AS A TEAM, EVERYONE IS ON BOARD AND EXTREMELY INVOLVED IN BRI'S ACADEMICS AND SOCIAL GROWTH. HER PARENTS AND OUTSIDE SERVICES DO A GREAT JOB ADVOCATING FOR BRIANNA'S BEST INTERESTS.**

**—JULIE PRESHER, TEACHER**

away by the program’s range, sophistication and user-friendliness,” points out Bri’s dad, Chris. “And with a new ability to communicate, her personality has really emerged.”

Chris says she understands the value of the device. Just before Christmas, Bri and Chris had a video chat with Santa. “Bri ran to get her device and told Santa, ‘I want a pink princess bed.’ It was wonderful she could communicate with such clarity,” Chris recalls. They have since programmed a few of Bri’s favorite Christmas experiences into the device to share with friends at school.

In addition to Bri’s ready embrace of technology and learning, it’s the teamwork that has sealed her success. Each member brings a unique perspective and skill to the table. “This is a dream team,” says Phyllis. “Everyone embraces the technology. They model and integrate it

*continued on next page*

## THE FACE OF PHILANTHROPY

### *Support Yourself and Others with a Charitable Gift Annuity*

**T**HE REV. ALICE ROBERTS has a very direct and personal understanding of the way Croctched Mountain changes lives. This is because her son Richard has a traumatic brain injury and she has witnessed the changes in his life as a resident at Croctched Mountain.

As Alice herself says “Croctched Mountain has been wonderful for us as a family because you gave Richard back to us after his brain injury. He was able to move from the Specialty Hospital to an apartment on Verney Drive. He is happy and cared for by wonderful people. Thank you, thank you!” Richard personifies Croctched Mountain’s mission for healing the whole person as he and his team focus on his passions for visual and performing arts. His life continues to unfold in exciting



*The Rev. Alice Roberts, her son Richard and Richard’s sisters Susan and Matri.*

ways as he enjoys the independence and support to realize his dreams.

For more than a decade, Alice has demonstrated her support for Richard and others with disabilities through her own philanthropic support of Croctched Mountain, most recently by her plans for a charitable gift annuity. “I really liked the idea of using the annuity,” commented Alice, “because it will provide regular income to me for

the rest of my life, while at the same time supporting a cause near and dear to my heart.”

*For more information about our charitable gift annuities, planned giving, or ways to make a one-time or recurring gift, contact Kevin Harte, charitable gift advisor, [kevin.harte@croctchedmountain.org](mailto:kevin.harte@croctchedmountain.org) or call 603.547.1489.*

*continued from previous page*

into every setting and, most importantly, they expect Bri to use it too!” Finally, as Bri learns to write, Bridget hopes she will become a proficient speller. “If she can spell, she can say anything she wants and be truly independent. She’s a remarkable person.” Phyllis concurs, “She has a voice and she’s using it. She surprises us all the time.”



*The Team. Front: Sadie (Mom), Bri, Alysha (Stepmom), Chris (Dad). Back: Ellen Lonergan, Kaitlyn Caluori, Hannah Bruder, Julie Presher, Bridget Powers, Phyllis Watson*

### Bri’s Dream Team

- **Angela Busbee, OTR/L** occupational therapist, works with Bri to improve sensory integration and with team members to help enhance Bri’s educational experience.
- **Hannah Bruder and Kaitlyn Caluori, BA** certified teachers and para-educators work individually with Bri at different times during her school day implementing the ABA plan and compiling important ABA data.
- **Jill LaVallee, M.Ed.** ABA educational and behavioral consultant, guides the academic and behavioral components of Bri’s individualized program using ABA techniques.
- **Ellen Lonergan, M.Ed.** special education teacher, works with Bri and other team members to coordinate services to educational plan.
- **Bridget Powers, MS, CCC, SLP** school speech language therapist, fosters development of communication skills across settings.
- **Julie Presher, BA, Elementary Ed.** Bri’s classroom teacher is the team’s quarterback and the central school-setting figure. She ensures that Bri is fully engaged in the life of the classroom.
- **Phyllis Watson, CCC, SLP** ATECH speech-language therapist, sees Bri once a month to observe and reinforce techniques, findings and next steps.
- **Chris (dad), Sadie (mom), Alysha (stepmom)** serve as the all important foundation of the effort, providing consistency, input, support and love.

**BRIEFLY** noted **BRIEFLY** noted **BRIEFLY** noted **BRIEFLY** noted **BRIEFLY** noted **BRIEFLY** noted **BRIEFLY**



*Decked out like tropical birds, Performing Arts teacher Bonnie Arpin and student Kaitlin dance.*

## THE LORAX SAVES THE DAY!

**C**ROTCHED MOUNTAIN SCHOOL produced Dr. Seuss' *The Lorax* for their annual holiday play. Students decked out as birds, fish, mammals and the Lorax entertained a standing room only crowd. The story chronicles the plight of the Lorax, who speaks for the trees and the environment against the greedy Once-ler.

## TD BANK LOVES CM TRAILS



*David Barnes, CM board member; Mary McLaughlin, Northern New England/Upstate New York Healthcare Finance team leader for TD Bank; Donald Shumway, CM president and CEO; Stacey Donlon, vice president, Healthcare Finance at TD Bank; Steven Webb, president/NH Market for TD Bank; and Tom Zubricki, CM vice president of finance.*

The TD Bank Charitable Foundation donated \$15,000 to Crotched Mountain Foundation to support the maintenance of our fully accessible trails – this, in addition to the more than 30 bank employees who volunteered their time and energy to CM during a recent TD Bank *Day of Caring* event.

## PAGEANT A CM TRADITION

For over 40 years, Crotched Mountain has held a Christmas pageant and holiday festival for students and clients. This year, with the help of over 50 active and retired members of the New Hampshire Fire Chiefs Association, whose membership has participated since our first pageant, students and clients enjoyed dinner, gifts for everyone and a visit from Santa.



*Santa and Mrs. Claus chat with a party-goer by the tree.*



*Student-made products of the new kiln.*

## THANK YOU, PUTNAM FOUNDATION



The CMS Art Department was delighted to purchase a new kiln through a grant from the Putnam Foundation. Art teacher Eric Peterson comments, "The new kiln has been a great addition to the art department. Our previous kiln was very old and no longer met the needs of the CMS art program. Our new kiln allows for larger firings and will be an important piece of equipment for us for years to come."

## DANES LOOK TO CM

Clinical and administrative staff from Glostrup Hospital at the University of Copenhagen in Denmark toured the CM campus looking for program design ideas for their planned 125-bed neuro-rehabilitation hospital. CM's unique culture and interdisciplinary therapeutic approach provided plenty of inspiration.



*Torsten Jepsen, Medicon Valley Alliance Ambassador; Mette Molin, Head Physiotherapist, Glostrup Hospital; and Birgitte Hansen, Head of the Dept. of Spinal Cord Injuries, Glostrup Hospital.*



OFFERING A LIFELONG ALLIANCE TO PEOPLE WITH DISABILITIES

# CROTCHED MOUNTAIN

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## HORIZONS

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above address if you wish to  
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Crotched Mountain.



*This season has been superb!  
The skills CMARS taught me in past seasons  
came right back, and I can continue to build on  
them to make this the best season yet!*

*—Corey Kotz*

## CMARS *Sports For Every Season*

IT'S BEEN A WINTER full of weather so far. For warm climate types, that's bad news, but for Crotched Mountain Accessible Recreation and Sports (CMARS) adaptive ski program, it's all fun almost all the time!

According to Kristin Harris, CTRS/L program coordinator of CMARS, "We were slowed down a little by the deep freeze, but were back to full speed in no time enjoying the Crotched Mountain Ski & Ride slopes!"

CMARS certified recreation therapists, along with 55 trained volunteers, offer lessons to up to 15 participants a day, seven days a week. Some of the adaptive techniques and equipment used include mono-skis, bi-skis, tip clamps, rider-bar, snow-slider, tethering and stabilizers, among others.

"We've got 300 lessons scheduled so far this year and expect to break our record of 350 lessons in a season," says Kristin. With 64 skiers hailing from area communities and as far away as Massachusetts already registered, it seems that record won't be hard to break!

"It's not just about the numbers though," adds Geoff Garfinkle, CTRS/L director of therapeutic recreation at Crotched Mountain. "A lot of planning goes into each lesson, as each one is unique depending on the needs and abilities of the individual!"

The program will continue through March if the snow lasts!



*Back: Volunteers Mick Brown and Velvet Young;  
Front: Volunteer Dan Souza and CMARS participant Corey Kotz.*