

Personal Care Connections

A quarterly newsletter for GSIL's Attendant Care Programs



GSIL Welcomes New Chief Program Officer, Marcia Bagley

Submitted by: Marcia Bagley, Chief Program Officer



Hello, my name is Marcia Bagley and I am the new Chief Program Officer (CPO) for GSIL. I am so happy to be here!

Many years ago, I worked as a Personal Care Attendant for adults with developmental disabilities. I worked for an agency that had Community Living Houses with up to 3 adults per house. As a Community Living Manager in these houses, I had the joy of working with several adults. It was my favorite job so far!

My career path took me into special education, and I was most recently the Director of Special Education for the Nashua School District. I was named one of two Special Education Administrators of the Year in NH for 2022. After almost sixteen years in public education, I realized my true passion is working to ensure every individual with a disability (not just students) has the support and services they require to lead successful, fulfilling lives.

I was so excited to find this opportunity with GSIL and was so happy when I was offered the position.

I look forward to continuing GSIL's important work and supporting our mission to promote quality of life with independence for people with disabilities through advocacy, information, education, support and transition services. Please do not hesitate to reach out at any time (mbagley@gsil.org or 603-717-0859). I look forward to working with you all!

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Living Well in the Community

Health and Wellbeing Workshop

Submitted by: Valerie Kidder, MBA - Director of Community Partnerships



This workshop is designed for people with disabilities. It supports you to make choices that can help you live the life you want.

We would love to have you join these fun filled sessions!

Please contact Valerie Kidder at vkidder@gsil.org for more information or to sign up for this online workshop!

Looking for consumers to attend our next Living Well in the Community Health and Wellbeing Workshop!

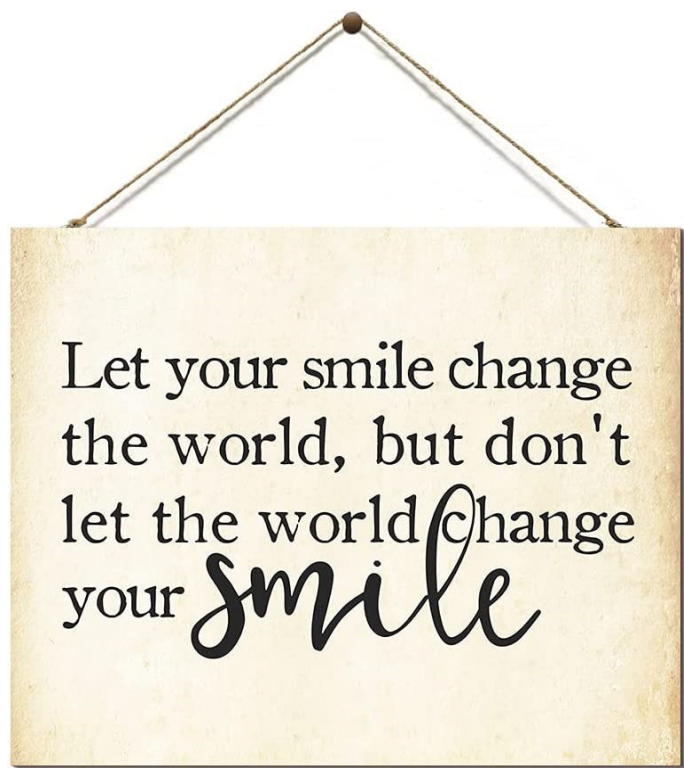
We have marked our next Living Well in the Community, Health and Wellbeing Workshop! These workshops will be on Thursdays, from 2:00-4:00pm, beginning April 6th and running through June 8th, 2023.



These workshops are composed of fun activities, a facilitated discussion lead by those with lived experience, informative videos, and practical information.

The Living Well in the Community Workshops include 10 sessions on:

1. Goal Setting
2. Building Support
3. Healthy Reactions
4. Staying on Course
5. Healthy Communication
6. Seeking Information
7. Eating Well
8. Physical Activity
9. Advocacy
10. Maintenance



Windows to the Wild Launches Its 18th Season

Submitted by: Kim Thibeault - I&R Coordinator

Cedar Swamp All-Persons Trail - The journey began over two years ago, when I was asked to be a contributor from the perspective of a person with a disability and a Manchester resident. I shared my barriers with getting into nature. Over the years as my vision decreased, my ability to go on a walk through the city, was greatly limited. I shared, how safety, the ability to read signs, transportation, were some of the obstacles I encountered to participate independently.

On April 22, 2022, the Nature Conservancy, along with several people with disabilities (that contributed to this All-Persons Trail) came together to Celebrate Earth Day. It was a pleasure to be a part of this project, as I learned a lot about myself and the power of the community.



Fast forward to 2023. New Hampshire PBS' award-winning program *Windows to the Wild*, with Willem Lange, is back for another season of inspired storytelling and visual feasts from the outdoors.

“What we hope to do with these programs and stories is illustrate how the outdoors connects with everyone and helps people with their challenges in life,” said Phil Vaughn, the program’s executive producer.

I was asked by the program’s executive director, Phil Vaughn, to share what the All-Persons Trail meant to me... tune in to the February 8th episode to find out!

First of Five Episodes – All-Persons Trail airs Wednesday, February 8 at 7:30 PM on NHPBS

In New Hampshire’s largest city, join us for a peaceful walk on a special 1.8-mile trail built by the community, for the community. [The Cedar Swamp All Persons Trail](#) winds through a 640-acre urban forest, with Atlantic white cedars, giant rhododendrons and a black gum dating from the 1500s among the sights. Professional trail builders constructed the pathways, and [The Nature Conservancy](#) partnered with local groups to gather input to make the trail design accessible and inclusive for underserved communities so all can experience the wonders of the outdoors in a safe and respectful fashion. Host Willem Lange chats with community leaders, folks who use the trail and Nature Conservancy staff to learn more about this neighborhood jewel, designed to be a model for other community trails.

Click on the link and scroll down to February 8th, to see the airdates.

<https://nhpbs.org/schedule/series.aspx?progName=Windows+to+the+Wild>

Degree Inclusive – Accessible Deodorant Sticks

Submitted by: Kristy Sias, LTS Coordinator

Check out the “cool” post I saw on Facebook:

“Did you know that 1 in 4 Americans have a physical disability? Despite this fact, there is a lack of accessibility within the deodorant category. As part of our commitment to make movement inclusive and accessible, we worked with members of the disability community to produce a range of four new accessories that can be added to the tops and bases of existing Degree Advanced 72H deodorant sticks.

These accessories help personalize the sticks to individual mobility needs.

We’ve created 10,000 sets of these accessories and you can help us in our testing. You can request your own set of accessories at the link in our bio. Visit degreedeodorant.com for more information on Degree Inclusive and our ongoing commitment to accessibility.”

[#NotDoneYet](#)

[#DegreeInclusive](#)



Recipe Corner German Pancakes: Courtesy of: Kristy Sias, Statewide Senior LTS Coordinator

The absolute best German Pancakes recipe! Only six simple ingredients and five minutes to prepare, this easy breakfast is a sure family favorite!

Ingredients:

- 6 large eggs
- 1 cup of milk
- 1 cup of all-purpose flour
- dash of salt
- 1 teaspoon vanilla extract
- 5 Tablespoons butter

Directions:

1. Preheat oven to 425 degrees F.
2. As oven preheats, put the butter in an un-greased 9x13-in. baking dish and place in oven, just until melted.
3. Place the eggs, milk, flour, salt and vanilla in a blender; cover and process until smooth. Pour batter into baking dish, over melted butter.
4. Bake, for 22-27 minutes or until edges are golden brown and puffy.
5. To serve, sprinkle generously with powdered sugar and syrup.



Nutrition:

Calories: 300 cal | Carbohydrates: 21g | Protein: 10g | Fat: 18g | Saturated Fat: 9g | Cholesterol: 231mg | Sodium: 197mg | Potassium: 164mg | Sugar: 2g | Vitamin A: 720IU | Calcium: 92mg | Iron: 2.1mg

Health Awareness - February

Submitted by: Diana Bailey, RN Coordinator

Each year, **National Heart Health** Month is observed in February. According to the World Health Organization (WHO), cardiovascular disease is the world's number one cause of death, killing over 17 million people every year. Awareness is created about the various heart conditions, and it goes a long way to help reduce the rate at which heart-related diseases are taking the lives of people. We need to use this month to take extra care of our heart health and help those who already suffer from heart diseases.

5 Facts About the Human Heart That Will Amaze You!

1. It supplies blood to every cell - Apart from the cornea, every cell in the human body gets blood from the heart.
2. It works really hard - In a day, the heart beats around 100,000 times and pumps around 1.5 gallons of blood per minute.
3. It is spiritually significant - The heart is an emblematic symbol in many religions, signifying truth, conscience, or moral courage.
4. It has its own electrical impulse - Due to this, the heart can continue to beat even when separated from the body, as long as it has an adequate supply of oxygen.
5. It is psychologically influenced - Happiness and a strong sense of emotional vitality help lower the risk of heart disease.



National Library Lovers Month is also celebrated for in February! That's right, love is in the air not just because of Valentine's Day, but also for library lovers all around the world. The month is dedicated to the people who love the buildings, halls, or rooms that house numerous collections of books, books, and books! There is something satisfying about thousands of books being organized and categorized a certain way for readers to enjoy. See below for some fun Library facts!

- Way overdue - The most overdue library book in the world was the one that was returned after 122 years.
- Father of libraries - A philanthropist named Andrew Carnegie donated 60 million dollars in the early 20th century to open more than 1,689 public libraries worldwide.
- Largest library - The Library of Congress in the U.S. is the largest in the world, with over 168 million items.
- The most stolen book - The most stolen book in the world is the "Guinness Book of World Records."
- Human libraries - There are now 150 libraries around the world where, instead of books, you can listen to humans and their stories.

Human Resources Corner

Submitted by: Ann Malburne, Director of Human Resources

The HR department is excited to announce that Justina Johnson joined our team on Monday, February 13th as a HR Coordinator. Justina will be working with the new ACEs in partnership with the LTS coordinators to successfully fill the open roles of our consumers. We are excited to have Justina become part of the organization and the HR team. If you are in the Concord office, please stop by and introduce yourself to Justina.

Congratulations and a huge thank you to everyone for working safely in 2022! GSIL had one of our best years ever in Workers Compensation claims which resulted with being presented a Certificate of Achievement Award from the Lawson Group (our workers compensation carrier) recognizing our amazing achievements. This award is for all of you who come to work and do your jobs safely and successfully, Congratulations GSIL, well done!

It is common to be concerned for footing on icy surfaces when you are working or walking outdoors during the winter months. Just a reminder, if you need ice cleats please reach out to your coordinator or HR and they will be provided to you free of charge.

Holidays Observed

GSIL's corporate office will be closed on the following dates:

February 20, 2023 in observance of Presidents Day

April 14, 2023 for GSIL Corporate Staff Appreciation Day



Linkables

Submitted by: JoAnn Miller, Administrative Assistant

<https://www.almanac.com/content/month-march-holidays-fun-facts-folklore>

<https://www.almanac.com/content/month-april-holidays-fun-facts-folklore>

https://www.wikidates.org/holiday/blah-blah-blah-day_1213.html

<https://www.almanac.com/can-animals-predict-weather-animal-folklore>

<https://www.almanac.com/gardening/planting-calendar>

<https://www.almanac.com/best-fishing-days>

<https://www.mhanational.org/mental-health-month>

<https://www.nei.nih.gov/learn-about-eye-health/outreach-campaigns-and-resources/healthy-vision-resources/healthy-vision-month>

<https://bikeleague.org/bikemonth>

<https://menshealthmonth.org/>

[These benefits will disappear when Biden ends the COVID national and public health emergencies in May \(WMUR\)](#)

[Children's Books Win Awards for Disability Storylines \(TherapyTravelers.com\)](#)

[This Teacher Helps Students with Disabilities Find Agency Through Communication \(Education Week\)](#)

[35 Cozy Dishes to Make When the Weather is Cold and Dreary](#)

[At 63, I'm one of the oldest women living with my rare genetic condition. I am also a musician, and thanks to new treatments, I'm going on tour. \(Insider.com\)](#)

Congratulations on ACE Anniversaries!

We appreciate the commitment and dedication of long service attendant care employees at GSIL. Thank you for all that you do in service to consumers. You are valuable members of the team. Congratulations on your service milestones!

Name	Years of Service	Name	Years of Service
Brigitta Karl	25	Isabel Decoteau	1
Wayne Newman	23	Nicole DiStefano	1
Clayton Glover	21	Joseph Dube	1
Paul Gagnon	21	Michael Huggins	1
Timothy Moreau	15	Converse Hunter	1
Judith Ferren	15	Veronica Jacobs	1
Henry Shinn	5	Brandon Keefe	1
Jenifer Rodriguez	5	Paul Lagasse	1
Arlene Marquis	5	Nasteho Mohamed	1
Leslie Abcunas	1	Monique Perkinson	1
Edith Abina	1	James Purple	1
Daniel Bauchman	1	Richard Romansky	1
Michele Caswell	1	Ronald Sanborn	1
Christine Clark	1	Dennis Shannon, II	1
Michael Collins	1	Tara Stevens	1
Kanin Cote	1	Noah Weber	1
Dianne Courter	1	Heather Wood-Dumas	1

Who To Call

GSIL's Main Office
(603) 228-9680

Program Contact List

Personal Care Attendant (PCA)

Program & Personal Care Services Program (PCSP)

x1153 or contact us at

info@gsil.org

Cheryl Pinheiro, *RN, CCM*
Senior Director of Long Term Supports x1158 or cpinheiro@gsil.org

Donna Potter, *Statewide Director of PCSP Services*

x1609 or dpotter@gsil.org

Kristy Sias, *Statewide Senior LTS Coordinator*

x1602 or ksias@gsil.org

HR Contact List

Work Related Injuries & Verification of Employment

Ann Malburne, *HR Director*
x1151 or amalburne@gsil.org

ACE New Hires and Onboarding

Melyssa Willis, *HR Generalist*
mwillis@gsil.org

Justina Johnson, *HR Coordinator*
jjohnson@gsil.org

Recruitment and Retention

Recruitment@gsil.org

Kelsea Moyse, *Recruitment Manager*
603-268-2596 or kmoyse@gsil.org

Payroll Contact List

x1144 or payroll@gsil.org

In 2022,
GSIL provided
1,640 accessible
transportation
trips



In 2022,
GSIL helped **824**
consumers stay
in their own homes



91% of
consumers say
GSIL is helpful
with Care
Planning



Your Voice Matters!

Submitted by: Donna Potter, Statewide Director of PCSP Services

GSIL's Consumer Advisory Council is seeking new members!

Granite State Independent Living (GSIL) values consumer participation and consumer directed care. Your role is very important in improving services and programs offered. How can you affect change? This committee educates members, by reviewing quality reports and discussing the challenges related to consumer directed services. The committee provides consultation and support to GSIL staff regarding advocacy efforts at the State and Federal levels.

Meetings are held the first Wednesday of every other month, from 12:30 - 2:30

The next meeting will be held March 1, 2023

You can attend either virtually or in person at GSIL's Main Office, 21 Chenell Drive, Concord, NH.

Transportation is available for consumers to attend CAC. Please contact GSIL's Transportation Department at 603.228.9680 or transportation@gsil.org to schedule a ride.

Join us in promoting effective, efficient solutions that benefit a wide range of consumers.

At each meeting we will feature a presentation and discussion on topics of interest, such as:

- Financial Management
- Community Living
- Adaptive Sports
- Advocacy Issues

Contact us today to find out how you can become a member!

GSIL Consumer and Committee Chair,
Kevin Ennis at kmu2783@gmail.com

or GSIL Staff Representative and
Co-Chair, Donna Potter at dpotter@gsil.org
or 603.228.9680

Make Assistive Technology (AT) in a Minute with Coroplast

Submitted by: Donna Potter, Statewide Director of PCSP Services

GSIL is pleased to collaborate with UNH to offer a great opportunity to our consumers!

Where?

**Granite State Independent Living
76 Main Street, Littleton, NH**

When?

**May 4, 2023
10:30 AM - 12:00 PM**

Therese Willkomm and Julie Fogarty of UNH will help you explore over 50 solutions created using recycled corrugated plastic.

This session will discuss and demonstrate a variety of solutions made with coroplast that can maximize independence at home, in the community or the workplace.

In addition, each person will make an "[Eileen](#)", a multi-use device to take home.

Please contact Donna Potter, Statewide Director for PCSP Services at dpotter@gsil.org by April 27, 2023 if you are interested in attending.

We hope to see you there!

Consumer Success Story

Submitted by: Maureen Cummings, GSIL Consumer

It was one of the most important days of my life. My older daughter, Kathy was going to marry her handsome fiancée, Mike.

But there was a problem, no transportation to get there.

I was in between not being able to drive my old car and waiting on my new van.

Fortunately, GSIL provided me with a service coordinator who knew exactly what to do. Thanks to her, I rode to my daughters wedding in a wheelchair accessible limousine!

I have rolled through many different stages since my spinal cord injury in 1984, with GSIL supporting me every step of the way.

A few years after my divorce, I needed the bathroom renovated in the mobile home where I would raise my daughters as a single parent. GSIL provided the funding for a beautiful wheel in shower.

GSIL also enhanced my social skills by offering me a job as a cofaciitator for their cross disability support group. Over many years, the job educated me to see not only the value and rights, but also the abilities of all, no matter how diverse the disability population.

Fast forward 15 or 20 years - With the now popular zoom meetings, I like to participate in both New Hampshire and greater Boston spinal cord injury zoom get togethers.

And GSIL helped me maintain my independence by helping me fund my van.

Because of GSIL, I'm empowered to live my life as a person who happens to use a wheelchair.

And now that I'm aging, 61, yikes, I need more help at home. Once again, GSIL came through, introducing me to kind, hard working personal care attendants through their longterm care program.

GSIL provided me with so much support, I will remain forever grateful.



Bringing Independence to Life!

WHIM Christmas Party

Submitted by: Jennifer Crowel, Peer Mentor & Peer Support Coordinator for NHNSCIA



WOW what a wonderful in person since COVID-19 WHIM/NH-SCI, GSIL Holiday Party we had on Friday, December 9th at the Concord Rec Department! 40+ people showed - that participate with WHIM, NH-SCIA or GSIL not including some family and friends.

Many great Yankee swap gifts, silent auction gifts and donations, entertainment (Santa Claus made an appearance), laughter, seeing old and new faces and good food. Thank you to AGNE for their gracious donations of snacks and drinks for people to have there or take home. Thank you to all the volunteers, donations for the raffle from NEHSA, Mobility Works, NE Passage, individuals crafty talents, GSIL transportation and the list goes on. It sure felt like a Holiday Party that was well deserved!

New GSIL Advocacy Trainings - Now Available to Watch!

Submitted by: Jeff Dickinson, GSIL Advocacy Director

Archived recordings of GSIL's recent online advocacy trainings are now available to watch or download via Zoom! As of this writing, two of our three new advocacy trainings (Legislative 101 Training and NH General Court Website Training) are now online, with our third training (Messaging and Media) to be posted soon. All three trainings have valuable information for learning the ins and outs of our state legislature, how to craft your message and engage with the media, and how to become effective advocates for yourselves and others! Recordings can be found at the link below.

<https://gsil.org/services/advocacy/>

Skills Training - What is Consumer Direction?

Submitted by: Donna Potter, Statewide Director of PCSP Services

Granite State Independent Living has been promoting the Independent Living Philosophy for over 42 years. As a result, we truly understand the importance of you wanting to manage your own program.

By providing our consumers the following programs that are consumer directed, we offer our consumers the flexibility to utilize the services that best meet their needs and to remain as independent as they choose in the community:

- PCA - Personal Care Attendant Program
- PCSP - Personal Care Service Provider Program
- IL - Independent Living Services

What is Consumer Direction?

Nationally recognized, the term “Consumer Direction” describes a program that offers maximum choice, individual empowerment, independence, and control for people with disabilities who use services and other supports to help with activities of daily living. It helps people of all ages with all types of disabilities maintain their independence at home by choosing the services and supports that work best for them. It is living life on your terms.

Consumer Direction is also referred to as “Self Determination” or “Independent Living”. Under a consumer directed model, the person with the disability is the “driver” of their services, making all decisions that affect their care in accordance with GSIL requirements. Consumers choose who they want for an Attendant Care Employee (ACE) to work with them. This will include but is not limited to interviewing, hiring, training, managing,

supervising and dismissing their ACE.

As a consumer on a consumer directed program, you are able to determine a schedule that suits your needs. You have the 4 W’s:

1. **Who** - You choose who comes into your home and provides you services;
2. **When** - You choose what time of day your attendant care worker will come in and provide you the services you need;
3. **What** - You choose what tasks will be completed in accordance with the Medicaid regulations (please refer to billable versus non-billable tasks);
4. **Where** - You choose where services will be provided, I.E. home, work or school.

Do not hesitate to contact your coordinator if you have any questions about consumer direction and other GSIL programs.

**In 2022,
GSIL outfitted
110 homes with modifications
such as ramps, wheelchair lifts,
stairlifts, durable medical equipment,
bathroom modifications, and
communication equipment, allowing
our folks to remain
in their homes.**

GSIL's 12th Annual Hoops on Wheels March 25, 2023, at NHTI!



Presented by Merrimack County Savings Bank

Save the Date! GSIL's signature wheelchair basketball fundraiser, Hoops on Wheels will be Saturday, March 25, 2023, at New Hampshire Technical Institute's gym, in Concord, NH. Hoops on Wheels is an all-day basketball tournament where players maneuver the court using wheelchairs – *whether they have a disability or not!* ***We hope you can join us! Admission is FREE!***

Contact Terri for more information at: development@gsil.org or (603) 410-6503
or visit our website at www.gsil.org/hoops

At this event, people with and people without disabilities compete in wheelchairs – some for the championship title.

As players maneuver around the court, they get a small taste of what it's like to use a wheelchair and the importance of accessibility throughout the community.



"Merrimack County Savings Bank has been proud to support Granite State Independent Living over many years, and we'll continue to advocate for the very important work they do.

GSIL has made a significant community impact in NH by promoting independence and a high quality of life for people with disabilities.

The Bank was founded on the principle of service to others, and we gladly stand behind GSIL, who are a wonderful example for us all."

Linda Lorden, President
Merrimack County Savings Bank



[Check out our video from the 2019 tournament!](#)

"We had ALL the Fun"