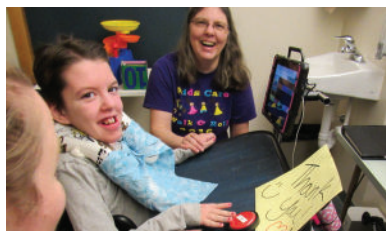




The Cedarcrest Center GAZETTE

Cedarcrest Center for Children with Disabilities: Exceptional Medical Care and Education

WINTER 2018



Cedarcrest School advances
through recertification process

SEE PAGE 7

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A Visit Can Fill Your Heart!



When folks come to visit us for the first time, we often hear similar remarks. A few recent visitors commented:

“I had no idea this place existed, I am so glad I came.”

“It is so warm, homey and inviting. Even with the medical equipment and technology around, it is much more comfortable here than I anticipated”

“It is very evident that the staff have the children’s best interest at heart. You can hear it throughout the hallways. The children are offered choices and it is clear that everyone is focused on creating a positive, childlike, almost playful environment.”

If you have come to visit, you may recognize these feelings as ones you encountered whether your first visit was in 1995, 2007 or more recently. The culture of the organization and it’s “feel” has been a significant source of its constancy. Cultivating an environment where the children, parents, family members, employees, volunteers and visitors are comfortable and cared for is an essential quality of the organization.

This past year we had many visitors. Many came for special meetings for the children-managed care company and medical equipment representatives, school district liaisons for each child’s quarterly IEP updates. We also had surveyors from the USDA, business leaders, foundation contacts, civic and service club members, new Advisory Council members, former board members and contributors. It is a hopping place every day!

Continued on page 5 >>>



Katey and Emily enjoy a bike ride to improve coordination and lower extremity strength.



Lisa and Lyric play with the ball. Lyric is working on improving her arm and back strength while lying on her belly.

PT is a Team Effort

Cedarcrest Center's Physical Therapy team includes Lisa Henry, PT, DPT (right) and Katey Davenport, PTA (left). Physical therapy is the practice of restoring or improving mobility by employing methods to enrich gross motor skills. At Cedarcrest Center residents and students participate in physical therapy to improve or maintain function, joint range of motion, and increase independence.

Both the physical therapist and physical therapist assistant work together to encourage improved gross motor skills for the children. Through consultation with physical therapy, the staff at Cedarcrest utilize many different activities to improve the children's mobility and function.

Lisa and Katey assist in finding options to promote independent and/or assisted mobility for the children. Mobility options include wheelchairs, gait trainers, walkers, adapted tricycles, and the treadmill. The therapists also provide positioning and exercise options in the school, home, and community. These may include exercise or walking programs, standers, adapted chairs, mats, beanbags, Yogibo pillows, and wedges. ♥



Everyone celebrates years of service! SEE PAGE 5



October 7, 2017 was a great day for a stroll! SEE PAGE 4



Fun on ice with the Battle of the Badges! SEE PAGE 5

Pediatric Care Association Helps Describe Medical Conditions that are Complex

We are often asked to describe the types of medical conditions that we typically experience here at Cedarcrest. This description of the population presented in a Pediatric Complex Care Association White Paper "Children and Young Adults with Medical Complexity: Serving an Emerging Population" published in January 2016 provides a clear articulation of the scope of diagnosis we often support as NH's only pediatric post-acute care facility.

"While there is no universal definition, there is growing agreement that children with medical complexity (CMC) describes four main areas:

- 1) Chronic, severe health conditions
- 2) Substantial health service needs
- 3) Functional limitations, which are often severe
- 4) High health resource utilization

Representative diagnoses of children with medically complex conditions include: chronic lung disease, genetic disorders, complications of prematurity, congenital heart disorders, cerebral palsy, neurologic, orthopedic and respiratory conditions, post-acute burn treatment, HIV/AIDS, feeding or metabolic disorders, spina bifida, traumatic brain injury, coma recovery, sickle cell disease, short bowel syndrome and congenital anatomical malformations. These diagnoses are often accompanied by one or several comorbidities, and many also present with some form of developmental delays and intellectual disabilities." ♥

LEADERSHIP NEWS

Medical Director Kathy Fisher, MD

Last Fall we welcomed Dr. Kathy Fisher as our Medical Director. Dr. Fisher is no stranger to the children of Cedarcrest, as she was serving as an attending physician prior to this change. Dr. Fisher is well known in the region after serving as a part of the pediatric team at Dartmouth-Hitchcock Keene for more than ten years. After a recent move, Dr. Fisher is now working with the Children's Hospital at Dartmouth (CHaD) helping to coordinate care for children with medical complexities. Serving as Cedarcrest's Medical Director is the perfect complement to her new role, given all the specialty physicians at CHaD that the children of Cedarcrest see.

The staff at Cedarcrest appreciate the many years of service provided by Dr. Malinda Scherpa as Medical Director and the back-up support of the other pediatric staff at Dartmouth-Hitchcock Keene and look forward to new beginnings with Dr. Fisher.

Director of Nursing Services

Dr. Thomas W. Connelly, PhD, RN

Thomas joined our nursing team at the end of August and wasted no time in making his mark. As Cedarcrest's clinical leader, he oversees the implementation of all nursing standards of care, ensures treatment protocols in support of consistency of care, develops policies and procedures, assesses needs for medical supplies and equipment as well as assures compliance with the Federal and State requirements for ICF/IID (Intermediate Care Facility/Individuals with Intellectual

Disabilities). The Director also coordinates care between the Medical Director, Pharmacist, Respiratory Therapists, as well as other specialists. Utilizing experience gained at Keene State College and the Medical University of South Carolina, Thomas oversees the plans for nursing students completing their pediatric clinical rotations at Cedarcrest.

Director of Finance Karen L. Gallas

Karen joined Cedarcrest in October after spending 15 years with Center for Responsive Schools in Turners Falls, MA. During that time, Karen was the Senior Manager of Financial Resources/Controller, and managed human resources for the organization for the first eight years. Prior to this, Karen was the Assistant Controller for Primary Care Health Partners in Burlington, VT.

As Director of Finance with Cedarcrest, Karen is responsible for the financial management of the organization with primary responsibilities of overseeing financial operations, assuring compliance, reporting/control functions and strategic financial planning. ♥

2017 Champions Recognized

The 2017 Cedarcrest Champion Awards were presented at the Annual Meeting. This year's recipients were Dr. Diana Dorsey and the Neonatal Intensive Care Unit at DHMC.

Dr. Dorsey recently retired from the NH Department of Health and Human Services and was honored for her 15 years of leadership coordinating care for children with complex medical care.

The NICU team recognition was accepted by Catherine Garfield-Legare, Administrative Director of ChaD and Dr. Kathy Fisher, Director of the Complex Care Clinic at ChaD. The NICU team is a vital partner with us to ensure the best possible transition from hospital to home.

We are grateful for all of their compassion, support and for always going above and beyond for the children's welfare. ♥





Justin's Awesome Adaptive Clothes Campaign

Justin is a member of our school and last fall he got a very cool adaptive coat. These coats are special because they are heavy fleece, are shorter in the back so they don't interfere with wheelchair

wheels. Some have zip-up side openings and zip-off arms. The jackets have many different manufacturers and are easily sourced online.

It wasn't long before Justin's mom Dee got the wonderful idea to post a video on Facebook with Justin describing the benefits of the clothing and launching a campaign so that other children at Cedarcrest could have them too. They posted the video just after Thanksgiving with a goal to raise \$1,000. To date they have raised \$945 primarily from the Facebook Network for Good campaign. Thank you so much to Justin and Dee for their efforts!

To view their video, visit:

<https://www.facebook.com/justin.millikensjourney> ♥

Walk & Roll More than a Stroll!

October 7, 2017 was a very big day for us. Families, staff and community members came out in big numbers and the children were literally surrounded by support during the two-mile walk. The weather cooperated and everyone was in great spirits!

Cedarcrest relies on contributions to help fund the gap between the cost of care and funding received by Medicaid and school districts. We are so grateful for the outpouring of support. Contributors and sponsors donated more than \$16,000 through this fun-fundraiser for the children's care and educational programs. Plans are in the works for the seventh annual event.

Please save the date — October 6, 2018 ♥

**SAVE
THE
DATE!**



Maria Olivo Endowment Fund Proceeds Purchase New Medication Cart

A generous gift made in 2014 in honor of Maria Olivo by her husband, Norman B. Harper is

having a wonderful impact. This fall we were able to purchase a new Medication Cart. Nurses administer medications as many as twelve times a day to the children. They are given in the classroom, day room, atrium, or pretty much anywhere around the facility. To accomplish this we rely on a state of the art medications cart. This enables nurses to provide medications to children while in their wheelchair, stander, bedside or while in a swing! This new Waterloo model includes designated drawers labeled for each child. Medications are prepared for each individual and held securely in each drawer until administered. A laptop on the top of the cart connects to the MAR (Medications Administration Record) software that keeps track of the type of medication, dosage and time. The MAR is part of each child's electronic medical record. ♥



Autex Mazda Of Keene



Classic Car Show

In the summer of 2017, Tom Bogar, owner of Autex, let us know that Cedarcrest would be the beneficiary of their August Classic Car Show. This is the area's largest car show with hundreds of cars and a huge crowd of enthusiasts. Cedarcrest received the proceeds of the 50/50 raffle and that along with outright donations from Autex Mazda, Kona Ice and Pinney Plumbing and Heating. We are grateful for the \$4,000 raised on the children's behalf and are looking forward to the summer 2018 event. ♥

Battle of the Badges

For the second year, the Keene Professional Fire Fighters Union and Police Officer Union sponsored an outstanding exhibition hockey match. Fans of both the red and blue teams filled Keene Ice on December 12th and cheered on their favorite fire fighters and law enforcement officers. Funds raised from sponsorships, ticket sales, t-shirt sales and games of chance totaled over \$11,000! Ultimately, the score was 5-1 with the men in blue coming out ahead. There was a fantastic team that put on this event and we wish to thank Dan Nowill, Ron Clace, Jenn Pratt, Kyle Macie and Leon Watkins. We look forward to teaming up again and being part of this fun rivalry next Fall or Winter! ♥



YEARS OF SERVICE

In January we held festive Fiesta-themed parties with the children to recognize a number of employees as they reached milestone anniversaries.

The events included music, piñatas, accessories and décor, along with warm churros and ice cream or other treats, depending on the time of day. Years of service honorees include:

Eleanor Bourke 25

Audrey Priest 15

TeaAnna Cyr 5

Lisa Henry 5

Courtney Johnson 5

Ally Robinson 5

Mark Whippie 5

We appreciate their hard work and commitment to support the children!

MUCHAS GRACIAS!



A Visit Can Fill Your Heart continued from page 1

Whether it is for the first time or as a “refresher” visit, we have been reaching out, encouraging members of the community to visit and invite others to visit too. On the surface, it may not be evident that much has changed here in the past five or ten years but there have been many changes in the scope of care, therapies and education. It is much easier to share and demonstrate that in person.

While we have not done a survey regarding visitor reflections, anecdotally, we hear that a majority of folks enjoy the experience, feel good about meeting the children and staff and many comment that they feel a real sense of optimism and positivity.

We do like to plan visits so that the most suitable staff can lead the experience. For example, Mike O’Hara would lead for an educationally focused visit, while Patty Farmer may lead a community-based group. While most visits occur during the week, we are happy to arrange it for whenever suits the visitor’s schedule. A tour can take between 45-60 minutes and can be for an individual, couple or small group. To discuss this opportunity, please contact Patty Farmer at 358-3389. ♥



KSC Chamber Singers Help Cedarcrest this Spring

Since 2011, the KSC Chamber Singers have partnered with one local organization per semester to learn about their missions, promote awareness, provide outreach performances, volunteer, and donate twenty percent of concert proceeds to the partner organization. Past non-profit partner organizations, include Hundred Nights Shelter, Stonewall Farm, Monadnock Conservancy, Phoenix House, Keene Community Kitchen, Monadnock Family Services, Monadnock Humane Society, RISE for baby and family, Apple Hill Center for Chamber Music, Keene Family YMCA, Keene-Einbeck Partner City Committee and the Keene Senior Center.

The Keene State College Chamber Singers are an auditioned ensemble of 15 singers, who strive for excellence in all styles of choral music. Members of this ensemble traveled to Keene's partner city of Einbeck, Germany last May to perform and participate in a 7-day choral-cultural exchange. This year the singers will embark on outreach tour performances to travel Connecticut, New Hampshire, Maine, and Quebec, Canada. Singers in this ensemble are pursuing degrees in areas such as Music Education, English and Secondary Education, Music Therapy, Music Technology, Music Composition, Music Performance, and Theatre-Acting. We are also delighted to have one KSC alumni singing in the bass section this year!

This semester marks the collaboration between the Chamber Singers and Cedarcrest Center for Children with Disabilities. The singers will participate in an orientation tour, perform choral selections, and provide instrument demonstrations. On Sunday, April 15th, the Chamber Singers, directed by Dr. Sandra Howard, will present a concert performance with the KSC String Ensemble at 3pm at the Redfern Arts Center Alumni Recital Hall. Ticket costs are \$5 for students and \$10 for adults. 20 percent of the ticket proceeds will be donated to Cedarcrest. To learn more information about these organizations, visit cedarcrest4kids.org or Keene State College Chamber Singers on Facebook. ♥



Trustees Award Two Margaret “Peg” Knox Scholarships

There continues to be an outpouring of support for the Margaret “Peg” Knox Scholarship Endowment and as a result, Trustees were able to award two scholarships to Cedarcrest staff who are actively pursuing advanced degrees in nursing.

Skyler Main (below, left) is enrolled in the River Valley Community College program and Natasha McCarthy (below, right) is in the Monadnock Region Cohort of Vermont Technical College. Skyler recently passed her LPN licensure exam and is orienting to join our nursing staff and Natasha will sit for her boards later this spring. Congratulations to each of them and thank you to the supporters of this endowed fund, it is having a big impact! ♥



NEWS FROM CEDARCREST SCHOOL

From the Desk of Mike O'Hara, Director of Special Education

The State of New Hampshire Department of Education has the responsibility of approving our school as a special education school. During the 2012-2013 school year our school earned a five year approval. Therefore, this year we were scheduled to be reviewed for approval again. Since the last DOE visit, there have been many changes in the procedure for special education approval. The state no longer contracts with a third party to review programs. They now use department employees along with a volunteer from another private provider of special education to comprise the visiting team. The review is both an opportunity for us to highlight our great work with children and learn from our colleagues from the state and private providers. Another significant change in the review process is that the site visit has been reduced to one day and we are no longer required to present a case study.

There was much work done ahead of time in order to prepare for the onsite. We sent in an application for review with our entire curriculum as well as policies and procedures. Additionally, we prepared student files for review. This was a collaborative effort with the sending school districts and the Cedarcrest School and Rehab department.

On Thursday January 25, 2018, the state sent a small team to review our program for continued approval. Our guests were Helene Anzalone and Lori Noordergraaf from the Department of Education as well as Kate Sisneroz, Director of Education at the Monarch School of New England. It was a pleasure to host these three professionals.



During the review, they shared many insights and ideas with our teachers while reviewing the files.

This was a great learning experience for all involved. While we have some minor paperwork updates to do, overall the visiting team was very impressed with our program and all the wonderful work our teachers and education assistants do each and every day to assure that our students get the best possible education in order to reach their fullest potential.

The onsite was just the beginning of an exciting opportunity to continue to improve upon our

special education services for children. We will receive a written report from the Department of Education in mid-March. During the next year or so, they will provide our administrators, teachers and therapists with custom designed professional development opportunities that can only serve to enhance the work we do with our students. ♥



SCHOOL NEWS TO KNOW!

- Cedarcrest School's first day student enrolled in 2000
- Over the past 18 years the day student program has served children from many towns including Keene, Troy, Hinsdale, Claremont and Charlestown NH and Brattleboro and Bellows Falls VT
- 6 children who live at home attend Cedarcrest School each day
- Currently 5 children from Cedarcrest attend area schools
- For the first time we have Keene State College Early Childhood Education Interns



Healthy Organization!

In the Fall, Cedarcrest was recognized by Healthy Monadnock as an Organizational Champion. This designation recognizes the efforts of our staff to ensure a healthy workplace environment. Through the efforts of our Wellness Committee, Cedarcrest earned all six “badges” of the Healthy Monadnock program.

- Tobacco Free
- Family Friendly
- Well Nourished
- Preventing Substance Abuse
- Building Resiliency
- Physically Active



Staff at Cedarcrest actively engage in education and activities that strengthen our employee's wellbeing. While there are role specific wellness programs such as lifting protocols and infection control in-services, we offer nutritious meals, scheduled times in house with our EAP (Employee Assistance Program) and frequent staff requested sessions such as yoga and fiscal fitness.

We are proud to be one of 55 local organizations working together to help advance this worksite wellness initiative and create a healthier work environment and a healthier community. ♥

