

News & Views from SPAULDING YOUTH CENTER

Every child deserves a childhood.

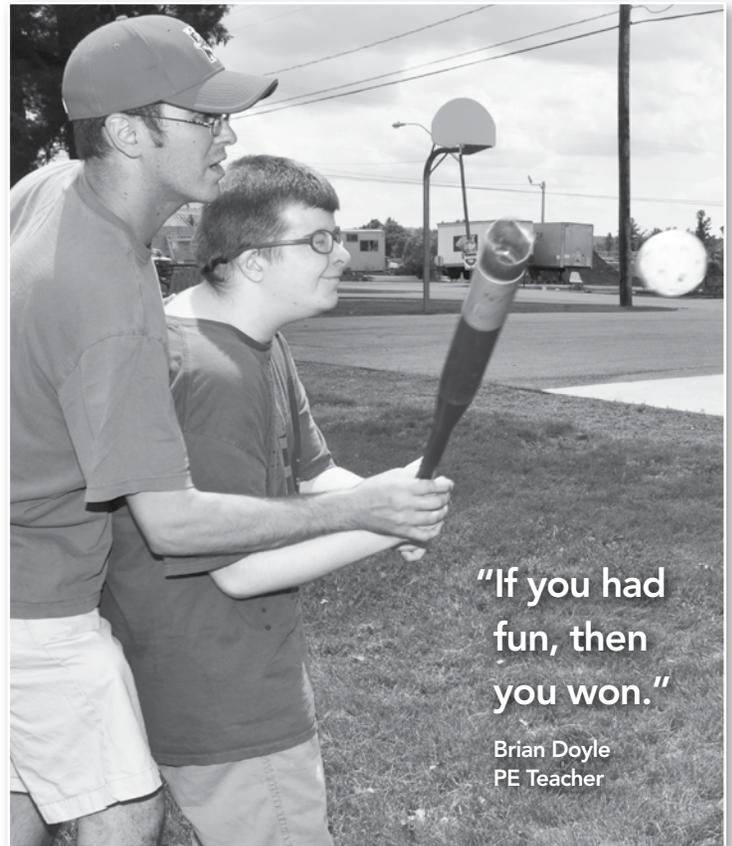
Summer • Fall 2011

Students on the Move at Spaulding

Meet Physical Education teacher Brian Doyle, one of the most popular teachers at Spaulding and just voted by his peers as the '2011 Academic Special Teacher of the Year.' "My goal as a PE teacher is to get all of our students moving and to keep them active, happy and involved. It's all about being patient and learning to adapt the instruction, activities, and the equipment to each child's interests, abilities and needs." Doyle's popularity was evident when he recently outpolled the Red Sox and Fisher Cats with a student, who when asked about his favorite baseball team, replied with a smile, "Brian Doyle is my favorite team."

Some students come to PE class with motor, cognitive or perceptual deficits, others with multiple disabilities. This diversity presents unique opportunities and significant challenges for instruction. In Doyle's PE classes, students are given many options besides learning the traditional team games of basketball, flag football, floor hockey and baseball. Students may be learning to kick a ball, throw at a target, swing an oversized bat, ride an adaptive trike, bowl using a ramp, propel themselves on a scooter, use playground equipment or increase their mobility by walking.

Doyle's class is an inclusive, safe environment designed to meet the students' needs – whether by using modified equipment, mentoring, coaching, emphasizing personal space, allowing students to observe and join in when they are ready – or by marking the floor so game boundaries are clearly visible. Class objectives are centered on teaching good sportsmanship, the importance of exercise and wellness, teamwork, patience with others who may be less athletic and supporting each other. This approach to athletics and sports competition is reinforced by Spaulding's EChO program (Experiential Challenges Outdoors), as well as through participation in Special Olympics.



*"If you had
fun, then
you won."*

Brian Doyle
PE Teacher

The success of the PE program ties to the campus-wide commitment of promoting a physically healthy lifestyle for students and to the varied resources and expertise of Spaulding's teachers, staff and therapists.

As part of this important commitment, Doyle is developing comprehensive lesson plans aligning with the New Hampshire K-12 PE Curriculum Guidelines. "It is a lot of work given the range of our students in age, grades, and abilities, but Spaulding's approach to a healthy lifestyle fits very well with the State curriculum goals, guidelines and rationale," commented Doyle.

OUR MISSION: Spaulding Youth Center is dedicated to improving and enriching the lives of emotionally and/or intellectually challenged children, youth and their families.



Celebrating
140 Years
1871-2011

Helping Children, Youth & Families

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News and Views is published to present information about Spaulding Youth Center, its programs and services. We encourage you to visit our Website at spauldingyouthcenter.org or contact Joanne Piper Lang, Marketing and Communications Director, P.O. Box 247, Tilton, NH 03276; 603-286-7500, ext. 534, jang@spauldingyouthcenter.org.

Editor: Joanne Piper Lang
Photos: Gail Mayhew and Larry Crowe



From the Hill

Dear Friends of Spaulding Youth Center,

Active, happy and engaged students and staff are walking, running, paddling, kicking, pedaling, swimming, dancing, swinging, Zumba-ing, and even hula hooping to encourage healthy lifestyles for all at Spaulding. Coupled with the healthy choice nutritional program we launched several years ago, staff and students are “on the move” and making healthy life choices. It is so gratifying to me when a student asks, “Is this a balanced meal?” or boasts, “I did six laps around the quad today!” It is equally satisfying when a staff member asks, “Will Spaulding sponsor our softball team?” or says, “I’d like to volunteer to offer a Zumba class at lunch time.”

Our physical education, outdoor education, Special Olympics, after-school programs, and the annual field day put physical activity front and center for Spaulding students. We believe that these activities are critical components of a child’s educational and therapeutic experience at Spaulding. They also contribute to creating the “normalized” environment we do our best to maintain.

Due to a partnership with the H.E.A.L. (Healthy Eating Active Living) program, staff

is now embracing a commitment to activity as well; and the Healthy Kids and Wellness Teams have taken giant steps to promote physical activity and healthy choices for staff and students alike. In addition to acknowledging students with ‘Kotcha’ cards for demonstrating the Spaulding values of *respect*, *responsibility* and *safety*, Kotcha cards now also are awarded for making *healthy choices*. Soon, staff will have their own version of Healthy Choice Kotcha cards and be eligible for prizes as part of a new Wellness Team initiative.

Amidst the amazing array of activities, one of the most heartfelt was when staff and students joined in the American Heart Association Heart Walk in June, some for the second year in a row. Student walkers, by themselves, raised over \$150 to add to the donations raised by staff walkers to benefit the Heart Association. *What more could a CEO ask for, healthy students and staff, with big hearts to boot!*

Susan S. Calegari, CEO and President



Our physical education, outdoor education, Special Olympics, after-school programs, and the annual field day, put physical activity front and center for Spaulding students.

Happenings...

A New School for Spaulding: Building a Vibrant Center of Learning



A new high-performance center of learning is under construction at Spaulding to help meet increasing demand for high quality special education programs and services for children and youth with a range of challenges including autism, neurological impairments, behavioral difficulties and emotional, learning and developmental disabilities. Once additional capacity is approved by the NH Department of Education, Spaulding's new school will offer classroom space for 36 additional students, allowing Spaulding to serve up to 100 students. The new facility, scheduled to open in spring 2012, will be surrounded by gardens, landscaping and playgrounds, and will become the gateway to Spaulding's 470 acre hilltop campus overseeing beautiful fields, woods and spectacular mountain vistas.



Pride Day – What I like about Spaulding

School pride was in abundance on a perfect summer day when family members and visitors joined our students and staff to fill the campus for a day jam packed with fun activities. There was the popular dunking booth, where with a well-placed throw, volunteer staff were soon underwater to the delight and laughter of students. The campus was full of arts and crafts, cookie decorating and face painting stations. Children and families filled the playgrounds, enjoyed the bouncy house, played tug-o-war and danced to the music. Students wore personalized shirts and hats and made colorful pride boards illustrating what they like most about Spaulding which included 'friends, sunsets, playing whiffle ball, help with my behaviors, off-campus trips, art and everything!'

Rx: Horses, Great Danes, Cats and a Loving Family

At 4 years old, Caleb was removed from his parents and siblings and placed in a generalized foster home. Abuse and neglect had rocked his young life. When he began acting out, his initial foster placement fell apart.

The State put out a call for help to find an appropriate placement. Spaulding's Foster Care ISO Program answered the call. With the encouragement and support of the ISO

Foster Care PROFILE

Program (Individual Service Option) designed to serve children and their families in need of intensive level services, a recently licensed foster couple agreed to take in the young

boy. Caleb arrived at their home full of apprehension, an emotion no doubt shared by his new foster parents.

Caleb was greeted by a barn full of curious horses, their heads sticking out of their stalls checking out this little person. He was also eagerly welcomed by 4 very large, friendly dogs, and filling out the menagerie – 3 cats. Surrounded by love and care, Caleb soon settled in and learned to trust and love his foster parents and his new four-legged friends.

Early in the process, his foster mother attended a court hearing scheduled to determine a permanency plan for the young boy. The presiding judge unexpectedly asked her, "Well, is he a keeper?"

Indeed he is. This year, his foster parents adopted Caleb at a special ceremony at which his younger sister was also adopted by friends in the community. There wasn't a dry eye in the courtroom. Caleb is doing just great both at home and in public school. He recently celebrated his 7th birthday with a horseback riding party!



Caleb at this adoption with a sign he made stating "I am so excited to be adopted. I can't wait! I love you so much."

There are many children in need of homes. Please consider opening your heart and your home to a child.

For information on becoming a foster parent or to sign up for foster and adoptive care training at Spaulding, contact Carol Sanborn at 603-286-8901, ext. 212 or carolsanborn@spauldingyouthcenter.org.

GIVING & RECEIVING



MEMBER PROFILE: VICTORIA F. BLODGETT

“My life has been enriched and truly blessed by a very, very joyful journey with Spaulding’s staff, kids and board members.”

What is Spaulding to me? It is a nurturing family for kids who might otherwise never have the chance to be heard or fully understood, for stressed families who need our advocacy and a safe place for their children to realize their potential, and, for each of us who come to campus, a very special opportunity to share their experiences and be part of such a caring and dedicated community. It is a two-way street. As we fulfill our mission, these children, in turn, enrich our lives.

As it has done so adeptly for 140 years, my hope is that Spaulding is positioned to continue addressing what is best needed by children, transforming lives for generations to come. That is why I joined

Spaulding’s **Daniel Webster Legacy Society**. In planning for both my personal and Spaulding’s future needs, I have created a bequest that will further my dream of helping Spaulding to continue its journey as a leader in treating children with special needs. I think you will agree that, indeed, every child deserves a childhood with opportunities for hope and happiness. May we all continue this very important work in the years to come.

Vicky became involved with Spaulding 25 years ago. Her first role was as counselor for several children’s groups on campus. Vicky was elected to Spaulding’s Board of Trustees in 1986 and continues to serve in this capacity. Vicky is a licensed psychologist in private practice, specializing in child and family treatment.

Daniel Webster Legacy Society “Let us develop the resources of the land, call forth its powers, build up its institutions, promote all its great interests, and see whether we also, in our day and generation, may not perform something worthy to be remembered.” - DANIEL WEBSTER

Daniel Webster Legacy Society Members

Ensuring a Promising Future for Deserving Children

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* in memoriam

Legacy Society membership is open to all who want to continue improving and enriching the lives of children, youth and families by including Spaulding Youth Center Foundation in their bequest or estate gift plans.

New Hampshire Charitable Foundation grants \$20,000 to support Spaulding’s Enrollment and Marketing Initiative

The NH Charitable Foundation, through its Lakes Region Division, has awarded a Community Impact Grant to the Foundation to support an aggressive capacity-building enrollment and marketing initiative that will introduce or reintroduce Spaulding to an array of providers and school districts with a goal of increasing services to 36 additional students, bringing Spaulding’s school capacity to 100. The \$20,000 grant is the maximum amount awarded for a regional impact project, demonstrating the critical value of Spaulding’s mission within the Lakes Region and beyond.



MAKING A DIFFERENCE

There are a variety of ways you can support a child that match your personal financial goals and at the same time give someone opportunities for hope and joy.

- **Annual Fund:** You can support areas of greatest need at Spaulding by making a gift today by check, credit card, stock or securities.
- **Sunshine Society:** You can help sustain a child’s program by partnering with Spaulding over a five-year period at a leadership level of \$1,000 or more per year.
- **Leaving a Legacy:** You can enjoy the satisfaction of giving hope to generations of children while benefiting from tax relief, potential life income opportunities and the knowledge of making a difference for many years to come.

For information about these and other charitable giving options, contact Laura Chaney, Vice President for Development, at (603) 286-7500 ext. 530 or lchaney@spauldingyouthcenter.org.

Nurturing a Child’s Potential



An extra round of applause for...



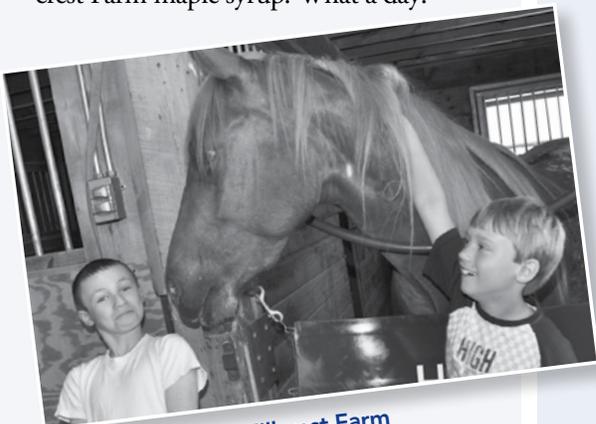
Garrett is pictured with his parents, Gary and Mary, who met while working at Spaulding. Residential Director Gary Lavalley has dedicated his career, 35 years and counting, to Spaulding. A well-deserved honor for Garrett, his family and Spaulding!

Classroom teacher Garrett Lavalley for receiving the Exemplary Leadership and Service in Juvenile Justice Award

Honored at the DCYF and DJJS 2011 Annual Conference, a state-wide meeting that recognizes and celebrates the excellent work of public and private child welfare professionals and community members who work in partnership to better the lives of children, youth and families, Garrett was recognized for his outstanding leadership in empowering youth to make positive choices and helping students make gains with their individual plans for success.

Nat and Arabella Dane of Hillcrest Farm in Center Harbor for creating many happy memories for our students

A group of students spent a beautiful summer day having great fun at "Big Nat" and Arabella's farm. The children gathered chicken eggs, fed carrots to ponies named Spotted and Trouble, held seven day old squirming piglets, dared to fly down the zip line, got soaking wet in the fountain and played on a pirate ship with the scampering miniature goats Oreo and Butterscotch. After making a wish and releasing a homing pigeon, Arabella and Nat gave each student a souvenir of their trip – their very own bottle of Hillcrest Farm maple syrup. What a day!



Making friends at Hillcrest Farm



Our Special Olympians

Spaulding athletes had a fantastic summer participating in Special Olympic sporting events. The Spaulding Shooting Stars soccer team won a gold medal at an outdoor tournament hosted by the Seacoast United Soccer Club and fourteen students joined competitors from across NH at the Special Olympics Summer Games on the UNH campus in Durham. Competing in a variety of track and field events, Spaulding athletes brought home an impressive 9 gold, 15 silver and 9 bronze medals. Every year our students' enthusiasm, confidence and great sportsmanship make us all proud!

Spaulding student athlete is adorned with medals and a smile at the recent Special Olympics Summer Games.

5th Annual Bette Davis Golf Tournament

Thank you to Co-Chairs Judy Wenners, Dan Calegari, Joe Banks and John Merrick for organizing an extremely successful tournament at Lochmere Golf and Country Club in Tilton. The tournament resulted in record financial support to benefit the children and youth of Spaulding, as well as an impressive 17 under par score for the winning foursome – the Southern New Hampshire Services team from Manchester – Tom Nelson, Phil Grandmaison, Gale Hennessy and Gabe Roy. John Merrick (pictured), Title Co-Sponsor with Anthem Blue Cross Blue Shield of New Hampshire, has already pledged to be a Title Sponsor at next year's tournament.



John Merrick telling the golfers to start their motors



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Please join us...

**Spaulding Youth Center
53rd Annual Meeting &
Donor Appreciation Reception**

Thursday, October 20, 4:30 pm – 6:00 pm
Westwood Dining Hall at Spaulding Youth Center

**John Elder Robison
NY Times Best-Selling Author and Speaker
Reception, Lecture and Book Signing**

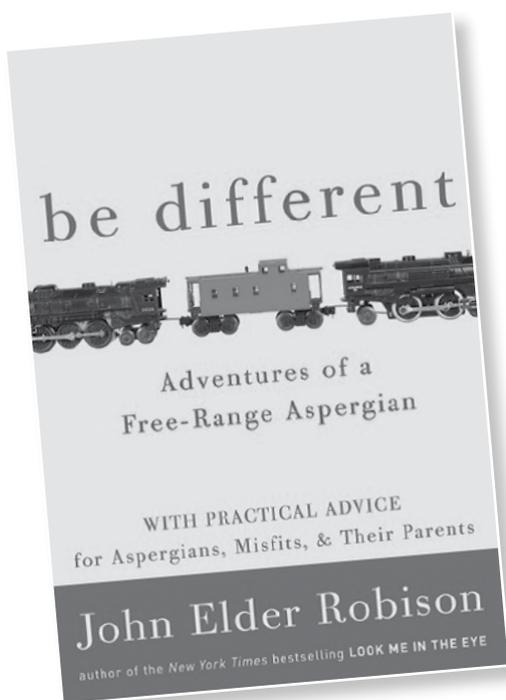
Thursday, November 3, 6:15 pm – 8:00 pm
McAuliffe-Shepard Discovery Center, Concord, NH

Spaulding Hosts John Elder Robison

Leading Voice in Autism Community

Co-Sponsors:

- The Autism Society of NH
- The NH Council on Autism Spectrum Disorders



John Elder Robison, best-selling author and lecturer about his life with Aspergers, will be in New Hampshire on Thursday, November 3.

The author of *Look Me in the Eye* (2007) and *Be Different* (2011) will visit Spaulding during the school day, meeting students, teachers and staff, offering practical advice on how children on the Spectrum can improve the weak communication and social skills that keep them from recognizing their often remarkable gifts.

A public event – reception, lecture and book signing – will be held at the McAuliffe-Shepard Discovery Center in

Concord that evening with doors opening at 6:15 pm. With his usual honesty, dark humor and unapologetic eccentricity, John will talk about his experience growing up being different. Robison is passionate about sharing his life story and offering his insights to help children and families struggling with neurological differences to navigate life's challenges and transitions. Professionals and families are encouraged to attend the event and activities for younger children will be available. All participants can also enjoy the many exhibits and displays at the Discovery Center as a part of the registration fee.

Space is limited. Registration and fee are required for the November 3 event. For information, contact Joanne Piper Lang, Marketing and Communications Director, at 603-286-7500 or email Joanne at jljang@spauldingyouthcenter.org.