

HORIZONS



CROTCHED
MOUNTAIN

The magazine of Crotched Mountain Foundation

FALL 2021



Blue skies, **bright futures!**

How greater independence
leads to awesome opportunities
and moments to treasure.

Celebrated Lives



At Crotched Mountain we celebrate life.

Every life is special; every life deserves protection, opportunity and independence. Every life deserves a quality education, a dignified home, activities to thrive and be respected. At Crotched Mountain, we celebrate the rainbow of abilities that we have in our families and in our communities.

Covid has been terrifying for all of us, but just imagine what it has been like for a person who is medically fragile, has limited mobility, or can't communicate verbally. We know that during Covid, they have died in higher percentages, have become unemployed in greater numbers, and have regressed in their learning.

Life for people with disabilities during Covid has been more dangerous and stressful than ever before.

This is why Crotched Mountain exists, and why our mission is so important. We were founded almost 90 years ago, to be here in the good times and the bad for people with disabilities. That is what lies at the core of our mission, and what our lifelong alliance to people with disabilities seeks to achieve: supporting those we serve to find success and independence - that is, living, working, playing, and learning in their own community.

This past year we launched CMF Kids, because children with disabilities in under-resourced communities are struggling in public education; many are dropping out and they are not achieving their potential.

In the pages of this edition of *Horizons* you will see how we are applying your generous contributions to help the very neediest. Whether it's the story of Terry, a client of Crotched Mountain Community Care, who found herself literally in the fight for her life to remain in her home; or the travelogue of Kayla, one of our shared home participants, who enjoyed home-away-from-home with her provider family on the sands of Florida for the summer; or the children who will be supported in their rural school districts through the current initiatives by CMF Kids.

And these are just a sample of the people that you support every day; just a few lives touched because of your generosity.

As we emerge from another beautiful New England autumn (and settle in for a hearty New England winter), Crotched Mountain Foundation has adapted and remains anchored by our history and our commitment, driven by a mission that aspires to see everyone in that rainbow of ability finding happiness and success.

Thank you for partnering with us to change lives!

A handwritten signature in black ink, appearing to read "Ned Olney". The signature is fluid and cursive, written over a white background.

Ned Olney, President and CEO
Crotched Mountain Foundation

CMFkids Launches!

We are excited to announce the first round of awards from Crotched Mountain's exciting new CMF Kids program, totaling \$200,000 in support of special education initiatives in six New Hampshire public school districts.

Through CMF Kids, Crotched Mountain and you, our donors, are reaching nearly 700 children with complex disabilities. The six districts represent some of the most economically disadvantaged in the state with an average of 50% of students coming from lower-income families. In addition, CMF Kids will support dozens of special and general educators as well as paraprofessional staff.

Investments ranged between \$5,300 and \$50,000

and support a variety of initiatives including vocational training, increased community access through transportation, professional teacher development, a paraprofessional training program, and a district-wide comprehensive needs assessment.

"As we have for nearly 100 years, Crotched Mountain Foundation is committed to supporting children with disabilities and to help them achieve a life of independence," said Ned Olney, President and CEO of Crotched Mountain Foundation. "CMF Kids partners with schools to improve educational outcomes for students with complex disabilities."

Learn more about CMF Kids at cmfkids.org.

CMFkids Fast Facts

School District Partners

- Berlin School District
- Milan School District
- Lisbon Regional School District
- Warren School District
- White Mountain Regional School District
- Northumberland, Stafford and Stark School District

Supported Programs/Activities

- Leveraging resources to help implement a teacher training reading curriculum program
- Supporting a district-wide comprehensive needs assessment of special education services
- Elevating the skills of paraeducators through a nationally endorsed behavioral technician training program
- Helping enhance school culture with a training on inclusive education of students with disabilities and their families
- Championing community-based educational activities that further student outcomes and independence through hands-on vocational learning

Award Amounts

\$5,300 - \$50,000

More than **\$200,000** in support of initiatives to improve the educational outcomes of nearly **700 students** with complex disabilities.

"Through CMF Kids, Crotched Mountain's donors are contributing to the independence of fine young adults who might not ordinarily have opportunities to show what they can accomplish."

Martha Miller, Director of Special Services, Berlin Public Schools



Life to its Fullest

Terry Ann is looking forward to this Christmas. She's cautiously optimistic that circumstances may allow for her to gather with family and friends to celebrate.

She is planning for it, because there are few things she loves more than a Christmas party. She's already purchased Christmas presents.

"I started shopping in June," she says.

But Terry Ann's anticipation for the holiday season is rooted in more than just seasonal cheer and Christmas spirit.

No, it is far more personal for her: because she lost the last two Christmases. In 2020, it was due to the pandemic. In 2019, it was because she was in a coma, fighting for her life.

Terry lives in Portsmouth, NH, at Betty's Dream, a non-profit residential program for adults with disabilities to live independently. She moved to Portsmouth in 2006 from Manchester, following the advice of her doctor to begin looking for wheelchair accessible housing.

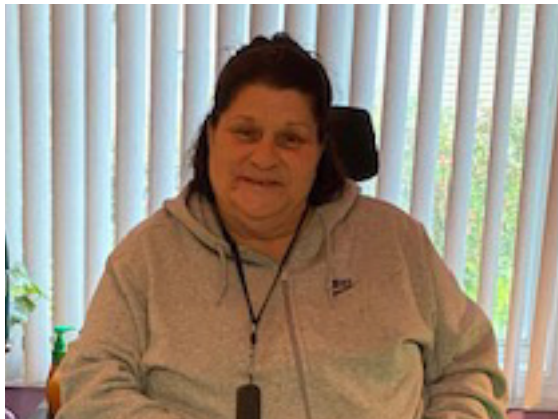
This would prove to be prescient.

Her entire life changed in 2009 when she endured a devastating medical event connected to her Crohn's disease. She spent two weeks in the hospital and another two weeks in rehab. But the

damage had been done; her strength had vanished and she became a full-time wheelchair user.

Starting 2011, Terry Ann became a client of Crotched Mountain Community Care (CMCC), Crotched Mountain Foundation's independent case management program that supports adults with disabilities, chronic medical conditions, and unique needs.

"To assist Terry Ann with living independently in the community, CMCC has worked hard to meet her durable medical equipment and staffing needs for personal care services," says Becky, Terry's CMCC Case Manager. "Terry Ann is a pleasure to work with because she is always trying to find new ways to show her appreciation for services and assistance."



This support would become critical over the last two years, especially in 2019, when, while preparing for a large Christmas party,

Terry Ann was besieged by kidney failure. She ended up in a coma for five days and remembered nothing after the moment she was picked up by the ambulance.

"I thought I had gotten into a car accident," she says. "I didn't know what happened. When I called my mother after I woke up, she told me that she never thought she was going to hear my voice again. The doctors didn't expect me to live."

Terry Ann loves her home, her community, and her independence. And thanks to the support of Crooked Mountain Community Care, the generosity of donors like you, and her tireless self advocacy, she has all three.

Thankfully, Terry Ann rebounded and returned to her home - all the while thinking: *I don't want to go to a nursing home.* She knew she was too young and had too much independent life to live still.

And that's what Becky and her CMCC colleagues work to do: give their clients the help they need to remain in their community and out of nursing homes.

Recently, there was a perfect example of this. For nearly two years, Becky and Terry Ann worked tirelessly to get funding approval for a "sit to stand" lift so she can safely transfer (move out from her wheelchair to access different areas in her house).

After surmounting numerous insurance challenges, CMCC was able to secure \$7,500 for the lift, as well as an elevator lift for her power wheelchair. Which leaves one more thing to do: start planning the Christmas party!

"CMCC stands above all other service providers because we try very hard to secure resources for our clients that they might otherwise have to do without," said Kara Nickulas, Director of Programs for Crooked Mountain. "For clients like Terry Ann, such resources can make all the difference for independence and quality of life."

"I came so close to death," Terry Ann says. "I'm trying to live my life to the fullest, trying to take advantage of anything and everything."



To learn more about CMCC's services visit cmf.org/cmcc or call 603-668-7584.

Kayla's Summer Scrapbook

Kayla is a participant in Crotched Mountain Foundation's community-based Shared Living program (also known as an ISO or Enhanced Family Care). She lives full-time with Mauricio and Tulia, the shared home providers - and that means Kayla is part of their family.

And that means, Kayla has the opportunity to enjoy all their family adventures, like this past summer's epic Florida trip, where she had the chance to spend long, relaxing days on the beach, take in the downtown sights, enjoying the company of her friends and family, and making memories that will last a lifetime.

That's what Shared Living is all about. That's the magic that you make happen.

Learn more at www.cmf.org/community-living.



Face of Philanthropy

Ben and Carol Gayman, Committed to Serving People with Disabilities

By Kevin Harte, Vice President of Advancement

Nearly four decades ago, as a young lawyer in a Manchester NH firm, Ben Gayman was not surprised to learn that philanthropy was ingrained throughout the practice, and that many of his peers were tirelessly involved in worthy non-profits. Before long, Ben and his wife Carol were also helping local charities.

It was the 1980s and Ben and Carol were quickly drawn to Crotched Mountain Foundation's renowned reputation for serving the needs of adults and children with the most complex disabilities throughout the region.

"At first we just knew that Crotched Mountain had unique services for about 100 students," Ben says. "But over time, we learned about the thousands of people in really tough conditions who rely on Crotched Mountain's many essential services throughout New England."

Ben and Carol's commitment to Crotched Mountain grew as they became more involved through volunteering, giving and attending fundraising events. Ben has served on Crotched Mountain's Board of Directors for three decades.

"Over the years I've seen Crotched Mountain evolve to meet the changing needs of people with disabilities of all ages," Ben says. "And now with the new CMF Kids program it will reach hundreds of kids with the most complex challenges. Carol and I know that when we support Crotched Mountain, we're helping to bring opportunity and independence to those who need our help the most."

*For more information on how **you** can bring independence and opportunity to those most in need, contact Kevin Harte, VP of Advancement, at kevin.harte@crotchedmountain.org or call 603-669-0821.*





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Horizons Fall 2021



Ricky Takes to the Trails!

If you've hiked our beautiful accessible trails in Greenfield this fall you've probably met a lot of fellow hikers enjoying this unique resource. Our Gregg Trail and Dutton Brook Trail combine to provide the longest known accessible trail system in a mountainside setting. Word has spread of the serene mountain terrain that can be enjoyed by all, including people using walkers, wheelchairs, strollers, as well as the most agile hikers.

As a result, trail conditions were starting to reflect this extra use and we're glad that Ricky Fife has agreed to rejoin the Crotched Mountain Foundation team and he will now manage the maintenance and repairs of the trails, the Memorial Garden, and the surrounding area. Rick is no stranger to these trails – as a former senior member of the grounds crew at Crotched Mountain Rehabilitation Center, Ricky had managed the day-to-day upkeep of the trails since they were created.

Learn more about the trails at cmf.org/trails