

HORIZONS

WINTER 2022



WE'RE
GOING
PLACES!

MINDING THE GAPS

Everyday, when I return to my house, I shake my head and am reminded that there are seven stairs up to get into my house. Are they difficult for me? No, not at all. But for a person living with disabilities even just entering my home would pose a physical access challenge. Constant reminders are everywhere, in home, at work, and across the community: that life is harder for some, more than for others. And just wait until it starts snowing; the challenges will get even greater.

I am not just talking about a small minority of people.

Did you know that 61 million adults in the United States - or 1 in 4 - live with a disability? Did you know that 7 million students - or 14% of total public school enrollment - live with one or more developmental disabilities? The gaps in services and access for these over 68 million Americans are huge. These people are our family members. They are our neighbors. They are our work colleagues, and they are our friends.

We can do better for all of these people who we care for and love. We can and we must.

That's where Crothed Mountain Foundation comes in. That's where *you* come in.

For 100 years, we have been among the leaders in making life better for people living with disabilities. Our history of working together with our partners, families, and supporters, arm-in-arm, has led to life-changing outcomes for many thousands of children and adults. So many people have found hope and independence!

As when we first started, our focus now is to reach people where the gaps are the largest, where the inequity is heartbreaking, and where opportunity is the most difficult to identify. In the poorest New Hampshire communities and schools, CMF Kids and CMCC are serving these very people. As always, I am so humbled when I consider how far we've come as an organization; and excited when I think about all that lies before us. ■

Sincerely,



Ned Olney
President



"I am so thrilled about this great gift that is coming for the benefit of New Hampshire people. I just cannot sleep nights; my head is filled with all the things we now are going to be in a position to accomplish"

Harry Allen Gregg

THE FACE OF PHILANTHROPY

Making Your Impact Doesn't Have to Be Taxing

Did you know there are tax advantages for several types of gifts?

Tax-Smart Ways to Give NOW

Using your IRA to make a *Qualified Charitable Distribution* (QCD). Some call this the IRA Charitable Rollover – a QCD from your IRA today is an excellent way to make your gift, tax-free, while also satisfying your Required Minimum Distribution (RMD).

If you have a retirement account and are **required to take a minimum income distribution** (RMD) each year, this is taxable income for many. But, when you give a gift directly from your retirement account to Crochted Mountain Foundation, the IRS does not tax that portion as income. Simply call your financial

advisor or retirement account administrator. **Crochted Mountain Foundation's identification number is 02-0222168.**

Appreciated Stock – A quick phone call is all it takes to donate gifts of appreciated stock held for more than a year directly to Crochted Mountain Foundation. This remains a great way to support children and adults with disabilities, AND avoid paying capital gains taxes. It's easy to do! Simply contact your financial advisor or brokerage firm and provide the following:

Deliver to: The Depository Trust Company
Participant Account: 0164, Code 40
For credit to Crochted Mountain Foundation
(Call 603-831-8424 for account number)

Tax-Smart Ways To Make a Big Impact with a FUTURE Gift

Including a gift to CMF in your estate plans is not as complicated as you might think. Check out easy options at crochtedmountain.org/donate and see below for ways to create YOUR legacy:

Including Crochted Mountain Foundation in Your Will or Trust – A gift through your estate is a great way to keep control of your assets while pursuing your financial strategy, knowing that you also benefit Crochted Mountain's Peoples and Programs.

Naming Crochted Mountain Foundation as a Beneficiary in your retirement plan, life insurance policy, annuity, and other financial assets is another way to create your legacy.

Life Income Gifts – There are many great ways to create income for yourself and your family for life, while leaving a future gift to support our programs for people with disabilities.

Charitable Lead Trust – This facilitates your making a gift of fixed annual payments to Crochted Mountain Foundation while leaving assets to your family or other heirs AND reducing applicable taxes. ■

To learn more about the many ways you can create YOUR impact for generations to come. Please contact Kevin Harte at 603-831-8424 or at kevin.harte@crochtedmountain.org. Learn more at crochtedmountain.org/donate.

The information contained herein is offered for general information and educational purposes. Your personal circumstances, your State laws, and other factors may impact results. It is always recommended that you consult with your financial advisors before making important financial decisions.

"My first experience at Crochted Mountain was a summer day in 1969 when I accompanied a friend who was working there. That day I met Clint Hilliard, who would be instrumental in my getting a job at the Mountain when I graduated from college a year later.


I worked at the Mountain two different times ... first for about ten months right after graduating from college; then several years later I returned to the Mountain to work as a speech-language pathologist and was there for seven years. Since then, I have always stayed abreast of news and developments regarding the Mountain.

As I look back over this span of decades, this has been a recurring thought: Crochted Mountain has had to continuously re-invent itself. And it has done so! What began specifically as a treatment facility for those with polio, evolved into a school for children with physical disabilities as well as a school for the Deaf. The Mountain and Crochted Mountain Foundation have always adapted to changing needs. When more physically challenged and Deaf students were being integrated into their public schools, the Mountain pivoted to working with clients with behavioral issues as well as those who had sustained a head injury.

Now, after nearly 70 years of helping those with special needs, Crochted Mountain Foundation continues to evolve and help meet the needs of those with disabilities ... children as well as adults. CMF staff members are now working directly in communities and local schools to train and assist educators. The work which Crochted Mountain Foundation does is certainly worthy of support." ■

—Sally Pore





THE ROAD TO INDEPENDENCE

Thanks to the generosity of donors like you, CMF Kids donated a van to White Mountain Regional School District and now students with disabilities have a brand new ticket to a world of adventure and education.



One of the biggest barriers for community engagement for individuals with disabilities in the North Country is transportation. Of course, transportation in general in New Hampshire is an omnipresent need, and is only exacerbated when population is less and distances are greater.

“Transportation in the North Country is always a challenge,” says Shelli Roberts, Director of Student Services for White Mountain Regional School District. “We need transportation so we can get our students to real world experiences outside the walls of the school, including vocational training, community work, and volunteer placement.”

And CMF Kids responded, donating the van they needed, which opened up new opportunities within the community. White Mountain was one of the first partners to work with CMF Kids and their request was a simple one: an 11 passenger van.

“This program is so powerful because it engages students in real-world experiences and work-based learning,” said Melissa White, Executive Director of CMF Kids. “Despite COVID industry delays in acquiring the new 11-passenger van for the school district until late spring, White Mountain Regional School District exceeded exceeded all its goals in increasing community access for students with disabilities ensuring that more than twenty students were able to work, volunteer and enjoy equine therapy.”

When you hear about how critical getting from Point A to Point B is for the district’s special education opportunities, something as

unassuming as a van turns into so much more. It becomes a key to unlocking a future of success and independence.

“It’s huge,” says Robin Mauro, Life Skills Teacher for White Mountains Regional High School. “Transportation is the key to what the program is all about, which is developing students as a whole person. It’s not just academics, but vocational opportunities, recreation, and being out in the community. Without transportation we really can’t do that.”

MASON: ROCK STAR EMPLOYEE

Mason is a hard worker. The 21 year-old high school student receives special education services from White Mountain Regional High School and works closely with Robin. Four days a week he can be found out in the community at his treasured job at Weeks Medical Center.

“I work at the hospital,” he says. “Me and Ms. McGee do the drinks, snacks, and all that stuff.”

Ms. McGee is a paraeducator and rehabilitative assistant for the district and Mason’s job coach. The two are a common sight in the hallways as Mason stays busy, darting around he ensures that there are plenty of goodies stocked in the vending machines.

“Mason is a popular guy wherever he goes,” Rboni says. “We love him here and they love him there.”

How popular is he? The kitchen recently introduced “The Mason Special” to the menu chicken, fries, green peepers, and coleslaw.



“He is a great worker and has a great personality,” Robin says. “Sometimes he needs just a little extra help.”

So, Mason, what is your favorite part of the job? “I like putting the drinks in and I like my coworkers,” he says.

And what do you want to spend your money on? “Pokemon and Yu-Gi-Oh cards. And Doritos and Mountain Dew!”

Spoken like a true 20 year-old.

THE WHEELS OF IMPACT TURN

None of that Mason magic happens without a conveyance. Indeed, it is often the smallest of obstacles that can limit the potential of people eager for opportunity. That is why the CMF Kids van is a literal gamechanger; with this vehicle now part of the White Mountain fleet, students like Mason can discover the joy of community participation – and the reward of a day’s worth of honest work.

“It’s a huge thing to get kids out in the workplace,” Shelli says. “It brings a benefit to everyone. A lot of community members get a chance to see all students regardless of ability or disability find purpose and a place.”

For White Mountain students, these places include Weeks Memorial Hospital, the Littleton Co-op (a community grocery store), K9 Funtown in Twin Mountain (a pet care facility), Shilling’s Brewery in Littleton, even the Mount Washington Hotel in Bretton Woods.

The CMF Kids van will bring students to these and more unique, exciting vocational opportunities now and in the future. All thanks to you.

“I wish Crotched Mountain’s donors can see the happiness they are bringing,” Robin says. “The joy and self pride in the students is amazing. It’s so important to have the resources to do what you need to help these students have the best life possible. I am extremely grateful.”

What say you, Mason?

“I’ve got the happiest life ever.” ■





A CONNECTION WORTH CELEBRATING

Thanks to your support, and the innovation of Crotched Mountain's Adult Services, a shared home was born – and two lives changed forever.

Dan and Canes go way back. Years ago, when Dan lived on the Crotched Mountain campus in Greenfield, Canes worked as one of his Direct Support Professional staff. The two hit it off and created a unique bond. Dan moved in with Canes and his family as an Enhanced Family Care placement, but unforeseen circumstances caused Dan to be move to a staffed residential program for a period of time.

In fact, when Dan ended up living in the staffed residential program, Canes remained in contact with him, visiting occasionally. This connection would ultimately provide a bedrock for a future shared life: today Dan lives with Canes and his family in their home in Hillsborough.

This shared living program, also known as Enhanced Family Care, connects adults with disabilities with home providers. Enhanced Family Care is unique in that it elevates the client/provider relationship to something that moves beyond a simple job. The caregiver fully welcomes the individual into their home and their community, and, together, they build a shared life built on trust, independence, and community inclusion.

SNAPSHOTS

“The shared living model is a wonderful way for adults with disabilities to find success and fulfillment as active participants in their communities,” says Kara Nickulas, Executive Director of Community Services for Crotoned Mountain Foundation. “When we’re able to find those successful matches between provider and client, we almost always see two lives changed for the better. It’s a rewarding, effective model of residential support.”

Case in point: matching Dan and Canes was a homerun. This past May, Dan moved in with Canes’s family and the results have been a true win/win.

“Dan is an active guy,” says Terry Blaisdell, Adult Services Program Manager for Crotoned Mountain Foundation. “He likes getting out and going to festivals, and anything with food is something he loves. He’s always looking for activities to do.”

Canes is happy to make these community activities possible for Dan. This summer, the two brought back an annual tradition when they traveled to Beantown for the Boston Pop Fireworks Spectacular, the first time they’ve been able to do so in years.

Recently, Dan has taken to gardening, transforming Canes’s front yard into an agricultural menagerie, where he’s successfully grown lettuce, corn, beans, cucumbers, and watermelons.

“Canes has always supported Dan’s interests,” Terry says. “They just picked up right where they left off.” ■



Crotoned Mountain Foundation:

1925

Nashua Fresh Air Camp is opened in Greenfield, a free camp for NH’s poorest children



1953

Crotoned Mountain Rehabilitation Center becomes a nationally recognized polio treatment facility

2021

CMF Kids launches, partnering with public schools to enhance special education

2016

The Memorial Garden opens at the Accessible Trails



CMF Kids is up to big things! In November, we were able to see the results of your generous giving in action. Students with complex disabilities were whipping up delicacies and slinging coffee in real-life vocational settings as well as honing their academic and life skills in a more traditional classroom setting. Thank you for making a difference in their lives! ■



A Century of Hope

1955



A school for the deaf is opened on the Croched Mountain campus

1963

The special education school opens its doors, serving students with a variety of disabilities

1982

The HUD affordable housing program begins



2011

Croched Mountain's Accessible Trails are unveiled to the public



1986

Croched Mountain Community Care begins serving adults with disabilities and chronic illness in their own homes in the community

1984

The Community Adult Residential Services program is launched





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Horizons Winter 2022

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EVERGREENS FOR AUTISM

“I have two children that are on the autism spectrum. Over a decade ago, I decided to do what I can to help a cause that is obviously near and dear to my heart.”

Ed Cyr, President and Owner

Evergreens for Autism is a retail business selling Christmas trees and wreaths, located in Kingston, NH at the corner of Route 125 and Newton Junction Road. They have beautiful Balsam and Fraser fir trees from 4 to 14 feet tall and wreaths in many different sizes. This year, a portion of the profits will be donated to Crotched Mountain Foundation in support of CMF Kids, which supports children with complex disabilities from economically disadvantaged communities in New Hampshire. ■



**Evergreens
for Autism**
supporting
CMFkids

Learn more at cmf.org/evergreens or facebook.com/evergreensforautism.