



The Moore Center
Creating opportunities for a good life.™

Great opportunity for kids between the ages of 12-18 who enjoy soccer!



**ADAPTIVE
SPRING SOCCER**
SEACOAST UNITED BEDFORD

THURSDAYS APRIL 22
6 WEEKS
3-4PM
AGES 12-18
BACK RIVER SPORTS COMPLEX
FOR MORE INFORMATION CONTACT
AMYCSOUSA@HOTMAIL.COM
LWEBB@SEACOASTUNITED.COM

Great opportunity for kids
between the ages of 12-18 who
enjoy soccer!

Seacoast United has started a
new Adaptive Soccer Program
beginning April 22nd in Bedford,
NH. The program will run on
Thursdays from 3 to 4 p.m. at
the Back River Sports Complex
for six weeks.

They currently have 6 certified
soccer coaches including the
Seacoast Operations Director,
women's soccer coach from St.
Anslem's, a goalie coach, and

more!

The on-site contact is Amy Sousa and she will coordinate any

accommodations for players, including teaching strategies, 1:1 assistances, adaptive equipment, clear face masks, picture schedules, sound balls...etc. Families just need to let her know.

[Here's the registration link](#)

Staples and Office Depot want to help you prove your COVID-19 vaccination

From WMUR:

Staples and Office Depot want to help you keep your paper vaccination card in good condition.



The two companies are offering free laminations of completed COVID-19 vaccination cards.

A spokesperson for Staples told CNN that the service is available at all Staples locations in the U.S. and currently does not yet have an end date.

The CDC suggests taking a picture of your vaccination card as a backup copy if you need the information.

But laminated or not, remember that you should not post a photo of your card on social media. No one needs to deal with identity theft right now.

[Read the article on WMUR here](#)

Caregivers Conference Survey



In 2020 the Coalition of Caring Planning Committee made the difficult decision to hold the Caregiver's Conference virtually due to the COVID-19 Pandemic. As we begin planning for the 2021 Caregiver's Conference, we need your caregiver input on what the

conference should look like going forward.

It should only take a few minutes to answer the survey questions. Your feedback is valuable to the coalition. To thank you for participating, you will be entered into a raffle for one free registration to this year's conference.

[2021 Caregiver's Conference Survey](#)

Autism and Sleep: Empowering Children with ASD for Better Sleep



This is an interesting article on autism and sleep. Here's the introduction, and you can read the full article on their

website:

New studies also show that sleep problems begin in infancy for children with autism, creating harmful sleep habits that carry on through later years. By preschool, nearly 80% of children with autism have sleep-related issues. Researchers identified higher growth within the brain's hippocampus from six to 24 months of age, affecting its memory capabilities.

This can have a significant impact on a child's ability to sleep. When the sun goes down and the house grows still, a child's brain can sometimes be too hyperactive for sleep, making for a long and stressful night for both parent and child alike.

"Sleep issues in Autism are extremely common," says Suman Chatterji, Founder and Editor of Ripples of Life. He is a special needs father and self-professed biohacker, mental health champion and researcher. "Being a father of a special need's child, I live this on a daily basis. Autism is a very complex puzzle, and we all need to understand that there are some significant underlying biochemical imbalances associated with this diagnosis. Had there been no such imbalance, you would have had no Autism."

Children can experience several different issues when it comes to their sleep. **Read more... ([Read the full article here or through the link below.](#))**

[Read the Article on Autism & Sleep](#)

Brain Injury Public Policy Committee Meeting -April 13, 2021



The next scheduled Brain Injury Association of New Hampshire Public Policy Committee ZOOM Meeting will be held on Tuesday, April 13, 2021 at 4:30pm. The committee will be meeting regularly on the second Tuesday of the month at 4:30 p.m. and Eldon Munson, Jr., Chair of the Committee, will preside over the 2021 meetings.

During the meeting, Brain Injury Association of New Hampshire Lobbyist Teresa Rhodes Rosenberger from the Law Firm of Bernstein Shur will provide the committee with a legislative and public policy update.

All are welcome. If you are interested in attending, please visit <https://bianh.salsalabs.org/bimppcm> to register and receive the ZOOM link, or contact Ellen Edgerly at Ellen@bianh.org or 603-834-9570.

[Register Here](#)

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