

The Moore Center
Creating opportunities for a good life.™

Join our Family Sing-Along!

Our Family Sing-Along
will be held on
December 2nd and
December 9th from
6:30 p.m. to 7:30 p.m.



Please RSVP to Cheryl Paquette for the zoom link.
cheryl.paquette@moorecenter.org or 603.206-2814.

Hope you can join us for holiday cheer!

Share your Medicaid story with Henry Lipman, State Director of Medicaid

The state office of
Medicaid benefits from
listening to the
experience of families
who are Medicaid



recipients, especially Medicaid waiver recipients, in order to maintain a pulse on what life is like for us. This new initiative will connect Mr. Lipman with a small group of different families each

month. We are looking for 3-5 families who are connected to Medicaid long-term care funding to share your story.

Whether it's paperwork, prior authorization, qualified provider, or denials - whatever sorts of challenges related to Medicaid your family faces, we want to hear it. We'd also love to know what changes have improved your experience with Medicaid.

January 18, 2022, 6:30-7:30pm, via Zoom

Please contact lisab@ablenh.org to reserve your spot on November 18th!

Free At-Home Covid Tests Are Available

SAY YES!
COVID TEST
KEEP OUR COMMUNITIES SAFE

The New Hampshire DHHS is offering free, rapid, at-home COVID-19 test kits to residents of eligible counties. Follow this link and enter your zip code to see if tests are available in your area: [Home - Say Yes! To Covid](#)

[Test](https://sayyeshometest.org) (<https://sayyeshometest.org>).

When should you use a rapid test? **Rapid testing is for symptomatic individuals only.** Rapid testing is not considered a good option if you are symptom-free, as it has a higher likelihood of producing a false negative in those instances, since rapid tests aren't as sensitive as PCR tests.

Please make sure to follow testing guidance when using your tests. The CDC has great information and videos on self-testing at home:

<https://www.cdc.gov/coronavirus/2019-ncov/testing/self-testing.html>

Family Support Conference Postponed

A Message from the Family Support Conference Planning Advisory Team



NEW HAMPSHIRE *Family Support* *Conference*

Our Family Support Conference Planning Advisory Team has been busy assessing the inherent risk of holding the conference as well as examining the other considerations associated with a large gathering in an environment still battling a global pandemic and its economic impact.

Over the past 18 months Omni-Mt Washington has undergone a number of resort-wide renovations. These new updated and expansive additions have limited our ability to meet the needs of the conference financially as well as created a number of spatial challenges that will impact the number of families, vendors and workshops we would be able to host.

The Family Support Conference Planning Advisory Team has determined

postponing the Conference another year is the safest and financially responsible action to take. Postponing came down to three main concerns:

- Global Pandemic and the state-wide infection trends and predictions heading into the winter months
- Omni Mt. Washington Resort renovations
- Cost of planning and attending did not meet the value-added benefit

Re-imagining the Future and Celebrating the Past

Over the next year, the **NH Family Support Conference Planning Advisory Team** will be exploring a wide variety of new and exciting options which will enhance our mission of helping families connect, learn and recharge. What does this mean? This means that we will be reaching out to our families over the coming year so that they can help inform us of what you would like to see delivered, and the format that would best meet your family's needs!

Please take ABLE NH's Housing Survey



It's time to realistically assess housing insecurity and the threat of homelessness that affects adults with developmental disabilities and in particular, adults with significant support needs.

ABLE NH recognizes that family-provided housing is not a lifetime solution for an adult with a developmental disability. There are MANY paths to "home" for individuals with disabilities, let's establish a flexible policy and regulation framework.

State agencies and area agencies have very limited capacity to respond to

the reality of parents and other family members losing their ability (for a host of reasons) to indefinitely house their loved ones. This approach also potentially disregards the preferences and desires of people with disabilities to attain a key element of life - the choice to live away from one's parents. ABLE NH also recognizes there is no plan for nor any pressure on decision-makers to create accessible, affordable, appropriately supportive housing.

ABLE's brief survey seeks to assess the unmet housing needs for individuals with developmental disabilities and other disabilities who require support to have a community-based life in NH so we can begin an organized campaign calling for a strategic plan to create affordable, accessible, and appropriately supportive housing for individuals with developmental disabilities with a particular focus on meeting the needs of people with significant support needs.

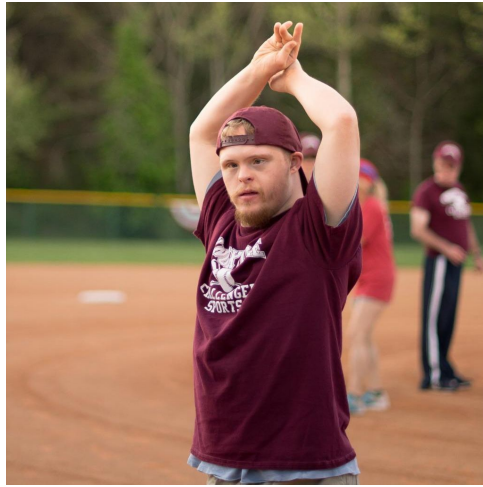
[Take the survey](#)

The Arc of the United States Introduces TruFit to Its Members

**Here's a message from TruFit, in partnership with The
ARC:**



My name is Adam White, and I am the CEO and co-founder of TruFit Adaptive Fitness. I would like to personally invite everyone at The Arc, from families to chapter staff, to join us and experience all the fun we are having in our livestream adaptive fitness sessions for FREE!



For the month of December, you're invited to join Coach John and our fitness team leaders from The Arc of San Diego three times a week for fun and fitness. Experience an inclusive, engaging, interactive fitness show specifically designed with your needs in mind. We have something for everyone, and we would love to show you! We will get you moving, laughing, learning about fitness, and having a good ol' time!

Starting December 1, you can access Live Adaptive Fitness Sessions on our YouTube channel using [this link](#). Please hit the subscribe button and notification button to stay up to date on everything adaptive fitness.

The schedule for live stream classes is:

Mondays: 4:00 p.m. ET / 1:00 p.m. PT

Wednesdays: 2:00 p.m. ET / 11:00 a.m. PT

Fridays: 2:00 p.m. ET / 11:00 a.m. PT

Recorded versions of the livestreams will be accessible on the channel as well for your convenience. For more information or questions, please email adam@GetTruFit.com.

[Participate in a TruFit session](#)



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