

**ACCESSIBLE RECREATION** *Opportunity for Everyone*  
**FROM THE PRESIDENT** *Our Children's Specialty Hospital*  
**BOARD PROFILES** *Shari Jankowski, Dr. James McGuire*

WINTER 2006 • VOLUME 6, NUMBER 1



# HORIZONS

A NEWSLETTER FOR FAMILIES AND FRIENDS OF CROTCHED MOUNTAIN



## UNDERSTANDING THE BRAIN

*“Neurorehabilitation  
is a field still in its infancy.  
In the next 30 or so years,  
we’ll see advances that will  
make a difference.”*

*— Rocco Chiappini, MD  
director of Crotched  
Mountain’s Brain Injury  
Center Story on page 4*

## FROM THE PRESIDENT

*Donald L. Shumway*

Five years ago we opened the doors to the Children's Specialty Hospital at Crotched Mountain in a renovated building on our Greenfield campus. While initially the Hospital's primary role was to provide a home for medically fragile students attending the Crotched Mountain School, our vision was to also be a source of highly skilled therapy and rehabilitation following accidents, injuries and operations for children — a resource unique in New England and beyond.

I am pleased to report that we have been successful beyond our expectations. This success is the direct result of a lot of hard work and planning by our medical directors, Carl Cooley, MD and Chris McCartie, MD; director of nursing Sandy Knapp, RN, CNA, BC; their medical teams and the therapy departments.

Today, the Hospital's 30 beds are routinely filled. The medical needs of arriving patients have greatly intensified. And because our staff skills have increased, patients are arriving here much sooner after their injury or surgery. Our health staffing on the floors is led now by highly experienced RNs. We are becoming a center of excellence for pediatric and young adult brain injury rehabilitation. We have been able to increase the age spectrum of our patients at both ends — from

three years to late twenties — to meet the needs of families and referring physicians and hospitals.

Our Short Stay Services — which allow parents to rely on the Children's Hospital for care of their medically complex children while they are away — has been incredibly well received and much in demand. A mom recently



wrote, "Respite is a real life saver. It lets my husband and me spend time together as a couple and with our older daughter to recharge our batteries. Respite also allows us to enjoy some activities that would not be comfortable with our daughter."

When I visit the hospital, which I do as often as I can, I enjoy just standing in the lobby as kids move from school to lunch, and between therapies and other activities. I get to meet a lot of the children and get to know them and their parents by name. Parents are regular visitors, and sometimes leaders of our care giving. We make accommodations so they can spend the night in our guest house or even in their child's room if that is what's needed.

Of course, high quality medical care and rehabilitation is not inexpensive. Nearly all of the children at

the Children's Specialty Hospital at Crotched Mountain rely on Medicaid which only pays a fraction of the cost (about 45%). Unlike a community hospital, we cannot balance the expenses of these patients with those who have private insurance or through subsidies for providing this care. So, I am especially grateful for the many generous donors to Crotched Mountain who help these children and families get the support they need and deserve.

As we look to the future, I see more great things for the Children's Hospital. Our staff are becoming professionally credentialed in more specialty areas such as pediatric and rehab nursing and wound care. We hope to open a new space in the lower level, now used for materials storage, for expanded therapy and activity centers. We anticipate receiving more pediatric patients from major medical centers for intense rehabilitation following orthopedic procedures including rhizotomy surgery, a specialized procedure to reduce spasticity.

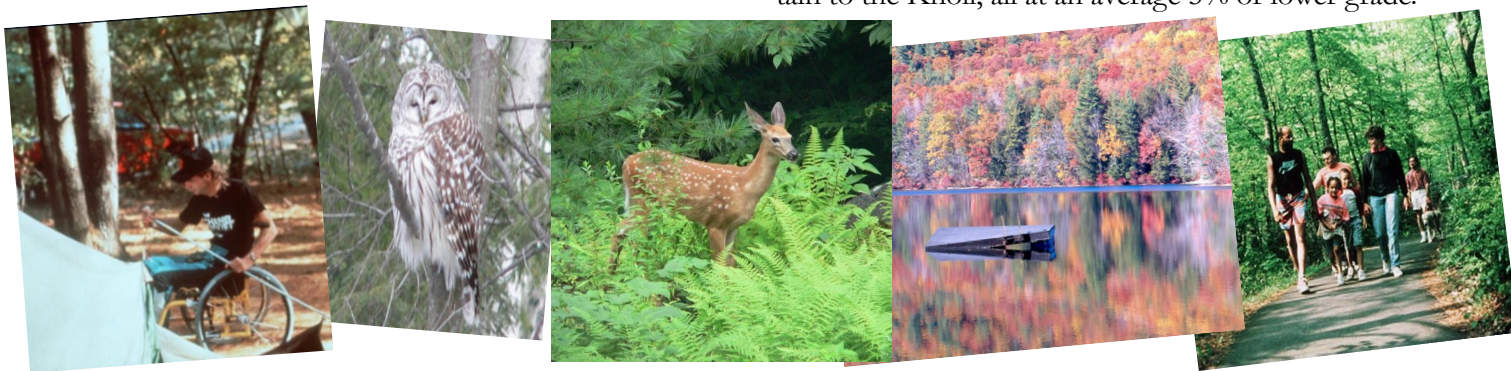
All of us — patients, staff, families and the community — have a stake in this future. And with your help we will continue to move forward in our mission to provide the highest quality services to children and young adults with special health and rehabilitation needs.

PS: I would be honored to show you what you have helped to build. Call me any time to set up a tour.

# ACCESSIBLE RECREATION

## OPPORTUNITY FOR EVERYONE

Recreation is an important part of everyone's life. And recreation plays a very important role at Crotched Mountain to build socialization skills, enhance self esteem through accomplishment of physical goals, and increase cognitive ability. In recent years, recreation projects on our campus have been accessible to everyone. It's our view that including everyone benefits everyone.



Our swimming pools and athletic facilities were specifically designed for accessibility. Our playground has equipment that all children can enjoy. We've developed an astronomy program with adaptive telescopes and cameras for students with multiple physical disabilities to enjoy the observation of space. Adaptive dance encourages students, including those using specialized wheelchairs, to express themselves choreographically along with their non-disabled peers. Lake front programs include everyone in water sports. Students at Crotched Mountain School worked with students from a community school to help build New Hampshire's first wheelchair accessible tree house.

Crotched Mountain is also a place of incredible natural beauty where people have come for years to watch hawks soar on the fall thermals, to follow the constellations of the night sky, and to trek the mountainside from its peak to the shores of Sunset Lake, enjoying the variety of plant and animal communities in between.

Two years ago we set a goal in our Strategic Plan to make this beautiful place accessible to everyone, create opportunities for outdoor learning and promote companionship among people of all abilities. We engaged Tom

Kokx Associates of Gilford, NH to develop an Accessible Recreation Master Plan. Tom's career as a landscape architect with the U.S. Forest Service has made him an expert on accessible recreation and universal design of facilities. He has spent the past six months hiking the 1400 acres of the Crotched Mountain campus gaining an intimate knowledge of its potential. Tom's work benefited greatly from the Natural Resources Inventory we completed a few years ago identifying our forest, other plant life, wildlife and habitats.

The Master Plan envisions a series of trails, built to the highest accessibility standards in a rural setting, from Greenfield State Park, past Sunset Lake and up the mountain to the Knoll, all at an average 5% or lower grade.

A trail to an abandoned beaver wetland will create an outdoor education opportunity for the entire community and walks will cross wetlands and primal stands of pine and maple, revealing glacial erratics, stonewalls from 19th century sheep farms, and even an underground brook! An observation deck, wildlife viewing blind and an outdoor classroom will make the experience enjoyable and doable for everyone and open to all.

The plan calls for multiple camping facilities from tents and Adirondack-style shelters to family cabins with bedrooms, bathrooms and kitchens. Recommendations for the Sunset Lake area include a waterfront that can accommodate more visitors and with greater accessibility. Cross-country skiing, ice skating, ice fishing and a sliding hill make this a year round opportunity.

Work on the first trail around the beaver wetland will begin in 2007 under the direction of Peter S. Jensen & Associates of Great Barrington, MA, a national leader in the design and construction of universal access trails. A fundraising program has begun. Volunteer labor and donated materials, the formula we used successfully in the building of our tree house, will help reduce the costs.

# UNDERSTANDING THE BRAIN

## ONE DOCTOR'S COMMITMENT AND THE MAKING OF A CENTER OF EXCELLENCE

"I have a fascination with the brain, with what goes awry and how we can fix it," says Rocco Chiappini, MD, in his office at Crotched Mountain, a room dominated by the quiet complexity of Chinese scroll paintings.

The man is quiet and complex as well. As director of Crotched Mountain's Brain Injury Center, Dr. Chiappini heads a 31-bed specialty hospital and leading-edge rehabilitation center as well as an outpatient clinic that handles over 4,800 visits annually.

Dr. Chiappini includes acupuncture and Eastern philosophy in his holistic approach to treatment.

Crotched Mountain's mission to build communities of mutual support offered Dr. Chiappini the opportunity to create a Center of Excellence in Brain Injury Rehabilitation – a center of knowledge, professional experts and resources for everyone.

He is setting up the infrastructure to do rehabilitation research. He looks forward to publishing the results of what we do here: assistive technology, virtual reality therapy, accessible recreation, new medication trials and arts therapies. He is developing an educational program for patients, families, staff and the community.

An avid sports fan, Rocco Chiappini went to medical school thinking of sports medicine. At the Medical College of Virginia, however, he found his interests ran to neuromuscular anatomy, rather than surgery. There he discovered physiatry, and pursued that calling in his residency at Johns Hopkins. After teaching for two years, the Chiappinis moved to New Hampshire which just seemed "more family friendly." At Catholic Medical

Center (CMC) in Manchester he ran a 27-bed rehab unit. In his outpatient practice, he encountered back injuries, carpal tunnel syndrome, and disabilities that brought him face-to-face with the need for pain control.

He trained in New York City for certification in acupuncture. "The Chinese have a different way of looking at the body," Dr. Chiappini explains, and this was the year 2000 when "integrative medicine" was the new medical watchword. He was intrigued by the possibility of

acupuncture as a treatment for stroke and other neurological problems and traveled to China for a three-week rotation at a traditional Chinese medicine university. "It was very intensive, very hands on," he smiles. While the hospitals in China are primitive by our standards, the treatments were cutting edge in integrative medicine, combining Western pharmacy with Chinese herbal medicine, acupuncture and physical therapy.

Not long after that, Dr. Chiappini began seeing patients every other week at Crotched Mountain, dividing his time between CMC, our Brain Injury

Center and New Era Medicine, an integrated office practice that included acupuncture, hypnotherapy and massage therapy. He was also named *Top Doctor* in the field of rehabilitation medicine by *New Hampshire Magazine*.

In 2005, Dr. Chiappini joined Crotched Mountain full time as director of physical medicine and rehabilitation and, more recently, as director of the Brain Injury Center. He is impressed by Crotched Mountain's Strategic Plan, its presence in the medical and rehabilitation communities, and its infrastructure. He feels the treatment is excellent but that, "It's not enough to discharge patients. They have to thrive! There must be more offerings in the outpatient world. Because that's – hopefully – where people will spend the larger part of their lives." And that commitment by Dr. Chiappini and his staff is what is making the Brain Injury Center at Crotched Mountain a Center of Excellence.



## AND THIS STORY ISN'T OVER

Dr. Chiappini smiles when he speaks of Lou, a patient with a brain injury caused by an aneurism, that he treated at Catholic Medical Center in 2004. Lou had problems with speech, memory and orientation and it wasn't safe for him to return home. He was diabetic, in a wheelchair, had severe memory loss and was unable to communicate.

With Dr. Chiappini's help, Lou was discharged to Crotonched Mountain's Brain Injury Center for intensive therapy where goal number one is community re-entry.



With therapy, Lou improved his communication skills, became ambulatory, and moved from the regular brain injury program to the transitional apartment where he was encouraged to be independent. He took therapeutic horseback riding, learned to make choices for good nutrition, and began preparing his own meals. He then transitioned to an on-campus apartment where he now lives. Lou currently works several days a week at Sunnyfield Farm, where among other things he is adept at herding and caring for livestock.

An accomplished artist, Lou also made the beautiful Adirondack chairs that our clients, staff and visitors enjoy outdoors in warm weather. He is working with a community re-entry program coach to complete training in grocery shopping. He has obtained his own guardianship and manages his own money.

Lou continues to make progress and, according to Dr. Chiappini, "His story is far from over."



*"Although the environment is quite spectacular, it is the work of the dedicated and caring Crotonched Mountain staff that continues to impress me the most."*

Shari M. Jankowski is director of Trust Services at Fidelity Investment in Merrimack, NH. She was previously a shareholder/member of the law firm of Wiggin & Nourie, P.A. in Manchester, NH where she practiced in the areas of business and estate planning, estate and trust administration, real estate and corporate law. She received her A.B. degree from Dartmouth College and her J.D. degree from Vermont Law School where she was managing editor of the *Vermont Law Review*. Shari provided legal counsel to Crotonched Mountain's Development Department and served on our Human Rights Committee for many years.

Shari and her husband Jim reside in New London, NH and are the parents of Andrew and Caroline.

## NEW MEMBERS, BOARD OF TRUSTEES



*"Crotonched Mountain has provided a wonderful service to my patients and their families. I am pleased to be able to return the favor by serving as a member of the Board."*

Dr. James McGuire is a board certified pediatrician currently practicing at the New London Pediatric Care Center in Georges Mills, NH affiliated with the Children's Hospital at Dartmouth-Hitchcock Medical Center. Dr. McGuire previously practiced at Dartmouth-Hitchcock-Keene where he was chairman of the Department of Pediatrics. He earned his B.S. degree from George Washington University where he also received his M.D.

In his postgraduate work, Dr. McGuire completed the ADaPT, (Accessing Developmental and Psychological Training) program to enhance pediatric community development for children with chronic illness. He is a Fellow of the American Board of Pediatrics (F.A.A.P.) Dr. McGuire, his wife Ann Merritt, and children Julia and Conor, reside in New London.

## THE FACE OF PHILANTHROPY

### Meet Anthony Tremblay, Vice President of Development



Anthony M. Tremblay of Keene, NH, has been named vice president of development for Crotched Mountain Foundation. He will serve

individuals and their families with disabilities by providing leadership to all fundraising activities on behalf of Crotched Mountain Rehabilitation Center and its related programs throughout New Hampshire and the Northeast.

Prior to joining Crotched Mountain, Tony served as director of development for the American Association for Cancer Research in Philadelphia, PA. While there, private philanthropic support grew substantially to over \$11,000,000 in 2005. Among his accomplishments, he solicited the largest private gifts in the history of the century-old organization.

Throughout his career, he has been active as a board member of

numerous community service, arts, and educational organizations in Pennsylvania, Massachusetts and New Hampshire, including the Cedarcrest Foundation of Keene, NH, where he has served as president, trustee and advisory board member.

Tony holds a bachelor's degree from the School of Languages and Linguistics at Georgetown University where he went on to receive a master's degree from the School of Graduate Studies. He is a member of the boards of several community service organizations, including

the Cedarcrest Foundation. He is a member of the Association of Fundraising Professionals (AFP) and the American Society of Association Executives. He and his wife, Barbara, reside in Keene.

"It is a privilege to return to my home state to support an organization with the extraordinary reputation of Crotched Mountain," said Tony. "Its history of providing innovative and high quality care to children and adults with disabilities is well known to everyone in our state and throughout New England."

#### IN MEMORIAM

**Elisabeth Lyons**, longtime Crotched Mountain Foundation trustee, passed away on January 2, 2006. A graduate of Notre Dame College in Manchester, Lisa was a counselor and psychotherapist, working with people who had sustained head injuries. She resided at Crotched Mountain's Courtyard Apartments in Manchester. A wheelchair user, herself, Lisa brought special insights to the board in assessing the quality and effectiveness of our efforts to meet the needs of people living with disabilities in independent living facilities. She will be remembered as an articulate spokeswoman and a determined advocate for people with special needs.

**Dr. Howard Pratt, M.D.**, passed away on October 13, 2005. A graduate of Dartmouth College and Temple School of Medicine in Philadelphia, Dr. Pratt served in the Pacific Theatre during World War II, and was the first orthopedic surgeon to practice in Concord. He was instrumental in creating the first physical therapy program at Concord Hospital and eventually served as the hospital's president. He was dedicated to children and was actively involved at Crotched Mountain from 1955 when he was on the medical staff, and as a trustee from 1967 throughout the rest of his life. He enjoyed piloting small planes and driving through the small towns of New Hampshire. He was predeceased by his wife of 49 years, the former Dorothy Grube, and is survived by his three children and two grandchildren.

#### HORIZONS

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*As a service to our readers, please write us at the above address if you wish to have your name removed from our mailing list for fundraising requests supporting Crotched Mountain.*

**BRIEFLY** *Noted* **BRIEFLY** *Noted* **BRIEFLY** *Noted* **BRIEFLY** *Noted* **BRIEFLY** *Noted*

The **BOOT SCOOTIN' BOOMERS** brought their interactive concert to Crotched Mountain last fall and presented a check to volunteer coordinator Lisa Moran for \$6,000, resulting from performances they presented throughout the year.



**CERTIFICATION** as an authorized provider by the International Association for Continuing Education and Training (IACET), makes Crotched Mountain Rehabilitation Center able to offer continuing education units (CEUs) for all current training programs that meet the IACET criteria. L to r: Lisa Miller, continuing education coordinator, Dr. David Hedstrom of the CMF Board of Trustees, Jodi Leah Quinn, continuing education trainer.

In recognition of its dedication to independence and self-sufficiency for people with disabilities in New Hampshire, the **HARRY GREGG FOUNDATION** was presented with a *2005 Partnership Award* by



Granite State Independent Living. L to r: GSIL CEO Clyde Terry, with W. Carl Cooley, MD, medical director of Crotched Mountain and Peg Lewis, administrator of the Harry Gregg Foundation.



**HOLIDAY GIFTS** for Crotched Mountain children were contributed by many individuals and organizations including Herb Simpson of Marlborough, MA, and friends Brittany, Christy and Brian from the First United Methodist Church of Hudson, MA.



**BRAIN INJURY AWARENESS DAY** Raised \$25,000 in September thanks to the amazing support of local and extended family and friends, organized and led by Brain Injury staff. More than 150 people gathered for a 5K road race, a Fun Walk and barbecue.



**GREENFIELD RESIDENTS** who might experience financial hardship from keeping warm this winter will have access to a wood bank from which small lots of stove wood will be available, free of charge. As a service to the town, the wood bank is located at Crotched Mountain near our winter parking area. The wood is cut, split and stacked by the Greenfield Independent Volunteers (GIVers) that include staff and clients of Crotched Mountain Foundation.



OFFERING A LIFELONG ALLIANCE TO PEOPLE WITH DISABILITIES

# CROTCHED MOUNTAIN

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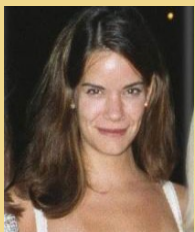
## CLINTON HILLIARD SERIES ADDRESSES BIPOLAR DISORDER AND SPINAL CORD INJURY

Called “*inspiring, informative and valuable*,” the Clinton Hilliard Lecture Series offers insights by people with disabilities and family members who share their stories and their lives. The series is made possible by anonymous gifts given in memory of Clinton Hilliard, former head of the Speech Department at Crotched Mountain. The lectures are free and open to the public in Carter Hall.



**March 13, 3:15 PM** Lizzie Simon, author of *Detour: My Bipolar Road Trip in 4-D*, will offer a presentation at Crotched Mountain entitled: “Bipolar Disorder: A Detour, Not a Dead End.” Diagnosed with bipolar disorder at the age of 17, Lizzie graduated from Columbia with a BA in History in 1998. Her presentation is based on her book, the story of a road trip she undertook to chronicle the lives of other young people across the country with bipolar disorder who have enjoyed success in their lives. In the past three years, Lizzie has been a frequent guest lecturer on the subject of bipolar disorder. She has been recognized

nationally as a leading advocate for people with mental illness. More information can be found on her website: [www.lizziesimon.com](http://www.lizziesimon.com).



**April 3, 3:15 PM** Lisa Thompson, president of the NH Chapter of the Spinal Cord Injury Association (NH SCIA) will present “The Long Road Back: From Injury, to Rehab, to the Community.” Lisa is a CPA who previously worked for one of the “Big 4” public accounting firms. When a motor vehicle accident in 2000 resulted in a spinal cord injury and she found little in the way of resources, Lisa established the NH SCIA. She is vice chair of the Governor’s Commission on Disability’s Architectural Barrier-Free Design Committee and serves as a member of a number of advocacy organizations. Lisa will share the presentation

with Dawn Calautti, physical therapy assistant, from Northeast Rehabilitation Hospital, in Salem, NH where she is on the Neuro Team. Dawn is a director of the NH SCIA and is actively promoting change to improve the quality of life for people with spinal cord injury in New Hampshire.