

Personal Care Connections

A quarterly newsletter for GSIL's Attendant Care Programs



American Rescue Plan Act (ARPA) Funding *Direct Payment for Recruitment, Retention and Training Programs*

Submitted by: Jill Bille, MBA - Chief Financial Officer

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We are excited to let everyone know that a decision has been made to extend the ACE stipend payments throughout 2023. The stipend amounts will remain the same, with the same guidelines, and will continue to be paid out during 2023, with the final stipend being paid on December 22, 2023.

We are hopeful that the stipend payments will continue to serve as a way to help recruit and retain ACE workforce. A letter has been sent to all of our ACEs and consumers letting them know that this has been extended until the end of 2023.

We have already heard some positive feedback from this announcement. This is great news for GSIL and is funded with the American Rescue Act Plan (ARPA) award received in 2022. We are hopeful that this will help to provide an additional incentive to help expand our direct care workforce this coming year.

Stipend Guidelines:

Authorized hours worked per pay period	Stipend amount per pay period
60 or more hours	\$350.00
20 - 59 hours	\$200.00
10 - 19.99 hours	\$100.00

If you have any questions, please call HR at (603) 228-9680

Living Well in the Community

Health and Wellbeing Workshop

Submitted by: Valerie Kidder, MBA - Director of Administration



While NH was chosen to be the first of 10 states participating in the Living Well in the Community Program, after 2-3 sessions, we decided to postpone our Fall session and start it up in the Springtime! We will share more information once dates are determined.

Who is it for?

The workshop is designed for people with disabilities. It supports you to make choices that can help you live the life you want.

What is this workshop?

The Workshop includes 10 sessions:

1. Goal Setting
2. Building Support
3. Healthy Reactions
4. Staying on Course
5. Healthy Communication
6. Seeking Information
7. Eating Well
8. Physical Activity
9. Advocacy
10. Maintenance

This class lets you...

- Choose and work on a meaningful personal goal
- Experience peer support
- Create more possibilities in your life
- Make improvements to your health and wellness

What is in a workshop?

- Facilitated Discussion
- Fun Activities
- Informative Videos
- Useful Information

We would love to have you join!

Should you have any questions or want to participate, please contact:

Valerie Kidder at vkidder@gsil.org

“Opportunity is missed by most people because it is dressed in overalls and looks like work.”

THOMAS EDISON

How to Deal with Seasonal Affective Disorder (SAD)

Submitted by: Donna Potter, Statewide Director of PCSP Services

Depression that comes and goes with the change of seasons is referred to as Seasonal Affective Disorder (SAD). Although SAD can happen during any season change, it is most prevalent and more severe in the winter months due to shorter days and the lack of sunlight.

SAD is more than just the “winter blues”, it is when the symptoms of depression last more than 2 weeks. It is important to note that the symptoms of SAD will vary from person to person and may start off as mild and increase in intensity as the season progresses.

According to the Mayo Clinic, some symptoms of SAD can be:

- Lethargy
- Difficulty Concentrating
- Difficulty sleeping
- Change in appetite
- Weight gain
- Feeling hopeless
- Losing interest in things you once enjoyed

Although there is no “cure” for SAD, it is treatable. **If you feel you may have SAD, please reach out to your health care provider.**

The Mayo Clinic lists the following as some treatment options for SAD:

Light Therapy: This may be as simple as spending time outside as much as you can when the sun is brightest, around noon. For those who cannot get outside, sitting in front of a “light therapy box” 30 minutes a day can help.

Exercise: Regular exercise offers many benefits from warding off chronic diseases to maintaining strong bones. It can also help ease the symptoms of SAD.

Aromatherapy: Some researchers believe when you breath in essential oil molecules, they stimulate parts of your brain and positively influences your physical, emotional, and mental health.

Routine: Sticking to a routine will help improve your sleep, prevent overeating, and expose you to light at consistent times of the day.

Journal: The act of writing down your thoughts can have positive effects on your mood.

Eat a Well-balanced Diet: While no diet can cure depression, what we eat can affect our mental health. Harvard Health recommends avoiding processed foods, added sugar and processed meats. They also recommend a diet rich in fruits, vegetables, seeds, nuts, unprocessed whole grain and lean protein.

Always reach out to your health care provider before beginning any diet or exercise program.

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat [988lifeline.org](https://www.988lifeline.org)

Consumer Advisory Document on 2023 Medicare Open Enrollment

Submitted by: Ryan Donnelly, Advocacy Coordinator

Recently the New Hampshire Insurance Department (NHID) released a consumer advisory for Granite Staters regarding the 2023 Medicare Open Enrollment period.

This consumer advisory has important information for Granite Staters about understanding Medicare Open Enrollment. The NHID urges consumers to review this document for helpful tips and information. You can view the document at:

<https://www.nh.gov/insurance/media/pr/2022/documents/medicare-consumer-advisory-20221018.pdf>

Caregivers Proclamation

November was National Family Caregivers Month!

NH Governor Chris Sununu released a special proclamation honoring Granite State caregivers.

This is a great opportunity to recognize the love and sacrifice of more than 50 million Americans providing crucial care and medical assistance to parents, children, siblings, and other loved ones, ensuring their health and dignity.

Learn more at:

<https://www.caregiveraction.org/>



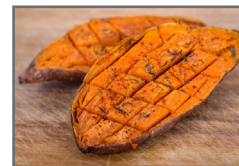
Recipe Corner

Ingredients:

- 4 Sweet Potatoes
- 1 Red Onion, diced
- 1 stalk of Celery, diced
- 1 red Bell Pepper
- ¼ tsp. Cumin
- ¼ tsp. Chili Powder
- ¼ Tsp. Onion Powder
- 1 clove of Garlic, minced
- ¼ tsp. Cinnamon
- ½ tsp. Sea Salt
- ½ tsp. Black Pepper
- 1 ½ Tbsp. Olive Oil
- 1 15 oz. can of Beans (black, pinto, white, whatever you like!)
- 1 tsp. Lime juice (save the rest for a garnish)
- Pinch of Red Pepper Flakes (optional)

Stuffed Sweet Potato

Courtesy of: Terri Voth



Directions:

1. Roast potatoes at 350° for 1 hour.
2. Sauté the remaining ingredients on medium heat until the onion and celery are transparent, and beans are warmed through.
3. Split open potatoes and stuff, top with Cashew Crème Sauce and a lime garnish.

Cashew Crème Sauce (A great substitute for Sour Cream)

- 2 Cups Cashews
- 2 cloves of Garlic
- 1 ¼ Cup Water or Broth
- 1 tsp. Salt

Soak the nuts in water/broth for 2 hours. Combine the with the remaining ingredients and puree in a food processor.

This is also a great casserole / warm dip using left-over sweet potatoes! Simply layer the “stuffing” on the bottom of a dish and top with the potatoes. Bake at 400° for 20 – 30 minutes until browned on top. Serve with a side of Cashew Crème sauce. Another variation would be to add a bit of Maple Syrup and some chopped pecans! Not a fan of cumin and chili powder? Substitute with Sage and Rosemary!

Health Awareness

Submitted by: Diana Bailey, RN Coordinator

NOVEMBER was American Diabetes Month - The American Diabetes Association promotes American Diabetes Month in November to raise awareness about diabetes and share helpful resources. Check out <https://health.gov/myhealthfinder/health-conditions/diabetes> and share these NHO resources from the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). It's also a great time to explore the Healthy People 2030 Diabetes objectives, (<https://health.gov/healthypeople/objectives-and-data/browse-objectives/diabetes>) which aim to reduce the burden of diabetes and improve the lives of people living with the condition. Finally, be sure to share our consumer-friendly MyHealthfinder diabetes resources. <https://health.gov/myhealthfinder>

DECEMBER is National Safe Toys & Gifts Month

Safety tips to keep in mind this holiday season:

Balloons: Children can choke or suffocate on deflated or broken balloons. Keep deflated balloons away from children younger than eight years old. Discard broken balloons immediately.

Small balls and other toys with small parts: For children younger than age three, avoid toys with small parts, which can cause choking.

Scooters and other riding toys: Riding toys, skateboards and in-line skates go fast, and falls could be deadly. Helmets and safety gear should be worn properly at all times and they should be sized to fit.

Magnets: High-powered magnet sets are dangerous and should be kept away from children. Whether marketed for children or adults, building and play sets with small magnets should also be kept away from small children.

Once gifts are open:

- Immediately discard plastic wrapping or other toy packaging before the wrapping and packaging become dangerous play things.
- Keep toys appropriate for older children away from younger siblings.
- Battery charging should be supervised by adults. Chargers and adapters can pose thermal burn hazards to young children. Pay attention to instructions and warnings on battery chargers. Some chargers lack any mechanism to prevent overcharging.

Toy Safety Guides: The CPSC provides free safety alerts, guides, posters, brochures, handbooks and other materials which you can use to help spread consumer product safety information in your community.

- Choking Hazard: Plastic Film on Toys and Other Children's Products
- Strings and Straps on Toys Can Strangle Young Children
- Ingested Magnets Can Cause Serious Intestinal Injuries
- Balloons Can be Suffocation Danger to Kids
- Caps for Toy Guns
- Electric Toy Safety
- Child Safety Protection Act Fact Sheet
- CPSC Warns Consumers of Dangers with Toy Chest Lids
- Button Battery Safety Quiz



JANUARY is Poverty Awareness Month: It is a month-long initiative to increase awareness and call attention to the steady growth of poverty in the United States. So many people are victims of circumstances that have brought them to a world with little to no income and that triggers limited access to resources. Most have formed preconceived notions of the poor as being lazy, mentally ill, disheveled, drug-addicted; however, a day in the shoes of someone living in the clutches of poverty would provide a better understanding of their world. There are millions of working poor who may not be homeless but fall at or below the poverty line and are a crisis away from being without a home and basic necessities.

All of us want a better quality of life but sometimes life simply gets in the way. Family breakups, loss of jobs, natural disasters, illnesses, and addiction are just a few of the circumstances that will render anyone to hopelessly spiraling into poverty. So, this month take some time out to get a better understanding of the plight of those who are confronted with poverty each day.

Human Resources Corner

Submitted by: Ann Malburne, Director of Human Resources

I would like to introduce the newest member of the GSIL HR Team, Beth Proulx. She will be responsible for onboarding ACE's. Beth has a BA in Business Administration, and she is excited to be joining GSIL and the HR Team.

If you are ever in the Concord Office, feel free to stop in and say "Hello"

GSIL is Hiring!

Check out our listings on the GSIL Website's [Career page](#)

If you are an ACE looking for more hours, please contact your Long Term Services Coordinator!

Holidays Observed

GSIL's corporate office will be closed on the following dates:

December 26, 2022 in observance of Christmas Day

January 2, 2023 in observance of New Year's Day

January 16, 2023 in observance of Martin Luther King

February 20, 2023 in observance of Presidents Day



Linkables

Submitted by: JoAnn Miller, LTS Program Support Assistant

<https://www.dhd10.org/american-diabetes-month-11-2022/>

<https://www.dhd10.org/great-american-smokeout-11-17-2022/>

<https://www.npaonline.org/national-hospice-and-palliative-care-month>

<https://nationaltoday.com/world-antibiotic-awareness-week/>

<https://acl.gov/news-and-events/events-and-observances/national-family-caregivers-month-2022>

<https://www.almanac.com/calendar/date/2022-12-7>

<https://www.almanac.com/content/first-day-winter-winter-solstice>

<https://www.hiv.gov/events/awareness-days/world-aids-day>

Christopher Reeves

Submitted by: Jen Crowell, Peer Coordinator & Mentor

This link gives people living in NH resources for all disabilities, diseases and disorders (not just SCI) even though it's Christopher Reeves site. It ranges from support programs, rehabilitation facilities, barrier free sports and programs, therapeutic riding farms, DME's, IL Center and accessible places etc. This is a great link to save and share if you live in a small town have them put in the city zip code closets to you.

<https://www.christopherreeve.org/get-support/resources-in-your-area>

Congratulations on ACE Anniversaries!

We appreciate the commitment and dedication of long service attendant care employees at GSIL. Thank you for all that you do in service to consumers. You are valuable members of the team. Congratulations on your service milestones!

Name	Years of Service	Name	Years of Service
Lisa Gallant	23	Casey Payette	1
Lisa Doolittle	20	Doris Fregeau	1
Ruth Gonyer	15	Sabina Gurung	1
Gloria Caron	15	Susan Crowley	1
Matilde Mejia	5	Christopher Layte	1
Christopher Spain	5	Doreen Dowland	1
Sandra Gobin	5	Jennifer Roussel	1
Harry Cummings	5	Junu Gagmer	1
Teresa Duguay	5	Sherry Judson	1
Devan Bickford	5	DeyDania Martin	1
Lori LaRoche	5	Sharon Ramsay	1
Glenna Ingerson	5	Anthony Belanger	1
Kyle Wachenfeld	5	David Earle	1
Marie Jean	5	Katherine Lavoie	1
James MacMichael	5	Maria Sieper	1
Bobbi Broe	5	Linda Fog Timmons	1
Paul Hardwick	1	Arthur Tourville	1
Lacy Whiteman	1	Luis Marrero	1
Corey Lauth	1	Ibragim Khadzhimuratov	1
Kimberlee Pelletier	1	Durrell Dukes	1
Susan Lambert	1	Lara Al-Asbahi	1
Tina Boynton	1	Katelyn Polnia	1
Caleb LaValley	1	Andrea Carifio	1
Brenda Millan	1	Sheri Karstok	1
Tegian Barr	1		



from all of us at Granite State Independent Living

Who To Call

GSIL's Main Office
(603) 228-9680

Program Contact List

Personal Care Attendant (PCA)

Program & Personal Care Services Program (PCSP)

x1153 or contact us at LTSinformation@gsil.org

Cheryl Pinheiro, *RN, CCM*
Senior Director of Long Term Supports x1158 or cpinheiro@gsil.org

Donna Potter, *Statewide Director of PCSP Services*
x1609 or dpotter@gsil.org

Kristy Sias, *Statewide Senior LTS Coordinator*
x1602 or ksias@gsil.org

HR Contact List

Work Related Injuries & Verification of Employment

Ann Malburne, *HR Director*
x1151 or amalburne@gsil.org

ACE New Hires and Onboarding

Melyssa Willis, *HR Coordinator*
mwillis@gsil.org

Beth Proulx, *HR Coordinator*
bproulx@gsil.org

Recruitment and Retention

Recruitment@gsil.org

Kelsea Moyse, *Recruitment Manager*
603-268-2596 or kmoyse@gsil.org

Payroll Contact List

x1144 or payroll@gsil.org

Your Voice Matters!

Submitted by: Donna Potter, Statewide Director of PCSP Services

GSIL's Consumer Advisory Council is seeking new members!

Granite State Independent Living (GSIL) values consumer participation and consumer directed care. Your role is very important in improving services and programs offered. How can you affect change? This committee educates members, by reviewing quality reports and discussing the challenges related to consumer directed services. The committee provides consultation and support to GSIL staff regarding advocacy efforts at the State and Federal levels.

Meetings are held the first Wednesday of every other month, from 12:30 - 2:30

The next meeting will be held January 4, 2023

You can attend either virtually or in person at GSIL's Main Office, 21 Chenell Drive, Concord, NH.

Transportation is available for consumers to attend CAC. Please contact GSIL's Transportation Department at 603.228.9680 or transportation@gsil.org to schedule a ride.

Join us in promoting effective, efficient solutions that benefit a wide range of consumers.

At each meeting we will feature a presentation and discussion on topics of interest, such as:

- Financial Management
- Community Living
- Adaptive Sports
- Advocacy Issues

Contact us today to find out how you can become a member!

GSIL Consumer and Committee Chair,
Kevin Ennis at kmu2783@gmail.com

or GSIL Staff Representative and
Co-Chair, Donna Potter at dpotter@gsil.org
or 603.228.9680

Winter Safety

Submitted by: Ann Malburne, Director of Human Resources

It's hard to believe it's November – the beginning of the holiday season and before you know it, we will be experiencing ice and snow. Here are some safe winter driving tips for New Hampshire travelers.

Now is the right time to ensure you and your family's safety on the roads during the upcoming winter season. Winter driving brings its own challenges, and it can quickly become winter trauma if you aren't prepared for the extra challenges of winter driving.

Winterize your vehicle – check tire pressure, inspect belts and hoses, make sure your battery is fully charged (or replace it), change the oil, switch to a thinner grade of engine oil for better performance in colder temperatures.

Driving in the snow – drive more slowly, brake before you turn a corner, if you go into a skid turn your wheel into the skid and accelerate slightly to regain control of your vehicle. This does not seem intuitive, so it may help to practice in an empty parking lot or deserted place before you experience it in traffic.

Pack an emergency road kit – if something goes wrong in winter driving you want to have what you need to handle any situation. Have basics, such as emergency flares, antifreeze, kitty litter and a small shovel, blankets and some drinking water, jumper cables and a cell phone so you can call for assistance.

Safe winter driving is a necessity if you're traveling in New Hampshire – or anywhere in New England – during the cold, snowy months. Protect yourself and your family from trouble on the road by following winter driving precautions; even the most seasoned driver is not immune to weather-related accidents.

Ice Cleats are available, please let HR know if you need a pair or if your office location is low and you need multiple pairs. We will need to know your size(s) to ensure that your ice cleats fit you properly.



Consumer Success Story

Submitted by: Jennifer Harmon, LTS Service Coordinator

“GSIL has been an amazing program for me. From the time I became eligible for CFI services and started working with GSIL I have had nothing but pleasant experiences. I have had amazing staff who have given my life new meaning. I am able to get out into the community and partake in daily tasks such as grocery shopping (which I hadn’t done in over 5 years), My mobility and overall health have improved, my self-confidence has become so much better, and I really feel like I am able to live independently again. I am forever grateful for my GSIL consumer directed program and the freedom it has given me.”

Claire Pelletier, GSIL Consumer - pictured with her ACE Kimberlee Pelletier



DHHS Resumes Mobile Vaccination Clinics

Submitted by: Ryan Donnelly, GSIL Advocacy Coordinator

The NH Department of Health and Human Services (DHHS) has resumed mobile vaccination clinics as well as the Homebased Vaccination Program in an effort to make COVID-19 vaccines and booster doses accessible to residents who might otherwise be unable to. “As we move into the fall and winter, we want to make sure everyone has access to the updated COVID-19 booster doses that better protect against the most recently circulating COVID-19 variants,” stated Patricia Tilley, Director of Public Health Services. “We know there are barriers to vaccine access, and the homebased and mobile vaccination clinics, once again, will help to close that gap.” Three mobile vaccination vans are available to provide free COVID-19 vaccine, both primary series and update booster doses. Public and private clinics will be available statewide with an emphasis on serving hard-to-reach populations, communities with healthcare coverage gaps, and communities disproportionately impacted by COVID-19. The mobile vaccination clinics are available upon request.

The Homebased Vaccination Program will visit any part of the state to provide free COVID-19 vaccines and booster doses to those individuals who are unable or have difficulty leaving their home or who have been advised by a medical provider that their health/illness could worsen by leaving their home.

DHHS has contracted with On-Site Medical Services out of Claremont, NH, to conduct mobile vaccination clinics and Homebased Vaccination Program. To schedule a mobile vaccination clinic, go to <https://www.on-sitemedservices.com/van> or call (603) 826-6500.

To make an appointment for a homebased COVID-19 vaccine or a booster dose, go to <https://www.on-sitemedservices.com/vaccine> or call (603) 826-6500. Vaccination clinics and homebased appointments usually book out a week or two in advance.

For more information on COVID-19 in NH, please visit <https://www.covid19.nh.gov> or <https://vaccines.nh.gov>

This initiative is federally funded through the American Rescue Plan and was approved by the Governor and Executive Council on September 21, 2022. The program will run through February 2023.

Bringing Independence to Life!

Gundalow Sailing Excursion - *Submitted by: Casey Lavoie, Senior Executive Assistant*

On Monday August 29th GSIL had the exciting opportunity to go sailing with the Gundalow Company out of Portsmouth, NH. Many staff and consumers were able to spend a gorgeous afternoon out on the Piscataqua River learning to sail on the Gundalow sailboat. The sailboat is a completely accessible flat bottom wooden boat. In partnering with them and using Reeve Grant funding to provide accessible transportation, staff and consumers were able to enjoy an activity that they may normally not have the opportunity too. The smiles on everyone's faces say it all, enjoy some pictures from the day! <https://www.gundalow.org/>



NH Audubon Opens new accessible trail at Silk Farm Wildlife Sanctuary in Concord. *Exerpt from a letter by T. Parker Schuerman, Director of Land and Ecological Management*

With your help and advice, we were able to make our All Persons Trail Phase 1: Experiencing the Meadow come to fruition with new funding sources, and we officially opened it to the public on October 15, 2022 (see: <https://www.concordmonitor.com/Come-one-come-all-and-take-a-hike-with-Audubon-Society-48406431> and <https://www.nh Audubon.org/all-persons-trail-opens-inconcord-on-oct-15/>).

Concurrently, we applied for and now have tentatively received approval to construct an All-Persons Trail Phase 2: Experiencing the Forest in 2023. As we improve, there will be a map to show benches, shade structures viewing areas, educational signage, and habitats.

Thanks for your support and advice on how we can improve as we try to expand our infrastructure and provide additional future opportunities for all persons to get out in nature.



Marc Nutter takes James Piet and Pat Vincet-Piet on a "test run" of the new All Persons Trail at Silk Farm. Photo by Parker Schuerman.

Skills Training - ANKOTA

Submitted by: Donna Potter, Statewide Director of PCSP Services

We have been utilizing Ankota's Electronic Visit Verification (EVV) for over a year and thought it would be a good time to review the consumer and ACE responsibilities around Ankota.

CONSUMERS:

1. Confirm your ACE clocks in when they arrive.
2. Confirm your ACE clocks out and lists their tasks before leaving.
3. If your ACE starts or ends their shift at a location other than your home, for example the grocery store, educate them to put the location in the note section in Ankota.
4. Review the timesheet approval report:
 - Confirm the hours are accurate by reviewing the report with your ACE.
 - Make sure there are no ACES on the report that DO NOT work for you.
 - Notify payroll if the report is inaccurate.

ACES:

1. Remember to clock in when you arrive IN the consumer's home.
2. If you start or end your shift at a location other than the consumer's home, for example the grocery store, put the location in the note section of Ankota.
3. Check Ankota weekly for any of your visits that are not complete/on hold and correct them.
4. When clocking out, remember to list your tasks before hanging up.
5. Review the timesheet approval report with your consumer.

Please contact your coordinator with any questions for additional training.

"I'm not sure if I ever said it, but every day when I go outside is so much easier having the lift.

I want to say thank you so much."

GSIL Consumer, Alan Colpas



Granite State Independent Living – REVISED 2022 Payroll Calendar

July							August							September						
SA	SU	M	T	W	Th	F	SA	SU	M	T	W	Th	F	SA	SU	M	T	W	Th	F
						1			1	2	3	4	5						1	2
2	3	4	5	6	7	8	6	7	8	9	10	11	12	3	4	5	6	7	8	9
9	10	11	12	13	14	15	13	14	15	16	17	18	19	10	11	12	13	14	15	16
16	17	18	19	20	21	22	20	21	22	23	24	25	26	17	18	19	20	21	22	23
23	24	25	26	27	28	29	27	28	29	30	31			24	25	26	27	28	29	30
30	31																			
October							November							December						
1	2	3	4	5	6	7				1	2	3	4						1	2
8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23
29	30	31					26	27	28	29	30			24	25	26	27	28	29	30
														31						

Corporate Offices Closed

Pay Date

PAY WEEKS	PAY DATE	PAY WEEKS	PAY DATE
07/02/22 – 07/15/22	07/22/22	10/08/22 – 10/21/22	10/28/22
07/16/22 – 07/29/22	08/05/22	10/22/22 – 11/04/22	11/10/22
07/30/22 – 08/12/22	08/19/22	11/05/22 – 11/18/22	11/25/22
08/13/22 – 08/26/22	09/02/22	11/19/22 – 12/02/22	12/09/22
08/27/22 – 09/09/22	09/16/22	12/03/22 – 12/16/22	12/23/22
09/10/22 – 09/23/22	09/30/22	12/17/22 – 12/30/22	01/06/23
09/24/22 – 10/07/22	10/14/22		

GSIL's 12th Annual Hoops on Wheels March 25, 2023, at NHTI!



Save the Date! GSIL's signature wheelchair basketball fundraiser, Hoops on Wheels will be Saturday, March 25, 2023, at New Hampshire Technical Institute's gym, in Concord, NH. Hoops on Wheels is an all-day basketball tournament where players maneuver the court using wheelchairs – *whether they have a disability or not!*

*Contact Terri for more information at: development@gsil.org or (603) 410-6503
or visit our website at www.gsil.org/hoops*