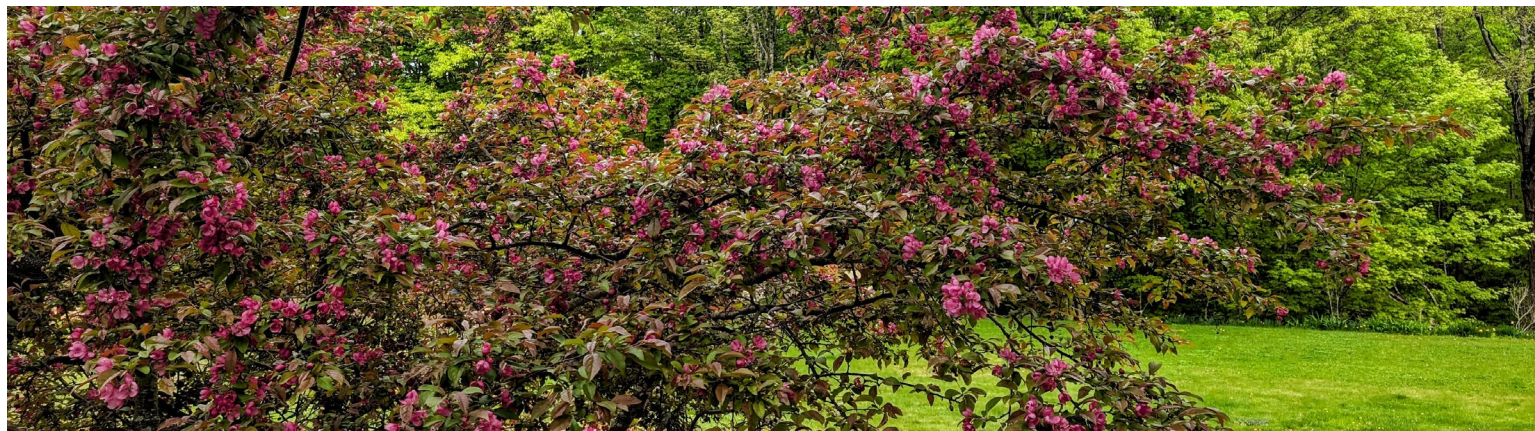


GSIL Connections

A quarterly newsletter for GSIL's Consumers & Employees



Affordable Connectivity Program

Submitted by: Donna Potter, Statewide Director of PCSP Services

GSIL wants to make you aware of changes to two federal programs that may affect your access to the internet.

The Federal Communication Commission's Affordable Connectivity Program (ACP) helped to ensure that low-income households could afford broadband internet service for school, work, healthcare, and more.

Without additional funding, the Federal Communications Commission (FCC) is taking steps to wind down the ACP program. As of February 7, 2024, the ACP is no longer accepting new applications. The last fully funded month of the program was April 2024.

Your internet company will let you know when the discount on your monthly bill will end. Consumers who qualified for the ACP benefit may be eligible for another FCC program called Lifeline, where qualified consumers can get up to \$9.25 off the cost of phone, internet, or bundled services.

For more information about ACP Wind Down, refer to the following resources:

- Visit [Affordable Connectivity](#)
- Access the Affordable Connectivity Program resource document: [FCC website](#)
- Find [internet companies in your state or territory](#).

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Community Services

Submitted by: Michelle Cutting, Director of Community Services

Home Modification and Repair Pilot Program

The Independent Living (IL) team has been very busy spending money! GSIL partnered with Department of Health and Human Services (DHHS) last year to facilitate the Home Modification and Repair Pilot Program (HMRPP). This program focused on adults who are 60+ and involved with Adult Protection Services and/or the Family Caregiver Program through DHHS. The goal of the program was to allow this population of NH residents to receive the required home repairs or modifications to successfully age in place. The total grant award was \$800,000 and the team has almost made it to the finish line of that spending.

This grant is separate from GSIL's Access Modification Program (AMP) and did not require the recipient to identify as having a disability or have the repair or modification disability related. The need for major and minor home improvement projects across the state of NH was and still is great. The team was able to support funding for roof, flooring and siding repairs, installation of replacement windows, furnace, and water heater replacements, as well as installing ramps and supporting bathroom and even kitchen modifications.

The project started off slow as GSIL needed to add many new vendors to our ranks, several we hope to be able to utilize for our AMP projects in the future. With a concerted effort we will make the deadline of exhausting the full grant by September 2024. To date we have completed 79 projects across the state with 41 scheduled between now and the end of August.

One of the recipients of funds was a woman in Cheshire County who had fallen on hard times due to a cancer diagnosis which made her unable to work. Her roof was in extremely poor shape, and she was at risk of losing her insurance coverage, as well as the potential for damage to the structure of her home. GSIL was able to utilize HMRPP funds and partnered with Queen City Roofing to replace her roof this past fall. The job would not have been completed without this grant and partnership with DHHS.



Are you 60 years old or older (or someone you know)?

If so, we can offer weekly meals through our state contract for only a suggested \$3.00 donation per meal.

We do not charge for the meals per our contract.

How to order your meals: call [Celeste Yeates](#) at x1156

All we require is that you contact us and complete a [NAPIS](#) form then you can order as many meals needed.

News on Overpayments with Social Security

If you have been one of the unlucky people to receive the dreaded overpayment letter from Social Security, you may have first felt panic at the thought of having to pay back any sum of money. Recently the Social Security administration has recognized the detrimental impact of requesting large lump sum payments and or taking the entirety of a person's disability benefits to recoup overpayments.

The Social Security administration has adopted new rules for managing overpayments which include 4 key updates, listed below.

1. Stop intercepting 100% of an overpaid beneficiary's monthly Social Security benefit if they fail to respond.
2. Reframing guidance and procedures so the burden of proof shifts away from the recipient.
3. Approval for vast majority of claimants for a 60 month repayment plan.
4. The process for requesting a waiver will be simplified.

For questions related to your Social Security benefits, and the impact of your earnings please don't hesitate to reach out to WIPA services through the Ticket Hotline 1-866-968-7842 or 1-866-833-2967 (TTY), Monday through Friday from 8 a.m. - 8 p.m. ET.

Full Article: [Social Security Announces Four Key Updates to Address Improper Payments](#)

Peer Support

Submitted by: Jen Crowell, Peer Support Mentor & Coordinator

"On December 1, 2023 at the WHIM Christmas party I was so fortunate to win 2 raffle tickets to the Frank Santos Jr comic hypnotist show. This was for December 30 at the Capitol Center for the Arts Chubb Theatre in Concord. My friend Jeanne came with me and the venue was very accessible with wonderful friendly staff. We enjoyed the show immensely and I probably would not have splurged on these tickets, especially during the holidays even though it was a show I've been wanting to see. It was a wonderful night out and I am so thankful for the generosity of others!!" ~ Joni, GSIL Peer Group



"My name is Shellie Lemelin from Dover, NH. Last December (2023) I attended the WHIM / GSIL Peer Group holiday party/get together. I had an opportunity to win not one but two raffle tickets!

The first was a ticket for two to go to Bob Marley, the comedian, in Rochester, NH. The venue was the accessible Rochester Opera House. The staff was friendly and welcoming. Bob...had me and my friend Laurie laughing a lot. I haven't laughed so much in a long time. He is a funny guy.

The second raffle ticket was to see Recycled Percussion!!! Now that was a real show, exciting and energetic entertainment. They play music just by using ordinary everyday items, and drums and dancing. At one point Justin engaged us the audience in a song of the Beatles song "HELP". He held up big white cardboard signs with the lyrics of the song...super powerful and meaningful because he openly admitted that he has bouts of mental health issuesbut with therapy and support from his family and friends he has less depression as well as a prescribed medication for depression. He said its ok to ask for "HELP" . I felt good vibes of



everyone in the Palace Theater of Manchester, NH, it was pure love and support. Justin and Ryan and all Recycle Percussion family members are great.

I really appreciate and want to say

thank you the Christopher & Dana Reeve Foundation for giving WHIM and GSIL the funds to make events available to WHIM members AND GSIL consumers.. I ended 2023 with great experiences and lasting memories. Again, thank you" ~Shellie Lemelin, GSIL Peer Group

United Spinal Work Groups

Submitted by: Alexandria Teixeira, Peer Support Coordinator, Chapter Leader for NH United Spinal Association



United Spinal Association

one of the many programs and services of GSIL

On April 20th and May 1st a few folks from the United Spinal Association NH Chapter Peer Support Program (and their PCAs or family) ventured over to Dave and Buster's for some food, laughter and LOTS of games! What a great accessible area to let your inner kid come out and play! As always, thank you to Christopher & Dana Reeve Foundation and to Derek Lavoy of GSIL Transportation for making these events possible and accessible!

On April 24th a group of peers, family and friends got together for a wonderful tour of The Currier Museum in



Manchester organized by The Peer Support Program from United Spinal Association NH Chapter. All agreed it was such a beautiful experience! The Currier was extremely accessible and provided a great opportunity to connect with art in so many ways! Thank you to The Christopher and Dana Reeve Foundation for your support and Derek Lavoy who takes care of GSIL Transportation!



LTS Skills Training

Submitted by: Donna Potter, Statewide Director of PCSP Services

Consumer Directed Requirements

Granite State Independent Living (GSIL) is a consumer directed agency that believes our consumers are the best ones to direct their own care - "Nothing about me without me".

GSIL's Personal Care Service Provider (PCSP) program allows an approved consumer to hire an Attendant Care Employee (ACE) to assist the consumer with non-medical tasks (personal care, housekeeping, meal preparation, shopping, and errands to name a few), so the consumer can remain as independent as they choose while living in the community.

To be a consumer under GSIL's PCSP program, you must be able to direct the care provided to you through the program.

The following is a list of some of your responsibilities as a consumer (to obtain a full list please review the Consumer training Guide or Contact your Long Term Support Coordinator(LTSC):

- Participate in the development of your care plan
- Recruit, select, supervise, and train your ACEs
- Review the care plan with your ACE and ensure the tasks completed by your ACE are in accordance with the tasks defined on your care plan.
- Review and adhere to GSIL's Policy and Procedures in the Consumer Training Guide.
- Review the Timesheet Approval Forms to ensure the accuracy of the hours worked reported by your ACE.
- Participate in the required contact with your LTSC.
- To assure your Medicaid/CFI status is current and doesn't lapse. If either your Medicaid or CFI closes, you are responsible to notify your LTSC.

Some of our consumers are not able to direct all their services. In these cases, a consumer may choose to have

a family member, friend, activated Durable Power of Attorney (DPOA) or Guardian become their Personal Care Representative (PCR) .

A PCR's role is to assist the consumer in directing their GSIL PCSP services, however, a consumer must still be able to participate in directing their care.

Do not hesitate to contact your Long Term Service Coordinator if you have any questions.

**In FY23, GSIL served
1,353 consumers
statewide!**



Payroll Notices

Submitted by: Julie Smith, Payroll Specialist

Sign Up for Direct Deposit!

Top reasons to sign up for direct deposit:

- It's convenient – your check is in the bank on payday or before depending on your bank.
- No extra trips to the bank to cash or deposit your check.
- No delays due to holidays – in fact, you typically will receive your wages a day earlier if payday falls on a holiday!
- It's safe! Your wages are not at risk of being lost in the mail, delayed due to weather or USPS processing issues, or stolen.
- And... It's EASY! Log into iSolved and navigate to Pay and Tax/Direct Deposits, or email a completed Direct Deposit form to the Human Resource Department.

GSIL is a member of the NH Federal Credit Union, which offers special deals and rates for medical professionals with their Heroes Honors Accounts.

***GSIL does not endorse NHFCU's products and services.**

Community Outreach

Submitted by: Val Kidder, Director of Community Partnerships

Despite a few cancellations earlier in the year, we've made several presentations and have participated in many different exhibitor events over the last few months. Here is a snapshot of our accomplishments:



Presentations:

- **Well Sense** – Zoom Presentation to 36 participants of the Care Management Team (RNs, Social Workers, Behavioral Health Clinicians, Case Managers and Care Navigators). They were very excited to reconnect with our staff, as we gave an overview of GSIL services, in particular the Pedi 1915j Waiver.
- **AmeriHealth** - Lunch and Learn Zoom Presentation to 22 participants of the Case Management Staff. They were most interested in working on collaborative opportunities (for their members) and wanted to broaden their understanding of the LTS (PCA/PCSP) programs as well as the Pedi 1915j Waiver.
- **Special Medical Services** – The first presentation in April to 12 participants from Community Partners, Waypoint, DHHS, and NH Family Voices. Gave an update on the PCA and PCSP guidelines as well as the 1915j Waiver. The second presentation in May was an overview of our remaining programs and services.

Transition Fairs: Showcasing opportunities and supportive resources.

- **Londonderry High School "What's Next"** – Provides students, families, guidance counselors an opportunity to make connections with organizations and businesses within the community.
- **Pinkerton Academy** – Transition collaborative event for students and their families to meet with Community Partners on their Programs and Services.
- **Rochester Transition Fair** – Hosted by the Rochester School District and northern Strafford County. Opportunity for students and families to learn about new resources, information, and steps to become better prepared for adult life after high school.
- **Exeter and Winnacunnet High School** – 1st combined transition fair. Hosted by the Seacoast Transition Community of Practice and Strafford County. A collaborative opportunity for families, students, and community partners to share resources.

Exhibitor Events:

- **NH Disability Caucus Legislative Luncheon** – Legislative luncheon held in the state house cafeteria. As the House Representatives broke from their Policy Making Session, they visited exhibitor tables and learned about programs offered from the disability community partners.
- **Age of Champions** – 11th Annual Health and Wellness Fair sponsored by the Center on Aging and Community Living, showcasing our services while speaking about the mission of GSIL.
- **Dover Day Chamber of Commerce** – Annual Open House, to host organizations that provide support in the Dover Community. Great opportunity to spread the word about GSIL and expand our consumer base.
- **NH DOT 2024 Spring Employee Wellness Fair** - The Department of Transportation invited GSIL to host a vendor table at their Employee Wellness Fair to tout all the good work we do. We spoke with many State employees about the services and programs we offer.

*True Patriotism springs from a belief
in the dignity of the individual,
freedom and equality not only
for Americans but
for all people on earth.*

~ Eleanor Roosevelt

Holidays Observed

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

May 27, 2024 in observance of Memorial Day

June 19, 2024 in observance of Juneteenth

July 4, 2024 in observance of Independence Day



June Fun Facts

- June is the month with the longest daylight hours of the year in the Northern Hemisphere, and conversely, June has the shortest daylight hours of the year in the Southern Hemisphere.
- June's birthstone is pearl, Moonstone and Alexandrite. The June birth flower is the Rose and the Honeysuckle.
- In 2009 June was the 662 most popular name for girls in the USA.
- June is derived from Juno, the goddess of marriage.
- In both common and leap years, no other month begins on the same day of the week as June. Weird, isn't it?
- June is International Men's month.
- June is accordion awareness month, as well as candy, dairy and papaya month.



Linkables

*Submitted by: JoAnn Miller,
Administrative Assistant*

[Mental and Emotional Health - 4 things to know about depression and older adults](#)

[National Institute on Aging - Elder Abuse](#)

[Falls & Fall Prevention](#)

[Have Pain? You can get help!](#)

[Why Today's Youth are the "Anxious Generation"](#)



[Farmers Almanac](#)

[Best Fishing Days](#)

[Gardening Calendar](#)

[Do you know which flowers and plants are toxic to pets? ASPCA Experts Explain!](#)

[Learn about Memorial Day](#)

[Memorial Day Parades & Events in NH](#)

[Learn about Juneteenth](#)

[Juneteenth Events in NH](#)

[Northeast Passage Calendar of Events](#)

[Adaptive Sports Partners of the North County Events](#)

[How to have an epic summer in NH](#)

[Summer Activities at Gunstock](#)

[Math Puzzles](#)

Congratulations on ACE Anniversaries!

We appreciate the commitment and dedication of our Attendant Care Employees. 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
Donna Goodwin	33
Maria Isotti	25
Jessica DiVincenzo	23
Steven Donnelly	10
Barbara Hudgik	10
Donna Riendeau	10
Carol Gray	5
John Lambert	5
Virginia Miller	5
Barbara Neilson-Palazzolo	5
Brenda Plummer	5
Chrystal Rondeau	5

Name	Years of Service
Leah Twombly	5
Shauna White	5
Michael Bourassa	1
Brenda Boutin	1
Brittney Demers	1
Joanna Flynn	1
Angela Galloway	1
Kayle MacKenzie	1
Christian Sabina	1
Samantha Sawyer	1
Sean Stayman	1
Benton Thomas	1



The PCA, PCSP & PEDI Programs provide over **11,050 hours of service per week!**

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!**

Contact Us

GSIL's Main Office

21 Chenell Drive, Concord, NH 03301
(603) 228-9680 | info@gsil.org

Programs

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Michelle Cutting, *Director of Community Services*
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Brianna Smith, *Director of Education Services*
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Valerie Kidder, *Director of Community Partners*
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(603) 717-0871 or jjohnson@gsil.org

Recruitment and Retention
Recruitment@gsil.org

Payroll

Julie Smith, *Payroll Associate*
603-717-0893 or payroll@gsil.org

Advocacy Awareness

Submitted by: Ryan Donnelly, GSIL Advocacy Coordinator

What's Happening at the State House in 2024?

2024 has been a busy year at New Hampshire's state legislature, seeing an unprecedented number of "early bills" that had to go through two committees before crossing over last month to the other chamber. Common themes include a host of proposed legislation to tackle issues around voting, education funding and exploring solutions to solve our state's persistent housing crisis. Here's a look at just a few of the bills that GSIL's advocacy team is fighting for this session:

House Bill 1264, relative to the definition of accessible voting systems: An accessible voting system allows people with disabilities to mark their ballot privately and independently. While these accessible voting systems are currently available for state and federal elections, NH has not seen these accessible voting systems supplied for local elections.

HB 1264 would rectify this, launching a pilot program that would see the Secretary of State's office provide the necessary equipment to municipalities before all sections of the bill take effect in 2025.

House Bill 1168, establishing a committee to study the impact of the housing crisis on people with disabilities: NH has not been immune to the housing crisis that has affected our country. While people from all walks of life have been impacted by a lack of affordable housing, the disability community has been especially hard-hit. **HB 1168** recognizes that people with disabilities face a number of unique challenges when it comes to finding an affordable place to live and would establish a study committee to examine this issue in detail. A final report is due by November 1, 2025, it will recommend potential legislation based on the committee's findings.

House Bill 1291, relative to accessory dwelling unit uses allowed by right: Another housing bill that GSIL is supporting. Accessory Dwelling Units (ADUs) have been used by some as a creative solution to open up additional, independent living spaces on an existing property. ADUs can allow individuals who require personal care to live close to those who provide that care. **HB 1291** would increase the number of ADUs allowed on a property from 1 to 2, without having to seek approval from a town or municipal board. This bill represents just one small piece of the puzzle necessary to solving NH's ongoing housing crisis.

Take a look at the 2024 NH Bills!

[Kangaroos, squirrels, and treasure hunting: The unique bills of the 2024 session](#) (NH Bulletin)

Tell the CMS Ombudsperson About Your Mobility Device Repair Experiences

A group of advocates including the Colorado Cross Disability Coalition and Disability Rights Education and Defense Fund (DREDF) are collecting information about mobility device user experiences getting their equipment repaired. You only need to complete this questionnaire if you have Medicare and/or Medicaid and if your wheelchair or scooter has needed a repair in the last three years.

Responses will be forwarded to the Centers for Medicare and Medicaid Services (CMS) Ombudsperson.

If you have any questions or have issues accessing the survey form, please contact [Mary Lou Breslin](#) at DREDF.

[Feds Bar Disability Discrimination in Health Care](#)

from Disability Scoop, written by Michelle Diamant, published May 2nd, 2024

Join NDHHS for a Family Open House: Resources for Life After High School

Northeast Deaf and Hard of Hearing Services is partnering with Vocational Rehabilitation NH to present an Open House to share transition resources for life after high school, with a focus on Deaf & Hard of Hearing youths aged 14-22 years old. Topics of discussion will include pre-employment transition services, Vocational Rehabilitation eligibility, community resources, and more!

The Open House session will be held on June 4th from 4-6 PM at 210 Commerce Way, Suite 120 Portsmouth, NH 03801



Bringing Independence to Life!

Submitted by: Jessica Morris, TCB Agency (GSIL's Marketing Consultants)

Finding Independence through GSIL

Born and raised in New Hampshire, Jennifer Crowell is forever thankful to Granite State Independent Living (GSIL), her family, and her ongoing support network for the ability to live an independent life with pride and joy.



Jenny had a boating accident resulting in quadriplegia, but was determined to create a fulfilling life. She persevered with GSIL.

“This has been an experience of learning and adapting, especially since I moved into my own home,” said Jenny. “My dog, Journey, and I have navigated this path together, with significant help from my personal care assistants (PCA), family, and friends.”

In the beginning, it was tough for Jenny to envision a future where she could maintain independence. It can be difficult to open your home and heart to someone who will be such a crucial element in



your physical and mental well-being. GSIL empowered



Jenny to achieve things that otherwise seemed impossible, and paired her with the perfect team.

“I don’t see personal care assistants as people who work for me; we work together,” said Jenny.

“They have been with me through good days and bad. It’s rewarding for both sides.”

“GSIL gives people the opportunity to live their best life on the terms they set. Without GSIL, I wouldn’t be on my own, have a job, volunteer, and more. I wouldn’t be able to afford caregivers. I wouldn’t be able to afford life.”

Through GSIL, Jenny has met many amazing, skilled people who lead with strength and kindness. The journey taught Jenny a lot about living independently and provided the freedom to regain control of her life.

[Watch the full video/commercial!](#)

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USED EQUIPMENT, LOVINGLY RESTORED

We have a wide selection of durable medical equipment including but not limited to: canes, walkers, wheelchairs, power wheelchairs, commodes, shower chairs, bed canes, rollators, cryo cuffs, lifts and many more. Our inventory changes daily so some items not listed may be available and some items may be out of stock. Check the website for an up-to-date list of our inventory.

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Refurbished Equipment Marketplace | 57 Regional Dr | Concord NH 03301 | (603) 226-2903



one of the many programs and services of GSIL

REM relies on donations to serve our clients

Open M-TH 9-2

GSIL's Education Programs & Services

The Earn & Learn Opportunities Program is a partnership between the Manchester School District, Vocational Rehabilitation New Hampshire and Granite State Independent Living. The IMPACCT Program is a partnership between New Hampshire Vocational Rehabilitation and Granite State Independent Living in response to the Workforce Innovation and Opportunity Act (WIOA). IMPACCT was created to help augment and support the transitional services that schools are already providing their students with disabilities.



Student Success Stories

Submitted by: Christina Bertin, Transition Specialist

IMPACCT Spring 2024

On Thursday, April 19, our North Country IMPACCT class spent the morning performing a community service project to assist the staff at the Littleton Senior Center. Maureen Platt-Russell, the Senior Center Director, was grateful for students to assist in spring clean-up activities. Together the students motivated each other to accomplish cleaning out the entire attic! Students filled up a dumpster, a truck and were even able to find some treasures of their own to keep. The Littleton Senior Center staff was very appreciative of their help, time and efforts and were amazed at all they were able to get done in such a short time!

Several of the students commented on how much fun they had, and one student asked the Senior Center if he could volunteer on a regular basis.



GSIL Earn & Learn Graduate is Making Magic!

Transforming from a struggling teen to a magician on the move! DaSean Greene, Earn & Learn Fall class of 2021, influencer, role model and magic man! DaSean is well known in Manchester, performing street magic and entertaining at Diz's café to the awe and delight of all he meets.

His life wasn't always so glamorous though, his father was in prison, a toxic relationship with his mom, an abusive step-dad, and often times he was homeless.

DaSean would ask himself "How can I make a positive impact on the world?" He says "no matter where you come from, you can make a brighter bigger future."

Well, he is leaving ManchVegas and heading to Honolulu, Hawaii, to perform at the Waikiki Beach Hotel, then off to Los Angeles, California, to complete a residency. "If not now, when" one of his signature lines is an inspiration. "I'm not just doing tricks, I am making magical moments".

I think we would all agree with the advice from Judi Window, Diz's of Manchester, "Home is always home....if you make it big in Hollywood, remember *home*."



"No matter where you come from, you can make a brighter bigger future."

Watch the full interview with DaSean on WMUR's NH Chronicle! [NH Chronicle: Manchester's Magic Man DaSean Greene](#)

Cyber Security Corner

Submitted by: Cheryl Boette

The Dangerous Side of Social Media

Social media: Where people connect with others from around the world, where influencers tout the latest internet trends, and where social engineers make their money. Let's review the dangerous side of social media and ways to stay safe.

Data Mining: People tend to overshare without considering the risks, which provides a great resource for scammers. For example, a cybercriminal may search social media to discover someone's interests, location, and names of friends and family. They then use this information to create scams that appear legitimate. *Stay Safe - Limit what you share and set your profiles to private.*

Fake Profiles: Scammers often set up fraudulent accounts that impersonate people you know. They will then send you a request to be added to your network with the intention of gaining access to everything you post, along with your entire network of connections, including friends, family, and co-workers. *Stay Safe: Thoroughly vet all requests to connect and report suspicious profiles immediately.*

Disinformation: Disinformation refers to any falsified information created and spread to intentionally deceive people. It's a powerful weapon that shapes public opinion for malicious purposes. Similarly, misinformation is inaccurate information that individuals share because they mistakenly believe it to be true. *Stay Safe: Think critically before sharing anything that is polarizing or potentially triggering.*

Deepfakes: Deepfakes are media sources like audio files, videos, and pictures that have been manipulated by technology to appear to be something they are not. The more that technology (like artificial intelligence) improves, the harder it will become to identify deepfakes. *Stay Safe: As a general rule, if something sounds or looks unbelievable, assume that it's fake.*

Living YOUR Best Life!

Submitted by: Deb Ritcey, CEO



Throughout the next few months, we will be sharing with everyone about exciting events we have planned for our Attendant Care Employees (ACEs). All these events are funded by American Rescue Plan Act (ARPA) that is solely intended to recruit, retain, and train our ACEs.

For the last couple of years, GSIL used a lot of the funds to provide ACEs with a financial stipend, which ended in December. The balance of the funds will be distributed throughout the year in a variety of ways. Starting now!

GSIL has reserved a suite at Fisher Cats (Northeast Delta Dental) stadium in Manchester for all home games in 2024. This suite seats 20 people and will have food provided. ACEs will be able to reserve up to 4 tickets per game, on a first come first serve basis.

All reservations MUST go through the ACEevents@gsil.org email, NO EXCEPTIONS!



**Fisher Cats Stadium
Manchester NH,
delightfully cool night at
the fisher cats with the
Orton family!**

**Enjoying the night with
Kimmy and Damien!!!**

**Thank you, Kimmy for
all your hard work and
dedication to those we
serve! We are lucky to
have you as part of the
GSIL TEAM!!**



GSIL Development & Marketing Initiatives

Submitted by: Terri Voth, Donor Relations Specialist & Event Planner

GSIL's 13th Annual Hoops on Wheels is in the books, and even though a March blizzard had us rescheduling, it was a success!! We had 14 teams able to play on the new date of April 27th. RS Audley won the Championship, for the second year in a row! See more pictures from Hoops and other events in our [website photo galleries!](#)



"It's hard. It's actually surprising too. Just when you think you're gonna make a basket or something you realize how hard it is to be in a wheelchair." Paul Provost, President of NH Trust Financial Advisors & Hoops player.

This is our signature event, drawing over 200 attendees from the community, sharing our mission and raising much needed funds.

What other events are on the horizon at GSIL? We will be sending out email blasts and posting on Facebook, please join our network, like and share!

Health Awareness - July is UV Safety Month

Submitted by: Diana Bailey, RN Coordinator

[Heat-related illnesses](#), like heat exhaustion or heat stroke, happen when the body is not able to properly cool itself. While the body normally cools itself by sweating, during extreme heat, this might not be enough. In these cases, a person's body temperature rises faster than it can cool itself down. This can cause damage to the brain and other vital organs.

Some factors that might increase your risk of developing a heat-related illness include:

- Dehydration
- Prescription drug use
- Sunburn
- Alcohol use
- Heart disease
- Mental illness
- Poor circulation
- High levels of humidity
- Obesity
- Fever

Older adults, the very young, and people with mental illness and chronic diseases are at [highest risk](#). However, even young and healthy people can be affected if they participate in strenuous physical activities during hot weather.

Summertime activity, whether on the playing field or the construction site, must be balanced with actions that help the body cool itself to prevent heat-related illness. Use this [website](#) to learn more on how to stay safe in the heat this summer, including how to prevent, recognize, and cope with heat-related illness.

June 11 & 12 | [NH Gives](#) – an initiative of the NH Center for Nonprofits, is a statewide 24-hour online fundraising event that is designed to build community, connect donors to local nonprofits and generate excitement about the nonprofit sector. NH Gives is a great way to boost our fundraising efforts, reach new donors and provide statewide visibility.

June 24 | [Greater Nashua's United Way hosts "Over the Edge"](#) – GSIL will once again have participants willing to go over the edge, rappelling down the side of the Brady Sullivan building in Manchester to raise funds for GSIL.

September 19 | [Chipping In FORE! Independence](#), GSIL's charity golf tournament will be held at Stonebridge Country Club in Goffstown, NH. Registration is open, and sponsorship opportunities are available.

November 14 | [GSIL's Annual Dinner & Awards Night](#) – Location to be announced soon!

We are also working on updates to our website. The project will be on-going over the next few months. We would like your feedback and suggestions on what would help you find the information you need. [Share your ideas with us!](#)

Not getting our event emails? To be added to our audience, [send us your email](#) address to subscribe!

Granite State Independent Living 2024 Payroll Calendar

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

Corporate Offices Closed

Pay Date

PAY WEEKS	PAY DATE	PAY WEEKS	PAY DATE
12/16/23 – 12/29/23	01/05/24	06/29/24 – 07/12/24	07/19/24
12/30/23 – 01/12/24	01/19/24	07/13/24 – 07/26/24	08/02/24
01/13/24 – 01/26/24	02/02/24	07/27/24 – 08/09/24	08/16/24
01/27/24 – 02/09/24	02/16/24	08/10/24 – 08/23/24	08/30/24
02/10/24 – 02/23/24	03/01/24	08/24/24 – 09/06/24	09/13/24
02/24/24 – 03/08/24	03/15/24	09/07/24 – 09/20/24	09/27/24
03/09/24 – 03/22/24	03/29/24	09/21/24 – 10/04/24	10/11/24
03/23/24 – 04/05/24	04/12/24	10/05/24 – 10/18/24	10/25/24
04/06/24 – 04/19/24	04/26/24	10/19/24 – 11/01/24	11/08/24
04/20/24 – 05/03/24	05/10/24	11/02/24 – 11/15/24	11/22/24
05/04/24 – 05/17/24	05/24/24	11/16/24 – 11/29/24	12/06/24
05/18/24 – 05/31/24	06/07/24	11/30/24 – 12/13/24	12/20/24
06/01/24 – 06/14/24	06/21/24	12/14/24 – 12/27/24	01/03/25
06/15/24 – 06/28/24	07/05/24	12/28/24 – 01/10/25	01/17/25