



Monadnock Views

Helping people with developmental disabilities live and work in their community

The Importance of Dental Care for Adults with Developmental Disabilities

Routine dental care is essential to overall good health and self-confidence. Getting our teeth cleaned prevents illness and keeps our smiles looking great! Healthy teeth make us feel good physically and give us a boost of confidence when we are with our family, friends and co-workers.

Unfortunately, for many years, adults with developmental disabilities have not always had the means to pay for consistent preventive dental care. This often leads to tooth decay, gum deterioration, and in some cases, the need to perform extractions. Without proper care, the individuals we support suffer unnecessary oral pain, poor nutrition and a decrease in self-esteem. These factors combine to further isolate a population that is already more likely to experience isolation.

In addition to preventive dental care, adults with developmental disabilities often require more complex dental treatments. Many medications cause tooth decay, which if not treated early, worsens and becomes more expensive to treat. Some of the individuals we serve require sedation during dental procedures, due to a variety of reasons which are not currently covered by Medicaid.

The MDS Development Committee began a major fundraising effort to help address unmet dental needs. Funding primarily comes from the annual Run~Walk~Smile road race, as well as individual, community and corporate donations. The generous support of our donors has been crucial to providing critical dental care for one of the most vulnerable populations in our community. MDS spends an average of \$50,000 per year on adult dental care, which serves between 50 and 60 individuals. Through your support, hundreds of individuals have received the dental care they so desperately need.

After years of advocacy and working with state legislators, the individuals we support will soon be receiving basic preventive dental care through Medicaid funding. These benefits are targeted to be implemented on April 1, 2023 and will include services such as regular cleanings, x-rays and fillings. It is important to note there is a yearly cap of \$1500 per individual, which will continue to leave many adults with developmental disabilities unable to afford critical dental care.

As you can tell, our fundraising efforts remain a high priority. With your help, MDS will continue to provide much needed dental care for adults with developmental disabilities. The MDS Dental Fund is critical to providing these services. We thank you for your support!



Jason Smith is all smiles after a recent dental appointment.

Monadnock Developmental Services

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121 Railroad Street, Keene NH
603-352-1304

12 Depot Street, Peterborough NH
603-924-4203

www.mds-nh.org

MDS Crisis Funds

Over the Past 5 Years

\$110,000+ in crisis and unmet needs requests for children and adults with developmental disabilities.

\$100,000+ in dental funding

Monadnock Developmental Services provides supports and services to people with developmental disabilities so that they can live and work in their community.

MDS serves those with...

MDS serves those with...

- Intellectual Disabilities
- Cerebral Palsy
- Autism
- Epilepsy
- Severe Learning Disabilities
- Acquired Brain Disorders
- Children with Chronic Health Conditions

Ways MDS Can Help...

- Family Support
- Housing & Transportation
- Respite
- Employment Support
- Benefit Information
- Information & Referral Services

How YOU Can Help...

- Explore employment opportunities for people with developmental disabilities
- Volunteer as a tutor, friend or mentor
- Teach a craft, cooking or computer class
- Donate to MDS for critical unmet needs

[Click to Donate!](#)

A Message from MDS Executive Director

It's been a year now since I've been leading MDS as Executive Director, and I have to admit it has been a whirlwind! I want to share with you what I'm seeing and my vision for where MDS is going.



Mary-Anne Wisell
MDS Executive Director

We're in tough times. Extreme staff shortages at all levels continue to plague MDS and our provider agencies. Uncertainties in Concord and Washington affect funding and services. Nonetheless, we continue to do what we do. We are dedicated to ensuring the health, safety and independence of the individuals and families we support by providing resources, advocacy and services. This has always been and will always be our main priority.

Several decades ago, I started in this field as a direct support professional (DSP) right here in our region, working with both children and adults. This provided me with a unique opportunity to see things from the inside, on the front lines. My work as a DSP, Program Manager, Service Coordinator, Supervisor and Director of Operations has been invaluable and has deeply informed my perspective.

It's easy to get caught up in the day to day work, but it's also important that we look to the future! Our efforts over the coming years will focus on:

- Supporting individuals to become as independent as possible
- Supporting families to be effective advocates for their family members
- Making MDS better known in the community and growing relationships
- Supporting our staff and fostering a healthy work environment
- Maximizing efficiencies and shoring up our internal processes

Our mission of inclusion, participation and mutual relationships continues to guide our work at all levels. We are dedicated to providing innovative and high quality services for individuals with developmental disabilities and those with acquired brain injuries. That is why we exist, and these efforts are how we will succeed.

Thank you for your continued support of the work we do at MDS.

Mary-Anne Wisell

Mary-Anne Wisell
MDS Executive Director

Q: How many people in our community receive services from MDS?
A: MDS serves roughly 450 adults and 650 children and their families.

Run~Walk~Smile Continues to Promote Dental Health While Having Fun!



And they're off! Runners start the 8th Annual Run~Walk~Smile 5K/10K

The 8th Annual Run~Walk~Smile 5K/10K/1 Mile road races were held on Saturday, Nov 5, with over 190 runners and walkers participating. This year's event raised over \$22,000 to fund critical and emergency dental care for adults with developmental disabilities. All of us at MDS greatly appreciate everyone who supports the MDS Dental Fund, with a big "Thank You" going out to our event sponsors, participants, donors and volunteers. Dental care is essential to overall good health. Your generosity impacts the lives of people in so many ways!

Thank You Run~Walk~Smile Sponsors!



Bowman Dental • Bragdon, Baron & Kossayda, PC • Connor Business Resources • Matthew Cielinski, DMD
Connecticut Valley Oral Surgery Associates • GemGraphics • Hastings Dental • Miller Orthodontic Specialists
Monadnock Food Co-op • Northeast Delta Dental • The Richards Group • Whitney Brothers

How MDS Puts Your Donations To Work For Unmet Needs

Warm Winter Clothing

Over the past several years, we have provided warm winter coats, boots and clothing for more than two dozen individuals who would otherwise go without. Medicaid doesn't cover clothing expenses. So when winter comes, we want to be sure these vulnerable people don't suffer from the cold.

Adaptive Device

A middle-aged man with severe cerebral palsy uses a positioning wedge to help keep his respiratory system clear. This wedge also prevents bruising, scraping and general discomfort for him. After many years, this wedge became very worn and needed to be replaced. Because it is considered an alternative device, it is not covered by Medicaid.

Van Modification

A teenager with a congenital spinal disorder uses a wheelchair. To get her to and from appointments, school and for family outings, the parents need to buy a larger van and have it modified to fit her wheelchair. The modifications cost as much as the van, but will serve the family for a long time.

Access Ramp

A young man's grandmother serves as caregiver. He needed a wheelchair ramp so she wouldn't have to lift him and his chair into their van when they go out for appointments.

November Winds Bring Changes to Development at MDS

After nearly 18 years as Development & Fundraising Coordinator, **Karen Peterson** is stepping down from that position to move into retirement. She is being ably succeeded by **Heather Kemper**, a Keene native and former MDS employee.



Heather Kemper (left) takes up the Development reins from Karen Peterson

Karen came to MDS in 2005, after a 25 year career in publishing during which she led magazine operations in Dallas, Boston and Alaska. As she looked around the region when she settled down in Peterborough, she was drawn to the mission of MDS—inclusion, participation and relationships. During her tenure, she has woven these values into MDS outreach and fundraising efforts.

“MDS opened my eyes to possibility, to community strength, and to the power of working together to create the fullest life possible for people with disabilities,” says Karen. “I have been inspired by the work of the MDS staff, families and the individuals themselves to create opportunity for fulfillment.

Generous support from donors and the community has been so gratifying and I thank every one of you.”

Heather Kemper has naturally stepped into Karen’s shoes during the two-month transition period. A Keene native, she recently returned to the Monadnock Region to be closer to family and friends. Heather is very familiar with the work of MDS from her time as Quality Assurance and Human Rights

Coordinator at MDS from 2005—2010. Over the past 20 years, Heather has been involved in fundraising efforts, as a volunteer, for a national non-profit organization.

Interestingly, Heather and Karen are no strangers to each other. They shared an office at MDS in the late 2000s, and in fact are both graduates of Southern Methodist University. Karen earned a BA in French and an MBA there, then 18 years later Heather earned a BA in Journalism. The serendipity continues as MDS forges stronger ties and new connections in the community.

At Monadnock Developmental Services, our mission is to work toward inclusion, participation and mutual relationships for all people who are at risk of isolation from community.

MDS welcomes any contributions you wish to make to help us provide quality services to individuals with disabilities and their families in the Monadnock region.

If you would like to make a pre-planned legacy gift or give in memory of someone whose life has been touched by MDS, call Heather Kemper at 603-352-1304. We thank you for your generosity.

Monadnock Developmental Services, Inc. is a registered 501(c)3 non-profit organization.
Federal Tax ID 02-0369974

Yes, I would like to help with a contribution to MDS for:

- Unmet Critical Needs
- MDS Dental Fund
- Other _____
- Please contact me about how I can leave a legacy gift for those served by MDS.

Name _____

Address _____

City _____ State _____ ZIP _____

Phone _____ Email _____

- \$50 gift
- \$100 gift
- \$250 gift
- \$500 gift
- Other _____

***Please make checks payable to
Monadnock Developmental Services***

You can also make an online donation.

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