



Family Resource Network

Helping Families Meet the Challenge
Volume 19, Issue 1, Winter 2011 Edition

FRN's First Ever



Webinar

Special Ed 101

On Wednesday evening, February 23rd FRN and the Area VI Board will offer our first ever webinar. The webinar will be from 6:30 to 8 p.m. The topic is *Special Education 101: Covering the Basics*. We will review special education law from assessment through the IEP process. You can participate from the comfort of your own home, or wherever you have access to a computer. The system requirements are:

PC-based attendees:

Required: Windows®7, Vista, XP or 2003 Server

Macintosh®-based attendees:

Required: Mac OS® X10.4.11 (Tiger®) or newer

Your computer must have speakers so you can hear the presentation. You will be able to view the slides on your computer. If you would like to ask a question or make a comment during the presentation you can do it one of 3 ways - using your computer's microphone; calling in on a phone number that will be emailed to you (note: there will be a cost to you to make the phone call; normal phone rates apply); or by typing your question/comment in on your computer.

You can register by going to www.frcn.org and clicking on the calendar tab. Then click on the section for the February 23rd webinar.

Once you've registered, a notice will be sent to your email address giving you the link to the webinar. A few minutes prior to 6:30 on the 23rd you just link on and you're all set.

This informative event is funded by the California Consumer Protection Foundation.

It's time for FRN's Annual Mothers Retreat



Saturday, February 5th, 2011 marks the date for FRN's 13th Annual Mothers Retreat. Our theme is "*The Gardens of Our Lives*". The event will take place at San Joaquin County Office of Education in Stockton from 9:30 a.m. to 3 p.m.

Mothers who attended last year's event said:

- "I don't know what I would do without this every year! Thank you! Thank you! Thank you!"
- "This was my first time attending. I learned that I am not alone and that there are many parents I have something in common with."
- "We are all counting the days til the next Mothers Retreat!"

There is a \$10 fee for mothers who reside in FRN's service area of Amador, Calaveras, San Joaquin, Stanislaus and Tuolumne Counties. The fee for mothers outside of the region is \$20.

Registration forms are available by calling FRN at 472-3674 or 800-847-3030 or on FRN's website, www.frcn.org. Click on "calendar" and then on "Mothers Retreat". Hope you can join us!

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Stockton, CA 95207
Email: FRNfamilies@aol.com website: www.frcn.org



The recreational support group for non-disabled siblings, ages 7 through 13:

Friday, February 26th, 6:00 to 8:30 p.m.
Quail Lakes Baptist Church, Stockton.

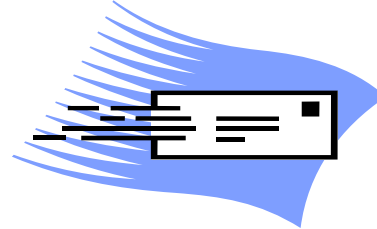
Meet other siblings who have the same kinds of issues. There are games, crafts, discussion activities, food and lots of fun! There is no cost to attend.

Registration is required and must be submitted one week prior to event. Call 472-3674 or 800-847-3030 to request a registration packet.

SAVE THE DATE: The final Sibshop for the school year will be May 6th. Go to FRN's website for more info.

Info on Local Support Groups

Local support groups are encouraged to email or mail flyers and information on their groups to FRN. FRN will have the information on display in the office and will share information as appropriate with families who call FRN asking for info on specific disabilities or support groups.



Stay In the Know

Want up to the minute info on issues affecting children with special needs? You can have your email address added to FRN's email list. FRN's newsletter is published only a few times per year so email is a great way to keep up on important information. If you would like to be added to FRN's email list, email the following info to FRNfamilies@aol.com:

- Your name
- The county you reside in
- Please indicate if you are a parent of a child with special needs or a professional working with special needs children



**Congrats to the WINNERS of
FRN's latest drawing:**

Irene Alfaro
Dara Degala
Melody Hilton

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

- Albert Schweitzer

Training Opportunities

January 12- Building Bridges – Transitioning Your Child from the Early Start Program • FRN, Sherwood Executive Center, 5250 Claremont Ave., **Stockton**, 9:30 to 11:30 a.m., free for parents, \$15 fee for professionals, for info call 800-847-3030.

January 18 – Writing An Effective IEP for Your Child with Special Needs • Presenters: Area VI Board and Family Resource Network • SCDD, Area VI Board • **Lodi Library, Lodi**, 6 – 8:30 p.m. FREE, reservations are required, for reservations call 800-847-3030.

SATURDAY Workshop!!

February 26 – Writing An Effective IEP for Your Child with Special Needs • Presenters: Area VI Board and Family Resource Network • SCDD, Area VI Board • **Area VI Board Office, Stockton**, 9:30 a.m. to Noon, FREE, reservations are required, for reservations call 800-847-3030.

March 3 – Writing An Effective IEP for Your Child with Special Needs • Presenters: Area VI Board and Family Resource Network • SCDD, Area VI Board • **Health Plan of San Joaquin, French Camp**, 6 – 8:30 p.m. FREE, reservations are required, for reservations call 800-847-3030.

March 9 - Building Bridges – Transitioning Your Child from the Early Start Program • FRN, Sherwood Executive Center, 5250 Claremont Ave., **Stockton**, 9:30 to 11:30 a.m., free for parents, \$15 fee for professionals, for info call 800-847-3030.

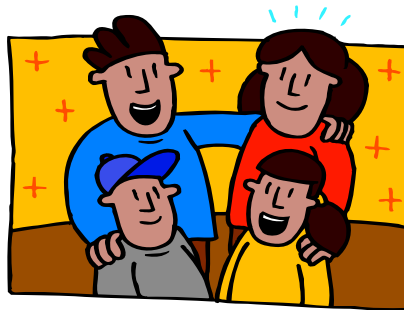
April 14 – Writing An Effective IEP for Your Child with Special Needs • Presenters: Area VI Board and Family Resource Network • SCDD, Area VI Board • **Continuum College, Turlock**, 6 – 8:30 p.m. FREE, reservations are required, for reservations call 800-847-3030.



Check FRN's website, www.frcn.org and click on "calendar" for updated information on trainings and events. Registration forms for FRN events are on the website.

Spring Series Begins In April. Register NOW!

Positive Empowering Parenting Project PEP



Family Resource Network is excited to once again have the opportunity to offer this series of parenting workshops for parents of children, age 14 or younger, who are receiving services through Valley Mountain Regional Center. Project PEP has been designed by, and for, parents of children with special needs

Project PEP is a fun, informative way for parents to learn ways to enhance their parenting skills. There is no cost to attend Project PEP and space is limited. There are 6 workshops on Tuesday evenings and parents are asked to commit to attending all sessions. **Session attendance is rewarded!**

Sessions will be conducted April 5, 12 and 26th and May 3, 10, and 17th. We will not be meeting on April 19th as some schools are not in session that week. All sessions will be at FRN's Stockton office from 6:30 to 8:30 p.m.

The registration form is on the calendar section of FRN's website, www.frcn.org. At this time it is unknown if FRN will be funded to offer this series in the future. We hope that you will be able to join us.

FRN Library Resources

Here are some of the latest additions to FRN's library:

Books

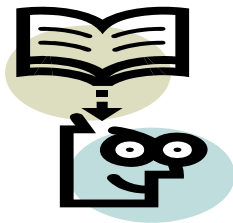
- Diet Intervention and Autism
- The Complete IEP Guide
- Everyone Has Dreams for Their Baby
- More than Words
- Sensational Kids (Hope & Help for Children with Sensory Processing Disorder)
- The Siege (The First Eight Years of an Autistic Child)
- Teaching Developmentally Disabled Children
- User Guide to the GF/CF Diet for Autism/Asperger's

DVD

- Surviving Due Process

Visit www.frcn.org and click on Library to see a complete listing of all of FRN's library resources and to find out how to borrow resources from the library. If you don't have access to the internet you can contact FRN at 209-472-3674 or 800-847-3030.

You don't need to come in to FRN's office in order to use the library. We are happy to mail resources to you. We just ask that you be responsible for returning the items to FRN. You can mail them to FRN, swing by the office, or drop them off with the building receptionist. You may check out up to two resources for a period of 3 weeks.



Financial and Estate Planning Workshop

Frank Quacinella, First Vice President and National Spokesperson for Families with Special Needs Planning Network for Merrill Lynch, and Mark Drobney, Attorney at Law, will once again be the presenters for FRN's Financial and Estate Planning workshop. Topics will include:

- ◆ Understanding the importance of financial planning,
- ◆ Preparing for when you're not there to help.
- ◆ Protecting government benefits through proper estate planning.
- ◆ Special Needs Trusts – the basics of how they work and when they are appropriate.
- ◆ Conservatorship – What is it? Situations under which it should be considered and when it should be avoided.
- ◆ Personal estate planning

This workshop will take place in Modesto in March. We are working with our cosponsors to confirm the date and site. For updated registration information go to www.frcn.org and click on calendar or call FRN at 209-472-3674.

CHOICES 2011

SAVE the DATE

Friday, April 8, 2011

FRN is one of the cosponsors that proudly presents the 24th Annual CHOICES Institute

This year's theme is **Work = CHOICES** and we will be looking at different types of work choices that are available to people with developmental disabilities.

Registration forms will be available in February. Contact the CHOICES Institute at 209-948-8011 or

CHOICESInstitute@hotmail.com for more info.

SAVE the DATE

Saturday, April 2, 2011

10th Annual Autism Forum

Keynote speaker: Jennifer McIlwee Myers, Autism presenter, writer and person with Asperger's Syndrome

Registration information will be available in February.



**FRN extends its thanks to the following
for their generous donations:**

Herminia Balderana
Melinda Berrera
Sherry Cote
Patricia Eng
Mark Herbst
Kellie Keefer
Pat Murray
Patrick O'Connor
Rahul & Sangita Patel
PEDS
Sue Robertson
Deanna Rodriguez
Melinda Ruiz
Janet Valdez
Deann Wagner

PG&E Donation Program:

Rhonda Martinez
Matthew Storment

UPS Donation Program:

Paul Cruz
Efrain Rosas

United Way Donation Program:

Elizabeth Courtois

And Other Anonymous Donors.

We thank you ALL!



FRN thanks the following for their
work at FRN events:

Katey Clark
Christine Jensen
Derek Jensen
Jennelle Jensen
Edward Klunk
Anuj Patel
Heather Quinones
Emma Robertson



**FRN's
Fantastic Volunteers**

Dawn Bauleke
Joe Cirimele
Brian Connolly
Bryce Crump
Lauren Linehan
Amber Machado
Casey Murray
Sangita Patel
Sue Robertson
Christi Torres-Rogers
Jeremy Werner



Healing Hearts Society

Many, many thanks go to those listed below who so generously donated to **FRN's Healing Hearts Society**. Funds from these donations are given to families to assist with burial expenses upon the death of their child with special needs.

Healing Hearts Society Members include:

- Sue Allyn
- Kathy Barnes
- Maren Paris
- The Whitesides Family *in memory of Catherine Whitesides*
- Richard F. Wong, M.D.

How wonderful it is that nobody need wait a single moment before starting to improve the world.

- Anne Frank



The U.S. Department Of Justice has reached an agreement with AMC Entertainment Inc. to settle a lawsuit filed in 1999 under the Americans with Disabilities Act (ADA). The suit claimed that the design of stadium-style movie theaters did not provide persons who use wheelchairs with the same lines of sight as other moviegoers. All AMC stadium-style theaters that are opened after the settlement will be made with accessible seating. AMC also will move wheelchair seating from the front row to locations further back from the screen, and make sure that movie patrons who use wheelchairs enjoy an unobstructed view of the screen. AMC is the second largest movie theater chain in the country with about 5,300 screens.

For more information visit this link:
http://www.disability.gov/civil_rights/news_%26_events



The Parent Educational Advocacy Training Center (PEATC) is pleased to announce Version 2 of the IEP Checklist iPhone app. The IEP is an Individualized Education Program designed to support the educational needs of school aged students with disabilities. The IEP Checklist App helps parents of students with special needs become better-informed advocates by making IEP information easier to access. Version 2 has active links to the relevant language in the federal regulations; allows users to record the IEP meeting or record notes; and has the capacity to print out notes and click on a checklist as requested items are discussed.

The IEP app is offered free of charge. For more information go to www.peatc.org/

[Editor's Note: The following information was provided by **Screening for Jervell and Lange-Nielsen Syndrome** which is a research project funded by the National Institutes of Health as a part of the American Recovery and Reinvestment Act (ARRA).]

Free Heart Screening for Children with Hearing Loss

Some infants and children with severe to profound hearing loss may have a serious heart problem. If not found in time, some children may die suddenly from an irregular heartbeat. A simple, non-invasive test (an ECG) may be able to identify children at risk. A two-year study, funded by the National Institutes of Health, makes it possible for all qualified children to be screened free of charge. The screening appointment is brief, the ECG does not hurt, and home visits are available. Families will receive a gift card for their participation. Even if children have had a prior ECG, it is still important that they be screened. English and Spanish-speaking staff is available. To be eligible for the free screening, children must have a birthday of August 1, 2005 or later, and have severe to profound sensorineural hearing loss.

For More Information, please visit www.infant-heart.com, email info@infant-heart.com, phone (310) 222-5383 or toll-free (877) 221-8210.



Attention Power Wheelchair Users!

Did you know that power wheelchair users are entitled to one new battery every year? Once a battery is ordered it can take 3 to 4 months to receive it. So, be proactive and order the battery before it begins to lose power. Set an anniversary date like your child's birth date or the annual IEP date and use that date every year to order the new battery. You can contact your child's VMRC Service Coordinator or the wheelchair provider to order the new battery.

Like the song says... **Just Breathe**

[Editor's Note: The following information is from WebMD.com. Additional information is available on the internet by Googling "breathing to reduce stress." This information is not intended to replace the advice of a doctor. You should contact your doctor with any medical, psychological or emotional concerns that you might have]

Have you ever noticed how you breathe when you feel relaxed? The next time you are relaxed, take a moment to notice how your body feels. Or think about how you breathe when you first wake up in the morning or just before you fall asleep. Breathing exercises can help you relax, because they make your body feel like it does when you are already relaxed.

Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply it sends a message to your brain to calm down and relax. The brain then sends this message to your body. Those things that happen when you are stressed, such as increased heart rate, fast breathing, and high blood pressure, all decrease as you breathe deeply to relax.

The way you breathe affects your whole body. Full, deep breathing is a good way to reduce tension, feel relaxed, and reduce stress. When you are relaxed, your breathing tends to be slow and gentle. It can be shallow or deep. One of the ways breathing exercises help you feel relaxed is getting you to feel the way you do when you are already relaxed.

There are different ways to breathe to relax. The methods described here focus only on breathing exercises. Other ways combine breathing with things like yoga, imagery, and meditation.

Breathing exercises may help you relax and feel better. When you are stressed, breathing exercises have health benefits such as lowering blood pressure, slowing a fast heart rate, making you sweat less, and helping with digestion.

Breathing exercises are easy to do. You can do them on your own whenever you want. Breathing exercises don't take long to do and don't cost money. And you don't need any special tools or equipment to do breathing exercises.

There are lots of breathing exercises you can do to help relax. The first exercise below-belly breathing-is simple to learn and easy to do. It's best to start there if you have never done breathing exercises before. The other exercises are more advanced. All of these exercises can help you relax and relieve stress.

Belly breathing

Belly breathing is easy to do and very relaxing. Try this basic exercise anytime you need to relax or relieve stress.

1. Sit in a comfortable position.

2. Put one hand on your belly just below your ribs and the other hand on your chest.
3. Take a deep breath in through your nose, and let your belly push your hand out. Your chest should not move.
4. Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in, and use it to push all the air out.
5. Do this breathing 3 to 10 times. Take your time with each breath.

Next steps

After you have mastered belly breathing, you may want to try one of these more advanced breathing exercises.

4-7-8 breathing

This exercise also uses belly breathing to help you relax. You can do this exercise either sitting or lying down.

1. To start, put one hand on your belly and the other on your chest as in the belly breathing exercise.
2. Take a deep, slow breath from your belly, and silently count to 4 as you breathe in.
3. Hold your breath, and silently count from 1 to 7.
4. Breathe out completely as you silently count from 1 to 8. Try to get all the air out of your lungs by the time you count to 8.
5. Repeat 3 to 7 times or until you feel calm.

Morning breathing

Try this exercise when you first get up in the morning to relieve muscle stiffness and clear clogged breathing passages. Then use it throughout the day to relieve back tension.

1. From a standing position, bend forward from the waist with your knees slightly bent, letting your arms dangle close to the floor.
2. As you inhale slowly and deeply, return to a standing position by rolling up slowly, lifting your head last.
3. Hold your breath for just a few seconds in this standing position.
4. Exhale slowly as you return to the original position, bending forward from the waist.

