



Family Resource Network

Helping Families Meet the Challenge

Volume 14, Issue 1, Winter 2006

FRN Proudly Offers Its 8th Annual Mothers Retreat

Celebrating Our Strength As Mothers



FRN offers a day of relaxation and fun for mothers raising children with special needs. The emphasis of this year's retreat is on recognizing our strengths as mothers. The day will provide an opportunity for mothers to meet other mothers, and spend some time on themselves. The day will include some pampering, music, craft activity, games, fun, prizes and lots of food.

Comments from last year's retreat included:

- "It was great to laugh together."
- "This was a great opportunity to make new friends."
- "I'm really glad I came!"

This year's retreat will take place on Saturday, February 4, 2006 at the San Joaquin County Office of Education. Registration starts at 9:30 a.m. and the event runs from 10 a.m. to 3 p.m. 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!

Save the Date!
Saturday, April 8, 2006

**5th Annual Autism
Collaborative Forum**
Stockton, CA

*Predicting the Future: Knowledge,
Resources, and Resiliency*

Keynote Speakers to include:
Christopher Morache, M.D.

*Doctor of Psychiatry,
Psychiatric Centers at San Diego Medical
Director*

Robert L. Hendren, DO

*Professor of Psychiatry,
Exec. Director MIND Institute*

*For information on the Forum
contact Gail at 209-468-4907*



Calling All Manteca Preschoolers!

Manteca Unified School District offers FREE preschool to 4 year-olds. For information contact the MUSD School Readiness Department at 825-3200 x 846.

Llamar A Todos los Pre-Escolar De Manteca!

El Distrito Escolar Unificado de Manteca ofrece pre-escolar sin costo a los niños de 4 años de edad. Para información sobre programas disponibles de pre-escolar, por favor llame al Departamento de School Readiness del Distrito Escolar Unificado de Manteca. Por favor llame: 825-3200 x 846.

Family Resource Network Newsletter
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EDITOR: Ann Cirimele
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Stockton, CA 95207
Email: FRNFamilies@aol.com website: www.frcn.org

Congratulations to the winners of FRN's recent drawing:

Muy Ang
Cindy Langley
Yvette Luna

Central Valley Down Syndrome Association News

CVDSA has a new meeting site! The Spanish-language group meets the 2nd Friday of the month from 6 to 8 p.m. at the Community Center, 2413 3rd Street in Hughson. Call Maria at 845-8028 for information.

Call Angie Purewal at 499-2420 for time and location for the English-language group.

A quote to think about when developing
a service plan for your child:

***“Creativity can solve almost any
problem. The creative act, the
defeat of habit by originality,
overcomes everything.”***

George Lois



Autism Support Groups

Lodi

The **Lodi** Autism Group meets at 7 p.m. on the 2nd Thursday of the month at Nichols School. For more information call Sylvia at 334-3025.

Modesto

The **Modesto** FEAT subgroup meets the last Wednesday of each month at 9:30 a.m. at the Borders Book Store on Sisk Road. For more info contact Suzanne at 545-2644.

Tracy

The **Tracy** FEAT subgroup meets every Thursday at 9:30 a.m. at JavaMakers Café, 2179 W. Grantline Road, in the back conference room. Additionally there is a meeting the 3rd Thursday evening of each month at the conference room at Sutter Tracy Community Hospital at 7 p.m. The evening meeting will feature speakers and specific topics of interest. For more information contact Heidi at 209-832-3878.

SNAFU News

SNAFU, Special Needs Advocates for Understanding, meets every Thursday at 9 a.m. at the Heartland Churches Youth Center, 501 W. Main in Ripon. For more info contact Stacey at 599-4519 or visit www.ValleySNAFU.org

Calling All Amador County Parents!

Community Advisory Committee (CAC) meetings for the Amador County SELPA (Special Education Local Plan Area) will take place at 3:30 p.m. on January 10, 2006 and April 11, 2006 at Marilyn Triglia Center on the Argonaut High School Campus in Jackson. CAC meetings are where parents and professionals come together to talk about special education issues within the SELPA. The meetings are a great place for parents to meet administrators and learn more about special education services in their area. For more information about the Amador CAC meetings contact the SELPA at 257-5378.

Special Parents

is a discussion group for parents of children with special needs. The group meets the third Tuesday evening, 6:30 to 8:00 p.m., of every month during the traditional school year at Quail Lakes Baptist Church, 1904 Quail Lakes Drive, Room W-410, in Stockton.

All Special Parent meetings are FREE and open to all interested parties, including professionals. Refreshments are provided. We even have a door prize! We regret that we are unable to provide childcare.

January 17 – How to Secure Special Education Services for Your Child with Special Needs

Presenter: Amber Machado, FRN
Special Education laws and parental advocacy issues will be discussed.

February 21 - Scrapbooking Night!

Bring your photos and your scrapbooking supplies. Share your crafty ideas and laughter with other scrapbookers. FRN will provide refreshments.

March 21 - Writing Effective IEP Goals

Presenter: Ann Cirimele, FRN
Back by popular demand!! This workshop will assist parents in becoming more active participants in the goal writing process. Bring your child's IEP to the workshop and we can help fine tune goals for your next IEP meeting.

April 18 – Music Therapy and Your Special Needs Child

Presenter: Carmen Steele, M.T.
Learn how music can enhance your child's abilities.

May 16 – Recreational Opportunities for Youth with Special Needs

This panel presentation will identify local recreational opportunities.

Come meet other parents!!

There is no cost, but reservations are required. Call FRN at 800-847-3030 or email us at FRNfamilies@aol.com.



Local Training Opportunities

January 5 - Special Education Rights Workshop •

Presenters: Area VI Board and Family Resource Network • Escalon Library, 1540 2nd Street, Escalon, 6 p.m., FREE, for reservations call 800-847-3030.

January 11 - Building Bridges – Transitioning Your Child from the Early Start Program •

Presenter: Ann Cirimele, Family Resource Network • FRN Office in Stockton, 9:30 a.m. to 11:30 a.m., scholarships for parents, \$10 fee for professionals, for reservations call 800-847-3030.

January 13– Parental Rights and Advocacy in Special Education •

Presenter: Ann Cirimele, Family Resource Network • FRN Office in Stockton, 9:00 a.m. to 2:30 p.m., scholarships for parents, fee for professionals, for reservations call 800-847-3030.

February 2- Special Education Rights Workshop •

Presenters: Area VI Board and Family Resource Network • Lodi Library, 201 W. Locust Street, Lodi, 6 p.m., FREE, for reservations call 800-847-3030.

February 3- SSI Workshop •

Presenter: Mike Walling • SJCOE 2707 Transworld Drive, Stockton, 6 –9 p.m., FREE, for more information call 473-6930.

March 9- Special Education Rights Workshop •

Presenters: Area VI Board and Family Resource Network • Turlock, specific site to be announced, 6 p.m., FREE, for reservations call 800-847-3030.

March 14- Building Bridges – Transitioning Your Child from the Early Start Program •

Presenter: Ann Cirimele, Family Resource Network • FRN Office in Stockton, 9:30 a.m. to 11:30 a.m., scholarships for parents, \$10 fee for professionals, for reservations call 800-847-3030.

April 13- Special Education Rights Workshop •

Presenters: Area VI Board and Family Resource Network • San Andreas, specific site to be announced, 6 p.m., FREE, for reservations call 800-847-3030.

May 11- Special Education Rights Workshop •

Presenters: Area VI Board and Family Resource Network • San Andreas Library, 891 Mountain Ranch Road, San Andreas, 6 p.m., FREE, for reservations call 800-847-3030.

Check FRN's website, www.frcn.org for updated information on trainings and events.

New FRN Library Resources

- All Children Are Special: How to Know When a Child Needs Help
- The Premie Parents' Companion
- The Sibling Slam Book
- Whose Life Is It Anyway?

FRN thanks Teresa Duff who donated the following books to the library:

- A Caregiver's Survival Guide
- Give Me My Voice (A book of poems)
- Handling the Young Cerebral Palsied Child at Home
- Yoga for Special Children

FRN thanks Susie Wong for her donation of:

- Without Spanking or Spoiling

FRN's entire library list is located on its website at www.frcn.org. FRN is happy to mail resources. To find out more about how to borrow resources from the library, call FRN at 800-847-3030 or log onto our website.



Fun events for siblings ages 7 to 14
 Friday, February 17, 2006
 6:30 to 8:30 p.m.
 at Quail Lakes Baptist Church in Stockton.

Registration is required. Call 472-3674 or 800-847-3030 to get registration form.

Aquatots Program

Sponsored by First 5 of San Joaquin, Aquatots is a program for preschoolers and school-aged children under the age of 5 accompanied by their parent/caregiver to introduce them to water exploration, and to make them feel comfortable to move and float in the water. Parents will be taught water safety techniques, infant CPR and First Aid, and other techniques that promote the joy of swimming in safe environment. The cost is free of charge to low-income families. For registration and general information contact the Human Services Agency in Stockton 468-1856.

ATTITUDE

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for the day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thin we can do is play on the one string we have, and this our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...we are in charge of our Attitudes."

Charles Swindoll

Save the Date!
Friday, May 12, 2006

CHOICES Institute presents
CHOICES 2006 – Outside the Box!

Keynote Speaker:
Colleen Wieck,

Executive Director, Minnesota Governor's Council on Developmental Disabilities. She will challenge us to think "outside the box" when it comes to disabilities and inclusion.

For more information,
contact CHOICES at 948-8011

Entrenamiento de IEP

Presentado por
Pades Excepcionales Sin Limite
Sabado, 4 de Marzo, 2006
9:00 de la manana - 12:30 de la tarde
Stanislaus County Office of Education
1100 H Street , Cuarto B & C
Modesto

Por favor mande esta forma:
 Family Resource Network, 5250 Claremont Ave., Suite 239, Stockton, CA 95207

Nombre: _____

Direccion: _____

Telefono: _____

Numero de personas que atenderan: _____



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

AAFES
Sancha Bacon
Burger King of Riverbank
Michele Coy-Stockton
Lisa Culley
Melissa Elam
Victoria Estrada
John Forrest & Gail Rieger
Pat Machado Trucking
Judy & Pat Murray
Patrick O'Connor
Stacy Ogle
Arlene Paratore
Curt R. & Gerry Pindler Foundation
Janine Schumann
Candice Shibata
Cheryl Smith and Creekside Relief
Society
Per Thomsen
Caroline West
Marlene Yu-Li
Valerie Zoccoli

Erika Adams was honored with a
Friend in Deed certificate.

If you would like to honor someone with a Friend in
Deed Certificate, please contact FRN for an order form.



Project Rudolph brought the holiday gifts
to adults in group homes thanks to the
generous donations of:

Kathy Blankenship
Karen Frank
Jody Graham
Renee Kenner-Juarez
Beverly Klunk
Wendy Lee
Sangita Patel
Jerry & Agnes Whitefoot

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Matthew Cirimele
Caitlin Ghan
Anna Hansen
Skyler Hollenbeck
Jaclyn Machado
Megan Murray
Brian Okura
Don Okura
Nadine Simms
Sue Robertson
Jeremy Werner



Operation: Birthday Wishes Donors:
Michelle Rodriguez
And
Anonymous Donors

*100% of these donors' generous donations are
used to send birthday cards to people with
developmental disabilities in group homes. FRN
is also indebted to the State Council on
Developmental Disabilities, Area VI Board, which
is collaborating with FRN on this project.*

Approximately 250 cards were mailed in 2005!

**FRN's Board of Directors and
Staff thank all our generous
donors.**

You are the GREATEST!!!

Be Safe, Not Sorry

Injury is the biggest danger to your child's life.

At this age, your child will learn to talk, walk, run, climb, and open doors. Your child wants to explore everything. Your child does not understand danger. He will not always know or remember what you say. Just saying "no" will not keep your child safe.

Be Ready. Watch your child closely.
Do you do these things to keep your child safe?

Safe in a Car

In a car, the safest place for your child is in a car seat. By law, your child must be in a car seat until 6 years old or 60 pounds.

- I buckle my child correctly into a car seat for every ride in the car.** I fasten the car seat in the back seat of the car away from air bags. I make sure the harness straps fit snug around my baby and place the retainer clip at armpit level.
- I make sure the car seat is the right size for my child.** My child's car seat can face forward only after my child is at least 1 year old AND over 20 pounds.
- I never hold my child on my lap while I drive or ride in a car.** My child could be crushed by my body or thrown from the car, even in a small crash.
- I will never leave my child alone in or around motor vehicles.**

Safe from Drowning

At this age, your child is at great risk for drowning, especially in swimming pools.

- I keep my child from getting near a swimming pool without me.** The pool has a 5-foot fence around all 4 sides. The fence gate closes by it's self and stays shut. The latch on the gate is out of reach of my child.

- I watch my child carefully when I visit a home with a pool.** I make sure all doors leading to the pool are locked. I will look in the pool area first if my child turns up missing.
- I make sure to empty buckets, baby pools and bathtubs right after I have used them.**

Safe from Poisoning

Your child will try to put everything into his mouth, even if it tastes bad. Just saying "no" does not keep your child safe.

- I keep all products, such as vitamins, iron pills, make-up and household cleaners, out of sight and reach of my baby.** I use safety latches on all drawers and cupboards. I use childproof caps and keep products in original containers.
- I keep the Poison Control number near my phone.** If my child puts something that may be poison into his mouth, I will call the Poison Control Center at 1-800-222-1222. They will tell me what to do next.

Safe from Falls

Your child is active and can fall a lot. Some falls can badly hurt your child.

- I use gates on the stairways and doorways in my home.**
- I use locks to make sure the windows in my home do not open more than 4 inches.**
- On the playground, I make sure there are rubber mats or at least 12 inches of wood chips or sand under the equipment my child plays on.** This can protect my child from getting hurt in a fall.

1-3
Years

- ❑ **If my child falls, I will watch to see if he passes out, vomits or gets sleepy.** If any of these things happen, I will call my doctor right away.

Safe on a Tricycle

Your child should always wear a helmet when riding a tricycle or scooter. By law, all children must wear a helmet when riding a bike.

- ❑ **A bicycle helmet will help protect my child's head when riding a tricycle, or scooter.** The helmet fits snugly and is placed correctly on my child's head. The chinstraps are fastened tight enough so the helmet does not shift on my child's head.

Safe Around Cars

Your child is too young to understand the danger of cars and traffic. It is hard for drivers to see small children.

- ❑ **I always hold my child's hand and cross the street with him.** When we walk, I talk about how to cross the street safely. I teach my child to look left, then right, then left again. We always cross the street together.
- ❑ **I do not let my child play behind or between cars, in the driveway, or near busy streets.**
- ❑ **Before I get in my car, I walk around it to be sure that my child is not behind it.**

Safe from Burns

Your child likes to explore everything and does not understand danger. Hot liquids and food can spill and cause serious burns.

- ❑ **I protect my child from getting burned by tap water.** I set my water heater below 120°. I always test the water

with my elbow or wrist before I use it on my child.

- ❑ **I keep hot food, hot drinks, and other hot things away from my child.** I keep my child out of the kitchen when I cook. I put screens or gates around fireplaces, wood stoves, or heaters.
- ❑ **My home has working smoke detectors in the areas where my family sleeps.** I test the batteries once a month. I change the batteries twice a year, when daylight savings time changes.

Safe from Guns

- ❑ **If my family chooses to have a gun, it is always kept unloaded and locked away.** Bullets are kept in a separate place. Trigger locks are used.

Remember: Knowing CPR can save your child's life.

IMPORTANT PHONE NUMBERS

Emergency: 9-1-1

Poison Control: 1-800-222-1222

Child Abuse Hotline: 1-800-422-4453

CREATED BY:

Childhood Injury Prevention Program
a project of the Center for
Injury Prevention Policy & Practice
(619) 594-3691

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Services

