
Family Resource Network

Helping Families Meet the Challenge

Volume 13, Issue 1, Winter 2005

Two New Programs Go Into Effect for Families of Regional Center Consumers

Valley Mountain Regional Center (VMRC) conducted meetings throughout its five county service region to alert families to two new programs that go into effect January 1, 2005. At the meetings it was stated that these program changes were initiated at the State level and VMRC is obligated to enforce them.

The Family Cost Participation Program (FCPP) applies to families of Regional Center consumers who are ages 3 to 17 years and are not eligible for Medi-Cal services. FCPP requires parents whose annual gross income exceeds 400% of the federal poverty level to pay a share of VMRC costs for respite, day care and camping services. No other Regional Center services are affected by the FCPP. As an example, for a family of four, 400% of the federal poverty level is \$75,400. Therefore, if a family of four people earned less than that amount they would not have to pay any participation fee. Families will learn more about this program at their child's next Individual Program Plan (IPP) meeting.

The **Family Member Respite Service** has had regulatory changes go into effect January 1, 2005. These affect parents that are vendored through the Regional Center and procure their own respite provider. In addition to the wages for respite services, parents must withhold and pay any applicable federal, state and local taxes and, where appropriate, applicable worker's compensation insurance. Parents will be subject to audit. For parent vendors who wish to continue to receive respite services, but who do not want to take on the bookkeeping and financial responsibilities, VMRC has contracted an agency to take on the legal and financial responsibilities of paying the respite worker as well as the taxes and the worker's compensation insurance. Parents will still choose their worker and that worker will be paid through the agency that VMRC has contracted with. There are

various rules and conditions that must be met in order for the respite worker to be paid by that agency. Parents who are currently receiving respite services, or who are interested in learning if they are eligible to receive respite services, are urged to contact their child's VMRC Service Coordinator to learn more about this program.

Parents should direct any questions they have about these two programs to their child's VMRC Service Coordinator. If a parent is not sure who the child's current Service Coordinator is they should contact VMRC. The office telephone numbers are:

Stockton – 209-473-0951
Modesto – 209-529-2626
San Andreas – 209-754-1871



Operation: Birthday Wishes

Recently FRN heard the following story about an adult with developmental disabilities who lives in a group home. He showed a visitor one of his most prized possessions. It was a birthday card that he received 8 years ago. That was the last time he'd received a birthday card. FRN would like to see that children and adults in group homes who don't have family are remembered on their birthdays so we're organizing Operation: Birthday Wishes. If you'd like to donate to this project please send your tax-deductible donation to FRN and identify it as funds for Operation: Birthday Wishes. 100% of the funds will be used to purchase cards and postage.

Family Resource Network Newsletter
Winter 2005

EDITOR: Ann Cirimele

Production costs for Family Resource Network Newsletter are underwritten by grants from California's Early Start Program – Department of Developmental Services, Valley Mountain Regional Center, U.S. Department of Education Grant #H328M010038, and private donations. *FRN Newsletter* is distributed at no cost to families raising children with special needs in Amador, Calaveras, San Joaquin, Stanislaus and Tuolumne Counties. Families outside of that region may subscribe to the newsletter for a small fee. Scholarships identified in this publication are available only to families in FRN's service area. Family Resource Network, Inc., is a parent directed 501 (c)(3) non-profit corporation committed to providing information and support to families raising children with special needs in Amador, Calaveras, San Joaquin, Stanislaus, and Tuolumne Counties. Items printed in the *FRN Newsletter* are for information purposes only and may not necessarily reflect the opinion or endorsement by Family Resource Network or its underwriters. Direct questions or comments to:

Family Resource Network Phone: 209-472-3674
5250 Claremont Ave., Suite 239 Fax: 209-472-3673
Stockton, CA 95207
Email: FRNfamilies@aol.com website: www.frcn.org

Congratulations to the winners of FRN's recent drawing:

Brenda Blakeley
Bertha Melchor
Erika Simmons



PLAY BALL!

There are numerous recreational opportunities for Special Needs children in the Stockton area. For more information call the Stockton's Special Children Sports Program at 957-1613.

Lodi Autism News

The Lodi Autism Group meets at 7 p.m. on the 2nd Tuesday of the month

at Nichols School. For more information call Sylvia at 334-3025.

News from Central Valley FEAT (Families for Effective Autism Treatment)

Subgroup Meetings

The **Modesto** 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.

The **Tracy** subgroup meets every Wednesday at 9 a.m. in the Community Room at the Safeway at Corral Hollow and 11th Street. For information contact Heidi at 832-3878.

Autism Connection Meetings

9 a.m. to 11 a.m.

San Joaquin COE

2707 Transworld Drive, Stockton

1/21/05

2/18

3/18

4/15

5/20

For more information call 468-4907.

All interested parties are welcome!

Central Valley Down Syndrome Association News

The Spanish-language group meets the 2nd Friday of the month from 6 to 8 p.m. at M.L. Annear School in Modesto. Call Maria at 845-8028 for information.

Call Angie Purewal at 499-2420 for information on the English-language group.

The Modesto Epilepsy Support Group meets at 2 p.m. on the 2nd Tuesday of the month at the West Side Community Building on Paradise Road. Call Mary for details at 521-9737.

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 offer a doorprize! We regret that we are unable to provide childcare.

January 18 - How to Choose a Physician for Your Child with Special Needs – Presenters: James Popplewell, M.D., and Mary Sheehan, R.N.

Come learn how to talk to medical professionals, what questions to ask doctors, how to advocate for your child.

February 15 – Is Your Special Needs Child A Target of Bullying?

FRN's Ann Cirimele will present a workshop developed by the PACER Center.

The workshop will discuss laws regarding bullying, the role of the IEP in bullying, and bullying intervention strategies.

March 15 – Understanding Special Education Assessments

Presenter: Robert Morrow, Ed.D.

Dr. Morrow will help parents understand the assessment process. He will assist parents in determining what types of assessments might be best for their child.

April 19 – Writing Effective IEP Goals and Objectives

Presenters: Bob Phillips from SCDD and FRN's Ann Cirimele

Back by popular demand, this workshop will assist parents in becoming more active participants in the goal writing process.

May 17 – Fathers Panel

A Panel of local dads will discuss the issues and emotions they face by being the dad of a child with special needs

June 21 – Family Social

A fun evening for the entire family.

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 13 - Special Education Rights Workshop •

Presenters: Area VI Board and Family Resource Network • Oakdale Library, 151 S. 1st St. - **Oakdale**, 6 p.m., FREE, for reservations call 800-847-3030.

January 19– 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 3 - Special Education Rights Workshop •

Presenters: Area VI Board and Family Resource Network • Manteca Library, 320 W. Center St.. - **Manteca**, 6 p.m., FREE, for reservations call 800-847-3030.

March 17 - Special Education Rights Workshop •

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

April 7 - Special Education Rights Workshop •

Presenters: Area VI Board and Family Resource Network • Sonora Regional Medical Center., 1000 Greeley Road - **Sonora**, 6 p.m., FREE, for reservations call 800-847-3030.

April 16– Autism Forum • SJCOE Education Service Center, **Stockton** • partial scholarships for parents, fee for professionals, for more information call 468-4907.

April 22– CHOICES Institute – Respect Yourself:

Just Say Know! • Keynote Presenter: Dave Hingsburger • SJCOE Education Service Center, **Stockton**, 8:00 a.m. to 4:00 p.m., fee, for information call 209-948-8011.

May 5 - Special Education Rights Workshop •

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

Financial and Estate Planning Workshops are being planned for Modesto and Manteca. Call FRN for more information.

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

New in FRN's Lending Library

Books

Autism – The Eighth Colour of the Rainbow – Learn to Speak Autistic

Caregivers and The Courts

The Early Years

Teaching Math to People with Down Syndrome

DVDs

The following DVDs address issues of children with hearing loss:

Hear the Difference

There's a New Kid in School

Videos

The following videos address issues of children with hearing loss:

Dreams Made Real

Hear the Difference

There's A New Kid in School

En Espanol

Provedores De Cuidado y Las Cortes

Dreams made Real (video with Spanish subtitles that addresses issues of children with hearing loss)

FRN thanks Peggy Traverso who donated the following videos to the library:

Regular Lives

The Inclusion Dilemma

FRN thanks Emily Bauch-Donnan who donated the following books to the library:

Baby Signs - How to Talk with Your Baby Before Your Baby Can Talk

Curious Incident of the Dog in the Night-Time

The Late Talker – What To Do If Your Child Isn't Talking Yet

Sensory Integration – Theory & Practice

Should I Medicate My Child

The Einstein Syndrome – Bright Children Who Talk Late

To borrow resources from the library or to receive an updated library list, call FRN at 800-847-3030 or log onto our website at www.frcn.org

Congratulations to FRN's Board of Directors

FRN's Board of Directors has elected the following slate of officers:

Beverly Klunk, President
Karen Frank, Vice-President
Kathy Werner, Treasurer
Gwenda Simms, Secretary

FRN's Directors-at-Large are:

Sue Chinchio
Judy Murray
Susie Wong

Many thanks to these dedicated people for their hours of volunteer efforts!

Join the Sibshop Fun!

Sibshop, the recreation support group for non-disabled siblings, ages 7 to 14, will meet on Friday evening, January 21st at Quail Lakes Baptist Church in Stockton. Sibshop is a great place for siblings to talk with other siblings in a fun, friendly environment. If you want to receive a flyer and registration form call FRN at 472-3674 or 800-847-3030.



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

Sandra Abu-Diab
Kathleen Alvarado
Marilyn Toledo Baptista
Emily Bauch-Donnan
Kelli Brown
Dee Ann Buchner
Kathleen DiBartolo
Melissa Elam
Eblita Garcia-Siazon
Robin Meagher
Pat, Judy and Casey Murray
Amber O'Brien-Verhulst
Patrick O'Connor
Michelle Rodriguez
William and Mary Schulz
Sarah Soriano
Elizabeth Springer
Peggy Traverso
Cindy Tyson
Marlene Yu-Li

Many thanks to FRN's
Fabulous Volunteers:
Karen Bruns
Megan Murray
Nadine Simms

Outstanding
Students:

FRN thanks the following students
for fulfilling their community service
volunteer work at FRN:
Jennifer Ellis, *St. Mary's High School*

Anthony Cirimele, *Lincoln High
School*

Valiant Volunteers

At FRN's Holiday Open House in December, FRN presented 3 outstanding individuals with awards to recognize their extraordinary volunteer efforts on behalf of FRN and families of children with special needs. These three fabulous volunteers have spent countless hours on FRN projects and can always be counted on to come to FRN's assistance without a moment's hesitation. They are:

Joe Cirimele
Don Okura
and
Roger Valdez

Thank You!!!!



Project Rudolph Update

FRN's Project Rudolph was a great success! Through the generosity of the donors listed below FRN volunteers were able to bring Holiday presents to almost 50 adults with developmental disabilities who live in group homes. If you'd like to donate to the 2005 Project Rudolph fund, please send your tax-deductible donation to FRN and identify it as funds for Project Rudolph. 100% of Project Rudolph funds will be spent on gifts.

Project Rudolph Donors:

Kathy Blankenship
The Carter Family
The Cirimele Family
Bill and Laurie Caya
Karen Frank
Renee Kenner-Juarez
Ed and Kathleen O'Connor
The Okura Family
Sangita Patel
Jerry and Agnes Whitefoot
Duane Whitefoot
Larry Whitefoot

You are all the GREATEST!!!

Behavior Management Principles

By Susan Ireland, Behavior Analyst

Reinforcer – This is anything that increases a child’s behavior. Reinforcement is best when given immediately after an appropriate behavior. You will have to find which reinforcers work best with each child. The most effective types of reinforcers are:

Verbal Praise: “You did a great job!”

Verbal Encouragement: “I see how hard you’re trying.”

Non-verbal: A smile, a pat on the back, thumbs up

Privileges: Playing a game, computer time, choosing a movie

Tangible Objects: Special snack or treat, toys, stickers, music

Corrective Phrases Stated Positively – Phrase your directive in the positive and do so specifically.

“The sand is for sifting, not throwing.” instead of “Don’t throw the sand.” “We use our outside voices.” instead of “Stop shouting.”

Catch ‘em Being Good – Make a point to look for your child’s good behavior so that you can positively reinforce it. If more attention is paid to an appropriate behavior your child will learn to become a negative attention seeker. Also, be specific with your words.

“That was really nice of you to share with your friends.” “Thank you for using good manners. That makes me really proud of you.”

Modeling – Demonstrate desired behaviors for your child. It’s important to note that many of your behaviors are being modeled for your children (those you’d like them to see and those you don’t).

“When I’m mad or frustrated I use my words and not my fists to express myself.”

“This is how we use a toothbrush to brush our teeth.”

Shaping – Reinforce successive approximations of appropriate behaviors (best used when learning a new skill).

“I like the way you brushed your front teeth, now let’s try brushing the back and side teeth.”

Grandma’s Rule – (Premack Principle) Use a frequent behavior to increase the likelihood of a less frequent behavior.

“As soon as you pick up the blocks, you can ride your bike.” Or “When you finish your homework you can watch a movie.”

Forced Choices – When your child doesn’t want to comply with your direction, give them a choice between two (parent) desired alternative behaviors.

“You can choose to pick up your dirty clothes or you can sweep the driveway.” Or

“You can sit quietly with us and watch the movie or you can go to your room.” And

“You may have Cheerios or Kix, which do you choose?”



FRN proudly presents its
7th Annual Mothers Retreat
for Mothers of Children
with Special Needs



A Tip of the Hat!
*Celebrating Moms and the Different
Hats We Wear*

Saturday, February 5, 2005

Registration and continental breakfast begin at
9:30 a.m. Workshop hours: 10 a.m. to 3:00 p.m.

San Joaquin County Office of Education,
Education Service Center, 2707 Transworld
Drive, Stockton, Burwood 1 Conference Room

Special Guest Presenter: Karen Varma, MFT

The Mothers Retreat is an opportunity for Mothers to
come together to recognize and celebrate the
challenges and joys of raising a child with special
needs. The Retreat includes some pampering, craft
activities, fun, prizes and lots of food. Lunch includes
vegetarian choices. If you require special
accommodations, please contact FRN no later than
January 21st.

Since many Moms love to shop, FRN will be offering
handmade craft items for sale. All proceeds benefit
FRN.

There will also be a book exchange. If you have any
books in your home that you no longer need, bring
them to exchange. Any unclaimed books will be
donated to Stockton's Friends of the Library.

Participants had this to say about last year's Mothers
Retreat:

- *"I really needed this and it was very fun.
This helps me a lot and I can't wait for next
year."*
- *"It was nice to relate to everyone on the
same level."*
- *"Completely awesome."*

Mothers Retreat Registration

Name: _____

Address: _____

City/Zipcode: _____

Daytime Phone Number: _____

Evening Phone Number: _____

**FRN's Service Area: Amador, Calaveras,
San Joaquin, Stanislaus, and Tuolumne
Counties.**

____ I reside in FRN's service area and I am
enclosing the registration fee of \$10.00.

____ I do not reside in FRN's service area
and I am enclosing the registration fee of
\$20.00

Seating is limited and registrations will be
handled on a first come, first served basis.
We regret that no refunds can be given;
however, substitutions are welcome. If you
require special accommodations, please
contact FRN by January 21, 2005.

**Please send completed registration form
and payment no later than January 21,
2005 to:**

Family Resource Network
5250 Claremont Ave., Suite 239
Stockton, CA 95207

**Questions? Call FRN at 472-3674
or 800-847-3030**

