



Sibshops Are On The Move!

Family Resource Network's Sibshops now have two new homes. We are offering Sibshops in **Modesto** at United Cerebral Palsy and in **Stockton** at Church of the Presentation.

Sibshop is a recreational support group for **non-disabled siblings**, ages 7 through 13. Sibshops are a great way for sibs to 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. Sibs are welcome to attend either one or both Sibshops.

Modesto Sibshop: Friday, April 27th 6 to 8 p.m. at United Cerebral Palsy

Stockton Sibshop: Friday, May 18th 6 to 8 p.m. at Church of the Presentation.

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

For more information on sibling issues check out the Sibling Support Project at <http://www.siblingsupport.org/>

Future Horizons

Learning About Disability Benefits as Children with Special Needs Become Adults

This important workshop is sponsored by FRN and DRAIL (Disability Resources Agency for Independent Living) and is presented by Ignacio Chavez, who works for DRAIL. Ignacio will help parents understand the disability benefits system. The workshop will take place on **Tuesday, May 8th** from 6:30 to 8:30 p.m. at San Joaquin County Office of Education – Wentworth Education Center, 2707 Transworld Drive, Stockton, CA

Topics to be discussed:

- Social Security Definitions
- How employment affects Social Security
- How employment affects Medi-Cal
- Getting to know DB101

There is no cost to families or professionals residing in Amador, Calaveras, San Joaquin, Stanislaus or Tuolumne Counties to attend this workshop, but registration is required by May 1st. Anyone requiring special accommodations should contact FRN at least two weeks in advance. The registration form is posted at <http://www.frcn.org/calendar.asp> or you can contact FRN via the info on the bottom of this page.

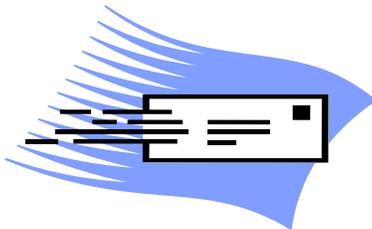


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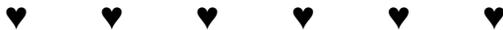
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Email: FRNfamilies@aol.com website: www.frcn.org



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:**

Robert Hartz

Clarita Granados

What is Workability?

The Workability program provides comprehensive pre-employment skills training, employment placement and follow-up for high school students in special education who are making the transition from school to work, independent living and postsecondary education or training.

Workability offers special education students the opportunity to complete their secondary education while also obtaining marketable job skills.

Workability program seeks employers in the business community who will give students with special needs a chance to prove themselves.

The Workability program is funded and administered by the California Department of Education. Not all schools districts or SELPAs offer Workability. Some offer programs similar to Workability. Contact your district or SELPA for information on a work experience program in your area. A listing of area SELPAs is on page 4.

For students who are 16 or older the Individualized Education Program (IEP) must include appropriate measurable postsecondary goals based upon age-appropriate transition assessments related to training, education, employment and, where appropriate, independent living skills.

The Future Horizons workshop listed on the front page of this newsletter will provide information on how disability benefits are affected by employment. In the vast majority of cases, a person receiving Supplemental Security Income (SSI) benefits will net more money if they are employed rather than receiving SSI alone.



Be sure to update your address book with FRN's new suite number - 148.

CHECK OUT THESE WORKSHOPS!!

Please Note: These events occur at a variety of venues throughout FRN's service area. Be sure to **check the location** of the workshop you are interested in. Flyers for the workshops are posted on the calendar section of FRN's website, www.frcn.org or contact FRN at 472-3674 or 800-847-3030 or frnfamilies@aol.com for more info.



The Road to Independence: An Evening with Krisi Franzone

Krisi is an adult with a developmental disability. She is a strong self advocate which means that she has learned how to speak up for herself. In her presentation she shares how she learned how to rent her own apartment, use public transportation and become a part of the Department of Developmental Services Leadership Project. Come prepared to be inspired! **Wednesday, April 4th, 6:30 to 8 p.m. at San Joaquin County Office of Education, Stockton.** There is no cost to attend, but registration is required.



Ain't Misbehavin'

Susan Ireland, M.A., BICM, will speak on how parents can address challenging behaviors that their children exhibit in their homes. The workshop is Thursday, April 26th from 6:30 to 8:30 p.m. Time will be set aside for parents to ask questions. There is no cost to attend, but registration is required.

IEP Workshops

April 17, 2012 – Writing An Effective IEP for Your Child with Special Needs • Presenters: Area Board 6 and Family Resource Network • **Public Library, Sonora,** 6-8:30 p.m., FREE, reservations are required.

April 18, 2012 – Writing An Effective IEP for Your Child with Special Needs • Presenters: Area Board 6 and Family Resource Network • **Public Library, Lodi,** 6-8:30 p.m., FREE, reservations are required.

Early Start Transition

May 2- Building Bridges – Transitioning Your Child from the Early Start Program • Presenter: FRN, Sherwood Executive Center, 5250 Claremont Ave., **Stockton,** 9:15 to 11:30 a.m., FREE, registration required.

Infant Massage

April 24 – That Loving Touch – Infant Massage • Presenter: Jayne Bush, Connections Family Center, **Modesto,** 10 to 11 a.m., FREE, registration required.



Brown Bag Parent Discussion Group

When: The last Tuesday of the month from 11:30 a.m. to 12:30 p.m.

Where: Family Resource Network, Sherwood Executive Center, 5250 Claremont Ave., Suite 148, Stockton, CA 95207

Come meet other parents and join the conversation. Attendees are to provide their own brown bag lunch and FRN will provide beverages.



Don't forget to register!

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.

FRN Library Resources newest additions:

Books

- Food Chaining
- Taking Care of Myself: A Hygiene, Puberty, Personal Curriculum for People with Autism



CHOICES 2012

Friday, April 13, 2012

FRN is one of the cosponsors

that proudly presents the

25th Annual

CHOICES Institute

This year's event celebrates CHOICES 25th Anniversary and the Power of CHOICES. We will have two keynote speakers who will share their stories of how they became independent, employed and active in their community. There will be a business fair of businesses owned/operated by people with disabilities. The event will end with a legislative panel where attendees will have the opportunity to ask questions of local legislators. This is a great time to make sure that your voice is heard. Be sure to check out the new CHOICES Institute web site at www.choicesinstitute.org. Registration information is available online.

Valuable Parent Resource

Disability Rights California has published the newest edition of Special Education Rights and Responsibilities. The entire book is posted online at <http://www.disabilityrightsca.org/pubs/504001SERR.htm>. You can order a copy of the book from Disability Rights CA via their website or by calling 800-776-5746.

What is a SELPA?

California Department of Education says, "In 1977, all school districts and county school offices were mandated to form consortiums in geographical regions of sufficient size and scope to provide for all special education service needs of children residing within the region boundaries. Each region, Special Education Local Plan Area (SELPA), developed a local plan describing how it would provide special education services.

SELPAs are dedicated to the belief that all students can learn and that special needs students must be guaranteed equal opportunity to become contributing members of society. SELPAs facilitate high quality educational programs and services for special needs students and training for parents and educators. The SELPA collaborates with county agencies and school districts to develop and maintain healthy and enriching environments in which special needs students and families can live and succeed."

Each SELPA has a Community Advisory Committee (CAC) made up of parents, educators and community members. The role of the CAC is to advise and make recommendations to the SELPA for possible inclusion in the local plan. Many CACs offer workshops on topics of interest to parents. You can contact your local SELPA to get on the mailing list for upcoming CAC meetings and workshops.

In the 5 county region that FRN serves there are 8 SELPAs:

Amador County Office of Education, SELPA Director Patty Haskall, 209-257-5330

Calaveras County Office of Education, SELPA Director Robin Searway, 209-736-6020

Lodi Area Special Education Region (includes Lodi, New Hope and Live Oak districts), SELPA Director David Wax, 209-331-7061

Modesto City Schools, SELPA Director Virginia Johnson, 209-576-4155

San Joaquin County Office of Education (all districts other than those identified for Stockton and Lodi), SELPA Director, Kathy Skeels, 209-468-4925

Stanislaus County Office of Education (all Stanislaus districts other than Modesto City Schools), SELPA Director, Regina Hedin, 209-541-2944

Stockton Unified, SELPA Director Kelly Dextraze, 209-933-7120 x 2560

Tuolumne County Office of Education, SELPA Director Jon Lenz, 209-536-2040

To view FRN's entire library list or to check out a library resource, visit www.frcn.org and click on Library. For more information call FRN at 800-847-3030 or email FRN at FRNfamilies@aol.com.



FRN has received donations from:

Sue Allyn
 Bank of America – Employer Matching
 Program
 Bibi Anderson
 Kevin and Christine Backovich
 Robert Jones
 Rhonda Martinez
 Rowena Polvora
 Efrain Rosas
 Pam Thompson
 TPG Capitol
in the name of Hillary Cirimele
 Michelle Williams

Thank You Volunteers!

**FRN thanks the following
 for their volunteer efforts:**

Joe Cirimele
 Katey Clark
 Don Okura

If you would like to volunteer for FRN's work group at the **2012 Asparagus Festival** which will take place in Stockton on April 27-29, please contact FRN and we'll get your name on the list.



Healing Hearts Society

Many, many thanks go to those 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. To date, FRN has provided Healing Hearts Society funds to **42** families.

FRN's 14th Annual Mothers Retreat



was a great day. Our theme of "**Walk A Mile In Our Shoes**" took shape in the form of games and prizes, and the Zumba session was lots of fun. We are already planning for next year's event which will take place on Saturday, February 2, 2013. Information will be posted on FRN's website as it becomes available.

FRN is grateful to the following for their generous donations to the Mothers Retreat:

- ♥ AnaMamma's Gluten Free baked goods
- ♥ Costco, Lodi
- ♥ Costco, Stockton
- ♥ Emma's Aprons
- ♥ Hands-On Educational Supply, Stockton
- ♥ Jackson Rancheria
- ♥ Margarita Lopez, Stockton
- ♥ Mario Andeola, Stockton
- ♥ MOPS of Stockton
- ♥ Don Okura, Stockton
- ♥ Patt Rasmy/ Elegant Essence
- ♥ San Joaquin County Office of Education
- ♥ Sarah's Saks
- ♥ Mary Valdez/ Mid Valley Nut



Annual Family Program Fee

The following information, which was provided by Disability Rights California (DRC), affects some families whose children are served through Valley Mountain Regional Center. To read the entire DRC fact sheet, go to www.disabilityrightsca.org/pubs/F04901.pdf

The State Legislature required the Department of Developmental Services (DDS) to reduce its budget by 174 million dollars for this fiscal year (2011-2012), in addition to the required 334 million dollar reduction effective July, 2009. As a result, there are changes to the types and amounts of services that regional centers can purchase. The Department of Developmental Services established a new program by which it will collect fees for children receiving regional center services. Any family whose adjusted gross income is at or above 400 percent of the federal poverty rate and that meets the following criteria will be assessed an annual fee:

1. The child is eligible for regional center services under the Lanterman Act or Early Intervention Services Act;
2. The child is under 18 years of age;
3. The child lives with his/her parents;
4. The child or family receives services beyond needs assessment and service coordination;
5. The child does not receive Medi-Cal including Medi-Cal waiver services; and,
6. The child receives services beyond those for which a copay is being assessed under the Family Cost Participation Program.

If the family's adjusted gross income is less than 400 percent of the federal poverty level, there will be no fee. If the family's adjusted gross income is between 400 and 800 percent of the federal poverty level, there will be a fee of \$150 per family. If the family's adjusted gross income is more than 800 percent of the federal poverty level, there will be a fee of \$200 per family.

General considerations:

1. These fees are per family, regardless of the number of regional-center eligible children in the family.
2. Total adjusted gross family income means all income from both parents (even if living separately unless a court order states otherwise), including the community property portion of a stepparent's income.
3. If a noncustodial parent's income cannot be obtained, then it shall not be included.

Exemptions:

A regional center may grant an exemption to the assessment of an annual family program fee if the parents demonstrate:

1. The exemption is necessary to maintain the child in the family home;
2. The existence of an extraordinary event that impacts the parents' ability to pay the fee or the parents' ability to meet the care and supervision needs of the child; or
3. The existence of a catastrophic loss that temporarily limits the ability of the parents to pay and creates a direct economic impact on the family. For purposes of this subdivision, catastrophic losses may include, but are not limited to: natural disasters; accidents involving, or major injuries to, an immediate family member; and extraordinary medical expenses.

Federal Poverty Level:

Examples of **400%** of federal poverty level:
For a family of 2 the adjusted gross income is \$58,840; for a family of 3 it is \$74,120; for a family of 4 the adjusted gross income is \$89,400.

Examples of **800%** of the federal poverty level:
For a family of 2 the adjusted gross income is \$117,680; for a family of 3 it is \$148,240; for a family of 4 the adjusted gross income is \$178,800.



Attention Travelers!

The Transportation Security Administration has launched TSA Cares, a new helpline number designed to assist travelers with disabilities and medical conditions.

Travelers may call TSA Cares toll free at **1-855-787-2227** prior to traveling with questions about screening policies, procedures and what to expect at the security checkpoint. **TSA Cares will serve as an additional, dedicated resource specifically for passengers with disabilities, medical conditions or other circumstances or their loved ones who want to prepare for the screening process prior to flying.**

The hours of operation for the TSA Cares helpline are Monday through Friday 9 a.m. – 9 p.m. EST, excluding federal holidays. Travelers who are deaf or hard of hearing can use a relay service to contact TSA Cares or can e-mail TSA-ContactCenter@dhs.gov.

If you would like to make advance arrangements for screenings at airports, travelers can contact TSA using [Talk To TSA](#), a web-based tool that allows passengers to reach out to an airport Customer Service Manager directly, and the TSA Contact Center, 1-866-289-9673 and TSA-ContactCenter@dhs.gov, where travelers can ask questions, provide suggestions and file complaints

There's An App For That!

FRN is compiling information on apps that are recommended by parents or professionals. Send the name of the app and a short description to FRNfamilies@aol.com.

New Pediatric HealthCare Center

Choosing a childcare provider is one of the most important thing that working parents have to do. FRN does not endorse any specific providers, but we feel it is important to share information on services available in the community. Below is information on a new service in the area. The information was provided by the organization and any questions you have should be directed to the organization.

My Friends Pediatric Day Healthcare Center will be opening its new Stockton Center to begin providing daycare for medically fragile children in Stockton and surrounding communities.

Following are some commonly asked questions and answers which may assist in deciding if the center is right for you and your child

WHERE? 2427 North California Street....just 4 doors from Stockton Pediatrics and only 2 minutes from VMRC.

WHO MAY ATTEND? Children from newborn through age 21 who require some nursing (LVN or RN) intervention.

WHAT ARE THE HOURS/DAYS OF OPERATION? They vary based on patient needs generally as our centers grow, they are open 7 days a week.

TRANSPORTATION MAY BE PROVIDED - When available, pick up and drop off to the Center can be provided by the My Friends Van. We also coordinate with school districts for transportation.

WHAT CONDITIONS QUALIFY?

* Asthma With Breathing Treatments * Oxygen Administration* Seizure Disorder With Possible Emergency Response * Apnea Monitors
*Tracheostomy or Frequent Oral Suctioning * Gastrostomy Tubes *Patients With Medication Administration or Emergency Monitoring * Cardiac Care

MY FRIENDS IS ELIGIBLE FOR BOTH STATE AND FEDERALLY FUNDED PROGRAMS.

We have experts on staff to answer questions about eligibility and can help with Medi-Cal, EPSDT and Regional Center qualifications.

Should you have any questions, please call our office at 209-242-2299. We are very much looking forward to serving clients in the San Joaquin Valley.

info@myfriendsonline.org