



Family Resource Network

Helping Families Meet the Challenge

Volume 21, Issue 3, Summer 2013 Edition



Summer Workshops

Family Resource Network is offering two free workshops in June. **Home Sweet Home** will take place the evening of Thursday, June 13th. Candice Bright, BCBA, will talk about how families can address their child's challenging behaviors at home. Candice will offer possible solutions and ways to monitor success.

Mark Drobny, attorney at law, will conduct **Conservatorship for Your Adult Child with Special Needs** on Thursday, June 20th. Information on conservatorships will be shared along with alternatives to conservatorships.

Both workshops will take place at San Joaquin County Office of Education, 2707 Transworld Drive from 6:30 to 8:30 p.m. **Registration is required** and forms can be found on FRN's website, www.frcn.org and click on Calendar. Registrations can be called in to FRN at 209-472-3674 or 800-847-3030; faxed to 209-472-3673 or emailed to FRNfamilies@aol.com.

FRN Parent Scholarships Available

Family Resource Network has received an unrestricted grant of \$2,500 from the Stuart Foundation. Being guided by the Foundation's goal of promoting education, FRN has decided to use the funds to provide scholarships to assist parents of special needs children with registration fees to attend non FRN conferences or workshops on topics related to children with special needs and their families.

This is a reimbursement scholarship which means that FRN reimburses the parent after the parent has attended the event. Here are the rules:

1. Scholarships are available to parents (or primary caregivers) raising a child from age birth to 22 years who has a special need.
2. The family must reside in Amador, Calaveras, San Joaquin, Stanislaus or Tuolumne counties.
3. The amount of the scholarship may not exceed \$100.
4. The scholarship is solely for the cost of registration (i.e. not travel or lodging costs).
5. The event must take place in California.
6. Parent must agree to become a Parent Partner and be available to talk or email with other parents about information learned at the event.
7. Parent must agree to provide FRN with any handouts/materials from the event so that FRN can make copies for its files. FRN will return the originals to the parent.

Parents wishing to access these scholarship funds should contact FRN **prior** to attending the event. FRN reserves the right to limit the number of scholarships for any specific event. For more information contact FRN staff.

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Scholarships identified in this publication are available only to families in FRN's service area. Scholarships may be limited to the specifications of the granting agency. Family Resource Network, Inc., is a parent directed 501 ©(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 148 Fax: 209-472-3673

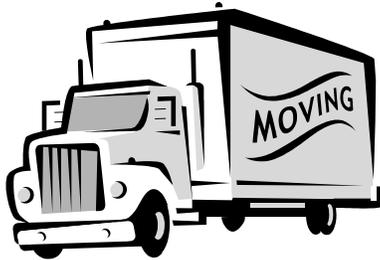
Stockton, CA 95207

Email: FRNfamilies@aol.com

website: www.frcn.org

Super Student

FRN thanks Katey Clark for her service to Family Resource Network.

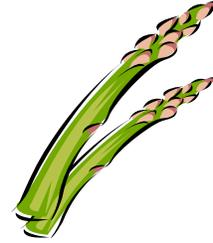


Moving?

If you are relocating within FRN's five county service area (Amador, Calaveras, San Joaquin, Stanislaus and Tuolumne) we want to continue to send you the FRN newsletter. Because the newsletter is mailed via bulk mail the Post Office does not forward it to your new location. So if you want to make sure that you receive all issues of the newsletter just give FRN a call or send an email or letter with your new address.

Best wishes to you in your new home!

Thank You Volunteers!



FRN thanks the following for donating their service hours at the Asparagus Festival to FRN:

Daniel Aviso

David Chavez

Brian Connolly

Michaela Coronado

Evelyn Crampton

Kimberly Douglas

Naomi Enriquez

Erik Estrada

Victoria Estrada

John Forrest

Ann Gulick

Maria Hernandez

Sabrina Moore

Elvin Norling

Miche Poaster

Gail Rieger

Roger Valdez

Catherine Vasquez

Leticia Vasquez

Connie Weiman

Kathy Werner

Ivy Wilson

Susie Wong

The best way to find yourself is to lose yourself in the service of others.

Gandhi

The Sound of Music!!

FRN now has two musical play groups for young children with special needs and their parents. **Tikes and Tunes** is for children ages birth to 36 months who are served through Early Start or Prevention Resource and Referrals Services (PRRS). **Preschool Posse** is for preschool age children who are receiving special education services through an IEP. Parents will learn how they can use music to enhance their child's development. Both groups are led by Karen Sanchez, MBA MT-BC, Music Therapist. We'd love to have you join us, but space is limited so be sure to register! Registration forms are on FRN's website or you can email or call FRN to register. Both groups meet at FRN's office, Sherwood Executive Center, 5250 Claremont Ave., Suite 148, Stockton.



Tikes and Tunes

A Musical Play Group for Infants and Toddlers in Early Start or PRRS

When: The first Thursday of the month from 9:30 to 10:30 a.m.

Preschool Posse

A Musical Play Group for preschoolers receiving special education services



WHEN: Preschool Posse meets the third Thursday of the month from 1:00 to 2:00 p.m.



No Musical Talent
Required.



Don't forget to register!



Want to try out an iPad?

Some families have expressed interest in purchasing an iPad if it would benefit their child, but they aren't familiar with the device. Family Resource Network has two iPads that are available for parents to try out. Parents may try the iPad in FRN's office during scheduled office hours (Tuesday through Friday, 8:30 a.m. to 2:30 p.m.) to see if they think the device might be something of interest to them or their child. The iPads may not be taken out of the office. If you'd like to schedule a time to try out the iPad, just give FRN staff a call (472-3674 or 800 847-3030) or send us an email at FRNfamilies@aol.com. You are welcome to walk in to try out an iPad, but preference will be given to those who scheduled a time.

FRN also has info on tablet/smart phone apps that might be of interest to families of children with special needs. Feel free to call or email for more information.

Speaking of Apps...

The winning app from the healthfinder.gov Mobile App Challenge is now available for download. The myfamily app can help you manage your family's health through prevention information customized for each family member – all in one simple planning tool! Download it for free today. <http://1.usa.gov/10AGKJs>



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

FRN has almost two thousand library resources for parents and professionals to borrow. There are books, videos, dvds, cds, and audio tapes. You can find an updated list of FRN library resources on FRN's website at <http://www.frcn.org/library.php>.

FRN Events!

Please note that these events take place at a variety of sites. Be sure to check the location of the workshop you are interested in. Flyers for these workshops are available at www.frcn.org and click on calendar. For more information call FRN at 209-472-3674 or 800-847-3030.

July 24 - 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 is required.

See page 1 for info on two other workshops!

Don't forget to register!

Information for VMRC Families Regarding Residential Care

Valley Mountain Regional Center has established a Residential Task Force (RTF). The job of the RTF is to identify current and future needs and services regarding out of home placement (i.e. when a VMRC consumer does not live with family and the housing is funded through VMRC). Several parents are members of the RTF. If you have information or concerns related to VMRC funded residential placement, you are welcome to email or call FRN with your comments and FRN staff will relay your information to the RTF. Your information will be shared anonymously unless you request that FRN share your name with the RTF. You can call 472-3674 or email FRNfamilies@aol.com with your comments or concerns.

FRN Toy Lending Library

FRN's now has 3 sites for its Toy Lending Library. We are grateful to Valley Mountain Regional Center and Tuolumne County Office of Education for partnering with us on this project. The toys are available to families whose children, ages birth to 36 months, are served either through the Early Start program or Prevention Resource and Referral Service (PRRS). There is no cost to use the library.

Stockton: Hours of Operation: Tuesdays through Fridays, 9 a.m. to 2 p.m.

Location:

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

Contact info:

800-847-3030; 209-472-3674 or
FRNfamilies@aol.com

Modesto: Hours of Operation: Monday, 9 a.m. to 3:30 p.m., Wednesday, 9 a.m. to noon

Location:

Valley Mountain Regional Center, 1820 Blue Gum Ave., Modesto, CA 95358

Contact info:

Estela Barba at 209-557-2144

Sonora: Hours of Operation: Monday through Friday, 9:00 a.m.-3:00 p.m.

Location:

Tuolumne County Superintendent of Schools
175 S. Fairview Lane, Sonora, CA 95370
Room 210

Contact info:

209-536-2040





FRN has received donations from:

- Sue Allyn
- Friends of Walton Booster Club
- Sangita Patel
- And Anonymous Donors

FRN thanks the following for their donations to FRN in memory of Joe Cirimele:

- Sue, Tom and Todd Chinchiole
- Joanne Eversole
- Dena Hernandez
- Beverly Klunk
- Carrie Lambertson
- Sangita Patel
- Ray and Karen Pekarcik
- Renee and Lorraine Silveira



Got a Picky Eater?

Studies show that children need to be exposed to a new food up to 15 times before accepting it. PediaSure provides live 1-on-1 nutritional support for picky eaters on its website and toll free 800 number. Support is available both in English and Spanish. Picky eater tips as well as recipes are also available. For more information go to PediaSure.com or call 800-986-8798.

Atención

Familias de habla hispana

Rita Gutiérrez miembro de nuestro personal en Family Resource Network, esta disponible para hablar con usted en español. Rita estará en FRN lunes a jueves de 8:30 am a 12:30 pm. Usted puede contactarla llamando a los teléfonos 209-472-3674 o 800 847-3030 o enviando un correo electrónico a FRNfamilies@aol.com. Rita proveerá apoyo así como información sobre temas de interés a las familias que están criando niños con necesidades especiales. Por favor no dude en llamar, será un placer atenderlo a usted.



Buscando Sonrisas

Un grupo de apoyo en español para las familias con hijos con necesidades especiales.

(This is a support group for Spanish speaking families raising children with special needs. It is conducted entirely in Spanish.)

Nos reunimos el último Viernes de cada mes de 6pm a 8pm y el segundo Miercoles de cada mes de 9:30am a 11:30am en: Family Resource Network, Sherwood Executive Center, 5250 Claremont Ave., Suite 148, Stockton, CA 95207
Se requiere registrasion

Para más información o para registrarse, póngase en contacto con Rita en el 209-472-3674 o por correo electrónico FRNfamilies@aol.com



Prevent Drowning!

The Department of Developmental Services (DDS) has recently updated the Drowning Prevention Webpage at <http://www.dds.ca.gov/Drowning/Index.cfm> and there are links to excellent drowning prevention education materials. DDS continues to see an average of 52 new children each year with near-drowning as a risk-factor, as a part of their client data. That is alarmingly one new child per week (per year) statewide that survives a water accident disabled with many more who lose their lives. The survivors of near-drowning accidents have continued to increase the number of children living with severe disabilities for the remainder of their lives. This is one of the few developmental disabilities that is 100% preventable.

Drowning Prevention is most effective with a “layers of protection” approach:

- Never leave a child alone near water, even for a few seconds
- A supervising adult should be close enough to touch the child under 4 years old near water
- Keep a constant adult eye on young children
- All collections of water are dangerous for infants and toddlers including bathtubs, buckets, toilets, ponds, spas, swimming pools, and natural water sites
- Swimming pools should have fences, alarms, and drains that meet regulations
- Pool gates should be self-latching, opening outward, with the latch out-of-reach for a child
- Keep reaching and throwing aids near a swimming pool
- All children should wear a personal floatation device while playing near bodies of water
- Parents and child caregivers should know how to perform rescue techniques and strategies to respond in an emergency
- If a child is missing, check the pool first



Lets' Get Moving – Information provided by Dept. of Developmental Disabilities' Safety Net publication.

For more information go to
<http://www.ddssafety.net/>

As a helper, you can help the people you support to exercise by: Encouraging them to add physical activity to their everyday life

- Finding activities that they like to do
- Helping them to stick with their exercises

How can you encourage the people you support to exercise? It is challenging to inspire anyone to start and keep exercising. Consider this advice as you encourage the people you support to exercise:

- Be willing to go with the individual. For example, if someone wants to join a health club or take a dance class, ask if they would like you to go with them. It's easier to exercise with a partner.
- Make time for exercise in your own life. Talk about it with the people you support. Offer to show how you exercise.
- Help the individual find exercises and physical activities that they like. Ask first and be willing to offer opportunities to try out different types of exercise.
- Make sure that there is time for exercise or a physical activity every day. If a person has a busy day, plan for several short exercise periods.
- Provide transportation if necessary.
- Make sure that the individual has the right equipment for the exercise or activity. For example, if they like to walk, make sure they have comfortable walking shoes.
- Help the individual make an exercise plan. Try to include a variety of activities (for example, walking, swimming, gardening) to keep them interested.
- Set exercise goals each week. Do something for fun when a goal is reached.

How can you help the individuals you support be safe while exercising? Make sure that the individual you support talks with their doctor before starting new exercises. The doctor can suggest good exercises for the individual. The doctor can also make sure the individual's health status and medications don't cause problems with exercise.

Remind the individual you support to take frequent rest breaks, especially if they feel dizzy or sick, or if they feel pain. Remind them to drink water or other liquids before they exercise.

How can you help individuals who have seizures be safe while exercising? If you are working with someone who has seizures, here are **9 important safety tips** to remember when supporting exercise:

- Check with the individual's doctor first to make sure that their exercises are okay.
- Encourage the individual to exercise with other people who know how to respond when someone has a seizure.
- Help the individual buy an identification bracelet or necklace to wear that has information about seizures.
- Encourage the individual to wear knee and elbow pads when biking, hiking, running, or playing football.
- Help them find places to exercise on soft surfaces, like grass or mats.
- Never let someone you support swim unattended and always encourage them to wear a life jacket.
- Advise them to swim with others who can help if the individual has a seizure.
- Encourage them to stay away from busy streets and dangerous trails.
- Encourage individuals who have seizures to let you know where they are going.

It is also important to know that exercise could cause a seizure if the individual you support has certain conditions. For example:

- Extreme fatigue
- Lack of sleep
- Dehydration
- Hyperthermia (elevated body temperature)
- Hypoglycemia (low blood sugar levels)

You can ask the individual's doctor about these.

How can you help individuals who use wheelchairs to exercise and stay active? Individuals who use wheelchairs can also exercise and stay active. There are three main types of exercise for people who use wheelchairs: (1) range of motion and upper body exercises, (2) resistance training; and (3) weight training. These types of exercise will help build upper body strength. Again, make sure the person you support checks with a doctor before starting an exercise plan.

For **resistance training**, individuals use something called resistance bands. These are large, stretchable bands that are available in most sporting goods stores. They can be attached to a door handle, pole, or a wheelchair. The training involves pulling the bands towards and away from the body. These movements help to strengthen upper body muscles.

Weight or strength training uses weights or dumbbells or even cans of food. There are a number of different exercises that can strengthen upper body strength. It's best to find out how to use these two different types of exercise from someone who has experience. This could be a physical therapist, health club staff, or another individual who uses a wheelchair.