



## Family Resource Network

Helping Families Meet the Challenge

Volume 23, Issue 4, Fall 2015 Edition



### 21<sup>th</sup> Annual Early Start Symposium

Thursday, October 29, 2015  
San Joaquin County Office of Education,  
Stockton, CA

**Presenter: Cari Ebert, MS, CCC-SLP**  
***“The Power of Play: Effective Play-  
Based Therapy & Early Intervention”***

Children learn important lessons through play. This year's Symposium focuses on how parents and professionals can use play to positively impact a child's development. The Symposium will provide a fresh approach to play which promotes cognitive, physical, social-emotional and language development when working with children birth to three in a natural environment.

Ms. Ebert is a popular speaker and there are a limited number of seats. Early registration is encouraged. Registration materials are posted on FRN's website. Go to Calendar and click on the Early Start Symposium link. Scholarships are available to parents of children receiving Early Start services who live in Amador, Calaveras, San Joaquin, Stanislaus and Tuolumne Counties. There are a limited number of scholarships available for parents of preschool age children who live within the 5 county region. Registration fee for local attendees is \$35; \$50 for out of area. CEUs in the fields of speech therapy, physical therapy, occupational therapy, education and nursing will be available for an additional \$15. For more information contact Family Resource Network 209-472-3674, 800-847-3030, or by visiting [www.frcn.org](http://www.frcn.org)



### ***Who's The Boss?*** ***Parenting Your Adult Child*** ***With Special Needs***

**When: Tuesday, September 22**

**Time: 6:30 – 8:30 p.m.**

**Where: San Joaquin County Office  
of Education, Wentworth Education  
Services Building, Chartville 1,  
2707 Transworld Dr., Stockton, CA**

Parenting is challenging, and when the child has special needs the challenges can sometimes be greater.

A panel of Parents will discuss the joys and challenges of parenting an adult child with special needs. This will be a frank discussion about issues such as behavior, discipline, life skills, family dynamics, self-advocacy, residency options and more. There will be time for conversation and questions, and local resources will be shared.

This workshop is free to parents/primary caregivers and professionals residing in Amador, Calaveras, San Joaquin, Stanislaus or Tuolumne Counties. Registration is required. The registration form can be found on the calendar tab on FRN's website. If you have any questions about this event please contact FRN staff using the contact info at the bottom of this page.

See page 4 for information on a related workshop, **Moving Forward: Helping Your Child Transition to Adult Services**. See page 6 for information on upcoming **IEP workshops**.

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Email: FRNfamilies@aol.com website: [www.frcn.org](http://www.frcn.org)



**Sibshop** is the recreational support group for **non-disabled siblings of children with special needs**, ages 7 through 13.

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.

**Saturday, September 26, 2015**  
**11 a.m. to 2 p.m.**  
**Stockton Covenant Church,**  
**1720 Oxford Way, Stockton, 95204**

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



## FRN Parent Scholarships Available

Family Resource Network has received an unrestricted grant of \$2,500 from the Stuart Foundation. FRN is using the funds to assist parents of special needs children within FRN's 5 county service area 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. 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. Restrictions apply. For more information contact FRN staff.



### Visit FRN's Office from the Comforts of Your Own Home

Haven't had a chance to visit FRN's office and always wondered what it looks like? Would you like to see the faces of the FRN staff that you speak to on the phone? In a video now posted on FRN's website, FRN staff welcomes viewers to the office. We hope you'll take a few minutes (well, it actually takes 3 minutes and 12 seconds) to view the video. We'd love to know what you think of it.

Also for your viewing pleasure...

Family Resource Network's Executive Director, Ann Cirimele, was profiled in the Lucile Packard Foundation for Children's Health's newsletter. Here's the link to the article. <http://lpfch-cshcn.org/blog/turning-stumbling-blocks-into-stepping-stones/>

## Tikes and Tunes...Times 2!

Due to popular demand FRN will now offer its **Tikes and Tunes** music play group twice a month. Tikes and Tunes is for children ages birth to 36 months who are served through the Early Start program. Parents 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. Tikes and Tunes meets 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*

**When:** The **first and third Tuesdays** of the month from 9:30 to 10:30 a.m.

No Musical Talent Required.



*Don't forget to register!*

**And Don't Forget** that FRN has **Toy Lending Libraries** for children in the Early Start program at FRN in **Stockton**, Valley Mountain Regional Center in **Modesto** and Tuolumne County Office of Education in **Sonora**. Each library has different hours of operation. For info on the library near you contact:

**Stockton:** 209-472-3674

**Modesto:** 209-557-2144

**Sonora:** 209-536-2040



## 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. Below is a listing of just some of the latest additions to the library.

- 50 Fantastic Things to Do with Babies
- 50 Fantastic Things to Do with Toddlers
- 50 Fantastic Things to Do with Preschoolers
- Grandparents as Parents
- I Brake for Meltdowns
- Raising a Talker
- Thinking Ahead Matters: End-Of-Life Decisions

FRN also has several booklets which have been published by Disability Rights California, including:

- Children with Incarcerated Parents
- My Child with a Disability Keeps Getting Suspended or Recommended for Expulsion

Visit [www.frcn.org](http://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.



Check FRN's website, [www.frcn.org](http://www.frcn.org) and click on "calendar" for updated information on trainings and events. Registration forms for FRN events are on the website.

## Save the Date

### Info on upcoming event:

Family Resource Network is working on a variety of workshops in the coming months. Registration is required for many of the events and registration forms are posted on FRN's website, [www.frcn.org](http://www.frcn.org) and click on Calendar or you can contact FRN staff at 209-472-3674 or 800-847-3030.

- **January 19, 2016: The Birds, the Bees and Your Special Needs Child**, presented by Dr. David Demetral, offered in collaboration with San Joaquin County Office of Education, SELPA, 6:30 to 8:30 p.m., 2707 Transworld Drive, **Stockton**. Registration required.
- **January 21, 2016 Financial and Estate Planning for Families of Children with Special Needs** presented by Frank Quacinella, Merrill-Lynch and Mark Drobny, Attorney at Law, offered in collaboration with Modesto City Schools, **Modesto**, Registration required.
- **Spring, 2016 Financial and Estate Planning for Families of Children with Special Needs** presented by Frank Quacinella, Merrill-Lynch and Mark Drobny, Attorney at Law, offered in collaboration with San Joaquin County Office of Education, SELPA, **Stockton**, Registration required.
- **June, 2016: Conservatorship for Your Adult Child with Special Needs** presented by Mark Drobny, Attorney at Law, offered in collaboration with San Joaquin County Office of Education.

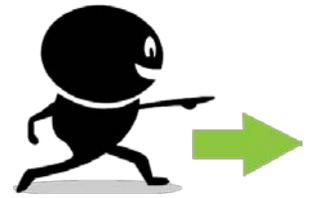


## Community Center for the Blind and Visually Impaired

invites you to a walk on Stockton's historic Miracle Mile to celebrate **White Cane Safety/Blind Americans Equality Day** and the achievement of people who are blind or visually impaired. The event takes place **Thursday, October 15<sup>th</sup>** at noon at Caldwell Park, 2929 Pacific Ave., Stockton. For more information contact Jennifer Boylan at 209-466-3836, extension 206.

## Moving Forward:

### Helping Your Child Transition to Adult Services



**Tuesday, October 6th,  
6:30 to 8:30 p.m.,  
San Joaquin County Office of Education,  
Education Service Center,  
2707 Transworld Drive, Stockton.**

Topics include:

- Special Education Transition Services
- High School Exit Exam
- Life Long Learning Options
- The Role of the Family in the Transition Process
- Community Resources

The target audience is parents/caregivers of students age 16 to 21 who are receiving special education services. The goal is to help parents and student learn about transitioning to adult services. Students are welcome to attend with their parent or primary caregiver. This is a FREE workshop, but registration is required. Call FRN or get a copy of the registration form at [www.frcn.org](http://www.frcn.org). Click on calendar.

## Related Resources

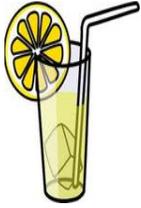
Disability Rights CA has a fact sheet entitled: **Special Education Instead of Adult Services for Consumers between the ages of 18 – 22**. It contains important information for families whose children are, or could be, Regional Center consumers. <http://www.disabilityrightsca.org/pubs/F05001.pdf>

**California Department of Education's Secondary Transition Web Site** is now live! Resources are identified to help students transition to adult life. Here is the link: <http://www.cde.ca.gov/sp/se/st/>

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

*Raquel Moreno  
Dawn Rebiero*

## It's not too early to Save the Date!!



We hope moms can join us on Saturday, February 6, 2016 for the 18<sup>th</sup> Annual Mothers Retreat. Registration information will be available in December.



### FRN has received donations from:

- ♥ Sue Allyn
- ♥ The Cirimele Family *honoring Stacy Sidey's 30+ years of teaching children with special needs*
- ♥ Thea Ethridge
- ♥ Graham, Ultch Charitable Trust
- ♥ Lynn Morgan
- ♥ PEDS
- ♥ Efrain Rosas
- ♥ And Anonymous Donors



### Want to be In The Know?

Send your email address to [FRNfamilies@aol.com](mailto:FRNfamilies@aol.com) to receive email updates on topics of interest to parents of children with special needs. There is no fee to be on the email list and FRN does not share your email address with anyone, ever.

## Remembering FRN's Board Member Kathy Werner

The following have made donations to FRN in memory of Kathy.

- Bill Finn
- Richard & Janice Jones
- Judy and Pat Murray



### Welcome Nicki!

FRN is excited to welcome Nicki Moss as its newest Office Assistant. Nicki brings to FRN her experience as a parent of a former premature infant. She looks forward to talking with you.

### Are You Kidding? We're already talking about the holidays?

Yes, it's really early, but FRN won't have another newsletter out for several months so it's time to let you know about the annual Holiday Open House. It will be Saturday, December 5<sup>th</sup> from 11 a.m. to 1 p.m. at FRN's office, Sherwood Executive Center, Stockton. We'll have lots of food and fun. This is a free event. Just call or email and let us know how many will be in your party.





## 1<sup>ST</sup> Annual Best Practices in the Education of Children with Down Syndrome Conference

This event is presented by Dignity Health and supported by Family Resource Network and The Brighterside of Down Syndrome of San Joaquin County (TBODS). The event will take place at University of the Pacific on September 17<sup>th</sup> and 18<sup>th</sup>. The speaker will be Kathleen M. Feeley, Ph.D., BCBA. Dr. Feeley is an Associate Professor at Long Island University, NY and the Founding Director of the Center for Community Inclusion. Topics for the event include: An Overview of Down Syndrome, Rational for Inclusive Programming, Applied Behavior Analytic Interventions, Strategies to Enhance Appropriate Behavior, Modifications and Accommodations Across Curriculum. Registration fee is \$25 per day or \$40 for both days. Lunch and parking are included. There are a limited number of scholarships available for local parents who have children with Down syndrome. For more information contact Wanda Farinelli-Mikita at 209-915-6612 or [deltaflower@sbcglobal.net](mailto:deltaflower@sbcglobal.net).



Please note the FRN workshops take place at a variety of sites throughout the 5 county service area. Registration forms for all these events are posted on the calendar tab at [www.frn.org](http://www.frn.org).

**Sept. 24 – Writing An Effective IEP for Your Child with Special Needs** • Presenters: SCDD, NVH Office and Family Resource Network • **Tracy Public Library**, 20 E. Eaton Ave., Tracy, 6 – 8:00 p.m. FREE, reservations are required.

**September 30 - 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.

**October 6 - Moving Forward: Helping Your Child Transition to Adult Services.** Presenter: FRN, San Joaquin County Office of Education, 2707 Transworld Dr., **Stockton**, 6:30 – 8:30, FREE, registration required.

**October 22 – Understanding the Basics of an IEP** • Presenters: SCDD, NVHO and Family Resource Network • Cosponsored by Amador SELPA, First 5 Amador and The Resource Connection • **First 5 Office, 975 Broadway, Jackson**, 6 – 8:00 p.m. FREE, reservations are required. FREE Childcare available, call 257-1092.

**November 10 - 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.

**November 12– Writing An Effective IEP for Your Child with Special Needs** • Presenters: SCDD, NVHO and Family Resource Network • **United Cerebral Palsy Office, 959 E. Monte Vista Ave., Turlock**, 6 – 8:30 p.m. FREE, reservations are required, for reservations call 800-847-3030.

**November 18 - Moving Forward: Helping Your Child Transition to Adult Services** - Presenter: FRN, Calaveras County Office of Education, 185 South Main St., **Angels Camp**, 5:30 – 7:00, FREE, childcare available with notification, for info or to register Call Lisa at 209-736-6016.



### Helpful Hints

Have you ever seen a person using a wheelchair and wondered how, or if, you should offer assistance? Dave Hingsburger has written an informative and entertaining article on the subject. Using his own experiences and those of others Dave gives readers insight into issues that people who use wheelchairs face every day. Dave's article entitled **When Push Comes To Shove: The Pusher's Handbook** is posted at [http://www.vitacsls.org/UserFiles/uploads/files/Vita\\_Newsletter%20V4\\_08\\_2.pdf](http://www.vitacsls.org/UserFiles/uploads/files/Vita_Newsletter%20V4_08_2.pdf).

Dave Hingsburger is the Clinical and Educational Services Director at Vita Community Living Services. He has been a wheelchair user for the past 8 years. Some of you may have met Dave when he's been in the area speaking at the CHOICES Institute or other advocacy events.



First 5 Amador has free weekly toddler playgroups in 4 different cities. They also offer a "Dad & Me" group the 4<sup>th</sup> Saturday of every month. These get-togethers are great ways to meet other families with young children. For more information contact First 5 Amador at 209-257-1092.

## Person First Language

Parents of children with special needs strive to use language that is respectful of people who have disabilities. Using Person First Language is one way to do that. Person First Language emphasizes the **person**, not the disability. By placing the **person first**, the disability is no longer the primary, defining characteristic of an individual, but one of several aspects of the whole person.

Here are some examples:

Don't refer to people who have autism as "autistics". Rather say that they are people who have autism.

Don't Say: He's Down's.  
Rather Say: He has Down syndrome.

Don't Say: He's wheelchair bound.  
Rather Say: He uses a wheelchair.

Don't Say: He's ADHD.  
Rather Say: He has a learning disability.  
or, He has ADHD.

The idea of Person First Language has been around since the early 1990's. One of the most referenced articles on the subject was written by Kathie Snow and can be viewed at <http://www.disabilityisnatural.com/images/PDF/pfl-sh09.pdf>

