



FRN Proudly Offers Its 10th Annual Mothers Retreat



What A Wonderful World

FRN offers a day of relaxation and fun for mothers raising children with special needs. 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.

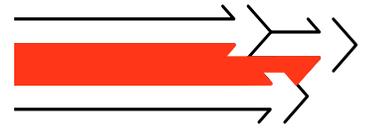
Comments from last year's retreat included:

- "I almost didn't come. I'm so glad I did!"
- "Fun, Fun, Fun!"
- "I really enjoyed myself. From now on I'll be here every year."
- "A must-do for me every February."
- "I really needed a break—what a great time."

This year's retreat will take place on **Saturday, February 2, 2008** 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!**

Moving Forward: Transitioning To Adult Services



Family Resource Network has created a workshop and resources for parents whose children are preparing to transition to adult services. Transition can be a confusing time as parents and students begin to learn about adult services and the laws that govern them. FRN's Moving Forward workshop identifies ways parents and students can make a smooth transition to adult services. Attendees will receive a copy of the book [Transition to Adult Living: An Information and Resource Guide](#).

The workshop is being offered in both Stockton and Modesto. The target audience is parents/caregivers of students age 16 to 21 who are receiving special education services. Students are welcome to attend with their parent or primary caregiver. Thanks to the generosity of the State Council on Developmental Disabilities, Area VI Board, which provided funding for this project, FRN is offering the workshop at no cost. Registration is required.

Stockton Moving Forward workshop:

Saturday, March 1, 9:30 – 11:30 a.m., San Joaquin County Office of Education, Arch Airport Road, Locke 1 Room.

Modesto Moving Forward workshop:

The date and location are to be announced, but it will be conducted on a week night. Information will be posted on the website as soon as it is available.



Registration flyers for both workshops will be posted on FRN website, www.frcn.org, click on calendar, or call FRN for details.

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**Congrats to the WINNERS of
 FRN's latest drawing:
 Roxanne Akoyani
 Rocio Diaz
 Shawna Loggins**



The recreational support group for non-disabled siblings, ages 7 to 14:

**Friday, March 7, 2008
 6 to 8:30 p.m.
 Quail Lakes Baptist Church, Stockton**

**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.**

Registration is required and must be submitted by March 3rd.
 Call 472-3674 or 800-847-3030 to request a registration packet.

Down Syndrome News

Central California Down Syndrome Foundation (CCDSF) group meets the 2nd Friday of the month from 6:30 to 8:30 p.m. at CTWC, 1601 Coffee Road in Modesto. Call Maria at 845-8028 for more information.

The Brighter Side of Down Syndrome of San Joaquin County meets at 6 p.m. on the 2nd Tuesday of each month at Walton Early Intervention Center, 4131 N. Crown Ave., Stockton. This group is open to any parent of persons (birth to adult) with Down syndrome. For more information contact Jean at 933-7315 x 7740.



Children of Light
Support Group for Families of Children with Special Needs

This group meets the 2nd Friday of every month from 6:30 to 8:30 p.m. at Calvary Temple Workshop Center, Room 113, 1601 Coffee Road, Modesto. Free childcare is available. For more information contact Kathleen at 577-3103.



Tracy Parents of Disability Group

The meetings will resume in January on the 2nd Wednesday of every month, please contact Karen Bonacci for time and place of meetings (209) 832-2593.



Mark Twain said:

“Always do right – this will gratify some and astonish the rest.



Training Opportunities

Jan. 9 - 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., free for parents, \$15 fee for professionals, for info call 800-847-3030.

Jan. 12 – Writing An Effective IEP for Your Child with Special Needs •

Presenters: Area VI Board and Family Resource Network • SCDD, Area VI Board, Area VI Board Office, **Stockton**, 9:30 a.m. to noon, FREE, reservations are required, for reservations call 800-847-3030.

Feb. 21– Writing An Effective IEP for Your Child with Special Needs •

Presenters: Area VI Board and Family Resource Network • SCDD, Area VI Board, **Tracy Sport Complex**, 6 – 8:30 p.m., FREE, reservations are required, to reserve call 800-847-3030.

March 12 - 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, \$35 for professionals, for reservations call 800-847-3030.

March 20 – Writing An Effective IEP for Your Child with Special Needs •

Presenters: Area VI Board and Family Resource Network • SCDD, Area VI Board • Doctors Medical Center, **Modesto**, 6 – 8:30 p.m. FREE, reservations are required, for reservations call 800-847-3030.

April 17 – Writing An Effective IEP for Your Child with Special Needs •

Presenters: Area VI Board and Family Resource Network • SCDD, Area VI Board • Tuolumne County Office of Education, **Sonora**, 6 – 8:30 p.m. FREE, reservations are required, for reservations call 800-847-3030.

Financial and Estate Planning Workshops New and Improved!

Frank Quacinella, First Vice President and National Spokesperson for Families with Special Needs Planning Network for Merrill Lynch, and Mark Drobney, Attorney at Law, will once again be the presenters for FRN's Financial and Estate Planning workshops. Frank and Mark are offering a presentation covering basic topics on January 15th, and have just created a workshop on advanced topics to be presented on February 12th. Both evening presentations will take place at San Joaquin County Office of Education. Topics include:

Basic Workshop, January 15th

- ◆ Understanding the importance of financial planning,
- ◆ preparing for when you're not there to help.
- ◆ Protecting government benefits through proper estate planning.
- ◆ Special Needs Trusts – the basics of how they work and when they are appropriate.
- ◆ Conservatorship – What is it? Situations under which it should be considered and when it should be avoided.
- ◆ Personal estate planning

Advanced Workshop, February 12th

For families who already have a Financial and Estate Plan (Including a Living Trust) in place, but would like to learn more about specific strategies in the following topic areas:

Financial Planning:

- ◆ Leaving your IRA to a loved one with Special Needs
- ◆ Saving & investing for two lifetimes - calculating your retirement
- ◆ Fair & equitable legacies - how to determine the right amount to leave your loved one

Estate Planning:

- ◆ Owning real estate for the benefit of a Special Needs person
- ◆ Generation skipping strategies for Special Needs Families
- ◆ Your, mine & ours - second marriage issues

There is no cost to attend this workshop, but reservations are requested. Call FRN or go to www.frcn.org and click on calendar for registration information.

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.

New FRN Library Resources

BOOKS

En Espanol

- Frente a Mi Nariz – In Libro para Ninos con Espina Bifida

FRN thanks Susan Heiny for the donation of the following:

- A Thorn In My Pocket
- Daniel Isn't Talking (a novel)
- Stress Control for Peace of Mind

VIDEOS

FRN thanks Alicia and Efrain Rosas for the donation of videotape containing the following television broadcasts:

- Jenny Mc Carthy on the Oprah Show
- Montel Williams Show – Topic: Autism
- Good Morning America – Signs of Autism
- Interview with J-Mac

To find out about how to borrow resources from the library, call FRN at 472-3674 or 800-847-3030.



FRN Receives Honors

Family Resource Network was the recipient of the 2007 Action on Behalf of Children (ABC) award for Public Agency. 2007 marked the 20th anniversary for this prestigious award.

FRN's Executive Director, Ann Cirimele, was one of eight individuals chosen from throughout California to receive the Inclusion Award at the Supported Life Conference in Sacramento.

How wonderful it is that nobody need wait a single moment before starting to improve the world.

Anne Frank



Friend In Deed!

Congratulations to ♥ Carottinia Williard

who was honored with a Friend in Deed certificate for her exceptional caring and commitment toward children with special needs and their families.

If you would like to honor someone with a Friend in Deed certificate, contact FRN.



Get All the Latest Info

FRN will email you up-to-the-minute information on news items, events, activities, trainings and other issues of interest to families raising children with special needs. FRN's newsletter is published only 3 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 your name and email address to FRNfamilies@aol.com.



Sad News

FRN was saddened to learn of the recent deaths of two long-time volunteers, Jeane Engdahl and Jun Takahashi. Jeane knit caps for FRN's Little Bits Preemie Clothes Closet, and Jun was a master craftsman who created many of the wood craft items used for Sibshops. Jun was also FRN's "fix-it man" around the office. FRN's staff and Board of Directors extend their sincere condolences to the Engdahl and Takahaski families.



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

- Bank of the West Employee Giving Program
- Karen Belden
- Cheryl Bearchild
- Sue Chinchio
- Maria Cruz-Ochoa
- Frank & Lisa Drake
- Drobney Law Offices, Inc.
- Ruth Fatchett *in honor of Gail Rieger and John Forrest's 25th wedding anniversary*
- Bertha Gonzalez
- Intuit Employee Matching Program
- Sylvia Isordia
- Beverly Klunk
- Adriana Martinez
- Judy Murray
- Patricia Ochoa
- Frank & Nancy Quacinella
- Rene Roddewig
- Patricia Salazar
- Tara Shepherd
- Dennis Siazon
- Roger Valdez
- Kathleen Werner
- Kim White
- Grant Wiles

FRN extends special thanks to the Curt R. & Gerry Pindler Foundation for its generous donation.



FRN thanks these great student volunteers:

*Carissa Balcao
Caitlin Ghan
Edward Klunk
Dana Macabales
Nehir Patel*



FRN's Holiday Open House was a huge success with over 200 people in attendance. FRN thanks all these wonderful volunteers: *Anna Akery, Jessica Bossana, Joe Cirimele, Cassandra Dunham, Debbie Fish, Nick Fish, Janelle Greenlee, Janyce Hart, Brian Okura, Don Okura, Corky Sanborn and Justin Sanborn.*



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. Since its creation in June, the Healing Hearts Society has provided funding to five families.

Healing Hearts Society Members this quarter are:

- Sue Allyn
- Kathy Barnes
- Frank and Lisa Drake
- Lorraine Lane
- Karen Pekarcik
- Judy Sterling



FRN thanks Gwenda Simms and An Anonymous Donor for their contributions to **Operation: Birthday Wishes**. In 2007 this project sent over 300 birthday cards to people with developmental disabilities who live in group homes.

Save the Date!!

Saturday, May 3, 2008

7th Annual Autism Collaborative Forum

**Speaker:
Dr. Temple Grandin**

Family Resource Network is proud to be a member of the Autism Collaborative Forum that is bringing Dr. Temple Grandin to our area. Dr. Grandin is world renown for her ability to share her insights as a person with autism. Additional speakers include Lisa Iland who specializes in teen social skills and Asperger's Syndrome. There will also be a panel discussion by young adults with Autistic Spectrum Disorders. The Forum promises to be an illuminating day for parents and professionals alike. A registration form will be available soon. Contact Gail Dalton at 468-4907 for information.



Autism Support Group info

Lodi Autism Support Group

The Lodi Autism Group for parents of children with ASD meets at 7 p.m. on the last Thursday of the month at Nichols School. The January 31st meeting will include a presentation on FRN services. For information call Sylvia at 334-3025.

Tracy Older Kids Group

This group is for people with autism 11 years to adult, although parents with younger kids are welcome. It meets every other Monday at Java Makers Café in Tracy. Meeting will resume January 14th at 9:30am.

Listening and Spoken Language...

An Option for Deaf Children

Article submitted by CCHAT Center, Sacramento

The first thought most parents have when their child is diagnosed with a hearing loss is that they will need to learn sign language. However, there are other options. Today, children identified with hearing loss can learn to listen and develop spoken language.

The diagnosis, treatment, and outcomes of childhood hearing loss have changed dramatically in recent years. With the help of hearing aids and cochlear implants, many children who are diagnosed early and treated appropriately can develop speech and language in step with their hearing peers.

The goal of auditory-oral education is to help children develop spoken language and academic skills in order to be successful in a regular classroom environment and to work and live in a predominately hearing society. To meet that goal, children are often educated, at least for a time, in an intensive language-rich auditory-oral environment with other students that have hearing loss.

Oral deaf education is a collaborative, family centered approach that builds a child's confidence and life skills along with listening and spoken language. It combines today's sophisticated hearing technologies with intensive early intervention to teach children to listen and talk.

If you would like to learn more about oral deaf education and childhood hearing loss please visit the CCHAT Center - Sacramento, an auditory oral school for deaf and hard-of hearing children. Or visit their website at www.oraldeafed.org

Parents of children with hearing loss have recommended the John Tracy Clinic's website at www.JTC.org as a good source of additional information on auditory-oral education. Local parents knowledgeable about auditory-oral education are available to share their experiences with other parents. Call FRN to get a parent partner.

The All-Stars Are Coming!



And Special Needs Children Will Benefit

The Stockton Thunder minor league hockey team is hosting the 2008 ECHL All-Star Skills Competition and Hockey Game on January 22 and 23rd in Stockton. The Stockton Thunder's charitable arm, the Thunder and Lightning Foundation, has chosen Family Resource Network to be one of three nonprofit organizations to receive some of the proceeds from the sale Skills Event tickets. The other two organizations receiving funds are The Brighterside of Down Syndrome, and the Recreational Sports Club of San Joaquin. The Stockton Thunder chose these three organizations because "of their service to local families and their efforts to emphasize inclusion and acceptance of those with physical or mental challenges." You can be part of the this great fund raising opportunity by:

- Becoming an official supporter – support levels range from \$100 to \$2,000.
- Purchasing tickets to the January 22nd Skills Competition. Tickets to this exciting event are \$10 each and 50% of the ticket price will be split among the 3 beneficiaries.
- Pledge an amount for every goal scored during the January 23rd 2008 ECHL All –Star Game. You can pledge as little as 50 cents per goal (not to exceed 20 goals), and all the funds raised through the goal pledge will be split among the 3 beneficiaries.

Contact FRN if you like to receive a sponsor packet or pledge sheet, or to purchase tickets to the Skills Competition, which will be held Tuesday evening, January 22nd. You can reach FRN at 209-472-3674 or 800-847-3030 or email us at frnfamilies@aol.com.

If you would like to purchase tickets to the January 23rd 2008 ECHL All-Star Game, you must contact the Stockton Thunder. You can reach them at 209-373-1500 or at www.stocktonthunder.com.

FRN extends its thanks to the Stockton Thunder and the ECHL for their support of Family Resource Network and of individuals with special needs and their families.

