



Family Resource Network

Helping Families Meet the Challenge

Volume 15, Issue 1, Winter 2007

FRN Proudly Offers Its 9th Annual Mothers Retreat



Happiness is Being a Mom

FRN offers a day of relaxation and fun for mothers raising children with special needs. The emphasis of this year's retreat is on sharing the happiness we experience by being moms. 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:

- *"It was a fun experience. I'm glad I came."*
- *"Very, very fun. I want to come next year."*
- *"It was a nice day for networking and feeling the 'sisterhood' we share."*
- *"I can hardly wait til next year!"*

This year's retreat will take place on **Saturday, February 3, 2007** 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!

The following poem was written by a local teenager who has Asperger's Syndrome, which is on the autism spectrum. Family Resource Network thanks the teenager and his family for giving us permission to reprint the poem.

I AM

I am a trustworthy boy who likes Rain Bird sprinklers
I wonder about what age I'll reach before dying
I hear myself being in darkness
I see myself owning lots of land as an adult
I want to own a park when I'm all grown up
I am a trustworthy boy who likes Rain Bird sprinklers

I imagine I am a person getting what he wants someday
I feel myself going to Heaven
I touch all my happiness in my heart
I worry about how long it'll be before my problems cease
I cry about the sad things that bug me in life
I am a trustworthy boy who likes Rain Bird sprinklers

I understand that someday my problems will cease
I say to everyone be thankful for what you have
I dream of my afterlife being happy
I try the best I can to make my life happy
I hope everyone gets what their heart desires
I am a trustworthy boy who likes Rain Bird sprinklers



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Stockton, CA 95207
Email: FRNfamilies@aol.com website: www.frcn.org



The recreational support group for non-disabled siblings, ages 7 to 14, is on the road:

***Friday, February 9th from 6 to 8:30 p.m.,
Quail Lakes Baptist Church, Stockton,**

*** Saturday, March 10, 2007, 1 to 4 p.m.,
Mark Twain Elementary School,
Angels Camp ,**

and

***Saturday, May 5, 2007, 1 to 4 p.m.
Valley Community Baptist Church, Tracy.**

Meet other siblings who have the same kinds of issues. There are games, crafts, discussion activities, food and lots of fun! Sibs are welcome to attend any or all of the events listed above. There is no cost to attend.

Registration is required. Call 472-3674 or 800-847-3030 and request a registration packet.

Down Syndrome News

Central California Down Syndrome Foundation (CCDSF) Spanish-language group meets the 2nd Friday of the month from 6 to 8 p.m. at the Community Center, 2413 3rd Street in Hughson. Call Maria at 845-8028 for information.

On Saturday, January 20th, CCDSF is sponsoring an exciting event for parents or educators of children with Down Syndrome or any other developmental disability. "A Better and Easier Way to Help Our Children Learn How to Read" will be presented by Denise MacDonald and Karen Evershed. The event will be from 11 a.m. to 2 p.m. at 2413 3rd Street in Hughson. The event is free, but registration is required. Please register by January 10th by contacting Maria at 845-8028 or at ezcloudz@aol.com.

The Brighter Side of Down Syndrome of San Joaquin County meets at 6 p.m. on the 3rd Wednesday 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 Marcella at 463-0608 or Jean at 933-7315 x 7740.



Autism Support Groups

The **Lodi** Autism Group, which meets at 7 p.m. on the 2nd Thursday of the month at Nichols School. For information call Sylvia at 334-3025.

The **Modesto** FEAT subgroup meets the last Wednesday of each month at 9:30 a.m. at the Borders Book Store on Sisk Road. For info contact Suzanne at 545-2644.

Parents Helping Autistic Children Thrive and Succeed (PHACTS) meets in **Jamestown** at 7 p.m. at Stillwater Yoga on the 3rd Thursday of the month. For information contact Jennifer at 532-4304.



Local Training Opportunities

January 11 - Special Education Rights Workshop •

Presenters: Area VI Board and Family Resource Network • Public Library, **Oakdale**, 6 p.m., FREE, reservations are required, for reservations call 800-847-3030

January 23 - 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 reservations call 800-847-3030.

January 31 – 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.

February 1 - Special Education Rights Workshop •

Presenters: Area VI Board and Family Resource Network • Library Community Room, **Lodi**, 6 p.m., FREE, reservation are required, for reservations call 800-847-3030.

March 1 - Special Education Rights Workshop •

Presenters: Area VI Board and Family Resource Network • Library, **San Andreas**, 6 p.m., FREE, reservation are required, for reservations call 800-847-3030.

March 7 - Financial and Estate Planning Issues for Families of Children with Special Needs •

Presenters: Frank Quacinella, Merrill Lynch and Mark Drobney, Attorney at Law • Stanislaus County Office of Education, Patterson Room, 1100 H Street, **Modesto**, 6:30 to 8:30 p.m., FREE, for reservations call 800-847-3030.

April 5 - Special Education Rights Workshop •

Presenters: Area VI Board and Family Resource Network • Library – McFall Room, **Manteca**, 6 p.m., FREE, reservation are required, for reservations call 800-847-3030.

April 20 – CHOICES Institute – 20 Years of CHOICES •

Keynote Presenters: Jerry and Mary Newport who will share about living with Asperger's Syndrome, San Joaquin County Office of Education, **Stockton**, 8:30 a.m. – 2:30 p.m. \$20 for VMRC consumers and family members, \$30 for professionals, reservation are required, for reservations call 948-8011.

April 28 – Autism Forum •

Keynote Presenter: Steve Lohr, San Joaquin County Office of Education, **Stockton**, for information call 468-4907.

May 3 - Special Education Rights Workshop •

Presenters: Area VI Board and Family Resource Network • SCDD, Area VI Board Office, Adult Day Care Center, 101 E. Hospital Road, **Sonora**, 6 p.m., FREE, reservation are required, for reservations call 800-847-3030.

Want to Be “In the Know” ???

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 this mailing list, email your name and email address to FRNfamilies@aol.com.

Congrats to the WINNERS of FRN's latest drawing:

Athena Martin
Kimberli Puccinelli
Erika Simmons

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

New FRN Library Resources

BOOKS

- The 7 Habits of Highly Effective Teens
- Women and the Art of Negotiating

FRN thanks Frank and Nancy Quacinella for the donation of the following items:

- Videos by Temple Grandin on:
 - Careers – Opportunity for Growth
 - Medications – Fact & Fiction
 - Visual Thinking of a Person with Autism
 - Sensory Challenges & Answers
- Audio tape set on Trichotillomania

FRN extends its thanks to Maria Flores for the donation of the following videos:

- El Mundo Que Me Rodea
- Los Primoeros Anos Duran De Por Vida
- Mis Padres, Mis Maestros/My Parents, My Teachers
- Seguridad Desde El Principio

FRN is happy to mail library resources to families and professionals within its 5 county service area. To find out more about how to borrow resources from the library, call FRN at 472-3674 or 800-847-3030.



Parents Supporting Parents New Calaveras Support Group

A new support group has started in Murphys. The group is open to families of children with special needs including ADD/ADHD, Autism Spectrum Disorder, and mental health issues. The group meets the 2nd Thursday of the month at 6:30 p.m. For information contact Kyla at 728-8758.



Family School Partnership AB 2590

What is the Family School Partnership Act?

The Family School Partnership Act, which took effect in 1995, is a California law that allows parents, grandparents, and guardians to take time off from work to participate in their children's school or child care activities. This includes Individualized Education Program (IEP) meetings.

What opportunities are offered under this law?

If the following criteria are met, you may take up to 40 hours each year (up to eight hours in any calendar month) to participate in activities of your child's school or day care facility:

- You are a parent, guardian, or grandparent who has custody of a child enrolled in a California public or private school, kindergarten through grade twelve, or licensed child day care facility.
- You work for a business that has 25 or more employees at the same location.

How should I account for my time off work?

The law allows you to use vacation time, personal leave, or compensatory time off to account for the time you use participating in your child's school or childcare activities. You may also use time off without pay if permitted by your employer. The employee, not the employer, chooses from the options that are available.

How can I take advantage of these opportunities?

Let your employer know in advance that you would like to take time off to participate in activities at your child's school or childcare facility. Although the law does not say how far in advance you should inform your employer, it is likely that rules are in place at your work site about reasonable notice for planned absences. And, if your employer requests, you are required to provide proof of having participated at your child's school or childcare facility.



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

- *Art Rossetti Enterprises*
 - *Carol Beeman*
- *Boat Country, Escalon*
- *Tom & Sue Chinchio, in memory of Fred Stringer*
 - *Daugherty's Guest Home*
 - *Kimberlee DiBartolo*
- *Michelle and Matthew Dillon*
 - *Maria Flores*
 - *Peggy Naraghi*
- *Edward & Kathleen O'Connor*
 - *Patrick O'Connor & Intuit Foundation*
 - *Bree Odgers*
 - *Pat Machado Trucking*
- *Professional Evaluation and Developmental Services (PEDS)*
- *Ripon Manufacturing Company*
 - *Marjorie Rumble*
 - *Diane Tamayo*



Many thanks to FRN's Fabulous Volunteers:

Joe Cirimele
Janelle Greenlee
Brian Okura
Don Okura
Amber Parker
Sue Robertson
Nadine Simms
Tami Taylor
Jeremy Werner



FRN thanks its student volunteers:

Laura Daly
Stephanie D'Sousa
Caitlin Ghan
Jaclyn Machado
Taylor O'Neill
Jade Parker
Nihir Patel



Start Early to Protect Your Child's Teeth

Dentists say...

1. Put your child to bed without a bottle. If your baby must have a bottle to sleep, fill it with plain water. You may need to gradually dilute the bottle contents until only water is offered.
2. Avoid soda and other sweet drinks and don't let your child drink from a bottle all day.
3. Wean your baby away from the bottle by one year of age.
4. Clean your child's teeth and gums with a clean washcloth or small, soft toothbrush before bedtime.
5. Check with your doctor or dentist to make sure your child is getting enough fluoride each day. Fluoride protects teeth from decay.



Little Bits Preemie Clothes Closet

Family Resource Network has "gently used" preemie infant clothes available to families of premature infants.

The Preemie Clothes Closet is open Tuesday through Friday, 9:00 a.m. to 2:00 p.m. at FRN's office, 5250 Claremont Avenue, Suite 239, Stockton.

FRN gladly accepts all donations of gently used preemie-sized clothing. **We are currently in need of boys' preemie clothes.** For more information contact FRN.

FRN thanks **Jeane Engdahl** and **Kathy Werner** for their generous donations to *Little Bits*.

Entrenamiento de IEP - Este taller sera presentado en Espanol solamente (IEP Workshop- Presented in only in Spanish)

Presentado por Padres Excepcionales sin Limites , Family Resource Network y
La Oficina de Educacion de Condado de Stanislaus

Sabado, 17 de Marzo 2007

9:00 de la mañana a 1:00 de la tarde

Oficina de Educacion del Condado de Stanislaus

1100 H Street, Cuarto Elmdale , Modesto, CA

Los participantes van a:

- Aumentar el reconocimiento de las necesidades educativas especiales de su hijo
- Reconocer la importancia de la participacion de los padres en la educacion de los hijos
- Aumentar el entendimiento le las leyes de educacion especial que protegen los derechos de lo estudiantes con necesidades especiales.

El entrenamiento es GRATIS pero requiere registracion previa. Por favor llame a mande la parte de abajo de esta forma antes del 10 de Marzo 2007. Si requiere acomodaciones que se puedan ajustar a sus necesidades conforme a la ley de Americanos con Discapacidades (ADA) llamen al numero 800-847-3030.

Por favor mande esta forma a: Family Resource Network
5250 Claremont Ave., Suite 239
Stockton, CA 95207

Nombre: _____

Direccion: _____

Telefono: _____ Numero de personas que atenderan: _____

Safety Guidelines for Eating Fish

Information provided by Environmental Health Investigations Branch, www.chib.org

DO NOT EAT shark, swordfish, tilefish, or king mackerel.

Fish are nutritious and good for you to eat. Most fish are safe to eat. But some fish may contain a dangerous chemical called mercury. If you eat the wrong kinds of fish, or too much fish, you can get mercury in your body. If you are pregnant or breastfeeding, mercury can harm your baby, too.

Can I eat the fish from stores or restaurants?

Most fish that you buy in stores or restaurants are safe. But even these fish may contain mercury. Safety guidelines for eating fish from a store or restaurant recommend up to 2 meals a week (12 ounces) of fish or shellfish.

What about fish that family or friends catch?

Fish from some areas of California have mercury or other chemicals in them. These areas have warnings called "health advisories." Health advisories tell you the kinds and amounts of fish that are safe to eat. Always follow the health advisory for the areas where your fish were caught. If there is no advisory, safety guidelines for eating fish caught by friends or family recommend up to 1 meal a week.

What about children?

Mercury can harm children, too. There are special guidelines for children and teens less than 17 years old. The guidelines recommend the same as above, but in smaller portions.

Tips for lowering mercury from the fish you eat:

- Do not add the recommended amounts. For example, if you eat 1/2 pound of fish caught by friends or family, do not eat any other fish that week.
- If you eat more than the recommended amount of fish in a week, eat less than the recommended amount the next week.
- Eat store-bought farmed catfish, tilapia, wild salmon, pollock, shrimp, and scallops which have little or no mercury.
- Eat different kinds of fish.
- Eat chunk light tuna instead of albacore (solid white) tuna or tuna steaks. It has less mercury.
- Do not eat the guts of the fish.
- Eat smaller fish rather than larger fish because they generally have less mercury.
- Cleaning and cooking fish will not get rid of the mercury. Be sure to follow the guidelines and advisories.

Portion sizes:

1 meal is about 6 ounces of cooked fish or 1/2 pound (8 ounces) of uncooked fish.

1 can (6 ounces) of chunk light tuna is 1 meal. You can eat up to two cans a week. Tuna steak and canned albacore (white) tuna have more mercury. You can eat up to 6-ounces of albacore or tuna steak a week, but no other fish that week.

6 ounces of fish is about the size of 2 decks of cards.

8 ounces (1/2 pound) of uncooked fish is about the size of a thin paperback book.

For information about health advisories, contact:

- Your local health department:
www.dhs.ca.gov/home/hsites/hdlinks.htm

- California Environmental Protection Agency, Office of Environmental Health Hazard Assessment/Pesticide and Environmental Toxicology Section (916) 327-7319 or (510) 622-3170 www.oehha.ca.gov/fish.html

