



## 15<sup>th</sup> Annual Mothers Retreat



Saturday, February 2<sup>nd</sup>, 2013 marks the date for FRN's 15<sup>th</sup> Annual Mothers Retreat. Our theme is "**Reaching for the Stars**". The event will take place at San Joaquin County Office of Education in Stockton from 9:30 a.m. to 3 p.m.

Last year's attendees said:

- "It was great to get together with other mothers."
- "I consider this my "Mommy Club" where I will always belong and have friends."
- "So much fun!"

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.

We recognize that lack of child care or having a nursing baby may inhibit your ability to attend. As mothers, we wish to be supportive of each other, but mothers who have attended previous FRN Mothers Retreats have requested that this be a child-free event, therefore no children, including infants, will be allowed. No exceptions.

Registration forms are available by calling FRN at 472-3674 or 800-847-3030 or on FRN's website, [www.frcn.org](http://www.frcn.org). Click on "calendar" and then on "Mothers Retreat". Hope you can join us!



## Toy Lending Library opening in Modesto!!

Family Resource Network is excited to partner with Valley Mountain Regional Center in the opening of FRN's second Toy Lending Library. The new library is opening on Monday, January 14<sup>th</sup>. It is housed at **VMRC's Modesto office , 1820 Blue Gum Avenue**. The library will be open **Mondays, 9 a.m. to 3:30 p.m.** and **Wednesdays, 9 a.m. to noon**. Families can return toys any day. Just ask for Estela at VMRC's Reception Desk.

The Toy Lending Libraries contain toys to enhance the development of children ages birth to 36 months. Families whose children are in Early Start or Prevention Resource and Referral Services (PRRS) are welcome to borrow toys from either of the libraries. There is no cost to use the libraries. Two toys may be borrowed for up to two weeks. Additionally each library has handouts for parents on how to use toys to help promote your child's development.

### **FRN's Stockton Toy Lending Library:**

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

**Location:** Sherwood Executive Center, 5250 Claremont Ave., Suite 148, Stockton, CA 95207

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Direct questions or comments to:

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5250 Claremont Ave., Suite 148 Fax: 209-472-3673

Stockton, CA 95207

Email: FRNfamilies@aol.com

website: [www.frcn.org](http://www.frcn.org)



The recreational support group for  
**non-disabled siblings**, ages 7 through 13.

**Friday, January 18, 2013**

**6:00 to 8:00 p.m.**

**Stockton Covenant Church,  
1720 Oxford Way, Stockton, 95204**

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 one week prior to event. Call 472-3674 or 800-847-3030 to request a registration packet.

More Sib news on page 6!!

## FRN workshops on Social Security and Financial Issues

Family Resource Network is offering two different workshops that will provide valuable information to families regarding financial issues. Registration forms are available at [www.frcn.org](http://www.frcn.org) and click on calendar, or call FRN.

### Making Sense of Social Security

Alexandra Queen, Benefits Consultant, will present information on the two Social Security disability programs (SSI and SSDI). She will explain eligibility issues for children with special needs and as well as issues for those ages 18 and over. Resources will be shared and there will be time for questions and answers.

**Tuesday, January 15<sup>th</sup>, 6:30 to 8:30 p.m. at the San Joaquin County Office of Education in Stockton.**

### Financial and Estate Planning

Frank Quacinella, Senior Vice President and National Spokesperson for Families with Special Needs Planning Network for Merrill Lynch, and Mark Drobny, Attorney at Law, will present info on understanding the importance of financial planning, protecting government benefits through proper estate planning, information on special needs trusts and conservatorships, and more.

**Tuesday, February 12<sup>th</sup>, 6:30 p.m. to 8:30 p.m., San Joaquin County Office of Education in Stockton**



**Congrats to the WINNER of  
FRN's latest drawing:**

**Alyssa Alvara  
Jessica Gallegos  
Diana Saepanh**

## What's Happening At FRN!!



### Tikes and Tunes

#### *A Musical Play Group for Infants and Toddlers*

Come learn how you can use music to enhance your infant/toddler's development. Our Play Group Leader is Karen Sanchez, MBA MT-BC, Music Therapist.

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

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



No Musical Talent 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!*



### 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](mailto: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.



## Save the Date!!

### Autism Forum

The 12<sup>th</sup> Annual Autism Collaborative Forum will be held on **Saturday, 4/13/2013** from 8:00 to 4:00, at the San Joaquin County Office of Education, Wentworth Educational Center, 2707 Transworld Drive, Stockton, CA 95206. For more information please contact Gail Brodigan-Dalton, at (209) 468-4907 or [gbrodigandalton@sjcoe.net](mailto:gbrodigandalton@sjcoe.net)

## CHOICES 2013

**Friday, April 12, 2013** is the date for the **26<sup>th</sup> Annual CHOICES Institute**. The theme is Roads to Independence. For more info call 473-6950.

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.

## FRN Library Resources

FRN has added numerous new resources to the lending library. Here are just some of them:

### Books

- People Planning Ahead: A Guide to Communicating Healthcare and End-of-Life Wishes – *donated by Karen Pekarcik*

### DVD

- Advice for New Parents
- Age-Appropriate Play (3 volumes)
- Families Talk About Single Parenting
- Go Potty Go
- The Happiest Baby on the Block
- The Happiest Toddler on the Block
- Picky Eaters – Mealtime Tips for Parents
- Potty Power for Boys and Girls
- Positive Discipline – Without Shaking, Shouting or Spanking (3 volumes)
- Safety Starts at Home – Childproofing Guide
- The Sleepy Solution
- Special Education Rights and Responsibilities
- Tourette Syndrome in the Classroom, School and Community

### En Espanol

- Consejo Para Los Nuevos Padres
- Las Familias Hablam Sobre...Los Padres Solteros
- Ninos Melindroso – Consejos para Padres a la Hora de la Comida

### 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](http://www.frcn.org) and click on calendar. For more information call FRN at 209-472-3674 or 800-847-3030.

#### SATURDAY WORKSHOP!!

**January 19, 2013 – Writing An Effective IEP for Your Child with Special Needs** • Presenters: Area 6 Board and Family Resource Network • **Area 6 Board Office, Stockton**, 2529 March Lane, Suite 105, Stockton, 9:30 a.m. to noon, FREE, reservations are required.

**January 23- 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.

**Feb. 21 – Understanding the Basics of an IEP** • Presenters: Area VI Board and Family Resource Network • Cosponsored by First 5 Amador and The Resource Connection • **First 5 Office, 975 Broadway, Jackson**, 6 – 8:30 p.m. FREE, reservations are required. FREE Childcare available, call 257-1092.

**March 26 –An Evening with Krisi Franzone** • San Joaquin County Office of Education, **Stockton**, 6:30 – 8:00 p.m. FREE, reservations are required, for reservations call 800-847-3030.

**23 de Abril - ¡Empecemos a Hablar – De Burbujas a Palabras! Taller para Padres Presentado Completamente en Español – Enfocado en Promover el Desarrollo de Lenguaje entre las Edades de Nacimiento a tres años.** Presentadora: Sylvia Marquez-Baker, M.A., Terapeuta Bilingüe de Habla y Lenguaje, San Joaquin County Office of Education, **Stockton**, 6:30 – 8 p.m., El cupo es limitado y se requieren reservaciones, GRATIS. This workshop will be conducted entirely in Spanish

**April 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.

***Don't forget to register!***

FRN is working on scheduling additional IEP workshops in Oakdale, Lodi and Sonora. Details will be posted as they become available.

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



**FRN has received donations from:**

Sue Allyn  
 Kathy Barnes  
 Lupita Barajas  
 Jennifer Coleman  
 Robert Jones  
 Gayle Hodgkins Kenyon  
 Todd Nord  
 Patrick O'Connor  
 PEDS  
 Pedro Pimentel  
 Yvonne Prasolowicz  
 Efrain Rosas  
 Christina Shingu  
 Tom and Becky Whitesides *in memory of*  
*Olan Holmes and Verna Rook*  
 And Anonymous Donors

## Thank You Volunteers!

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

Ginelle Balingit  
 Dawn Bauleke  
 Joe Cirimele  
 Katey Clark  
 Kimberly Douglas  
 Lauren Linehan  
 Tina Martinez  
 Zia Martinez  
 Zoe Martinez  
 Brian Okura  
 Don Okura  
 Amber Parker  
 Jade Parker  
 Emma Robertson  
 Sue Robertson  
 Jeremy Werner

### Attention Spanish Speaking Families

Family Resource Network's staff person, Rita Gutierrez, is available to speak to you in Spanish. Rita is at FRN Mondays through Thursdays, 8:30 a.m. to 12:30 p.m. You can reach her at 209-472-3674 or 800-847-3030 or email her at [FRNfamilies@aol.com](mailto:FRNfamilies@aol.com). Rita will provide parent support as well as information on issues of interest to families raising children with special needs. She looks forward to speaking with you.

### 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](mailto: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](mailto:FRNfamilies@aol.com)

## Sibling Support Project News

Since 1996, the Sibling Support Project's groups have connected tens of thousands of sisters and brothers from around the globe with their peers, providing members with validation, information, and advice.

**SibNet**--SibNet is a warm and thoughtful community and the Internet's first and largest group for siblings of people with special needs. Intended for adult siblings, SibNet connects members from around the world. The Sibling Leadership Network now cohosts SibNet. SibNet is available as both a Facebook group and a Yahooogroup.

**SibTeen**--For quite a while, we have wanted to create a place on the Internet just for teenage brothers and sisters. We're happy to announce that SibTeen is now available as a Yahooogroup and a Facebook group. What a great group of kids!

**SibKids**—a Yahooogroup just for young sibs where they can discuss their brothers and sisters—and maybe music, movies, school and their lives. SibKids has volunteer adult sib and parent “camp counselors” who help make SibKids a safe place to hang out.

**SibParent**—a Yahooogroup where parents of kids with special needs can talk about their “other” kids. As many SibParent participants are also parents of kids who attend Sibshops, SibParent is also forum for parents who want to support the Sibshop movement.

**SibGroup**--SibGroup is a Yahooogroup and Facebook group just for those who are running Sibshops. On SibGroup members share bright ideas, activities, challenges, funding opportunities and lots more with colleagues from around the world. And, as SibGroup is our primary means of communicating with all Sibshops, at least one staff member from each registered Sibshop must belong to SibGroup.

**The Sibling Support Project E-Newsletter**--  
Subscribe to this list to get occasional updates about the work of the Sibling Support Project. Unlike the above groups, members only receive information.

For more information contact Don Meyer,  
Director of the Sibling Support Project,  
A Kindering Center Program, Seattle,  
Washington 206-297-6368  
[www.siblingsupport.org](http://www.siblingsupport.org)  
[donmeyer@siblingsupport.org](mailto:donmeyer@siblingsupport.org)



### Local Sibs on the Web!!!

The Sibling Support Project has posted on its website photos of Sibshops from around the world, including FRN's Sibshop in Stockton. In addition to our local sibs you'll see photos of Sibshops from Jasper, Florida; Buenos Aires, Argentina; Oakland, Michigan; Bothell, Washington; Omaha, Nebraska; Brockton, Massachusetts; Dublin, Ireland; Seattle, Washington; Toledo, Ohio; Marquette, Michigan and Knoxville, Tennessee. Here's the website:

<http://www.siblingsupport.org/sibshops/sibshop-photos>



### Info for Grandparents

The Sibling Support Project is thrilled to announce GKS—Grandparents of Kids with Special Needs. We believe that no one understands a grandparent's unique joys and concerns better than another grandparent of a child with special needs.

On the GKS website, grandparents will have a chance to meet other grandparents through our Yahooogroup or Facebook groups, share ideas for supporting their kids and grandkids, and even post pictures of their grandkids!

For more information, please visit  
[www.gksn.org](http://www.gksn.org)

## Family Participation Fund

The California Department of Education is committed to helping family members voice their opinions about education policy. Through the State Improvement Grant, the Department established the Family Participation Fund to provide financial assistance to families who do not have any other agency support to become active members of decision-making committees, task forces and other policy-making bodies. The Family Participation Fund provides assistance for family members to attend and participate in policy-making meetings.

***Trainings, Workshops, Lobbying and Conferences are NOT paid for under this program.***

### **TO QUALIFY FOR FUNDING, families must:**

- Have a child with disabilities or be a young adult student with disabilities under the age of 26 years of age attending a California school;
- Attend local, regional or statewide meetings to provide their ideas to decision makers about education policy.

**While every effort will be made to honor all requests for funds, the Family Participation Fund is limited and there is no guarantee of funding to any applicant.**

For more information, including the forms to request funding, please go to <http://www.calfedc.org/family-participation-fund.html> or contact WestEd at [FPF@wested.org](mailto:FPF@wested.org)

## Attention Calaveras Families

First 5 Calaveras announces the launch of a newly expanded Web site for families in Calaveras County. The local Network of Care website ([www.calaveras.networkofcare.org](http://www.calaveras.networkofcare.org)) now includes a health library, encyclopedia, and local resource and service information for persons of all ages. The Web site is designed for easy access to health and social service news at the local, state and national level, in addition to social network tools and a directory of local services.

## Information for VMRC Families Regarding Residential Care

Valley Mountain Regional Center has established a Residential Task Force (RTC). The job of the RTC 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 RTC. 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 RTC. Your information will be shared anonymously unless you request that FRN share your name with the RTC. You can call 472-3674 or email [FRNfamilies@aol.com](mailto:FRNfamilies@aol.com) with your comments or concerns.

### **I am a person first and I have a disability.**

When you deal with me treat me as you would any other person – with respect and courtesy.

Please look me in the eye and speak directly to me, not to my companion.

I am used to living with my disability but I appreciate your help when I need it.

If I have trouble seeing or hearing or moving easily, please remember that it is my eyes or ears or muscles that do not work as well as yours.

Beyond that, I have the same needs and wants, hopes and desires as you do.

I have problems and fears, just like you but I also have strengths that sometimes even I don't recognize.

I need to talk to you about those abilities and I need you to listen.

But most of all, I need you to remember ---- I am a person first!

*Author Unknown*