



18th Annual Mothers Retreat

Lemons or Lemonade?



Saturday, February 6, 2016
Registration and continental
breakfast begin at 9:30 a.m.
Workshop hours are
10:00 a.m. to 3:00 p.m.
San Joaquin County Office of Education
Wentworth Education Center
2707 Transworld Drive, Stockton, CA
Chartville 1 Conference Room

Ever heard the expression “If the world gives you lemons you need to make lemonade.”? As mothers of children with special needs we have faced many challenges. This year’s Mothers Retreat will focus on ways we can address those negative situations without being overcome by them. Family Resource Network 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 games, music, fun, prizes, and lots of food.

The registration form is available at www.frcn.org and click on calendar. For more information please contact FRN at the numbers or email below.

Hope you can join us!!

Making Sense of Social Security

*An Introduction to Social Security
Disability Programs,
For Parents of Children Under 18.*

**Presenters: Megan Mejia &
Alexandra Queen, CaPROMISE
CSC’s**

When: Tuesday, February 23, 2016

Time: 6:30-8:30 p.m.

**Where: San Joaquin County Office of
Education, Wentworth Education Center,
Chartville 1, 2707 Transworld Drive,
Stockton**

Topics will include:

- What are the Social Security disability programs (SSI and SSDI)?
- How do I know if my child is eligible for a disability program?
- Will my child’s eligibility ever change?
- SSI and employment
- Resources
- And there will be time for questions and answers.

This workshop will focus on Social Security Programs for children *under 18* who have a disability. **There will be a workshop on Social Security programs for those 18 and older this Spring.** For registration information go to www.frcn.org and click on calendar or call FRN via the contact info below.

See pages 4 and 6 for information on trainings on other topics of interest including financial and estate planning and special education rights.

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EDITOR: Ann Cirimele

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 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



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.

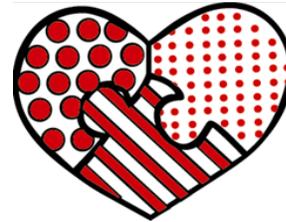
**Saturday, January 9, 2016
 11 a.m. to 2 p.m.
 Stockton Covenant Church,
 1720 Oxford Way, Stockton, 95204**

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.



Family Resource Network has a Facebook page!

You'll find FRN listed as Family Resource Network – Stockton. You'll know it's FRN when you see the heart logo. FRN will post information on upcoming events and topics of interest. We hope you'll friend us.



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.

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.



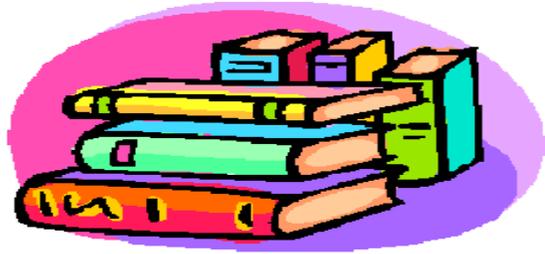
Don't forget to register!

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.

- Limited Conservatorships and Alternatives
- Neurotribes: The Legacy of Autism and the Future of Neurodiversity

Visit 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.



Job Opportunity at FRN

Family Resource Network has an opening for a Bilingual Office Assistant. The person must read and write English and Spanish fluently. The person must be knowledgeable about IEP issues and have basic office experience such as knowing how to read and respond to emails and use word processing. The person would work 9 to 12 hours per week in FRN's office in Stockton with occasional night or Saturday hours. The job pays \$12 per hour. If you are interested in learning more about this position, please send an email to FRNfamilies@aol.com requesting the job description.

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.

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 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.
- **March 22, 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 23, 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.

Related Resource

Disability Rights CA has a fact sheet entitled: **Limited Conservatorships & Alternatives** . It contains important information for anyone who is interested in learning more about what conservatorship is and isn't and possible alternatives. This fact sheet is DRC Publication #5578.01 and is posted online at <http://www.disabilityrightsca.org/pubs/557801.pdf>

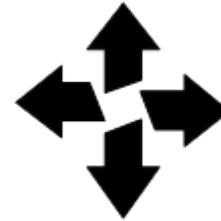
FRN is proud to cosponsor with other local agencies:

Autism Forum

Tuesday, April 5, 2016

San Joaquin County Office of Education, Stockton

For registration information call 209-468-4925.



29th Annual CHOICES Institute

Friday, April 8, 2016

Moving from "I Can't to I Can!"

San Joaquin County Office of Education, Stockton

For registration information call 209-473-6950.

Congrats to the WINNERS

of FRN's latest drawing:

- ♥ Mandy McCrady
 - ♥ Yazmin Navarro
-



FRN thanks The California Wellness Foundation!!

The California Wellness Foundation (TCWF) has awarded grants to FRN over the last few years. For 2016 TCWF is providing grant funding to FRN to underwrite a major portion of the costs associated with printing the mailing the newsletter. FRN is grateful to TCWF for its generosity and continued support of families raising children with special needs.



FRN has received donations from:

- ♥ Sue Allyn
- ♥ Tom and Sue Chinchio *in memory of Maria Bistolarides*
- ♥ Daughters of the British Empire in Northern California
- ♥ Thea Ethridge
- ♥ Robert Jones
- ♥ PEDS
- ♥ Shirley Pepys *in memory of Arlene Bowman*
- ♥ Efrain Rosas
- ♥ Stuart Foundation *on behalf of J. Bradley Sink*
- ♥ Susie Wong
- ♥ And Anonymous Donors



Want to be In The Know?

Send your email address to 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.



Healing Hearts Society

Helping Families At Their Most Difficult Time

A wife who loses a husband is called a widow. A husband who loses a wife is called a widower. A child who loses his parents is called an orphan. But...there is no word for a parent who loses a child, that's how awful the loss is.

Winston Churchill

Thanks to generous donors, Family Resource Network's Healing Heart Society is providing a much needed service to families in Amador, Calaveras, San Joaquin, Stanislaus and Tuolumne Counties– that of providing financial assistance to families upon the death of their child with special needs. Since its inception in June of 2007, **over 80 local families** have received financial assistance from the Healing Hearts Society.

Agencies throughout the region have let FRN know that the Healing Hearts Society is the **only** local source for this type of established assistance to families. We know that many families face serious financial difficulties due to the child's illness or disability. Families who have received Healing Heart Society funds have let us know that these funds are greatly appreciated.

The Healing Hearts Society is funded exclusively through private donations. Family Resource Network is a 501(c)3 nonprofit and donations are tax deductible. All donations to Family Resource Network's Healing Hearts Society are of tremendous assistance to families as they begin the healing process.

Donations may be made to Family Resource Network, 5250 Claremont Ave., Suite 148, Stockton, CA 95207. Please note on the check that the donation is for the Healing Hearts Society.
Thank you!



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.frcn.org.

****** Weekday IEP Training******

January 26– Writing An Effective IEP for Your Child with Special Needs • Presenters: SCDD, NVH Office and Family Resource Network • **SCDD, North Valley Hills Office**, 2529 W. March Lane, Stockton, 9 – 11:30 a.m.. FREE, reservations are required.

******Evening Trainings******

January 20 - The IEP Process: Parents' Rights • Presenter: Ann Cirimele, FRN, presented in collaboration with Stanislaus SELPA CAC, 1404 Stonum Road, Modesto, 6 to 8 p.m., FREE, registration required by contacting Angie Van Wagoner at 209-541-2335 or avanwagoner@stancoe.org. Call the SELPA by January 11th if you require a Spanish interpreter.

January 27- 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.

February 18 – Writing An Effective IEP for Your Child with Special Needs • Presenters: SCDD, NVHO and Family Resource Network • **Doctors Medical Center, Conference Room 3, Modesto** 6 – 8:30 p.m. FREE, reservations are required, for reservations call 800-847-3030.

March 9- 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.

March 31 – Writing An Effective IEP for Your Child with Special Needs • Presenters: SCDD, NVHO and Family Resource Network • **Lodi Public Library, 201 W. Locust Street, Lodi**, 6 – 8:30 p.m. FREE, reservations are required, for reservations call 800-847-3030.

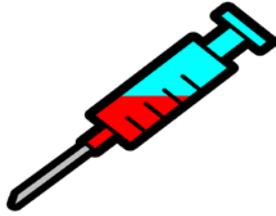
Ever wonder what we discuss at FRN's IEP workshops? Here's some basic info that we discuss in detail at the workshops.

**Basic Parents' Rights
in the IEP Process**

- Right to receive a written copy of special education rights
- Right to have child assessed in suspected area(s) of need
- Parent must give written approval prior to assessment of child in suspected area of need
- Right to have the IEP meeting at a mutually agreeable time and place
- Right to bring others to the IEP meeting
- Right to audio record the IEP meeting (written notice must be given by parent)
- Right to have the meeting translated into their preferred language
- Right to be an active member of the IEP team including identifying child's strengths and areas of need
- Right to bring information from sources other than Education to the IEP table, but the information must indicate an educational need
- Right to actively participate in the creation of the IEP document with IEP team members
- Right to have their opinions listened to by IEP team members
- Right to review IEP document for an unspecified amount of time prior to signing the IEP document (or refusing to sign)
- Right to use alternative dispute resolution, mediation and/or the fair hearing process.

The very best reason parents are so special is because we are the holders of a priceless gift, a gift we received from countless generations we never knew, a gift that only we now possess and only we can give to our children. That unique gift, of course, is the gift of ourselves. Whatever we can do to give that gift, and to help others receive it, is worth the challenge of all our human endeavor.

- Fred Rogers



Changes in CA Immunization Exemptions Effective January 2016

Governor Brown signed Senate Bill (SB) 277 on June 30, 2015. Effective January 2016, SB 277 will:

- No longer permit immunization exemptions based on personal beliefs for children in child care and public and private schools;
- Permit personal belief exemptions submitted before January 1, 2016 to remain valid until a pupil reaches kindergarten or 7th grade;
- Remove immunization requirements for:
 - Students in home-based private schools
 - Students enrolled in an independent study program who do not receive classroom-based instruction
 - Access to special education and related services specified in an individualized education program

Students in the above categories will still need to provide immunization records to their schools before entry, and schools will still need to report to the California Department of Public Health (CDPH) the immunization status of all students at the existing checkpoints of child care, kindergarten and 7th grade;

- Allow medical and personal beliefs exemptions from any new immunization requirement initiated by CDPH for attendance at school or child care.

Medical Exemption

A licensed physician (MD or DO) who feels a vaccine is not indicated for a student because of medical reasons should submit to the school (via the patient's family as needed) a written statement documenting the medical exemption. The school will place a copy of the completed statement in the student's file.

For more info go to

<http://www.shotsforschool.org/laws/sb277faq/>

AB 564 Signed by Governor Brown

Editor's Note: *This issue was brought to the attention of the CA legislature after a local parent contacted the State Council on Developmental Disabilities, North Valley Hills Office.*

Under existing law, the Lanterman Developmental Disabilities Services Act, the State Department of Developmental Services is required to contract with regional centers to provide services and supports to individuals with developmental disabilities and their families. Existing law requires the Director of Developmental Services to establish, annually review, and adjust as needed, a schedule of parental fees to be paid by parents of children under 18 years of age who are receiving 24-hour out-of-home care services through a regional center or who are residents of a state hospital or on leave from the state hospital.

Existing law provides that all parental fees collected by or for regional centers are remitted to the State Treasury to be deposited in the Program Development Fund, a continuously appropriated fund.

This bill would, effective July 1, 2016, revise and recast those provisions by, among other things, calculating monthly parental fees based on a percentage of the parents' annual income and authorizing a credit of the equivalent of one day of the monthly parental fee for each day a child spends 6 or more consecutive hours in a 24-hour period on a home visit. The bill would prohibit a monthly parental fee from exceeding the maximum monthly cost of caring for a child or the cost of services provided, whichever is less. The bill would require, for parents of children placed in 24-hour out-of-home care prior to July 1, 2016, the monthly parental fee to be calculated at the time of the parents' annual fee recalculation, or within 60 days of a parental request for review by the department and receipt of the family's completed family financial statement. The bill would provide that the Program Development Fund is available upon appropriation by the Legislature and make other related and conforming changes.

