



Family Resource Network

Helping Families Meet the Challenge

Volume 20, Issue 1, Winter 2012 Edition

14th Annual Mothers Retreat



Saturday, February 4th, 2012 marks the date for FRN's 14th Annual Mothers Retreat. Our theme is "**Walk A Mile In Our Shoes**". 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:

- ◆ "This event is the one I look forward to all year. After a trying year, it gives me a fresh start."
- ◆ "I met other mothers dealing with similar issues so I now know I'm not alone."
- ◆ "This is an integral part of my sanity."
- ◆ "A relaxing and wonderful day."
- ◆ "Can't wait for next year!"

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!

Lots of News from FRN

We've been very busy at Family Resource Network. We've moved to a larger suite in the Sherwood Executive Center. We are now located in **Suite 148** which is on the ground floor. The larger suite includes a room with enough space to do some workshops and other gatherings, so FRN is excited to present:

Brown Bag Parent Discussion Group

When: The last Tuesday of the month (starting on Tuesday, January 31, 2012) 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

Attendees are to provide their own brown bag lunch and FRN will provide beverages.

For info on registration and on January and February topics, please go to www.frcn.org and click on calendar.



Crafty Moms Night

When: The last Wednesday night of the month, beginning 1/25/12, 6:30 to 8:00 p.m.

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

Family Resource Network offers Moms a quiet workspace in which to do their craft work. Moms must supply their own materials. FRN supplies a quiet environment.

Due to space limitation, these evenings are for mothers or primary caregivers of children with special needs. Registrations are required. No walk-ins please. Go to www.frcn.org for info.

Family Resource Network Newsletter
Winter 2012 edition
Printing 6,600 copies

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Production costs for Family Resource Network Newsletter are underwritten by grants from California's Early Start Program – Department of Developmental Services, Parents Helping Parents and private donations. *FRN Newsletter* is distributed at no cost to families raising children with special needs in Amador, Calaveras, San Joaquin, Stanislaus and Tuolumne Counties. The newsletter is posted on FRN's website. Scholarships identified in this publication are available only to families in FRN's service area. Scholarships may be limited to the specifications of the granting agency. Family Resource Network, Inc., is a parent directed 501 ©(3) non-profit corporation committed to providing information and support to families raising children with special needs in Amador, Calaveras, San Joaquin, Stanislaus, and Tuolumne Counties. Items printed in the *FRN Newsletter* are for information purposes only and may not necessarily reflect the opinion or endorsement by Family Resource Network or its underwriters. Direct questions or comments to:

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



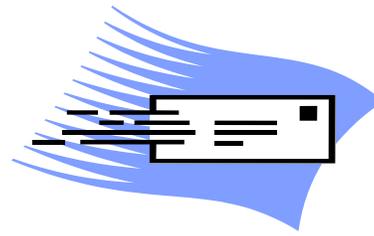
FRN is in the process of looking for a new location for our Sibshops. Please check FRN's website for updated information on the next Sibshop.

More Sib News: SibTeen is now available both as a Yahoo group and a Facebook group! You can learn more about joining SibTeen by visiting

<http://www.siblingsupport.org/connect/sibteen-facebook-group-and-yahogroup>

Health-e-App, an on-line application program, is now available in California, allowing families to apply on-line for free or low-cost health coverage through MediCal, Medicaid, and Healthy Families. Health-e-App is the official state of California application site; it was developed by the California Health Care Foundation. To view the website, go to

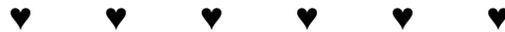
<https://www.healthapp.net/>



Stay In the Know

Want up to the minute info on issues affecting children with special needs? You can have your email address added to FRN's email list. FRN's newsletter is published only a few 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 the following info to FRNfamilies@aol.com:

- Your name
- The county you reside in
- Please indicate if you are a parent of a child with special needs or a professional working with special needs children



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

Norma Martinez
Milagros Mata
Arvelia Whingham



Come Visit FRN's New Home
FRN will be having an Open House on Tuesday, January 17th from 11 a.m. to 2 p.m. Come visit our new office located at 5250 Claremont Ave., Suite 148, Stockton, CA, 95207. Light refreshments will be served. Please RSVP by January 12th to frnfamilies@aol.com or call 209-472-3674 to let us know that you are attending.

Be sure to update your address book with FRN's new suite number – 148.

CHECK OUT THESE WORKSHOPS!!

Please Note: These events occur at a variety of venues throughout FRN's service area. Be sure to **check the location** of the workshop you are interested in. Contact 472-3674 or 800-847-3030 or frnfamilies@aol.com for more info.



IEP Workshops

ONLY SATURDAY IEP WORKSHOP
January 21, 2012 – Writing An Effective IEP for Your Child with Special Needs • Presenters: Area VI Board and Family Resource Network • **Area VI Board Office, Stockton**, 9:30 a.m. to noon, FREE, reservations are required.

Feb. 16 – 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 15, 2012 – Writing An Effective IEP for Your Child with Special Needs • Presenters: Area VI Board and Family Resource Network • **Public Library, Oakdale**, 6-8 p.m., FREE, reservations are required.

Early Start Transition

Feb. 22- 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.

Infant Massage

Jan. 10 – That Loving Touch – Infant Massage • Presenter: Jayne Bush, San Joaquin County Office of Education, **Stockton**, 6:30 to 7:30 p.m., FREE.

Feb. 14 – That Loving Touch – Infant Massage • Presenter: Jayne Bush, Walton Special Center, **Stockton**, 10 to 11 a.m., FREE.

Speech Development

Jueves, 26 de Enero - ¡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.

Feb. 9 – Let's Get Talking!: Tools for Parents to Help Develop Speech in Children Ages birth to 3 Years • Presenter: Lisa Drake, M.A., CCC-SP; San Joaquin County Office of Education, **Stockton**, 6:30 to 8 p.m., FREE, registration is required.

Medically Fragile Infants

Tuesdays – January 24, February 21 and March 20 – Handle with Care: Caring for Your Medically Fragile Infant, Presenter: Barbara Patton, Walton Special Center, **Stockton**, 9:30 – 10:30 a.m., FREE, registration is required.



Don't forget to register!

See page 6 for info on additional workshops!

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.

FRN Library Resources

Here are just some of the newest additions.

Books

- 101 Bully Prevention Activities
- A Quest for Social Skills for Students with Autism or Asperger's
- Asperger Syndrome and Sensory Issues
- Breakthrough Parenting for Children with Special Needs
- Comic Strip Conversations
- Connecting Employers with People Who Have Intellectual Disability
- Dyslexia and Dysgraphia
- Early Childhood Transition Guidebook (What You Need to Know Before Your Child's 3rd Birthday)
- The Fearless Caregiver
- Getting Therapy, Benefits & Resources for Your Child's Needs
- Help! There's a Toddler in the House!
- How do I Teach This Kid to Read?
- IEP Goals That Make A Difference
- Managing Anxiety in People with Autism
- The Misunderstood Child (Learning Disabilities)
- Nursing Care of Individuals with Intellectual & Developmental Disabilities
- Parenting Children with Health Issues
- Raising Children without Losing Your Voice or Your Mind
- Sleep Better – A Guide to Improving Sleep for Children with Special Needs

- Slippery Slope! – The IEP Missteps Every Team Must Know and How to Avoid Them
- Stories for Your Deaf Child (multiple volumes including "If You Give a Mouse A Cookie" and "Where the Wild Things Are")
- Taking Hearing Impairment to School
- Taking Speech Disorders to School
- That Crumpled Paper Was Due Last Week – Helping Disorganized & Distracted Boys Succeed in School & Life
- Understanding Your Special Needs Grandchild
- You, Your Child and "Special" Education – A Guide to Dealing with the System

DVD

- Getting Kids in Sync
- Nurturing Touch (Infant Massage)



Valuable Parent Resource

Disability Rights California has published the newest edition of Special Education Rights and Responsibilities. The entire book is posted online at <http://www.disabilityrightsca.org/pubs/504001SERR.htm>. You can order a copy of the book from Disability Rights CA via their website or by calling 800-776-5746.



Want to know about upcoming FRN activities? Using a QR app, snap a picture and you will link to FRN's calendar of events.

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



FRN has received donations from:

Liza Cruz
 Kat Ferreira
 Dennis Honrath
 Kavere Services, Inc.
 Jeanette Kelly-Gonzales
 Katie Lucchesi
 Modesto City Schools, *Community Advisory Committee*
 Patrick O'Connor
 PEDS, LLC
 Monica Plageman
 Efrain Rosas
 Stephanie Warn
 Michelle Williams

Thank You Volunteers!

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

Dawn Bauleke
 Joe Cirimele
 Katey Clark
 Brian Connolly
 Ingrid De Jong
 Christine Jensen
 Holly Jensen
 Janelle Jensen
 Melissa Jensen
 Lauren Linehan
 Don Okura
 Anuj Patel
 Sangita Patel
 Heather Quinones
 Emma Robertson
 Sue Robertson
 Jeremy Werner
 Roger Werner

If you would like to volunteer for FRN's work group at the **2012 Asparagus Festival** which will take place in Stockton on April 27-29, please contact FRN and we'll get your name on the list.



Healing Hearts Society

Many, many thanks go to those listed below 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. To date, FRN has provided Healing Hearts Society funds to **38** families.

Recent Healing Hearts Society donors include:

Sue Allyn
 Joseph Cirimele
 Timothy Connolly
 Rev. William Devine



Welcome Rita Gutierrez!

Family Resource Network is excited to welcome Rita Gutierrez as its new Office Assistant. In addition to being the parent of a son with autism, Rita has worked with El Concilio and has experience working in the mental health field. Rita is bilingual and looks forward to providing support to FRN's Spanish speaking families.

Bienvenida Rita Gutierrez!

Family Resource Network esta muy contenta de darle la bienvenida a Rita Gutierrez nuestra nueva asistente de oficina. Ademas de ser la madre de un nino con autismo, Rita a trabajado con El Concilio y tiene experiencia trabajando en el area de salud mental. Rita es bilingue y espera trabajar con las familia de habla espanol de FRN.



Autism Events

Dr. Peter Gerhardt, Ph.D. will be the keynote speaker for the **11th Annual Autism Collaborative Forum** will be held on Saturday, 3/17/2012 from 8:00 to 4:00, at the San Joaquin County Office of Education, Wentworth Educational Center, 2707 Transworld Drive, Stockton, CA 95206. Parent scholarships will be available. For more information please contact Gail Brodigan-Dalton, at (209) 468-4907 or gbrodigandalton@sjcoe.net

Autism and Health Insurance Coverage: Making Your Benefits Work for your Child

Presented by Karen Fessel, Autism Health Insurance Project and Feda Almaliti, Autism Health Advocates

WHEN: Saturday, January 14th, 2012

TIME: 11:00-1:00

FEE: No charge

WHERE: San Joaquin County Office of Education

2707 Transworld Drive
Stockton, California

To reserve your seat, please RSVP by January 12th, 2012, to:
autism.insurance.workshop@gmail.com



Financial and Estate Planning

Frank Quacinella, First 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.

This workshop is being offered in collaboration with Modesto City Schools SELPA's Community Advisory Committee. **Thursday, March 8th, 6:30 p.m. to 8:30 p.m., Modesto City School, Staff Development Center, 425 Locust Street, Modesto, 95351.**

Conservatorship and Less Restrictive Alternatives

Presenter: Leinani Walter, Clients' Rights Advocate, Office of Clients' Rights Advocacy of Disability Rights California

When: Thursday, February 23, 2012

Time: 6:30 – 8:30 p.m.

Where: San Joaquin County Office of Education, Wentworth Educational Center, 2707 Transworld Drive, Stockton

Conservatorship is defined "a legal proceeding in which an individual or agency is appointed by the court to be responsible for a person who needs assistance in daily living."

Topics of discussion will include:

- Limited vs. Probate Conservatorship.
- What is the role of a parent, CRA and regional center in the conservatorship process?
- What are less restrictive alternatives to conservatorship?
- How does a conservatorship affect the person with the developmental disability?

Attendees will receive a copy of Disability Rights CA's publication Conservatorship, Trusts and Wills for People with Developmental or Other Disabilities – A Guide for Families. Limit one per family, please.

This workshop is free to all parents/primary caregivers of children receiving special education services in Amador, Calaveras, San Joaquin, Stanislaus or Tuolumne Counties, and professionals in those 5 counties.

For a registration form, please visit www.frcn.org and click on calendar, or call FRN at 209-472-3674.

Opportunities are usually disguised as hard work, so most people don't recognize them.

Ann Landers



Optional Adult Dental Services for Department of Developmental Services (DDS) Regional Center Consumers Restored

Effective January 13, 2012, the Medi-Cal Dental Program (Denti-Cal) will begin processing dental claims for regional center consumers (also known as DDS beneficiaries or consumers of DDS) age 21 and over, who have Medi-Cal and do not reside in a licensed health facility (Intermediate Care Facility or Skilled Nursing Facility). Services may be provided effective January 1, 2012; however providers should not submit claims for regional center consumers to Denti-Cal until January 13, 2012.

These regional center consumers are eligible for the optional adult dental services eliminated in 2009 and are exempt from the \$1,800 annual dental cap. All dental providers providing services to regional center consumers must be enrolled in the Denti-Cal program. Claims for regional center consumers will be authorized in accordance with existing Denti-Cal policies, procedures, and requirements. Claims will be reimbursed by Denti-Cal at the billed amount or the current Denti-Cal Schedule of Maximum Allowance rates, whichever is lower.

Providers who submit claims for services to regional center consumers are exempt from the 10% provider payment reduction. Providers can contact the Denti-Cal Telephone Service Center to verify beneficiaries who are regional center consumers. For more information about submitting dental claims for regional center consumers, please contact Denti-Cal Telephone Service Center at (800) 423-0507.

Note: Non DDS Medi-Cal beneficiaries are still subject to the elimination of optional adult dental benefits (see the 2009 bulletin [Volume 25, Number 22](#)) and the \$1,800 annual dental cap.

There's An App For That!

FRN is compiling information on apps that are recommended by parents or professionals. Send the name of the app and a short description to FRNfamilies@aol.com.



Family Resource Network congratulates Paul Billodeau on being named the new Executive Director for Valley Mountain Regional Center. Paul has worked with people with developmental disabilities his entire professional life and has been with VMRC for over 30 years giving him extensive knowledge of the Regional Center system and the consumers served by VMRC. Congratulations Paul!

VMRC is looking for ways to make direct communication with consumers and others more timely and cost-effective. To that end, they have established a mailing list (sometimes called a listserv) intended solely for transmitting important information from the regional center to interested parties via email.

This new mailing list will be used only by selected VMRC managers to send important and time-sensitive information that may have an immediate impact. To subscribe, send a blank email message to consumers-subscribe-request@infosrv.vmrc.net. (Your subject line may say JOIN.) If you have problems subscribing, email Gordon Hofer (ghofer@vmrc.net) and include your phone number.



Tips for Successful Haircuts

The website for Autism Speaks (www.autismspeaks.org) has created a video that shows the haircutting process and gives information to stylists on how to make the experience more successful.