



# Family Resource Network

## Helping Families Meet the Challenge

Volume 18, Issue 1, Winter 2010

### Working For A Living

Parents of children with special needs often wonder if their child will ever be able to be employed. More and more the answer is a resounding "YES!" Employers are realizing that having a disability does not prohibit a person from having the skills necessary to be an asset to an organization. Parents sometimes are concerned that individuals who receive Supplemental Security Income (SSI) from the Social Security Administration will lose their SSI benefits, including Medi-Cal, if they become employed. This is usually false. Each person will have a slightly different scenario, but frequently the person who is employed ends up making more money than what the person was previously receiving on SSI alone. The employed person's SSI benefits will be reduced, but when the reduced amount is added to the income the person receives from the employer, the person actually has an increase in income for the month.

FRN and DRAIL (Disability Resources, Ability and Independent Living) of Modesto are offering the Future Horizons workshop which will address how employment affects SSI benefits. Ignacio Chavez of DRAIL will be the speaker, and in addition to his presentation he will set aside lots of time to answer your individual questions.

Join us on Tuesday, January 19, 2010 from 6:30 to 8:30 p.m. at the Learning Center, County Center III, 917 Oakdale Road, Modesto (in between Orangeburg Ave. and Scenic Dr.)

There is no cost to attend the workshop, but space is limited so early registration is recommended. Registration is required. You can call FRN to register or download the flyer at [www.frcn.org](http://www.frcn.org) and click on calendar.

### Celebrating Our Magical Moments as Mothers

*FRN's 12<sup>th</sup> Annual Mothers Retreat*



FRN offers a day of relaxation and fun for mothers raising children with special needs. We will be celebrating those magical moments that we have with our children. 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, fun, prizes and lots of food.

Some comments from last year included:

- "I don't know what I'd do without this every year!"
- "This was my first time attending. I learned that I am not alone and that there are many parents I have something in common with."


This year's retreat will take place on **Saturday, February 6, 2010** 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](http://www.frcn.org). Click on "calendar" and then on "Mothers Retreat". **Hope you can join us!**

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 5250 Claremont Ave., Suite 239 Fax: 209-472-3673  
 Stockton, CA 95207  
 Email: FRNfamilies@aol.com website: [www.frcn.org](http://www.frcn.org)

Congrats to the WINNERS of FRN's latest drawing:  
**Fabiola Castellanos**  
**Florina Garibay**  
**Guillermina Sanchez Pineda**



**Sibshops**

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

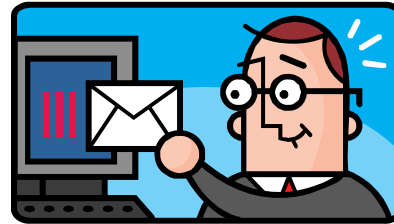
**Saturday, January 9, 2010**  
**1 to 3:30 p.m.**  
**Valley Community Baptist Church, Tracy**

Meet other siblings who have the same kinds of issues. There are games, crafts, discussion activities, food and lots of fun! 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.**

**Info on Local Support Groups**

Local support groups are encouraged to email or mail flyers and information on their groups to FRN. FRN will have the information on display in the office and will share information as appropriate with families who call FRN asking for info on specific disabilities or support groups.



**Are you in the know?**

Want up to the minute info on issues affecting children with special needs? You can add your email address to FRN's email list. 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 the following info to [FRNfamilies@aol.com](mailto: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



**Friend of the Earth**

If you'd like to cut down on the mail you receive and save a tree or two, you can receive your FRN newsletter via email. Just let us know your name and the email address you'd like us to send it to.

## FREE Saturday IEP Workshop

Family Resource Network and the State Council on Developmental Disabilities, Area Board 6 are offering their "Writing An Effective IEP for Your Child with Special Needs" workshop **on Saturday, January 16, 2010 from 9:30 a.m. to noon**. The workshop will take place at the Area Board office, 2529 W. March Lane, Suite 105, Stockton.

Topics will include:

- Updated info on special education law including the High School Exit Exam
- Rights of parents and children with disabilities
- Developing an effective IEP
- Assessment, eligibility, IEP meeting and problem resolution

There is no cost to attend, but registration is required, and space is limited. Registration forms are available by clicking on the calendar tab on FRN's website or by calling FRN.

This workshop will be repeated multiple times throughout FRN's 5 county region over the next several months. See the following article to locate the workshop closest to you. Hope you can join us.

There are only two lasting bequests we can hope to give our children. One of these is roots; the other, wings.

*-William Hodding Carter, Jr.*

## Training Opportunities

**February 10 - Building Bridges – Transitioning Your Child from the Early Start Program** • FRN, Sherwood Executive Center, 5250 Claremont Ave., Stockton, 9:30 to 11:30 a.m., free for parents, \$15 fee for professionals, for info call 800-847-3030.

**Feb. 18- 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, Conference Room, Modesto**, 6 – 8:00 p.m. FREE, reservations are required, for reservations call 800-847-3030.

**March 4 – Writing An Effective IEP for Your Child with Special Needs** • Presenters: Area VI Board and Family Resource Network • SCDD, Area VI Board • **San Andreas Public Library, San Andreas**, 6 – 7:45 p.m. FREE, reservations are required, for reservations call 800-847-3030.

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

**April 14- Building Bridges – Transitioning Your Child from the Early Start Program** • FRN, Sherwood Executive Center, 5250 Claremont Ave., Stockton, 9:30 to 11:30 a.m., free for parents, \$15 fee for professionals, for info call 800-847-3030.

**April 20 – Writing An Effective IEP for Your Child with Special Needs** • Presenters: Area VI Board and Family Resource Network • SCDD, Area VI Board • **Sonora Public Library meeting room, Sonora**, 6 – 8:30 p.m. FREE, reservations are required, for reservations call 800-847-3030.

**April 29 – Writing An Effective IEP for Your Child with Special Needs** • Presenters: Area VI Board and Family Resource Network • SCDD, Area VI Board • **Tracy Sports Complex, Tracy**, 6 – 8:00 p.m. FREE, reservations are required, for reservations call 800-847-3030.

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.

## Over 1,600 FRN Library Resources Are Available For You

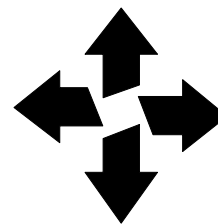
This summer FRN added over 50 resources to its library. Topics include autism, mental health, behavior and many more. Visit [www.frcn.org](http://www.frcn.org) and click on Library to see a complete listing of all of FRN's library resources and to find out how to borrow resources from the library. If 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 books to FRN. You can mail them to FRN, swing by the office, or drop them off with the building receptionist. There is an after hours drop slot on the exterior of the building if you come by after the building has closed.



### Early Start Symposium Resources Available

The 14<sup>th</sup> Annual Early Start Symposium took place on November 2<sup>nd</sup> in Stockton and was a great success. David Love, MFT, presented valuable information in his keynote presentation on families and the stresses that we face in these difficult times. Breakout speakers presented information on nutrition, autism, speech and much more. All the handouts from the Symposium are available on FRN's website. Just click on "Resources".

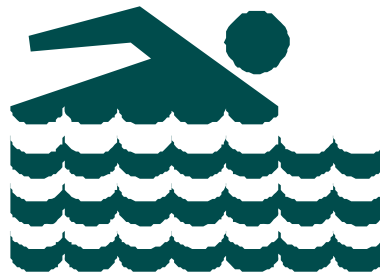


## SAVE the DATE!

Friday, April 16, 2010

FRN is one of the cosponsors that proudly presents the 23<sup>rd</sup> Annual CHOICES Conference

## CHOICES 2010 - Get Healthy, Stay Fit!



Our keynote speaker will be Karen Gaffney. She is a self-advocate and motivation speaker from Portland, Oregon. On July 23, 2001 she became the first person with Down syndrome to complete a relay swim across the English Channel. Come here her story about her active lifestyle. In addition to Karen there will be breakout sessions on a variety of topics and an opportunity to meet with representatives from the offices of local legislators.

### FRN Awarded Grant from March of Dimes

Family Resource Network has received a March of Dimes Community Award in the amount of \$1,500. The funds are being used to provide books and related information on caring for premature infants to families whose premature infants receive services in the neonatal intensive care unit at Doctors Medical Center, Modesto.



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

- Stewart & Sandra Antle
- Melinda Barrera
- Elizabeth Bryun
- Elaine Begley Photography
- Robert Jones
- Megan Maier
- Rhonda Martinez
- Pat Murray
- PEDS, LLC
- Kristin Shinn
- Sonja Steinruck
- Vickie Storment
- Diane Tamayo
- Mary Ann Taylor
- Roger Valdez and Unified Grocers
- Roger Werner



***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 **20** families.

**Healing Hearts Society Members** include:

- Sue Allyn
- Kathy Barnes
- Patrick O'Connor
- Judy Sterling
- Dr. Richard Wong



**FRN's Fantastic Volunteers**

- Carissa Balcao
- Andrea Barrameda
- Dawn Bauleke
- Jessica Bossana
- Pamma Branch
- Joe Cirimele
- Lisa Drake
- Jordan Fisher
- Edward Klunk
- Patrick Klunk
- Jessica Leal
- Edgar Libao
- Lauren Linehan
- Don Okura
- Katie O'Leary
- Marena O'Leary
- Amber Parker
- Jade Parker
- Anuj Patel
- Nihir Patel
- Sangita Patael
- Emma Robertson
- Sue Robertson
- Samantha Shwe
- Angel Tejada
- Antonia Tejada
- Antonio Tejada
- Erika Tejada
- EZ Tejada
- Yvonne Tejada
- Jamie Wolcott



FRN staff thanks the FRN Board members for all their volunteer efforts throughout the year. The Board members are:

- Beverly Klunk – President
- Kathy Werner – Treasurer
- Gwenda Simms - Secretary
- Sue Chinciolo
- Judy Murray
- Susie Wong





## Turning 18 soon?

If you have a child with special needs who will be turning 18 in the next year or so, you might want to take a look at the checklists FRN has created to help parents as their children transition to adulthood. Go to [www.frcn.org](http://www.frcn.org) and click on Resources. You can download "Transition from Special Education to Adult Services Checklist" and "Suggested Steps for Investigation of Adult Service Options". These checklists have been created by and for parents. FRN has received feedback from parents and professionals alike who felt that these checklists provided valuable information.

Another great resource is [www.db101.org](http://www.db101.org). This website was created by the CA Work Incentives Initiative at the World Institute Disability along with multiple other agencies. The website provides easy to read descriptions of state, federal and private benefit and health coverage programs. It also has a benefits planning calculator so people can see how changes in their lives might or might not affect their benefits. DB101 has taken some complicated material and presented it in user-friendly, easy to understand language.



## SAVE the DATE!

The 9<sup>th</sup> Annual Autism Collaborative Forum will take place on Saturday, April 10, 2010 at San Joaquin County Office of Education in Stockton. Gina Green, Ph.D., BCBA will be keynote speaker and there will be additional breakout sessions. Registration flyers will be available in late February.



SPARK is an information and discussion group for families raising children with special needs.

### January Meeting:

- Saturday, January 23<sup>rd</sup>
- 9:30 a.m. to 11 a.m.

**Topic:** *The Road Less Traveled – The Journey of Emotions Experienced by Parents Raising Children with Special Needs* presented by Ann Cirimele, Executive Director, Family Resource Network

Using video clips and stories Ann will discuss the emotions parents experience starting with those that occur when the child is diagnosed and other emotions that we feel as our child develops.

### February Meeting:

- Wednesday, February 17
- 6:30 p.m. to 8:30 p.m.

**Topic:** *The Teachings of Jon – Most come to learn...he came to teach*

We will view this award-winning documentary about a 40 year-old man who has Down syndrome. This touching and funny documentary looks at the life of this wonderful man and his family. This documentary has been shown on PBS stations across the country. After the viewing we will have discussion about what we as parents can learn from Jon and his family.

All SPARK meetings take place at San Joaquin County Office of Education, Education Service Center, 2707 Transworld Drive, Stockton. We regret that we are unable to provide childcare. There is no cost to attend but registration is requested. You can call FRN or go to [www.frcn.org](http://www.frcn.org) and click on calendar to register.

**Come meet other parents who are facing many of the same issues you are.**

## **Attitude**

*Author Unknown*

“The longer I live, the more I realize the impact of attitude on life. Attitude, to me is more important than facts. It is more important than the past, than education, than money, than circumstance, than failure, than success, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...a family...a home. The remarkable thing is that we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one strength we have, and that is attitude. Ten percent of life is what happens to me and ninety percent is how I react to it. And so it is with you...

We are all in charge of our  
attitudes.”