



Family Resource Network

Helping Families Meet the Challenge

Volume 20, Issue 3, Summer 2012 Edition

Save the Date!!!

Tuesday, October 16, 2012

18th Annual Early Start
Symposium



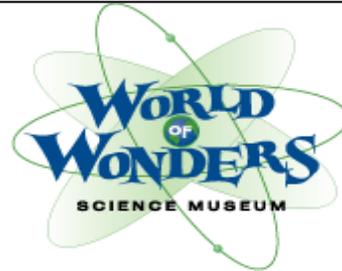
“Extraordinary Children:

Head, Heart, Knees and Toes”

Our keynote speaker will be Dr. Ann Corwin, Ph.D., M.Ed. Dr. Corwin, “The Parenting Doctor”, is a nationally known speaker and consultant. Her address will focus on “Extraordinary Children...Unique Solutions”. Parents and professionals alike will benefit from her presentation. Additionally there will be breakout sessions on language development, motor skills issues, child development, oral motor development and smart phone apps that can be used when working with young children.

Registration materials will be available in September. Scholarships are available to parents of children receiving Early Start or Prevention Resource and Referral Services (PRRS) services who live in Amador, Calaveras, San Joaquin, Stanislaus or Tuolumne Counties. There are a limited number of scholarships for parents of special needs preschool children.

For more information contact FRN.



Creative Minds Celebrating Families & Children with Special Needs

Saturday, August 18th marks the date of the Creative Minds event at the World of Wonder Science Museum in Lodi. The event is from 10 a.m. to 3 p.m. and families will have the opportunity to explore tactile and sensory exhibits, learn about local resources, and attend a lecture on autism.

There is a General Admission charge of \$6 for adults, \$5 seniors, \$4 for kids, and free for teachers with IDs.

Participants in this event include Family Resource Network, UC Davis MIND Institute and the Crocker Art Museum. For more information on this event, please contact the World of Wonder Science Museum, 2 N. Sacramento Street, Lodi, 209-368-0969, www.wowsciencemuseum.org



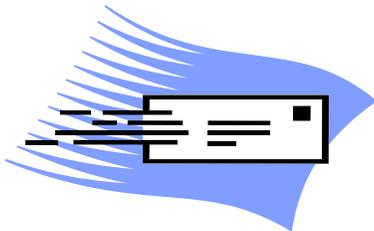
Family Resource Network is happy to welcome Lisa Culley as our new Program Coordinator. Lisa is the parent of a son who has a developmental disability. Lisa is active in the Special Childrens Sports Club and the Friends of Walton Booster Club. Welcome Lisa!

Family Resource Network Newsletter
Spring 2012 edition
Printing 6,500 copies

EDITOR: Ann Cirimele

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:

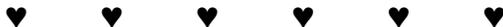
Family Resource Network Phone: 209-472-3674
5250 Claremont Ave., Suite 148 Fax: 209-472-3673
Stockton, CA 95207
Email: FRNfamilies@aol.com website: www.frcn.org



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 WINNER of
FRN's latest drawing:**

Margarita Guevara

What Is Asthma?

Asthma is a disease that affects your lungs. It is one of the most common long-term diseases of children, but adults have asthma, too. Asthma causes repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing. If you have asthma, you have it all the time, but you will have asthma attacks only when something bothers your lungs.

In most cases, we don't know what causes asthma, and we don't know how to cure it. We know that if someone in your family has asthma, you are also more likely to have it.

You can control your asthma by knowing the warning signs of an attack, staying away from things that trigger an attack, and following the advice of your doctor or other medical professional. When you control your asthma:

- you won't have symptoms such as wheezing or coughing,
- you'll sleep better,
- you won't miss work or school,
- you can take part in all physical activities, and
- you won't have to go to the hospital.

Asthma can be hard to diagnose, especially in children younger than 5 years of age. Regular physical checkups that include checking your lung function and checking for allergies can help your doctor or other medical professional make the right diagnosis.

During a checkup, the doctor or other medical professional will ask you questions about whether you cough a lot, especially at night, and whether your breathing problems are worse after physical activity or during a particular time of year. Doctors will also ask about other symptoms, such as chest tightness, wheezing, and colds that last more than 10 days. They will ask you whether your family members have or have had asthma, allergies, or other breathing problems, and they will ask you questions about your home. The doctor will also ask you about missing school or work and about any trouble you may have doing certain activities.

A lung function test, called *spirometry* (spy-rom-e-tree), is another way to diagnose asthma. A spirometer (spy-rom-e-ter) measures the largest amount of air you can exhale, or breathe out, after taking a very deep breath. The spirometer can measure airflow before and after you use asthma medicine.

An asthma attack can occur when you are exposed to things in the environment, such as house dust mites and tobacco smoke. These are called *asthma triggers*.

This information was provided by the Center for Disease Control and Prevention.

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. Flyers for the workshops are posted on the calendar section of FRN's website, www.frcn.org or contact FRN at 472-3674 or 800-847-3030 or frcnfamilies@aol.com for more info.



Early Start Transition

July 11- 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.



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!



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 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.



Infant Toddler Resources

FRN's website contains information and resources for families of children ages birth to 36 months under the Infants and Toddlers tab. The info will be of interest to families either in Early Start or Prevention Resource and Referral Services (PRRS). Be sure to check out the PRRS Developmental Resources Materials List for info on a variety of resources. Also be sure to click on the bubble for Infant and Toddler Resources, and to learn about agencies within your county. Here's the link to the website: <http://www.frcn.org/early.asp#resources4toddlers>

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 newest additions:

Books

- Imperfect, An Improbable Life by Jim Abbott

Emily Bauch donated:

- Be Different
- Behavior Solutions for the Inclusive Classroom

Teresa Gutierrez donated:

- The Complete Book of Baby and Child Care



Social Security to Fast-Track Disability Decisions on 52 New Medical Conditions

The Social Security Administration (SSA) has added 52 new Compassionate Allowances (CA) (<http://www.socialsecurity.gov/compassionateallowances/>) conditions mainly involving neurological disorders, cancers and rare diseases. The CA program speeds up disability decisions to make sure that Americans with the most serious disabilities receive their benefit decisions within days instead of months or years. SSA is also improving its online disability application process (<http://www.ssa.gov/pubs/10550.html>) . If you've already filed an application and it was denied, you can file an appeal (<http://www.ssa.gov/pubs/10041.html>).



A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.

-- James Dent



Summer Fun Activities

Outdoor Fun

- Delta/River walks
- Farmers Markets
- Parades
- Parks/Playgrounds
- Parks and Rec Programs
- Picnics
- Sidewalk chalk art
- Sports (baseball, soccer, basketball, etc.)
- Street Fairs
- Water Fun
 - Community Pools
 - Hose or sprinkler
 - Squirt guns

Indoor Fun

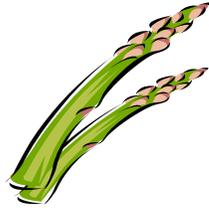
- Board games/chess/checkers
- Crafts (Stores have lots of ideas and inexpensive kits)
- Family project (scrapbooking, tracing your family tree)
- Libraries (Some have summer programs to promote reading)
- Malls/stores
- Movies
 - Sensory Friendly movies (Manteca)
- Museums
- Pet Stores
- Video games

Misc.

- "Dollar" stores have lots of fun things – craft supplies, games, etc.

FRN has information on local summer camps and recreational activities. Most have fees associated with them. For more info contact FRN.

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 Volunteers have Spear-It!!

Thank you to the following for donating their Asparagus Festival service hours to FRN:

Daniel Arvise
 Sandra Blackmon
 Teresa Cienfuegos
 Brian Connolly
 Ingrid DeJong
 Kimberly Douglas
 Naomi Enriques
 Victoria Estrada
 John Forrest
 Ann Gulick
 Maria Hernandez
 Bonita Herreria
 J.R. Herreria
 Bill Molinari
 Sabrina Moore
 Gail Rieger
 Tina Rouse
 Lynne Schultze
 Jerry Staffle
 Roger Valdez
 Catherine Vasquez
 Kathy Werner
 Verlana Wilson
 Susie Wong
 Tenia Zeno



FRN has received donations from:

Sue Allyn
 Emily Bauch
 Tom and Sue Chinchio
In memory of Colleen June Erz
 Rhonda Martinez
 Todd Nord
 Pedro Pinentel
 Efrain Rosas
 Pam Thompson
 Christi Torres-Rogers
 And Anonymous Donors

Thank You Volunteers!

FRN thanks the following for their volunteer efforts:

Joe Cirimele
 Katey Clark



Healing Hearts Society

Many, many thanks go to those 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 **44** families.

Special Thanks to Friends of Walton Booster Club



Walton Special Center's crab feed in March was a huge success and the Friends of Walton Booster Club generously donated all the sales from the dessert bar to Family Resource Network's Healing Hearts Society. These wonderful Friends even added more funds to the total donation. They are true Friends to FRN and to all those families who have lost a child.



You've Got a Friend

Friends Like You. Friends Like Me. is an educational community outreach initiative of Children's Specialized Hospital, designed to help educate children about autism spectrum disorder and provide the tools necessary to facilitate friendships among children. This program encourages recognition of children's similarities, reinforces the common desire to be accepted and have friends, demystifies autism in an age-appropriate manner, and promotes inclusion, respect, and friendship between children of all abilities in all facets of their lives. Use the program's materials and resources to encourage understanding and acceptance and to reduce intimidation and bullying.

Educational Film:

The program's enlightening video explains ways to educate children about autism spectrum disorder. It offers strategies and resources to encourage interactions and friendships in school environments as well as in the general community. School administrators, students, and professionals share ideas and strategies to facilitate positive peer relationships and friendship development.

Friendship Booklet:

The challenges and behaviors related to autism spectrum disorder are difficult for many people to understand. For children and teens, it can be even more difficult. Children with ASD do not naturally learn how interpret social action, pretend play, or play with peers. These skills need to be directly taught. As a result, it is often difficult for these children to join their

peers in shared leisure activities. Typically developing peers often are unsure of why kids with ASD act differently, which may result in rejection and isolation. The program's booklet educates and helps to reduce fear and uncertainty. It provides children and teens with ways to include children with ASD.

Supplemental Materials:

The program has a list of children's books to help them learn more about ASD and friendship. Adults can benefit from a list of videos, articles and websites to help facilitate friendships among children. There is also a list of practical tips to encourage positive social interactions in school settings, recreational programs, with sports teams, or any groups involving children or teens. Choose from many activities including ideas for child/teen discussion, research topics, and public service projects to support increased understanding and acceptance.

For information on this program go to <http://www.childrens-specialized.org/Programs-Services/Outpatient-Programs/Autism-Program/Education-and-Outreach/Friends-Like-You--Friends-Like-Me.aspx> or Google "Friends Like You, Friends Like Me".

This program has been made possible by the Kohl's KidsAbilities Program at Children's Specialized Hospital through the generosity of Kohl's Cares.

Autism Insurance Mandate Bill

The Department of Managed Health Care (DMHC) has established a new contact site to better assist in the implementation of the autism insurance mandate bill (SB 946). Questions about specific cases, issues, or problems related to SB 946 can be emailed to:

SB946Questions@dmhc.ca.gov. This site is strictly focused on addressing **case-specific inquiries**. Policy related issues, such as the work of the DMHC Autism Taskforce, are NOT within the scope of this site. Information on the Taskforce are available at:

http://www.dmhc.ca.gov/dmhc_consumer/br/br_autismtf.aspx



In partnership with the Department of Education, the new www.StopBullying.gov site emphasizes action steps individuals can take to prevent and stop bullying in their schools and communities. It also features easy-to-use tools and resources for community leaders, young people and families, including:

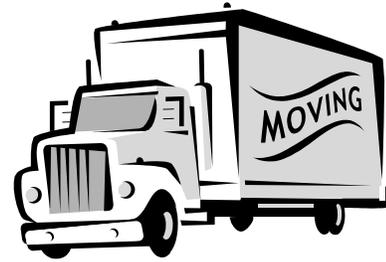
- How to recognize the [warning signs](#) and when to take action
- Tips to [prevent bullying](#) before it starts
- How to implement [strategies for intervention](#)
- Ways to share your community's resources, policies or strategies to prevent and address bullying
- Information on bullying [laws](#) in your state

The new site offers ways to share ideas and start discussions about different roles the community can plan in bullying prevention. Supporters are being asked to spread the word through new [widgets and badges](#) and to subscribe to [email updates](#) to find out about new content on the site. The public can also submit materials for inclusion in the [resource database](#). StopBullying.gov can be followed on [Twitter](#) or [Facebook](#) for more information on how to take action.



There's An App For That!

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



Moving?

If you are relocating within FRN's five county service area (Amador, Calaveras, San Joaquin, Stanislaus and Tuolumne counties) we want to continue to send you the FRN newsletter. Because the newsletter is mailed via bulk mail it is not automatically forwarded to your new location. Only First Class mail is forwarded. FRN sometimes receives notification from the postal service that a family has moved, but that notification usually takes months and we don't always receive a new mailing address. So if you want to make sure that you receive all issues of the newsletter just give FRN a call or send an email or letter with your new address.

Best wishes to you in your new home!

The Riot

is a newsletter developed and written by self-advocates and their peers. It is a publication of the Human Services Research Institute (HSRI) in Oregon. The April edition focuses on family and sibling issues. For more info go to: <http://www.theriotrocks.org/the-riot-newsletter>