



# Family Resource Network

## Helping Families Meet the Challenge

Volume 14, Issue 2, Spring/Summer 2006

### Helping Prepare Your Child for Life as an Adult

Federal and state laws mandate transition services for students with Individualized Education Plans (IEPs) by the age of 16. The key to successful transition to adult services is communication. Communication is vital among the student, parents, educators, service coordinators, adult providers and community agencies, such as the Department of Rehabilitation.

As the student approaches age 16, the IEP team should discuss if the student is on track to receive a high school diploma or a certificate of completion. If, at the completion of the student's high school education, a special education student receives a certificate of completion, he/she is eligible to continue special education services through to age 22. These services may take place in a variety of settings. Many classrooms are not on school settings, but rather are located in business districts so that students can be part of their community.

Beginning at age 16 many special education students participate in work experience programs. These programs help students learn a variety of skills necessary to acquire and keep a job. Skills could include such things as time management, filling out job applications and timecards, learning how to use public transportation, money skills and much more. Goals for these types of skills should be included in the student's IEP.

Many students who are Regional Center consumers transition to adult programs at age 22. The Regional Center typically funds these programs for their consumers. Parents and students interested in these programs should begin looking at the programs about a year before the student exits from education services. Some of the adult programs having waiting lists, so there may not be openings at the time the student exits from education. Adult programs do not have the same rules/procedures that education has, so parents and students need to talk to the adult programs about the specifics of the services that the student needs, and find out if these services will be provided.

Additionally all adult programs require that the student have a physical examination by a doctor no more than one year before entering the adult program. The adult program or the school can provide parents with the necessary form for the doctor to complete.

Before the student exits from special education services, either by earning a diploma or aging out (turning age 22), the school will provide the student with a summary of his/her academic achievement and functional performance. The report should also include recommendations on how to assist the student in meeting the goals he/she has for adult life.

The key to a smooth transition is preparation. Several education agencies offer workshops for parents regarding the transition process. Talk to your student's teacher about what you can do to make transition process as smooth as possible for your child.

**Save the Date!!**  
**Friday, October 27, 2006**



**12<sup>th</sup> Annual**  
**Early Start Symposium**  
**DoubleTree Hotel, Modesto, CA**

*Parent scholarships will be available to parents whose children are receiving Early Start services in Amador, Calaveras, San Joaquin, Stanislaus and Tuolumne Counties.*

*Registration forms will be available in early September. For more information contact FRN at 209-472-3674.*

Family Resource Network Newsletter  
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EDITOR: Ann Cirimele

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Family Resource Network Phone: 209-472-3674  
5250 Claremont Ave., Suite 239 Fax: 209-472-3673  
Stockton, CA 95207  
Email: FRNFamilies@aol.com website: [www.frcn.org](http://www.frcn.org)

**Congratulations to the winners of  
FRN's recent drawing:  
Courtney Culbertson  
Tammy Giardina  
Narge Pazouki**



Recreational support group for  
non-disabled siblings,  
ages 7 to 14

**Saturday, May 6, 2006  
1 to 4 p.m.**

**at Valley Community Baptist Church  
in Tracy.**

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

Registration is required. Call 472-3674 or  
800-847-3030 to get registration form.

### **Central Valley Down Syndrome Association News**

The Spanish-language group meets the  
2<sup>nd</sup> Friday of the month from 6 to 8 p.m.  
at the Community Center, 2413 3<sup>rd</sup> Street  
in Hughson. Call Maria at 845-8028 for  
information.

English speaking parents can call Angie  
Purewal at 499-2420.

The Buddy Walk will be taking place in  
Modesto on 9/30/06. Contact Maria or  
Angie for more details.

### **Autism Support Groups**

The **Lodi** Autism Group meets at 7 p.m. on  
the 2<sup>nd</sup> Thursday of the month at Nichols  
School. There will be no meetings in June,  
July and August. For more information call  
Sylvia at 334-3025.

The **Modesto** FEAT subgroup meets the  
last Wednesday of each month at 9:30 a.m.  
at the Borders Book Store on Sisk Road.  
For more info contact Suzanne at 545-2644.

The **Tracy** FEAT subgroup meets every  
Thursday at 9:30 a.m. at JavaMakers Café,  
2179 W. Grantline Road, in the back  
conference room. Additionally there is a  
meeting the 3<sup>rd</sup> Thursday evening of each  
month at the conference room at Sutter  
Tracy Community Hospital at 7 p.m. The  
evening meeting will feature speakers and  
specific topics of interest. For more  
information contact Heidi at 209-832-3878.

### **SNAFU News**

SNAFU, Special Needs Advocates for  
Understanding, meets every Thursday at  
9 a.m. at the Heartland Churches Youth  
Center, 501 W. Main in Ripon. For more  
info contact Stacey at 599-4519 or visit  
[www.ValleySNAFU.org](http://www.ValleySNAFU.org)

## Special Parents

is a discussion group for parents of children with special needs. The group meets the third Tuesday evening, 6:30 to 8:00 p.m., of every month during the traditional school year at Quail Lakes Baptist Church, 1904 Quail Lakes Drive, Room W-410, in Stockton.

All Special Parent meetings are FREE and open to all interested parties, including professionals. Refreshments are provided. We even have a door prize! We regret that we are unable to provide childcare.

### March 21 - Writing Effective IEP Goals

Presenter: Ann Cirimele, FRN

*Back by popular demand!! This workshop will assist parents in becoming more active participants in the goal writing process. Bring your child's IEP to the workshop and we can help fine tune goals for your next IEP meeting.*

### April 18 – Music Therapy and Your Special Needs Child

Presenter: Carmen Steele, M.T.

*Learn how music can enhance your child's abilities.*

### May 16 – Recreational Opportunities for Youth with Special Needs

*This panel presentation will identify local recreational opportunities.*

**Come meet other parents!!**

**There is no cost, but reservations are required. Call FRN at 800-847-3030 or email us at [FRNfamilies@aol.com](mailto:FRNfamilies@aol.com).**



### Want to Be Environmentally Friendly and Get Your FRN Newsletter Online?

FRN posts its newsletters on its website, [www.frcn.org](http://www.frcn.org). If you want to save some trees and get your newsletter online, FRN would be happy to alert you to when the newest issue of the newsletter is available online. Just send your name, mailing address and email address to FRN at [FRNfamilies@aol.com](mailto:FRNfamilies@aol.com).

## Local Training Opportunities

### March 14- Building Bridges – Transitioning Your Child from the Early Start Program • Presenter:

Ann Cirimele, Family Resource Network • FRN Office in **Stockton**, 9:30 a.m. to 11:30 a.m., scholarships for parents, \$10 fee for professionals, for reservations call 800-847-3030.

### March 25 – Special Needs Caregivers Enhancement Symposium for Professionals and Families • Sponsored by St. Joseph's Medical Center

• Presenters include speakers from Shriners Hospital, Protection & Advocacy, FRN, UOP and a parent panel • O'Connor Woods in **Stockton**, 8 a.m. to 3:30 p.m. FREE, fee for Continuing Education Units, for reservations call St. Joseph's Education at 209-467-6331.

### April 11- Special Education Rights Workshop •

Presenters: Area VI Board and Family Resource Network • Adult Day Care Center, 101 E. Hospital Road, **Sonora**, 6 p.m., FREE, for reservations call 800-847-3030.

### April 20 - Financial and Estate Planning Issues for Families of Children with Special Needs •

Presenters: Frank Quacinella, Merrill Lynch and Mark Drobney, Attorney at Law • Stanislaus County Office of Education, 1100 H Street, **Modesto**, 6:30 to 8:30 p.m., FREE, for reservations call 800-847-3030.

### April 26 – Parental Rights and Advocacy in Special Education •

Presenter: Ann Cirimele, Family Resource Network • FRN Office in **Stockton**, 9:00 a.m. to 2:30 p.m., scholarships for parents, fee for professionals, for reservations call 800-847-3030.

### May 4 – NOTE DATE CHANGE FROM PREVIOUS LISTING!!! Special Education Rights Workshop •

Presenters: Area VI Board and Family Resource Network • San Andreas Library, 891 Mountain Ranch Road, **San Andreas**, 6 p.m., FREE, for reservations call 800-847-3030.

### May 17 - Building Bridges – Transitioning Your Child from the Early Start Program • Presenter:

Ann Cirimele, Family Resource Network • FRN Office in **Stockton**, 9:30 a.m. to 11:30 a.m., scholarships for parents, \$10 fee for professionals, for reservations call 800-847-3030.

**Check FRN's website, [www.frcn.org](http://www.frcn.org) for updated information on trainings and events. Registration forms for FRN trainings are on the website.**

## New FRN Library Resources

- Care Pooling – How to Get the Help You Need to Care for the Ones You Love
- The Open Adoption Book
- Raising Kids Who Don't Smoke
- Transition Planning – Helping Students with Down Syndrome Prepare for Life After High School

*FRN thanks Frank Quacinella of Merrill Lynch for his donation of:*

- Special Needs Trust Administration Manual

FRN's entire library list is located on its website at [www.frcn.org](http://www.frcn.org). FRN is happy to mail resources. To find out more about how to borrow resources from the library, call FRN at 800-847-3030 or log onto our website.

**Friday, May 12, 2006**

### **CHOICES Institute presents CHOICES 2006 – Outside the Box!**

San Joaquin County Office of Education  
2707 Transworld Drive, Stockton  
8:30 a.m. to 4:00 p.m.

#### **Keynote Speaker: Colleen Wieck,**

Executive Director, Minnesota Governor's Council on Developmental Disabilities. She will challenge us to think "outside the box" when it comes to disabilities and inclusion opportunities in our community.

Breakout sessions will include information on political advocacy and self advocacy. Elected officials and local policy makers will also be present to answer attendees' questions.

Registration fees:  
Consumers and Family Members - \$15  
Professionals - \$25

**Registration forms are available from  
CHOICES at 948-8011.**



**5<sup>th</sup> Annual Autism  
Collaborative Forum  
Saturday, April 8, 2006  
San Joaquin County Office of Education  
2707 Transworld Drive  
Stockton, CA  
8 a.m. – 3:30 p.m.**

*Predicting the Future: Knowledge,  
Resources, and Resiliency*

#### **Keynote Speakers:**

##### **Robert L. Hendren, DO**

*Professor of Psychiatry,  
Executive Director  
U.C. Davis M.I.N.D. Institute*

##### **Christopher Morache, M.D.**

*Doctor of Psychiatry,  
Medical Director, Geriatric Psychiatry Unit, Sharp  
Mesa Vista Hospital and Medical Director,  
Consultation Liaison Service, Sharp Metropolitan  
Medical Campus, San Diego*

**Additionally, there will be a Parent Panel.**

**Registration Fee:  
\$35.00 Region 6 Participants  
\$50.00 Other Participants**

**You are considered a Region 6 participant if you live or your student attends programs within the following counties: Amador, Calaveras, San Joaquin, Stanislaus or Tuolumne**

*Registration forms are available by contacting  
Kimberly Andreasen-Grooms, San Joaquin SELPA, at  
209-468-9283.*



How wonderful it is that nobody need wait a single moment before starting to improve the world. *Anne Frank*





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

**AAFES**

*In memory of Frank Thomas*

**Sheila Bonito**

**Burger King of Riverbank**

**Courtney Colbertson**

**Elia Constancio**

**Dougherty's Guest Home**

**Becky Halligan**

**Intuit Foundation**

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**Curt R. & Gerry Pindler Foundation**

**Arlene Paratore**

**Wayne Shuff**

**Amy Terra**

**Peggy Traverso**

**and**

**Anonymous Donors**

Special Thanks to FullBloom Baking  
Company for its generous donation.

***Thank you  
United Way Donors***

**Paul A. Antigua**

**Thea C. Etheridge**

**Susan K. Perondi**

**Blanca Sanchez**

**Steve D. Stewart**

**Kathleen Werner**

**and**

***Anonymous Donors***

**Many thanks to FRN's  
Fabulous Volunteers:**

**Joe Cirimele**

**Caitlin Ghan**

**Don Okura**

**Jessica Sanborn**

## FRN's 8<sup>th</sup> Annual Mothers Retreat



**It was a great day for  
renewing friendships and  
making new ones. Many  
thanks to our generous  
donors:**

- **Centro Mart, Stockton**
  - **Joe Cirimele**
  - **Tony Cirimele**
  - **Department of  
Developmental Services**
    - **Kathleen Dubose**
    - **Escalon Floral**
- **Escalon Insurance &  
Financial Planning**
  - **Great Clips**
- **Heck Of A Deal, Escalon**
- **Krispy Kreme, Stockton**
  - **Larsen's Hallmark,  
Stockton**
    - **Olivia Lugo**
    - **Peggy Naraghi**
- **Noah's Bagels, Stockton**
  - **Don Okura**
  - **Frank Okura**
- **Parents Helping Parents**
  - **Pat Machado Trucking**
  - **San Joaquin County  
Office of Education**
  - **S-Mart Foods, Stockton**
    - **T&T Trucking**
- **Valley Mountain Regional  
Center**

**Introduction to the Hearing  
Coordination Center**  
(part of the California Newborn Hearing  
Screening Program)

by Michelle Barry, MS, CCC-A, Program  
Audiologist

Building on lessons learned from other states that had already implemented Newborn Hearing Screening Programs (NHSP), California legislation was signed in 1998 which incorporated Hearing Coordination Centers (HCC) into their NHSP. Other states did not incorporate coordination centers in their program and up to 50% of babies screened for hearing loss at birth never received appropriate follow-up or treatment.

There are currently four HCC's tracking and monitoring newborn hearing-related services over five geographic regions. The Northeastern & Central CA HCC (NECCHCC) serves babies born at 38 different hospitals in 28 counties.

In addition to certifying hospitals to be Inpatient Screening Providers, the NECC HCC tracks screening results for over 70,000 babies per year. When necessary the HCC can assist the approximately 2,000 families who require follow-up (hearing screening at birth was missed, or a refer result was obtained) in getting services. Using this HCC model, very few babies are truly "lost-to-follow-up" and up to 200 permanent hearing losses are identified each year in our region. Based on our prior years' statistics, the incidence of hearing loss in our region appears to be about 2 per 1,000 babies.

Upon confirmation of hearing loss, the HCC is available to the family or service providers to give informational, non-professional counseling or advocacy assistance. Since the CA NHSP's inception, the average age of hearing loss identification has dropped below 3 months of age and most babies are able to obtain early intervention services prior to 6 months of age.

Another unique aspect of California's NHSP is a requirement that each HCC make a parent advocate available to families newly identified with a child who has hearing loss. The NECC HCC is pleased to have Bonnie Burleson, mother of two deaf adult children, in our office. She is very happy to share her experience and empathy with families who are just starting out on a similar journey. . .

To contact one of us directly, or for more information about the CA NHSP, please call us at 916/285-4680, or toll-free 1/877/388-5301. You may also visit the program's website at <http://www.dhs.ca.gov/PCFH/cms/nhsp/>.



## Little Bits

### Preemie Clothes Closet

Family Resource Network has "gently used" preemie infant clothes available to families of premature infants. The Preemie Clothes Closet is open Tuesday through Friday, 9:00 a.m. to 2:00 p.m. at FRN's office, 5250 Claremont Avenue, Suite 239, Stockton.

FRN gladly accepts all donations of gently used preemie-sized clothing. For more information contact FRN.

FRN thanks for following for their donations to *Little Bits*:

**Joe Cirimele**

**The Okura Family**

**Terri Taylor**



## Want to Be "In the Know" ???

FRN will email you up-to-the-minute information on news items, events, activities, trainings and other issues of interest to families raising children with special needs. 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 this mailing list, email your name and email address to [FRNfamilies@aol.com](mailto:FRNfamilies@aol.com).



## Are You A Carrot, An Egg or Coffee?

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as one problem was solved, a new one arose.

Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to boil. In the first she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans. She let them sit and boil, without saying a word.

In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl.

Turning to her daughter, she asked, "Tell me what you see." "Carrots, eggs, and coffee," she replied.

Her mother brought her closer and asked her to feel the carrots. She did and noted that they were soft. The mother then asked the daughter to take an egg and break it. After pulling off the shell, she observed the hard boiled egg. Finally, the mother asked the daughter to sip the coffee. The daughter smiled as she tasted its rich aroma.

The daughter then asked, "What does it mean, mother?" Her mother explained that each of these objects had faced the same adversity - boiling water. Each reacted differently.

The carrot went in strong, hard, and unrelenting. However, after being subjected to

the boiling water, it softened and became weak.

The egg had been fragile. Its thin outer shell had protected its liquid interior, but after sitting through the boiling water, its inside became hardened.

The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water. "Which are you?" she asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a coffee bean?"

Think of this: Which am I? Am I the carrot that seems strong, but with pain and adversity do I wilt and become soft and lose my strength?

Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter and tough with a hardened heart and spirit? Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavor. If you are like the bean, when things are at their worst, you get better and change the situation around you.

When the hour is the darkest and trials are their greatest, do you elevate yourself to another level? How do you handle adversity? Are you a carrot, an egg or a coffee bean?

The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way. The brightest future will always be based on a forgotten past; you can't go forward in life until you let go of your past failures and heart aches. When you were born, you were crying and everyone around you was smiling. Live your life so at the end, you're the one who is smiling and everyone around you is crying.

May you have enough happiness to make you sweet, enough trials to make you strong, enough sorrow to keep you human and enough hope to make you happy.

*Editor's Note: I don't know the name of author of this. It was emailed to me by a friend, who got it from a friend, who got it from a friend. If you're the author, I apologize for reprinting it without your permission!*