FRANK D. LANTERMAN REGIONAL CENTER

Viewpoint

VOL. 8, NO. 3 FALL 2001

You Spoke We Listened . . .

Personal/Professional Relationships

People providing services and supports are caring and respectful of individuals with developmental disabilities and their families, they understand their needs, and they act as true partners in helping people achieve their desired outcomes.

Social Acceptance of People with Developmental Disabilities

People with developmental disabilities are accepted as unique individuals and are welcomed as equal participants in all aspects of community life and social interactions.

Rosie Barrero (seen here with daughter Milan) was one of many parents who actively participated in the conference by sharing their insights and experiences in raising a child with a developmental disability.

Coordination of Services

All services and supports necessary for an individual to achieve his or her desired outcomes are provided in a manner that is person-centered, integrated and coordinated.

Quality of Service Delivery

Services provided to people with developmental disabilities are based on best practices, meet peoples' expectations, and are effective in helping people and their families achieve desired outcomes.

Lanterman's recent two-day conference *Building a Touchpoints Community for Children with Special Needs* not only introduced the concept of Touchpoints, but also provided an extraordinary example of four of our seven customer values in action. Held July 20–21 at the Glendale Hilton, the event provided a capacity crowd of parents and professionals an insight into the work of Dr. T. Berry Brazelton — and how it is being applied to the community of individuals with developmental disabilities.

The Touchpoints model, developed by Dr. Brazelton (left), emphasizes the importance of personal connections between professionals and families. Here he greets parent Yolanda Martinez and her daughter, Stephanie.

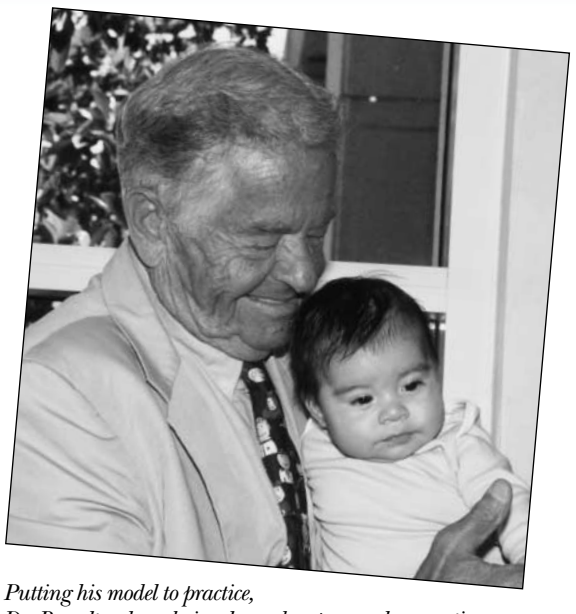
T. Berry Brazelton, M.D. is an internationally-known pediatrician and expert on child development. At Children's Hospital in Boston and Harvard Medical School — which recently named a chair in pediatrics in his honor — he has taught, trained pediatricians and carried out his influential research.

Dr. Brazelton believes that there are predictable times and events in the natural course of development at which a child's behavior seems to fall apart. He's dubbed these periods *touchpoints*. For example, a touchpoint might occur around "state control" — knowing how to help your baby calm him or herself, and understanding the different cycles of deep sleep, light sleep, fussiness, crying, screaming, etc.

Even though they typically precede a developmental spurt, touchpoints often produce frustration and self-doubt in parents. These become the ideal moments for a professional to aid in a family's growth and to start to build what will become a lasting relationship with that family.

The basis of the Touchpoints Model is the parent-provider relationship, a relationship rooted in the touchpoints they work through together. For children with special needs in particular, touchpoints may have additional challenges associated with them due to adjustments in milestones. Sharing these challenges with sensitive and knowledgeable professionals can provide invaluable support for families.

Leslie Richard, pediatrician and regional center staff member, initiated the partnership between Lanterman Regional Center and the Touchpoints faculty. The conference featuring Dr. Brazelton was a first step towards applying the Touchpoints model to the Lanterman community.



Putting his model to practice, Dr. Brazelton has obviously made a personal connection with David Jonathan, a new addition to the family of Director of Family Support Services, Patricia Herrera.

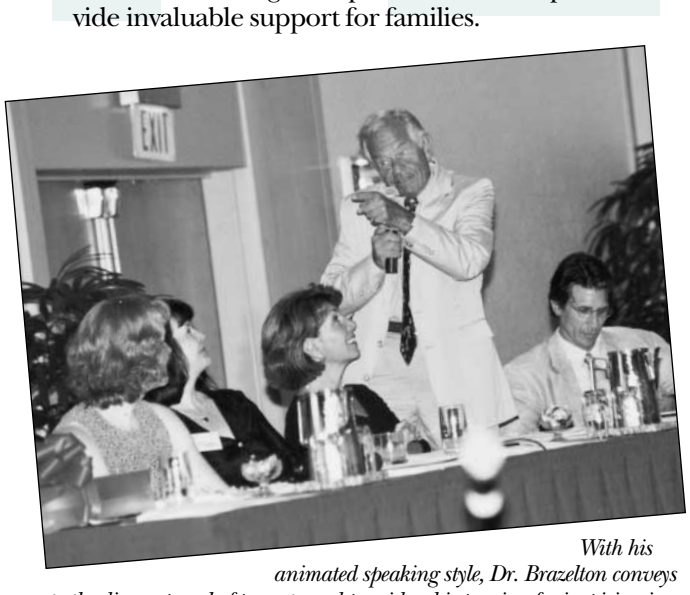
Grief

Maria Trozzi, Director of the Good Grief program at Boston Medical Center, trains professionals on how to deal with grief. She led a poignant discussion confronting the fact that the diagnosis of a disability can lead to a sense of loss that is ongoing and powerful. A natural response to the touchpoints in a child's maturation, grief is especially relevant for parents raising children with developmental disabilities, where growth may be less predictable and typical expectations must be adapted.

These expectations may center on broad developmental themes such as independence, productivity, education, socialization, athleticism, attractiveness and sexuality.

continued on page 9

Maria Trozzi, an expert in assisting people who are dealing with loss, urges providers to acknowledge families' ongoing grief and offers practical strategies for giving support to those families.



With his animated speaking style, Dr. Brazelton conveys to the diverse panel of parents and providers his passion for inspiring in professionals increased sensitivity towards the families they serve.

From the Executive Director

About six years ago, Lanterman participated in the Brazelton National Seminar series, *Because You Care About Children: Building Communities Around Families*. Since that time we have had a keen interest in working with Dr. Brazelton to apply his Touchpoints Model of child development to children with special needs, focusing on the unique issues that children, families, and professionals confront and must deal with effectively in order to promote healthy development into adulthood. The opportunity to do so presented itself about two years ago, and since then we have been working with Dr. Brazelton and the Brazelton Touchpoints faculty to apply the model in our community.

Why the Touchpoints model? First and foremost, it recognizes and promotes the importance of interpersonal relationships between families and professionals (not just physicians). In our work with Dr. Karl Albrecht in developing a Customer Value Model, our families reported that one of the primary things they value in their "customer experience" with Lanterman and its network of service providers is personal/professional

continued on page 9

The Effort Makes a Difference for These Star Athletes

Jesse Seibel Shines in Tae Kwon Do

Last spring when Pat Seibel was presented the idea of enrolling her grandson Jesse in Tae Kwon Do training, she didn't consider it an option "because of his condition." After a few months, however, she decided to give the school a try – and once in the door, Jesse never looked back.

Jesse Seibel demonstrates his form at an annual competition held June 16. He has exceeded expectations as he excels through the levels of Tae Kwon Do.

Jesse is an outgoing, well-mannered nine-year-old with autism. Since he's started Tae Kwon Do, his family has seen tremendous improvement in his coordination, self-esteem and memory. Many of his social problems are also being addressed, and the martial art has been a positive factor in that area as well. Seibel says her grandson loves to go to the studio and has even made some new friends there.

Jesse's instructor Vincent Rodricks, who operates Andre's Martial Arts, has only good things to say about his pupil, "Jesse has an enormous capacity for remembering things, and he has made huge progress." Jesse competed for his next rank earlier this year, and Rodricks says he did very well and will most likely be attaining his blue belt in August (about mid-way towards his black belt). Working with children like Jesse has also helped Rodricks to learn new skills as an instructor and has opened the doors of his studio to a more diverse range of students.

Congratulations Jesse and keep up the good work!

If you are interested in pursuing martial arts, you can contact Vincent Rodricks at Andre's Martial Arts: (818) 843-2637.

Special Olympian Medallists Recognized

Pictured here are the local athletes who competed and won medals in the Southern California Special Olympics Summer Games held June 15th – 17th on the campus of California State University Long Beach.

Southeast Los Angeles participant **Rhiannon Poteet**, seen here with coach Katina Jones, won the gold medal in swimming.

Celebrating with coach Katina Jones (left), Rhiannon Poteet shows off the gold medal she won for her outstanding performance in the Special Olympics Summer Games swimming event.

Pasadena participants from Villa Esperanza included medal winners **Sandy Grant** and **Michael Conkey**. Sandy finished first in the softball throw, while Michael wiped out his competition on the track.

Sandy Grant sports a gold medal won for her superior skills in the softball throw.

Other medal winners from Villa Esperanza included **Leslie Young** in track, **James Hubinger** in swimming, **Debbie Page** in swimming, **Steffi Taylor** in swimming, **Pam Biery** in swimming and **Kathryn Trimble** in track.

The mission of Special Olympics Southern California (SOSC) is to provide sports training and competition in a variety of Olympic-type sports for children and adults with developmental disabilities. By instilling lifelong habits of physical fitness and encouraging and assisting athletes in facing new challenges, SOSC provides participants with "training for life." Special Olympics was founded in 1968 by Eunice Kennedy Shriver and provides year round training and athletic competition for more than one million athletes in nearly 150 countries.

The medal earned for his first place finish in the track event elicits an ear-to-ear grin from Michael Conkey.

Congratulations to the medal winners and all of the participants in this year's Summer Games!

For more information on local Special Olympics programs, contact your service coordinator or the Koch◆Young Family Resource Center at 1-800-546-3676.

Cindy Blass proudly displays her high school diploma, the end reward for hours spent in after-school tutoring, extra trips to the library and, when external support was lacking, a great deal of faith in herself.

The Sky is the Limit for Cindy Blass

by Lisa Levin

Ever since she entered high school at Fairfax High, Cindy Blass, a 19 year-old Lanterman consumer, looked forward to the day that she would graduate and earn her high school diploma. As a young woman with Cerebral Palsy and developmental delays, there was never a question in Cindy's mind as to whether she would reach that goal, but some unexpected challenges presented themselves.

Beginning in the 9th grade, Cindy explained to me, students in special education take a proficiency exam once a year to determine if they are eligible to graduate. During their senior year, these students have the opportunity to take the test up to six times. The exam includes sections on math and English and has two essay portions. Cindy quickly mastered three of these test sections, but struggled with the fourth. After taking the test four times or so, Cindy's special education instructor encouraged her not to continue to torment herself, but instead to accept the letter of commendation that is the most common form of certification for students graduating from special ed. The school assured her that many students do not fare as well as Cindy had by passing the first three parts of the exam.

But Cindy refused to give up her dream of earning a diploma. With the aid of her job-training assistant, she located a tutoring program that agreed to help her train for the exam.

In order to train, Cindy would leave school everyday and go straight to the tutoring program by way of bus. She would stay at the program anywhere between 6:00pm and 8:30pm depending on how much instruction was needed that day. The main focus of her training was to improve her spelling and increase her writing level. In addition to attending tutoring, Cindy practiced her writing at home. She explained to me the time she would spend taking an essay and working on it persistently until she had perfected it. Cindy also checked out books at her local library that focused on sentence structure and how to write paragraphs—anything she could do to improve her skills, Cindy did.

In June of 2001, on her fifth of the six allotted attempts to pass the exit exam, Cindy's efforts paid off—she passed! Due to her hard work, Cindy fulfilled her dream of earning her high school diploma and was able to participate in the Fairfax High Graduation Ceremony alongside her friends and classmates.

Cindy's dreams do not end with her diploma. She is currently in the process of enrolling in courses at Los Angeles City College and plans to pursue skills that will allow her to become a secretary. "This is just until I figure out what career I want to do," she informed me. Cindy's persistence and dedication to improving her education is that of an exemplary scholar. We, at Lanterman, would like to acknowledge Cindy for her achievements and wish her the best of luck in achieving future goals!

Board Member Profiles

Esther Martinez

We're delighted to welcome back Esther Martinez for a second term on the Lanterman Regional Center Board of Directors. Martinez first became involved with Lanterman almost 18 years ago when her son David was just a toddler. She served her first term on the Board from 1989-1995, filling a variety of positions including Vice-President of the Executive Board, Secretary of the Executive Committee, and Chairperson for the Consumer and Family Services Advisory Council.

Martinez has extensive experience working in Los Angeles County social services, and particularly serving the population with developmental disabilities. Currently Director of the Lincoln Heights District Office, Martinez manages a caseload of approximately 11,000 individuals. Services include Food Stamps, Cash Benefits, Medi-Cal, Supportive Services and Outreach. She is also the Director of Volunteer and Special Programs, working on the Toy Loan Program, as well as several other community activities. Prior to this, Martinez oversaw all of the contracting for the county as the Assistant Contract Administrator.

In 1993, she was instrumental in the formation of a support group titled "Family and Friends of Persons With Developmental Disabilities," based in St. Dominic's Parish. The group's focus is to make spiritual inclusion a reality for children and adults with special needs. Thanks to her efforts, David and others are now able to participate in all areas of parish community life.

In her free time, Martinez enjoys daily walks at the Rose Bowl, weekend trips, family get-togethers, reading and computers. When asked about her future goals, she replied, "I would like to continue to be active in the community and get involved wherever I see a need — especially when it involves children or young adults."

Board Welcomes Your Attendance at Its Meetings

Please be aware that anyone in the community is welcome to attend the Regional Center Board of Directors meeting which is conducted on the fourth Wednesday of every month at 6:00 p.m. Meetings are held at Lanterman Regional Center. Please call Frank Lara in advance at (213) 383-1300, Ext. 665 so that you can be put on the list of attendees. We look forward to your visit.

Al Marsella

Al Marsella, West Hollywood CPA and business manager, is a founding member of the Los Angeles County Developmental Services Foundation where he served on the Program Policy Committee. The Foundation is the parent organization formed in 1979 when Lanterman Regional Center separated from Childrens Hospital of Los Angeles to become one of the first regional centers in California.

He is the father of Joseph and Mary, two adult children with autism, and considers his wife Beatrice the source of his strength and inspiration for his dedication and commitment to Lanterman.

Over the years, he has remained actively involved with the regional center, holding a number of positions, including Vice President, Secretary, Treasurer and President of the Board. He has also served for many years on the Administrative Affairs Committee. During the period that he was not on the Board, Marsella acted as "Advisor" — a special position reserved for people who have provided extraordinary service both to the Center and the Board of Directors.

Most recently, he served as the chair of the Second Lanterman Leadership Forum Planning Committee, and was instrumental in raising funds to help underwrite this very successful event.

In the words of Executive Director Diane Anand, "Because of our complex budget, finances and significant fiduciary responsibilities, we have been privileged to have a financial and business person of Mr. Marsella's caliber and experience giving so generously of his time in service to the Board and the Lanterman community."

Lanterman Welcomes Karen Ingram

We're happy to announce that Karen Ingram has joined the Lanterman staff as our new Director of Community Services. Karen's involvement with the regional center has been very extensive over the past 12 years. She's been a member of the Board and Chair of the Service Provider Advisory Committee, as well as being involved with the Family Resource Center, and Programs and Services. An active participant in legislative work, she has attended the annual Grassroots event and visited local offices of elected officials. In addition, Karen also served on the committee for the first Lanterman Leadership Forum.

Karen Ingram

Before joining our staff, she was employed with Lutheran Social Services, where she spent her first two years as the Area Director in Ventura and Santa Barbara Counties. Karen was then promoted to the Director of Developmental Disability Services where she was responsible for the development and oversight of Avanti Adult Services, two state-licensed day programs serving 100 adults.

In 1992, Karen was again promoted, this time to Vice President. In this position, she oversaw five regional offices and developmental disability services including strategic planning for and implementation of program development, donor development, congregation relations and grant writing.

In addition to her professional experience, Karen has also spearheaded projects such as spiritual inclusion and housing, and has expertise in senior services, counseling and emergency assistance.

Karen is someone with knowledge, experience and vision — we are excited to have her on board!

Learning New Ideas on a Weekend of Self-Advocacy

by John Stack

In early June, eight consumers and two staff members traveled to Sacramento for the Annual Self-Advocacy Conference. Attending were Sonia Aguilera, Reynalda Sanchez, Erick Homiak, Ara Bezjian, Walter Panameno, Harold Levingston, Billy Ray Hall, and Armen Frundzhyan, accompanied by staff members Adrienne Schwach and myself, John Stack.

After arriving, some participants spent Friday night hearing performances of songs written by consumers. The songs focused on freedom and the importance of advocating for oneself. Others went swimming and enjoyed the jacuzzi.

We spent all day Saturday attending conference sessions, covering topics such as being a self-advocate; living independently in the community; working in the community; and learning to use technology. Walter attended the independent living session and after hearing the speaker's talk, challenged the staff with many questions. Ara attended the self-advocacy session and left the presentation feeling re-empowered and focused on helping Lanterman consumers learn about their rights. On Saturday night, most of the consumers attended the big dance — there must have been more than 500 individuals there — and had a great time.

Sunday morning, Andrea Freeman, former star of *One Life to Live*, gave an inspirational talk. An actress with Down syndrome, she encouraged the crowd to pursue their dreams. She also discussed the different hurdles she had overcome in order to become an actress. A raffle and the conference closing followed Andrea's talk.

This year's conference was a learning experience for the consumers involved, who received excellent instruction on how to self-advocate. To my surprise, it was also a learning experience for staff members like ourselves, who reaffirmed our roles as partners — and not protectors — of our consumers. Overall, the conference was a great success, and I encourage others to follow the lead of the exemplary self-advocates with whom I had a chance to spend a weekend.

Winter Recreation Opportunities

Winter Recreation Opportunities

It's that time of year again when individuals and families are looking for winter activities. The following is a list of programs and groups to investigate. Some of these resources specialize in working with people with developmental disabilities. Other programs are generic, meaning they work with the community at large, but also try to include individuals with disabilities.

Many of these resources are described in more detail in our Electronic Resource Directory (ERD) on the Lanterman website. To search for these and other social recreational groups and programs, go to **www.lanterman.org**, and click on the button that reads "Electronic Resource Directory." If you do not have internet access, please feel free to use the computer in the Family Resource Center to learn more about these programs.

Foothill/Pasadena Area

The Center for Developing Kids offers a wide range of activities year round. Call (626) 564-2700 for specific information on programs available.

Eagle Rock Community Cultural Center offers an array of creative art classes. To sign up or find out more, call (323) 226-1617.

Fred Villaris Studios of Self Defense in Glendale offers a range of instruction in martial arts. The staff has experience with students with developmental disabilities. Call (818) 957-7544.

Andre's Martial Arts in Burbank offers classes year round. Instructors have experience with children with developmental disabilities. Call (818) 843-2637.

Glendale Parks and Recreation offers year round day camp for children ages 6 – 12 years. Call (818) 548-3797 for more information.

Armory Center for the Arts offers a full range of art instruction on a mainstream basis. Enrollment is on a case-by-case basis. Call (626) 792-5101.

Boys & Girls Club of Pasadena, located at 3230 E. Del Mar Blvd., mainstreams individuals on a case-by-case basis into their camps, crafts and sports programs. For a schedule of activities, call (626) 449-1953.

Boys & Girls Club of Burbank conducts all programs on a mainstream basis. Participation determined case-by-case. Program hours are 2 – 7 p.m. A variety of activities are available. Call (818) 842-9333.

Adaptive Recreation Program of Pasadena sponsors a variety of recreational activities year round. A schedule is printed quarterly. For more information, call Jackie Arnett at (626) 398-1257.

Pickwick Banquet and Entertainment Center in Burbank offers a variety of activities, including bowling and ice-skating. Call (818) 846-0035 for further details.

Glendale YMCA offers many programs and classes, including swimming. Contact them for more information at (818) 240-4130.

Eagle Rock Little League offers the opportunity for young children, ages 5 – 6, to be included on a "T-ball" team. As children get older and competition gets stiffer, it may be more difficult to find inclusive baseball teams. Eagle Rock has a team that is comprised of children with disabilities. For more information, call Joel Zimmerle at (323) 258-6536.

Schoolsout.org is a resource for the Pasadena Community. Its focus is outreach and access to after-school programs for children and youth. The programs listed may not have direct experience in working with people with disabilities, but regional center staff may be able to facilitate inclusion. **www.schoolsout.org**

Y-Spirit is a program that provides opportunities for adolescents and young adults. Call (626) 351-3336 for further information.

Smile A While is a year round program that offers activities for children of diverse backgrounds. For specific information, call (626) 791-0051.

BCR sponsors a monthly dance for individuals 16 years or older. Contact BCR at (818) 843-4907 to get a copy of the dance schedule mailed to you.

Holy Family C.A.M.P. (Children with Autism Making Progress) is located in South Pasadena. Please call (626) 744-7949 for further information regarding winter activities.

South Pasadena YMCA offers special swimming lessons. Their telephone number is (626) 799-9119.

YWCA of Glendale offers a variety of programs and classes including specialized classes for individuals with developmental disabilities. Call (818) 242-4155.

LL Frank Center, sponsored by Ability First, offers holiday activities in Pasadena. Call (626) 449-5661 for more information.

High Spirits is a dance program for people with developmental disabilities, their siblings and family members. Call (626) 398-6317 for more information.

Los Angeles Area

Friends of the Junior Art Center provides art programs for individuals with developmental disabilities and they work to mainstream children in one group setting. They do site visits. For more information, call (213) 485-4474.

Catholic Big Brothers is a program for boys ages 7 – 14 years (for the little brothers). To find out more, call (213) 251-9800.

Big Sisters of L.A. is a program for girls ages 6 – 16 years. There is a minimum commitment of one year. Call (323) 933-5749 for details.

Bethune Theatredanse is a studio that provides dance instruction for individuals with developmental disabilities. Call (323) 874-0481.

Etta Israel - Camp Moshe in Los Angeles provides day camp opportunities for children. Call (310) 285-0909 for more information.

Elysian Park located near Dodger Stadium provides opportunities for children and young adults during the winter break. You can reach them at (323) 226-1402 for further information.

L.A. Goal is located in Culver City and provides a variety of leisure opportunities for adults. Call them at (310) 838-5274 to get a schedule of their events.

Jeffrey Foundation in L.A. offers day camp opportunities for school age individuals. For details, call (323) 965-7536 and ask to speak with Gabriella.

Plaza de la Raza offers art and cultural experiences, including music, dance and visual arts. They are located at 3540 N. Mission Road and can be reached at (323) 223-2475.

Hollywood YMCA offers a variety of services including a weight room, gym and pool. They are located near Sunset and Wilcox. They can be reached at (323) 467-4161.

Jewish Big Brothers Association offers residential winter camps for Jewish boys and girls with disabilities, ages 5 – 12 years of age. For more information, call (323) 761-8675.

Boys & Girls Club of Hollywood is a community program open to all. On site teen center and learning centers are available as well as several activities. Call (323) 464-7325 for more information.

Jewish Programs for the Disabled (Chaverim) offers activities throughout the Los Angeles area for Jewish adults with developmental disabilities. Activities include bowling, miniature golf, music, dances and seasonal dinners. Call (818) 884-1092.

Special Olympics is a year round program focusing on a variety of sports activities. Call the Greater Los Angeles office at 323-242-1780 or the Southeast Los Angeles office at 310-669-5761 to find out about joining a team near you.

Southern California Area

The United States Adaptive Recreation Center is located at Big Bear Lake. They offer 1:1 full and half-day ski lessons for people with various needs and ability levels. Reservations are required. They can be reached at (909) 584-0269 for more details.

Jay Nolan offers special activities during the holidays. Call (818) 361-6400 for details.

Special People's Foundation provides travel services for people with developmental disabilities. Call (310) 618-1833 for more information.

New Directions provides vacation travel plans for people with developmental disabilities (day and overnight trips). Call (805) 967-2841 to find out more.

Social Vocational Services has offices throughout the L.A. County area and many of them sponsor leisure activities. To get on their calendar mailing list, call (310) 534-7700 and a representative will help you, or e-mail them at **svscor@earthlink.org**.

Gymboree provides gymnastics instruction in three community locations for children 0 – 4 years of age. Call (818) 905-6225 for more details.

The Creative Arts Center offers a variety of activities involving the creative arts. For specific details, call (818) 238-5397.

Please check out these and other resources available on our Electronic Resource Directory and let us know how we are doing. How can we help you to better locate appropriate resources near you? If you know of any resources, please share them with us, by calling (213) 383-1300 ext. 716.

Health and Wellness Activities Follow-Up

In the last issue of Viewpoint, we summarized the results of the comprehensive health assessments that UCLA and USC have provided to our consumers. In this article we summarize some of the prevention and health improvement activities that the center has initiated in response to the assessment findings. These include a broad range of activities for children and adults, in the areas of medical, dental, and behavioral health care. Below we highlight activities aimed at addressing the problems associated with consumer access to care. Additional activities will be discussed in future issues of Viewpoint.

Finding: Health maintenance and prevention. Many consumers did not receive the regular medical, dental, and behavioral health care required to maintain their health and prevent illness. In response to this finding the center is doing the following:

Continue comprehensive health assessments. The center will continue to sponsor assessments for our consumers through USC and UCLA, as well as through the Pediatric and Family Medical Center in Los Angeles.

Conduct annual health status review. As part of the annual individualized planning process, planning teams will review the health status for each consumer and make recommendations for follow-up as deemed necessary by the team. A Health and Wellness Checklist guides the review. This checklist will focus on health maintenance, health status, and personal safety as well as service needs expressed by the consumer or his/her circle of support (e.g. lose weight, get more exercise).

Nurse consultants complete nursing assessments/updates. At the request of service coordinators, regional center nurse consultants will conduct face-to-face visits with consumers living in the family home as well as in commu-

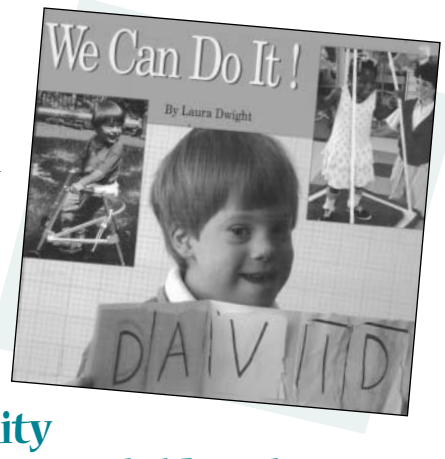
continued on page 9

New Resources In The FRC Library

We have children's books! Come check out our children's book collection at the Koch◆Young Family Resource Center and help us to expand our selection by making suggestions.

We Can Do It!

By Laura Dwight



This colorful book highlights the personal stories of five children with disabilities. Gina, Jewel, Emiliano, David and Sarah take us through their daily lives with descriptions and beautiful photographs. It is touching to see both the ways in which these children's lives are affected by their disabilities and the commonality that they share with all children. This book is appropriate for children, because of the many pictures and the hands-on approach it takes, but it is also inspiring for parents to see that their children *can do it* too!

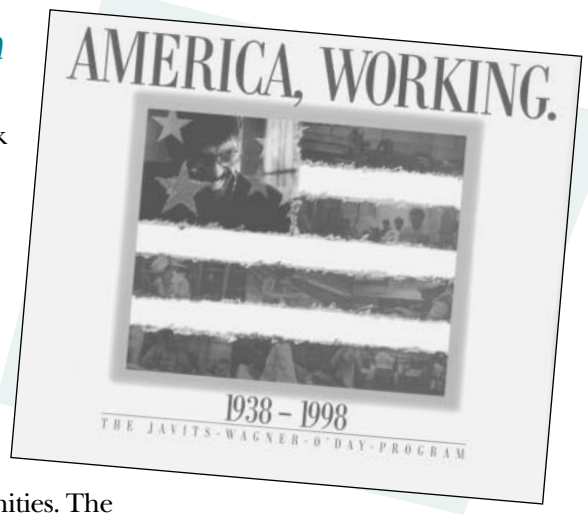
Laying Community Foundations for Your Child With a Disability: How to Establish Relationships That Will Support Your Child After You're Gone

By Linda J. Stengle, M.H.S.

This book is a valuable reference for parents who are concerned about the well-being of their developmentally disabled child after they are gone. Stengle provides step-by-step methods to help your child form relationships and to help you establish a network of support in your community. Real life examples take you through the process of forming these connections and the challenges that may arise. Specific advice, tools and resources are included in this guide. Come check it out!

America, Working
The Javits-Wagner-O'Day Program

By Linda Sullivan Schulte



A book emphasizing the importance of work in the lives of individuals with severe disabilities, *America, Working*, is based on the Javits-Wagner-O'Day Program — federal legislation that was passed over sixty years ago and has created jobs for more than 30,000 individuals (in one year alone). One message from this book, "If given an opportunity, people with even the most severe disabilities imaginable can achieve independence and economic security through excellence in the workplace," parallels Lanterman's core values to help consumers achieve independence and social acceptance within their communities. The book is composed of 60 success stories of individuals who are now leading productive and independent lives in part as a result of their employment. Encouraging future partnerships and employer awareness of the possibility of hiring those with disabilities, this book is an inspiring display of the potential of these individuals.

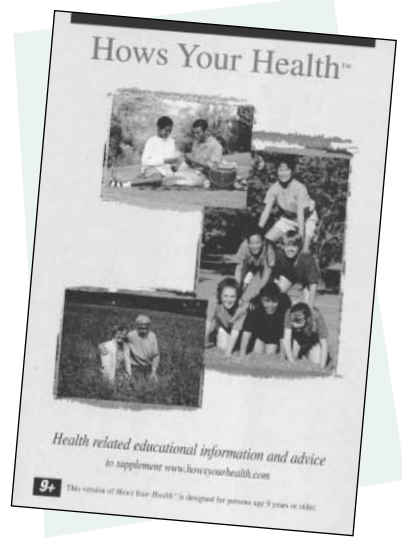
New Resources Health and Wellness

Introducing 2 New Health Guides

The Koch◆Young Family Resource Center is pleased to announce two new health guides available for our Lanterman community. Each has a unique focus, and we invite you to come take advantage of both these new resources.

How's Your Health

By Dartmouth COOP Clinical Improvement Systems



This guide — which is available free — contains a wealth of health-related educational information and advice. You can use it alone, or in conjunction with our website, **www.lanterman.org**. By clicking of the "How's Your Health" link at the bottom of the page, you can access a brief health survey which will direct you to specific pages of the guide that might be most useful to you. You can come by the Family Resource Center to pick up your copy of the guide and use our computer to take the quiz.

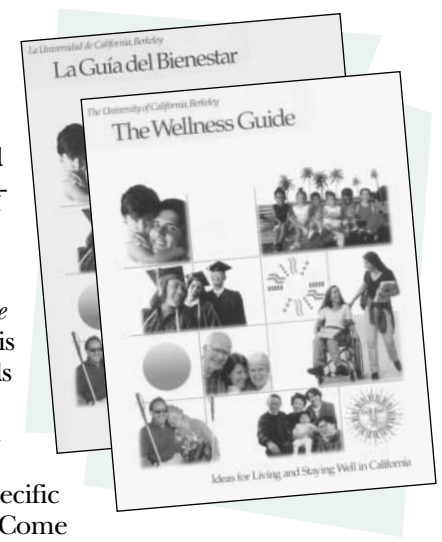
Contents of How's Your Health *include:*

- *Exercise and Eating well*
- *Health Habits and Decisions*
- *Advance Care Planning*
- *Common Medical Conditions*
- *Constipation*
- *Confusion or Memory Loss*
- *Daily Activities and Managing Limitations*
- *Feelings and Emotional Care*
- *Pain*
- *Sexual Questions*
- *Skin Problems*
- *Tiredness and Sleep Problems*
- *Urine Trouble*
- *Women's Health*
- *Attention and Learning Problems*
- *Breathing Problems and Asthma*
- *Growth*
- *Problem Solving and Violence*

You can also find more health materials at **www.healthfinder.gov**. If you don't have Internet access, feel free to stop by the Family Resource Center and visit this site on our library computer.

The Wellness Guide

By The University of California, Berkeley



Prepared by a network of people throughout California, *The Wellness Guide* is geared towards overall well-being within a community, rather than specific health topics. Come by the Family Resource Center to pick up your copy of the guide — in Spanish or English.

Contents include:

- *Everyday Life*
- *Parents and Children*
- *Staying Well*
- *Our Communities*
- *Pregnancy*
- *Emotional Health*
- *Know Your Rights*
- *Birth*
- *Eating Well*
- *Food*
- *Babies*
- *Exercise and Relaxation*
- *Housing Options*
- *Being a Parent*
- *Living With Technology*
- *Transportation*
- *When Your Child Has a Disability*
- *Health Care*
- *Money*
- *Toddlers and Young Children*
- *More on Health Care*
- *Death and Dying*
- *Discipline*
- *Sexuality and Relationships*
- *Lifelong Learning*
- *Child Care*
- *Family Planning Decisions*
- *Living With Disabilities*
- *The School Years*
- *Violence and Abuse*
- *Older Adults*
- *Teens*
- *Alcohol, Tobacco & Other Drugs*
- *Finding a Job*
- *More for Teens*
- *Disasters and Emergencies*
- *Success on the Job*

Assistive Technology Project

Looking Back to See the Future

by Martin Sweeney, ATP Director

The end of summer brings to a close another chapter for the Assistive Technology Project (ATP). It is a time to catch our breath, step back and look closely at how far we have come and how far we must go to meet the technology needs of people with developmental disabilities. This period of reflection offers perspective on our successes and the ongoing challenges we face.

Computer classes have been a successful part of the Assistive Technology Project, offering basic skills to individuals with a range of developmental disabilities and their family members. Instructor Kevin Termunde (far left) is seen here with a class of beginner students (from l eft to right), Rolland Saunders, Richard Frattorini, Ana Alcorn, Gilberto Barrera, Andy Saunders, Albert Meena, Sheli Jakobi, Jerome Handelsman, Debra Handelsman, Janine Cousins, Gloria Persinski, John Poulos and Gloria Roque.

Hard Work, Collaboration and Success

Proudly, the successes are evident by the increasing demand for services from consumers and family members alike. Over the past year we have conducted more than 60 assistive technology consultations; provided more than 250 hours of computer class instruction; offered ongoing assistive technology quarterly workshops; presented several assistive technology (AT) overviews at various community outreaches; initiated our first ATP Internship; conducted ongoing staff development in-services; and logged several hundreds of calls for AT information and referrals. These significant accomplishments are the results of the hard work, commitment and collaboration by the staffs of the Lanterman Regional Center, the Koch◆Young Family Resource Center, the LAUSD Division of Adult & Career Education, the University of Southern California's Department of Occupational Science & Therapy; and the generous hours of service provided by many of our vendors as well as our ATP volunteers. These combined efforts have directly touched the lives of many of our consumers and families.

Challenges Ahead

And yet our challenges are rising in direct proportion to the increasing demand for services. The number of people currently on our waiting list for AT consultations is now well over fifty; each of our adult computer classes maintain waiting lists for enrollment; and for every consumer who might benefit from some use of AT, an equal or even greater number of parents or caregivers also require some degree of AT training to effectively support the consumer at home and in the community.

Additionally, the benefits achieved in one environment (e.g., home, school or community) are not necessarily transferable across all environments. For example, a child who uses a device to enhance communication or language development in the classroom too often does not have access to the same equipment at home, or vice-versa. This type of breakdown in service and support deflates the potential for ongoing personal development.

Taking the Time for Success

On the most basic, practical and developmental levels, the use of assistive technologies to foster personal development can be—and often is—a complex undertaking. It is complex *not* because of the technology (AT can often be a very simple, low-tech intervention), but rather because of the unique needs of *both* the individual as well as the environments in which he or she participates. The complexity emerges when considering not just the individual's needs but also the needs of the parent, caregiver, teacher, sibling, friend, employer, or community member providing support to the individual. When considering technology and disability, the needs of the individual must not be taken out of context from the whole environment, including the interpersonal relationships within those environments.

So for the past two years, the single most determining factor in an individual's success with assistive technology has been *time*—time to understand the needs, time to identify the goals, time to explore the technology, time to train, time to purchase, and even the time and patience necessary to succeed. Given the project's current level of resources, time has been the single most difficult issue to adequately address.

Increasing Capacity and Partnerships

In the year ahead we are faced with many challenges. First is the need to increase our capacity to serve. To this end, we are currently working to establish viable and sustainable internship programs with local universities. This effort will serve to foster a greater degree of sensitivity and expertise among professionals-in-training as well as increasing the ATP's immediate capacity to provide initial AT consultations to consumers and families.

We are also working to develop a mentorship program that will match tech-savvy volunteers with beginners to provide some of the ongoing support necessary to initially understand and integrate AT into a practical, meaningful and daily routine. Such an effort will require additional resources and partnerships, which we hope to establish within our local communities.

We also hope to improve the outreach process to better serve the diverse needs of our neighborhoods. To succeed in this effort we must create more successful partnerships with the leaders and business groups within each respective neighborhood and culture. The development of a community network is essential.

The growth of the AT Project will create challenges for the upcoming year, both in terms of time and money. However, we are currently involved in a strategic planning process that we hope will guide us in the realization of our mission and in building our capacity to ensure each individual's success.

Assistive Technology FALL SERIES

Frank D. Lanterman Regional Center • Berendo Main Conference Room
7th Floor • 3303 Wilshire Blvd., L.A. • RVSP (213) 383-1300, ext. 730

Managing the Costs of Assistive Technology

Thursday, October 4 • 6–9 p.m.

The potential benefits of assistive technology for persons with developmental disabilities are great but what about the costs? For many individuals, the costs of purchase, training and maintenance can be prohibitive. This workshop will provide a funding overview that looks at a range of options available to families including information from the Regional Center, the Department of Rehabilitation, and Protection & Advocacy.

Recommended for consumers, parents and caregivers. Spanish translation will be provided. Seating is limited to the first 50 reservations.

Fast ForWord: What is it? How does it work?

Thursday, October 18 • 6–9 p.m.

Fast ForWord is a patented Internet and CD-ROM based training program for individuals with language and reading problems. In a series of adaptive, interactive exercises using acoustically modified speech and speech sounds, Fast ForWord stimulates rapid language skill development as children learn to distinguish the various components of speech. The program claims to rapidly build oral language comprehension skills, auditory processing speed, phonological awareness, working memory, syntax, grammar, sequencing and other critical skills necessary to learn to read or to become a better reader. The workshop will be presented by Erin Hyer & Associates.

Recommended for parents or caregivers of children in school (K-12) who are struggling with language and reading problems. Seating is limited to the first 50 reservations.

The IEP Process & Assistive Technology

Thursday, November 15 • 6–9 p.m.

With the reauthorization of the Individuals with Disabilities Education Act (IDEA) in 1997, federal law specifically requires the IEP team to consider whether a child needs assistive technology to assure that he/she will benefit from special education. Yet many parents struggle with knowing how best to include assistive technology as part of their child's goals and objectives for special education. This workshop will examine the IEP process and address how assistive technology fits into the overall plan to support a student's progress. The workshop will be conducted by attorney Dina Kaplan and educational advocate Andrea Lorant.

Recommended for parents or caregivers of children in school (K-12). Spanish translation will be provided. Seating is limited to the first 50 reservations.

The *Quality* Enhancement Network

Lanterman Regional Center has begun an exciting activity intended to raise, or "enhance," the quality of services provided to people with developmental disabilities. This project is being guided by the regional center's Quality Enhancement Committee in cooperation with a volunteer group of service providers who wish to distinguish themselves by achieving a level of service quality above what is required by law and regulation. These volunteers will be named founding members of Lanterman's Quality Enhancement Network (QEN) — a group we hope will set a new standard for quality of services for people with disabilities.

How Will This Activity Differ From what the Regional Center Has Done in the Past?

Lanterman Regional Center already monitors the quality of residential and other services provided to our consumers. We also provide training and technical assistance to service providers to help them continually improve their services. Our monitoring activities most often focus on legal and regulatory requirements. These requirements are written to protect the health, safety and welfare of consumers and to ensure their rights. As such, they reflect minimum standards for services rather than what we like to call "best practices."

Our goal for the QEN is to go significantly beyond this minimum level of quality. That is, we wish to focus on changing services in ways that "enhance" quality beyond the ordinary standards for health, safety and consumer welfare. Quality enhancement requires service providers to expand their knowledge and increase their skill level in a process of continual improvement.

Who Will Join the QEN?

We have issued an open invitation to the network to any service provider who shares our vision of quality enhancement. As a prerequisite to joining, potential members will be expected to satisfy all legal and regulatory standards of quality. In addition, they will be asked to do the following:

Conduct a self-assessment of the services they provide, including asking consumers and their families how satisfied they are with the services they are receiving.

Design changes to their services that would enhance their quality.

Develop a focused plan to put these changes into operation.

Work to continually raise the level of quality.

Maintain a commitment to continual improvement while sharing knowledge with and supporting their peers.

What are the Principles that Guide the QEN?

The principles that underlie our approach to quality enhancement focus on personal outcomes for people with disabilities and emphasize consumer choice, independence and the use of natural supports. In recognition of the fact that no outside authority *requires* service providers to meet the principles we have adopted, we use the term "guideline" rather than standard.

We have written nine primary guidelines of quality enhancement. These guidelines cover the goals we hope to fulfill through the formation of the QEN. The first six concern the people receiving services and the last three address the services themselves:

People achieve their desired outcomes.

People express their personal opinions and advocate for themselves.

People have good physical, mental, and dental health.

People are treated with respect and maintain their dignity.

Consumers are safe and secure in their environment.

People live, work, and socialize in their neighborhood and their community.

The people we serve, their families and circles of support have regular opportunities to tell us how well we are helping consumers.

We provide opportunities for the training and personal development of staff.

We keep current on best practices in our area of service delivery.

Each guideline is fleshed out with sub-guidelines and indicators intended to describe what they look like when implemented in service settings.

The regional center's goal is to develop a network of services that will be a model for service delivery as well as a process that may be used to achieve a higher level of quality. This vision will guide us as we expand the focus of our quality monitoring process from primarily health and safety issues to factors that will truly enhance the quality of lives of people with disabilities.

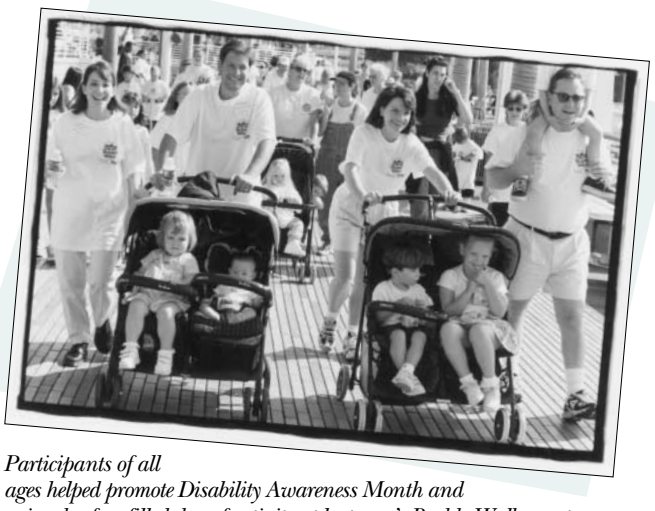
We'd Like Your Input.

The complete QEN guidelines are available for you to review on the Lanterman Regional Center website, **www.lanterman.org**. With that document, we have provided an easy link that you can use to e-mail us your comments on the guidelines. We are particularly interested in your comments if you have a relative living in a licensed home or if you are considering residential services for your family member. If you do not have access to the internet, you can request a copy of the QEN guidelines from the Koch◆Young Family Resource Center.

Join the Buddy Walk

October 14, 2001

The Down Syndrome Association of Los Angeles (DSALA), in conjunction with the National Down Syndrome Society, is excited to announce that its 7th Annual Buddy Walk will take place on Sunday, October 14 from 10:00 a.m. to 3:00 p.m. at the Crystal Springs area of Griffith Park in Los Angeles. The Buddy Walk is a day of fun and celebration for parents, kids and friends, and it includes a one-mile walk, food, drinks, and a variety of games and activities in a carnival-like setting.



Participants of all ages helped promote Disability Awareness Month and enjoyed a fun-filled day of activity at last year's Buddy Walk event.

The Buddy Walk takes place in approximately 150 cities around the country every October in celebration of Down Syndrome Awareness Month. By promoting awareness and acceptance of individuals with Down Syndrome, DSALA hopes to break down existing stereotypes and demonstrate that people with this genetic condition are, in many ways, more similar than dissimilar to their non-disabled peers.

This year DSALA has added an Information Faire, which will give parents an opportunity to speak with service providers and programs that are valuable resources to the Down Syndrome community. Parents will have a chance to meet and ask questions of occupational, physical and speech therapists, schools, recreational programs, hospital-based programs, legal advisors, advocates, and representatives from the various regional centers in Los Angeles County.

Actor John McGinley will be this year's Grand Marshal. Mr. McGinley has appeared in numerous movies, including Wall Street, Platoon, Animal and Any Given Sunday, and he stars in Scrubs, a new NBC comedy airing this fall following Frasier. McGinley has a four-year old son with Down Syndrome and is an avid supporter of DSALA.

Funds raised from corporate or individual donors are used to provide support, education and resources for families of children with Down Syndrome throughout Los Angeles County. In addition, gifts are used to help fund national education and research programs sponsored by the National Down Syndrome Society.

Griffith Park is centrally located and easily accessible by freeway. Crystal Springs is on the eastern side of Griffith Park, just west of the 5 freeway and about 1 mile north of Los Feliz Boulevard. It is about one mile south of the Los Angles Zoo and the Gene Autry Museum, and within walking distance of the park's Carousel and Shane's Inspiration, a safe and beautiful playground for young children.

If you have questions about the Buddy Walk or DSALA, feel free to call DSALA at (818) 242-7871.

A Tight Budget Year with a Slowing State Economy

As you probably are aware, the State budget for the fiscal year that began on July 1 was not signed until almost the end of that month. The budget that we finally have, however, contains one of the smallest increases for the developmental services system in recent memory.

Overall, funding for the regional centers has been increased by $180 million. However, of this amount $172 million is included for an anticipated 9,535 new consumers and families and increased services to existing consumers and families. The remainder is for passing through the January 2002 SSI/SSP increase to community care facility providers, to downsize certain larger facilities, and to develop a risk management system to help ensure consumer health and safety and to meet federal requirements.

A number of items were eliminated or blue-penciled by the Governor with a reference to the State's difficult economic times. Most notably, there are ***no*** rate increases for service providers in this year's budget.

While the Department of Developmental Services is optimistic that there will be enough money this year to avoid a systemwide deficit, it remains unclear what the ultimate outcome will be and it is expected that the tough economic times will continue into 2002-2003.

Energy Assistance for California Residents

Need Help Paying Your Energy Bill? Lowering Your Energy Costs?

California provides financial assistance to help low-income households pay their energy costs. The State will also cover some of your costs for energy emergency repairs.

Some utilities offer the CARE Program, which provides monthly gas and electric bill discounts to low-income households. If you have medical needs that make your utility bills high, you may qualify for an additional discount.

If your account is past-due, immediately call your utility to arrange a payment plan. To help you keep track, you can name a friend or relative to receive a notice of any past-due payment. Some utilities also have level payment plans that even out the highs and lows in your bill to help you budget your monthly energy costs.

Both the State and some utilities offer free installation of home energy efficiency measures that can reduce energy consumption and decrease energy bills including money-back rebates from some utilities to purchase energy-efficient light bulbs and appliances.

For more information about financial assistance or reducing energy consumption, eligibility guidelines and the service provider in your area, call the California Department of Community Services and Development at 1-866-675-6623 (toll-free) or visit its website at: **www.csd.ca.gov**. You may also call the California Department of Consumer Affairs at 1-866-968-7797 (toll-free), visit the website: **www.flexyourpower.ca.gov**, or contact your local utility:

- Pacific Gas and Electric Company (PG&E) 1-800-743-5000
- PG&E Smarter Energy Line1-800-933-9555
- Southern California Edison1-800-447-6620
- San Diego Gas & Electric1-800-447-6620
- Sierra Pacific Power (Portola)1-800-782-2507
- Sierra Pacific Power (S. Lake Tahoe)1-800-782-2498
- Southern California Gas Co. (CARE Program) 1-800-427-2200
- Southern California Gas Co. (Low-Income Energy Efficiency Program) 1-800-331-7593

Hot Weather Health-and-Safety Tips

- Drink plenty of fluids, even if you do not feel thirsty
- Wear appropriate clothing and sunscreen
- Stay cool indoors and try to open windows at night to avoid over-using the air conditioning
- Use a buddy system to prepare for heat and power outages—look out for children, the elderly and individuals on medications
- Avoid strenuous activities during the hottest part of the day
- Avoid hot foods and heavy meals
- Never leave a child or a pet alone in a parked car
- Give your pets plenty of fresh water or bring them indoors

Preparing For Blackouts

- Have a battery-operated radio available so you can listen to the media for current information
- If an outage happens, turn off all appliances and all lights but one (so you will know when the power has been restored)
- Keep a flashlight handy and avoid using candles, as they can be a fire hazard
- Keep the refrigerator and freezer closed—foods will remain safe to eat for at least a few hours
- If you use electric powered medical equipment, make preparations with your doctor

Conservation Tips For Home

- Fans instead of air-conditioning
- Avoid peak hour use by using large appliances at night
- Do not light an empty room
- Close blinds and drapes to keep the house cooler
- Check into appliance rebates when buying new large appliances — Energy Star appliances use 20% –50% less energy

Flex your POWER℠

©2001 State of California

Information provided by the State of California: Department of Community Services and Development and the Department of Consumer Affairs

Holidays Are For Sharing

Since 1980, Lanterman has sponsored the *Holidays Are For Sharing Campaign.* This special program has made a significant difference in the lives of children and adults with developmental disabilities. Families who are less fortunate than others are selected to receive food certificates and holiday gifts. In the Adopt A Family Program, we match families of various sizes. Gifts are personally delivered by volunteers or a delivery to the family by the donors themselves can be coordinated.

Thank You! Thank You! Thank You!

In last year's campaign, $ 26,319.46 was raised in cash donations and $ 26,453 in in-kind gifts of toys, food and other merchandise; a total of $ 52,772.46!

Please Give

Many items needed by our families are not supported through contracted government funds. This is why we rely on the support of generous donors in our community to help us meet these critical needs, during the holidays and other times throughout the year. *There are several ways to help:*

Cash, Check or Money Order

Your gift can help families with holiday and emergency purchases.

Adopt A Family

Provide food and holiday gifts for a regional center family. Some sponsors have had the opportunity to provide much needed cribs, baby items, small home furnishings, diapers, clothing and fun items such as bicycles and skates.

A Gift

Contribute a new gift, game, art supplies, personal care items, baby products or a food/gift certificate.

Employee/United Way Campaign

Through your company's United Way payroll deduction plan, you can designate an ongoing gift. Our complete non-profit name is: Los Angeles County Developmental Services Foundation.

Matching Dollars

Matching dollars makes your gift grow! Find out, and apply if your company has a matching fund program.

Your Good Word

Publicize our program through your business, club, church or service organization. We provide speakers and audiovisual materials. Donations are tax deductible. Make your checks payable to: FDLRC Holidays Are For Sharing.

For more information about Holidays Are For Sharing, please contact Jackie Ashman at (213) 383-1300 ext. 684.

You Spoke We Listened…

continued from page 1

She emphasized that there are predictable times that grief may become intensified for parents and explained the importance of sensitizing professionals to these moments.

Touchpoints Special Needs Application

Pediatrician Dr. Leslie Richard, a consultant at Lanterman with a wealth of experience in both medicine and developmental disabilities, has been working in conjunction with the Touchpoints staff for the last year to apply the Touchpoints model to the special needs population.

For parents of children with developmental disabilities, a sense of isolation can be extremely difficult to overcome and can make dealing with the challenges of raising their child all the more difficult. Professionals have the capacity to provide immense support to these families by being aware of touchpoints in the child's development, and heightening their sensitivity accordingly. Bringing the touchpoints model to the professionals in our community provides parents an opportunity to reflect on and voice the concerns that they have always wanted to share with service providers.

A specially trained team will conduct a series of workshops to present the Touchpoints application as it pertains to individuals with special needs, for pediatricians, nurses, nurse-practitioners, social workers, counselors, teachers, childcare providers, therapists, early interventionists, developmental specialists, educators and students of early childhood education who work in the Lanterman community. Team members include Dr. Leslie Richard, Patricia Herrera, Maureen Wilson, and Zena Begin from Lanterman, as well as Dr. Stephanie Taylor-Dinwiddie from Eisner Pediatric and Family Medical Center.

This is an ongoing process and we invite all members of our Lanterman Regional Center community to participate.

If you're interested in contributing to the Touchpoints project, would like to know more about it or have suggestions on those you think would benefit from this training, please contact the Koch◆Young Family Resource Center at 1-800-546-3676.

From the Executive Director

continued from page 1

relationships. Key components of this value are not only professional competence, but respect for and support of families and their role in the relationship. Promoting effective relationships from the beginning is critical to the work we do since those relationships are lifelong.

The second reason is the emphasis on networking and collaboration among professionals and organizations to build a community that supports children and families. This is not only consistent with our mission, but critical to the social acceptance of people with disabilities — another customer value of the families that we serve.

Finally, the model focuses not simply on physical development but on emotional and behavioral development — elements that are critical to successful adulthood.

The present service delivery system is too often crisis-driven, deficit-oriented and fragmented. Many families of children with special needs report feeling isolated and unsupported. Our goal with the community application of the model is to enhance our delivery of care for children and their families by using relationship-building strategies and communication tools based on the Touchpoints Model. We are hoping it will form the basis for professional development within the center and service providers in our community, as well as create a more caring, seamless service delivery system.

To this end, Lanterman has made a significant investment in this project. We sent a multidisciplinary team to Boston to participate in the Touchpoints Community Level Training, and we have been consulting with the Touchpoints faculty. Lanterman pediatric consultant Dr. Leslie Richard spearheaded the team working on the Touchpoints Special Needs application.

After completing the first stage of development, we celebrated this milestone by gathering professionals and families together for a special conference *Because You Care About Children: Building a Touchpoints Community for Children with Special Needs*. Held in Glendale July 20–21, the conference presented highlights of the new application, and information about future training to be held locally.

Most importantly, this conference provided the opportunity to involve our community in helping set the course for implementation of the Touchpoints Special Needs Model. We look forward to the continuing participation of our families and service providers in this exciting project.

A Ray of Hope for Children

Children's Neurobiological Solutions, Inc. (CNS) is a national, nonprofit organization founded in November of 2000 by Fia and Phill Richmond. They were inspired in this effort by their son, Palmer Clay, who remains undiagnosed with a brain injury. They developed CNS to be a source of hope for all children and their families who suffer from unresolved neurological conditions.

The CNS mission is to "orchestrate cutting-edge, collaborative research with the goal of expediting the creation of effective treatments and therapies for children with neurodevelopmental abnormalities, birth injuries to the nervous system and related neurological problems." Other goals include helping families to access current information and become educated on the options available for their children.

Besides having a child of their own with a developmental disability, several other factors prompted the Richmonds to form CNS:

15 million children in the United States between the ages of 0-19 have neurological conditions that limit their quality of life and lifespan.

Special Education alone costs 36 billion dollars annually.

Present and past research and fundraising focus on saving lives and providing services — to date there are no known cures and limited biomedical therapeutics.

Biomedical advances, particularly in the fields of developmental neurobiology, stem cell research and genetics, are opening the door to potential brain repair therapies.

Pediatric diseases are often simplified versions of adult diseases, and by understanding them, scientists may come closer to treating the adult disease.

Collaboration Makes the Difference

Most striking to the Richmonds, was the limited amount of research attention focused on children with neurological problems. With so many children and families impacted, the Richmonds wanted to create an organization that would take a proactive stance to encourage and support scientists in their search for cures and treatments.

The Richmonds approached two of the nation's leading neurobiologists with their idea, Dr. Evan Snyder and Dr. Jeffrey Macklis. These scientists have already proven in animal models that brain repair is possible.

Drs. Snyder and Macklis, who now sit on CNS's Board of Directors, helped form the vision, mission and research goals for CNS in addition to developing an international Scientific Advisory Board who will work collaboratively to identify the most promising research projects. The Board is steering CNS as the foundation begins to raise awareness and funds.

How do I Find Out More?

To find out more about CNS, contact the organization at the address, phone or e-mail listed below. Website development is in progress. The web address below will be accessible soon.

Children's Neurobiological Solutions
1726 Franceschi Road
Santa Barbara, CA 93103
(866) 267-5580 or (805) 965-8838
cnsfoundation@home.com
www.cnsfoundation.org

Health and Wellness Activities Follow-Up

continued from page 5

nity care. They will complete nursing assessments and, when necessary, refer consumers to appropriate medical follow-up.

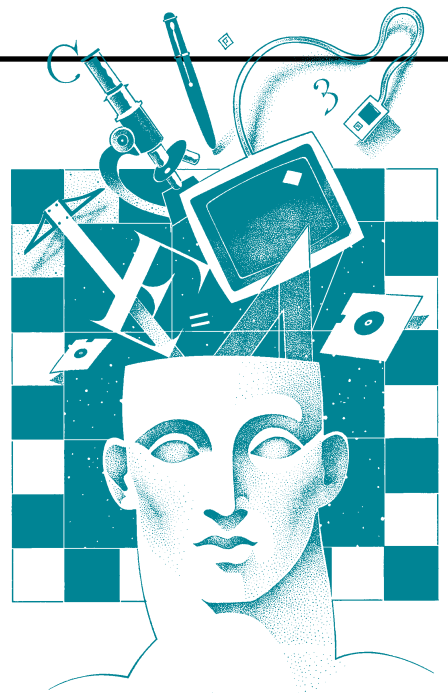
Distribute preventive health guidelines. We are currently distributing preventive health guidelines, developed by the American Academy of Family Physicians (AAFP) and the American Academy of Pediatrics, to the Lanterman community. These guidelines summarize the needs of children and adults for immunizations, health screening (e.g. mammograms, colon exams), and monitoring (e.g. blood pressure, cholesterol). They have been sent to service providers as well as to physicians who serve our licensed homes. Copies of these guidelines can be found on the AAFP web site at http://www.AAFP.org/exam/. The Family Resource Center can also help you obtain a copy of the guidelines.

Expansion of Lanterman/UCLA-NPI Special Clinic. Several years ago, Lanterman Regional Center collaborated with the Neuropsychiatric Institute (NPI) at UCLA to establish a special clinic to serve our consumers with severe psychiatric disorders and challenging behaviors. The clinic, which provides psychiatric assessment, medication consultation and treatment planning, has served several hundred Lanterman consumers with great success. In the future, we hope to expand the clinic's services to include more family education and support, and to use the resources of UCLA/NPI to educate community-based psychiatrists about the special needs of people with developmental disabilities.

Participation in an oral health project. Lanterman Regional Center has joined with the University of the Pacific School of Dentistry on a project intended to improve consumers' access to dental care. The project provides dental screenings and referrals for consumers and provides educational sessions for parents, caregivers and service coordination staff on prevention of oral diseases. An additional goal of the project is to expand the network of community-based dental professionals who serve our consumers.

We hope that the improved access we are achieving through the activities described above will result in significantly improved health status among our consumers. In the next issue of Viewpoint, we will discuss activities aimed at assessing the appropriateness of specific types of health-related services provided to our consumers.

Training & Events



The Training & Development Unit provides information on training opportunities that focus on developmental disabilities and related topics. The unit staff coordinates training events that are conducted by Lanterman Regional Center. Staff also coordinate registration arrangements for consumers, family members, staff, board members and service providers in the Lanterman Community to attend external educational events of special interest.
The Center publishes a Training and Events webpage that is accessible via the website www.lanterman.org

If you are a parent or consumer in the Lanterman Regional Center service area and are interested in attending a training opportunity outside the Regional Center, contact your Service Coordinator. For consideration, your request must be received by Training and Development three weeks prior to the posted conference deadline. We welcome your suggestions for future training topics and information on upcoming educational events that we can share with others.

You may send comments or request to be on the mailing list by one of the following options:

BY MAIL:
Training & Development
Lanterman Regional Center
3303 Wilshire Blvd. Suite 700
Los Angeles, CA 90010

BY FAX:
(213) 383-6526

BY E-MAIL:
Maureen S. Wilson, Director
Maureen.wilson@lanterman.org
Ronna Kajikawa, Executive Assistant
Ronna.kajikawa@lanterman.org

Lanterman Regional Center Family & Consumer Training

The following are training opportunities that focus on developmental disabilities and related topics and are conducted or sponsored by Lanterman Regional Center for consumers, family members, and board members in the Lanterman Community.

NEW FAMILY ORIENTATION

Lanterman Regional Center provides Orientation Meetings to welcome new consumers and families to the Center. These meetings provide an introduction to the Lanterman service delivery system.
For a schedule of monthly Orientation Meetings, please call (213) 383-1300 ext. 705.

NEW FAMILY ORIENTATION FOR CHILDREN THREE YEARS OLD & OLDER

English & Spanish. Last Friday of Every Month
9:30 a.m.– 10:30 a.m. English, 10:30 a.m.– 11:30 a.m. Spanish
Lanterman Regional Center, FRC
3303 Wilshire Blvd., Suite 700
Presenters: LRC Staff
For Information and Dates call (213) 383-1300 ext. 705

NEW FAMILY ORIENTATION FOR EARLY INTERVENTION FAMILIES (BIRTH TO 3 YEARS)

English & Spanish. Last Monday of Every Month
9:30 a.m.– 10:30 a.m. English, 10:30 a.m.– 11:30 a.m. Spanish
Lanterman Regional Center, FRC
3303 Wilshire Blvd., Suite 700
Presenters: LRC Staff
For Information and Dates call (213) 383-1300 ext. 705

TRANSITION TO PRESCHOOL ORIENTATION MEETING

For Families with children 2½ years of age
Presenters: LRC Staff
For Information and Dates call (213) 383-1300 ext. 705

BEHAVIOR MANAGEMENT WORKSHOP FOR PARENTS

This 20-hour course was developed for Lanterman Regional Center Families by the UCLA-University Affiliated Program. The training is a proactive approach where families learn strategies to manage behavioral concerns. More serious behavioral issues should be discussed with your Service Coordinator. Please note: This workshop requires referral from your Service Coordinator. Contact your Service Coordinator to register.

ENGLISH (10 CONSECUTIVE MONDAYS)
September 17, 2001 – November 19, 2001
7:00 p.m.– 9:00 p.m.
Abilities First, 201 S. Kinneloa Ave., Pasadena, CA
Presenters: Behavioral Specialist
For Information and Dates call (213) 383-1300 ext. 705

SPANISH (10 CONSECUTIVE SATURDAYS)
September 1, 2001 – November 3, 2001
9:00 a.m.– 11:00 a.m.
Shriner's Hospital, 3160 Geneva St., Los Angeles, CA
Presenters: Behavioral Specialist
For Information and Dates call (213) 383-1300 ext. 705

SERVICE COORDINATION AND ADVOCACY

This training is a 10-hour course for Lanterman families to better enable them to advocate for and assist their family member with a disability.
Cost: No cost • Presenters: SCAT Faculty
Reservations (213) 383-1300 ext. 705

ENGLISH (5 MONDAYS)
September 24 – October 8, 15, 22, & 29, 2001
7:00 p.m.– 9:00 p.m.
Glendale Unified School District
223 N. Jackson St., Glendale, CA

SPANISH (5 CONSECUTIVE TUESDAYS)
September 11 – October 9, 2001
9:30 a.m.– 11:30 a.m.
Frank D. Lanterman Regional Center
3303 Wilshire Blvd., Suite 700., Los Angeles, CA

BODY TALK

SEXUALITY & SOCIALIZATION TRAINING
Body Talk is a new Sexuality and Socialization Training program specifically designed for adult individuals with developmental disabilities. Each group will accommodate 12 – 15 consumers and run for 12 weeks. The training will cover topics such as human anatomy and reproduction, developing social skills, prevention of exploitation, human sexuality, sexually transmitted diseases, birth control, and health and hygiene. Teen Talk addresses issues specific to pre-adolescence through young adulthood. Parent Talk is a 6 week class designed to address parental concerns and will focus on the parental role in supporting and promoting healthy relationships.
Contact your Service Coordinator to register.

BODY TALK FOR ADULT CONSUMERS
Please note: This workshop requires referral from your Service Coordinator.
Dates, Times & Location TBA

TEEN TALK FOR CONSUMERS
Please note: This workshop requires referral from your Service Coordinator.
Dates, Times & Location TBA

PARENT TALK DISCUSSION GROUP
Please note: This workshop requires referral from your Service Coordinator. This 6 week group will focus on the parental role in supporting and promoting healthy relationships.
Dates, Times & Location TBA

AGING AND DEVELOPMENTAL DISABILITIES

For Parents & Consumers
Rescheduled — Date TBD, 4:30 p.m.– 6:00 p.m.
Lanterman Regional Center
3303 Wilshire Blvd., Suite 700, Los Angeles, CA
This training is designed to guide parents and consumers as they explore the effects of aging on issues such as Living Arrangements, Social Recreation, Daily Activities, and Health.
Cost: No cost • Presenter: LRC Aging Transition Unit Staff
For information call (213) 383-1300 ext. 720

ASSISTIVE TECHNOLOGY

The Adult Education and Career Division of LAUSD in partnership with the Assistive Technology Project of Frank D. Lanterman Regional Center have established these classes to assist Lanterman consumers over the age of 18 and their families. These classes are an introduction to computers and software.
Cost: No cost • Presenters: Los Angeles Unified School District
For registration and further information call (800) 546-3676

FOR ADULTS — ENGLISH (20 CONSECUTIVE TUESDAYS)
September 4, 2001 – January 15, 2002
9:00 a.m.– 12:00 p.m.
Lanterman Regional Center
3303 Wilshire Blvd., Suite 700, Los Angeles, CA

FOR ADULTS — ENGLISH (20 FRIDAYS)
September 7, 2001 – January 25, 2002
9:00 a.m.– 12:00 p.m.
Lanterman Regional Center
3303 Wilshire Blvd., Suite 700, Los Angeles, CA
Space is limited!

Lanterman Regional Center Service Provider In-Service Training

The following are training opportunities that focus on developmental disabilities and related topics and are conducted or sponsored by Lanterman Regional Center for service providers in the Lanterman Community.

QUALITY ASSURANCE/QUALITY ENHANCEMENT

For Service Providers
September 11, 2001, 10:00 a.m.– 12:00 p.m.
Lanterman Regional Center
3303 Wilshire Blvd., Suite 700, Los Angeles, CA
This 2 hour service provider in-service will provide community day program and residential staff information on quality indicators and monitoring procedures.
Class meets requirements for 2 hrs CEU's for Title 17 & Title 22.
Cost: No cost • Presenter: CSD Staff
Space is limited to 64 — Those arriving after 10:00 a.m. will be admitted only if space allows.
For information call (213) 383-1300 ext. 720

COMMUNITY FORUM

For Service Providers
October 9, 2001, 10:00 a.m.– 12:00 p.m.
Lanterman Regional Center
3303 Wilshire Blvd., Suite 700, Los Angeles, CA
The purpose of this meeting is to highlight the Center's plan for the Year 2002 and to allow Service Providers the opportunity for input/feedback. This meeting DOES NOT meet requirements for 2 hrs CEU's for Title 17 & Title 22. Continuing Education Certificates will NOT be issued for this meeting.
Cost: No cost • Presenter: LRC Staff
Space is limited to 64 — Those arriving after 10:00 a.m. will be admitted only if space allows.
For information call (213) 383-1300 ext. 720

CONSUMER RIGHTS

For Service Providers
November 13, 2001, 10:00 a.m.– 12:00 p.m.
Lanterman Regional Center
3303 Wilshire Blvd., Suite 700, Los Angeles, CA
This 2 hour service provider in-service will provide community residential facility staff with information on Consumer Rights in a residential facility and ways they can ensure that staff respect rather than violate those rights. Class meets requirements for 2 hrs CEU's for Title 17 & Title 22.
Cost: No cost • Presenter: LRC Legal Services Staff
Space is limited to 64 — Those arriving after 10:00 a.m. will be admitted only if space allows.
For information call (213) 383-1300 ext. 720

THERE WILL NOT BE A SERVICE PROVIDER IN-SERVICE IN DECEMBER DUE TO HOLIDAY.

Local Family/Consumer Support Groups

ADULT SIBLING SUPPORT GROUP
Call for details
Contact: Olivia Hinojosa (213) 383-1300 Ext. 705

ARMENIAN PARENT GROUP
Quarterly meetings — Glendale Area
Call for dates and details
Contact: Rima Shahoian (818) 548-4349
Shoghig Dikjian (213) 383-1300 Ext. 546

ARMENIAN PARENT SUPPORT GROUP
Monthly meetings at group members' homes
In the Glendale area
Monthly – Last Friday 11:00 a.m. – 1:00 p.m.
Contact: Rima Shahoian (818) 548-4349
Shoghig Dikjian (213) 383-1300 Ext. 546

AUTISM SOCIETY OF AMERICA
San Gabriel Valley Chapter Support Group
1167 N. Reeder Ave., Covina
Monthly – Wednesday, 7:30 p.m.
Contact: Patricia Kreyssler (626) 447-3452

BEHAVIOR MANAGEMENT PARENT SUPPORT GROUP
Call for details
Contact: Olivia Hinojosa (213) 383-1300 Ext. 705

daDA FATHERS REGIONAL SUPPORT NETWORK
Call for details
Contact: Marty Sweeney (323) 933-2983

DE MI FAMILIA A SU FAMILIA
(Grupo para Familias con Niños con Autismo)
Lanterman Regional Center
3303 Wilshire Blvd., Ste. 700
Primer miercoles de cada mes
9:30 a.m. – 11:30 a.m.
Contact: Carlos Duque (213) 383-1300 Ext. 570
Romi Castillo (323) 463-3678

DOWN SYNDROME SAN GABRIEL VALLEY PARENT SUPPORT GROUP WITH CHILDREN UNDER SEVEN
Church of the Brethren
1041 N. Altadena Drive, Pasadena, 91107
Monthly – 2nd Thursday, 7:00 p.m. – 9:00 p.m.
Contact: Olivia Hinojosa (213) 383-1300 Ext. 705

GRUPO DE APOYO PARA FAMILIAS DE INTERVENCION TEMPRANA
Lanterman Regional Center
3303 Wilshire Blvd., Ste. 700
Monthly – 2nd Wednesday, 9:30 a.m. – 11:30 a.m.
Contact: Monica Mauriz (213) 383-1300 Ext. 519

FAMILIES AND FRIENDS OF PERSONS WITH DISABILITIES
St. Dominic's Community Center
2002 Merton Ave., Eagle Rock
Monthly – 1st Friday, 7:30 p.m.
Contact: Emma Guanlao (323) 259-8332
Sandy Riancho (323) 664-4448

FILIPINO AMERICAN SPECIAL SERVICE GROUP FOR THE DEVELOPMENTALLY DISABLED
Call for details
Contact: Alice Gubatan (213) 384-2340

FOOTHILL AUTISM ALLIANCE — NETWORK RESOURCE MEETINGS
BCR-230 E. Amherst Drive, Burbank, CA 91505
Monthly – 2nd Wednesday, 7:00 p.m.
Contact: Sue Brooks (818) 66-AUTISM (818) 662-8847

FRAGILE X PARENT SUPPORT GROUP
Call for dates and details
Monthly – 7:00 p.m.
Contact: (818) 754-4227 Voicemail

GAY AND LESBIAN ADULT SUPPORT GROUP
Lanterman Regional Center
3303 Wilshire Blvd., Ste. 700
Monthly – 2nd Wednesday, 4:00 p.m. – 5:00 p.m.
Contact: Joe Perales (213) 383-1300 Ext. 592

GLENDALE/BURBANK/FOOTHILL PARENT SUPPORT GROUP
Monthly – 1st Wednesday, 10:00 a.m.
Burbank First United Methodist Church
700 N. Glenoaks Blvd., Burbank, 91502
Contact: Jennifer Wyre (213) 383-1300 Ext. 679
Nora Chitilian (213) 383-1300 Ext. 675

GRUPO DE APOYO PARA EL MANEJO DE LA CONDUCTA
Shriners Hospital
3160 Geneva St. (Virgil and Third St.) , Los Angeles
Ultimo martes de cada mes
7:00 p.m. – 9:00 p.m.
Contact: Francisca Arias (323) 965-0379
Lourdes Tabullo (213) 383-1300 Ext. 543
Patricia Rodriguez (213) 383-1300 Ext. 544

GRUPO PARA FAMILIAS CON NIÑOS CON PRADER-WILLI
Shriner's Hospital
3360 Geneva St. (Virgil and Third St.) , Los Angeles
Monthly – Last Friday, 7:00 p.m. – 9:00 p.m.
Contact: Mercedes Rivera (213) 383-4402

HOLLYWOOD/WILSHIRE PARENT SUPPORT GROUP
Lanterman Regional Center, 3303 Wilshire Blvd., Ste. 700
Monthly – 3rd Tuesday, 10:00 a.m.
Contact: Theresa Edwards (323) 935-7265
Jessye Davis (213) 383-1300 Ext. 549
Ramon Martinez (213) 383-1300 Ext. 568

INCLUSION IN REGULAR CLASSES SUPPORT NETWORK
Locations and times vary each month—
call for next meeting
Contact: Sam Suzuki (213) 383-1300 Ext. 559

JAPANESE-SPEAKING PARENTS ASSOCIATION OF CHILDREN WITH CHALLENGES
Little Tokyo Service Center
231 East Third Street, Suite G-104, Los Angeles, CA 90013
Monthly – 3rd Saturday, 9:30 a.m.
Contact: Mariko Magami (818) 249-1726
Michiko Wilkins (818) 557-0728

KOREAN PARENT SUPPORT GROUP
Asian Advocate for Special People
Lanterman Regional Center, 3303 Wilshire Blvd., Ste. 700
Monthly – 2nd Monday, 6:30 p.m. – 8:30 p.m.
Contact: Suki Chang (213) 999-3981
Susan Han (213) 383-1300 Ext. 545
Alanah Kim (213) 383-1300 Ext. 531

"LA ESPERANZA"
(Grupo Semanal en Español)
Lanterman Regional Center, 3303 Wilshire Blvd., Ste. 700
Weekly – Monday, 9:00 a.m.
Contact: Yolanda Hernandez (562) 928-5324
Primitivo Jacobo (323) 464-3689
Bertha Rios (323) 666-3489
Nilda Lopapa (213) 383-1300 Ext. 554

"PADRES UNIDOS LANTERMAN"
(Grupo en Español)
Children's Hospital of Los Angeles, Conference Room "D"
Monthly – 2nd Tuesday, 7:00 p.m. – 9:00 p.m.
Contact: Joe Perales (213) 383-1300 Ext. 592

REACH
(Respecting Encouraging and Affirming Choices in Housing)
2606 Foothill Blvd., La Crescenta, CA 91214
Monthly – 3rd Wednesday, 7:00 p.m.
Contact: Maria Leinenweber (818) 248-8624
Emma Guanlao (323) 259-8332

RETT SYNDROME SUPPORT GROUP
Pasadena Area. Quarterly Meetings
Call for dates and details
Contact: Marie Hyland (626) 790-4836
Pep Stenberg (626) 355-5334

GRUPO DE APOYO PARA PADRES
Salvin Special Education Center
1925 S. Budlong Ave., Los Angeles
Call for dates, 9:30 a.m. – 11:30 a.m.
Contact: Gloria Perez (213) 383-1300 Ext. 556

TEATRO ILUSIÓN
(Grupo Semanal en Español)
Shriner's Hospital
3160 Geneva St. (Virgil and Third St.) , Los Angeles
Weekly – Friday's, 6:00 p.m. – 8:00 p.m.
Contact: Yolanda Hernandez (562) 928-5324

MEETING SCHEDULE

COMMUNITY ADVISORY COUNCILS
Our Community Advisory Councils serve as a link to the community. They provide input on policies, services and programs and offer opportunities for consumers, parents, service providers and staff to network. If you have an interest in serving in the council for your area or in attending meetings, contact:
Lanterman Regional Managers at (213) 383-1300.

GLENDALE REGION
Second Tuesday of the month
6:00 – 7:30 p.m.
John Buck Ext. 619

HOLLYWOOD/WILSHIRE/CENTRAL REGION
Third Tuesday of the month
10:00 – 11:30 a.m.
Sam Suzuki Ext. 559

PASADENA REGION
Third Tuesday of the month
6:30 – 8:00 p.m.
M.J. Kienast Ext. 617

If you are interested in starting a support group but don't know how to take the first step, call ***The Koch•Young Family Resource Center*** *for information:*

1-800-546-3676

Lanterman Self-Advocacy Groups

MID-WILSHIRE SELF-ADVOCACY GROUP
Lanterman Regional Center
3303 Wilshire Blvd. Suite 700
Monthly – First Monday, 4:00 p.m. – 6:00 p.m.
Contact: Armen Frundzhyan (323) 462-7300

THE ACHIEVERS
711 E. Maple St., Glendale, CA 91205
Call for Dates and Times
Contact: Jack Riggle (818) 848-1246

PASADENA SELF-ADVOCACY GROUP
529 N. Hill Ave., Pasadena, CA 91106
Call for Dates and Times
Contact: Ara Bezjian (626) 793-1989
bezara@visto.com

If you would like more information on Lanterman's Self-Advocacy Groups, please contact John Stack at (213) 383-1300 ext. 620.

Announcing

The Lanterman Provider, a newsletter for Frank D. Lanterman Regional Center Providers, is now posted on our website. Visit **www.lanterman.org** to view any editions which may be of interest to you.

The Lanterman Provider
A Newsletter for Frank D. Lanterman Regional Center Providers

Save These Dates!

MID-WILSHIRE SELF-ADVOCACY MEETINGS

FIRST MONDAY OF EVERY MONTH

4:00 p.m.
3303 Wilshire Blvd.
Berendo Room 7th Floor
Los Angeles, CA 90010

FAMILY PICNIC

SEPTEMBER 22, 2001

10:00 a.m. – 3:00 p.m.

Crystal Springs Picnic Area in Griffith Park

If you have questions, please contact Celeste Isguerra (x655) or Ivette Rodriguez (x699) at (213) 383-1300

FALL COMMUNITY MEETINGS

SEPTEMBER 24 – OCTOBER 9, 2001

Sessions will be conducted in Spanish, Armenian, Korean and English. Watch for upcoming mailings with more information!

1ST ANNUAL SYMPOSIUM ON ABILITIES

SATURDAY, OCTOBER 13, 2001

10:00 a.m. – 4:00 p.m.

Support Groups for People with Disabilities Hold Pasadena Conference as One of an Array of Events in Honor of National Disability Awareness Month

Pasadena City College
Community Eduction Center
Open to the Public

Four main areas of discussion will be:
- Human Rights
- Technology
- Accessibility
- Employment

For more information contact Steve Rosenthal at (626) 396-1010 x351

SUPPORTED EMPLOYMENT WORKSHOP

OCTOBER 20, 2001

9:00 a.m. – 1:00 p.m.

Frank D. Lanterman Regional Center
3303 Wilshire Blvd.
2nd Floor Conference Room
Los Angeles, CA 90010

Representatives from the community will be on hand to offer information and answer questions. Topics will include how working affects SSI Benefits and Medi-Cal. For more information, contact the Family Resource Center at 1-800-546-3676.

SERVICE PROVIDER RECOGNITION BREAKFAST

WEDNESDAY, NOVEMBER 7, 2001

9:00 a.m.– 11:00 a.m.

Frank D. Lanterman Regional Center Service Provider Advisory Committee Invites you to Attend The 4th Annual Service Provider Recognition Breakfast

Castaway Restaurant & Banquet Center
1250 Harvard Rd.
Burbank, CA 91501
(818) 843-5013
Guest Speaker – Ms. Geri Jewell

SIBSHOPS

FRIDAY, NOVEMBER 30, 2001 AND SATURDAY, DECEMBER 1, 2001

If you have questions or would like to register, call the Family Resource Center at 1-800-546-3676. Watch for upcoming mailings!

Sibshops
Workshops for brothers and sisters of kids with special needs!

FRANK D. LANTERMAN REGIONAL CENTER
3303 Wilshire Blvd., Suite 700
Los Angeles, CA 90010

Viewpoint is a quarterly publication of the Frank D. Lanterman Regional Center. It is produced for the benefit of all members of the Lanterman Community.

Estimated Circulation: 6000

Managing Editor :
Patricia Herrera
Director, Family Support Services

Editor :
Lisa Levin
Resource Center Coordinator
Koch•Young Family Resource Center

Contributors:
Diane Anand, Jackie Ashman, Patrick Aulicino, Roxanne Carreon, Robert Erio, Celeste Esquerra, Olivia Hinojosa, Karen Ingram, Diana Janas, Frank Lara, Yolanda Montes, Vincent Rodricks, Helane Schultz, Sharon Shueman, John Stack, Marty Sweeney, Maureen Wilson

Photography:
Henry Harper

Viewpoint can be viewed online at **http://www.lanterman.org**
To contact *Viewpoint* Editors, send e-mail to frc@lanterman.org or call (213) 383-1300 Ext. 716.

Printed on recycled paper

IN THIS ISSUE

You Spoke We Listened 1
From the Executive Director 1
The Effort Makes a Difference for These Star Athletes.....2
The Sky is the Limit for Cindy Blass 2
Board Member Profiles 3
Lanterman Welcomes Karen Ingram 3
Learning New Ideas on a Weekend of Self-Advocacy 3
Winter Recreation Opportunities 4
Health and Wellness Activities Follow-Up 5
New Resources: FRC Library & Health and Wellness 5
Assistive Technology Project & Fall Series 6
The Quality Enhancement Network 7
Join the Buddy Walk 7
Budget Update 7
Energy Assistance for California Residents 8
Holidays Are For Sharing 8
A Ray of Hope for Children 9
Family, Consumer & Service Provider Training 10
Local Family/Consumer Support Groups 11
Save These Dates! 12