

Come Enjoy The Koch•Young Family Resource Center Open House

The Koch•Young Family Resource Center will hold an Open House on June 27 from 3:00–8:00 p.m. We plan to re-introduce our Lanterman community to the wide range of resources available — and to give people a chance to come together and have a good time.

Staff and special speakers will offer presentations on a variety of topics, including:

- Support groups and the Peer Support Partner Program
- Educational training for families and community members



The FRC has information and interesting material for all ages — adults and children — to share.

- Library materials and the online catalogue
- Information packets and newly developed resources
- The Assistive Technology Project
- The new and improved Lanterman Web site

In addition to the presentations, we'll be conducting tours to familiarize people with the resource center.

The Koch•Young Family Resource Center was founded as a source of information, education and support for the Lanterman community and a hub for community exchange. It's not often that all of us have a chance to come together, so please join us on June 27th as we celebrate the strength of our network.

For more information, contact the Family Resource Center at 213.383.1300 x730.



The Assistive Technology Lab in action . . .

AS WE GO TO PRESS . . .

Budget Crisis Continues and the News is Not Good

California is currently in the midst of the deepest fiscal crisis in its history, facing a budget shortfall of more than \$23 billion — nearly one-fourth of the state's total planned expenditures.

To balance the budget as required by the State Constitution, the Administration and the Legislature are carefully reviewing all state spending. The most recent actions in Sacramento are not encouraging for the regional centers.

In the May Revision to the Budget, the Governor proposes to save \$52 million in the regional center purchase of services budget by implementing statewide service standards. This would mean that all regional centers would use the same standards to implement reductions in spending. The Assembly Budget Subcommittee rejected this proposal and voted to restore the \$52 million to the budget. The Senate Budget Subcommittee also rejected the proposed statewide service standards, but supports a plan to save the \$52 million by a method known as "unallocated budget reduction."

"Unallocated" means that regional centers would have money taken from their budgets with very limited direction from the state, and would have to figure out on their own, working with their communities, where to make the reductions. This approach was used during the recession of the early 90s with dramatically varying degrees of success among the centers. More importantly, it resulted in gross inequities in individual regional center allocations, a situation which has taken almost a decade to resolve.

After hearing that the alternative to statewide standards is unallocated reductions, the Lanterman Board of Directors is in support of statewide service standards because this approach would result in a fairer and more equitable distribution of the funding cuts.

The May Revision also calls for an additional \$10 million cut in funds that would have been for new program development and regional center direct services. One method proposed to achieve these reductions is to extend the time for assessments for new consumers after initial intakes from 60 days to 120 days.

Since the Assembly and the Senate are not in agreement on the \$52 million budget reduction, the issue will go to the Joint Conference Committee of the Legislature for a final decision.

Any reductions made will have a significant impact on our consumers and families, and the regional center's ability to provide direct services such as intake, assessment, service coordination and advocacy, family support, quality assurance, and resource development.

The proposed budget also calls for significant reductions in services provided by other state-funded agencies such as Medi-Cal, Mental Health, and the Department of Rehabilitation. As the regional center is the payer of last resort, we expect these cuts to have an impact on our budget as well.

It's now in the hands of the Legislature, which must consider the proposals and ultimately pass a balanced budget for the Governor to sign. Due to the complexity of the proposed cuts and tax increases, it is questionable whether the new budget will be in effect on July 1. If the budget is not in place, the regional centers will have to borrow money to remain in operation and pay service providers and staff.

We'll continue to share information as we receive it, and particularly after we know our budget for the coming year. One thing is clear — we'll have to work together as a community to deal with this crisis as we have had to do so many times in the past.

Check Out Our New Look!

Visit Lanterman without ever leaving the house:

www.lanterman.org

Need information on the regional center, services available, community activities or resources? Come visit the Lanterman Web site. And while you're at it, let us know what you think of our new look.

Over the past several months, we've been working hard to make our Web site a user-friendly, fun and informative experience. We've done a lot to make it easier to navigate, so even if you consider yourself "technologically challenged," give our new look a try and please give us your feedback.

Navigation

When you arrive at www.lanterman.org, you will find a row of buttons at the left of the page. These are on every page of the site and will allow you to go to another subject area at any time, without having to backtrack.

continued on page 3

People Speak Out at Annual Grassroots Event

On April 17, a team of 12 individuals from the Lanterman community, including consumers, parents, providers and regional center staff, headed to Sacramento for the annual Grassroots event.

The intensity of this year's gathering was particularly high due to the forecasted budget deficits for the upcoming fiscal year and their undoubted affect on the developmental services system. Consumers rallied on the Capitol steps to demonstrate to representatives that many will be hurt if services are cut.

AB1895 (Wright) — Special Education

Prohibits an employee of a school district or county office of education from attempting to prevent a teacher from assisting parents/guardians in obtaining appropriate level of educational services needed for a child with special needs **(We support this bill.)**

AB2047 (Matthews) — Medi-Cal Reimbursement for In-Patient Psychiatric Hospitals

Gives mental health departments the ability to negotiate a rate for administrative days, as long as it doesn't exceed acute hospital rates **(We will watch this bill.)**

AB2919 (Wiggins) — Medi-Cal Monthly Allowance

Requires the Department of Health Services to establish procedures for protection and oversight of funds held by skilled nursing facilities, and increases monthly P&I to \$45 (from \$35) **(We support this bill.)**

SB 1448 (Chesbro) — Deceased residents of state hospitals

Requires state hospitals to account for the remains of those who died while in the state hospital (on-site burial, donated to medical research, off-site burials), and requires protocol for interment for those who die at state hospitals and developmental centers and are unclaimed by family **(We support this bill.)**

AB 275 (Aroner) — Dental

Waives need for prior authorization for dental services and treatment for any person who is eligible for both Medi-Cal and services under the Lanterman Act and requires DDS to identify eligible beneficiaries and develop appropriate aid codes **(We support this bill.)**

AB 925 (Aroner) — Employment

Requires the Secretary of California's Health and Human Services to create a sustainable and comprehensive strategy to help people with developmental disabilities obtain and maintain employment **(We support this bill.)**

The Legislative Committee is looking for volunteers to make visits to the local offices of our elected officials. Please contact Karen Ingram at 213.383.1300 x509 if you are interested in participating.

Update On The Olmstead Decision

Advocates Urge California To Move On Plan At Packed Informational Hearing

Advocates representing community-based organizations, people with disabilities, and older Californians strongly urged California to move quickly ahead on developing a state plan to implement the 1999 US Supreme Court Olmstead Decision, in a recent 3½ hour informational joint hearing by the Assembly Committee on Human Services, chaired by Assemblywoman Dion Aroner (D-Berkeley); the Assembly Committee on Health, chaired by Assemblywoman Helen Thomson (D-Davis); and the Assembly Committee on Aging and Long Term Care, chaired by Lynn Daucher (R-Brea).

The hearing reviewed the state's implementation of the US Supreme Court Olmstead Decision that interpreted Title II of the Americans with Disabilities Act (ADA) as requiring states to administer their services, programs, and activities "in the most integrated setting appropriate to the needs of qualified individuals with disabilities."

Ellen Goldblatt, attorney with Protection and Advocacy, Inc. (PAI), who was asked by the committees to provide an overview of the issue, said the state's development and implementation of a Olmstead State Plan should not be allowed to "drag on" and that the state was becoming more and more vulnerable to lawsuits, citing



Lanterman consumers, parents, staff members and service providers headed up to Sacramento in April to discuss issues affecting our community with representatives like Mike Luna and Assemblywoman Jackie Goldberg, seen here.

among others, the Sanchez v. Johnson case, pending in Federal District Court. Goldblatt said that while Olmstead did not force a person to move into a community setting from an institution, the presumption is that a person's preference will be a community setting unless they choose otherwise. She underscored the responsibility of the state to provide the needed supports and services in the community to fully implement Olmstead and that the 95,000 people in nursing

homes and 10,000 people in other institutions are entitled to receive services in the least restrictive environment.

While there is no requirement for the three Assembly committees to actually do anything with the information they received at the hearing, the committees can decide to initiate corrective action through legislation. Such action could be introduced via the state budget process or through introduction of regular legislation.

The People Living Our Values...

The Gonzalez Family — A Story of Inclusion

By Claudia Gonzalez

We are a family of four: myself, my husband Juan, and our two sons, Carl and Jeffrey. As Burbank residents, we have been with Lanterman Regional Center since Carl was born in 1989. Although Carl has Down syndrome, we have always pushed to have him included in our local school district, Burbank Unified.

Carl is presently in the 7th grade at Jordan Middle School. He is a member of the Scholarship Club, an honor he received for his good grades and meeting his IEP goals. He also belongs to the school's Care Club, because of his concern for the environment. In addition to participating in various club activities with his classmates, Carl works at the school cafeteria and in the office sorting mail. He has received many awards for his grades and good citizenship, and is an involved member of the student body. He is preparing for a trip to Washington D.C. with his classmates in the upcoming year. Throughout elementary school and junior high, Carl has received assistance from his one-to-one aide, Laura Zeh, and the progress he's made is due largely to her wonderful support. Carl gets along well with his peers at school. He and his

friends have a special handshake that they use and some of his classmates have recorded their voices into Carl's communication device. We are very proud of our son, and happy to see him thriving in a normal school setting, with the same opportunities his brother and other typically developing children enjoy.

Outside of school, Carl enjoys competing in sporting events, he loves movies, and he participates in all of the family activities – we enjoy spending time together.

We cannot talk about Carl without mentioning his brother, Jeffrey, who is 11 years old and in the 5th grade. He is a terrific brother, and assists and supports Carl in many ways in addition to pursuing his own academics and extracurricular activities. Jeffrey does well in school and his outside hobbies include building with Legos and collecting coins. His favorite sport is basketball.

Jeffrey treats his brother as an equal and believes that anyone with Down



In between sporting events at a Special Olympics meet, Carl (right), Jeffrey (left) and their cousins spend some time together.

syndrome should be treated the same as his/her peers. Jeffrey also thinks Carl is “nice and cool.”

As parents, Juan and I support our boys as much as we can and we look forward to a bright future for both of them.

Our advice to other parents is that you know what is best for your son or daughter. Try to reach the goals that you feel he/she can accomplish. Don't give up what you stand for and if it means challenging the school system or any organization you may be working with, do it. If you feel overwhelmed, look for assistance and support from professionals that support your ideas and other parents who have similar goals.

Check Out Our New Look!

continued from page 1

At the top of each page, you'll find a small headline that might look something like this:

“Home : Lanterman Overview : Historical Perspective”

This sequence shows you the path you've taken through the site and if you wish to return to any of the points along the way, you can simply click on those words.

At the right side of each page, there's a table with links to each subsection of the area you are reading about, as well as links to any topics related to those you are viewing.

The Site Map breaks down all information available on the Web site and where it is located. It's a useful tool if you want to find a piece of information without clicking through a lot of buttons

Information

Topics covered on the Web site include:

- A history of the developmental services and regional center system
- An overview of Lanterman and our services
- A description of how we operate
- An overview of the Board of Directors, along with board member profiles
- The Guide to Lanterman Regional Center
- Funding Guidelines that govern service provision
- Training & Events calendar
- A description of the Koch♦Young Family Resource Center
- A support group listing and description of the Peer Support Partner Program



Samples of the new look of the homepage (above) and subpage (right).

- The Assistive Technology Project (ATP)
- Community Advisory Councils and how to become involved
- Self-Advocacy Groups and how to become a member
- Updates on community activities, library materials, and resources available
- Legislative information affecting our community
- Health information and resources
- Archives of our community newsletters, Viewpoint and The Provider
- Job opportunities, internship options, and volunteer positions
- Links to other useful sites

Accessibility

In the coming year, we plan on enhancing our Web site, so that all of you can use

it easily. Some of the improvements we're working on include:

- Display of material in other languages
- Option to view site in larger font size
- Audio format that will read site aloud
- Descriptions of graphics in text format
- On-line forum for messages and conversation
- Ability to receive regional center training via the Internet

We welcome your feedback on our new look and any suggestions you may have. E-mail your comments to lisa.levin@lanterman.org or call 213.383.1300 x716.

If you're interested in learning more about our Web site and how to use it, be sure to attend The Koch♦Young Family Resource Center Open House on June 27 to see a live demonstration.

Partnership & Leadership

TEAM SPIRIT

Baseball — A Partnership for Kids

Created in 1992, Lanterman's Partnership and Leadership Development Model describes the possibilities inherent in the long-term relationship between Lanterman Regional Center and families. It grew out of our commitment to be a community-owned enterprise, not a self-contained organization that merely dispenses services.

The model encourages families and professionals to look upon their relationship as a partnership in which each person holds a position of leadership and responsibility for the progress and development of individuals with disabilities, and the community as a whole.

This article highlights a partnership that focuses on kids, fun and understanding.

Sherman Oaks resident Barbara Reilly is the mother of two typically developing boys who like baseball. One day she read an e-mail describing the successful inclusion of children with special needs in a community baseball game. This got her thinking: Why couldn't this happen in my community?

It didn't take long for Barbara to find 10 typical children from her church, located in Glendale, who were interested in playing in a baseball league. She then contacted Tori Preston, the leader of a local support group for parents of children with Down syndrome, and Olivia Hinojosa, a facilitator of another group and mother of 12-year-old Sarah who has Down syndrome. Barbara worked with Tori and Olivia to identify other families of children with developmental disabilities who would be interested in joining the new baseball league. The families were told that the new program would be inclusive, meaning non-disabled athletes and athletes with disabilities would play side-by-side.

Barbara convinced her church to host a pre-season meeting for prospective players and their families, as well as a post-season trophy banquet. The church referred her to the Lutheran Brotherhood Foundation which provided \$800 for field rental, equipment, uniforms, and trophies for all participants. *Team Spirit* was born.

By the end of the first season, parents and children alike regarded the program as a huge success.

When describing the program, Olivia reflects the feelings of many parents, "I know that not only does Sarah benefit from the experience of being included with her non-disabled peers, but the other children benefit from Sarah's participation as well. Many families of typically developing children thanked me for being a part of *Team Spirit* and shared how much they and their children enjoyed the experience."

Barbara adds, "My son Alex played T-ball for 2 years and didn't enjoy it. He thrived in *Team Spirit* baseball, and I believe it was because everyone was enthusiastic and cheering for everyone regardless of what team they were on. I will never forget when he asked me after the first game, 'Now Mama, which were the children with Down syndrome?' I can tell that you a week doesn't pass when I don't reflect on this experience and how we need more of these."

This partnership is thriving – and there are plans to expand *Team Spirit* to other neighborhoods.



Meet the People Behind the Titles...



Focus on Melinda Sullivan

Melinda Sullivan has been an employee at Lanterman Regional Center for over 14 years, and is a valuable member of our team, bringing a wealth of experience working with and for people with developmental disabilities.

When she was just 16 years old, Melinda began doing volunteer work in the field in schools and also with Special Olympics. While in college, she worked full time for the San Diego Park and Recreation Department, developing leisure activities for special education classes.

After graduating from San Diego University with a degree in Recreation Administration, she moved to the Los Angeles area, and took a position at Lanterman Developmental Center in Pomona. She was there for eight years, before leaving to become the director of an adult day program run by the Exceptional Children's Foundation.

Melinda found her way to Lanterman Regional Center in 1988. Her strong background in the field and her upbeat personality are great assets that have led to her promotion over the years from Regional Manager of the Pasadena Unit, to Director of Community Services, and finally to Associate Director for Consumer and Family Services.

Of her experience with the developmental services system, Melinda says, "Nothing makes me happier than when I run across an individual that I worked with at Lanterman Developmental Center who is now living in the community. That is just great – and it's strengthened my resolve that individuals with developmental disabilities can be served in their home communities with the right supports."

"Even more," she continues, "I want people of all ages to understand and appreciate the value of including those with disabilities in all aspects of community life. That benefits us all."

Beyond her workload at the regional center, this busy woman has also managed to find time to go back to school and study for her Masters in Organizational Management.

When she is not at work or studying, Melinda enjoys spending time with her husband and two children, who enjoy sports and scouting.

Health and Wellness

Editor's Note: This is the fifth in a series of articles describing Lanterman Regional Center activities aimed at improving the overall health of our consumers. This article focuses on oral health.

It has been demonstrated that a person's oral health can have a significant impact on his or her overall well-being. Potential risks associated with poor oral health include malnutrition and illness, and for persons with developmental disabilities, the risks may be greater.

In 1999, a statewide needs assessment revealed that people with developmental disabilities have an increased risk (compared to the general population) of developing dental problems. This is due to a number of factors, including poor access to care, fear of the dentist, frequent use of medications that may cause oral problems, inability to complete basic oral health procedures, and challenges to providing treatment (e.g., the need for services to be provided under general anesthesia).

A startling 80% of consumers assessed were found to have dental problems. The assessment also revealed that dental professionals do not feel prepared to treat patients with developmental disabilities

but would be willing to do so if they had increased support.

California Endowment Oral Health Care Program

In response to these findings, the California Endowment funded an Oral Health Care Program, coordinated in part by the School of Dentistry at the University of the Pacific (UOP). The goals of the statewide project were to:

- replicate successful community-based systems for providing dental care to people with developmental disabilities;
- individualize programs to fit specific communities;
- emphasize oral health care as an essential component of "whole person" wellness;
- promote prevention of oral diseases; and
- support a statewide collaborative approach to improving oral health.

Lanterman Regional Center joined the project and brought dental hygienist Leticia Reyes on board to help coordinate and manage the many activities aimed at improving the oral health of our consumers.

The project involves a full range of activities, including screening of consumers to determine dental care needs; outreach to the professional dental community to increase the number of resources available to consumers; educating consumers, parents and other caregivers about principles of good oral hygiene; and developing and implementing community awareness programs.

Open House for Dental Professionals

As part of our outreach effort, LRC held an open house for dentists on May 30. Continuing education units (CEUs) were provided to participants free of charge. The goal was to introduce dentists to the regional center system and invite them to become vendors.

We plan to repeat this type of event periodically. If you know any dental professionals who should be invited, or if you want more information about oral health, please contact Leticia Reyes at 213.383.1300 x745.

Nuevas Secciones Para Su Guía al Centro Regional Lanterman: Compañeros en Apoyo

Nos da gusto anunciar la creación de tres nuevas secciones para *Su Guía al Centro Regional Lanterman: Compañeros en Apoyo*.

Transición a Edad Adulta: Esta sección ayuda a las familias y a los consumidores a ajustarse a los muchos cambios que ocurren cuando un hijo(a) con discapacidad del desarrollo entra a la edad adulta. Los temas que se incluyen en esta sección son: trabajo; educación y oportunidades de entrenamiento; arreglos de vivienda; cuidado de salud; recreo/socialización; relaciones/sexualidad, recursos financieros y asuntos legales. Familias pueden aprender como es que su familia, el centro regional, la escuela y la comunidad pueden trabajar juntos para preparar a su hijo(a) para un futuro con éxito! Para recibir una copia de esta sección, favor de llamar al Centro de Recursos Koch♦Young al (800) 546-3676.

Intervención Temprana: Esta sección provee información sobre el Grupo de Intervención Temprana del Centro Regional Lanterman, la cual sirve a familias con niños que son elegibles hasta la edad de cinco años. Familias pueden aprender sobre los diferentes tipos de servicios que son disponibles en Intervención Temprana y como prepararse para el Plan de Servicio Individualizado de la Familia (IFSP) o el Plan de Programa Individual (IPP). Para recibir una copia de esta sección, favor de llamar al Centro de Recursos Koch♦Young al (800) 546-3676.

Opciones para Vivir en la Comunidad: Esta sección ayudara a las familias a entender los diferentes tipos de opciones que existen para vivir en la comunidad que están disponibles para niños y adultos con discapacidades del desarrollo. Describe las diferentes opciones de vivienda y la clase de ayuda y apoyo que consumidores y sus familias pueden recibir dependiendo en la opción que usted elige. Para recibir una copia de esta sección, favor de llamar al Centro de Recursos Koch♦Young al (800) 546-3676.

El Guía al Centro Regional y estas nuevas secciones estan disponibles en nuestro sitio de Internet: www.lanterman.org.



Rigo Goes for the Gold

Rigoberto Gaona is a talented 29-year-old Los Angeles resident. "Rigo," as he is known among his friends, enjoys computers, listening to music, playing sports, working out, and most of all, wheelchair racing.

He began racing in 1994 and loved it from the start. Over the past several years, he's competed in several races in and around the Los Angeles area, placing well in many of them. He also competes regularly in the Los Angeles Marathon and the Long Beach Marathon (that's 26.2 miles each!) and does other races throughout the year to prepare for these major events.

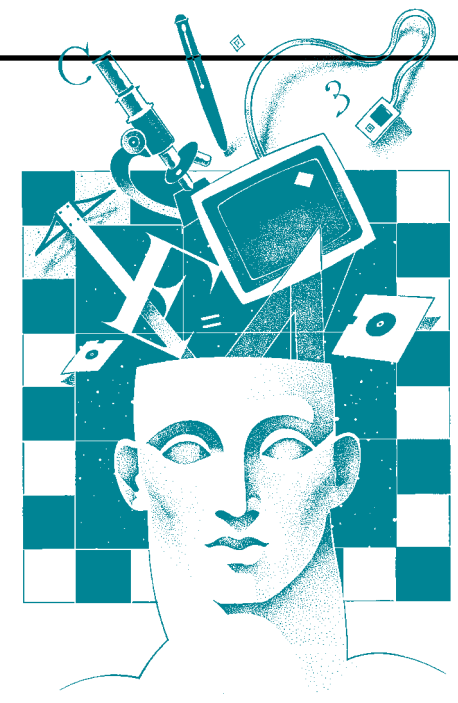
Rigo has a tough training regimen that keeps him fit and ready to race. He works out at least three times per week at his local gym, Academy Road, where he enjoys helping the rookies learn to use the equipment. When he's not at the gym, Rigo hits the pavement and does training rides from Central Los Angeles to Griffith Park.

Asked why he likes to race so much, Rigo replies, "The exhilaration, the emotions, getting in shape, and meeting people."

As he looks to the future, Rigo has big plans. He would like to enter more races in different areas, improve his personal record (his current PR time is about 4.5 hours), raise money for a new racing chair (about \$3,000), and go back to school to continue his education.

Beyond his athletic feats and computer talents, he has a smile that lights up the room, a personality that speaks louder than words, and real comic flair. Congratulations on all of your accomplishments, Rigo. Keep racing!

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. 730.

NEW FAMILY ORIENTATION FOR CHILDREN THREE YEARS OLD & UP

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. 730

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. 730

TRANSITION TO PRESCHOOL ORIENTATION MEETING

For Families with children 2 years of age
English & Spanish.
Presenters: LRC Staff

For Information and Dates call (213) 383-1300 ext. 730

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.**

SPANISH (10 CONSECUTIVE SATURDAYS)

July 6 – September 7, 2002 • 9:00 a.m.– 11:00 a.m.
Shriner's Hospital, 3160 Geneva St., Los Angeles, CA
Presenter: Behavioral Specialist

For Information call (213) 383-1300 ext. 730

SPANISH (10 CONSECUTIVE SATURDAYS)

September 14 – November 16, 2002 • 9:00 a.m.– 11:00 a.m.
Shriner's Hospital, 3160 Geneva St., Los Angeles, CA
Presenter: Behavioral Specialist

For Information call (213) 383-1300 ext. 730

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.

Presenters: SCAT Faculty

Reservations (213) 383-1300 ext. 730

ENGLISH (5 CONSECUTIVE WEDNESDAYS)

October 1 – October 29, 2002 • 7:00 p.m.– 9:00 p.m.
Glendale Unified School District
223 N. Jackson St., Room 103, Glendale, CA

SPANISH (5 CONSECUTIVE MONDAYS)

September 16 – October 14, 2002 • 9:30 a.m.– 11:30 a.m.
Frank D. Lanterman Regional Center
3303 Wilshire Blvd., Suite 700, Los Angeles, CA

PARENTING THE CHILD WITH SPECIAL NEEDS

This is an exciting 5-week course that addresses issues faced by families who have children from birth to age 6 and have special needs.

Reservations (213) 383-1300 Ext. 730

FOR PARENTS — SPANISH, AUTISM

August 3 – August 31, 2002
11:30 a.m.– 1:30 p.m.
Shriner's Hospital, 3160 Geneva St., 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. **Please note: This workshop requires referral from your Service Coordinator. Contact your Service Coordinator to register.**

BODY TALK FOR ADULT CONSUMERS

Dates, Times & Location TBA

TEEN TALK FOR CONSUMERS

Dates, Times & Location TBA

PARENT TALK DISCUSSION GROUP

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 TBA

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. 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. Inquire about classes in other languages. Space is limited! **For registration and further information call (800) 546-3676**

**FOR ADULTS (BEGINNER)
ENGLISH (10 CONSECUTIVE TUESDAYS)**

Dates TBA
9:00 a.m.– 12:00 p.m.
Lanterman Regional Center
3303 Wilshire Blvd., Suite 700, Los Angeles, CA

**FOR ADULTS (INTERMEDIATE)
ENGLISH (10 CONSECUTIVE THURSDAYS)**

Dates TBA
9:00 a.m.– 12:00 p.m.
Lanterman Regional Center
3303 Wilshire Blvd., Suite 700, Los Angeles, CA

**FOR ADULTS (BEGINNER)
SPANISH**

Dates, Times & Location TBA

Dad

Who is dad, or what is he?

Only I can tell,

He is the man that reaches —

God love him may I say,

For life and hope and so

Happy looks he too,

You'd never think

He was only just my dad

— Christopher Nolan
(poet and person with Cerebral Palsy)
Dam-Bust of Dreams



**Wanted: Dads interested in exploring the issues and experience of disability.
For more information, call: 1-800-546-3676.**

ADULT SIBLING SUPPORT GROUP

Call for dates, location and 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
Sona Topjian (213) 383-1300 Ext. 677

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
Sona Topjian (213) 383-1300 Ext. 677

AUTISM SOCIETY OF AMERICA

San Gabriel Valley Chapter Support Group
 1167 N. Reeder Ave., Covina.
 Monthly — 1st Wednesday, 7:30 p.m.
Contact: Patricia Kreysler (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 (213) 383-1300 Ext. 722

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
Ian & Terry West (818) 952-2629

GRUPO DE APOYO PARA FAMILIAS DE INTERVENCION TEMPRANA

Lanterman Regional Center, 3303 Wilshire Blvd., Ste. 700
 Seguendo Miercoles de cada mes, 9:30 a.m. — 11:30 a.m.
Contact: Augustina Mellin (213) 365-2138
Monica Mauriz (213) 383-1300 Ext. 519
Laura Hernandez (213) 383-1300 Ext. 518

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 dates and 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. — 9:30 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

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
Patricia Rodriguez (213) 383-1300 Ext. 544

GRUPO PARA FAMILIAS CON NIÑOS CON PRADER-WILLI

Shriners Hospital
 3160 Geneva St. (Virgil and Third St.), Los Angeles
 Ultimo Viernes de cada mes, 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 — 4th 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
Christine Yuh (213) 383-1300 Ext. 552

"LA ESPERANZA"

(Grupo Semanal en Español)
 Lanterman Regional Center, 3303 Wilshire Blvd., Ste. 700
 Lunes, 9:00 a.m.
Contact: Yolanda Hernandez (562) 928-5324
Primitivo Jacobo (323) 464-3689
Bertha Rios (323) 666-4389
Nilda Lopapa (213) 383-1300 Ext. 554

"PADRES UNIDOS LANTERMAN"

(Grupo en Español)
 Children's Hospital of Los Angeles, Conference Room "D"
 Segundo Martes de cada mes, 7:00 p.m. — 9:00 p.m.
Contact: Joe Perales (213) 383-1300 Ext. 592

RETT SYNDROME SUPPORT GROUP

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

SPANISH-SPEAKING PARENT SUPPORT GROUP

(Grupo Semanal en Español)
 Salvin Special Education Center
 1925 S. Budlong Ave., Los Angeles
 Llame para los fechas, 9:30 a.m. — 11:30 a.m.
Contact: Gloria Perez (213) 383-1300 Ext. 553

TEATRO ILUSIÓN

(Grupo Semanal en Español)
 Shriners Hospital
 3160 Geneva St. (Virgil and Third St.), Los Angeles
 Cada viernes, 6:00 p.m. — 8:00 p.m.
Contact: Yolanda Hernandez (562) 928-5324

NEW GROUPS

Mommy & Daddy & ME — EARLY INTERVENTION PARENT SUPPORT GROUP

For families with children 0 to 3 years of age.
 Center for Developing Kids (CDK)
 200 E. Del Mar Blvd., Suite 112
 Pasadena, CA 91105
 Monthly — 2nd Tuesday, 7:00 p.m. — 9:00 p.m.
Contact: DaVonna Jenkins (213) 383-1300 Ext. 533
Bernadine Bagasan (213) 383-1300 Ext. 517

SIBSHOPS

For siblings ages 6–12.
 Los Angeles and Pasadena Area.
 Monthly — 3rd Friday, 4:00 p.m. — 6:00 p.m.
Contact: Olivia Hinojosa (213) 383-1300 Ext. 705

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.**

LOS ANGELES BASIN

Third Tuesday of the month
 10:00 — 11:30 a.m.
Sam Suzuki Ext. 559

GLENDALE REGION

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

PASADENA REGION

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

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

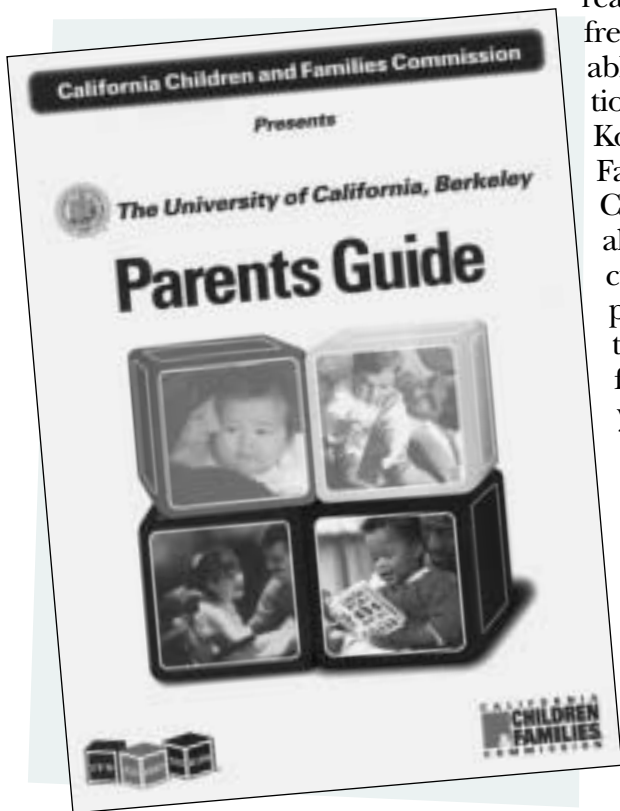
*If you are interested in starting a support group but don't know how to take the first step, call **The Koch♦Young Family Resource Center** for information:*
1-800-546-3676

New Resources In The FRC Library

Parenting Kit

With the support of Proposition 10 monies, the California Children and Families Commission recently produced a comprehensive kit for new parents. It includes a video series, children's book, blanket, informational brochures, and a guide for parents. The kits are available in both English and Spanish and cover a range of topics including child development, children's health and safety, quality childcare, and school

readiness. These free kits are available for distribution at the Koch♦Young Family Resource Center. You may also want to discuss the appropriateness of the kit for your family with your Early Intervention Service Coordinator.



The Child with Special Needs

By Stanley L. Greenspan, M.D.

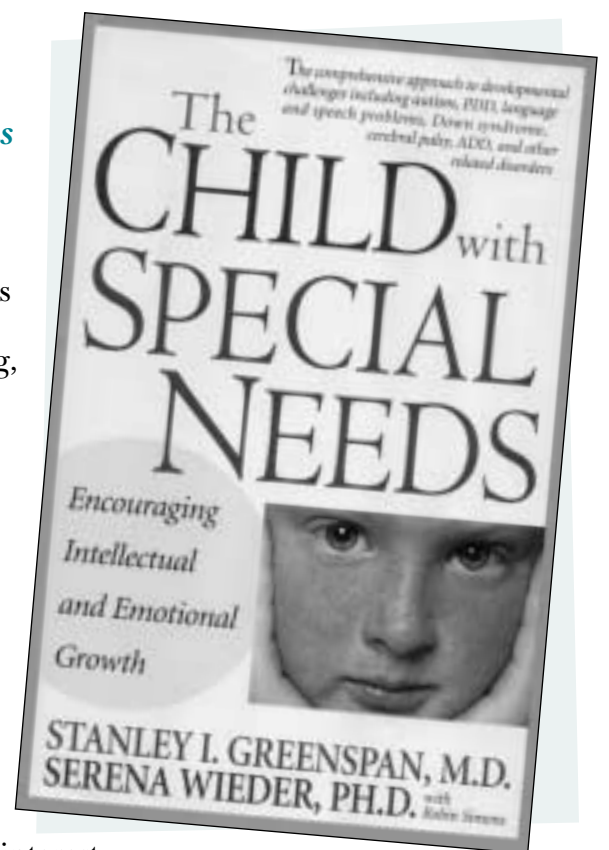
Reviewed by Rita Chen-Brown,
FDLRC Service Coordinator

Don't let the thickness of this book deter you from reading it. It is very easy reading, and will keep you engaged from front cover to back. I recommend this book for both parents and providers. It is not just theory-based, but full of practical ideas to help you understand and work with a child with special needs or even a typically developing child.

The book is divided into three sections. The first part focuses on milestones that must be achieved in order to learn and develop at maximum potential. Briefly, these include the ability to take an interest

in the surrounding environment, to engage in relationships or intimacy, to communicate/share dialogue, to ascertain the sequence of actions, to create ideas and to connect ideas in a logical and realistic manner. The second part of the book describes "Floor Time" therapy, by sharing real life situations. Floor Time, created by Dr. Greenspan, is an intensive one-on-one interactive therapy geared towards helping children reach developmental milestones.

The final section of the book explores the influence of the family, school and others on a child. It poses the question, "How does a child's disability affect others and how do others react to the disability?"



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R E M I N D E R

The following number will be used by the regional center to communicate with you in the event of a disaster, however big or small. Please use this number in the event we are closed due to earthquakes, heavy floods, fires, riots, or any disaster that might take place during the normal business day.

FDLRC EMERGENCY NUMBER:
1-800-657-3239

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: 7,600

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Come Enjoy The Koch♦Young FRC Open House	1
Budget Crisis Continues	1
Check Out Our New Look! www.lanterman.org	1
People Speak Out At Annual Grassroots Event	2
The People Living Our Values: The Gonzalez Family	3
Partnership & Leadership: Baseball	4
Meet the People Behind the Titles: Melinda Sullivan	4
Nuevas Secciones Para Su Guia al Centro	5
Regional Lanterman: Compañeros en Apoyo	5
Rigo Goes for the Gold	5
Health and Wellness	5
Training & Events	6
Dad — Poetry by Christopher Nolan	6
Someone Cares: Local Support Groups	7
New Resources in The FRC Library	8

IN THIS ISSUE

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