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 are committed to act quickly and 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.

Quality of Service Delivery
Services provided to people with developmental disabilities are based on best practices, meet people’s expectations, and are effective in helping people and their families achieve desired outcomes.

People providing services and supports for families are caring and respectful of individuals with developmental disabilities and their families. They understand people’s needs, and are committed to helping them achieve their desired outcomes.

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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 face. We must deal with these issues and must deal with them in a way that is respectful of families and professionals. 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 our partners is that our customers are treated as equals.

You Spoke We Listened…

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

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.

Quality of Service Delivery
Services provided to people with developmental disabilities are based on best practices, meet people’s expectations, and are effective in helping people and their families achieve desired outcomes. 

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.

People providing services and supports for families are caring and respectful of individuals with developmental disabilities. They understand people’s needs, and are committed to helping them achieve their desired outcomes.

Social Acceptance of People with Developmental Disabilities
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The Effort Makes a Difference for These Star Athletes

Jesse Seidel 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 is an outgoing, well-mannered nine-year-old with autism. Since he 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 Rhianneon Potier is shown here with coach Katina Jones, won the gold medal in swimming. 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.

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 (SOCS) 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, SOCS 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.

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 Kok•Young Family Resource Center at 1-800-946-3676.

The Sky is the Limit for Cindy Blass

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 communciation that many of the students do not fare as well as Cindy had to achieve that goal, but some unexpected challenges presented themselves.

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 her 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 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!
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. 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 Disabilities Services where she was responsible for the development and oversight of Avanti Adult Services, two state-licensed day programs serving 180 adults.

In 1992, Karen was again promoted, this time to Vice President. In this position, she oversaw five regional offices and developmental disabilities 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!

Al Marsella

I am a CPA and business manager, and also a founding member of the Los Angeles County Developmental Services Foundation where I 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 and 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.”

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.

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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

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 Levinton, 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 co-led 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 50 individuals there — and had a great time.

On 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 mind, 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 on our Electronic Resource Directory (ERD) at 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) 351-3336 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.

Frem Viliaris Studies 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) 242-4155.

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

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

Boys & Girls Club of Pasadena, located at 3250 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) 598-1257.

Pickwick Banquet and Entertainment Center is a program that provides opportunities for adolescents and young adults. Call (626) 449-5661 for more information.

YWCA of Glendale offers a variety of programs and classes including specialized classes for individuals with developmental disabilities. Call (626) 495-0661 for more information.

High Spirits is a dance program for people with developmental disabilities, their siblings and family members. Call (626) 998-6317 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) 405-1474.

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) 953-5749 for details.

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

For More Information, call Joel Zimmerle at (323) 226-1402 for further information.

L.A. Goal in Los Angeles provides day camp opportunities for children. Call (310) 285-0909 for more information.

Dyslan Park located near Dodger Stadium provides opportunities for children and young adults during the winter break. You can reach them at (323) 226-1492 for further information.

L.A. Goal is located in Caviar 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) 965-7336 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 5340 N. Mission Road and can be reached at (323) 225-2475.

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) 667-416.

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) 760-9757.

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) 664-7825 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) 884-3992.

Special Olympics is a year round program focusing on a variety of sports activities. Call the Greater Los Angeles office at 323-242-1790 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 1½ full and half-day ski lessons for people with various needs and ability levels. Reservations are required. They can be reached at (909) 584- 0289 for more details.

Jay Nolan offers special activities during the holidays. Call (818) 361-6900 for details.

Special People's Foundation provides travel services for people with developmental disabilities. Call (310) 618-1853 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) 534-7780 and a representative will help you, or e-mail them at svsvcs@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) 289-5397. 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).

New 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 commun

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!

New Resources

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 Risks and Decisions
• Advance Care Planning
• Common Medical Conditions
• Coping
• Seclusion or Memory Loss
• Daily Activities and Managing Limitations
• Safe and Inclusive Care
• Pain

And more...

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
• Toddlers and Young Children
• Babies
• Babies and Toddlers
• Teens
• Teens
• Click here
• Children
• Children
• Alcohol, Tobacco & Other Drugs
• Finding a Job
• Men's Health
• Violence & Abuse
• Violence & Abuse

And more...

Visit our website for more information and to learn about the many tools available to help us to expand our selection by making suggestions.
Looking Back to See the Future

As 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.

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 outreachs; 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 technology has been the single most determining factor in an individual’s success. 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.

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

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.

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 be additive and as well, partnerships which we hope to establish within our local community.

We also hope to improve the outreach process to better serve the diverse needs of our neighborhood. 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.

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
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 must 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 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 information, 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-Yoosang 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.

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 Fair, 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 Fraiser. 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 Angeles 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 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 9,355 new consumers and families and increased services to existing consumers and families. The remainder is for passing through the January 2002 SS/SSP increase to community care facility providers, to comply with federal and state requirements, and to develop a risk management system to help ensure consumer health and safety and 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 was a cut in 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.
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 1-866-675-6625 (toll free) or visit its website at: www.csd.ca.gov. You may also call the California Department of Consumer Affairs at 1-866-665-7797 (toll free), visit the website: www.flexyourpower.ca.gov, or contact your local utility:

- Southern California Gas Co. (Low-Income Energy Efficiency Program) 1-800-427-2200
- Sierra Pacific Power (S. Lake Tahoe) 1-800-782-2498
- Southern California Edison 1-800-447-6620
- Pacific Gas and Electric Company (PG&E) 1-800-743-5000
- PG&E Smarter Energy Line 1-800-933-9555
- San Diego Gas & Electric 1-800-447-6620
- 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) 1-800-531-7953

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 overusing 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% –30% less energy

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. Brining 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, and Karen Wilson, and Zena Begin from Lanterman, as well as Dr. Stephanie Gutrer, MD, from Dimondville from Einness 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 things you would benefit from this training, please contact the Koch Young Family Resource Center at 1-800-95-3676.

**From the Executive Director**

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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 collaborating 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 emotional and social 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 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.

Moreover, 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 continued 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 Phil Richmond. They were inspired in this effort by their son, Palmer Clay, who remains undiagnosed with a brain injury. The Richmonds 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 neurodevelopmental biology, 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.

Dr. 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) 267-5590 or (805) 965-8858

cnsfoundation@home.com

www.cnsfoundation.org

**Health and Wellness Activities Follow Up**

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

**Distribution of 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 screenings (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 service our licensed homes. Copies of these guidelines can be found on the AAFP website at http://www.AAPFG.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 so far as a 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 additional 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 the 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.
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 Monday of Every Month
9:30 a.m.–10:30 a.m. English, 11:30 a.m.–12:30 p.m. Spanish Lanterman Regional Center, FRC 3303 Wilshire Blvd., Suite 700 Presenters: URC 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, 11:30 a.m.–12:30 p.m. Spanish Lanterman Regional Center, FRC 3303 Wilshire Blvd., Suite 700 Presenters: URC Staff
For Information and Dates call (213) 383-1300 ext. 705

TRANSITION TO PRECHOOL ORIENTATION MEETING
For Families with children 3-5 years of age
Presenters: URC 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.

EDUCATIONAL (CONSECUTIVE MONDAYS)
September 17, 2001 – November 19, 2001
7:00 p.m.–9:00 p.m. Abilities First, 2101 N. Kinneloa Ave., Pasadena, CA Presenters: Behavioral Specialist
For Information and Dates call (213) 383-1300 ext. 705

SOFTWARE (CONSECUTIVE SATURDAYS)
September 1, 2001 – November 3, 2001
5:00 p.m.–11:00 a.m. St. Mary’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

EDUCATIONAL (5 MONDAYS)
September 10 – October 8, 15, 22, & 29, 2001
7:00 p.m.–9:00 p.m. Glendale Unified School District 2323 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

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 CEUs 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
This 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 CEUs 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

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: URC 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

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 CEUs 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.

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

BY FAX:
(213) 383-8526

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

Mailing Address:
Lanterman Regional Center
3303 Wilshire Blvd., Suite 700
Los Angeles, CA 90010

(213) 383-6526

Ronna Kajikawa, Executive Assistant
Ronna.kajikawa@lanterman.org

BY E-MAIL:
Ronna.kajikawa@lanterman.org
Maureen.wilson@lanterman.org
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 Djikan (213) 383-1300 Ext. 946

ARMENIAN PARENT SUPPORT GROUP
Monthly meetings at group members’ homes in the Glendale area
Monthly – Last Friday 1:00 p.m. – 3:00 p.m.
Contact: Rima Shahoian (818) 548-4349
Shoghig Djikan (213) 383-1300 Ext. 946

AUTISM SOCIETY OF AMERICA
San Gabriel Valley Chapter Support Group
1101 N. Rowler Ave., Covina
Monthly – Wednesday, 7:30 p.m.
Contact: Patricia Kreyshel (626) 647-3562

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: Mary Sweeney (323) 933-2983

DE MI FAMILIA A SU FAMILIA
(Gupo para Familias con Niños con Autismo)
Lanterman Regional Center
3303 Wilshire Blvd., Ste. 700
Primer miércoles de cada mes
9:00 a.m. – 11:30 a.m.
Contact: Cortez Guzman (213) 383-1300 Ext. 570
Roni Castillo (323) 463-3678

DOWN SYNDROME SAN GABRIEL VALLEY PARENT SUPPORT GROUP WITH CHILDREN UNDER SEVEN
Church of the Brethren
1041 N. Alhambra 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) 647-3562
Sandy Riano (323) 463-3678

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

FOOTHILL AUTISM ALLIANCE — NETWORK RESOURCE MEETINGS
BCB-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 – 1st Thursday, 7:00 p.m.
Contact: (918) 754-0227 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 Perez (213) 383-1300 Ext. 592

GLENDALE/BURBANK/FOOTHILL PARENT SUPPORT GROUP
Monthly – 1st Thursday, 10:00 a.m.
Burbank First United Methodist Church
700 N. Glenoaks Blvd., Burbank, 91502
Contact: Jennifer Wyre (213) 383-1300 Ext. 679
Nora Chipolina (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 Tabudlo (213) 383-1300 Ext. 543
Patricia Rodriguez (213) 383-1300 Ext. 544

GRUPO PARA FAMILIAS CON NIÑOS CON PRADER-WILLI
Shriners’ Hospital
3303 Wilshire Blvd., Ste. 700, Los Angeles
Monthly – Last Friday, 7:00 p.m. – 9:30 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 (213) 383-1300 Ext. 570
Jesse 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
2313 East Third Street, Suite G-104, Los Angeles, CA 90013
Monthly – 3rd Saturday, 9:30 a.m.
Contact: Marko Magami (213) 249-1726
Michiko Williams (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: Soli Chang (213) 999-3981
Susa Han (213) 383-1300 Ext. 545

LA ESPERANZA
(Grupo Semanal en Español)
Salvin Special Education Center
3160 Geneva St. (Virgil and Third St.), Los Angeles
7:00 p.m. – 9:00 p.m.
Ultimo martes de cada mes
Contact: Alanah Kim (213) 383-1300 Ext. 531
Susan Han (213) 383-1300 Ext. 545

LENT SYNDROME SUPPORT GROUP
Pasadena Area, Quarterly Meetings
Call for dates and details
Contact: Marie Lyndall (626) 790-4806
Pep Stenberg (626) 355-3534

GROUP DE APOYO PARA PADRES
Sahin 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 ILUSION
(Grupo Semanal en Español)
Shiner’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 (323) 928-5234

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 Sukuki Ext. 559

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

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!

Save These Dates!

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

Viewpoint

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