

An Open Letter to Our Community About California's Continuing Financial Crisis

The Importance of the Budget to Consumers and their Families

The State of California is in the midst of an unprecedented financial crisis. State revenues (what the State collects in taxes and from other sources) are now estimated to be more than \$27 billion short of what is needed to fully fund the State budget, and that gap is reported to be growing. The state constitution prohibits deficit spending, so in the recent budget negotiations the Legislature needed either to raise taxes or to cut programs and services, or both, to close this huge budget gap. The state constitution also mandates that the budget be passed by July 1st – the beginning of the state's fiscal year. Despite this, it took the Legislature until August 31st to reach a budget compromise.

During the period of the budget impasse, Lanterman and other regional centers were forced to obtain lines of credit (loans) from their banks to continue operating and paying service providers for the services that they provide to consumers and families. Fortunately, during this time, State Controller, Kathleen Connell, identified a provision of law that allowed her to release two months of funding to keep the centers operating during July and August. Despite this, however, the uncertainty of this period created a great deal of anxiety among our consumers and families, providers, and regional center staff.

While the budget agreement has resolved the immediate financial crisis for regional centers, the budget shortfall has significantly reduced the amount of money that regional centers will receive this year for both purchase of services and operations. **Furthermore, the Governor has directed department heads, including the Department of Developmental Services, to prepare budgets for 2003-2004 with 20% across-the-board cuts.**

It is important for you to understand that state funding of regional centers is directly related to our ability to provide necessary services and supports to consumers and families. While the Lanterman Act currently provides an entitlement to services for people with developmental disabilities, we have been told that all state-funded programs are "on the table" in the budget discussions for 2003-2004.

You Can Help Convince Your Elected Representatives that They Must Continue to Honor the Promise of the Lanterman Act

The budget is the state's most powerful public policy document. Entitlements have little meaning if there is not enough money in the budget to pay for the services and supports that consumers and families need. We are urging you to become involved in the legislative process to help ensure that people with disabilities and their families continue to receive the services and supports they need to lead independent and productive lives.

Begin by keeping yourself informed. You can monitor the legislative process through the Lanterman Regional Center's web site (www.lanterman.org). If you don't have access to the Internet at home, you can go to your local public library or come to the Koch-Young Family Resource Center. Second, we urge you to actively communicate with your elected representatives in the state government in an effort to influence how they vote on issues relevant to services to people with developmental disabilities.

Make your feelings known by contacting your representatives in the Senate and Assembly and Governor Davis. Tell them how important it is for them to honor the promise made in the Lanterman Act to people with developmental disabilities. Explain what the services and supports provided through the regional center mean to you and your family member with a disability. Explain what things will be like for your family if you do not receive the necessary services and supports.

Below we have listed contact information for Governor Davis and for local representatives in the California Legislature. We have also listed some suggestions for the structure and content of your communications with these people. If you have additional questions please talk to your service coordinator.



— Robert Wedemeyer
President and Chairman of the Board of Directors

Some Tips for Writing Letters to Your Legislators and the Governor

Keep your letter brief and to the point.

Address your letter to: Dear Assemblyperson [last name], Dear Senator [last name], or Dear Governor Davis.

Tell them what you want them to do.

Tell them what will happen to you and your family if they don't.

Tell them what effect losing these services or supports will have on you and/or your family.

Thank them for their assistance.

Restate what you want them to do.

Print your name and address below your signature (or put an address label there) – this reminds them that you live in their district.

Contacting Your Representatives and the Governor

The following is a list of the seven elected legislators serving the Lanterman geographic area. If you are unsure of which legislator represents your specific area, visit our website at www.lanterman.org and click on "Legislative Update" and then on "Local Representatives". This will give you a link to the California State Assembly Website where you can enter your zip code and find out the names of your senator and assembly representative.

Governor Gray Davis

1st Floor State Capitol
Sacramento, CA 95814
(916) 445-2841
(916) 445-4633 FAX

Senator Jack Scott

(D-26)
215 N. Marengo St. #185
Pasadena, CA 91101
(626) 683-0282
(626) 793-5803 FAX
senator.scott@sen.ca.gov

Assemblymember Gil Cedillo

(D-46)
617 S. Olive St. #710
Los Angeles, CA 90014
(213) 833-2900
(213) 833-2907 FAX
assemblymember.cedillo@assembly.ca.gov

Assemblymember Jackie Goldberg

(D-45)
106 N. Ave. #56
Los Angeles, CA 90042
(323) 258-0456
(323) 258-3807 FAX
assemblymember.goldberg@assembly.ca.gov

Senator Richard Polanco

(D-22)
300 S. Spring St. #8710
Los Angeles, CA 90013
(213) 620-2529
(213) 617-0077 FAX
senator.polanco@sen.ca.gov

Assemblymember Carol Liu

(D-44)
215 N. Marengo Ave. #115
Pasadena, CA 91101
(626) 577-9944
(626) 577-2868 FAX
assemblymember.liu@assembly.ca.gov

Assemblymember Paul Koretz

(D-42)
8490 Sunset Blvd. #542
W. Hollywood, CA 90069
(310) 652-4242
(310) 289-4250
assemblymember.koretz@assembly.ca.gov

Assemblymember Dario Frommer

(D-43)
111 E. Broadway #205
Glendale, CA 91205
(818) 240-6330
(818) 240-4632 FAX
assemblymember.frommer@assembly.ca.gov

Public Hearing on the Expenditure Plan



Lanterman Regional Center
3303 Wilshire Blvd.
2nd Floor Auditorium
September 25, 2002, 7:30 p.m.

Touchpoints and Lanterman Create Exciting New Training

In January 2000, a multidisciplinary team from Lanterman Regional Center traveled to Boston to attend a Touchpoints training program conducted by the world-renowned pediatrician and author, Dr. T. Berry Brazelton, Director of the Child Development Center at Boston Children's Hospital. The team concluded that the Touchpoints model would be particularly applicable to children with special needs and their families because of its dual purpose: educating practitioners in



Service Coordinators from Lanterman's Early Intervention Unit look on as Dr. Leslie Richard provides instruction on the Touchpoints model.

principles of infant and child development, and enhancing their relationship and communication skills to enable them to achieve a more positive and constructive relationship with parents.

Following this training, Dr. Leslie Richard, a consultant pediatrician from Lanterman Regional Center, began working to adapt the Touchpoints curriculum to address developmental concerns and stressors experienced by families of children with special needs aged birth to five years. Her work resulted in a new training program entitled, "Building a Touchpoints Community for Children with Special Needs."

On July 17-19, 2002, this exciting new adaptation of the Touchpoints curriculum was implemented by the team: Dr. Leslie Richard, FDLRC Pediatric Consultant; Patricia Herrera, FDLRC Director of Family Support Services; Dr. Stephanie Taylor-Dinwiddie, Director of Strong Families, Healthy Children Initiative at Eisner Pediatric and Family Medical Center; and Zena Begin, FDLRC Early Intervention Service Coordinator.

The first objective was to help professionals understand the Touchpoints model of development. The second was to help them understand the unique challenges faced by families with special needs. The final goal was to enhance their ability to develop alliances with families based on mutual concern for the child, to gain a commitment to work in partnership with families, and ultimately to maximize the child's developmental potential.

The project was a great success. In Dr. Richard's words, "This training exceeded my expectations. What made me most excited was that the tools we created produced the intended effect, and the response from the participants was incredible."

At the close of the three-day workshop, participants felt they had an enhanced sense of the family's perspective, and had learned new skills to form positive and supportive working relationships with parents. In addition to the instruction on child development, developmental disabilities, and the Touchpoints model, the



Here, Service Coordinator Claudia Amaya participates in a group discussion at the recent Touchpoints training conducted by Lanterman. The training aims to help professionals understand the Touchpoints model of development, help them understand the unique challenges faced by families with special needs, and to enhance their ability to develop alliances with families based on mutual concern for the child, to gain a commitment to work in partnership with families, and ultimately to maximize the child's developmental potential. This very hands-on and personal session made a lasting impression on participants.



Guest families participated in the Touchpoints training to share their experiences with professionals, and give the trainees an opportunity to see the Touchpoints model in practice.

training included visits from parent speakers, family interviews, role-playing exercises, and group discussion based on personal experience. This very hands-on and personal session made a lasting impression on participants.

The Touchpoints training team looks forward to offering "Building A Touchpoints Community for Children with Special Needs" throughout the year.

Biography



Dr. Leslie Richard is a graduate of the University of California, San Francisco Medical School with undergraduate studies at Stanford University. She conducted her internship and residency at the Pediatric Residency Program at Childrens Hospital Los Angeles. In private practice for ten years and now as a consultant, she has dedicated her career to serving children and families with special needs.

A wife and mother of four children, Dr. Richard lives in Pasadena, where she was born. She knew she would become a physician from a very young age. Her father was a pediatrician, committed to serving underserved communities in the Pasadena area. Her mother, also dedicated to early childhood development, was the National Director of Head Start State Preschools. Dr. Richard also grew up with an older brother, Rodney, who has autism. Her family's decision to raise Rodney in the home, as a valued and loved member of the family, has always influenced Dr. Richard's support for providing options to children and families with special needs.

Dr. Richard has established a distinguished medical career serving children and families with special needs. After working in private practice for five years, she began instructing at the USC School of Medicine in 1996, teaching clinical medicine to first year students. In 1998, Dr. Richard came to her current position as Pediatric Consultant for Lanterman Regional Center, where she is involved in all facets of consumers' care, from determining eligibility to developing treatment plans.

She has served on the advisory boards of the Autism Society of Los Angeles, the Foothill Autism Alliance and the Frostig School, a school for children with learning difficulties. She also served on the UCLA Department of Developmental Services curriculum advisory committee, developing a medical curriculum for developmental disabilities. She is a member of the Physicians Advisory Committee for the Association of Regional Center Agencies, and educates residents at Cedars, Kaiser and Childrens Hospital about the regional center system.

Most recently, Dr. Richard has been involved in an innovative project to adapt *The Touchpoints Model* of child development created by the renowned Dr. T. Berry Brazelton, to address the developmental, parenting, and social challenges experienced by families raising a child with special needs. In January of 2000, Dr. Richard was part of a multidisciplinary team from Lanterman which attended a Touchpoints training conducted by Dr. Brazelton in Boston. As a result, she developed a three-day training for professionals who work with children with special needs, incorporating topics such as helping families cope with ongoing grief and stress, applying anticipatory guidance to children with special needs, and creating an empathic community. Dr. Richard will be lecturing with Dr. Brazelton at the end of 2002.

Dr. Richard has demonstrated leadership and innovation in her commitment to helping children and families with special needs. Lanterman Regional Center is proud to have this valuable resource as a partner in our community.

An Explanation of Lanterman Regional Center's Expenditure Plan

As we have explained elsewhere in this newsletter, California is in the midst of a budget crisis that presents an ongoing threat to regional centers' ability to continue providing necessary services and supports to clients and their families. Our immediate concern — that we would be forced to close our doors in response to the lack of funding caused by the budget impasse — has passed. The legislature finally agreed on a budget compromise on August 31st, two months after the deadline established in the state constitution. We still, however, have to be concerned about the fact that the new budget includes an approximate \$52 million reduction in regional centers' purchase of service funding. Lanterman Regional Center's share of this reduction is about \$1.8 million. Based on growth projections and our expected allocation, we anticipate that we will need to save a total of between \$2.6 and \$2.7 million in purchase of service dollars over the remainder of this fiscal year.

When he first proposed the \$52 million reduction, the Governor recommended achieving it by implementing statewide service standards that would give regional centers guidance on how to reduce spending. The standards would also have helped ensure that all centers would approach savings in a similar way. The Senate Budget Committee voted not to implement the service standards and, instead, recommended that the \$52 million be saved through the use of "unallocated reductions." Unallocated means that each regional center must figure out on its own, working with its community, where and how to make cuts in purchase of service expenditures.

What is an Expenditure Plan?

A regional center's strategies for making the required savings must be explained in a written plan (called an "expenditure plan") that is submitted to the

Department of Developmental Services. The Department puts other requirements on the expenditure plan, in addition to the amount of savings it must achieve. That is, the regional center must:

Spend within the limits of its contract with the state.

- Provide services to all eligible consumers for the entire year.
- Avoid any reduction that would adversely affect clients' health and safety, receipt of basic living needs, or that may destabilize a client's living arrangement.
- Not make categorical cuts.
- Aggressively pursue all alternative and supplemental funding sources, including generic resources (such as IHSS, CCS, and private health insurance) and federal funding.
- Not adversely affect the receipt of federal funds. (The current budget includes \$106 million in additional federal Medicaid funds to replace state dollars. This brings the total to approximately \$440 million.)
- Employ innovative and cost-effective methods for providing and purchasing services, administering programs, and using staff.
- Include an exceptions policy for each proposed purchase of service reduction, as applicable.

How was the Expenditure Plan Developed?

In June and July, Lanterman Regional Center developed a preliminary expenditure plan based on discussions with the Center's Board, committees, staff, and service providers. During August we presented this plan at a series of six community meetings. The input received at these meetings was used to develop a revised plan.

The revised expenditure plan includes all types of services. The plan — including service categories, the number of consumers/families affected, and the estimated savings — is explained below. The estimated savings that we have provided for each category were developed using the assumption that, without changes, the growth in purchase of services spending in 2002–2003 would be the same as it was in 2001–2002. If that rate of growth were to slow, we would be able to look at revising some of these plans to achieve a lower level of savings. However, if the rate of growth were to increase, we would have to look to achieve additional savings.

What is in Lanterman's Expenditure Plan?

Savings Category One: Day Program Scheduled Closures

We will ask day training and "adaptive skills" day programs to close for six additional days, including four during the winter holiday season.

Impact: 849 consumers will be affected
Estimated savings of \$276,000

Comment: Families and residential service providers would be expected to provide supervision on those days. If the reduction of six days proves successful and spending appears to be on target, no further reductions in this area would be required for the year. If spending grows faster than anticipated we will implement program closures for up to a total of 12 days.

Savings Category Two: Provide Ongoing Support in Place of Independent Living Skills Training

We will review situations of individual consumers receiving independent living skills training to determine whether any of these people would be more appropriately served with less costly support services rather than training. We anticipate that 40% of the service hours could be provided at the lower rate.

Impact: 423 consumers potentially affected
Estimated savings of \$478,000

Savings Category Three: Community Care Facilities — Elimination of Crisis Beds

We plan to cancel one contract for specific respite crisis beds for actual cost savings.

Impact: Estimated savings of \$27,000

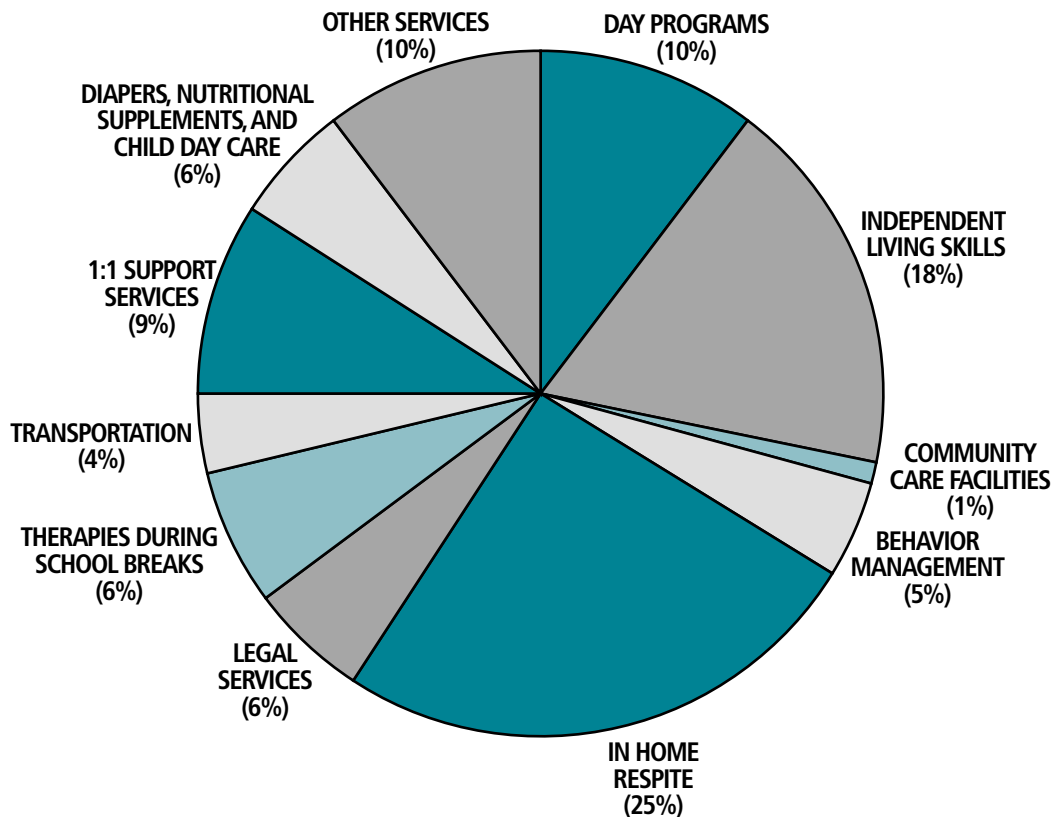
Savings Category Four: Implement Group Behavior Management Training in Lieu of Individual In-home Services

We will serve 70 families using group training sessions rather than the more costly individual in-home intervention.

Impact: 70 families affected
Estimated savings of \$122,000

Comment: A recent survey of Lanterman parents receiving both types of interventions suggested that the group modality is superior in terms of both effectiveness and parent satisfaction.

Distribution of Expected Plan Savings: \$2,672,000



Savings Category Five:
Review of In-home Respite

We will review all existing authorizations for in-home respite services and reduce hours as is appropriate based on changes in individual circumstances. A particular focus will be families receiving more than 16 hours per month.

Impact: 1,588 families potentially affected
Estimated savings of \$679,000

Savings Category Six:
Legal Services

We plan to closely monitor usage of legal services to ensure cost effective use of all existing legal resources.

Impact: Estimated savings of \$150,000.

Savings Category Seven:
Therapy Services Provided during School Breaks

We plan to review speech, physical therapy, and occupational therapy services to determine whether school districts rather than the regional center should fund these services. We will assist families to ensure that necessary services are reflected on their children’s IEPs.

Impact: 587 consumers potentially affected
Estimated savings of \$172,000

Savings Category Eight:
Transportation

We plan to reimburse families and residential service providers only for actual days transported to day programs. The current formula for voucher recipients calls for full payment to families for 16–21 days of service regardless of actual attendance.

Impact: 137 families and residential service providers potentially affected
Estimated savings of \$100,000

Savings Category Nine: Review of One-to-One Support Services

We plan to review all existing authorizations for persons receiving 1:1 supplemental supports in their residential or day programs to determine whether such services are still needed and that they are actually being provided.

Impact: 77 consumers potentially affected
Estimated savings of \$242,000

Savings Category Ten:
Diapers, Nutritional Supplements, and Day Care

Families have requested that we use vouchers to reimburse them where feasible, since in many instances they can purchase these services more cheaply than the regional center can.

Impact: 709 families potentially affected
Estimated savings of \$150,000

Savings Category Eleven:
Other Services

All other services purchased by the regional center, including after school and extended year programs, medical and dental services, equipment, camps, out-of-home respite, other therapy services, specialized recreation, and day care will be reviewed to determine if services are necessary to achieve IPP objectives or if they can be reduced or eliminated. In response to input from families received at community meetings, we will develop a group model for the delivery of infant development services. Individual services in the home will be used only where an individual assessment indicates that it is necessary.

Impact: Estimated savings of \$276,000
Our current allocation from the state for purchase of services is approximately \$63 million. Although this amount may

change somewhat when the final budget numbers are computed, the projected savings of \$2.67 million will amount to approximately 3.9% of the total.

How is the Regional Center Operations Budget Affected?

The savings targeted by the expenditure plan apply to purchase of service dollars — money given to the center to purchase services for consumers and families. The budget crisis, however, has also had the effect of reducing the amount of money that the regional center has for day-to-day operations and for the direct services that we provide (e.g., service coordination, quality monitoring of residential services). This reduction is the result of several factors:

- The Department deducted \$129,000 from our allocation in accordance with extending the timeline for the completion of the intake process.
- We anticipate having to add as many as five new service coordinators to continue meeting state and federal requirements for service coordination. These positions are necessary to ensure that we can continue to satisfy the requirements for the state to qualify for \$102 million in additional federal Medicaid funds.
- We were forced to pay approximately \$50,000 in interest and fees to the bank for the line of credit that supported our operations and purchase of services until the budget was passed.
- We lost \$30,000 in interest that we would have earned during the first months of the fiscal year if our allocations had come through in a timely way.
- The Department has never given back almost \$400,000 taken from our budget during the last fiscal crisis occurring in 1990–91.

How to Submit
Additional Comments
or Recommendations

If you wish to provide additional input on this expenditure plan, you may submit comments in any of the following ways.

E-mail: frc@lanterman.org
Fax: 213-383-6526
Mail:
Diane Anand, Executive Director
Lanterman Regional Center
3303 Wilshire Blvd., Suite 700
Los Angeles, CA 90010

You may also present comments and reactions in person by attending the **public hearing** on the expenditure plan:
**Lanterman Regional Center
3303 Wilshire Blvd.
2nd Floor Auditorium
September 25, 2002, 7:30 p.m.**

Thank You For Your Support
During This Difficult Period

This is a difficult time for everyone and we at the regional center appreciate the support that all of you in the community have given us as we work together to find solutions to the fiscal challenges we face. We also recognize and appreciate how much you value the services and supports we provide.

As we hope you can see from reading the expenditure plan we have proposed, the strategies we have developed are not intended merely to save money. Rather, they reflect our attempt to find fair, innovative, and cost-effective methods for delivering the services and supports that consumers and families need.

Recent reports from Sacramento indicate that the overall state deficit is getting larger, revenues coming in to support government operations are decreasing, and predictions are for the situation to be worse next year. In fact, Governor Davis has asked all state departments to develop budgets for 2003-2004 with 20% spending reductions.

In view of this rather grim scenario, we all need to keep our expectations realistic about what the regional center can provide. Please be aware that all of us at the regional center will continue to strive to provide the best quality services we can under these difficult circumstances. Thank you again.

Partnership & Leadership

El Grupo de Apoyo de Intervencion Temprana (Spanish-speaking Early Intervention Support Group)

Editor's Note: The Partnership & Leadership Development Model describes the possibilities inherent in the long-term relationship between professionals and families in the Lanterman community. It encourages families and professionals to look upon their relationship as an active partnership. The following article highlights a group that embodies this model in action, particularly in terms of developing and mentoring community leadership.

Four years ago, Service Coordinators Rose Chacana and Monica Mauriz saw a need for a support group that would serve Spanish-speaking families with children in the Early Intervention Unit. They decided to co-facilitate the group, and in collaboration with the Koch♦Young Family Resource Center, *El Grupo de Apoyo de Intervencion Temprana* began meeting monthly in October 1999. The focus of the group — which now has a membership of almost 35 families — is to provide support, information, referrals, education opportunities, and a chance for parents to share their experiences with one another. The current group facilitators are Service Coordinators Monica Mauriz, Laura Hernandez and Edward Perez, and parent Agustina Mellin.

Over the last four years, Monica says she has seen the group evolve tremendously. “What I most enjoy is when we share our own experiences. I learn so much from the parents and I know that they are learning from me. It is also very satisfying to see how much the parents benefit from the information shared by presenters and to see the relationship among the parents in the group develop. They can now support each other and have

learned to be sensitive to each other's needs.”

Laura Hernandez adds, “Being in the group has been a very rewarding experience that has taught me to value and understand parents' grieving process. Many of our parents come to the group feeling lonely and depressed. Through their involvement, these same parents are able to gather strength from their peers and group facilitators. As a result, I have seen them become active group participants and leaders for their community.” Edward Perez is a recent addition to the team and he hopes to conduct more outreach to fathers and encourage their participation. Even at this early stage in his involvement, Edward has noticed, “This group has a cohesiveness, a high participation level, and great problem-solving skills.”

Monica, Laura and Edward hope to empower parents, and one of the ways they are doing this is by training and assisting parent Agustina Mellin to become an official group leader.

Agustina considers her leadership role an opportunity to engage herself mentally in something positive and to make a difference for her family and for other families in the group and the community. “It is a validating experience for me to be able to assist families who are confronting the overwhelming new world of a child with special needs,” she says.



Service Coordinators (clockwise from the back) Monica Mauriz, Edward Perez, Laura Hernandez and parent Agustina Mellin, are the joint coordinators of *El Grupo de Apoyo de Intervencion Temprana*, a support group for Spanish-speaking parents in Early Intervention. Due to the strong parent-professional partnerships they have established, their group is flourishing with approximately 35 families participating.

Agustina values the many opportunities for growth that the group has provided. For example, she notes, “Many of the group members will participate in an upcoming computer class at Lanterman to enhance our skills and knowledge in the area of technology. Opportunities like these will continue to strengthen us as parents.”

Together, these four partners have many goals. They want to continue increasing membership, encourage and empower families to advocate for themselves and their children, bring in more presenters to provide information, and ultimately strengthen the network of parent support so that as community members share and learn from one another they feel less overwhelmed by their child's disability and more able to move forward in a positive direction.

If you are interested in becoming involved in this support group, please call 213.383.1300 and dial one of the following extensions: Monica Mauriz x519, Edward Perez x522. (A full listing of support groups in our community is available in this newsletter.)

Sociedad y Liderazgo: El Grupo de Apoyo de Intervencion Temprana

El Grupo de Apoyo de Intervención Temprana comenzó hace 4 años cuando los coordinadores de servicios vieron la necesidad de formar un grupo de apoyo que sirviera a las familias de habla hispana con niños de nacimiento a cinco años. Rose Chacana y Mónica Mauriz decidieron co-facilitar el grupo en colaboración con el Centro de Recursos Para la Familia Koch♦Young el cual se inicio en Octubre de 1999.

El enfoque del grupo, el cual cuenta con aproximadamente 35 familias, es de proveer apoyo, información, educación y oportunidad de compartir experiencias con otros padres. Los facilitadores en este momento son los Coordinadores de Servicios Mónica Mauriz, Laura Hernandez-Parada y Eduardo Pérez y la madre de familia Agustina Mellin.

En los últimos tres años, Mónica asegura haber visto el grupo evolucionar tremendamente. “Lo que mas disfruto del grupo es cuando compartimos nuestras propias experiencias, yo aprendo mucho de los padres y se que ellos aprenden de mi. Es también muy satisfactorio ver como los padres se benefician de las presentaciones y ver su aporte en el desarrollo del grupo. Ellos ahora pueden apoyarse mutuamente y ser mas sensibles a las necesidades de otro padres”.

Laura Hernandez-Parada dice “El pertenecer al grupo ha sido una experiencia muy valiosa la cual me ha enseñado a valorar y entender el proceso de aflicción y adaptación de los padres. Muchos de nuestros padres viene al grupo sintiendose solos y deprimidos. A través de su participación en el grupo, ellos reciben fortaleza y como resultado los he visto convertirse en miembros activos y lideres de nuestra comunidad”. Edward Perez es la adición mas reciente. El espera que a travez de su participacion pueda motivar a los padres para que junto con sus esposas participen activamente en el grupo por el bienestar propio y de sus hijos. Edward a notado que el grupo tiene un alto nivel de participacion, comprension, liderazgo y habilidades para resolver problemas.

Monica, Laura y Edward desean continuar colaborando con el desarrollo del grupo y apoyar al surgimiento de nuevos lideres, como en el caso de Agustina Mellin madre de Aurora Ramos. Agustina considera su role de lider como una oportunidad para involucrarse en algo positivo y al mismo tiempo para hacer la diferencia en su familia y otras familias en nuestra comunidad. “Es una experiencia valedera para mi el poder ayudar a familias que estan

enfrentandose dia a dia con los retos de tener un niño con necesidades especiales”.

Agustina valora las oportunidades de crecimiento que el grupo le ha otorgado. Por ejemplo “Muchos de los padres atenderemos una clase de computacion en el Centro Regional para mejorar nuestros conocimientos en el area tecnologica. Oportunidades como esta continuaran fortaleciendonos como padres”.

Unidos, estos cuatro compañeros y lideres tiene muchos objetivos para el grupo. Desean incrementar la participación de nuevos padres, fortalecer las familias para abogar por ellos mismos y por sus hijos, traer mas presentaciones para proveer información en diferentes áreas y por ultimo para aumentar la relación entre padres para que como miembros de la comunidad puedan compartir y aprender de cada uno y sentirse menos abrumados por la discapacidad de sus hijos y dispuestos a caminar juntos en dirección positiva.

Si estas interesado en participar en el grupo, por favor llama al 213 383 1300 a las extensiones de Monica Mauriz, 519 o Edward Perez, 522.

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 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 we can coordinate a delivery to the family by the donors themselves.

Thank You! Thank You! Thank You!

Last year's campaign raised \$21,497.50 in cash donations, \$30,432.58 in in-kind gifts of toys, food and other merchandise, and \$3,330.00 for Adopt-A-Family — a total of \$55,260.08!

Please Give

Many items our families need 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 at 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.

Meet the People Behind the Titles...



Focus on Jackie Ashman

For the past 13 years, Jackie Ashman has been the Director of Human Resources at Lanterman Regional Center. After 16 years as personnel manager at the Federal Reserve Bank in Los Angeles, Jackie decided that she wanted to work for an agency where she could help people in some way. At Lanterman she found her calling, and she still can't believe the years have passed so quickly. She says that her primary focus is on "finding and keeping good people because that is the key to delivering quality services to people with developmental disabilities and their families."

As the Director of Human Resources, Jackie's other major responsibilities include managing salaries and benefits, administering Lanterman's personnel policies and procedures, and assisting the staff with a wide variety of personnel issues.

Since the mid-1990s, Jackie has also spearheaded the Center's *Holidays Are For Sharing* campaign and the *Adopt-A-Family* program. Through her energy and dedication, donations of toys, gifts, and money increase each year. Jackie also continues to develop many community partnerships such as a food give-away program

with the West Angeles Church, and a furniture donation project with La Curacao. Jackie frequently goes along with service coordinators on their deliveries, and she comments, "It's very rewarding when you see family members' eyes light up — it makes all the work worth it."

When not attending to regional center business, this Chino Hills resident spends time with her husband Ross, who ably executes her many home improvement projects, daughters Stacie and Tiffany whom she considers her best friends, and her beloved dog, Shelby.

Board Member Profile



Kristin Conder

We're excited to introduce new board member Kristin Conder. An active member of the community, Kristin has been involved with Lanterman for four years, and participates in many programs and activities. Among these are the Service Coordination and Advocacy Training, for which she is a parent presenter; and the Peer Support Partner Program, in which she is a trained mentor for other parents, specializing in the area of autism. She has also attended the annual Grassroots Event where representatives from our community travel to Sacramento for a day of advocacy.

Kristin grew up in Texas, where she received her Bachelor of Arts in Communications from the University of Texas at Austin. Her degree led her to her career as a videotape editor and producer at CNN and KNBC.

Currently a freelance employee, Kristin devotes the majority of her time to

her two children, Kacy (7) and Jake (5), and is an active participant in her local school system.

With her knowledge and experience, Kristin believes she will be able to make a solid contribution to the Board.

"I would like to voice the needs of parents whose children are accessing the services of both the regional center and the school district," says Kristin. She adds, "I would like to see an expanded outreach program, giving parents guidance on how to best help their child. Along with that, I would also like to see greater acceptance of individuals with developmental disabilities in their local schools and in their community."

Welcome to the Board, Kristin!

Board Welcomes Your Attendance at Its Meetings

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

As a multi-million dollar corporation, the regional center is always interested in recruiting Board and Committee members who have backgrounds in finance, personnel, and related areas. Should you or someone you know be interested in volunteering in such a capacity, please contact Associate Director Patrick Aulicino, at 213-383-1300 x690.

WINTER RECREATION

OPPORTUNITIES

It's that time of year again when individuals and families are looking for winter activities. The following is a list of programs and groups to investigate. Some of these resources specialize in working with people with developmental disabilities. Other programs are generic, meaning they work with the community at large, but also try to include individuals with disabilities. Many of these resources are described in more detail in our Community Resource Directory (CRD) on the Lanterman Web site. To search for these and other programs, visit www.lanterman.org from home or feel free to use the computer in the Koch♦Young Family Resource Center to learn more.

FOOTHILL/ PASADENA AREA

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Y-Spirit is a dance program for people with developmental disabilities, their siblings and family members. Call (626) 351-3336 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 a group setting. They also do site visits. For more information, call (213) 485-4474.

L.A. County Museum of Art has a program called "Art for All" which provides services such as gallery tours, special exhibitions, guest lectures, and hands-on workshops that are geared towards individuals of all ages with disabilities. Services are free, but reservations are required. Call (323) 857-6130.

Catholic Big Brothers is a program for boys ages 7-14. Participants are matched with older "big brothers." To find out more, call (213) 251-9800.

Big Sisters of L.A. is a program for girls ages 6-16. Participants are matched with older "big sisters." There is a minimum commitment of one year. Call (323) 933-5749 for details.

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

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

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

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

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

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

Boys & Girls Club of Hollywood is a community program open to all. Onsite teen center and learning centers offer several activities. Call (323) 464-7325 for more information.

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

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

SOUTHERN CALIFORNIA AREA

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

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

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

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

Social Vocational Services has offices throughout the L.A. County area and many of them sponsor leisure activities. To get on their calendar mailing list, call (310) 944-3303 and a representative will help you, or e-mail them at svsco@earthlink.org

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

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

Ahead With Horses, Inc. offers equestrian developmental therapy for children with special needs. For more information call (818) 767-6373.

Armory Center for the Arts offers a full range of mainstream art instruction. Students with disabilities are evaluated for entry on a case-by-case basis. Each session includes 20 different class options. Poetry readings and concerts are also available. Call (626) 792-5101 for more information.

American Youth Soccer Organization (VIP Soccer Program) offers children with physical/developmental challenges the chance to play soccer at their level, to be a part of a team, and to have fun! For more information, call (626) 355-0339 (Evelyn Smock) or (626) 355-6140 (Mary Bernstein).

Please check out these and other resources available on our Community 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. 730.

Open House

Our Lanterman mission places a strong value on building partnerships within our local business, civic, educational and healthcare communities. The true spirit of community welcomes everyone — including individuals with developmental disabilities and their families. This year's Open House celebrated a number of our successful partnerships by acknowledging organizations and individuals who have made extraordinary contributions to the Lanterman community.

The Open House also marked the inaugural presentation of the Lanterman awards, which were made during a ceremony that included moving testimony from several community members representing consumers, families, professionals and staff. It was an evening which dramatically reflected the diversity of our community while underscoring the power of partnerships in realizing the Lanterman mission.

The following poem was read at the Open House by its author, Lanterman parent Alessandra Riancho. Her moving words reflect the voice of many parents in our community.

The Jacaranda Tree

BY ALESSANDRA RIANCHO

While walking through a school yard, a boy pointed out with enthusiasm to the principal who walked beside him on their way to a new classroom:

"Look!...A Jacaranda Tree! Isn't it beautiful?!"

The boy's mother who accompanies them felt her heart swell with pride..."He can actually recognize these trees," she thought.

Just then the principal replied..."Yes it is a pretty tree, but look on the ground all around it...There are all those purple flowers, they make a mess. I wouldn't want one in my yard..."

Who is going to clean it all up?

The boy remained quiet. He could not understand the connection between a beautiful tree and a messy ground. What did one thing have to do with the other? How did a simple comment in recognition of a tree become an undesirable nuisance?

As the child is looking up...The school administrator is looking down

One sees beauty
The other negativity

One sees a messy school yard
The other a plush purple carpet

We can admire the blossoms

We can also clean them up

The community (common unity) in doing so may be quite Educational, beneficial, and wholesome... If we all choose to work together.

After all... It is within the ground that the tree is nourished

Those fallen flowers, they fertilize and strengthen it, They beautify the surroundings, like purple snow flakes Drifting... You can spread your arms and catch them; And you can toss them up again! You can laugh and play and be happy with them... You can pretend you have turned the tree upside down And see flowers above and flowers below... A mirror image...

Who is teaching who?

And you know, in the end, the Jacaranda still stands... and it will not be until next spring that it will even be noticed again...

Special children require special people around them. People on their side, To their benefit, To nourish and fertilize them, To water and prune them, too. To watch them grow strong, spread their branches Proudly and blossom every spring.

These are our special children These are our blossoms Let's try to walk hand in hand beneath the Jacaranda of Every school yard... Look up and see the beauty and then, Together, clean up gently.

This is my personal goal for an I.E.P. teamwork effort. As a parent of a child with special needs, I need to feel Free to let my Jacaranda have room to grow in the Community garden, with its beauty, and with its flaws.

It takes a community to raise a child.

—Alessandra
Mother of Alex – 11
Congenital Heart Disease
Protein Losing Enteropathy
PDD/Mild Autism

El Arbol de Jacaranda

FOR ALESSANDRA RIANCHO

Al Atravesar por el campo escolar, un niño le señaló con entusiasmo a la directora que caminaba a su lado rumbo al salón nuevo:

"¡Mirá!...Un Arbol de Jacaranda!...¿No es bello?"

La madre del niño, quien los acompañaba, sintió que su corazón estallaba con orgullo..."¡Realmente puede reconocer esos árboles..." pensó.

En ese momento la directora respondió..."Sí, es un árbol bonito...pero mira el suelo a su alrededor, todas esas flores moradas dejan todo sucio, yo no quisiera tener uno en mi jardín...¿quién lo va a limpiar?"

El niño se quedó callado, no podía comprender cuál era la conexión entre un árbol bello y un suelo sucio. ¿qué tenía que ver una cosa con la otra? ¿Cómo pudo un sencillo comentario convertirse en un molesto indeseable? Mientras el niño mira hacia arriba, la administradora de la escuela mira hacia abajo.

Uno ve la belleza
Otro la negatividad

Uno ve la basura en el campo escolar
El otro una alfombra morada

Podemos admirar las flores, y también las podemos limpiar

Para la comunidad, al hacerlo, podría ser educativo, beneficioso, y saludable...si deseamos todos hacerlo juntos.

Después de todo, es en el suelo de donde se nutre el árbol, esas flores caídas lo fertilizan, y le dan fuerza. Embellecen su alrededor...como nieve morada flotan.

Puedes estrechar los brazos y recibirlos, puedes soltarlos nuevamente. Puedes jugar a que volteas el árbol de cabeza y ver flores por encima y flores por de bajo...un espejismo.

¿Quién enseña a quién?

¿Y sabes? Al final, la jacaranda sigue de pie y no será hasta la próxima primavera que alguien le preste atención.

Los niños especiales requieren de gente especial que los rodee – Gente que esté de su lado, para su beneficio, para nutrirlos y fertilizarlos.

Para darles riego y también poder. Verlos crecer fuertes, estirar sus ramas con orgullo y florecer.

Estos son nuestros niños especiales. Son nuestras flores.

Tratemos de caminar unidos de las manos bajo la jacaranda de cada campo escolar...mirar hacia arriba y admirar la belleza. Y después, juntos, limpiar con gentileza.

Esta es mi meta personal para un esfuerzo de equipo de trabajo para el I.E.P.

Como madre de un niño con discapacidades múltiples, tengo la necesidad de sentir la libertad de que mi jacaranda tenga el espacio suficiente para

crecer en el jardín de la comunidad, con su belleza y con sus defectos.

"Se necesita una comunidad entera para crecer a un niño."

—Alessandra
Madre de Alex – 11
Cardiopatía Congénita
Enteropatía de pérdida de proteínas
Autismo leve (Discapacidades múltiples)

There was something for everyone at this year's Open House — thanks to Uncle Joe's Balloons!



Volunteer parent, Anna Moreno, assisted with catering and preparation for the Open House reception.



The Koch•Young Family Resource Center Library holds over 5,000 disability-related resources for parents, children, service providers, professionals, and interested community members.



Families and community members mingled in the Family Resource Center Conference Room, where representatives provided information on Support Groups, the Peer Support Partner Program, and Education opportunities available through the Center.



Here, Clerical Assistant Ralph Bingener explains the process he takes to create disability-, age- and language-specific packets for families and community members.



Here, student Ervand Kestenian speaks of his experience in the computer class.



Parents, children and community members watched as Assistive Technology Project Director Martin Sweeney demonstrated some of the many assistive devices on display in the lab.

Thank You to Our Sponsors

"Become trigger-happy about celebrations. On days when your child 'makes it' and does something better than he or she ever did it before, call others in . . . and throw a party!" — Robert Perske

The Frank D. Lanterman Regional Center, Koch•Young Family Resource Center and the Assistive Technology Project wish to thank the kind support and generosity of the following sponsors for helping us " . . . throw a party!"

O'Mamamia Ristorante Italiano AXA Advisors
Cynthia Brooks Celaya Bakery BakeMark
Uncle Joe's Balloons Andrea's Flowers



Lanterman Partnership Awards

The Lanterman Awards have been established this year to recognize and celebrate the enduring value of community and partnership. Their presentation will be an ongoing Lanterman tradition.

Community Partnership Award

The Community Partnership Award is given in recognition of exceptional commitment to improving the lives of individuals with developmental disabilities, their families, and the communities in which they live.

The Community Partnership Award was created in recognition of the value and importance of successful partnerships in realizing the Lanterman mission. This year's awards were made to La Curacao and the Los Angeles Unified School District's (LAUSD) Division of Adult & Career Education.

La Curacao, one of Southern California's premier retail stores for the Hispanic community, has made a special commitment to provide families in need with substantial donations as part of our "Adopt a Family" program. In accepting the award on La Curacao's behalf, Community Relations Manager Elsa Baruch noted, "We have a special commitment to needy children and our association with the regional center is very valuable to us, because they help us fulfill our mission to these youngsters and their families."

For the last three years the LAUSD's Division of Adult & Career Education has partnered with Lanterman in an innovative project to teach basic computer literacy to adults with developmental disabilities. The Division provides an instructor, while the Center provides the classroom network and staff support to offer weekly classes which promote introductory and intermediate computer skills. "This partnership has provided students with developmental disabilities the opportunity to learn computer skills in a supportive environment with individualized instruction," explains LAUSD instructor Kevin Termunde. "The strongest part of the partnership is the close personal bonds that are formed and the feeling of being part of a successful team."

Awards were presented to Specialist Terry Wetzel, Teacher Advisor Julie DeSiderio, and Instructor Kevin Termunde of the LAUSD Division of Adult & Career Education.



Families looked on with pride as students received awards for their work in Lanterman's Adult Computer Classes.

Eveline Landry Family Award

The Eveline Landry Family Award is given in recognition of extraordinary dedication to enriching the lives and celebrating the humanity of individuals with developmental disabilities, by engaging their families and communities in a network of advocacy and support.

The Eveline Landry Family Award honors the memory of Eveline Landry, whose life reflected a model of family and community support. Despite her developmental disability, she was a happy, determined and perpetually curious child. Eveline thrived in a family and community that recognized her needs and provided her support. Her life was shaped through love, advocacy and a tireless commitment to enhance the lives of individuals with developmental disabilities.

The first recipient of the Eveline Landry Family Award is Linda Landry for her extraordinary commitment to her daughter, her family and the community-at-large. Linda's involvement in our community is prolific and her contributions include her work with Lanterman Regional Center, the Koch•Young Family Resource Center, Protection & Advocacy, the Peer Support Partner Program, the Chanda Smith Consent Decree, and the Parent/Professional Partnership Model, just to name a few.

In congratulating Linda on her award, Catherine Blakemore of Protection & Advocacy Commented, "Linda holds each organization with which she is associated to the highest standards, promotes partnerships and collaboration wherever she goes, and works tirelessly to ensure that persons with developmental disabilities and their families get access to needed services & supports. She is a mentor to many and a friend to all."

Roberta Happe Service Award

The Roberta Happe Service Award is given in recognition of the impact of a Lanterman staff member who leads by example in the truest spirit of service and compassion for individuals with developmental disabilities, their families, and the communities in which they live.

The Roberta Happe Service Award honors the memory and life of Roberta Happe, who as a young, energetic graduate from the University of Southern California came to Lanterman in 1999 where she worked as a Resource Center Coordinator for the Koch•Young Family Resource Center.

Lanterman is marked by the special spirit and heart of our people: a passion for caring and commitment that gives our work its true life. Few individuals have so exemplified this spirit as Roberta Happe. Roberta's life and work were characterized by her extraordinary care, detail and kindness extended to colleagues, consumers and family members alike.

The first recipient of the Roberta Happe Service Award is Patricia Herrera, Director of Family Support Services. Patricia is a 15-year staff veteran, and has worked as a service coordinator, Family Support Coordinator and as Director of the Koch•Young Family Resource Center. It is in her current role as Director of Family Support Services where Patricia has created a model of support for consumers and their families. The Koch•Young Family Resource Center enjoys a statewide reputation for its best practices in providing and promoting ongoing development and support for information, advocacy, referrals, and training to consumers, families, professionals and community members.

In presenting the award, Lanterman Executive Director Diane Anand noted, "Patricia has always been guided by a genuine vision of the value of families and professionals working in partnership, and out of that vision came the Family Resource Center. She exemplifies the spirit of Lanterman."

Leon Tebshrary Spirit Award

The Leon Tebshrary Spirit Award is given in recognition of the outstanding commitment of a Lanterman consumer to serve others with a selfless willingness to go the extra distance for individuals with developmental disabilities, their families and the communities in which they live.

The Leon Tebshrary Spirit Award honors the memory and life of Leon Tebshrary. He was a person with cerebral palsy who was widely known throughout the community for his enormous spirit, smile and compassion for his human beings. Leon died shortly after his 70th birthday, but not before he lived a life marked by both great adversity and great accomplishment.

The first consumer volunteer with the Assistive Technology Project (ATP), Leon was interested in almost everything and had an enormous appetite for people and human kindness. Leon first learned to read after the age of 60, and then shortly there-

after learned how to use a computer. He assisted ATP Coordinator Martin Sweeney in testing & demonstrating equipment. Leon truly understood what it was like to live a full life with a severe disability — regardless of the odds against him. His award will honor the contribution of our adult consumers' volunteer & service efforts to peers.

The first recipient of the Leon Tebshrary Spirit Award is Garik Gyuloglyan. As a volunteer with the Assistive Technology Project, Garik has contributed several hundred hours as a lab and class technician. A self-taught and self-described "gamer," Garik has provided support to hundreds of students in the Center's computer literacy classes. Despite his personal penchant for doom-and-gloom, Garik continues to bring light and kindness to all around him.

Award Recipients

Community Partnership Award



Terry Wetzel
Specialist, Programs for Adults with Disabilities, LAUSD Division of Adult & Career Education



Julie DeSiderio
Teacher Advisor, Programs for Adults with Disabilities, LAUSD Division of Adult & Career Education



Kevin Termunde
Instructor, Los Angeles Unified School District Division of Adult & Career Education



La Curacao
Elsa Baruch, Community Relations Manager

Eveline Landry Family Award



Linda Landry
Parent Advisor, Lanterman Board President, Protection & Advocacy Chair, FRC Network of California

Roberta Happe Service Award



Patricia Herrera
Director, FDLRC Family Support Services

Leon Tebshrary Spirit Award



Garik Gyuloglyan
Volunteer, Assistive Technology Project

Health and Wellness

Lanterman-UCLA Reproductive Health Project — A Success!

The Lanterman-UCLA Reproductive Health Project was a two-year Wellness Initiative to improve the reproductive health of women with developmental disabilities. The project's objectives were to:

- Train women with developmental disabilities as Peer Advocates to provide reproductive health and advocacy training



Class participants in the Lanterman-UCLA Reproductive Health Project learned about women's health, doctor visits, and how to better advocate for themselves.

- Empower women with developmental disabilities to advocate for their own reproductive health, through a Reproductive Health & Self-Advocacy curriculum taught by the Peer Advocates
- Train healthcare professionals to provide accessible, appropriate and competent reproductive health care to meet the needs of women with developmental disabilities.

With the help of individuals in the community, service providers, service coordinators and others, we identified a wonderful group of eleven women interested in becoming Peer Advocates. Each

candidate attended a training to learn basic reproductive health information and teaching skills. Following the training, the Peer Advocates went out into the community to assist with teaching reproductive health and self-advocacy to other women consumers.

In the past year, the Peer Advocates have participated in fifteen Reproductive Health and Self-Advocacy trainings, reaching approximately ninety women consumers. The Peer Advocates demonstrated sensitivity to the women's individual learning styles, and increased their confidence and ability with each session taught.

In addition to the consumer programs, the Lanterman-UCLA Reproductive Health project also recognized the need to train healthcare providers. We arranged for speakers from Western

University and UC Irvine to conduct the first UCLA OB/GYN Grand Rounds focused on disability issues. With the collaboration of a Peer Advocate, we also conducted a staff training on disability issues at the Eisner Pediatric and Family Medical Center.

At the close of this two-year project, we are excited about the impact this program has had on raising awareness of reproductive health issues for women with developmental disabilities. In the



Here, using visual aides provided by instructors, classmates share with each other the different things they will see and experience when they visit a doctor's office.

words of Peer Advocate Sonia Aguilera, "I enjoyed going out and teaching other people. I think teaching information about women's health is important because it's very good for people who are starting in a relationship. I also learned for myself how to resolve a problem if I ever need help or information. I think it's good for women to know better about their bodies and about going to the doctor. If they have pain, they can better know what is the pain, and how to explain that to the doctor."

If you have any questions or comments about this project, please contact either Debbie Lam or Alice Dalva at UCLA Reproductive Health Services: (310) 825-6657.



A Peer Advocate in the Lanterman-UCLA Reproductive Health Project, Sonia Aguilera (top left) talks about the program, "I enjoyed going out and teaching other people...I think it's good for women to know better about their bodies and about going to the doctor."

Succeeding...With a Little Help from His Friends

By Marc Baca

Juan Jose (Flores) Narvais is quintessentially "a remarkable young man."

Growing up in a hostile neighborhood, he remembers experiencing feelings of anger and confusion, and not being sure whom these feelings were directed toward or why he was experiencing them. Many young men go through this, but it was especially hard for him because he was just a little bit different from his peers. Juan's personal odyssey really began after he became independent at age 16 and moved into a group home. For the first time he experienced what it was to have a family who treated him as their own son. He learned about sharing responsibility and showing respect to others by displaying polite manners. Juan also learned that presentation and personal hygiene are extremely important since people remember you based on first impressions. During this experience he was able to develop his first lasting friendships. He was subsequently placed at another group home with much more physically disabled individuals. There he learned to use his emotions and sensibilities to care

for others, and developed a very special relationship with an autistic boy whom he calls his best friend. Along the way, he learned a valuable lesson — that treating people with respect as opposed to violence yields many personal benefits.

With his newly-acquired communication skills and sensibilities, Juan began to understand the need for family, and started acting on his instinctual feelings of wanting to protect the vulnerable.

His next home had many physically handicapped individuals of different nationalities and cultural backgrounds. He was able to span cultural boundaries and made friendships with people who were not only different from himself, but severely physically challenged.

As he reached 20, Juan finally moved into his own apartment where he could incorporate all the skills he'd been learning. And recently, he's achieved a very important personal goal, obtaining employment as a maintenance worker at a downtown Los Angeles Courthouse. Juan had a glow in his eye when he mentioned



that Asian Rehabilitation Services and the California State Department of Rehabilitation were instrumental in helping him find a "real job."

His current goals are to attend community college and learn a lucrative trade. Juan wants to earn money, buy an automobile and get a larger apartment so that his sister and girlfriend can live with him, and he can eventually obtain custody of his younger siblings.

Juan has overcome his lack of proper socialization and the negative events in his upbringing to develop positive and long-lasting friendships with professionals, peers, and people with disabilities. He's grateful that there are so many caring people in the world because he believes that everyone needs help sometimes.

Employment Opportunities Growing for Consumers

Since the development of our initial Strategic Plan in 1995, Lanterman Regional Center has had specific objectives designed to help consumers get and maintain employment.

In 1995, there were a total of 149 Lanterman adult consumers employed either independently or with some sort of support. The following year, the plan was to increase that number by 10%; the goal for each succeeding year was 5%. We've met each goal, and currently some 270 adult consumers are employed either full or part-time.

One reason for this success has been the collaborative efforts of consumers, families, employers, and service providers who have worked together with the regional center to make this happen. Lanterman's Strategic Initiative Committee on Employment includes representatives from employers such as Union Bank of California and Bloomingdale's, as well as directors of supported employment programs and regional center staff.

Using a person-centered approach, individuals are now being matched according

to their interests and skills with the jobs that are available. And where we once saw the majority of our consumers in food service or custodial positions, there are now individuals working in areas ranging from retail to clerical assistance.

One particularly exciting recent development is the partnership between the City of Burbank and one of our supported employment providers, Work Training Program (WTP), who together have formed the "WorkForce Connection." Located at 301 E. Olive St. in downtown Burbank, the program offers computer and Internet access to search for jobs; resume preparation; a career resource library; and access to telephones, fax machines, and copiers for job searching. The WTP provides the program with staff members who specialize in placing people with disabilities in employment. In fact, job developers have placed over 350 people with disabilities into jobs during the past three years.

Gail Peters, Director of Resource Development for the Work Training Program, says of the partnership "This is



Supervisor Tim Whalen is pleased with Steven Giles' mail delivery at Nickelodeon Animation Studios.

an example of collaboration at its best, in which people looking for work are connected to businesses searching for motivated employees. The result is employers, employees — and the community as a whole — all benefit."

Our consumers have shown that they can be valued and productive employees, who become taxpayers and not simply the recipients of public benefits, thus furthering their integration into community life.

For more information about employment, contact Helene Schultz at (213) 383-1300 x572.

Assistive Technology FALL 2002 WORKSHOP SERIES

How to Find — and Fund — the Right Communication Device for You

Wednesday, September 18th • 2–4 p.m.

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

Picking the right communication device can be an overwhelming and difficult process. An Augmentative Alternative Communication (AAC) device can be a costly purchase and with hundreds of products available, how does one know which is the right device? This workshop will examine these issues and more with some of the top experts in the field.

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



The IEP Process & Assistive Technology

Thursday, October 17th • 2–4 p.m.

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

The Individuals with Disabilities Education Act (IDEA) requires the IEP team to consider whether a child needs assistive technology to assure that he/she will benefit from special education. Yet many parents struggle with knowing how best to include assistive technology as part of their child's goals and objectives for special education. This workshop will examine the IEP process and address how assistive technology fits into the overall plan to support a student's progress. The workshop will be conducted by Protection & Advocacy Attorney Taymour Ravandi.

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

Santa's Little Helper: Games, Games & Assistive Technology

Wednesday, November 20th • 6–9 p.m.

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

Games are what capture the interest and attention of children. They provide a range of recreation, competition, role playing, critical thinking skills, and—yes—even education. Current computer and home entertainment game systems present both unique challenges and opportunities for young (and not-so-young) people with disabilities. This workshop takes a look at old favorites, new challengers, and some of the hottest games in development just in time for holiday shopping madness. Garik G. will showcase his best picks as well as sharing a few trade secrets.

Recommended for anyone who enjoys games and wants more. Seating is limited to the first 50 reservations.

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:

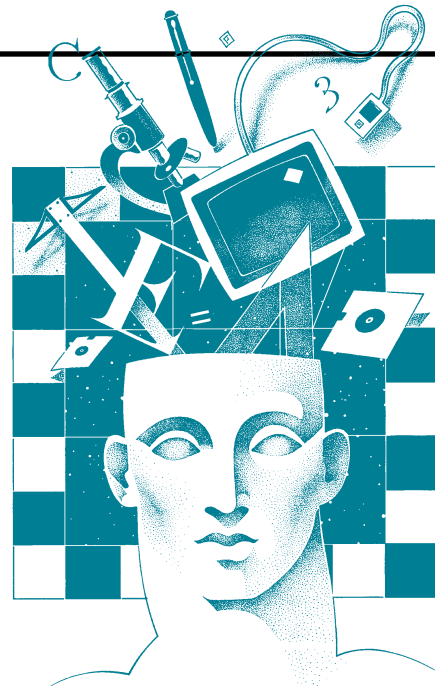
Training & Development
Lanterman Regional Center
3303 Wilshire Blvd. Suite 700
Los Angeles, CA 90010

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.**

ENGLISH (10 CONSECUTIVE TUESDAYS)

September 17 – November 19, 2002 • 7:00 p.m. – 9:00 p.m.
Ability First, 201 S. Kinneloa, Pasadena, CA
Presenter: Behavioral Specialist

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

SPANISH (10 CONSECUTIVE SATURDAYS)

September 21 – November 23, 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

October 12 – November 9, 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

Save These Dates!

Service Provider Advisory Committee Breakfast

Wednesday, November 6, 2002

9:00 a.m. – 11:00 a.m.

Location:

Luminaria's Restaurant
in Monterey Park

Cost:

\$20 in advance
\$35 at the door

*Speaker: Tom Pomeranz, Ed.D.,
highly acclaimed creator of
"Universal Enhancement," which
teaches service providers strategies to
promote community integration and
support people with developmental
disabilities so that they may enjoy a
higher quality of life.*

Community Employment Expo and Disability Resources Fair

*Employment Opportunities for the Disability
Community*

Thursday, October 24, 2002

9:00 a.m. – 12:00 noon
Exhibits/Resources Area Open

12 noon – 4:00 p.m.

*Employment Opportunities & Red Cross
Training Sessions for All Area Residents*

Location:

Los Angeles Convention Center

For information on event sponsorships,
participation, or exhibits, call:

(213) 485-6334

Parking and entry free of charge!

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 Kreyssler (626) 447-3452

BEHAVIOR MANAGEMENT PARENT SUPPORT GROUP

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

daDA FATHERS REGIONAL SUPPORT NETWORK

Call for details
Contact: Marty Sweeney (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

Llame para información.
Contact: Olivia Hinojosa (213) 383-1300 Ext. 705

GRUPO PARA FAMILIAS CON NIÑOS CON PRADER-WILLI

Shriner's 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: Olivia Hinojosa (213) 383-1300 Ext. 705

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)
 Shriner's 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*

