

Digital Summer Along the Wilshire Corridor



Students in the intermediate skills class perfect their photography skills during the summer computer classes. From left to right: (top) Rodney Richard III, Jose Rene Barajas, Shannon Sharp, (bottom) Rigoberto Gaona, Carol Woodward, John Bhang, Joe Ortiz, Mohammad Azadrad, Jessica Jameau, Juan Narvais

Summer is a time to pour a cold drink and take a deep sigh — even if our lives don't easily allow it. Still, we try. For the Assistive Technology Project computer skills classes, the summer sessions are by design less structured and more relaxed. This summer proved no exception, and the intermediate skills class decided to explore the world of digital photography.

The classes are offered in partnership with the Los Angeles Unified School District's Division of Adult and Career Education, and taught by instructor Kevin Termunde, who enjoys pushing the envelope when it comes to education, technology and developmental disabilities. When Termunde offered to teach a unit on digital photography, the students jumped at the opportunity. The class provided an introduction to digital media, photography and software, including excursions along the Wilshire corridor with students having a chance to take their own photographs.

Turn to page 3 to see some photos from the Summer of 2003!

The Season of Sharing is (Almost) Upon Us

"Wealth is something you acquire so you can share it, not keep it."

—Unknown

Given all this heat and humidity, it's hard to believe that fall will soon be in the air. What's even harder to believe is that along

with fall comes the holiday season. The crafts stores are already packed with autumn leaves, ghoulish scenes, holiday wreaths — and let's not forget artificial trees.

For many of us, this is the season of eating, drinking and being merry, starting with Halloween and ending the beginning of next year. We wonder who will have the most memorable costume for Halloween, will so and so make fudge this year, where the office holiday party will be, and who on the block will be the first to put up decorations and get their invitations in the mail.

Some people, however, are hoping just to be able to pay rent and feed their family, and wondering how they can explain that there will be no costumes, no holiday presents, and no special celebrations.

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Meet the People Behind the Titles: Hasmig Mandossian

As manager of Intake at Lanterman Regional Center, Hasmig Mandossian is an integral member of our leadership team. We feel it's important for everyone in our community to have a better idea of the woman behind the title and her responsibilities, so *Viewpoint* recently met with her and asked about projects in the works, as well as the biggest challenges and most rewarding aspects of her job.



Hasmig Mandossian, manager of Intake

Where did you grow up and where do you live now?

I grew up in Beirut, Lebanon and moved to the United States in the late 70s, and now I live in Toluca Lake with my husband of 16 years.

What type of education have you received?

I went to college for both undergraduate and graduate studies at the American University in Lebanon where I pursued degrees in psychology. I also received a master's degree in counseling psychology from Pepperdine University after I moved to the U.S.

How does your education relate to your current position?

My degrees in psychology and related fields have provided me with the clinical background and skills to work with families from diverse backgrounds and situations that Intake deals with on a daily basis.

When did you start working at Lanterman Regional Center?

I've been here over 20 years. I think since 1981.

What positions have you held at Lanterman since you have been here?

I started working at Lanterman as a service coordinator for adults and school age

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Angle on: Perspectives



Perspectives Media Award

It was the first event of its kind — and it was a great success. For four days, people were engaged, challenged, entertained and moved during the first *Perspectives International Film Festival and Forum*.

See complete story on pages 8-10

President of the Screen Actors Guild, Melissa Gilbert, presents William H. Macy with the first *Perspectives Media Award*.



The Director's VIEWPOINT

Lead the Way



Executive Director Diane Anand

It is often said that it is easy to lead in good times, but that the test of a real leader is forging the way in challenging times. By any measure, these are indeed challenging

times — for our nation, our state, and our Lanterman community. Now, more than ever, we need leaders.

Lanterman has had a long-term commitment to nurturing partners and developing leaders. In 1992 — at the height of another economic crisis in California — we completed the development of an action model for partnership and leadership in the Lanterman community, entitled *Ensuring The Future*. The model crystallizes our commitment to our core values of partnership and leadership, and is as valid today as it was a decade ago.

Lanterman's vision of a leader is a person who serves others, takes personal responsibility for learning, and strives for excellence in every endeavor. Few people exemplified that as completely as Bob Schneider. Bob was a remarkable parent because he embodied the belief that his relationship with Lanterman was a partnership — and he was willing to do the hard work and be actively involved in the process of partnership.

As with so many remarkable individuals, Bob didn't start out to be a leader, but became one because of his desire to help not only his own family, but other parents of autistic children becoming a peer support partner, a founder of the Foothill Autism Alliance, and creator of the Autism Power Pak.

He exemplified leadership and inspired us all by his quiet, consistent dedication to service. We shall miss him.

Leadership opportunities within the Lanterman community are diverse and provide many opportunities for our members to make the most of their talents, gifts, and skills. We have a tradition of being forward-facing and pioneering new ways to accomplish our mission. It is clear that a number of things are no longer working well in developmental services in California. We need to strike out on new paths, and we need new leaders to guide us.

I can think of few ways to honor Bob Schneider more than by each of us renewing our commitment to helping nurture the next generation of leaders. Each of us has the capacity to lead in some way. This is a time for us to search for the leader within.

On a final note, I would like to thank our partner AFI, as well as all the sponsors, volunteers, staff and supporters who helped make the *Perspectives International Film Festival and Forum* a success. The event stretched us all in terms of what we could accomplish in a short time, as well as in how we and members of the media perceive the community of people with developmental disabilities. I think we made some important steps toward our goal of inclusion, and will build on our experiences for an even more exciting festival next year.

Health and Wellness

Living Well in Older Years – UCLA and Lanterman Partner to Promote Healthy Aging

It comes as no surprise to read that many persons with intellectual and developmental disabilities (IDD) are living longer and approaching the same lifespan as the general population. It also comes as no surprise that health and aging don't necessarily go hand-in-hand. In response to this, the UCLA School of Nursing and Lanterman Regional Center have formed a partnership to seek ways to promote health in aging for adults with intellectual and developmental disabilities.

This year-long project started in June, and its purpose is to evaluate the health needs of older adults using a multidimensional, interdisciplinary approach and follow-up evaluation, along with implementing individualized recommendations and education to address their needs.

"There are a number of factors that place aging individuals with IDD at risk for a number of health-related issues including earlier signs of aging, earlier occurrence of age-related conditions, and the greater risk of developing secondary conditions," explains Joan Earle Hahn, DNSc, RN, CS, CDDN, and the project's coordinator at UCLA. "In order to promote successful aging, we need to understand the needs of older adults."

The study will include Lanterman clients age 55 and older who live independently, at home with their families, or in a home with fewer than 10 residents. The individual's service coordinator will complete a geriatric review tool with the client, and if necessary their

caregiver, to evaluate the individual's health and uncover any issues related to aging including retirement issues, additional help with day-to-day activities, and even concerns about caregiver aging.

Once the review tool is completed, it will be evaluated by Gwen Jordan, Lanterman's director of Clinical Services, a nurse consultant, and/or additional members of the Lanterman Clinical Services team. After the initial research, select individuals will be referred to an advance practice nurse with an advanced degree in gerontological nursing for further evaluation. "The nurse will look at a number of different age-related areas and will provide personalized recommendations as to what to do to stay healthy and promote well-being at the individual's current residence," comments Hahn.

"Our goal in partnering with UCLA is to outline the individual needs of the older adults that we serve as their needs relate to the services and supports necessary to promote healthy aging of individuals with developmental disabilities 'in place' in community settings, and therefore, prevent skilled nursing facility admissions," shares Jordan.

Individuals considered as potential candidates will receive a letter in September from Lanterman Regional Center, providing details about the study. If you are interested in participating, please contact your service coordinator after you receive the letter. "We are looking to enroll about 120 people in the study and encourage your participation," adds Hahn.

Spell Your Vegetables — and Eat Them, Too



Remember when the only thing that the term mouse described was a furry little creature that scurried around? Well, now a mouse is also an essential part of using a computer. There are many different sizes, shapes and colors — some are little buttons, others are touch pads, some have a scrolling wheel, and others have a glowing red light underneath.

Whichever mouse you use, it takes practice learning how to use it. In some cases, because of a physical or cognitive delay, it may be harder to negotiate both a mouse and a keyboard. *Spell Your Vegetables*, an online computer program, offers users the ability to learn keyboard and mouse skills in a fun, simple and educational manner. These skills open up a world of information and possibilities, while at the same time

improving attention span, fine motor coordination, and self-esteem.

"We use this program in our assistive technology computer classes to introduce both keyboard and mouse skills to our students," shares Garik Gyuloglyan, assistive technology assistant.

Through four different skill levels, *Spell Your Vegetables* prompts users to spell the name of a vegetable using the keyboard. Once the word is spelled correctly, a select number of vegetables appear that the user then has to consume by using the mouse to move the "vegetable eater" over the vegetables. "*Spell Your Vegetables* also speaks the vegetable name aloud and provides positive feedback and encouragement," adds Gyuloglyan. There are about 50 vegetables ranging from the more familiar carrot and cabbage to the uncommon kohlrabi and horseradish.

Spell Your Vegetables was created by former high school teacher Bill Straub, who also taught adults with developmental disabilities for six years, and now works as an instructor at a high-tech center for students with disabilities at a community college.

Spell Your Vegetables is freeware computer software available online. Straub's Web site also features lesson plans, additional software including *Spell Your Fruit*, and links to other resources for people with developmental disabilities, their teachers and caregivers.

Visit the site at www.northcoast.com/~hope/ to access and download *Spell Your Vegetables*, as well as other programs and information that encourage basic skill building.



THE QUARTERLY BUDGET UPDATE:

The State Has A Budget... But Questions of Fairness Remain

Well after the deadline, the legislature finally came to an agreement on a budget for the State of California, and Governor Davis signed it.

The regional center system as a whole fared well, with an overall increase of about 12.5 percent, which includes a \$261 million increase in purchase of services for a total appropriation of more than \$2.1 billion for purchase of services statewide.

However, regional center direct services did not fare as well, after taking a \$14 million reduction for a six-month period this fiscal year (\$28 million reduction when annualized next fiscal year) by increasing the caseload ratios. The total increase for regional center direct services (also known as operations) was only 5.2 percent or \$21.3 million statewide.

“This reduction, coupled with rising operating costs and no cost of living increases since 1990, will make for an extremely challenging year,” states Lanterman Executive Director Diane Anand.

There is also considerable debate as to how the appropriation for purchase of services is allocated to the 21 individual regional centers. The Department of Developmental Services (DDS) makes the allocations according to a formula that calls for centers to be funded based upon what they expended for services in the prior year (called base), plus a certain amount for caseload growth in the new fiscal year.

This formula worked fairly well until this past year when there was an unprecedented statewide budget deficit estimated to be as high as \$40 billion. All regional centers were legally mandated to have expenditure plans that required them to live within their

allocations. However, centers had widely varying experiences. Some, including Lanterman, were successful in controlling costs and meeting the targets of their expenditure plans; while others experienced huge deficits. The DDS did get two separate supplemental appropriations, totaling \$74 million to bail out the deficit regional centers.

But using the historical formula for distributing the dollars for this year means that centers that overspent their allocations last year get more in their base budgets this year. In effect, deficit spending is rewarded. “Lanterman and its community acted responsibly and in good faith, and expect that the state in return will treat us fairly and that good stewardship will be rewarded not penalized. That is not the case with this formula,” states Robert Wedemeyer, president of the Lanterman board of directors.

The inequities are also clearly seen when we look at per capita spending by regional centers. Estimates done in the spring of this year showed centers projecting per capita expenditures ranging from a low of \$7,274 to a high of \$13,702. In that analysis, Lanterman was at \$10,420, while the statewide average was \$9,867.

At a recent meeting, Cliff Allenby, director of the Department of Developmental Services, exhorted all regional centers to live within their individual allocations, stating that there would be no efforts by the administration to seek supplemental appropriations this year. It is also widely recognized that the growth in regional center appropriations has been very rapid in recent years and must be moderated. One approach being studied is to assess parents of minors a co-pay, or share of cost for services.

We will continue to advocate for our community’s fair share of the dollars,

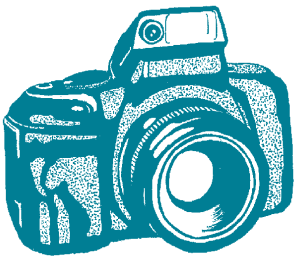
particularly as it relates to how services are provided throughout the state. If Lanterman and other communities have been able to successfully implement more cost effective approaches to funding services such as vouchers for diapers and group behavior management training, why can’t all centers?

“This is just common sense to hold all centers to the same standard throughout the state. And it would save the state tens of millions of dollars while sustaining the entitlement to services,” says Wedemeyer.

For the current year, we are projecting that we will spend approximately \$67,000,000, or about the same as our allocation from the State. Of course, there are a number of variables, from the number of new clients entering our system, to the uncertainty of new service needs that could affect these projections.

“Since there seems to be no agreement among regional centers on adopting a different formula for allocating funding and no leadership in Sacramento,” notes Anand, “we should look to alternative funding approaches being tried in other states, including developing individual budgets for clients and families, based upon a standardized assessment tool they can use to plan for their services and supports for the year.”

The legislation that accompanies the budget act made other changes to the regional center system. In addition to the increase in caseload sizes, rates for most service providers are frozen for this year, and regional centers are prohibited from using purchase of services funds for starting new programs. There is also a small change in the eligibility criteria for regional center services for new clients coming into the system.



Digital Summer Along the Wilshire Corridor

- 1: FDLRC by Carol Woodward
- 2: Rigoberto Gaona cruising Wilshire & Vermont
- 3: Bridesmaid’s Dream by Jessica Jameau

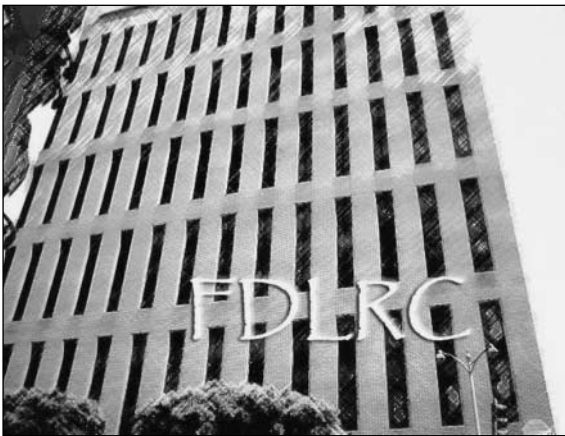


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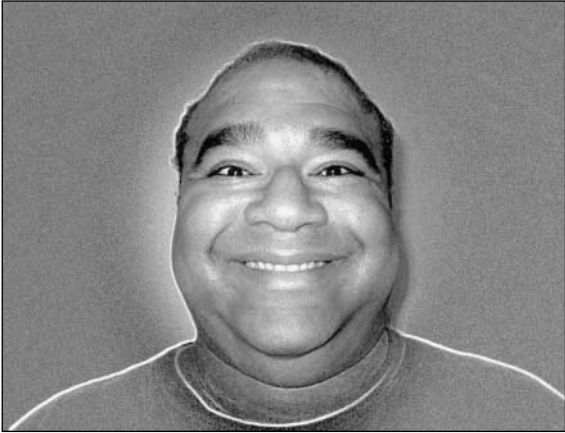
- 4: The electric personality of Rodney Richard III
- 5: Traffic by Shannon Sharp
- 6: The one and only, Eddie Mack!
- 7: John Bhang on the steps of the Emmanuel Church



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Allison Henkel Selected as First Intern for Roberta Happe Memorial Internship

About four years ago, a remarkable young woman named Roberta Happe came to work at Lanterman. She was a graduate of the University of Southern California (USC) with a degree in business and a former Helene. "In her all-too-brief time at Lanterman, Roberta showed us all how to live Lanterman's core value of spirit to its fullest," comments Patricia Herrera, director of Family Support Services. "She demonstrated a passion for caring and commitment, and was always willing and ready to volunteer."

In celebration of, and in tribute to her life, Lanterman established the Roberta Happe Memorial Internship. "We wanted to provide opportunities for students of promise from non-traditional majors to gain knowledge and experience in the work we do as a Lanterman



Allison Henkel

community," explains Diane Anand, executive director. Traditionally, people who work at the regional center come from majors such as social work, education or psychology. "Roberta demonstrated to us all that a motivated person can make a remarkable contribution to an organization, even if he or she does not come with what is considered a 'typical' degree," adds Anand.

This past summer, Lanterman selected Allison Henkel as the first Roberta Happe intern. She's a senior at USC pursuing a degree in business, and currently sits on the executive board of the Helenes, an all-female service organization for students at USC. "I was first drawn to the Robert Happe Memorial Internship because of my connection with Roberta," shares Henkel. "Her spirit touched the Helenes and the USC community in so many ways during her college career, and afterwards with her continued involvement as the Helenes' first alumnae relations chair."

Henkel spent the summer developing the internship, including building relationships at local universities, creating program policies and procedures, developing training and educational materials, and locating sources of funding. "The internship is now at a point where Lanterman can successfully challenge interns to work across disciplines and hone their classroom learning into marketable skills," she notes, "while increasing awareness about developmental disabilities in the community."

Henkel's looking forward to graduation this coming spring, and hopes to integrate her business degree and her passion for service to work as a management consultant for nonprofits. "My experience at Lanterman has definitely given me knowledge and

"We wanted to provide opportunities for students of promise from non-traditional majors to gain knowledge and experience in the work we do as a Lanterman community..."

— Diane Anand

experience both in nonprofits and in the field of developmental disabilities that will help me pursue my future goals," she adds.

"Allison made a tremendous contribution to the Roberta Happe Memorial Internship through her efforts this summer," shares Herrera. "I'm looking forward to hiring our next intern, who will continue with fund development and developing contacts at various philanthropic organizations. This would not have been possible without Allison's hard work and dedication and we are privileged to have worked with Allison."

For additional information about the Roberta Happe Memorial Internship or to make a contribution to the internship fund, please contact **Patricia Herrera** at **213.383.1300 x.718** or patricia.herrera@lanterman.org.

STAFF HIGHLIGHT: Wendy Weyenberg... From Intern to Information and Resource Associate

Last June, Wendy Weyenberg drove half way across America in her little red car for an unpaid internship here at Lanterman Regional Center. She needed 280 hours to finish up a graduation credit for her bachelor's degree in human services from the University of Wisconsin Oshkosh, and decided to find something in the Los Angeles area so she could live with her older sister in Huntington Beach.

Her sister had recommended that Weyenberg explore interning at Lanterman Developmental Center, since she herself had done an internship there as a nutritionist. So Weyenberg searched online and came up with Lanterman Regional Center — which she thought was the Developmental Center. "I spoke with Patricia Herrera who was delighted to have an intern to work in the Resource Center for the summer so I packed up my stuff, and headed out to L.A.," explains Weyenberg. "As it turns out, the Regional Center was a much better match to my interests than the Developmental Center would have been."

For four months, she commuted three hours a day from Orange County to Lanterman. Just as her internship was winding down, a job in the Resource Center opened up for one year as an information and resource associate. "I decided to take the job, but for sanity's sake, I moved to Los Angeles. It's hard to believe that a year has passed by so quickly and that I'm returning to Wisconsin," adds Weyenberg.

Weyenberg's responsibilities included coordinating resources for the multimedia resource library and the packet room. In addition, she provided families with tours of the Resource Center, helped connect them to appropriate support groups and trainings, represented Lanterman at resource fairs and

"You learn all this stuff in school that you might deal with on a daily basis, but you never learn about the emotion and effect just helping that one person is going to have on you."

— Wendy Weyenberg

events, and was the department of Family Support Services team leader. She also represented Lanterman on Info Line's Disability Committee.

Her alternate title was cake baker extraordinaire — since she enjoyed whipping up innovative creations such as chocolate cakes filled with vanilla, and strawberry-topped lemon shortcakes.

"I worked with a great team of people and I learned a lot from them, including how to understand and communicate better, be more professional and mature, all of which I believe helped to make me more comfortable with myself and a better person. Patricia was a wonderful role model for me, and I'll be able to have a lifetime experience that I can always look back and reflect upon," she shares. "You learn all this stuff in school that you might



Wendy Weyenberg

deal with on a daily basis, but you never learn about the emotion and effect just helping that one person is going to have on you."

Weyenberg hopes to work at the Waisman Center located at the University of Wisconsin Madison, where she can continue helping people with developmental disabilities and their families.

"I really had a wonderful experience here at Lanterman and I learned what I want to do with the rest of my life. I always thought that I wanted to work in the field of mental health, but making sure people with developmental disabilities are included and understood in the community is very important to me," she explains. "I'm looking forward to going to graduate school at the University of Wisconsin Madison and getting a masters and becoming a licensed clinical social worker."

A Tribute to Bob Schneider – A Man of Many Hats and Talents

By Patricia Herrera

“And happiness comes only when we push our heart and brains to the farthest reaches of which we are capable. For the purpose of life is to matter, to count, to stand for something, to have it make some difference that you lived at all.” – Leo Ralston



Patricia Herrera, director of Family Support Services

The Lanterman community suffered a great loss this past summer. Bob Schneider, creator of the Autism Power-Pak, peer support partner, and a founder of the Foothill Autism Alliance, passed away. We at Lanterman primarily knew Bob in these three roles, but he wore many other hats. He was a husband to Yudi, father to Noah, and grandfather foremost, but he also was a singer, painter, poet, sculptor, chef, humanitarian... all in all, a renaissance man.

I had the honor to speak at Bob's memorial service in the beginning of August. Bob was a remarkable parent because he embodied the belief that his relationship with Lanterman was a joint partnership. He recognized that Lanterman could provide assistance in finding resources to get Noah the best treatment available, but he also recognized that he had to be actively involved in the process. Bob was so committed to getting Noah the help that he needed, that he even considered changing his career and lifestyle. He read everything he possibly could on the subject of autism — books, articles and online material.

His search for accurate and current information convinced Bob that parents of autistic children in the Glendale/Foothill area needed an organization to provide them guidance, education and support. He turned to Lanterman for assistance in starting an organization and together with a group of local parents formed the Foothill Autism Alliance in 1998. Bob led by example. He embraced the mission of the Foothill Autism Alliance, stayed true and focused, and never diverted from providing education, information and support to families of children with autism. He touched so many families in our community. The impact of his devotion in supporting others and linking people with information is difficult to quantify, except that it is enormous.

But Bob's vision went beyond just forming the organization. He wanted



Bob Schneider



Bob Schneider, founder of the Foothill Autism Alliance, with his son Noah at the park.

a direct, easy way for parents of children with autism to locate the resources they so desperately need. For almost two years, Bob and the members of the Foothill Autism Alliance gathered information and resources. The result — The Autism Power Pak — was the realization of Bob's dream to help other families enable their children to reach their maximum potential.

At the service, I was amazed to discover that even though I had known Bob for six years, there was still so much I didn't know about him. There was a section in the program entitled "Things Bob Loved," that was filled with 35 of his favorite activities, places and things. There were only four things Bob disliked, and five things that Bob left undone.

We can all take a lesson from Bob's life and learn to appreciate the simple things that life gives us, like Halloween and a child's laughter. It's these moments that help us get through the more serious and complex issues that we face. I hope we all learn from Bob's example and live life to its fullest. My wish is that when my time comes, my list of things I loved doing outshines the things I disliked and that I left undone.

In the 16 years I have worked at Lanterman I have met some of the most amazing individuals, but Bob is one I will always remember for his incredible spirit of giving, his insight, and his love. You will always be in our hearts giving us the courage to carry on the work to create a better world for all children and families. I know that your legacy will live on through the Foothill Autism Alliance, and through all those that were privileged to know you. I will miss your friendship, your giving spirit, and your big bear hugs.

*In keeping with Bob's spirit of giving and dedication to the autism community, the family has requested that donations be made to the Foothill Autism Alliance. Funds will be used to continue the projects that Bob had started and were dear to his heart. Please send donations to: **The Foothill Autism Alliance; P.O. Box 10193; Glendale, CA 91209.** If you have any questions call **818.662.8847**.*

Realizing Dreams: Diego's House Will Offer Short-Term Respite

When their son Diego was born in January 2002, Rory Olivarez and her husband Rick had to make a tough decision. Diego was born with microcephaly, a rare neurological disorder in which the circumference of the head is smaller than average.

"When we first had Diego, we seriously thought about placing him in a residential facility, but in the end decided to bring him home and do our best," shares Olivarez. "It made our decision easier, knowing that Rick has family that live locally, and that we can also afford to have a caregiver come into our home to help us with Diego."

During the decision-making process, the Olivarez' researched a variety of housing

options. One thing that stuck out for them was the lack of short-term care options available in the Los Angeles/Pasadena area. "Diego is not considered medically fragile because other than his disability, his only special requirements are a g-tube and seizure medication, but Rick and I kept wondering to ourselves, what if he was...what options would we have locally if we wanted to take a vacation?," she explains.

The Olivarez' wanted to find a feasible solution to the lack of short-term care, and they came up with the idea for Diego's House — a short-term respite facility. "Rick and I believe that this will give parents who can't hire a babysitter from across the street, or leave their child with family members a viable way to create a balance in their lives, because as we discovered after having our second child, the world can't always revolve around the child with the disability," comments Olivarez.

The Olivarez' have modeled Diego's House on an article they read about a woman in Illinois who provides respite care from one day to two weeks for parents who need a night's sleep, or want to take a vacation but find it difficult to take a medically fragile child.

Currently in the planning/fundraising stages, Diego's House will provide care for six children at a time. The home will be staffed



Diego (right) with his four-month-old brother, Santiago

by registered nurses and have a doctor on call at all times. "We are just beginning to raise money to purchase a property in the Pasadena/San Gabriel location," adds Olivarez. "Children that stay will benefit from a home-like environment, and it will be another source of networking for parents."

"We know that a lot of people don't have the options that we do, and we believe Diego's House will provide the additional support parents may need to enable them to keep their child at home," concludes Olivarez. "Please let us know what you think. Since we are still in the planning stages we would like to gauge what the interest level is in a facility like Diego's House."

For more information, contact **Rory Olivarez** at **213.215.2151** or **roryolivarez@sbcglobal.net**.

"...we believe Diego's House will provide the additional support parents may need to enable them to keep their child at home."

— **Rory Olivarez**

Meet the People Behind the Titles: Hasmig Mandossian

Continued from page 1

children. In 1989 I became the manager of the Intake and Assessment department. In response to the budget crisis of the early 90s, the department was dismantled and absorbed into each of the regional units. From there, I became manager of the Glendale/Foothill team. This was a good fit for me because a large community of Armenians lives in that area, and being of Armenian descent facilitated my interaction with clients and their families. In October 1999, the need for and importance of an Intake unit was recognized, and I became the manager.

How have these other positions benefited you in your current position?

The Intake department deals with both the public and Lanterman's service coordinators. Having been a service coordinator really helped me relate to clients and their families. You get to know their basic needs, issues, as well as the dynamics and psychodynamics of our families. I'm also able to relate to what service coordinator's go through. I think that as a manager, it's a plus if one has had the experience of being a service coordinator.

What are the responsibilities of your current position as Manager of Intake?

Intake is a relatively small department staffed by six individuals including myself. We also contract with several individuals and service providers, especially for our early intervention referrals. It is my responsibility to oversee the daily activities of the department and ensure that applicants for Regional Center services are assisted in a timely manner. I maintain close working relationships with our service providers such as psychologists, speech therapists and occupational therapists; provide them with necessary training; update our providers with policy and procedural changes; and ensure the quality of work they submit. I also work closely with the Clinical Services staff.

In addition, I act as a liaison for Lanterman Regional Center with the California Department of Mental Health. Currently I am attending the newly founded autism clinic at Kaiser Hospital on Sunset Boulevard to facilitate new referrals and give hospital staff a better understanding of what regional centers do and whom they should refer.

My job duties have also included being part of an Eligibility Task Force established by the Association of Regional Center Agencies (ARCA) and the Department of Developmental Services. The purpose of the task force was to generate standardized guidelines for eligibility determination among all regional centers, and to develop *Best Practice Guidelines* in relation to Autism Spectrum Disorder.

What are some of the biggest challenges of your job?

The biggest challenges of my job are to make fair and accurate decisions regarding eligibility and to ensure that the first experience people have with the Regional Center is a positive one. When a family comes into the system, I believe that their first experience is an important moment in their life, and that Intake is really a department that makes it or breaks it for them. Another challenge is meeting the timelines set forth for eligibility determination.

What are some of the rewards of your job?

I love this job. The way I look at this position is that it really fits my personality and my background — clinical and counseling psychology. The two aspects I enjoy most are that I get to work with families and clients, and that there is a beginning and an end to the process. The position requires someone who is very organized, structured, and able to manage a quick turnaround. I also enjoy working together with families and professionals as an interdisciplinary group in making decisions and achieving desired outcomes.

What are some of your personal and professional accomplishments?

I was the first Armenian-speaking service coordinator at Lanterman. I was able to relate

information about the Armenian culture to Lanterman, and also take information about Lanterman Regional Center out into the community. When I was a service coordinator, I was very involved in establishing the Armenian Parent Support Group, which grew to be a large and active parent group.

In the course of my work at Lanterman, I was twice given the opportunity to manage the Intake and Assessment department. The second time around I organized a team of intake specialists and coordinators, and now the Intake unit processes over 1,000 applicants per year. This has been one of my most gratifying accomplishments.

What are some of the areas of focus for the Intake department currently?

A couple of months ago we started the Early Intervention Developmental Clinic. The Clinic is an innovative way to determine eligibility for an infant or young child because it actively involves the family as part of the interdisciplinary team and also expedites the eligibility process. This is important because this period is a crucial time for children age zero-to-three to receive services and supports as quickly as possible, provided they are eligible.

The team is also constantly reviewing and evaluating new information generated from research on Autism, and applying this information in making eligibility decisions.

Where do you see the unit being in the next several years?

I am hoping to expand the current Early Intervention Developmental Clinic to serve more families, and to increase the different disciplines such as speech therapists and psychologists that are a part of the team.

I would also like to boost our department's outreach to the local community. Our goal is to educate the community so that they know about Lanterman and what we do with the purpose of eliminating the delay in families being referred to the Regional Center. Several key areas for outreach are the neonatal intensive care unit, the pediatric intensive care unit, and psychologists at local schools.

Are there any take-home or important life lessons that you have learned and would like to share?

I have learned that the most rewarding jobs that any person can have, even with all the challenges, are those that give you the opportunity to positively impact other people's lives. This has made me a more compassionate person.

Is there anything else that you would like to add?

In the last three years we have put together an Intake team of dedicated individuals who work hard on a daily basis to accomplish our mission of serving people with developmental disabilities. I feel privileged to be a part of this team and of the Lanterman group.

Lanterman Launches Early Intervention Developmental Clinic

As part of an ongoing effort to ensure that young children are diagnosed as early as possible and receive the necessary interventions, Lanterman Regional Center started the Early Intervention Developmental Clinic this summer.

"The Early Intervention Developmental Clinic is an innovative way to streamline the intake and assessment process to ensure that eligible young children get the services they need as quickly as possible," notes Hasmig Mandossian, manager of the Intake unit.

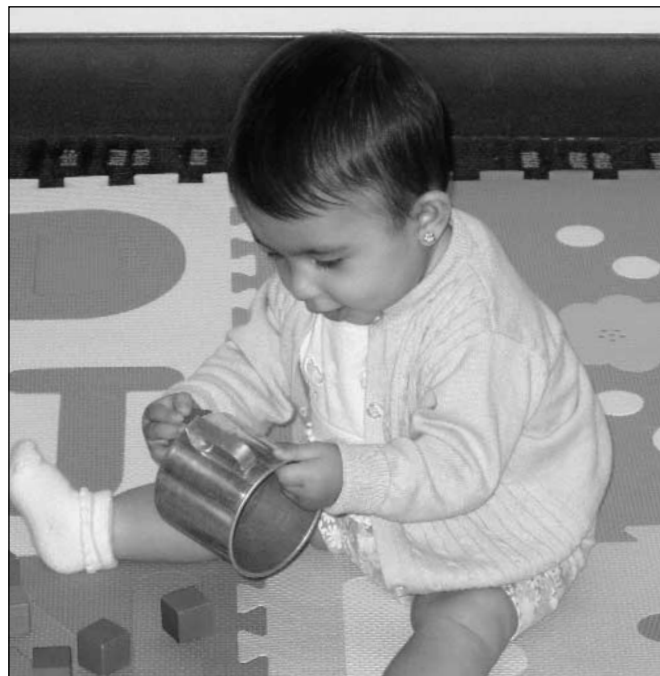
The Clinic offers an interdisciplinary team approach to the diagnosis and assessment of young children. Every assessment includes an occupational therapist, nurse, early intervention assessment coordinator, and early intervention manager.

"Parents are also actively involved in the assessment process," adds Patricia Guzman, intake coordinator.

"The beauty and strength of the Early Intervention Developmental Clinic is that it provides a same-day evaluation and eligibility determination, which considerably expedites the eligibility process," shares Guzman.

"Another benefit of the Clinic is that it gives us the opportunity to meet the children we serve and their families, which I personally enjoy. Generally the contact between intake coordinators and parents is via telephone conversations, and it's nice when you can put a name together with a face. I believe parents appreciate that, too. I know I would," comments Madeline Lara, intake coordinator.

The Clinic meets weekly and serves children from six-to-22 months of age. To schedule an appointment, contact **Patricia Guzman** at **213.383.1300 x.708** or **patricia.guzman@lanterman.org** or **Madeline Lara** at **x.763** or **madeline.lara@lanterman.org**.



Top: A child plays with toys during an evaluation at the Early Intervention Developmental Clinic, which streamlines the intake and assessment process for young children from six-to-22 months.

Bottom: Intake coordinators Madeline Lara (left) and Patricia Guzman

Board Member Profile

7

This past June, the Lanterman board appointed two new members — Thomas Armentrout and John Poulos. As board members, these two gentlemen will play an important role in guiding Lanterman Regional Center. They represent two different facets of the Lanterman community, and both will bring their own experiences to the board. In this edition of *Viewpoint*, you will be introduced to Thomas Armentrout. We will introduce John Poulos in the winter edition of *Viewpoint*.

Thomas Armentrout Brings Business and Technology Expertise to Board

"I believe strongly in creating a world of inclusion where all members of our community can contribute their unique skills and talents. The work of the regional centers is essential to making that possibility a reality."

—Thomas Armentrout, Lanterman board member

The beliefs, experiences, and accomplishments that Thomas Armentrout brings to the Lanterman board reflect the knowledge he's gained from living across the United States and abroad.

In a nutshell, Armentrout has 18 years of consulting and business experience with an emphasis on helping clients better utilize technology to achieve their strategic business objectives. During this time, Armentrout has lived in Atlanta, Los Angeles, New York, Philadelphia, and Moscow, Russia.

Throughout his career, Armentrout has worked with clients in the media and entertainment industry, as well as the high-tech, consumer products, and oil and gas industries. Armentrout's consulting experience includes leadership of technology-related strategic change initiatives, development of large-scale corporate education programs, and management of technology implementation projects including SAP and other multinational software packages.

His professional experience includes three years in Russia managing a wide range of



Thomas Armentrout

information technology and accounting-related projects for major multinational corporations. In addition, Armentrout has been a guest lecturer at The Wharton School of the University of Pennsylvania for the last five years, where he teaches an accounting course for new MBA students.

"I feel I have a wide range of skills that will be of value to the Lanterman community, particularly my business experience which will be of benefit to the administrative affairs committee. Also, my educational, learning and development background combined with the work I've done to integrate people and technology will allow me to contribute to the many educational and developmental programs Lanterman is involved in," comments Armentrout.

Armentrout received his master of business administration from The Wharton School, University of Pennsylvania with an emphasis on strategy and multinational management. He received his bachelor of business administration from The University of Georgia where he majored in accounting.

But there is more to Armentrout than his career and education. He and his partner, Ben

Wiswall, plan to adopt one or more children with special needs. "We feel fortunate that we have the resources and capabilities to make ourselves available as adoptive parents," shares Armentrout. Their goal is to help their adopted children achieve their full potential by combining early and ongoing intervention with a loving, nurturing home environment.

Armentrout adds, "It is my impression that Lanterman strives to provide similar opportunities to the clients and families served by the Center. By being part of Lanterman I see myself as having the opportunity to contribute to the development of an even larger number of people than is possible through adoption alone."

In addition, Armentrout speaks Russian, has completed 10 marathons, and teaches Sunday school for three and four-year-old children at All Saints' Episcopal Church in Beverly Hills. In his spare time, he also enjoys caring for his four Pug dogs, cooking and reading.

"I am looking forward to furthering the work of Lanterman Regional Center and being able to provide access to the resources in my personal and professional life that would be of benefit to the Center," notes Armentrout. "I think Lanterman is an amazing organization and that the work they do is so vital for the community. I would like to see even more people involved with Lanterman from the broader community. I hope to broaden awareness of the great work Lanterman does and to increase community participation."

Looking for New Blood... with experience

As a multi-million dollar corporation, Lanterman 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 Patrick Aulicino at 213.383.1300 x.690 or patrick.aulicino@lanterman.org.

Board Welcomes Your Attendance at its Meetings

Please be aware that anyone in the community is welcome to attend Lanterman's 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 contact [Frank Lara](mailto:Frank.Lara@lanterman.org) in advance at 213.383.1300 x.665 or frank.lara@lanterman.org so you can be placed on the list of attendees. We look forward to your visit.

Save the Date

Community Meetings Coming in October

As part of our cost-saving initiatives, Lanterman will only be holding two community meetings this year — an English-speaking meeting with translation available in Korean and Armenian upon request, and a Spanish-speaking one.

Community meetings are held yearly to obtain public feedback and comment from the individuals we serve, their families, and service providers. This year's meetings will focus on four key areas:

- A budget and expenditure plan overview
- Accomplishments from the past year
- The 2004 performance plan
- A proposed alternative service coordination model

The Spanish-speaking community meeting will be held on Monday, October 20 in conjunction with La Esperanza, the Spanish-speaking support group, which meets at 9 a.m. at Lanterman.

The main community meeting will be held in conjunction with Lanterman's monthly board meeting on Wednesday, October 22 at the Gene Autry Museum at 6 p.m. The Autry Museum is located near the 5 freeway, just off of Zoo Drive.

We look forward to your attendance at these important sessions. To request translation services contact the **Koch ♦ Young Resource Center** at 213.383.1300 x.730, toll-free at 800.546.3676, or kyrc@lanterman.org. A copy of the expenditure plan will be available for viewing on our Web site at www.lanterman.org or you may request a copy from the Resource Center.

Honoring Service

Bob Wedemeyer, president of Lanterman's board of directors, presents Billy Ray Hall with an award of achievement and commitment for six years of dedicated service to the Lanterman community as a board member. While serving on the board, Hall chaired the Consumer Advisory Committee, participated in yearly grass-roots events, was actively involved in self-advocacy initiatives, attended the annual California Statewide Self-Advocacy Conference, and promoted assistive technology opportunities.



ANGLE ON: *Perspectives*

Filmmakers and audience alike expressed enthusiasm for the experience *Perspectives* afforded them, and noted its significance. It's safe to say all the festival participants came away with a deepened perspective on the lives of people with developmental disabilities.

Here's an angle on *Perspectives* in photos and quotes:

See photo captions on page 10



Regardless of the portrayal, it's most important to come away with a different perception. We as people have to understand — as we've done with other differences — and we have to move toward that place where we can just cast things with people who are not disabled, but differently abled. We should reach that point where a film festival such as this shouldn't even have to exist — like a magnesium flare that creates a brilliantly bright light, but burns out after it's done its job.

Actor Joe Mantegna,
Media Forum panelist and
member of the *Perspectives*
Council of Advisors



Through creative dialogues such as this evening's Forum we all become more aware — and the more aware we are, the more truthful our work will be, as actors, writers, directors and producers. There really is nothing greater we can do than to spread the lessons of diversity and tolerance through our work. When a performer has the opportunity to do that and takes that opportunity to its fullest extent, his work can inspire and move us in ways we can't begin to imagine were possible.

Melissa Gilbert, president
Screen Actors Guild



I would hope that people just basically enjoy the experience of watching the movie — and that would get our point across, which is that being with people with disabilities and spending a lot of time with them is actually really fun. I think this festival is great. It's valuable, and probably one of the best that we've been involved with.

Arthur Bradford, director
How's Your News



One of the lessons that I learned is that disability is as much of a political and social issue as it is a physical or a mental issue, because it's perceptions of people with disabilities and how much they're included in social life and political life that I think really makes a difference in the lives of people. This festival to me seems really crucial in addressing this issue of portrayal. It's one of the best experiences I've had, and I hope this is the first of many.

David E. Simpson, director
Refrigerator Mothers



It's really exciting and enlightening to be here with people from the film and disabilities communities, sharing our experiences and being part of all the interesting discussions and thought-provoking films.

Festival Participant



This is an amazing opportunity for people in Los Angeles to see projects involving people with disabilities. Once somebody takes that leap of faith because they see that spark, all the reticence and all the fear just melt away because they're just working with a person who has a talent and something to offer that is unique.

John Paizis, director
Performing Arts Center West



People's hearts and minds need to be opened to the possibilities of all of this talent that is untapped and unknown. It's not just good for them, it's good for us and makes us all better people.

Mary Rings, director
Born to Act Players



I feel honored to be part of this festival. I think it's terrific because my main thought is everyone is part of society and we all work together. I hope that this will show us how to get away from that stereotypical view of people.

Ellen Gerstein, director
Waiting for Ronald

It's exciting to see how many people have come to the festival that aren't just the insiders. People with developmental disabilities are not often seen as an included part of society and I think it's important to show people with developmental disabilities as a part of typical daily life. This overall is going to create more, acceptance, more inclusion, and more employment.

Gail Williamson, director
Media Access Office



We fear that which is new or strange to us, we fear what we do not understand... It's all about just stopping and asking ourselves, wait a second, is that true? All that is required of us is to stop and ask the question, and the answers are obvious... Putting people with disabilities in films is a good idea because it's a good idea. Change is coming and films are getting more reflective of the actual world.

Actor Bill Macy,
recipient of the first *Perspectives Media Award*



It was a wonderful experience to be a part of the first *Perspectives Festival*. Congratulations on birthing such a superb international film festival. I left deeply inspired and committed to continue to create films, which will encourage inclusion for all.

Karen Pascal, director
Behind the Glass Door

Thanks Again to our *Perspectives* Sponsors

We wish to once again thank the following individuals, businesses and organizations whose generosity made *Perspectives* possible.

PLATINUM SPONSORS (\$25,000 AND ABOVE)
ArcLight Cinemas

SILVER SPONSORS (\$10,000 AND ABOVE)
City National Bank
The Lanterman Endowment Fund
MacMurray Ranch
William Shunn and Laura Chavoen

BRONZE SPONSORS (\$5,000 AND ABOVE)
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Department of Developmental Services State of California
Fred and June Haver MacMurray Foundation
Macson Printing and Lithography
Bryan Singer

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Harbor Regional Center
Al and Beatrice Marsella Family Charitable Gift Fund
Modern Support Services, L.L.C.
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Exceptional Children’s Foundation (ECF)
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San Gabriel/Pomona Regional Center
Drs. Sharon A. Shueman and Warwick G. Troy
South Central Los Angeles Regional Center
State Council on Disabilities
Tarjan Center for Developmental Disabilities at UCLA
United Cerebral Palsy of Los Angeles and Ventura Counties
Vagthol’s Residential Care, Inc.
Venice Magazine
Waterson & Huth, LLP
Westside Regional Center
Windes & McLaughry Accountancy Corporation

FRIENDS (\$500 AND ABOVE)
Patrick R. Aulicino
BCR “a place to grow”
Paul and Diane Branks
The Caring Connection, Inc.
Center for Developing Kids, Inc.
Chelle’s Home
Down Syndrome Association of Los Angeles
Education Spectrum
Elite Transit
Good Faith Manor
Hayes Family Care Home
Karen Ingram
Jay Nolan Community Services, Inc.
Councilman Tom LaBonge
Sally Lewis
NBC Guest Home
Wendy-Sue Rosen and Tom Freeman
Shutes and Lee, Inc.
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OTHER CONTRIBUTIONS (LESS THAN \$500)
AbilityFirst
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David Camp
Malcolm Dudley-Smith

Alicia Elliott
Anthony D. Friscia
Gelson’s
Edward Kelly
Ronald Miele
Holly and Charles Nogales
Pinnacle Communication Services
Protection & Advocacy, Inc.
Gilbert Rivera
John Whitesell and Phyllis Doyle

We would also like to thank the Council of Advisors for their guidance and support in making *Perspectives* a success.

Jean Murrell Adams – Attorney at Law
Magdalena Beltran del Olmo – The California Wellness Foundation
Theodore Braun – University of Southern California
Carey Nelson Burch – William Morris Agency
Christian Campbell – Actor, Producer
Vince Calandra
Robert David Hall – Actor
Joe Mantegna – Actor
Ira Pincus – Napa Bread Films
Olivia Raynor – The Targan Center for Developmental Disabilities
Mauro Sardi – Warner Bros., Inc.
Gail Williamson – The Media Access Office

Thank you to our partners at the American Film Institute who provided the know-how and technical support for *Perspectives*.
Christian Gaines, director, Festivals
Nancy Collet, director of programming, Festivals
Liza deVilla, chief communications officer
Laurie Bianchi, director of sponsorship and marketing, Festivals
Shaz Bennett, programmer, Festivals
Erin Anderson, programming coordinator, Festivals
Natalie McMenemy, coordinator, Festivals
Anna Sopko, sponsorship coordinator, Festivals
Lauren Clark, communications coordinator
Sterling Davis, staff member
Matt Cowan, staff member
Patti Johnson, staff member
Rochelle Levy, staff member
John LeGrande, staff member
Todd Hughes, staff member
Heather Gilmour, staff member

Thanks to all of the Lanterman staff that spent countless hours working on and volunteering at *Perspectives* in addition to fulfilling all of their normal obligations and responsibilities.

Special thanks goes to our festival staff:
Mareille Farnan, festival associate director
Ann Dachs, festival consultant
Maureen Wilson, festival event coordinator
Jacquelyn Ashman, festival volunteer coordinator
Ronna Kajikawa, festival travel coordinator

We would also like to acknowledge the contributions of other Lanterman staff to the festival including:
Patricia Herrera
Karen Ingram
Frank Lara
Joe Perales
Sharon Shuemam
Martin Sweeney

Special thanks to Janas Communications for communications and marketing assistance as well as festival documentation, and Kelly Vencill-Sanchez and Kristin and Chuck Conder for media relations.

Keep an Eye Out...

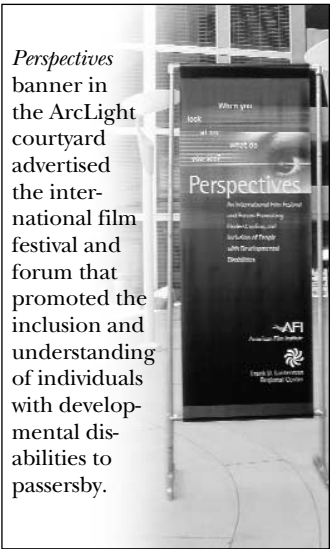
Frank D. Lanterman Regional Center will be hosting a Supported Employment Workshop for clients and families in the near future.

DISCUSSION TOPICS WILL INCLUDE:

- What is supported employment?
- What are employers looking for?
- How working affects SSI and Medi-Cal benefits.

The workshop is designed for individuals 14 years and up who are interested in learning more about supported employment.

Contact Helane Schultz at 213.383.1300 x.572 or helane.schultz@lanterman.org for more information.



- Captions for photos on pages 8-9
All names are in order from left to right.
1. Sam Yi, a student filmmaker and client at the San Gabriel/Pomona Regional Center, speaks with Jonathan Karsh, director of *My Flesh and Blood*, at the opening reception.
 2. Frank DiTomaso, Paul Branks, and Susan Welch of City National Bank with Diane Anand, Lanterman’s executive director, at the opening reception.
 3. *Perspectives* Council of Advisors member Olivia Raynor of UCLA’s Tarjan Center for Developmental Disabilities, with Dr. Eileen Fowler, director of research and education at UCLA/Orthopedic Hospital Center for Cerebral Palsy and content expert for *My Left Foot*, with a guest at the opening reception.
 4. Martin Sweeney, director of Lanterman’s Assistive Technology Project, with Lanterman clients Sonia Aguilar, Mary Flynn who is also a peer advocate, Reynalda Sanchez who is a Lanterman board member, and Rigoberto Gaona at the opening reception.
 5. Hugette Vandeput; Jessie Nelson, director of *I Am Sam*; Actor Pascal Duquenne and Director Jaco Van Dormael of *The Eighth Day*; and AFI Festivals Programmer Shaz Bennett after the screening of *I Am Sam*.
 6. Moviegoers before the *Waiting for Ronald* screening.
 7. Filmgoers enjoyed *Waiting for Ronald*.
 8. Director of *The Collector of Bedford Street*, Alice Elliott (far left), and Director Arthur Bradford (far right) of *How’s Your News?* talk with festival participants following the screening of *How’s Your News?*.
 9. Dr. Richard Rosenberg, vocational coordinator for Career Connections for the Whittier Union High School District, with Olivia Hinojosa, family support specialist at Lanterman, Marcia Landeros who participated in the Q&A with Dr. Rosenberg after *Graduating Peter*, along with her sister Cynthia Landeros.
 10. Diane Anand with AFI’s Director of Festivals, Christian Gaines.
 11. Victoria Lewis, content expert and founding director of the Other Voices Project at the Mark Taper Forum, with Arthur Bradford after the *How’s Your News?* Q & A.
 12. Mike Hansel from the Media Access Office with Jim Sheridan, director of *My Left Foot*, at the opening reception.
 13. Cynthia Whitam, LCSW and associate director of UCLA’s Parenting and Children’s Friendship Program, with Directors Karen Pascal (*Behind the Glass Door: Hannah’s Story*) and Karen Lefcourt (*On the Road with Temple*).
 14. Filmmakers and festival staff at an appreciation breakfast. Front: Diane Anand, AFI’s Director of Programming Nancy Collet with daughter, Producer Jennifer Chaiken (*My Flesh and Blood*), Pascal Duquenne, Karen Pascal, Actress and Media Forum panelist Andrea Fay Friedman, Director Ellen Gerstein (*Waiting for Ronald*), Alice Elliot, and Associate Director of *Perspectives*, Marielle Farnan. Back: *Perspectives* Travel Coordinator Ronna Kajikawa, Christian Gaines, Director David Simpson (*Refrigerator Mothers*), Arthur Bradford, Shaz Bennett, Director Rolf de Heer (*Dance Me to My Song*), and Jaco Van Dormael.
 15. Pascal Duquenne, Jaco Van Dormael, Dr. Bhavik Shah of UCLA’s Neuropsychiatric Institute, and Nancy Collet field questions after *The Eighth Day* screening.
 16. Producer and Media Forum panelist Barbara Boyle talks with Alice Elliot at the closing reception.
 17. The Media Forum panel: Actor and *Perspectives* Council of Advisors member Joe Mantegna, Rolf de Heer, Andrea Fay Friedman, Barbara Boyle, Arthur Bradford and Jim Sheridan.
 18. Media Forum moderator and film critic Peter Rainer.
 19. William H. Macy speaks with reporters from CNN.
 20. Melissa Gilbert with Andrea Fay Friedman after the Media Forum.
 21. Content expert Dan Sorensen, chair of the Public Services Committee of the California Coalition on Crime Against People with Disabilites, Actress Rena Owen and Rolf de Heer after the *Dance Me to My Song* screening.
 22. Actress Clara Bryant signs autographs after the *Tru Confessions* screening.

Visit the *Perspectives* Web site at www.perspectives-iff.org to view additional pictures and for more information.

Resource Center Starts Special Perspectives Film Collection

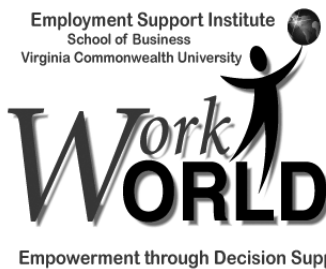
In keeping with the goal of *Perspectives*, which is to promote understanding and inclusion of people with developmental disabilities, the Koch ♦ Young Resource Center will house a special collection of films including those shown at *Perspectives*, as well as other films portraying individuals with developmental and physical disabilities in film and television. Films will be available for short-term viewing. Contact the **Resource Center** at 213.383.1300 x.730, toll-free at 800.546.3676, or kyrc@lanterman.org for more information.

WorkWORLD Software Helps Figure Out the SSI Maze

Figuring out if your Social Security Income (SSI) is affected by working almost makes you not want to work. The process is littered with more acronyms than you could possibly imagine, and they are all defined using more acronyms. Leave it to the government.

But there's help on the way. The Employment Support Institute (ESI) at Virginia Commonwealth University's School of Business has created WorkWORLD to help people with disabilities, advocates, benefit counselors, and caregivers figure out the SSI maze.

WorkWORLD is free decision support software for personal computers that helps users find employment-based solutions to higher net income through the best use of federal and state work incentives and benefits. The software takes into account the complex



interaction of income, benefit programs, and work incentives, while providing individualized alerts and recommendations.

WorkWORLD is currently being enhanced and distributed by ESI under a contract funded by the Social Security Administration and other state agencies. Each new version incorporates more useful information that includes new and updated rules and rates for SSI, SSDI, food stamps, Section 8 rental

assistance, and other programs. The software also includes built-in text-to-speech accessibility enhancements and context-sensitive help throughout the program.

ESI is looking for a diverse group of people including clients, parents, friends, advisors, financial planners, trainers, rehabilitation, employment and benefit counselors, and other interested persons to try out the WorkWORLD software. This feedback from real situations with real people will guide the software's future development and enhancement.

If you are interested in participating, please visit www.workworld.org to download the latest version of WorkWORLD. If you have any questions about the software and its potential uses, please contact ESI at WorkWORLD@vcu.edu.

Client PROFILES

ARA VAHANIAN – CSUN GRADUATE, JOURNALIST IN THE MAKING



Nearly every day for over five years, Ara Vahanian made the trek from his parents' home in La Crescenta to California State University Northridge (CSUN). His persistence paid off, and in June of this year, Vahanian graduated on the Dean's List with a bachelor's degree in journalism.

"Ara took a few classes every semester," shares Tina Hartyon, his service coordinator. "He knows his own pace, and decided it was more important to do well in school and take a longer amount of time."

In his mid-20s, Vahanian has mild cerebral palsy and has some difficulty with mobility, especially walking long distances. Since graduation, he's been canvassing the Los Angeles area looking for employment. He's getting assistance from the Department of Rehabilitation with his job search. He's also learning

about financial planning, and is trying to save money to move out and get his own apartment. "His independent living skills worker is helping Ara figure out the amount of rent he can afford, along with utilities and other costs of living," adds Hartyon.

We recently spoke with Vahanian and he shared with us what he thinks of school, and his plans for the future.

WHY DID YOU CHOOSE JOURNALISM AS YOUR MAJOR AT CSUN?

I chose journalism as my major at CSUN because at the time I made my decision in 2000, I thought that this field would be my best choice for a career.

DID YOU ENJOY COLLEGE?

I had a very fulfilling experience as a student at CSUN. The professors were always helpful and I was especially impressed with the quality of the teaching there. I also met many good people, so overall, it was a positive experience.

WHAT ARE YOUR PLANS/GOALS FOR THE FUTURE?

My plans for the short term are to obviously secure some type of writing or editing job in journalism, but my future plans can change at any moment in time. I am also considering teaching at the community college level someday.

IF YOU COULD HAVE ANY TYPE OF JOB AT ALL, WHAT WOULD THAT BE?

I would say that to answer this question, I would probably have to think about it long and hard because I am not at the level where I know for sure what type of job I would really want to have. I am still trying to figure out what direction to go in life. But if I had to guess about what type of job I would like to have, I would prefer to work in a setting where there is constant interaction with people, such as teaching.

WHAT DO YOU ENJOY DOING WITH YOUR FREE TIME?

I am a huge music listener and I also play the piano. I'm also very fond of reading books and I like to travel.

DO YOU HAVE ANY WORDS OF ENCOURAGEMENT TO SHARE WITH OUR READERS AS TO WHY THEY SHOULD PURSUE HIGHER EDUCATION?

I encourage everyone who has the ability to pursue a higher education. Not only does higher education provide a person with a degree, but also, it can set them apart from those who don't have such credentials. A higher education also gives a person a better idea of what they want to do with their lives and it increases their knowledge. But most of all, I think a higher education allows people to live better lives and continue their quest for personal satisfaction.

ALBERTO SUAZO OVERCOMES SCHOOL'S DOUBTS TO GRADUATE WITH HONORS



Hard work and a loving, determined mother have helped 19-year-old Alberto Suazo accomplish everything possible given his abilities. Suazo lives with his mother Berta, and his 8-year-old brother in Los Angeles. He has autism and paranoid-type schizophrenia.

When he first started high school, they told his mom that he would only receive a certificate of completion and not a diploma. "I decided not to take this sitting down and to fight back to make sure Alberto achieved his full potential," explains Mrs. Suazo. She joined one of the committees at the high school, spent considerable amounts of time getting to know the school system, and participated

in every Individual Education Plan (IEP) meeting.

While at Belmont High School, Suazo's favorite subject was reading. During the 11th and 12th grades, he worked in the school office where he received a letter of recommendation for his job performance. Ultimately, Suazo graduated in June 2002 with his diploma, along with a Certificate of Merit in honor of a 4.0 grade point average.

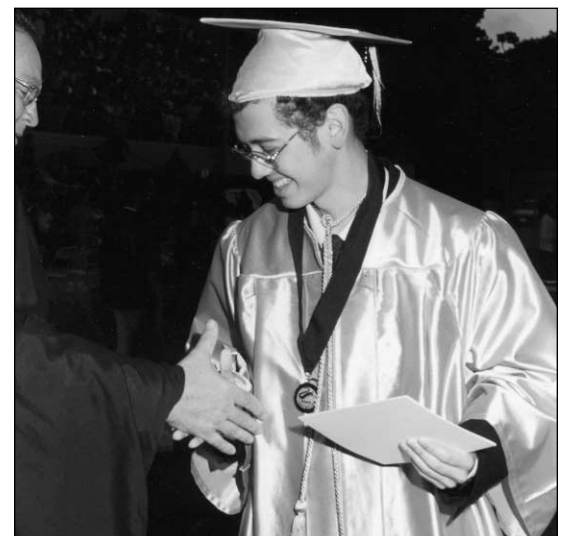
"I am very happy to have graduated from high school," he shares, "and I would like to go to college some day." Currently Suazo is at AbilityFirst where he is doing different types of jobs and improving his social skills. He already has a certificate as a bank teller from the Regional Occupational Program.

"Mrs. Suazo has worked very hard throughout the years and spends as much time as possible educating parents in working both with the teachers and the school," comments Daniela Rea, Suazo's service coordinator.

"I am very proud of Alberto. He has worked very hard, and I hope that in the future he will attend community college and graduate from there too," she shares.

"I would like Alberto to be more independent and to be able to live on his own someday as well."

Alberto would like to work with computers in an office setting. For now he is enjoying working at AbilityFirst and spends his free time collecting comic books and videogame magazines. He also enjoys playing videogames, watching game shows and action movies on television, and likes to play baseball and basketball.



By Sibs, For Sibs... Teen Participants Needed for the Sibling Slam Book Project

Brothers and sisters of people with special needs are all too often overlooked, and of all age groups, teen siblings (sibs) are the most overlooked. "While teen sibs have a lot to teach us about what it means to be a sibling of a person with special needs, there is very little material that addresses the interests and concerns of 13 to 19-year-old brothers and sisters," notes Olivia Hinojosa, family support specialist, "that's why the Sibling Slam Book Project is a very novel and ingenious way of addressing their needs by letting them help write the book."

Donald Meyer, director of the Sibling Support Project of the ARC of the US, is creating a

book by and for teenage sibs of people with special needs, and is looking for interested writers between the ages of 13 and 19 who have brothers and sisters with special developmental needs including autism, Down syndrome, and cerebral palsy.

What's a slam book? It's usually created out of a spiral-bound notebook, with a log or list of contributors — usually a number, followed by a name — on the first page. On following pages, the creator of the slam book lists a question at the top of the page. Each person who gets the book writes his/her answers to the question. Instead of signing their opinions, they simply underline their response and put their number below the line.

The Sibling Slam Book will feature both sibling and non-sibling related questions, and will be published by Woodbine House, the nation's leading publisher of books for families of people with special needs. Submitting responses does not guarantee that they will be used in the book, and if you're under 18, you need to have parental permission to participate.

For a copy of answers to the most frequently asked questions about the Sibling Slam Book Project as well as additional guidelines for participation and a participation form contact the **Koch + Young Resource Center** at **213.383.1300 x.730**, toll-free at **800.546.3676**, or **kyrc@lanterman.org**.

If you or someone you know between the ages of six and 12 is interested in participating in Lanterman's sibling support group, Sibshops, please contact **Olivia Hinojosa** at **213.383.1300 x.705** or **olivia.hinojosa@lanterman.org**. Sibshops meets monthly in the Los Angeles and Pasadena areas on the third Friday from 4 p.m. to 6 p.m.



"While teen sibs have a lot to teach us about what it means to be a sibling of a person with special needs, there is very little material that addresses the interests and concerns of 13 to 19-year-old brothers and sisters..."

— Olivia Hinojosa

Connect with the Answers to Your Parenting Questions

Is a child supposed to have honey or onions during the first three years of life? When should I start brushing my child's teeth? How do I find a day care provider that I trust? When should I start reading to my child? What immunizations does my child need?

Raising young children is a never-ending series of questions, and the answers are not always obvious. Who would have thought that children can't have honey or onions for the first three years, or that you are supposed to start brushing your child's gums before they even have teeth and begin reading to them while they are in the womb?

To help parents find answers to questions and connect with services that can help their family, First 5 LA has launched First 5 LA Connect, a free, confidential phone service for parents and caregivers of young children in Los Angeles County. Professional advisors are specially trained to answer questions about prenatal care, health and education, childcare, and many other issues.

In addition to answering questions, First 5 LA Connect specialists can:

- Sign up your child for low-cost or free health/dental insurance, if eligible
- Connect you to low-cost or free immunizations
- Find a doctor in your neighborhood
- Help you find quality child care in your neighborhood
- Help you find prenatal care
- Find parenting classes
- Assist with emergency housing, food and clothing

So if you're wondering when to start using sunscreen on your baby, or when to switch your child to milk instead of formula, give the specialists at First 5 LA Connect a call at **888.FIRST5.LA (888.347.7855)** or **800.410.5672 (TTY)**. Visit their Web site at **www.first5LAconnect.org**.



Healthy Kids Go Hand-in-Hand with Health Insurance

Access to health insurance and quality health care is necessary to ensure that children stay healthy and are ready for school. Currently, health insurance is provided in a patchwork fashion with different programs covering children depending on age and income. That's where First 5 LA's Healthy Kids Initiative can help.

Healthy Kids will provide comprehensive health insurance to children birth-to-five who are not eligible for the Medi-Cal or Healthy Families programs. First 5 LA has committed \$100 million over five years to implement the Healthy Kids Initiative that will expand eligibility for existing health insurance programs by covering all children up to age five that live at or below 300 percent of the federal poverty level (FPL) in Los Angeles County.



There are three main components to the Healthy Kids Initiative:

- A comprehensive benefits package, including inpatient and outpatient care, behavioral health, vision, and dental care.
- Enrollment, utilization and retention, focusing on outreach and education through local and statewide partnerships.
- Healthcare quality enhancement that will ensure ongoing access to care; develop a "seamless" continuum of health care coverage; and identify and address gaps in insurance coverage and service delivery.

Following is a list of agencies in Lanterman's service area that can assist with screening and enrollment in the Healthy Kids program. All offer services in both English and Spanish, and some additional languages as well. If you live in:

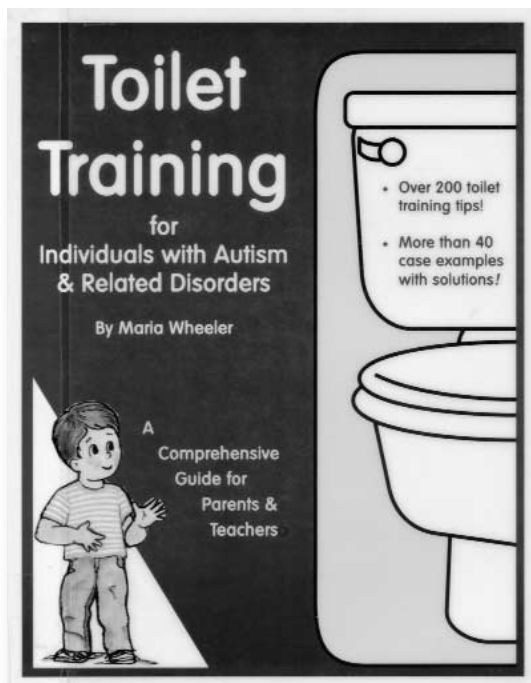
- Burbank, Glendale, or La Cañada contact:
 - ⇒ Glendale Adventist Hospital at 323.255-9030
 - ⇒ Asian Pacific Health Care Venture at 323.644.3880 x.276
- Boyle Heights, Chinatown, Downtown LA, Echo Park, El Sereno, Elysian Park, Hollywood, Koreatown, Little Toyko, Pico Union, Westlake contact:
 - ⇒ Maternal & Child Health Access at 213.749.4261
 - ⇒ California Hospital Medical Center at 213.742.5537
 - ⇒ Asian Pacific Health Care Venture at 323-644-3880 x.276
- West Los Angeles contact:
 - ⇒ Venice Family Clinic at 310.392.8630 x.7405
- Pasadena
 - ⇒ Pasadena Public Health Department at 626.774.6168

For a complete list of agencies in Los Angeles County that can assist with screening and enrollment contact the **Koch + Young Resource Center** at **213.383.1300 x.730**, toll-free at **800.546.3676**, or **kyrc@lanterman.org**.

First 5 LA, along with First 5 California and 58 county commissions throughout the state, was established following a voter-passed initiative in 1998. Proposition 10 mandated a 50 cent-per-pack tax on cigarettes to fund education, health, child care and other programs to promote early childhood development. Proposition 10 was designed to respond to a growing body of scientific evidence indicating that the emotional, physical, social and developmental environment to which children are exposed has a profound impact on their ability to reach their greatest potential in school and to become productive members of society.

Troubleshooting Toilet Training for Tots

You hear it from parents again and again — one of the most challenging milestones in raising a child is the transition from diapers to using the toilet. Before toilet training is completed there will be endless loads of laundry, the miniature toilet, the attachable toilet seat, pull-ups, and trading in overalls for easy to unbutton pants.



To help parents along the road to diaperless freedom, Lanterman has started offering toilet training classes as part of its behavior management workshops. “About a year ago, Lanterman’s board of directors adopted new diaper funding guidelines, and we felt that parents might need some professional assistance in toilet training their children,” explains Olivia Hinojosa, family support specialist.

The toilet training classes feature a specially trained professional who provides valuable tips and information on how to carry out toilet training. “The classes also provide a forum for parents to share success stories and receive support,” adds Hinojosa.

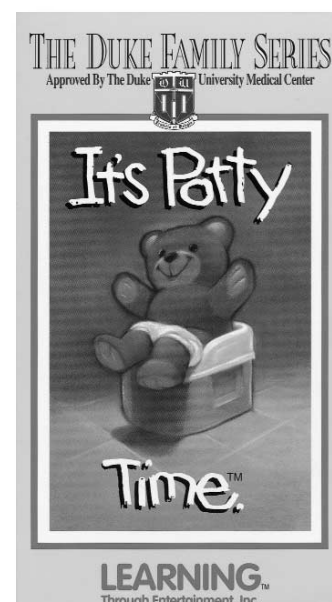
In addition to classes, the Koch ♦ Young Resource Center has books and videos on toilet training. “I’m currently toilet training my son,” shares Patricia Herrera, director of family support services, “and I’m using this wonderful video *It’s Potty Time* to help me.”

It’s Potty Time was developed as part of the Duke Family Series to provide guidance for parents as they potty train their children. The video provides viewers with signs to look for that indicate a readiness to use the toilet, tips on what equipment to use for training, as well as successful strategies to use. The “Potty Learning Program” stresses that consistency throughout the training period is important,

as well as being positive and rewarding your child as they learn to use the toilet. The video also stresses the importance of songs, so don’t be embarrassed to belt out at the top of your lungs: *I Use My Potty When I Have to Pee* and *I’m a Super Duper Pooper*.

“A very popular book currently being used as well is *Toilet Training for Individuals with Autism & Related Disorders*,” shares Hinojosa.

For more information on toilet training classes or for resources, contact the **Koch ♦ Young Resource Center** at **213.383.1300 x.730**, toll-free at **800.546.3676**, or **kyrc@lanterman.org**.



GET A HEAD START ON LEARNING

As a popular radio ad notes: Having a good education prepares you for the rest of your life, but education doesn’t start in college, high school, junior high, elementary school, or even kindergarten, it starts in preschool.

These early years are some of the most important in a child’s development, and the Los Angeles County Office of Education’s (LACOE) Head Start/Early Head Start program is designed to give children just that — a head start on learning.

“LACOE is committed to serving infants, toddlers and preschool children with developmental disabilities,” shares Head Start Specialist – Disabilities Scott Aalund, “and we

are looking to involve more children that could benefit from a placement in an inclusive program and natural environment that provides acceptance, understanding, and the opportunity to learn.”

All Head Start/Early Head Start children receive comprehensive child development services including free medical and dental care; nutritional snacks and meals; social services; mental health services; and education. “Head Start activities are designed to help children grow mentally, socially, emotionally and physically,” adds Aalund.

Most children in Head Start are between the ages of three to five. Typical classes serve 16-20 children, and are staffed with a preschool teacher and an assistant. “The strength of the Head Start program is that it welcomes parental involvement in activities and encourages the development of a partnership between parents and staff,” explains Aalund.

For more information about Head Start/Early Head Start programs and to locate the program in your area, contact **Scott Aalund** at **562.922.6243** or **aalund_scott@lacoe.edu**.



Teachers assist children during an arts and crafts project at a local Head Start program, which provides children with comprehensive child development services.

The Season of Sharing is (Almost) Upon Us

Continued from page 1

Lanterman serves about 6,000 individuals spread over a diverse geographic and ethnic range. Last year, through the help of members in our community and friends of the Center, Lanterman was able to ensure that most of the families we serve were able to participate in the festivities and traditions of the season.

The Girl Scouts collected Halloween costumes; a staff member and his temple contributed food baskets for the Thanksgiving holiday; we collected toys, monetary and food donations for the December holidays; and hosted a holiday party for some of the adults we serve that don’t have family or live independently.

Each and every one of these acts of kindness and sharing with those in need are in keeping with the spirit set forth many years ago in Lanterman’s first “Holidays are for Sharing.” The flavor of the campaign changes every year, but the outcome is always the same — Lanterman families in need can join in celebration of the colors, sights, sounds and smells of the holidays.

Times are somewhat uncertain right now, but if you have anything you can share with those who may have even less, please do so. There are so many ways to help as you can see from the examples above. If you aren’t able to donate money, toys or food, take the time to organize a collection drive or help the Toys for Tots campaign by volunteering your time collecting, filling orders, and/or distributing the toys they have collected. To learn more about the Toys for Tots program contact **Jackie Ashman** at **213.383.1300 x.684** or **jackie.ashman@lanterman.org**. Visit the Toys for Tots at **www.toysfortots.org**. Remember, your time is always a gift that you can share.



For over 20 years, friends and families of Lanterman Regional Center have stepped up to meet the critical needs of members of our community who require a little extra help not only during the holidays, but throughout the year as well. The “Holidays are for Sharing” campaign has two objectives, one to help make holiday celebrations possible through donations of food and gifts, and also to raise money for the “Help Fund” — the fund

that gives all year long by providing assistance with emergency food, clothing, shelter and other necessities.

Throughout the years, “Holidays are for Sharing” has made a significant difference in the lives of members of our community and there are several ways that you can help:

- Send a tax-deductible contribution in the form of cash, check, or money order.
- Donate a new gift, art supplies, personal care items, baby products, or a food/gift certificate.
- Adopt-a-Family and provide them with food and gifts for the holidays.
- Give through your company’s United Way plan.
- Participate in “Matching Dollars” if your company has a matching fund program.
- Publicize our program through your business, club, church or service organization.

Just fill out the form on the back of this article and return it with your contribution. Checks should be made payable to “**FDLRC Holidays are for Sharing**” and mailed to **Holidays are for Sharing; c/o Lanterman Regional Center, 3303 Wilshire Blvd., Suite 700; Los Angeles, CA 90010**. Gifts should be delivered unwrapped to Lanterman Regional Center. For more information, please contact **Jackie Ashman** at **213.383.1300, x.684** or **jackie.ashman@lanterman.org**.

Fly, Fly Away – Hotline Makes Air Travel Easier for People with Disabilities

Air travel has never been easy, and in the last couple of years has become even more challenging. It’s an endless series of concerns: What’s the weather like? What do I pack? Where am I going to put all my stuff? Am I allowed to carry this on an airplane?

There are more and more restrictions: stricter baggage weight limits, controls on the types of personal supplies a traveler can carry, fewer animals and reduced numbers of strollers and wheelchairs permitted in the cabin.

As a result, travel for people with disabilities can be very difficult. For example, people dependent on their service animal or wheelchair may find themselves separated from these necessities.

To make air travel easier, the United States Department of Transportation (DOT) has created a toll free hotline for air travelers with disabilities. Hotline operators can provide on-the-spot information about the rights of air travelers with disabilities, as well as respond to requests for printed consumer information.

The hotline also assists travelers with disabilities in resolving “real-time” or upcoming issues with air carriers. The purpose of “real-time” assistance is to facilitate airline compliance with DOT’s rules by suggesting alternate solutions to a problem.

Generally, if a caller has an issue with an air carrier, a hotline duty officer will contact that carrier and attempt to resolve the problem. For example, officers have contacted air carriers and convinced them to accept service animals and electric wheelchairs on board flights, to stow folding wheelchairs in the cabin, and to provide requested wheelchair assistance.

Travelers who want information about the rights of persons with disabilities, or who experience disability-related air travel problems may call the hotline at **800.778.4838** or **800.455.9880 (TTY)**.

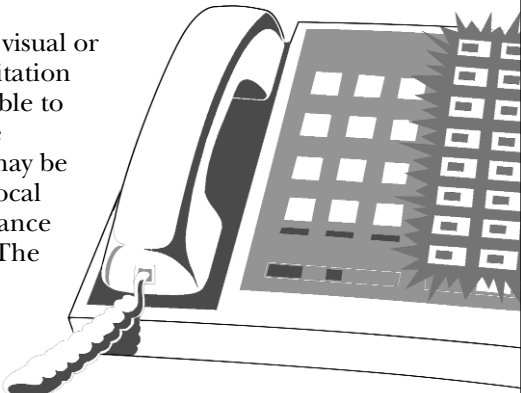
Air travelers who want DOT to investigate a complaint about a disability-related issue must submit their complaint in writing via e-mail at airconsumer@ost.dot.gov or postal mail to: **Aviation Consumer Protection Division; U.S. Department of Transportation; 400 7th Street, S.W.; Washington, D.C. 20590.**



The purpose of “real-time” assistance is to facilitate airline compliance with DOT's rules by suggesting alternate solutions to a problem.

Did You Know... You May Qualify for Free 411 Services

If you have a visual or physical limitation and are unable to use a telephone directory, you may be exempt from Local Directory Assistance (411) charges. The following customers are exempt from such charges:

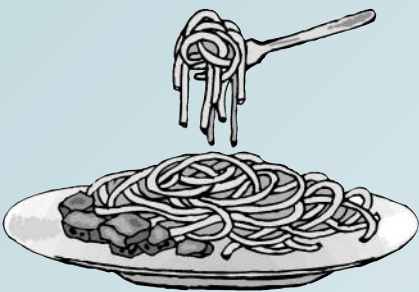


- Residential customers when a member of the household cannot use the directory due to a visual or other physical impairment.
- A business line provided to a small business where all owners and employees of the business on the premises have a certified visual or other physical impairment.
- A business service when it is provided to an organization established specifically for the purpose of assisting the visually impaired. Such organizations may employ the services of both sighted and certified visually impaired individuals.

If you are eligible for a waiver of Local Directory Assistance, call **800.722.2355** or **800.651.5111 (TTY)** to request a certification form. Exemption will be granted upon receipt of a completed exemption form certifying the applicant’s impairment.

If you don't qualify for the Local Directory Assistance exemption, you may still reduce your costs by asking for up to three listings per call. Be sure to notify the 411 operator at the beginning of the call that you want three listings. Customers with residential service are provided three free call allowances for Local Directory Assistance each billing period and then are charged \$0.46 for each additional call.

Help DSALA by Eating at Domenico’s October 15



Looking for a good reason to take the night off from cooking? Well, look no further. The parents of the Down Syndrome San Gabriel Valley

Parent Support Group are hosting a fundraiser on October 15 to benefit the Down Syndrome Association of Los Angeles (DSALA) at Domenico’s Italian Restaurant in Arcadia.

Fifteen percent of total sales from lunch and dinner on that day will be donated to DSALA. Funds raised will be used to offset the cost of various children’s activities hosted by DSALA and the support group, including a bowling night and the annual Cookies with Santa at Lake Avenue Congregational Church on December 6.

Domenico’s is located at 251 North Santa Anita Avenue; Arcadia, CA 91006. The restaurant can be reached at 626.574.7433 for questions about the menu and for directions. For a copy of the flyer and additional information, contact the **DSALA** office at **818.242.7871**.

So gather up your family and friends and go out for lunch and/or dinner, just remember to tell Domenico’s that you are there for the DSALA fundraiser.

FRANK D. LANTERMAN REGIONAL CENTER *Serving people with developmental disabilities since 1966*

Holidays are for Sharing

Name _____

Address _____

City _____ Zip _____ Tel _____

Enclosed is my donation of \$ _____

☐ Check ☐ Money Order ☐ Food/Gift Certificate

Donations are tax deductible.

Make your check payable to: FDLRC Holidays are for Sharing.

☐ I am also interested in “Adopting A Family” for holiday gifts.

Thank you for supporting adults and children with developmental disabilities.

WINTER RECREATION OPPORTUNITIES


 Fall is in the air and gone are long days spent at the beach, the pool, and the park. So now what? As the weather gets colder we turn to indoor activities to pass the months until summer is back. The following is a list of organizations that provide recreational opportunities during the fall and winter. Some of these resources specialize in working with people with developmental disabilities, while other programs work with the community at large and include people with developmental disabilities in their programs. Please let us know about your experience with these organizations so we know whether to include them in future editions. Send your feedback to the **Koch ♦ Young Resource Center** at **213.383.1300 x.730**, toll-free at **800.546.3676**, or **kyrc@lanterman.org**. Also, if you know of any resources please share them with us.

FOOTHILL/PASADENA AREA

Adaptive Recreation Program of Pasadena sponsors a variety of year-round recreational activities including a variety of camps and art programs as well as community social events for all groups and ranges of need. Contact Jackie Scott at **626.744.7257** for more information.

Armory Center for the Arts offers a full range of year-round 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 **626.792.5105** for more information.

BCR offers year-round activities including a monthly dance from September to June hosted on the second Friday of each month at McCambridge Recreation Center on Glen Oaks Boulevard in Burbank. The dances are for individuals with developmental disabilities 16 and older and cost \$2. Contact Rachel Galperin at **818.843.4907** for more information.

Boys and Girls Club of Burbank mainstreams all programs with participation determined on a case-by-case basis. They offer a variety of activities year-round from 2 p.m. to 7 p.m. Contact Nor Ortez at **818.842.9333** for more information.

Boys and Girls Club of Pasadena mainstreams individuals on a case-by-case basis into their year-round camps, crafts and sports programs. Call **626.449.1953** for more information and a schedule of activities.

Camp Joan Mier and Camp Paivika are sponsored by AbilityFirst, and offer weekend respite camps during the winter for children seven-to-12 and also teenagers. Contact Brenda at **626.396.1010 x.324**, Wendy at **x.320**, or Jessica at **x.318** for more information.

Center for Developing Kids in Pasadena offers a wide range of activities year-round including social group and exercise. Contact Ann Hyde at **626.564.2700** for more information.

Club Maple offers free social recreation opportunities every Thursday evening from 7 p.m. to 8:30 p.m. at the Maple Park Apartments for adults 18 years plus. Club Maple also coordinates one outing a month with Glendale Parks and Recreation. Call **818.548.2788** for more information.

Eagle Rock Community Center offers an array of programs including creative art classes during the fall and winter. Contact Luis Sanchez at **323.226.1617** for more information.

Fred Villaris Studios of Self-Defense in Glendale offers year-round instruction in martial arts for all levels from beginner to experienced. The staff has experience with students with developmental disabilities. Contact Armen at **818.957.7544** for more information.

Glendale Adventist Medical Center – Pediatric Therapy Center offers a wide range of group and camp programs year round that are taught by occupational, physical or speech therapists. A new sport group will be forming in the fall. Contact Stacy Sartor at **818.409.8306** for more information.

Glendale Parks and Recreation offers a year-round day camp for children six-to-12. Contact Gabriel Winter at **818.548.3797** for more information.

Glendale YMCA offers year-round programs and classes. Contact David Allan at **818.240.4130** or **818.242.4155 x.34**.

High Spirits Dance Program is a dance class for people with developmental disabilities, their siblings and other family members, as well as community members. Classes are held at the Altadena Community Church. Contact Lynnette Adams at **626.398.6317** for more information.

LL Frank Center, sponsored by AbilityFirst, offers year-round activities, including holiday activities, in Pasadena. Contact Amanda Donahue at **626.449.5661**.

Pickwick Recreation Center in Burbank offers a variety of year-round activities including bowling and ice-skating. Call **818.846.0035** for more information.

South Pasadena YMCA offers a variety of activities year-round including swimming and teen fitness classes. Contact Michael Henderson, sport director, Amy Lopez for swim, and Julie for teen fitness at **626.799.9119** for more information.

Y-Spirit offers a year-round dance program for people with developmental disabilities, their siblings and family members. Call **626.351.3336** for more information.

LOS ANGELES AREA

Bethune Theatredanse is a studio that provides year-round dance instruction for individuals with developmental disabilities. Contact Lisa Knorr at **323.874.0481** for more information.

Boys and Girls Club of Hollywood is a year-round community program. Onsite teen center and learning centers offer activities. Membership is required. Call **323.464.7325** for more information.

Braille Institute offers youth-oriented activities such as after-school programs, camps and special events for children six-to-19 with visual impairments. Contact the Youth Center at the Braille Institute at **323.663.1111** for more information.

Catholic Big Brothers is a year-round program for boys ages seven-to-14 where participants are matched with older “big brothers.” Contact Kimya Walker at **213.251.9800** for more information.

Elysian Park, located near Dodger Stadium, provides opportunities for children and young adults year-round. Activities include field trips, nature walks, theme weeks, sports, and arts and crafts. Contact Treva or Carol at **323.226.1402** for more information.

Etta Israel’s Camp Moshe provides year-round day camp opportunities in Los Angeles for children with special needs. Call **323.965.8711** for more information.

Hollywood YMCA offers a variety of year-round services including a weight room, gym and pool. Call **323.467.4161** for more information.

Jeffrey Foundation in Los Angeles offers winter day camp opportunities for school-age individuals. Contact Deanna Weigold at **323.965.7536** for more information.

Jewish Big Brothers Association offers residential winter camps for Jewish boys and girls with disabilities, ages five-to-12. Call **323.761.8675** for more information.

Jewish Programs for the Disabled (Chaverim) offers year-round 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** for more information.

L.A. Goal is located in Culver City and provides a variety of year-round leisure opportunities for adults. Membership is required. Contact Petite Konstantian at **310.838.5274** for more information.

Los Angeles City Parks and Recreation offers a variety of year-round services throughout the

city, as well as several camping facilities including Camp Valcrest, Decker Canyon Camp, Camp High Sierra and Camp Seely. Contact Mark Hothberg, Camping Facilities, at **213.485.4853** for more information. For general information call the main office at **213.847.9218** or visit **www.cityofla.org**.

Los Angeles County Museum of Art has a year-round 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. Contact Mary Marks or Selma Waxson at **323.857.6130** for more information.

Shane’s Inspiration creates Universally Accessible Playgrounds for children of all abilities. They have two large parks one in Griffith Park called Shane’s Inspiration and the other on Sepulveda Blvd. in West Los Angeles called Aidan’s Place. The sensory-rich equipment is independently playable for children with disabilities while exciting and challenging for able-bodied children. They also host play dates through Shane’s Club. Visit **www.shanesinspiration.org** or call **818.752.5676** for more information.

Special Olympics is a year-round program focusing on a variety of sports activities. Contact the Greater Los Angeles office at **323.242.1780** or the Southeast Los Angeles office at **310.669.5761** for information about joining a team in your area.

SOUTHERN CALIFORNIA AREA

Ahead with Horses, Inc. offers year-round equestrian developmental therapy for children with special needs. Call **818.767.6373** for more information.

Boy Scouts of America offers inclusion in scouting. Contact Pierre Landry at **323.255.0354** or **Landryph@aol.com** for more information.

American Youth Soccer Organization (AYSO) is a national youth soccer program that also has VIP program during the fall, which provides a quality soccer experience for children and adults with disabilities. Contact Evelyn Smock at **626.355.0339** or Mary Bernstein at **626.355.6140** for more information.

The Creative Arts Center offers a variety of creative arts activities. Contact Kim Freed at **818.238.5397** for more information.

Easter Seals offers a year-round weekend only camp program at various camps in San Diego County for people with developmental disabilities. Call **760.737.3990** for more information.

Gymboree provides gymnastics instruction in three community locations for children ages zero-to-four. Call **818.906.6225** for more information.

New Directions provides vacation travel plans for people with developmental disabilities including day and overnight trips. Call **805.967.2841** or visit **www.newdirectionstravel.com** for more information.

Plaza de la Raza offers year-round art and cultural experiences, including music, dance and visual arts. Contact Maria Jimenez Torres at **323.223.2475** for more information.

Social Vocational Services has offices throughout the Greater Los Angeles area and many of them sponsor year-round leisure activities. For more information and to place your name on the calendar mailing list call **310.944.3303** or e-mail them at **svscor@earthlink.net**.

Special People’s Foundation provides year-round travel services for people with developmental disabilities. Call **310.618.1833** for more information.

The United States Adaptive Recreation Center in Big Bear Lake offers year-round activities. During the winter months they offer one-to-one full and half-day ski lessons for people with various needs and ability levels. Reservations are required and can be made by calling **909.584.0269**.

Training & Events

The Training and 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 clients, family members, staff, board members, and service providers in the Lanterman community to attend external educational events of special interest.

The Center also publishes a training and events webpage that is accessible via our Web site: <http://www.lanterman.org>.

If you are a parent or client 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 and Development
Lanterman Regional Center
3303 Wilshire Blvd., Suite 700
Los Angeles, CA 90010

BY FAX:

213.639.1157

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 clients, family members and board members in the Lanterman community.

NEW FAMILY ORIENTATION

Lanterman Regional Center provides orientation meetings to welcome new clients and families to the Center. These meetings provide an introduction to the Lanterman service delivery system, and are conducted monthly.

For a schedule of monthly orientation meetings call 213.383.1300 x.730.

EARLY INTERVENTION FAMILIES (BIRTH TO 3 YEARS)

English – Last Monday of every month
9:30 a.m. to 10:30 a.m.

Lanterman Regional Center, KYRC
Presenters: LRC staff

For additional information call 213.383.1300 x.730.

FAMILIAS DE INTERVENCIÓN TEMPRANA (NACIMIENTO A 3 AÑOS)

Español – Último lunes de cada mes
10:30 a.m. to 11:30 a.m.

Lanterman Regional Center, KYRC
Presenters: LRC staff

Para mas información llame al 213.383.1300 x.730.

CHILDREN THREE YEARS OLD AND UP

English – Sept. 26, Nov. 21
9:30 a.m. to 11 a.m.

Lanterman Regional Center, KYRC
Presenters: LRC staff

For additional information call 213.383.1300 x.730.

PARA NIÑOS TRES AÑOS Y MAYOR

Español – 31 de Octubre
9:30 a.m. to 11 a.m.

Lanterman Regional Center, KYRC
Presenters: LRC staff

Para mas información llame al 213.383.1300 x.730.

TRANSITION TO PRESCHOOL ORIENTATION MEETING

For families with children two years of age.

English & Español
Presenters: LRC staff

For information and dates call 213.383.1300 x.730.

BEHAVIOR MANAGEMENT WORKSHOP FOR PARENTS

This six-session course introduces the basic principles, concepts, and practical applications of behavior management. The classes focus on managing and controlling challenging behaviors, and using positive reinforcement to replace inappropriate behaviors. **Please note: This workshop requires referral from your service coordinator. Contact your service coordinator to register, or call the Family Resource Center at 800.546.3676.**

SERVICE COORDINATION AND ADVOCACY TRAINING

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.

For reservations call 213.383.1300 x.730.

ESPAÑOL

September 16, 2003 - October 14, 2003
9:30 a.m. to 11:30 a.m.

Lanterman Regional Center
Presenters: SCAT faculty

ENGLISH

October 2, 2003 - November 6, 2003
7 p.m. to 9 p.m.

Glendale Unified School District
223 N. Jackson Street
Glendale, CA 91206
Presenters: SCAT faculty

GOOD GRIEF SUPPORT GROUPS

These support groups offer parents an opportunity to meet in a small group facilitated by a counseling professional specifically trained in the areas of grief and disabilities. Topics discussed include the role of grief in your life, missed milestones, the impact on family rituals, redefining perfection, and other topics to help families deal constructively with normal feelings of stress and grief.

Dates and Times TBA.

PARENTING THE CHILD WITH SPECIAL NEEDS

This is an exciting five-week course that addresses issues faced by families who have children from birth to age six with special needs. A specialized training on Autism is also available.

For information and dates call 213.383.1300 x.730.

SEXUALITY & SOCIALIZATION TRAINING

Lanterman Regional Center offers several options for sexuality and socialization training.

Please note: All of the sexuality and socialization trainings require a referral from your service coordinator. Contact your service coordinator to register.

ABILITIES

Abilities is a sexual abuse and exploitation risk-reduction program for adults with developmental disabilities. This three half-days training includes topics such as: definitions of sexual abuse, assertiveness training, self-esteem and communication, personal safety training, and what to do if a person is ever sexually abused or assaulted.

English – September 23, 30 and October 7, 2003
3 p.m. to 6 p.m.

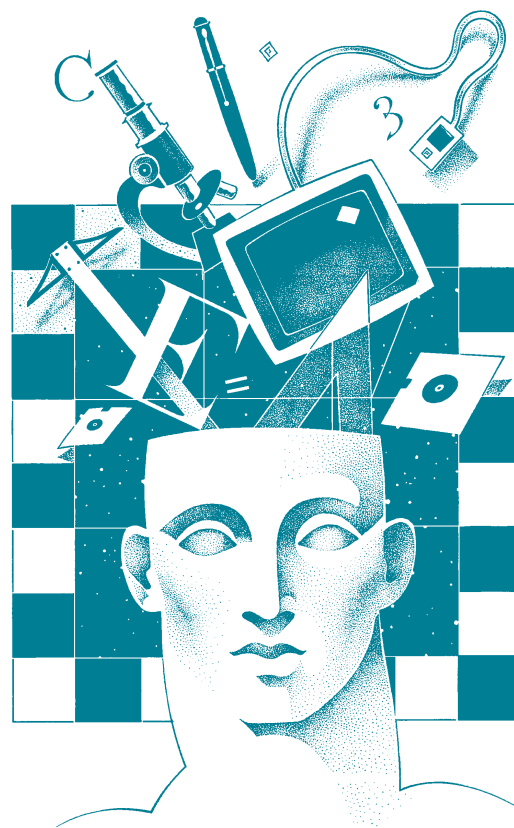
Class dependant on enrollment, 6 person minimum
Lanterman Regional Center

GET SAFE

The Get Safe program is a personal safety program for people with developmental disabilities. Topics covered include assertiveness training, safety awareness, defining boundaries, and creating healthy relationships.

English – September 15, 22 and 29, 2003
4 p.m. to 6 p.m.

Class dependant on enrollment, 10 person minimum
Lanterman Regional Center



WOMEN'S REPRODUCTIVE HEALTH AND SELF-ADVOCACY TRAINING (RHSA)

RHSA is a peer-advocacy-based training program for women with developmental disabilities. The four session training is co-taught by a health educator and a female client, and includes topics such as: basic anatomy, menstruation, menopause, pregnancy, sexually transmitted diseases, contraception, the importance of women's health exams, and using self-advocacy to communicate with your doctor.

English – October 9, 16, 23 and 30, 2003

10 a.m. to 11:30 a.m.

Community Location TBA

4 p.m. to 5:30 p.m.

Lanterman Regional Center, FRC

Class dependant on enrollment, 6 person minimum

ASSISTIVE TECHNOLOGY COMPUTER CLASSES

The Adult Education and Career division of Los Angeles Unified School District (LAUSD) in partnership with the Assistive Technology Project of Lanterman Regional Center have established assistive technology computer classes to assist Lanterman client and their families. These classes are an introduction to computers, software, programs, Internet and e-mail. Classes in other languages, independent study options, and open lab hours are available. Classes fill up quickly. Students must be able and prepared to attend classes on a weekly basis. If a student requires special accommodations, please be sure to indicate so. **For registration and further information call 800.546.3676 or 213.383.1300 x.730.**

The fall session of computer classes begins the first week of September and finishes the third week of December.

BEGINNER FOR ADULTS — ENGLISH

September 2, 2003 – December 16, 2003 (16 weeks)

Tuesday mornings, 9 a.m. to 12 p.m.

Lanterman Regional Center

Presenters: LAUSD

INTERMEDIATE FOR ADULTS — ENGLISH

(For students who have already taken the beginner classes or who already have basic computer skills.)

September 4, 2003 – December 18, 2003 (15 weeks)

No class on Thanksgiving, November 27.

Thursday mornings, 9 a.m. to 12 p.m.

Lanterman Regional Center

Presenters: LAUSD

INDEPENDENT PROJECT LAB

(For graduates of both the beginner and intermediate computer classes.) An independent study lab is offered for those clients or family members who are interested in a specific area of study or skill development. The independent study lab offers full use of the Assistive Technology Lab but is not an instructional class. Participants must be able to work independently with a minimal degree of direction. The independent study lab is offered on Friday mornings.

September 5, 2003 – December 19, 2003 (15 weeks)

No class on Friday, November 28.

Friday mornings, 9 a.m. to 12 p.m.

Lanterman Regional Center

BASICA POR ADULTOS — ESPAÑOL

Instrucion en Español

Miercoles, 9 a.m. to 12 p.m.

Septiembre 10 a Octubre 29

Lanterman Regional Center

Presenters: Juan Gonzalez

BEGINNER FOR ADULTS — KOREAN

Minimum of 10 students required.

Dates and times TBA pending level of interest.

SAVE THE DATE!
You're Invited To...

What: Service Provider Advisory Committee Breakfast

For: Lanterman Regional Center Service Providers

When: November 5, 2003

Time: 9 a.m. to 11 a.m.

Where: The Olympic Collection Banquet and Conference Center

Address: 11301 Olympic Boulevard Los Angeles, CA 90064

Cost: \$20

*Invitations will be mailed shortly. For questions call **Irma Padilla** at **213.383.1300 x.603**.*

The address for Lanterman Regional Center is:
3303 Wilshire Blvd., Suite 700
Los Angeles, CA 90010



ADULT SIBLING SUPPORT GROUP

Call for dates, location and details.
Contact: Olivia Hinojosa 213.383.1300 x.705

ARMENIAN PARENT GROUP

Quarterly meetings — Glendale area
Call for dates, location and details.
Contact: Rima Shahoian 818.548.4349
Sona Topjian 213.383.1300 x.468

ARMENIAN PARENT SUPPORT GROUP

Monthly meetings at group members' homes in the Glendale area.
Monthly – Last Friday 11 a.m. to 1 p.m.
Contact: Rima Shahoian 818.548.4349
Sona Topjian 213.383.1300 x.468

AUTISM SOCIETY OF AMERICA

San Gabriel Valley Chapter Support Group
1167 N. Reeder Avenue; Covina
Monthly – First Wednesday, 7:30 p.m.
Contact: Patricia Kreyssler 626.447.3452

DE MI FAMILIA A SU FAMILIA

(Grupo para familias con niños con autismo.)
Lanterman Regional Center
Primer miercoles de cada mes
9:30 a.m. to 11:30 a.m.
Contact: 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
Monthly – Second Thursday, 7 p.m. to 9 p.m.
Contact: Olivia Hinojosa 213.383.1300 x.705
Ian & Terry West 818.952.2629

FAMILIES AND FRIENDS OF PERSONS WITH DISABILITIES

St. Dominic's Community Center
2002 Merton Avenue; Eagle Rock
Monthly – First Friday, 7:30 p.m.
Contact: Emma Guanlao 323.259.8332
Sandy Riancho 323.344.9355

FILIPINO AMERICAN SPECIAL SERVICE GROUP FOR THE DEVELOPMENTALLY DISABLED

Call for dates, location and details.
Contact: Alice Gubatan 213.384.2340

FOOTHILL AUTISM ALLIANCE — NETWORK RESOURCE MEETINGS

BCR-230 E. Amherst Drive; Burbank
Monthly – Second Wednesday, 7 p.m. to 9:30 p.m.
Contact: Sue Brooks 818.66.AUTISM (818.662.8847)

FRAGILE X PARENT SUPPORT GROUP

Call for dates, location and details.
Monthly – 7 p.m.
Contact: 818.754.4227 (voicemail)

GLENDALE / BURBANK / FOOTHILL PARENT SUPPORT GROUP

Burbank First United Methodist Church
700 N. Glenoaks Blvd.; Burbank
Monthly – First Wednesday, 10 a.m.
Contact: Susan Hain 818.543.1656

GRUPO DE APOYO PARA FAMILIAS DE INTERVENCION TEMPRANA

Lanterman Regional Center
Seguendo miercoles de cada mes, 9:30 a.m. to 11:30 a.m.
Contact: Augustina Mellin 213.365.2138
Monica Mauriz 213.383.1300 x.698
Edward Perez 213.383.1300 x.674

GRUPO PARA FAMILIAS CON NIÑOS CON PRADER-WILLI

Shriner's Hospital
3160 Geneva Street (Virgil and Third); Los Angeles
Ultimo viernes de cada mes, 7 p.m. to 9 p.m.
Contact: Angeles y Jesus Lopez 323.644.3319

INCLUSION IN REGULAR CLASSES SUPPORT NETWORK

Dates, locations and times vary each month.
Call for next meeting.
Contact: Sam Suzuki 213.383.1300 x.509

JAPANESE-SPEAKING PARENTS ASSOCIATION OF CHILDREN WITH CHALLENGES

Little Tokyo Service Center
231 East Third Street, Suite G-104; Los Angeles
Monthly – Third 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
Monthly – Second Monday, 6:30 p.m. to 8:30 p.m.
Contact: Suki Chang 213.999.3981
Christine Yuh 213.383.1300 x.503

MOMMY & DADDY & ME — EARLY INTERVENTION PARENT SUPPORT GROUP

Call for details.
Contact: Olivia Hinojosa 213.383.1300 x.705

The address for Lanterman Regional Center is:
3303 Wilshire Blvd., Suite 700
Los Angeles, CA 90010

LA ESPERANZA

(Grupo semanal en Español)
Lanterman Regional Center
Lunes, 9 a.m.
Contact: Ana Ripoll 213.389.8329
Maria Cibrian 323.666.1601
Nilda Lopapa 213.383.1300 x.554

PADRES UNIDOS LANTERMAN

(Grupo en Español)
Childrens Hospital of Los Angeles (Vermont and Sunset)
Conference Room "D"
Segundo martes de cada mes, 7 p.m. to 9 p.m.
Contact: Irma Cruz 323.461.9307
Yadira Bautista 323.460.4794

RETT SYNDROME SUPPORT GROUP

Quarterly meetings — Pasadena area
Call for dates, location 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 Avenue; Los Angeles
Llame para los fechas, 9:30 a.m. to 11:30 a.m.
Contact: Gloria Perez 213.383.1300 x.518

TEATRO ILUSIÓN

(Grupo semanal en Español)
Shriner's Hospital
3160 Geneva Street (Virgil and Third); Los Angeles
Cada viernes, 6 p.m. to 8 p.m.
Contact: Yolanda Hernandez 562.928.5324

NEW GROUPS

BEHAVIOR MANAGEMENT SUPPORT NETWORK

(Facilitated by a behavior therapist.)
AbilityFirst
40 North Altadena Drive; Pasadena
Monthly — Second Tuesday, 7 p.m. to 9 p.m.
Contact: Olivia Hinojosa 213.383.1300 x.705

daDA FATHERS REGIONAL SUPPORT NETWORK

Denny's Restaurant
3060 San Fernando Road; Los Angeles
Monthly – Second Monday, 7 p.m. to 9 p.m.
Contact: Aaron Hinojosa 213.740.5932
Germán Barrero 626.840.9842

GRUPO DE APOYO PARA EL MANEJO DE LA CONDUCTA

(Dirigido por un terapeuta de comportamiento.)
Shriner's Hospital
3160 Geneva Street (Virgil and Third); Los Angeles
Ultimo martes de cada mes, 7 p.m. to 9 p.m.
Contact: Alfredo Kertzman 714.328.4914

SIBSHOPS

For siblings ages six-12.
Los Angeles and Pasadena areas
Monthly — Third Friday, 4 p.m. to 6 p.m.
Contact: Olivia Hinojosa 213.383.1300 x.705

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:
800.546.3676

Lanterman Self-Advocacy Groups

MID-WILSHIRE SELF-ADVOCACY GROUP
Lanterman Regional Center
Monthly – First Monday, 4 p.m. to 6 p.m.
Contact: Armen Frundzhyan 323.462.7300

PASADENA SELF-ADVOCACY GROUP
529 N. Hill Avenue; Pasadena
Call for dates and times.
Contact: Ara Bezjian 626.793.1989
bezara@visto.com

THE ACHIEVERS
Burger King in Glendale
(corner of Colorado and Chevy Chase)
Monthly – Third Monday, 5 p.m. to 6 p.m.
Contact: Jack Riggie 818.848.1246

Training & Development Opportunities

For Service Providers

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.

IT'S A FACT OF LIFE: SUPPORTING HEALTHY RELATIONSHIPS

In this training, service providers will learn about sexuality and socialization issues for people with developmental disabilities and their role in supporting healthy relationships.
Tuesday, October 14, 2003
10 a.m. to 12 p.m.
Lanterman Regional Center
Presenter: Health Focus Group staff
213.383.1300, x.720
Cost: \$5 pre-registration, \$10 at door
Parking not validated.

CRISIS PREVENTION AND INTERVENTION

This training is designed to prepare direct care staff to facilitate the de-escalation of potentially violent situations through crisis prevention and intervention techniques.
Tuesday, October 28 and Wednesday, October 29, 2003
10:00 a.m. to 3:30 p.m.
Lanterman Regional Center
Presenter: Behavior Intervention and Training team
213.383.1300, x.720
Cost: \$15 for CPI book
Parking not validated.

NEW RESIDENTIAL SERVICE PROVIDER ORIENTATION

This training will provide an overview of the vendorization process; Title 17 and 22 regulations; and service design and delivery process for new residential providers.

Wednesdays, November 1, 8, and 15, 2003
9:30 a.m. to 4:30 p.m.
Lanterman Regional Center
Presenters: FDLRC Community Services staff
For information and registration, call 213.383.1300, x.720
Cost: \$100 for new providers
Parking not validated.

NUTRITION

In this training, service providers will learn about nutrition and related issues in people with developmental disabilities.
Tuesday, November 11, 2003
10 a.m. to 12 p.m.
Lanterman Regional Center
Presenter: To be determined.
213.383.1300, x.720
Cost: \$5 pre-registration, \$10 at door
Parking not validated.

QUALITY SERVICES

In this training, service providers will learn about delivering quality services to people with developmental disabilities.
Tuesday, December 9, 2003
10 a.m. to 12 p.m.
Lanterman Regional Center
Presenter: To be determined.
213.383.1300, x.720
Cost: \$5 pre-registration, \$10 at door
Parking not validated.

Viewpoint

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

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Viewpoint can be viewed online at www.lanterman.org. To contact *Viewpoint* Editors, send e-mail to vinita.anand@lanterman.org or call 213.383.1300 x.753.

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Resources In The KYRC Library

IT'S ALL ABOUT RESOURCES

This maternal and child health an important focus for you? If so, we have a new, must-read resource — *Bright Futures in Practice: Mental Health* — published by the National Center for Education in Maternal and Child Health at Georgetown University (NCEMCH). A project of NCEMCH, Bright Futures is a national initiative to promote the health and well-being of infants, children, adolescents, families and communities.

The guide offers a practical developmental approach to providing health supervision for children of all ages from birth through adolescence. It has three components: developmental chapters, bridge topics on specific problems and disorders, and the *Mental Health Tool Kit*. While it is designed for primary care health professionals, the guide does provide useful information for parents and caregivers.

The first part of the guide is organized developmentally, with chapters on infancy, early childhood, middle childhood, and adolescence. Each chapter is divided into four sections reflecting spheres of child and adolescent functioning: self, family, friends and community, and includes information on each stage of child and adolescent development, as well as helpful tips for preventive efforts and for addressing areas of concern.

The second part of the guide contains bridge topics that address the most common mental health issues occurring in childhood and adolescence. Each chapter provides a quick primer for the health professional on the diagnosis, severity, and management of specific disorders. In essence, the chapters form a bridge from promotion and prevention, to early recognition and management of mental health problems and disorders.

The Mental Health Tool Kit is a companion volume to assist professionals in screening, education, and health care management. The tool kit includes handouts on a variety of issues, ranging from sibling adjustment to recognizing symptoms of depression.

Visit the [Koch 4 Young Resource Center](http://www.koch4youngresourcecenter.org) in person or online at www.lanierman.org to check out these and other valuable resources that deal with maternal and child health.

