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) Academy Richard III, Jun Bena Barrajas, Shannon Sharp.
(bottom) Rigoberto Gaona, Carol Woodward, John Bhang, Joe Ortiz, Mohammad Azadrad, Jessica Jameau, Juan Narvais.

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.

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

Not 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 craft 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, and wondering how they can explain that there will be no costumes, no holiday presents, and no special celebrations.

Continued on page 13

_Angle on: Perspectives_

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.

Perspectives Media Award

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

See complete story on pages 8-10
I t is often said that it is easy to lead in good times, but that the test of a real leader is in the way in which they lead in challenging times. By any measure, those 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 it 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 Footfall Autism Alliance, and creator of the Autism Power Pak.

He exemplified leadership and inspired us all by his quiet, consistent dedication to partnerships and leadership. He exemplified leadership and inspired us all by his quiet, consistent dedication to partnerships and leadership. He exemplified leadership and inspired us all by his quiet, consistent dedication to partnerships and leadership. He exemplified leadership and inspired us all by his quiet, consistent dedication to partnerships and leadership. He exemplified leadership and inspired us all by his quiet, consistent dedication to partnerships and leadership. He exemplified leadership and inspired us all by his quiet, consistent dedication to partnerships and leadership. He exemplified leadership and inspired us all by his quiet, consistent dedication to partnerships and leadership.

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 suppliers 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 towards our goal of inclusion, and will build on our experiences for an even more exciting festival next year.

The Director’s VIEWPOINT

Executive Director Diane Anand

The Director’s VIEWPOINT

Lead the Way

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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, with the goal of 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, earliest occurrence of age-related conditions, and the greater risk of developing secondary conditions,” explains Joan Earle Hahn, DNSc, RN, CS, C DIN, 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 Osen 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 alter 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

R emember 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, and some even have a scrolling wheel, 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 Gary Straub, assistive technology specialist. “It meets their interest level and improves basic computer skills.”

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 Glynoglyan. 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 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 and 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.
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 $201 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 based upon what they expended in the prior year (called base),
be funded based upon what they expended in the prior year (called base),
and the amount of their per capita expenditures ranging from a low of $7,274 to
a high of $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
families, based upon a standardized development in systems.

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 goodfaith, 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
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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 Helen. “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 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 Roberta 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 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 work 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.”

For four months, she commuted three hours a day from Orange County to Lanterman. Just as her internship was winding down, she 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

Wendy 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.

“All 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

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 Yuhi, 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 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 over 35 of his favorite things, 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 outlines the things I 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

W hen 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 was so comforting to have a caregiver come into our home and do our best,” 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 by registered nurses and have a doctor on call at all times. “We are just beginning to raise money to support the Los Angeles/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@abeglobal.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, I needed to find a new position and 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 their 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, 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 by the eligibility determination.

What are some of the rewards of your job? I love my 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 this is a beginning and not the end of 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 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 get them as quickly as possible, provided they are eligible.

The team is also constantly reviewing and evaluating new information generated from research on Autism Spectrum Disorder, 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.

Is there any take-home or important life lesson 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.
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 multinationals software packages.

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

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, management 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.

Honor Service

Bob Weidner, 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 grant-related events, was actively involved in self-advocacy initiatives, attended the annual California Statewide Self-Advocacy Conference, and promoted assistive technology opportunities.

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 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.

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 kyc@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.

Welcome to the November 2003 edition of Viewpoint, you will be introduced to Thomas Armentrout. We will introduce John Poulos in the winter edition of Viewpoint.
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:

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

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

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

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

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 was a wonderful experience to be a part of the first Perspectives Festival! Congratulations on birthing such a superb international film festival. I felt 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 Sponsors Perspectives

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

PLATINUM SPONSORS ($25,000 AND ABOVE)
Ars Luce Center

SILVER SPONSORS ($10,000 AND ABOVE)
City National Bank
The Lamb Foundation
Paul and Diane Branks

BRONZE SPONSORS ($5,000 AND ABOVE)
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Wendy-Sue Rosen and Hayes Family Care Home

ELITE TRANSIT
Paul and Diane Branks

Regal Cinemas

PERSPECTIVES SPONSORS
Tierra Del Sol Foundation
California Community Foundation
Foothill Autism Alliance
10. Diane Anand with AFI's Director of Festivals, Christian Gaines.
11. Mike Hanes from the Media Access Office with Jim Sheridan, director of My Left Foot, at the opening reception.
12. Mike Hanes from the Media Access Office with Jim Sheridan, director of My Left Foot, at the opening reception.
13. Cynthia Whittam, 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 Leofanti (On the Road with Temple).
14. Filmmakers and festival staff at an appreciation breakfast. Front: Diane Anand, AFI's Director of my Left Foot, with Georgina and daughter, Producer Jennifer Chaiken (Dance Me to My Song), and Rolf de Heer.
15. Pascal Duquenne, Jaco Van Dormael, Dr. Bhavik Shah of UCLA's Neuropsychiatric Institute, Andreas Fersman, Director of Programming Nancy Collet with daughter, Producer Jennifer Chaiken (Dance Me to My Song), and Rolf de Heer.
16. Thank you to our partners at the American Film Institute who provided the knowledge and technological 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 Natasha McMenery, coordinator, Festivals Anna Sokpo, sponsorship officer, Festivals Lauren Clark, communications coordinator Sterling Davis, staff member Matt Cowan, staff member Patti Johnson, staff member Robert Payson, staff member John LeGrand, staff member Todd Hughes, staff member Heather Gilmour, staff member
17. 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: Marcelle Faeran, festival associate director Ann Duchs, festival consultant Marvella Wilson, festival event coordinator Jacqulyn Amsan, festival volunteer coordinator Romma Kajiwaki, festival travel coordinator
18. Media Forum moderator and film critic Peter Rainer.
19. Thanks in particular to Lanterman's Assistive Technology Project, with Lanterman clients Sonia Aguilar, Mary Fyhrn who is also a pacey advocate, Reynolds Sanchez who is a Lanterman board member, and Robergio Gaonas at the opening reception.

DISCUSSION TOPICS WILL INCLUDE:
• What is supported employment?
• What are employment barriers? How working affects SSI and Medi-Cal benefits.

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

Captions for photos on pages 8-9
**All names are in order from left to right.***
1. Sam Y. a student filmmaker and client at the San Gabriel Pomona Regional Center, speaks with Jonathan Kuss, director of My Left Foot, at the opening reception.
3. Perspectives Council of Advisors member Olivia Ryan of UCLA's Tague Center for Developmental Disabilities, with Dr. Ellen Fender, director of research and evaluation 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 Fyhrn who is also a pacey advocate, Reynolds Sanchez who is a Lanterman board member, and Robergio Gaonas at the opening reception.
5. Hagetter Vandeputt, Jesse Nelson, director of A Jon Ann, Actor Pascal Duquenne and Director Jon Van Dorn of The Eighth Day, and AFI Festivals Programmer Shaz Bennett after the screening of I Am Sam.
6. Mourinho before the Waiting for Ronald screening.
8. Director of the Collector of Bedford Street, Alice Elliott (far left), and Director and Arthur Bradford (far right) of How's Your Next Talk with festival participants following the screening of How's Your Next.
9. Dr. Richard Rosenberg, vocational coordinator for Career Connections for the Whittier Union High School District, with Olivia Hinojosa, family support specialist at Lanterman, Marissa Latiattan who participated in the Q&A with Dr. Rosenberg after Gobbling Out, along with her sister Cynthia Landerhos. 10. Diane Anand with AFI's Director of Festivals, Christian Gaines.
11. Victoria Lesso, content expert and founding director of the Other Voices Project at the Mark Taper Forum, with Arthur Bradford after the How's Your Next? Q & A.
12. Mike Hanes from the Media Access Office with Jim Sheridan, director of My Left Foot, at the opening reception.
13. Cynthia Whittam, 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 Leofanti (On the Road with Temple).
14. Filmmakers and festival staff at an appreciation breakfast. Front: Diane Anand, AFI's Director of my Left Foot, with Georgina and daughter, Producer Jennifer Chaiken (Dance Me to My Song), and Rolf de Heer.
15. Pascal Duquenne, Jaco Van Dormael, Dr. Bhavik Shah of UCLA's Neuropsychiatric Institute, Andreas Fersman, Director of Programming Nancy Collet with daughter, Producer Jennifer Chaiken (Dance Me to My Song), and Rolf de Heer.

Resource Center Starts Special Perspectives Film Collection

In keeping with the goal of Perspectives, it is to provide 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 800.548.3676, or kyre@lanterman.org for more information.
WorkWORLD Software Helps Figure Out the SSI Maze

F iguring out if your Social Security Income (SSI) is affected by working is 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 state 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 P R O F I L E S

AR A VAHANIAN – CSUN GRADUATE, JOURNALIST IN THE MAKING

N early 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 him 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.

DO 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.

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WHAT DO YOU ENJOY DOING WITH YOUR FREE TIME?

I am a huge music listener and I also play the piano. I am 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 apart those from apart 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

H ard 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 UN, is creating a book by and for teen sibs of people with special needs, and is looking for interested persons 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 question, 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.760, 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.765 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.

Connect with the Answers to Your Parenting Questions

It’s 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 specializes in:

• Sign up your child for a health or dental insurance plan, 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 800.410.5072 (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. As you live in:

• Burbank, Glendale, or La Cañada contact:
  - Glendale Adventist Medical Center at 323.255.8059
  - 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 Tokyo, Pico Union, Westlake contact:
  - Maternal & Child Health Access at 213.749.4261
  - California Hospital Medical Center at 213.742.5557
• 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 626.774.6186

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.760, 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 patient and rewarding your child as they learn to use the toilet. The video also stresses the importance of praise, so don’t be embarrassed to belt out at the top of your lungs: I Love My Potty When I Have to Use It — a Super Diaper Flingo.

“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.750, toll-free at 800.546.3676, or kyrc@lanterman.org.

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 children in our care.

Four 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, 5303 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 800.651.5111 (TTY) to request a certification form. Exemption will be granted upon receipt of a completed exemption form certifying the applicant’s impairment.

If you 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 per call. Be sure to notify the 411 operator at the beginning of the call that you want three listings per call.

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

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 818.542.7871.

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.
**WINTER RECREATION OPPORTUNITIES**

F all is in the air and gone are long days spent at the beach, the pool and Camp. So 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 programs and activities 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 as part of their programs. Please let us know about your own experiences with these organizations so we know whether to include them in future editions. Send your feedback to the Youth Center at the Altadena Community Church. Contact Kimya Walker at 213.251.9800 for more information.

**FOOTHILL / PASADENA AREA**

Adaptive Recreation Program of Pasadena sponsors a variety of year-round recreational activities, including camping, art programs and community social events for all groups and ranges of need. Contact Jackie Scott at 626.792.5105 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.

Boys and Girls Club of Burbank offers year-round activities including a variety of sports, dance and arts programs. Contact Lisa Knorr at 323.874.0481 for more information.

Boys and Girls Club of Hollywood offers year-round activities for individuals with developmental disabilities. Contact Lisa Knorr at 323.874.0481 for more information.

Boys and Girls Club of Pasadena offers a variety of activities year-round including swimming and teen fitness classes. Contact Michael Henderson, sport director, Amy Lopez for information. Call 626.799.2116 for more information.

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.

**Los Angeles Area**

Bethune Theatredance 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 Clubs of Hollywood is a year-round community program. Onsite teen center and learning centers offer activities. Membership is required. Contact 323.464.7250 for more information.

Braille Institute offers youth-oriented activities such as after-school programs, camps and special events for children six-to-18 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 18 where participants are matched with older “big brothers.” Contact Kenya Walker at 213.251.9800 for more information.

Elvis Park, located near Dodger Stadium, provides opportunities for children and young adults year-round. Activities include field trips, nature walks, therapy animals, arts and crafts programs. Contact Treva or Carol at 323.220.1402 for more information.

Ettie 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.

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.

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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 323.965.7530 for more information.

Jewish Big Brothers Association offers residential winter camps for Jewish boys and girls with disabilities, ages five-to-12. Call 323.761.8677 for more information.

Jewish Programs for the Disabled (Chaverim) offers year-round programs and activities throughout the Los Angeles area for Jewish children with developmental disabilities. Activities include bowling, music, computer classes, dance 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 Pete Konstantin at 310.838.5271 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 Marc I. Blumberg, Camping Associate, at 213.485.4853 for more information. For general information call the main office at 213.372.9884 or visit www.lacityparks.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 workshops that are geared towards individuals of all ages with disabilities. Services are free, but reservations are required. Contact Mary Selma or Selma Waxon 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 818.792.5676 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**

**Adler Planetarium** offers a variety of year-round equisentational development program for children with special needs. Call 818.767.6573 for more information.

Boy Scouts of America offers inclusion in scouting. Contact Pierre Landry at 323.253.0534 or Landry@msn.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 626.355.6401 for more information.

The Creative Arts Center offers a variety of creative arts activities. Contact Kim Fred at 818.258.5397 for more information.

Easter Seals offers a year-round weekend only camp program. Contact Pauson House, located 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 805.267.2841 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 Chaverim (AYSO), 818.238.5397 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 svsoc@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 full and half-day ski lessons for people with various needs and ability levels. Reservations are required and can be made by calling 909.581.0269.
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.

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 Wilsline Blvd., Suite 700
Los Angeles, CA 90010

BY EMAIL:
Maureen S. Wilson, director
maureen.wilson@lanterman.org
Ronna Kajikawa, executive assistant
ronna.kajikawa@lanterman.org

BY PHONE:
213.638.1157

The following are training opportunities that focus on developmental disabilities and related topics and are conducted or sponsored by Lanterman Regional Center for families, members, staff, 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 orientation and 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: UK staff
For additional information call 213.383.1300 x.730.

FAMILIAS DE INTERVENCION TEMPORANEA (NACIMIENTO A 3 AÑOS)
Español – Ultimo lunes de cada mes
10:30 a.m. to 11:30 a.m.
Lanterman Regional Center, KYRC
Presenters: UK staff
Para mas información llame al 213.383.1300 x.730.

CHILDBEARING TRAINING (BIRTH TO 3 YEARS)
English – 26, Nov. 21
9:30 a.m. to 11 a.m.
Lanterman Regional Center, KYRC
Presenters: UK staff
For additional information call 213.383.1300 x.730.

PARA NOSOS TRES AÑOS Y MAYOR
Español – 31 de Octubre
9:30 a.m. to 11 a.m.
Lanterman Regional Center, KYRC
Presenters: UK staff
Para mas información llame al 213.383.1300 x.730.

TRANSCEND TO PRESCHOOL ORIENTATION MEETING
For families with children two years of age.
English & Español
Presenters: UK staff
For information and dates call 213.383.1300 x.730.

BEHAVIOR MANAGEMENT WORKSHOP FOR PARENTS
This session will introduce 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 888.546.3676.

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.

KIDSPAN
September 16, 2003 – October 14, 2003
9:30 a.m. to 11:30 a.m.
Lanterman Regional Center
Presenters: SCA Faculty

WOMEN’S SEXUALITY & SOCIALIZATION TRAINING
This training will cover the issues of sexuality and socialization topics. The classes will include practical applications of sexuality education for families of children with disabilities.
For information and dates call 213.383.1300 x.730.

SEXUALITY & SOCIALIZATION TRAINING
Lanterman Regional Center offers several options for sexuality and socialization training.

For information call 213.383.1300 x.730.

KIDSPAN
September 2, 2003 – September 30, 2004
3 p.m. to 6 p.m.
Lanterman Regional Center
Class dependent on enrollment.

LAUSD
3 p.m. to 6 p.m.
Lanterman Regional Center
Class dependent on enrollment.

RHA’S 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.

For additional information call 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

BEGINNER FOR ADULTS – SPANISH
September 2, 2003 – December 16, 2003 (16 weeks)
Tuesday mornings, 9 a.m. to 12 p.m.
Lanterman Regional Center
Presenters: LAUSD

MIDDLE LEVEL FOR ADULTS – SPANISH
September 2, 2003 – December 16, 2003 (16 weeks)
Tuesday mornings, 9 a.m. to 12 p.m.
Lanterman Regional Center
Presenters: LAUSD

ADVANCED FOR ADULTS – SPANISH
September 2, 2003 – December 16, 2003 (16 weeks)
Tuesday mornings, 9 a.m. to 12 p.m.
Lanterman Regional Center
Presenters: LAUSD

INDEPENDENT PROJECT LAB
For students who have already taken the beginner classes or who already have basic computer skills.
September 4, 2003 – December 16, 2003 (15 weeks)
No class on Thanksgiving November 27.
Thursday mornings, 9 a.m. to 12 p.m.
Lanterman Regional Center
Presenters: LAUSD

COMPUTER CLASSES
Lanterman Regional Center, FRC
4 p.m. to 5:30 p.m.
Lanterman Regional Center
Class dependent on enrollment, 6 person minimum

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 Wilsline Blvd., Suite 700
Los Angeles, CA 90010

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.

For information and dates call 213.383.1300 x.730.

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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.270

Cost: $55 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**

9:30 a.m. to 3:30 p.m.

Lanterman Regional Center

Presenter: Behavior Intervention and Training staff

213.383.1300, x.270

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.

**ADULT SIBLING SUPPORT GROUP**

Call for dates, location and details.

Contact: Olivia Hinjosa 213.383.1300 x.705

**ARMENIAN PARENT GROUP**

Quarterly meetings — Glendale area

Call for dates, location and details.

Contact: Rima Shahaon 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 Shahaon 818.548.4349

Sona Topjian 213.383.1300 x.468

**AUTISM SOCIETY OF AMERICA**

San Gabriel Valley Chapter Support Group

1167 N. Reed Avenue; Covina

Monthly — First Wednesday, 7:30 p.m.

Contact: Patricia Krysklefer 626.447.3452

**BY FAMILY AND CONSUMER SUPPORT GROUPS**

Monthly — Third Friday, 4 p.m. to 6 p.m.

For siblings ages six-12.

Contact: Alfredo Kertzman 714.328.4914

**FOOTBALL AUTISM ALLIANCE NETWORK RESOURCE MEETINGS**

BCK-230 E. Amherst Drive; Burbank

Monthly — Second Wednesday, 7 p.m. to 9 p.m.

Contact: Sue Brooks 818.66.AUTISM (818.662.8667)

**FRAGILE X PARENT SUPPORT GROUP**

Call for dates, location and details.

Monthly – 7 p.m.

Contact: 818.754.4227 (voicemail)

**GLENDALE / BURBANK / FOOTBALL PARENT SUPPORT GROUP**

Burbank First United Methodist Church

700 N. Glendale Blvd.; Burbank

Monthly – First Wednesday, 10 a.m.

Contact: Susan Hain 818.565.1656

**GRUPO DE APOYO PARA FAMILIAS DE INTERVENCION TEMPRANA**

Lanterman Regional Center

Segundo martes de cada mes, 9:30 a.m. to 11:30 a.m.

Contact: Augustine Melvin 213.383.2138

Monica Maturi 213.383.1300 x.498

Edward Pere 213.383.1300 x.674

**GRUPO PARA FAMILIAS CON NIÑOS CON PRADER-WILLI**

Shriners’ Hospital

3160 Geneva Street (Virgil and Third); Los Angeles

Ultimo viernes de cada mes, 7 p.m. to 9 p.m.

Contact: Angelies y Jesus Lopez 323.644.3191

**INCLUSION IN REGULAR CLASSES SUPPORT NETWORK**

Dates, locations and times vary each month.

Call for next meeting.

Contact: Sam Suzavi 213.383.1300 x.503

**JAPANESE-SPEAKING PARENTS**

ASSOCIATION OF CHILDREN WITH CHALLENGES

Little Tokyo Service Center

221 East First Street, Suite G-10; Los Angeles

Monthly – Third Friday, 9:30 a.m.

Contact: Mariko Magami 818.249.7126

Michiyo Wilkins 818.357.0728

**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: Sulah Chang 213.899.8801

Christine Yuh 213.383.1300 x.503

**MOMMY & DADY & ME — EARLY INTERVENTION PARENT SUPPORT GROUP**

Call for details.

Contact: Olivia Hinjosa 213.383.1300 x.705

**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

**QUALITY SERVICES**

In this training, service providers will learn about delivering quality service 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: $55 pre-registration, $10 at door

Parking not validated.

**RETT SYNDROME SUPPORT GROUP**

Quarterly meetings — Pasadena area

Call for dates, location and details.

Contact: Marie Hyland 818.662.4936

Parking not validated.

**SIBSHOPS**

For siblings ages six-12.

Los Angeles and Pasadena areas

Monthly — Third Friday, 4 p.m. to 6 p.m.

Contact: Olivia Hinjosa 213.383.1300 x.705

**THE ACHIEVERS**

Burger King in Glendale

Corner of Colorado and Chevy Chase

Monthly — Third Monday, 5 p.m. to 6 p.m.

Contact: Jack Riggle 818.668.2126

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

bridge from promotion and prevention, to early recognition and management of adolescent development, as well as helpful tips for preventive efforts and for friends and community, and includes information on each stage of child and adolescence. Each chapter is divided into four sections reflecting spheres of child and adolescent functioning: self, family, caregivers.

The first part of the guide is organized developmentally, with chapters on infancy, early childhood, middle childhood, and adolescence. 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, 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.

Resources in the KYRC Library

Resources in the KYRC Library

In The KYRC Library

The KYRC Library offers a variety of resources, including books, periodicals, and electronic materials. The library is open to the public and provides access to a wide range of materials on topics related to mental health, child development, and community support.

Contributors:


Photography:


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