Pastimes Program Takes Participants Out and About the Community

Several times a week, the eight individuals who participate in the Pastimes program pile into the GAR Services van and head off to engage in a variety of social, recreational and educational activities in the community. Currently available as an afternoon program only, Pastimes is the newest choice in the line of services offered by GAR Services and serves as a transitional program for older individuals who are leaving a full-day vocational program. Pastimes participants work at GAR Services in the morning and then spend the afternoon out and about exploring the variety of community-based resources available for seniors in a safe and supervised setting.

The group typically spends Mondays at the GAR Services building located in Glendale doing arts and crafts projects, as well as other educational and enrichment projects. The members of the group also draw up a schedule for the week of where they would like to go and what they would like to do.

Since its inception, the Pastimes program has visited places all over the Los Angeles area, including The Getty Museum, Olvera Street, Chinatown and The Kodak Theater. Participants also take part in a weekly dance class, as well as other existing senior programs at the adult recreation center in Glendale. “The Pastimes program serves as an educational tool that promotes the inclusion and understanding of people with disabilities within the general community,” comments Carole Jouroyan, executive director of GAR Services.

“Initially we noticed that the community was surprised to see people with developmental disabilities side by side with them in a senior center class, but as the weeks have gone by, Pastimes has been accepted as one of the crowd with the end result being new and rich relationships for everyone,” shares Jouroyan.

Health and Wellness
Ensuring Healthy Teeth and Bright Smiles for Lanterman’s Youngest

Did you know that oral health care for your children starts while they are still in the womb and not when their permanent teeth start coming in later in life? Even after your child is born, there are a variety of things you can do to help maintain healthy gums until their baby teeth do come in.

Dental problems can be prevented and the earlier the intervention, the better the outcome. “Parents are the first line of defense in protecting their child’s oral health and they need to know how to look at their child’s teeth and identify possible problems,” shares Reyes. 

Recognizing that early oral health care is critical to developing good lifelong oral hygiene, Lanterman Regional Center is currently offering two days of dental screenings per month for children from birth to three through the Early Intervention Dental Clinic. The clinic generally meets on the last Thursday and Friday of every month and appointments are on a first come, first served basis.

A dental screening includes a visit with Lanterman’s dental coordinator, Leticia Reyes, who visits with the family, performs a visual screening of the child, asks a series of questions relating to the child’s oral health, including brushing status, previous dental visits, and concerns the child’s parents have regarding their child’s oral health. Reyes also provides oral hygiene instruction and education, and teaches parents how to look in the mouth of a child.

Dental problems can be prevented and the earlier the intervention, the better the outcome. “Parents are the first line of defense in protecting their child’s oral health and they need to know how to look at their child’s teeth and identify possible problems,” shares Reyes. “I have noticed that the one-on-one visits with families serve as a desensitization for the children who may be scared to go to the dentist,” adds Reyes. “I let them hold the gloves and the mask and practice with the toothbrush.” In addition to one-on-one consultations, Reyes also conducts oral health education for various parent groups in the Lanterman community. “While the screening is specific to the child, I also focus on family dental health intervention since the only way to ensure good oral health for the child is to ensure that the family is also practicing good dental hygiene,” notes Reyes.

During the screening, appropriate referrals are made to children’s dentists within the Lanterman service area with whom the Center has already established relationships. Families can also make an appointment at the time of screening. Reyes sends each child home with a toothbrush and a coloring book, both of which have been donated.
Remembering Frank Del Olmo… By Sharing His Story, He Gave Hope to Others

Frank Del Olmo, a pioneer and leader in the early developmental disabilities community movement that established community services and supports for children and adults with developmental disabilities and affirmed their rights to be included in community life instead of being warehoused in large isolated institutions, was a strong advocate for family support because she knew first hand of the isolation and loneliness experienced by families of children with developmental disabilities.

She was a firm believer in effecting change through personal example to the good of the whole community. Young always thought beyond her personal interests, contributing to the well-being of the whole community. Lanterman Regional Center honors her legacy by continuing to train future leaders and advocates through its Leadership Institute.

She both led and advocated by example, a rare trait in these days when both leaders and advocates are long on words and short on action,” notes Diane Acanul, executive director. “Her spirit will continue to guide our community.”

Pastimes

Pastimes continued from page 1

On Fridays, the group volunteers at the Salvation Army in Glendale and helps serve lunch to homeless people. For Valentine’s Day, the Kwan’s Akkon Club purchased flowers for residents at a local nursing facility, and the Pastimes clients delivered the flowers and visited with the residents at the nursing facility.

The rationale for starting Pastimes was that some of the people we serve were getting older and their needs and physical abilities were changing because of a variety of different health-related issues associated with the aging process,” notes Jourayan. “We saw Pastimes as a continuum of services that provided the people we serve with the best of both worlds — working and participating in the community.”

Viewpoint asked the Pastimes participants what they enjoyed best about the program and here’s what they had to say:

“I like shopping at the Glendale Galleria, going to museums, doing art, going to the park for lunch and on Tuesday afternoon we go to dance class at 1 p.m.,” shares Lois.

“I like everything about Pastimes… going downtown, watching videos, learning to write poetry, painting, learning to write letters to friends and family,” explains Beverly.

“My favorite place to go is Black Cow in Montrose and other coffee shops, the museums, and I like riding the train,” comments Danny. “I also like serving lunch on Fridays at his memorial service for his son Frankie. She recounted how each column resulted in an outpouring of letters from readers and that the family would schedule vacation time to respond to them.

“Because of his willingness to share his family’s experiences in the public forum of The L.A. Times, Frank gave hope to many readers whose children had autism,” shares Diane Acanul, executive director. “He will be sorely missed by all who knew him personally or through his columns.”

A book of del Olmo’s most memorable columns will be published by the Los Angeles Times later this year and will feature one chapter on all 10 columns that he wrote on autism. His wife Magdalena is working closely with Times’ Editor Frank Sotomayor on the book, of which all proceeds will go to charities funded by The Times.

Taking advantage of community resources, Carmen and Shaunna browse through magazines and books housed at the library.
The Quarterly Budget Update: Budget Proposes Major Changes

As we go to press the budget situation in California is in flux. To recap, the State faced a $30 billion plus budget deficit. Part of the debt was resolved when voters approved the $15 billion bond initiative backed by Governor Schwarzenegger. But also, the State faces a $15 billion budget shortfall for the upcoming fiscal year that begins July 1. The California Constitution requires that the budget be balanced. This means that the State cannot deficit spend as does the federal government. So shortfalls are made up by raising revenues (taxes and fees), or making budget reductions (reducing programs and services), or by taking loans, or a combination of these. A bit of good news is that tax revenues received by the state during April were $1.5 billion higher than anticipated; but a significant budget gap remains.

The Governor’s January budget proposes no tax increases and relies mainly on reductions in programs and services. For regional center services, the Governor has two major proposals to control costs and slow the rate of growth in the budget for purchased services.

The first proposal is implementing statewide service standards for the services purchased by the regional centers. This proposal is supported by Lanterman Regional Center as a way to maintain the entitlement to services in an era of shrinking resources, while promoting fairness and equity among regional centers. You may access these draft standards released by the Department of Developmental Services (DDS) by their main Web page at www.dds.ca.gov or through a link on Lanterman’s Web site at www.lanterman.org. Lanterman’s response to these draft standards is also available on our Web site.

A second proposal, is one that was specifically requested by the Legislature in last year’s budget bill, parent copayment for certain services. This proposal has also been released by DDS. The proposed copay, would apply to:

- Only families with children between the ages of 3-17
- Only families receiving respite, day care or camping services
- Only families whose income is at least 400 percent of the federal poverty level ($75,600 for a family of four)

The copay would be on a sliding scale starting at five percent of the cost of authorized services in the above categories and moving upwards as income is increased. Families would have to develop their share of the cost of services directly to the service providers. Regional centers are opposed to this proposal because it involves verifying income, something we have not done in the past, and which would represent a significant workload increase. Service providers (families) are also opposed to this approach, as most of them would have to develop new systems for collecting payments from families and would add to their workload without added resources.

The Administration expects to reduce spending for purchased services (POS) by $3 billion mainly by implementing these two proposals. This represents about five percent of the total DDS budget of over $22 billion.

The regional center operations budget is also slated for a significant reduction. This budget pays for the direct services provided by the centers and their operating costs, such as intake and assessment, service coordination, monitoring of services, advocacy, and the management of client funds. What is proposed is a reduction of $32 million for service coordination, increasing the size of service coordinator caseload ratios. The Administration is also proposing a reduction of 15 percent or $6.5 million from regional center administrative costs referred to as “cost containment.” When asked, Administration representatives say that this last reduction is equivalent to the cost of state agencies, but admit that no specific requirements of regional centers have been eliminated to compensate for this. This reduction will have a devastating impact on the centers and will jeopardize their ability to function and continue to bring in federal revenues. This represents a real challenge to the centers who are already understaffed to perform such administrative functions as paying claims for services and managing complex computer systems required by our contracts with the State. In addition, centers are being required to take over the payment and monitoring functions for programs currently funded through the Department of Habilitation (currently more than $120 million annually) without any additional resources. Unlike the state agencies, regional centers have not had a cost of living adjustment since 1990 and have suffered significant increases in the cost of operating such as liability and workers compensation insurance, rent and the like.

The proposed changes are currently being discussed and debated as a part of the overall budget process. The Governor will also release his May revision to the budget shortly before Memorial Day, and this will contain updated revenue and spending projections as well as any changes to initiatives proposed by the Administration. You can get up to date budget information by clicking on the “Budget Watch” button on the Lanterman Web site.

The Director’s Viewpoint

Continuing the Tradition of Leadership

Part of our Lanterman vision and a core value of our community is leadership, defined as “an act of service to the community as a whole. As an organization, and as individuals, we strive to be in the forefront — pioneering new ways to enhance the lives of people with developmental disabilities, their families and the community we share. We want to inspire the Center to reach its full potential and lead the way for others.”

Recently, we were saddened by the loss of two extraordinary individuals — each of whom was a valued part of our Lanterman community, and each of whom embodied the essence of leadership in a distinctive way. Their accomplishments are chronicled elsewhere in Viewpoint, but I wanted to comment personally on their meaning to Lanterman.

Asenath Young is familiar to many of you. She was a part of Lanterman virtually from its inception, serving as our first board president. Even more, she was one of the pioneers — one of those who spoke for justice — and was instrumental in the development of Lanterman Regional Center and the state system of service delivery. She encouraged support for individuals with developmental disabilities and their families, and was a champion of family-professional partnerships. Our Koch Young Resource Center is in part named for her. We have lost a wonderful woman, visionary leader, great friend and tireless advocate for the community of developmental disabilities.

Frank del Olmo was another kind of leader. His gift was words, and as a Pulitzer Prize-winning journalist, beloved columnist and associate editor of the Los Angeles Times, he raised his voice over the years in many ways, touching many lives. As the father of a son with autism he understood well the issues facing our community, and used his talents to deepen awareness with a broad audience that reached beyond our immediate constituencies. His annual column, sensitively sharing his personal challenges and experiences with his son, helped countless families, spreading compassion and hope well beyond the borders of Lanterman.

Both these individuals brought their talent, experience and skills to bear on a variety of concerns. They were very different people and led in very different ways, yet their contributions to our community are immeasurable.

There is no single mold for a leader, no single way to make a difference. One can participate in a variety of organizations and bring awareness to many causes, helping to spread understanding and social acceptance. Over the years, we’ve seen remarkable leadership emerge from sometimes unexpected places, and we’ve been fortunate in the quality of leadership our extended community has enjoyed.

As leaders, both Asenath and Frank inspired us — as people, they were tireless advocates who left our community a better place. We shall miss them, but they are comforted by the fact they live on in their contributions. The finest tribute we can pay each of them is to continue their tradition of leadership.
A woman who has adopted 11 children with special needs; the unlikely friendship that develops between a businessman and a young man with Down syndrome; a poet, author and painter with cerebral palsy — the 2003 Perspectives Film Festival, cosponsored by the American Film Institute and Lanterman Regional Center, captured a wealth of stories. Film has the power to move, inspire and entertain, but it also has the capacity to challenge prejudice and transform our views. We asked a group of festivalgoers, participants and planners about the impact the first annual Perspectives Film Festival had on them.

I volunteered at the festival last year, giving out surveys and film information to people entering and leaving the screenings. It felt good to do something fun, and it was worthwhile to work alongside so many nice people who happen to be clients of the regional center. The films I saw took me on journeys in which I experienced joy, sadness, anger, frustration, and, most of all, empathy. The characters reminded me that we all share the same basic needs and desires, and in that, there are no differences. Not long after the festival, I recall discussing the extraordinarily raw and beautiful Dance Me to My Song with a few co-workers. One of them was disturbed by the total nudity of the main character because she had CF. It ultimately was not the usual “Hollywood” film nudity that we as Americans have become accustomed to. But however disturbing it was, I think it gave the viewer insight into the extreme vulnerability of the character, and let us know that human sexuality comes in all shapes and sizes. We need to expand our concept about what “real” is and have our envelopes pushed. These films are a way for us to step into someone else’s reality. I wish that we as employees could have an opportunity to view some of these films and discuss them in an open forum so that we can air our perceptions and feelings. Perspectives is just the beginning — now we all have to do the work. — Shaz Bennett, Director, Festivals; American Film Institute

The issue that’s really important to me is the power of film to transform, educate and enlighten — not just entertain. In viewing films about people with developmental disabilities, I’m struck by the difference between portrayals that are positive and those that are accurate. The disease-of-the-week movies on television are often oversimplified, and they take enormous creative license to move the stories along. With Perspectives and any of the film festivals we do, we look for films that push the envelope, that make people sit up and pay attention to the issues. We try to shake things up a bit. What struck me about last year’s festival was the atmosphere of the feeling of community and the feeling of inclusion — only this year it was the inclusion of “typical” people. We feel that the more typical people who attend the festival the better — we’re looking to expand the audience. What we try to do is reach people, and we hope that this year’s festival is seen by a lot more people. We need to effectively reach out to more clients, other regional centers, service providers. There are lots of ways of reaching people — through television and computers — but our work is programming films. It’s about creating live community and taking a journey together. — Christian Gaines, Director, Festivals; American Film Institute

I’ve been working in festivals since I was 15, and I love seeing films on the big screen — the experience of sitting in the dark watching the same story that others are seeing and knowing that you may see the film in your own way. Sometimes film-festival audiences are a bit jaded, but the Perspectives audiences reminded me why it’s great to be in a crowd watching a movie — it’s a community event. In the screening of How’s Your Neck Now?, the audience with people with Down syndrome in attendance, it was infectious. “Typical” people may think, Oh, a festival about disability — that’s going to be so depressing. But actually I found it quite the opposite. I recall sitting in the audience for the film and seeing several smiling people with disabilities handing out programs and answering questions about the festival. I thought, This is the right place for our film.

My first strong impression of Perspectives was walking into the screening for our film and seeing several smiling people with disabilities handing out programs and answering questions about the festival. I thought, This is the right place for film. I was impressed by many aspects of the festival, but my greatest praise goes towards the effort that was made to include people with disabilities and their families. This just makes sense and seems a simple idea, but it’s not always implemented as well as it was at Perspectives. On a personal note, it felt very gratifying to be included in this festival because our film, which focuses on the humorous side of living with a disability, has often been met with uncertainty and trepidation by programmers at large established festivals. We found this frustrating because we knew that the very communities these festivals feared would take offense would actually be the ones who connected most strongly with our film. Inclusion in a festival like Perspectives is therefore very meaningful to us, and perhaps it will inspire some of the older festivals to show a little more backbone in the future. The most meaningful moment of the festival for me was the excellent speech given by Andrea Friedman, an actress with cerebral palsy, who said “I think people with disabilities should play people with disabilities in films.” Again, this is a simple idea, but just take a look at how many big Hollywood films employ background actors to play roles that are not convincingly played by people with disabilities. To this end, I commend actor William H. Macy for his sensitive portrayal of a man with cerebral palsy, but I’d like to humbly suggest that Perspectives find resources from Lanterman and American Film Institute and AFI should be applauded for this innovative and very important project!

Last year, the Exceptional Children’s Foundation was one of the sponsors of the festival, and several members of the ECF family participated in the festival’s activities. I attended the closing night’s forum and was encouraged by the spirit and passion of the supporters and actors in attendance. My hope, as a sponsor again this year, is that the festival will build on the success of its first year — leading to heightened recognition of this opportunity to increase the general public’s awareness of our citizens with developmental disabilities. — Scott Bowling, Psy.D., President and CEO, Exceptional Children’s Foundation

When I first heard about the Perspectives Film Festival, I wasn’t sure if it would be tasteful or respectful — in the past, Hollywood has not always portrayed persons with disabilities in a realistic light. But I saw about six of the movies and stayed for all of the discussions afterwards, and I also attended the media forum on the last night. The size of the festival meant that I could talk to the filmmakers and ask, “How did you shoot that?” or “Why did you make that choice?” I love TV. And I’ve been in the business myself as an actress, writer and filmmaker for many years. I want to see films that have a good story. But why are able-bodied people given the parts of persons with disabilities? Persons with disabilities (PWDs) are daughters, sons, mothers, fathers, girlfriends, boyfriends, teachers, lawyers, store customers, etc. I’m an actor first; the fact that I happen to have cerebral palsy is second. I want to be known as a quality actor, not as a disabled actor. I think it is important to have a film festival that portrays PWDs. Individuals need to see themselves reflected in the entertainment industry. But I look forward to the day when this film festival will not be necessary because persons with disabilities are integrated into the movies and into television shows on a regular basis. — Dawn Grabowski, Actor

I believe in Perspectives and the power of the big screen to communicate the value offered by people with developmental disabilities. As the president and CEO of the Exceptional Children’s Foundation (ECF), I strongly feel that one of the most significant missions we have is to educate the community about the contributions that have and can be made by people with disabilities. The use of celebrities and films is a strong yet underutilized tool available to us. I hope that this festival and the power of the big screen will continue to educate and enlighten — not just entertain. In viewing films about people with developmental disabilities, I’m struck by the difference between portrayals that are positive and those that are accurate. The disease-of-the-week movies on television are often oversimplified, and they take enormous creative license to move the stories along. With Perspectives and any of the film festivals we do, we look for films that push the envelope, that make people sit up and pay attention to the issues. We try to shake things up a bit. — Shaz Bennett, Director, Festivals; American Film Institute

Continued on page 7
AN INTERNATIONAL FILM FESTIVAL AND FORUM
PROMOTING UNDERSTANDING AND INCLUSION OF
PEOPLE WITH DEVELOPMENTAL DISABILITIES

June 4-6, 2004
ArcLight Cinemas
6360 W. Sunset Boulevard
Hollywood, CA
www.perspectives-iff.org
Lanterman Regional Center. “What people with developmental disabilities and their families tell us they value the most and find the least are understanding and inclusion,” explains Parish-Miller. “We are excited to build even greater understanding of this year’s event. We began a remarkable dialogue last year, and are excited to build even greater understanding this year.”

“What people with developmental disabilities and their families tell us they value the most and find the least are understanding and inclusion,” explains Parish-Miller. “We are excited to build even greater understanding of this year’s event. We began a remarkable dialogue last year, and are excited to build even greater understanding this year.”

Building on the success of last year’s inaugural Perspectives, Perspectives 2004 will take place June 4-6 at the ArcLight Theatre in Hollywood, and will present an exciting array of thought-provoking films and programs. Each screening will be followed by a lively discussion between filmmakers and experts in the field of developmental disabilities—a feature that makes Perspectives unique in the film industry.

“Film has always been an avenue for opening eyes to understand life from another point of view,” notes Parish-Miller. “This screening will be followed by a discussion for people with disabilities. The screening is being sponsored by Franklin Lantersman Regional Center and tickets are complimentary to all.”

SUNDAY, MAY 6, 2004
11:00 AM SMUDGE
CANADA 2004 21 MIN VIDEO

DIR/SCR Ian Faris-Jones PROD Hilary Janes-Farrows, Meritt Jensen Carr

Based on the book by Nan Gregory, Cindy, a young woman with Down syndrome, finds a puppy and attempts to smugly report the stray to group homes.

This screening will be followed by a discussion for people with developmental disabilities who want to get involved in the film industry.

This screening is being sponsored by Franklin Lantersman Regional Center and tickets are complimentary to all.

SUNDAY, MAY 6, 2004
1:00 PM WHEN BILLY BROKE HIS HEAD... AND OTHER TALES OF WONDER USA 1937 75 MIN 35 MM

DIR/PROD Billy Gullif, David E. Simpson SCR/NARRATOR Billy Gullif SCR David E. Simpson

Wade Blank, founder of Atlantic/ADAPT, Larry Kegan, writer, musician, songwriter, and model for William Defar’s character in Oliver Stone’s BORN ON THE FOURTH OF JULY, and a young boy with cerebral palsy, are just some of the many people throughout the United States who are experiencing a rapid rise in the number of children with autism. Seven-year-old Adre and Emma, and five-year-old Julian, are in the Autism Program of the Oakland, California, Public Schools. This engaging documentary tells of their daily life at school and at home, and profiles the valiant efforts of their parents and teachers to help them reach their maximum potential. By the end of the documentary, we finish with the question of what the dedicated teachers will be laid off because of the State’s budget crisis.

SUNDAY, JUNE 6, 2004
11:00 AM TOUR TO ME AND GIVEN A CHANCE... A LITTLE GIRL’S JOURNEY (Total Run Time 83 MIN)

TALK TO ME USA 2003 28 MIN VIDEO

DIR Vanessa Kaneshiro

Public school systems throughout the United States are experiencing a rapid rise in the number of children with autism. Seven-year-old Adre and Emma, and five-year-old Julian, are in the Autism Program of the Oakland, California, Public Schools. This engaging documentary tells of their daily life at school and at home, and profiles the valiant efforts of their parents and teachers to help them reach their maximum potential. By the end of the documentary, we finish with the question of what the dedicated teachers will be laid off because of the State’s budget crisis.

SUNDAY, JUNE 6, 2004
3:30 PM KEEPING IT REAL—“X” THE DISABLED USA 2001 83 MIN VIDEO


The morning after Kresten’s wedding, he receives word of his father’s death, complicating the fact that he has already lied about having no children. Kresten is travelling to reveal his poverty-stricken past to his new wife, Renæs returns alone to his father’s dilapidated farm, where he arrangements his father’s funeral while caring for Rud, his brother who is mentally handicapped. When Kresten hires Liva to help care for Rud, Kresten’s life is further complicated. Like Kresten, the beautiful Liva is also living a lie. The third film from the Danish DOGMA collective (Thomas Vinterberg’s THE CELEBRATION, Lars Vinterberg’s THE JOKUTO), MIFUNJU faultlessly created a sensation at the 1999 Berlin Film Festival, winning the Silver Bear.

SUNDAY, JUNE 6, 2004
8:30 PM SLINGBLADE USA 1996 135 MIN 35 MM


A tour de force from Billy Bob Thornton, who doubles as star and director. Thornton plays a mental retardation released from care after 20 years, who becomes a young boy (Lucas Black) and becomes involved in a dramatic change of scene. This film is a testament to bringing the theatrical impulse which landed him in the institution in the first place. As star, Thornton is spellbinding.

Billy Bob Thornton was nominated for Best Actor in a Leading Role at the 1996 Academy Awards and won for Best Writing, Screenplay Based On Material Previously Produced Or Published.

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Advance Tickets Highly Recommended
To order advance tickets go to www.Perspective2004.com (call 323.464.4226, or visit ArcLight Hollywood’s office at 6360 W. Sunset Boulevard (at larva). Tickets are $15, $11 for ArcLight members, $5 for those with a special needs parking. You can become a member of ArcLight by registering at Guest Services or on their Web site. For more information go to www.perspectives.org or e-mail perspectives@lanterman.org.
CARLOS ARTURO SIERRA IS STEALING HEARTS WITH HIS SONG

For over half his life, since he was eight, Carlos Arturo Sierra has been singing. His parents, Miguel and Josefina Lore Frank Sinatra and Luis Miguel, and one day when they were playing the Sinatra CD, Carlos just started singing along and trying to imitate him. So they initially signed up Carlos for voice lessons at his school. As Carlos’ vocal talents developed, he also became interested in acting. In addition to lessons at school, Carlos received voice lessons from long time family friend, Abigail Loces, as well as several other professionals in English and Spanish acting lessons, and attended musical and drama camp. As his dad says, “The rest is history.”

In 2000, Carlos received the Saham Scholarship at the Media Access Awards, which honors a young performer with a disability. With some of the scholarship money he received, he recorded a demo CD with songs in both English and Spanish. In 2003, he was awarded the Ricardo Montalban/Nosotros Scholarship at the Media Access Awards, which honors a performer with a disability.

While at the 2003 Media Access Awards reception, Carlos was approached by Director/Producer Bobby Farrelly to audition for an upcoming film, The Ringer. So at the end of December 2003, Carlos flew to Austin, Texas. He was given a singing role in the film as well as a small part that featured Carlos being interviewed about another player who was participating in the Special Olympics. At 29, Carlos is a very busy man. He’s starred in several films, including The Ringer, United States of Leland and Mockingbird Don’t Sing. He’s also appeared on several television shows and in a Cingular Wireless commercial. He’s participated in the radio productions including two with Teatro Ilusion, a monthly inclusive theater program for children with disabilities. Carlos is also part of the transition program at Eagle Rock High School and spends his mornings taking computer, voice and fitness classes at Glendale City College and his afternoons at Eagle Rock High. He also made an appearance at the 10th anniversary celebration for the Koch Young Resource Center where he serenaded guests.

In addition to singing, which he can do in both English and Spanish, Carlos enjoys dancing, swimming, basketball, soccer and riding a bicycle. He also enjoys spending time with his girlfriend, Sofia, who he has been dating for four years. They enjoy going to the movies and out to dinner. Carlos is looking forward to eventually getting married.

“Carlos loves to sing, and we love to hear him,” shares Miguel. “It’s hard sometimes, because a lot of people don’t believe that he sings, but Carlos wants to make a profession out of singing, so we are doing our best to help him achieve his goal.” Currently the family is helping Carlos make a second CD, and is arranging a variety of personal appearances including a recent one at a Los Angeles Unified School District event at the Los Angeles Convention Center.

With lots of hard work and patience, hopefully, it’s only a matter of time before Carlos is receiving his Grammy award for male performer of the year.

Writing Songs and Making Music to the Rhythm of Their Lives — The Kids of Widney High

Fifteen years ago, Michael Monagan, a teacher at Widney High, a special education school in Los Angeles, started a song writing class for students at the school to give them an opportunity to write songs for a school play. “The students, however, also had other things in mind and started writing songs about anything,” notes Monagan, “so at the end of the year I decided to take them into the studio and we made an album.”

The first album, Special Music from Special Kids, was a big success upon its release in 1989, and there was a lot of interest expressed in making a movie about the Kids of Widney High. So the group waited and waited, however, the movie never panned out. Ten years later in 1999, the new student members of the group released the group’s second album, Let’s Get Busy. About four years later, while the students were working on their third album, they finally got their chance to be in a movie. Director Barry Blaustein working with the Farrelly Brothers, who are on the Perspectives Council of Advisors, approached the group to participate in their upcoming movie, The Ringer. The group has also been featured on Kevin and Bean’s Christmas albums produced by BBOQ Records.

Traveling to Austin, Texas, the singer/songwriters of Widney High performed two songs in The Ringer. In one scene, the Kids of Widney High performed as the live band for a formal dance singing “Pretty Girls” and in the final scene of the movie, they sing their version of “Respect” with the cast dancing around the band.

KELLY SANCHEZ
Parent
KYRC 10th Anniversary Celebrates the Importance of Partnership

On March 25, 2004, over 300 people attended the 10th anniversary Koch+Young Resource Center (KYRC) Open House at Frank D. Lanterman Regional Center. The event was underwritten by EOS International with contributions from Whittier Law School and Ann Seisa of Vaghöl’s Residential Care, Inc. Lanterman dedicated the event in memory of Mrs. Aenath Young, a pioneer who throughout her life strove to foster the overall development of our community and served as a model figure in her dedication to improving the lives of individuals with developmental disabilities and their families.

As guests arrived throughout the afternoon, they were met by greeters and guided through a tour of the Resource Center stopping at the following stations: Help Desk, Perspectives Film Festival (photo 7), Library Collection, Touchpoints™ Project (photo 19), Resource Packets (photo 18), Assistive Technology Lab (photos 3 and 16), Lanterman Web site, Dental Resources (photo 14), Support Groups, Peer Support Partner Program and Educational Training (photo 1). Once guests completed a tour of the Center, they were invited to mingle and network on the second floor while enjoying light food donated by O’Mamamia and Celaya Bakery.

Additionally, three breakout sessions were held for various target audiences, including An Inside Look at Information Management Systems: Cost-effective Solutions in a Time of Shrinking Budgets, given by Jackie Prentice of EOS International (photo 8), Introduction to Mentors and Technology Project (MAT), and Perspectives Film Festival: A Closer Look with Sam L. Gregg from the American Film Institute (photo 13). The sessions were well-attended and generated much food for thought.

The event concluded with the 10th Anniversary Celebatory Program (photo 20), which included two outstanding performances by Kristina Turnage (photo 5), a poet and a participant in the assistive technology computer class, and Carlos Arturo Sierra (photo 6), a singer who wowed the crowd with his smooth Paul Anka tunes. The program also included a tribute to regional center pioneer Aenath Young, and testimony on the value of community partnerships. As Master of Ceremonies Martin Sweeney noted, “Together we make up quite a colorful quilt.”

The following individuals spoke poignantly about the value of community partnerships:

- Staff members Jessica Nuñez, Yadira Navarro and Leticia Reyes talked about the value of partnership within different units at Lanterman;
- Individuals from the Whittier Law Clinic and Ann Seisa of Vaghöl’s Residential Care, two of Lanterman’s service providers, spoke of the value of effective and proactive partnership between Lanterman/KYRC and service providers to provide the highest quality service to clients and their families (photo 17);
- Professional partners, Sonia Aller (Tech for Tots), Beth Walker (Pasadena Public Library) and Karen Wade (Project TECH) attested that collaboration between Lanterman/KYRC and community agencies is of mutual benefit to both partners and allows everyone to better serve their community;
- Family members Blanca Siebels, Germain Barrero, Evyn Jones, Karen Diaz and Chongae Koh testified about the value of Lanterman/KYRC in providing information, education and support to families (empowerment, leadership development), and through their actions have shown the ability of proactive family members to give back to others in the community through peer support, advocacy, etc;
- Adult clients Eli Fattal, Allen Barnes, Mary Flynn and Ralph Bingener shared their experiences and spoke about the opportunities that have opened up to them through Lanterman/KYRC and shared how they have given back to their communities;
- Community partners Steven Bundly (Pasadena First Church of the Nazarene), Barbara Reilly (creator of Team Spirit baseball), Lisa Levin (UCLA Special Olympics), Allison Henkel (USC Helenes)

“I thought the event was a great success and I enjoyed telling people about the library. My parents were also very impressed with the whole setup and felt their visit was well worth it.

My sister was born with a mild form of mental retardation so they had a great appreciation for all that is being done at the Center. My mother, in fact, would have wished there had been such a resource center in Canada in the early 60s when my sister was born.

I also enjoyed the breakout presentations on (Qseries, Tracking Log) and the Perspectives Film Festival, which my parents plan to support. Hopefully, soon we can have a collaborative and unified library database of all the resource centers in Southern California.”

— Suzanne Giesinger, off-site librarian, Koch+Young Resource Center
and Peter Choh (Young Nak Church) again emphasized how collaboration with Lanterman/KYRC provided a mutual benefit to both parties and at the same time helped the people in our community.

The formal program ended with the presentation of four Lanterman Leadership Awards.

**Community Partnership Award – Diane Ausland, executive director, presented this award to Barbara Reilly, a community member with no previous regional center affiliation who created the Team Spirit Inclusive Baseball League.** (photo 13)

The Community Partnership Award is given in recognition of an individual or entity who has worked in partnership with Lanterman Regional Center to pioneer new ways to enhance the lives of people with developmental disabilities and their families, and the community in which they live.

**Leon Teshbhrany Spirit Award – This award, presented by Patricia Herrera, director of Family Support Services, recognized John Poulos, a client of Lanterman who has been proactive in assisting other adults with self-advocacy and employment, and who also currently sits on Lanterman’s board of directors.** (photo 12)

The Leon Teshbhrany Spirit Award is given in recognition of an individual with a developmental disability who through a spirit of willingness and a readiness to volunteer, has made a significant contribution to the lives of other people with disabilities who through a spirit of willingness and a readiness to volunteer, has made a significant contribution to the lives of other people with disabilities and their families, and the community in which they live.

**Roberta Happe Service Award – Melinda Sullivan, associate director, presented this award which was given to Sam Suzuki, a 26-year staff member dedicated to inclusion and overall improvement of quality of life for Lanterman clients and their families.** (photo 9)

The Roberta Happe Service Award is given to a Lanterman Regional Center staff member or consultant who has demonstrated the power to lead by example and the personal commitment to improve and enhance the lives of individuals with developmental disabilities, their families, and the communities in which they live.

**Eveline Landry Family Award – Linda Landry presented this award, which acknowledged Martin Sweeney, a parent (and Lanterman consultant) dedicated to increasing access to assistive technology resources, who has worked tirelessly to improve the lives of individuals with developmental disabilities and their families.** (photo 10)

The Eveline Landry Family Award is given in recognition of a family member of an individual with a developmental disability who has demonstrated an extraordinary personal commitment to supporting other families, and enhancing opportunities for people with developmental disabilities and their families throughout the community.

“Hello. I just want to tell you how much I enjoyed the Open House yesterday. The program was wonderful and very, very moving. I appreciated having an opportunity to say a few words about the grant and to hear from your other partners. And the remarks and performances by family members and clients were very inspirational. It was an absolutely great evening!” — Beth Wither, Pasadena Public Library

“Thank you! I enjoyed it [Open House] greatly, and was pleased to share the unique project we did together through Tech For Tots.” — Sonia Aller, Tech For Tots

**A Different Kind of Experiences**

By K.J. T.

There are many, many different kinds of experiences. Good as well as bad. Only you’re attitude and time will tell what kind you’ll have.

Any experience is a learning experience. If shown and learned with pride.

The only way that is done is if you don’t run and hide.

I was afraid of experience — afraid to make a move.

I just had to learn to see from a different point of view.

A very special thank you to Lisa Levin, for her time, energy and creativity in providing overall coordination and attending to every detail of this anniversary celebration.

Thank you to everyone who helped, without you, this event would not have been possible!

**SPONSORS:**

Event underwritten by: EOS International
Contributor: Whitter Law School
Sponsorship of Flowers: Ann Seisa, Vaghi’s Residential Care
Flower arrangements by: Anwar Florist and Nursery
Catering partially funded by: O’Mama’s
Cake donated by: Celia Bakery

**OPEN HOUSE COORDINATION:**

Check-in table: Intake Team
Signage: Drew Biehle, William Martinez
Tour stations: Marielle Farnan, Suzanne Giegerick, Toni Jones, Koch • Young Resource Center Staff, Joe Perales
Children’s area: USC Helens
Breakout session coordination: Thani Chow, Marielle Farnan, Patricia Herrera, Linda Landry, Jackie Prentice, Martin Sweeney
Survey coordination: Linda Landry, Jackie Prentice, Lisa Schipke
Perspectives Film Festival speaker: Sam Gregg
Translation: Alma Flores
Library preparation: Ralph Bingener, Eli Fattal
Packet collation: Jessica James
Volunteer recognition preparation: Autumn Harrison, Olivia Hinojosa, Diana Kampa
Room/building setup and technical support: Claudia Ayala, Drew Biehle, Tania Chow, Roma Kajikawa, William Martinez, Reyna Paredes, Tammy Simmons
Parking coordination: Shogho Dikjian, Roberto Erio
Proclamation pick-up and setup: Frank Lara
Greeters/hour guides: Tom Amsden, German Barrero, Rosie Barrero, Karthe Bellman, Rita Chen-Brown, Bill Crossen, Silvia Davis, Silvia Flores, Frank Lara, Marko Magari, Darrie Price, Jeff Richards, Enrique Roman, Jerry Sunada
Food setup and supervision: Vinita Anand, Claudia Ayala, Gwenn Jordan, Hasmig Mandossian, Anna Moreno, Deborah Murphy
Photography: Drew Biehle, Roma Kajikawa, Jerry Sunada

Performances: Carlos Arturo Sierra and family, Kristina Tamage and Andy

Formal program traffic control: Tina Chinakam
Program participants: Sonia Aller, Diane Ausland, Nara Ababara, Alan Barron, German Barrero, Ralph Bingener, Steven Bundy, Peter Choh, Karen Diaz, Eli Fattal, Mary Flynn, Meredith Goetz, Allison Henkel, Patricia Herrera, Evin Jones, Chongoe Ko, Steven Lam, Linda Landry, Yadira Narcizo, Jessica Nunez, Barbara Reilly, Leticia Reyes, Ann Seisa, Blanca Siebels, Melinda Sullivan, Martin Sweeney, Karen Wade, Beth Walker, Scott Wyke

Awards coordination: Diane Anand, Zena Bingen, Steve Bellan, Executive Committee of Lanterman board, Executive Staff, Patricia Herrera, Olivia Hinojosa, Roma Kajikawa, M.J. Kienast, Candice LaMere, Linda Landry, Monica Marti, Tudy Mazzagios, Deborah Murphy, Meredith Shamlo, Melinda Sullivan, Martin Sweeney, Maureen Wilson

Awards by: Southern California Trophy Company
Ascenath Young dedication photos provided by: Margaret Young
Ascenath Young PowerPoint photo collage: Martin Sweeney
Printings by: Mascon Printing and Lithography

**Perspectives Film Festival**

**Film Festival speaker:** Sam Gregg
**Translation:** Alma Flores

**Library preparation:** Ralph Bingener, Eli Fattal
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**Awards by:** Southern California Trophy Company

**Ascenath Young dedication photos provided by:** Margaret Young

**Ascenath Young PowerPoint photo collage:** Martin Sweeney

**Printings by:** Mascon Printing and Lithography
**Opening Minds by Increasing Accessibility to the Pasadena Public Library**

As part of a statewide grant awarded to public libraries throughout the state of California last year, the Pasadena Public Library received funds in August 2003 to improve its services for people with developmental disabilities, their families and caregivers. Lanterman Regional Center was selected as the Library’s community partner in preparing the grant application and is assisting the Library in meeting its goals.

A community advisory committee comprised of staff from public agencies, private groups, individuals with developmental disabilities and their families met during the spring of 2003 and identified three key areas that the grant needed to address:

- Improving literacy skills and information access
- Greater library staff sensitivity and awareness
- Enhancing the Pasadena Public Library’s collections of materials of interest to people with developmental disabilities and their caregivers

**Nine months later...**

- **Lanterman Regional Center is in the process of updating two current categories in our online Community Resource Directory — social recreation programs and medical** — and is developing a dental category. Research and development is ongoing for several other categories and the Center is in the process of purchasing and implementing a new user-friendly and low-maintenance system to house the Directory. The directory is accessible on the Lanterman (www.lanterman.org) and Pasadena Public Library (www.ci.pasadena.ca.us/library/) Web sites.
- The Pasadena Public Library is adding a new collection of popular materials on disability-related topics, life-skills materials and software that will be available for use at La Pintoresca Branch, where orientation classes will be offered later this year. TTY access to reference assistance is also in the works.
- On April 27, 2004, approximately 50 Library staff members attended training with Tom Pomerau, creator of Universal Enhancements, which is designed to increase understanding of developmental disabilities and to improve customer service to individuals with disabilities. About 60 Pasadena-based service providers and their staff received complementary sensitivity training from Pomerau so that service provider and library staff can work better as a team to make library visits a more meaningful experience for individuals with developmental disabilities in the Pasadena community.
- An Internet link and lending relationship between the Pasadena Public Library and the Koch Young Resource Center (KYRC) is being developed. The KYRC will be accessible to Library patrons through the Pasadena Public Library’s Web site, and KYRC patrons will be able to check out materials from the Pasadena Library. Eventually, regular pick-ups and drop-offs of materials from the KYRC will be offered at the Pasadena Public Library’s Central facility.
- Staff from the Pasadena Public Library attended the Koch Young Resource Center Open House and participated in the formal program. Library staff also attended the annual social and recreational forum.
- Lanterman Regional Center is consulting with Barbara Del Monico, a literacy specialist, to continue to strategize on literacy development for adults with developmental disabilities in the Pasadena community. A literature search will be conducted to inform and include stakeholders throughout the Pasadena community including the Pasadena Public Library to gather input on this topic.
- The KYRC is working with the Library to plan a literacy workshop for this coming fall or winter to inform the community about ways and resources available to develop literacy for individuals with developmental disabilities. A presentation by IntelliTools will be featured.

There are many mutual benefits of the partnership between the Koch Young Resource Center and the Pasadena Public Library, including doing public relations for each other, taking advantage of each other’s specialties to be more cost-effective and to provide the best resources to the community on offer without duplication of funding to more varied and larger audiences in the general community, access to venues for workshops and seminars, and the ability to provide complementary services such as the library providing a computer lab and KYRC providing an instructor or volunteers to work with Library staff to run a class for students with special needs, which means together we can both provide more, comments Lisa Levin, information and resource specialist at Lanterman Regional Center.
Fathers’ Corner: Dads at Denny’s
By Angel Marrero

My name is Angel and I’m the father of two beautiful boys. My son Brian is nine years old and is diagnosed with high functioning autism/Asperger’s Syndrome. My son Kyle is five years old and is your typical kindergartner who knows it all. My sons are my life and I’m a very proud dad.

As the father of a child with autism, I can share with you that I’ve had many uphill battles and have had to face difficult moments. Beginning with accepting the fact that my first-born child has a disability, and then preparing myself for all the issues and challenges that follow.

As a man and as a father, it was very difficult for me to believe that my little toddler was being diagnosed with anything other than a mild case of delayed speech. I remember receiving the diagnosis from the psychologists and psychiatrists at UCLA and thinking they’re dead wrong. I remember the endless nights of emotional anger and tears as I questioned God, “Why me? Why was I dealt this card?” I felt alone, misunderstood, lost and helpless. I shut my feelings in and convinced myself that men must always hide their true feelings and never share their pain with anyone.

My early stage was often misinterpreted as being uncaring by my spouse and our communication began to fall by the wayside, so much so, that currently we’re in the process of a painful divorce. It wasn’t until I began psychotherapy, that I realized that the only way I could ever help myself and help Brian come to terms and accept his disability. I became more vocal with family and friends, talking about my son’s autism. I made amendments with my creator and asked God for forgiveness and guidance. I began seeking support groups for fathers and I couldn’t find any. Mothers had many support groups to choose from, but fathers had none.

Then one Saturday morning God answered my prayers. I had arrived early to one of Brian’s social skills therapy classes and both Kyle and I ended up in the office waiting room. As we were waiting, I happened to see a flyer on the bulletin board that said daDA Fathers’ Support Group. I couldn’t believe my ears. I immediately contacted Olivia Hinjois and Germán Barrero. I spoke to both of them and expressed my desire to attend one of their meetings. To make a long story short, I have been an active member of daDA since 2002. After our third meeting we decided to find a place that would be of easy access to everyone in the greater Los Angeles area.

I suggested Donner’s and made the arrangements with the manager to allow us to meet the second Monday of every month. As a joke we would say that daDA meant “Dad’s At Donner’s” and the restaurant staff liked the idea. This support group has been exceptional and very meaningful. We all come from very different backgrounds and experiences, yet we all share one common bond, and that’s a child with a disability. I thank God in helping me find such a group where I can share, and be understood. The magic to daDA is that we all learn from one another, and that is priceless. I’m now in the process of searching for a single parents’ support group. Unfortunately, statistics show that the divorce rate of couples with a child with a disability is higher than 65 percent. I know I’m not alone and I will not give up. As with a fathers’ support group, a single parents’ support group is difficult to find. If anyone is interested in starting one, please contact me and let’s begin our own. Denny’s is always available! To all the fathers who read this article, I invite you to come to one of our fathers’ meetings. Trust me, you’re not alone.

Angel Marrero, lives in Montrose and works for Landscape Credit / Countryside Home Loans. Angel is a proud member of daDA. If you are interested in a support group for single parents, contact Olivia Hinjois at 213.383.1300 x705 or olivia.hinjois@lanterman.org. Janine Meneses, service coordinator, will partner with Marrero on this effort.

Fathers’ Corner is a regular Viewpoint feature. If you are a father and would like to write for Fathers’ Corner in an upcoming Viewpoint, please contact Vinita Anand at 213.383.1300 x753 or vinita.anand@lanterman.org.

The daDA Fathers’ Support Group meets on the second Monday of every month from 7p.m. to 9p.m. at the Denny’s at 3060 San Fernando Road in Los Angeles (off Fletcher Street, exit off I-5 or near the Glendale Freeway). For more information, contact Aaron Hinjois at 213.704.5932 or Germán Barrero at 626.880.9842.
Meet the People on the Other Side — Meet the Operations Team

I have ever pushed zero to speak with the operator when you call Lanterman Regional Center, but I really enjoyed the experience of not having to call at a later time at the desk and wondered about the people on the other side. Here’s your opportunity to get to know something about the people behind the voice on the phone and the glass at the desk.

Claudia Ayala, Reyna Paredes and William Martinez are some of the first people that individuals who call or come to the Center interact with. They are the Operations team and are responsible for the overall operations of the agency including reception, telecommunications systems, ordering supplies, processing the mail, record retention, building safety and security, injury prevention, and equipment inventory among a host of other responsibilities.

As you read through each of their profiles you will get a better idea of who these three people are, including their personal goals, what are some of their individual responsibilities, and what advice they have to offer.

CLAUDIA AYALA

When were you born, and where do you live now? I was born in El Salvador on July 3, 1979. I came to the United States when I was 17 years old.

How long have you been at Lanterman? I have been at Lanterman for seven years. My work began when I was 17 years old at the former Federal Building in Los Angeles, working with the Executive Office. I felt that I was treated with respect and dignity and would like to continue working at Lanterman.

Would you like to share something about your family? My husband, Steven Brown, is my life partner. He’s been a great supporter in my life, both in my successes and failures. We grew up together, lived in the same building and had many of the same experiences. I feel that we understand each other more because of this shared past.

What are some of your responsibilities? As the manager of Operations, I am responsible for ensuring that all of the operations-related aspects of the agency are functioning effectively. The team I supervise provides customer service to all of Lanterman’s visitors and the public. We are responsible for a variety of tasks that are crucial to the smooth operation of the organization. Our team is responsible for ensuring that the facility is maintained. On any given day, a large part of the day is spent troubleshooting various issues that arise. I also ensure that we are implementing our injury prevention plan, and I am always looking for ways to reduce overall costs and improve the quality of our services.

Do you have any advice for Lanterman staff that are new to the Center? I would like to offer a few words of advice to new staff: always be kind, always be professional, always have a positive attitude, and help create a productive work environment.

REYNA PAREDES

When were you born, and where do you live now? I have worked at Lanterman Regional Center for 16 years. I grew up in El Salvador and have lived here at Lanterman for 16 years.

How long have you been at Lanterman? I have been at Lanterman for 16 years. I was offered a position in Operations by my supervisor, Claudia Ayala, when I was 18 years old. I have been at Lanterman ever since.

Would you like to share something about your family? I have been married for 26 years and I have a son and two daughters. My son, Manuel, is 26 years old, my daughter, Monique, is 18 and my son, Santiago, is 17.

What are some of your hobbies/interests outside of work or things you like to do in your spare time? I enjoy cooking, swimming, barbecues, camping, taking pictures, listening to music, gambling at Pala, taking my daughter Stephanie out shopping and going out for one of my favorite meals at my favorite restaurant.

What are some of your responsibilities? I have been at Lanterman for 16 years, and in my time here, I have been responsible for a variety of tasks that are crucial to the smooth operation of the organization. My responsibilities include maintaining the reception area, security system and storage area, maintaining the insurance policies, and ensuring that we have the resources available to us. I am also responsible for ensuring that all of our responsibilities are executed in an effective and timely manner.

Do you have any advice for individuals with developmental disabilities and their families that are new to the Center? I would like to offer a few words of advice to new staff: always be kind, always be professional, always have a positive attitude, and help create a productive work environment.

WILLIAM MARTINEZ

Where and when were you born, and where do you live now? I was born in Los Angeles, CA in 1979. I moved to the United States when I was 11 years old and I currently live in Alhambra.

How long have you been at Lanterman? I have been at Lanterman for a little over six years. I came to Lanterman as part of a summer youth program, and ended up staying for a few months after the program ended. I continued to work as a staff person, and it’s a great place for families to visit and get information. The staff there can help you find a book, access support and a host of other things. They have personally helped me acquire some insights into how Lanterman provides services and supports to people with developmental disabilities.

What is your fondest memory of your time at Lanterman? The memories that Lanterman has provided are priceless. Lanterman has created a beautiful environment. I love the diversity and the team of the staff, and their dedication. Lanterman has been inspirational, and it’s given me the strength to be a part of it. It’s great to work for an organization that is providing wonderful opportunities for individuals with developmental disabilities and their families. To be a part of the accomplishments that Lanterman has achieved is a pleasure.

What are some of your hobbies/interests outside of work or things you like to do in your spare time? I enjoy spending time with family and friends, going to the gym, cooking, washing clothes, and watching movies. I also enjoy volunteering at the Center and spending time with family and friends.

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Hollywood Girl Scouts Bring Warmth to Lanterman Community

A
couple weeks after the holidays were over, the seven and eight-year-olds of Girl Scout Brownie Troop 791 set out on a mission — to collect as many coats as possible. “This was one of our troop’s service projects,” shares Preshies Harmon, troop leader, “and the girls were able to donate over 40 coats.” Coats were collected from family members and friends, and the Girl Scout’s also used some of their funds to purchase new coats.

“We are delighted with all the help the Girl Scout’s have given us,” comments Jackie Ashman, Lanterman’s director of Human Resources who also coordinates donations, “and we can’t thank them enough.”

This was the troop’s second year participating in the initiative started by the organization One Warm Coat, which works with different Girl Scout Councils throughout the country, although the first year donating coats to Lanterman. “We heard about Lanterman from Diana Jackson, one of the other Brownie scout troop leaders, after we had already donated the coats last year,” explains Harmon, “however it sounded like a project that we would like to help in the future.” Last year, the girls collected hats, scarves and gloves from an ice skating event and donated them to Lanterman.

Here’s what some of the girls of Brownie Troop 791 had to say when they were asked about how this project made them feel. “It made me feel warm inside to give coats to people that might not have one,” shared Patsi Harmon and Alexis Morris. “That [coat collecting] made me happy because other people needed new jackets.”

Meet the Operations Team

Continued from page 12

ordering the various forms, letterhead, envelopes and business cards that Lanterman employees use in their daily course of business. I also manage my time to help other staff with moving heavy equipment and just try to help meet everyone’s needs as much as I can.

Do you have any advice for Lanterman staff that are new to the Center?
Lanterman has given a lot since I started here, and it seems to continue to grow, and the services we provide are very unique and special. That’s why we need to always do our best to serve our community and help them achieve their full potential.

Do you have any advice for individuals with developmental disabilities and their families that are new to the Center?
No, not really. I just hope that you can help them, and meet their needs as much as possible.

What is your fondest memory of your time at Lanterman?
Some of my fondest memories include being able to build great friendships with some of the staff and the ability to seek advice when I need it. Since I came to Lanterman when I was really young, I have had to make a lot of important decisions, such as whether or not to pursue higher education, and I am glad that there are people here I can trust and find help in. The holiday parties and the acknowledgement of your birthdays has also always been something special for me.

What are some of your hobbies/interests outside of work or things you like to do in your spare time?
Right now I am a full-time student, majoring in graphic design and minoring in management. I’ll be graduating in June! Yeah! I also love taking pictures and dancing cumbia, salsa, merengue and anything else that makes the skeleton move.

What are some of your personal and professional goals?
Once I finish up my degree, I would like to do some freelance work and maybe in the future have my own business where I can employ some of the skills I have learned over the last several years, however, I would love to work with, or at, Lanterman as long as I can.

Is there any else that you would like to add?
I am extremely grateful to Lanterman for giving me such great opportunities to grow. I look back and think how much I have learned and how much working at Lanterman has helped me in having a better future.
Building a “Palace” for Lanterman’s Clients to Call Home

Eight years ago, Ann Seisa, owner of Vaghil’s Residential Care, Inc., embarked on a remarkable journey when Katie Stepanek moved into one of her residential homes. Stepanek was late diagnosed with phenylketonuria (PKU) and presented many medical, behavioral and dietary challenges; however, after a year of being on phenyl-restricted diet, her caregivers began to see the light. Eight years later, Stepanek, whose life has been transformed by the diet, attended the grand opening and dedication of the Koch-Vagthol’s Metabolic Residential Center. “Kate has paved the way for others who were late diagnosed with PKU to have a better quality of life,” notes Seisa.

The home was named in honor of Dr. Richard Koch, an internationally recognized expert on PKU, who has dedicated over five decades of his medical career to improving the lives of individuals with developmental disabilities, especially those with PKU. Described over and over as “a palace” by guests, the question of, “Can I move in?” was heard more than once throughout the course of the event.

Over the next several months, five individuals who have been institutionalized in state developmental centers over many years will be moving out into the home, which is located near the Los Angeles Equestrian Center in Burbank, to begin a new chapter in their lives. Each resident will have his or her own room. In addition, there is a gourmet kitchen, dining room, lounge area and large back yard that is beautifully landscaped and features a stable that may one day be home to a couple of horses. Also, the staff ratio is five clients to three staff, with one-to-one care provided if needed, because of the dietary and care needs of individuals with previously untreated PKU.

“This has been a tremendous project for me and my husband. We are very blessed to do what we do and be able to make a living of it. I know it has improved our lives and our children’s lives, and in return we are trying to improve the quality of the lives of the individuals we serve,” shares Seisa.

WHAT IS PKU?

Phenylketonuria, abbreviated PKU, is an inherited metabolic disorder that leads to mental retardation and other neurological problems if untreated. It occurs in one of every 10,000 to 15,000 births. With this disorder, the body is unable to metabolize an amino acid called phenylalanine (PHE), a component of protein. Therefore, when a person with PKU consumes PHE-containing foods, the PHE builds up in their body. High levels of PHE can cause damage to the central nervous system. If this problem is left untreated, the consequences are progressive mental retardation, neurological deterioration and behavioral disorders.

Since the mid-1960s, the PKU screening test has been included in the "newborn screening" process. Early detection of PKU is important because treatment, which could potentially prevent neurological damage from occurring, can be initiated immediately. However, if PKU is not diagnosed shortly after birth, the chronically high PHE levels will cause mental retardation and a variety of other problems.

In order for an individual to inherit PKU, that person’s mother and father must carry the PKU gene. If they do, they have a one in four chance of having a child with the condition. Symptoms of PKU may vary with each individual across varying degrees of severity, but some of these include: mental retardation, behavioral disorders such as head-banging, self-injurious behavior and aggression, dry scaly skin, unsteady gait, loss of muscle tone, seizures and spasticity.

Treatment for PKU normally includes dietary control such as eating foods low in PHE and consuming a protein substitute called "medical food." Medical foods contain vitamins, minerals and all essential amino acids except phenylalanine. By limiting intakes of PHE through natural sources and assuring adequate intake of the non-offensive amino acids, the levels of PHE in the blood are maintained at lower levels, allowing for normal growth and development.
SUMMER RECREATION OPPORTUNITIES

LA County arts-in-the-parks program with free admission this year, from outdoor concerts and performances, to going to the beach, hiking the mountains, or relaxing in the pool under sun or shade, through air-conditioned art galleries. The following is a list of places that provide recreational opportunities during the summer. Some of these resources specialize in working with people with developmental disabilities, while other programs work with the community at large and include some individuals with developmental disabilities in their programs. Let us know about your experiences with these organizations so we can share them. Also, feel free to feedback to the Koch Young Resource Center at 213.383.1300 x788, teletypewriter at 800.546.3676 or kyng@kochcenter.org.

Foothill/Pasadena Area
Adaptive Recreation Program of Pasadena sponsors a variety of year-round recreational activities, including camps and arts programs, as well as community social events for all groups and ranges of need. Contact Jackie Scott at 626.744.2700 for more information.

Andres Martial Arts, located in Burbank, offers Tai Chi and karate instruction for individuals with disabilities in an inclusive setting. Contact Vincent Rodakis at 818.843.2077 or andresmartialarts@hotmail.com for more information.

Armory Center for the Arts offers a full range of year-round classes in painting, sculpture, printmaking, and drawing. Students with disabilities are evaluated for entry on a case-by-case basis. Each session includes 20 different class options. Poetry readings and concerts are also available. Call 626.792.5101 x114 for more information.

BOC offers year-round activities including a monthly dance from September to June hosted on the first Friday of each month at McArthur Park Recreation Center on Glen Oaks Boulevard in Burbank. The dances are for individuals with developmental disabilities and are open and free. Contact Rachel Galperin at 818.843.4907 for more information.

Center for Developing Kids in Pasadena offers a wide range of activities year round, including social play, gym, and exercise. Contact Sue Trustman at 626.564.2700 for more information.

Center for the Arts – Eagle Rock offers an array of programs including creative arts classes. Contact Jenny Kruse at 323.226.1677 for more information.

Club Maple offers free social recreation opportunities every Thursday evening from 7 p.m. to 9:30 p.m. at the Maple Park Apartments for adults with developmental disabilities. Club Maple also coordinates one outing a month with Glendale Parks and Recreation. Call 818.548.2706 for more information.

Fred Villari Studios of Self-Defense in Glendale offers year-round instruction in martial arts for all levels of experience. The staff has experience with students with developmental disabilities. Contact Arin at 818.597.7554 for more information.

Glendale Adventist Medical Center – Pediatric Therapy Center offers a wide range of group and camp programs throughout the year. Camps and programs are taught by occupational, physical or speech therapists. A new sport program will be forming in the fall. Contact Stacy Sarot at 323.255.1134 for more information.

Glendale Parks and Recreation offers a year-round day camp for children ages six to 12. Contact Gabriel Winter at 818.548.5797 for more information. Also offers a summer day camp at three different locations for children for children six to 15 years of age. Call 818.548.2788 for more information.

Guggenheim YMCA offers year-round programs and classes. Contact Ryan Lakota at 818.240.4130 x13.

High Spirits Dance Program is a dance class for people with developmental disabilities, their siblings and family members, as well as community members. Classes are held at the Alhambra Community Center. Contact Lynnette Adams at 626.399.7789 for more information.

Little League Challenger Baseball includes youth baseball for children with disabilities in the T-ball division. Practices are held at Yosemite playground in Eagle Rock. For more information contact Joe Fitzpatrick at 818.852.8547.

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

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

South Pasadena YMCA offers a variety of activities year-round, including swimming and teen fitness classes. Contact Michael Henderson, sport director, Aur Lopez for swim, and Julie for teen fitness at 626.792.9119 for more information.

Team Spirit provides opportunities for children both with and without disabilities to play together. The first sporting event of 2004 will be T-ball. Contact Dara Kelly at 213.833.0179 for more information.

Wings dancing class in La Cañada integrates children and adults with special instruction with individuals with developmental disabilities. Contact Zina Bethune at 323.874.0481 for more information.

Born to Act Players offers acting opportunities weekly on Saturday mornings from 10 a.m. to 1 p.m. at Los Angeles Valley College Theatre Arts Department from age eight through adulthood. For more information call Mary Rings at 818.343.5675.

Boys and Girls Club of Hollywood offers a year-round, community program. Onsite teen center and learning centers offer activities. Membership is required. Contact Alvin Nuñez at 310.845.8032.

Braille Institute offers youth-oriented activities such as after-school programs, camps and special events for children ages 6 to 19 with visual impairments. Contact the Youth Center at the Braille Institute at 4000 BRAIILF for more information.

Catholic Big Brothers Association of Los Angeles offers year-round programs and camps for children with disabilities. Activities include bowling, mini-golf, music, dances and seasonal dinners. Call 818.884.1092 for more information.

LA County is also a year-round provider of a variety of year-round leisure opportunities for adults. Membership is required. Contact Petite Konstantos at 310.586.9724 for more information.

Los Angeles City Parks and Recreation offers a variety of year-round services throughout the city as well as in Los Angeles. They work closely with Camp Valcrest, Deersey Canyon Camp, Camp High Sierra and Camp Seely. Contact Mark Horrigan or Camp Director Michael Parrot for more information. For general information call the main office at 213.847.9211 or visit www.cityofla.org.

Los Angeles County Museum of Art has a year-round program called Art for All, which provides services such as gallery tours, special exhibitions, guest lectures and handson workshops that are geared towards individuals of all ages and disabilities. Services are free, but reservations are required. Contact Mark Marks or Selina Wawson at 213.624.5161 or saw@lacma.org.

Shane’s Inspiration creates Universally Accessible Playgrounds for children of all abilities. They work closely with the Griffith Park called Shane’s Inspiration and the other on Sepulveda Boulevard in West Los Angeles called the Southwest Playhouse. This equipment is independently playable for children with disabilities, and includes play structures and challenging for able-bodied children. They also host play dates through Shane’s Club. Visit www.shanesinspiration.org or call 822.5767 for more information.

Special Olympics is a year-round program running throughout the year. The main office is located at the Great Los Angeles Office at 310.215.8390 for information about joining a team in your area.

Southern California Area
Ahead with Horses, Inc. offers a year-round equine developmental therapy program for children with special needs. Call 818.767.6375 for more information.

American Youth Soccer Organization (AYSO) is a national youth soccer program that also has VIP program designed for individuals with lower quality soccer experience for children and adults with disabilities. Contact Mango Ghee at 800.872.2976. If you are interested in games and practices that are held at Balboa Park in Encino contact Adrienne Coffin at 818.396.5161.

Boy Scouts of America offers inclusion in scouting. Contact Pierre Landry at 213.255.0354 or Landry.ply@usc.com for more information.

for more information.

Los Angeles YMCA offers year-round programs for kids. Contact Brenda at 626.396.1010 x324, Kelly at x320, or Jessica at x318 for more information.

LOS ANGELES AREA
Bethea Theatre is a studio that provides year-round dance program for children with developmental disabilities. Contact Zina Bethune at 323.874.0481 for more information.

Born to Act Players offers acting opportunities weekly on Saturday mornings from 10 a.m. to 1 p.m. at Los Angeles Valley College Theatre Arts Department from age eight through adulthood. For more information call Mary Rings at 818.343.5675.

Elysian Park, located near Dodger Stadium, provides opportunities for children and young adults year round. Activities include field trips, nature walks, and art classes. Contact Carol at 821.220.1402 for more information.

Etan Israel's Camp Moshe is a year-round program for boys ages seven to 14 who are participants are matched with older “big brothers.” Contact Rosario Delgado at 213.251.9800 for more information.

Elision Park, located near Dodger Stadium, provides opportunities for children and young adults year round. Activities include field trips, nature walks, and art classes. Contact Carol at 821.220.1402 for more information.

Elita Israel's Camp Moshe provides year round day camp opportunities for children with special needs. Call 932.965.8711 for more information.

Hollywood YMCA offers a variety of year-round services including a weight room, gym and pool. Contact 821.467.4140 or www.hollywoodymca.com for more information.

Jeffrey Foundation in Los Angeles offers various day programs for school-age individuals. Contact Deana Wespold at 213.985.7530 for more information.

Jewish Big Brothers and Big Sisters Associations of Los Angeles offers a variety of year-round services for Jewish boys and girls with disabilities, ages 12 years and up, on a case-by-case basis. Call 818.907.3875 for more information.

Jewish Programs for the Disabled (Chaverim) offers year-round activities throughout the Los Angeles are for Jewish adults with developmental disabilities. Activities include bowling, miniature
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: www.lanterman.org.

If you are a parent or client in the Lanterman Regional Center service area and are interested in attending a training opportunity outside the Regional Center, contact your service coordinator. For consideration, your request must be received by Training and Development three weeks prior to the posted conference deadline. We welcome your suggestions for future training topics and information on upcoming educational events that we can share with others.

You may send comments, or request to be on the mailing list, by one of the following options:

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

BY E-MAIL: maureen.wilson@lanterman.org

You may also contact our service coordinator by telephone: 213.383.1300 x730.

**FAMILY TRAINING**

**BEHAVIOR MANAGEMENT WORKSHOP FOR PARENTS**

This six-session course offered in English, Spanish, and Korean introduces the basic principles, concepts, and practical applications of behavior management. The classes focus on managing and controlling challenging behaviors, and using positive reinforcement to help individuals acquire appropriate behaviors.

All families should touch base with their service coordinator to determine whether this course will meet your needs.

Contact the Koch Young Resource Center at 213.383.1300 x730, toll-free at 800.546.3676 or kyrclanterman.org for additional information and to register.

**BEHAVIOR MANAGEMENT SPECIALTY WORKSHOP: TOILET TRAINING**

This six-session course introduces the basic principles, concepts, and practical applications of behavior management along with specific toilet training strategies for parents of children with special needs. Classes are conducted in different locations in the Lanterman community with options for morning, evening or weekend workshops. Classes are conducted in a positive and confidential environment with other parents and are designed to provide support to participants as they practice learned behavior techniques between sessions.

All families should touch base with their service coordinator to determine whether this course will meet your needs.

Contact the Koch Young Resource Center at 213.383.1300 x730, toll-free at 800.546.3676 or kyrclanterman.org for additional information and to register.

**IEP TRAINING: TRANSITION TO PRESCHOOL**

For families with children two to three years of age. Trainings are offered in both English and Spanish. Presented by LAC Staff.

For more information and dates call 213.383.1300 x730.

**PARENTING THE CHILD WITH SPECIAL NEEDS**

This is an existing five-week course that addresses issues faced by families who have children from birth to age six with special needs. Topics covered include developmental stages and milestones, intervention and therapy that support child development in the family, planning and setting goals for your child, appropriate expectations and boundaries in behavior management, advocating for your child, and making connections with resources and support.

A specialized training on autism is also available.

**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. Topics covered include an overview of the regional center system, service coordination, overview of developmental disabilities, services and supports, education, and advocacy and legal issues.

For more information, registration and additional dates call 213.383.1300 x730.

**English Language**

May 4 – June 1, 2004
Five consecutive Tuesdays
7 p.m. to 9 p.m.

**Spanish Language**

September 8 – October 6, 2004
Five consecutive Mondays
9:30 a.m. to 11:30 a.m.

**Korean Language**

September 13 – October 4, 2004
Five consecutive Mondays
9:30 a.m. to 11:30 a.m.

**CLIENT TRAINING**

**ASSISTIVE TECHNOLOGY COMPUTER CLASSES**

The Adult Education and Career Division of Los Angeles Unified School District (LAUSD) in partnership with the Assistive Technology Project of Lanterman Regional Center has established assistive technology computer classes to assist Lanterman clients and their families. These classes are an introduction to computers, software, programs, Internet and e-mail. Classes in other languages, independent study options, and open lab hours are available. Classes fill up quickly. Students must be able and prepared to attend classes on a weekly basis. If a student requires special accommodations, please be sure to indicate these options as you register.

For more information call 800.546.3676 or 213.383.1300 x730.

**BEGINNER FOR ADULTS — ENGLISH**

SUMMER SESSION: July 6 – August 17, 2004
Seven consecutive weeks
Tuesday, 9 a.m. to 12 p.m.
Lanterman Regional Center
Presenters: LAUSD

**INTERMEDIATE FOR ADULTS — ENGLISH**

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

SUMMER SESSION: July 6 – August 17, 2004
Seven consecutive weeks
Thursday, 9 a.m. to 12 p.m.
Lanterman Regional Center
Presenters: LAUSD

**BASICA PARA ADULTOS — ESPAÑOL**

SUMMER SESSION: July 6 – August 17, 2004
Seven consecutive weeks
Tuesday, 9 a.m. to 12 p.m.
Lanterman Regional Center
Presenters: LAUSD

**BEGINNER FOR ADULTS — ESPAÑOL**

Al momento, no hay clases disponibles en Españo.

**SEXUALITY & SOCIALIZATION TRAINING**

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

**SAVE THE DATES!**

Foothill Autism Alliance, Inc. is hosting The Realities of Transition: Will Your Child Be Able to Get a Job? on Wednesday, June 8, 2004. The discussion will cover the ITP process, ITP versus IEP, vocational training programs and preparation for leaving high school. Featured speaker will be Sherri Mudd, director of the Foothill SELPA. The program starts at 7 p.m. and will be held at the First United Methodist Church (Trevor Hall) located at 700 North Glenoaks Boulevard (Glenoaks and Harvard) in Burbank. Visit www.foothillautism.org or call 818.66.AUTISM for more information.

Foothill Autism Alliance, Inc. and Frank D. Lanterman Regional Center are hosting Inclusion Education: Examining the Options with Mary Falvey on Wednesday, September 8, 2004 from 7 p.m. to 9:30 p.m. in Burbank. Mary Falvey is a professor at California State University, Los Angeles and specializes in inclusion education. Visit www.foothillautism.org or call 818.66.AUTISM for more information.

Save the dates for a training on assistive technology computer classes for adults at Lanterman Regional Center.
**ADULT SIBLING SUPPORT GROUP**
Call for dates, location and details. Contact: Olivia Hinojosa 213.383.1300 x705

**ARMENIAN PARENT GROUP**
Quarterly meetings – Glendale area
Call for dates, location and details. Contact: Kima Shalian 818.548.6494
Sona Topjian 213.383.1300 x640

**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: Kima Shalian 818.548.6494
Sona Topjian 213.383.1300 x640

**AUTISM SOCIETY OF AMERICA**
San Gabriel Valley Chapter Support Group
1167 North Reeder Avenue; Covina
- Monthly – First Friday, 7:30 p.m.
- St. Dominic’s Community Center
- OF PERSONS WITH DISABILITIES
- FAMILIES AND FRIENDS
- Olivia Hinojosa 213.383.1300 x705
- Contact: Rhonda Tritch 323.255.0037
- Monthly – Second Thursday, 7 p.m. to 9 p.m.
- 1041 North Altadena Drive; Pasadena
- PARENT SUPPORT GROUP
- Contact: Romi Castillo 323.463.3678
- 9:30 a.m. to 11:30 a.m.
- Primer miercoles de cada mes
- (Grupo en Español)
- **AUTISM SOCIETY OF AMERICA**
  San Gabriel Valley Chapter Support Group
- 1167 North Reeder Avenue; Covina
- Of persons with disabilities, families and friends
- Olivia Hinojosa 213.383.1300 x705
- Contact: Romi Castillo 323.463.3678
- Monthly – First Wednesday, 7:30 p.m.
- 1167 North Reeder Avenue; Covina
- San Gabriel Valley Chapter Support Group
- Autism Society of America
- Sona Topjian 213.383.1300 x468
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- San Gabriel Valley Chapter Support Group
- Autism Society of America
- Sona Topjian 213.383.1300 x468
- Monthly – Last Friday 11 a.m. to 1 p.m.
- in the Glendale area.
- Monthly meetings at group members’ homes
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- in the Glendale area.
- Monthly meetings at group members’ homes

**FINDING YOUR WAY**
Lanterman Regional Center
Parking not validated
Cost: $50 advance registration, $15 materials (cash at door)
Presenter: Lanterman Regional Center Staff
Lanterman Regional Center
10 a.m. to 12 p.m.
Tuesday, July 13, 2004
Parking not validated
Contact: Mary Flynn 213.383.1300 x759 or mary.flynn@lanterman.org

**CRISIS PREVENTION AND INTERVENTION**
This two-day training is designed to prepare direct care staff to facilitate the de-escalation of potentially violent situations through crisis prevention and intervention techniques.
- Tuesday, June 15 and Wednesday, June 16, 2004
- 10 a.m. to 6 p.m.
- Lanterman Regional Center
- Presenter: Lanterman Regional Center Staff
- Self-Advocacy Groups
- Lanterman Regional Center
- Presenter: Behavior Intervention & Training Team
- 213.383.1300, x720
- Cost: $50 advance registration, $15 materials (cash at door)
- Parking not validated

**HANDLING OF PERSONAL AND INCIDENTAL MONEYS**
In this training, service providers will learn about guidelines, documentation and reconciliation of personal and incidental funds.
- Tuesday, July 13, 2004
- 10 a.m. to 12 p.m.
- Lanterman Regional Center
- Presenter: Lanterman Regional Center Staff
- 213.383.1300, x720
- Cost: $5 pre-registration, $10 at door
- Parking not validated

**SAVE THE DATE!**
The Down Syndrome Association of Los Angeles is hosting its Tenth Annual Buddy Walk on Sunday, September 19, 2004 at the Race Track in Arcadia. Contact DSALA at 818.242.7871 for more information.

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

**RETT SYNDROME SUPPORT GROUP**
Quarterly meetings – Pasadena area
Call for dates, location and details. Contact: Marie Hynden 213.383.1300 x496
Pep. San 266.325.5334

**TEATRO ILUSION**
(Grupo semanal en Español)
Shirner’s Hospital
3160 Geneva Street (Virgil and Third); Los Angeles
Cada viernes, 6 p.m. to 9 p.m.
Contact: Yolanda Hernandez 562.828.6234

**NEW GROUPS**

**BEHAVIOR MANAGEMENT SUPPORT NETWORK**
(Facilitated by a behavior therapist)
AbilityFirst
40 North Altadena Drive; Pasadena
Monthly – Second Tuesday, 7 p.m. to 9 p.m.
Contact: Olivia Hinojosa 213.383.1300 x705

**dADA FATHERS REGIONAL SUPPORT NETWORK**
Denny’s Restaurant
3065 San Fernando Road, Los Angeles
Monthly – Second Monday, 7 p.m. to 9 p.m.
Contact: Aaron Hinojosa 213.740.2032
Germain Barres 213.640.9492

**TOUCHPOINTS NEW PATIS SUPPORT GROUP**
These support groups offer parents an opportunity to meet in a small group facilitated by a counseling professional specifically trained in the areas of grief and disabilities. Topics discussed include the role of grief in your life, missed milestones, the impact on family rituals, redefine perfection and other topics to help families deal constructively with normal feelings of stress and grief.
For more information and dates call Tina Chiskam at 213.383.1300 x715

**GRUPO DE APOYO PARA EL MANEJO DE LA CONDUCTA**
(Dirigido por un terapista de comportamiento)
Shirner’s Hospital
3160 Geneva Street (Virgil and Third); Los Angeles
Ultimo martes de cada mes, 7 p.m. to 9 p.m.
Contact: Alfredo Kortman 714.428.4914

**PASADENA UNIFIED SCHOOL DISTRICT – OFFICE OF SPECIAL EDUCATION FAMILY SUPPORT NETWORK**
For families with children birth to six
Webster Elementary School
2101 East Washington Boulevard; Pasadena
Monthly – Second Thursday, 6 p.m. to 8 p.m.
Contact: Bailey Jackson 213.298.6335

**SIBSHOPS**
For siblings ages six to 12
Los Angeles and Pasadena areas
Monthly – Third Friday, 4 p.m. to 6 p.m.
Contact: Olivia Hinojosa 213.383.1300 x705

**LANTERMAN SELF-ADVOCACY GROUPS**
**MID-WILSHIRE SELF-ADVOCACY GROUP**
Lanterman Regional Center
- Monthly – First Monday, 4 p.m. to 6 p.m.
- Contact: Armen Frundzhyan, 323.462.7300 or afrundzhyan@bcrrnetwork.org

**THE ACHIEVERS**
1200 East Colorado Street; Glendale
- Monthly – Third Monday, 5 p.m. to 6 p.m.
- Contact: Jack Riggle, 818.841.1124

**WOMEN’S ADVOCACY GROUP (WAG)**
Lanterman Regional Center
- Monthly – Third Tuesday, 2 p.m. to 3 p.m.
- Contact: Mary Ryves, 213.383.1300 x759 or mary.ryves@lanterman.org

If you are interested in starting a support group, but don’t know how to take the first step, call The Koch Youth Resource Center for information at 800.546.3676
The photo that Dominique Beltran took as part of a school project. The collection also features quite a few photos of the students' family pets, many of whom are important to them. Another common photograph was of Spiderman so that he could use web to catch the bad guy. One of the students' parents shared that their pets are important to them. Another student said, "If I were Spiderman I could save the world. Spiderman, The Movie" — Dominique Beltran along with individuals from The Help Group present staff at the Santa Monica Museum of Art for two months. The collection is now on exhibit at the Santa Monica Museum of Art for two months. The 29 photos from elementary, middle and high school students were united in a "Speak About Their Lives." The collection was created to help children who have disabilities, Patricia Sandler, director of school-based Clinical Services at The Help Group, said, "All About Me" — Expressions Through Photography comes a time when we struggle to say, for many children with Asperger's, "Thank you Spiderman, you're a great hero." One of the students said, "I would catch Osama bin Laden. People would say, 'Thank you Spiderman, you're a great hero.'"