



## Adam Sroujeh Finds a Close Companion in His Dog, Shana

Every child wants a dog, and just before the holiday season last year, Adam Sroujeh's wish came true. Adam's parents were hesitant to bring a dog into the family because of the added responsibility, but another family that has a dog from Canine Companions for Independence (CCI) finally convinced them to sign up. "We started the application process for a Skilled Companion three years ago. We received a phone call about a year and a half later, however, we were not ready to start the training and matching process, and postponed for another year," explains Brigitte Sroujeh, Adam's mother.

In November 2003, Adam, who is 9 years old, and his mother made the trip down to Oceanside, Calif., for the two-week intensive training program. In the Sroujehs' training program, there were five other teams and nine dogs. "The dogs for this class were all lined up in crates, and when Adam got to the crate with Shana, he said, 'Shana, my dog,' however, as part of the matching process, each team had to work with all nine dogs to determine the best match. Every time someone else would work with Shana, Adam would say, 'No, my dog.' The whole time I told him that we probably wouldn't be getting this dog, but in the end he was matched with Shana," shares Sroujeh.



Adam Sroujeh hangs out with Shana, his companion dog from Canine Companions for Independence.

Over two years are invested in raising and training a CCI dog, before the dog is ready for the Team Training program. It all starts with the puppies that CCI breeds from its pedigreed breeding stock that reside in the homes of volunteers. Breeding dogs are carefully selected for their health, temperament and intelligence. After eight weeks, the puppies are placed with volunteer puppy raisers who tend to their food and veterinary needs, take them to puppy training classes and expose them to public places. At one year of age, the dogs are returned to CCI for six to nine months of advanced training. Linda Valliant of CCI adds, "Only 50 percent of dogs graduate from advanced training, but those that do are really solid 'bomb proof' dogs. They are exposed to all kinds of situations, including traffic, planes, boats, elevators and lots of kids. We want the dog to help, not limit independence."

Shana, who is a Labrador/Golden Retriever mix, received extra help from the trainers, ultimately graduating from the Advanced Training Program to become a Skilled Companion. A Skilled Companion team includes a person with a physical, developmental or emotional/cognitive

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## Half a World Away, Pyunic is Striving to Create an Armenia Where People with Disabilities are Fully Included



Out of the tragedy of the 1988 earthquake in Armenia, an organization called Pyunic was created to provide programs and services to the children who were disabled in the earthquake. As time progressed, and the children grew older, their needs as individuals with disabilities changed, and so did the work of Pyunic.

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Participants at Pyunic's 2003 Summer Camp in Armenia.

## Two Couples Move Into Too Cute, Two-Bedroom Home in Glendale

Just as the weather was heating up in Glendale, so too was the excitement for two longtime couples – Denise Stump and Douglas "Troy" Crippin, and Cindy Pollie Hanks and David Binkier. The couples were moving out of a large residential facility of about 80 beds, into Mountain View Guest Home, a two-bedroom home with a yard, a cat, and lots of freedom and independence.

As it turns out, about the same time the two couples needed to move from the facility, Mountain View Guest Home was close to receiving final approval from Community Care Licensing to open. Ken Abbott, Lanterman resource developer, recalls: "Everything came together at the same time. I had just finished a follow-up visit to Mountain View Guest Home, when discussions turned back to which clients still needed an option to move from the large facility. The accommodations of the home just seemed like a good fit for these individuals. This whole opportunity was too much of a coincidence not to have been meant to be, for everyone."

Stump, Crippin, Hanks and Binkier are all friends, and when the idea of living together in a small home was presented to them, they were a little hesitant at first, but agreed to go and see the house. They fell in love with it. "Their families let them make the choice of whether they wanted to live in a home versus a facility, and were very supportive of the

change," comments Mercede Shamlo, service coordinator.

Mountain View Guest Home is owned and operated by Adrian Rebollo. Rebollo has worked in the field of developmental disabilities since 1995, including as a job coach at CLIMB (Center for Living Independence for the Multi-Handicapped Blind), and at Arroyo Developmental Services and People's Care. "I really enjoyed working in this field, but I was at a point in my life where I wanted to try something new. This is when I decided that I would like to open a home, since it seemed like a natural progression of what I had been doing," notes Rebollo.

After two and one-half years of preparation and hard work, Rebollo opened Mountain View Guest Home. Rebollo completed

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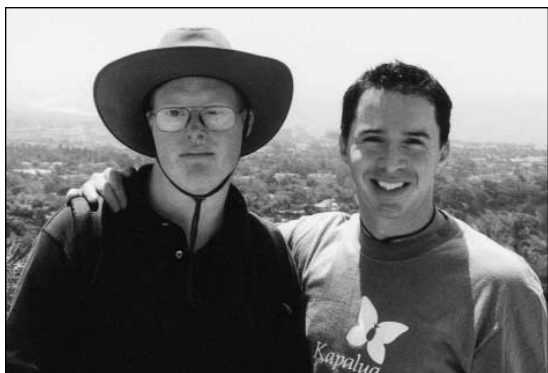
(left to right) Cindy Pollie Hanks, David Binkier, Denise Stump, and Douglas "Troy" Crippin on the front porch at their new home, Mountain View Guest Home. They recently moved here from a large residential facility.



# Best Buddies Fosters Friendships and Finds Employment for People with Developmental Disabilities

Ralph Bingener and Paul Hanon are buddies in the truest sense of the word. They are companions and they most certainly are friends. Bingener and Hanon were first introduced in August 2000 through the Best Buddies Citizens program. They share a love for the fine arts and a passion for travel. "We have seen so many art galleries and museums in and around Los Angeles County," comments Ralph. "It has been quite exciting to be a part of this, and it's hard for me to find the words to share the adventures of friendship I have through a best buddy."

Recently, Bingener and Hanon spoke at the Best Buddies Twelfth Annual Los Angeles Gala about their friendship and how it's changed



Ralph Bingener, client support assistant at Lanterman (left) and his buddy, Paul Hanon, hiked in the Santa Monica Mountains this past May as part of the Best Buddies Citizens program's monthly events.

them. They received a standing ovation from the over 500 guests in attendance. "We are both so different, yet that makes it so great...we just really enjoy our time together and have fun. So for me it's kind of hard to pinpoint my favorite memory with Ralph. We both get so much from each other, and it's great just to spend time with him," shares Hanon. They both hope to see many more people matched through Best Buddies Citizens.

Best Buddies was started by Anthony K. Shriver, who recognized the tremendous volunteer potential of college students while he was in school, and inspired his peers to participate in a project that would enhance the opportunities available to people with developmental disabilities. Established in 1989, Best Buddies has grown into a leading not-for-profit organization that coordinates approximately 50,000 volunteers and impacts the lives of over 250,000 individuals with developmental disabilities. Best Buddies operates in all 50 states in the U.S. and in many other countries throughout the world.

"Our mission is to enhance the lives of people with intellectual disabilities by providing opportunities for one-to-one friendships and integrated employment," shares Kerri Hazama, who works with the Best Buddies Citizens program in Los Angeles. "One of our primary goals is to break down the stereotypes



Participants in the Best Buddies Citizens program in Los Angeles take a break from bowling, which was one of the recent monthly activities organized by Best Buddies.

that lead to social isolation by establishing friendships between people with and without developmental disabilities."

Best Buddies has six distinct programs including Middle Schools, High Schools, Colleges, Citizens, Jobs and e-Buddies. "The program that Ralph and Paul are part of, Best Buddies Citizens, pairs people with developmental disabilities in one-to-one friendships with other individuals in the corporate and civic communities," explains Hazama. The Citizens program is for people 18 years and older, and people are matched based on similar interests, geographic location, schedules and gender. "Typically, participants go on two outings per month, speak on the phone weekly and attend an organized Best Buddies event monthly. We encourage each participant to pay their own way and remind people to take advantage of all of the free and low-cost events available in the Los Angeles area, so money should never be a factor in joining Best Buddies," adds Hazama.

Best Buddies Jobs opens another avenue to inclusion by assisting individuals with developmental disabilities to locate and maintain jobs of their own choosing, such as working at a law firm, luxury hotel or retail store, by providing ongoing support and training. "Our focus is on developing competitive, integrated jobs, which allow individuals to earn an income, pay taxes and work alongside others in the community," notes Hazama. "We have a reputation for finding jobs that the people we serve really want to be doing and that are equal to their abilities."

A new twist on pen pals, e-Buddies helps people with intellectual disabilities connect with others through e-mail. Launched in October 1999, e-Buddies provides a way to build an inclusive cyberspace community. Participants e-mail each other at least once a week, however many communicate on a daily basis. Individuals must be at least 10 years old to participate, and they must have a parent or legal guardian's permission if they are under 18. The program is free for students and people with developmental disabilities. There is a one-time fee of \$50 for volunteers to help cover the cost of checking references and processing applications. "e-Buddies is very safe to join because we check references on all applicants, require all participants to agree to a code of conduct that prohibits the exchange of addresses and telephone numbers, and prohibits in-person meetings unless facilitated by a Best Buddies staff member," explains Hazama. To join e-Buddies, sign up at [www.ebuddies.org](http://www.ebuddies.org).

"While all Best Buddies programs offer the participants the blessing of interacting with people with developmental disabilities," shares Hazama, "they also provide opportunities for both parties to build mutually enhancing friendships, rather than mentoring relationships." For additional information about any of the Best Buddies programs visit [www.bestbuddies.org](http://www.bestbuddies.org). If you are interested in joining the Los Angeles Best Buddies Citizens program contact Kerri Hazama at **310.253.5470** or [kerrihazama@bestbuddies.org](mailto:kerrihazama@bestbuddies.org). In order to participate in the Best Buddies Jobs program contact your regional center service coordinator to start the application process. For more information about the various school-based Best Buddies programs contact Marco Corona at **310.253.5470** or [marcocorona@bestbuddies.org](mailto:marcocorona@bestbuddies.org).

## Three Simple Digits – 711 – Make Telecommunication Accessible

During a successful experiment with his telephone invention on March 10, 1876, Alexander Graham Bell uttered these famous first words to his assistant Thomas A. Watson who was in the next room, "Mr. Watson – Come here – I want to see you." The ability to "talk with electricity" changed how the world communicated and interacted.

But as this dependency on verbal communication expanded, how did people communicate who couldn't hear or speak, or whose hearing and speaking abilities diminished with age? It wasn't until the civil rights movement of the 1960s that people who were deaf and hard-of-hearing began to explore options and assert their right to access information. Interpreting services, captioning and telephone access were among the accommodations stressed.

Today, the majority of people who are deaf, hard-of-hearing or speech impaired use text telephones or TTYs (sometimes called TDDs), which are machines that allow them to communicate with others who have similar equipment by typing their messages back and forth.

What do you do if you want to communicate with a TTY user, but don't have TTY? The answer is three digits – 711. This number provides access to telecommunications relay service, also known as TRS. Users have two options when using a telephone relay service including voice carry-over (VCO) and hearing carry-over (HCO). VCO allows a person with a hearing impairment to speak directly to the other party and then read the response typed by a communications assistant (CA). HCO allows a person with a speech impairment to hear the other party and relay the TTY response back to the telephone user through the CA. This service allows individuals with communication disorders to communicate with all telephone

users. It's very simple to use this service, just dial 711.

Other services offered through TRS include Speech to Speech, which is the relaying of calls for those who have a speech disability and may not be readily understood when using the telephone, and TRS calls from payphones are free of charge for local calls. TRS toll calls from payphones, however, must be paid for upfront using calling cards, prepaid cards, collect or third-party billing. In addition, certain TRS providers offer Video Relay Service (VRS), which is a video link using TRS that allows a CA to view and interpret the caller's sign language and relay the conversation to a voice caller.



A little over two years ago, the Federal Communications Commission (FCC) ruled that IP Relay Service also falls within the definition of TRS, which means it now qualifies as part of the free services offered through TRS. IP Relay enables two-way communication between an individual who uses a non-voice terminal device such as a computer, PDA, Web-capable telephone or pager device, and an individual using a standard voice telephone.

All conversations are private and confidential, and everything that the CA hears will be relayed in its entirety. There is no censorship. Callers can use TRS as often as they want and the California service operates 24 hours a day, seven days a week. There is no charge to TRS users for any of the services offered, however, regular phone charges do apply.

For additional information on TRS visit the FCC Web site at [www.fcc.gov/cgb/dro/trs.html](http://www.fcc.gov/cgb/dro/trs.html). To learn more about VRS in your area visit [www.fcc.gov/cgb/dro/trsphonebk.html](http://www.fcc.gov/cgb/dro/trsphonebk.html). For information on prepaid phone cards visit the FCC's Consumer and Governmental Affairs Bureau Web site at [www.fcc.gov/cgb/consumerfacts/prepaidcards.html](http://www.fcc.gov/cgb/consumerfacts/prepaidcards.html).



## THE QUARTERLY BUDGET UPDATE: Cutting Into Muscle and Bone – The 2004-05 Budget

Nearly a month behind schedule, the California state budget for 2004-05 was enacted by the Legislature and signed by the governor during the last week in July. The budget reflects the continuing tough economic times in the state.

The budget for regional center direct services and operations (intake and assessment, service coordination, family support, program development, and service monitoring and quality assurance) has been significantly decreased by \$43 million statewide. Among other impacts, this has resulted in an increase in the number of clients served by one service coordinator. There is, however, a small amount of funding to cover the projected increase of approximately 10,000 new clients to the regional center system this year. This will bring the total number of individuals with developmental disabilities served by regional centers to approximately 200,000. The net increase in the regional center operations budget statewide is only \$1 million on an overall budget of more than \$400 million. For Lanterman, that amounts to about \$30,000, or about half the cost of a year's salary and benefits for a single service coordinator.

"Lanterman alone has lost \$1.3 million in funding," states Diane Anand, executive director. "When you consider that there has been no cost of living adjustment for the regional centers for the past 14 years, coupled with fourteen years of increases in the cost of running the Center, such as insurance, energy and communications, this budget cuts into muscle and bone."

Despite these reductions, regional centers have been given two new responsibilities. The Habilitation Services Program, which until this year was a part of the state Department of Rehabilitation, was recently transferred to regional centers. (see related story on page 4) The program requires regional centers to coordinate work-related services for clients without any additional funding for staff.

The second added responsibility is the implementation of the family cost participation program beginning in January 2005. This will require regional centers to collect data from families who receive respite,

"When you consider that there has been no cost of living adjustment for the regional centers for the past 14 years, coupled with fourteen years of increases in the cost of running the Center, such as insurance, energy and communications, this budget cuts into muscle and bone."

– Diane Anand,  
executive director

day care and camping services for their minor children. Families who earn in excess of 400 percent of the Federal poverty level, who have children living at home between the ages of 3 and 17, and whose child is not eligible for Medi-Cal, will be required to share the cost of specific services.

For the portion of the budget designated for purchase of services from community service providers, the funding has increased by \$200 million for this year. There continues to be a freeze on rate increases and funds for developing new programs.

Anand adds, "The regional center budget is very tight for this year, with virtually no increase for operating expenses and a modest increase in purchase of services. It is our hope that these funds will be sufficient to carry us through the year we are in. We will continue to use the cost saving strategies we developed over the past two years as part of our expenditure plan."

## The Director's VIEWPOINT

### The Challenge of Interesting Times

There is an old Chinese saying: "May you live in interesting times." It often refers to, shall we say, a challenging future. When we look at the climate in which the regional centers are currently operating, "interesting times" is an understatement – and the sense of a challenging future is definitely present.



Executive Director Diane Anand

On the one hand, we are fast approaching our 40th anniversary as a service delivery system, and can point to remarkable progress in terms of improving the lives of individuals with developmental disabilities and their families. Our efforts at prevention, early intervention and ongoing lifelong support have made a tangible difference for the people we serve.

Today, people with developmental disabilities are living meaningful lives as active and included members of their communities, with more opportunity and choice than ever before. In so many substantive ways, we are delivering on the promise of the Lanterman Act and the dream of the early pioneers who made it a reality.

On the other hand, we are in the midst of perhaps the worst budget crisis in the state's history, faced with serious problems that will not go away quickly nor be easily solved. Once again, we are being asked to do significantly more with significantly less, and the fallout will impact all of us in the regional center community.

Most recently, the governor released the report of the California Performance Review, an effort to streamline state government so that it can be more responsive to better and more cost-effectively serve the people. This is certainly a significant endeavor, but – depending on the details and scope of its eventual implementation – it contains both the potential to make things better and the possibility of making things worse.

The 2500-page report contains 1200 recommendations that touch on every aspect of the state's bureaucracy. While regional centers are not mentioned individually, the proposed re-structuring of state government will definitely affect us. At this writing, we see risk and we see opportunity.

There is no doubt that change is in the wind – but whether it is a good wind or an ill wind won't be clear for some time.

Rest assured we will be participating in the public comment process to make certain that the voice of the regional centers and the developmental disabilities community is heard.

Questions we must ask ourselves are: Will the proposals improve access to services and the quality of delivery, as well as produce positive outcomes for our clients? Will they enhance program efficiency? Will they promote more effective coordination of programs and services? In short, will they make life better for those we serve? That is the bottom line we must never forget.

For nearly four decades we've lived through many interesting times and consistently shown an ability to adapt and change our operating model for the betterment of our community. Together, we will once again meet the challenge.

Editor's note: Those interested can view the entire CPR Report online at [www.cpr.ca.gov](http://www.cpr.ca.gov)

## Lanterman Staff Attend P.I.R.A.T.E.S. Mixer to Raise Awareness

A vast ye mateys! Lisa Levin, Koch♦Young Resource Center information and resource specialist (left) and Ronna Kajikawa, executive assistant in Training and Development (right) attend a P.I.R.A.T.E.S. mixer. The Print, Interactive, Radio and Television Education Society event was held at Gower Studios, home of CBS Radio. P.I.R.A.T.E.S., known as the organization "where the community meets the media," offers networking opportunities in Southern California that enable members from media and non-profit to interact. "This is just another avenue that we have available to us to improve the quality of life for the people we serve by promoting the inclusion and understanding of people with developmental disabilities and also working towards sensitive and accurate portrayals by the media," explains Levin who is also pictured with Jolisa Jones-Cory, director of Community Relations and Human Resources at KTTV Fox 11 and KCOP UPN 13. For more information about P.I.R.A.T.E.S. visit [www.piratesla.org](http://www.piratesla.org).





## Habilitation Comes Back Home

On July 1, the Habilitation Services Program, which was transferred from the regional centers to the state Department of Rehabilitation more than 25 years ago was returned to the regional center system. The Habilitation Services Program addresses the vocational needs of people with developmental disabilities who are also regional center clients through a broad range of services directed toward developing their employment potential. The reasons given for the transfer were to increase the cost effectiveness of the program and to facilitate habilitation services by obtaining additional federal funding through the Home and Community-based Waiver.

In reality this transfer is also a cost-cutting measure, as the regional centers were required to accept the Habilitation Services Program without any funding for staff. Regional centers will be responsible for individual client vocational planning, coordination of services, monitoring of habilitation service providers and payment for services. "The habilitation services that are provided by the workshops or supported employment agencies will continue to be provided in the same manner as they have been, however, significant changes are taking place regarding how the program is administered and funded," shares Helane Schultz, regional manager and point person for client-related habilitation issues. "Be assured that we are trying our best to make this transition as seamless as possible, and that there should not be any impact to clients or their families. Also, this change does not affect any other services that the client is receiving."

"Many of the responsibilities for assisting the clients in obtaining work program services will now be carried out by their service coordinators," explains Schultz. "We believe that this new approach has a lot of potential because the service coordinators know their clients and have more knowledge of their skills."

The majority of the habilitation programs in Lanterman's service area also have other programs that are funded through the regional centers, so the transition back to the regional center system was uneventful. Agencies that have not had a prior relationship with the regional center will find that the regional center can provide them with support for client-related issues, and quicker payment for services rendered. Community Services Director Karen Ingram states, "Because the work programs have been accredited by the Commission on Accreditation of Rehabilitation Facilities, our quality assurance monitoring efforts can focus on helping the providers enhance the services they provide. We can help the providers meet their goals of finding meaningful employment for their regional center clients."

For an in-depth look at the transition from the Department of Rehabilitation to the regional centers visit the Department of Developmental Services Web site at [www.dds.cahwnet.gov/Habilitation/HabSvs\\_Home.cfm](http://www.dds.cahwnet.gov/Habilitation/HabSvs_Home.cfm). If you have any additional client-related questions about the transition contact Helane Schultz at **213.383.1300 x572** or [helane.schultz@lanterman.org](mailto:helane.schultz@lanterman.org). If you are interested in pursuing workshop or supported employment opportunities contact your service coordinator. Karen Ingram, director of Community Services at Lanterman, will be responsible for quality assurance and vendor issues. She can be reached at **213.383.1300 x617** or [karen.ingram@lanterman.org](mailto:karen.ingram@lanterman.org).

## From School to Work – Video Provides Information to Ensure a Successful Transition

For many people, leaving school and moving into the working world can be particularly unnerving. This transition elicits feelings of trepidation, anxiety, anticipation and excitement – which when rolled into one sensation is often described as "butterflies in my stomach." Individuals with disabilities often face additional unique challenges during these transitions.

"Success at Work: Transitions to Employment" is just one of the many videos in the award-winning "Transitions" video curricula series for students and young adults with learning differences. Created by the Eaton Coull Learning Group, which was founded in 1997 by two special education teachers and diagnosticians, Howard Eaton and Leslie Coull, this curriculum and videotape will help young adults gain self-confidence and develop good self-advocacy skills, assuring viewers that learning differences need not get in the way of future career successes.

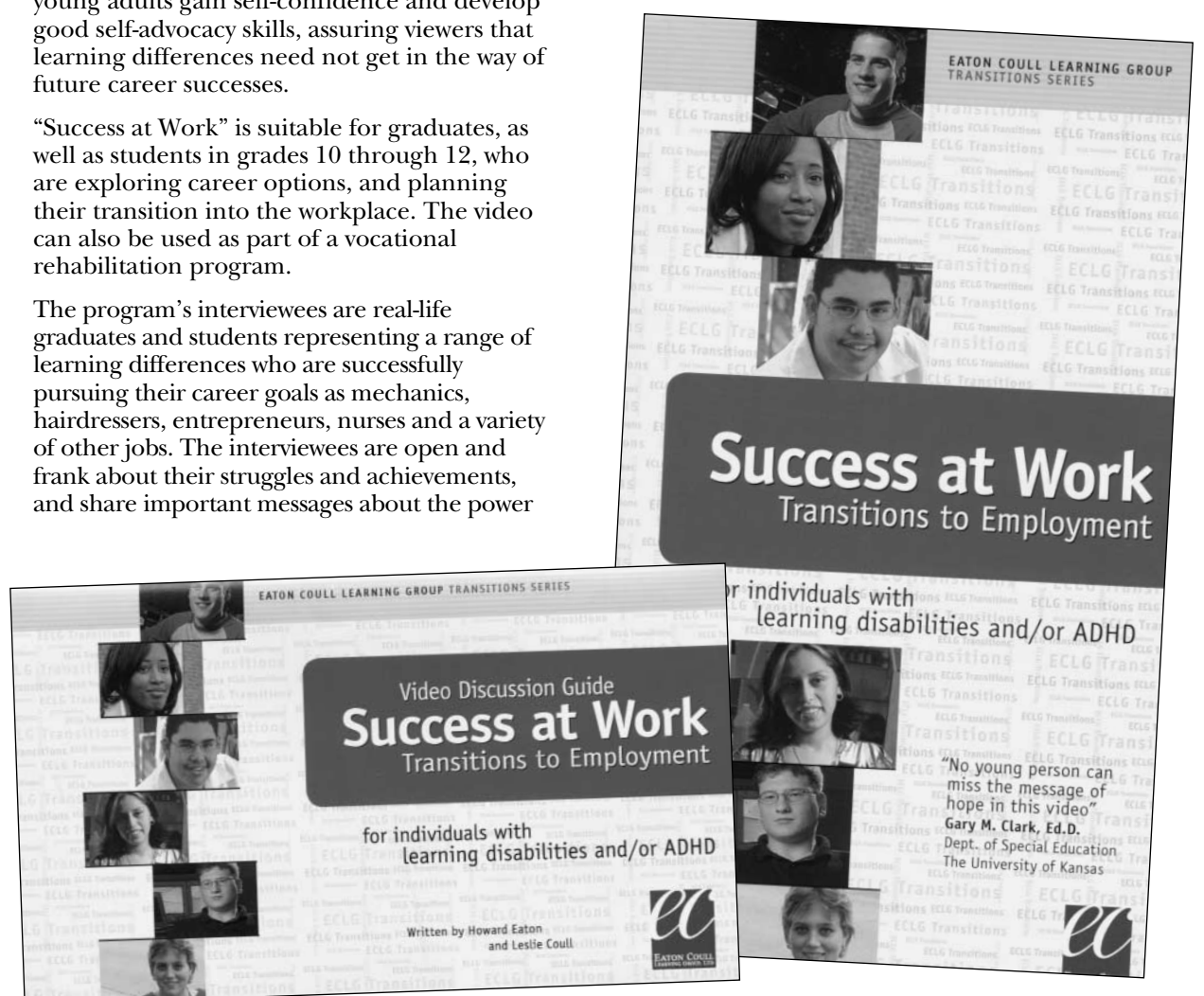
"Success at Work" is suitable for graduates, as well as students in grades 10 through 12, who are exploring career options, and planning their transition into the workplace. The video can also be used as part of a vocational rehabilitation program.

The program's interviewees are real-life graduates and students representing a range of learning differences who are successfully pursuing their career goals as mechanics, hairdressers, entrepreneurs, nurses and a variety of other jobs. The interviewees are open and frank about their struggles and achievements, and share important messages about the power

of acceptance and the importance of self-advocacy.

A discussion guide accompanies the video. Facilitators can use this guide to stimulate discussion with students about transition-related issues. The guide also has exercises that reinforce the key concepts from the video and a summary of research that demonstrates the importance of self-advocacy to successful transitions into employment.

Visit the Koch♦Young Resource Center to borrow a copy of "Success at Work: Transitions to Employment." To browse other employment-related videos, as well as books, stop by the Resource Center in person or access the library collection online at <http://library.lanterman.org>.



## Two Couples

*Continued from page 1*

Lanterman's residential service provider orientation in fall 2003 and submitted his licensing application the end of last year. "When the decision by the two couples to move from the facility to Mountain View Guest Home was finalized, the timing of the move became quite urgent. Christy Simpson and Jeanine Batres at Licensing were great in assisting and collaborating with us to get the home approved quickly," adds Abbott.

Mountain View Guest Home is a bungalow-style house that features a back yard, detached recreation space, barbecue pit, and fruit and vegetable garden. A large park is located across the street from the home and the Glendale Galleria is only blocks away. On June 25, Stump, Crippin, Hanks and Binkier moved into their new home. "They have so many more opportunities available to them living here than they did before," says George Davis, service coordinator. "Troy takes Adrian's two dogs for a walk in the park and Pollie helps out cooking dinner in the evening. Both activities were never even an option when they lived at the large facility. Here they have much greater freedom to come and go on their own."

Binkier shares, "I love it a lot here and I get to feed the cat in the morning." Crippin, who

works at Goudy Honda washing cars says, "I like walking to 7-Eleven for a drink, riding my bike in the park and going to the mall." Stump, who was able to bring her pet bird, Precious, adds, "It's cool. Very different. We have more freedom. It was limiting before. We like this house better."

Rebollo, who also coordinates daily activities for Mountain View Guest Home residents, plans to teach all four of them how to use the Glendale Beeline to get around the city, encourages them to walk to the library and mall, and every evening they all go for a walk in the park before dinner. He adds, "They buy a lot of junk food at work, so I'm encouraging them to make healthier food choices, such as buying salads instead." On the weekends they go on trips to Griffith Park.

"Mountain View Guest Home is setting an example as the first residence in the Lanterman area that is home to only couples," shares Harriet Dickens, service coordinator. "This move also ties in with the Lanterman mission to enable people with developmental disabilities to live full, productive and satisfying lives as active members of their communities." Everyone involved in the move from the families to the regional center staff and most importantly the clients are happy with their new "too cute," two-bedroom home in Glendale.



# A New Kind of Performance Contract to be Implemented by Lanterman

In 1993, the state put in place a requirement that each regional center work with its community to develop a performance plan that contained goals and objectives for nine different areas, such as community living options, family support and education, and lifelong learning. Each center’s plan was also supposed to describe the things that the center would do to work toward achieving the goals and objectives. Once a plan was developed, it became the basis for a “contract” between the Department of Developmental Services (DDS) and that regional center. The performance contract requirement was phased in to the 21 regional centers over a five-year period beginning in 1993. Lanterman implemented its first performance plan in 1998. Our current plan can be found on our Web site – [www.lanterman.org](http://www.lanterman.org) – under “Organization.”

### CREATING THE NEW MODEL

In the year 2000, DDS undertook the development of a new model of performance contract. It was intended to retain the contract requirement but allow the Department to do two additional things. The first was to enable comparisons of performance across regional centers. This required DDS to create a standardized set of outcomes that all centers would adopt. The second thing they wanted, was a set of indicators that reflected both system and individual client outcomes.

This new model, using standardized outcomes, was first implemented in 2001 as a pilot in five volunteer regional centers. The pilot was to continue for five years – until 2006 – at which time all centers would be required to adopt the model in place of the original performance plan. Since 2001, any center wishing to do so has been allowed to join the pilot rather than waiting until 2006. As of June of this year, 15 centers have joined. At its July 28 meeting, based on a recommendation from the Strategic Planning Committee, Lanterman’s board of directors approved the Center’s entry into the pilot in January 2005.

### REQUIREMENTS OF THE NEW MODEL

Under this new model, DDS has defined a set of 25 outcomes on which each regional center will be measured. A majority of the outcomes are “public policy” outcomes, intended to encourage development of the types of services that reflect the values of the Lanterman Act – i.e., services and supports that “enable persons with developmental disabilities to approximate the pattern of everyday living available to people without disabilities of the same age.” For example, we will be judged on our success in moving people from the developmental center into the community, ensuring that our clients have access to appropriate medical care, helping our adult clients obtain meaningful employment, and ensuring that adult clients live in homelike settings. The remaining outcomes reflect “compliance,” primarily with legal and regulatory requirements.

Under this new performance contract model, regional centers are only required to be accountable for these 25 outcomes. At the same time, however, each regional center may work with its community and develop additional local outcomes to supplement its performance plan. If a regional center does this, it will be required to report to DDS on these additional outcomes.

### THE PROCESS OF DEVELOPING THE PLAN

As we did with the old performance contract, we will be holding public meetings to discuss our proposed plan and ask members of the Lanterman Community for comments and suggestions. We have scheduled four meetings for this purpose – one each in English, Spanish, Korean and Armenian. You can find more information about the time and place for these meetings in the box at right. We encourage all clients and families to come hear about and give us feedback on this new plan that is scheduled to take effect in January.

## Measures to be Used in New Performance Contract

### PUBLIC POLICY MEASURES

Number and percent of regional center clients living in the developmental center

Number and percent of minors residing with families

Number and percent of minors living in facilities serving more than six residents

Number and percent of adults residing in home settings

- Number and percent of adults residing in independent living
- Number and percent of adults residing in supported living
- Number and percent of adults residing in adult Foster Home Agency homes
- Number and percent of adults residing in family homes with parent or guardian

Number and percent of adults living in facilities serving more than six residents

Number and percent of adults with earned income; average wage of these clients

- Number and percent of adults in supported employment
- Number and percent of adults in competitive employment

Clients’ access to medical services

Number of clients (rate per thousand) who are victims of abuse

### COMPLIANCE MEASURES

Regional center has unqualified independent audit with no material findings

Regional center is in substantial compliance with DDS fiscal audit

Regional center projects purchase of service spending within a certain percent of accuracy

Regional center operates within its Operations budget

Regional center is certified to participate in the Medicaid Waiver program

Regional center audits vendors as required by Article III, Section 10 of its contract with DDS

Regional center is current with the development of CDERs and Early Start Reports

Regional center meets timelines for intake/assessment and IFSP creation for clients age 0-3

Regional center meets timelines for Intake/assessment for clients age 3 and above

The regional center’s IPPs satisfy the criteria listed in the Welfare and Institutions Code

The regional center’s IFSPs satisfy the criteria listed in Title 17

## SAVE THE DATE! Community Meetings Being Held in September

The individuals with developmental disabilities Lanterman serves, their families and our service providers are key partners with the Center. This partnership is only successful when all parties involved have an opportunity to provide feedback on the future direction and long-term goals of the Center.

One avenue utilized by the Center to ensure that all persons interested in participating have an opportunity to provide feedback and comments is our annual community meetings. This year’s meetings will focus on five key areas:

- ▶ Budget overview
- ▶ Expenditure plan
- ▶ Accomplishments from the past year
- ▶ Changes to the performance plan (see story at left)
- ▶ Continuation of our alternative service coordination model

This is your opportunity to comment on plans for the future. Your input is very important, and we look forward to seeing you at one of these meetings.

### MEETING SCHEDULE

**Armenian – Tuesday, September 7 at 7 p.m.**

Saint Mary’s Armenian Apostolic Church  
500 South Central Avenue; Glendale

**Korean – Wednesday, September 8 at 7 p.m.**

Lanterman Regional Center  
3303 Wilshire Boulevard; Los Angeles  
(Berendo Room on seventh floor)

**Spanish – Monday, September 13 at 10 a.m.**

Lanterman Regional Center  
3303 Wilshire Boulevard; Los Angeles  
(second floor)

**English – Wednesday, September 22 at 7 p.m.**

Frank D. Lanterman Regional Center  
3303 Wilshire Boulevard; Los Angeles  
(second floor)

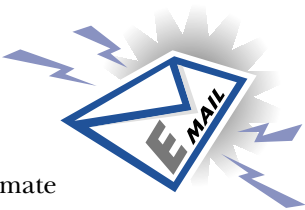
If you have additional questions, or want more information, contact the Koch♦Young Resource Center at **213.383.1300 x730**, toll-free at **800.546.3676** or [kysrc@lanterman.org](mailto:kysrc@lanterman.org).

## Be the First to Know and Help Us Save Money – Join Lanterman’s E-mail List

Thirty-seven cents may not seem like a lot of money, but multiply that by 6,000, the approximate number of people Lanterman Regional Center serves, and that’s \$2,200 for one mailing. While all mailings are not as large, Lanterman sends numerous correspondences via the United States Postal Service every year, and this adds up to a lot of money.

There’s something you can do to help us save money though – join Lanterman’s e-mail list. Instead of waiting for “snail mail” to get important information about events, the budget or trainings, you could be the first to know with e-mail.

To join, send an e-mail to Vinita Anand at [vinita.anand@lanterman.org](mailto:vinita.anand@lanterman.org). Please include in the message your name, the client’s name and age, and the city you reside in, to help us target our e-mail messages more effectively.





# Meet the People Behind the Titles: Patricia Herrera

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

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

I was born in Bogotá, Colombia, South America and raised in New York. My parents immigrated to New York when I was 4 years old. We lived in Malvern, Long Island. I moved back to Bogotá, Colombia when I was 14 years old and lived in Colombia most of my adolescent years and early adulthood. I returned to the United States in my early twenties and settled in Los Angeles. Currently I live in the Hastings Ranch area of Pasadena.

## When did you join Lanterman?

My plan when I returned to Los Angeles was to pursue a Ph.D. in clinical psychology at the University of California, Los Angeles, but one thing led to another, and I ended up applying for a job at Lanterman Regional Center instead. I joined the Lanterman community in November 1987. I was only planning on staying at Lanterman for two years, mind you, while I went through the process of entering a full-time graduate program.

## Were you ever able to complete a graduate program?

I attended a six-year undergraduate program in clinical, educational and organizational psychology at the University of the Andes in Bogotá, Colombia. In 1995, I obtained a master of science in counseling from California State University, Northridge.

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

Service Coordinator – School-Age Unit (November 1987 – 1990)

Family Support Coordinator – Consumer and Family Services Division (1990-1992)

Family Support Coordinator - Community Services Division (1992-1993)

Director, Family Support Services – Executive Management (1993 to present)

## How does your schooling relate to your current position?

My schooling has been invaluable to my current position. My psychology and counseling background has provided me with the knowledge to develop and design informational, educational and support programs essential to the Koch ♦Young Resource Center (KYRC) and to the Family Support Services unit. The educational development I have received while at Lanterman, such as continuing education courses in fundraising, public relations,



Patricia Herrera, director of Family Support Services

marketing, leadership development and management has also been invaluable. I encourage everyone to take advantage of all the educational opportunities the Center offers. I truly appreciate the strong emphasis that Lanterman places on the professional and educational growth of its employees.

## How do the other positions you worked in benefit you in your current role?

The three years of hands-on experience as a service coordinator benefit me greatly in my current position as director of Family Support Services. As a school-age service coordinator I learned to advocate on behalf of children and families at Individual Education Plan meetings for appropriate school placement and services. As an active member of the Los Angeles County Integration Consortium, spearheaded back in the early nineties by Dr. Mary Falvey and sponsored by Area Board 10, I became a very strong advocate for the inclusion of children with developmental disabilities into regular education classes. As a service coordinator I learned much about the service system and about community resources. My years as Family Support Coordinator were invaluable for the development of family support programs, like the Peer Support Program, the Service Coordination and Advocacy Training for families, and the development of support groups in the Lanterman community.

## What are the responsibilities of your current position as director of Family Support Services?

I am responsible for directing the KYRC, as well as specific family support activities, such as information and referral, education, training for families, and peer support. The Resource Center includes a specialized library collection in the field of developmental disabilities that contains approximately 5,700 resources, and an Informational and Referral Help-Line averaging 900 calls quarterly. I oversee the production of *Viewpoint*, Lanterman's quarterly newsletter, the development and maintenance of the Web site, and the production of major educational and promotional publications of the Center. I direct special projects of the Center including the Assistive Technology Project, the Roberta

Happe Internship and the First 5 LA Grant for the Touchpoints™ Special Needs Training Project. I am also involved in grant writing, fundraising, public relations and marketing activities related to the Center.

## What are the biggest challenges of your job?

The biggest challenge in my job is finding additional funds to provide long-term sustainability to the special projects I direct that are not funded by the Department of Developmental Services. I guess my next biggest challenge is finding enough hours in the day to accomplish all the things I would like to do.

## What is the most rewarding part of your job?

The most rewarding part of my job is the amazing and talented people I get to directly work with. The Family Support Services unit is made up of a team of very talented and dedicated individuals with unique and diverse backgrounds. I feel extremely privileged to be in the position to support a team that is passionate about what they do and that is truly dedicated to their work. I also find the opportunities I have to work with individuals with developmental disabilities and their families very rewarding, and treasure the long-term relationships that have developed over the last 17 years I have been with the Lanterman community. Another aspect of my job that I truly enjoy is building new relationships with individuals and networking in the community.

## What are some of your accomplishments, i.e. programs, projects, trainings, etc..., that you have worked on?

- ▶ Received recognition from the Los Angeles Police Department for contributions made to the Los Angeles Abuse Council for eight consecutive years of service as Chairperson of the Council (1992).
- ▶ Organized the first Spanish language "Inclusion Conference" for the Los Angeles Integration Consortium at California State University, Los Angeles for 500 participants (1993)
- ▶ Inauguration of the KYRC (1994)
- ▶ Spear-headed the planning committee for Lanterman's 30th Anniversary Leadership Forum "A Community in Action" (1996)
- ▶ Organized the first Summer Leadership Institute with the Center for Non-Profit Management (1995)
- ▶ California State University, Northridge – Center on Disabilities - Leadership and Technology Management Program (1997) – Developed a proposal that led to the funding of the Assistive Technology Project.
- ▶ Partnership-Leadership Development Model (1998)
- ▶ Inauguration of the Assistive Technology Project (1999)
- ▶ Touchpoints™ Community Level Training in Boston (2000)
- ▶ First 5 LA Grant (\$700,000) for the Touchpoints™ Special Needs Training Project (2002)

## Where do you see the unit heading in the next several years including future projects and initiatives?

The KYRC is an investment toward greater empowerment and self-determination for all individuals affiliated with the Center. I envision the KYRC becoming the best source of disability-related resources for the community at large, and a place that will foster partnerships and leadership amongst all its members.

## Are you married? Do you have any children?

My husband's name is Jonathan Nieto, and we have one son, David, a delightful strong-willed 3-year-old. I have enjoyed motherhood tremendously and continue to learn so much from being David's mother.

## Any take home lessons or important life lessons learned that you would like to share with readers?

When I started out in my career, I probably had a simplistic or naïve view of what constituted success or failure. With experience, I've come to understand that low points and high points can be one and the same, and that interruptions in pursuit of cherished goals can still be opportunities.

## Grab a Buddy, Lace Up Your Shoes and Start Walking

The Down Syndrome Association of Los Angeles' Tenth Annual Buddy Walk is just around the corner. On Sunday, September 19, DSALA will again take over the Santa Anita Race Track in order to raise awareness and promote understanding about Down syndrome.

On this last Sunday of summer, join family and friends for a fundraising walk and information faire. There will also be entertainment, including live music from Tony Cockram and The Blue Powda Monkeys.

Micah Ohlman, ABC7s weekend co-anchor of "Eyewitness News" at 5 p.m., 6 p.m. and 11 p.m. as well as a reporter for "Eyewitness News," will be this year's Grand Marshall. Other guests this year will include Mary Rice Hopkins who has been involved in family music ministry for 25 years, Actor John C. McGinley, National Buddy Walk Spokesman for the National Down Syndrome Society, and Actor Joel McKinnon Miller, last year's Buddy Walk Grand Marshall.

So grab a buddy, lace up your shoes and start walking to raise awareness and promote understanding about Down syndrome. Registration begins at 10 a.m., the program starts at 11 a.m. and the walk kicks off at noon. For more information about the 2004 Buddy Walk and to register visit [www.dsala.org](http://www.dsala.org) or call DSALA at 818.242.7871.





# What Software Program Should I Get to Help My Child?

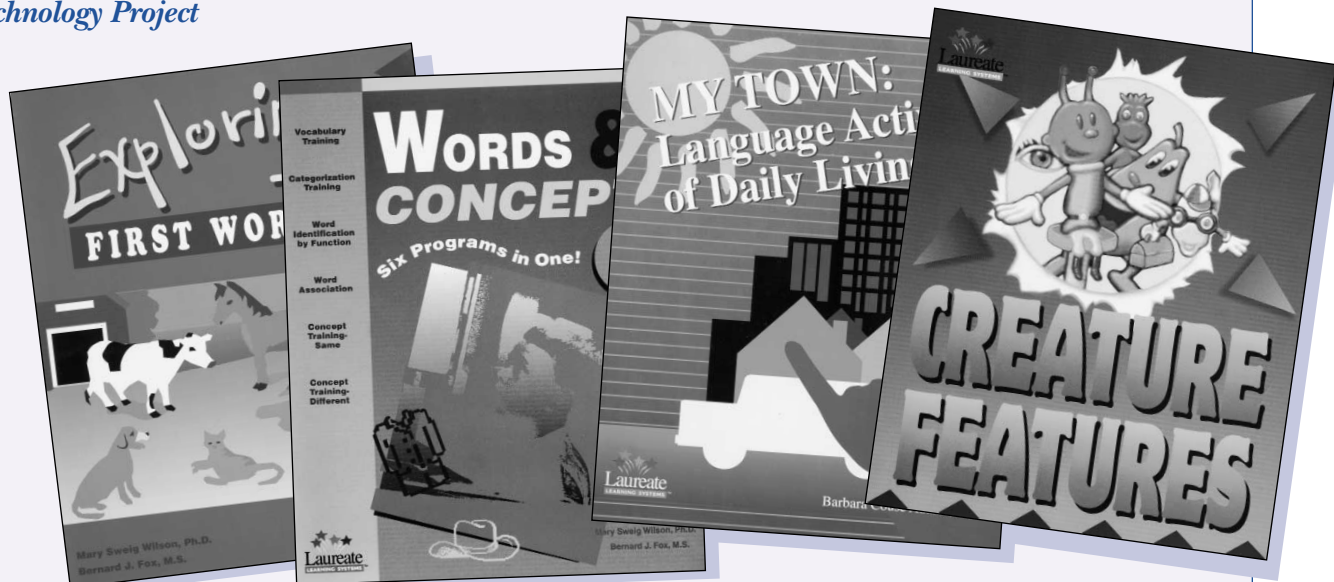
By Martin Sweeney, director of Assistive Technology Project

For nearly twenty years, I have been tracking software development and titles designed to support individuals with developmental disabilities. My strategy is not terribly ordered, I attend conferences, network professionals, schmooze vendors, query educators and scavenge through what seems like a bottomless stack of catalogs. There's a universe of material out there and it's no easy task staying current. And of course, the most commonly asked question: "What software program should I get to help my child..."

There's no one answer to that question. Ultimately, it depends on a range of variables, the most important of which rests on knowing both the needs and interests of your child. If you start by identifying a specific goal or objective, you will find it easier to narrow the range of choices. However, for many children and adult clients it still may not be easy to know whether a particular program will prove interesting, motivating or successful.

Given this sea of uncertainty, parents and caregivers understandably hesitate before shelling out fifty buck, or more, for a software program that may fail to hold their child's interest beyond five minutes, no matter how well-intended its design. To avoid such a costly exercise of futility, one's best bet is to explore or demo the program before making any decision to purchase it. Many companies now offer trial demos of their products online. This is a great way to test drive a program so you get a feel for whether it might be appropriate for your child.

Another way is to familiarize yourself with some of the software programs we have here



in Lanterman's computer lab. Some of the programs can be borrowed through the Koch ♦ Young Resource Center library, while others can be used onsite by appointment. We have a large sampling of software titles.

Most recently, the Regional Center purchased the complete special needs software solutions package from Laureate Learning Systems. Designed for students whose disabilities range from severe/profound to mild, the collection of titles covers cause and effect, vocabulary development, categorization, syntax mastery, concept development, auditory processing and reading instruction. The collection – over 40 titles – is rooted in a linguistic hierarchy that builds through seven stages of language development, from interpreted communication all the way through complete generative grammar.

Founded in 1982, Laureate is a company dedicated to publishing innovative software

specifically designed to improve the lives of children and adults with special needs. Laureate's multimedia programs combine instructional design with digital speech, engaging graphics and amusing animation. For more information about Laureate visit their Web site at [www.llsys.com](http://www.llsys.com).

We've just received these titles and I am now working my way through each one. It takes time to fully explore a program when considering the needs of a person with a developmental disability. What works for one person will not necessarily work for another. It is this depth of consideration one must apply to answer that earlier question: "What software program should I get to help my child..." Come join me in the lab and let's see if we can answer that question together.

For more information and to arrange a visit to the computer lab contact Martin Sweeney at **213.383.1300 x722** or [martin.sweeney@lanterman.org](mailto:martin.sweeney@lanterman.org).

## Pyunic

Continued from page 1

While continuing to provide services to the children and adults from the earthquake, Pyunic now provides assistance to children and adults with all types of disabilities including those disabled through the Karabakh war, by diseases and accidents, and those born with both physical and developmental disabilities.

"The goal of Pyunic is simple – to improve and develop opportunities for people with disabilities in Armenia to become full-fledged, participating and contributing members in Armenia," explains Sarkis Ghazarian, a volunteer with Pyunic who works at Glendale Community College coordinating the transfer center, which assists students with transferring to four-year colleges and universities. Pyunic promotes physical, social and psychological rehabilitation of people with disabilities, utilizing sports to develop strong bodies and active minds, developing skills to meet the challenges of daily life, and disability rights protection. The organization also works to educate the public in Armenia by disseminating information on disability issues.



Ghazarian, who has a disability, visited Armenia about 10 times shortly after the earthquake, and also spent a year in Armenia in 1995, providing him the opportunity to see first hand how people with disabilities are treated. "In the recent past, the majority of families would place their children with disabilities in state-run developmental centers and orphanages," comments Ghazarian, "but Pyunic is trying to change the mindset of the culture, and educate families that children with disabilities are not an embarrassment, and can be cared for at home or placed in a small group home located in a neighborhood setting."

More than 50 volunteers and four staff members in Armenia offer year-round services and programs to people with disabilities, however, many more volunteers in the United States work to raise funds and supplies for the organization. These resources are used to provide social services, including clothing and food, as well as advocacy for social and educational needs; to organize sports activities and camps, such as swimming, sailing, weightlifting, archery, basketball, tennis and skiing; to implement public education and disability rights protection projects, such as the Disabled Rights and Information Center of Armenia started in 1996, the Human Rights and Disabled Persons program started in 1997 with funding from the U.S. Embassy, and Support Armenia's Disabled Public Education and Awareness Building, another program also started in 1997; to develop and organize vocational training, including efforts like the creation of the Computer Training Center for the Disabled in 1996 with funding from the Canadian Embassy; and for the provision of prosthetic services.

*Lori Silvazian (center), a Pyunic volunteer and employee at ECF, conducts a home visit with a family in Armenia that has a child with a developmental disability. During her visit to Armenia, Silvazian also provided training to students doing their fieldwork placements with Pyunic.*

Currently, Pyunic is working with Lori Silvazian, a Los Angeles-based Pyunic volunteer and employee of the Exceptional Children's Foundation (ECF) to implement an early intervention program in Armenia that will provide services to young children from birth to 3 years of age with developmental disabilities. "This program will be very similar to the one Lori directs at ECF," adds Ghazarian, "and will provide the necessary assistance parents need to be able to keep their children with disabilities at home."

Shortly before Pyunic celebrated its 10th anniversary, the government of Armenia donated a 32,000 square foot, four-story building in Yerevan for their new center, in recognition of their proven record of providing services to people with disabilities and improving the quality of their lives. The future Pyunic Center for the Disabled will be fully accessible and include administrative offices, an auditorium, sports facilities such as a swimming pool, gym fitness center and ping pong tables, vocational training facilities, overnight accommodation rooms, and facilities for income-generating businesses that will employ people with disabilities. In addition to services provided on site, Pyunic is also hoping to translate a variety of films that focus on individuals with disabilities and disability issues into Armenian so they can be shown on national television. They are also pursuing a long-term goal of theirs, which is to develop post high school educational opportunities for students with disabilities.

"We're trying to jump start Armenia 50 years ahead in time of where it's at now," notes Ghazarian, "and enable Armenians with disabilities to develop to their fullest potential and in turn help Armenia grow and develop as well." For more information about Pyunic visit [www.pyunic.org](http://www.pyunic.org). If you are interested in making a donation of money or various supplies such as wheelchairs, crutches, computers and software, or equipment for the early intervention program such as therapy balls and toys contact Sarkis Ghazarian at **818.785.3468** or [sarkis@glendale.edu](mailto:sarkis@glendale.edu).



## Board Member Profile

### Gary Pancer Brings Health Care Focus to Lanterman's Board

Health and health care are an important focus at Lanterman. "Many of our clients have health-related issues, and it's important for the Center to have its pulse on current trends and emerging issues in the health care field," explains Diane

Anand, executive director. "We are delighted that Gary Pancer, a partner at K&R Law Group who specializes in health care litigation, was elected to serve on the board."

A graduate of Southwestern University School of Law, Pancer has worked at K&R Law Group, LLP located in Downtown Los Angeles since 1996, and has extensive experience representing health care service plans, physicians and other health care clients in complex business litigation and consumer disputes.

He shares, "During my undergraduate education in psychology at California State University, Northridge, I had the opportunity to work with children with developmental disabilities and appreciate the mounting challenges facing this vulnerable segment of our community, especially in light of ever-increasing bureaucratic hurdles and budgetary constraints."

Pancer also represents health care clients in administrative proceedings before the Department of Managed Health Care, the Medical and Dental Boards of California, the U.S. Department of Labor, and other state and federal agencies. He has successfully litigated many cases on behalf of health care clients in trial courts and binding arbitration, and frequently advises health care clients concerning general risk management issues. He also has experience working in management at a large publicly-traded HMO.

He adds, "I am delighted to be selected to serve as a board member and will actively work to ensure that individuals with developmental disabilities in Los Angeles are served with the highest level of respect and integrity. I believe that my experiences as a health care attorney and parent of two healthy boys, ages 4 and 6½, provide me with a sound platform to offer my services as a board member."

In his free time, Pancer enjoys playing roller hockey and spending time with his family.



Gary Pancer,  
new Lanterman board member

### Looking for New Blood... with experience

As a multi-million dollar corporation, Lanterman is always interested in recruiting board and committee members who have backgrounds in finance, personnel and related areas. Should you or someone you know be interested in volunteering in such a capacity, please contact Patrick Aulicino at **213.383.1300 x690** or [patrick.aulicino@lanterman.org](mailto:patrick.aulicino@lanterman.org).

### Board Welcomes Your Attendance at its Meetings

Please be aware that anyone in the community is welcome to attend Lanterman's board of directors meeting, which is conducted on the fourth Wednesday of every month at 6 p.m. Meetings are held at Lanterman Regional Center. Please contact Frank Lara in advance at **213.383.1300 x665** or [frank.lara@lanterman.org](mailto:frank.lara@lanterman.org) so you can be placed on the list of attendees. We look forward to your visit.

## Two Remarkable People are Honored for Their Years of Dedicated Service to Lanterman

At the July board meeting, Lanterman's outgoing board president, Bob Wedemeyer, presented Silvia Davis with an award recognizing her six years of service on the board. (see photo at right) Davis, the president of UNIDAS, advocates for Latin American women, and has helped many women in the Lanterman community learn the skills they need to cope with the challenges of everyday life in this country, including their health, personal and professional development, and community involvement. She chaired the board of director's nominating committee, and held two officer positions – secretary and first vice president. During her tenure, she represented the board at many Lanterman community events and was always willing to accept assignments on behalf of the board.

This was also Wedemeyer's last board meeting as president. In a time-honored tradition, Wedemeyer passed the gavel to Jeff Richards, who was elected president. Wedemeyer is also completing six years of service on the board. He has been a member of the Lanterman community

for 14 years, first serving on administrative affairs committee and later as a board member, treasurer and ultimately as board president. Wedemeyer will still be a presence in the Lanterman community, continuing his work with administrative affairs, and will also serve the board in an advisory role as immediate past president. In keeping with the tradition of presenting a piece of art to the outgoing board president, Wedemeyer received a painting by Artist David Foster from the ECF Art Center. (see photo at left)



## Homecare Registry Helps Make the Match Between IHSS Consumers and Providers

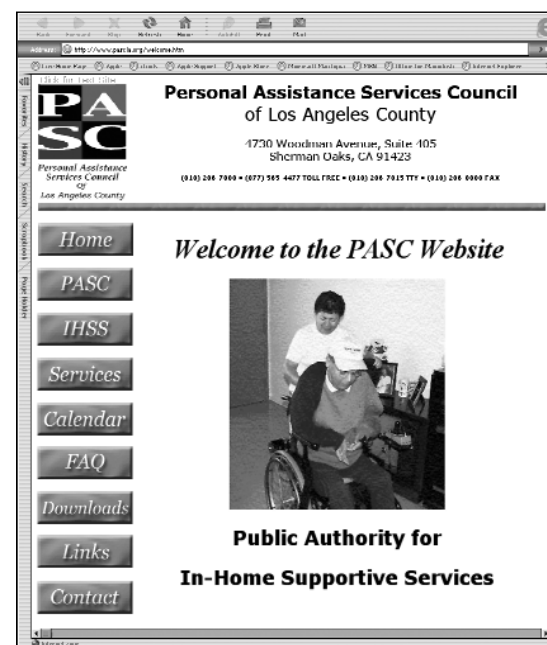
Whether it's romantic relationships or business ones, there are services that help bring people together. For the approximately 137,000 In-Home Supportive Services (IHSS) clients and 106,000 providers in Los Angeles County, Personal Assistance Services Council (PASC), the Public Authority for Los Angeles County's IHSS program, provides this service.

PASC has a fully operational Homecare Registry for IHSS consumers and applicant providers. The registry offers a free process through which IHSS consumers and providers can be referred to each other and later decide themselves whether to establish an employment relationship.

Registry services are provided via telephone with the aid of an automated database system that documents, searches, sorts and generates listings of possible referrals. Referral criteria includes the consumer's needs for particular services and skills in relation to the provider's skills and capabilities; geographical proximity of consumers and available providers; and the consumer's scheduling requirement and provider's availability.

The consumer is responsible for determining the suitability of the provider and likewise for the provider. The registry does not select, train, vouch for, supervise or warrant the quality of either consumers or providers. Consumers and providers must make their own decisions regarding one another's skills, character and compatibility. The consumer has the exclusive right to select, hire, assign hours and duties, direct the work, supervise, evaluate and terminate the provider, and the provider retains the right to resign from any employment. Use of the registry is voluntary and non-exclusive.

Registry users must be current IHSS consumers in Los Angeles County, provide accurate personal information, and submit a



The PASC Homecare Registry matches IHSS consumers with providers.

completed registry application form and participant's rights, responsibilities and release agreement. Providers must attend at least one orientation meeting; present valid photo identification; complete and sign a registry application form and participant's rights, responsibilities and release agreement; and must submit information on employment history for the past five years, including three personal references. Providers must also clear a criminal background investigation as administered by the State Department of Justice.

To access the PASC Homecare Registry call **877.565.4477** (toll-free), **818.206.7000** or **818.206.7015** (TTY). For more information on Personal Assistance Services Council of Los Angeles County visit [www.pascla.org](http://www.pascla.org). For more information on IHSS visit [www.ladpss.org/dpss/ihss/ihss\\_title\\_page.cfm](http://www.ladpss.org/dpss/ihss/ihss_title_page.cfm).



# Find the Leader in You Through the Lanterman Leadership Institute

## CHOOSE ONE

A leader is someone who:

- ▶ Shows the way to others
- ▶ Goes before or along with others
- ▶ Guides others
- ▶ Marks the way for others
- ▶ Begins something
- ▶ Influences others to a course of action
- ▶ All of the above

A leader is someone who does all of the above. Very few people are born leaders. Most everyone who is a great leader has to find and develop these skills, and that's where the Lanterman Leadership Institute comes in.

Leadership is a core value for Lanterman. As we define it, "Leadership is 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." The cornerstone of our vision is, "A leader in service, learning and quality – always striving for excellence and pioneering new ways to enhance the lives of people with developmental disabilities, their families and the communities we share."



"Creative, committed and effective leaders in all areas of the Lanterman community are the key to successfully fulfilling our mission and making our vision for the future a reality," explains Maureen Wilson, director of Training and Development. "That's why we created the Lanterman Leadership Institute a decade ago."

The Lanterman Leadership Institute is a two-day program that takes participants through modules that focus on creating and communicating a shared vision, embracing diversity, action planning, team performance, and defining personal leadership goals and opportunities. This is the perfect program for individuals interested in co-leading a parent support group, or serving on a task force, advisory committee or governing board of

"This training was an inside out look at myself, using fun learning activities... and it helped me recognize my leadership abilities..."

– LLI Graduate, 1998

the regional center to develop their leadership skills.

Information featured during the training includes an overview providing a historical to present day perspective on the developmental services system, and legislation that affects individuals with developmental disabilities and their families. Lessons and activities are also conducted to develop leadership skills, and teach participants about working effectively in a team, how boards/committees function, and how to make good use of meeting time.

"Our commitment is to invest in our most valuable resource, our members – clients, families, service providers, community members and staff – and help them realize their leadership potential," adds Wilson.

Approximately 250 individuals have attended the Lanterman Leadership Institute that has been held annually for the last 10 years. Survey results indicate 25 percent goal attainment by participants. The next Lanterman Leadership Institute will be held in February 2005. If you are interested in more information about the program contact Maureen Wilson at **213.383.1300 x719** or [maureen.wilson@lanterman.org](mailto:maureen.wilson@lanterman.org).

"The information was both interesting and understandable for people with disabilities, inspiring me to get involved and give back"

– LLI Graduate 1995

## Adam Sroujeh

*Continued from page 1*

disability known as the recipient, a family member or someone from the person's close support network that is known as the facilitator and a Skilled Companion. "Skilled Companions learn interactive commands, which promote bonding and responsiveness toward the recipient," comments Valliant. "The sense of companionship and inclusion these dogs provide helps decrease feelings of isolation and loneliness, and provides a sense of comfort and familiarity in new situations. The dogs also help perform many of the practical skills of a service dog."

During the Team Training program, the Sroujehs learned to manage Shana's behavior using commands such as sit, down, roll over and play. They also learned to command Shana to retrieve objects, and open and close drawers and doors. Most importantly, they learned to maintain her health and well-being. "We groom Shana daily, including brushing her coat and her teeth. We also take her for a walk every day. She gets a bath every other week, and we clip her nails regularly. We also practice her commands daily to ensure she maintains them," adds Sroujeh.

"We wanted a highly trained dog who would be responsive to Adam's needs and be a companion for him," says Sroujeh. "Adam's ecstatic about having a dog. He helps feed her and loves to take her out to dinner or to visit family in Orange County. Whenever she doesn't come with us, he misses her terribly,

and believes that she misses him as well. He also enjoys having her around while he's listening to music, reading a book or just hanging out. It's nice to have her around when he's not feeling well because she puts her head on his tummy."

Since the Sroujehs are a team of three, they can only take Shana to public places when the three of them are together. "Shana cannot come into a store with just myself and Adam cannot take her to school," adds Sroujeh.

"CCI is an amazing, amazing place. I would definitely encourage other families who have been thinking about getting an assistance dog to take the next step and do it," shares Sroujeh. "You just have to remember that these dogs are not pets, they are working dogs that have a purpose."

"All the work we do is funded by donations. We receive no help from any governmental institution," notes Valliant. "All the programs are extremely low cost. Participants only pay \$100 for registration. The fully-trained dog and equipment are free, and during the two-week training, participants are housed at the facility at no cost. Should families go on vacation, we also board their dogs for them." CCI also offers graduate workshops and follow-up training sessions throughout the working life of the team, which is usually between eight to 10 years.

In addition to the Skilled Companion Teams program, Canine Companions for Independence has three other placement options, Service Teams, Hearing Teams and Facility Teams. Service Team leaders are people with mobility challenges, most

frequently people with physical disabilities who are wheelchair users. Hearing Team leaders are people who are deaf or hard of hearing, and Facility Team leaders are professional caregivers who work in physical or occupational rehabilitation, special education, hospital, nursing home or other health care-related facilities. For more information about the Skilled Companion Teams program and these other programs visit [www.cci.org](http://www.cci.org).

"Only 50 percent of dogs graduate from advanced training, but those that do are really solid 'bomb proof' dogs."

– Linda Valliant, CCI

If you are interested in getting your own canine companion, contact CCI for a preliminary application. "The application process is extensive, since we need to be sure that people understand all of the ramifications of having an assistance dog," explains Valliant. "The process includes a written application, telephone interview, visit to a CCI regional center and pre-training class." CCI is also seeking puppy raisers. For more information visit their Web site at [www.cci.org](http://www.cci.org).



# REWIND: *Perspectives* 2004

The second annual *Perspectives* International Film Festival and Forum took place on June 4-6, 2004 at the ArcLight Cinemas in Hollywood. The festival featured an exciting and diverse program of domestic and international features, documentaries and short films that explored the lives of people with developmental disabilities. Each screening was followed by a lively and thought-provoking discussion between the filmmaker, a disabilities expert and the audience.

*Perspectives* opened with the Scottish film "Afterlife." Producer Ros Borland and Actor Paula Sage, who has Down syndrome, traveled from Scotland to attend the event, talk with the audience and participate in the festivities. "To Kill a Mockingbird" closed the festival and Mary Badham, who played Scout, introduced the film and answered questions. Badham's comments carried particular significance since she has a son with special needs. Actor Gary Cole ("Dodgeball," "The West Wing") offered some final remarks about the importance of *Perspectives* from his vantage point of working in the industry and being the father of a daughter with autism.

The Media Forum was a dynamic and informative event that offered insight into the current issues surrounding representations of people with developmental disabilities, and strategies for increasing the visibility of people with developmental disabilities in film and television. Following the panel, Comedienne Kathy Buckley presented the *Perspectives Media Award* to the Media Access Office of the Governor's Committee on Employment of People with Disabilities for their tremendous efforts in advancing the cause of understanding and social acceptance by promoting the hiring of actors and filmmakers with disabilities.

*Perspectives* 2004 drew people from across Los Angeles and beyond, providing insight into the lives of people with developmental disabilities and inspiring conversations that continued well beyond the theater exit.

(See photo captions on page 12)

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"Johnny Appleseed planted seeds not trees, and I think that when we do what we do best, we're planting seeds. We just have to do it everyday."

— Barry Morrow, screenwriter

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"People with disabilities are part of the community, not only as filmmakers but as filmgoers...we want to see ourselves represented with honesty and authenticity on the screen. Getting that point across is really key."

— John Belluso, playwright

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"On the part of employers in hiring someone with a disability, they think that it's going to cost a lot of money to modify a work station, or modify a job, or that they are going to slow down the team, and that's not the case at all. What you're looking for is the right fit. If you provide the right opportunity for the right person that's not going to happen, and that really is an issue that needs to be addressed."

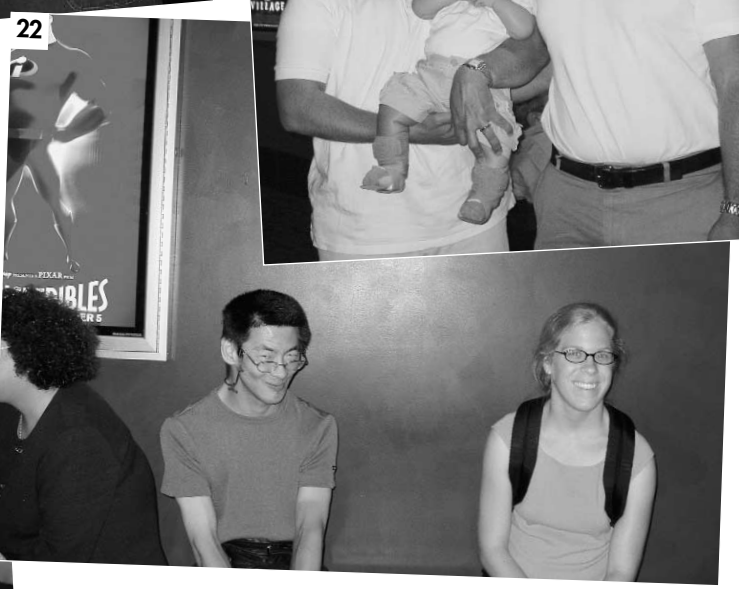
— Dr. Paul K. Miller, Governor's Committee on Employment of People with Disabilities





"Festivals like *Perspectives* harness the power of the media to speak to people, and to effect a genuine change of perception."

— Gary Cole, actor

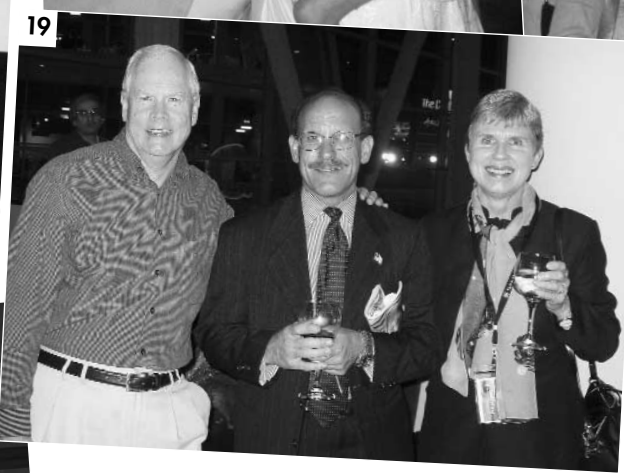


"There is not one role, one seat, one person who can really make this a reality in terms of changing the perceptions of the media. I think it begins early on, I think we need to be talking to educators, we need to be talking to all facets, all the transition points for youth with disabilities that they encounter throughout their lives, so that opportunities to be engaged as writers, directors, producers or whatever their dream may be in the arts isn't just an adult phenomena."

— Olivia Raynor, co-director of UCLA's Tarjan Center for Developmental Disabilities and director of the National Arts and Disability Center

"We should be realistic about what 'Hollywood' really represents and what the greater film community represents, and in that I think there is great hope."

— Barry Morrow, screenwriter



"As filmmakers, as artists, I think that we have a responsibility to the rest of the people who watch what we produce, what we make, what we write...to aggressively go after that gulf."

— David Streit, producer and filmmaker in residence at AFI Conservatory





## Captions from previous page

All names are in order from left to right.

1. "Afterlife" Producer Ros Borlund, Actor Paula Sage and Author Judy Karasik before the screening of "Afterlife" on opening night.
2. Moviegoers before the "Smudge" screening.
3. Moderator Gail Williamson of the Down Syndrome Association of Los Angeles, Actor Andrea Fay Friedman and "Smudge" Director Hilary Pryor field questions after the "Smudge" screening.
4. Paula Sage and Andrea Fay Friedman at the opening night reception.
5. Macson Printing's Ed Corcoran and his wife, Charlotte, enjoy the festivities on opening night.
6. Actor Gary Cole offered some closing remarks following "To Kill a Mockingbird."
7. Lanterman staff members Madeline Lara and Yadira Navarro volunteer at the "Afterlife" screening.
8. Richard Moon, "When Billy Broke His Head" Writer and Director Billy Golfus and Christian Gaines, AFI's director of Festivals, socialize on opening night.
9. Martin Sweeney, director of Lanterman's Assistive Technology Project, with daughter Eva Sweeney, and Lanterman staff member and festival volunteer Ralph Bingener.
10. Lanterman staff members Jackie Ashman, Frank Lara, Ronna Kajikawa and Tammy Simmons greet festivalgoers at the *Perspectives* information table.
11. Dr. Amy Gross of the Jewish Family Service of Los Angeles and Director Ira Wohl take questions from the audience following the screening of "Best Man."
12. Lanterman staff members Maureen Wilson, Patricia Herrera and Barry Londer with his wife, Sarah, enjoy a moment between films.
13. Content expert Gaylynn Thomas of the Westside Children's Center and Directors Tami Lyn and Vanessa Kaneshiro talk with the audience after the screening of "Talk to Me" and "Given a Chance... A Little Girl's Journey."
14. Diane Anand, Christian Gaines, AFI Festival programmer Shaz Bennett, and Festival director Marielle Farnan enjoy the evening air during the opening reception.
15. Council of Advisors member and Media Forum Panelist Olivia Raynor of UCLA's Tarjan Center for Developmental Disabilities and the National Arts and Disability Center relaxed with husband Lynn Raynor, daughter Zoe, Darcy O'Brien and her fiancé, Jon Felson, on closing night.
16. Lanterman staff members Maria Bosch, Sonia Garibay and Rose Chacana volunteer at the "Best Man" screening.
17. Lanterman Family Support Specialist Olivia Hinojosa and Rigoberto Gaona take in the festival.
18. Paula Sage, Actor Mary Badham ("To Kill a Mockingbird") and Milan Barrero having a good time at the closing night party.
19. Lanterman board member Bob Wedemeyer with Paul Branks of City National Bank and Diane Anand on closing night.
20. The Media Forum panel: Playwright John Belluso of the Mark Taper Forum's Other Voices Project, Gail Williamson, Olivia Raynor, Academy Award-winning Screenwriter Barry Morrow ("Rainman," "Bill"), Paul K. Miller of the Governor's Committee on Employment of People with Disabilities, Ros Borlund and Moderator David Streit (standing), producer and filmmaker in Residence at AFI Conservatory.
21. Lanterman board member Tom Armentrout with partner Ben Wiswall and their son Alex on closing night.
22. Student filmmaker Sam Yi and Kari Pope of the National Arts and Disability Center wait for the Media Forum to begin.
23. Publicity consultant Rebecca Brown-Dana (second from left) and friend (far left), Marielle Farnan, AFI Communications Coordinator Lauren Clark, and Publicist Anita Sen at the closing night festivities.
24. Gloria Castañeda of the Media Access Office and Mike Hansel discuss the Media Forum.

## Perspectives 2004 Media Award Recognizes California's Media Access Office

Have you ever wondered why actors with disabilities are hardly ever cast in leading roles that depict characters with disabilities? Is it because films about disability need a "big name" star to draw moviegoers? Is it because actors with disabilities are not able capable of playing these roles? What are the reasons actors with disabilities are not cast and what are the solutions?

Nearly one in five people in the United States has some type of disability, but only a fraction thereof is represented in television and movies. Title I and Title V of the Americans with Disabilities Act of 1990 (ADA), prohibit employment discrimination against qualified individuals with disabilities in the private sector, and in state and local governments. The reasons vary as to why only a small number of people with disabilities are employed in the media. At *Perspectives*, feedback from directors, producers and others in the industry indicate very positive experiences in working with actors with disabilities. So perhaps the lack of opportunity is based on uninformed stereotypes and misconceptions?

Actors with disabilities have repeatedly shared that the roles they seek do not necessarily focus on disability, but rather on "typical" characters. Films casting people with disabilities don't have to be serious; they can be comedies, action flicks and love stories.

Clearly the ratio of individuals with disabilities working in the entertainment industry is not similar to the ratio of individuals with disabilities living in the general community, but there is one organization diligently working to change all of this – the Media Access Office of the Governor's Committee on Employment of People with Disabilities.



Comedienne Kathy Buckley (center) presented the 2004 *Perspectives* Media Award to Dr. Paul K. Miller of the Governor's Committee on Employment of People with Disabilities (left), and Gloria Castañeda of the Media Access Office (right).

Since 1980, the Media Access Office, a partnership of the California Governor's Committee on Employment of People with Disabilities and the California Employment Development Department, has worked to promote the inclusion of persons with disabilities in all areas of the entertainment industry – and to bring recognition to those directors and producers who hire actors with disabilities.

Over the years, the Office has offered individual assistance to hundreds of adults and children seeking roles on television or in film, acting in effect as a paid agent – but at no charge. Currently the Media Access Office has about 800 adult clients and 150 young clients.

The Office's main focus is to encourage the industry's decision-makers to use its clients both on screen, and behind the camera, as well as to give people with disabilities the opportunity to perform in mainstream roles – and not simply in parts where disability is a plot point.

"When we first began envisioning a film festival and forum focused on understanding and social acceptance of people with developmental disabilities, we decided that we would publicly recognize individuals and organizations that embodied these goals – both to honor their work and to show the larger community living examples of what we're trying to accomplish with *Perspectives*. And so, the *Perspectives Media Award* was born," comments Diane Anand, executive director. "This year, we chose to honor the Media Access Office for all of their outstanding work on behalf of people with disabilities."

"It's clear that the goals of the Media Access Office and *Perspectives* are remarkably aligned. And I can personally vouch for their ongoing and extraordinary work in providing opportunities for performers with disabilities in all areas of the entertainment media. They never stop pushing the envelope – and it's making a difference," shared Kathy Buckley, "America's First Hearing Impaired Comedienne," and four-time American Comedy Award Nominee as Best Stand-Up Female Comedienne, before she presented the *Perspectives 2004 Media Award* to Gloria Castañeda of the Media Access Office and Dr. Paul K. Miller of the Governor's Committee on Employment of People with Disabilities.

For more information about the Media Access Office visit [www.disabilityemployment.org/med\\_acc.htm](http://www.disabilityemployment.org/med_acc.htm). For more information about *Perspectives* and the *Perspectives Media Award* visit [www.perspectives-iff.org](http://www.perspectives-iff.org).

## How's Your News Team Gets the Scoop at the Democratic National Convention

Arthur Bradford and the entire How's Your News (HYN) team are back on the road again – this time, in pursuit of news from the Democratic National Convention (DNC) and the Republican National Convention (RNC). Ron Simonsen who has cerebral palsy, Larry Perry who has advanced cerebral palsy, Robert Bird and Sean Costello who both have Down syndrome, and Susan Harrington who has mild retardation and is legally blind, interviewed Sen. Hillary Rodham Clinton (D-N.Y.), Vermont Governor Howard Dean, General Wesley Clark, News Anchors Peter Jennings and Wolf Blitzer, Talk Show Host Larry King, Filmmaker Michael Moore, Journalist Bill O'Reilly, Activist and Comedian Al Franken, Political Consultant James Carville, Actor/Producer/Director/Writer Ben Affleck, Director Rob Reiner, Sen. Barbara Boxer (D-C.A.), and many other delegates at the DNC.

"Our news team stands in such contrast to a traditional news team," shares Bradford, a documentary filmmaker and camp counselor at Camp Jabberwocky, a Martha's Vineyard retreat for people with disabilities. "These interviews are truly unique. They're genuine, offbeat and totally unscripted. Ron did an incredible 'All in the Family' skit with Rob Reiner."

Bradford adds, "The DNC was very nice to us, and our team was given excellent access at all the convention areas. I think it's a tribute to our country that our elected officials and public figures are willing to make themselves available to speak with a news team like ours. It was such an adventure."

The HYN team is hoping that the RNC will grant them similar access so they can provide balanced coverage of both conventions. "We are not a partisan group, so we'd like to show both sides equally," notes Bradford. The team's footage is scheduled to air nationwide in a television special on the Trio network on November 1, the night before the presidential election.

The DVD of the team's first documentary film, "How's Your News?," was released on July 20 and is available in stores everywhere; so pick up your copy today. It is also available at the Koch♦Young Resource Center. For more information about the How's Your News team visit [www.howsyournews.com](http://www.howsyournews.com).



Shortly after vice-presidential nominee John Edwards spoke at the DNC, Susan Harrington of the How's Your News team interviewed Larry King.



*Movies play an important role in shaping the ways in which Americans think about their world – and especially, aspects of life about which they have little first-hand knowledge. Certainly, one should look about the ways in which audiences of the time interpreted films. But as scholars, and not just movie critics, it seems to me that our job is also to look at the collective impact of films.*

– Steve Ross, historian

Attitudes and expectations of the public, in part, determine the degree to which children and adults with disabilities are able to live, go to school and work alongside peers without disabilities. With federal and state legislation requiring schools, employers, cultural and recreational programs to move beyond old concepts of “special” and segregated settings for people with disabilities, to a policy of inclusion that ensures people with disabilities have the same opportunities as others without disabilities in the community, negative attitudes and stereotypes need to be changed.

A Special Olympics report in 2003 said, “Negative attitudes about individuals with disabilities by the media are perceived as a major obstacle to inclusion.” Nearly 100 percent of American households have access to television and the typical person watches 1,000 hours per year. “The images we see shape our individual and collective perceptions of whom and what we value as a society, including how we view those who are different,” notes Olivia Raynor, co-director of the Tarjan Center for Developmental Disabilities and director of the National Arts and Disability Center. “Consequently, the images and lessons learned via television substitute with greater regularity vicarious

experiences for actual ones, and these images may serve as a primary contact between viewers and people with disabilities.”

The question is, “How do you change these negative attitudes into positive ones and eliminate the walls of isolation, marginalization and segregation?”

UCLAs National Arts and Disability Center (NADC), and its community partner, Lanterman Regional Center, are collaborating on a special project, *Changing Perceptions in the Media*. “The National Arts and Disability Center and Lanterman Regional Center share a common mission and vision, advocating for the full participation of individuals with disabilities in all aspects of society,” explains Diane Anand, executive director. “Additionally, this partnership is in keeping with the vision and goals of the *Perspectives* Film Festival to promote realistic and accurate images of people with developmental disabilities in the media.”

“The promise of engaging people with disabilities in all aspects of public life is challenged by negative attitudes and stereotypes portrayed in film and television,” comments Raynor. “This project offers the opportunity to change the perceptions of mediamakers about the lives of people with disabilities, and to increase the likelihood that relevant issues will be addressed sensitively and accurately in the media, by offering an alternative vision to mediamakers about the lives of people with disabilities.”

As part of the project, three workshops will be held to educate and inform mediamakers, including television and film writers, producers, and directors, about issues critical to the lives of individuals with disabilities. The workshops will include presentations by disability experts who will address topics and themes such as school, work, play, family,

romance and sexuality. In addition, filmmakers whose work exemplifies artistic quality, cultural diversity and relevance to the lives of people with disabilities will discuss their films. There will also be opportunities for direct interaction and dialogue with individuals with disabilities.

“These workshops offer a rare opportunity to advance social acceptance – both in the short-term, by exposing film makers to information and resources, and in the longer term by increasing the likelihood that the film and television shows they produce will engender new perspectives on people with disabilities,” shares Raynor.

“As influential agents of change and powerful molders of public opinion, the media have a major impact on our view of those who are different. Perceptions of capabilities make all the difference in where people believe individuals with disabilities should learn, work and live,” says Anand. “This project enhances the capacity of Lanterman to respond to the needs of its community members – understanding that leads to inclusion – and we see the workshops as an important opportunity to advance social acceptance through the media.”

As part of the project, the National Arts and Disability Center will also publish an online Los Angeles Disability Resource Directory featuring experts who can provide consultation regarding story content. When completed this site will be accessible on the NADC Web site at <http://nadc.ucla.edu> and from the *Perspectives* Film Festival Web site at [www.perspectives-iff.org](http://www.perspectives-iff.org). It will also be announced to various entertainment industry guilds to inform their members of its availability. Transcripts form the workshop presentations will also be made available on the NADC Web site.

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## Joe Perales' Personal Accomplishments Enhance his Ability to Deliver Quality Services

For the better part of 20 years, Joe Perales has worked to improve the lives of people with developmental disabilities. During this time, he's worn many hats from assistant program director at UCP, supervisor of a direct-care facility and rehabilitation counselor, to continuing education teacher with the Los Angeles Unified School District and ultimately service coordinator specialist with Lanterman Regional Center.

Each of his previous experiences has enabled Perales to provide exemplary service on behalf of Lanterman Regional Center to the families and individuals on his caseload. Perales primarily works with individuals in the Glendale, Pasadena, Burbank, La Cañada and La Crescenta areas that are 14 years of age and older. "The largest group of people I work with are adults who live independently in the community. I also have some clients that live in residential facilities, and I work with families whose young adults are transitioning from school," explains Perales.

Some of Perales' day-to-day responsibilities include writing reports; conducting quarterly and annual reviews at clients' school IEPs, day programs and facilities; as well as performing crisis intervention, and providing referrals to Department of Rehabilitation counselors for vocational services and supported employment. "The



Joe Perales, service coordinator specialist

highlight of my day is seeing the smile on my clients' faces when I'm able to ensure that they receive the services they need," notes Perales.

In addition to his ongoing responsibilities, Perales also works to raise awareness about developmental disabilities and Lanterman Regional Center. He volunteered his time on the *Perspectives* Media Committee, which was established to promote the event and fundraise. He sits on the planning committee for the Media Access Awards, attends Hollywood Networking Breakfasts, and facilitates events with the Latino community, including promoting the Center's services to various Spanish-speaking groups. He's also helped organize public events for the Hollywood, Glendale, and Pasadena communities, and has facilitated support groups in the Hollywood area for parents and other family members. In his spare time, Perales pursued his master in business administration from Woodbury University in Burbank and graduated this past June.

Perales has also acted as a liaison representing Lanterman Regional Center in advocating and recommending changes in budget legislation;

"The highlight of my day is seeing the smile on my clients' faces when I'm able to ensure that they receive the services they need."

—Joe Perales



Joe Perales and Comedienne Kathy Buckley at Perspectives 2004.

participated in a forensic task force that advocates and represents high profile clients with a criminal history; facilitated investigations dealing with adult and juvenile clients involved in the criminal justice system; represented clients in formal and informal hearings, court, social welfare, mediations and litigation; and carried out announced and unannounced facility monitoring. He has also represented Lanterman at joint committees with other regional centers working to organize symposiums, forums and conferences for the general community, as well as clients and their families.

In his nine and one-half years at Lanterman, Perales accredits much of his success to "working towards building and maintaining strong work relationships, having a positive attitude, and fostering teamwork." He shares, "I view the regional center like a family and feel that there is good sense of commitment by everyone to promote our mission." In his opinion, one of the benefits families served by Lanterman Regional Center receive is "having a service coordinator who has received extensive and ongoing training about the regional center system that provides them with the skills and knowledge to effectively serve the individuals and families on their caseload."

## The Season of Sharing is (Almost) Upon Us

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

— Unknown

Take a moment to think about what the holidays would be like without the noisy unwrapping of gifts or the stack of holiday dinner dishes piled high in the sink. Think about how lonely the holidays would be without friends and family to share in the holiday cheer.

For some people, the holidays aren't filled with hope and cheer, but rather with worry and fear. They fear they won't be able to pay their rent or feed their family, and worry about how they will explain why there are no holiday presents and special celebrations. Some people don't even have a family to celebrate with.

That's where *Holidays are for Sharing* comes in. Lanterman serves about 6,000 individuals with developmental disabilities and their families who are spread over a diverse geographic and ethnic range. Last year, with the help of members of our community and friends of the Center, Lanterman was able to ensure that all of the people we serve who requested help with holiday-related needs were able to participate in the festivities and traditions of the season.

A Lanterman staff member and her church established a giving tree that provided gifts for 63 clients; another staff member and his temple contributed 28 food baskets for the Thanksgiving holiday; and the niece of a third staff member and her high school friends donated 19 food baskets. Lanterman also collected toys, monetary and food donations for last year's holidays that were valued at \$38,000.

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

No matter how little you give, it can make a difference for someone else. There's no better time than now to open your heart and

share. As you can see from the examples provided, there are many ways to help. If you aren't able to donate money, toys or food, take the time to organize a collection drive or help the Toys for Tots campaign by volunteering your time in collecting, filling orders, and/or distributing the toys they have collected. Your time is always a gift that you can share. To learn more about the *Holidays are for Sharing* and Toys for Tots program contact Jackie Ashman at **213.383.1300 x684** or [jackie.ashman@lanterman.org](mailto:jackie.ashman@lanterman.org).

For over 20 years, friends and families of Lanterman Regional Center have stepped up to meet the critical needs of members of our community who require a little extra help not only during the holidays, but throughout the year as well. The *Holidays are for Sharing* campaign has two objectives, one to help make holiday celebrations possible through donations of food and gifts, and also to raise money for the "Help Fund" – the fund that gives all year long by providing assistance with emergency food, clothing, shelter and other necessities. Last year alone, \$32,000 was raised for the "Help Fund."

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

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

Checks should be made payable to "FDLRC Holidays are for Sharing" and mailed to Holidays are for Sharing; c/o Lanterman Regional Center, 3303 Wilshire Blvd., Suite 700; Los Angeles, CA 90010. Gifts should be delivered unwrapped to Lanterman Regional Center. For more information, please contact Jackie Ashman at **213.383.1300, x684** or [jackie.ashman@lanterman.org](mailto:jackie.ashman@lanterman.org).





# Abel Castillo Shares in the Traditions of His Faith During First Communion

For many individuals, religion and spirituality can be critical means of support for themselves and their families. A religious or spiritual association can also provide a sense of personal balance as well as a connection to the community at large. People with intellectual and developmental disabilities are no different, having spiritual and religious interests, needs and gifts. However, all too often they do not have the opportunity to express these parts of their lives.

For many reasons, people with developmental disabilities who have religious interests do not become involved in religious congregations or other spiritual activities. Some caregivers may overlook the importance of spirituality for people with developmental disabilities, and congregations of many religions fail to welcome and include people with developmental disabilities in their worship services and programs. Thankfully, these scenarios are changing as caregivers recognize the need for religious inclusion, and congregations open their doors.

Romy and Joaquin Castillo both go to church regularly, and their religion and its traditions are important to them. First Communion is an important milestone for all children in the Catholic faith, and Romy and Joaquin were

“He [Father Eamonn] told us that Abel was a very special kid and that we were lucky to have him. It brought tears to our eyes.”

—Joaquin Castillo

not sure they would ever see the day when Abel, their 9-year-old son who has autism, would receive his First Communion. They originally signed Abel up for the necessary classes to prepare him for his Communion. “We quickly realized that three hours of classes every Saturday for two years in addition to Abel’s multiple therapies and school was too tough for him,” comments Joaquin. “We wanted Abel to enjoy his experience and instead he viewed it as school and was upset.”

In rethinking how they might help Abel to receive his First Communion, Romy and Joaquin thought of an acquaintance, who is a priest at a Catholic church in East Los



Father Eamonn (fourth from left) took photos with Abel Castillo’s family after performing First Communion. (left to right) Romy Castillo, Abel’s mother; Norma Rodrigues, Abel’s grandmother; Joaquin Castillo, Abel’s father; Father Eamonn; Abel; and Aguiles Castillo, Abel’s uncle.

Angeles, who had also been to their house a few times and was familiar with Abel’s situation. They approached Father Eamonn with their dilemma, and asked him if he would perform the Communion and what options they had for Abel’s preparation.

“Father Eamonn told us that we could prepare Abel at home and that when Abel was ready he would meet with Abel and give him a test to ensure that he was prepared for his First Communion,” explains Joaquin. “My wife spent 15 minutes a day with Abel reading the Bible and memorizing the passages, and he was ready in less than two months.”

When Father Eamonn determined that Abel was ready to receive Communion, a date was set for March of this year. Along with Abel, approximately 100 other children were scheduled to receive their Communion. Knowing that Abel didn’t do well in large crowds, Romy and Joaquin spoke with Father Eamonn, who held a special rehearsal for Abel, the week before the actual Communion, to walk him through all the steps, including where he was going to walk and sit. Two seats towards the front were reserved, one for Abel and the other for his mother to sit with him during the whole ceremony.

“Abel was supposed to be one of the first children to walk up to receive the bread and wine, however, the order was reversed and he started to panic,” shares Joaquin. “It was the only time during the whole event where Abel panicked, and Father Eamonn who was keeping an eye out on him as well, noticed this and called him up out of order.”

“We were worried for a while when Abel started to dislike religion because of the classes, and we were afraid that he would never receive his First Communion,” notes Joaquin. “First Communion is an important

milestone for us and we highly recommend that parents who would like their child to receive Communion approach their priest about it. Father Eamonn was 100 percent behind Abel receiving his. Even though it can be a challenge for the child, it is such an incredible experience for both the parent and the child.”

After the ceremony, Father Eamonn took the family to a small courtyard that he had specially prepared for the family to take photos away from the crowd. Joaquin remembers, “He told us that Abel was a very special kid and that we were lucky to have him. It brought tears to our eyes.” Romy and Joaquin couldn’t be more proud of Abel’s accomplishment. Joaquin added that Abel enjoyed himself and is also proud of what he achieved.

The National Catholic Partnership on Disability (NCPD), the voice of the U.S. Catholic Bishops, continues its work to implement the 1978 Pastoral Statement of U.S. Catholic Bishops on People with Disabilities. The statement calls for full inclusion of all persons with disabilities in the church and in society. With efforts like these in place, we hope to hear more stories like the Castillo family’s. Visit the NCPD Web site at [www.ncpd.org/](http://www.ncpd.org/) for more information on their mission.

In addition to this site specifically devoted to the Catholic faith, there is a wealth of information that focuses on the different aspects of including people with all kinds of disabilities in many religions. For a list of resources visit the worship section on the Family Village Web site at [www.familyvillage.wisc.edu/worship.htm](http://www.familyvillage.wisc.edu/worship.htm) and the religious and spirituality division on the American Association on Mental Retardation Web site at <http://aamr.org/Groups/div/RG/about/index.php>.



## New Television Programs for Pre-Kindergarten Caregivers Premiere in September on KCET

On September 13, the much-anticipated educational television series for caregivers of pre-Kindergarten aged children, “A Place of Our Own” and its Spanish-language series companion, “Los Niños en Su Casa,” will air on KCET/Hollywood, the West Coast flagship station of PBS. The two shows specifically target non-professional caregivers, such as parents, grandparents, other family members, friends and neighborhood babysitters, helping them provide young children with a head start on learning. These shows are also a valuable resource for professional caregivers. “A Place of Our Own” and “Los Niños en Su Casa” are produced in talk-show format, are interactive, and offer viewers advice and “how-to’s” on topics such as nutrition, safety, discipline and literacy. Some of the segments will focus on developmental issues and feature information about regional centers. Visit KCET’s Web site at [www.kcet.org/index.php](http://www.kcet.org/index.php) for more information.



# FATHERS' CORNER: 1+1 does = 4

Also known as “How come you don’t smoke, chug coffee, and rant like a type “A” lunatic.”

By Steve Harris

Okay, one day a while back, one of my friends said to me, “How can you be a single father, deal with two boys with autism in their teens, and not be going crazy? I have two ‘normal’ kids and my problems are phenomenal. It must be three to four times as difficult with their challenges.”

To which I replied, “My boys problems may be different, but they are no more difficult than raising ‘normal’ children.” When you look at the basics, I don’t have to worry about my boys driving, spend the money on insurance to cover them driving, deal with the stress of SAT exams and the expense of college, or respond to constant questions of “Dad, why can’t I borrow the a car to take my girlfriend to lover’s lane?” with any number of reasons why I believe it is a bad idea.

The basic difference between my friend and I is that the challenges my sons present me are different from the ones parents of typically developing children have to deal with. There are not very many people that I know who are in my particular situation, nor are there many off-the-shelf resources to consult for advice. Even though their challenges are different, the bottom line is that I would not change my boys for the world.

What I find most interesting at this point in my sons’ lives, now that they are older, Joe is 20 and Dan is 18, is how much information is now available for me to reference. I can’t help but thank those who came before me and blazed a trail to make that information available for all people in our situation. Now I try to return the favor, as time and two young adults permit, by being a peer-to-peer mentor and by providing information to others in support groups or online chats.

You might ask, “Was I always this great wealth of information?” The answer would be a flat “No!” When the boys were each diagnosed with autism, Joe at 18 months and Dan at 6 months, I knew nothing. It was by the grace of God that the pre-school my boys attended also had a pre-school for children with special needs. The director of the special needs program, who understood the importance of early diagnosis, would routinely visit the regular pre-school to evaluate all of the children for developmental milestones. Her visit was the first inkling for us that there was something seriously wrong with Joe. Until then, my ex-wife and I just thought he was a slow learner.

Once I passed through the five stages of grief that we all experience with a major change in our lives, such as having a child diagnosed with autism, I learned very quickly that I had to be the resident expert on my first son’s life and then on my second son’s life when he was diagnosed, and to be their advocate. I also learned over time that the expectations I had, needed to change, since the boys were not going to fit the mold I had created in my mind. I learned that having two children with disabilities is not a bad thing, but offers a different way of looking at things. I vowed to be the best advocate I could be for them because I knew no one else would be as good. After their diagnosis, I immediately joined support groups and started research into their unique situations.

Since my boys were first diagnosed, I have maintained a log of some of the interesting experiences I have had over the years. I have changed jobs seven times, moved six times, dealt with six different school systems, participated in at least 55 different IEP/IPP meetings, had more doctors/therapists for the boys than I can even count, been subjects in at least a dozen case studies, filled out reams of paperwork, coordinated with three regional centers, worked with eight other agencies who were neither medical or school-related, but still somehow provided services for the boys, been involved with three different support groups, gone through a slew of nannies/respite care workers, two dogs, placing one son into a group home, two conservatorship hearings, and one divorce. And yet, I am still a calm, non-addicted, social-drinking, non-smoking, responsible father; move over Superman, you have company!

Of all the items in the statistics above, I think the hardest decision I had to make was to place my oldest, and most severely disabled son into a group home 10 years ago. It became apparent that my younger son was starting to pattern behaviors after my older son, and that if they both were going to grow to their own full potential, they were going to need to be separated on a daily basis. As tough a decision as it was, I am sure it was the right one. Now placing your child into a group home does not mean that you are disconnecting yourself from your child. I have always brought my older son home on the weekends and have spent hours listening to the boys acting out the “Bert &



(left to right) Joe, Dan and Steve Harris share a moment before Dan leaves for prom.

Ernie” show from their bedroom when they were supposed to be asleep.

Also, like most other parents, my weekends are spent playing taxi driver and shuttling the young men between all their activities. Needless to say, we enjoy the events together. We attend the BCR Social Dances in Burbank on a monthly basis, Dodger games as often as possible, Special Olympics, Best Buddies events, movies, the Los Angeles Live Steamer trains in Griffith Park (where we have our train stored and give rides on Sundays), the American Cancer Society Relay for Life, Concerts at the Hollywood Bowl, family events at the Masonic Lodge where I am an officer, and of course, weekly services at the synagogue where the guys are full participants. Suffice to say that there was not a dry eye in the synagogue at either of my sons’ Bar Mitzvahs, and I was one extremely proud father!

Placement is not an easy choice because it has both emotional and financial considerations. You have to find the right level of home that provides the least restrictive environment for your child, and one in which you feel

If we keep our kids at home all their lives, when we pass on, they will be devastated and unprepared to live on their own. The goal for every parent should be to make his or her child as independent as possible.

comfortable that the staff will take good care of your child. This is a very emotional process because you find yourself asking, “Am I a bad parent because I can’t take care of my child full-time?” The answer of course is “No,” and in reality, just the opposite is true. As a parent you recognize that a family has limits and in certain situations, staff in rotating shifts can provide the best support for your child on a day-to-day basis. Also, good parents know that as much as we would like to shelter our children and have them stay at home for all their lives, at some point, we must cut the apron strings. This is true for our special children as well as normal children. If we keep our kids at home all their lives, when we pass on, they will be devastated and unprepared to live on their own. The goal for every parent should be to make his or her child as independent as possible.

Financially, when a child under 18 is placed in a fulltime living arrangement, the state of California assesses a “program development fee” to help develop new programs for individuals with disabilities. This is a fair share program, and since you are not paying for the room and board of your child in the group home, the state has a right to ask you for a portion of the money you would have spent on the care of your child if they were still at home. What you really need to know is that you can reduce the amount you pay the state by keeping good records of what you expend for your child. Annually, you will be asked to fill out a confidential income and expense report for the state to base their fair share assessment on. If you can show how much you spent for clothing, personal and incidentals, travel, medical, etc. for your child when you had them out of the facility, you can decrease the amount assessed. My experience was that the fair share cost was always reasonable.

Overall, I feel my sons are continuing to rise to their full potential. They are very happy young men who remind me every day that even the simplest of things around us, can give us great delight in life.

*Steve Harris, lives in Burbank, and is a Senior Financial Analyst currently in between jobs. Joe Harris attends Tobinworld and spends the weeknights in a group home in the Miracle Mile area of Los Angeles. Dan Harris, who just completed high school, attends the Foothill Area Community Training School (FACTS) in Burbank and shares the house with his dad.*

*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](mailto: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 Hinojosa at 626.296.1556 or Germán*



# Internet RESOURCES



## DDS Safety Net

<http://ddssafety.net/>

DDS Safety Net is designed for clients with developmental disabilities and their families, for providers of support and services, and for the staff of California's 21 regional centers. The site is dedicated to the dissemination of information on the prevention and mitigation of risk factors for persons with developmental disabilities. The site includes information from across the nation on current research, best practices and practical information directed towards improving the health and safety of people with developmental disabilities, and ensuring their protection from harm. A quarterly newsletter is also published that focuses on various topics and is accessible from the site. Links to other Web sites with information on risk management and prevention are also provided, as well as information on conferences and training.

## Developmental Disabilities Resources for Healthcare Providers –

[www.ddhealthinfo.org/](http://www.ddhealthinfo.org/)

The Developmental Disabilities Resources for Healthcare Providers Web site is a collaboration of California-based information and programs on developmental disabilities. It is funded by the California Department of Developmental Services and coordinated by the Center for Health Improvement (CHI), a prevention-focused health policy center. The primary goal of this Web site is to improve the health of persons with developmental disabilities in California. To this end, the Web site is designed to assist physicians and other healthcare providers in caring for persons with

developmental disabilities. It is also designed to support persons with developmental disabilities and their families in making informed health care decisions. The information in this site includes medical care information for specific syndromes and related issues, health provider educational opportunities, speaking opportunities, publications, and links to selected Web sites.

## World Institute on Disability

[www.wid.org/](http://www.wid.org/)

World Institute on Disability (WID) is a nonprofit research, training and public policy center promoting the civil rights and the full societal inclusion of people with disabilities. The WID Web site features a wealth of information on WID programs such as California Work Incentives Initiative, Disability Benefits 101, California Work Incentives Initiative Links, Individual Development Accounts (IDA) Program, Individual Development Accounts (IDA) Program Publications, Individual Development Accounts (IDA) Program Training, Health Access and Long Term Services (HALTS), International Disability and Development, Disability World, Proyecto Visión, and Technology Policy. Also accessible on the site are publications and reports, upcoming events, training and public education opportunities, a news and resources section that offers a list of links on a variety of topics such as ADA, consumer-

directed services, employment and work supports, entrepreneurial opportunities, health care, independent living, lifestyle, media, Medicare and Medicaid, and technology and access.

## Disease Info Search

[www.geneticalliance.org/DIS/](http://www.geneticalliance.org/DIS/)

Disease InfoSearch (DIS) is an innovative public information search tool for genetic disease information. The Genetic Alliance developed this Internet-based search tool to facilitate public access to quality lay-oriented information about genetic and rare diseases in language that is understandable and useful. DIS is a robust catalogue of genetic conditions – rare to common – that is searchable according to Clinical Description (signs and symptoms), Treatment Research, Genetic Information (molecular), Support Groups and References (newsletters, listservs, self-help books), Insurance Issues, Arts and Literature, and Other Resources. This dynamic and up-to-date public information system is driven and maintained through the expertise and vigilance of disease-specific lay advocacy organizations and their professional advisory boards; editorial review and quality control are provided by genetic counselors that staff the Genetics Education and Resource Center.

## California Nursing Home Search

[www.calnhs.org/](http://www.calnhs.org/)

California Nursing Home Search is a resource designed to help the general public, health care professionals and other interested parties find information on nursing homes in the state of California. The Web site features information on each nursing home and includes facility and resident characteristics, nurse staffing levels, quality performance indicators, results of complaint and inspection visits, financial indicators, and ownership. Facilities can be searched for using location, name, services offered, certification and ownership type.

## Making Bullying a Thing of the Past

When we think of bullying, many of us think of Ralphie in the movie "A Christmas Story," who is repeatedly tormented by the school bully, only to finally crack and take a stand. While bullying can be as overt as one child physically abusing another child, bullying also can take many other subtler forms.

Considered to be a serious public health problem in the United States, between 15 and 25 percent of students are bullied with some frequency, and 15 to 20 percent of students bully others with some frequency. Bullying is defined as aggressive behavior that is intentional, repeated over time, and involves an imbalance of power or strength. It can take a variety of forms including:

- ▶ Physical bullying, such as hitting or punching;
- ▶ Verbal bullying, such as teasing or name-calling;
- ▶ Nonverbal or emotional bullying, such as intimidating someone through gestures or social exclusion; and
- ▶ Cyber bullying, by sending insulting messages through e-mail.

Furthermore, children and youth who are bullied are more likely than other children to be depressed, lonely, anxious, have low self-esteem, feel unwell and think about suicide. Bullying causes as many as 160,000 students to stay home on any given day because they are afraid of being bullied. Young people who bully are more likely than those who don't to skip school and drop out of school. They are also more likely to smoke, drink alcohol, get into fights, vandalize property and drop out of school.

In order to combat this problem, Health Resources and Services Administration's Maternal and Child Health Bureau launched a national bullying prevention campaign – *Take a Stand. Lend a Hand. Stop Bullying Now!* One of the key components of this campaign is the campaign's Web site that can be viewed at [www.stopbullyingnow.hrsa.gov/index.asp](http://www.stopbullyingnow.hrsa.gov/index.asp). The Web site features both a youth site and an adult site.

The youth site is divided into three sections: "What bullying is," "What you can do," and "Cool stuff." The "What bullying is" section is further divided into sections that focus on the topics of "Why do kids bully?," "Signs that you bully others," which features a quiz, and the "Effects of bullying." "What you can do" provides information and solutions for children who are being bullied, witness bullying or bully others. The final section, "Cool stuff," features profiles of the 23 characters created for the site as well as games and Webisodes that star several of the characters and provide an example of bullying and how it can be handled. Each Webisode is also followed by a questionnaire about the episode.

Statistics show that adults are often unaware of bullying problems. In one study, 70 percent of teachers believed they intervene "almost always" in bullying situations where as only 25 percent of students agreed with this assessment. As an adult, one of the best ways to help stop or prevent bullying is to be educated about, and sensitive to, the issue. One new resource for adults whether they are concerned parents, educators or school employees, health and safety professionals, or others who work with children, is the adult portion of the *Take a Stand. Lend a Hand. Stop Bullying Now!* Web site. The site features information about bullying, children who are bullied and children who bully, and the things that you as an adult can do to put a stop to bullying. An important tool also featured on the Web site is the comprehensive kit of bullying prevention materials.

In the interest of the future generations of America, let's all take a stand, lend a hand, stop bullying now, and make it a thing of the past.



## Examine the Options Available with Inclusive Education

Foothill Autism Alliance, Inc. in conjunction with Lanterman presents *Inclusive Education: Examining the Options* on Wednesday, September 8 from 7:30 p.m. to 9:30 p.m. The evening's program will explore the following questions many parents have including, "How do I know if full inclusion is the best choice? If my child is in a special day class, will he or she be totally excluded? What supports are needed to make inclusion successful? What happens when my child gets to middle school and high school? Can my child be included in extra-curricular activities such as sports and drama? What are my child's rights under the law?" The panel of speakers that will address these issues includes Dr. Mary A. Falvey, professor of special education at California State University, Los Angeles; Brigitte Ammons, senior advocate with Protection & Advocacy, Inc.; and Sarah Aguilar, inclusion specialist with Pasadena Unified School District. The presentation will be held at Pasadena Child Development Associates, which is located at 620 North Lake Avenue, second floor; Pasadena, CA 91101 (just north of the 210 Freeway). Due to the expected interest in this presentation, reservations are required. Leave your name and the number of people attending in your party on the FAA Hotline at **818.66.AUTISM (818.662.8847)** by September 1.

## Examinando las Opciones Disponible con Educacion Inclusiva

Foothill Autism Alliance, Inc. en conjunto con Lanterman presenta *Educacion Inclusiva: Examinando las Opciones* en Miercoles, 8 de Septiembre de 7:30 a 9:30 de la noche. El panel de discursantes seran Dr. Mary A. Falvey, profesora ed educacion especial en California State University, Los Angeles; Brigitte Ammons, defensora con Proteccion Y Abogacia, Inc.; y Sarah Aguilar, especialista de inclusion con Distrito Escolar Unificado de Pasadena. El lugar es Pasadena Child Development Associates, 620 North Lake Avenue, segundo piso; Pasadena, CA 91101 (al norte de la autopista 210). Se requiere que reserve su espacio para esta junta. Favor de dejar su nombre y numero de los que asistiran a **818.662.8847** antes de 1 de Septiembre. Si necesita traduccion en Español llama al Centro de Recursos Koch•Young por **800.546.3676** antes del 1 de Septiembre.



# Training and Events

The Training and Development unit provides information on training opportunities that focus on developmental disabilities and related topics. The unit staff coordinates training events that are conducted by Lanterman Regional Center. Staff also coordinate registration arrangements for clients, family members, staff, board members, and service providers in the Lanterman community to attend external educational events of special interest.

*The Center also publishes a training and events webpage that is accessible via our Web site: [www.lanterman.org](http://www.lanterman.org).*

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

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

**BY MAIL:**

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

**BY FAX:**

213.639.1157

**BY E-MAIL:**

Maureen S. Wilson, director  
[maureen.wilson@lanterman.org](mailto:maureen.wilson@lanterman.org)  
  
Ronna Kajikawa, executive assistant  
[ronna.kajikawa@lanterman.org](mailto:ronna.kajikawa@lanterman.org)



## Lanterman Regional Center Family and Client Training

The following are training opportunities that focus on developmental disabilities and related topics and are conducted or sponsored by Lanterman Regional Center for clients, family members and board members in the Lanterman community.

### 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 replace inappropriate 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 [kyrc@lanterman.org](mailto:kyrc@lanterman.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 [kyrc@lanterman.org](mailto:kyrc@lanterman.org) for additional information and to register.

#### IEP TRAINING: TRANSITION TO PRESCHOOL

For families with children 2 to 3 years of age. Trainings are offered in both English and Spanish. Presenters: LRC Staff.

*For more information and dates call 213.383.1300 x730.*

#### PARENTING THE CHILD WITH SPECIAL NEEDS

This is an exciting five-week course that addresses issues faced by families who have children from birth to age 6 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. "General" refers to all diagnosis other than Autism.

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

**ESPAÑOL — GENERAL**

Octubre 2 - 30, 2004  
Cinco sabados consecutivos  
11:30 a.m. a 1:30 p.m.  
Shriner's Hospital  
3160 Geneva Street  
Los Angeles, CA 90020

**ESPAÑOL — AUTISMO**

Febrero 5 - Marzo 5, 2005  
Cinco sabados consecutivos  
11:30 a.m. a 1:30 p.m.  
Shriner's Hospital  
3160 Geneva Street  
Los Angeles, CA 90020

#### 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.*

**ESPAÑOL**

Septiembre 8 – Octubre 6, 2004  
Cinco miercoles consecutivos  
9:30 a.m. a 11:30 p.m.  
Centro Regional Frank D. Lanterman  
Presenters: SCAT faculty

**ENGLISH**

October 7 - November 4, 2004  
Five consecutive Thursdays  
7 p.m. to 9 p.m.  
Except October 28 from 6:30 p.m. to 9:30 p.m.  
Glendale Unified School District  
223 North Jackson Street  
Glendale, CA 91206  
Presenters: SCAT faculty

### 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 have 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 so. **For registration and more information call 800.546.3676 or 213.383.1300 x730.**

**ESSENTIALS COMPUTER SKILLS — ENGLISH**

FALL SESSION: September 7 - December 14, 2004  
Fifteen consecutive weeks  
Tuesdays, 9 a.m. to noon  
Lanterman Regional Center  
Presenters: LAUSD

**INTERMEDIATE COMPUTER SKILLS — ENGLISH**

(For students who have already taken the Essentials class or who already have basic computer skills.)  
FALL SESSION: September 9 - December 16, 2004  
Fourteen weeks (No class on Thanksgiving, November 25)  
Thursdays, 9 a.m. to noon  
Lanterman Regional Center  
Presenters: LAUSD

**EVENING ESSENTIALS COMPUTER SKILLS — ENGLISH**

FALL SESSION: September 8 - December 15, 2004  
Fourteen weeks (No class on November 24)  
Wednesdays, 5 p.m. to 8 p.m.  
Lanterman Regional Center  
Presenters: LAUSD

**BASICA POR ADULTOS — ESPAÑOL**

Al momento, no hay clases disponibles en Español. Las anunciaremos cuando esten disponibles. Si usted o alguien que conoce puede servir de voluntario como instructor de clases de computación, llame al Centro de Recursos Koch ♦ Young a 213.383.1300 x730.

**BEGINNER FOR ADULTS — KOREAN**

Minimum of 10 students required.  
Dates and times to be announced pending level of interest.

#### SEXUALITY AND SOCIALIZATION TRAINING

Lanterman Regional Center offers several options for sexuality and socialization training. **Please note: All of the sexuality and socialization trainings require a referral from your service coordinator. Contact your service coordinator to register.**

**ABILITIES**

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

**NEW – "BIRDS AND BEES" FOR ADOLESCENTS**

*"Birds and Bees" for Adolescents: Fostering Healthy and Safe Interpersonal Relationships* is a new Sexuality and Socialization Training program specifically designed for adolescents with developmental disabilities between the ages of 13 and 19. Each session will accommodate 12 to 15 clients and runs for 10 weeks. The training will cover topics such as friendships and dating issues, adolescent changes and responsibilities, anatomy and reproduction, abstinence and contraceptives, sexually

transmitted diseases and sexual harassment.

September 14 – November 16, 2004  
Tuesdays, 7 p.m. to 8:30 p.m.  
Lanterman Regional Center  
Presenter: Dr. Iris Newbury (Licensed Clinical Psychologist #17080)  
Prior registration is required. Space is limited. For more information and to register, contact Ronna Kajikawa at 213.383.1300 x720.

**GET SAFE**

The Get Safe program is a personal safety program for people with developmental disabilities. Topics covered include assertiveness training, safety awareness, defining boundaries, and creating healthy relationships. Class dependant on enrollment, 10 person minimum

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

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

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

### Learn Sign Language

Lanterman Regional Center is looking to offer a sign language course for interested parents this coming fall. If you are interested in attending classes, please contact the Koch♦Young Resource Center at 213.383.1300 x730, toll-free at 800.546.3676 or [kyrc@lanterman.org](mailto:kyrc@lanterman.org) for more information.

## Training and Events and Someone Cares Pages Will No Longer be Printed in *Viewpoint*

This is the last edition of *Viewpoint* that will feature the "Training and Events" and "Someone Cares" pages. Going forward, these two pages will no longer be printed in the newsletter. Information featured in these sections will be available on Lanterman's Web site at [www.lanterman.org](http://www.lanterman.org). To access the training and event information select the "training" button. Content is divided into several main categories including client, family and service provider training, as well as external training. "There are many trainings held outside of the regional center system that families may be interested in, however, due to timing issues as well as space limitations in the newsletter, we are unable to include information about them," shares Vinita Anand, *Viewpoint* editor. To access the support groups and information featured on the "Someone Cares" page, select the "support" button. This section has a listing of all the support groups, as well as peer support partner information and self-advocacy information. "The Web site and *Viewpoint* are designed to complement each other. There are numerous opportunities available in the Lanterman community that are not announced in time to make the print deadline or that take place in between *Viewpoints*. Lanterman's Web site is a dynamic resource that features current information about the majority of these opportunities," adds Anand. If you do not have a computer at home, visit your local library to use their computers or stop by the Koch♦Young Resource Center to browse the Lanterman Web site. Training and event information is also accessible through the Training Hotline at 213.383.1300, press 8.





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: *Rima Shahoian, 818.548.4349*  
*Sona Topjian, 213.383.1300 x468*

ARMENIAN PARENT SUPPORT GROUP

Monthly meetings at group members' homes in the Glendale area.  
Monthly – Last Friday 11 a.m. to 1 p.m.  
Contact: *Rima Shahoian, 818.548.4349*  
*Sona Topjian, 213.383.1300 x468*

AUTISM SOCIETY OF AMERICA

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

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  
3060 San Fernando Road; Los Angeles  
Monthly – Second Monday, 7 p.m. to 9 p.m.  
Contact: *Aaron Hinojosa, 626.296.1556*  
*Germán Barrero, 626.840.9842*

DE MI FAMILIA A SU FAMILIA

(Grupo para familias con niños con autismo.)  
Lanterman Regional Center  
Primer miercoles de cada mes  
9:30 a.m. to 11:30 a.m.  
Contact: *Romi Castillo, 323.463.3678*

DOWN SYNDROME PARENT RESOURCE NETWORK

Church of the Brethren  
1041 North Altadena Drive; Pasadena  
Monthly – Second Thursday, 7 p.m. to 9 p.m.  
Contact: *Rhonda Tritch, 323.255.0037*  
*Olivia Hinojosa, 213.383.1300 x705*

FAMILIES AND FRIENDS OF PERSONS WITH DISABILITIES

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

FOOTHILL AUTISM ALLIANCE — NETWORK RESOURCE MEETINGS

Pasadena Child Development Associates  
620 North Lake Avenue; Pasadena  
Monthly – Second Wednesday, 7 p.m. to 9:30 p.m.  
Contact: *Sue Brooks, 818.66.AUTISM (818.662.8847)*

FRAGILE X PARENT SUPPORT GROUP

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

GLENDALE/BURBANK/FOOTHILL PARENT SUPPORT GROUP

Burbank First United Methodist Church  
700 North Glenoaks Boulevard; Burbank  
Monthly – First Wednesday, 10 a.m.  
Contact: *Cheryl Francisco 213.383.1300 x530*  
*Carmen Alabat, 213.383.1300 x526*

GRUPO DE APOYO PARA EL MANEJO DE LA CONDUCTA

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

GRUPO DE APOYO PARA FAMILIAS DE INTERVENCION TEMPRANA

Lanterman Regional Center  
Seguendo miercoles de cada mes, 9:30 a.m. to 11:30 a.m.  
Contact: *Augustina Mellin, 213.365.2138*  
*Monica Mauriz, 213.383.1300 x698*  
*Edward Perez, 213.383.1300 x674*

GRUPO PARA FAMILIAS CON NIÑOS CON PRADER-WILLI

Shriner's Hospital  
3160 Geneva Street (Virgil and Third); Los Angeles  
Llama para fecha y mas información  
Contact: *Angeles y Jesus Lopez, 323.644.3319*

INCLUSION IN REGULAR CLASSES SUPPORT NETWORK

Dates, locations and times vary each month.  
Call for next meeting.  
Contact: *Sam Suzuki, 213.383.1300 x509*

JAPANESE-SPEAKING PARENTS ASSOCIATION OF CHILDREN WITH CHALLENGES

Little Tokyo Service Center  
231 East Third Street, Suite G-104; Los Angeles  
Monthly – Third Saturday, 9:30 a.m.  
Contact: *Mariko Magami, 818.249.1726*  
*Michiko Wilkins, 818.557.0728*

KOREAN PARENT SUPPORT GROUP

Asian Advocate for Special People  
Lanterman Regional Center  
Monthly – Second Wednesday, 6:30 p.m. to 8:30 p.m.  
Contact: *Bong-Sok Sung, 213.381.5107*  
*Suki Chang, 213.392.5070*  
*Christine Yuh, 213.383.1300 x503*

LA ESPERANZA

(Grupo semanal en Español)  
Lanterman Regional Center  
Lunes, 9 a.m.  
Contact: *Maria Cibrian, 323.666.1601*  
*Sonia Garibay, 213.383.1300 x593*  
*Gayane San Vicente, 213.383.1300 x594*

MOMMY & DADDY & ME — EARLY INTERVENTION PARENT SUPPORT GROUP

Call for details.  
Contact: *Olivia Hinojosa, 213.383.1300 x705*

PADRES UNIDOS LANTERMAN

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

RETT SYNDROME SUPPORT GROUP

Quarterly meetings – Pasadena area  
Call for dates, location and details.  
Contact: *Marie Hyland, 626.790.4836*  
*Pep Stenberg, 626.355.5334*

SIBSHOPS

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

TEATRO ILUSIÓN

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

NEW GROUPS

TOUCHPOINTS NEW PATHS 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, redefining perfection and other topics to help families deal constructively with normal feelings of stress and grief.  
For more information and dates call *Tina Chinakarn at 213.383.1300 x715*

PASADENA UNIFIED SCHOOL DISTRICT — OFFICE OF SPECIAL EDUCATION FAMILY SUPPORT NETWORK

For families with children birth to 6  
Webster Elementary School  
2101 East Washington Boulevard; Pasadena  
Monthly – Second Thursday, 6 p.m. to 8 p.m.  
Contact: *Bailey Jackson, 626.398.8333*

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@netzero.net*

THE ACHIEVERS

1200 East Colorado Street; Glendale  
Monthly – Third Monday, 5 p.m. to 6 p.m.  
Contact: *Kevin Smith, 818.243.5485 or ksmith241@charter.net*

WOMEN'S ADVOCACY GROUP (WAG)

Lanterman Regional Center  
Monthly – Third Tuesday, 1 p.m. to 2 p.m.  
Contact: *Mary Flynn, 213.383.1300 x759 or mary.flynn@lanterman.org*

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

If you are interested in starting a support group, but don't know how to take the first step, call *The Koch ♦ Young Resource Center* for information at **800.546.3676**

Training and Development Opportunities

For Service Providers

The following are training opportunities that focus on developmental disabilities and related topics and are conducted or sponsored by Lanterman Regional Center for service providers in the Lanterman community.

FIRE AND EMERGENCY EVACUATION

This training is designed to prepare day and residential programs in how to assist their clients in case of a fire or emergency.  
September 14, 2004  
10 a.m. to noon  
Lanterman Regional Center  
Presenter: Los Angeles Fire Department  
213.383.1300, x720  
Cost: \$5 pre-registration, \$10 at door  
Parking not validated

SPECIAL INCIDENT REPORTS

This training will provide information on meeting the requirements of the Special Incident Report.  
October 12, 2004  
10 a.m. to noon  
Lanterman Regional Center  
Presenter: Jeannette Orlando, Community Services  
213.383.1300, x720  
Cost: \$5 pre-registration, \$10 at door  
Parking not validated

DENTAL CARE - BEHAVIORAL ASPECTS AND INTERVENTION

This training will explore the behavioral aspects that promote good dental care.  
November 9, 2004  
10 a.m. to noon  
Lanterman Regional Center  
Presenters: Dr. John Lee and Leticia Reyes, R.D.H.  
213.383.1300, x720  
Cost: \$5 pre-registration, \$10 at door  
Parking not validated

AGING AND DEVELOPMENTAL DISABILITIES

This training will explore the effects of aging on issue such as living arrangements, social recreation, daily activities and health.  
December 14, 2004  
10 a.m. to noon  
Lanterman Regional Center  
Presenter: Western University  
213.383.1300, x720  
Cost: \$5 pre-registration, \$10 at door  
Parking not validated



FRANK D. LANTERMAN REGIONAL CENTER

3303 Wilshire Boulevard, Suite 700  
Los Angeles, CA 90010

Phone: 213.383.1300  
Fax: 213.383.6526  
Online: [www.lanterman.org](http://www.lanterman.org)

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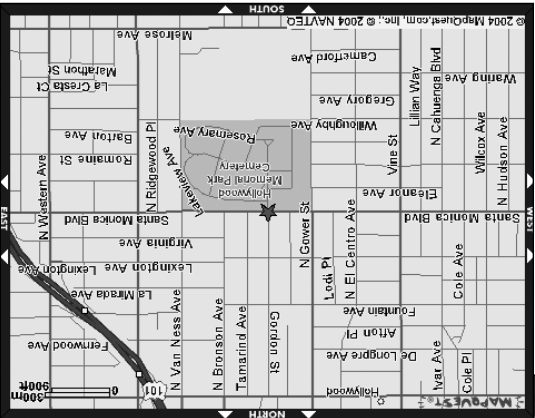
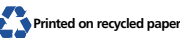
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*Viewpoint* can be viewed online at [www.lanterman.org](http://www.lanterman.org). To contact *Viewpoint* editors, send an e-mail to [vinita.anand@lanterman.org](mailto:vinita.anand@lanterman.org) or call 213.383.1300 x753.

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*The grassy area where moviegoers have their picnics, and set up their blankets and chairs to watch the movies, is located behind and just to the right of the pond.*



Pack a Picnic, Dine Under the Stars and Watch “To Kill a Mockingbird”

Hollywood Forever Cemetery is hosting a screening of “To Kill a Mockingbird” on Saturday, September 25. Proceeds will benefit *Perspectives* International Film Festival. The film will be screened against a white marble building located on the grounds of Hollywood Forever. Moviegoers are invited to pack a picnic dinner, and to bring blankets and beach chairs for seating. The screening will start at dusk, somewhere between 7 p.m. and 7:30 p.m. Arrive early to make sure you get good seating. Tickets are \$10 per person and are available on a first come basis. Seating is limited to 2,000 people, and movie screenings generally attract a large number of people.

Hollywood Forever Cemetery movie screenings have been listed in both AAA’s magazine, *Westways*, and in *Sunset* magazine as a summer evening destination. The cemetery is located at 6000 Santa Monica Boulevard, Los Angeles, CA 90038, near the Paramount Studios.

Hollywood Forever Cemetery was founded in 1899 and is the resting place of Hollywood legends such as Rudolph Valentino, Douglas Fairbanks, Cecil B. DeMille and hundreds more. For more information on Hollywood Forever visit [www.forevernetwork.com](http://www.forevernetwork.com).

For additional information about the screening visit the *Perspectives* Web site at [www.perspectives-iff.org](http://www.perspectives-iff.org) or contact Marielle Farnan at 213.383.1300 x647 or [marielle.farnan@lanterman.org](mailto:marielle.farnan@lanterman.org).

*\*Movie subject to change. Check Perspectives Web site to confirm.*