



Solomon Burke Helps PazNaz Raise Money for Newly Founded Special Needs Ministry

Just before the Christmas holiday, Solomon Burke, a world-renowned rhythm and blues musician, paid the First Church of the Nazarene of Pasadena a visit. Burke performed a Sunday afternoon gospel fundraiser for "In His Image," a special ministry of PazNaz recently started to support families of children with special needs in the congregation and the community.

The idea for a special needs ministry had been in the works for the better part of 2003. Shortly after Senior Pastor Jay Ahlemann came to the church in January of 2003, he started to see the need in the congregation for a ministry that would reach out to families



Alessandro Barrero was one of many children invited on stage by Solomon Burke during the concert to interact with the musicians.

of children with special needs. In response, Ahlemann called a meeting with some of the families. "The meeting really came from the heart of the pastor who wanted to know what the church could do to help reach out to all families of children with special needs, and to make our church accessible to children,

teens and adults with special needs," shares Steve Bundy, chair of the special needs advisory committee at PazNaz and Lanterman parent.

Out of the initial meeting, a Special Needs Advisory Committee was formed. The committee created a needs assessment to identify children and families' needs, prioritized these needs, and developed a strategy outlining how to meet the key needs of these families. "We spotted three key needs for our families," comments

Bundy. "Families expressed that they would like Sunday school and church attendance to be made accessible to all families; that there was a need for spiritual family support where parents could express themselves in a safe

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Glendale Kiwanis AKtion Club for People with Developmental Disabilities Meets Monthly

The meeting is called to order. The banner is raised. Members say the Pledge of Allegiance. A member is selected to share words of inspiration. The minutes are read. Roll is taken. Dues are collected.

However, this is not just any meeting called to order by the president. It's the monthly meeting of the Glendale Kiwanis AKtion Club; the first chartered Kiwanis AKtion Club for people with developmental disabilities this side of the Rockies. The Club is part of Kiwanis International.

The Club currently has 24 members, all of whom are employees at GAR Services (formerly the Self-Aid Workshop) in Glendale, where meetings take place on the second Friday of every month at 12:30 p.m. In addition to taking roll and collecting dues of \$1 per month and \$5 annually, the AKtion Club hosts a monthly speaker.

Lynnette Sparks, Kiwanis AKtion Club treasurer (center) collects dues from GAR Services Executive Director Carole Jouroyan (far left) and Club President Roxanne Fitzgerald. Past Club President Gregory Just is pictured at the far right.



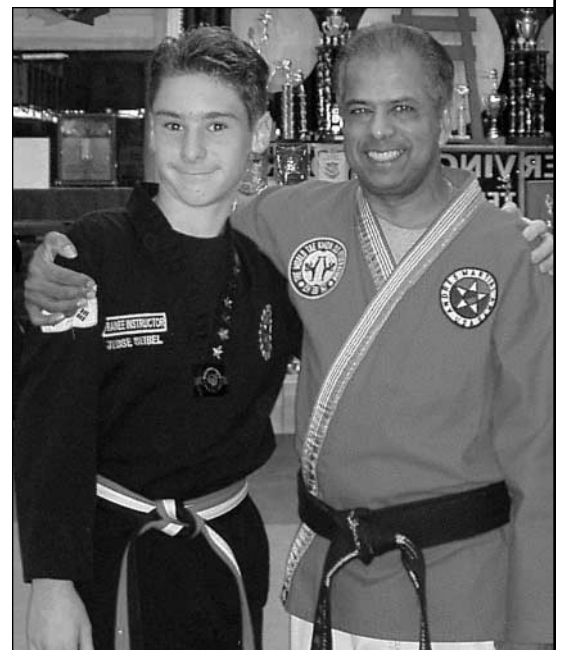
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Jesse Seibel Jumps, Kicks, Chops and Breaks Blocks to Receive His Black Belt

Three and a half years ago, Jesse Seibel, with the help of his grandmother, finally persuaded his mother to let him sign up for Tae Kwon Do classes. "I was afraid to let him sign up for fear that Jesse would not be included during the classes," explains Cheryl Seibel, Jesse's mother, "but he was so excited about taking the classes that I finally agreed."

Since then, Jesse has attended classes nearly every Tuesday, Thursday and Friday evening at Andre's Martial Arts in Burbank where the motto is "Unbelievable power... You have it... Nothing is impossible to a willing mind." Every three months Jesse took his advancement test and worked his way up through the various levels of yellow, orange, purple, green, blue, brown and red, earning his 1st DAN Black Belt two days before his twelfth birthday. "When I was a blue belt, that told me that I was half way to a black belt," recalls Jesse.

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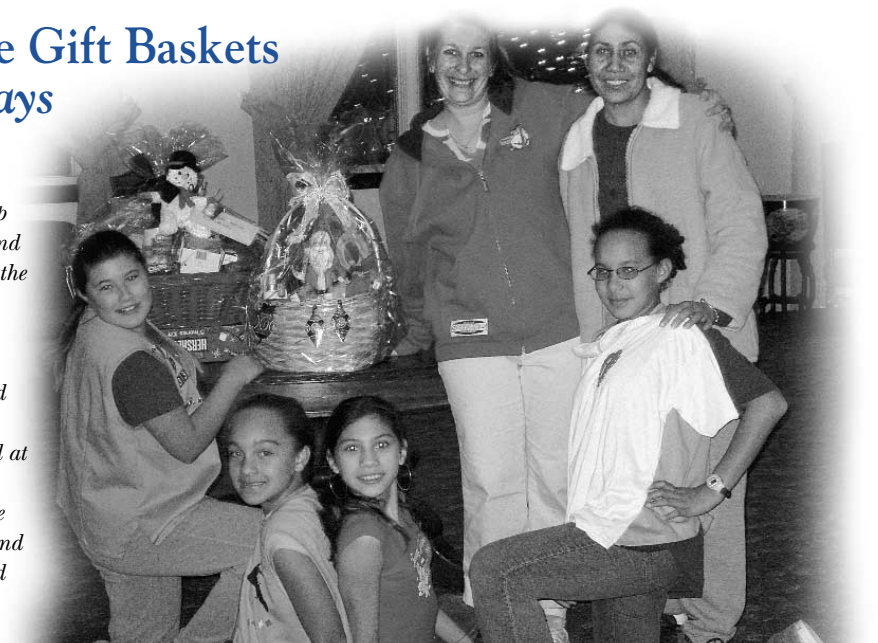


Jesse Seibel (left) takes Tae Kwon Do classes at Andre's Martial Arts with instructor Vincent Rodricks three days a week.

Girl Scouts Give Gift Baskets as Part of Holidays are for Sharing

The Hollywood Girl Scouts of Troop 133 adopted a Lanterman client and her 12-year-old daughter as part of the 2003 Holidays are for Sharing campaign. The girls, who are also about 12 years of age, filled up two large gift baskets, one with food and related items and the other with toiletries and holiday gifts. Pictured at right (l-r) are Cadettes Marion De Martini, Wayzaro Foster, Stephanie Penaste, and Nuria Allen Bosch, and Troop co-leaders Cristeen Foster and Angela Molina.

See story on page 12



Sarah and Sommer Provide Inspiration to Pasadena Unified School District

The first week in December was *National Inclusive Schools Week*, which provides an opportunity to celebrate the diverse abilities of all members of the school community, and the progress that has been made in providing equal educational opportunities for all learners, particularly those with disabilities.

This year's celebration placed a special emphasis on family involvement and the need to create schools where families are welcomed, respected and engaged. As part of *National Inclusive Schools Week*, Loma Alta Elementary sixth graders Sarah Hernandez, daughter of

Olivia Hinojosa, family support specialist at Lanterman, and her friend Sommer Smith spoke before the Pasadena Unified School District's December board meeting.

Please take a moment to read the Superintendent of Pasadena Unified School District's holiday letter that was written to all District employees sharing the two girls' story.



Front (l-r): Sommer Smith and Sarah Hernandez

Back (l-r): Judith Barhydt, director of Special Education, Superintendent Percy Clark, Jr., and Olivia and Aaron Hinojosa

December 17, 2003

Dear PUSD Employees:

The words below do not contain a rundown of test score progress or recent district awards and accomplishments. Rather, I want to share with you a story about two Loma Alta Elementary sixth grade girls who are very different, yet in many ways exactly the same. Their bond is about much more than just childhood friendship; it's about the giving and receiving that make the Holiday season so special.

As many of you know only too well, Board of Education meetings can sometimes be long and uneventful, a block of time where necessary yet often mundane school business is discussed and voted on. But at last week's Board meeting, two PUSD girls came to the podium sharing not only the dais but also a deep friendship, with 12-year-old Sommer Smith supporting her classmate and friend, 14-year-old Sarah Hernandez, giving Sarah the encouragement and gentle prodding to answer an administrator's questions in front of a crowded audience.

Sarah has Down's Syndrome and works with a one-on-one instructional specialist while participating and attending Sommer's traditional sixth grade class. The exchange of knowledge and self-growth, however, extends well beyond the edges of the classroom door, as Sommer frequently helps Sarah get to her speech class without getting lost and helps to prepare her for the weekly spelling bee. Venture out into the playground for lunch, and the two girls can often be seen eating together or skipping rope.

Boundaries dissolve and discouragement fades away with Sommer and Sarah — their friendship too strong and their hope too limitless to be defeated by the tired notions of what can and cannot be done, or the narrow outdated confines of who should and shouldn't be together.

Over the weekend, Sarah sang "A Spoon Full of Sugar" from the hit movie *Mary Poppins*, participating with other special needs children in a winter pageantry. In much the same way an assertive nanny brought magic, imagination, and a can-do spirit to two banker's children, Sarah and Sommer have unlocked something in all of us this holiday season: the knowledge that we are capable of giving to others, transforming both them and ourselves in a life-changing process.

Happy Holidays, PUSD!

Sincerely,

Percy Clark Jr., Ph.D.
Superintendent

If you are interested in organizing an event at your child's school as part of *National Inclusive Schools Week* in December 2004 contact the Koch♦Young Resource Center at 213.383.1300 x730, toll-free at 800.546.3676 or kyrc@lanterman.org. The Resource Center

can provide support to assist schools in participating as well as to parents, by assisting with brainstorming and preparing inclusive classroom activities. You can also visit the National Institute for Urban School Improvement at www.inclusiveschools.org.

Transition in Style with Project TEAMS

"WORKING TOGETHER SPELLS SUCCESS" PROJECT T.E.A.M.S. TRANSITION • EMPLOYMENT • ADVOCACY • MENTORING • SELF-DETERMINATION

There's no doubt about it, transitioning from school to adult life is challenging. Everything's different — skills, schedules and situations.

For students with developmental disabilities and their parents there's a resource that can help — Project TEAMS.

Funded by a grant awarded to PRIDE Industries from the California State Council on Developmental Disabilities, Project TEAMS is a multifaceted effort designed to facilitate the transition from school to adult life.

T is for transition... the journey from the world of school to adulthood.

E is for employment... exploring careers, developing skills, finding a job.

A is for advocacy... supporting and encouraging choices.

M is for mentoring... guiding others through the process.

S is for self-determination... identifying personal needs and goals.

As part of Project TEAMS, the TAKE CHARGE curriculum was introduced to middle schools and high schools in four Northern California counties. TAKE CHARGE, which has a reputation for being an innovative and adaptable curriculum for students with developmental disabilities, teaches students how to express their dreams, set goals, organize and facilitate a transition planning meeting, and advocate for themselves.

Another important component of Project TEAMS is a Web site that provides resources and information about transition, employment, advocacy, mentoring and self-determination for students, families and teachers.

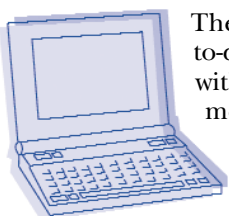
Visit the Web site at www.projectteams.org to access information on these important topics.

For more information about the TAKE CHARGE curriculum developed by Oregon Health Sciences University, the Oregon Institute on Disability and Development, and the Center on Self-Determination, contact Alison C. Turner M.Ed.; 3608 SE Powell Blvd.; Portland, OR 97202; 503.232.9154 x113; turneali@ohsu.edu.

For more information about PRIDE Industries, a private non-profit corporation that provides vocational rehabilitation and quality employment opportunities for people with disabilities, call 800.550.6005 or visit www.prideindustries.com/services/rehabilitation.

Laptop Brigade Storms Assistive Technology Lab

Ever stop and think about what happens to your old computer when you get a new one? Will you throw it away, knowing that it will end up in a landfill? Or will you pass it along to someone who doesn't have a computer?



There were some old computers at Lanterman that had become obsolete for day-to-day business, but were still perfectly usable. The question remained, what to do with them? They were ultimately designated as loaners that would be given to members of the fall session of the Intermediate computer class offered through the Assistive Technology Project of Lanterman in conjunction with the Adult Education and Career division of the Los Angeles Unified School District.

"We were hoping that the laptop loans would be a strong motivator for students to master skills from week to week, and after a two-week instruction on how to generalize skills already learned on desktop systems, and individual modifications so that the computers could be accessed effectively by each student, they were off and running," notes Martin Sweeney, director of the Assistive Technology Project. "It was really something... there was just so much energy and excitement in class, and it looked like a brigade of laptops once we were done handing them out." For more information about the assistive technology classes contact the Koch♦Young Resource Center at 800.546.3676.



Students and instructors from the Intermediate computer class show off the loaner laptops. Students include: Front (l-r) Rigoberto Gaona, Kristina Turnage, and Joe Ortiz. Middle (l-r) Eddie Mack, Jose Rene Barajas, Jessica Jameau and Garik Gyulogyan. Back (l-r) Kevin Termunde and Rodney Richards III

THE QUARTERLY BUDGET UPDATE:

Governor Schwarzenegger Unveils Austere Budget

Governor Arnold Schwarzenegger was elected to office largely on a platform promising a solution to the budget crisis in California. In late November 2003, in his first attempt to address the budget problems, he proposed some ways of reducing spending in state government that would have dramatically affected people with developmental disabilities, their families and regional centers. These included suspending the Lanterman Act, capping the number of people who could become eligible for regional center services each year, instituting waiting lists for services, and eliminating certain categories of “non-core” services, such as respite. Other cuts proposed by the Governor aimed at other programs outside of developmental services including MediCal, In-Home Support Services, and California Children’s Services would have had a significant impact on the many regional center clients who depend on these “lifeline” programs.

Strong opposition, including major public protests, followed the release of his proposals, causing the Governor to withdraw them and look for alternative ways to save money in developmental services. The alternative suggestions were presented to the public on January 9, in the Governor’s proposed 2004-05 state budget.

THE 2004-05 BUDGET

The Governor prefaced his proposals for the developmental services system with seven key principles:

1. Everyone who is eligible should be entitled to necessary services.
2. There should be a share of cost for those who can afford to pay.
3. Services should be provided in the least costly manner possible.
4. Regional centers should be able to manage available resources in such a fashion as to ensure the health and safety of all clients.
5. Allowable services and rates need to be clearly defined.
6. Only necessary services and reasonable administrative costs should be funded.
7. Individuals with developmental disabilities should have the opportunity to live in the most integrated and least restrictive setting possible.

While offering his own recommendations for cost-savings, the Governor also asked “consumers, stakeholders, regional centers, and the Legislature... to facilitate the necessary changes and prevent the need for more drastic cost control measures in the future.” He asked all interested parties to become involved in the development of strategies to save money now, as well as in the future. He encouraged people to propose radical solutions – “the more radical the better.” The Governor stated that, if significant savings cannot be achieved in this way, he would be forced to revert to more severe strategies, such as the suspension of the Lanterman Act. Further, he said, “If we do not control the spending today, we will put every program at risk tomorrow and California will be bankrupt. And a bankrupt California will not be able to provide services for anyone.”

State Legislative Analyst, Elizabeth Hill, called the Governor’s budget a “good beginning,” but noted that the proposals would have “far reaching consequences for the scope of state services.” Further, Hill estimated that, even if the budget were adopted and the savings realized, the state would still have at least a \$6 billion structural budget problem remaining.

Let’s take a closer look at what the Governor is now proposing for developmental services.

Proposals Affecting Regional Centers

The Governor is NOT RECOMMENDING suspension of the Lanterman Act, capping of caseloads and other changes he recommended in November. He is, however,

proposing a POS budget for regional centers that is only \$56 million greater than the adjusted budget for this year (excluding the habilitation program funds being transferred to regional centers). In regional center operations, the Governor is proposing a decrease of \$6.5 million, despite increasing caseloads and rising costs.

The governor IS RECOMMENDING:

- A co-payment from families for minor children ages three to 17 who can afford to pay.
- A requirement that services be provided in the least costly manner possible.
- Creation of statewide service standards to allow regional centers to prioritize and manage the resources provided through the budget process.
- Once standards have been developed, development of standard rates, set by The Department of Developmental Services, for all services purchased by regional centers

Proposals Affecting Developmental Centers

The Governor stated his commitment to continuing the movement of people from developmental centers into the community. He also pledged to enhance “the existing system of community-based services to a level where hopefully large state-run institutions are no longer necessary...” As a step toward that outcome, he reaffirmed a commitment to the closing of Agnews Developmental Center. Simultaneously, he is asking for increased accountability and cost-effectiveness from developmental centers, specifically through increased contracting for non-direct care services such as food service.

“The board recognizes the seriousness of the current budget situation for the state and for the regional center system and believes that the cost escalation that has occurred in regional centers in the last five years is unsustainable in the longer term.”

— Bob Wedemeyer

LANTERMAN’S RESPONSE

The Lanterman community has long had a commitment to accountability and careful stewardship of the public funds that we receive. Executive Director Diane Anand notes, “Our community has repeatedly stepped up to the plate when we have been asked by the state to develop and live within an expenditure plan aimed at reducing spending. It has been during these times that we have turned to cost-effective innovations such as implementing vouchers for transportation, respite and diapers, and developing group methods for providing services previously provided one-on-one such as behavior management training. These and other changes have saved Lanterman Regional Center millions of dollars over the years, and have not resulted in a reduction in the quality of services.”

Lanterman’s board of directors has also been out front in its efforts to help shape the developmental services system in ways that will increase fairness and accountability, and allow

The Director’s VIEWPOINT

Renewing our Commitment



Executive Director Diane Anand

It’s hard to believe, but we are rapidly approaching our 40th anniversary as a regional center. We were one of two pilot projects established in 1966 after passage of the Waldie Act. Four years later the experiment was pronounced a success and resulted in passage of the historic Lanterman Act, which established the regional center system in California.

An unprecedented step forward for people with developmental disabilities and their families, its effects resonate throughout the state even today. By any measure, this unique system of service delivery has changed literally hundreds of thousands of lives for the better.

Yet today we find ourselves at a juncture as potentially far-reaching in its impact as the original legislation creating the regional centers. No one needs reminding of California’s critical financial situation. It touches every one of our lives, as we face a future of continually increasing demand for permanently diminished resources.

Now more than ever in this time of fiscal challenge, it is imperative that we hold our vision and values clearly before us as we work together to fulfill our mission.

Over our nearly four decades of service at Lanterman, we have developed a set of core values that form the bedrock of our efforts. Two of them are *spirit* and *inclusion*, and they state in part that “Lanterman is marked by the special spirit and heart of its people: a passion for caring and commitment that gives our work its true life. A prevailing culture of willingness and a readiness to volunteer characterize the people of Lanterman... We are determined to bring people with developmental disabilities fully into the life of our community and remove barriers to their active participation.”

Several stories in this edition of *Viewpoint* illustrate both these values in action within our community. From the Girl Scouts to Kiwanis to a church congregation, they remind us that each day throughout our service area, people are volunteering to help their communities, forging partnerships and creating new ways to meet needs.

This is our great strength as a community – and this is what we draw upon now.

The work we do together is worthy and important. It is focused on people, social acceptance and understanding. No matter the challenges, we must renew our commitment to our vision and mission... and we must remain – as we have always been – a community in action.

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Isaias and Luz Aguilar: A Son's Passion for Soccer and a Mom's Determination for His Happiness

Isaias Aguilar has had a passion for soccer since he was three years old, and every year since sixth grade, he's played on his junior high and high school junior varsity teams. Now 18, Isaias is a senior at John Muir High School in Pasadena where he plays sweeper on the junior varsity soccer team.



Isaias Aguilar

His mother, Luz Aguilar recalls, "When Isaias was little, he would always notice the ball, and he liked to kick the ball except the ball was too big for his legs...he's always loved soccer balls." Isaias' favorite part of soccer is scoring goals. He doesn't get very many chances though, given the positions he plays, but he excels at making passes and keeping the ball away from the opposing team.

The soccer team practices every afternoon after school and during the summer time.

Isaias' mom attends all the practices and games. She believes it is her responsibility to ensure that Isaias gets his medication on time, and to be there in case he has a seizure. "I don't want to risk my son's health and life, and I have the chance and ability to attend, so I let him play," explains Luz.

Isaias enjoys watching basketball, soccer and WWF wrestling on television. His favorite basketball team is the San Antonio Spurs, his least favorite team is the New Jersey Nets, and according to his mom, he goes head-to-head with his brothers who are all Los Angeles Lakers fans. His two favorite players are David Robinson and Robert Hoary, both from the Spurs. He also enjoys working on the computer at school, and loves to listen to music. Two of his favorite artists are Christina Aguilera and Aaron Carter.

Isaias is not quite sure what he wants to do after high school. He wants to go to Pasadena City College where his older brother used to go, but he also has a friend going to California State University Northridge, and he wants to go there as well. He ultimately wants to work in a sporting goods store that is just down the street from his house or a toy store.

To other parents, Isaias' mom offers the following advice, "The best thing, even if we

"The best thing, even if we are afraid for our children is to let them play. It's not easy sometimes, but we have to give them the chance to learn because it's the only way they will enjoy life and learn how to live."

— Luz Aguilar

are afraid for our children is to let them play. It's not easy sometimes, but we have to give them the chance to learn because it's the only way they will enjoy life and learn how to live. I was very afraid of Isaias getting injured not only because of his scoliosis and epilepsy, but also some of his siblings have been injured playing sports, but he dreams about it and playing sports makes him very happy."

FATHERS' CORNER

Facing the Challenge Head On

By Juan Gonzalez

Over fourteen years ago, on July 24, 1989, I received the great news that I had become a father for the first time. I was a proud father as you might imagine, however the doctors that did not allow me into the delivery room cut my excitement short. I was told, "There are some complications and you have to wait." The worst thing was that I was already in scrubs and ready to go in.

As you can envision, terrible thoughts were racing through my head and I was going crazy. The next hour felt like the longest hour I had ever encountered. Finally the nurse showed up and told me that my wife Claudia was doing well and that we had a baby boy, but that he was underweight and had to be placed in an incubator. As I was coming into the delivery room, another nurse was rolling my son out in an incubator to the nursery, and all I got was a glimpse of Carl.

The following morning, my wife and I were in the recovery room wondering when we were going to see Carl. When we asked a nurse, she



The Gonzalez Family

us that Carl had Down syndrome. My wife and I didn't know what the doctors were talking about, but they also informed us that we could put Carl in an institution.

According to the doctors Carl would never walk or talk, in other words Carl would be a vegetable. My wife and I were devastated and wondered what had we done wrong.

Even though we were crushed by all the doctors' information we decided to step up to the plate and face the greatest challenge of our lives with all that we had to give — love and courage in the lead.

My son Carl is now 14 years old, fully included in the community high school, and

told us, "Soon, but not before the doctor speaks to you." Shortly thereafter, the recovery room had turned into a conference room with lots of doctors present to explain to

is a wonderful young man. Due to my son's disability, I have become a strong and aggressive person when it comes to dealing with his future plans, and I push Carl to his limits. Rosario Marin once told me, "Birds force their chicks off their nest so that they learn to fly on their own, why don't we do the same?" I never thought that I would be so passionate and open-minded, but thanks to Carl, I am. My wife and I have become better advocates for my son Carl, and better listeners to my sons Carl and Jeffrey, and my daughter Cynthia. I feel I owe Carl for the person, parent, and husband that I am, and the grandfather I have yet to become. For this and more, I thank you Carl.

Juan Gonzalez lives in Burbank with his family and works for the Metropolitan Transit Authority. Until recently, when he and his wife adopted a baby girl, Gonzalez volunteered his time teaching the Spanish computer classes at Lanterman Regional Center.

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

The daDA Fathers' Support Group meets on the second Monday of every month from 7p.m. to 9p.m. at the Denny's at 3060 San Fernando Road in Los Angeles (off Fletcher Street, exit off I-5 or near the Glendale Freeway). For more information, contact Aaron Hinojosa at 213.704.5932 or Germán Barrero at 626.840.9842.

Surf, Surf, Surfin' Now, Everybody's Surfin' the New Lanterman Web site

If you haven't visited the Lanterman Web site recently, stop by and spend some time surfing. As part of Lanterman's strategic initiative to develop and maintain information for clients, families, professionals and other community members in all areas related to developmental disabilities, services, supports and community resources, the site's been redesigned to make it more organized and accessible.

Information available on the Web site, which can be viewed at www.lanterman.org, includes, but is not limited to: funding guidelines, training opportunities, support group listings, and upcoming Lanterman-related events, along with many other topics. There is also a section specific to service providers, and a catchall news section that includes "Budget Watch," online editions of *Viewpoint*, and "Bulletin Board," which features highlights of various events and other important information. And if all else fails and you can't find what you're looking for, try our newly-introduced search feature. Please be aware that some parts of the site are still under development, including the site map, and the zoom text and Speak This features.

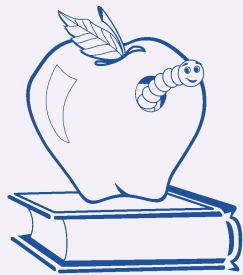
"Much of the information from the previous version of the site was carried over to the new site," comments Patricia Herrera, director of family support services, "and while there is still some work that needs to be done to finalize the redesigned site, I would like to encourage all of you to take a few moments to browse through the site and provide us with feedback on how we can better serve your needs."

Please send all feedback about the Web site to Vinita Anand at vinita.anand@lanterman.org.



Share Your Knowledge — Participate in the National Special Education Survey

Do you have experience dealing with special education services? Is there something you have learned that would benefit others in similar situations? If so, take a few moments to fill out the National Special Education Survey.



Developed by Andy Way, president of Apple Tree Publishing, LLC, and the father of twin sons diagnosed with autism, the National Special Education Survey hopes to create more informed parents in the area of special education services provided by various school systems across the country. Parents of children with special needs want them in the best educational setting possible to maximize their learning potential; however, finding these school settings is often very difficult.

Until now, accurate information regarding a particular school system has for the most part only been available via word of mouth, but the survey will change that. The National Special Education Survey is designed to gather the necessary data and transform it into valuable information for parents who can then access it from their computers. The survey provides all parents with the opportunity to share their experiences by gathering information related to real parent/child experiences with the various special education school settings available across the country.

Once the results are compiled sometime during spring 2004, finding the best school services available for children with special needs will be much easier for parents. So if you want to share your experience and help other parents make informed educational decisions, visit www.appletreepublishing.com and participate in the National Special Education Survey.

STAFF HIGHLIGHT: Guillermina Bastida Twenty-Four Years and Counting at Lanterman

At a time when people change jobs as frequently as they do cars, it's amazing to hear about someone who has celebrated 24 years with the same organization. This remarkable woman is Guillermina Bastida who's worked at all three of Lanterman's locations, had 13 supervisors, and worked with innumerable service coordinators and co-workers throughout the years. *Viewpoint* asked Bastida to share her secrets for a long, happy and successful relationship with Lanterman Regional Center.

Where and when were you born, and where do you live now?

I was born in Mexico on December 10, 1938 and live in West Covina now.

Why did you decide to take a job at Lanterman 24 years ago?

My first encounter with Lanterman was when I initially applied for an open position. I immediately fell in love with the environment – the toys in the reception area, the orange and gray furniture, and the white coils hanging from the ceiling. I was also impressed by one of the counselors who was interacting with a family in a very professional, cordial and respectful manner.

Why did you decide to stay at Lanterman?

My first impression was reaffirmed when I attended the first all-staff meeting. I was very impressed seeing people from different environments and backgrounds, especially the nutritionist who was wearing her sari. It was great!

What position do you hold now?

I am currently a secretary for the Early Intervention Unit.

What positions have you held in the past?

I have been a secretary for the Adult Unit, as well as an Accounting Associate for about 2 ½ years.

Do you have any advice for Lanterman staff that are new to the Center?

Working for Lanterman Regional Center doesn't necessarily mean that we will not experience a budget crisis or that we will not have to re-invent the system once in while; on the contrary we need to be open for changes and especially take new directions whenever we need to. I have found that in order to be able to better serve our clients and keep working successfully at Lanterman, it is necessary to put all your effort and energy into working, instead of complaining or fighting the system. It is also important to be sensitive to the needs of our clients and their families.



Guillermina Bastida

Do you have any advice for individuals with developmental disabilities and their families that are new to Lanterman and/or the regional center system?

New families should try to get as much information as possible, using the Koch♦Young Resource Center and other available materials and resources. New parents need to learn how to best utilize our programs and realize that they are the most important advocates for their children.

What is your fondest memory of your time at Lanterman?

My fondest memory is of the time that my older son worked at Lanterman alongside me.

What would you say was the hardest time Lanterman has faced in your 24 years here?

The hardest times are whenever there is a need to cut services for our clients due to budget cutbacks.

Is there anything else that you would like to add?

Working for Lanterman has been one of the most gratifying experiences. It has not only put bread on my table, but has also given me the opportunity to grow as a person and has made me a better human being. Along the way I have learned a great deal from my supervisors, co-workers and especially the population we serve. When I leave I will take with me all the good memories and friendships, and will cherish them for the rest of my life.

Health and Wellness



Information to Get Healthy and Stay Healthy

Each new year, most of us vow to eat healthy foods, exercise and take better care of ourselves — why not include the people that we take care of and support in this resolution?

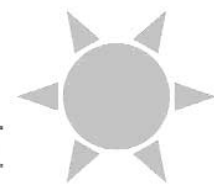
The *Health Promotion Resource Guide* developed by the North Carolina Office on Disability and Health and the Massachusetts Office on Health Disability, was designed to promote the health and wellness of people with disabilities by increasing the inclusion of people with disabilities in health promotion initiatives. The guide is a starting place to help health educators, service providers and program planners locate, use and adapt health promotion and wellness resources for people with disabilities.

The *Health Promotion Resource Guide* provides information on creating inclusive health promotion services that focus on environmental accessibility and communication. It also features topic-specific sections that highlight resources that can be integrated into state and community health promotion initiatives, including disability and healthy living, physical activity, nutrition, substance abuse, women's health, violence, sexuality and relationships, parenting, cancer screening, safety and emergency preparedness, mental health, aging and transition for youth with disabilities.

The *Health Promotion Resource Guide: Promoting the Health and Wellness of People with Disabilities* is available at the Koch♦Young Resource Center along with other health and wellness-related resources. Contact the Resource Center at **213.383.1300 x730**, toll-free at **800.546.3676** or kyrc@lanterman.org.

2003

THE HEALTH PROMOTION RESOURCE GUIDE



Promoting the Health and Wellness of People with Disabilities

Developed by the North Carolina Office on Disability and Health and the Massachusetts Office on Health and Disability

Board Member Profile

In June 2003, Lanterman's board of directors elected two new members: Tom Armentrout and John Poulos. In the fall edition of Viewpoint, we profiled Armentrout, who is a local community member and new parent of a child with developmental disabilities being served by Lanterman. In this edition we introduce you to Poulos, who is a Lanterman adult client.

John Poulos Brings Passion for Networking to Lanterman's Board

Everyone who meets John Poulos says the same thing – he loves networking and is interested in assisting others – both of which are important skills for a member of Lanterman's board of directors, and it seemed a natural fit to elect him to the board. "I hope my networking skills can be used to benefit the Center," notes Poulos.

Poulos' personal characteristics and skills were identified through his participation in Lanterman's assistive technology classes. Poulos graduated from the adult computer classes and signed up for additional classes at the Metro Skills Center. He's also participated in leadership trainings and workshops, as well as the Lanterman Leadership Institute. As

Poulos enhanced his skill base and became more comfortable with himself and his strengths, he was able to pursue a job independently in a law firm. He's also worked at Niketown in Beverly Hills.

It's Poulos' first time serving on a board on the community level, and he says he's still trying to get a feeling for the issues. His efforts on the board will focus on advocating for children with disabilities. "I want to make a difference for them, because they need more advocacy to help them get even further," shares Poulos.



John Poulos

"I'm also interested in technology trends and particularly in increasing the utilization of assistive technology that is becoming more advanced each day, and will open new avenues for a lot of children and adults with disabilities like cerebral palsy," explains Poulos.

Poulos encourages everyone to "think positive, because children with disabilities if you think positive can go even further and will believe in themselves." He also promotes self-determination and stresses the importance of believing in yourself.

Poulos currently works for the Entertainment Industry Foundation where he manages their files and records for charitable contributions and donations. He lives in the Mid-Wilshire area and commutes by Metro to his job in the Valley, as well as around town. In his free time, Poulos likes going to see comedy and science fiction movies in Century City. He also enjoys bowling and is active with Best Buddies.

Recognizing Service, Commitment and Dedication – Ann Seisa

An individual who truly embodies Lanterman's core values of partnership and leadership, Ann Seisa was honored for all her work at the November 2003 Service Provider Appreciation Breakfast. Seisa's been a part of Lanterman's community for many years and has served in a variety of roles, including 10 years on the Service Provider Advisory Committee (two as chair), and as the service provider representative on Lanterman's board of directors. Committed to providing quality services and supports to people with developmental disabilities, she's also been involved with the Quality Enhancement Committee, and is participating in an innovative project focusing on individuals with late-diagnosed phenylketonuria. In addition, Seisa has been a regular contributor to Lanterman special projects including *Perspectives*, the leadership forums, *Holidays are for Sharing* and the Roberta Happe Memorial Internship Fund. Pictured at right is board President Bob Wedemeyer presenting Seisa with an award at the November board meeting.



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.

Board Welcomes Your Attendance at its Meetings

Please be aware that anyone in the community is welcome to attend Lanterman's board of directors meeting, which is conducted on the fourth Wednesday of every month at 6:00 p.m. Meetings are held at Lanterman Regional Center. Please contact Frank Lara in advance at **213.383.1300 x665** or frank.lara@lanterman.org so you can be placed on the list of attendees. We look forward to your visit.

Jesse Seibel Receives His Black Belt

Continued from page 1

"It's really amazing to watch the advancement tests," comments Cheryl. "The students have to demonstrate what they've learned since their last test and they have to break a board." "I remember when Jesse first started classes, he couldn't kick much higher than knee level and he was very uncoordinated," notes Grandmaster Vincent Rodricks, an 8th DAN Black Belt and Jesse's instructor. "Now he's able to kick higher than his head because his coordination and flexibility have improved considerably."

Students at Andre's Martial Arts help and teach each other so nobody's excluded. Since earning his black belt, Jesse will move to the ranks of assistant instructor during the classes. "This is very empowering for Jesse because it makes him feel included not segregated," notes Cheryl. "He's been through a lot personally including getting picked on at school, and instead of going home and dwelling on that, he has Tae Kwon Do, which provides him with an outlet and a focus, and

which I believe is going to help him through his teenage years with his self-esteem and self-confidence." When asked what the best part of Tae Kwon Do is, Jesse says, "It's a stress reliever, it makes you feel better."

Rodricks, who has been teaching Tae Kwon Do for over 30 years both in the U.S. and abroad, considers Jesse achieving his black belt among the proudest days of his career. "It's wonderful to see children like Jesse achieve what they thought they never could," adds Rodricks. "Jesse really does follow the tenets of Tae Kwon Do: courtesy, integrity, perseverance, self-control and indomitable spirit. He's very well-mannered and is always the first person in the class to say please, thank you and sorry."

In addition to all the other benefits that Tae Kwon Do offers, Cheryl notes it keeps her son healthy and well. "Not only are Jesse's strength, agility, flexibility and coordination significantly improved, it keeps

him from being overweight since he looks at it as 'fun' even though it is exercise." "I have a lot of fun and I like it here, but it's hard work," adds Jesse.

Andre's Martial Arts is located at 403 South San Fernando Boulevard; Burbank, CA 91502 and can be reached via phone at **818.843.2637** or andresmartialarts@hotmail.com.



Jesse Seibel receives his black belt two days before his twelfth birthday.

Researchers Need Wheelchair Users for Study on the Effects of Motor Vehicle Accidents

The Americans with Disabilities Act has led to increased transportation opportunities for individuals using wheelchairs. However, little is known about how motor vehicle accidents affect persons who use wheelchairs.



Under a grant from the National Institute for Disability and Rehabilitation Research, investigators at the University of Pittsburgh are conducting a new research study to identify the frequency and nature of injuries to wheelchair riders involved in motor vehicle accidents.

Investigators will survey over 300 persons who use wheelchairs and/or scooters as their primary means of mobility about their transportation experiences. The mail-in survey includes questions on basic information such as age, gender, and design of the wheelchair, as well as questions on the types of transportation used, any involvement in motor vehicle accidents, and any resulting injuries. Identified injuries will be investigated further to examine the related circumstances such as vehicle involved, cause of accident and type of seating.

The study will provide a consumer-oriented perspective on the issue of wheelchair transportation safety, and will be the first in-depth survey on this issue. The results will lay the foundation for future efforts to improve transportation safety for wheelchair users.

Persons who use wheelchairs or scooters as their primary means of mobility are eligible to participate. However, it is not necessary to have been involved in an accident. All eligible participants who complete the survey will receive \$20 for their time and effort. If you are a wheelchair user interested in participating, please contact Ashley Rotko at the Center for Injury Research and Control, University of Pittsburgh at **412.383.7047** or **karst55+@pitt.edu**.

Touchpoints Marks First Year Success

The Touchpoints Special Needs Training Project has enjoyed a banner year. Just as 2002 was drawing to a close and our community was preparing for the holidays, the project received an early present in the form of a \$732,370 grant from First 5 LA (the former Prop.10 Commission).

The grant will support the Touchpoints project for three years and has allowed the hiring of two full-time employees to coordinate the trainings that are the heart of the project.

First 5 LA receives its funds from a tax on tobacco products in California, and uses the money to finance projects that promote early childhood development, from the prenatal stage to age five.

The Touchpoints Special Needs Training Project is an educational workshop to train healthcare practitioners and professionals to better understand child development and to become stronger partners with parents. The project is an adaptation of world-renowned pediatrician Dr. T. Berry Brazelton's Touchpoints program. Lanterman pediatric consultant Leslie Richard, M.D. expanded the Touchpoints model to include consideration of children with special needs.

Dr. Richard's adapted curriculum includes topics often ignored, such as stress, grief, giving bad news, and bias. By sharing knowledge and participating in interactive exercises, the trainees learn about the real roles these difficult topics play in the lives of families with special needs. "I honor the grief and am more open to the difficulties [families] are experiencing," one of the participants said at the end of the training.

In the last year, the Touchpoints Special Needs team has held two three-day trainings and one half-day refresher course. In September, the training team invited around

Staff at Glendale Memorial Hospital and Glendale Adventist Medical Center are trained over three days on the Touchpoints Special Needs model.



Paola Minas and her daughter, Damaris, participate in the Touchpoints Special Needs training which educates healthcare practitioners on child development topics relating to special needs children.

20 staff members from Lanterman's Early Intervention and Intake units, who had been trained in the summer of 2002, for a half-day follow-up training. "It was nice to follow up and really see how people are using the model and to know I can rely on other staff when I am stumped by something," said one of the returning trainees.

In October, the seven-member Touchpoints team trained nurses, physical therapists, and occupational therapists from Glendale Memorial Hospital's and Glendale Adventist Medical Center's Neonatal Intensive Care Units, and in December, individuals from Lanterman's and Eisner Pediatric & Family Medical Center's Early Intervention units received training.

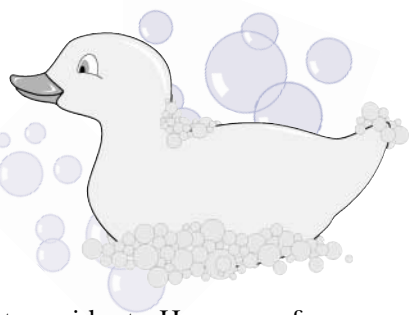
A key experience during the training is the opportunity for participants to hear from real families. Families who have infants or toddlers with special needs share stories about the distinctive challenges they have faced. Leslie Moya, mother of seven, including one child with Angelman Syndrome, has spoken at all of the trainings so far. Her compelling story about her family's daily life is remembered as a highlight of the training.

"The conference was excellent," said Maria Tapia-Montes, a Lanterman intake specialist. "You had me going home with tears in my eyes last night. It was very inspirational. Working here for some time easily makes you forget the parents' side of what we do. We, regional center, should hear more of [the grief component] to help us be more understanding and acknowledge 'where parents are at.'"

For more information and questions about the Touchpoints Special Needs Training Project, contact Tina Chinakarn at **213.383.1300 x715** or **tina.chinakarn@lanterman.org**.

Splash, Splash – Tips for Bath Time Safety

Little children are like magnets for dirt. You wish they didn't get so dirty, but they do — and bath time is inevitable. But it can also lead to accidents. Here are a few tips to keep your child safe during bath time.



GATHER YOUR SUPPLIES FIRST

Gather all the items you plan on using including soap, towels, diapers, clothing and toys before you even run the bath water, and make sure that you place them within easy reach.

CHECK THE WATER TEMPERATURE

Before you place your child in the bath, check to make sure the water temperature is neither too hot nor too cold. The ideal bath temperature is 98 degrees Fahrenheit, and even five degrees higher is too hot. Bathtub thermometers are available at many baby supply stores and are relatively inexpensive. Also, never leave the water running once your child is in the tub.

STAY PUT, DON'T LEAVE

Once your child is in the bathroom, don't leave for any reason. Children can drown in just a few inches of water, and can easily topple into the bathtub while you're gone. Once they are in the bathtub, keep one hand always firmly around your child. It is important for their safety to keep them sitting while they bathe.

HAVE FUN

Splashing and playing in warm water is lots of fun for little children, and it's easy to

make bath time enjoyable by providing water-safe toys that have no sharp edges and are not breakable. Always use plastic products.

REMEMBER THE SIMPLE THINGS

Metal spouts get hot and have sharp edges, so remember to protect your baby with a purchased cover or wrap a washcloth around the spout. Also, try to avoid using soap since it can be rough on a baby's skin, painful to their eyes and bad to the taste.

DROWNING STATISTICS FOR LOS ANGELES COUNTY

Drowning is one of the leading causes of death among children ages zero to four in Los Angeles County. Children of this age group are three to four times more likely to die from drowning than any other age group. It is also estimated for every child who dies from drowning four more are hospitalized due to a near-drowning incident that can result in permanent brain damage and disability.

The most significant risk factors for drowning among children are age and location. Among infants, bathtubs pose the greatest threat and among toddlers, swimming pools pose the greatest threat. In Los Angeles County between 1995-2001, 89 percent of infant drowning deaths occurred in bathtubs, and 74 percent of toddler drowning deaths occurred in swimming pools.

Through the Years...

Highlights of the Koch♦Young Resource Center

The Koch♦Young Resource Center was created in 1994 through the collaborative efforts of Lanterman Regional Center staff, parents and community members. The goal of the Resource Center is to provide disability-specific information, education and support to the community as a whole; and to empower people with developmental disabilities to live full, productive, satisfying lives as active, fully-included members of the community. The Resource Center has come a long way, and we'd like to take this opportunity to share some of the accomplishments that have been made possible over the last 10 years through community collaboration. In the following article, we take a glance back to 1994 (“Then”), and swing back to the present to see how far we've come and what lies ahead in 2004 (“Now”).

Then...

1994 – Dedication of the Koch♦Young Family Resource Center on March 25

We began publishing the *Viewpoint* newsletter.

The vision for the **Community Resource Directory** was developed, and hard copies were created.

Development of the **Guide to Lanterman Regional Center** began.

We had 20 existent **support groups**.

Seventy-four (74) new families received **Welcome Calls** from Peer Support Partners.

Library holdings totaled about 1,600 items.

Library circulation totaled 1,020 transactions.

The Resource Center had 321 **library patrons**.

Three hundred and seventy-five (375) information and referral requests were logged at the Resource Center **Help Desk**.

Two hundred and ten (210) **resource packets** were distributed.

Forty (40) families completed **Service Coordination and Advocacy Training (SCAT)**.

A **Parenting Skills Training** curriculum was developed and the pilot program started.

Fifty-seven (57) families attended **New Family Orientation**.



Dr. Richard Koch and Mrs. Asenath Young lend their names to the Koch ♦ Young Resource Center.

1996

The **Partnership Leadership Model** was developed and a subsequent publication was produced outlining the model.

Eighty-one (81) families were matched with **Peer Support Partners**.

A curriculum manual was created for the **Peer Support Partner Training**.

The **Behavior Management Workshop** curriculum was formatted for publication and 42 families completed training.

A proposal for the creation of the **Assistive Technology Laboratory** was written and \$29,000 was obtained from Union Bank to initiate the effort.

One thousand two hundred and thirty-five (1,235) **volunteer hours** were donated to advance the work of the Resource Center.

1997

The original **Lanterman Web site** was launched in July, and in its initial year it had 1,040 hits and 378 unique visitors.

You are invited...

10th Anniversary

OPEN HOUSE

THURSDAY,
March 25,
2004
3 p.m. to 8 p.m.

For more information, call 1-800-546-3676

Other Highlights...

1994 Dedication of Koch♦Young Family Resource Center on March 25	1998 Bloomingdales Charity Event raised approximately \$5,000	1999 Office move and opening of new facility Eveline Landry Donation Fund established in memory of Eveline Partnership formed with LAUSD to provide computer classes for adult clients E-Tree donated \$15,000 worth of equipment to start the Assistive Technology Lab	2000 Online Community Resource Directory went live with two pilot service categories, social recreation and medical, with over 240 resources Introduced Spanish version of the <i>Guide to Lanterman Regional Center</i> Assistive Technology Lab inauguration held	2001 Tech For Tots partnership formed Establishment of Sibshops with training from expert Donald Meyer (2001-2002) Establishment of Roberta Happe Memorial Internship	2002 Enhanced version of online library catalog came out Project TECH partnership formed Capital Group Companies Charitable Foundation provided \$15,000 to support Mentorship and Technology project (MAT) Touchpoints grant approved for \$732,370 to train healthcare professionals to be better equipped to work with families of children with special needs	2003 Pasadena Public Library grant partner - \$20,000 to improve library services for people with developmental disabilities Based on survey results that said families benefited from a group setting of Behavior Management Workshops (BMW) and preferred it to in-home training, Lanterman implemented a new system of BMW that is also more cost-efficient. Toilet training session added to BMW Koch♦Young Family Resource Center changes name to Koch♦Young Resource Center to reflect resources available for the broader community
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On its 10th Anniversary

Now...

2004 – Koch♦Young Resource Center 10th Anniversary Open House on March 25

The Center is now going on its 41st *Viewpoint* edition with distribution to more than 7,000 families, service providers, and other community members.

By the end of 2004, the **Community Resource Directory** will cover five categories of service in a newly acquired, advanced automated system accessible on our Web site.

Hot of the presses is the third edition of the **Guide to Lanterman Regional Center** with over 90 pages of material explaining the regional center system, and services and supports available, including three specialized inserts on Community Living Options, Early Intervention, and Transition to Adulthood. To date, over 4,000 guides have been distributed to families.

There are now 27 active **support groups** covering a wide range of disability-specific topics, catering to various family members, and taking place in multiple languages and regions of Lanterman's service area. Training for group leaders and assistance with group coordination has been facilitated by the Resource Center on an on-going basis.

The Resource Center is now taking a more personalized approach to **Welcome Calls** based on new families who give consent to be contacted or request peer support. An average of 120 Welcome Calls are made per year. More than 2,100 Welcome Calls have been made since the opening of the Resource Center.

The Koch♦Young Resource Center **Library** now holds close to 5,700 multi-media items, and the collection is growing steadily by more than 400 items per year. The library now totals over 3,500 transactions per year. Approximately 20,920 transactions have taken place in total since the library's inception. The library also currently has six community drop-off/pick-up locations, and is in the process of partnering with the Pasadena Public Library to increase outreach. The library will soon have more than 3,000 users, and there has been a steady gain of more than 400 new patrons per year.

The resource center **Help Desk** now receives over 700 information and referral requests per quarter and more than 2,800 per year. In the history of the Center, there have been more than 14,360 information and referral transactions.

There are now over 1,000 **resource packets** distributed per year, including one packet to every new individual/family entering the regional center system. In total, about 5,850 packets have been distributed since the Resource Center opened.

Since 1994, the Center has coordinated and conducted over 40 training sessions. Approximately 490 families have been trained on **Service Coordination and Advocacy** in total since the inception of SCAT (in Spanish, English, Korean, and Armenian and held at various locations to accommodate families throughout the Lanterman service area). Staff members are presently developing new promotional strategies for this highly valuable training.

Since 1997, the Center has conducted almost 20 **Parenting Skills Training** sessions, training more than 250 families in total. Currently, more than 30 people are trained per year, and classes are now available in English and Spanish, and/or with a focus on Autism. In 2004, classes will be offered in Korean.

In total, approximately 1,200 people have attended **New Family Orientation** since 1994. In recent years, Lanterman has made a shift to have families introduced to the Resource Center immediately following their Intake visit to establish a connection with the family early on in their relationship with the Regional Center. Also, the Center is attempting to make materials delivered to the family in their first meeting with their Service Coordinator more user-friendly, explanatory and welcoming, and these materials will include the orientation video. In 2004, the Center will no longer conduct monthly group orientations, due to this shift in efforts.

The **Partnership Leadership Model** has been an on-going part of the Resource Center philosophy and has been incorporated into all training and parent interaction that takes place through the Center. To celebrate successful partnerships, the Community Partnership Awards were created in 2002 and presented to recipients at the Resource Center Open House. This is slated to become a regular part of Open House ceremonies.

There are now approximately 200 **Peer Support Partner matches** made per year, and over 1,150 matches have been made in the history of the Peer Support Partner Program. We are now going on our sixteenth **Peer Support Partner training**. As a result of these training sessions, the Resource Center has generated over 105 Peer Support Partners.

As of this year, the Resource Center will have coordinated about 80 training workshops in Spanish and English in various areas of the community, training nearly 860 families since the program's inception. Starting in 2004, **Behavior Management Workshops (BMW)** will also be offered in Korean.

Computer classes that began in 1999 have now expanded to include beginner, intermediate and independent study categories, and training in multiple languages. Since 2000, an average of 20 people have attended both the beginner and intermediate sessions, and an average of four sessions have been taught per year. Over 475 assistive technology consultations have been conducted since 1999, and more than 30 workshops have been coordinated since the inception of the **Assistive Technology Lab**.

Since 1994, over 17,060 **volunteer hours** have been donated to enhance the work of the Resource Center.

The **Lanterman Web site** is now in its fourth version, with over 120 pages of information available to the public, including an online library catalogue and community resource directory. The site now averages over 124,000 hits and 28,000 unique visitors per year.

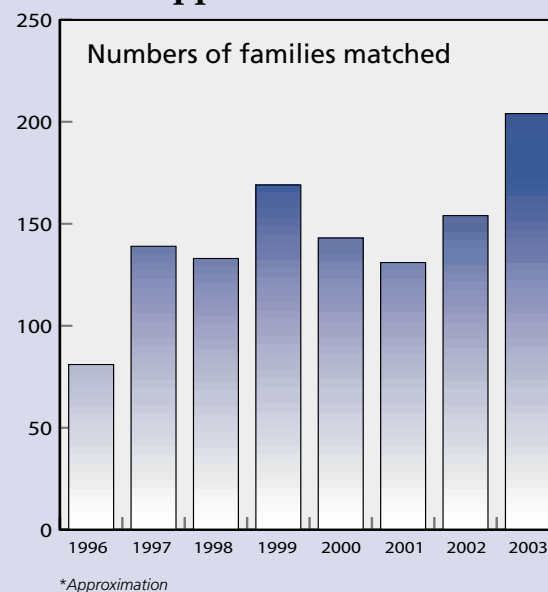
Since 2000, the Resource Center has been coordinating **IEP workshops** at least once per year.

Over 180 **community awareness activities** have been coordinated since the Resource Center's inception, as well as more than 20 press releases and over 50 community exhibits. In addition, more than 250 tours of the Koch♦Young Resource Center have been conducted since its inception.

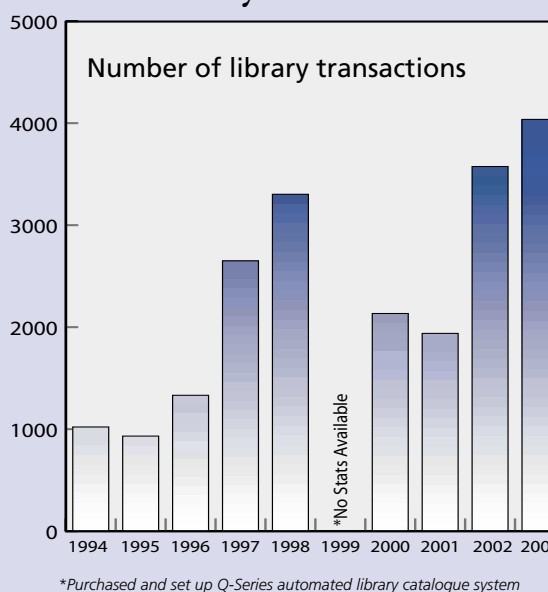


Koch♦Young Resource Center staff. Front (l-r) Vinita Anand, information and resource specialist; Garik Gyuloglyan, assistive technology assistant; Tina Chinakarn, Touchpoints project coordinator; Patricia Herrera, director of Family Support Services; Alma Flores, executive assistant; Olivia Hinojosa, family support specialist; and Lisa Levin, resource and information specialist. Back (l-r) Martin Sweeney, director of the Assistive Technology Project; Drew Biehle, Touchpoints project assistant; Ralph Bingener, client support assistant; and Eli Fattal, volunteer.

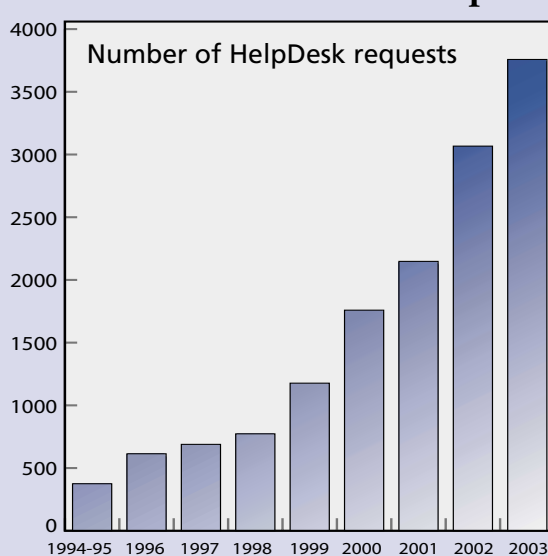
Peer Support Partner Matches



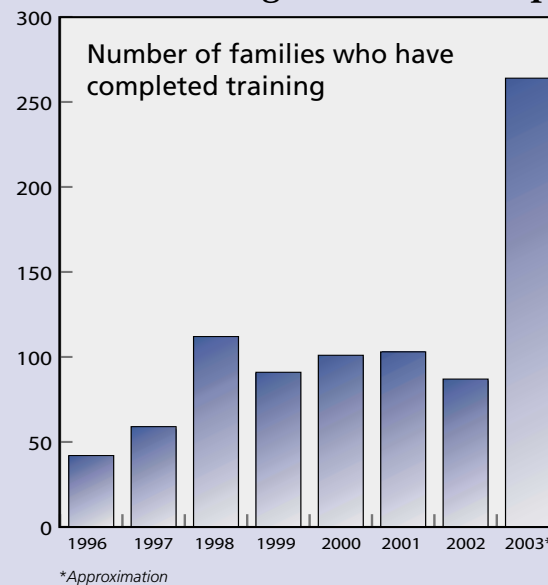
Library Circulation



Information & Referral HelpDesk



Behavior Management Workshops



USC Helenes Raise Money for Roberta Happe Memorial Internship

Three years ago, Lanterman and the community at large lost a remarkable young woman, Roberta Happe. In her memory, the Roberta Happe Memorial Internship was established to give students from non-traditional majors the opportunity to learn about the regional center system while developing their professional skills.

This past summer, Lanterman hired the first intern, Allison Henkel, who is a business student at USC and a Helene. As a female service organization, the Helenes have been dedicated to serving the University of Southern California and the surrounding community for over 80 years. "We selected the

Roberta Happe Memorial Internship for our philanthropy efforts this year because Roberta was a former Helene as well as the Helenes' first alumni relations chair, and this was a perfect way to honor her," shares Henkel.

The month-long campaign "Bring Your Own Books" had two goals — to raise money for the internship and to collect books for local schools and libraries. The Helenes held a 50/50 raffle during the first week of November, with half the proceeds going towards the internship fund. The winner of the raffle, which was drawn at the kick-off party held on November 9, 2003, was a former Helene and friend of Happe who was grateful

that the Helenes were carrying on Happe's spirit and would not accept the money, requesting that it be given to the Internship Fund. The event took place at USC's Ground Zero Coffeehouse, and featured bands and vocalists along with other entertainment. Donations benefiting the internship fund, as well as books, were also collected at the kick-off event. All told, the Helenes raised approximately \$700 for the Roberta Happe Memorial Internship. If you are interested in supporting the Roberta Happe Memorial Internship contact Patricia Herrera at [213.383.1300 x718](tel:213.383.1300) or patricia.herrera@lanterman.org.



Lanterman staff Patricia Herrera, her son David, and Ralph Bingener, at far right listen to performances at the Helenes kick-off event that raised money for the Roberta Happe Memorial Internship.

"We selected the Roberta Happe Memorial Internship for our philanthropy efforts this year because Roberta was a former Helene as well as the Helenes' first alumni relations chair and this was a perfect way to honor her."

— Allison Henkel

Clients' Rights Advocate Emma Hambright Provides Valuable Service

Lanterman Regional Center has a new Clients' Rights Advocate, Emma Hambright, and Viewpoint met with her to find out about her personal background, as well as the types of services and supports she can provide.

Where did you go to school?

I graduated from Thomas Jefferson School of Law in San Diego in 2002. I attended Oberlin College in Ohio for my undergraduate education and majored in history.

Where are you from originally?

I'm originally from Washington D.C., but I've been in California for four years. I've only been in Los Angeles since August 2003.

What is your background?

I have years of experience working with individuals with developmental disabilities on the east coast. I have worked as a staff person in a group home, as well as in community care facilities and intermediate care facilities. I have also done quite a bit of advocacy work.

How long have you been doing this?

I started working as Lanterman's Clients' Rights Advocate this past August. Prior to that I worked at Legal Services of Northern California where I practiced poverty law, which includes benefits and housing issues among many others.

What does the Clients' Rights advocate do?

Essentially, the Clients' Rights advocate assists families and clients of a specific regional center, in this case Lanterman, with a variety of services and supports. The Office of Clients' Rights Advocacy (OCRA) is a division of Protection and Advocacy, Inc., which is a federally-mandated organization. The OCRA works under contract from the Department of Developmental Services to provide nonprofit, free legal services. For example, I can provide technical assistance on how to go through a hearing. I can also provide trainings to family members and self-advocacy groups about conservatorship, fair hearing, special education, Social



Emma Hambright

Security, Individualized Education Plans and a host of other legally-related topics. Occasionally, I will also provide direct representation, but that is on a case-by-case basis and depends on many factors including the merits of the case.

Whom can you help?

I am available to provide assistance to individuals with developmental disabilities or their families, information to service providers and service coordinators, basically anyone associated with Lanterman Regional Center.

Is there anything else that you would like to add?

I would really like to be more involved in the community, and I will absolutely make myself available to stop in at self-advocacy meetings, attend functions and do trainings. I would like to be utilized as a resource in the Lanterman community. Also, please check out the PAI Web site, which has a huge list of publications at www.pai-ca.org. You can also find more information about the OCRA and the office location in your area on the PAI Web site.

How would people get in touch with you?

They should call me directly. My phone number is [213.427.8761 x3173](tel:213.427.8761). My e-mail address is Emma.Hambright@pai-ca.org.

Glendale Kiwanis AKtion Club

Continued from page 1

A member from the sponsoring Club attends the AKtion Club meeting each month, and once a month, two members of the AKtion Club also attend the meeting of the Glendale chapter of Kiwanis International. AKtion Club members have their own shirts and pins. They also have annual installation dinners where they elect their own officers including president, vice-president, secretary and treasurer.

When Silvia Pena was installed as the first Club president at the charter banquet in 2001, she stated, "For years people have been helping us, now it is our turn to help others." Members have done just that.

"The Club is a real service organization," shares Carole Jouroyan, who is the executive director of GAR Services. "They organize fundraisers, make donations, and go on outings along with many other activities." In November, the Club made a \$50 contribution to "Operation Gratitude" for the troops overseas. Club members also collected toys for Glendale Adventist Medical Center in December.

GAR Services is located at 6512 San Fernando Road in Glendale, one block south of Western Avenue. The Club is open to everyone and welcomes new members. Contact Carole Jouroyan or Michelle Tavares at [818.242.2434](tel:818.242.2434) if you are interested in becoming a member of the Glendale Kiwanis AKtion Club or if you'd like to start your own AKtion Club.



Kiwanis AKtion Club members listen to a talk at their December meeting given by Margaret Kerry-Willcox, the original actor/dancer/model of Tinker Bell in Disney's film Peter Pan.

Client Advocacy Classes for Personal Health and Safety are Well-Attended in 2003

In 1998, Lanterman conducted a health assessment study, which revealed that almost one-half of female participants had poor access to reproductive health care and that a significant number of clients, both male and female, had been victimized. In response, Lanterman partnered with the UCLA Sexuality and Reproductive Health Center to develop a training in female reproductive health. The Center also partnered with other agencies to develop trainings on sexual abuse risk reduction and personal safety.

Over the course of two years, starting in 2001, 91 female Lanterman clients attended the UCLA-Lanterman Reproductive Health and Self-Advocacy (RHSA) Training. Each training consisted of four sessions taught by a health educator and a female client and covered such topics 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. In 2003, 24 women attended RHSA trainings. During 2004, these participants will be followed to assess the



Mary Flynn is pictured with various props used during the Reproductive Health and Self-Advocacy training. Some of the props featured include a male and female Teach-a Body dolls that are anatomically correct, various forms of birth control and disease-prevention options available. Participants also receive a safe sex pack at the completion of training.

impact the RHSA training had on their ability to access reproductive health care.

The RHSA training is now primarily taught by Mary Flynn, client peer advocate and a graduate of the RHSA "train the trainer" program that trained 11 female clients as peer advocates. "Participants respond well to Mary," shares Maureen Wilson, director of Training and Development, "because she is a client, they relate to her, are comfortable asking questions, and she teaches the material in a way that's easy to understand." Health Educators also attend the training classes to address specific questions. Flynn is also available to help with advocacy-related reproductive health issues.

A survey conducted this past year of women who participated in 2001-2002 RHSA training classes showed that many had received appropriate female care within one year of their training; however, some indicated that there were barriers to receiving care including lack of referral to a gynecologist experienced in working with people with developmental disabilities, difficulty accessing transportation and with scheduling appointments, and a desire for peer support which is often as simple as wanting someone to accompany them to their appointment for support. "Clients needs raised during the survey are being addressed jointly between service coordinators and Training and Development," notes Wilson. There is also a Women's Advocacy Group that provides ongoing support to graduates of the RHSA training, and is also open to all adult female clients in the community.

In addition to the RHSA, two other client-only trainings are Abilities Sexual Abuse Risk Reduction and Get Safe Personal Safety Training. Abilities explores issues of sexual abuse and exploitation risk-reduction during three half-day sessions. Participants learn the definitions of sexual abuse, receive assertiveness and personal safety training,

build self-esteem, learn the importance of communication and what to do if they or a person they know is ever sexually abused or assaulted. The goal of the training is to reduce the individual's risk of being a victim of sexual abuse in both private and public settings. The classes are designed for small groups of individuals, and in 2003, seven classes were held providing training to 29 clients. The Get Safe program, which is also specifically designed for individuals with developmental disabilities, teaches personal safety including assertiveness training, safety awareness, defining boundaries and creating healthy relationships. The training is designed to assist participants in reducing their risk of being a victim in the community. There were three Get Safe trainings held in 2003 reaching 54 clients. In addition, all females from the Abilities and Get Safe trainings, which are for both males and females, are invited to participate in the Women's Advocacy Group.

The Women's Advocacy Group addresses a variety of female-related issues. "Each meeting has a theme, which usually focuses on topics that help the members of the group build self-esteem, learn to be more independent, develop their advocacy skills or practice getting their point across," notes Flynn, who also coordinates the Women's Advocacy Group in addition to the RHSA training. "We will do a crafts project, for example, making cards, and the skill we work on is how to express yourself in writing. We also talk about what we value and appreciate in our lives, look at issues of personal hygiene, as well as a variety of other topics including dating, weight control, reproductive health, make-up and hairstyles." The Women's Advocacy Group meets on the third Tuesday of every month. The next meeting is Tuesday, January 20, 2004 from 1 p.m. to 2 p.m. at Lanterman Regional Center. For more information and questions contact Mary Flynn, peer advocate, at [213.383.1300](tel:213.383.1300) x759 or mary.flynn@lanterman.org.

Results of Three-Year Dental Study Bring Smiles to Lanterman Community

Just over three years ago, Leticia Reyes, dental coordinator, came to Lanterman Regional Center as part of a dental project that came about through a grant given to the Center for Oral Health for People with Special Needs at the University of the Pacific School of Dentistry by The California Endowment. The University approached the Department of Developmental Services for support in implementing a community-based system in eight regional center communities across the state to increase access to dental services for people with developmental disabilities.

"People with developmental disabilities often have significant unmet dental needs including more dental disease, more missing teeth and greater difficulty obtaining care than other segments of the population," comments Reyes, "yet dental health clearly is an important aspect of a person's total health and wellness especially since in recent years correlations have been shown between poor oral health and other serious diseases."

Reyes' role as dental coordinator included finding, using and developing local resources; getting individuals to the right resources by triage, referral and tracking systems; providing individual and group prevention programs; and integrating oral health into agency systems.

As part of the project an initial community assessment was carried out to catalog the existing office, hospital and other resources available; prevention training sessions, hospital protocols and resources as well as ongoing triage, referral and tracking systems were also developed; and continuing education classes were held along with the development of hands-on practitioner training, individual prevention counseling and the Adopt-a-Home system. A key aspect of the project is the involvement of the Statewide Task Force on Oral Health for People with Special Needs.

Outcomes of all eight programs have resulted in over 5,000 clients being supported by dental coordinators, 9,000 caregivers and clients participating in group and/or individual prevention presentations and individual counseling sessions, and training being provided for over 4,000 professionals. In addition, 223 dental practices developed or expanded their services and 102 dental hygiene and dental assisting education programs, and community clinics became involved.

Local highlights at Lanterman include:

- A 153 percent improvement in sound crowns and fillings
- A 54 percent upgraded status of dental work required
- A 59 percent increase in clients able to visit a dental office
- A 56 percent improvement in clients able to access dental care
- A 58 percent increase in service coordinator dental referrals
- A 26 percent increase in dental visits without restraints or sedatives

- A 69 percent improvement in clients without dental problems

"The outcomes of this three-year project here at Lanterman were quite remarkable," notes Gwen Jordan, director of Clinical Services. "Through Leticia's efforts, we have been able to expand the oral health workforce in our area, improve oral health for the people we serve, increase community capacity, integrate oral health with medical and social systems, and increase awareness of the importance of oral health for people with special needs."

Although the three-year study ended this past September, Lanterman will continue to offer dental coordination. If you have any dental-related questions or are interested in scheduling a prevention training, contact Leticia Reyes at [213.383.1300](tel:213.383.1300) x745 or leticia.reyes@lanterman.org. Also look for more information in an upcoming *Viewpoint* about the Early Intervention Dental Clinic scheduled to start in February for children age one and older.



Towards the end of 2002, Leticia Reyes consulted with Terry Stiney, an adult Lanterman client. "Terry was in need of immediate and urgent dental care. He had cavities on all his teeth, rampant decay, loose and fractured teeth, his enamel was completely destroyed and he was in pain," shares Reyes. "I suspected that he might need to have all of his teeth removed and replaced with dentures."

So Reyes referred Stiney to Dr. Diana E. Zschaschel-Grob for full mouth x-rays and complete examinations. Several months later, Stiney had healed from having his teeth extracted and received his dentures. According to Reyes, Stiney is delighted with his new teeth and is no longer embarrassed to smile.

Get the Most Out of Your Gas for Less

It's odorless, colorless and keeps you warm during the cold winter months. What is it? It's natural gas delivered by The Gas Company.



Over 18 million Southern Californians use natural gas to heat their homes, keep their water warm and run their appliances, and sometimes some of them need a little help paying their gas bills. That's where the California Alternate Rates for Energy (CARE) program, Low-Income Home Energy Assistance Program (LIHEAP), Gas Assistance Fund, Medical Baseline Allowance, Direct Assistance Program (DAP) and many other programs help.

If you're an income-qualified customer, CARE gives you a 20 percent rate discount on the gas bill at your primary residence, and saves you 60 percent on your service establishment charge if you qualify within 90 days of starting your new gas service. Also available for income-qualified customers is LIHEAP, which is a federally-funded energy assistance program that may help you pay your bill.

Annual contributions to the Gas Assistance Fund collected by The Gas Company and United Way are distributed to income-qualified customers through community-based agencies from the second week in February

though the end of March on a first-come, first-served basis.

For households where someone has a life-threatening illness, is seriously disabled or requires the regular use of life-support equipment, the Medical Baseline Allowance provides an additional allowance of gas at a lower rate.

However, reduced rates and donations are only part of the solution to ensuring that needy households have access to the natural gas they depend on. Another key component is conserving energy, and The Gas Company's Direct Assistance Program assists by providing no-cost weatherization services to income-qualified renters and homeowners, and furnace repair or replacement services for qualified limited-income customers who own and reside in their homes.

These are only some of the many services The Gas Company offers to ensure that everyone who needs natural gas has access to it.

Please call for more information:

CARE – 800.427.2200

LIHEAP – 866.675.6623.

Gas Assistance Fund – 800.427.2200

Medical Baseline Allowance – 800.427.2200

DAP – 800.331.7593

Or visit the income-qualified/assistance programs section on The Gas Company's Web site at <http://www.socalgas.com/residential/assistance>.

Brrr... Cold Weather Tips That Save Energy and Money

- Open window coverings during the day to let in the sun.
- Lower your thermostat by three to five degrees (health permitting) to save up to 10 to 20 percent on heating costs.
- Keep your furnace tuned up to operate at maximum efficiency.
- Wear an extra layer of clothing in the house.



For more information on saving energy and reducing your gas bill visit The Gas Company Web site at <http://www.socalgas.com/>, and don't forget to fill out the free Home Energy Efficiency Analysis tool to see your home energy usage report and additional savings tips.

Holidays are for Sharing Campaign Meets Requests for All Holiday Needs

The toys were stacked waist high in Jackie Ashman's office and spread out across tables this past December as requests from service coordinators for their families in need were filled.

There were several thousand toys donated this year from individual families as well as various organizations including the Alliance for Children's Rights, the California Highway Patrol, Fun Rise, Hope Worldwide, Royal Academy, Sparks of Love, Toys for Tots, and Westlake Lutheran Church, that needed to be sorted, bagged and distributed to families all before the Christmas holiday. Big 5 Sporting Goods and the Dodgers also donated items that were suitable for adults.

"There was a greater variety of organizations that contributed toys and other goods this year," shares Ashman, director of Human Resources and coordinator of the *Holidays are for Sharing* campaign. "We collected more toys than last year, and were able to ensure that each child in need at Lanterman, as well as their siblings, were able to have a new toy for the holidays, and that all other holiday needs were met."

In addition to the family adopted by the Hollywood Girl Scouts, 16 other families were adopted as part of the Adopt-a-Family program.

Additional *Holidays are for Sharing* contributions and projects that were organized by Lanterman staff and their families include:

- Karen Ingram, director of Community Services and a member of the Westlake Lutheran Church, along with other church members provided gifts for 63 clients both children and adults. The church had a giving tree on which gift tags were hung that had the client's name, age, gender and up to three needs or gift ideas. Members of the Westlake Lutheran Church who took a tag purchased gift(s) for that person and brought them to church. Ingram in turn brought the gifts to work to be passed on to the specific individual's service coordinator. Church members, including the children and teens that took tags and bought gifts said they had fun shopping, and the church looks forward to doing this again in 2004.
- Edward Perez, a service coordinator in the Early Intervention unit, was contacted by his niece, Amy Shimamoto, a sophomore at Schurr High School in Montebello, who is also an active member of the California Scholarship Federation. Shimamoto contacted Perez because he was the social worker of the family to let him know that members of the Schurr High Ella Wing Chapter wanted to do something to help

during the holidays. Perez suggested they contribute to *Holidays are for Sharing*, and the students donated 19 food baskets that also included gifts such as art supplies.

- Barry Londer, controller, along with members from his temple, Temple Ahavat Shalom in Northridge, donated 28 Thanksgiving holiday baskets.

Along with previously mentioned individuals, the success of the *Holidays are for Sharing* campaign is due in part to the dedication and help of the following Lanterman staff: Carmen Alabat, Jackie Ashman, Darrius Price, Angelica Godoy, Jeannette Orlando, Margaret Rodriguez and her whole family, Marc Baca, Cynthia Guerra, Nicole Deng, Abraham Estrada, Migdalia Sanchez, Ivette Rodriguez, Maribel Ortiz, Felipe Simon, Yadira Navarro, Sonia Garibay, Nicole Townes, Lisa Pirruccello, Edward Perez, Carol Kaplan, Steve Ganoe and Patrick Aulicino.

In total, about \$38,000 worth of toys, gifts and food was collected during the *Holidays are for Sharing* campaign and over \$32,000.00 was raised for the Lanterman HelpFund. "Given the state of the economy, we did really well in our fundraising efforts," adds Ashman. For more information about *Holidays are for Sharing* contact Jackie Ashman at **213.383.1300 x684** or jackie.ashman@lanterman.org.

The Quarterly Budget Update

Continued from page 3

the entitlement to be sustained for generations of Californians to come. "The board recognizes the seriousness of the current budget situation for the state and for the regional center system and believes that the cost escalation that has occurred in regional centers in the last five years is unsustainable in the longer term", states Bob Wedemeyer, president and chairman of the board.

The board's thinking on these matters is reflected in a paper entitled, *Toward a Sustainable Entitlement for the Developmental Services System: A Regional Center Perspective*.

You can find this paper on the Lanterman Web site, www.lanterman.org. (Click on "News" then on "Bulletin Board.") In this paper, published one year ago, the board gave its perspective on the challenges to the regional center system and made recommendations for changes that would result in an equitable and cost-effective entitlement that would be sustainable into the foreseeable future.

Much of this paper is as timely and relevant now as when it was written. At the same time, the financial situation in California has become even more grave and the need for effective measures for controlling costs more urgent. For this reason, the board is updating the paper to take into account the current economic and political realities. This paper will be distributed widely, including to the new state administration and members of the

Legislature. We will also place it on the Lanterman Web site.

As the board considers these issues, they would like to hear what you think – about the challenges to the system and about what you see as reasonable solutions. You may address your comments to Diane Anand at Lanterman Regional Center, 3303 Wilshire Blvd., Suite 700, Los Angeles, CA 90010, or via e-mail at diane.anand@lanterman.org. We also encourage you to call, write or e-mail your legislative representatives and express your opinion on what should be done. You can find the necessary contact information for your local representatives on our Web site. (Click on "Legislative" and then on "Contact Local Representatives.") The solutions to the current crisis will be developed with us or without us. We believe that we have an important role to play in determining what those solutions will be.

Angle On *Perspectives*

Your source for Perspectives-related news...



Perspectives.
An International Film Festival and Forum
Promoting Understanding and Inclusion of
People with Developmental Disabilities

13

Andrea Friedman Inspires Service Providers at Appreciation Breakfast

Be positive, believe in us, whatever our label... we challenged people can do it. This is the key message that Andrea Friedman, guest speaker at the November 2003 Service Provider Appreciation Breakfast, wanted attendees to take to heart.

Who is Andrea Friedman? First and foremost, Friedman is an actress. She also describes herself as a person who has lots of friends, went to college, works in a law firm, drives a car and lives independently. As someone who has "Up syndrome" as she likes to call it, rather than Down syndrome, Friedman spoke about the people and reasons that contributed to her success and independence.

Friedman chronicled her parents' efforts toward her full inclusion by seeing that she was included in activities with neighborhood children and enrolling her in regular school, adding that it was their belief in her potential that helped guide her life. She told stories about Becky, her tutor, who was a former special education teacher whose inclusion techniques were far ahead of her time; Jamie, her childhood friend, who looked out for her and made sure she was keeping up with all the other children during play time; and many other positive and encouraging people in her life.

She reminded everyone that people with developmental disabilities are not disabled but challenged, not to label anyone retarded, and that they just want to be regular people. She encouraged everyone who provides services and supports to say "go for it" when the person they are serving sets a new goal, to look at people and what they can do not what their scores say, and not to underestimate the potential of any person, because "we can do." Friedman said that she lives a wonderful, busy,

Andrea Friedman signs autographs for service providers after the Service Provider Appreciation Breakfast.



normal life because of the support of family, neighbors, friends, teachers and many other professionals.

Friedman also recalled how she used to dream of being a star with a white limo. Her mother helped make that dream a reality when she started Friedman in acting classes as an innovative way of providing speech therapy. Her many acting accomplishments include playing Corky's girlfriend in the television series *Life Goes On*, *Baywatch*, *Touched by an Angel*, *Chicago Hope*, *Walker Texas Ranger*, *7th Heaven*, *The Division*, *ER*, and *Law & Order: Special Victims Unit*. She's also starred in a film called *Smudge* about a young woman who adopts an abandoned puppy and shows everyone what the spirit of the holidays is all



Andrea Friedman (center), who spoke at the Service Provider Appreciation Breakfast, is pictured with her father Hal Friedman and Executive Director Diane Anand.

about. Friedman's definitely become a star, but alas, she says she's still waiting for the white limo.

Friedman also participated as a panelist in the inaugural *Perspectives* Media Forum and has since joined the *Perspectives* Council of Advisors.

Be positive, believe in us,
whatever our label... we challenged people can do it.

— Andrea Friedman

Smudge Inspires Selflessness, Caring and Giving in Viewers

A young woman is walking home from work when she spots an abandoned puppy. Instead of continuing on her way, the woman picks up the dog and takes it home.

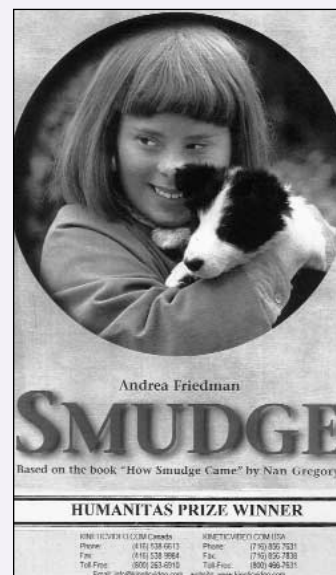
But the story does not end here. For this young woman is Cindy, played by Andrea Friedman, who lives in a group home, works at a nursing home and is definitely not allowed to have pets.

Cindy conceals the puppy for the night and takes him to work the next morning, where a visually-impaired resident of the nursing home says that all he can see of the dog is a smudge. Cindy decides to name the puppy Smudge.

Based on the book *How Smudge Came* by Nan Gregory, the movie entitled *Smudge* chronicles the discovery of the dog by Cindy's care providers, Smudge's removal from Cindy, and her attempt to get Smudge back.

Without giving away the ending, *Smudge* instills in viewers the importance of acting selflessly, of being caring towards others, and the spirit of giving.

Smudge is a wonderful film for all ages and is available at the Koch♦Young Resource Center, which can be reached at **213.383.1300 x730**, toll-free at **800.546.3676** or kyrc@lanterman.org.



Afterlife Well Received at AFI Fest 2003

For 10 days every November, the American Film Institute produces a premiere international film festival — AFI Fest. Films at the 2003 festival explored topics ranging from post-war Afghanistan to behind the scenes of the Women's Tennis Tour. One film of interest to the developmental disabilities community is *Afterlife*, a film about Roberta, a girl with Down syndrome, played by Paula Sage in her first film role; her brother, Kenny, played by Kevin McKidd of *Trainspotting* and *Topsy Turvy*; and their fiercely protective mother, May, played by Lindsay Duncan of *Under the Tuscan Sun*.

Afterlife, the debut film from Director Alison Peebles was winner of the Audience Award at Scotland's Edinburgh Film Festival. The film manages to be challenging, moving and humorous, while realistically exploring how family dynamics change as parents age and die, and siblings must assume more responsibility for their brother or sister with a developmental disability. "I just fell in love with the characters

in *Afterlife* and so have most audiences," shares Shaz Bennett, festival programmer at AFI.

"After our first year doing the *Perspectives* Film Festival, I have been so much more conscious about portrayals of people with developmental disabilities, especially regarding actual performances by actors with disabilities," adds Bennett. "Paula Sage's performance is infectious, and she drives the story. You'd be hard-pressed to find another actor with her unique abilities to play that role as well as she does."

"We were delighted when we heard that AFI was going to screen *Afterlife* at AFI Fest because the film starred someone with a developmental disability in a leading role, and explored a vital issue that affects all families that have a member with a developmental disability," comments Diane Anand, executive director of Lanterman Regional Center. "We are also looking at the possibility of showing *Afterlife* at *Perspectives* 2004."

COMING SUMMER 2004!
Second Annual Perspectives
Film Festival and Forum

June 4 – 6, 2004

This exciting showcase of international narrative and documentary feature films will explore the lives of people with developmental disabilities. *Perspectives* will examine images, challenge perceptions and expand awareness. The Media Forum – a highly interactive event in which the media and the developmental disabilities community will engage in a lively dialogue – will help inform participants and lead to more accurate and sensitive portrayals in film and television.

For more information visit
www.Perspectives-iff.org

2004 Perspectives Council of Advisors Bios

Perspectives is guided by an accomplished Council of Advisors who generously provide their support, advice and expertise to promote the goals of the festival and media forum.

Russell Goldsmith – Honorary Chairman
Chairman and CEO, City National Bank

Russell Goldsmith began his career as an attorney and founded his own firm specializing in entertainment law. He was chairman of the board and CEO of Republic Pictures Corporation and vice-chairman of the San Diego Padres until 1994 and became CEO of City National in 1995. Mr. Goldsmith is a member of the Los Angeles Branch Board of the Federal Reserve Bank of San Francisco and serves on the boards of directors of The Financial Services Roundtable, The United Way of Greater Los Angeles, and the Bay Area Council.

City National Bank is the recognized bank of the entertainment industry, as well being the bank of the Lanterman Regional Center.

Magdalena Beltran del Olmo
Vice President, Communications, California Wellness Foundation

Before joining the California Wellness Foundation, Magdalena Beltran del Olmo worked in communications for two Kaiser Permanente Medical Centers as well as at Coronado Communications and the California Chicano News Media Association. She was also a reporter for the *Orange County Register* and the *Salinas Californian*. She has received numerous awards and citations from the State of California, Los Angeles County, and the City of Los Angeles. She also acts as an advisor to Cure Autism Now on communications.

Yudi Bennett
President, Foothill Autism Alliance

Yudi Bennett has been active in the Foothill Autism Alliance since it’s founding in 1998 and became president upon the death of her husband, Robert Schneider, former FAA president, founder, and Power Pak editor. Her goal is to keep Bob's dream alive; to provide much needed education and resources for families dealing with autism. Professionally, Ms. Bennett works as an assistant director in the motion picture industry. She serves on the National Board of the Directors Guild, and is a member of the Motion Picture Academy.

Ted Braun
University of Southern California

Ted Braun is a senior lecturer in screenwriting at USC and the director, writer and editor of the A&E documentary series OUR CENTURY, in addition to having written and directed projects for HBO, Discovery Channel and PBS. He also wrote, directed, and produced the documentary, *We’re Here to Speak for Justice: Founding California’s Regional Centers*.

Vince Calandra
Talent Executive

Vince Calandra is a talent executive who is currently working on an anniversary tribute to the Beatle’s first appearance on the Ed Sullivan show. He has worked on various projects for AFI, such as *AFI’s 100 Years, 100 Laughs: America’s Funniest Movies* and *AFI’s 100 Years... 100 Heroes and Villains*. Mr. Calandra has also written for several television shows in the past, including *Two Guys, a Girl and a Pizza Place*, *The Carol Burnett Show*, and *The Ren and Stimpy Show*.

Moctesuma Esparza
Producer

A native of Southern California, Moctesuma Esparza began producing Spanish-language and bilingual documentaries and television shows while still in film school. He is a co-founder (with Robert Redford) of the Sundance Institute, a non-profit organization that aids young filmmakers. Over the course of his career, Mr. Esparza has maintained his commitment to the Chicano community from his first feature *Only Once in a Lifetime* (1979) to later films like *The Milagro Beanfield War* (1988) and *Selena* (1997). Along with Robert Katz, Mr. Esparza also undertook producing responsibilities on the massive historical recreations, *Gettysburg* (1993) and *Gods and Generals* (1993).

Bobby and Peter Farrelly
Producers, Writers, Directors

After several years of writing unproduced screenplays in Los Angeles, Bobby and Peter Farrelly finally broke through with two episodes of NBC’s Seinfeld in 1992. In 1994, with Peter directing and Bobby producing, they made the low-budget comedy *Dumb and Dumber*, which became a blockbuster hit. They went on to direct such films as *There’s Something About Mary*; *Outside Providence*; *Me, Myself and Irene*; *Shallow Hal* and the recent *Stuck On You* (which featured a record number of characters with disabilities in non-traditional roles). They are currently executive producing the Special Olympics comedy, *The Ringer*, and are developing a feature version of *The Three Stooges*.

Prospecting for Perspectives Sponsors

To continue the dialogue and education that began in 2003, *Perspectives* 2004 needs the support of individuals, foundations and corporations. We ask the Lanterman community to help further the *Perspectives*’ vision of a truly inclusive society by making a financial contribution or by passing the information on to someone who may be interested in sponsoring the festival. Any donation, large or small, will make a difference.

Based on the level of sponsorship commitment, *Perspectives* offers a comprehensive package of benefits and visibility opportunities. For further information, contact Festival Director Marielle Farnan at 213.383.1300 x647 or marielle.farnan@lanterman.org. The giving levels are:

- Premiere Sponsor - \$50,000
- Official Sponsor - \$25,000 and above
- Major Sponsor - \$15,000 and above
- Participating Sponsor - \$10,000 and above
- Contributing Sponsor - \$5,000 and above
- Partner - \$2,5000 and above
- Associate - \$1,000 and above
- Friend - \$500 and above

Andrea Fay Friedman
Actress

Andrea Fay Friedman’s acting credits include *Life Goes On*, *ER*, and *Law and Order: Special Victims Unit* among several others. She is also a motivational speaker and personal supporter of causes that help people facing challenges. She has spoken to Harvard University’s Graduate School of Education and to numerous other local, statewide, national and international organizations. Ms. Friedman was a panelist at the first *Perspectives* Media Forum.

Melissa Gilbert
President, Screen Actors Guild

Ms. Gilbert was elected president of the Screen Actors Guild in 2001. She may be familiar to many as the young Laura Ingalls on the 1970’s NBC period drama series, *Little House on the Prairie*. She has starred in many television movies since then, including *The Miracle Worker*, *The Diary of Anne Frank*, *Splendor in the Grass*, and *Sanctuary*. Ms. Gilbert presented William H. Macy with the first *Perspectives Media Award* at *Perspectives* 2003.

Sam L. Grogg
Dean, AFI Conservatory

Mr. Grogg has worked in screen education, on a film festival, and founded two production companies over the years. His producing credits include *Kiss of the Spider Woman*, *The Trip to Bountiful*, *Spike of Bensonhurst*, and the television movie *Above Suspicion*. He was named Dean of the AFI Conservatory in 1999. Mr. Grogg also participated in the post-screening discussion following *What’s Eating Gilbert Grape?* during the first *Perspectives*.

Joe Mantegna
Actor

A versatile character player of stage and screen, Joe Mantegna first garnered national prominence working in collaboration with writer-director David Mamet in the 1980’s and early 90’s and he appeared on stage in *Glengarry Glen Ross* and the screen versions of *House of Games* and *Homicide* among others. He’s also had roles in *The Godfather III*, *Searching for Bobby Fischer*, *Celebrity*, and *Bugsy*, and he was nominated for an Emmy for his part in *Mario Puzo’s The Last Don*. Mr. Mantegna is currently starring as Will Girardi in the critically acclaimed CBS series *Joan of Arcadia*. Mr. Mantegna was also a panelist at the first *Perspectives* Media Forum.

Olivia Raynor
UCLA Tarjan Center for Developmental Disabilities

Olivia Raynor, Ph.D., OTR is the co-director of the Tarjan Center for Developmental Disabilities and director of the National Arts and Disability Center (NADC) at the University of California Los Angeles. Dr. Raynor is a member of the State Council on Developmental Disabilities and elected board member of the California Alliance for Arts Education. In 2000 she received an award from the Corporation on Disabilities and Telecommunication, and the World Institute on Disability for providing opportunities for people with disabilities in the arts.

Jason Ritter
Actor

Jason Ritter is the grandson of country singer Dorothy Faye and western film star Tex Ritter. His father is actor John Ritter who died suddenly in 2003. Jason Ritter attended New York University, studied at London’s Royal Academy of Dramatic Arts, and is a founding member of The Irreputable Theatre Company in New York City. He’s gone on to star in the recent films *Swimfan* and *Freddy vs. Jason* and can currently be seen as Kevin Girardi on the CBS series *Joan of Arcadia*.

Gail Williamson
Media Access Office

Gail Williamson is an advocate for professional performers with disabilities. She was originally introduced to the industry by her son Blair who began acting at age 10. Blair, a client of the North L.A. Regional Center, was born with Down syndrome. Ms. Williamson is currently under contract to the California Governor's Committee on Employment of People with Disabilities, working at their Media Access Office in North Hollywood. The Media Access Office offers many services but is best known for its database of over 900 performers with disabilities.

My Flesh and Blood Wins Awards at International Documentary Film Festival

Jonathan Karsh’s *My Flesh and Blood* was a top award-winner at the 2003 International Documentary Film Festival Amsterdam (IDFA). The film — which debuted at the 2003 Sundance Film Festival where it won the Audience Award for Best Documentary and the directing award for Karsh — premiered in Los Angeles during *Perspectives*. The film also won the IDFA audience award and the international film critics prize, and shared the critics award.

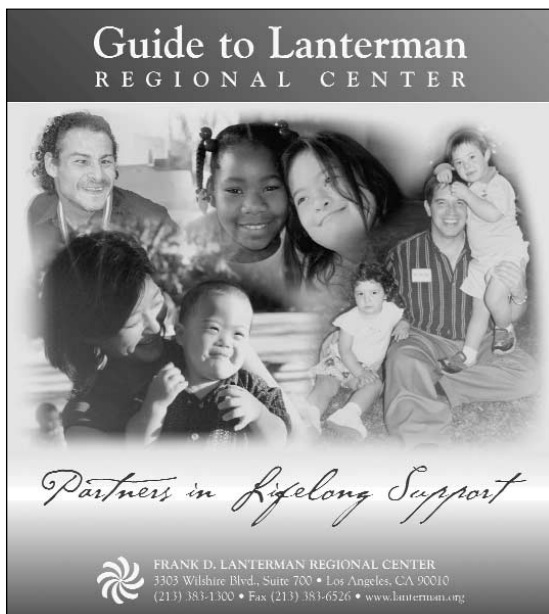
My Flesh and Blood, which is from HBO/Cinemax Documentary Films, follows Susan Tom of Fairfield, California, and her 11 adopted special needs children, including a son with Cystic Fibrosis and Bipolar Disorder, and other children with physical disabilities.



Jonathan Karsh, director of *My Flesh and Blood*, speaks with audience members after the screening of his film at Perspectives.

Hot Off the Presses – Get Your Guide to Lanterman Regional Center

The regional center system can be overwhelming for new families and at times even confusing for veterans of the system. Families may not understand their



responsibilities in the system, where and how to get services, or even how to contact their service coordinator. That's where the *Guide to Lanterman Regional Center* can help. The *Guide* contains approximately 70 pages of information about Lanterman Regional Center and the Developmental Service System. Sections include:

- Section 1 Who Are We?
- Section 2 What Is The Lanterman Developmental Disabilities Services Act?
- Section 3 Whom Do We Serve?
- Section 4 How Do We Work As Partners?
- Section 5 What Is An Individual Program Plan?
- Section 6 How Is My IPP/IFSP Implemented?
- Section 7 Resources
- Section 8 Your Rights And Responsibilities
- Section 9 Your Family
- Section 10 Preparing For A Disaster
- Section 11 List Of Terms
- Section 12 Record-Keeping

The *Guide* also includes three supplements, or "inserts," each of which is of interest to a

particular group of clients/families. The inserts address Community Living Options (for children and adults), Early Intervention (including the transition at age three), and Transition to Adulthood (of particular interest to families with adolescent sons or daughters).

The *Guide to Lanterman Regional Center* was revised in late 2003, and hot off the presses, new versions of the *Guide* are now available. "The changes made to the *Guide* are substantial, and even if you already have a copy, we are recommending that families obtain a new copy," shares Lisa Levin, information and resource specialist in the Koch♦Young Resource Center. You can pick up your new copy at the Resource Center. Alternately, call your service coordinator and ask him or her to bring a copy of the new *Guide* to your next scheduled meeting. In order to save costs, we will not be mailing out copies of the *Guide*. The Koch♦Young Resource Center can be reached at **213.383.1300 x730**, toll-free at **800.546.3676** or kyrc@lanterman.org.

Weekend Classes for Parents of Young Children with Autism Now Offered on the Westside

Do you live on the west side of Lanterman's service area? Are you tired of driving to Burbank, Pasadena, or even Lanterman Regional Center for trainings and educational programs? Well, if you are, then you'll be pleased to know that we are now offering an educational program for parents of young children diagnosed with autistic spectrum disorder (ASD) on the Westside.

The classes are held on Sunday afternoons at the Westside Jewish Community Center. "We have a segment of the population that is unable to attend Saturday classes, and by offering sessions on Sundays, we are hoping to meet their training and educational needs as well," explains Olivia Hinojosa, family support specialist.

The first program of "After the Diagnosis: Challenges of Raising a Child with Autistic

Spectrum Disorder" was held over the course of six weeks between May and July 2003. "We are offering another program this coming spring," adds Hinojosa.

Child psychologist Dr. Susan Herz and pediatrician Dr. Beatrice Germain co-lead the lectures and discussions. They focused on the most common issues faced by parents of children under six, including: promoting communication and social engagement, dealing with difficult behavior, finding community resources, dealing with family stress, setting goals and advocating for your child.

This parent education program is funded by Lanterman Regional Center and there is no charge to participants, however, space is limited and advance registration is required. "The initial program was the first time in a while that we formally offered childcare for a

Lanterman sponsored training," comments Hinojosa, "and we were really pleased with how it turned out." Childcare was available on-site at the preschool playground by advance reservation only and was free to children with ASD and available for a small fee for siblings as long as all children were between the ages of two and six. Activities and a small snack were provided for the children.

The next "Parenting the Child with Autism" training will be offered over four consecutive Sundays beginning March 7 continuing through March 28, 2004 from 2 p.m. to 3:30 p.m. at the Westside Jewish Community Center located at 5870 West Olympic Boulevard, Los Angeles. For additional information regarding this class as well as other classes, contact the Koch♦Young Resource Center at **213.383.1300 x730**, toll-free at **800.546.3676**, or kyrc@lanterman.org.

Special Needs Ministry

Continued from page 1

environment and pray and encourage one another through the scriptures; and there was a need for respite."

From this, came the vision and goal for the ministry "In His Image." "We came up with 'In His Image' as our name because we believe that God values people differently than the world values people, so while children may be broken in the world's eyes, and people may see them as needing to be fixed, every child, no matter their disability or challenge, is made in the image of God and has the same value and same worth as every typically developing child, no matter their challenges," explains Bundy.

With everything in place, the Committee organized a special needs Sunday awareness that was held during church services on November 9, 2003 to introduce "In His Image" to the congregation. Doug Mazza, executive



Solomon Burke performs a gospel concert to raise money for Special Needs Ministry.

vice president of Joni and Friends, an organization that exists to communicate the gospel and equip Christ-honoring churches worldwide to evangelize and disciple people affected by



disability, shared his testimony on parenting a child with special needs for 27 years. "This really brought awareness to the congregation of the families with special needs in our community and helped to show everyone the kind of ministry we were starting," notes Bundy.

Over 130 members from the congregation volunteered to be trained to care for children with special needs. Thus far, the ministry has held two two-session trainings and has trained about 70 volunteers. The first session provides general information about a variety of disabilities as well as instruction on how to provide support to children with special needs and the second session focuses specifically on autism including a background and how to interact.

"Our goal is to have a one-to-one ratio of volunteers to children," adds Bundy. "Right now, we are focusing on inclusion, and for every child with special needs in a regular

Throughout his concert, Solomon Burke handed out red roses to the children with special needs in the audience who were invited to interact with the musicians and Burke himself during the concert.

Sunday classroom, they have their own volunteer. Should the need arise, however, we are also in the process of developing a special education classroom so we can give parents a choice in the future." The ministry is also networking with different organizations to provide summer camp opportunities for their children with special needs.

According to Pastor Ahlemann, PazNaz is a church that believes in inclusion for all people, and is available to the community at large to meet their physical, spiritual and emotional needs. The services offered through "In His Image" are available to all families, however, before any services can be provided, prospective families must go through an intake meeting with church staff that includes a needs assessment and family interview to ensure that an appropriate volunteer is matched and that a very good understanding of the diagnosis, the behavior and the needs of the children are best met.

If you would like more information or are interested in going through the intake process, contact Jan Morris of the Children's Department at the First Church of the Nazarene at **626.351.9631** or jmorris@paznaz.org. Also, if you missed Solomon Burke's December concert, Burke will be attending PazNaz services the third Sunday of every month and conducting a soul gospel service at 3 p.m.

Training & Events

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

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

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

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

BY MAIL:

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

BY FAX:

213.639.1157

BY E-MAIL:

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

Lanterman Regional Center Family & 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 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 for additional information and to register.**

IEP TRAINING: TRANSITION TO PRESCHOOL

For families with children two to three years of age.

ENGLISH AND ESPAÑOL

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 six with special needs. A specialized training on Autism is also available. "General" refers to all diagnosis other than Autism. **For more information and dates call 213.383.1300 x730.**

SPANISH - GENERAL

February 7 - March 3, 2004

Five consecutive Saturdays

11:30 a.m. to 1:30 p.m.

Shriner's Hospital

3160 Geneva Street

Los Angeles, CA 90020

ENGLISH - GENERAL

February 12 - March 11, 2004

Five consecutive Thursdays

9:00 a.m. to 11:00 a.m.

Lanterman Regional Center

ENGLISH - AUTISM

March 7 - March 28, 2004

Four consecutive Sundays

2:00 p.m. to 3:30 p.m.

Westside Jewish Community Center

5870 West Olympic Boulevard

Los Angeles, CA 90036

(see story on page 15)

SPANISH - AUTISM

March 20 - April 17, 2004

Five consecutive Saturdays

11:30 a.m. to 1:30 p.m.

Shriner's Hospital

3160 Geneva Street

Los Angeles, CA 90020

ENGLISH - GENERAL

April 22 - May 20, 2004

Five consecutive Thursdays

6:00 p.m. to 8:00 p.m.

AbilityFirst

40 N. Altadena Drive

Pasadena, CA 91107

SPANISH - GENERAL

May 1 - May 29, 2004

Five consecutive Saturdays

11:30 a.m. to 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. **For reservations call 213.383.1300 x730.**

ENGLISH

February 24 - March 23, 2004

7 p.m. to 9 p.m.

First Church of the Nazarene

3700 East Sierra Madre Boulevard

Pasadena, CA 91107

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 further information call 800.546.3676 or 213.383.1300 x730.**

BEGINNER FOR ADULTS — ENGLISH

WINTER SESSION: January 13 - March 30, 2004

(12 consecutive weeks)

SPRING SESSION: April 13 - June 15, 2004 (tentative)

(10 consecutive weeks)

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

Lanterman Regional Center

Presenters: LAUSD

INTERMEDIATE FOR ADULTS — ENGLISH

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

WINTER SESSION: January 15 - April 1, 2004

(12 consecutive weeks)

SPRING SESSION: April 15 - June 17, 2004 (tentative)

(10 consecutive weeks)

Thursdays, 9 a.m. to 12 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 & 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, 6 person minimum

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, 6 person minimum

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

DID YOU KNOW? AAA has a Tow Truck for Wheelchair Users



You or someone in your car is in a wheelchair. Your car breaks down. The tow truck comes – only it can't accommodate a wheelchair. Now what?

The Automobile Club of Southern California (AAA) has a tow truck designed to accommodate people in wheelchairs, with an automatic lift and a cab that has wheelchair tie-downs along with space for several other people. The truck operates in the Los Angeles County area on a first come, first served basis, and is available between 8 a.m. and 5 p.m. on weekdays. Call your AAA toll-free number at **800.400.4222** if you should need assistance.



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 N. Reeder Avenue; Covina
Monthly – First Wednesday, 7:30 p.m.
Contact: Patricia Kreyssler 626.447.3452

DE MI FAMILIA A SU FAMILIA

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

DOWN SYNDROME SAN GABRIEL VALLEY PARENT SUPPORT GROUP WITH CHILDREN UNDER SEVEN

Church of the Brethren
1041 N. Altadena Drive; Pasadena
Monthly – Second Thursday, 7 p.m. to 9 p.m.
Contact: Olivia Hinojosa 213.383.1300 x705
Ian & Terry West 818.952.2629

FAMILIES AND FRIENDS OF PERSONS WITH DISABILITIES

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

FILIPINO AMERICAN SPECIAL SERVICE GROUP FOR THE DEVELOPMENTALLY DISABLED

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

FOOTHILL AUTISM ALLIANCE — NETWORK RESOURCE MEETINGS

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

FRAGILE X PARENT SUPPORT GROUP

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

GLENDALE/BURBANK/FOOTHILL PARENT SUPPORT GROUP

Burbank First United Methodist Church
700 N. Glenoaks Blvd.; Burbank
Monthly – First Wednesday, 10 a.m.
Contact: Cheryl Francisco 213.383.1300 x530

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
Ultimo viernes de cada mes, 7 p.m. to 9 p.m.
Contact: Angeles y Jesus Lopez 323.644.3319

INCLUSION IN REGULAR CLASSES SUPPORT NETWORK

Dates, locations and times vary each month.
Call for next meeting.
Contact: Sam Suzuki 213.383.1300 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 Monday, 6:30 p.m. to 8:30 p.m.
Contact: Suki Chang 213.999.3981
Christine Yuh 213.383.1300 x503

MOMMY & DADDY & ME — EARLY INTERVENTION PARENT SUPPORT GROUP

Call for details.
Contact: Olivia Hinojosa 213.383.1300 x705

LA ESPERANZA

(Grupo semanal en Español)
Lanterman Regional Center
Lunes, 9 a.m.
Contact: Ana Ripoll 213.389.8329
Maria Cibrian 323.666.1601
Gayane San Vicente 213.383.1300 x594

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

TEATRO ILUSIÓN

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

NEW GROUPS

BEHAVIOR MANAGEMENT SUPPORT NETWORK

(Facilitated by a behavior therapist)
AbilityFirst
40 North Altadena Drive; Pasadena
Monthly — Second Tuesday, 7 p.m. to 9 p.m.
Contact: Olivia Hinojosa 213.383.1300 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 213.740.5932
Germán Barrero 626.840.9842

GOOD GRIEF SUPPORT GROUPS

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

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

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

For families with children birth to six
Webster Elementary School
2101 East Washington Boulevard; Pasadena, CA
Monthly — Second Tuesday, 6 p.m. to 8 p.m.
Contact: Bailey Jackson 626.396.8333

SIBSHOPS

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

The address for Lanterman Regional Center is:
3303 Wilshire Blvd., 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:
800.546.3676

Lanterman Self-Advocacy Groups

MID-WILSHIRE SELF-ADVOCACY GROUP

Lanterman Regional Center
Monthly – First Monday, 4 p.m. to 6 p.m.
Contact: Armen Frundzhyan 323.462.7300

THE ACHIEVERS

1200 East Colorado Street, Glendale
Monthly – Third Monday, 5 p.m. to 6 p.m.
Contact: Jack Riggie 818.841.1124

Training & Development Opportunities

For Service Providers

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

AN OUNCE OF PREVENTION

In this training, service providers will learn ways to help prevent the spread of infectious diseases such as the flu.
Tuesday, January 13, 2004
10 a.m. to 12 p.m.
Lanterman Regional Center
Presenter: Public Health Nurse, L.A. County Department of Health Services
213 383-1300 x720
Cost: \$5 pre-registration, \$10 at door
Parking not validated

LIVING ON THE FAULT LINE

In this training, service providers will learn about disaster preparedness for earthquakes and other natural and man-made disasters.
Tuesday, February 10, 2004
10 a.m. to 12 p.m.
Lanterman Regional Center
Presenter: American Red Cross
213 383-1300 x720
Cost: \$5 pre-registration, \$10 at door
Parking not validated

CRISIS PREVENTION AND INTERVENTION

This training is designed to prepare direct care staff to facilitate the de-escalation of potentially violent situations through crisis prevention and intervention techniques.
Tuesday, February 17 and Wednesday, February 18, 2004
10:00 a.m. to 3:30 p.m.
Lanterman Regional Center
Presenter: Behavior Intervention and Training team
213.383.1300 x720
Cost: \$15 for CPI book
Parking not validated.

GOOD GRIEF

In this training, service providers will learn how to assist clients dealing with grief issues, such as the death of a family member.
Tuesday, March 9, 2004
10 a.m. to 12 p.m.
Lanterman Regional Center
Presenter: Tony Buono, Ph.D.
213 383-1300 x720
Cost: \$5 pre-registration, \$10 at door
Parking not validated

Communication Via Every Interaction Underlies *It Takes Two to Talk* Program

Communication between adults and children is not solely about language. The smallest action of a child can be considered communication. “Gesturing, pointing and looking at an object are all precursors to the development of language,” explains Linda Diamond of Partners in Communication.

Based on the above idea, *It Takes Two to Talk*, which is a 10-week group language-training program for families with young children between 12 months and three years of age with language delays teaches parents:

- Ways in which your child communicates
- What motivates your child to communicate
- How to turn everyday activities and routines into opportunities for your child to learn language
- How to respond to your child in ways that enhance language learning
- How to talk so that your child can understand you

The program was developed by the Hanen Centre, and is recognized around the world for its quality and effectiveness. *It Takes Two to Talk* is led by Hanen-certified speech-language therapists who have received specialized training from The Hanen Centre. “The program is successful because it is based on years of research into how parents communicate with their children and how the communication skills of children with language delays can improve with their parents’ help,” comments Diamond.

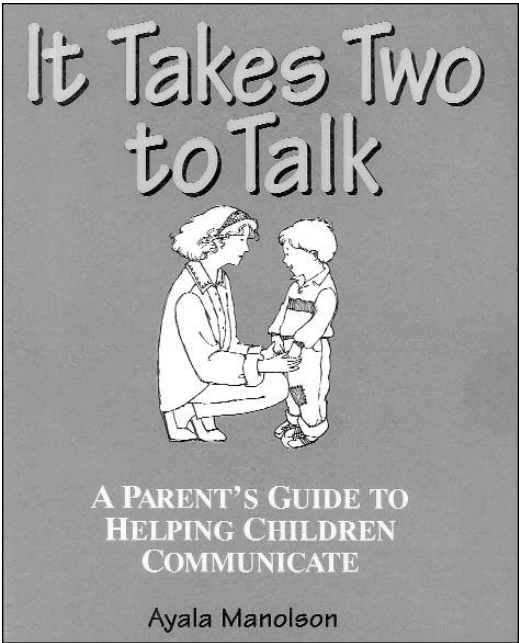
Many parents miss communication attempts that their child makes or because communication is not clearly articulated,

parents discount it. “What we want parents to learn is how to be able to recognize and reinforce their child’s attempts,” shares Diamond. “The more attempts the child makes, the more the parents and child will benefit whether the child is verbal or not.”

The program format, which is designed to help parents learn how to support their child’s language development, includes a preprogram consultation, seven group training sessions and three individual consultations with the child that also include video feedback. In the group trainings, parents learn specific strategies to facilitate their child’s interaction and communication skills. In the individual sessions, parents are videotaped interacting with their child while applying the strategies they have learned in the group sessions. The speech-language therapist then reviews the tapes with the parents and provides specific feedback.

“Ideally, two individuals who are primary caregivers for a child will attend the program,” notes Diamond. “The more people that understand, are involved with, and buy into the program, the more likely they are to use the techniques they have learned.”

The goals of *It Takes Two to Talk* are to enable parents to provide timely and intensive early language intervention so families do not remain dependent upon speech-language therapy. “Parents do learn to see their child in a different way, and discover what kinds of things they can do for their child that will allow them to be more successful. This eliminates some of the frustration for a family with a language-delayed child because it gives families some very concrete things to do which serves to



empower them,” explains Diamond. As part of the training, parents also receive a parent guidebook that follows the program’s content in a practical and easy-to-understand format.

It Takes Two to Talk is being offered through two different vendors. Please feel free to contact either one of them for more information; however, if you are interested in participating please contact your service coordinator for authorization. Linda Diamond and Patti Wade of Partners in Communication can be reached at **310.445.2171** and are located on the Westside. Michelle Droettboom of Pasadena Child Development Associates can be reached at **626.793.7350 x223**. The parent guidebook *It Takes Two to Talk: A Parent’s Guide to Helping Children Communicate* by Ayala Manolson is also available at the Koch ♦Young Resource Center. The Resource Center can be reached at **213.383.1300 x730**, toll-free at **800.546.3676** or **kyrc@lanterman.org**.

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Viewpoint can be viewed online at **www.lanterman.org**. To contact *Viewpoint* Editors, send e-mail to **vinita.anand@lanterman.org** or call **213.383.1300 x753**.

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