Health & Wellness

Lanterman Needs Your Help in Preventing and Identifying Diabetes in the Center’s Population

There are over 18 million people in the United States that have diabetes and an additional 41 million individuals who are classified as pre-diabetic, which means that close to 20 percent of the U.S. population has or is at risk for diabetes.

There are certain risk factors that predispose a person to becoming diabetic including:

- Having a family history of diabetes
- Being a member of a high-risk ethnic group, such as African Americans, Asian Americans/Pacific Islanders, Latinos and Native Americans
- Delivering a baby weighing more than 9 pounds or having gestational diabetes
- Being overweight and inactive with abnormal fat levels, including a high density lipoprotein (HDL) less than or equal to 35 mg/dl or triglycerides greater than or equal to 250 mg/dl
- Having impaired glucose tolerance and/or fasting glucose values greater than or equal to 250 mg/dl
- Taking certain medications
- Having impaired glucose tolerance and/or having high fasting glucose values
- Taking certain medications
- Being overweight and inactive with abnormal fat levels, including a high density lipoprotein (HDL) less than or equal to 35 mg/dl or triglycerides greater than or equal to 250 mg/dl
- Having impaired glucose tolerance and/or having high fasting glucose values
- Taking certain medications
- Some symptoms that are useful in identifying diabetes and should be watched for include:
  - Frequent urination
  - Excessive thirst
  - Extreme hunger
  - Unusual weight loss
  - Increased fatigue
  - Irritability
  - Blurry vision

IDEA 2004: A Summary of Changes

The Individuals with Disabilities Education Act (IDEA) is the federal law that governs how schools must address the special educational needs of children with disabilities. Originally passed in 1975 as the Education for All Handicapped Children Act, the law was reauthorized in 1990. The most recent revisions to the law were completed in 2004, and will take effect July 1, 2005. Below we summarize some of the most important changes resulting from the 2004 amendments. This information has been extracted from the Web site of the National Dissemination Center for Children with Disabilities. For more information on IDEA 2004, visit the site at www.nichcy.org/reauth/2004IDEASUMMARY-12.04.doc.

IEP PROCESS

1. Short-term objectives. In the future, short-term objectives for meeting each child’s measurable annual IEP goals will only be required for children who take alternate

“Circle of Friends” gets a new Twist at Monte Vista Elementary School

Jo Dasher, a freshman at Hope International University and ambassador for Easter Smith, who also has spina bifida, share why she enjoys speaking with children. “I like talking with kids because I want to encourage them. I want them to know that just because someone says you can’t do something, doesn’t mean you can’t.” From left to right: Jo Dasher are “Circle of Friends” participants Carrie Ostler, Naima Bird, Mayra Aburto, Rebecca Thomas, Jonathan Nemati, James Chung, Amanda Hemmingsmeyer, Catherine Brookley and Paul Richards.

Toys, Toys and More Toys Help Make “Holidays are for Sharing” Successful

Aida Graybill, Jackie Ashman and Patty Conterral and the thousands of toys that Lanterman received through the 2005 “Holidays are for Sharing” campaign.
It’s Good for the Bottle… It’s Good for the Can… It’s Good for Lanterman

Several times a month, you’ll see Lanterman staff hauling in big plastic bags that are jingling and jangling – bags filled with plastic and glass bottles, as well as aluminum cans. When you walk around Lanterman, you’ll also notice grey containers with green lids in every kitchen area placed next to trash cans to collect items for recycling.

These efforts are part of a recycling program started in January 2003 by Karen Ingram, director of Community Services at Lanterman. Ingram says, “I started this program because we’re a wasteeful society and recycling is good for the earth. Contrary to our behavior, the earth’s resources are limited. It is a bonus that we can get money for the Help Fund by recycling bottles and cans with a California Redemption Value (CRV). Once you start recycling bottles and cans you notice the money lying around because people were too lazy to either recycle or throw their trash away.”

“I started this program because we’re a wasteeful society and recycling is good for the earth.”

– Karen Ingram, director of Community Services

In addition to Lanterman, Ingram also picks up bottles and cans at Dodger Stadium, the park across the street from her house, and anywhere she sees them. Every Friday, Ingram loads up the bags of recyclables in her car and takes them to the recycling plant. When she’s out of town, she makes two trips the following week, loading her car on Friday and dropping off the recycling on Saturday morning on her way back to Lanterman for her second load. While the $0.05 CRV per item might seem insignificant, over the course of the last two years, the recycling program has raised approximately $700 for Lanterman’s Help Fund and prevented thousands of cans and bottles from ending up in landfills. The Help Fund provides financial aid to clients and their families who may need extra support in times of need. “It’s good for the environment and, even better, it’s money for our clients,” adds Ingram.

To learn more about how recycling is important, what to recycle, where to recycle and how to start a recycling program at your work or school, visit www.bottlesandcans.com or call 1.800.RECYCLE.

2004 Holidays are for Sharing Campaign – One of the Most Successful in History

Across the board, donations of toys, gift baskets and money were up for the 2004 “Holidays are for Sharing” campaign. There were some newcomers to the pool of organizations that contributed to the campaign, and donations from most other organizations increased by at least 100 percent from the 2003 campaign with some increasing 200 and 300 percent. The total for donations of all types increased by 35.5 percent.

The Alliance for Children’s Rights, Toys for Tots, California Highway Patrol, Fun Rise Toys, Hope Worldwide and Giving Tree all participated again in the 2004 campaign. Temple Ahvat Shalom donated 30 Thanksgiving gift baskets, the South Orange County Chamber Orchestra, better known as SOCCO, donated five gift baskets, and the Gamma Phi Delta Sorority donated 10 gift baskets. Lanterman also hosted a benefit jewelry sale with Russell Jewelers.

“The success of this year’s ‘Holidays are for Sharing’ campaign is due in large part to the efforts of Jackie Ashman, who was picking up toys at all hours of the day and night and on weekends, and following up on donation leads,” says Diane Anand, executive director. Jackie Ashman, director of Human Resources and coordinator of “Holidays are for Sharing,” also helped the Marines at the Pico Rivera, November Battery coordinate their first ever Toys for Tots benefit golf tournament.

“The 2004 campaign was one of the most successful in the history of ‘Holidays are for Sharing’ in part because of the dedication and support of Lanterman staff,” shares Ashman. “We were able to meet the needs of all families identified by their service coordinators to participate in the ‘Holidays are for Sharing’ program.”

Make the Call! Dial 3-1-1 for Routine and Non-Emergency City of Los Angeles Services

It’s now easier than ever to get to get in touch with your local Parks and Recreation office, your elected official or even City Hall, just dial 3-1-1.

City government agencies created this toll-free number for local residents, visitors and businesses to contact city of Los Angeles officials when they need assistance with routine and non-emergency city services such as garbage collection, non-emergency police and fire, business permits, street maintenance, etc.; city of Los Angeles office locations; City phone numbers; public meeting schedules, including Council, committees, Neighborhood Councils, etc.; and Citywide events. While the direct dial numbers for contacting the City have not changed, this is an easy to remember, convenient way to get in touch with City of Los Angeles staff members, services desks and hotlines for routine questions and concerns that can be handled over the phone.

In Los Angeles, 3-1-1 ambassadors are trained to answer questions, provide information, process service requests or assist callers with contacting any City agency, local elected official or commission member. Ambassadors can also provide information about neighborhood fire stations or community police stations. Calls are answered 24 hours per day, 365 days per year. The service is available in English or Spanish, for individuals with speech or hearing impairments, and in more than 150 other languages through the use of translation services.

To get in touch with 3-1-1, simply dial 3-1-1 from any wired telephone line within the city of Los Angeles or by Cingular wireless phone to connect with the 3-1-1 call center. Callers from the greater Los Angeles area, including the counties of Los Angeles, Orange, Riverside, San Bernardino and Ventura can call toll-free at 866.4.LA.CITY, and calls from outside the greater Los Angeles area should call 213.978.3231. Listings provided through 3-1-1 are also available through the city of Los Angeles’ Citywide Services Director at http://publiccsd.lacity.org/CSD/index.cfm.

Always remember, any situation that directly endangers human life or property and demands immediate attention is an emergency and should be reported directly to 9-1-1.
IDEA 2004
Continued from page 1
assessments aligned to alternate achievement standards as defined under the No Child Left Behind Act (NCLB). These are children with the most significant cognitive disabilities as determined by the IEP team. Many regional center clients will be included in this category.

2. IEP progress reports. The progress the child is making toward meeting the annual goals must be reported. In a case where there is no more a required reference to “the extent to which the progress is sufficient to attain the goal by the end of the year.”

3. Transition information in IEP. The amendments clarify that the transition process for a student with a disability now begins at age 16.

4. IEP attendance and participation. A new section allows IEP team members to be excused from attendance if their area is not being discussed at the meeting. This may only happen, however, if the parents give written consent.

5. Pilot program for multi-year IEPs. Up to 15 states may allow local school districts to offer, with parental consent, a multi-year IEP, not to exceed three years. This would generally mean no comprehensive annual review of the IEP, less specificity in goals, and less rigorous requirements for progress reports, accommodations, supplementary aids, and services goals.

6. IEP team transition. Parents of a child transitioning from Part C services (early childhood) to Part B services (schoolage) may request that representatives of the Part C system be invited to the initial IEP meeting to smooth transition. This provision also addresses the “stay put” right for such children.

8. Transfers between school districts. Services comparable to those described in the IEP in effect before a child’s transfer must be provided by the new school district until the previous IEP is adopted, or until a new IEP is developed, adopted, and implemented (in the case of a transfer in the same state), or until a new IEP is developed (in the case of a transfer outside the state).

DUE PROCESS

1. Procedural safeguards notice. The procedural safeguards notice will be distributed only once a year, except that a copy will also be distributed on initial referral, when a parent makes a request for an evaluation, when a due process complaint has been filed, or for a parent request for a copy.

2. Statute of limitations. Parents now have two years in which to exercise their due process rights by filing a complaint or should they have known that an IDEA violation has occurred.

3. Due process complaint notice. A new provision provides that the school district must file a response to a complaint notice within 10 days unless the district within 15 days notifies the state hearing officer that it is challenging the sufficiency of the parent’s due process complaint notice. The state hearing officer has five additional days to make a finding.

4. Resolution session. Parents must go through a mandatory “resolution session” before due process occurs. Such a session must occur within 15 days of filing a complaint, and the school district has 30 days from the filing date to resolve the complaint in the satisfaction of the parents. The parents’ attorney fees for this session are not reimbursed regardless of the outcome of the due process action.

5. Attorney’s fees. Parents’ attorneys may be responsible for paying the school system attorney’s fees if a cause of action in a due process hearing or court action is determined to be frivolous, unreasonable or without foundation. Parents may be responsible for the school system’s attorney fees if a cause of action was presented for any improper purpose, such as to harass or to cause unnecessary delay.

6. Qualifications for hearing officers. For the first time there are explicit qualifications required for hearing officers.

DISCIPLINE

1. Stay put. The right of a student with a disability to “stay put” in his current educational placement pending an appeal is eliminated for alleged violations of the school code that may result in a removal from the student’s current educational placement for more than 10 days. Previously the law only denied “stay put” rights to students with disabilities involved in drugs, weapons or another dangerous behavior or activity.

2. Manifestation Determination Review. IDEA 2004 makes it the responsibility of the parents to prove that the behavior that may warrant removal from the current school placement was caused by, or had a direct and substantial relationship to, the child’s disability. Previously, the school was required to prove that the behavior was not a manifestation of the child’s disorder, or that the behavior was being allowed to apply the same disciplinary procedures as they use for non-disabled children.

3. Special Circumstances. Since 1997, IDEA has expressly authorized schools to unilaterally remove children to an interim alternative educational setting for as long as 45 days for offenses involving drugs and weapons – even if the behavior was a manifestation of the child’s disability. While schools have generally had the authority to respond to an emergency and to unilaterally remove any student with or without a disability who is causing serious bodily injury to another, schools now can also unilaterally remove children for 45 days for “inflicting serious bodily injury.” This term is defined as involving a substantial risk of death; extreme and permanent disfigurement; protracted and obvious disfigurement; or protracted loss or impairment of the function of a bodily member, limb or mental faculty.

4. 45 day limit. The 45 calendar day limit on the removal for these offenses has been reduced to 15 school days.

5. Case-by-case determination. A paragraph has been added to the discipline provisions, which states that school personnel can consider any unique circumstances on a case-by-case basis when determining whether to change the placement of a child with a disability who violates a school code of conduct.

In an effort to control costs, the administration is proposing some strategies for regional center purchase of services that they expect to put into effect immediately. These include using the least costly vendor that will meet the client’s needs, using group rather than individual services when appropriate, clarifying a parent’s responsibility for purchasing services, placing limits on the cost of supported living arrangements, and ensuring that regional centers implement an internal review process prior to authorizing the purchase of services. Many of these strategies have been in use at Lanterman for some time.

While there are no unallocated reductions to the regional centers, those enacted previously will continue. Developmental centers and the Department of Developmental Services headquarters will, however, receive small unallocated reductions.

It is important to note that, while this is positive news for regional centers in the state, the state is still faced with a significant revenue shortfall. As a result, many programs which serve regional center clients, such as the Time-Supportive Services (HHS) and Medi-Cal, are proposed for reductions. This could ultimately affect regional center clients and our own spending.

The budget will work its way through the Legislature this spring. It is expected that there will be considerable debate and many changes before a final budget is enacted.

The Budget Update: Governor Releases Proposed Budget for 2005-06

I n the midst of continuing fiscal difficulties in the state of California, Governor Schwarzenegger has released a proposed budget for the state fiscal year 2005-06 that is to stay July 1. The proposed budget includes $3.7 billion for the developmental services system; this is an increase of $166 million, or 4.7 percent. While there are significant decreases in the budgets for developmental centers due to population reductions, the budget for regional center operations is to increase by nearly 7 percent, or $187 million. Of this amount, $165 million is for purchase of services and an additional $22 million is for regional center operations. The regional center system is expected to serve more than 200,000 clients and families next year.

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T he New Paths Parent Group is a group for parents and caregivers of young children birth to age 5, and offers a comfortable and supportive environment where individuals can share the joys and stresses of caring for a child with a disability, and learn from others traveling on a similar road. This group is especially designed to assist caregivers in developing the emotional resiliency needed to address the uncomfortable, but normal feelings of sadness, guilt, anger and frustration.

Julie Kim DesJardins, who participated in one of the New Paths groups share, “There were so many reasons not to attend... too little time, too much emotion, too many challenges. I realize now that it is precisely because of these issues that the New Paths Parent Group was so important. Thanks to the trained facilitator and the active dialogue amongst the other parents, I am stronger and better equipped to manage the many unique challenges of raising a child with special needs.”

“New Paths offers caregivers a place to do something just for themselves,” shares Christine Mayola, commissioner of the New Paths groups. “While it’s not therapy, the group helps families begin to realize that hope and loss can co-exist.”

Each New Paths group is made up of six to 10 parents and caregivers and is facilitated by a specially-trained counseling professional. In order to participate in the group, families need to either have a child birth to 5 with special needs, or have a child with special needs that is older, but is still as a sibling that is between birth and 5 years of age. The group meets for six sessions and focuses on specific issues faced by a family with a child with special needs.

The themes for each week are:

- **Session 1 – Introductions: Your Family, Your Story** – The first meeting will be a special time when you will be invited to share your experience and hear other families personal stories in caring for a child with special needs.

- **Session 2 - The Role of Defense Mechanisms in Your Life: Positive and Negative Effects, How to Talk About It** – In the second meeting, the group will discuss the various defense mechanisms used in raising a child with a disability.

- **Session 3 – Missed Milestones: Cultural Differences, the Impact on Family Rituals, and Redefining Perfection** – In the third meeting, the group will explore the topic of missed milestones in the context of what is culturally accepted as typical childhood development and the delayed milestones of a child with a disability.

- **Session 4 - Relationships: You and Those Around You** – The fourth meeting will address how having a child with a disability affects relationships with you, your partner, your other children, old friends and new friends with children that have special needs.

- **Session 5 - Social Milestones Missed as a Family System** – The fifth meeting will address the emotional experience of a family of a child with a disability at the child’s missed social milestones.

- **Session 6 - Reframing Life as You Know It Now** – In the sixth meeting, the group will discuss how having a child with a disability creates a shift in expectations on what life was promised to be and what it appears to be in the present.

DesJardins adds, “To be born, to experience early intervention and develop lifelong follow-through, to have a family, to have a child, to have a special child – that’s a rather private experience and didn’t expect anyone to fully appreciate our unique situation. But, talking to others in the group helped me understand that I am not alone. And learning how others approach the care of child with special needs has helped me advocate for the care of my daughter. I have benefited so much from this program.”

For additional information and to register for a New Paths group, contact the Koch Young Resource Center at 213.383.1300, x. 720, toll free at 800.546.3676 or kyrc@lanterman.org. Registration for groups is ongoing, and groups are offered within the Lanterman service area, including Pasadena, Burbank, Glendale, and Los Angeles. Julie Kim DesJardins has developed a Web site dedicated to her daughter Camille. To view this site, visit www.CamilleDesJardins.com.
Access the Koch Young Resource Center from Your Local Pasadena Public Library Branch

In September, the Pasadena Public Library and the Koch Young Resource Center (KYRC) enhanced the partnership that was established over a year ago, by adding a lending relationship component. Families, caregivers, individuals with developmental disabilities and local community members can now access all of the resources of the Koch Young Resource Center without ever leaving Pasadena. Already know what items you want, simply call or e-mail the KYRC and request that the items be dropped off at one of the three library branches listed below. Unsure of whether you want a book or video on a particular topic, Pasadena Public Library staff can help you search the Koch Young Resource Center Library collection or visit http://library.lanterman.org and search on your own.

The three Pasadena Public Library branches that are participating are:

- **Pasadena Public Library – Hastings Branch**
  3325 East Orange Grove Boulevard
  Pasadena, CA 91107
  626.744.7262
  Requested items will be dropped off between 11 a.m. and noon on Saturdays, and returned items will be collected at this time as well.

- **Pasadena Public Library – San Rafael Branch**
  1240 Nithdale Road
  Pasadena, CA 91105
  626.744.7270
  Requested items will be dropped off between 10 a.m. and 11 a.m. on Saturdays, and returned items will be collected at this time as well.

- **Pasadena Public Library – Lamanda Park Branch**
  140 South Altaadena Drive
  Pasadena, CA 91107
  626.744.7266
  Requested items will be dropped off between 5 p.m. and 6 p.m. on Mondays, and returned items will be collected at this time as well.

Please note that items can be returned to any of the three library branches throughout the week during the library’s regular business hours, however these items will not be picked up KYRC staff until the designated times listed above. Should items not be returned by the designated pick-up date that fall after the due date, the items will be assessed a late fee. Also, please call or e-mail the Koch Young Resource Center at 213.383.1300, x. 730, toll-free at 800.546.3676 or kyrc@lanterman.org when you return items to any drop-off/pick-up locations so the Resource Center can track the status of items and ensure that patrons don’t receive overdue notices.

In addition to the Pasadena locations, the Koch Young Resource Center Library also has drop-off/pick-up locations in Glendale and Burbank.

- **BURBANK**
  BCR
  230 East Amherst Drive
  Burbank, CA 91504
  818.843.4907
  Contact: Rachel Galpern

- **GLENDALE**
  Down Syndrome Association of Los Angeles
  315 Arden Avenue, Suite 25
  Glendale, CA 91203
  800.464.8995
  Contact: Margie Thomas
  Call Margie before you drop-off items

- **Atwater Park Center**
  3370 Perifia Avenue
  Los Angeles, CA 90039
  323.666.1377
  Contact: Beria Rodriguez

Lanterman Receives Grant from Cranaleith Foundation for Language, Communication and Technology Project

The end of last year, Lanterman Regional Center received a grant from the Cranaleith Foundation that will allow the Center to develop a project specifically focusing on language, communication and technology.

The grant will enable the Center to purchase additional assistive technology equipment focused on language and communication for lending purposes, hire a coordinator for the project, establish a peer technology mentorship program, component, coordinate workshops, consult with speech and occupational therapists, and purchase storage and display furniture.

“Many people with developmental disabilities face significant challenges in the development of language and communication skills,” explains Martin Sweeney, director of the Assistive Technology Project at Lanterman.

Sweeney says, “The goal of the Language, Communication and Technology Project is to offer practical access to available language and communication technologies, through the Assistive Technology Lending Library that would provide a range of communication devices and materials for loan, vendor workshops and ongoing trainings for individuals with developmental disabilities, their families, professionals, educators and support staff.”

Some of the main objectives of the Language, Communication and Technology Project include:

- Purchasing a range of available language, speech and communication technologies and materials.
- Developing a strategic outreach and professional partnership with speech and language therapists, occupational therapists, educators, support personnel, agencies, school districts and professionals. This partnership would focus on promotion of the Assistive Technology Lending Library as a resource, as well as encouraging collaboration between individuals, families, professionals, school districts and agencies.
- Developing a regional Language and Communication Consortium of vendors who will actively participate in vendor workshops promoting best practices in the use and integration of language and communication technologies.
- Developing a Language and Communication Workshop Series for families. These workshops would offer

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Literacy and disability: What does one have to do with the other? Ask a parent of a child with Down syndrome attending elementary school or a high school graduate with Cerebral Palsy who can’t read a restaurant menu or an adult with a developmental disability who was never really expected to learn how to read. While literacy may not have much to do with disability, disability most certainly has an indirect and disturbing correlation with illiteracy.

Early on, as director of the Assistive Technology Project, I encountered the obstacles faced by students with preliteracy, for others it was a rudimentary stage, and often recognized or understood within a more traditional context. For some it was a rudimentary stage, for others it was a more functional literacy. Some were sight-reading while others were employing a combination of literacy at multiple dips-and-turns. This was all happening without any clear design. It was more a question of survival, wading in a sea of language.

The profound and clear impression was that it was not the disability determining the level of literacy; it was the experience, or lack thereof. Since that time, the Regional Center has taken a leadership role in looking at the question of literacy and developmental disability. Part of this ongoing effort was the recent purchase of the Start-to-Finish Books series by Don Johnston, Inc.

Start-to-Finish Books

Don Johnston Incorporated is a company built on the philosophy that all students can learn to read and write. The company provides a full array of intervention products for all components of balanced literacy instruction including software that offers writing support, spelling and phonics skill development, and computer access products that let students with disabilities use the computer to learn to read and write. The Start-to-Finish Books series is part of their catalog.
A Perspective on Perspectives Director Marielle Farnan

In November 2002, eight months before the first Perspectives Film Festival, Marielle Farnan joined Lanterman as a temporary employee. Farnan quickly became interested in the mission of the Festival, which is to promote the understanding and inclusion of people with developmental disabilities. She organized two special screenings, “Waiting for Ronald” and “Tru Confessions,” as well as assisting with the Media Forum, recruiting content experts and working on overall development of the Festival.

Farnan has a master of fine arts degree with an emphasis in photography from the Cranbrook Academy of Art in Michigan, one of the leading fine arts schools in the country. She’s also taught several contemporary film classes, including a contemporary film and philosophy class. “In school I did a lot of work that was film-based,” explains Farnan, “which has provided me with a broader understanding that influenced how I looked at a lot of the films that were screened at Perspectives.”

A little over a year after starting at Lanterman, Farnan was appointed as director of Perspectives. As director, she is responsible for the overall planning and development of Perspectives, as well as fundraising, marketing, recruiting and working with volunteers on various planning committees, making sure deadlines are met and goals are executed in a timely fashion, screening films, and working with programmers and Lanterman’s executive director to program the festival. Farnan adds, “I have a hand in everything from mailings to strategic planning.”

When asked what the biggest challenges of her job are, Farnan says, “I don’t even know where to start. I guess some of the biggest challenges are raising money, increasing awareness in the general public about the issues, inspiring people to attend the festival, and building relationships in the entertainment and developmental disabilities community.” For Farnan, the most rewarding part of her job was working with individuals with disabilities. The workshops will include presentations by disability experts who will address topics and themes such as school, work, play, family, romance and sexuality. In addition, film makers whose work exemplifies artistic quality, cultural diversity and relevance to the lives of people with disabilities will discuss their films. There will also be opportunities for direct interaction and dialogue with individuals with disabilities.

Farnan adds, “The long-term impact of changing people’s perceptions is very valuable and worthy of our time and efforts.” In June 2005, Perspectives will also co-present a film that has yet to be determined in the Los Angeles Film Festival. For more information about the 2005 Los Angeles Film Festival visit www.lafilmfest.com.

The Collector of Bedford Street Visits Lanterman

Larry Selman, the star of “The Collector of Bedford Street,” was visiting Los Angeles in January, and dropped by Lanterman for a visit. Selman is the focus of the 34-minute documentary, which was screened at the 2003 Perspectives Film Festival. The film was directed and produced by Alice Elliot, the 60-year-old’s neighbor on Bedford Street in New York City. The film documents Selman’s community activism and fundraising activities, sharing with viewers that he raises thousands of dollars for charity while he himself lives at the poverty level. The film warms the heart as it shows how Selman’s neighborhood built tolerance and understanding, ultimately creating a supplemental need adult trust fund for him. This award-winning film was also nominated for an Academy Award and is available for viewing through the Knox Young Resource Center, which can be reached at 213.385.1300, x. 730, toll-free at 800.546.3676 or kyrc@lanterman.org.

Hollywood Forever Benefit for Perspectives Raises $1,000

On a crisp evening in September, with the moon shining bright, moviegoers rolled out blankets, pulled up chairs and spread out their picnics to watch an outdoor screening of “To Kill a Mockingbird.” The screening was held at Hollywood Forever Cemetery as part of their Saturdays film series and benefited Perspectives. Just over $1,000 was raised to help continue the mission of Perspectives, which is to promote the understanding and inclusion of individuals with developmental disabilities. For more information about Perspectives visit www.perspectives-iff.org.

“The long-term impact of changing people’s perceptions is very valuable and worthy of our time and efforts.”

– Marielle Farnan
Richard Pimentel Shares the Three Needs in Life with Service Providers at SPAC Appreciation Breakfast

This past November, as it has for the last 11 years, the Service Provider Advisory Committee hosted its annual Appreciation Breakfast. This year’s guest speaker was Richard Pimentel, a nationally renowned expert on disability management, job placement, job recruitment, job retention, the Americans with Disabilities Act and attitude change.

Pimentel regaled the service providers and their staff with funny, as well as sad, stories about his childhood. One of the stories was about the kinds of food that the United States Department of Agriculture would give to families on welfare relief – the cheese was the best cheese, even better than French cheese, but the peanut butter, was the nastiest with five inches of peanut oil that needed to be mixed in a paint machine and couldn’t be spread on bread without running the bread.

He also shared stories from Vietnam, where he lost virtually his entire ability to hear in an explosive attack on a bunker. In his first meeting with the Veterans Administration, Pimentel was told that they wouldn’t approve funding for him to attend a university level program because he was deaf and he wouldn’t be employable even if he did graduate. Pimentel was able to hear vowels, but not consonants and decided that he could either move to Hawaii, where they have only 12 consonants, or learn to read lips.

Pimentel eventually went to college where he developed an interest in disability job placement. These stories about his experiences led up to the story about a realization he had one day as to the three experiences led up to the story about a placement. These stories about his development an interest in disability job placement.

He told listeners that he wasn’t going to tell everyone why their jobs were necessary, but why they were important. He explained that leadership is what they were doing that was important and then he proceeded to define what made a good leader. According to Pimentel, a leader is a person who cares about others, listens to what they have to say, never tells a lie, never asks others to do something he or she is not willing to do, and always makes others number one.

At 56, Pimentel explained about his realization that a lot of things are nice, but are not about making a difference. He asked everyone in the audience to think about who was making a sacrifice for them and who they were making a sacrifice for; who had not let them fail and who they have not failed. Pimentel added that only differences that last are the ones that count, and that a person should make a difference not for a thank you, but because they are passing on what was passed on to them.

Pimentel concluded his presentation with his thoughts on the three needs in life – to believe, to belong and to become. He asked everyone if they felt that they belonged at the place they worked for, if those around them felt like they belonged, and if the people they cared for felt like they belonged. He then asked everyone what they believe and what they will become. Pimentel emphasized that everyone is always still becoming, that no one is ever done. He encouraged everyone to look at what they are becoming and to talk to the people they define humanity. He concluded with the idea that although society might tell us what is necessary, we shouldn’t look at society for what’s important. Service providers and their staff are about making a difference in the lives of people with developmental disabilities and their jobs are both necessary and important.

For additional information about Richard Pimentel visit www.miltwright.com. For more information about the Service Provider Advisory Committee visit www.lanterman.org/serviceproviders/SPAC.asp

UCP, Redevelopment Agency Break Ground on Burbank Affordable, Accessible Apartments

On a sunny afternoon last November, UCP and the Burbank Redevelopment Agency broke ground on an affordable, accessible apartment building that will be specifically designed to enhance the ability of individuals with physical disabilities to live independently.

The new apartment building will feature 18 units in a modern, contemporary building, and will take about a year to build. Both the living area and common spaces will feature ramps, tilted mirrors, cut-away sinks and roll-in showers. All doors in the building will be wired to allow for automatic switches. Plans for this project have been in the works for approximately five years, with much of the time spent securing funding, of which $1.5 million is coming from the Redevelopment Agency and $3.5 million is coming from the U.S. Department of Housing and Urban Development.

The remainder of the funding for the project is coming from UCP.

“Affordable housing, especially for individuals with disabilities is very hard to come by,” explains Karen Ingram, director of Community Services at Lanterman, “that’s why it’s really great to see organizations like UCP building this desperately needed housing.”

UCP’s affordable apartment building is part of a larger redevelopment project taking place in the city of Burbank’s South San Fernando Project Area that will feature a Home Depot, a senior artists’ colony, and a park, as well as a number of other facilities on approximately 467 acres. The apartment building is located near Burbank’s downtown area that includes Media City Center, movie theaters, restaurants and many other activities.

To learn more about the South San Fernando Project Area and see a photo and map of the location of UCP’s apartment building in Burbank, visit www.burbankca.org/redevelopment/mdpsf.html.

Clients and their families who are interested in UCP’s housing and other services should contact their service coordinator for more information. For additional details about the Burbank apartments, call Ron Cohen, executive director of UCP, at 818 782 2211, x. 501.

Duane Solomon, Burbank Redevelopment Agency, Burbank Mayor的概念, UCP Executive Director Ron Cohen, Ruth Davidson-Guerrero, assistant community development director for Housing and Redevelopment, and In Forrecl, Burbank Planning Division (left to right) turn the first shovels of dirt at the groundbreaking ceremony, signaling the start of construction on the affordable, accessible apartment complex.
Lanterman clients with diabetes that are based at Lanterman Regional Center that have diabetes. Jackson says, “Currently, we have diabetes symptoms and treatment can administer a test. Also, if the results are at risk for diabetes or already have symptoms, adds, “If you believe you are both the mother and baby.

Anita Arcilla-Gutierrez, nurse consultant at Lanterman, shares, “There are several major types of diabetes, including type 1 and type 2 diabetes, as well as gestational diabetes. Gestational diabetes is diabetes that develops in some pregnancies and must be monitored closely as it can lead to complications in both the mother and baby. Phyllis Jackson, nurse consultant at Lanterman adds, “If you believe you are at risk for diabetes or already have symptoms, contact your health care provider so they can administer a test. Also, if the results are positive, please remember to share this information with your service coordinator.” Studies indicate that the early detection of diabetes symptoms and treatment can decrease the complications that occur with diabetes. Jackson says, “Currently, we have identified over 150 individuals served by Lanterman Regional Center that have diabetes and have developed guidelines for the care of Lanterman clients with diabetes that are based on the California Diabetes Prevention and Control Program.” Once individuals are identified, they are encouraged to involve one of the nurses from Clinical Services on a quarterly to annual basis who can assess whether appropriate prevention management is in place and make recommendations if needed. Arcilla-Gutierrez adds, “It’s really important for an individual with diabetes to involve their physician, nutritionist, as well as their pharmacist, before starting a diabetes control and/or prevention program.” Many individuals with diabetes also have additional health problems such as high blood pressure and elevated cholesterol, which greatly increases their risk for heart disease and stroke. Additional complications that can result from diabetes include an increased risk for blindness, as well as nerve and kidney damage. “IF YOU ARE DIABETIC, IT’S CRITICAL TO HAVE AN ANNUAL EYE EXAM, FOOT EXAM, KIDNEY EXAM AND NEUROLOGICAL EXAM OF LOWER EXTREMITIES,” explains Arcilla-Gutierrez.

By choosing foods wisely and watching portion sizes, individuals predisposed to diabetes or already living with diabetes can improve chances of keeping their condition from worsening. If a person is diabetic, it’s not just about cutting sugar, it’s about eating a BALANCED healthy diet. “Creating a physically active life style is critical as well, since it allows the body to use the glucose and extra insulin preventing insulin resistance. It’s also good for a person’s heart and psychological outlook,” notes Arcilla-Gutierrez. “Find fun activities such as hiking, brisk walking, dancing and bike riding, but make sure to see your physician before starting an exercise program. Thirty minutes a day is recommended. If you are unable to tolerate 30 minutes, start with 10- minute sessions spread over the course of the day and increase gradually.” If a person has diabetes, good oral hygiene and good skin care is important, as is preventing sores and wounds since people with diabetes are more susceptible to infections. It is most important that people with diabetes wear shoes with closed toes at all times. Visual inspection of feet should be done daily to look for sores, blisters, cuts, etc. If any are found, they need to be carefully cared for, and if not healing or if signs of infection appear, the person needs to be seen by a physician.

“If you have diabetes you should wear some type of identification that indicates that you are diabetic. For example, MedicAlert offers a variety of different styles from dog tags to bracelets,” shares Arcilla-Gutierrez. “Joining a support group or attending education classes on diabetes is also very important resource.” Many of the hospitals in the local area including Kaiser Permanente, St. Vincent Medical Center, Glendale Adventist Medical Center, Glendale Memorial Hospital and Health Center, and Huntington Hospital offer educational programs. Some of these programs are free while others charge a small fee.


The American Diabetes Association Web site at www.diabetes.org has a wealth of information related to diabetes including definitions of various types of diabetes, symptoms, statistics, nutrition tips, recipes, exercise programs, prevention strategies, advocacy tips and local resources.

D I A B E T E S G U I D E L I N E S

These guidelines are for all Lanterman Regional Center clients who have been diagnosed with diabetes. They are based on recommendations of the California Diabetes Prevention and Control Program.

1. Check blood pressure (R/P) quarterly
2. Check Hemoglobin (Hgb) A1C quarterly
3. Perform appropriate nail and foot care, including daily check of feet for sores, blisters, cuts, etc., and get a podiatry exam annually
4. Have an annual ophthalmology exam
5. Check renal function (BUN and Creatinine) with blood tests at time of diagnosis and annually
6. Test cholesterol levels for high-density lipoproteins (HDL) and low-density lipoproteins (LDL) and triglycerides annually
7. Get one time dose of Pneumovax
8. Get flu vaccine annually
9. Get complete physical exam including neurological exam of lower extremities annually
10. Both care provider and client should attend educational classes on diabetes

Defina Banao works on her embroidery project in the arts and crafts room, which is one of the many activities offered by Improvised Program Services.
and into a more meaningful learning experience. Two skill levels – a Gold and Blue – provide appropriate content for beginner and intermediate level readers.

Each Start-to-Finish title comes in three formats: a paperback book, computer book, and audio book. With options such as “read all” and “word support,” the series meets the needs of those with the most difficult reading challenges, those who are progressing and those who are transitioning to a more advanced level. Carefully written, considerate text is comprehensible and easy to read.

Start-to-Finish titles overcome the fundamental challenges struggling readers face – lack of background knowledge, reading stamina and into a more meaningful learning experience. Two skill levels – a Gold and Blue – provide appropriate content for beginner and intermediate level readers.

Scan reading for independence is a built-in feature that allows users to use single switches. These students can read an entire computer book independently at their own pace and take the chapter quizzes. Successful reading experiences can be a reality for all students who are struggling.

This past summer the Center purchased the entire Start-to-Finish Book series of more than 50 titles, and they are now available for use in the Assistive Technology Lab or for loan through the Koch Young Resource Center.

The Real Deal

The other night, at our Wednesday evening computer class, students all got library cards and borrowed their first book. In class, students were instructed about how to install and use in the Assistive Technology Lab or for loan through the Koch Young Resource Center.

A professor stood before his philosophy class and had some items in front of him. When the class started, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with everything else. He asked once more if the jar was full. The students responded with a unanimous “yes.”

The professor then produced two cups of coffee from under the table and poured the entire contents of a child with autism and mild cerebral palsy has been stressful and life altering. After the diagnosis, we were soon immersed in a world where perceptual reeducation on diets and modalities of how to deal with autism became the norm. Time and persistence were our most valuable assets as we sought out appropriate treatment.

Due to our limited finances, we realized that we’d need to learn how to advocate for the many services for our son, so we plunged into the many training opportunities Lanterman Regional Center has made available to parents… from the Touchpoint training by world renowned pediatrician, T. Berry Brazelton, to leadership training with expert Peter Drucker.

The journey of navigating through a myriad of conferences, doctors, therapists and state entities, as well as all the people we have met in the process, whether in waiting rooms or on the receiving end of an e-mail… I wouldn’t change for the world. Some of the people I’ve met along the way include the Russian grandmother I’d see once a week who would bring me labels of various foods we would eventually try with Alessandro… to the occasional opportunity to chat with former world renowned pediatrician, T. Berry Brazelton, to leadership training with expert Peter Drucker.

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The Mayonnaise Jar and Coffee

Unknown Author

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with everything else. He then asked the students if the jar was full. They agreed that it was.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous “yes.”

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

"Now," said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things you, your family, your children, your health, your friends, and your favorite passions—things that if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your home and your car. The sand is everything else—the small stuff.

"If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take time to keep a medical checkup. Take your partner out to dinner. Play another 18 holes. There will always be time to clean the house and fix the disposal. Take care of the golf balls first, the things that really matter. Set your priorities. The rest is just sand.

One of the students raised her hand and inquired what the coffee represented. The professor smiled. “I’m glad you asked. It just goes to show you that no matter how full your life may seem, there’s always room for a cup of coffee with a friend.”

Fathers’ Corner: How about a cup of coffee?

By Germán Barrero

S
ome months back, Steve Bundy, father of a child with special needs and director of “In His Image” at Paz Naz, in Pasadena, shared “The Mayonnaise Jar and Coffee” story with us at a Parent Connection gathering. It hit home with me as I thought of how different my life was before being blessed with Milan and Alessandro who are now 7, Amélie who is 2 and € (left to right).

Androsova and Germán Barrero with their three children Amélie, Milan and Alessandro.

Dodge pitcher Jim Gott about how Alessandro is performing on the obstacle course in his class.

My family’s trip is even more different in that my wife and co-pilot has Retinitis Pigmentosa and is legally blind. Because she can’t drive, I became the primary parent that drove and participated in nearly every doctor’s appointment, therapy session, school appointment, etc. Grocery shopping and coupon clipping have become second nature, and I’ve learned not to deviate from my wife’s grocery list.

All this said, let me say that I have a clearer picture of my purpose in life. We’ve all been blessed one way or another, and how we respond to the challenges of life determines the legacy we will leave to future generations. I went from thinking about business deals and traveling to focusing on how to help all of my children reach their full potential. I’ve learned much about myself in the process.

I hope as I seek the Pasadena Unified School Board seat in the upcoming March 8 election, that I keep the perspective of what is truly important at the forefront of all my decisions. Please hold us in your prayers, and don’t hesitate to join my family and me for a cup of coffee.

Germán Barrero recently stopped printing a magazine he had printed for close to 25 years. He’s currently consulting with a start-up company comprised of former Apple employees who are providing services to Macintosh users. Barrero spends the majority of his time advocating for children with disabilities and since December has focused much of his energy on the Pasadena School Board race.

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 Visita Aunui at 213.383.1300, x. 753 or visitas.mano@lanternerman.org.

The daDa Fathers’ Support Group meets on the second Monday of every month from 7p.m. to 9p.m. at the Denney’s at 3060 San Fernando Road in Los Angeles (off Elysian Park East, exit off I-10 or near the Glendale Freeway). For more information, contact Aaron Hinopas at 626.296.1556 or Germán Barrero at 626.840.9842.

"One hundred years from now, no one will remember the kind of car I drove, the house I lived in, or the amount of money in my bank account… but instead the time I spent in the life of a child that changed the course of the world.”

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“The Mayonnaise Jar and Coffee” story with us at a Parent Connection gathering.

Androsova and Germán Barrero with their three children Amélie, Milan and Alessandro.
Circle of Friends
Continued from page 1

Circles of Friends
Continued from page 1

questions children have about individuals with autism are often aloof, their behavior, why children with autism talk about things that are off topic, and why they choose to be by themselves rather than participate. 

The goal of the ‘Circle of Friends’ program is to build friendships between children with and without autism and help typically developing children see that children with autism have gifts, talents and abilities just like all other children. It was through ‘Circle of Friends’ that I realized that everybody’s blue eyes and I’m autistic, big deal.’

Thomas shares, “Rebecca is broadening her circle of friends and has increased her ability to have friends, and children without disabilities want to be their friends, but just don’t quite understand their situation. Some of the
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Meet the People Behind the Titles: M.J. Kienast

As Assistant Director of Consumer and Family Services at Lanterman Regional Center, M.J. Kienast is an integral member of our leadership team. We feel it’s important for everyone in our community to have a better understanding of the woman behind the title and her responsibilities, so “Viewpoint” recently met with her and asked about projects in the office as well as the biggest challenges and most rewarding aspects of her job.

When did you join Lanterman? My daughter had moved out to California to attend college and never came back to the Midwest region. The day of my 95th my son and I moved out here. Shortly thereafter, I started looking for a job, saw an ad in the newspaper for Lanterman and came in for an interview. I’d been in this field since 1978 and prior to starting at Lanterman, I worked at Opportunity Village, a large provider in Iowa that offered residential and day program services, as well as supported employment. They also offered an integrated living program, which I created and ran for about 10 years. I started working at Lanterman on April 15, 1994 – tax day.

What positions have you held since you have been at Lanterman? I started out at Lanterman as a resource developer in Community Services, and after three years I became manager of the Foothill School Age Unit, where I worked for four years. This past October marked my third year as the assistant director.

Where did you go to school? I received my master’s in education from the University of Arizona, Tucson. I also have my master’s in business administration from Drake University in Iowa. I attended the University of Northern Iowa, where I received my undergraduate degree in art education.

How does your schooling relate to your current position? I believe that any additional knowledge that you acquire helps you, period. Some of the skills I learned while obtaining my MBA are constantly applied in the evaluation of reports and identifying the overall status of the Regional Center. Never think that anything you do to expand your horizons doesn’t get applied in some way, shape or form.

Where do you see your job in the next several years including future projects and initiatives? My position grows with the need. As Lanterman grows and changes, so does my position. The state of California is developing an all encompassing program that will take in all the work and information that service coordinators track, and roll it into one program – CADDIS. Currently, service coordinators use three different programs to look up information and write their reports. This new system will enable users to track information, so services are provided to clients and even write letters. My responsibility will be to roll out a training plan and ensure that everyone in case management is trained properly.

Do you have any children? I have two children, John and Jennifer. My son John is getting married in April.

Any take home lessons or important life lessons learned that you would like to share with readers? I believe that people are basically good and that it’s better to look for the good in people than on what I don’t have. Also, I believe organization is really important. Not so much how a person organizes themselves as long as they are organized. I believe an individual’s organizational skills relate to their overall performance.

Any interesting facts, hobbies, etc.? My hobbies include painting, crocheting, drawing and sewing – anything that involves making things. Another interesting fact is that I was in the military for three years stationed at the Los Angeles Air Force Base. At the time that I was in, there were not a lot of women in the service and it was interesting. I got out though when they said they were going to be sending me to Vietnam. That was during the war and my daughter was only 2 months old. I decided that I needed to be around to raise my children. M.J. Kienast

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Mary Flynn’s Camellias are in Full Bloom for Camellia Festival at Descanso Gardens

Mary Flynn, Lanterman’s peer advocate, has been participating at Descanso Gardens in their camellia shows since January 2001. In her first year, she showed her “Snow Chan” camellia in the Novice Bloom section and placed first, second and third, receiving a crystal pitcher as her trophy. While she didn’t place in the 2002 or 2003 shows, she enjoyed participating, and learned a lot about planting, watering, fertilizing, pruning, debudding and the various breeds of camellias available.

In March 2004, Flynn showed her “Snow Chan,” “Mrs. Tingley,” and “C. M. Hovey” camellias. Since she’d already placed in the novice category, she was competing in the Intermediate Bloom section where she placed first, second and third with her “Snow Chan” in the large to very large group, and first, second and third for “C. M. Hovey” in the medium, small to miniature group. She also placed second and runner-up with her “Mrs. Tingley” in the medium, small to miniature group. For placing first in two categories, she received two crystal vases.

This year was no exception for Flynn who participated in the 2005 Camellia Festival. She entered in the Southern California Camellia Society Flower Show held on January 29, but did not place. She was invited to show her camellias in the “late bloomers” show held by the Southern California Camellia Council on February 26. “I think that this might be good luck since I was a late bloomer to start with,” says Flynn. For more information on the Camellia Festival visit www.descanso.com.

Join or Sponsor Team Lanterman for the Achievable Foundation’s Reach for the Stars 4th Annual 5K Walk, Run, Wheel and Woof on Sunday, April 3

Lanterman Regional Center will be participating in the Achievable Foundation’s Reach for the Stars Fourth Annual 5K Walk, Run, Wheel and Woof in Century City as Team Lanterman on Sunday, April 3, 2005. One hundred percent of the donations that Team Lanterman raises, including the $25 entry fee for adults and $10 fee for children, will be returned to Lanterman to help fund various projects, programs and services that the Center would not otherwise be able to offer the individuals and families that we serve. Team Lanterman is looking for sponsors and walkers for our team. If you sponsor Team Lanterman, you can choose to apply your pledge to any one or more of the following three categories.

- **Camperships**
  - The Achievable Foundation will continue to offer camperships via the Baker Foundation for those individuals who have autism and meet the financial criteria. If you choose to support camperships, Lanterman will be able to offer camperships to children and adults who meet the financial criteria regardless of diagnosis.
- **Roberta Happe Memorial Internship Fund**
  - This fund provides internship opportunities for students studying in non-traditional majors to work at Lanterman and learn about the regional center system as a whole. Your support will ensure that internship opportunities will be available in the future.
- **Koch Young Resource Center Projects**
  - These are projects that include the Mentors and Technology Project, the Peer Support Partner Project and other special projects. By supporting this category, individuals with developmental disabilities and their families will receive the support they may need.

Sponsors that contribute $250 or more to Team Lanterman will receive name recognition on Lanterman’s 5k tent and two tickets to a cocktail party hosted by Connie Stevens, guest chair. In addition to sponsoring Team Lanterman, you can also help make the walk a success by assembling a team of walkers from your organization and joining Team Lanterman, or by signing up as an individual walker and joining the team.

This year’s walkathon promises to be bigger and better than ever. The Achievable Foundation hopes to have more participants than ever at this year’s walk. In addition to the 5k, there will be celebrities, live music, free refreshments, a shopping bazaar, exhibitors, prizes and much more.

Please help make the walk a success by sponsoring Team Lanterman and/or walking with Team Lanterman. To sponsor Team Lanterman and for additional details contact Jackie Ashman at 213.383.1300, x. 684 or jackie.ashman@lanterman.org. You can learn more about the Achievable Foundation by visiting their Web site at www.achievable.org.

**How to Raise $500 in 7 Days**

1. **Sponsor yourself for $25**
2. **Ask four family members to sponsor you for $25 each**
3. **Ask five co-workers to contribute $15 each**
4. **Ask five friends to contribute $20 each**
5. **Ask five neighbors to sponsor you for $15 each**
6. **Ask your boss for a company contribution of $50**
7. **Ask three businesses you frequent for a donation of $25 each**

One hundred percent of funds raised from this event will benefit Lanterman Regional Center. For more information about Lanterman, visit us at www.lanterman.org. There are prizes for the top fundraisers.

**Event Route and Parking**

Parking is free. Enter structure from Santa Monica Boulevard.

**Schedule of Events**

**SUNDAY, APRIL 3, 2005**

- **7 a.m.** Race day registration, packet bib pickup
- **7 a.m.** Fair begins - shopping, exhibitors, music, refreshments, silent auction
- **8 a.m.** Opening ceremonies
- **8:15 a.m.** Warm-up
- **8:30 a.m.** 5K run begins
- **8:30 a.m.** 5K walk, wheel and woof begins
- **9:30 a.m.** Kiddle walk begins
- **10 a.m.** Finish line festivities and awards - fair continues with prizes, music, celebrities and fun until noon

**The Event will take place regardless of weather.**
Two years ago this coming May, Ervand Kestenian started working at Clancys Crab Broiler in Glendale. "Viewpoint" interviewed Chris Mangardi of What’s Cooking, Inc., which owns Jax Bar and Grill, Clancys Crab Broiler, Black Cow Café, The Star Café and Hamburger Central to find out why Kestenian, who is better known as Ed among his co-workers and friends, was hired, what his responsibilities are and if he has any tips for other businesses to successfully employ individuals with developmental disabilities.

What position does Ed currently hold at Clancys?

Ed is currently a host/greeter. He greets guests as they enter and leave the property, and additionally, Ed is responsible for handling take-out orders, answering phones and tending to guest inquiries. He also assists in escorting guests to their designated tables.

Why was Ed hired to work at Clancys?

Ed was hired because he has a very genuine and warm personality. He oozes hospitality in that he is very polite, very well mannered and always ready with a greeting. His hospitality skills are very natural.

How did the staff at Clancys react when Ed first started working there and has the working environment changed the longer Ed has been there?

The staff has always been very supportive of Ed working here, and he fits into the workplace environment very naturally.

Would you recommend to other businesses hiring an individual with a developmental disability and why?

I believe other businesses should be supportive in whatever way is appropriate for them. Some work environments may simply not be appropriate.

Do you have any tips for other businesses that could successfully help them employ individuals with developmental disabilities?

We are fortunate to employ someone as adaptable as Ed has been. Certainly there are individuals that may have some more challenging limitations. My only advice would be to inquire what some of those limitations are and if possible to assign tasks and work responsibilities that will enable the individual to thrive in his or her workplace.

Is there anything else that you would like to add?

Although we are sensitive to Ed’s limitations, he has proven himself a very capable individual. He is amongst the hardest workers we employ, and is truly a joy to work with.

If you have a hankering for seafood, stop by Clancys Crab Broiler for a bite to eat, and to meet Ed. Clancys Crab Broiler is located at 219 North Central Avenue, Glendale, CA 91204. You can also reach them at 818.242.CRAB (2722) or visit www.clancyscrabbroiler.com for the menu and hours of operation.

The “Employer Spotlight” is a new recurring feature that will be appearing in “Viewpoint,” and will spotlight employers that are competitively employing individuals with developmental disabilities. To recommend a business that is employing individuals with developmental disabilities to be spotlighted in this feature please contact Vinita Anand at vinita.anand@lanterman.org or 213.383.1300 x. 753.

Pledge Form

On Sunday, April 3, I want to:

☑ Help make a difference in someone’s life

Here’s how:

1) Collect pledges in the form of cash or check (checks should be made payable to The Achievable Foundation)
2) Mail them in or turn them in on race day
3) Win prizes
4) Make a difference!!!

Your Name: ______________________________

Phone Number: ___________________________

Your Company:

Address: ______________________________________

City:________________________ State:_________ Zip:_________

E-mail: _______________________________________________________________________________________

Card #: _____________________________________________________________________ Exp.:_____________

Signature: _____________________________________________________________________________________

For more information call 213.383.1300, x. 684 or email jackie.ashman@lanterman.org

Send payment to: Jackie Ashman

Lanterman Regional Center

Achievable 5K Walk, Run, Wheel and Woof

3303 Wilshire Boulevard, Suite 700

Los Angeles, CA 90070

For more information call 213.383.1300, x. 684 or email jackie.ashman@lanterman.org

WAIVER: With my signature, I acknowledge that running, walking and wheelchairing can be an inherently strenuous activity and that no event is without risk. I attest that I am physically fit and prepared for this event. I hereby waive all claims against The Achievable Foundation and its affiliates, all event sponsors and volunteers, the city of Los Angeles, LA Promotions and its employees, and any company functioning with respect to the event for any injury, accidents or physical conditions I might suffer in this event. I grant full permission for The Achievable Foundation and its affiliates to use my name, likeness or voice, and photographs, videotapes or quotations from me in accounts and promotions in any medium of the event for any injury, accidents or physical conditions I might suffer in this event. I grant full permission for the Achievable Foundation and its affiliates to use my name, likeness or voice, and photographs, videotapes or quotations from me in accounts and promotions in any medium of the event for any injury, accidents or physical conditions I might suffer in this event.

The Achievable Foundation

TEAM LANTERMAN

Mr.     Ms.     Mrs.     Dr.
(please circle)

Apt. #: ____________

Age: 14-Under 25-29 30-34 45-49 60-64 75+

First Name: ____________________________________________________________________________________

Last Name: ____________________________________________________________________________________

Young Resource Center projects

$5 - $99

$100 - $299

$300 - $599

$600 - $999

$1000 - $1999

$2000 - $4999

$5000 - $9999

$10,000 - $49,999

$50,000 - $99,999

$100,000 - $199,999

$200,000 - $499,999

$500,000 - $999,999

$1,000,000 - $4,999,999

$5,000,000 - $9,999,999

$10,000,000 - $24,999,999

$25,000,000 - $49,999,999

$50,000,000 or more

Preferred gift card

Card #: ____________ Exp.: ____________

Yes! I am part of a team (10 or more participants make a team)

Team Name ________

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Registration Form to Join Team Lanterman

Please fill out and mail to the address below.

(please circle) Mr. Ms. Mrs. Dr.

First Name: ____________________________

Last Name: ____________________________

Address: ______________________________________

City:________________________ State:_________ Zip:_________

Phone:___________  Sex:  M  F

My company has a matching gift program. My company has a matching gift program.

☐ Yes! I am part of a team (10 or more participants make a team)

Team Name ________

☐ I would like the money I raise to benefit: (check all that apply)

☐ Roberts Happe Memorial Internship Fund

☐ Koch Young Resource Center projects

☐ Lanterman can decide

☐ Run/Walk/5K entry fee $25 ~ t-shirt size: S  M  L  XL (please circle)

☐ Late entry fee $30 (after 03/25/05)

☐ Kiddie Walk entry fee $10

☐ Client/Consumer entry (regional center clients walk for free)

☐ I will be bringing a dog (dogs walk for free)

☐ I cannot attend the Achievable Walk, please accept my tax-deductible contribution of $ _______

Entry fees and donations can be made using check or credit card.

☐ Check ☐ Visa ☐ Mastercard

☐ Please make check payable to: The Achievable Foundation

Send payment to: Jackie Ashman

Lanterman Regional Center

Achievable 5K Walk, Run, Wheel and Woof

3303 Wilshire Boulevard, Suite 700

Los Angeles, CA 90070

For more information call 213.383.1300, x. 684 or email jackie.ashman@lanterman.org

Name (please print): ____________________________________________________________________________________

Signature: _____________________________________________________________________________________

Date: ____________

Parent or guardian signature if under 18: ____________________________________________________________________________________

Signature: ____________________________

Date: ____________

Please feel free to make copies of this form for additional registrations. Each participant must fill out their own registration form.
Many individuals with disabilities consider the United States to have two Independence Days – July 4, which celebrates America’s freedom, and July 26, which marks the anniversary of the Americans with Disabilities Act (ADA) that has helped increase the freeodom of those individuals with disabilities.

“The enactment of the ADA in 1990 marked an important milestone for the civil rights of millions of Americans with disabilities and has made a difference in our lives today. For the first time, access for all people with disabilities and their inclusion in jobs, transportation, public accommodations and telecommunications became national policy,” shares Robert Gorski, the accessibility issues coordinator for the city of Pasadena and facilitator for the Celebration 15 Network meetings.

For both the fifth and the 10th anniversaries of the ADA, the disability community in Pasadena hosted celebrations. After the 10th anniversary celebration, four members of the planning committee continued to work to promote awareness of the ADA. In 2004, the committee began contacting various local organizations to discuss the 15th anniversary celebration of the ADA. Out of these efforts, Celebration 15 was created.

Celebration 15 is intended to highlight the talents of people with disabilities and educate the public on contributions that individuals with disabilities have made to the city of Pasadena and society as a whole, as well as celebrate the enactment of the ADA. Celebration 15 will be an inclusive event that brings Together parts of the Pasadena community because disability is the one population group that includes all other groups.

“There are celebratory events scheduled every month throughout the year that are being hosted by various individuals and organizations in Pasadena,” shares Martin Gordon, director of Lutheran Social Services of Southern California and Avanti Adult Services, “and there is still plenty of time for other individuals and agencies to plan an event.” This yearlong celebration is open to the whole city of Pasadena, including schools, businesses, arts organizations, churches and cultural centers. Gorski adds, “The only requirement to host a Celebration 15 event is that the event needs to in some way be tied to any of the following including, the Americans with Disabilities Act; living with a disability; and the history, accomplishments and leadership of individuals with disabilities.

Events can be of any size and nature, including large and fun, such as a carnival or concert, to small and informative, such as hosting an ADA booth or displaying signs at parades. The events are not just limited to Pasadena residents, and participants from across the Southland are welcome to attend the many events scheduled.

Events currently scheduled for the next several months include:

**Sunday, April 24 – Bethundeezene Theater Dance Performance at the First Church of the Nazarene in Pasadena**

**Monday, April 25 – Sign Language Fun for Everyone**

**Saturday, May 7 – Pasadena Child Development Associates Family Fun Day, 12 p.m. to 3 p.m.**

**Thursday, May 12 – Ability First Wheelchair Basketball Game at Victory Park at 4 p.m.**

**Saturday, June 18 – First Church of the Nazarene in Pasadena’s Carnival for All**

On Wednesday, March 2, the city of Pasadena is being presented with an accessibility award from the National Organization on Disability. Approximately 20,000 residents of the City have some type of disability and the City is considered a model of accessibility. Gorski adds, “The City has an extensive adaptive recreation program directed by Jackie Scott that encompasses all types of recreation. Pasadena also has a Dual-a-Ride program for seniors and people with disabilities; an ongoing annual curb ramp construction project where first priority is generally given to locations requested by people with disabilities; and the Rose Bowl Aquatic Center has built a ramp to one of its main pools, and has recently opened a therapeutic pool for seniors and individuals with disabilities.”

New events are being added all the time to Celebration 15, so visit Lanterman’s Web site at www.lanterman.org and click on the Celebration 15 link from the homepage to access additional information, a calendar of events and download event flyers. For additional information, contact the KochoYoung Resource Center at 213.383.1300, x. 730, walfree at 800.546.3676 or kyrc@lanterman.org.

If you are interested in hosting an event, the Celebration 15 Network meets on the third Thursday of every month at 1:30 p.m. at the Jackie Robinson Center located at 1020 North Fair Oaks Avenue in Pasadena. For more information and to schedule an event, contact Martin Gordon at mgordon@isscoe.org. Robert Gorski at rgorski@cityofpasadena.net or Jackie Scott at jackiescott@ci.pasadena.ca.us.

### Get Ready Now for WALK NOW 2005

Los Angeles on April 16

April is National Autism Awareness Month and what better way to show your support for Cure Autism Now’s grassroots fundraising and awareness initiative, WALK NOW, than by joining thousands of other Southern Californians at the Rose Bowl in Pasadena on Saturday, April 16 for the 5K Walk and Community Resource Fair.

Not only does this event raise money for funding autism research, it links families with a variety of autism service providers through the Resource Fair. Plenty of fun activities, including arts and crafts, as well as moon bounces, will be available for children.

Registration starts at 8 a.m. and the walk begins at 9:30 a.m. Resource Fair exhibits will be open throughout the morning. There is no cost to participate, and participants can register as an individual, or form a team of family members, friends, neighbors and co-workers.

For more information about WALK NOW 2005 Los Angeles, and to register as a participant in the walk, visit www.walknow.org or www.curautismnow.org.

### Lantern Launches Online Calendar of Events Featuring Dates for Upcoming Training Events, Support Group and Self-Advocacy Meetings, Other Lanterner Events, and Local Community Events

In order to provide timely and detailed information as accessibly possible for the Lanterman community, including individuals with disabilities, their families, service providers, other caregivers, and staff, the Center is launching an online calendar of events, which can be found at www.lanterman.org/calendar/default.asp or by clicking on the “calendar” button. The calendar of events will feature dates for upcoming training events, support group and self-advocacy meetings, other Lanterner events, and local community events, and will be broken down by months.

Event listings will also feature a link to greater details that will include all relevant information, such as how to register, who to contact for additional information, and location, and if a flyer is available, a link will be provided to download it.

At this time, the listings on the calendar of events will include upcoming classes, programs and training events that are hosted by Lanterman for clients, families and service providers. The listings will also have meeting dates for all support groups and self-advocacy groups that have a set meeting date and time on a monthly basis, and will include dates for other Lanterner events and local community events.

As always, information on support groups, self-advocacy groups and the peer support partner program will be available in the “support” section accessible from the homepage of the Lanterman Web site at www.lanterman.org. Training information for client, family, service provider and external training opportunities will also continue to be accessible from the homepage by selecting “training.”

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### October Events

#### Monday, October 17

- **ABILITIES First**
  - **11:00 a.m. – 1:00 p.m.** – Ability First’s 13th Annual Awards Luncheon at the Wilshire Grand Hotel, Los Angeles.
  - **9:00 a.m. – 5:00 p.m.** – The Resource Fair will be held at the Young Resource Center.

#### Tuesday, October 18

- **12:00 p.m. – 1:00 p.m.** – Ability First’s 13th Annual Awards Luncheon at the Wilshire Grand Hotel, Los Angeles.

#### Wednesday, October 19

- **12:00 p.m. – 1:00 p.m.** – Ability First’s 13th Annual Awards Luncheon at the Wilshire Grand Hotel, Los Angeles.

#### Thursday, October 20

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#### Friday, October 21

- **12:00 p.m. – 1:00 p.m.** – Ability First’s 13th Annual Awards Luncheon at the Wilshire Grand Hotel, Los Angeles.

#### Saturday, October 22

- **12:00 p.m. – 1:00 p.m.** – Ability First’s 13th Annual Awards Luncheon at the Wilshire Grand Hotel, Los Angeles.

#### Sunday, October 23

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Lanterman Regional Center and Harbor Regional Center, working together, have been awarded a $300,000 Wellness Initiative grant from the Department of Developmental Services. These funds will be used to develop and implement a project aimed at improving the health status of adult regional center clients by focusing on nutrition and exercise. The objectives of the multi-faceted approach to improving health are:

- To educate adult regional center clients about how to start and maintain a healthy lifestyle that emphasizes exercise and nutrition.
- To provide education on these same topics to independent/supported living skills (ILS/SLS), day program and residential staff to enable them to support and motivate clients to improve their health.
- To enable regional center service coordinators to help clients incorporate appropriate fitness-related objectives into their Individual Program Plans (IPPs).
- To engage clients in regular physical activity that can be sustained over time.
- To help clients learn how to select and prepare food to ensure a healthy diet.
- To produce a cookbook for clients that is appropriate and share strategies for maintaining good nutrition facts, healthy recipes, etc.
- To provide clients from the two regional centers an opportunity to compete against one another in organized “Get Fit Games.” The program has been designed to reach three sub-populations of our adult clients, all of whom have been shown to be at high risk for obesity and reduced fitness:
  - adults who live on their own in the community (independently or with support),
  - adults who live in licensed homes, and
  - adults who live with their families.

In all settings, the program will emphasize the importance of equipping staff with knowledge and strategies that will help them support clients’ efforts to maintain positive behaviors related to exercise and good eating over time. Staff members, as well as clients, will be encouraged to participate in an organized exercise program, to work toward improved nutrition, and to monitor their health status as reflected in specified indicators.

Program Components

1. A multi-session workshop for clients promoting lifestyle changes that will improve health and reduce the risk of chronic disease.
2. Three-session educational program for drop-in, residential, day program, and ILS/SLS staff members who work with participating clients
3. One-session orientation for regional center service coordinators focused on integrating nutrition into IPPs.
4. Structured physical exercise activities coordinated through day programs, residences, and drop-in centers aimed at improving the fitness level of clients.
5. Nutrition education and food preparation classes coordinated through day programs, residences, and drop-in centers aimed at improving the diets of clients.
6. Creation of a cookbook that is appropriate for regional center clients.
7. Facilitated support groups coordinated as above to reinforce clients’ efforts to exercise and eat appropriately.
8. The “Get Fit Games” – a day of athletic activity (organized in cooperation with the Special Olympics) wherein clients of Harbor Regional Center can compete against Lanterman Regional Center clients in athletic events. The event will also include a 5K walk/run that will be open to everyone.
9. A dedicated section on each regional center’s Web site containing tips on staying healthy, including physical activities, nutrition facts, healthy recipes, etc.

Special Olympics will be used as a resource during the development period, and we have solicited the participation of Weight Watchers International.

We anticipate that this project will be getting off the ground in June. Watch for more information about it in the next “Viewpoint” and on Lanterman’s Web site at www.lanterman.org.