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Special Olympics Pasadena Basketball Team Plays Half-Time During Clippers Game at Staples Center



The SOSC – Pasadena basketball team, the Falcons, play a game on the Staples Center court during half-time at a Clippers game.

**See story on
page 12**



Lanterman Partners with Schools on Transition to Work Initiative

WORK IS A CORE AMERICAN VALUE. WE are defined by the work we do. In large measure the money we make from working decides the quality of life that we are able to achieve. Work is no less important for adults with developmental disabilities. Most want to work. They want real jobs and they want to make real money. They want to enjoy the quality of life to which other Americans aspire.

"One of Lanterman's strategic initiatives is to ensure that every individual that wants to work is employed in a job that meets their abilities and interests; a job that they will be successful at, rather than slotting them into a job just because it's available. And our current focus is on young adults transitioning from high school," explains Karen Ingram, director of Community Services.

Schools have a vital role during the transition years, ages 14 to 22, in preparing students for work. Lanterman has been working with the three SELPAs (Special Education Local Plan Areas) in our service area – Foothill, Pasadena Unified School District and Los Angeles Unified School District – to develop transition to work initiatives that focus on transitioning students directly into jobs upon graduation from high school.

"One of Lanterman's strategic initiatives is to ensure that every individual that wants to work is employed in a job that meets their abilities and interests; a job that they will be successful at, rather than slotting them into a job just because it's available."

—KAREN INGRAM

Lanterman Collaborates with California Lutheran Homes to Provide Housing

LANTERMAN REGIONAL CENTER AND

California Lutheran Homes (CLH) are pleased to announce the formation of a unique collaborative to provide homes for individuals with developmental disabilities.



The collaboration unites Lanterman's expertise in supporting people with developmental disabilities, with CLH's expertise in charitable giving opportunities to achieve a shared goal of providing housing for people with developmental disabilities.

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The Director's Viewpoint

Beyond the Present Crisis...Finding Our Way Forward

Social and economic changes occurring since the passage of the Lanterman Act in 1969 have made it increasingly difficult for the State to ensure funding that is adequate to implement the entitlement defined in the Act...We have watched with increasing concern as the State has struggled to contain costs while repeatedly failing to address the core structural problems that are undermining the foundation of the entitlement...and we now face a crisis, with a community-based service system that is under extreme stress and has its very existence threatened.

– “Sustaining the Entitlement for the Developmental Services System: A Regional Center Perspective”

WHEN WE FIRST DRAFTED THIS WHITE PAPER MORE THAN FIVE YEARS AGO, we were already concerned about the future of our regional center system – a system unique in all the nation. It now seems that our concern was well-founded.

Much has been written here and elsewhere about the challenges and changes we face due to the State's ongoing budget crisis. But I'd like to approach this reality from a different perspective, a viewpoint that reflects on the opportunities inherent in the difficulties.

There is no doubt that reform, as in forming anew, is much-needed and long overdue. These mandated changes in the way we do business – several of which we originally suggested in the white paper – will help us build a stronger, more sustainable regional center system. Even more, these changes will help us all align our expectations with the State's harsh economic reality. Together, we can become more independent, more productive, more innovative, and add more value with fewer resources. We have to reconsider everything, be creative and be willing to think in unconventional ways, and act strategically.

There is no question change is painful. But we have no choice, particularly if we are to sustain the entitlement promised in the Lanterman Act over the long term.

Rather than focusing on what has been lost, we need to focus on what is to be gained. So what more appropriate time than now to plan for the realities of the future? That is why we chose to revisit our vision, refine our values and recommit to our mission. The result was a simple, clear picture of where we want to go, and how we intend get there.

Many of you who have attended our leadership forums have heard Dr. Karl Albrecht, a renowned business thinker and author of “The Northbound Train.” Karl generously assisted us in our strategic planning a decade ago. “The Northbound Train” is a metaphor for boarding a train headed in the direction of your vision. We call our train the Lanterman Express. The destination that we are headed is “a world where every person is respected and embraced.”

And our mission continues to be “to enable people with developmental disabilities to live purposeful lives as active members of their communities.” Our core values of community ownership, partnership, accountability, leadership and advocacy will help us fulfill that mission.

A vision is never truly reached – it is really a journey that takes us ever closer to an ideal. That journey is vital – now more than ever. Let us travel together.



Executive Director
Diane Anand

Clarifying Our Vision, Mission and Values in a Time of Uncertainty

IN THE FALL OF 2008, THE LANTERMAN board of directors working through its Strategic Planning Committee engaged in a months-long process to clarify the Center's statements of vision, mission and core values. It had been a decade since the board first established the statements. The board adopted the revised statements in the spring of 2009, which serve as guideposts both now and into the future.

Lanterman's Vision Statement

An aspirational statement of the journey we want to take; the destination we are trying to reach...

A world where every person is respected and embraced.

Lanterman's Mission Statement

A statement that describes our fundamental purpose; our reason for being...

To enable people with developmental disabilities to live purposeful lives as active members of their communities.

Lanterman's Core Values Statement

The guiding principles that instruct our actions...

Community Ownership

We are a public benefit corporation owned by the clients, families, service providers, regional center staff and the community we share. Our expectations of ownership are commitment, contribution and stewardship.

Partnership

We work with a spirit of collaboration and active participation. Members of our community share equally the benefits, obligations and challenges of our shared vision.

Accountability

We are responsible stewards of our Center. We are accountable for decisions we make, resources we use, and actions we take. We are transparent, efficient, resourceful and results-oriented.

Leadership

We turn our values into action through service, learning and innovation. We inspire the Center to reach its full potential and lead the way for others.

Advocacy

We are committed to breaking down barriers and bringing people with developmental disabilities into the life of the community. ■

California's Budget Crisis Impacts Regional Centers

EFFORTS BY THE STATE TO DEAL WITH the unprecedented and continuing fiscal crisis have had a significant impact on the regional center system – in terms of both our ability to purchase services for clients and families and our ability to effectively carry out our direct services and operations.

Reductions to our system may amount to as much as \$300 million when everything is considered. This amount represents less than 10 percent of the total budget for the regional center system of more than \$4 billion.

These savings are to be accomplished by the regional centers through a variety of means, as determined by the revisions to the Lanterman Act. Eligibility for the Early Start program and required services has been modified. There is a requirement for regional centers to purchase only the most cost-effective services, including the use of neighborhood preschools instead of specialized infant development programs where indicated, and the use of less

costly alternatives to commercial contract transportation. These latter examples represent strategies that Lanterman has successfully used for years.

The new legislation specifically prohibits regional centers from purchasing treatments or therapies that are experimental or which have not been scientifically proven to be effective. In addition, the purchase of certain types of services is temporarily suspended. These include social and recreational activities, non-medical therapies such as music and art, educational services to school-aged children, and camping services.

There are also significant reductions to the regional centers' direct service and operating budget, which means that the number of clients that are assigned to an individual service coordinator has increased and will continue to increase.

To ensure that all members of our community understand the challenges we face, we have sent letters to our clients, families and service providers describing

these significant changes. We have also placed information about the changes on our Web site at www.lanterman.org and provided a link to the Department of Developmental Services' Web site at www.dds.ca.gov that contains additional information.

Our staff has been reviewing services that are currently being purchased and has begun contacting clients and families for whom changes will be required. Our preferred approach in all cases is to gain the cooperation of our clients and families in implementing the changes on a voluntary basis.

As in the past, we are asking all members of our community to work with us in making these difficult changes and achieve the required savings. In this way, we can all become a part of the solution to this most vexing problem. If we as a system cannot achieve this through voluntary actions, there is a very real risk that we will lose the entitlement to services expressed in the Lanterman Act. ■

KYRC Resources Help Families Prepare for the Future

SEVERAL OF THE ARTICLES IN THIS NEWSLETTER FOCUS ON THE IMPORTANCE OF ORGANIZATIONS LOOKING TOWARD THE future and having a plan in place to help achieve their mission. It is just as important for individuals and families to have a plan for their future, and the future of their child with special needs.

The Koch♦Young Resource Center has a variety of resources that can help families plan for the future care, security and quality of life of their family member with special needs. Here are three such resources in our library collection, which can be accessed online at <http://library.lanterman.org>.

Planning for the Future ~ Providing a Meaningful Life for a Child with a Disability After Your Death

By Attorneys L. Mark Russell and Arnold E. Grant



"Planning for the Future" contains all the information parents must consider as they plan for their child's life after their own deaths. Easy to understand, the book describes in step-by-step detail all the elements that parents must consider to secure a happy and fulfilling life for their child with a disability. A sample of critical issues addressed include what residential options, educational, employment and social programs are available, as well as who will look out for your child's interests after you are gone, legal guardianship and alternatives, government benefits available, and how to leave property and protect your estate for your child's future.

The ABCs of Special Needs Planning...Made Easy

By Bart Stevens, ChLAP

This book is more than just another guide on planning for the future for both parents and professionals. It is easy to understand and full of great examples. The author covers all of the major issues for families to do future and special needs planning, and walks readers through the process so they can ensure quality care for their child when they are no longer able to directly provide care for their family member with special needs.



The Special Needs Planning Guide ~ How to Prepare for Every Stage of Your Child's Life

By John W. Nadworny and Cynthia R. Haddad

Developed by two financial planning experts who also have family members with special needs, "The Special Needs Planning Guide" is a great resource to help parents and caregivers plan for the lasting financial independence of their families. The book gives families a chronological guide for each stage of a child's life from birth to adulthood along with comprehensive advice and strategies for alleviating the confusion and anxiety of planning on the following topics: family and support, emotional concerns, financial considerations, legal issues and government benefits. The book also features a CD-ROM with a special needs planning timeline and other useful printable information.



Please note: The Resource Center also periodically offers workshops that help families of children with special needs prepare for the future, including our popular workshop "Conservatorships, Special Needs Trusts and Wills." For more information, contact the Resource Center at 213.252.5600 or kyrc@lanterman.org. ■

Project Angel Food Presents Easter Seals Volunteers with 2009 Group of the Year Award

"We need your service, right now, at this moment in history. I'm not going to tell you what your role should be; that's for you to discover. But I am asking you to stand up and play your part. I am asking you to help change history's course."

– President Obama, April 21, 2009

ON APRIL 21 OF THIS YEAR, PRESIDENT

Obama launched a bold initiative by signing the Edward M. Kennedy Serve America Act, which expanded opportunities for all Americans to serve their communities and our country. Ten years before a government initiative existed, however, one group of individuals discovered the value and importance of giving back to their communities.

This group of four women and a gentleman

– Ruslan Margulis, Tomeka Payne, Lizbeth

Hernandez, Sandra Mancía and Leonor Enamorado

– volunteers at three different organizations each

week as part of their Easter Seals Southern California (ESSC) work training activity program.

Every Monday and Tuesday morning, the group, along with their direct support professional, Dee Hines, head on over to Project Angel Food to volunteer a couple hours of their time to help prepare meals for homebound individuals living with HIV/AIDS, cancer and other life threatening illnesses.

Remedios Fajardo, director of Services at ESSC, says: "The goal of the program these individuals are part of is to teach them the skills they need to live safely and more independently in the community, and find a paying job. And in fact, out of volunteering, one of the women was offered part-time weekend employment with Project Angel Food." The group also volunteers one morning at a SOVA food pantry where they pack dry and canned goods to distribute to low-income families, and twice per week at the St. Andrews Senior Citizens Center. During the afternoons they work on developing skills, including how to use a computer, money management and being safe in the community.

Holly Fishbein and Vesna Fartek of Project Angel Food, both said: "Their willingness to help others, even while dealing with obstacles in their own lives, is inspiring to all who meet them. We all look forward to seeing the Easter Seals individuals twice a week as the happy faces of the group join us in preparing the meals that are so needed by those in need within our community. True inspiration comes to Project Angel Food with these wonderful volunteers."

And to celebrate ESSC's 10th anniversary of volunteering, Project Angel Food presented the five volunteers from Easter Seals with the 2009 Group of the Year Award at their Gathering of Angels event in May at The Highlands. The award is designed to recognize the remarkable contributions of their volunteer groups and acknowledge notable organizations that have provided extraordinary support to Project Angel Food and their clients.



From left: ESSC volunteers Leonor, Tomeka and Ruslan with Dee show off their Project Angel Food Group of the Year award.

About Project Angel Food

Project Angel Food's mission is to nourish the body and spirit of men, women and children affected by HIV/AIDS, cancer and other life-threatening illnesses. Volunteers and staff cook and deliver free and nutritious meals prepared with love throughout Los Angeles County, acting out of a sense of urgency because hunger and illness do not wait. With a corps of 1500-plus dedicated volunteers, the agency provides more than 11,000 meals a week to 1,600 clients of all ages and backgrounds for whom a healthy meal, delivered with a warm smile, is truly lifesaving. Project Angel Food celebrates 20 years of service to the Greater Los Angeles community in 2009. Learn more at www.angelfood.org.

About Serve.gov

Serve.gov is a comprehensive clearinghouse of volunteer opportunities. Americans who are interested in volunteering can use this tool to locate opportunities to serve across the country and around the world. To find an opportunity based on geography, the volunteer can enter his or her ZIP code. To find an opportunity based on interest area, the volunteer can enter a keyword such as "education" or "environment." All volunteer opportunities are listed by Serve.gov partner organizations. Going forward, Serve.gov will include new technology and tools that will increase citizen participation, create networks of volunteers and highlight the work of volunteers that have had the greatest impact in their communities. Serve.gov is managed by the Corporation for National and Community Service.



"I love working at Project Angel Food because they are nice people and I like to help people in need."
– Tomeka Payne



"I like to work there because I like the people and the work that they do."
– Lizbeth Hernandez



"I like to pack fruits and the people are nice to us."
– Leonor Enamorado

Lanterman Partners with Schools on Work Initiative

Continued from page 1

As part of this partnership with the SELPAs, each student with special needs will receive an individual assessment to determine their strengths and interests related to employment. Students currently enrolled in a school district approved special education program and registered with the state Department of Rehabilitation can also take advantage of the opportunity to have a paid work-based learning experience through the Transition Partnership Program. Student participants accepted in this program are assigned to a work location to perform a variety of duties requiring entry level skills so they can have a variety of work experiences.

Another key component of the transition to employment initiative is legislation introduced earlier this year by Assemblymember Jim Beall – AB 287 – that establishes the Employment First Policy. The bill additionally requires the State Council on Developmental Disabilities to form a specific committee to implement the policy and to report on the committee's work and recommendations.



Regional Manager Helane Schultz speaks with one of the exhibitors at the "Life After High School" information fair.

As part of the transition to work initiative, Lanterman Regional Center, in collaboration with the Los Angeles Unified School District, recently hosted an information fair called "Life After High School." Attended by a couple hundred students with special needs from various high schools in the area, along with their family members, the fair provided the opportunity for attendees to explore various post-school options available to them.

"Once they finish high school, students with special needs have many more options to pursue – from continuing with their education to finding a job – than they did even 10 years ago, and we hosted this resource fair to familiarize both the parents and students with the many choices available as they transition into adulthood," notes Helane Schultz, regional manager of the Los Angeles Wilshire Service Coordination Unit.

The fair was attended by the following organizations: AbilityFirst, Associated Comprehensive Therapies, Inc.; Build Rehabilitation Industries; Chaverim Program of the Jewish Family Service of Los Angeles; City Community Services; Easter Seals Southern California; Modern Support Services LLC; Passport to Learning, Inc.; PathPoint; Social Vocational Services, Inc.; Villa Esperanza Services; and Westview Services, Inc. These organizations support young adults with special needs in a variety of areas, such as with developing their life skills, job development and employment support, learning independent living skills, and many other services and supports that help these young adults become contributing and

active members in their communities.

"The Governor and First Lady have made a commitment in California through their WE Include Initiative to give individuals with developmental disabilities a chance to excel in jobs that give them satisfaction and purpose, and Lanterman's partnership with the SELPAs and the aforementioned pending state legislation will bring the vision of gainful employment for all people with developmental disabilities one step closer to reality," shares Diane Anand, executive director. ■

Get More Information on AB 287 – Persons with Developmental Disabilities: Employment

Introduced earlier this year by Assemblymember Jim Beall – AB 287 – Persons with Developmental Disabilities: Employment – requires the individual program planning process for transition age youths and working age adults with developmental disabilities to be guided by the Employment First Policy established by this legislation. The bill additionally requires the State Council on Developmental Disabilities to form a specific committee to implement the policy and to report on the committee's work and recommendations.

To learn more about AB 287, visit Lanterman's Network of Care at www.lanterman.networkofcare.org. Click on the "Legislate" option, then click on the "State" option, followed by a search using "bill number" and "287." The bill's legislative status and full text is available through this site.

Learn About California First Lady Maria Shriver's Employment Initiative WE Include

WE Include is the Governor and First Lady of California's Employment Initiative for Californians with Developmental Disabilities. First Lady Maria Shriver shares: "Arnold and I have made a commitment in California through our Employment Initiative to give individuals with developmental disabilities a chance to excel in jobs that give them satisfaction and purpose. Many people often believe that those with developmental disabilities can't work, but they do – in hotels, in retail stores, in restaurants, in state government, with nonprofits and in the public and private sectors. One of our greatest joys has been witnessing and sharing in their triumphs as they gain

confidence working alongside others in their community – and it's been a resounding success. We have individuals working in our California State Capitol Office and in our field offices – the possibilities are endless and we have only just begun."

As part of the WE Include initiative, a video highlighting the successful employment of Californians with developmental disabilities in jobs throughout the State was produced. A reference copy of the video is available for viewing at Lanterman's Koch♦Young Resource Center.

For more information about the WE Include initiative, visit www.weinclude.ca.gov.

Author Vicki Forman Recalls Her Experiences with Premature Motherhood in “This Lovely Life”

“The stages of grief were slippery, I found, the boundaries melded, the order mixed up, confused. I backed up through denial, depression, blame and acceptance. I did my bargaining and got angry all at once. I discovered, somehow, in my grief that routine would be my only salvation—the routine of familiar places, the same aisles in the supermarket, programmed drives and walks. The same food, food I knew I could tolerate. The less I had to think about, the fewer decisions, the more I might actually find a way to put one foot in front of another.”

– Excerpt from Vicki Forman’s “This Lovely Life”



“THIS LOVELY LIFE: A MEMOIR OF PREMATURE Motherhood” by Author Vicki Forman, a former Lanterman parent and board member, explores how one Southern California family’s life was changed forever by the birth of premature twins.

Forman gave birth to twins Evan and Ellie at 23-weeks gestation, weighing just 1 pound. During the delivery, she begged the doctors to “let her babies go,” knowing all too well that at 23 weeks they could very well die, and if they survived, they would face a high risk of permanent disabilities. However, California law demanded resuscitation. Her daughter died just four days later; and while her son survived, he was indeed multiply-disabled.

Winner of the Bread Loaf Writers Conference Bakeless Prize in Creative Nonfiction, “This Lovely Life” tells the story of what became of the Forman family after the birth of the twins – medical interventions, ethical considerations involving the

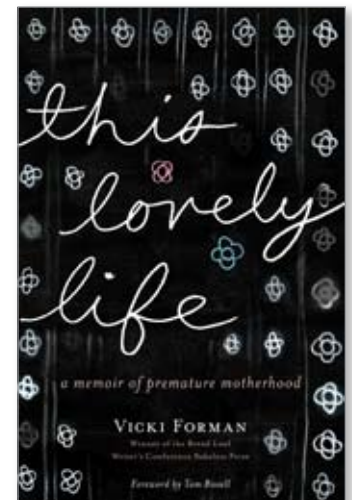
sanctity of life and death, and the long-delayed first steps of a 5-year-old child.

The book garnered some warm and generous advance praise from Publishers Weekly, Kirkus and Elle Magazine, among many other authors. Kirkus says: “Forman explores the many issues of premature birth without presuming to offer solutions or comfort, drawing directly from the raw outrage, torment and profound sorrow she recorded in her journal. She makes it her life purpose to stay apace with the minutiae of her children’s fragile, ever-changing conditions, doggedly expanding her knowledge of medical terminology and navigating every diagnostic twist and turn with research, skepticism and occasional self-doubt. Beneath her outward mettle is a mother who is continually probing every phase of the grief process...A searing tale of heartache and impressive depth of character.”

Forman is currently on a national book reading and signing tour and will be appearing locally at Vroman’s Bookstore and Flintridge Books in the coming months.

And Lanterman Regional Center is pleased to announce that we will also be hosting a book reading and signing with the author later this year at our Koch♦Young Resource Center.

For more information about the book, author and upcoming appearances, visit www.thislovelylife.com.



Lanterman’s KYRC Hosted an Evening with “Autism Heroes” Author Dr. Firestone



IN MID-AUGUST, LANTERMAN’S KOCH♦YOUNG RESOURCE CENTER hosted its inaugural book signing event as part of an evening with Dr. Barbara Firestone. Firestone, author of the highly acclaimed and award-winning book “Autism Heroes: Portraits of Families Meeting the Challenge” that shares a compelling message of hope and support for families, also presented “Exploring the Changing Landscape of Autism.” During the presentation she discussed the momentum that has been created by greater awareness, expanding clinical and applied research, the focus on the development and use of best practices in education and treatment, and intensified advocacy and public policy reform that signals a new era of hope. She also highlighted the accomplishments of the California Legislative Blue Ribbon Commission on Autism and provided an update on its trailblazing work that led to the formation of the new Senate Select Committee on Autism. Dr. Firestone is president and CEO of The Help Group, which is the nation’s largest and most comprehensive nonprofit of its kind in the United States serving children with autism and other special needs. ■

Club 21 Learning and Resource Center Brings Focus to Learning and Education in Children of All Ages with Down Syndrome

AS A PARENT OF A CHILD WITH A developmental disability, it's always exciting to learn about new information, resources and tools. We'd like to inform you of a new resource in our area for families of children with Down syndrome – Club 21 Learning and Resource Center.

Club 21 is dedicated to the inclusion of individuals with Down syndrome in home, school and community life. It seeks to become a vital link in every family and educator's support network. Club 21 offers services to children birth to 22 with the goal of helping them become visible, active and appreciated members of the community. It emphasizes educational partnerships and progressive programs.

Olivia Hinojosa, who is coordinating Club 21's family support program, says: "Nancy Litteken, our executive director, brought a group of parents to the table 2 ½ years ago to figure out a way for us to encourage and support inclusion of children with Down syndrome. When we began, it was definitely not with the idea that we would be starting a nonprofit." The group pulled off a successful conference attended by more than 200 people. Attendees left inspired and empowered with tools and strategies to teach literacy and reading to children with Down syndrome. "Research has shown that children with Down syndrome can read, but over and over I'd be asked, 'Do you really expect your daughter to learn to read?' and my answer as a parent was, until we try and I see that she truly can't read, then yes," shares Hinojosa.

The group's second annual conference expanded on best practices of teaching

literacy to children with Down syndrome and the benefits of inclusion. It was after this hugely successful second conference, that the group knew they had to do something more; the seeds of the nonprofit had been sewn. They began in earnest to pursue the creation of a local community-based program that would provide information and resources specific to how children with Down syndrome learn. One year ago, the groundwork ideas came to fruition in the form of Club 21 Learning and Resource Center.

Launched in spring 2009, on the campus of Covenant Church in Pasadena, Club 21 offers a range of services, such as family support, school support, a variety of educational classes and workshops, and conferences.

The family support component is comprised of open play opportunities for infants and young children up to pre-K that allows new parents to network with each other and Club 21 volunteers. Also offered is a Sibshops program for siblings of children with Down syndrome, as well as regularly scheduled peer social events for older children with special needs. "Another key component of family support is the family support liaison program where families can schedule individual consultations with a liaison to assist them in preparing for the Individualized Education Program (IEP) process," notes Hinojosa. "We value empowering families to have the skills, knowledge and resources needed to be effective advocates for their family member with Down syndrome."

Beginning this fall, Club 21 is offering "Every Child a Reader," an evidence-based, one-on-one literacy tutoring program that focuses on the development of writing and reading skills. As part of developing all aspects of communication, "Club Connections" focuses on developing verbal communication and social skills in small group settings that are both educational and recreational.

Just as crucial, is to ensure that children are properly supported while at school. Club 21's resource library and educational resource center, better known as



Pasadena Mayor Bill Bogaard (second from left) attends Club 21's grand opening celebration.

the "Mod Pod," provides parents and educators with the information, tools and technology needed to modify classroom curriculum to appropriately match each child's needs and abilities.

While some of the programs are free to members, others have fees associated with them. "What we're working towards is helping society come to a place of knowing our children belong and that they can do it. We are giving our children tools and skills through the various Club 21 programs to be successful in their daily lives. My daughter's world looks very different today than it did 19 years ago, and I believe that the future of all children with Down syndrome is bright and filled with many opportunities," shares Hinojosa.

Club 21 has partnered with local schools to begin building relationships with their students and to provide Down syndrome awareness. Many students from the local area are coming and volunteering their talents and skills. They have been volunteering as peer tutors, assisting with modifications, working with various computer needs and assisting in social events. The Leo Club at Flintridge Prep is hosting a Walk-A-Thon on November 1, 2009 with the theme, "Together is Better." They are inviting any and all schools to join them on this venture to raise funds for Club 21.

For more information about Club 21, the November Walk-A-Thon, how to get involved and support their mission, visit www.clubtwentyone.org. The only Club 21 program vendored is their sign language classes designed for parents.



Families of children with Down syndrome welcome the grand opening of Club 21, a new resource in the Pasadena area.

Mary Bakchachyan's Experience as a Sibling and Former Lanterman Service Coordinator Brings Unique Perspective to Lanterman Board

POSSESSING A BACKGROUND AS A sibling of an older brother with special needs and a former service coordinator at Lanterman, Mary Bakchachyan's election as a board member brings a unique perspective to the board of directors.

She shares: "When my brother and I came to America as teenagers, I took an active role in helping my family navigate through the various systems to obtain services and supports for my brother. I have a firsthand experience about how families cope, react and deal with the everyday challenges posed by having a family member with special needs."

After completing her bachelor's degree in psychology, Bakchachyan worked at Hollygrove, a residential facility, for about a year as a childcare counselor. She worked with abused and neglected children, before taking a social work position with the Los Angeles County Department of Children and Family Services. After a couple of years there, she came to work at Lanterman in the Foothill School Age Unit.

"The five-plus years that I spent as a service coordinator at Lanterman

afforded me a good understanding of how the regional center system operates, as well as the structure of the other social service systems that exist at both the county and state levels," she says.

Bakchachyan now works as a mental health service coordinator at the Los Angeles County Department of Mental Health. She moved to DMH in September of 2008 where she worked as a research analyst for 10 months before being promoted to the mental health service coordinator position. As a research analyst, she analyzed data that was collected by the outreach and engagement staff who work with underrepresented and/or economically disadvantaged ethnically diverse populations.

She says, "We used to meet with members who are actively involved within their communities to explore what their community's mental health needs are and how these needs can be met while taking into account cultural issues." Now, as a service coordinator, Bakchachyan works with LA County Wellness Centers and assists these agencies in helping their clients when they are seeking employment or education. She believes,

"Disability or not, everyone enjoys earning a paycheck because it gives them a sense of purpose." Bakchachyan really enjoys her current position because she, again, gets to help others.

Another area that interests Bakchachyan is ensuring that the rights of people with developmental disabilities are protected. She adds, "As a sibling, I want to make sure that there are safeguards in place to protect against abuse."

Bakchachyan concludes: "When I worked at Lanterman, I felt that this was my way of giving back to the community that has supported my brother and family, and even though I left, I knew that I still wanted to remain involved with the Center. I'm pleased that I have been given the opportunity to share the knowledge, experience and understanding that I've gained personally and professionally and hope to make a positive impact on the Lanterman community through my work on the board." ■



*Board Member
Mary Bakchachyan*

Be the First to Know -

Subscribe to Lanterman's E-mail Bulletins

It's easy to subscribe to Lanterman's e-mail bulletins. Simply visit www.lanterman.org and click on "[Subscribe](#)" to provide us with your e-mail address. You will automatically be signed up to receive e-mail bulletins about information related to Lanterman Regional Center's general activities and events.

You can also sign up for bulletins about a specific topic, such as legislative issues, or bulletins specific to a certain age, disability or area, by providing us with additional information. No information collected will be given to anyone outside of Lanterman; it's just for the purpose of sending targeted e-mails to the Lanterman community.

There are many events, including valuable trainings and workshops, we at the Center hear about, but due to limited financial resources, we cannot mail flyers for each of these events. By subscribing to the e-mail bulletins, you too will be able to hear about them and be informed about what's going on in the Lanterman community.



Zulma Mena Brings Experience Helping Students Transition to Adulthood to Lanterman's Board

FOR OVER 15 YEARS, ZULMA MENA HAS DEVOTED

her time and energy to helping students with special needs prepare for and transition to the adult world, through her work at the Center for Advanced Transition Skills (CATS) at West Los Angeles College, one of several such centers that are part of a unique partnership between the Los Angeles Unified School District and the Los Angeles Community College District.



Board Member Zulma Mena

Mena is also the mother, of 8-year-old Freddy, who was diagnosed with autism at age 4. She shares: "After Freddy was diagnosed, I did everything I could to learn as much about autism and how to best support my son. I also felt it was important to share this information with other families, and I trained to become one of Lanterman's peer support partners."

As a peer support partner, Mena provides support to a small number of families during the Individualized Education Program (IEP) process; and she co-facilitates the monthly De Mi Familia A Su Familia Spanish-language support group for families of children with autism. And prior to the birth of her daughter, who will soon be 2, she used to help the Center make welcome phone calls to new families.

She adds: "One area of concern for me is that there are not a lot of prospects for young adults with more involved special needs as far as opportunities after high school. While the CATS program teaches them skills and helps them prepare for life after high school, it is still very challenging to find places of employment willing to hire many of our students."

"We as parents need to be concerned with ensuring the quality of services our children are receiving by being actively involved."

—ZULMA MENA

Another area that Mena would like to focus on is building community capacity to support children with autism by ensuring that people are better trained and supported to work with children with special needs. "We as parents need to be concerned with ensuring the quality of services our children are receiving by being actively involved," she shares.

A lifelong resident of Los Angeles, Mena has been married to her husband for 15 years, and also works as office manager for the Physical Education department at West Los Angeles College. ■

About the Center for Advanced Transition Skills (CATS)

CATS is a unique partnership between the Los Angeles Unified School District and the Los Angeles Community College District.

Located at selected Los Angeles Community Colleges, the Center provides instructional support, independent travel training, career guidance, work-based learning experiences, and job opportunities to prepare students with special needs for the adult world.

LAUSD transition teachers in partnership with community college staff collaborate with families, school personnel, employers and outside agencies to empower students to make decisions, set goals and carry out their transition plans from school to post-school opportunities.

Participating students also enroll in classes at the community college and are assisted by mentors as they learn a variety of important employment skills including social, study, living and vocational skills.

More information is available at www.lausd.net/lausd/offices/spec_ed/dots/CATS.html.

Board Welcomes Your Attendance at its Meetings

Please be aware that anyone in the community is welcome to attend Lanterman's board of directors meeting, which is conducted on the fourth Wednesday of every month at 6 p.m. Meetings are held at Lanterman Regional Center. Contact Frank Lara in advance at [213.383.1300](tel:213.383.1300), x. 4902 or flara@lanterman.org so you can be placed on the list of attendees. We look forward to your visit.

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, contact Patrick Aulicino at [213.383.1300](tel:213.383.1300), x. 4928 or paulicino@lanterman.org.

Sharing Information, Resources and Support From My Family To Your Family

THE MEANING BEHIND THE NAME OF the Spanish-speaking support group De Mi Familia A Su Familia, From My Family To Your Family, is that families with experience and information in the area of autism share the information, resources and support their family has gathered with other families.

Co-facilitated by parents Zulma Mena and Bertha Suazo and advised by Service Coordinator Margaret Rodriguez, De Mi Familia A Su Familia meets monthly on the first Wednesday of the month at Lanterman starting at 10 a.m.

About four years ago, when Mena, the mother of a school-age son with autism, signed up to be one of the facilitators, support group involvement had declined

considerably, but driven by her passion to get as much information out to the Spanish-speaking community as possible, she worked diligently to build the group back up. And Suazo joined on as a facilitator one year later.

Now about 20 family members attend each meeting. Mena explains: "Most of our families have children who are school-age, between 5 to 10 years old, with a few starting the transition from high school to adulthood. About three-quarters of the monthly meetings feature a presenter and are then followed by discussion time, while the remaining support group meetings are kept open to allow for more extended discussion about issues and concerns that families have."

Topics recently addressed by support group presenters include IEPs, types of autism services and therapies available, modifying behavior, sexuality, and what parents are going to do during the summer months since programming and opportunities have been reduced because of the budget cuts. Future topics include housing/tenant rights and how to deal with depression. "It's really important to inform and educate our families not just about disability-



Bertha Suazo (left) and Zulma Mena co-facilitate the De Mi Familia A Su Familia Support Group for families of children with autism.

related topics, but also about general issues that can also affect their family life," adds Mena.

While families turn to Mena for support on issues related to their younger school-age children, Suazo, who has an adult son with autism, is the go-to person for questions about transitioning from high school to adulthood. "A number of Spanish-speaking families don't know about the variety of services available for their family member with special needs, what to look for or even where to start looking. I'm glad that I can share the resources and experiences that I've had in the 14 years since my son Alberto was diagnosed to ensure that all children receive the services they need to become as independent and productive as they can be," shares Suazo.

For more information about the De Mi Familia A Su Familia Support Group contact Zulma Mena at **213.215.9121** or Bertha Suazo at **213.413.4280**. ■



De Mi Familia A Su Familia participants attend a screening of "Up" at El Capitan Theatre in Hollywood.

Susanna Megerdichian is Self-Employed with Avon

DR. LOIS VODHANEL WAS PROVIDING adaptive skills training in communication to Susanna Megerdichian and was so impressed with her tenacity in finding employment that she wanted to share her success in the Lanterman newsletter. After graduating from Herbert Hoover High School in 2006, where she was in all mainstream classes, except math, Megerdichian started attending Glendale Community College. She is pursuing a degree in music, and wants to transfer to California State University, Los Angeles, to finish her degree. It was at a job fair held at the College that she saw the Avon booth and after learning more, realized that this was the perfect job match for her – it was part-time work that she could do on her own.

"This experience has given her an opportunity to learn how self-employment works," says Vodhanel. Ultimately, she would like to work as a medical assistant. Avon sales are slowly picking up and Megerdichian welcomes referrals. She can be contacted at **818.482.3080** or susanmergerdichian@gmail.com. ■



Susanna Megerdichian, who became self-employed selling Avon, holds up one of the recent campaign catalogs.

Hi, my name is Susanna Megerdichian. I'm a student at Glendale College. I was looking everywhere for a job until I finally got one! There was a job fair. Then I saw Avon. So I thought that I could work for them. So I applied to work for Avon. And I sold some things. I'm so glad that now I have a job and I'm working. I just need to have people buy from me now.

CAC News

Mary Flynn Elected Chair of Client Advisory Committee

LONGTIME CLIENT ADVISORY COMMITTEE

(CAC) member Mary Flynn was elected in late spring as the committee's new chair for a two-year term.

For the last six years, Flynn has worked on staff at Lanterman as a peer advocate teaching other female clients about women's reproductive health and wellness, as well as self-advocacy, and how to reduce their risk of being sexually abused/assaulted. She's also been involved with the emergency preparedness courses being offered to service providers.

As chair, Flynn will represent the CAC at Lanterman's board of directors' meetings and report on various projects the CAC is involved with and provide information to the board that is representative of clients' viewpoints. Flynn adds, "There are currently about 10 members participating in the CAC, reflecting people from all different walks of life, and I feel that the issues that our members bring to the table are really representative of the overall client population."

Recent projects and issues that the CAC has focused their energies on include identifying transportation issues and developing a complaint and resolution process to address deficiencies; as well as conducting a performance survey of independent living skills workers; and surveying clients about employment-related issues, such as the kinds of services their job coaches are providing and its quality, how SSI affects their employment, and how clients' relationships are with other employees.

Looking toward the future, the CAC is exploring what issues to address next. On the table for discussion currently is men's health and wellness, so stay tuned for more news about this initiative in upcoming CAC News features. ■



CAC Chair Mary Flynn

"There are currently about 10 members participating in the CAC, reflecting people from all different walks of life, and I feel that the issues that our members bring to the table are really representative of the overall client population."

—MARY FLYNN

WHICH IS IT? – CONSUMER OR CLIENT

A number of years ago, the Lanterman Act was amended from "client" to "consumer," changing how the Act refers to individuals with developmental disabilities served by regional centers. While people with developmental disabilities resist labels and want to be referred to as individuals, they report not liking the term "consumer" and would rather be called "clients," so Lanterman Regional Center has made the decision to use the term "client" whenever possible in referring to the individuals with developmental disabilities that we serve.

Contact Lanterman's CAC

If you are an adult client of Lanterman Regional Center and have an issue or idea that you think other adults with developmental disabilities would be interested in, and you would like to share it with the CAC, you can write the committee at:

Lanterman Regional Center CAC
c/o Helene Schultz
3303 Wilshire Boulevard, Suite 700
Los Angeles, CA 90010

Or call CAC Staff Advisor Helene Schultz at **213.383.1300, x. 6606** or e-mail hschultz@lanterman.org.

The CAC welcomes any adult client that is interested in participating to attend their meetings. The committee meets on the second Monday of the month at 4:30 p.m. at Lanterman.

The Client Advisory Committee (CAC) reports to Lanterman's board of directors and is charged with providing input and advice on the policies, services and programs offered by Lanterman for clients and their families.

DDS Web site Features "Consumer Corner"

For more information about the Client Advisory Committee, visit the Department of Developmental Services Web site at www.dds.ca.gov and select the "Consumer Corner" option to access information that includes:

- Information about the CAC
- Materials developed by DDS and CAC committees for clients, families and professionals
- Advocacy resources to help clients ensure their rights are protected
- Links to other resources available to individuals with developmental disabilities

Special Olympics Pasadena Basketball Team Plays Half-Time During Clippers Game at Staples Center

You're A HUGE BASKETBALL

fan, you watch it on television, you play a game of b-ball with your friends, and even go to the games at the Staples Center, so how cool would it be to participate in an exposition game during half-time at an NBA game?

The Special Olympics Southern California (SOSC) – Pasadena basketball team, The Falcons, was able to experience firsthand the thrill of playing on the basketball court at Staples Center during half-time at a game between the Clippers and Golden State Warriors on February 23, 2009.

Roberta Lauderdale, SOSC Pasadena area director, says: "This was really exciting for all of our athletes to play during half-time. They were very hyped about having an opportunity to meet lots of famous athletes."

In addition to basketball, Special Olympics Southern California – Pasadena offers aquatics, bowling and soccer as part of their program for athletes in the Foothill area, including Altadena, La Cañada-Flintridge, Pasadena, San Marino, Sierra Madre and South Pasadena.

"However, there are no hard and fast geographic restrictions," explains Lauderdale, "if an athlete from Glendale wants to participate in the Pasadena program they can. Not all SOSC programs offer the same types of sports, so athletes can also choose to go to the area program that has the sport they want to participate in."

"This was really exciting for all of our athletes to play during half-time. They were very hyped about having an opportunity to meet lots of famous athletes."

—ROBERTA LAUDERDALE

transportation, etc. "We like to provide athletes with the opportunity to keep up their skills through practice during the off season, but participants may be required to pay a small fee because it is not an 'official' Special Olympics program during this time," notes Lauderdale.

Athletes can join Special Olympics once they are at least 8 years of age and have a completed application, including medical form, on file. All athletes are afforded opportunities to compete against individuals and teams of the same age and skill level at local, regional, statewide and national competitions. And just this summer, at the Special Olympics Summer Games in Long Beach, the Pasadena basketball team, which is coached by Lanterman parent Blake Longo, won the gold medal in the finals.



Special Olympics
Southern California
Pasadena Area

Other sports offered by SOSC include athletics (track and field), bocce, floor hockey, golf, gymnastics, softball, tennis and volleyball. "It just depends on which sports each area can secure a coach and a venue for," she adds. While Special Olympics runs year-round, the sports are played according to a seasonal schedule.

There is no cost to the athlete to participate during the sport's official season – everything is covered, including uniforms, equipment,

Become a Special Olympics Athlete, Coach or Volunteer

If you're interested in becoming a Special Olympics athlete, volunteer or coach in the Pasadena area, contact Roberta Lauderdale at rlauderdale@sosc.org or 626.818.4663. She adds, "Most of our coaches are former athletes in the sport they volunteer to coach, but regardless of their background, individuals can receive free training to become a certified coach in a sport and learn how to make adaptations and play a sport adaptively."

Support the SOSC Pasadena Area Program

If you are not able to volunteer, but would still like to help out the Pasadena program, you can make a contribution online at www.sosc.org/individual_giving.htm, but be sure to specify that you want your donation to go to the Pasadena program. And if you want your donation to go to a specific Pasadena sport (aquatics, basketball, bowling or soccer) be sure to include that information. Also, the program is looking for desk space in an office that's open during the day where people can stop by to pick up and drop off applications and forms. If you can help with this, contact Lauderdale.

For more information about other area programs in Special Olympics Southern California, visit www.sosc.org.

Creating Independence for People with Disabilities One Apartment at a Time

MORE THAN EVER, PEOPLE WITH

disabilities need accessible affordable housing and United Cerebral Palsy of Los Angeles, Ventura and Santa Barbara Counties (UCP) has made it their mission to help adults and children with cerebral palsy and other developmental disabilities maximize their own potential and live full and dignified lives, in part by providing these individuals with the opportunity to live in their own apartments.

UCP currently owns 10 affordable, accessible apartment buildings for individuals with developmental disabilities throughout the Greater Los Angeles area, and is in the process of building its 11th apartment building. Located in Glendale, the UCP Glendale Accessible Apartments, a 24-unit building, will help ease the critical shortage of affordable, accessible housing in Los Angeles County and bring the opportunity to live independently within reach of more people with developmental disabilities.

"Affordable, accessible housing for people with developmental disabilities in Southern California is in short supply and the rents are among the highest in the nation. The goal of this project is to provide an independent living environment for individuals with developmental disabilities, while offering convenient access to public transportation and inviting community



Construction workers apply stucco to the exterior of the UCP Glendale Apartments. The scaffolding is scheduled to come down in mid-August.



integration," shares Ron Cohen, President and CEO of UCP.

Designated for very low income individuals with developmental disabilities, through U.S. Department of Housing and Urban Development (HUD) subsidies, rents will never exceed one-third of each resident's income, which for most tenants comes from Supplemental Security

Income (SSI). Additionally, residents will receive assistance in the areas of medical treatment, counseling, development of independent living skills and marketable job skills, and social recreational activities from UCP's Community Living Services.

Having a disability and being able to live an independent life is a challenge, especially during these tough economic times, yet people with disabilities need accessible, affordable housing more than ever. And at last count, over 30 individuals currently living in a UCP accessible apartment were referred by Lanterman. If you would like to help make this a reality for more people, you can make a donation to help complete the UCP Glendale Apartments by calling **818.782.2211** or online at www.ucpla.org. For every donation of \$250 or more, the donor's name will be inscribed on a donor recognition fountain placed on the building's grounds. Every donation counts and makes a difference.

"Affordable, accessible housing for people with developmental disabilities in Southern California is in short supply and the rents are among the highest in the nation. The goal of this project is to provide an independent living environment for individuals with developmental disabilities, while offering convenient access to public transportation and inviting community integration."

—RON COHEN

► Staff Highlights

At Lanterman, service coordinators are organized into teams serving specific age groups and geographic areas. Whenever possible, they are also matched with families based on primary language needs. Following are profiles on three of our Korean-speaking service coordinators who provide services, in Korean if necessary, to clients and their families from the school-age years through the transition to adulthood and on into adulthood.

Bonnie Kim Has Been Providing Service Coordination to Lanterman Families for 30 Years

It's hard to imagine that there was a time when regional centers contracted with community agencies to provide service coordination for some families. Yet this was the practice in the late 1970s, especially when families required support in languages other than English. And one such provider was Asian Rehabilitation Services.

Following the completion of her bachelor's degree in social work from an eminent university in Korea in 1969, Bonnie Kim married and immigrated to the United States.



*Service Coordinator
Specialist Bonnie Kim*

She then went on to pursue her master's degree in counseling and guidance from the University of Nevada, Reno, which she completed in 1973. After settling in California, she found work at Asian Rehabilitation Services providing service coordination to Lanterman families from 1976 to 1979.

When the decision was made in late 1979 to bring all service coordination home to the regional center, the Center invited Kim and several other individuals to join the Lanterman staff and continue on as service coordinators.

Thirty years later, Kim works as a service coordinator specialist in the Los Angeles Wilshire Unit supporting close to 90 clients and their families, including adults with developmental disabilities living at home with their families, in residential homes and independently; as well as aging and elderly clients.

She explains: "You deal with a lot of different people in this field, and I enjoy learning new things from other people and developing new skills that I then apply to my job. I also enjoy getting involved in new projects and initiatives here at Lanterman." Early on in her career at Lanterman, Kim, who is the Center's first Korean-speaking service coordinator, helped start the Korean Parent Support Group. And she admits that she enjoys doing all of the case management paperwork required of service coordinators.

In light of the budget situation affecting all types of social service programs in California, she feels that the hard challenge will be identifying and exhausting all of the generic resource options before regional centers consider initiating services. And she firmly believes that we can continue to apply new technologies to help all of us do our jobs better and streamline processes.

She shares: "I've been here so long, I can't really pinpoint one favorite memory. I treasure my interactions with the Center's clients and families. They taught me tolerance and patience, and they are constantly helping me learn new things. I'm grateful."

Kim considers herself to be a very positive person and approaches life with a "glass is half full" attitude. "I always look at a person's strengths rather than focus on their weaknesses, and I really can say positive things about everybody," she adds. A resident of Montebello, she and her husband have two grown daughters and three grandchildren. When she's not spending time with her family, she enjoys reading and attending operas at the Music Center in Los Angeles. ■

Christine Yuh Puts Her Background in Special Education to Good Use as a Service Coordinator

WORKING IN

Lanterman's Los Angeles School Age Unit for over seven years, Christine Yuh has been able to put her background in special education to



*Service Coordinator
Christine Yuh*

good use on a daily basis for the benefit of the clients and families she serves.

A graduate of Yonsei University in Korea with a bachelor's in education, Yuh also completed a master's degree in business at Yonsei before coming to the United States as a foreign student in 1981. She completed her master's degree in special education at the University of Southern California before continuing on with a doctoral program at USC in special education. She shares, "It took me six years to complete my Ph.D. because my husband and I decided to start a family as well, and I had two children during this period."

Directly after graduating, Yuh started working as a behavior specialist at USC's Project Shine which at the time was under contract with local regional centers to provide behavior intervention services. After seven years as a behaviorist, Yuh became a special education teacher at Lanterman High School for three years before deciding to take some time off to spend with family.

She says: "I can reach more families and help more people in my role as a service coordinator than when I was working as a special education teacher. But I'm also better able to help my clients and their families, especially when it comes to education-related advocacy, because of my special education background."

Yuh works with 88 clients between the ages of 3 to 12 and their families, all of whom are Korean-speaking. She also helps facilitate the Korean Parent Support Group, and has been involved with the Young Nak Special Program

Continued on page 15

Service Coordinator Myoung-hee Lim Works with Clients Transitioning to Adulthood

With seven years of experience working as a habilitation counselor helping individuals with developmental disabilities transition from school to an adult environment and a master's degree in special education, Myoung-hee Lim is well qualified to support Lanterman clients between the ages of 13 to 21 who are starting to make their own transition preparations.

When she joined Lanterman in 2007 as a service coordinator, Lim was assigned to the Los Angeles Wilshire Unit, where she works with 84 clients, 39 of whom are from Korean-speaking families. She shares: "My special education background helps me better understand and be more sensitive to the unique needs and concerns of transition-age clients and their families. It's important to be proactive in the early stages, and to make sure that both clients and parents have information and resources about the options available, including employment and postsecondary education. Many parents believe that the only option for their child with special needs is a day program, and it can be hard to change their mindset."

Lim tries to attend as many of her clients Individualized Education Program/ Individualized Transition Plan meetings as she can, but she says, "As the caseloads keep climbing, it's really getting challenging to provide the one-on-one attention and support, such as attending these kinds of meetings, that can be so important in the transition process." Along with Christine Yuh, Lim also helps facilitate the Korean Parent Support Group. "Not only is it great to be able to help support the families in this way, but I learn a lot from the parents and speakers as well," she adds.

A recent experience that left a lasting impression on Lim was working with a family where the grandmother was caring for her daughter and granddaughter, both of whom had special needs, but neither was diagnosed until the granddaughter went to high school. She adds: "The grandma had very limited resources, yet she was taking care of both of them, and it was so great to see the difference that being connected to the regional center system made in the family's life. It was a really great feeling to know that I could do something to help them."

About a year after starting at Lanterman, Lim says she faced a serious medical illness that required her to be out on leave for several months. "This experience really made me realize that working at Lanterman was the right place for me. My team was so supportive and caring during my leave and I really can't thank them enough," she says. Lim

also has a piece of advice to share from her experience: "Enjoy the moment, today is not going to come back again, so do what you can do. I always used to be concerned about the future, but now I realize that you need to enjoy the present too. So as they say, 'Carpe Diem.'"

Lim who grew up in Korea, now lives in Koreatown, and is looking forward to a visit this summer from her brother who still lives in Korea. She is also looking forward to wakeboarding this summer, but for now, her hobby has been going to the gym with a couple of her friends. ■



*Service Coordinator
Myoung-hee Lim*

Christine Yuh

Continued from page 14

held at the Young Nak Presbyterian Church on Saturdays for children with special needs. She adds, "In addition, I've helped to develop four other church programs so that they too can support children with special needs and I've helped train parent volunteers on how to include children with special needs in church summer programs." Yuh also regularly volunteers to speak about what the regional centers do to college students studying special education, and in the near future, she'd like to organize a behavior management workshop for the Korean Parent Support Group.

Along with Bonnie Kim, Yuh also feels that funding is the biggest challenge of the job. "Everyday I'm searching for free and generic resources, such as scholarships to help children attend summer programs," she adds. "Another area that I focus on is dealing with the many family issues that arise. Many of the parents on my caseload are single parents and they struggle with figuring out what to do financially, and how to be involved and proactive with their child with special needs." Yet what makes it all worth it for Yuh, is hearing back from families when they meet a challenge head on or overcome a struggle.

Yuh's favorite memory is of a young client of hers with autism who had wanted to take up piano, and when he did, was discovered to be very talented. "Last year he participated in a piano festival and did really well in the competition. He was so proud of himself, and just as important, he's been able to meet other children and make friends by being involved with piano. I believe that everyone has some talent and that parents play a central role in helping to develop the potential ability of their child, just like what happened in this situation."

In her free time, she enjoys music and singing with her church choir. Yuh and her husband own a company that supplies petroleum products to fishing vessels worldwide that their son will take over once he completes his master's in business administration. Inspired by her mother, Yuh's daughter is pursuing a degree in clinical psychology. Yuh concludes, "I'm very happy and satisfied, and I feel that every day is great because I can do something for people who have special needs." ■

► Health and Wellness

H1N1 (Swine) Flu Remains a Very Real Concern, Take Precautions to Help Prevent Its Spread

WHILE THE MEDIA ATTENTION AROUND SWINE OR H1N1 INFLUENZA HAS DIED down, it continues to remain a very real concern both nationally and internationally, so much so, the World Health Organization has raised its status to the highest level – phase 6 or pandemic. With the new H1N1 virus continuing to cause illness, hospitalizations and deaths in the United States during the normally flu-free summer months and some uncertainty about what the upcoming flu season might bring, the most important thing that all of us can do is to take precautions and do our part to help prevent the spread of the disease.

Following are some suggestions to help prevent the spread of the H1N1 disease, as well as information about what to do if you suspect illness or are already ill. Links to organizations that have current and accurate information about H1N1 are also provided.

Here Are Some Things to Consider:

- Make sure to wash hands frequently using soap and warm water. Good hand washing will help prevent the spread of the H1N1 flu and other germs. Using an anti-bacterial hand sanitizer is good but will not replace good hand washing.
- Avoid close contact with people who are sick.
- If you find out that you have been exposed to the H1N1 flu, contact your doctor immediately to determine if you should be prescribed an antiviral medication as a preventative measure. Antiviral prescription medication can make the illness milder and may prevent serious complications especially for those with underlying medical conditions.
- The incubation period is 2 to 7 days after exposure. The symptoms of H1N1 flu in people are similar to the symptoms of regular human flu and begin with a fever, sore throat, sneezing, headache, and continue with dry cough, aching muscles, chills and fatigue. Some people have reported diarrhea and vomiting as well.
- If you come down with flu-like symptoms and have a chronic medical condition like diabetes or respiratory disease, contact your doctor who will determine if testing or treatment is needed.
- Cover your mouth or nose when you cough or sneeze to protect others.
- Have tissues handy and be sure to throw used tissues in the waste basket.
- Eat balanced meals, drink lots of fluids, excluding sodas and other drinks high in sugar.
- Get plenty of rest and stay home from work or school if you are sick.
- The Center for Disease Control (CDC) recommends seeking emergency medical care for people with any of the warning signs:
 - **Children:** Fast or trouble breathing, bluish skin color, dehydration, lethargy, irritable behavior, relapse of flu symptoms, fever with rash.
 - **Adults:** Difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting.
 - **People with limited communication or reduced sensitivity to pain** must be monitored closely for symptoms of the flu such as increase in body temperature; signs of dehydration, dry mouth and skin; change in behavior or appetite; lethargy; and signs of pain.

According to the (CDC), children or teenagers who may have the flu should NOT be given aspirin or medicines that contain aspirin.

Please Note: In addition to the seasonal flu shot, a vaccination for the H1N1 flu should be available in October 2009. The shot is recommended for those under age 65 who are either pregnant or have underlying medical conditions. ■

For More Information About H1N1 Flu:

Center for Disease Control and Prevention: The Swine Flu and You
http://www.cdc.gov/swineflu/swineflu_you.htm

Center for Disease Control and Prevention Get Smart Program: More Info about Flu
<http://www.cdc.gov/flu>

County of Los Angeles, Public Health: It's Not Flu as Usual
<http://www.lapublichealth.org/ip/flu/2007-2008/>

California Department of Public Health: Health Alert for H1N1 July 22, 2009
<http://www.cdph.ca.gov>

Center for Disease Control and Prevention: Interim Guidance for Novel H1N1 Flu (Swine Flu): Taking Care of a Sick Person in Your Home
http://www.cdc.gov/h1n1flu/guidance_homecare.htm

KEY POINTS:

- Wash hands often and well
- Get plenty of rest and drink lots of fluids



- Use tissues when you cough or sneeze
- Avoid touching eyes, nose or mouth – germs spread this way

- Consult a doctor if you have been exposed to H1N1 or have any of the CDC warning signs



Pasadena Adaptive Recreation Art Show at Coffee Gallery

CITY OF PASADENA ADAPTIVE RECREATION WILL HOST A RECEPTION ON
Saturday, September 26, 2009 at Coffee Gallery.

All the artwork and poetry that will be on display was created by adults with disabilities who participate in a weekly art program, held each Wednesday evening at Victory Park.

The theme of this year's show is "Fifteen Famous People with Disabilities" and includes the best artwork and poetry from the artists involved in the program.

A sample poem:

Stevie Wonder

By Erin Anderson

In the world of darkness
He sees the music that brings
light to the world
When you listen to Stevie Wonder
You can picture what he is trying
to tell us



The primary focus of adaptive recreation is to provide an opportunity and a supportive environment for artists with disabilities to create artwork and poetry.

James Trivers, art teacher, says he has personally witnessed the growth and development of each person involved in this program.

Participants increase their attention span while learning perspective in drawing, color composition and writing skills. Staff has also observed a sense of pride and accomplishment in the students when their work is selected for display.

Coffee Gallery is located at 2029 North Lake, Altadena, California. The reception will be from 6 p.m. to 8 p.m. The exhibit will continue until October 27, 2009. Handicapped parking for persons with disabilities is limited.

For further information, contact Jackie Scott, adaptive recreation specialist for the city of Pasadena, at **626.744.7257** or jackiescott@cityofpasadena.net. Please note, classes are currently full.

Housing Trust

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"We are very excited about this project which will address a significant need in our community – that of providing safe, affordable housing for adults with developmental disabilities," says Diane Anand, Lanterman executive director. "This endeavor is also very much in keeping with one of our core values – partnership."

California Lutheran Homes is a California nonprofit public benefit corporation that generates support for a variety of senior living communities owned and operated by FrontPorch. CLH is also experienced in establishing charitable giving programs.

Under the agreement, Lanterman and CLH will work together to develop a program to encourage charitable donations of homes in the Lanterman area for persons with developmental disabilities. Persons donating a home to CLH for this program may receive a tax benefit for doing so. The donated homes will either be rented to adult clients living independently or to a service provider that will have the home licensed by Community Care Licensing. Lanterman will provide ongoing service coordination to support the maintenance of individuals in either home setting.

"California Lutheran Homes has a long history of providing a variety of residential options for seniors," explains



Lanterman Director of Community Services Karen Ingram. "This collaboration brings together two agencies with vast experience – one in operating housing and providing charitable services for seniors and one in serving individuals with developmental disabilities. This opportunity for families to achieve a tax benefit for donating their home, while ensuring affordable housing for their family member and other Regional Center clients opens new doors to meet our clients' housing needs. "

Immediate plans include seminars for interested Lanterman community members to explain the project in greater detail. For more information, contact Karen Ingram at **213.252.5694** or kingram@lanterman.org. ■

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www.lanterman.org/index.php/viewpoint.