



# PARENTS' PLACE NEWSLETTER

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The San Gabriel/Pomona  
**PARENTS' PLACE**  
Family Resource &  
Empowerment Center

## MOVING ALONG WITH PROJECTS

By Sona E. Baghdassarian, Director

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### FLYERS ENCLOSED IN THIS NEWSLETTER

—Calendar of Events  
—Information Fair &  
Festival

Editor: Sona Baghdassarian

Design & Article  
Coordination: Judi Kyne

Translation:  
Elena Sanchez

2008 started us off well into the planning of our Information Fair & Festival. As the word spreads about this great event each year, the number of families who join us keeps on growing. Our vendors also continue to grow and we are estimating that we will have 90 organizations providing information to our families and professionals. As always, we will be setting up an arts and crafts area, game booths and moon bounces with special attention to the snow cone, cotton candy and popcorn machines for all the kids. We are also in search of volunteers for that day. Last year we were honored with 350 wonderful individuals who came to help. We can certainly use that help again. Time is running out, so please give us a call if you are available to lend a hand that day.

We are also busy with other projects:

- ◆ Our Birth to Three Disabilities/Possibilities seminar will be held on September 27<sup>th</sup>. Mark your calendar so you won't miss out on this popular event.
- ◆ For November, we are planning our 2<sup>nd</sup> annual Transition Conference for parents with special education students transferring from high school to work, higher education or independent living situations. Last year this conference was a big hit. Because the event was so well attended, it was very clear to us that this conference was very much needed and should be repeated. Look for information in our next newsletter.

- ◆ We are in the process of auditing our library. If you have any books that are collecting dust because you forgot to return them back to us, please make an effort to bring them in so that we have an accurate tally of books and videos on hand. Like our budget, our library is slowly shrinking. Replacing books and videos is getting harder and harder and we need your help to maintain a current, well stocked library.

- ◆ We are actively looking for more opportunities to inform our community about Parents' Place — the services we offer and how we can support parents as well as professionals. If your organization, or one you may know of, would like us to make a presentation at your facility, please contact us so we can schedule a convenient time to visit your center.

- ◆ Don't forget that every month we have trainings on IEP, IFSP/IPP at our offices. These trainings are facilitated by the Office of Clients' Rights Advocacy (PAI). They are only 2 hours long but very informative. Knowing your child's rights is the first step to a successful IEP, so give us a call to sign up for one of these valuable workshops.

We also want to thank those who have contributed to Parents' Place by connecting their Ralph's and Albertson's store cards to the Parents' Place ID numbers. If you want to participate, see Page 12 for details on how to connect your store cards.

# MOVIENDOSE JUNTO CON LOS PROYECTOS

por Sona E. Baghdassarian, Directora

Para nosotros el 2008 empezó muy bien planeando nuestro Festival y Feria Informativa. En la manera que la gente se dá cuenta de este evento anual tan importante, los numeros de familias que se únen a nosotros sigue creciendo. Nuestras agencias siguen creciendo y estimamos que este año alrededor de unas 90 agencias vendran y repartirán información a nuestras familias y profesionales. Asi como otros años tendremos areas de de artes, juegos, y brincadores para niños, poniendo especial atencion en las areas de raspados, dulces de algodón, palomitas para todos los niños. Estamos en la busqueda de voluntarios para ese día. El año pasado fuimos honrados con 350 individuos maravillosos que vinieron a ayudarnos. Definitivamente podemos usar esa ayuda una vez mas. El tiempo se nos está acabando, así que por favor denos una llamada si usted esta disponible para darnos una ayuda ese día.

Tambien estamos ocupados con otros proyectos:

- ◆ Nuestro seminario de Discapacidades/ Posibilidades de Cero a los Tres Años será en Septiembre 27. Marque sus calendarios para que no se pierda de este evento popular.
- ◆ Para Noviembre estamos planeando nuestro segunda conferencia de transición para padres con estudiantes en educacion especial en el proceso de tranferirse de la preparatoria al trabajo, o seguir una educacion alta o una vivienda independiente. El año pasado esta conferencia fué un gran éxito. Como esta conferencia tuvo muy buena participación, fué bien claro para nosotros que los temas eran necesarios y tendríamos que repetirla. Busque por mas información en nuestra proxima carta trimestral.
- ◆ Estamos en el proceso de revisar nuestra libreria. Si usted tiene libros que estan

colectando polvo porque olvido regresarlos, por favor haga un último esfuerzo en regresarlos, de esa manera tendremos una lista de libros y videos bien ectualizada. Asi como nuestro presupuesto, nuestra librería se está hacienda mas pequeña. Reemplazar libros y videos se está poniendo mas difícil y necesitamos de su ayuda para mantener una librería con libros y videos que esten al corriente.

- ◆ Estamos activamente buscando por mas oportunidades de informar a nuestra comunidad en cuanto a Parents' Place – los servicios que ofrecemos y como podemos apoyar a los padres como tambien a los profesionales. Si su organización o alguna organización que conozca le gustaría que que Parents' Place hiciera una presentación en su facilidad, haga el favor de llamarnos y así le daremos una cita conveniente para visitar su organización.

- ◆ No se olvide que cada mes tenemos entrenamientos acerca de IEP, IFSP/IPP en nuestras oficinas. Estos entrenamientos son facilitados por la Oficina de Abogacia de Derechos del Cliente (PAI). Los talleres son solamente dos horas de duración pero muy informativos. Conocer los derechos de sus niños, es el primer paso para una junta de IEP exitosa. Así que denos una llamada para registrarse a uno de estos valiosos talleres.

Tambien queremos agradecer a todas las familias que hán contribuído a el Lugar de los Padres conectando sus tarjetas de *Ralphs* y *Alberton's* a la tarjeta de identificación de Parents' Place, Si usted desea participar mire la página 12 para mas detalles en como conectarse con estas dos tiendas.

# UNDERSTANDING EPILEPSY / SEIZURE DISORDER

Excerpts from *Epilepsy and Seizure Disorder: A Resource Guide for Parents*

## What is epilepsy/seizure disorder?\*

The brain contains millions of nerve cells called neurons that communicate electronically and signal to each other. A seizure occurs when there is a sudden and brief excess surge of electrical activity in the brain between nerve cells. This can cause abnormal movements, change in behavior, or loss of consciousness.

Seizures are not a mental health disorder. Instead, epilepsy is a neurological condition that is still not completely understood.

Having a single seizure does not mean that a child has epilepsy. A child has epilepsy when he or she has two or more seizures without a clear cause such as fever, head injury, drug use, alcohol use, or sleep deprivation. About two million Americans have epilepsy. Of the 181,000 new cases that develop each year, up to 50% are children and adolescents. About 300,000 children under the age of 14 in the United States have this condition. It develops in children of all ages and can affect them in different ways.

## What are the different kinds of epilepsy/seizure disorder?

There are many kinds of epilepsy. They each cause different behaviors and they each need different treatments. Identifying the type (or types) will help your child's doctor suggest treatment options.

### *Generalized Seizures*

This type of seizure involves the whole brain and is the most common type of epilepsy. In a generalized seizure, the abnormal electrical activity affects the entire brain. These seizures produce muscle twitches, convulsions and loss of consciousness. People with this type of epilepsy do not remember having a seizure.

### *Partial Seizures*

This type of seizure involves only part of the brain. Sometimes a partial seizure can spread to involve the whole brain. This is known as a partial seizure that secondarily generalizes.

## What causes epilepsy/seizure disorder?

Many parents wonder if they have somehow caused their child's epilepsy. They search for a way to understand why this is happening to their child. But it is unlikely that a parent or anyone did anything to cause the epilepsy.

Finding the cause of epilepsy is difficult. For seven out of ten children with epilepsy, there is no known cause. These children are said to have idiopathic epilepsy. "Idiopathic" means "of unknown cause."

However, there are many known causes. Understanding and identifying the causes help to diagnose the type(s) of epilepsy. Possible causes include the following:

- problems with brain development before birth
- lack of oxygen during or following birth
- a serious head injury that leaves a scar in the brain
- unusual structures in the brain
- tumors
- a prolonged seizure with fever
- the after-effects of severe brain infections, such as meningitis or encephalitis
- genetic factors

## How is epilepsy/seizure disorder diagnosed?

Your doctor will ask a lot of questions when trying to diagnose epilepsy and determine the type (s). The diagnosis is based on several exams and tests in addition to an interview about your child's condition. The facts you provide the doctor are very important in diagnosing your child's epilepsy and deciding on treatment.

## What might trigger a seizure?

Some people report very specific triggers or immediate causes that can bring about a seizure. Children with epilepsy are more likely to have a seizure (have a lower seizure threshold) when they have a cold, the flu, or other common illnesses.

\* Some people use the term "seizure disorder" instead of "epilepsy" to describe this condition. In fact, both terms mean the same thing—an underlying tendency to experience seizures.

## Understanding Epilepsy/Seizure Disorder (continued)

common seizure triggers include the following:

- not enough sleep
- food allergies
- stress
- flashing lights (e.g., from video games, strobe lights)
- alcohol
- illicit drugs
- dehydration

### What are the treatment options?

Childhood epilepsy is usually treated with medications that prevent seizures. If the medications do not work or if the child has too many side effects, there are other treatment options. These include surgery, the ketogenic diet, or vagus nerve stimulation (VNS).

### Medication

Children often take the same antiepileptic medications as adults. Medication may be in the form of tablets, sprinkles, capsules or syrup.

These medications are designed to prevent seizures. Some are successful with a few seizure types; others have a broader range of action. Whenever possible, doctors try to control seizures with one medication. Some children, however, may need to take more than one.

Children may respond so well to medication that no further seizures occur as long as the medication is taken regularly as directed by the doctor. Not having seizures does not mean that the medication is no longer needed. Always ask the doctor before stopping a seizure medication. Doing so without medical supervision may result in a seizure or another type of reaction.

There are recent concerns regarding differences between brand and generic medications. For more information about these concerns, medications, and medication side effects, contact your doctor or the Epilepsy Foundation at 800-332-1000.

### Medication Tips

- Make sure that you understand the dosages of medicine prescribed by your doctor such as the number of pills or teaspoons required for each dose as well as the number of doses and times (e.g., morning, noon, night) to administer each dose. Also, make sure that you understand the best method for administering each medication (e.g., by dropper, mixed with food or liquid, or crushed).
- Ask your doctor or pharmacist about possible side effects associated with each medication your child is taking and what you should do if they occur.
- Keep follow-up appointments. Some medications require periodic blood tests that are important to your child's health. Ask the doctor at the end of each visit when he or she wants to see you both again, and schedule the next appointment.
- Don't change the dose or stop giving seizure medication on your own without first talking with your child's doctor.
- Ask for refills from your pharmacy several days before the medication is due to run out.
- Ask your doctor how to handle fever associated with childhood illness. Ask, too, about the best way to give medication when a child has a stomach virus and cannot keep medication down.
- Find out what you should do if your child misses a dose. Ask whether the dosing schedule is flexible and what to do if your child is scheduled for a dose when he/she is sleeping.

Note: The above article has been shortened due to space limitations. Two charts were omitted that may be of use to you. One chart covers Seizures Types with full descriptions. Another is called Tools for Diagnosis and covers the type of questions the doctor may ask on your first visit, the physical exam, and the types of neurological exams/tests that may be given to your child. If you would like to have these charts mailed to you, please call our office (626) 919-1091. You may also want to visit the Epilepsy Foundation website for further information. [www.epilepsyfoundation.org](http://www.epilepsyfoundation.org)

# Entiendo Epilepsia/Desorden de Convulsiones

Excerpts from *Epilepsy and Seizure Disorder: A Resource Guide for Parents*

## ¿Qué es la Epilepsia o el Desorden de Convulsiones/ Crisis Epilépticas? \*

El Cerebro contiene millones de células de nervios llamadas neuronas las cuales se comunican electrónicamente y se hacen señas eléctricas entre sí mismas. Una convulsión ocurre cuando hay de pronto una surgida actividad eléctrica de pronto y con mucha cantidad entre las células de nervios en el cerebro. Esto puede causar movimientos anormales, cambios en la conducta o pérdida de conciencia.

Las Convulsiones no son un desorden de la salud mental. La epilepsia es una condición neurológica la cual todavía no es completamente entendida.

Si un niño tiene una convulsión no quiere decir que el niño tiene epilepsia. El niño tiene epilepsia cuando él o ella tiene dos o más convulsiones las cuales han sido provocadas sin saber la causa tales como una fiebre, un golpe en la cabeza, uso de drogas o de alcohol, o privación del sueño o dormir. Alrededor de dos millones de americanos tienen epilepsia. De los 181,000 casos nuevos los cuales se desarrollan cada año, un 50% son niños o adolescentes. Cerca de 300,000 niños de menos de 14 años en los Estados Unidos tienen esta condición. Esto se desarrolla en niños de todas las edades y puede afectarlos en diferentes formas.

## ¿Cuáles son los diferentes tipos de epilepsia / desorden de convulsiones?

Hay muchos diferentes tipos de epilepsia. Cada tipo causa diferentes conductas y cada tipo necesita tratamientos diferentes. Identificando el tipo o los (tipos) ayudará al doctor de su hijo o hija sugerir opciones de tratamiento.

### *Convulsiones Generalizadas*

Este tipo de convulsión involucra al cerebro completo y es el tipo más común de epilepsia. En un ataque generalizado la actividad anormal eléctrica aflige o afecta al cerebro completo. Este tipo de ataque o convulsión produce tics nerviosos en los músculos, convulsiones y pérdida de conciencia. Personas con este tipo de epilepsia no se acuerdan de haber tenido un ataque.

### *Convulsiones Parciales*

Este tipo de convulsión involucra solo parte del cerebro. A veces un ataque parcial puede extenderse por todo el cerebro. Esto es conocido como un ataque parcial que se generaliza secundariamente.

## ¿Qué causa o cual es la razón de un desorden de convulsiones o crisis epiléptica?

Muchas familias se preguntan si es que de alguna forma ellos pueden haber causado la epilepsia en su niño/a. Estas familias buscan la manera de cómo entender el por que de lo que le está sucediendo a su hijo. Pero es casi por seguro que ni los padres ni nadie hicieron nada para causar la epilepsia.

Encontrar la causa o razón por la epilepsia es muy dificultoso. De cada Diez niños con epilepsia Siete de las familias no encontraran la causa o razón de tener epilepsia. Se dice entonces que estos niños tienen epilepsia idiopática. "Idiopática" lo cual quiere decir "de causa desconocida".

Sin embargo hay también muchas causas conocidas. Entendiendo e identificando la/s causa(s) ayuda a diagnosticar el tipo de epilepsia. Las posibles causas incluyen las siguientes:

- Problemas con el desarrollo del cerebro antes del nacimiento
- Falta de oxígeno durante o después del nacimiento
- Un golpe serio/fuerte en la cabeza el cual deja una marca en el cerebro
- Estructuras las cuales no son usuales en el cerebro
- Los tumores
- Una convulsión prolongada con fiebre
- Los efectos posteriores de infecciones severas en el cerebro tal como la meningitis o la encefalitis
- Factores genéticos

## ¿Cómo se diagnostica la epilepsia/desorden de convulsiones?

Su doctor le hará muchas preguntas cuando él o ella están tratando de diagnosticar la epilepsia y determinar el tipo de epilepsia. La diagnosis se basa en muchos exámenes y también en pruebas además de las preguntas que le harán durante su visita acerca de la condición de su niño/a. Los hechos que usted provea al doctor serán muy importantes para poder diagnosticar la epilepsia en su niño y decidiendo el tratamiento a seguir.

## ¿Qué puede hacer que comience una convulsión o crisis epiléptica?

Algunas personas reportan específicas cosas las cuales son antecedentes a un ataque o causas inmediatas antes del

\*Algunas personas utilizan el dicho "desorden de convulsiones en vez de "epilepsia" para describir esta condición. En si las dos palabras quieren decir la misma cosa – una tendencia a tener convulsiones o ataques .

## Entiendo Epilepsia/Desorden de Convulsiones (continuación)

ataque epiléptico. Los niños con epilepsia tienen una posibilidad más grande de tener una convulsión (menos resistencia contra las convulsiones) cuando tienen un resfriado, si cogen el flu u otras enfermedades comunes. Algunas de las cosas más comunes las cuales pueden comenzar un ataque siguen a continuación.

- No dormir suficiente
- Alergias a ciertas comidas
- Tensión
- Luces Intermitentes(Ej., de juegos de video , luces estroboscopias)
- Alcohol
- Drogas Ilícitas
- Deshidratación

### ¿Cuáles son las opciones de tratamiento?

La Epilepsia durante la Niñez es casi siempre tratada con medicinas las cuales pueden prevenir las convulsiones. Si las medicinas no funcionan o si el niño sufre o padece de otros efectos por causa de la medicina, hay otras opciones para el tratamiento de crisis epilépticas. Estas opciones incluyen la cirugía, la dieta ketogénica, o estimulación del nervio vagus (VNS).

Los niños muy a menudo toman la misma medicina anti-epiléptica que los adultos. Los Medicamentos pueden ser en forma de tabletas, gránulas, cápsulas o en sirope

Estas medicinas están diseñadas para prevenir los ataques. Algunas son más favorables con ciertos tipos de ataques; otras tienen un nivel de acción más amplio. Cada vez que es posible, los doctores tratan de controlar los ataques con solo una medicina. Algunos niños sin embargo necesitan tomar más de un tipo de medicina.

Los niños a veces responden muy bien con la medicina que dejan de tener ataques siempre y cuando ellos tomen la medicina regularmente como la receta el doctor. No tener ataques no quiere decir que ya no se necesita la medicina. Siempre pregúntele al doctor antes de dejar de tomar la medicina para los ataques. Si deja de tomarlas sin la supervisión o cuidado médico podría causar que el niño o la niña tengan un ataque epiléptico u otro tipo de reacción.

Recientemente han habido ciertas preocupaciones acerca de las diferencias entre medicinas de marca conocida y las medicinas genéricas. Para más información acerca de estas preocupaciones, medicinas, y los efectos de las medicinas, háblele a su doctor o la Fundación para la Epilepsia al 800-332-1000.

### Consejos acerca de las Medicinas:

- Asegurese de que usted entienda la cantidad o dosis de medicina recetada por su doctor, tal como también el número de pastillas o cucharaditas las cuales son requeridas para cada dosis, al igual que el número de dosis y a que hora. (Ej.,en la mañana, mediodía o en la noche). También asegurese de entender o comprender el mejor método para administrar cada medicina, (Ej. utilizando un gotero, revuelto en la comida o las bebidas,o aplastada.
- Pregúntele a su doctor o farmacéutico acerca del los posibles efectos los cuales son asociados con cada medicina que su niño o niña está tomando y que debe usted hacer si estos efectos ocurren.
- Mantenga/asista a todas citas siguientes. Algunas de las medicinas requieren que se hagan pruebas de sangre periódicamente las cuales son muy importantes para la buena salud de su niño/a. Pregúntele al doctor al final de cada visita cuando quieren verlos a su nino/a y a usted de nuevo y haga la cita para la nueva/próxima visita.
- No pare ni cambie la dosis del medicamento a su niño o niña sin hablar primero con el doctor.
- Pida llenar/adquirir las recetas nuevamente con su farmacia con suficiente adelanto antes que se le vaya a terminar la medicina.
- Pregúntele a su doctor o al farmacéutico acerca de medicinas las cuales son adquiridas sin receta médica porque tal vez ellas pueden interferir con el medicamento que su niño toma para controlar la actividad epiléptica . También puede preguntarle al farmacista cuando él o ella renueva o llena las recetas para su niño.
- Pregúntele a su doctor como manejar o atender la fiebre la cual es asociada con las enfermedades infantiles. Pregunte también acerca de la mejor forma para dar la medicina cuando el niño o niña tiene un virus. Pregunte también acerca de cual es la mejor manera de dar las medicinas cuando el niño/a tiene un virus en el estómago y el/a niño/a no puede mantener nada en su estómago. A veces el niño o la niña puede tener un virus y él o ella no puede mantener las medicinas en su estomago.

Averigüe que debe usted hacer si su nino no toma una de las dosis prescritas por el doctor. Pregunte si el horario para dar las medicinas era flexible y que hacer en caso que su niño tenga que tomar alguna medicina cuando esté dormido.

Nota: Este artículo há sido disminuído debido al espacio limitado. Dos capitulos hán sido omitidos y podrían tener información importante para usted. Un capitulo cubre una descripción completa de los diferentes tipos de epilepsia. El otro capitulo se llama Herramientas en el diagnostico, y cubre el tipo de preguntas que un doctor podría preguntarle en su primer visita, el examen fisico, y el tipo de pruebas o exámenes neurológicos que podrían proporcionarle a su niño. Si usted quisiera que estos capitulos le sean enviados, favor de hablar al el Lugar de los Padres al 626-919-1091. Tambien podría usted visitar la página eletronica de La Fundacion de Epilepsia [www.epilepsyfoundation.org](http://www.epilepsyfoundation.org).



## SUMMERTIME CAMPING



If you're thinking about camp for your child this summer, now is the time to start planning.

Choosing the right camp is not a simple matter. Homework is necessary. Spend time checking out any camp thoroughly before you send your child. After all, you want to be certain that the camp is appropriate for your child's special needs and most of all, you want your child to have a *great* experience. Do not be afraid to ask questions such as: Can the camp make the proper modification to meet the needs of your child? Do they have trained staff? Have the staff personnel been with the camp for a long time, or is their counseling experience limited? Is there a proper ratio of staff personnel to the number of children each counselor is responsible for? Is the camp management as well as the staff familiar with your child's particular disability, able to react to your child's special needs like food requirements and medical attention?

And then...visit the camp yourself to meet the staff, tour the facility and to see exactly what they offer. You can also check with the American Camping Association ([www.acacamps.org](http://www.acacamps.org)) to find out more about the camp you're considering.

So get busy now if you're thinking about camp for your child this summer. Here are just a few suggestions for your child's summer experience:

Ability First (C.C.S.)  
(909) 396-1010  
(909) 338-1102 camp line

American Camping Association  
(Ages: 3 to 17 yrs.)  
22231 Mulholland Highway, Calabasas  
(213) 483-4300

Astro Camp (Ages: 8 to 18 yrs.)  
P.O. Box 1360, Claremont  
(909) 625-6194

Camp Bloomfield in Malibu  
(Foundation for the Junior Blind)  
(323) 295-4555

Camp J.C.A. Shalom  
ADD, LD, Adjustment, Anxiety  
(818) 889-5500

Casa Colina Outdoor Adventures  
(909) 596-7733

Delhaven Community Center  
(626) 917-9789 (Sue Meyer)

Camp Harmon  
Eastern Seals-Jennifer Johns  
(831) 684-2380 Ext. 107

Epilepsy Foundation Camps  
(800) 564-0445

Hole in the Wall Camps  
Children with Different Medical Needs  
(310) 724-1550

Joni and Friends Retreats  
(818) 707-5664  
[www.joniandfriends.org](http://www.joniandfriends.org)

National Kidney Foundation  
(Ages: 9 to 22)  
(310) 641-8152

Quest Day Camp  
Huntington Beach  
(714) 841-5534

Tourette's Syndrome Camp  
(626) 237-0717

**PLEASE CALL OUR OFFICE (626) 919-1091 FOR FURTHER INFORMATION  
ON OUT-OF-STATE CAMPS.**

**Note: The San Gabriel/Pomona Parents' Place does not endorse any of the groups, services or programs shown in this newsletter. The organizations are presented for information purposes only.**



## USEFUL WEB ADDRESSES FOR FAMILIES OF CHILDREN WITH SPECIAL HEALTH CARE NEEDS

Alliance of Genetic Support Groups  
[www.geneticalliance.org](http://www.geneticalliance.org)  
 American Sign Language Browser Site  
<http://commtechlab.msu.edu/sites/aslweb/browser.htm>  
 Ask a Specialist About Your Child  
<http://pediatrics.about.com/od/askaspecialist/>  
 Autism Society of America  
[www.autism-society.org](http://www.autism-society.org)  
 Autism Website in Spanish  
[www.geocities.com/cheverincheveron/grupodeapoyo](http://www.geocities.com/cheverincheveron/grupodeapoyo)  
 Bazelon Center for Mental Health Law  
[www.bazelon.org/](http://www.bazelon.org/)  
 California Department of Education  
[www.cde.ca.gov](http://www.cde.ca.gov)  
 Calif. Child Care Resource/Referral Network  
[www.rrnetwork.org](http://www.rrnetwork.org)  
 Center on Budget & Policy Priorities  
[www.cbpp.org/](http://www.cbpp.org/)  
 Center for Law & Social Policy (CLASP)  
[www.movingideas.org](http://www.movingideas.org)  
 Childhood Learning Center  
[www.tclc.com/](http://www.tclc.com/)  
 Children's Defense Fund  
[www.childrensdefense.org/](http://www.childrensdefense.org/)  
 Council of Parent Attorneys & Advocates  
<http://www.copaa.org>  
 Disability Solutions  
[www.disabilitysolutions.org](http://www.disabilitysolutions.org)  
 Families USA  
[www.familiesusa.org](http://www.familiesusa.org)  
 Federation for Children with Special Needs  
<http://www.fcsn.org/>  
 HandsNet  
<http://www.igc.org/handsnet/index.html>  
 Help Us Learn (home/school training)  
[www.helpuslearn.com](http://www.helpuslearn.com)  
 I AmYour Child  
[www.iamyourchild.org](http://www.iamyourchild.org)  
 National Center of Medical Home Initiatives for Children with Special Needs  
[www.medicalhomeinfo.org](http://www.medicalhomeinfo.org)  
 Institute for Child Health Policy (IChP)  
[www.ichp.edu/](http://www.ichp.edu/)

Kaiser's State Health Facts Online  
[www.statehealthfacts.kff.org](http://www.statehealthfacts.kff.org)  
 Kids Health  
[www.kidshealth.org](http://www.kidshealth.org)  
 Lanterman Act & Other Statutes  
[Dds.ca.gov/statutes/statutes-Main.cfm](http://Dds.ca.gov/statutes/statutes-Main.cfm)  
 Los Angeles Child Care and Preschool Directory  
[www.lachildcare.com](http://www.lachildcare.com)  
 Mothers from Hell 2  
[www.mothersfromhell2.org](http://www.mothersfromhell2.org)  
 MUMS (parent support)  
[www.netnet.net/mums](http://www.netnet.net/mums)  
 Nat. Assoc. for Children's Hospitals  
[www.childrenshospitals.net](http://www.childrenshospitals.net)  
 Nat. Assoc. for Education of Young Children  
[www.naeyc.org](http://www.naeyc.org)  
 National Library of Medicine Medline  
[Medlineplus.gov](http://Medlineplus.gov)  
 Nat. Info Ctr. For Children with Disabilities (NICHCY)  
[www.nichcy.org/](http://www.nichcy.org/)  
 Nat. Early Childhood TA System (NEC\*TES)  
[www.nectas.unc.edu/](http://www.nectas.unc.edu/)  
 National Council on Disability  
[www.ncd.gov](http://www.ncd.gov)  
 NORD (Nat. Organization for Rare Disorders)  
[www.rarediseases.org](http://www.rarediseases.org)  
 NPPSIS  
<http://nppsis.org/>  
 O.A.S.I.S. (Online Asperger Syndrome Info & Support)  
[www.udel.edu/bkirby/asperger/](http://www.udel.edu/bkirby/asperger/)  
 Parent Advocacy Coalition for Education Rights (PACER)  
[www.pacer.org/](http://www.pacer.org/)  
 PARENTS, Inc.  
[www.parentsinc.org](http://www.parentsinc.org)  
 Protection & Advocacy, Inc.  
[www.pai-ca.org](http://www.pai-ca.org)  
 Savant Syndrome  
[www.wisconsinmedicalsociety.org/savant](http://www.wisconsinmedicalsociety.org/savant)  
 Special Kids  
[www.specialkidsla.com](http://www.specialkidsla.com)  
 Useful Web Sites for CSHCN  
[www.familyvillage.wisc.edu/websites.html](http://www.familyvillage.wisc.edu/websites.html)

# APRIL-MAY-JUNE 2008 CALENDAR

## The San Gabriel/Pomona PARENTS' PLACE ACTIVITIES

(626) 919-1091 or (800) 422-2022  
e-mail: [empower@parentsplacefrc.com](mailto:empower@parentsplacefrc.com)

### The San Gabriel/Pomona PARENTS' PLACE BOARD MEETING

Board Meetings are normally held on the 3rd Thursday of each month between 10:00 am and 12:00 noon. Meetings are held at the PARENTS' PLACE Family Resource & Empowerment Center, 1500 S. Hyacinth Ave., Suite B, West Covina. Call our office (626) 919-1091 to verify actual date and time each month.

The San Gabriel/Pomona PARENTS' PLACE Family Resource Center Advisory Council and the LOCAL INTERAGENCY COORDINATING AREA (LICA) meet every 2<sup>ND</sup> Thursday of each month from 9:00 am to 11:00 am at the San Gabriel/Pomona Regional Center. For information, call our office at (626) 919-1091.



### REACH

**Parent Support Group**  
the First Thursday of Each Month  
7:00-8:30 pm

For more information, call Rachel Atencio at the PARENTS' PLACE (626) 919-1091.

### UPCOMING WORKSHOPS

(Facilitated by Office of Clients Rights Advocacy  
(Protection And Advocacy, Inc.)

#### IFSP/IPP Trainings (English/Spanish)

Friday, April 11, 2008—12:00n—2:00pm  
Friday, May 9, 2008—12:00n—2:00pm  
June 13, 2008—12:00n—2:00pm

#### IEP Trainings (English/Spanish)

**All Workshops Held: 10:00am—12:00noon**

Friday, April 18, 2008  
Friday, May 16, 2008  
Friday, June 20, 2008

**\*\*COMING SOON\*\***

#### Birth to Three Disabilities/Possibilities Seminar

Saturday, September 27, 2008

**2nd Annual  
Transition from School to Work  
Conference in November, 2008**

**16th ANNUAL  
INFORMATION FAIR & FESTIVAL  
SUNDAY, APRIL 27, 2008  
1:00—4:00pm  
(See flyer enclosed)**

**El Lugar de Los Padres  
LE INVITA A UNIRSE A NUESTRO GRUPO DE APOYO EN ESPAÑOL  
NUEVO DÍA**

**CADA SEGUNDO MIERCOLES DE EL MES 10:00 a 11:30 am  
PARA MAS INFORMACIÓN, llame a: Elena Sanchez a (626) 919-1091**

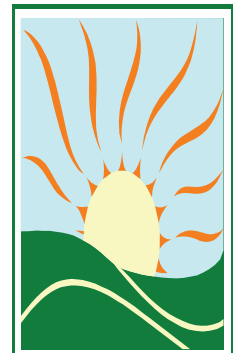
**Parents' Place**

*Invites You to Attend our Spanish-Speaking Support Group*

**NEW DAY**

*Every Second Wednesday of the Month 10:00 to 11:30 am*

*For More Information, call Elena Sanchez at (626) 919-1091*



## APRIL–MAY–JUNE 2008 CALENDAR—CONTINUED

### MISCELLANEOUS EVENTS/ CONFERENCES SCHEDULED (For detailed information on any of these events/ conferences, call (626) 919-1091)

**April 2-3:** Inclusion & Social Relationships in Autism Spectrum Disorders; Buena Park, CA.

**April 2-6:** Tourette Syndrome Assoc. 2008 National Conference; Alexandria, VA.

**April 3:** Education & Training program promoting Disability Awareness-will cover fostering the tools necessary to work within an inclusionary classroom, presented by Pomona USD; in Pomona, CA.

**April 3:** CAEYC 2008 Annual Conference & Expo: Footsteps to the Future, Long Beach, CA.

**April 9:** Abuse Risk Reduction for Children with Developmental Disabilities; presented by FAA, Pasadena, CA.

**April 11-12:** All in the Family “Autism” conference for parents & professionals; Long Beach, CA.

**April 14:** Emergency Preparedness & Disaster Planning for Children with Special Needs; Los Angeles, CA.

**April 16:** Spiritt Family Service & Cariño holding their Resource Fair.

**April 18-29:** Health Issues in Adolescents & Adults with Down Syndrome; Costa Mesa, CA.

**April 22-24:** Braille Boot Camp, to teach reading and writing of Grade One Braille and Grade Two with a cheat sheet; Anaheim, CA.

**April 26:** Walk Now for Autism, Rose Bowl, Pasadena, CA

**May 1-3:** 17th Annual Conference on the Young Child with Special Needs (Managing Challenging Behaviors & Pediatric Feeding Problems); Las Vegas, NV.

**May 4-7:** 29th Annual LRP’s National Institute (Legal Issues of Educating Individuals with Disabilities; Charlotte, NC.

**May 7:** Practical Strategies for Strengthening Your Program for Students with Low-Functioning Autism for Professionals serving preschool and Grades K-12; Pomona, CA.

**May 8:** Practical Strategies for Strengthening Your Program for Students with Low-Functioning Autism, Professionals serving preschool and Grades K-12; Anaheim, CA.

**May 10:** 10th Annual Foothill Autism Alliance Picnic; Glendale, CA.

**May 12:** Care Notebook Training—a train the trainer event for those who provide care notebooks to empower families of persons with special health care needs; Los Angeles, CA.

### COMMUNITY INVOLVEMENT/ COLLABORATION OPORTUNITIES

**Autism Society of America—Greater Long Beach/San Gabriel Valley Chapter ASA.** P.O Box 15247, Long Beach, CA 90815-0247. Call (562) 943-3335 for dates and location of support meetings or information regarding Chapter activities.

**East San Gabriel Valley SELPA Community Advisory Committee (CAC).** CAC meetings normally held monthly, 7:00pm—9:00pm, at the ESGV SELPA office (across from Fairvalley School), 1400 Ranger Drive, Covina. For exact dates and information, call ESGV SELPA office (626) 966-1679.

**Puente Hills SELPA Community Advisory Committee (CAC).** CAC meetings normally held monthly, 9:30a—11:30am, for Hacienda/Rowland USD’s. For exact dates and location information, call Puente Hills SELPA office (626) 964-7458.

**Pasadena USD SELPA Community Advisory Committee (CAC).** CAC meetings normally held monthly, 7:00pm—9:00pm, at Pasadena First Church of the Nazarene (next to Field Elementary), 3700 E. Sierra Madre Ave., Room 112, Pasadena, CA 91107. Call for exact dates (626) 568-4531 and to reserve free childcare and translation.

**West San Gabriel Valley SELPA Community Advisory Committee (CAC).** CAC meetings normally held monthly, 7:00pm—9:00pm, at WSGV SELPA office, 159 E. Live Oak, Room 203, Arcadia, CA 91006. Call for exact dates and information (626) 254-9406.

**AREA BOARD 10 Board of Directors Meeting –** First Thursday of each month, 4:30pm. For location information, call (818) 543-4631, or check website for changes and agenda [www.areaboard10.org](http://www.areaboard10.org).



## APRIL-MAY-JUNE 2008 CALENDAR - CONTINUED

**REGIONAL CENTER (SG/PRC) Activities**  
**909) 620-7722**  
 Internet Site: [www.sgprc.com](http://www.sgprc.com)

**Board Meeting:** Held the fourth Wednesday of each month at 7:00pm. Location: SG/PRC. For further information, call Linda Derosiers at SG/PRC (909) 868-7512.

**Chinese—Korean Parent Support Group:** Call Maggie Lang at SG/PRC (909) 868-7526 for meeting times and dates.

**P.A.T.H. (Parents Acting for the Handicapped):** For details, call Joanne East at (626) 919-4983.

**ALIANZA & LUCERO—Spanish-Speaking Parent Support Group:** Meets second Thursday of each month. Call Violeta Escobar at (909) 868-7524.

**Filipino Support Group:** Contact Violeta Escobar at SG/PRC, (909) 868-7524, for information and details. Meeting held in English; however, most parents speak Tagalog.

## SUPPORT GROUPS MISCELLANEOUS

**Foothill Autism Alliance:** For information concerning upcoming meetings, time and place, please call (818) 66-AUTISM, or visit their website at [www.foothillautism.org](http://www.foothillautism.org).

**CH.A.D.D. – Foothill Chapter 920:** 4th Friday of each month, 7:15-9:00pm, at The Frostig Center, 971 N. Altadena Drive, Pasadena. TEL: (626) 943-3100.

**Down Syndrome Association of L.A., Pomona: Sub Group – “Up for Down.”** Meets third Thursday every other month at 7:00-8:30pm. Starts January 2007. For information, call Carol Anten at (909) 268-6344.

**Fiesta Educativa: Spanish-speaking Support Group for all Disabilities.** Meets twice monthly on different topics. Call Laura Ruesga at (323) 221-6696 for dates, times and topics.

**FUERZA – Spanish-speaking Support Group for Down Syndrome & Cerebral Palsy –** Call (800) 200-4323 or (310) 391-7153.

**Epilepsy Foundation of Los Angeles County** – Call for date and time (310) 670-2870.

**Parenting Premies**—A 10-week educational support group held at San Antonio Hospital, for parents with recently—discharged premature babies, low birth weight babies or babies with special needs. Call Valerie Willis (909) 985-2811, Ext. 23677 for schedule and signup.

**Pomona Valley Learning Disability Assoc.** — Meetings held 3rd Thursday of each month, 6:30-9:00 p.m., at Claremont United Church of Christ, 233 W. Harrison Avenue, Claremont. For further info, Tel: (909) 621-1494, or [PVLDA@aol.com](mailto:PVLDA@aol.com).

## WANTED HISTORICAL DOCUMENTS & PHOTOS

**Parents' Place** is looking to secure copies of historical photos and stories that we may use to celebrate our 20th anniversary. Photos or stories may be from parents or other individuals or agencies that have known or been associated with us. First person narratives, articles and the like will all be welcome. All items submitted for consideration will be properly tracked, credited and returned if requested. For more information, please contact Rachel Atencio at [empower@parentsplacefrc.com](mailto:empower@parentsplacefrc.com) or (626) 919-1091.



You can help support Parents that have children and young adults with special needs!



# 4 9 0 0 1 2 7 4 3 1

albertsons.com — Go to “in the community”, click on Community Partners



# 8 4 7 5 5

ralphs.com—Go to “community contribution” sign-up as a participant

All you need to do is add our number to your savings card and every time you shop a portion will go Parents’ Place!

## **AWARDING THOSE WHO MAKE A DIFFERENCE IN OUR LIVES**

**IT'S THAT TIME AGAIN—TIME TO RECOGNIZE THOSE SPECIAL PEOPLE IN YOUR CHILD'S LIFE. PARENTS' PLACE CAN HELP WITH THEIR ANNUAL FUND RAISING CAMPAIGN THAT ASSISTS YOU AND US.**

It has often been said that “it takes a village to raise a child,” and we who are raising a special needs child know that philosophy better than anyone. Often, however, those persons who are assisting us in our daily journey do not receive the appreciation they deserve. Parents' Place wants to help you recognize those special people who make a difference in your child's life. It may be a teacher, a speech or occupational therapist, or anyone you feel deserves some recognition. For a small fee of \$5.00, we will provide a certificate, similar to the one shown the backside of this page, that you can present to your deserving person. Your family name will appear on the certificate as well so that your person will always be reminded that you cared. All you need to do now is, complete the application on the back and mail it to us along with your \$5.00 (check, money order or cash), and we will mail the certificate(s) back to you. (Allow two weeks for return of your certificates.) And remember, your participation in this project will also assist Parents' Place in building funds for special activities ... a win-win situation for both of us. This is a great time to remember those

## **PREMIANDO A AQUELLOS QUE HACEN DIFERENCIA EN NUESTRAS VIDAS**

**VIENE ESTE TIEMPO UNA VEZ MAS – EL TIEMPO PARA PREMIAR A ESA GENTE ESPECIAL EN LA VIDA DE SU NIÑO. EL LUGAR DE LOS PADRES PUEDE AYUDARLE CON NUESTRA CAMPAÑA DE RECAUDACIÓN DE FONDOS DE ESA MANERA LE AYUDA A USTED Y A NOSOTROS.**

Muy seguido se há dicho “se necesita una aldea para crír un niño” y nosotros los que críamos niños con necesidades especiales sabemos esta filosofía mejor que nadie. Sin embargo muy seguido, esas personas que nos ayudan en nuestro viaje diario no reciben la apreciación que merecen. El Lugar de los Padres quiere ayudarle a darle reconocimiento a esas personas que hán hecho diferencia en la vida de su niño. Puede ser una maestra, una terapeuta ocupacional o de el habló, o cualquier persona que usted crea merece ese reconocimiento. Por una minima cuota de \$5.00, nosotros le proveeremos un certificado, parecido al que se muestra al reverso de esta pagina, y usted se lo dará a esa persona que se lo ha merecido. El nombre de su familia aparecerá en el certificado así como el de esa persona especial, de esa manera recordará por siempre que a usted le importa. Todo lo que tiene que hacer en este momento es llenar la aplicación que está al reverso y mandarla por correo con su cheque, giro postal, or dinero en efectivo, y nosotros le mandaremos el certificado de regreso por correo. Y recuerde, su participación en este proyecto tambien ayudará a El Lugar de los Padres en acumular fondos para esas actividades especiales...una triunfo para los dos, usted y nosotros. Esta sería una muy buena oportunidad para recordar a esas personas que son importantes para usted, así que mande su aplicación ahora!

The *YOUR FAMILY NAME*

hereby recognizes

*John Doe*

***“A Friend in Deed”***

**For demonstrating outstanding commitment  
toward children with special needs and their families.**

**Awarded : DATE**

\_\_\_\_\_  
Parents' Signature



**A Donation Has Been Made To  
The San Gabriel/Pomona PARENTS' PLACE  
Family Resource & Empowerment Center  
[www.parentsplacefrc.com](http://www.parentsplacefrc.com)**

Yes, I want to recognize a special person that has made a difference in my child's life. Enclosed is my donation of \$5.00 or more for each certificate.

Family Name I Want to Appear on Certificate: \_\_\_\_\_

Our address: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
Number & Street City Zip Code

Our Telephone in case you have questions: \_\_\_\_\_

Name of First Special Person: \_\_\_\_\_

Name of 2nd Special Person: \_\_\_\_\_

Name of 3rd special person: \_\_\_\_\_

**Mail this application to: Parents' Place, 1500 S. Hyacinth Ave., Suite B, West Covina, CA 91791  
Allow 2 weeks for mailing to your home.**



## **TOY LENDING LIBRARY**

The purpose of The Toy Lending Library is to provide a service for children that will not only bring them pleasure but instill a sense of pride and responsibility as well. Sponsored by the Los Angeles County Board of Supervisors, the Toy Loan Program loans toys to children, promotes positive attitudes, teaches self-expression and involves the community in a worthwhile service.

## **RESOURCE MATERIAL LIBRARY**

The purpose of the resource material library is to provide a variety of books, cassettes, videos and software. These are offered to families, local agencies, organizations, support groups, service coordinators and providers who serve, or are interested in families who have children with special needs.

All of these materials are housed at our family resource and empowerment center and are available to check out at no charge.

**The San Gabriel/Pomona  
PARENTS' PLACE  
1500 S. Hyacinth Avenue, Suite B  
West Covina, California 91791  
For more information, call (626) 919-1091**

## **JUGUETERÍA CIRCULANTE**

El proposito de la Juguetería Circulante es proporcionar un servicio para los niños, que no solo les traerá placer pero tambien un sentido de orgullo y responsabilidad. Auspiciado por el Comité de Supervisores del Condado de los Angeles, el programa de la Juguetería Circulante le presta juguetes a los niños, promueve actitudes positivas, enseña a expresarse y envuelve a la comunidad en un servicio muy valioso.

## **LIBRERÍA DE MATERIALES INFORMATIVOS**

El proposito de la Librería de materiales informativos es proporcionar una variedad de libros, casets, videos y programas de computadora. Estos son ofrecidos a familias, agencias locales, organizaciones, grupos de apoyo, cordinadores de servicios y proveedores que sirven o estan interesados en familias que tienen niños con necesidades especiales.

Estos materiales se pueden encontrar en el Centro de Recursos Familiares, y estan disponibles para prestamo sin costo alguno.

**San Gabriel/Pomona  
Lugar Para Los Padres  
1500 S. Hyacinth Avenue, Suite B  
West Covina, California 91791  
Para mas información: (626) 919-1091**

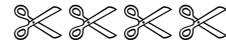
**The San Gabriel/Pomona  
Parents' Place**  
Family Resource & Empowerment Center  
1500 S. Hyacinth Avenue, Suite B  
West Covina, CA 91791-3832

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PERMIT NO. 431**

***RETURN SERVICE REQUESTED***

**YES, I would like to be added to The Parents' Place mailing list.  
*Si, me gustaria estar en la lista de correos de El Lugar de los Padres***

**Clip and Mail/Recortelo y Envíelo**



Name/Nombre: \_\_\_\_\_

Address/Domicilio: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Telephone #: (\_\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_  
*(Telefono)*

Parent/Professional (Circle One) Agency: \_\_\_\_\_  
*Padre/Profesional (Circule uno) (Agencia)*

Child's Disability: \_\_\_\_\_ Child's Birthdate: \_\_\_\_\_  
*(Discapacidad del Nino)*

Primary Language: \_\_\_\_\_  
*Idioma Principal*

Topics of Interest: \_\_\_\_\_  
*Temas que le Interesan*

**PARENTS' PLACE does not rent, sell, or exchange its mailing lists with any organization or individual. Your information is considered confidential and your privacy is respected!**

The San Gabriel/Pomona PARENTS' PLACE Newsletter is a publication of the PARENTS' PLACE Family Resource & Empowerment Center. Views expressed in this publication are provided for your information and **are not** necessarily the views of the PARENTS' PLACE.

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