



The Link

"Linking Exceptional Families in Contra Costa County"

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What is CARE Parent Network?

We are a Family Resource Center for families of children with special needs in Contra Costa County. We provide information, referral, resources, training opportunities and family support.

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Opinions expressed in **The Link** do not necessarily reflect the endorsement of CARE Parent Network or any of its associations. We do not recommend any treatment, therapy, institution or professional system, etc.

TRANSITION TO ADULTHOOD: YET ANOTHER ROAD TO TRAVEL By Suzanne Anthony



My husband and I have been blessed with four wonderful children. My second child, Fise, was diagnosed with autism shortly after his second birthday. What a time that was in my life! I experienced so many emotions, among them confusion, fear and grief. This was such unfamiliar territory for me. I had veered off, down a road I had no idea how to travel. As time went on, I gained more knowledge, gained more courage, and eventually came to terms with the grief I felt. As they say, life goes on...

I was apprehensive as Fise was approaching the age when I had to start thinking about transition. I noticed those same emotions resurfacing. I had no idea his 18th birthday would affect me like it did! It felt like the early days of his diagnosis all over again. Back were my confusion, fear and grief. Confusion--- am I still permitted to make medical decisions for Fise? Why in the world

would he be expected to sign up for Selective Service? Should we consider a conservatorship? What role will Regional Center now play? Fear---can I still continue to adequately provide for Fise's needs? What will his future hold? Will he be taken advantage of? Will he stay safe? Grief---as far as the legal system was concerned, Fise's childhood was over, even though I wasn't ready for it to be over. I was forced to once and for all let go of those particular childhood dreams I had for him that would never be realized.

I felt like I had finally mastered caring for a child with autism, and all of a sudden, I'm now caring for an *adult* with autism. I felt I was starting from scratch again. I had once again veered off, down a road I had no idea how to travel.

Without a doubt, my most fortunate encounter was with the folks at Care Parent Network. They have helped me immeasurably over the years, for so long now that I can actually remember when they were called the Center for Access to Resources and Education and were located in Bay Point! I've participated in so many of their workshops and support groups over the years, most recently a couple pertaining to transition. The knowledge I've gained and the friends I've made have changed my life. I believe I may have even graduated from mentee to mentor by now!



TRANSITION TO ADULTHOOD:
YET ANOTHER ROAD TO TRAVEL
By Suzanne Anthony

(continued from page 1)

Transition time is a challenge---yet another road we will all have to travel. I'm happy to say I've bounced back more quickly this time around. I thought I was starting from scratch again, but I, in fact, was doing nothing of the sort. Because of the friends I have made and the knowledge I have gained, I was able to help myself through the confusion, fear and grief of transition much faster than when Fise was originally diagnosed. I've learned some things that continue to see me through and this much I know is true: knowledge is power; no one knows my son as well as I do; try to see humor in everyday life; I can "catch more flies with honey"; ask for help when I need it and give help to the best of my abilities.

CONGRATULATIONS, SUSY GARCIA!

Congratulations to Susy Garcia who has been named Employee of the Year at Children's Hospital Oakland! We are so proud of her! Susy works part-time at CARE and part-time at Children's Hospital. She has been recognized for her work with Spanish speaking families who have children in the hospital. Also she raised \$525,000 through a Radio-thon she organized with a Spanish speaking radio station. We know she is a special person and the award is a small token of how much she is appreciated!



BUDDY UP BIKE RIDE TO BENEFIT
CONTRA COSTA ARC

It all started with Michael Platter, a consumer at George Miller Center (GMC) Adult Program in Concord. His brother, David Platter, wanted to do something to "give back" and help Contra Costa ARC; specifically, George Miller Center in Concord.

David is a cyclist and loves to ride his bike. He came up with an idea to raise funds by enlisting sponsors for a trip where he and his sons, and three others, ride their bikes across the United States; a 3,000 mile, 30-day bicycle ride from California to Connecticut. This event will raise funds and awareness for not just Contra Costa ARC, but also the Boys & Girls Club of Greenwich and the Make-A-Wish Foundation in Connecticut.

Their goal is to build a team of supporters and riders that will share the sense of adventure and friendship, and feel the pride of helping children, adults, and families. **Giving back** and **inspiring others** is the motivation for Buddy Up Bike Ride.

Buddy Up Bike Ride will start on May 29th, 2010, at Contra Costa ARC's George Miller Center in Concord, and end at the Boys and Girls Club in Greenwich, CT, on July 2, 2010.

The riders aspire to raise \$1,000,000, with 100% of the donations going directly to the agencies. We hope you will consider supporting Buddy Up Bike Ride!

You can donate by going to:

www.ContraCostaARC.org

www.BuddyUpBikeRide.net

CARE is a program of Contra Costa ARC.



MY DAUGHTER JASMINE

By Ana Chuey

My daughter Jasmine is special in every way possible. She is special in the sense that she is a caring and loving twin sister to her brother Nathan who has autism. She is always looking out for him and protects him. Not a day goes by without me thinking of how blessed we are to have her in our lives.

There came a point where she expressed how she was tired of her brother interrupting our time and not having my full attention. So I made arrangements for Nathan to stay at the Respite Care services that were once offered at the Delta YMCA. Jasmine was excited at first and couldn't wait to spend the day with her father and me. We went to her favorite places to eat and shop. When we sat down on a bench to enjoy our Frappuccinos, she suddenly became sad and told us she wanted to pick up her brother now. She said "I want us to be a family again". Hearing her say this was heartwarming and not to mention very emotional for her father and me. We tried to reassure her that her brother was okay and that it was healthy for us to spend time together with just her.

Though she enjoyed the couple of hours we spent together, she missed her brother. So we picked him up and became a family again. Since then, we try to do everything together and Jasmine wouldn't want it any other way. A proud and blessed mom!

MAIL YOUR U.S. CENSUS 2010 FORM

The U.S. Census Bureau announced that 54 percent of the nation's estimated 134 million households have mailed back their census forms as of April 1, 2010. While April 1 is officially designated as Census Day, the Census Bureau will continue to accept 2010 Census questionnaires by mail through mid-April. Beginning May 1, census workers will go door to door to households that failed to mail back their forms -- a massive operation that costs taxpayers an average of \$57 per household versus the 42 cents it takes to get a response back by mail.

The information the census collects helps to determine the number of seats each state occupies in the U.S. House of Representatives. And that influences how more than \$400 billion dollars of federal funding each year is spent on infrastructure and services like hospitals, schools, emergency services, roads, bridges and many others. For example, the State of California loses approximately \$3,000 per year for each person not counted.

The information you provide is confidential. It is against the law to disclose or publish any individual information and your answers cannot be used against you by any government agency or court. All Census Bureau employees take the [oath of nondisclosure](#) and are sworn for life to protect the confidentiality of the data. The penalty for unlawful disclosure is a fine of up to \$250,000 or imprisonment of up to 5 years, or both. Mail your U.S. Census 2010 Form and remind others to do so. For more information, visit <http://2010.census.gov/2010census/>

PARENTING CLASSES COMING SOON! POSITIVE PARENTING PROGRAM – TRIPLE P

Family Stress Center is now offering evidence based **Best Practice** parenting program called Triple P Positive Parenting (for typically developing children). **Triple P Seminar Series are Free** to parents. The seminar series includes the following topics: The Power of Positive Parenting, Raising Confident & Competent Children, and Raising Resilient Children. **Seminars** are used to promote awareness of Triple P and as informative **three topic** sessions for **any** parent with children 0-12years. The sessions include a presentation and a question and answer session. The program resources include "tip sheets". Each tip sheet suggests effective ways of preventing or solving common child management or developmental problems. For more information visit www.triplep.net or the Family Stress Center at www.FamilyStressCenter.org. CARE Parent Network will soon be offering these classes in collaboration with the Family Stress Center for all families. In the Fall, we hope to offer the Triple P program for parenting children with developmental disabilities.



CALENDAR 2010



April 17, 2010: STAR Conference on Autism (for parents with children birth to eight). Sponsored in part by CARE Parent Network. Conference located at: Programs for Exceptional Children at Marcus Foster School, 2850 West St., Oakland, CA. For more information call Care Parent Network at: 925-313-0999. (Fee, \$35)

April 28, 2010: Social skills training in high-functioning adolescents with autism spectrum disorders: Important issues and future directions. Speaker: Marjorie Solomon, Ph.D. Sponsored by UC Davis M.I.N.D. Institute. M.I.N.D. Institute Auditorium, 2825 50th St, Sacramento, CA. For more information: contact Terri Contenti, (916)703-0289 (Free).

May 8, 2010: Special Kids Day, 10a.m. to 3 p.m. at De Luna Ranch in Brentwood. A day of games, rides, petting zoo, music and entertainment that is especially designed for children, adults and families of those with emotional, developmental and physical disabilities, residing within Alameda & Contra Costa Counties. There is NO COST to attendees. Reservation by April 20th is required. May close early due to capacity. To register contact: 925-516-2506 or email: renebulan@msn.com Sponsored by the Lions, Lioness and Leo Clubs.

May 11, 2010: Marin Autism Lecture Series: New Models for Understanding and Treating Autism. Sponsored by the Marin Autism Collaborative, San Rafael, CA. For registration: www.signup.marinschools.org. For more information, call or email: Karen Kaplan, 415-497-3751 or karensupportsu@comcast.net (Fee)

May 15, 2010: Special Education Resource and Transition Fair. 10:00 AM – 1:00 PM Vista Hills Education Center, 2625 Barnard Street, Richmond, CA 94806. Information about Special Education Services as well as Services and Programs for young adults after High School. Free door prizes, music, snacks, drinks, entertainment. All is free!

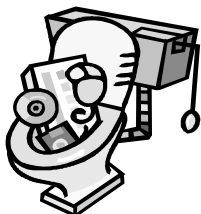
May 15, 2010: 3rd Annual Autism Spectrum Disorder Update. Sponsored by Stanford School of Medicine and Lucille Packard Children's Hospital. Frances C. Arrillaga Alumni Center, Stanford University, CA. For more information and registration: www.lpch.org/clinicalspecialitesservices/coe/brainbehavior/psychiatry/clinicas/autism/conference/index. (Fee)

June 25-28, 2010: SAVE THE DATE -- West Coast CP Conference. Sponsored by Cerebral Palsy Group. San Jose, CA. For more information: email Molly Kennedy @KennedyMolly@att.net. (Fee)

June 26, 2010: C.A.S.T. is a memorable day of fishing on a boat pairing an expert angler with a child with a disability and parent/guardian. Participants receive free entrance to the lake, games, family lunch, and plenty of fun! Registration is on a first come, first served basis, and priority will be given to first time participants. While the event is free, registration is required and the deadline is May 21st, 2010.

DON'T FLUSH THOSE WIPES!

Just because the package says they are flushable doesn't mean they really are. Wipes of all kinds cause serious clogs in your home toilet, as well as at the district pump stations and throughout the sewer system in Contra Costa County. The wipes don't break down the way they are intended. So wrap them up and throw them in the trash before you flush!



RESOURCES

211 is a national, toll-free number you can call 24 hours a day for information about local health and human services information. Our local 211 agency is the Contra Costa Crisis Center where you can get vital resources in our community quickly and easily. The staff speak English and Spanish. They also have an online database that can be accessed at www.211contracosta.org.

Keeping the Lanterman Promise: This is a place where people with developmental disabilities, and their families and friends can find out what is happening to the Lanterman Act in clear, candid, no-nonsense terms. By coming together and sharing information, we can be a part of an effort to restore, defend, and preserve the Lanterman Promise. www.keepingthelantermanpromise.org

The Speech Pathology Group: Offers a monthly parent and toddler group called: Communication Power Hour. You will learn about: typical language development, have opportunities to ask questions about your own child's difficulties, acquire language stimulation techniques to use in your daily routine and more... For more information contact: The Speech Pathology Group at: 925-945-1474. (Fee)

Regional Center of the East Bay: Their Alameda County office has moved! Please make a note of the new address for your records: 500 Davis Street, Suite #100, San Leandro, CA 94577, 510-383-1200.

BORP (Bay Area Outreach and Recreation Program): Bay Area Outreach & Recreation Program (BORP) is a non-profit organization working to improve the health, independence and social integration of people with physical disabilities through sports, fitness and recreation programs. BORP, believes that sports and recreation provide a path to greater achievements to which **all** people should have access, and they continually strive to make this a reality. BORP is located at: 600 Bancroft Way, Berkeley, 94710, 510-849-4663. Visit their website at: www.borp.org or e-mail them at: info@borp.org

HealthyChildren.org: This is the premier Web site for child health information and is backed by the American Academy of Pediatrics. The site provides support, resources and a host of features to enable parents to quickly find the critical, relevant information they are looking for.

TRANSITION TO ADULTHOOD

The Transition Center hosted four workshops in March and April: Community Living Options, Adult Day Programs, Health and Sexuality, and Employment Options. The presenters included Gina Jennings, Executive Director of Full Circle of Choices and Director of the Developmental Disabilities Council; Will Sanford, Executive Director of Futures Explored; Beth Zacovic, Disability Program Manager, Planned Parenthood, and Barbara Maizie, Executive Director of Contra Costa ARC.

The consistent theme throughout the workshops was "consider the possibilities." Possibilities for employment, living, socializing, relationships, etc. Participants learned that there are existing programs to meet the needs of many, if not most, individuals with disabilities, including work, independent living, and adult relationships. The message was clear and direct, "This is a life-long condition, but we're not leaving you stranded, we're here to support your young adult, we have programs that will assist them as they continue to grow and their lives change."

It is no secret that planning and preparing for the initial "adult" transition phase involves a lot of work: both legwork and emotional work. Knowing where to start looking and what to look for are essential pieces of the transition puzzle. One mother was so pleased after attending these sessions that she finally knew the right questions to ask. Until she attended the transition series, she could not even formulate a question about services for her son with the IEP team and with the Regional Center case manager. Starting the adult transition process early can help families ease the stress and uncertainty of transition and provide much needed assurance that the adult will land safely in the future. The Transition Center is here to help. If you have a teenager or young adult, 16-22 years of age, please contact Caroline Ortiz, Transition Coordinator, at 925-313-0999 ext 109.



SAVE THE DATE



CONFERENCIA CONGRESO FAMILIAR

Saturday, August 14, 2010

8:30 am to 4:00 pm
Chabot College
Hayward, CA

A Conference in Spanish for Families
with Members with Disabilities

20+ Workshops • Childcare • Food •
Resource Fair •
Live Music • Friendship • Transportation

For more Information call (510) 851-2056 or
Visit us at congresofamiliar.org

AFTER SCHOOL PROGRAMS FOR TEENAGERS WITH SPECIAL NEEDS

The George Miller Center (GMC) After-School Programs are enrolling Teens with special needs. The programs provide a social, recreational after-school experience, that offers:

- Services for students aged 11 to 22 years
- 5:1 and 3:1 student-to-teacher ratios
- flexibility to address individuals needs of students
- Emphasis on reinforcing goals of student and family
- Bilingual Spanish speaking at GMC Richmond
- Staff with recreational coaching experience
- Vendor of the Regional Center of the East Bay
- Open year-round, services provided on minimum days and non-school days (except holidays)
 - Regular school day 2:30 pm-6:00 pm
 - Minimum school day 1:00 pm-6:00 pm
 - Non-school day 9:00 am-6:00 pm

There are 2 locations currently enrolling:
Concord: Anthony : anthonycssc@aol.com,
(925) 646-5710

3020 Grant Street
Richmond: 2801 Robert Miller Drive
Program Coordinator: Claudia: clam@arcofcc.org,
(510) 374-3981



The newsletter you are reading is available via email!
Contact us to start receiving The Link via email.
Call: 925-313-099 or 800-281-3023
or email Sheri: sproctor@careparentnetwork.org



EQUIPMENT AVAILABLE

- ☆ 1 Adult Rifton Potty Chair
- ☆ 1 Medium Bailey Chimney Stenders
- ☆ 1 Small Prone Stander
- ☆ 1 Medium Prone Stander
- ☆ 1 Small Activity Chair on Wheels
- ☆ 2 Adult Locking Elevated Toilet Seats
- ☆ 1 Adult Seat Belt
- ☆ 1 Tumble Form—Junior Carrie Potty Seat
(weight limit 50-100 lbs)
- ☆ 1 Medium to Adult Invacare Forward Walker—2 Wheels
- ☆ 1 Toddler Guardian Forward Walker
- ☆ 1 Youth Kaye Posture Control Walker—4 Wheels
- ☆ 1 Large Youth Single Quad Cane
- ☆ 2 Small Quad Canes
- ☆ 1 Large Youth to Adult Guardian Quad Cane
- ☆ 1 Set of Large Lofstrand Crutches
- ☆ 1 Medium Pink Rock-n-Roll Push Bike (need upper body strength to ride and the bike needs some gear adjustments)
- ☆ 1 Large Bucket Swing (Sling Only)



SPECIAL THANKS : *IT TAKES A COMMUNITY TO PROVIDE SUPPORT.*

- | | | |
|--|----------------------|---------------------|
| ☆ Sue Ahmadyar | ☆ Vi Ibarra | ☆ Hannah Michealson |
| ☆ Rina Angelovska | ☆ Bob Jacobsen | ☆ Hector Rivera |
| ☆ Julie Barazza | ☆ Gina Jennings | ☆ Carol Rossi |
| ☆ Stephanie Chapralis | ☆ Laura Kahapea | ☆ Will Sanford |
| ☆ East Bay Services for
Developmentally | ☆ Lisa Karleskind | ☆ Paul Schneiders |
| ☆ Disabled/Concord | ☆ Christine Keene | ☆ Gail Smith |
| ☆ Jenifer Gorton | ☆ Barbara Kitagawa | ☆ Anna Tague |
| ☆ Julia Greenwell | ☆ Lesley Lammers | ☆ Teresa Tijero |
| ☆ Denise Guilliams | ☆ Barbara Maizie | ☆ Rosa Valledor |
| ☆ Joanne Hughes | ☆ Hilda Mariscal | ☆ Cathy Weddle |
| | ☆ Ann McDonald-Cacho | ☆ Beth Zacovic |



CARE PARENT NETWORK SUPPORT GROUPS

NAME OF GROUP	LOCATION	FACILITATOR(S)	SCHEDULE	PURPOSE
Just for Fathers	Walnut Creek	Bob Jacobsen (peer facilitator)	1st Wednesday evening	All disabilities
Support for Moms	Brentwood	L. Schneiders	1st Tuesday morning	All disabilities
Support for Moms	Martinez	L. Schneiders	1st Thursday evening	All disabilities
Support for Parents of Teens	Martinez	L. Schneiders	2nd Wednesday evening	All disabilities
Padres Latinos	Brentwood	A. Gattis	1st Friday morning	Spanish-speaking parents, all disabilities
Grupo de Autismo	Brentwood	C. Zepeda	2nd Friday morning	Spanish-speaking parents of children with autism
Caminemos Juntos	San Pablo	H. Mariscal (peer facilitator)	2nd Thursday morning	Spanish-speaking parents, all disabilities
Nuevo Grupo	Pinole	C. Zepeda	2nd week of the month in the afternoon	Spanish-speaking parents, all disabilities

If you are interested in attending a support group, please contact CARE Parent Network at 800-281-3023 x 101 or 925-313-0999 x 101.

Non-Profit Organization
U.S. Postage
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Concord, CA

Return service requested

CARE Parent Network,
A program of Contra Costa ARC
1340 Arnold Drive, #115
Martinez, CA 94553

