



CARE PARENT NETWORK

The Link

"Linking Exceptional Families in Contra Costa County"

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NEWS FROM CARE PARENT NETWORK

CCS Update

Save the Date! CCS will host an Informational Open House on Saturday, November 5 at the Pacheco Community Center. This half-day meeting will be an opportunity for parents of children receiving CCS services to meet the CCS staff, hear more about the program, and learn about resources available to families. A light continental breakfast will be served and advance registration is required. Watch for an announcement of the Open House, or call our office to have one sent to you.

Contra Costa County CCS now has interpretation services available to its staff through a system called CyraCom. This is an "over the phone" service that is available from any touchtone phone and can be accessed by multiple users at the same time. To use an interpreter, the CCS staff member and client dial into the CyraCom system. They are connected to an interpreter who speaks the desired language, is culturally sensitive, and is trained in medical terminology. The conversation is interpreted using a speaker phone or a special dual handset telephone. Either way, the conversation becomes effective and understandable to both the client and the CCS staff person. Many other programs in Contra Costa County as well as countless hospitals and medical

offices throughout the United States use this efficient system. CCS continues to provide the highest quality of care to the families it serves by offering this on-demand interpretation service.

Medical Equipment & Supplies Exchange

FREE Used Equipment:

- 2 Medium Walkers (supported)
- 1 Rifton Stander Medium Height
- 1 Small Pony Walker
- 1 Regular Raised Toilet Seat
- 1 Medium Reverse Walker

Call Joan at 925-313-0999 x 104 to request or for more information.

Side-by-Side Analysis of the Proposed 2004 IDEA Regulations

The Council for Exceptional Children (CEC) has updated its side-by-side summary of the current and proposed IDEA 2004 regulations. The document compares language presented in the law and language in the proposed regulations and includes comments on selected provisions. Amendments to regulations are being proposed to implement recently enacted changes made to the IDEA, as amended by the IDEA Act of 2004. If you would like to see this comparison, go to: http://www.cec.sped.org/pdfs/Initial_Summary.pdf.

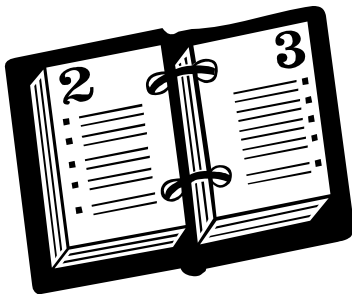
Opinions expressed in *The Link* do not necessarily reflect the endorsement of CARE Parent Network or any of its associations. We do not recommend any treatment, therapy, institution or professional system, etc.

SPECIAL THANKS

Ann Ackerman
 Family and Children's Trust Committee
 First 5 Contra Costa
 Francie Hornstein
 Kaiser Permanente
 Mike Minton



CALENDAR



October 5-7: Supported Life 2005: Limitless Possibilities, Double Tree Hotel, Sacramento. Call 916-567-1974 for more information.

October 7: Tube Feedings are Mealtimes, Too! Presentation and discussion with Marsha Dunn Klein, MEd, OTR/L, Children's Hospital & Research Center, Oakland. Free to parents of children who are tube fed. Sign up at: contacts@mealtimenotions.com.

October 7-8: Tube Feeding With Love, with Marsha Dunn Klein, MEd, OTR/L. Children's Hospital & Research Center, Oakland. Registration information at www.mealtimenotions.com.

October 8: 5K Autism Walk and Community Resource Fair, Bay Meadows. Call 888 8 AUTISM for more information.

October 22: Living With Epilepsy: A conference for health care providers and families affected by epilepsy. Cathedral Hill Hotel, San Francisco. Call 800-632-3532 for information.

October 27-29: Learning Disabilities: 45 Years of Meeting the Challenge, Concord Hilton. Call 866-532-6322 for more information.

November 4: What Happens at 18? Limited Conservatorships & Other Legal Rights. Sponsored by CRISS Family-Centered Care Work Group, State Building Auditorium, 1515 Clay Street, Oakland. Call 510-540-8293 for registration information.



"Turn your stumbling blocks into stepping stones."
 Anonymous

RESOURCES

Free Parenting Workshop

First 5 Contra Costa has funded a free, 6-week parenting workshop to be held at the Walnut Avenue United Methodist Church in Walnut Creek. Workshops start on October 5 and run through November 9 and will include a healthy dinner and snacks as well as free child care. The meetings will last from 5:30 pm until 8 pm. A registration form is available at www.geocities.com/parentingnow, or call Shar Bhatia at 925-262-3506 for more information.

Workshop for Teens with Epilepsy

The **Epilepsy Foundation** will begin a series of interactive workshops for parents of teens with epilepsy in January. This is a unique program designed to explore issues facing parents of teens with epilepsy. Meetings will be held in Santa Clara County. Call Neva Hirschhorn at the Epilepsy Foundation, 800-632-3532 for information or to register.

Free Community Day at Lawrence Hall of Science

The **Lawrence Hall of Science** is offering a Community Day-FREE- on Friday, September 30 from 12:00 noon until 8:00 p.m. After being closed for a month-long "extreme makeover," plus the installation of Big Dinos Return, they are celebrating their grand re-opening with a free community day. Not only will there be special activities, you will also get a sneak preview of the exciting new dinosaur exhibit. Tour the exhibit with paleontologist Matt Wedel; then Ask a Paleontologist questions at 6:30 p.m. There will also be News About Dinosaurs demonstrations at 12:30, 1:30, and 2:30 p.m.; Fossil Finding with Annie Alexander at 4:30 and 5:30 p.m.; and hands-on activities from 12:00 noon to 8:00 p.m. No need to register—just come!

Kids on Wheels is a new magazine for young people who use wheelchairs, and their parents. It's purpose is to guide young wheelchair users toward independence. Right now you can get a special new subscription rate of \$9.95 (4 issues). We have subscription forms, or you can call 888-850-0344, Ext. 209. Check it out!

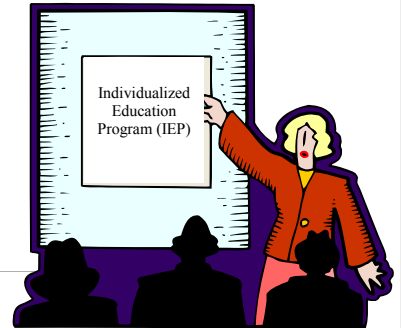
East Bay Autism Support Group

Parents meet informally to discuss a variety of issues and concerns, share experiences and information to provide support. New parents always welcome. Meetings are held on the First Wednesday of every month. 7:00-9:00 pm, Starbucks Coffee, 7904 Dublin Blvd., in Dublin. RSVP to Louise Glueck at 925-373-6468.



SPECIAL FALL IEP TRAINING

When: Saturday, October 15, 2005
9:00 AM Registration & Coffee
9:30 AM – 12:30 PM Workshop



Where: Conference Room
1340 Arnold Drive, Suite 115
Martinez

Who: Eileen Crumm, DREDF Parent Advocate

This workshop will cover basic information about special education and the IEP (Individualized Education Program) process. Participants will learn how to be an effective participant in their child's IEP meeting. All materials will be provided.

Please register by **October 10** using the form below. You will be provided with a code to enter the building. Mail to CARE Parent Network, 1340 Arnold Drive, Suite 115, Martinez 94553 or fax to 925-370-8651.

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Name(s) _____ Email _____

Street Address _____ City & Zip _____

Daytime Phone Number _____

____ Yes, I will attend on October 15.

Parenting a Child With Special Needs

Do you have a child with special needs? Please join us for this special workshop to learn how to care for a child with special needs. We will meet four times, focusing on a different topic at each meeting. Each participant will receive:

- A customized binder to organize your child's records
- Information on local resources
- Connections with other parents
- A certificate of completion

Session 1: Understanding Your Child

Learn more about your child's special needs and how to use that information effectively to plan for the most appropriate services.

Session 2: Understanding the Service System

A comprehensive overview of the different services, including services provided by regional centers and special education.

Session 3: Local Resources

Getting connected with agencies and programs that provide support is important to your well-being.

Session 4: Taking Care of Yourself

Learn how to balance the demands of parenting and take time for yourself. Share your concerns and challenges with other parents.

Where: 1340 Arnold Drive, Suite 115, Martinez

When: 4 Fridays (October 14, 21, 28, November 4)
9:30 AM – 11:30 AM

Please register using the form below by **October 7.**

(Mail to CARE Parent Network, 1340 Arnold Drive, Suite 115, Martinez 94553 or fax to 925-370-8651.)

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Name (s) _____
Street Address _____ City & Zip _____
Daytime Phone Number _____
Your child's birthdate _____ Your child's special need _____

Family Village has put together information related to hurricane disaster relief efforts for people with disabilities and their families, including:

- * Diagnosis/Condition Specific Relief
- * General Disability Relief Efforts
- * Health Care Access & Disability Benefits Programs
- * Web sites Maintaining Lists of Disability-Related Relief Efforts
- * Coping & Mental Health Resources

Visit the Family Village home page at <http://www.familyvillage.wisc.edu/>

Or visit the Hurricane Katrina Disaster Relief page directly at: <http://www.familyvillage.wisc.edu/katrina.html>

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