



# HARBOR HAPPENINGS

2002 EDITION, VOLUME I

## HRC ANNOUNCES DEVELOPMENT OF A NEW CD-ROM FOR TRAINING AND INFORMATION

**Developmental Disabilities:  
Faces, Patterns, Possibilities.  
An Interactive Training Program**

Pop HRC's new CD-ROM on developmental disabilities into your computer's



CD-ROM drive, and you will be greeted by the following introduction.

*You're about to meet some wonderful people and learn about the world as they experience it.*

*You're undertaking a journey of discovery into what it's like to be an individual with a developmental*

*disability of mental retardation, cerebral palsy, autism, or epilepsy.*

*You'll learn about the patterns of these developmental disabilities, what each one is – and what it isn't – as well as the causes, interventions, and – most important – how to unlock the human possibilities.*

HRC developed this CD-ROM to serve as a readily-accessible, interactive learning tool for anyone in need of basic information on developmental disabilities. It was designed to be a desktop reference, for keeping a wide range of multi-media information handy at the click of a

## EMPLOYER RECOGNITION BREAKFAST, "CELEBRATING A PARTNERSHIP THAT WORKS"

People with developmental disabilities can and do work at a wide range of jobs within the community and are positive and productive members of the workforce.



*Kent Yamashiro, HRC Day Program Specialist speaks to Chris Moody from Future Works and Bob Savino from Mattel about the wonderful work these two companies are doing supporting adults with developmental disabilities.*

The key to their success on the job can largely be linked to supportive employers. Harbor Regional Center works together with our business and corporate neighbors to increase employment opportunities for more than 500 HRC adults with developmental disabilities. Supported Employment services provide vital support to both employees and employers to maintain success on the job.

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*HRC Announces Development of A New  
CD-ROM for Training and Information  
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mouse. Potential users of this training and informational tool include:

- Individuals entering the field of developmental services
- Parents and professionals who would like to add to their understanding of these disabilities

The CD-ROM allows the user to browse through text, videos, photos, and illustrations on autism, cerebral palsy, epilepsy, and mental retardation. Video documentaries tell the personal stories of 12 individuals with developmental disabilities of various ages, diagnoses, and levels, and their families, at home, school, work and play. Harbor Regional Center would like to express our sincere appreciation to all of the individual clients, families, service providers, and organizations who graciously participated in the development of these vignettes. There is also the opportunity to click on videotaped discussions of our most "frequently-asked questions," featuring an impressive array of experts:

**Judith Coreman, Ph.D.**  
*Clinical Psychologist*  
Harbor Regional Center

**Randi Hagerman, M.D.**  
*Director of the M.I.N.D. Institute*  
Medical Investigation of  
Neurodevelopmental Disorders  
Tsakopoulos-Vismara Professor  
of Pediatrics  
University of California, Davis

**Sandra Hammersmark, R.N., B.S.N.**  
*Nurse Consultant*  
Harbor Regional Center

**Edward McCabe, M.D., Ph.D.**  
*Physician-in-Chief,*  
*Mattel Children's Hospital*  
Professor and Executive Chair,  
Department of Pediatrics  
UCLA School of Medicine

**Sri Moedjono, M.D.**  
*Medical Consultant,*  
*Harbor Regional Center*  
Assistant Clinical Professor, Department  
of Pediatrics, Division of Medical  
Genetics UCLA

**William Oppenheim, M.D.**  
*Director, UCLA/Orthopaedic Hospital*  
Center for Cerebral Palsy  
Professor of Orthopaedic Surgery  
Chief, Pediatric Orthopaedics  
UCLA School of Medicine

**John Stern, M.D.**  
*Co-Director, Seizure Disorder Center*  
Assistant Professor of Neurology  
UCLA School of Medicine

**Sylvia Young, Ph.D.**  
*Clinical Psychologist*  
Harbor Regional Center

Click on The Professional Reading Room, Language Lab, or Diagnostic Detective, and you will find useful clinical information, terminology, book and video references, and links to lots of informative websites.

This exciting new reference and training tool will be available on loan from the HRC Resource Center, and for purchase by individuals and organizations. To request an order form, or for more information, please contact Nancy Spiegel, HRC Director of Information and Development, at (310) 543-0658, or from the (562) area, call (888) 540-1711, ext. 4658, or via e-mail at nancy@hddf.com.

## PLACES TO GO... THINGS TO DO

### ***A New Resource Book for Community-Based Adult Day Activities***

Harbor Regional Center is proud to announce the completion of a new publication, entitled *Places To Go... Things To Do*. In the opening acknowledgments for the book, HRC Executive Director Patricia Del Monico writes:

“This book is the result of the vision and creative insight of a number of people who saw a need and came together to fill it. The result, we hope, will add to the array of tools available to service providers, to help the individuals with whom they work live fuller and more meaningful lives as active, engaged members of their community.”

The booklet includes pages and pages of ideas and resources, in an entertaining and user-friendly format. It was designed to be a useful tool and starting point for service providers and their staff, who provide daily services and support to adults with developmental disabilities.

Its purpose is to help them to create interesting and engaging activities that are meaningful, and bring purpose and pleasure into the daily lives of our clients, as determined by their interests, and by taking maximum advantage of what’s available in their own communities.

The booklet was developed through a group effort of Harbor Regional Center staff, consultant Barbara Robinson, and representatives of local community-based adult service agencies. We are grateful to those service providers who helped us to ensure that the end product would be useful to them in providing meaningful, quality services. We would like to acknowledge the contributions of Cole

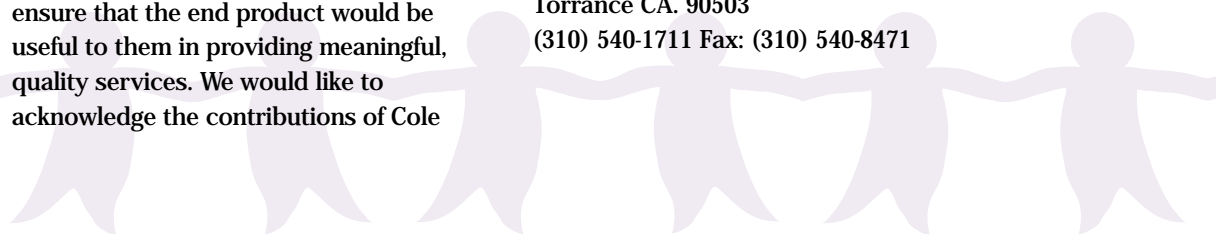


Vocational Services, Easter Seals, Social Vocational Services, Inc., Unlimited Quest, and Westview Services in these efforts.

Our mutual focus is now on supporting the staff of community-based adult service programs to be creative, gather ideas from clients regarding their interests and choices, and to implement meaningful activities like those outlined in this resource book.

Service providers and other interested individuals may purchase copies of this booklet by contacting:

Harbor Regional Center  
The Resource Center  
21231 Hawthorne Blvd.  
Torrance CA. 90503  
(310) 540-1711 Fax: (310) 540-8471



*Employer Recognition Breakfast,  
"Celebrating a Partnership that Works"  
(continued from page 1)*

On November 2, 2001 at the Torrance Marriott, Harbor Regional Center



*(Above) Model Employee award winners Joseph Smitha, Pha Prum, Jason Hudson and Cory Cho celebrate their awards with Senators Betty Karnette and Debra Bowen.*

*(Below) Bob Palmer from El Camino Community College receives an award from Senator Debra Bowen.*

honored some of these special employers, as well as "model" employees, with an Employer Recognition Breakfast that celebrated partnerships that work. These special employers provide opportunities for people with developmental disabilities and through their support have helped many people with disabilities become fully employed members of their communities. Distinguished guests Mayor Dee Hardison, of the City of Torrance, Senator Debra Bowen from the 28th Senate

District, and Senator Betty Karnette, representing the 27th Senate District, presented awards to special employers who were commended for their contributions with hiring and supporting HRC clients. All these employers go beyond expectations and articulate the benefits and rewards of hiring people with developmental disabilities. Harbor Regional Center clients who work for these employers are shown respect and support as coworkers who are individuals.

■ **Mr. Mark McCloskey** representing Hamilton Sunstrand in Long Beach received the Business Leadership

Award. Hamilton Sunstrand employs five clients on a full-time basis in individual work settings. These employees are earning competitive wages and receiving the same employment benefits as their non-disabled coworkers.

- **Bob Savino**, Mail Room Manager from Mattel Toys. Mr. Savino employs nineteen clients with disabilities and two additional workgroups will be starting shortly. Mr. Savino implemented "employee of the month" awards and lunches, and personally funds recognition prizes including trips to Disneyland. He is a strong advocate for hiring people with disabilities.
- **Bridgette Graham**, Home Depot Store Manager. The local Home Depot employs six clients with developmental disabilities in individual work settings. Ms. Graham respects these individuals, who are part of the Home Depot Team, and are striving to improve their quality of life by becoming gainfully employed.
- **Bob Palmer**, El Camino Community College. Mr. Palmer strove to make sure a client employed part-time through school was hired full-time once he graduated. He has done much to acknowledge and support students with disabilities.
- **Mr. Ben Gray**, Owner/Manager of Chick-Fil-A. Mr. Gray is a strong supporter of people with special needs providing job training positions for students still in school and hiring those students upon their completion of school.

In addition, "model" employees were honored during the event. All these adults continually prove that people with a developmental disability are enthusiastic and excellent employees.

**Cory Cho** celebrated his 5th anniversary with Nissan North America in June 2001. He is responsible for mail delivery and related duties, knowing who gets what pieces of mail, while being dedicated and a hard-working individual who is never late to work.

*(continued on page 10)*

## RESOURCE FAIR HIGHLIGHTS RECREATION SERVICES NEAR YOU!

Harbor Regional Center will present a Social and Recreational Resource Fair on May 8, 2002 at Harbor Regional Center's Long Beach Training Center. Attending the fair will be representatives from city park and recreational services, local YMCA programs, social skill training groups, social clubs, and many more. These community agencies and vendors provide a variety of social and recreational opportunities for Harbor Regional Center clients of all ages and will answer questions, as well as distributing materials full of valuable information.

For more information on the Social and Recreational Resource Fair call Kent Yamashiro at (310) 543-0687 or Stacy Schafer at (310) 792-4765.

### **Spotlight on the City of Torrance Recreation Services**

One Parks and Recreation Program that will be represented at the Social and Recreational Resource Fair is the City of Torrance, which prides itself in being at the forefront with programs that serve children with disabilities. The City of Torrance is strongly committed to breaking barriers and serving all of the city's population. Support for these programs is citywide from the City Council to the Mayor to the Parks & Recreation Commission. The City of Torrance has given more than \$80,000 in in-kind support to the Special Olympics and allows use of the city pool for Special Olympians to train. There is a Disabled Resources Advisory Council, a wonderful place for professionals and the general public to meet and network, which assembles monthly to determine the needs of the disabled community within Torrance.

There are four primary programs that target children with disabilities. Many of the programs are integrated for at least part of the day, such as utilizing the library for story time with nondisabled children. Each program endeavors to be individualized with activities that are structured by age and functioning level of the child. Children who live outside of Torrance city limits can also participate in these programs but will need to provide their own transportation to the sites.

Phil Duthie is the Therapeutic Recreation Supervisor for these programs and is very proud of what the City of Torrance has to offer. Even though he spends much time working extra hours, especially with the Special Olympics, he does so because he loves it. The City of Torrance programs for disabled children and adults has something for everyone according to Mr. Duthie.

People Actively Learning & Sharing (PALS) is a social club for teens and adults. PALS offers monthly dances, excursions, barbecues, bowling, and special interest activities. For an annual \$6.00 membership fee, members receive a club membership card and a quarterly newsletter announcing all activities.

Sharing Togetherness & Recreation (STAR) is an after school program for participants ages six years to twenty two years old. STAR offers a variety of recreational activities including games, crafts, sports, dramatics, cooking, fitness, and more.

Adventure Program is an after-school program for youth in grades first through eighth with learning disabilities or otherwise a high-functioning developmental disability, enrolled in Special Day classes. Activities include games, sports, crafts, dramatics, music, and opportunities to explore special interests. This program teaches kids how to make decisions, do homework and has a 1-3 staff to student ratio.

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## COMMUNITY LENDS A HAND TO KEEP HRC CLIENTS STYLISH

Last August, Harbor Regional Center Counselor Kristin Martin was thinking about an adult client on his caseload who had several children who were about to start school. Kristin knew that this parent had limited income and that her children had been teased and made fun of because of their tattered clothing. This enterprising HRC Counselor thought

there had to be a way to address this unmet need for clothing for the children of adult clients with disabilities. The solution started with letters to many local department stores requesting assistance in the form of gift certificates for these families to buy school clothing for their children. An answer came in the form of two wonderful community partners who care about families and especially disadvantaged children.

Mervyn's donated \$3,600.00 specifically to be used for school clothing purchases for children of HRC clients who were living at or below poverty levels.

Shellie Hoyt, Manager of Mervyn's, relates, "I received Kristin's request and was really touched by what Harbor Regional Center does and Mervyn's has a strong commitment to making a difference in the communities where we do business." This special gift from Mervyn's has assisted more than 50 children to acquire a few new clothes for school and to feel better about themselves.

When the school year begins, the weather changes from the warm summer days to the fall and then winter. Keeping children warm with good jackets and coats was the second priority for Kristin Martin. Chadwick School, a Kindergarten through 12th grade private school in Palos Verdes, agreed to assist. With a history of community service projects, the school began a jacket donation program where school children donated used jackets or coats in good condition to be distributed to these needy children. Over 70 jackets were donated and have since found new homes with kids that really needed them.

Harbor Regional Center would like to personally thank both Mervyn's and Chadwick School for their generosity and care towards Harbor Regional Center clients and their children.

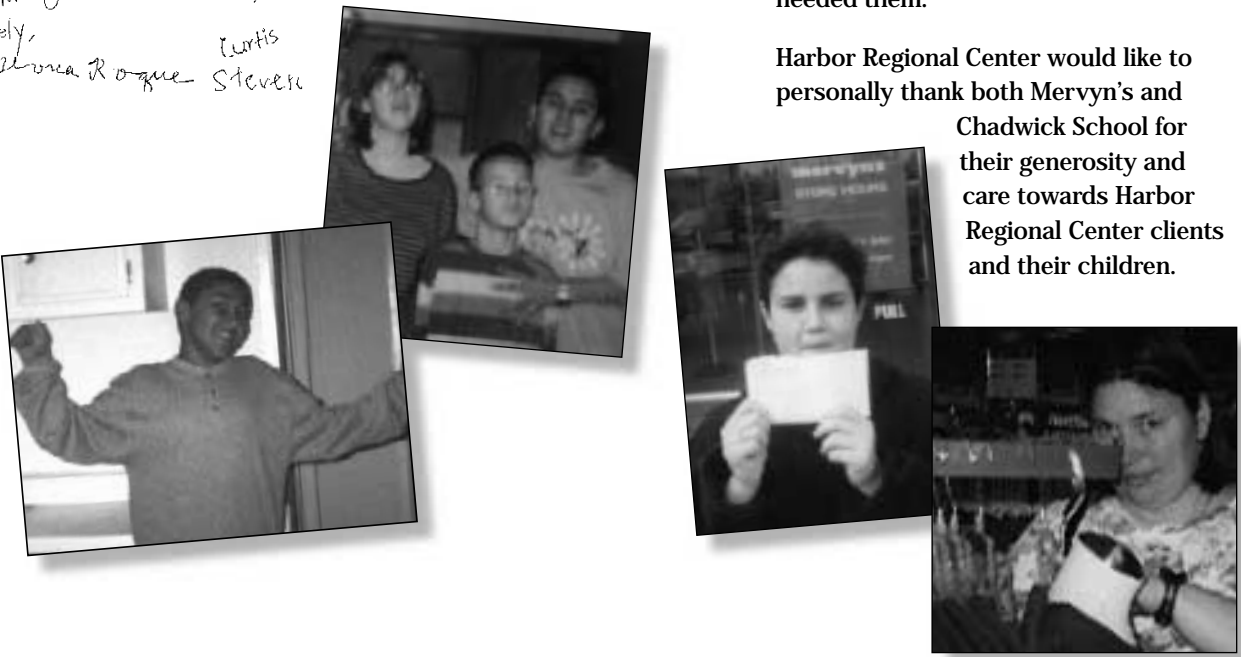
Dear Mervyn's,

My children and I would like to thank you for the generous gift certificates which allowed my daughter Jennifer (16), my son Curtis (12) and my youngest son Steven (9) to go on an unexpected shopping spree for new school clothes. We can't tell you enough how much they desperately needed them. They enjoyed their new clothes so much that they immediately came home and put it on for the enclosed picture. As you can see, you have made them very happy.

Thanks to your generosity, my children can now go to school nicely dressed.

Sincerely,

Jennifer, Curtis, Steven  
Lorena Roque



# HEALTH wellness

## WHEN IS PROFESSIONAL HELP NEEDED

*By Marguerite L. Phillips,  
ACSW, LCSW, HRC Director  
of Special Projects*

May is Mental Health Month and there is a growing awareness that many individuals diagnosed with a developmental disability may also have another diagnosis of mental illness. On May 2, 2002, Harbor Regional Center will be presenting a Mental Health Fair to help give information about different Mental Health Services available in the community. The fair will be at the Harbor Regional Center offices in Torrance.

As a parent with a child diagnosed with a developmental disability it may be confusing to tell if your child is also exhibiting signs of a mental health concern. You are likely the first to observe these signs of mental or emotional distress in your child.

There are behaviors that may indicate that a mental health issue might be present and that a professional opinion might be the best course of action. Frequent temper tantrums, unexplained and unusual mood changes, a habit of disrobing in public, screaming continuously, swearing loudly and continuously, consistent poor personal hygiene and unkempt appearance would suggest the caregiver might consult with their HRC Counselor. The Counselor can also further consult with our expert clinical professionals and if a family desires, can

schedule a conference where these matters can be discussed and possible resources can be identified. Sometimes a behavioral intervention resource may help, and sometimes a psychiatric evaluation or personal counseling/psychotherapy may be indicated. On occasion, a combination of these services may be recommended. There may be times when it is recommended that the entire family participate in the counseling/psychotherapy for the most productive outcomes. Some other signs that may suggest professional clinical evaluation are as follows:

### **Younger Children**

- Marked fall in school performance
- A lot of worry or anxiety, as shown by regular refusal to go to school, go to sleep or take part in activities that are normal for the child's age or developmental level
- Hyperactivity, fidgeting, or constant movement beyond regular playing that interferes with school or relationships
- Persistent nightmares
- Persistent disobedience or aggression (longer than 6 months) and provocative opposition to authority figures
- Frequent, unexplainable temper tantrums
- Self-injurious behavior (such as head-banging, self-biting, etc.)

### **Pre-Adolescents, Adolescents and Adults**

- Marked change in school performance
- Abuse of alcohol and/or drugs
- Inability to cope with problems and daily activities
- Marked changes in sleeping and/or eating habits

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## THE NUTRITION CHALLENGES OF CHILDREN WITH SPECIAL NEEDS

*By Mary Lane-Carlson,  
HRC Nutrition Consultant*

Children should eat the right combination of foods to insure that they grow up strong and healthy, but getting the right food into your child is a challenge for many parents. For a child diagnosed with a developmental disability there are additional difficulties that are often associated with the disability that can affect how healthy their diets are.

Foods are the best sources of the nutrients we need and it is important to eat a wide variety of foods to be well-nourished and healthy. Understanding the key nutrients that our bodies need and why each is needed, as well as the foods that are good sources of each nutrient are essential to becoming and remaining healthy.

Children need specific amounts of protein, carbohydrates, fats, water, calcium, iron, iodine, sodium and other nutrients each day. Following the food guide pyramid will show what foods, and in what quantity, are needed each day. Children should eat very little fat, oils and sweets, and have three servings of milk, yogurt, or cheese daily. Proper nutrition also dictates that 3-5 servings of vegetables; 2-3 servings of meat, poultry, fish, dry beans, eggs or nuts, and 2-4 servings of fruit daily should be consumed each day. Finally, 6-11 servings of bread, cereal, rice or pasta should also be eaten on a daily basis.

Fluids are very important in overall nutrition. Does your child refuse fluids, need extra fluids or have trouble swallowing fluid? Here are some suggestions that may help:

- Offer small frequent sips of fluids

- Thicken fluids like soup by adding crackers or mashed potato flakes or make milk or fruit shakes
- Watch for signs of dehydration such as a dry mouth, sunken eyes, restlessness or irritability, excessive thirst, unduly fatigued, dizziness or nausea.

If your child is having trouble gaining weight here are some ways to hide extra calories:

- Use foods such as Carnation Instant Breakfast as a food supplement to add to whole milk, or puree fruit to make milkshakes
- Use oil or margarine and add to puddings, casseroles, sandwiches or soups
- Give cheese as snacks or add to casseroles and potatoes
- Dried fruits as snacks or mixed into cereals or desserts add calories
- Serve peanut butter on toast, fruit or crackers
- Use ice cream in milkshakes

Some conditions common to the developmentally delayed child are likely to necessitate long-term or prolonged treatment with drugs. The effect of drug therapy on your child's nutritional status is important. Know what kind of effect a drug may have on absorption of vitamins and nutrients, or other kinds of effects such as nausea that may affect food intake. Check with your child's pharmacist to receive information on the drug and nutrient interactions.

Constipation is a common problem with children with developmental disabilities, especially kids with poor muscle tone who are inactive or who are on medications to relax muscles. Extra fluids and fiber in your child's diet can help prevent constipation because fiber absorbs water which adds bulk to the stool and moves it easily through the bowel. To add extra fluids and fiber:

- Encourage your child to drink lots of liquids. Offer juice, milk or water frequently

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# Client *focus*

## **FUN ACTIVITIES BUILD SELF-ESTEEM AND SOCIAL SKILLS**

An afternoon having lunch with friends or attending a baseball game might seem every day to many adults, but for an adult with a developmental disability this can be a big accomplishment. Almost 30 years ago, a small group of parents understood how difficult it was for their adult children to participate in everyday social/recreational activities and felt something could be done about the lack of social opportunities for their children. These enterprising parents, with the assistance of Harbor Regional Center, started the nonprofit organization, More Opportunities for Developmentally Disabled (MODD). From its inception, MODD has had one goal in mind, to help adults with developmental disabilities to become better at expressing themselves through increased social opportunities.

Before 1973, adults with developmental disabilities had little choice in social activities. According to Alice Bryson, current MODD President, "Before MODD there was nothing for disabled adults to do. They sat home alone and many people in the community were afraid of them." The beginning of this wonderful organization was modest with only 22 young adults with developmental disabilities participating, but it has grown to more than 130 members that have come from as far away as the West Los Angeles area to take part in the workshops or recreational activities.

The most successful MODD program, the Drama Workshop, has continued for more than 25 years and is held twice a year in conjunction with the Harbor College Theatre Department. All aspects of these productions are inclusive, where in the actors, light crew, set dressers, are comprised of both Harbor College Theatre students and MODD members. Because of the exposure during these dramatic workshops, many MODD members have been in movies or on television. All of the many MODD workshops are centered around social activities, exposure to cultural events, or recreational outings that will increase participants' awareness of what life and their community have to offer. What started as organized drama workshops to help members learn to better express themselves, has evolved into many workshops on drama, dance and sailing programs, as well as a social calendar that includes potluck dinners, plays, art classes and trips to places like Las Vegas and the San Diego Wild Animal Park.

For parents, MODD can be a support group that gives them an arena for information, ideas, and support concerning their adult child with developmental disabilities. Parents are encouraged to become involved and there is always a



*Denise Bryson, Louise Brown and Debbie Pendergrass are happy to be part of another successful Drama Workshop.*

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*Fun Activities Build Self-Esteem and Social Skills (continued from page 9)*

need for additional parents to organize activities and help. Alice Bryson



*Honing their acting skills on stage is always exciting for Robbie Nielsen, Steven Horspool and Cassie Mueller who love participating with MOOD. Also pictured is Gerald Marshall from Harbor College Theatre Department.*

became involved in MOOD because of her daughter Denise. Denise Bryson continues to be Alice's motivation and Denise actively participates in the organization stating, "It is a good bunch of people...we hang out and do many fun things."

Though Alice, who is now 79 years old, says she is not as young as she used to be and cannot do as much as she once did, seeing the participants come out of their shells is glorious and keeps her going.

MOOD depends on the generosity of the community. The contributions are used to help defray the cost of activities such as the recent trip to Disneyland or to pay for the workshops. Money is a problem and many times Alice or John Mueller, MOOD Vice President will take money out of their own pocket to fund field trips, dinners and other events. Costs of activities are the responsibility of participants although they are often offset by fund-raising efforts.

This wonderful organization is dedicated to furthering the emotional and social education of developmentally disabled adults, sixteen years and older. The organization assists participants to feel good about themselves. MOOD does not provide direct supervision so that adults must be pretty self-sufficient with no major behavior problems. If you are interested in this program, please contact Alice Bryson at (310) 547-3980 or Kea Carney, HRC Counselor at (310) 540-1711 ext. 512.

*Employer Recognition Breakfast, "Celebrating a Partnership that Works" (continued from page 4)*

**Pha Prum** has been employed as the Client Support Specialist in the Harbor Regional Center Resource Library for more than one year. Pha always gives 150% and is responsible for assisting in the HRC computer lab while developing a curriculum for client computer classes.

**Jason Hudson** has been working at the Torrance Home Depot since September of 1998. He has been a responsible and conscientious employee who was honored by being assigned to work stocking on the Home Depot's night crew.

**Joseph Smitha** began working at the El Camino Community College cafeteria while still in high school. His work performance, attendance and great attitude all contributed to his getting hired by El Camino in September 2000 following completion of school.

**Pablo Cassillo** has been employed at a home improvement store and received promotions from a cart person to lawn and garden, and finally to customer service associate where he excels and is always giving his best.

## TURNING HER LIFE AROUND

Tanga Ritter remembers the day she finally decided that she needed to change her life. She had lost her children to foster care and she began feeling more comfortable in jail than in the real world. It was then that Tanga realized she needed to become clean and sober and work toward getting her life and children back.

This courageous woman, who has a diagnosis of mild mental retardation, states that she experienced extreme challenges while growing up, including physical and mental abuse. The drug use came, according to Tanga, "because I needed to numb the pain." As the drug and alcohol use escalated, Tanga made attempts to turn her life around but every attempt ended in failure. Tanga feels the lifetime of abuse made her timid and weak, unable to stand up for herself or for her children.

What seemed like just another story about a lifetime of drug abuse and consequently a waste of human potential has dramatically changed its storyline. Tanga has gone from the streets to living in a clean and stable home becoming a strong and powerful advocate for herself and her family. She is no longer depending on questionable supports such as her friends from the street but now will talk to and depend on her new "family," the people and friends she has met through LifeSteps Foundation, an organization that provides Tanga with supported living services. For Tanga there was no miracle, just taking her life one day at a time, trying to stay clean and becoming a responsible adult. The support she receives from Harbor Regional Center, and especially LifeSteps, provides her with the stability that she has never known. LifeSteps, Tanga relates, has taught her important skills in independent living, parenting and given her support even in the worst times.

Obtaining and keeping employment has provided Tanga with a sense of accomplishment she never knew before. "I could stay home and collect welfare," Tanga conveys, "but I want to work and contribute." Tanga cleans offices and also works in the capacity of a Clerical/Office support person for Life Steps Foundation. This position has had a very positive effect on Tanga and sparked her interest in computers. She also works as an In-home Supportive Services employee for other disabled individuals. Wanting to help others is important to Tanga because she feels she has had so much assistance in her life. Tanga is very appreciative and happy for the opportunities she has received, and grateful that others believe in her.

Tanga has dreams. She wants to have a little house by the beach, a place she frequently goes to de-stress and relax instead of using drugs or alcohol. Tanga has many plans for her future. She has recently enrolled at Long Beach City College in general education courses in reading and math so that she may build her basic skills. Someday she hopes to study computer programming so that she can make more money and become more successful in her career.



*(Above) Tanga Ritter (left) with one of her LifeSteps Supported Living Counselors and her children, whom she states were one of her motivations to become a better person.*

*Working at LifeSteps shredding paper or performing many of her other job duties has become a wonderful and rewarding experience for Tanga.*

*(continued on page 16)*

## HARBOR REGIONAL CENTER'S HOLIDAY FAMILY CELEBRATION IS A HUGE SUCCESS!



For more than 28 years, Harbor Regional Center has worked with various community partners to ensure that the families with the greatest needs are provided with extra support during the holiday season. This past holiday season, Harbor Regional Center collaborated with numerous community partners on several different types of programs to ensure that

those families that needed assistance the most benefitted and experienced a better holiday season. Holiday programs include the "Adopt-A-Family" program in which organizations or individuals purchase gifts and food for an assigned family and then get to meet the family by delivering the gifts to them. More than 40 families receive assistance through this program. In addition, Harbor Regional Center also distributed gift certificates for food, toys, or clothing to more than 700 Harbor Regional Center families, thanks to holiday donations from our HRC Community.

An extra special program was inaugurated this year. The Holiday Family Celebration 2001, a collaboration with Harbor Regional Center and the South Torrance/BIGGS Neighborhood Girl Scout Council, was a joyous and spectacular event that allowed more than 200 families living at or below poverty level to enjoy a special event just for them. More than 700 children received new toys generously donated by Mattel, Hasbro, Walt Disney Companies, Wherehouse Music, and Mervyn's, as well as receiving pictures with Santa Claus courtesy of the Torrance Police Department and Polaroid. Radio Disney provided "man-made snow" which was a huge hit with

the kids who built snowmen and had snowball fights.

Entertainment was also provided by Radio Disney with various contests and great music. Kids tested their bean bag throwing skills among the many craft and game booths, developed and staffed by Girl Scout Troops, and received prizes for their efforts. For those children who worked up an appetite or thirst running from one fun thing to do to another, Nabisco Foods, Starbucks, and Pepsi provided

delicious snacks and drinks.



All afternoon, the children attending were seen with huge smiles on their faces and a sense of joy that they might not have experienced without the wonderful support from all of our community partners and Harbor Regional Center's Holiday Family Celebration 2001.

Harbor Regional Center thanks the following organizations for their generous support of the Holiday Family Event 2001:

- Angeles Girl Scout Council –  
South Torrance/BIGGS Neighborhood
- Girl Scout Troop 195
- Mattel Children's Foundation
- Walt Disney Company
- Hasbro Charity Trust
- Nabisco Foods
- Wherehouse Music
- Pepsi Bottling Company
- Sandpiper Foundation
- Target Stores
- Diversified Paratransit
- Cambrian
- Mervyn's
- Polaroid Corporation
- Starbucks Coffee
- Krispy Kream Doughnuts
- McDonald's
- City of Torrance  
Police Department
- In N Out Burgers
- Costco



# resource center

## HARBOR REGIONAL CENTER'S RESOURCE CENTER IS NOW OPEN!



*Pha Prum updates the different informational booklets available at the new Harbor Regional Center Resource Center.*

For those of you who have visited the Resource Center in the past, wait until you see our changes! For those readers who have never been here before, now is the time to make your first visit. All of the services of the Resource Center are now found in the same location...you no longer have to go out of the library to view a video, or across the courtyard for an Assistive Technology consultation or to the Computer Center. Now, if you are waiting for an AT Lab consultation, you can browse through our shelves of books, or sit and read one of our numerous informational magazines. Our friendly and well-informed staff will be glad to give you a tour. The first 200 families who stop in to see our new home will be given free of charge a wonderful book, *Extraordinary Kids: Nurturing And Championing Your Child With Special Needs*, by Cheri Fuller and Louise Tucker Jones.

The new cataloging system moves from the difficult to understand Dewey Decimal System to a color-coded system that is much more user-friendly for all of us non-librarian types. We have eight major sections: Specific Disabilities, Health/Clinical, Family, Education, Successful Living, Communication/Technology, Children's Books and Miscellaneous. Within each section there are from 8-12 subcategories, like Autism

Spectrum Disorders, Futures Planning, Child Development, or Safety. We think you will find this system makes it much easier for you to locate items on the shelves, especially the videos and other multimedia materials.

You HRC Resource Center has moved into the 21st century and we welcome you back after our extensive remodeling. The Resource Center is open Monday – Thursday from 8:30 a.m. to 6:00 p.m.; Friday 8:30 a.m. to 4:30 p.m. and the 2nd Saturday of each month from 12:30 to 3:30 p.m. For more information, call us at (310) 543-0691 or access our website at [www.harborrc.org/frc](http://www.harborrc.org/frc).

### **Loans of Materials from the HRC Resource Center**

The Harbor Regional Center Resource Center has a new Library Patron policy to make communicating easier, and for some, cheaper and less cumbersome. Our Resource Center services are still free to our families, clients and HRC staff. For others who wish to access the many resources available at the Center, an annual Patron membership fee of \$25.00 covers it all. To keep our families and clients address and telephone numbers updated there will be annual renewals for everybody. Items may be checked out for a period of up to two weeks, with up to two renewals being made for an additional one-week period each time.

### **Harbor Regional Center's Resource Center has a New Website!**

If you surf the web for information or for fun, please be sure to access our Resource Center website and let us know what you think about our new look. You can find our hours, descriptions of our various services, staff information and

book reviews. We also have reviews of videos and other multimedia resources available at the Resource Center. The new website offers an explanation of the Resource Center's various services, including the Resource Library, the Computer Center, Assistive Technology Lab, and Helpline. You can "click" to your heart's content, browse through our on-line catalog, find answers to Frequently Asked Questions (FAQs), or check out events that might interest you. We look forward to your comments and to providing you with the support and information you need. You can find us at: [www.harborrc.org/frc](http://www.harborrc.org/frc).

### **Great New Children's Books Available Now at the Resource Center**

*By Dominique De Borba, HRC Parent and Family Support Assistant*

I was particularly excited about one new item that the Resource Center is featuring this month. Last summer when my children lost their grandfather, my six-year-old son had many questions. A good friend gave us a wonderful child's book written by Maria Shriver, called *What's Heaven?* It addressed feelings surrounding death and dying, and where people go after they die. Her warm and sensitive approach was so helpful to our family in explaining such a difficult subject. I was thrilled when the Resource Center received a copy of her latest book called, *What's Wrong with Timmy?* As many of us know, Maria Shriver and many members of the Kennedy family have been deeply involved with the rights of the disabled. This book helps answer the difficult questions children ask when they point out

that a disabled child or adult looks and acts "different." It shows parents how to talk about differences while emphasizing the things all people have in common.

The best part of this book is getting to meet "Timmy,"

a lovable boy with a disability, who teaches his friend Kate that there is really nothing "wrong" with him, and that kids with disabilities are not to be feared, pitied, or ridiculed, but are to be embraced, challenged, and included!

Along similar lines, we also received another book that teaches kids about disability awareness. Written by Rene Roberts Murrin, a kindergarten teacher with cerebral palsy, *Please Don't Stare* was written for children to help them understand that staring at someone who is different can hurt the other person's feelings. It was written as a vehicle to assist children to discuss disabilities, and to help them gain a voice for their curiosities about the disabled.

Both these books will be valuable additions to the children's section of our library, and will hopefully continue to encourage children to ask about disability and become more aware.



*Reviewing all the new books now available at the Resource Center has been exciting for Valerie Dawson, Family Support Assistant and Sherry Leopold, Resource Center Manager.*

## HARBOR REGIONAL CENTER E-MAIL COMMUNICATION NETWORK

We periodically receive legislative action requests or other timely information from the Association of Regional Center Agencies (ARCA) or other sources. If you are interested in receiving important updates and action alerts from HRC, whether solely for your information, or to allow you to follow up with a letter to your legislator, etc., please send an e-mail to Nancy Spiegel, HRC Director of Information and Development, Nancy@hddf.com. Indicate that you would like to be added to the HRC E-mail Communication Network mailing list.

### *Turning Her Life Around (continued from page 11)*

Tanga states that she now has a taste of real life and sees how wonderful it can be. Her advice to others that may be experiencing problems with drugs, alcohol or even feelings of insecurity, is to let others reach out to you and to take one day at a time. "Get to know the fear in yourself," Tanga relates. Tanga, too, had a lot of fear and by realizing what those fears were and not letting them take over, she has turned her life around. Most importantly, Tanga believes that you can't let anyone tell you that you cannot do something, and she is a living example that anything is possible with the will to succeed and proper supports.

## FAMILY SUPPORT GROUPS MONTHLY MEETING SCHEDULES

Autism Society (Long Beach, Harbor areas)	3rd Thursday
Chinese Parents of Disabled Children	As scheduled
Down Syndrome Parents, Long Beach	1st Wednesday
Down Syndrome Parents, South Bay	2nd Thursday
Early Intervention Coordinating Councils (Infants and Toddlers)	
Harbor Area	3rd Tuesday
Long Beach	2nd Tuesday
South Bay	3rd Thursday
Southeast	1st Wednesday, bi-monthly
The Early Years Parent Support Group	Last Thursday of the month 7:00 p.m. to 9:00 p.m. at HRC
Esperanza y Fe (Spanish Speaking)	2nd Saturday, monthly
F.A.C.E. Forward (South Bay)	As scheduled
Special Education Training and Support Group	1st Tuesday, October through June
Korean Parent Support Group	Call Taejong Min, (310) 540-1711, ext. 542
Living Options Parent Information Meeting	Quarterly
Long Beach Parent Support	1st Monday, September through June
Neurofibromatosis Family Support	As scheduled
Single Parents of Children with Special Needs	2nd and 4th Mondays
South Bay MTU Parent Group	As scheduled
Unidad Y Fuerza (Spanish Speaking)	2nd Wednesday
Vietnamese Parents of Disabled Children	As scheduled

# FAMILY *matters*

## A MIRACLE BABY

Kamlesh Vinod has always wanted children, but after six miscarriages and more than 12 years of trying, she had almost given up hope. In 1998, another pregnancy seemed to be going well until a routine ultrasound during her third month of pregnancy brought devastating news. It was discovered that the baby, a girl, was diagnosed with Omphalocele, a condition where both the small & large intestines are developing outside of the body cavity. Hearing this news brought a sense of sorrow and devastation that was quickly replaced by fierce determination. She felt that God had given her the chance to have this child and she wouldn't let anyone tell her the baby would die.

Pooja was born by Caesarean section and seemed like any other baby with a healthy cry, a beautiful face and lots of hair. In reality she was very ill with her intestines, the size of a saucer, outside her body cavity and causing a life threatening situation. Kamlesh cannot recall how many times her fragile little baby went into Code Blue and the doctors told her to say goodbye. Refusing to give up, Kamlesh let the doctors know that her baby was a fighter and she would be there for her. When Kamlesh was young, her brother became very ill and he too was not expected to live. He is now an adult with four children of his own and his experience gave Kamlesh hope and the determination she would need for the precarious months ahead.

With her mother at her bedside every day, Pooja underwent various medical procedures. During that time, she was

put on a ventilator to help her breathe.

The doctors literally had to vibrate Pooja's chest area with a special machine that stretched it, making the area larger so that her intestines could be put back into her abdominal cavity. Many surgeries later, the Omphalocele was repaired. Pooja

then developed chronic lung disease becoming oxygen dependent. This miracle baby, as her mother began calling her, seemed to recognize the voices around her, and would grip her mother's hand even though she was in a drug induced coma. The many tubes coming from Pooja were daunting, especially for her father, who was afraid to hold her as he might hurt her. The day that her tracheostomy tube was placed, was a joyous day for Pooja's parents, especially her father, because he could now see her full face, which was unobstructed for the first time. Pooja could now smile and make sounds.

Both parents were very excited to have Pooja come home when she was discharged from the hospital more than seven months after her birth. Pooja's parents were also anxious because she needed intensive care requiring a tracheostomy tube, a ventilator for breathing, continuous oxygen, breathing treatments, a monitor, gastrostomy tube feedings, and multiple medications. She



*(Above) Even with all her health problems, Pooja, since she was a baby, has loved to pose for the camera.*

*(Below) Pooja shows how to work her toy computer.*

*(continued on page 18)*

*Social & Recreational Opportunities for  
People with Developmental Disabilities  
(continued from page 5)*

**Torrance Special Olympics**



*The Special Olympics Girls Volleyball team, from the City of Torrance, serves up another win.*

The Torrance Special Olympics Team offers a year-round program for developmentally disabled individuals age eight and older. Practices include participation in both individual and team sports including basketball, soccer, track and field and many others.

The team attends meets

and tournaments in the greater Los Angeles area. The city has an extensive Special Olympics program with more than 285 athletes.

If you want more information about the City of Torrance Programs, please call the City of Torrance Parks and Recreation Department at (310) 618-2934.

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*When Is Professional Help Needed  
(continued from page 7)*

- Many complaints of physical ailments
- Aggressive or nonaggressive consistent violation of rights of others; opposition to authority, truancy, thefts, or vandalism; intense fear of becoming obese with no relationship to actual body weight
- Depression shown by sustained, prolonged negative mood and attitude, often accompanied by poor appetite, difficulty sleeping, or thoughts of death
- Frequent outbursts of anger
- Self-injurious behavior (such as head-banging, self-biting, etc.)

For more information about the Harbor Regional Center Mental Health Fair, please contact Marguerite Phillips at (310) 543-0659.

*A Miracle Baby (continued from page 17)*

was at great risk for respiratory distress due to chronic lung disease and ventilator dependency. Pooja was a child who needed much medical treatment, and her mother states that she could not have done it without the nursing assistance she received through Medi-Cal. The family had no coverage for shift nursing under their private insurance plan, so Harbor Regional Center Nurse Consultant Pat Hevessy assisted the family to apply for a special In-Home Nursing Care program called "EPSTD." This model program provides Medi-Cal funded services to children based on medical need for nursing care, and not on parents' income. The family was able to receive 16 hours of nursing support daily, to assist with Pooja's vast medical needs. "Without this assistance I would have been a basket case," Kamlesh relates.

Today Pooja is now 3 1/2 years old and is an outgoing and charming little girl who loves to show a visitor her computer or her favorite television show, Oprah. She is no longer dependent on the ventilator, tracheostomy tube, or oxygen. Because of the tracheostomy tube and her oxygen dependency for her first three years of life, her speech is delayed, but through oral motor therapy she is making progress, speaking more and more words. Pooja is eating more solid foods, though still is supplemented through a G-tube. All the doctors at Long Beach Memorial, who feared she wasn't going to make it, now marvel at Pooja's continued progress. Kamlesh wants Pooja to have a normal healthy life. Pooja loves to play with the stethoscope and Kamlesh thinks she might be in the medical field when she grows up. After all, Pooja knows about doctors and hospitals and has beat the odds. She is a wonderful little girl that brings joy to her parents and everyone who meets her.

## SAVE THE DATE!

### CELEBRATING FAMILIES

On April 20, 2002, the Harbor Early Start Partnership Family Resource Center Network will present Celebrating Families V. This wonderful conference will focus on Early Intervention in Natural Environments and is scheduled from 8:30 a.m. to 3:00 p.m. at the Harbor Regional Center offices in Torrance. This conference celebrating its 5th year is centered around strengthening and supporting families who have infants and children with special needs. The conference will speak about early intervention services in the natural environment which provides children with the opportunities to play, learn and interact with their same-age peers that do not have developmental delays.

The conference is free to all families with children birth to three years old, and there will be special door prizes for all participants.

Child care is limited to fifteen children on a first-come, first-served basis. For reservations or more information, please call (310) 540-1711 ex: 4691.

### SHOP AT MACY'S....SAVE MONEY....ASSIST HOPE

Come to Macy's Day at the local Macy's Department Store at Del Amo Mall on Wednesday, April 24, 2002 and save up to 20% even on sale items! Purchase a \$10 ticket from HOPE and use the ticket all day and save at Macy's. All proceeds from pre-ticket sales go to HOPE. On the day of the sale, tickets will still be available for purchase from Macy's and all proceeds from those sales will be split among the organizations participating. This is an easy, fun and smart way to assist HOPE. For more information or to order your ticket today, please call Jennifer Byram at (310) 540-1711 ext: 4635.

### FRIENDS & FAMILY EVENT, 2002

El Dorado Park, Long Beach, May 4, 2002 from 2:00 p.m. to 6:00 p.m.

Harbor Regional Center presents the Family and Friends Celebration 2002 at El Dorado Park in Long Beach. This is an exclusive event just for HRC clients of all ages and their families, along with HRC staff and service providers. Join us for an afternoon of outdoor fun including live music by Imagine, The Beatles Tribute, wagon rides, a petting zoo, moon bounces, pony rides, and more. Barbecue lunches will be on sale, by advance purchase only, for \$3.75 per person, or feel free to bring your own picnic lunch, blankets, or beach chairs.

Admission for the event is free for HRC clients. Advance registration is required. Invitations will be mailed to HRC clients and service providers in the spring. A limited amount of transportation will also be made available for clients who do not have other means of transportation, on a first-come, first-served basis. For more information, contact Kathy Scheffer at (310) 543-0686, or e-mail her at [Kathryns@hddf.com](mailto:Kathryns@hddf.com).

### ANNUAL HOPE ROUND-UP ARRIVES

Hey partners, round up your friends and bring them to an exciting and fun HOPE fundraising event on Saturday, June 22, 2002 at the Autry Museum of Western Heritage in Los Angeles. The Autry Museum has a fantastic collection of artifacts from the Southwestern United States and memorabilia from the early Western movies with Roy Rogers and Dale Evans and many others.

Wonderful auction items and drawings will be available including a fantastic vacation destination for the Opportunity Drawing in Ixtapa/Zihuatnejo, Mexico which includes round trip air fare, plus seven days and six night hotel accommodations at the Westin Brisas in Ixtapa.

For more information about this event, please call Jennifer Byram at (310) 540-1711 ext: 4635.

## PROBLEMAS DE NUTRICIÓN EN EL NIÑO CON NECESIDADES ESPECIALES

*Por Mary Lane-Carlson, Asesora de nutrición de HRC*

Los niños deben consumir una combinación de alimentos adecuada para asegurar su crecimiento fuerte y sano, pero para muchos padres el problema es lograr que los coman. Para el niño diagnosticado con una incapacidad del desarrollo existen dificultades adicionales, con frecuencia asociadas a la incapacidad, que pueden afectar su alimentación sana.

Los alimentos son la mejor fuente de elementos nutritivos y, para estar sanos y bien alimentados, es importante consumir una variedad de alimentos. Para lograr y mantener la buena salud es importante comprender qué elementos nutritivos son importantes para el organismo y por qué son necesarios y también qué alimentos los contienen.

Los niños necesitan cierta cantidad de proteína, carbohidratos, grasas, agua, calcio, hierro, yodo, sodio y otros elementos nutritivos todos los días. Si se guía por la pirámide de nutrición descubrirá qué alimentos se necesitan todos los días y en qué cantidades. Los niños deben consumir muy poca grasa, aceites y dulces y 3 porciones de leche, yogur o queso todos los días. Para estar bien alimentados también se deben consumir 3-5 porciones de verduras; 2-3 porciones de carne, aves, pescados, frijoles secos, huevos o nueces y 2-4 porciones de fruta todos los días. Finalmente, se deben comer entre 6 y 11 porciones de pan, cereal, arroz o fideos a diario también.

Los líquidos son muy importantes para la alimentación en general. ¿Su hijo rechaza los líquidos, necesita líquidos adicionales o tiene problemas en tragarlos? He aquí algunos consejos que pueden serle útiles:

Ofrézcale sorbos pequeños y frecuentes de líquidos

Espese los líquidos como la sopa mezclando galletas o escamas de puré de papas o prepare batidos de leche o de fruta

Observe síntomas de deshidratación como la boca seca, ojos hundidos, inquietud o irritabilidad, exceso de sed, fatiga excesiva, mareos o náuseas

- Si su hijo tiene problemas para aumentar de peso, los siguientes son consejos para aumentar calorías:
- Use alimentos del tipo desayuno instantáneo Carnation como suplemento alimenticio para mezclarle a la leche o mezcle un puré de frutas en el batido de leche
- Utilice aceite o margarina en los budines, guisados, emparedados o sopas
- Ofrezca queso de merienda o mézclelo en los guisados y las papas
- La fruta seca como merienda o en el cereal o el postre aumenta las calorías
- Sirva mantequilla de cacahuete en pan tostado, fruta o galletas

Mezcle helado en los batidos de leche

Ciertos trastornos que afectan comúnmente al niño con demoras del desarrollo pueden requerir un tratamiento prolongado o a largo plazo con medicamentos. Es importante el efecto que tiene un tratamiento farmacológico en el estado de nutrición de su hijo. Debe conocer el efecto que un medicamento puede tener en la absorción de vitaminas y elementos nutritivos o qué otra consecuencia, como las náuseas, podría afectar su

consumo de alimentos. Consulte con el farmacéutico de su hijo para obtener información sobre el medicamento y su interacción con los alimentos.

El estreñimiento es un problema común en el niño con incapacidad del desarrollo, especialmente en el que la tonificación del músculo es deficiente o que está tomando medicamentos para relajar los músculos. El consumo de líquidos y fibra adicional en la dieta puede ayudar a prevenir el estreñimiento ya que la fibra absorbe el agua y agrega volumen al excremento que así se mueve fácilmente por los intestinos.

Para agregar líquidos y fibra:

- Ofrézcale muchos líquidos a su hijo; jugo, leche o agua con frecuencia
- Sírvale gelatina o paletas como forma de aumentar su consumo de líquidos

Mezcle una cucharada de salvado a las comidas y poco a poco aumente hasta llegar a dos cucharadas diarias. Ponga

salvado en el cereal, puré de papas, comidas en puré o mézclelo en la hamburguesa

Pruebe un alimento nuevo que tenga mucha fibra, como las harinas de grano entero, productos de pan, fruta seca y bayas, verduras crudas o cocidas o guisantes, frijoles o lentejas secas

#### **Sirva ciruelas o jugo de ciruela**

Un bebé o un niño corre riesgo de estar mal alimentado si su peso está por debajo o por encima del normal, su peso al nacer fue bajo, está anémico o come una dieta inadecuada ya sea por problemas físicos o de comportamiento. A estos niños se les debe ofrecer información básica sobre nutrición y remitir para recibir evaluación e intervención adicional. Si usted cree que su niño corre riesgo de estar mal alimentado, consulte con su pediatra o hable con su consejero de HRC.

## **¡NO SE OLVIDE DE ESTA FECHA!**

### **Celebración de la Familia**

El 20 de abril de 2002, Harbor Early Start Partnership Family Resource Center Network presentará la 5ª Celebración de la Familia. Esta estupenda conferencia tratará sobre ambientes naturales y está programada de 8:30 a.m. a 3:00 p.m. en las oficinas de Torrance de Harbor Regional Center. Esta conferencia, que celebra su 5º año, enfoca el fortalecimiento y apoyo de las familias con bebés y niños que tienen necesidades especiales. Se hablará sobre la intervención temprana en el ambiente natural del niño que le ofrece la oportunidad de jugar, aprender y tener interacción con niños de su misma edad sin demoras del desarrollo.

La conferencia es gratuita para todas las familias y se regalarán premios de entrada a los participantes. El cuidado de niños está limitado a quince niños según el orden de llegada. Para hacer reservaciones u obtener más información, por favor llame al (310) 540-1711, extensión 4691.

## **OPORTUNIDADES SOCIALES Y RECREATIVAS PARA PERSONAS CON INCAPACIDAD DEL DESARROLLO**

Harbor Regional Center presentará una Feria de Recursos Sociales y Recreativos el 8 de mayo de 2002 en el Centro de Capacitación de Harbor Regional Center en Long Beach. Asistirán representantes de servicios de parques y recreación de la ciudad, programas locales de la YMCA, grupos de capacitación de aptitudes sociales, clubes sociales y mucho más. Estas agencias comunitarias y proveedores ofrecen una variedad de oportunidades sociales y recreativas para clientes de toda edad de Harbor Regional Center y responderán preguntas y distribuirán materiales repletos de información valiosa.

Uno de estos programas de Parques y Recreación que estará representado en la Feria de Recursos Sociales y Recreativos es la Ciudad de Torrance, que se enorgullece de estar a la vanguardia con programas que favorecen a niños incapacitados. La Ciudad de Torrance siente un firme compromiso de romper barreras y atender a toda la población de la ciudad. El apoyo de estos programas abarca toda la ciudad desde el Consejo Municipal y el Alcalde, hasta la Comisión de Parques y Recreación. La Ciudad de Torrance ha colaborado con más de \$80,00 en apoyo en especies para el programa Special Olympics y permite que los participantes usen la piscina de la ciudad para practicar. El Consejo Asesor de Recursos para Incapacitados es un estupendo lugar que se convoca mensualmente para que profesionales y público en general se reúnan y se

comuniquen para determinar las necesidades de la comunidad incapacitada en Torrance.

Existen cuatro programas principales dedicados a los niños incapacitados. Muchos son integrados al menos durante parte del día, por ejemplo, cuando se utiliza la biblioteca para leer cuentos infantiles con niños no incapacitados. Cada programa procura individualizarse con actividades estructuradas según edad y nivel de funcionamiento del niño. Los niños que viven fuera de los límites de la ciudad de Torrance también pueden participar en estos programas, aunque tendrán que utilizar su propia transportación.

Phil Duthie, Supervisor de Recreación Terapéutica de los programas, está muy orgulloso de lo que ofrece la Ciudad de Torrance. Aunque pasa muchas horas adicionales trabajando, especialmente con Special Olympics, lo hace por amor a esa labor. Los programas de la Ciudad de Torrance para niños y adultos incapacitados ofrece algo para todos, según el Sr. Duthie.

People Actively Learning & Sharing (PALS) es un club social para adolescentes y adultos. PALS ofrece bailes mensuales, excursiones, carne asadas, bowling, y actividades especiales. Por un costo de \$6.00 de asociación, los miembros reciben una tarjeta de socio y una hoja informativa trimestral en la que se anuncian todas las actividades.

Sharing Togetherness & Recreation (STAR) es un programa después de clases para participantes de seis a veinte años de edad. STAR ofrece una variedad de actividades recreativas incluyendo juegos, artes manuales, deportes, artes dramáticas, cocina, ejercicios y mucho más.

Adventure Program es un programa después de clases para los jóvenes desde primer a octavo grado con incapacidad de aprendizaje o alguna otra incapacidad del desarrollo de funcionamiento alto que estén inscritos en clases especiales durante el día. Las actividades incluyen juegos, deportes, artes manuales, artes dramáticas, música y oportunidades para explorar intereses especiales. Este programa enseña a los niños a tomar decisiones, hacer su tarea y la proporción entre personal y alumno es 1-3.

### **Special Olympics en Torrance**

El equipo de Torrance de Special Olympics ofrece un programa durante todo el año para individuos con incapacidad del desarrollo mayores de ocho años. Durante las prácticas se participa en deportes de equipo e

individuales incluyendo pelota al cesto, fútbol, pista y campo y muchos otros. El equipo asiste a competencias y torneos en toda la zona de Los Angeles.

La ciudad cuenta con un extenso programa de Special Olympics en el que participan más de 285 atletas.

Si desea obtener más información sobre los programas de la

Ciudad de Torrance, por favor llame al Departamento de Parques y Recreación de la Ciudad de Torrance al (310) 618-2934. Para obtener más información sobre la Feria de Recursos Sociales y Recreativos, llame a Kent Yamashiro al (310) 543-0687 o a Stacy Schafer al (310) 792-4765.




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### *The Nutrition Challenges of Children with Special Needs (continued from page 8)*

- Give your child gelatin or popsicle as a way to build fluid intake
- Add one tablespoon of bran to foods. Slowly work up to two tablespoons daily. Put bran in cereal, mashed potatoes, pureed foods or combine with hamburger
- Try a new high fiber food such as whole grain flours, bread products, raw fruits & berries, raw or cooked vegetables or dried peas, beans or lentils.
- Serve prunes or prune juice

An infant or child is at nutritional risk if the child is under or overweight, has a low birth weight, is anemic or has an inadequate diet either because of physical or behavioral problems. Children at nutritional risk should be offered basic nutrition information and referred for further assessment and intervention. If you think your child is at nutritional risk, see your pediatrician or speak to your HRC Counselor.

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**BOARD MEETINGS**

- March 19, 2002 – 6:30 p.m.
- April 16, 2002 – 8:00 a.m.
- May 21, 2002 – 6:30 p.m.
- No Meeting in June
- July 16, 2002 – 8:00 a.m.
- No Meeting in August

The Board of Trustees of the Harbor Developmental Disabilities Foundation, Inc. meets regularly once a month on the THIRD Tuesday of the month.

Board meetings alternate between morning and evening times to provide opportunity for people in the community to participate. Morning meetings are from 8:00 a.m. to 10:00 a.m. and evening meetings are from 6:30 p.m. to 8:30 p.m.

All regularly scheduled business meetings of the Board are open to the public and visitors are welcome to attend both morning and evening meetings. The meetings are held in Conference A-1 & 2 at Harbor Regional Center.

**Harbor Happenings** is a publication of Harbor Regional Center, a program of the Harbor Developmental Disabilities Foundation, Inc.

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