



HARBOR HAPPENINGS

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“I’M HOME!” Sam Enjoys His New Home and a Whole New World

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After 74 years of living in developmental centers, Sam (pictured with his niece Mary Bernard) has a new place in the community to call “home.”

What a different world it was when Sam Bernard was born 88 years ago in February of 1925. At that time, Sam was described as a child as “incorrigible” and “a neighborhood menace.” This was a time when most medical professionals recommended committing someone with a disability to a developmental center, so when Sam was 13 years old the family made the

decision to admit Sam to Pacific State Hospital, Lanterman Developmental Center, in Pomona. At that time, he was diagnosed as a “low imbecile” and housed in Ward 103. In 1959 when Sam was 34 years old, he was transferred to Fairview, a new developmental center in Costa Mesa. At the time, both of these centers housed over 1200 people with various developmental disabilities.

Over the years there has been a concerted effort to develop resources allowing individuals in the developmental centers to move into the community.

There is a great deal of planning and preparation involved when considering this type of move. Professionals from Harbor Regional Center and Fairview Developmental Center team up with family members, and work together to create and implement a successful plan.

In 2011, when a move into the community was discussed for Sam, there naturally was concern because he was 86 years old and had spent the last 73 years of his life in a developmental center. However, Sam had very few health concerns and even though he has become more dependent on using a wheelchair, he is able to maneuver it when necessary and can still walk a few steps. Sam’s niece Mary, his closest relative and advocate, shared this concern. She had known no other way of life for Sam and was skeptical that the move would be a positive one. After meeting the proposed service provider Louie Gonzalez, BSN, RN, and talking with other families, Mary was still cautious, but reassured.

On August 16, 2012, Sam moved into his new home, Plaza de Madrid in Cerritos. Sam has his own bedroom with a bed twice the size of the one he had at Fairview. Instead of having his meals and snacks dictated by a schedule designed to feed over 300 people at specific times of day, Sam has access to meals, food and snacks, just like you and I. Sam attends the Social Vocational Services day program in Norwalk five days a week, where he is exposed to a whole new world, and participates in a wide variety of activities. Sam looks forward to attending, and once he puts on his fedora and sunglasses, the staff knows that he’s ready to roll. Sam is quite popular at

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his day program and recently won the election to become the President of the Client Advisory Committee!

Mary has seen great improvement in Sam and in his quality of life. Contrary to anyone's earlier reservations, Sam has embraced his new world wholeheartedly. He has the stamina to tolerate being out all day, and enjoys naming everything he sees. He asks for what he wants and makes his needs known. Sam sets his place at the table and for breakfast he

pours his cereal and milk. Mary and the other members of Sam's team still keep a watchful eye – making certain that the quality continues.

Mary said that Sam is happy – and who wouldn't be? Since moving five months ago, Sam has traveled to Disneyland, the Long Beach Aquarium, the Los Angeles Museum of Natural History, the local beaches and shopping centers and most recently the 2013 Tournament of Roses Parade!

At the tender age of 88, Sam is a success story in every sense of the word. Welcome home Sam! ■

HRC ADDS ENCRYPTION SECURITY TO SENSITIVE E-MAIL COMMUNICATIONS

We know our clients and families are concerned with maintaining the privacy and security of their personal information. At the same time we all enjoy the ability to communicate quickly and conveniently through e-mail. We want to make sure that when we send information to you of a confidential nature via e-mail, the privacy of our clients is protected.

When working with HRC, you may receive encrypted e-mails which may contain such information of a sensitive nature. These encrypted e-mails are secured and cannot be opened by anyone except the intended recipient. Only e-mails with private and sensitive content will be encrypted.

How to access encrypted e-mails:

When an encrypted e-mail is sent to you, you will receive a notification e-mail first with the subject: You have a new encrypted message, which will provide you with a secure link to the e-mail itself.

The first time this occurs, you will be asked to register in order to access the secured e-mail, by creating a user name and password. We recommend that you use your e-mail address as the username. The password will require a minimum of eight alphanumeric characters, and one special character. Once created, you will be able to access future e-mails with this user name and password.

The link to the secure e-mail will expire in 30 days. If you would like to save a copy of the e-mail or attachment, please save from the opened encrypted e-mail. If an attachment is included, you will be given the option to download a copy of the attachment to your computer.

It is best to reply using your regular e-mail provider (rather than reply from within the encrypted message) to make sure that you have a record of your sent e-mail and attachments.

Kaiser Permanente South Bay Reprinted with permission from KP Perspectives

As part of our commitment to develop and expand a diverse workforce, Kaiser Permanente proudly supports employment opportunities for individuals with disabilities. To help further these efforts, South Bay Medical Center is pleased to welcome the inaugural class of student interns from Project SEARCH.

An international program that partners businesses with school districts, Project SEARCH offers students a structured program that teaches essential, marketable skills so that students can join the workforce. The program focuses on the business needs of sponsoring employers. Job assignments are customized to each student's individual talents, needs and interests.

"We're very proud to welcome Project SEARCH students into the South Bay family," says Bob Blair, medical group administrator. "Each student with us will receive intensive, hands-on training that will develop their skill set and future employment potential."

South Bay is the first medical center in Southern California to sponsor Project SEARCH interns, who began their 10-month program in August. The interns spent their first two months receiving a full orientation on Kaiser Permanente and how to work successfully in a hospital environment.

Beginning in October, the students will complete three eight-week rotations. Students will complete two supervised work shifts in a different sponsoring clinical or ancillary department. Each day concludes with a half-hour de-briefing on their activities.

"I was so pleased that more than 40 managers stepped forward to enthusiastically welcome the students into their departments, which will give our students valuable experience in a variety of settings," says Lesley Wille, RN, executive director. "As a result, Project SEARCH students will receive a meaningful, career-building experience during their time at South Bay. The departments and teams of

South Bay will also benefit immensely from having this program, it is truly culture changing for us."

Project SEARCH is made possible through collaboration between Kaiser Permanente and three community partners: Los Angeles Unified School District, Best Buddies



Project SEARCH interns are making their mark at Kaiser Permanente South Bay: (Back row from left to right) Cheo Leslie, Best Buddies Jobs; Pedro Hernandez, LAUSD; Danielle Heck, HRC; Joseph Lee, LAUSD; Evan Martin, Intern; Jessica Patton, Best Buddies Jobs . (Front row from left to right) Interns Daniel Roybal, Miguel Gallardo, Erick Suarez, Anthony Simich, Luis Armenta, and Henry Juarez.

International, and Harbor Regional Center. Each participating student is a senior in high school with a developmental disability and a desire to be employed.

Project SEARCH has demonstrated positive outcomes for students who intern at KP facilities. 90 students at three KP Northern California medical centers have already completed internships, and 70 percent of these students have successfully earned part-time or full-time employment at KP or elsewhere. ■



Interns and coaches on the job: (top to bottom) Miguel Gallardo and Cheo Leslie; Anthony Simich; Luis Armenta, Jessica Patton, and Erick Suarez.



BUDGET UPDATE: No New Cuts But Challenges Remain for Regional Centers

In November 2012, voters passed Proposition 30. As a result, California Regional Centers will not be required to implement an additional \$50 million reduction for the second half of 2012-13. This reduction would have been part of a larger \$6 billion total statewide reduction for a variety of services and programs in California, and would have amounted to a total \$100 million additional reduction for regional centers in the full fiscal year 2013-14.

In January, the Governor released his proposed budget for the remainder of 2012-13, and for the fiscal year 2013-14 which begins July 1st. Although reductions passed in earlier budgets will continue, there is widespread relief that no new cuts were proposed to regional center services. Payment reductions of 1.25% for both regional centers and service providers are still planned to sunset on June 30th of this year. Additional funds have been allocated to provide for additional growth to our caseload. It was noted that the Annual Family Program Fee, introduced in 2011-12 and scheduled to end on June 30th, 2013, now “permanently continues” under this proposed Budget.

The members of the California state legislature will now begin the process of reviewing the budget in their committees. The possibility remains for changes to these proposals until the budget is finalized and approved by both the legislature and the Governor.

Regional Centers do continue to implement changes which had already been required, associated with the

reduction of \$200 million to the state’s annual developmental services budget, under the state Budget Act passed in June of 2012.

These changes include continuing a payment reduction for regional centers and service providers of 1.25% through June 2013, assisting families to access private insurance coverage for behavioral health treatment and other medically necessary services instead of paying directly for these service using regional center funds, a standardized process for reviewing needed supported living services, and strict limitations on admissions to the developmental centers for individuals with exceptionally challenging service needs. In addition we continue to implement measures instituted in earlier years, such as continued assessment of annual family program fees, and development of transportation service plans designed to eliminate contract transportation for individual clients.

Despite these measures, regional centers are concerned that their concerted efforts will not be able to achieve the full \$200 million in savings, with the possibility of ending the year in deficit. Together the regional centers are continuing to ensure that individual needs identified in individual/family service plans are met, while working closely together with the Department of Developmental Services to get through this year within funds available.

You can find more information on the Developmental Services Budget at www.dds.ca.gov/Budget. ■

IT TAKES A VILLAGE: Providing Extra Support During the Holidays

Every Holiday season Harbor Regional Center receives a tremendous outpouring of support from a variety of generous sponsors. They come to us from large corporations, small businesses, local service organizations, families of HRC clients and our own HRC employees. During these times, we often hear inspirational stories of the generosity and caring that our clients experience when they receive donations. Their support makes it possible for us to reach out together and offer support to hundreds of HRC clients in need during the holidays.

Picture a scenario like this: a disabled mother of six children, with limited social security income, who found her family displaced from their home just before the holidays, with almost nothing. Because one of her daughters has a developmental disability, she does have Harbor Regional Center in her corner. Her HRC Counselor Devan Brothers put out the call to all of her fellow HRC staff, for any resources they might be able to marshal. And then, good things began to happen. After hearing of the family's plight, HRC staff members, service providers, and friends donated and moved furniture into the family's new home. Stepping up to the plate were Jamie Cruz, Sam Calvert, Alex Good, Stavros Kavoulakis, Maria Morales, Brook Pilon, Edwin Pineda, Diana Renteria, Robert Romero, Kerry Ryerson, Ed Swan, and Sean Tamer. Dean Pilaconis and Tony Kostas of Plycon Transportation Group provided temporary storage and a moving vehicle. Now it was up to the HRC Holidays Are For Sharing program to ensure that the family would be able to celebrate the holidays.

Xerox Community Involvement Program (XCIP) takes on the big challenges

Janine Smith, sales & solutions executive at Xerox, first brought the HRC Holidays Are For Sharing initiative to the Xerox Community Involvement Program (XCIP) in 2010, with a request for funds to provide gifts and necessities for a large family of 11. Since that time, Xerox and its employees have contributed \$4000, and numerous hours over the last few years, to help four large families. Typically their shopping to complete the families' wish lists can take up to five hours, and two full trunks to transport. Next, to prep items for giving, colleagues come together to wrap and label shoes, sweaters and shirts, toiletries, toys, food and other necessities, just in time for delivery. "Making the delivery and seeing the faces of the children has made it worthwhile" for the Xerox volunteers, and has inspired them to remember HRC's Holidays Are For Sharing each year.

One of the families that benefitted wrote "It's been a rough year for us and I was afraid that the kids wouldn't have a Christmas at all. With the help of your great organization, and great companies like the Xerox Corporation, the world is a better place."

South Bay Sunrise Rotary Club honors HRC with expanded partnership

In 2010, the South Bay Sunrise Rotary Club became acquainted with Harbor Regional Center when they adopted a needy family for the holidays. They found this to be a very heartwarming experience and let us know they had taken notice of the work we do on behalf of our clients and families. Since that time they have continued to look for new and creative ways to provide their support. In 2011, Rotarians Mary Tobata



Xerox's Dave Pritts, Janine Smith, and Laurie Jones make a special delivery for their adopted family.

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It Takes A Village: Providing Extra Support During the Holidays
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and Todd Cruiser remembered us, and selected four HRC clients to receive All Terrain Wheelchairs through a district-wide service project. In 2012, several Rotarians were extremely impressed by their visit to our HRC Assistive Technology Lab. They have secured a grant of \$4000 for purchase of additional technology to support our clients in the development of language and daily living skills. Most recently they have selected the HRC Holidays Are For Sharing program to receive proceeds from their Rat Beach Bike Tour and annual Poinsettia sale.



**Montessori Preschool Students and Families
Reach Out to HRC Families**

Five years ago the Manhattan Beach Montessori Preschool classes began donating Thanksgiving Baskets to some of HRC's neediest children – also of preschool age – and their families. Throughout the years they have enthusiastically continued this partnership with HRC. Their baskets have grown in size to large bins, so full of food and gifts that they last through the entire holiday season! We are very grateful to the 17 participating preschool classes, the teachers, the students and their families, and to the Manhattan Beach Montessori School for remembering our families at holiday time.

We Love a Parade!

There's nothing better than wrapping up the Holiday season with an exciting Parade! Not just any parade though – the world-famous Tournament of Roses Parade! For the third year in a row the amazing AT&T Pioneers donated tickets to clients of Harbor Regional Center. This year they provided us with 50 tickets! Clients and their staff from four group homes were able to attend as well as other clients and their family members. All were treated like VIPs in the Special Guest section of the AT&T front patio. With hot chocolate to keep them warm, they enjoyed an unobstructed view of the 2013 Tournament of Roses Parade!

Thanks to the efforts of these and many, many more kind helpers, the HRC community has helped to provide secure and happy holidays to our families in greatest need. ■



(above) Brandon and his sister are surprised by Montessori's Thanksgiving food and gifts.

(below) Alejandro gazes up at his older brothers as the family welcomes an abundance of Christmas gifts!

"It's been a rough year for us and I was afraid that the kids wouldn't have a Christmas at all. With the help of your great organization, and great companies like the Xerox Corporation, the world is a better place."

FAMILY *matters*

BLANCA AND JOEL: Our Day Out for Learning

*Kathie Sarles, M.ED
Early Childhood Specialist*

When asked why she comes to the various Together from the Start classes with her son, Blanca Arias replied, "It's my 'out day' with Joel. He loves to talk to Kat, and see the other children that are here."

Blanca and little Joel Arias have been participating in Together from the Start in Long Beach since February 2012, when Joel was just two months old. Blanca learned about HRC's *Infant Massage* class when she first applied for services for Joel, from the HRC team that provided his assessment.

The two attended all four massage sessions, bringing along Dad, sister and even Grandma at times. Soon they were also regulars at the *Wee Ones Wednesday* class, and *Mommy/Daddy and Me* classes as well.

"He gets to socialize here, and learn to handle the noise." Blanca relates that she has learned things from the classes she continues to use at home. "He still gets a massage every day!" Joel is now an active participant in the classes, as he now

sits, claps, rolls and smiles and "sings" with us all! Blanca says she will continue to come to the Together from the Start classes as long as she is able to stay home with him.

Mommy/Daddy and Me and *Wee Ones Wednesdays* are classes designed to offer parents education through hands-on activities like singing, music, movement and play, to encourage development and offer the children and their parents the opportunity for socialization. We love getting to know families like Joel's, and we hope to see many more in our Together from the Start program! ■



Blanca Arias and her son Joel enjoy playtime together.

STAYING SAFE AND INDEPENDENT

How Technology Can Help

Can technology be used to keep a child or adult with special needs safe? More and more technological devices and applications are being developed for just this purpose! Here are a few of these devices and how they work.

Wearable Devices

The Leo Watch can be worn on the wrist of a child or adult and can keep track of their location. Inventor Jason Sullivan thought it would be an effective tool for locating lost children, caring for adults with Alzheimer's disease, and prevention of child abduction. The waterproof watch features a GPS signal for locating the wearer, a panic button that calls 911 if the wearer needs help, built-in voice communications, emergency contact information, and a tamper-proof lockable wrist strap. The Leo Watch is scheduled to be launched next spring for an expected price of \$250. For more information go to <http://leowristwatch.com/>.

The PocketFinder is a small personal GPS locator device that provides information to caregivers, who are able to locate the wearer through a website or mobile application. Caregivers can receive alerts if the wearer goes outside of a designated geographic zone. They can be worn by people or pets, or attached to wheelchairs, vehicles, backpacks, luggage, etc. The cost of the device is \$150, plus a monthly service fee of \$12.95. For more information go to www.pocketfinder.com.

Apps for Your Mobile Device

AbleLink Technologies has developed several apps for use on the iPhone, iPad, or windows devices. The Community Sidekick app for an iPhone was developed to increase the safety and mobility of an individual with special needs in the community – perhaps while the individual is learning mobility skills, or for someone who may lose their way and needs a little more support. It sends automated e-mails to let a friend, family member or other caregiver at regular intervals, on the user's location. The Community Sidekick App is available at the Apple App Store. For Windows mobile users, the WayFinder uses GPS-based audio and visual cues to support

independent travel for the user, and can provide customized prompts for navigating a travel route. Caregivers can send a text message and receive an automatic return text message with a map link to the traveler's location. The WayFinder is listed at \$799. To learn about more AbleLink Technology developments for the support of people with cognitive disabilities, go to www.ablelinktech.com.

Home Systems

Companies like Alert1, Phillips Lifeline, Life Alert, SimplyHome and Sengistix operate emergency response systems which can be used to support independence for seniors and people with disabilities in their homes. They range from a simple device worn at home, to a complex system of sensors that can be installed within a home setting to support family caregivers, supported living agencies, or licensed residential services. Such systems and devices are able to monitor activity within the home, and detect problems or unusual activity such as falls, wandering, smoke or carbon monoxide, etc. and send alerts to trained responders at call centers. For more information go to: www.lifealert.com, www.Alert-1.com, <http://philips.lifelinesystems.com/>, www.simply-home.com/, and <http://sengistix.com/>.

Support from Law Enforcement Agencies

In our area, the Torrance Police Department Return Home Registry is a program designed to assist citizens and officers in locating lost and wandering persons of all ages with conditions that would make it more difficult for them to find their way home, such as Alzheimer's, autism, cerebral palsy, Down syndrome, and other special needs. The registry maintains a searchable database that can provide police officers with information they need to locate, identify and return lost family members. The voluntary program is offered at no cost to participants. Families and caregivers can submit a registration form online to be entered into the online database. For more information go to www.torranceca.gov/TPD/18621.htm. ■

Client *focus*

JESSICA CERVACIO: “Ideal Employee”

*By Danielle Heck,
Employment Specialist*

Jessica’s eyes flash with happiness and satisfaction as we pull into her driveway. “This is it! This is my new place. Technically it’s my roommate’s house, but now I live on my own,” she tells me. “I’ve even learned to cook for myself.” Completely on her own, Jessica Cervacio found her roommate, close to work, through a Penny Saver advertisement.

Jessica’s newfound independence is due in large part to her amazing success as an administrative clerk at British Petroleum’s Carson location. Jessica’s tasks include clerical support to seven administrative assistants, filing, computer work, mail delivery to the entire maintenance department, and ordering and inventory of office supplies.

A client of HRC, Jessica’s stint at BP began when Emily Foltz, her teacher at Carson High School was determined to find opportunities for her. When I first met Jessica, in the spring of 2011, Ms. Foltz was helping Jessica apply for the Project SEARCH program, but another opportunity came along, a paid summer internship program at BP.

BP selected Jessica, a young woman with disabilities, to participate in their prestigious BP Summer Youth Program in Carson. BP interviewed over 100 students to take part in their six-week paid internship. Only 20 students were selected to participate and Jessica was proud to be one of them. She was supported every step of the way by Best Buddies California.

“BP has shown their commitment to people with disabilities for years by donating to Best Buddies programs. It was so great to see them include Jessica in their Summer Youth Program in 2011,” commented Jessica Patton, Senior Employment Consultant, Best Buddies California Jobs.

The challenge was great. Jessica remembers how excited she was when she found out that she was one of the twenty students chosen to intern at BP. “I wasn’t very sure of myself, but when I found out that I had gotten the internship, I felt proud. I wanted to show Ms. Foltz and everyone I could do a good job.”

Jessica learned lots of “cool stuff” during her paid internship, but the most exciting part of this experience was that BP hired Jessica as a full-time employee in January 2012. Almost a year later, Jessica is still working as an Administration Clerk for BP. She receives health insurance, dental and vision benefits, retirement and paid sick and vacation time.

With ongoing support from Best Buddies and Kea Carney, her HRC Counselor, Jessica has maintained her employment at BP. She has become an essential part of the office routine, working Monday-Friday from 7:30 a.m. - 4:00 p.m. The excellent



Jessica Cervacio proudly joins the ranks of the employed.

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Jessica Cervacio: "Ideal Employee"
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organizational and social skills she has been working on since her days at Carson High School are paying off in a big way.

Jessica Patton who coaches Jessica as part of the Best Buddies California Jobs program explained: "Jessica is extremely dependable. BP has very strict safety standards and Jessica is one hundred percent compliant with them. If she makes any mistakes with her administrative duties, she accepts feedback from her supervisor and co-workers, and constantly strives to improve. Jessica is truly an ideal employee."

Jessica's favorite part of working at BP: the people she works with and meeting new people. "My co-workers really support me. They help me with things I don't understand and they even help me outside of work."

Just this past week, those wonderful co-workers chipped in together to help Jessica get a Black Friday deal on a computer for her new home. "They are so generous with me, but I'm going to pay them back with the money I've earned from working at BP. I appreciate everything everyone has done to help me." ■



MEET OUR BOARD

Jeff Brower: The Music Man

More than two decades ago, Jeff Brower came to Harbor Regional Center challenged by social and emotional difficulties associated with autism. He had little support and his family didn't quite know what to do. Jeff was ready to make a difference in his life, with help from HRC.

"Harbor Regional Center knew just what I needed. They laid the groundwork and the foundation to help me learn social skills and how to live independently. They saved my life," recalls Jeff.

At first he needed a lot of support to express himself, develop self-confidence, and have a better understanding of himself. But he learned to tell us what he needed. He started out attending Arts and Services for Disabled where he concentrated on expressing himself through music, all the while improving his communication skills. Then he decided to take a big step, and enroll in Long Beach City College's music department. At the same time, he found a wonderful supportive family at Bethany church, where to this day he sings with the choir every Sunday. "It's a wonderful sensation to get up there and be used as God's instrument," he enthuses.

Jeff participated in the choir's recent holiday show, where he performed an opening solo. He's also taken his own show "Christmas with Jeff" to local convalescent hospitals.

Jeff has emerged as a leader among his peers. He has served for many years on HRC's Client Advisory Committee. He volunteered as a member of the Board for the HOPE program, before joining the HRC Board of Trustees in 2011.

With the help of supported living services Jeff lives in an apartment on his own, supported by United Cerebral Palsy. His best friend Bryan lives close by.

Jeff approaches each day with optimism, enthusiasm, and always with a smile. ■

COLLEGE2CAREER STUDENTS RECOGNIZED

Congratulations to Casey and Yorel!

Students who are selected to attend the College2Career (C2C) program at Long Beach City College have important responsibilities. They are required to enroll in a certificate or degree program, and work towards eventual employment after graduation. As they move into student housing, they learn to maintain their own student apartments, become mobile around the community, and work together with their newfound friends and roommates. Twelve students kicked off the program in 2011, and six more have joined them in year two. While all of the students are making great progress, two have recently been recognized for outstanding achievement, with scholarship awards from Long Beach City College.

Casey overcomes past challenges

Casey Reed-Massey recalls that his early years were not easy, and that while in middle and high school, he experienced bullying and trouble with his school work. After being diagnosed with an intellectual disability, he was introduced to Harbor Regional Center, and HRC Counselor Cassie Forrest, who thought he would be a great candidate for the new C2C program. Prior to entering the program, he had attended LBCC “off and on” for a couple of years. According to Casey, having people to help him along made all the difference in helping him to focus and succeed in his studies.

“You need a helping hand once in a while. You’re not doing it all by yourself.” Looking around the C2C student apartment he now shares with roommate Sam, he adds, “I wouldn’t have any other place to go, otherwise.”

Casey recalls, “When I got the call saying that I was selected, I jumped for joy. It has been almost a year since I have joined the program and I have accomplished so much. With this program I have done things that I didn’t think I could do on my own. When it

comes to school, they have really helped me a lot.”

Casey has already earned two certificates for culinary arts, for Servsafe and Food Prep. “My life was hard that’s no lie, but I keep going. And it will be thanks to them for getting me back on track.” Casey dreams of having his own restaurant someday. Congratulations to Casey for receiving the Henry J. Meyer Family Scholarship through the Long Beach City College Foundation.

Yorel steps out of his comfort zone

Yorel Gertman confides that he also endured years of bullying and abuse in his teen years, to the point that he considered suicide. He credits his mother and his longtime talent for music for getting him through emotionally hard times. As he grew older he developed an increased understanding of autism, and of his struggles to communicate with others. He became an accomplished musician in classical, as well as hip-hop and rap music, and gained recognition for combining all three.

Now as a College2Career student he is working towards an AA degree in music at Long Beach City College. Through C2C, he was able to participate in an internship with media production services. “I learned quite a lot as far as filming, audio engineering, video editing, and music production. It also got me out of my comfort zone. I had to learn to create better teamwork. C2C requires a lot of hard work, serious studying, and serious participation to stay in the program. It is all about



Casey shines during his Culinary Arts exam at Long Beach City College.

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*College2Career Students Recognized
Congratulations to Casey and Yorel!
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being independent while continuing college despite your disability.” Yorel hopes to “give back to the community as an independent performing artist and autism advocate.” Congratulations to Yorel for receiving the Friends of Long Beach City College Scholarship.

Yorel greets guests at his C2C student apartment.

Partners enjoy promoting student success

From program development, coordination and oversight by Harbor Regional Center, to educational coaching and counseling by Long Beach City College, student housing by HOPE, and resident advising by California MENTOR – together we watch all of the students blossom, and look forward to seeing them reach their goals. We will continue to work together, supplying our own unique resources, so that students like Casey and Yorel can succeed. More information and applications for College2Career can be found on the HRC website. ■

COLLEGE2CAREER: The Student Living Experience

Kristin Martin, Executive Director, HOPE

The C2C program is a partnership of Harbor Regional Center, Long Beach City College, California Mentor and HOPE, and provides college-age students with the opportunity to attend college and experience college living.

Over the past two years HOPE has had the pleasure of being the housing partner for Harbor Regional Center’s College2Career (C2C) Program. The focus of the program is to provide students with developmental disabilities with the supports needed to achieve an Associate Degree or a Certificate of Completion in a chosen course of study, all with the goal of gainful employment after graduation. The current group of students chosen courses of study – and ultimate career objectives – range from culinary arts to media production. Supports are provided on-site at the college as well as on-site at the two housing complexes. The supports range from school support such as assistance with navigating the campus, assistance with homework, and progress monitoring, to home support such as budgeting, cooking, cleaning and any of the skills needed to live independently.

Harbor Regional Center wanted our clients who enroll in C2C to have that special student living experience that, for most students, is part of college life. Because residential options are not typically offered by city colleges, HRC partnered with HOPE to develop them. Therefore, in 2010 HOPE purchased and renovated a five-unit apartment complex just one mile from the City College in order to provide affordable student housing to the program participants. The Bellflower Apartments Complex currently houses eight full-time college students and was completely renovated with new carpet, paint, kitchens and bathrooms. Each of the units has either one or two bedrooms, as well as a full kitchen and bathroom. The building includes a teaching unit where students can gather to study, meet with instructors or just hang out. The site also includes a BBQ area and laundry room.

Earlier this year HOPE purchased its second C2C site – a large four-bedroom house just two blocks from the college. The Heather Street House provides housing to six additional C2C participants and was also renovated with new carpet, interior paint and bathrooms. The house also has quiet study areas, on-site laundry, a private yard area and a recreation room complete with air-hockey and a home theater. The recreation room, due to its close proximity to the school, will be made available to all C2C participants.

Though still in its early stages, the innovative C2C Program has been extremely successful. Students and parents alike rave about the benefits they are already seeing. Proceeds from HOPE’s Fourth Annual Charity Tournament helped to provide the funding for the acquisition and renovation of the C2C properties. Proceeds from this year’s Tournament will help to provide a source of funds for future HOPE developments. ■

GOVERNOR BROWN APPOINTS HRC PARENT AND BOARD MEMBER MARIANO SANZ

We are pleased to report that Governor Edmund G. Brown, Jr. has appointed Mariano Sanz to the California Department of Education Advisory Commission on Special Education. Mariano is currently a member of the HRC Board of Trustees, a past president of the board, and an HRC parent.

In addition to serving HRC's Board in multiple roles since 1992, he has represented HRC families in visits to our state legislators, and as a representative to the Association of Regional Center Agencies. He has also provided information and training to fellow HRC parents, especially those who speak Spanish, on topics such as special education and inclusion. He lives in Long Beach with wife Beatriz Cifuentes, daughter Cristina, and sons Julian and Adrian.

The Advisory Commission on Special Education provides recommendations and advice to the State Board of Education, the Superintendent of Public Instruction, the Legislature, and the Governor in new or continuing areas of research, program development and evaluation in California special education.

Mariano Sanz has worked as a school counselor at the Palos Verdes Peninsula Unified School District since 2001. He served as a school counselor at the Long Beach Unified School District from 1994 to 2001, school counselor at the Paramount Unified School District from 1990 to 1994 and elementary school teacher at the Los Angeles Unified School District from 1987 to 1990. He earned a Master of Science degree in school psychology at the Universidad Complutense de Madrid in Spain and a Master of Science degree in school counseling from National University. ■



HRC Board Member and Past President Mariano Sanz, with daughter Cristina and wife Beatriz Cifuentes

resource center

PARENT TO PARENT

*Dominique DeBorba, Family Support Coordinator,
HRC Resource and Assistive Technology Center*



Did you know that HRC has a Parent to Parent program? Parents sometimes want to talk to a fellow parent, to receive the kind of information and support that only another parent who was “been there” can provide.

A parent mentor is a parent of a child with a disability who assists families of children with special needs. They provide one-on-one support, shared experiences, and the emotional availability of another parent who has walked the same walk. This service provides new HRC families with access to information, mutual problem-solving and reduces the sense of isolation that families can sometimes feel. The HRC Resource Center provides periodic training of volunteer parent mentors, and matches them with parents seeking support.

For parents wanting to become a parent mentor, our annual training provides the opportunity to explore your strengths and find out how you can best use them to support other parents of HRC clients. This training covers topics such as active listening skills, confidentiality, and the responsibilities inherent in volunteering and offering peer support.

Our annual parent mentor training was held Wednesday, November 7th, and we are pleased to announce that we trained five new parent mentors. For more information on the Parent Mentor program please contact Dominique DeBorba at 310/543-7980. ■

COMING VERY SOON: A New Look for the HRC Website

Nancy Spiegel, Director of Information and Development



HRC wants to keep current and continue to find new ways to keep you informed.

Chances are you are reading this newsletter online, on the HRC website. If so, by the time this issue is published you may already be viewing our new website. If not, be sure to look us up soon...We'll be at the same address, www.harborrc.org, but with a fresh updated look.

With input from our community and some web design experts, we have worked to improve the accessibility of our information so that our online visitors can easily find the information they need. Be sure to check out some of the new features of our site, such as an interactive calendar of upcoming events, news stories, and a video

page filled with introductions to our services and supports, personal stories, and video answers to frequently asked questions. As we continue to develop this new website, we will be adding Blogs for parents and clients, where we can provide information on topics of interest, and you can respond and contribute information as well.

Available Now: HRC on Vimeo and Facebook

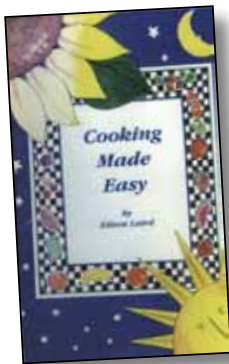
Another way for the community to view these videos, and learn about HRC and the people we serve, is through our new video channel, the Harbor Regional Center Vimeo page. It's located at www.vimeo.com/harborregionalcenter.

And of course, don't forget to “Like us on Facebook” – where we'll post photos, news, and links of interest to our community of clients, families, staff and service providers. ■

Dominique DeBorba, Family Support Coordinator, HRC Resource and Assistive Technology Center

Nothing is better than that feeling of independence when you move out on your own for the first time. When an adult with a developmental disability makes the transition to independent living, one of the biggest challenges is learning what to eat on your own and how to cook it. Cooking independently when you've never cooked alone before requires learning lots of new skills and much trial and error.

The Harbor Regional Center Resource Center carries many cookbooks designed for people with disabilities and special healthcare needs. Whether you're learning how to cook for the first time, want to learn to cook healthier, or find other cookbooks sometimes too complicated to use, we probably have the cookbook you need.



Cooking Made Easy – This cookbook was made especially for people just learning to cook or for people who find other cookbooks too complicated to use. It is broken down into simple steps so you can learn to cook by yourself.

Deceptively Delicious – In this cookbook, Jessica Seinfeld, wife of comedian Jerry Seinfeld, shares easy, mouth-watering



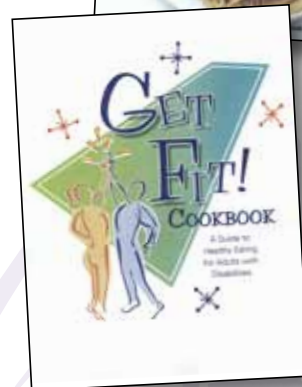
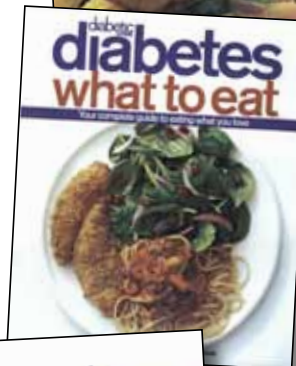
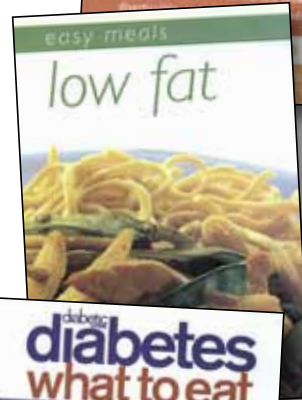
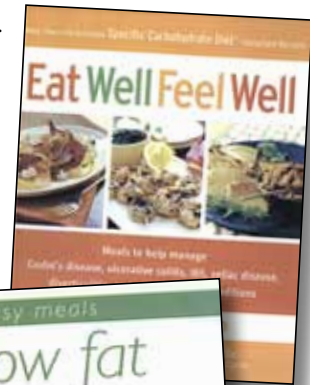
recipes stealthily packed with unseen veggies, pureed so you'll never know the difference.

Eat Well Feel Well – The author shares more than 150 recipes on the Specific Carbohydrate Diet. It includes food for quick and easy dishes to dinner parties.

Easy Meals Low Fat – The dishes in this Easy Meals cookbook are quick to prepare, versatile, and simply delicious. This essential collection of recipes is designed to appeal to all food-lovers, from the gourmet to the health conscious.

Diabetic Living – It's easy to eat right for diabetes with this photo-filled collection of fast-fix dishes everyone in the family can enjoy. More than 110 simple options for hearty breakfasts, marvelous main dishes, sides, snacks, and even desserts make it a snap to put healthy meals on the table every day of the week.

Get Fit! Cookbook – This cookbook was written in 2006 and created specifically for people with intellectual and developmental disabilities. It is easy to use, has step-by-step guidance and great pictures. The cookbook integrates healthy menus, budget-conscious planning and shopping, safe food handling and storage practices. The Get Fit! Cookbook is available for loan or purchase in the HRC Resource Center. ■





HARBOR DEVELOPMENTAL DISABILITIES FOUNDATION, INC.

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BOARD MEETINGS

March 19, 2013 – 8:00 a.m.
April 16, 2013 – 6:30 p.m.
May 21, 2013 – 8:00 a.m.
July 16, 2013 – 6:30 p.m.

The Board of Trustees of Harbor Regional Center meets on the Third Tuesday of the month, with the exception of June, August and December, when the Board does not meet.

All regularly scheduled business meetings of the Board are open to the public and visitors are welcome. The meetings are held in Conference Room A4 at Harbor Regional Center.

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

Join the HRC E-mail Network!

Receive e-mail bulletins from HRC on important news. Simply send an e-mail to enetworksubscriber@harborrc.org, provide us with your name and your e-mail address, and ask to be added to our electronic mailing list.

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