



# HARBOR HAPPENINGS

A PUBLICATION OF HARBOR REGIONAL CENTER

SUMMER 2013

## GETTING TO KNOW EACH OTHER: Assemblymember Cristina Garcia Visits HRC



*At InJoy Life Resources, Nelson Miles, Dennis Lampley and Mary Grace Lagasca (center) welcome honored guests Arianne Garcia (l) and Cristina Garcia (r).*

Cristina Garcia was elected in November of 2012 to represent California's 58th Assembly District, which includes the cities of Bellflower, Cerritos, Artesia, and a part of Norwalk in the Harbor Regional

Center service area, as well as Downey, Commerce, Pico Rivera, Bell Gardens, and Montebello. One of several committees on which she now serves is the Assembly Human Services Committee where she reviews many issues of importance to our clients, including Developmental Services, In-Home Supportive Services (IHSS), SSI/SSP, and much more.

We had our first opportunity to meet with Assemblymember Garcia and her staff in March, when Harbor Regional Center sent a small team to the Association of Regional Center Agencies Grass Roots Day in the State Capitol. Team members Wesley Dale, Rhiannon Acree and Nancy Spiegel provided her with information about our services, and issues of concern to our clients and families. We invited her to visit us when she was in her district to observe services firsthand. We were excited when she found time in her busy schedule to do so.

*Clients at InJoy Life Resources could not wait to shake hands and pose for photos with Assemblymember Garcia.*

We started by introducing her to our very active Long Beach office, including observations of the Resource and Assistive Technology Center, a language development group for preschool children and their parents, and an infant massage class.

Next we paid a visit to a typical home in a typical Cerritos community, which is now the beautifully remodeled home to three adults. HOPE developed and remodeled the home, and Plaza de Madrid provides the residential services, for adults with severe developmental disabilities who have come from large institutions such as Fairview State Developmental Center. The Assemblymember met Sam, age 88, who demonstrated how well he has learned to use a computer for learning and enjoyment. While we were there, Plaza de Madrid service provider Luis Gonzales, HOPE Executive Director Kristin Martin, and HRC Service Provider Relations Manager Mercedes Lowery explained how we work together to develop high quality housing resources for our clients.

To complete the tour, the clients and staff at InJoy Life Resources in Bellflower gave Assemblymember Garcia a rousing reception, and were thrilled to share the



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*Mr. Ichinose shares photos showing son Teo's progress with Assemblymember Garcia.*

skills they're learning in the music room, exercise room, cooking class, computer class, and more. It seemed that the enjoyment was mutual. InJoy Executive Director Mary Grace Lagasca, joined by Oscar and Cleopatra Cachuela of Cachuela Homes, were happy to speak with her on behalf of our service providers. Assemblymember Garcia asked how she could be of support with their excellent work, and witnessed wonderful examples of how our legislators' support for developmental services can impact lives in her district.

We hope that Assemblymember Cristina Garcia and her staff found her HRC tour informative – and we have no doubt that the clients, families, staff and service providers greatly enjoyed having her visit! ■

## GENEVIEVE MADRIAGA: Showing Us What She Can Do

*Danielle Heck,  
Employment Specialist*

*"At work, it's what people CAN do  
that matters," says the Campaign for  
Disability Employment.\**



*Since participating  
in the Career  
Exploration  
program at HRC,  
Genevieve has  
been hired by OHL,  
a warehousing  
and distribution  
company.*

Harbor Regional Center staff are seeing first-hand what Genevieve Madriaga can do as a participant in Career Exploration Services (CES), a new opportunity for HRC clients. HRC has partnered with Social Vocational Services to offer CES, which includes internship opportunities and employability skills training.

"The idea behind CES was to expose individuals with developmental disabilities to the world of work and offer

training opportunities. What better place to start than right here at Harbor Regional Center," explained Rick Travis, HRC Manager of Health Services, and coordinator for CES.

Genevieve was selected to participate in the program after attending the HRC Employment Orientation and Job Preparation Course. Genevieve has worked before as a cashier at Jack in the Box and Big Kmart Café, but was

interested in learning about other types of jobs, besides cashiering.

In both the Job Preparation course and CES, Genevieve has learned about professional dress and demeanor, communication with supervisors, organizational skills, the importance of punctuality and attendance. At HRC, she has learned office skills including document scanning, mailings, filing, typing, and organizing of paperwork.

"My favorite part of CES is meeting new people and having new experiences," Genevieve shared.

Carl Stuff, CES Coach, stated that "Genevieve is a hard worker with a great work ethic. She's helpful and friendly and will be an asset to any employer lucky enough to hire her."

Genevieve recommends that other clients of Harbor Regional Center attend the Job Preparation course and CES if they want to work. Her advice for others: "Don't be shy or afraid to try new things. Just be yourself and fight for what you want."

\* See the Campaign for Disability Employment, an effort to dispel myths about disability, and show the many abilities and skills people with disabilities have, at <http://www.whatcanyoudocampaign.org>. ■

### *Jessica Patton, Senior Employment Consultant, Best Buddies Jobs*

His smile was huge after he stepped off the elevator at Team One's Corporate Offices in El Segundo. Byron Cole had just finished an interview with Amy Mackinnon, Director of Office Services at Team One, an advertising firm with big-name clients such as Lexus and American Express.

Team One was interviewing for an Office Services Coordinator, a position that requires maintaining more than half a dozen kitchens on three levels. "This is an important role within the company, and Best Buddies Jobs was excited that Team One felt this position could be carried out by someone with a developmental disability," Rachel Spooner, Program Supervisor of Best Buddies Jobs, explained.

We knew Byron would be a great worker and would bring valuable skills to Team One. He had proven his dedication as an intern at South Bay Project SEARCH, a rigorous work training program that is a collaboration between Harbor Regional Center, Los Angeles Unified School District, and Best Buddies Jobs. He learned a myriad of new skills, but what impressed everyone most was his work ethic and his initiative. These are things that we can't teach – they came from inside of Byron.

As with any interview, Byron wasn't sure what the outcome would be but he felt good about the experience. "Looking for a job is hard, but my coaches made me feel like if I did what was expected of me then I would definitely get a job," Byron said. And Byron did just that – he worked with Best Buddies to prepare for the interview and did research on the company. Byron was able to talk to Amy about Team One, their clients, and the position. Because he was prepared, he was able to relax and let his personality shine. "He handled himself very well and was excited about the position. He was

the best fit for Team One," Amy explained after the interview.

Just two days after interviewing with Team One, Byron was offered the job, which comes with a comprehensive benefits package and tons of other perks. "It is extremely rewarding to give an opportunity to someone who wouldn't otherwise have that chance," Amy said.

Byron explains what it's like working for Team One: "Working here is great. They make me feel like I've been working there for years. We are a family at Team One. They have special events and they treat their employees really well. It's the perfect job for me."

Now that Byron has been on the job for a month, he has taken part in Wednesday yoga classes, lectures, and has volunteered to work with at-risk youth as part of Team One's Do Good Fridays.

Amy sums up the experience from the employer's perspective: "The best part of having Byron at Team One is that he brings an energy and enthusiasm to work and he does an amazing job. He cares deeply about his performance and productivity. He's working very independently and he's doing a better job in this position than we could have imagined, disability or not."

To learn more about Project SEARCH and other employment preparation opportunities, talk to your HRC Counselor. ■



*(above) Byron shows off his brand new business cards.*

*Carrying out his kitchen maintenance duties, Byron brings energy and enthusiasm to work!*

## TRANSITION TIPS FOR ADOLESCENTS TRANSITIONING TO ADULTHOOD

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*Rick Travis,  
Manager of Health Services*

It's that time of year when students are exiting the school system and entering the adult world. After a student leaves the school system, what is next?

If you're wondering what is ahead for your adolescent, or if you have already finished school and are still not sure what is available for you, we have provided an overview here. Harbor Regional Center has a variety of options for adults to participate in meaningful day activities. Options are based on the person's choice as well as their need for support. They include:

**Continuing Education:** which may include attending classes at a local community college or adult school or participating in the **College to Career (C2C)** program, for clients who want to earn a certificate or an Associate Degree.

*Visit our Web site at [www.harborrc.org/news/features/c2c](http://www.harborrc.org/news/features/c2c) to learn about the C2C program. You can also read about C2C students in Winter 2013 at [www.harborrc.org/resources/publications/Harbor-Happenings](http://www.harborrc.org/resources/publications/Harbor-Happenings).*

**Work Services:** Harbor Regional Center is committed to assuring that every client who wants a job should have a meaningful and fulfilling job, earning reasonable wages, with our help and ongoing individual support as long as needed. Work Services include Supported Employment with individual work or work crews, depending on the level of supports needed to succeed on the job.

**Career Exploration Services:** As we tell our job seekers, "Getting a job is a job." For clients who wish to seek employment, Career Exploration Services provide non-paid internship

opportunities, while working with a job developer to secure permanent paid employment. Clients are able to develop and maintain work skills that will assist them in securing that employment.

*Read about Career Exploration participant Genevieve Madriaga, in this issue.*

**Community Inclusion and Partial Inclusion Services:** For clients who for various reasons choose not to work full time, but may wish to experience some work together with other meaningful activities, there are a variety of day programs which are available. They involve activities that promote a variety of skills, including work skills, socialization, daily living skills, recreation and more. These programs vary in the amount of time spent in the community, amount of work that clients are engaged in, and the degree of support required to be successful. Clients in Community Inclusion programs spend more time in the community and work activities, and less time in skill development or enrichment activities at the program site. Clients in Partial Inclusion programs may need more support for health or behavioral needs, or activities of daily living, may fatigue more easily, etc., and therefore are able to spend shorter amounts of time in the community, and more time in meaningful activities at the program site.

*See "Getting to Know Each Other: Assemblymember Cristina Garcia Visits HRC," in this issue, for shots of her visit to InJoy Life Resources, a Partial Inclusion day program.*

**Therapeutic Day Services:** For our clients who require the highest level of support for medical needs (for example g-tube feeding), activities of daily living, sensory stimulation, etc., Therapeutic Day Services provide individualized meaningful activities for adults to promote health, independence, overall functioning and quality of life. In this option clients are not expected to participate in community activities but may do so one or two at a time for a couple of hours a week. Additional

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support staff support can include LVNs, Physical Therapists, Occupational Therapists, Art Therapists and Behaviorists, depending upon the client's needs.

**How do you learn more about these options?**

Here are a few tips to help the transition go smoothly:

- It is best to start planning together in the years before exiting school. Make sure that you have notified your HRC Counselor of your son/daughter's IEP meeting while in the transition years of their school program. Your HRC Counselor will be able to assist you in identifying support needs for your student exiting school.
- Watch for our annual spring workshop, **Options for Adults**, in our Web site calendar and winter/spring Training and Events catalog.
- Six months before exiting school, check in with your HRC Counselor, who together with our HRC specialist in adult services, will help you identify the most current options in your area for you and your student to visit and consider.
- Once options are secured, your HRC Counselor will make arrangements for you/your son or daughter to begin their new program or service. ■

## MEET OUR BOARD: Patricia Jordan

Patricia Jordan has been a client of a regional center – first with South Central Los Angeles Regional Center, and more recently with Harbor Regional Center – since she was 18 years of age. As a young adult with cerebral palsy, she came to the regional center for support in her goal of independent living.

She obtained an AA degree in Liberal Arts with a focus in Sociology from Southwest College. She had considered going on to California State University, but when her daughter Athena was born, she decided instead to focus on raising her daughter. Patricia now has two adult children, Athena and Marcus, and one grandchild, Ericka, age ten. Her daughter Athena, 30, is working in an internship towards completing a master's degree in forensic psychology. Her son Marcus, now 25, was an infant when he contracted aseptic meningitis, and received prevention services from South Central Los Angeles Regional Center. By the time he reached the age of three, he did not have a developmental disability but did continue on to receive special education services with Los Angeles Unified, and later Long Beach Unified School District.



Patricia learned to become an advocate for herself and her family. And over time, other parents and friends with disabilities sought her help in finding and applying for needed services. A few years ago her HRC Counselor, Teresa Mason, recognized her special qualities and asked if she would be interested in becoming more involved in a leadership role. "Patricia is an extremely determined woman who strives to improve the quality of her life as well as others," noted Teresa. "I knew Patricia would bring a valuable insight, perspective and diversity to the HRC Board."

"I thought if I could help my friends, then maybe I could help at HRC. I'm fairly independent, and can offer a perspective from the client point of view, and from the point of view of a parent of a child with a disability."

Since joining the Board last year, Patricia is also becoming involved on committees such as Planning, and the Client Advisory Committee. We certainly do appreciate the perspective that she brings, and are really enjoying hearing what she has to say. ■

# Client *focus*

## SEEING MORE THAN THE DISABILITY: Brenae McKinley



*Debbie McKinley gets a thank you kiss from daughter Brenae.*

*Kerry Ryerson,  
Public Information Specialist*

While pregnant with their third child, Debbie and Norman McKinley found out that they would be having another girl – their third daughter! They also

found out that this new little one would have Trisomy 21, more commonly referred to as Down syndrome. After receiving the diagnosis during her pregnancy, Debbie naturally became more aware of people in the community with Down syndrome and other developmental disabilities. Understandably there were concerns, but more than that there was an abundance of love for the new addition.

When Brenae was born, she had the low muscle tone that is characteristic of many babies that are born with Down syndrome. As a client of Harbor Regional Center, Brenae received early intervention services which included sessions with an occupational therapist (OT). While working with the OT, Debbie was observing and learning exercises that she could do with Brenae at home to help her develop muscle strength. Debbie

enjoyed the therapy sessions, watching her daughter and the other little ones progress in their therapy. Brenae was making excellent progress, always meeting her weekly goals and growing increasingly stronger. Debbie recalls that in addition to the many valuable things she learned from that OT, the most important lesson was to “see more than Down syndrome and see Brenae as an individual.”

When Brenae began school, her parents needed to learn how to navigate the special education system, which can be quite daunting. Debbie commended the support team at Harbor Regional Center and Brenae’s teachers for guiding them throughout the years to the most appropriate yet challenging classroom settings where Brenae could conquer each obstacle that might come her way. Brenae has been an exemplary student, who loves to read and is always eager to learn.

Brenae spent her last year of transition working in the school’s Admissions Office where she provided clerical support. With her keen eye for detail, Brenae kept the files remarkably well organized. With that work experience, Brenae’s HRC Counselor and her supportive family are hopeful that it will be easier for her to find employment where she can continue advancing personally and professionally.

Not only has Brenae been a super star throughout her years at school, the positive impact that she has had on her family is huge! Former NFL player

*(continued on page 7)*

*Seeing More Than the Disability:  
Brenae McKinley (continued from page 6)*

Darnell Bing, Brenae's older cousin, said that he knows "the type of heart she has" and because of that, he created a non-profit organization to help bring awareness to those with Down syndrome. The name of his organization is Twenty-1 and the Web site is: [www.Twenty-1.org](http://www.Twenty-1.org). Darnell has hosted three very successful annual events, "Bowling with the Stars," to help raise money for youth with Down syndrome. He enlists the support of other current and former NFL players and plenty of family members who happily work and help support the cause. Anyone that has attended one of Darnell's "Bowling with the Stars" events has had a day filled with fun and friendship!

Brenae and her family will continue to have a lifelong impact on everyone they come into contact with as they inspire others to look past the disability, and see the individual. ■

*(above) Brenae with cousin and former NFL player Darnell Bing, and HRC participants in Bowling with The Stars.*

*(right) Brenae plans to apply the skills she learned working in her school's Admissions Office.*



## WATCH OUT BROADWAY Harbor Regional Center Clients are "Ready, Willing and Able"

They sing, they dance, and they perform with exuberance!

Several Harbor Regional Center clients showcased their varied talents in a Musical Showcase at the Norris Center of the Performing Arts on May 22, 2013. The audience of proud parents, siblings, teachers and friends enjoyed watching a variety of energetic group dances, small group dances and dance and vocal solos. All performances were expertly introduced by a very entertaining narrator. Congratulations to all!

For more information on Ready, Willing and Able (RWA), please contact Liz Cantine, Director at: [dancinliz@aol.com](mailto:dancinliz@aol.com) ■



*Several HRC young adults joined the cast of the Ready, Willing and Able Musical Showcase.*

# resource center

## VOLUNTEER SPOTLIGHT: Stanley Wong

*Kris Zerhusen, Assistant Manager, Resource & Assistive Technology Center  
Denise Godfrey-Pinn, Ph.D., Psychologist*

Stanley Wong contacted the HRC to see if there was a way he could learn more about the services HRC offers and provide assistance and support to further the mission statement of HRC. Stanley began volunteering in June of 2012.

As a senior at California State University Long Beach, he was well-prepared to become a research assistant to HRC Psychologist Denise Godfrey-Pinn, Ph.D. His developing skill set as a double major in Psychology and Chinese Studies allowed him to provide a needed perspective in discussions about developmental disabilities, mental illness, and cultural considerations. In addition, his familiarity with today's technology and software gave him an edge as he assisted us in data entry, review and analysis, for better understanding of the needs of HRC's dually-diagnosed population.

Despite his grueling academic schedule, Stanley gave of his precious time to help. He maintained a quiet presence but was quick to smile and talk about what he was learning and how volunteering at HRC added to his knowledge about the population HRC serves.

Having received his Bachelor's degree, Stanley made the decision to spend his summer continuing his academic pursuits in Taiwan. We look forward to his return in the late Fall. ■

## WAYS TO KEEP SMILES BRIGHT FOR SUMMER!

*Marcey Brabender, RDH, MA.,  
HRC Dental Coordinator*

### Tips for Summer, 2013 from HRC's Dental Coordinator:

- Brush your teeth 2/day with a fluoridated toothpaste to remove plaque. Plaque is the main cause of tooth decay and gum disease. It doesn't smell nice either!
- Floss daily to remove plaque from between your teeth and under your gum line. If plaque is not removed daily it can harden into tartar – an unsightly, hard yellow build-up that eventually needs to be scraped off by a dental professional.
- Limit sugary or starchy foods, especially sticky snacks. Select more nutritious snacks like summer fruits, vegetables, cheese, and nuts.
- Visit your dentist in the summer when you have



*HRC Dental Coordinator Marcey Brabender makes hygiene fun.*

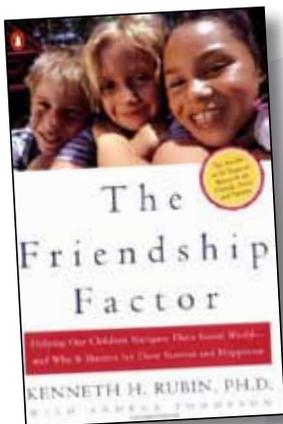
more time in your schedule so you don't have to take time away from the school semester.

- Most dental problems occur during the teen years. Being informed about issues effecting oral health, helps you to make better decisions.
- If you wear orthodontic braces, be sure to clean especially well around the brackets, wires, and appliances.
- If you play sports, mouth guards are critical to protecting your smile.
- If you smoke or chew tobacco, STOP now. Not only does tobacco stain your teeth and cause bad smelly breath, it can increase your risk of developing oral cancer and gum disease.
- If you are thinking about an oral piercing, don't do it. The metal in the jewelry can chip or crack teeth and damage your gums. You could also choke on studs, barbells, or hoops that come loose.
- If you have an eating disorder such as bulimia or anorexia, consult your dentist immediately because this condition could dissolve or deteriorate your tooth enamel and cause many other problems.
- Be sure to continue with regular check-ups with the dentist and hygienist. ■

*By Dominique DeBorba*

*Children with physical, developmental, intellectual, emotional, and sensory disabilities are at increased risk of being bullied. Any number of factors – physical vulnerability, social skill challenges, or intolerant environments – may increase the risk. In an effort to raise awareness of this issue, on Saturday, April 20th, The Harbor Regional Center Department of Children's Services and the Resource & Assistive Technology Center hosted a parent training on Bullying Awareness. The training, presented by The Department of Mental Health School Threat Assessment Response Team (START) was designed to help parents protect and advocate for their children. Parents were able to learn to identify the different types of bullying, understand the dynamics that cause bullying, and learn strategies and tools to cope with and end bullying.*

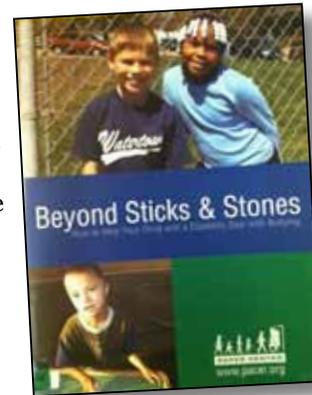
*The HRC Resource and Assistive Technology Center carries a multitude of materials on the social challenges kids with disabilities face. In light of our recent training on Bullying Awareness and its increasing prevalence in our society, we'd like to highlight a few of the items on this topic that are available for check-out in our resource library.*



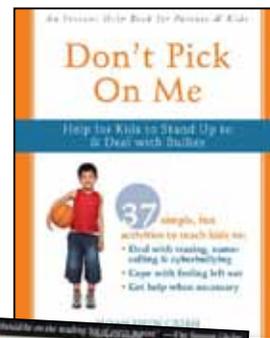
**The Friendship Factor** – With this honest, empathic and pragmatic approach, Dr. Kenneth Rubin demystifies what makes some children well-liked and accepted by peers while others are not and, more important, teaches parents to support their

children in becoming socially adept but without blaming them for their children's struggles.

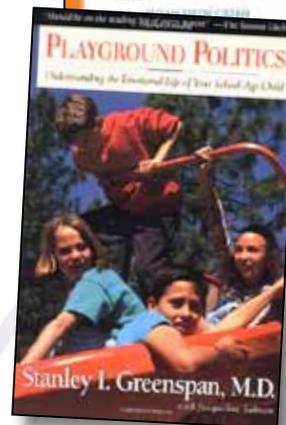
**Beyond Sticks & Stones: How to Help Your Child with a Disability Deal with Bullying** – This book can help you define what bullying is and determine if your child may be a target. It provides specific, practical steps to help you stop the bullying or prevent it. You will find things you and your child can do immediately at home and at school, as well as suggestions or long-term strategies.



**Don't Pick On Me: Help for Kids to Stand Up To and Deal with Bullies** – 37 simple, fun activities to teach kids to deal with teasing, name-calling & cyberbullying, cope with feeling left out, and get help when necessary.



**Playground Politics** – In this book famed developmental author Dr. Stanley Greenspan, offers a “road map” for parents to the stages of emotional development during the years from five to twelve. It offers practical advice on how to survive “playground politics” in school, and how to develop a positive self-image at the same time. ■



## CALIFORNIA BUDGET NEWS: Developmental Services

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Just before the end of June, the Governor signed an on-time state budget for Fiscal Year 2013-14 (July 2013-June 2014). Overall, it reflects that the state's economic and budget recovery is continuing, and it maintains the Governor's proposals for cautiously controlled spending to avoid a deficit.

Regional Centers' budget for 2013-14 will see an overall increase to Purchase of Service funding of about \$150 million over the current year, primarily to provide for projected growth by 8,637 total clients. The best news to come for regional centers and our providers in this budget is the discontinuation of mandated payment reductions for service providers, which since 2008 have ranged from 1.25% last year, to as much as 4.25% during their peak. And because the budget was passed on time, we will not face the uncertainty that comes with long budget delays.

### **Other Changes**

For medically necessary treatments that are covered by clients/families' health care plans (such as behavioral health services) lawmakers added directives in the budget trailer bill. The new language prescribes the limited conditions in which regional centers may cover insurance co-payments (e.g., based on the family's income of 400% or less of federal poverty level), and prohibits the payment of insurance deductibles.

Another provision of the budget trailer bill makes the Annual Family Program Fee continue indefinitely, for families of minor children who are served by regional centers, receive certain purchased services, and who have income at or above 400% of federal poverty level. Regional Centers advocated the sunset of this fee in June of this year as originally planned, but it has been made permanent.

### **Advocacy Efforts to Restore Early Start**

Some of the funding restoration hoped for by advocates for people with developmental disabilities did not make it into the final budget deal. Our system came together in force, statewide, to advocate for restoration of eligibility for Early Start services to what was in place prior to 2009. However, the changes in eligibility for Early Start services that went into effect in 2009 remain in place, and there is no funding for regional centers to provide prevention services for infants and toddlers at risk of developmental disabilities. (Regional Centers do continue to serve infants and toddlers birth to three years with more significant developmental delays, or established risk conditions with a high probability of resulting in delay).

Our strong alliance of regional center agencies, families, service providers, and other statewide organizations did raise the awareness of many legislators about the impact of past reductions and the high value of these services. Legislators did come away from the budget process hopeful that as our economy continues to show signs of strengthening, they can revisit this proposal for next year. ■

Sight for Students is a VSP charity program that provides free vision exams and glasses to low-income, uninsured children. The program operates nationally through a network of community partners who identify children in need and VSP network doctors who provide the eye care services. More than 50,000 children each year receive a free comprehensive exam and corrective lenses if needed through Sight for Students. These are children who would otherwise not receive the eye care and eyewear they need to do their best work in school and perform their best at play.

### How to Get Help

Sight for Students gift certificates are distributed through a network of community partners. Families can locate partners in their area using the “Find a Partner” search feature on Sight for Students Web site at <http://www.sightforstudents.org>. The partner will determine if a child meets the eligibility requirements of the program, which are:

- The family’s income is no more than 200% of the federal poverty level.
- The child is not enrolled in Medicaid or other vision insurance.
- The child is 18 years or younger and has not graduated from high school.
- The child or parent is a U.S. citizen or legal immigrant with a social security number.
- The child has not used the Sight for Students program during the past 12 months.

If a child is eligible, the community partner will issue a Sight for Students gift certificate along with a list of VSP doctors in the area. All VSP doctors accept Sight for Student gift certificates, so the family can pick the doctor that’s right for the child.

### Community Partners

Sight for Students community partners include:

- Boys & Girls Clubs of America
- National Head Start Association
- National Association of Community Health Clinics
- National Association of School Nurses
- Communities in Schools
- Prevent Blindness America
- National Council of La Raza

### Important Information about our Community Partners

- Although all chapters of a national partner are eligible to participate in Sight for Students, not all do.
- Partners are only obligated to help children who normally fall within their care. Partners may assist other children at their discretion.
- Access to the program may not be available in all areas of the country.

To find out more about Sight for Students, visit [vsp.com/community](http://vsp.com/community) or call (888) 290-4694 Partners in Delivering Care. ■



HARBOR DEVELOPMENTAL DISABILITIES FOUNDATION, INC.  
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## BOARD MEETINGS

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September 17, 2013 – 8:00 a.m.  
 October 15, 2013 – 6:30 p.m.  
 November 19, 2013 – 8:00 a.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.

### Stay in touch and get the latest news!

Send an e-mail to [networksubscriber@harborrc.org](mailto:networksubscriber@harborrc.org) with your name and e-mail address, to be added to our electronic mailing list for HRC E-News bulletins.

View Our Publications online at [www.harborrc.org/resources/publications](http://www.harborrc.org/resources/publications)

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

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