



# HARBOR HAPPENINGS

A PUBLICATION OF HARBOR REGIONAL CENTER

SPRING 2015

## GLOBAL MESSENGER MANASA IYER

*By Kerry Ryerson  
Public Information Specialist*

Public speaking can be a difficult task for most of us, but not for Manasa Iyer! Manasa is a Global Messenger for Special Olympics Southern California and she can command an audience! She speaks with the exuberance and confidence that any of us would be lucky to muster. Manasa is a 19-year-old young woman who has autism, and when she spoke to a packed ballroom at the Hyatt Regency Hotel in Long Beach, her speech was lively, funny, touching and an inspiration to all.



*Manasa Iyer and her father Murali. View her rousing speech on YouTube by searching Manasa Iyer Special Olympics.*

When Manasa was seven years old, her mother passed away, leaving her and her two siblings, a brother and a sister who both have intellectual disabilities, to be raised by their father. In her speech, Manasa referred to her father as her hero who keeps her inspired to never give up when things get tough. She then asked him to stand and he beamed with pride while the audience fought back tears.

Manasa rallied the crowd once again as she extended an invitation for everyone to join her when she cheers for the athletes who will be competing at the Special Olympics World Games in Los Angeles this summer. ■

## SPECIAL OLYMPICS WORLD GAMES LOS ANGELES 2015

*July 25 – August 2, 2015*

Every two years, Special Olympics athletes come together to compete at the Special Olympics World Games. This summer, over 7,000 athletes from 177 countries will descend upon Los Angeles to show the true meaning of courage, joy and determination. 304 of those athletes will represent the U.S.A. and our Harbor Regional Center client, Destiny Sanchez, is one of those 304 athletes! (See page 2.)

Athletes will be competing in 25 different sports at venues throughout Los Angeles, including USC, UCLA, the LA Convention Center and various venues in Long Beach.

Harbor Regional Center staff and friends have formed 26 “Fans In The Stands” teams with approximately 300 volunteers and we will be cheering for the athletes throughout the week of competitions at the Long Beach venues. If you would like to join one of our teams, please contact **Kerry.Ryerson@harborrc.org** and sign up with one of our great teams!

To learn more about the athletes, delegations, sports, and venues that will make the Special Olympics World Games the largest sporting event in the world in 2015, check out the website: **www.la2015.org** ■

## RUNNING FOR THE GOLD AND THE U.S.A.

*By Kerry Ryerson, Public Information Specialist*



*Destiny participated in the LA Marathon as a two-mile relay runner.*

Destiny Sanchez will be representing the U.S.A. in the upcoming Special Olympics World Games! She is 16 years old, attends John Glenn High School in Norwalk and is a typical teenager who enjoys listening to music and watching movies. She loves going to school and has aspirations of being a teacher someday. Destiny began participating in Special Olympics with Team Norwalk when she was 12. She loves to run so track

was the perfect sport for Destiny to participate in and she has become quite a stand-out athlete since joining Team Norwalk. Running isn't the only benefit that Destiny has enjoyed since joining the Team; she has made several friends and overcome her shyness! Lourdes Sanchez, Destiny's mom, shared what a comfort Destiny is for the entire family. She adds that Destiny was born with Fetal Alcohol syndrome and that she has become a real survivor of life! Lourdes beams with pride when she speaks about

her daughter and her smile grows even wider when she talks about her most recent accomplishments and how proud the family is of Destiny.

During one of her many practices on the track with Claudia, her personal trainer, Destiny strives to keep her focus as onlookers watch her every move and take pictures of her as she awaits her signal to start running, racing against her own time in preparation of competing in the 100 and 200 meter races and in the Relay during World Games. Destiny is motivated to run as fast as she can – not just to beat her opponents but to awaken the euphoric feelings of happiness and freedom that she experiences while running!

Destiny has become quite a star with the constant requests for interviews on and off camera and then there are all of the events that she attends – too many to count! With all of this star treatment, Destiny continues to be humble through all of the excitement and is looking forward to what she loves to do the most – run.

Congratulations Destiny. Your friends at Harbor Regional Center will be cheering for you! ■



*At the track, Destiny's coach helps prepare her for the competitions.*

## HARBOR REGIONAL CENTER BOARD CONGRATULATES GEORGE BIRD on His Appointment to County Judgeship

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Governor Jerry Brown has appointed our good friend George Bird to a Los Angeles County judgeship.

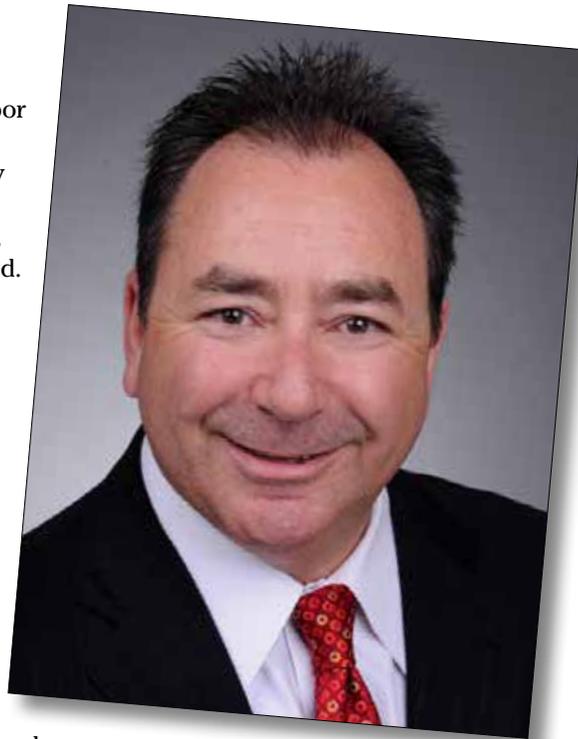
When Executive Director Pat Del Monico first met George Bird in the elevator of our office building, he was best known as KNBC legal commentator, "Torrance Attorney George Bird." His interest in serving his community led him to get to know Harbor Regional Center a little better and to ultimately become a member of our Board of Trustees. For twenty years he has been an invaluable leader and treasured friend for our community of clients, families, staff and board.

Executive Director Pat Del Monico reflects, "Harbor Regional Center has been enriched by our long association with George Bird. We are enormously grateful for the many years he has served with us and for the highly valued and valuable loyalty, leadership, support and guidance he has provided. We offer him our endless thanks, all of our friendship and our very best wishes."

George has been a criminal attorney at Bird & Bird since 1993, and has served as president of the South Bay Bar Association. He has demonstrated his tireless dedication to this community while serving as President on the Harbor Regional Center Board of Trustees, as well as on the Board of HOPE (Home Ownership for Personal Empowerment), a program to create stable, affordable housing options for people with developmental disabilities.

He continued to do so, even after being elected to the Palos Verdes Estates City Council in 2009, and serving as their Mayor from 2012-13 and in March/April 2015.

As he assumes this important new role as Los Angeles County Superior Court Judge, we say good-bye to George as a member of the HRC Board of Trustees. We will miss him, but are proud to have George as our friend and Harbor Regional Center supporter. ■



*George Bird,  
Los Angeles County  
Superior Court Judge*

## PROMOTING EARLY ASSESSMENT OF YOUNG CHILDREN

*By Nancy Spiegel, Director of Information and Development*

Harbor Regional Center is actively reaching out to parents, health care professionals, preschools, and others in our community. Our goal is to encourage early assessment and identification of developmental concerns, and referral to the regional center whenever there are concerns.

*Every parent needs to know the developmental milestones – not just to recognize possible problems, but because knowing how a child learns, speaks, acts and plays is a basic aspect*



*Assessing young children for early identification of developmental concerns.*



*of promoting a child's developmental health. When developmental delays are recognized early, children can get the help they need. However, less than half of children with developmental delays are identified as having a problem before starting school.*

*Developmental screening is how doctors identify children who should receive more tests for possible problems. This usually consists of questions to parents about how their child plays, learns, speaks, behaves, and moves. Doctors may also talk or play with the child to observe these things. Their questions and observations can allow for earlier detection of delays, earlier referral for services and improvement of the child's health and wellbeing. Child health care providers need to be proactive in conducting developmental screenings and referring children with potential delays for assessment and treatment. A 'wait and see' approach to diagnosing developmental delays can lead to missed opportunities for providing care.*

*Center for Disease Control, "Learn the Signs, Act Early" Campaign*

Our team is working with physicians, nurses, other health care providers, early Head Start programs, Foster Parent programs, and others in our area to share assessment tools and resources. We are also attending family events and health fairs throughout the region to get the word out.

**Our early childhood specialists have also provided free on-the-spot assessments to help parents be aware of typical developmental milestones and identify concerns.**

We want to empower parents, to know when to seek help from their doctor. And if the doctor or parents still have concerns, we are encouraging families to contact Harbor Regional Center (or the regional center in their area) for further assessment. ■

# FAMILY *matters*

## LAX OFFERS PROGRAM FOR TRAVELERS WITH AUTISM

### *Los Angeles World Airports (LAWA)*

*The Los Angeles World Airports has a Voluntary Self Identification Program to support travelers with autism, as part of their ADA program.*

#### **What is LAWA's self-identification program?**

The Los Angeles World Airports self-identification program allows persons with autism to share that they have an intellectual disability to create a better understanding and appreciation for the challenges they face in an airport environment. The self-identification program is the result of input received from families with autism who expressed fear of flying with family members with autism. They were concerned that loved ones with autism might become confused in an airport environment, creating an outburst that could result in a negative police response. In actuality the person may only be trying to communicate or is reacting to stress from being in an unfamiliar environment. Airline personnel and police are trained to recognize persons wearing the sticker as someone with autism and can defuse situations affecting individuals with autism.

The program is totally voluntary. An individual or family of a person with autism determines whether to self-identify. Autism self-identification stickers are available for free from participating airlines. The sticker is an image of a puzzle piece. Simply ask at the ticket counter and a set of two stickers will be handed to you. Participating airlines include American, United, Jet Blue, Virgin America and Southwest. More are listed on LAWA's ADA website at [www.lawa.org](http://www.lawa.org) (Click on ADA Traveler Info and on Airlines Info for Travelers with Disabilities).

At this time, this program is unique to Los Angeles World Airports. LAWA is working with the aviation community in developing a similar program nationally and internationally. ■

#### **LAWA suggests that families:**

Call TSA Cares at 1-855-787-2227 and pre-arrange for special screening. More details are available at [www.TSA.gov](http://www.TSA.gov) (ADA Traveler Info).

When you arrive at the airport let the check-in counter know that you are traveling with a family member who has autism. They will note that on your reservation and will be better able to assist you if it becomes necessary. Also notify the flight crew when you board the aircraft.

#### **Suggestions from parents:**

Bring a bag of items to help keep the child's attention.

Have the child or adult with autism wear the least amount of clothing to get past TSA screening (to decrease the chance that additional pat down and touching will be necessary), and to show TSA that the child does not have liquids or other contraband. Once beyond screening, dress the child more appropriately for the trip.

Don't sit the child or adult with autism next to a window if they are sensitive to noise.

## 7 SAFETY STRATEGIES for Kids with Special Needs

*By Emily Iland*

As parents, it is our job to worry about our kids. And we worry about our children with special needs at every stage of their (and our) lives. As it turns out, worry is a waste of mental energy – energy we cannot afford to waste! The best thing to do with worry is convert it to action, doing something positive to mitigate the unsettling thoughts that keep us awake at night.

The need to do something is particularly crucial when it comes to safety. The list of worries is long. Will my child wander off? How can I prepare for an emergency? Does my teen or adult child know how to interact with the police if she or he should need help, or be stopped by them?

Now is the time to stop worrying and spring into action! Here are seven safety secrets to help you keep your special needs child, teen or adult safe. (To keep it simple we'll use the word child to refer to someone of any age.) Let these resources and tips inspire you to take steps toward a safer future for your child.

**1. Prioritize safety.** Identify what your child needs to know to be safe and find people and resources to help you teach her or him. Would your child run into the street if you were not there to stop him? Is your child attracted to water? When are you on high alert, actively preventing your child from doing something dangerous? The answers to these questions show you what your child needs to learn.

While we must always protect our children, preventing something dangerous from happening is not the same as teaching safe behavior. What kind of skills does your special-needs child need intensive teaching to learn?

- To cross the street safely?
- To learn to swim?

- To respond to “stop,” “go” and “no”?
- To recognize personal space and boundaries?
- To learn any other skills that promote safety and minimize danger?

One option is to add safety goals to your child's Individualized Education Program (IEP) at school. Safety needs can be addressed in the IEP and are also ideal for transition plans, so speak up about your concerns at your child's next IEP meeting.

If your child is a client of the regional center, you can add safety goals to the IPP (Individual Program Plan). Regional center staff understands the need to prioritize safety for all clients. Once you have a safety goal in your child's IPP, attention and resources can be focused on teaching safety skills at home and in the community.

You don't have to wait for an annual meeting to bring up your child's needs and add safety goals. You can bring up the subject at any time. What pressing need does your child have? Tell someone who can help.

**2. Address wandering.** Talk to your neighbors and let them know about your child's special needs and the danger of potential wandering. Ask them to help you keep watch, and to contact you right way if they see your child unsupervised. Download a free digital copy of the Big Red Safety Box, wandering prevention information for caregivers, from the AWAARE Collaboration at [www.awaare.nationalautismassociation.org](http://www.awaare.nationalautismassociation.org). The kit includes information and resources, including new options for door alarms and locks.

**3. Print out a Google Map of your neighborhood.** Identify water (pools, ponds or streams) that might attract your child, favorite places nearby and familiar routes your child takes when she leaves the house with you. Keep

*(continued on page 7)*

*7 Safety Strategies for Kids with Special Needs (continued from page 6)*

this information handy. These are usually the first questions officers ask when a child goes missing. It is better to be prepared with a list than to try and think of the answers in a crisis.

- 4. Fill out a SNIP.** This is a place to record and organize essential information about your loved one, in case of emergency. Having information at the ready can help police and first responders respond quickly and effectively in any situation.

SNIP stands for Special Needs Information Page. The SNIP is one example of a free tool you can use to share information about your child and his or her needs. The SNIP form includes a place to attach a photo and record your child's description, ways to help calm him, information about diagnoses and medications, and emergency contact information. You can type right onto the SNIP form that is available for free at [www.BeSafeTheMovie.com](http://www.BeSafeTheMovie.com) Update it regularly and print out as many copies as you need. Ask to attach a copy to your child's emergency card at school. Keep a copy in your car and be sure that all of your child's caregivers also have a copy.

- 5. Consider enrolling in the SNAP.**

The SNAP is the Los Angeles County Specific Needs Disaster Voluntary Registry. The SNAP registry is a project of the Los Angeles County Office of Emergency Management with other L.A. County disaster response agencies. You can voluntarily add information about your child to the free SNAP registry. Agencies can use the information in the registry to serve those with specific needs in Los Angeles County in a disaster. Learn more at <https://snap.lacounty.gov>

- 6. Make sure your child has or wears some kind of identification.**

This is especially crucial for those who cannot identify themselves verbally. Your child might not have tolerated old-school medical alert jewelry in

the past, but there are many new alternative materials and styles.

Options include tags, patches and other offerings from organizations such as IF I NEED HELP ([www.IfINeedHelp.org](http://www.IfINeedHelp.org)). There are many choices online, or as nearby as your neighborhood pharmacy.

Some children might benefit from high-tech tracking devices. Options include Lok8u ([www.lok8u.com](http://www.lok8u.com)) and the Amber Alert GPS locator ([www.amberalertgps.com](http://www.amberalertgps.com)). Others may need to carry and learn to safely show a "self-disclosure card," a tool that informs others about their needs. A model card is available at [www.BeSafeTheMovie.com](http://www.BeSafeTheMovie.com)

- 7. Teach your teen or adult with special needs how to interact safely with the police.**

Parents of children with special needs should be concerned about this issue, because statistics show that individuals with disabilities are more likely than their typical peers to have an encounter with law enforcement. Teens and adults with autism spectrum disorder, intellectual disability, learning disabilities and related conditions sometimes lack the communication skills or social understanding needed to interact safely with police.

Efforts are underway to train the police about special-needs populations so that things go more smoothly (and safely). At "Mission: Possible 2014," held last fall at The California Endowment offices downtown, the Autism Society of Los Angeles trained 100 Los Angeles police officers and sheriff's deputies, plus 100 students on the autism spectrum and their families. Officers and students paired up to participate in activities designed to help build understanding – teaching officers what it is like to experience communication and sensory issues, and teaching students skills that included following directions, asking for help and what to do in an emergency.

*(continued on page 8)*

*7 Safety Strategies for Kids with Special Needs (continued from page 7)*

*Tip:*

**BE SAFE The Movie** is available on loan in the HRC Resource and Assistive Technology Center

It is necessary to teach safe behaviors for interacting with police directly and explicitly to teens and adults with special needs. This is especially true for young adults who want to be more independent in the community, or plan to drive.

One thing we know about our kids is that they don't easily learn things based on a simple conversation. They usually need to see things and practice repeatedly. For this reason, video modeling can be an excellent and effective tool for teaching safety skills.

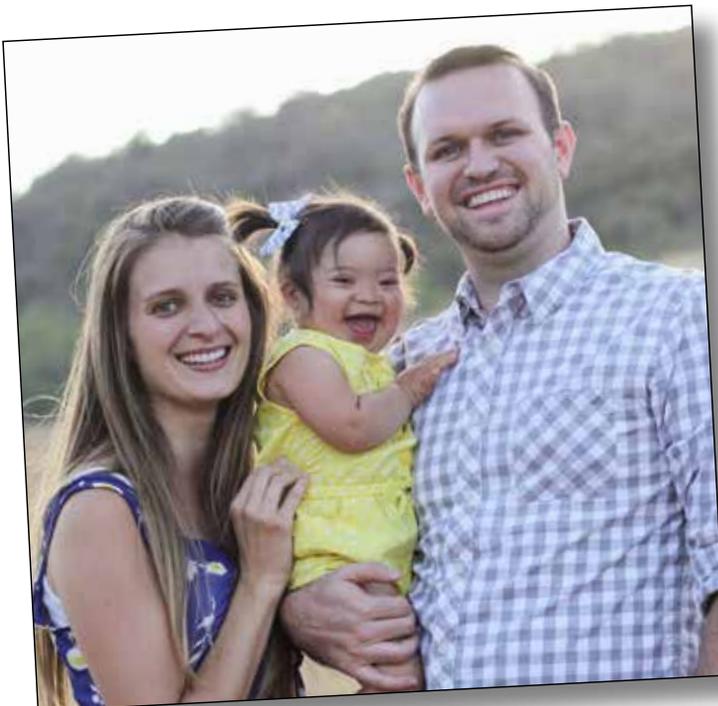
BE SAFE The Movie is a new video modeling tool created by and for young adults with special needs at Joey Travolta's Inclusion Films Workshop. BE SAFE shows encounters between real police officers and individuals with special needs. The movie and the

BE SAFE Companion Curriculum can help you teach your children skills such as "Stay where you are when you meet the police," and "When the police tell you to do something, just do it." More information is available at **[www.BeSafeTheMovie.com](http://www.BeSafeTheMovie.com)**

Prioritizing safety and working together to address all kinds of safety issues will help protect your child, now and in the future. It might even help you sleep better at night. Wouldn't that be nice?

*Emily Iland, M.A., is an award-winning author, advocate and researcher, and an adjunct professor in the department of special education at Cal State Northridge. She is the mother of a son on the autism spectrum, and creator of BE SAFE The Movie. Contact her at [Emily@BeSafeTheMovie.com](mailto:Emily@BeSafeTheMovie.com) or 661-347-8557. ■*

## EXPERIENCE AS A PROGRAM DIRECTOR LEADS TO ADOPTION OF CHILD WITH DEVELOPMENTAL DISABILITY



*Tiffany, Jasmine and Jared pose for a beautiful family photo.*

*By Christina Benavides, InJOY Life Resources, Inc.*

Tiffany Higgins worked as a Program Director at InJOY Life Resources Artesia until becoming a stay-at-home mom. InJOY is a program for adults with developmental disabilities possessing a culture that strives to inspire people of all abilities. Tiffany reflected on her journey and the impact that working at this day program has had on her over the years, especially in regards to her adoption of a child with Down syndrome.

As Program Director, Tiffany had been able to build quality relationships with families, care providers, and Harbor Regional Center. She most importantly had the opportunity to see how much individuals with developmental disabilities are capable of doing, and to support them in their goals.

*(continued on page 9)*

*Experience as a Program Director Leads to Adoption of Child with Developmental Disability (continued from page 8)*

Tiffany and her husband Jared had always known that they wanted to adopt at some point in their lives, and came across the opportunity to adopt a child with a developmental disability in May, 2014. Tiffany was giving a tour of InJOY Artesia to a representative for Alliance Human Services, a foster care and adoption agency that is partnered with Harbor Regional Center. She immediately became interested in the Foster-to-Adopt program. "Literally, it was one of those moments where I knew that this was what we are supposed to do. I

was just hanging onto every word that he said." She said she called Jared right after work to tell him about the program and instantly received a very positive response; he confirmed that they should go ahead and start the process. "I don't think that we would have moved in this direction if it weren't for InJOY," she said.

Working at InJOY has provided Tiffany with invaluable experience for parenting Jasmine, and has given her and Jared confidence on their journey towards adopting, "When the day came that we heard about this little girl, we were not afraid, worried or intimidated. [We simply asked] what do we do, what do we need, and what support do we need to give her."

Although she left the InJOY program to become a full-time mom, Tiffany plans to keep in touch with InJOY and eventually visit with Jasmine. "Our members here

as a whole have just drastically changed and impacted my life. I always knew, since my time here began, that I could never leave InJOY and not be connected to this community."



*Jasmine loves to catch the bubbles.*

Tiffany has been very impressed by how much Jasmine has benefitted from her early intervention therapies and the excellent progress she has made! Jasmine turned three years old in December and now along with her therapy sessions, she began the early start school program where she has also made great strides. One of the goals for Jasmine was to walk without supports and she just started walking independently! Tiffany and Jared are extremely proud of Jasmine's accomplishments and determination.

Jasmine's new independence is proving to be very helpful now that her mom and dad have welcomed her new baby sister into the world!

Congratulation to all of the Higgins family! ■

# Client focus

## CARMEL GOODWIN WINS 2015 ACHIEVER OF THE YEAR AWARD

*By Paulette Thornton, Goodwill*



*HRC's Colleen Mock (left) and Vivian Galaviz (center) joined Carmel for this special celebration.*

Carmel Goodwin has never let her disability put limits on her life. As a sales associate for the Goodwill retail store in Norwalk, Carmel serves as a dedicated employee who has been embraced by both co-workers and customers alike.

Carmel enjoys going to work each day as she has always been encouraged to hold a job, regardless of her disability. Raised along with her two siblings by a single mother, Carmel first showed signs of developmental challenges as a preschooler. Her mother initially thought she only had a visual impairment. But by kindergarten, her developmental delays became more prominent so her mother sought assistance from Harbor Regional Center. There, Carmel received therapy services while attending special education classes in the public school system.

To learn employment skills, Carmel began working in a series of part-time jobs while still in high school and continued working after graduating. After her continuation program ended, her mother asked Harbor Regional Center to find her a job. The center referred her to Goodwill, which placed her in a job at the same retail store where she's worked for the past decade.

Carmel also has been a successful gymnast in the Special Olympics, and has received several medals for her competition performances, including gold medals. No longer a competitive athlete, Carmel remained busy with her career. She looks forward to continuing her work at Goodwill to help give her a sense of connection to the "real world."

We congratulate Carmel Goodwin, the recipient of the Goodwill SOLAC Achiever of the Year. This award recognizes an outstanding person with a disability or other disadvantaging condition who has shown great progress and accomplishment in overcoming barriers to employment, while still benefiting from the Goodwill work environment or receiving services to support employment in the community. Carmel serves as a role model and inspiration for all recipients of services in the Goodwill family. ■

## PROJECT SEARCH LOOKS BEYOND DISABILITY To Help Young Adults Find Jobs, Independence

### *Kaiser Permanente South Bay Medical Center*

*Project SEARCH, which provides job training for young adults with special needs, proves that doing good for the community can also be good for business.*

When Michael Dobbs graduated from Project SEARCH on June 3, he had something most high school students would envy: a job already lined up. A 22-year-old from Torrance with developmental disabilities, Michael joins 71 percent of the Project SEARCH graduates who successfully found employment after completing an internship at Kaiser Permanente South Bay Medical Center.

“When we first became a Project SEARCH internship site, our goal was to help these young adults gain job training and experience, but as a hospital we’ve benefited as well,” says Dr. Barbara Carnes, area medical director for the South Bay Medical Center. “Time and again these interns exceed our expectations and prove that they are capable of so much more than our preconceived notions might lead us to believe. It’s inspiring to work with them, and the morale boost that they provide to their co-workers is invaluable.”

Project SEARCH provides education and training to young adults with intellectual and developmental disabilities through an innovative workforce development model. In partnership with Best Buddies, LAUSD and the Harbor Regional Center, Kaiser Permanente South Bay Medical Center provides students with three ten-week rotations through different

departments, including pharmacy, food services, administration, and materials management.

“The work experience that these students gain is critical to their ability to successfully transition from school to adult life,” says Cheo Leslie, employment consultant at Best Buddies California, who supports the Project SEARCH program. “And our employment consultants make sure that the transition is successful for employers as well, by providing training and other ongoing support.”



Now in its third year, the internship program at Kaiser Permanente remains the only Project SEARCH site in the South Bay. In addition to hiring Project SEARCH graduates, local businesses can support the program by joining the South Bay Business Advisory Council, which meets quarterly to provide guidance and support to the program and its graduates. For further information contact [Mercedes.Lowery@harborrc.org](mailto:Mercedes.Lowery@harborrc.org). ■

*The Project SEARCH  
Class of 2015*

## WHY I LOVE PUBLIC TRANSIT



*Myron has visited all the sights in Los Angeles on the Metro.*

*By Myron Chai,  
HRC Client*

When I was younger, my parents drove me around town. Riding public transit was not an option we considered. When I graduated from high school in 2005, I went to El Camino College and then California State University Dominguez Hills. I had to find a way of commuting to and from college, so I decided to learn how to take public transit.

I learned how to use public transit by going to their

website. In my spare time, I would go to the public transit website, read the timetables, and find out which streets each bus line and train runs on. Also while waiting to catch buses or trains, I would observe other lines and their final destinations.

At first, my parents were worried about me taking public transit on my own, but when I learned and practiced the routes and got used to it, they started to feel confident that I could do it independently. Now they sometimes come with me on outings on public transit together, such as to a museum downtown. My father liked how easy and reliable it was.

I did make a few mistakes when I took the wrong bus and train lines. So in order to correct my mistakes, I just stop at the following station and catch a bus or train in the opposite direction. I rarely have bad experiences when I ride. One time, when I was riding the bus from college back to home, the bus broke down. But I knew which bus line to take to get home.

Public transit can be safe if you follow some safety rules. I would say when you are waiting for trains, stay behind the yellow line at the station platforms, and stay behind the curbs when waiting for buses. Never run to catch buses or trains because there will be always another one coming. Obey all rules and posted signs onboard buses, and at train stations.

Although there are all kinds of people who ride transit, just be yourself and don't talk to strangers, and refrain from arguing with others. Finally, the most important safety tip is when you see something, say something. If you follow those rules, you'll be fine.

I think the biggest benefit from riding public transit is knowing your way around town, so that when you want to go somewhere, you can just hop on buses or trains. You can go where you want to go at any time, because they run often throughout the day. Whether you are sightseeing as a tourist or living in big cities where there is heavy traffic, you literally don't need a car. Also, you will save time and money without the hassle of finding and paying for parking. With the extra money I save, I like to try new restaurants and treat myself to a meal or a snack.

Also another great way of learning how to use public transit is to use Google Maps. You can use Google Maps to plan out your transit trips in various cities throughout the United States and other countries as well.

Ever since I started to like riding public transit, I developed a hobby of taking photos of buses and trains in Los Angeles and when I travel to other places. I started to use Instagram to post pictures of buses and trains in Los Angeles. LA Metro even used some of my photos for their profile page

Even though I got a driver's license, I still use public transit because sometimes when I am driving for a long time, I get tired and need to take a break. When I ride transit, I can rest, and don't have to worry about getting into accidents. The only thing you have to worry about when taking transit is to know which station or stop to get out.

People with disabilities can apply for reduced fare tap cards and ride public transportation at a cheaper fare. HRC clients who do not drive can take public transportation without having to rely on their parents to drive them all the time.

Everyone has the ability to try public transit. Once you learn how to ride, you will have another option to be independent and get where you want to go. ■

## IT'S TIME FOR A GREAT SUMMER BOOK!

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*By Kerry Ryerson,  
Public Information Specialist*

Are you looking for an interesting book to read this summer? Here's a great one from author Nancy Mary. *Paul's Story* is about a 25-year-old man with intellectual disabilities and his journey to young adulthood. Paul's journey involves many challenges. His overprotective parents were just killed in a car accident and Paul must now learn how to maintain a household, finish school, find employment, develop meaningful relationships and make his own decisions.

Nancy Mary has an understanding of people with intellectual disabilities, and her ability to create this fictional character and his story comes from her many years of experience advocating for clients and their families while working at HRC. She has published several articles related to the field including her book titled *Social Work in a Sustainable World*.

You can find *Paul's Story* in our Resource Center where it is available for check out or you can purchase it on [www.amazon.com](http://www.amazon.com) If you are interested finding out more about Nancy's other books and short stories, please check out her website:

[www.nancymarywriter.com](http://www.nancymarywriter.com) ■



*Counselor Valerie Dawson poses with Nancy Mary after getting her copy of Paul's Story autographed.*



*Jaime Martinez enjoyed a Project Search celebration with previous HRC Employment Specialist Danielle Heck.*

## VOLUNTEER SPOTLIGHT

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*By Kristina Zerhusen, Assistant Manager,  
HRC Resource and Assistive Technology Center*

Jaime Martinez was referred to the Resource Center by his HRC Counselor. Prior to becoming a volunteer in the Resource Center, Jaime was a participant in the HRC Career Exploration Program. He wanted an opportunity to utilize his clerical skills as a step to becoming gainfully employed. From day one, Jaime has presented himself in a professional manner and has been conscientious about coming on time and accomplishing the tasks given to him. He learned how to use the web-based circulation system to assist patrons checking items in and out. Jaime demonstrates a positive attitude and approaches new tasks with enthusiasm and focus. The Resource Center staff has come to know about Jaime's

hobbies which include participating in Track and Field and Bowling through the Special Olympics. Jaime attends festivals in the community and enjoys dining out with family and friends. It has been our pleasure to get to know Jaime and we have appreciated his assistance. ■

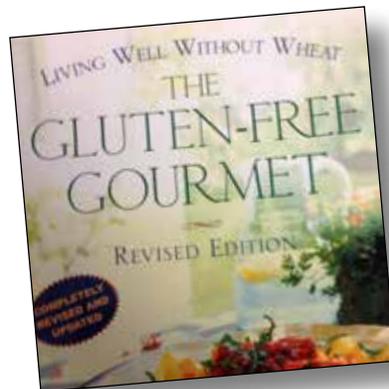
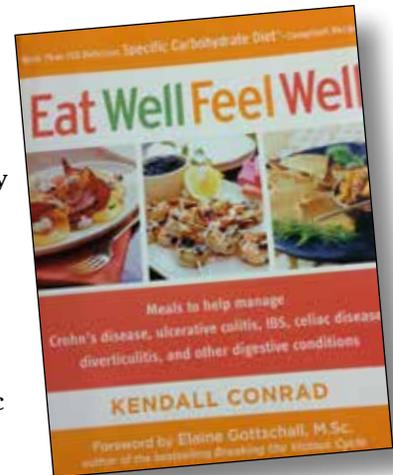
## HRC RESOURCE CENTER: CHECK IT OUT!

Resources are many when the topics of diets, exercise and wellness are concerned. It seems like there is always a new diet or fitness craze. Knowing where to find reputable information that focuses on health and wellness for ourselves, our children and the clients we serve can sometimes be a challenge. The HRC Resource Center has materials on exercise, nutrition and special diets. A few of the available items are listed below. For more specific topics and titles, please access the Online Catalog through the HRC website: [www.harborrc.org](http://www.harborrc.org).

### EAT WELL FEEL WELL

*By Kendall Conrad*

The author wrote this book after her daughter's near-miraculous recovery from a dangerous digestive disorder. Her daughter recovered in part by following the Specific Carbohydrate Diet. More than 150 Delicious Specific Carbohydrate Diet Recipes are included in this book along with tantalizing color photos of prepared dishes. There are recipes for quick and easy casual meals and elegant dinner parties alike. The recipes presented are to help manage Crohn's disease, Ulcerative colitis, IBS, celiac disease, diverticulitis and other digestive conditions.



### LIVING WELL WITHOUT WHEAT:

#### The Gluten-Free Gourmet

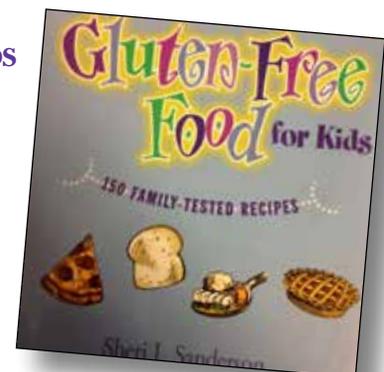
*By Bette Hagman*

200 recipes are included in this revised edition. The recipes are intended for those who are intolerant of the gluten in wheat, oats, barley or rye or who are allergic to wheat. In addition to the recipes for breads, cakes, cookies, pasta, pizza and main dishes there are chapters that cover information on eating out, time-saving and money-saving tips.

### INCREDIBLE EDIBLE GLUTEN-FREE FOOD FOR KIDS

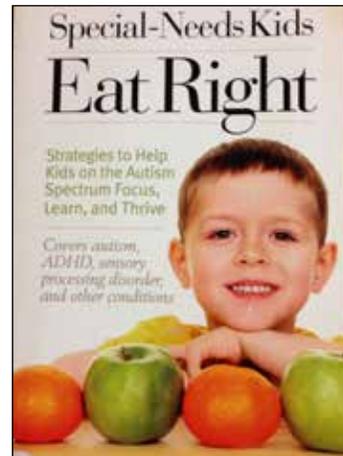
*By Sheri L. Sanderson*

This is the first cookbook to provide gluten-free recipes formulated especially for children. The emphasis is on taste so that children will stay on their diet. Recipes include macaroni and cheese, fudge brownies, breakfast muffins and a quick lunch pizza. Discover 150 family-tested recipes in this book.



**SPECIAL-NEEDS KIDS EAT RIGHT: Strategies to Help Kids on the Autism Spectrum Focus, Learn and Thrive**  
By Judy Converse, MPH, RD, LD

Authored by a nutritionist, this is a comprehensive look at diets and nutritional considerations for children diagnosed with Autism, ADHD, Sensory Processing Disorder and other conditions. Included are what works and what doesn't, making sense of supplements, and making nutrition work in your kitchen.



For those who like to learn by watching visual material, here are some DVDs which offer great information in 30 minutes or less:

**CREATE A GREAT PLATE: My Plate Dietary Guidelines**  
By Learning Zone Express, 20 minutes

The intended audiences for this DVD are Grade 6 children through adult. After watching this DVD you will learn what healthy eating looks like and how to make at least half your grains whole, how to vary your veggies, focus on fruits, get calcium-rich foods and how to go lean with protein. A website is provided to obtain printable teaching materials.



**FEED ME: Kids and Nutrition**  
By Learning Seed, 26 minutes

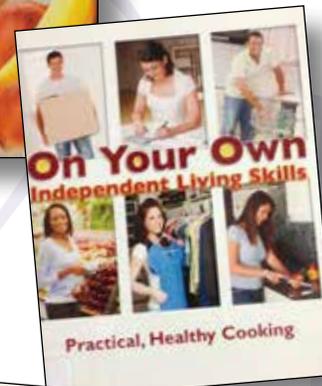
This DVD explains how to use dietary and nutrition guidelines developed especially for children. Ideas for healthy eating and exercise habits are presented.

A website is provided where a teaching guide is available.



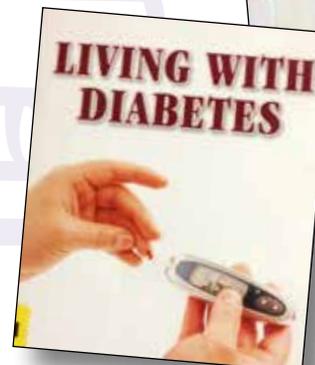
**ON YOUR OWN: Independent Living Skills, Practical, Healthy Cooking**  
By Meridian Education, 25 minutes

The intended audiences for this DVD are young adults in preparation for living on their own and adults who are living independently. This DVD walks the viewer through how to read a recipe, measure ingredients, prepare meats and vegetables, package up and store leftovers and clean up the kitchen. Kitchen safety is stressed.



**LIVING WITH DIABETES**  
By Films for the Humanities & Sciences, 26 minutes

Persons with Diabetes talk about how they have managed their diet and how they have made exercise part of their daily routine. ■





HARBOR DEVELOPMENTAL DISABILITIES FOUNDATION, INC.

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## BOARD MEETINGS

July 7, 2015 - 7:30 p.m.  
*There will be a special Board Training session from 6:30-7:30 pm on this date, followed by a brief public Board Meeting at 7:30 pm.*

September 15, 2015 - 6:30 p.m.  
December 1, 2015 - 6:30 p.m.

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.

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

Send an e-mail to [enetworksubscriber@harborrc.org](mailto:enetworksubscriber@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.

Editors..... Nancy Spiegel  
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Production Design ..... Janas Communications

Photography ..... Kerry Ryerson  
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