



HARBOR HAPPENINGS

A PUBLICATION OF HARBOR REGIONAL CENTER

SUMMER 2007

HARBOR REGIONAL CENTER AWARDED WELLNESS GRANT: Behavioral Services Leadership Team to Study Preschools Serving Children With Autism

*By Erika M. Carpenter, PhD
Clinical Psychologist and Team Leader
Behavioral Services Leadership Team*



HRC study will assess intervention services provided in a typical preschool setting as well as in a specialized classroom.

HRC is pleased to be the recipient of a 2007 Wellness Grant, awarded to us by the Department of Developmental Services, designed to investigate outcomes for children with autism. After review of the literature on treatments for children with autism by Harbor Regional Center's Behavioral Services Leadership Team, we decided to be proactive in our approach to autism treatments, and conduct research on two recently-developed service models.

Children with autism can be treated in a variety of ways: through behavioral treatment, speech therapy, occupational therapy, social skills training, or through a combination of these types of services provided in one unified early childhood program by the regional center through the school. These services can be provided one-on-one with a therapist, or in groups. Harbor Regional Center has collaborated with a behavioral services provider, ACES, and local school districts to create two preschool programs for children with autism, each with a slightly

unique approach, and it is these two programs that we will review with the help of the 2007 DDS Wellness Grant.

The first preschool program, LEAP (Long Beach Early Autism Program), was developed by the Long Beach Unified School District, ACES, and HRC to serve children ages two to three with a diagnosis of autism, using a language-enriched curriculum and a specialized preschool classroom. These children receive one-on-one applied behavior analysis during their four-hour school day and also receive occupational therapy and speech therapy. Work stations allow the children to further develop fine motor, sensory motor, and language skills. The adult to child ratio is high, at 1.5:1, further enhancing this program's ability to serve the unique needs of this population.

The second preschool was developed with the Manhattan Beach School District, ACES, and HRC. It is based on an inclusion model, and therefore the two-to-three-year-old children with autism are enrolled in classrooms with typically-developing peers. The children with autism receive one-on-one applied behavior analysis, speech therapy, and occupational therapy. During the rest of their four-hour day, these children enjoy free play, structured activities, and circle time with typically-developing peers. The adult to child ratio is also high in these classrooms, at 2.5:1, enabling the adults to focus the proper amount of attention on each child under their care.

Both programs include a high level of parental involvement, and have a goal to provide transitional planning for preschool enrollment. Anecdotal reports indicate that this transition has been a smooth one for our clients so far – largely due to the strong partnerships we have developed with the school districts. ■

UNLOCKING OPPORTUNITIES FOR MEDICALLY FRAGILE ADULTS

Adults whose developmental disability includes significant health challenges have often found that they would like to go out to a program of their own choosing and socialize with others, but for various reasons haven't been able to do so.

Frances and Life Skills Coach Maria take a break from playing cards in the courtyard.



Bobby looks forward to outings and social activities.

What are the options for our clients who want to remain involved in their community but, due to medical fragility or other restrictive conditions, have been unable to participate in programs or activities outside of their home?

Recognizing this dilemma, Harbor Regional Center set out to develop alternatives for clients with these kinds of challenges, referred to as "Individualized Services." As a result, we now can point to our partnership with service providers like Easter Seals and California Mentor, whose staff bring services to the individual – working in their home and, when possible, their immediate community.

These clients can now look forward to having someone to support and interact with them in meaningful, individualized activities on a regular basis. Some choose to be read to, listen to music, work on communication or other skills, play interactive games, have lunch, or go on a shopping trip or other short outing in the community. Their individual service is exactly that, individually-tailored to their specific needs and interests.

Frances Taylor looks forward to her daily visits from Life Skills Coach Maria Diaz. At Frances' request, Maria works with her on improving her math, spelling and vocabulary skills by using a variety of activity books, flash cards and other appropriate materials. Frances is very smart when it comes to budgeting her money and she plans accordingly when a shopping trip with Maria is scheduled. Frances had not been able to go shopping for some time, so they recently planned a trip to Wal-Mart. While there, Frances looked for a pair of pants to buy. After comparing styles and prices, she found a pair she liked and made her purchase. To complete the trip, the two went to lunch at McDonald's where Frances could enjoy her favorite French fries!

Bobby Reynolds had been living independently, and had typically preferred to be alone inside his room. One would never guess that Bobby – now a very skilled conversationalist – had previously avoided social interactions. In the time that Life Skills Coach Theresa Ornelas has been working with him, Bobby is showing interest and initiative in venturing not only out of his room and outside the house, but asking to go on outings where he can socialize with others.

Both Frances and Bobby have come a long way. Both of their aides noted the progress that each of them has made, and how much they have enjoyed the relationships they have developed in the time that they have worked with them. Kristel Scheuermann, Program Coordinator for Easter Seals, has seen the many great ways in which Frances and Bobby have benefited from their Individualized Services. Given choices and options, they and the other adults in this program are much more able to express how they want to spend their day, and what they would like to accomplish.

Harbor Regional Center looks forward to expanding opportunities for individualized service, and seeing many, many more individual successes like these! ■

THE *GET FIT!* COOKBOOK HAS ARRIVED

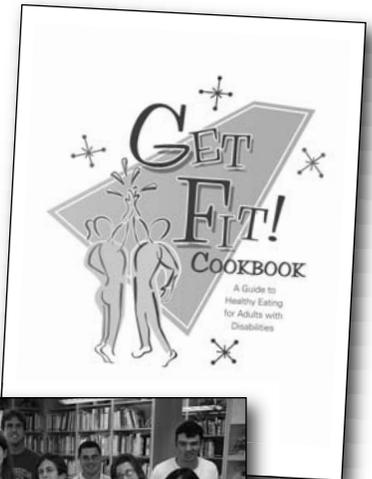
Have you ever wished there was a cookbook for adults with developmental disabilities that was easy to use and provided step by step guidance to prepare nutritious meals? We have – and so through the *Get Fit!* program created by Harbor and Lanterman Regional Centers, we have produced the *Get Fit!* Cookbook!

Created especially for our clients, the cookbook integrates healthy menus, budget-conscious planning and shopping, and safe food handling and storage practices. Our clients who were participating in the HRC *Get Fit!* program tested the recipes. They enjoyed planning their meal, making a grocery list and shopping for the ingredients. The real enthusiasm showed during the actual meal preparation and of course the enjoyment of sitting down together to eat! Every recipe tested with flying colors!

The *Get Fit!* Program was funded under a Wellness Grant awarded to the two centers by the Department of Developmental Services. Through this grant a copy of the *Get Fit!* Cookbook will be distributed to our fellow Regional Centers across the state, and to each of the clients and service providers who participated.

We will be encouraging other day program and supported living service providers to obtain this cookbook. We also encourage parents to obtain a copy for use at home.

The Cookbook is now available for purchase for only \$17.00, or to be checked out through the HRC Resource and Assistive Technology Center. Contact them at (310) 543-0691. ■



HRC's Cookin' Up Fun students give the Get Fit! Cookbook a positive review.

RECOGNIZING EXTRA EFFORT!

HRC is dedicated to providing support, information and choices to our clients and their families. Our staff, from the receptionists to our psychologists, strive to demonstrate our core values through their interactions with you.

You can help us recognize those individuals who have provided you with outstanding care and service. When you see an HRC staff member who is demonstrating respect by treating people considerately, working collaboratively, looking for ways to be helpful, responding quickly and explaining any delays, listening, sharing information, or any other assistance you found helpful, simply fill in this form and mail it to: Office of Information and Development, 21231 Hawthorne Blvd., Torrance, CA 90503 or by e-mail at cheryl.perez@harborrc.org

We will make sure that the HRC Counselor, support staff, clinical staff, Resource Center staff or other members of the HRC team receive your note along with our special recognition.

Name of person you wish to recognize: _____

Your name: _____

How that person demonstrated outstanding service or fulfillment of our core values: _____

We appreciate your support in helping us acknowledge these outstanding individuals.

WHAT'S IN A NAME? THE CHANGE TO THE TERM INTELLECTUAL DISABILITY

If you have browsed the HRC Web site or read an HRC publication lately, you may have noticed our use of the term *Intellectual Disability*. Increasingly, this term is being preferred by individuals with developmental disabilities and their advocates, in place of the long-used *Mental Retardation*. Harbor Regional Center has recently joined the growing number of organizations across the nation, such as the American Association on Intellectual and Developmental Disabilities, (formerly the American Association on Mental Retardation or AAMR), and the Arc (formerly the Association for Retarded Citizens) that are using the term *Intellectual Disability*.

A growing number of states are also moving away from the term Mental Retardation in the names of their state agencies – e.g., a Department of Mental Retardation becomes the Department of Developmental Services. (California's state department has been known as the Department of Developmental Services for decades, due to the fact that it serves citizens with developmental disabilities which include autism, cerebral palsy and epilepsy, along with mental retardation).

Why Is The Term Intellectual Disability Preferred?

Many people with intellectual and other developmental disabilities have advocated for this change due to the stigma and misuse frequently associated with the term mental retardation. It is a change that many individuals with disabilities feel very strongly about. Unfortunately, misuse of the term has become part of mainstream vocabulary in a way that is too often derogatory, offensive and inappropriate.

Use Of The Term Mental Retardation Continues

Like other agencies that have adopted the terminology, Harbor Regional Center has done so largely to reflect the desires and preferences of persons with developmental disabilities. However the use of this term will not in any way change the eligibility for services for our clients or potential applicants. The diagnostic term of mental retardation is still commonly used to determine eligibility for state and federal disability programs, such as the Individuals with Disabilities Education Act (IDEA 2004), Social Security Disability Insurance, Medicaid, and here in California, the Lanterman Developmental Disabilities Services Act. For this reason, as long as state and federal agencies continue to use the term mental retardation in defining eligible conditions, Harbor Regional Center will continue to reflect this terminology as appropriate in diagnostic assessments and reports, and in establishing eligibility for services.

It is possible we may see this change in preferred terminology reflected in official state Developmental Services communications in the future. At the recent Annual People First of California (PFCA) Public Hearing in the state capitol, a People First spokesperson made a strong appeal to state officials to remove the term mental retardation from the Lanterman Act.

As we gradually update our publications, we will continue to insert this preferred term. In the meantime you will see the term mental retardation in our previously published printed materials. And for now, as it remains necessary and to reduce confusion, HRC will sometimes use both terms together, such as in publications that explain eligibility for regional center services.

Regardless of the term or terms being used, we will continue to listen to the concerns and preferences of our clients with developmental disabilities, and to see our clients above all as *individuals* first. ■

DOING GOOD, ONE SEARCH AT A TIME New Yahoo-Powered Search Engine Helps Support the Harbor Help Fund

What if even a fraction of the \$6 billion generated by search engine advertisers was distributed to organizations (like Harbor Regional Center) trying to make the world a better place?

That is the concept behind a new search engine, developed by Internet entrepreneurs and brother/sister team Ken and JJ Ramberg. **GoodSearch.com** – powered by Yahoo – donates 50% of its revenue, approximately a penny per search, to the charities designated by its users. You use it exactly as you would any other search engine and the pennies add up quickly – just 500 people searching four times a day will earn around \$7,300 in a year!

The Harbor Regional Center Web site now has a link on our Home Page to the GoodSearch Internet site, or you can go to **www.goodsearch.com** and download the GoodSearch link to your toolbar for everyday use.

Because the site is powered by Yahoo, users are assured of high quality results. Each time you search, proceeds raised from Yahoo advertisers through your use of GoodSearch will go to the Harbor Help Fund – without your spending a dime!

When you go to the GoodSearch site, you will see the question, “Who Do You GoodSearch for?” Simply enter Harbor Regional Center’s name in the box, and click to “Verify.”

Your support for the Harbor Help Fund, whether by using GoodSearch or by making a monetary contribution at any time, helps us to provide extra assistance for our clients and families in need. The Harbor Help Fund provides such things as emergency rent payments, clothing, food, shelter and other necessities, as well as our annual holiday giving program.

“We know there are a lot of people who want to do good but may not have the time or the money to help out,” said Ken Ramberg. “GoodSearch makes it as easy as possible. We’ve taken something people do every day – searching the Internet – and have turned it into doing good.”

We hope you will use GoodSearch, and help us to do more good for our clients and families! ■

The logo for GoodSearch, featuring the word "GoodSearch" in a purple, sans-serif font. The letter "o" in "Good" is stylized with a horizontal line above it, resembling a search bar or a magnifying glass.

NFL STARS RAISE AWARENESS FOR DOWN SYNDROME AND FUNDS FOR HARBOR HELP FUND

Local football stars who have gone on to fame in the NFL returned home this summer for a charity benefit on behalf of people with Down syndrome.

Oakland Raider and former Long Beach Poly High and USC football stand-out Darnell Bing hosted a night of bowling with a few of his teammates and other NFL friends on Saturday, June 23, 2007 at Cal Bowl in Lakewood.



The linebacker was inspired to raise money and awareness about Down syndrome due in part to his 16-year-old niece, Brenae McKinley, who has the disability.



(above) Robert Thomas is surrounded by football fans Sean Tamer, Jason Martinez, Alex Good and Wesley Kennedy.

Darnell Bing (second from left in back row) poses with fellow NFL Stars and several eager bowlers.

“Darnell is just coming off his rookie year, rather than host the typical (sports camp for kids) he wanted to do something that would really make a difference in the community,” said Jamal Tooson, another Poly alum who represents Bing.

Joining Bing at the event were fellow Raiders Wide Receiver Mike Williams, of USC; Linebacker Robert Thomas, of UCLA; New York Giants Cornerback Jason Bell, who once played for Milliken High and UCLA; Tennessee Titans Running Back LenDale White, of USC; and St. Louis Rams Tight End Dominique Byrd, also of USC.

Bing and his friends bowled on several teams alongside young adults and teenagers who have Down syndrome. Twelve lanes were reserved for the event and filled to capacity. Everyone that bowled received and wore the event tee-shirt. The genuine kindness and acceptance shown our HRC clients by the NFL Stars was fantastic! It was difficult to tell who was more impressed – our clients by the NFL players, or the NFL players by our clients!

After two hours of bowling and great food, an exciting raffle was held. A large crowd gathered with their tickets in hand, hoping to win one of the many autographed footballs, jerseys or home tickets to a Raiders game. All of the young people that bowled received a special raffle ticket and will receive an autographed jersey from Darnell.

Darnell Bing and his NFL friends certainly did succeed in making a difference in the community. At the end of the evening, HRC representative Kerry Ryerson was presented with the evening’s proceeds of \$1,735.00! The money was deposited in the Harbor Help Fund and will be used by the HRC Down Syndrome Support Group in a way that will help promote awareness for people with Down syndrome and their families.

Adapted with permission from Tracy Manzer of the Press Telegram ■

FAMILY *matters*

NEW PUBLICATIONS! Family Support and Learning in Everyday Places

Harbor Regional Center is pleased to announce the addition of two new booklets to our library of publications we have developed for HRC families.

At Harbor Regional Center we believe that a good support system is a critical asset for you and your family.

Families served by HRC have a wide range of interests and needs, and we offer support in many ways – through information, through education and training, and through the supportive people who are a part of the Harbor Regional Center community. Our new booklet, **Family Support**, describes the types of family support available through Harbor Regional Center to help you determine which will best meet your family's needs.

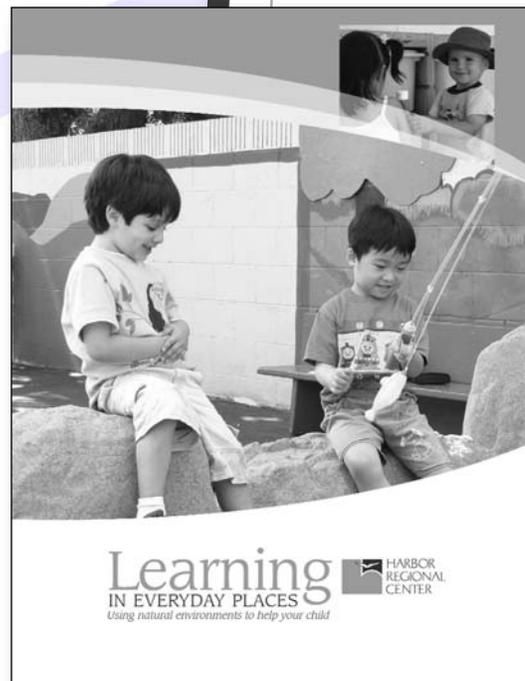
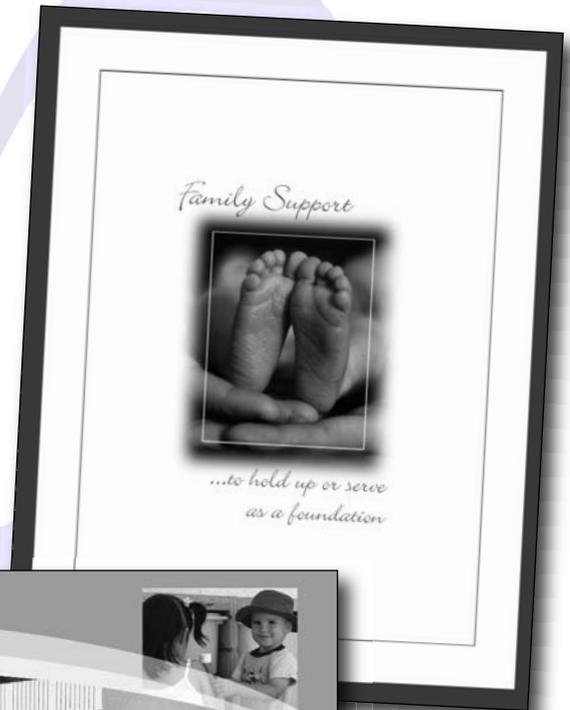
Natural environment: settings that are “natural and normal” for the child’s age peers who have no disabilities.

Learning in Everyday Places: Using Natural Environments to Help Your Child was created to be especially helpful to parents of children up to five years of age, but can be of benefit to families of older children as well. Early childhood service providers would also find this publication of interest.

In this booklet, we explore what the term “natural environment” means, and why it is considered important for your child to receive services and have experiences in these types of settings.

We would like to give special thanks to the staff, children and families of Brighter Beginnings Preschool in Lomita, for their generous participation in photography for this booklet.

Ask your HRC Counselor for a free copy of these beautiful new booklets, or visit our HRC Resource and Assistive Technology Center to pick up a copy. ■



NEW CLASSES FROM FAMILY BEHAVIORAL SERVICES

HRC's Family Behavioral Services (FBS) has developed two more exciting training opportunities in response to the needs of our clients and families.



Parents gather valuable information and support at FBS class.

Our Body Awareness and Safety class was developed in response to requests from HRC Counselors and parents who saw a need to help parents learn how to talk to their kids about puberty and sexuality. The goal of this class is that parents acquire the tools necessary to become more comfortable talking to their child about growth, development, interpersonal relationships and sexuality. The first class was held in the spring and was quite a success. Parents came together and shared their successes, as well as their concerns, about issues related to puberty, development and sexuality. With guidance from the FBS facilitators, they gave support to one another about how best to approach discussion of difficult topics. Parents and their kids

also worked together on activities during class, to help teach concepts such as stranger danger, personal boundaries, self-esteem and development.

Body Awareness and Safety classes are anticipated to run year-round, with a fall class scheduled to start in October. It is also anticipated that a Spanish-speaking class will be scheduled for the fall as well. The class meets once per week for a period of six weeks, two hours per session. The first hour of class is dedicated to discussion and instruction with parents; the second hour of class consists of facilitated activities between parents and their child. Topics include self-esteem, public vs. private, personal boundaries and safety, puberty and development.

Early Connections is another class that has recently been developed. This class is intended to help parents develop and foster early bonding experiences with their young children. It is a nurturing, interactive, six-week program for parents and their children ages 3-36 months. Each two-hour session will include one hour of parent-to-parent time/training. Topics discussed include developmental stages, basic attachment theory, verbal and non-verbal communication, positive behavioral techniques, adapting environments, fostering quiet times, and relaxation techniques. The second hour will consist of play between parents and their children. The playtime will consist of quiet times with exploration in music, infant/child massage, sensory exploration with bubbles, textures and more.

If you are interested in registering for either of these classes, please contact your HRC Counselor for more information. ■

THE ROAD TO CHINA

Alan Fry Jr. (AJ), is a polite and handsome 20-year-old man with a big interest in sports, and some amazing talents to match. AJ has been on his school's track and cross country teams throughout his middle school, high school and community college years. He competed equally and competitively with his "typical" peers.

Even though AJ was on the school teams for years, he has always been extremely shy and reserved, and so it was difficult for him to develop friendships with his teammates. AJ's Harbor Regional Center Counselor, Steve Campos, had predicted that once AJ found his niche, he would then be able to enhance his ability to initiate friendships and "really grow and blossom."

AJ's father Alan commented, "I never wanted my son to attend only special education classes; I wanted him to be included in the normal classroom environment. I tried very hard to never make AJ feel like he had a disability, even though he knew he was different from most people. Many times this meant that AJ was placed in situations in which he did not feel comfortable. To a certain extent, being educated in this normal classroom environment has proven to be good for him, but in other ways it has also been somewhat detrimental to his development – AJ never had a real friend in school, one who would call or come over to the house."

Alan works for Mattel, and through their extensive volunteer efforts Alan became involved as a volunteer for Special Olympics. He realized that participation in this sports organization might also benefit AJ, so he got him involved in track and eventually several other sports.

AJ took to his new opportunity, where he had an outlet for his interests and talents, but also had new opportunities to develop socially. Alan began to notice

changes in AJ, who was making an effort to talk and communicate with other athletes – introducing himself, and making a concerted effort to remember other athletes' names, something that is extremely difficult for him – and showing more confidence.

"A transformation has taken place during the past three years. My son has made so many friends – friends he looks forward to seeing at events throughout Southern California," Alan notes.

"On August 14th, 2006 we received news from the Special Olympic Committee concerning a once-in-a-lifetime opportunity. AJ and three other athletes and one coach from California were chosen to represent the United States at the Special Olympics World Games in Shanghai, China in October 2007. AJ will participate with 7,000 other athletes from 169 different countries. AJ was chosen from among more than 30,000 athletes in California and close to one million in the United States. We're both honored and very humbled to be given this opportunity to represent the United States in 2007."

Alan Sr. will also make the trip as a Mattel volunteer. Not only will he represent his employer, he will be the proud father of a competing athlete who will be representing the United States, and more specifically, Southern California!

Congratulations to both of you – and good luck in China! ■



HRC client Alan Fry is one of four athletes chosen out of one million to represent the U.S. in Shanghai, China.

Client focus

Caroline Chiou traveled with her family to Dallas to receive a NASA award.

(third photo) Caroline is congratulated by Astronauts Rich Clifford and Bruce McCandless.

HRC PRETEEN DESIGNS AWARD-WINNING SPACE COMMUNITY

Caroline Chiou is the daughter of HRC Board Member, Fu-Tien Chiou

Caroline Chiou is a very talented young lady. She loves to draw maps of places

she imagines, and like most 11-year-olds, she likes to play video games. Caroline enjoys video games so much that she said she might like to design them as a profession when she is older. Caroline also has a diagnosis of autism.

Caroline and her sister Georgina have always

been encouraged to be creative and develop their artistic talents in their family home's art studio. They both spend a considerable amount of time in their studio drawing, painting and creating beautiful artwork along with their mother, and their art is proudly displayed throughout the studio. At her young age, Caroline's artistic

talents have already earned her several awards. When she was in the first grade, she began entering and winning the Reflections Art contests in her local school district.

Last year Caroline received a flyer from her Girl Scout leader which advertised an exciting Art Contest. **The Vision for Space Exploration Art Contest** was sponsored by NASA, the American Institute of Aeronautics and Astronautics (AIAA), and the Boeing Company. Caroline was inspired by the contest's invitation to "imagine what future space exploration will be like, and then visually represent that dream."

Caroline submitted an entry that depicted an outer space community, which she described as "a new planet supporting life in an imaginary world." To her family's delight, she won first place for her age group! The family traveled to Houston to see Caroline receive the award at the 2nd Space Exploration Conference. Since then, her work has been on display at the George R. Brown Convention Center, and will continue to be displayed throughout the year in various locations by the Boeing Company, NASA and AIAA.

While in Houston, Caroline and her family enjoyed celebrity status as they toured the Johnson Space Center and met several astronauts. Caroline had her picture taken with many of them including Buzz Aldrin, Scott Altman, Winston Scott, Rich Clifford and Bruce McCandless.

Six months have passed since Caroline received her award in Houston, but the excitement of winning and the memories of the trip are still very strong. ■



MEET THE BOARD: WESLEY DALE

“A lot of people out there don’t understand. We are out there on the job, or in restaurants, or in department stores... We might use a walker or a wheelchair, or have problems speaking. Whatever our disability is, we like to be equal with everybody.”

When Wesley Dale was a child, he recalls that there was not yet a regional center to help his mother. It wasn’t until after he graduated from public school that someone told them about a new program called Harbor Regional Center, and he became a client. Now, many years later, Wesley Dale has become a valuable leader in the HRC community, having served on the Board of Trustees for the past six years, and as a member and past president of the Client Advisory Committee. And knowing first-hand the challenges that come with having intellectual, developmental, and speech/language disabilities, he serves as an excellent voice and effective advocate for his peers.

“A lot of clients don’t know how to speak up for themselves,” he says. “They’re afraid, I guess. I do speak out for other clients here that really can’t.” He encourages other clients who would like to become more involved to visit the HRC Resource and Assistive Technology Center, take client classes such as those offered in the Computer Lab, attend a self-advocacy event offered by the HRC Client Advisory Committee, or attend a meeting of the committee. *(Check out their page on the HRC Web site at www.harborrc.org, in the Guide To HRC section.)*

Wesley is also a proud member of the workforce. His special touch with animals makes him a very useful member of the veterinary team at Peninsula Pet Clinic in San Pedro. This comes from many prior years of experience as an

animal lover, member of TICA, an international cat club, and volunteer for the TLC animal adoption group.

He had to work hard to achieve his present success. After attending Harbor College, Wesley tried various jobs before finding the one that was a match for his interests and abilities. He thanks his supported employment job coaches for helping him to find and try out different jobs and, when he found the one he loved, helping him to make sure that he kept it.

“Before, I was going from one job to another, and I couldn’t keep them. I wouldn’t understand how to solve problems or if something comes up. I have a job coach now who comes up and sees me and how I’m doing.”



Wesley Dale on the job with a four-footed friend.

His mother, Nancy Dale, says of supported employment services at Harbor Regional Center, “It helps people with disabilities. Because my son has a job, he can spend and be part of the tax system.” She adds proudly, “So they are not just a drain on society, they are contributing to society.”

Wesley puts it very well. “I hold a 40-hour job...five days a week. And other clients do that, too. We’re just out there, and we like to have chances.” We’re especially glad that we’ve had the chance to get to know Wesley, and make him a part of the HRC leadership team.

And he gives wonderful advice to others. Explaining how HRC Counselors can help his fellow clients and families, “They’ll help you to plan it, to get to your goals. And then, finally, you’ll work up to your long goal, long term. And you’ll do it. You’ll do it. You will.” ■

resource center

FEATURED MATERIALS IN THE RESOURCE CENTER

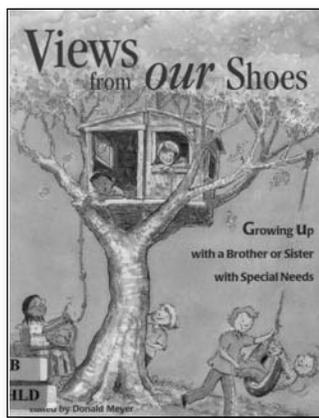


Make sure to stop by the HRC Resource and Assistive Technology Center to see our sibling displays. Here is a sampling of some of our sibling materials.

My Brother, Matthew by *Mary Thompson*

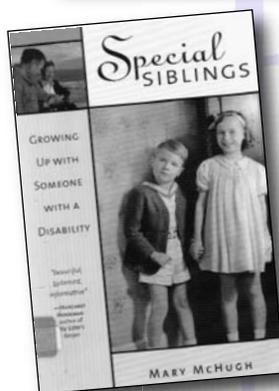
– This book is a story with special recognition for the brother or sister of a child with disabilities. Siblings often have difficulty adjusting and feel left out, especially when their new sibling has special needs. David tells what happens in his family

and what it is like to be the older brother of Matthew, born with a brain injury.

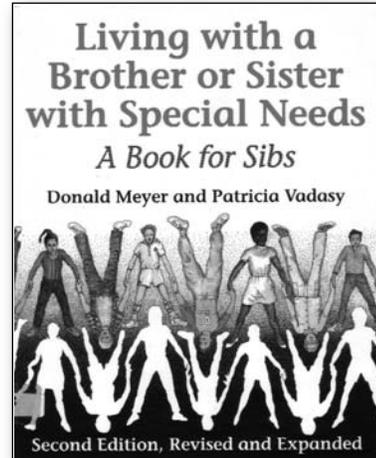


View From Our Shoes by *Donald J. Meyer*

– The essays featured in this book are written by kids ranging from four to eighteen whose siblings have a variety of special needs. Some of the disabilities covered include autism, cerebral palsy, ADD, hydrocephalus, visual and hearing impairments, Down and Tourette's syndromes.



Special Siblings by *Mary McHugh* – This wonderful book is full of memorable stories that are vivid and affecting, and that will prove enormously useful to all those who care for individuals with disabilities. The author shares her compelling insights into the sibling experience, augmented by the voices of other adult siblings and professionals.



Living with a Brother or Sister with Special Needs – A Book for Sibs by *Donald Meyer*

– This book for sibs provides lots of information about disabilities, and also gives siblings the chance to find the answers to questions they may not feel comfortable asking their parents. Maybe most important, it will help them discover that other brothers and sisters have the same kind of feelings that they have. They will find out that they are not the only ones who sometimes feel embarrassed or guilty or angry about their siblings.

These items are all available on loan in our Resource Center, but if you wish to purchase them, don't forget to connect to the Barnes and Noble Web site through the HRC Web site, Resource Center/Resource Library section. Proceeds from any purchase you make will be directed to the HRC Resource Center to help us update and maintain our collections. ■

Volunteer Spotlight

MEET GRACE NIKOLETICH

We are very lucky to have HRC grandparent Grace Nikoletich as a volunteer at the Long Beach branch of the HRC Resource and Assistive Technology Center. Grace joined our volunteer staff in February of 2007 where she assists patrons at the Resource Center on Tuesdays and Thursdays from 9 a.m. to noon. Grace's granddaughter, who is 28 years old, works at the ARC in Long Beach and is an HRC client.

When asked why she is volunteering Grace says, "I think it's great to be helpful to parents who are sometimes having a hard time. Plus, I like this because the kids come in...and I like to talk to the

mothers." Grace says that she would love to keep busy and encourages any families who live in the Long Beach area to visit her at our Long Beach Branch. She adds, "It is very convenient for the people in Long Beach. Even if we don't have the things they are looking for we can bring them over here from Torrance."

For more information about our Long Beach Resource Center Branch, or to learn how you can lend your time and talents as an HRC volunteer, please contact the HRC Resource and Assistive Technology Center at (310) 543-0691. ■



HRC grandmother Grace Nikoletich welcomes visitors in Long Beach.

HRC SIBLING CLUB MEMBERS SHARE SUCCESSES

By Kristin Martin, HRC Resource Center Assistant Manager

The HRC Sibling Club is going strong for its third year in a row. We have served well over 100 siblings in the Club and are excited to be able to continue to offer this special opportunity to siblings of our clients. What makes the Sibling Club unique is that participants engage in age-appropriate activities all on the subject of disabilities.

Participants share stories, feelings, and ideas about what it is like to have a sibling who has special needs. We offer evening groups in Long Beach and Torrance, and feedback from the groups continues to be positive, and siblings continue to have a great time.

Meeting activities often include art or craft projects, and members of the Sibling Club have done some creative work. One of the older groups has even produced a video, created to offer both humorous and useful coping tips to younger sibling club members. In this video they role-play a family visit to a restaurant, filled with some commonly-experienced challenges. Their video is now available for viewing and check-out in the HRC Resource and Assistive Technology Center.

For information on the Sibling Club, please contact your HRC Counselor or the Resource Center at (310) 543-0691. ■



"When I first came into the group, I wasn't sure what it was going to be about or what I was going to learn. Now I know that there are other people like me who have siblings with special needs. I feel better because there're people who understand how I feel."

– Sibling Club member

"As parents we are very happy that a program is offered for siblings. As we all know the client is not the only one affected."

"Please continue with the support groups. Our children need this support opportunity from people that understand their situation."

GRUPO QUE OFRECE APOYO Y EDUCACIÓN

Unidad y Fuerza es un grupo de apoyo para los padres de habla hispana, con niños con incapacidades en su desarrollo.

El grupo de apoyo también ofrece entrenamientos para todos, aunque no sean miembros del grupo de apoyo o no. Ellos los invitan para conocer a y conversar con otros padres para obtener información.

El primer entrenamiento, **Actividades Diurnas Para Adultos Y Niños**, explora las diferentes opciones de actividades y recreación social diurnas para los clientes del centro regional. Vengan a enterarse sobre la amplia gama de oportunidades disponibles y participe en charlas sobre cómo elegir el mejor programa para su hijo/hija. Esta clase se llevará a cabo el Miércoles, 22 de Agosto, y va ser presentado por el Especialista de Programas Diurno, Kent Yamashiro.

La segunda presentación, **Como Controlar Los Comportamientos**, será presentado por Family Behavioral Services (Servicios Familiares para el

Comportamiento). Esta sesión ayudará a los padres a entender la función que desempeña el comportamiento de su hijo/hija, cómo se reafirma y qué estrategias de intervención son las más eficaces. Los padres también recibirán instrucciones específicas sobre los conceptos básicos (el ABC) de los comportamientos y también entenderán los factores ambientales que afectan a los comportamientos. La charla concluirá con los recursos sobre el comportamiento que están disponibles para las familias mediante del centro regional. Esta sesión se llevará a cabo el Miércoles, 24 de Octubre.

Todas las sesiones del grupo de apoyo tomaran lugar en el Hospital de niños Miller's Children's Hospital, a las seis y media hasta las ocho y media.

Inscribense para estas capacitaciones - llamando al Centro de Recursos del centro regional al (310) 543-0691. Habrá cuidado de niños limitado, disponible sólo si reserva su espacio con anticipación llamando a Rosa Olea al (310) 543-0651 por lo menos 2 días antes de la reunión.

¡Esperamos verlos allí! ■

UNA GUÍA PARA LA FAMILIA EN COMO TRABAJAR CON LAS ESCUELAS:

Harbor Regional Center se ofrecen un entrenamiento acerca de la educación especial. Este clase será el Martes, 23 de Octubre, 2007, a las seis y media, hasta las ocho y media, en el Centro de Entrenamiento del Harbor Regional Center en Long Beach, 1155 E. San Antonio Drive (cerca del Avenido Orange).

Diseñado específicamente para las familias con niños de edad escolar, este entrenamiento cubre lo básico de las leyes de educación especial y los derechos y responsabilidades con respecto a la ley.

Para más información por favor de ponerse en contacto con su Consejero del HRC, o con Sandra Fortino al (310) 543-0696.

El costo por familia será de \$10.00. Becas estarán disponibles para cualquier familia con necesidades financieras. Por favor de ponerse en contacto con su consejero del HRC si una beca es necesaria.

Cuidado de niños será disponible con previa reservación. Por favor de llamar dos días antes, a Rosa Olea, (310) 543-0651, para pedir cuidado de niños. ■

NUEVA CLASE PARA PADRES QUE HABLEN ESPAÑOL

El Equipo de los Servicios de la Conducta para las Familias del centro regional HRC ha creado otra emocionante oportunidad de capacitación en respuesta a las necesidades de nuestros clientes y sus familias.

Nuestra clase “Conocimiento del Cuerpo y Seguridad” fue creada en respuesta a las solicitudes de nuestros consejeros del HRC y de los padres de familia que necesitan ayuda sobre cómo hablarles a sus hijos sobre la pubertad y la sexualidad. El objetivo de esta clase es que los padres con niños adolescentes y pre-adolescentes aprendan técnicas que los ayude a hablar con mayor comodidad con sus hijos sobre el crecimiento, el desarrollo, las relaciones interpersonales y la sexualidad.

La clase se llevó a cabo por primera vez en la primavera, en inglés, y tuvo mucho éxito. Los padres se reunieron y compartieron sus éxitos, también sus inquietudes, sobre los problemas relacionados con la pubertad, el desarrollo y la sexualidad. Con el apoyo de los moderadores de FBS, se apoyaron y guiaron entre sí en las mejores maneras de conversar sobre los temas más difíciles. También, los padres y sus hijos trabajaron juntos en actividades de la clase, que ayudaron a



enseñar los conceptos como extraños, peligro, límites personales, autoestima y desarrollo.

Ahora estas clases de Conocimiento del Cuerpo y Seguridad se ofrecerán también para los padres que hablan español, comenzando las clases del otoño en el mes de octubre. La clase se dicta una vez por semana durante seis semanas, cada sesión es de dos horas de duración. La primer hora de la clase está dedicada a charlas e instrucción con los padres, la segunda hora de clase consiste de actividades moderadas para los padres y sus hijos. Los temas incluyen autoestima, diferencia entre público y privado, límites personales y seguridad, pubertad y desarrollo.

Si están interesados en esta clase, contacte a su consejero de HRC para inscribirse. ■

CONOCIMIENTOS DEL CUERPO

Martes, 6:00 p.m. – 8:00 p.m.

Desde el 2 de octubre hasta el 6 de noviembre, 2007

Esta clase de seis semanas es para que los padres y los niños aprendan juntos, entiendan y tengan conciencia de los conceptos del cuerpo (límites, diferencia entre público y privado, etc.) y de las cuestiones de seguridad. Si están interesados en esta clase, contacte a su consejero de HRC para inscribirse. ■

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BOARD MEETINGS

No Meeting in August
 September 18, 2007 – 8:00 a.m.
 October 16, 2007 – 6:30 p.m.
 November 20, 2007 – 8:00 a.m.

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

All regularly scheduled business meetings of the Board are open to the public and visitors are welcome to attend both morning and evening meetings of the Board. The meetings are held in Conference Room A1 & A2 at Harbor Regional Center. ■

Join the HRC E-mail Network! Send an e-mail to Nancy.Spiegel@harborrc.org to sign up for information updates.

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