



HARBOR HAPPENINGS

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WINTER 2006-07

MEET TERRI DELGADILLO: New Director of Developmental Services Visits HRC

Recently, Harbor Regional Center was excited to have not one but two special opportunities to get to know our new California Director of Developmental Services, Ms. Terri Delgadillo, who was appointed earlier this year by Governor Schwarzenegger. First, she was an honored guest at the 40th anniversary Leadership Symposium presented by Harbor and Lanterman Regional Centers, where she presented a message from the Governor. More recently, she traveled from Sacramento to spend



(above) Terri Delgadillo (r), with Dale Sorbello (l) of the Department of Developmental Services, urged parents to "be sure to visit the Resource Center. It's really something to see!"

(below) Henry Cisneros, former US Secretary of Housing and Urban Development, and Terri Delgadillo, California Director of Developmental Services, contemplate the future of affordable housing for people with disabilities, at our 40th Anniversary Leadership Symposium.

an entire day visiting HRC, getting to know our clients, board members, service providers, and some of the unique services and supports we offer.

She began her day with a visit to the home of two HRC adult women, who live in their own apartment and receive supported living services, and she praised the efforts of HRC and the HOPE Program for continued development of affordable housing opportunities. She said that her department will make the promotion of such opportunities a priority.

She then observed the innovative LEAP preschool program for children with autism which was developed collaboratively by HRC and the Long Beach



"I really enjoyed my visit and look forward to working with everyone at Harbor Regional Center."

Unified School District and has received widespread praise from autism experts around the state. She also visited a Social Vocational Services inclusion center for HRC adults, and was treated to a tour of HRC's Resource Center, including the Computer Lab, Assistive Technology Lab, and comprehensive media and toy libraries.

Ms. Delgadillo reflected that she had had her first introduction to developmental services in the 1970s, while starting her career with respite care and special education services. In her recent move from the California Health and Human Services Agency to Developmental Services, she has noticed the many advances in opportunities available for people with developmental disabilities. She was thoughtful, insightful, and attentive as she talked with HRC staff, service providers, and board members about some of the challenges we now face.

She understands that our regional center service system has been "compressed for a lot of years" due to state budget challenges. The DDS is analyzing the impacts of cost containment measures over the past several years as a foundation for going forward, and Ms. Delgadillo says she is still hopeful. "I am optimistic that the budget for our state will continue to get better, and that things will get less difficult. We have one focus – the consumer. How do we get what our consumer needs? The important thing is that we all are talking."

In concluding her visit, she said, "The one word I take away which sums up my visit to Harbor Regional Center is '**COLLABORATION.**' You can feel it." ■

REAFFIRMING THE COMMITMENT... REALIZING THE VISION – Harbor and Lanterman Regional Centers Host National and Statewide Leaders



Dr. Paul Wehman exchanges thoughts on adult transition and employment with HRC parent leader Jean Hansen.

important aspects of our clients' lives have been positively impacted over the years.

Henry Cisneros, the former Secretary of the U.S. Department of Housing and Urban Development and current chairman of the CityView companies, impressed the audience with his insight into the nationwide crisis in affordable housing. He praised the efforts of regional center programs such as HOME and HOPE, and encouraged us to continue with current initiatives to develop affordable housing here in our state.

HRC took special pride in welcoming Dr. Judy Elliott, Assistant Superintendent of School Support Services for Long Beach Unified School District, and a nationally sought-out expert in educational accountability. She, too, challenged and inspired us with discussions of an evolved framework of education in which both special education and general education systems accommodate the needs of students, provide purposeful inclusion, and focus on results for all students.

Our day of inspiration continued with presentations by Dr. Paul Wehman, a pioneer in the development of supported employment and transition from school to adulthood, and by Jacquelyn Brand, whose leadership at the Center for Accessible Technology is reflected in the groundbreaking accomplishments of students and adults who are benefiting from technology.

On January 1, 1966 two pilot regional centers opened their doors, and took the first steps on a journey that would shatter old paradigms and transform the lives of literally hundreds of thousands of people. It was an unprecedented event, and a remarkable beginning.

In October 2006, as the regional center system enters the fifth decade of this journey, Harbor Regional Center and Frank D. Lanterman Regional Center joined together to sponsor *Reaffirming the*

Commitment...Realizing the Vision, a symposium celebrating 40 years of service to individuals with developmental disabilities and their families. It was a thoughtful commemoration, reflecting on where we started, how far we've come, and the challenges that remain for people with developmental disabilities who aspire to live full, productive and satisfying lives as active members of their communities.

We were extremely pleased and honored to welcome nationally-recognized experts in the areas of housing, education, employment and technology. We were inspired by their words as they spoke about the ways in which these



(above) A visitor to the Assistive Technology Exhibit views Dynavox's array of communication devices.

(below) Eastern Los Angeles Regional Center Director Gloria Wong (center) was among the many visitors to take advantage of the Leadership Symposium's Book Fair.



Guests also previewed and were thoroughly moved by a new film, developed by Harbor and Lanterman Regional Centers with sponsorship from City National Bank, 18 sister regional centers and the Association of Regional Center Agencies. The film, entitled *How Far We've Come: The Journey Toward the Lanterman Vision*, celebrates the California Regional Center system's remarkable history, and through the voices of those who've lived the Lanterman vision, explores its impact upon the lives of individuals with developmental disabilities and their families.

This film will soon be available for loan or purchase through the Harbor Regional Center Resource Center.



Former US Cabinet Member Henry Cisneros greeted appreciative guests, including service provider Tillman Pink.



(left) Dr. Judy Elliott, Assistant Superintendent of School Support Services for Long Beach Unified, is also a nationally known educational leader and author.



Directors of California Regional Centers, who co-sponsored this event, congratulate Symposium presenters Patricia Del Monico, HRC, and Diane Anand, LRC. (Left to right, Jim Burton RC East Bay, Patricia Del Monico, George Stevens North LA RC, Mike Danneker Westside RC, Diane Anand, Santi Rogers San Andreas RC)

In the 40 years since our regional center system was conceived, the lives of people with developmental disabilities have evolved in ways that our system's pioneers never even imagined. Together we celebrated the achievements and acknowledged the challenges that we must continue to meet if we are to fully realize the vision of the Lanterman Act. ■



(above) Easter Seals Regional Director Dee Prescott, and Cambrian Homecare Director Rhiannon Acree, of HRC's Service Provider Advisory Committee, are valued community leaders.



(left) New board member Fu-Tien Chiou, with wife Lee-Jean Lin, at the anniversary celebration.

(below) HRC Parents and Board Members Robert Irlen, Karen Kinnebrew, Ellen and Ken Moses, with HRC's Nancy Spiegel



(right) HRC Board Advisor and proud dad Mariano Sanz with daughter Cristina and wife Beatriz. Mariano and Cristina both appear in the film "How Far We've Come."



(left) HRC's Nancy and Wesley Dale exemplify the accomplishments of clients and families showcased in the film "How Far We've Come."



HARBOR REGIONAL CENTER PERFORMANCE PLAN 2007

Harbor Regional Center has developed a new Performance Plan for 2007. This plan has been developed to address desired policy outcomes identified for all regional centers by the California Department of Developmental Services (DDS). In 2006, HRC currently meets the DDS criteria for success in all desired outcomes, either by having improved our performance over the prior year, or by having exceeded the statewide average for a given outcome. Following a period of public input, Harbor Regional Center has identified the actions or planned activities we will take in 2007 to maintain and further enhance our performance.

Public Policy Outcomes

Public Policy Measures	Statewide Average	HRC Baseline	Planned Activities 2007
Percent of clients in State Developmental Centers (lower is better)	6/05 – 1.7% 6/06 – 1.4%	6/05 – 1.65% 6/06 – 1.5%	<ul style="list-style-type: none"> ■ Implement the 2006-2007 Community Placement Plan, which includes <ul style="list-style-type: none"> ■ Assisting developmental center residents to move into the community. ■ Development of 5 homes to open in the region by 2007, through a Regional Project ■ Coordination with HOPE for the development of affordable housing options.
Percent of minors living with families (includes own family, foster family, and guardian) (higher is better)	6/05 – 97.53% 6/06 – 97.73%	6/05 – 98.91% 6/06 – 98.53%	<ul style="list-style-type: none"> ■ Continue to provide family support such as respite, consultation in behavior management, toilet training, social & adaptive skill development. ■ Identify and promote best practices in assessment and treatment of autism. ■ Continue to provide coordination and technical assistance for the ongoing operation of support groups for parents, siblings, and other family members. ■ Encourage the development of foster family homes for children who do not live with their families.
Percent of adults living in home settings (independent & supported living and with parent) (higher is better)	6/05 – 69.83% 6/06 – 70.42%	6/05 – 72.63% 6/06 – 72.87%	<ul style="list-style-type: none"> ■ Continue to coordinate with HOPE program for the development of affordable housing options. ■ Continue to provide training for supported living service providers to promote client health and safety. ■ Continue to provide training for parents of adults and young adults in transition regarding service and support options.
Percent of minors living in licensed homes serving greater than 6 (lower is better)	6/05 – 0.26% 6/06 – 0.20%	6/05 – 0.08% 6/06 – 0.00%	<ul style="list-style-type: none"> ■ Continue to encourage development of homes for four or fewer children, including children with special health needs. ■ Continue to provide training and information for families of minors regarding available living options.
Percent of adults living in licensed homes serving greater than 6 (lower is better)	6/05 – 6.35% 6/06 – 5.53%	6/05 – 4.64% 6/06 – 3.97%	<ul style="list-style-type: none"> ■ Continue to encourage development of homes for four or fewer adults, including adults with special health needs. ■ Assess adults living in settings serving greater than 6, and identify less restrictive living options whenever possible. ■ Continue to provide training and information for families of adults regarding available living options.

Local Policy Outcomes

Local Policy Measures	Planned Activities
Assist Clients, Families and Service Providers to be well-informed, active and successful participants in client/family-centered services.	<ul style="list-style-type: none"> ■ Continue to develop HRC website, newsletter, booklets and videos as source of comprehensive, user-friendly information regarding resources, challenges, and examples of client, family & service successes in our community. ■ Continue to operate a comprehensive, multi-media Resource Center, including a library, assistive technology lab, adaptive computer lab, lap-reading and developmental toy programs. ■ Offer an array of training opportunities for clients, families and service providers throughout the year.

Public Policy Outcomes for which Statewide Measurement Methodology is Under Development

Measures	Statewide Measures	Planned Activities
Number and percent of adults with earned income and average wage (aggregate)	Under Development	<ul style="list-style-type: none"> Measurement methodology is under development.
Number and percent of adults in: <ul style="list-style-type: none"> supported employment competitive employment 	Under Development	<ul style="list-style-type: none"> Continue coordination with supported employment service providers and Department of Rehabilitation to promote development of supported and competitive employment opportunities. Continue coordination with school districts and families, to promote student participation in work experience programs such as Workability, and successful transition to inclusive adult service options. Continue to provide training for parents of young adults in transition to adulthood, regarding service and support options. Continue to offer information and training opportunities for adults in our comprehensive, multi-media Resource Center, including use of assistive technology and adaptive computers.
Access to medical and dental services	Under Development	<ul style="list-style-type: none"> Continue to assist clients and families to access medical support resources such as MediCal, PRUCOL, Institutional Deeming, etc. Continue to provide individual assessments of clients' health needs and coordinate follow-up as needed. Continue to provide dental assessment, referral to local dentists, and training for clients, parents and service providers. Continue Get Fit! Program to promote healthy exercise and nutrition habits among adult clients Continue to provide training and information for clients, families, and service providers to promote client health, wellness, and access to health resources in the community.
Number of consumers per 1,000 who are victims of abuse	Under Development	<ul style="list-style-type: none"> Continue to offer training for clients and families to increase awareness, promote safety, and prevent exploitation and abuse of clients. Continue to provide information for service providers to increase awareness, promote safety, and prevent exploitation and abuse of clients.

Compliance Measures

Compliance Measures	Statewide Measures	HRC Baseline	Planned Activities
Unqualified independent audit with no material findings	Yes/No	Yes	<ul style="list-style-type: none"> Continue generally accepted accounting principles. Maintain good business practices.
Substantial compliance with DDS fiscal audit	Yes/No	Yes	<ul style="list-style-type: none"> Continue generally accepted accounting principles. Maintain good business practices.
Accuracy percent of POS fiscal projections (based upon February SOAR)	Yes/No	Yes	<ul style="list-style-type: none"> Maintain accuracy of POS fiscal projections based upon history and ongoing utilization review.
Operates within OPS budget	Yes/No	Yes	<ul style="list-style-type: none"> Continue Operations budget planning, ongoing utilization review, and periodic adjustments as needed.
Certified to participate in Waiver	Yes/No	Yes	<ul style="list-style-type: none"> Maintain compliance with Medicaid Waiver requirements.
Compliance with Vendor Audit per contract Article III Section 10	Yes/No	Yes	<ul style="list-style-type: none"> Maintain compliance with contract.
Individuals with Current CDER or ESR	6/05 – 94.79% 6/06 – 95.53%	6/05 – 93.68% 6/06 – 94.78%	<ul style="list-style-type: none"> Continue to monitor timely completion of CDER/ESR.
Intake/assessment and IFSP time lines (0-3)	Under Development		<ul style="list-style-type: none"> Continue to provide timely completion of intake/assessment for clients under 3 years of age.
Intake/assessment and IFSP timelines, 3 and above, 142 days or less	6/05 – 91.30% 6/06 – 95.05% 142 days or less	6/05 – 100% 6/06 – 99.61% 120 days or less	<ul style="list-style-type: none"> Continue to provide timely completion of intake/assessment for clients 3 years of age and above.
Intake/assessment and IFSP timelines, 3 and above, 143-240 days Over 240 days	4.03% 1.77%	0.39% 0.00%	
IPP Development (Welfare and Institutions Code requirements)	Not available	99.06%	<ul style="list-style-type: none"> Continue to comply with all requirements of the Welfare and Institutions Code for timely completion of individual/family service plans for clients receiving services under the Lanterman Act.
IFSP Development (Title 17 requirements)	Not available	87.50%	<ul style="list-style-type: none"> Continue to comply with all requirements of Title 17 for timely completion of individual/family service plans for children receiving early intervention services.



GOVERNOR ARNOLD SCHWARZENEGGER

October 5, 2006

Regional Center Day

I am delighted to offer my warmest greetings to all those attending the fortieth Anniversary Leadership Symposium.

California has always been at the forefront of innovation and progress, setting an example for the rest of the nation. The Lanterman Developmental Disabilities Act is a case in point. Forty years ago, our state launched a bold experiment in a public-private partnership that became the regional center system. This was a model service that dramatically improved the quality of life for people with developmental disabilities and their families.

The Act gave these individuals the right to services that enable them to live a more independent and dignified life. It also declared that they had the same legal rights and responsibilities as all other residents and gave the regional centers the task of advocating and protecting those rights. These centers are part of a community-based network that acts as a focal point to coordinate services.

Now serving more than 210,000 individuals statewide, regional centers continue to provide innovative and cost-effective programs that allow people with developmental disabilities to achieve full inclusion into their communities. Today, I join you in celebrating the forty years of this successful venture. While there are many challenges ahead, we can be proud of how far we have come in helping our fellow Californians become active members of our state.

On behalf of all Californians, please accept my best wishes for a memorable event and every future success.

Sincerely,

A handwritten signature in black ink, appearing to read "Arnold Schwarzenegger".

Arnold Schwarzenegger

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FAMILY *matters*

PULIDO HRC CONTEST WINNERS: Family Gets A Break

In the last issue of Harbor Happenings, HRC invited brothers and sisters of HRC clients to enter our contest with a poster or story telling us why their parents deserved a break. Our winners, the children in the Pulido family, took on this challenge together and got busy. We'd like to share with you some excerpts of their heartfelt essays.

"My parents should have a vacation because they have seven children. We rest – our mom does lots of work. Our dad goes to work and comes back home. We say 'play with us' (when) we saw him come back from work. Our mom can only do so much for us. We all drive them crazy." – Ofelia Pulido

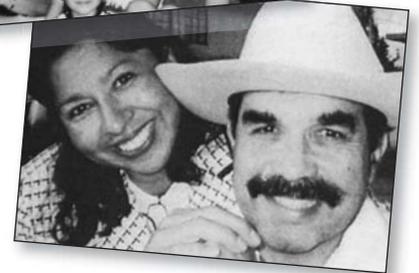
"I think my parents deserve a break because they are hard workers who have a handful of us who make problems. My sister is handicapped and wakes my mom and dad up if she is screaming or when she has seizures. So I want my parents to feel happy in being good parents and us the children who feel congratulated." – Isaias Pulido

"With seven kids running around back and forth, try having time to rest your feet. Always cooking something different every night, always coming home to your house that you can hear from a mile away after you've been working from 8 to 6... Waking up to the shutting of your door at three o'clock in the morning because they just checked to see if you were sound asleep... And sacrificing their time for you just to make you happy." – Ricardo Pulido

"Our blessing sister Michelli is handicapped and part of Harbor Regional Center. Both my parents are extremely involved in our community. Church and school volunteers, working a full-time job, and both commissioners of our city, are just a few examples of their crazy, busy schedules, but they still find time to spend with us and they sacrifice their time for us always. My parents haven't had a weekend to themselves for about 15 to 20 years, and I think this is a great opportunity for them." – Ruby Pulido

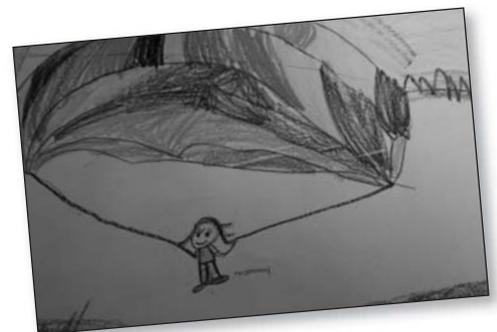
"It is funny, growing up I never realized how hard my parents would work. My dad would work a regular full-time job along with 2-3 miscellaneous ones to make some extra money. I call my mom Superwoman because even with all of the kids (especially my sister Michelli who needs 24-hour care) she still finds time to teach bible study, catechism, guitar lessons, and collaborate with non-profit organizations. You see...my parents are the best parents a family can have, they demonstrate unconditional love. Not only have they taught us how to love, respect, and honor one another...but they have taught us the true meaning of appreciation. This is the real reason why my parents need a break. They need a break because my brothers, sisters and I sincerely feel that they need to feel appreciated." – Perlita Pulido

Congratulations to the Pulido family, and also to our contest runners-up! Nicole Windover, Edward Lesniowski, and Cecelia, Erika and Yvette (Diaz) Teczon. ■



The Pulido kids won a \$500 weekend getaway for their deserving parents, Modesta and Ricardo

(below) Runner-up Evette Teczon's caption for her poster reads "Mommy wants to be by herself. I told her to go but she has to take care of me and my sisters and baby brother."



HRC OFFERS RARE ADULT SIBLING SUPPORT

By Stanley D. Klein, PhD

This article recently appeared in Insight, a newsletter published by Stanley D. Klein, PhD. Dr. Klein is a licensed clinical psychologist and the co-editor of five books including "Reflections from a Different Journey: What Adults with Disabilities Wish All Parents Knew" (McGraw-Hill, 2004) and "You Will Dream New Dreams: Inspiring Personal Stories by Parents of Children with Disabilities" (Kensington, 2001), and a frequent speaker at parent and professional conferences. He visited HRC to speak to parents and professionals earlier this year.

At a recent workshop I conducted, a woman asked: "Are there any support groups for adult siblings like me?" She explained that she was responsible for the care of the woman sitting next to her – her younger sister – and wanted to talk with people like herself about issues she was trying to address. I responded that I thought it was a wonderful idea; however, no one in attendance was aware of any such program. In August, 2006, I visited the Harbor Regional Center (HRC) Resource Center, and discovered that HRC had started a sibling support group for adult siblings.

HRC had been offering several sibling support groups, organized by age for siblings from 5 – 17. In 2006, an adult sibling group was started. While identifying potential participants for the other sibling groups was relatively easy because the siblings usually lived in the same household with the brother or sister with a disability, the challenge for the adult group was how to reach people who might be interested. The HRC Resource Center spread the word about the new group among its staff, with a flyer distributed to families, and in an article about HRC's sibling support activities in the Daily Breeze newspaper. By October

2006, six adult siblings were attending monthly group meetings regularly.

According to group members, the primary reason for attending meetings is being able to talk with peers who can relate to growing up with a sibling with a disability. One member noted, "The group provides support and shares information. It is comforting to discuss the issues we have in common. This type of group experience wasn't available when we were growing up. We are now able to discuss what it was like growing up with a sibling with special needs, how our lives were influenced, and the impact it now has on us as adults."

Another noted, "I attend...in order to get support from people who are in the same situation as I am in, to get answers from them, learn from their experiences, and find out about available services that I am not aware of."

Members have adult siblings with disabilities living at home with parents, at licensed small group homes, or living independently. One bond shared among most of the members is caring for both aging parents and an adult sibling with a disability. The members believe this responsibility is increasing in our society—with it comes the need to learn about the social service arena. For most members, this is a new arena because it was their parents who took care of these issues. Now, the burden of care has shifted.

Another member who works in the field describes how "other members felt alone and did not know where to begin. I believe they are finding the answers here...and I am learning new things as well through them."

For more information about this program, contact Kristin Martin at (310) 543-0611 or by e-mail at Kristin.Martin@harborrc.org. ■

Client focus

MY STORY Elissa Nadel

HRC Client Elissa Nadel recently gave the following presentation, using her assistive communication device, for a group of CSULB Nursing students who visited HRC to receive training about developmental disabilities.

When I was little girl, it was difficult for my family to understand my having cerebral palsy. My parents always wanted the doctors to find anything that could be done to help me. They didn't know how to take care of me and I could not communicate my needs or feelings. I was seven years old when I was placed in the Spastic Children's Home. It took me a long time to understand why they wanted me to live there. My parents thought it would be best for me because I went to school in the home. I didn't like the home because I wanted to live at home with my family. A woman at the school took time to get to know me and communicate with me about life, my family and my feelings. She saw how angry I was and helped me understand my feelings. She helped me realize that my family did not do something bad. They listened to the doctor and placed me in the home for what they all believed was my benefit. I have made some great friends. When I was living at the Spastic Children's home, I made a friend with someone who used to be scared of me because she did not know how to communicate with me. Once I showed her how I use my communication board, we became friends and have been best friends for 27 years.

I have done some fun things! When I was twenty-six years old, my good friend took me around the United States in a van for two months! I learned so much more about life and people on that trip. I was thirty-one years old when I got my own apartment

and my freedom from where I lived before. My aide came in the mornings and in the evenings. I met a speech therapist who got me a spell board. It was very difficult to use, because I was using my eyes to communicate with, and it took a long time to spell out one word. I was very happy when my speech therapist found a new way for me to communicate with a communication device.

I was forty-five years old when I moved to Oregon for five years. I lived with a man. I met him on the Internet, but it didn't work out. I moved back to California. It was very hard on my feelings because I had to leave behind my dog, Pyro. He was my best friend for five years, and always wanted to be with me, everywhere I'd go. I loved my dog, and I miss him so much, but now I have a black and white cat, named Pyro.

I moved back into my old apartment again. I am very happy I have my own apartment because my freedom is important to me. I was a little scared when I fell into a water hole and opened my head. I thought I might have to move back in the UCP home but I was happy that I didn't have to. I was getting mad in the hospital because no one in the hospital was helping me at night. Also, they didn't communicate with me, just at me. This hospital was not set up to help people who can't speak. Now I am very scared to go back in the hospital.

I have everybody's support to make things happen. I do have goals for myself. I like to enjoy life. I don't feel sorry for myself. I have a very great attitude about life. I like to go everywhere by myself. I like to talk with people outside. I do love assistive technology. I would like to go outside of the USA. I know the future will hold lots of things for my life. Sometimes it is hard to live in my apartment, because of medical problems, but it doesn't hold me back. I will keep moving on with my life. ■

CLIENTS CELEBRATE THEIR SUCCESS AT THE GET FIT! GAMES AND FAMILY FUN WALK ADDS ENJOYMENT FOR ALL

Kids loved the climbing wall, bungee run, obstacle courses, and goofy games at the Fun Walk.



The Home Depot Center in Carson was buzzing with excitement when hundreds of Harbor Regional Center clients, staff, volunteers, family members and service providers attended the *Get Fit!* Games and the Family Fun Walk on Saturday, November 4! More than 40 HRC individuals with developmental disabilities participated in the Track, Beach Volleyball, Basketball, Tennis and Soccer events held throughout the day. The Games were a celebration of the year-long participation by Harbor and Lanterman Regional Center clients in the *Get Fit!* Program, funded by a California Department of Developmental Services Wellness Grant.

Fifty-seven dedicated HRC staff arrived on the scene as early as 6:00 a.m. to set up for the big day! At the Opening Ceremonies, the Redondo Union High School JROTC Color Guard presented the flag while Sara Wells beautifully sang the National Anthem, and HRC Executive Director Pat Del Monico officially declared "Let the Games Begin!"

Adults with developmental disabilities who had been participating all year in our *Get Fit!* Program were very excited to demonstrate their individual successes. Since they started the program in November 2005, the clients have concentrated on eating healthier foods, getting more physical exercise and improving

their overall health. Achievement of the goals of the *Get Fit!* program has been evidenced in many ways. Linda Poteet, Program Director of Easter Seals San Pedro said, "The people that we have supported have not only lost weight but they have gained a better understanding of nutrition and exercise and how that plays into healthier living. The Games were a perfect conclusion to the project and our people loved it. We have more people asking to participate in the next one!" Ray Maestas, Life Skills Coach from Easter Seals Redondo Beach added, "The clients are ready and eager to go out and walk now. Before being in the program, it was more of a struggle to get them moving!"

At the *Get Fit!* Games, the HRC clients were really moving!!! The City of Torrance Community Services Department did an excellent job running the Track venue, scheduling the participants for the individual walking and running races. Staff from Easter Seals came to cheer on the participants, and was blown away when client Nyssa Thomas ran her heart out in the 50m run and won the silver medal! They had never seen her run before, and had no idea that she could tear up the track like that!

At the Family Fun Walk, HRC staff volunteers kept the popcorn flowing as visitors found many interesting things to see and do. Twenty local health service agencies offered fantastic information and screening services at the Health and Fitness Fair. Life Steps Foundation treated guests to an exciting bowling game, and Disney provided fun Goofy Games, complete with their own VoluntEARS and Disney prizes. Radio Disney's Street Team greeted walkers with music, games and prizes for all to enjoy, while the Rock Climbing Wall attracted some of the most adventurous guests! At the final station of the Fun Walk, guests lined up to try the Parachute Ride and crawl through Obstacle Courses, including a winding Caterpillar for our youngest guests. The popular Bungee Run took everyone's breath away – in the best possible way! All of these fun attractions were sponsored by generous HRC service providers.

Lunch was provided by Subway and while the clients relaxed and enjoyed their sandwiches, they were entertained by KIIS FM and by the band “No Boundaries.” It didn’t take long before a tennis court was transformed into a dance floor and the clients were moving once again!

These are just a few of the high-spirited and memorable moments that happened at the *Get Fit!* Games and the Family Fun Walk. As our photos demonstrate, our clients, service providers, family members and HRC staff were beaming with smiles all day! ■



*(above)
James Hurst with
wrestling idol, Al
“Mr. Outrageous”
Burke*



*Juan Castaneda
(above) and
Zandy Razalan
(l) triumphed at
the track, win-
ning gold and
silver medals.*



*HRC staff volunteers, Nancy
Godoy and Cindy Panameño
arrived early to prepare for
the day’s events.*



*No Boundaries band
members rocked the
crowd.*



*Months of practice
paid off for Nyssa
Thomas.*

Get Fit! Games Sponsors and Supporters Included:

- California Governor’s Council on Physical Fitness and Sports
- The Home Depot Center
- City of Torrance Community Services Department
- Bobby Sherman EMT Volunteer Foundation
- Disney VoluntEars
- Al “Mr. Outrageous” Burke
- Jennifer Lynn Photography
- KIIS FM
- Radio Disney
- ExBound – No Boundaries Band
- Subway
- Yoplait
- Dole
- Redondo Union High School JROTC Color Guard
- Boy Scout Troop 683
- Narbonne Union High School student volunteers

The Family Fun Walk was Generously Sponsored by these HRC Service Providers:

- Easter Seals Southern California
- Independent Focus
- ABLE
- Cambrian Home Care
- Autism Spectrum Therapies, Inc.
- ARC-Long Beach
- LeVien Homes
- Northstar Physical and Occupational Therapy Consulting Services
- Lourdes Home Care
- Life Steps Foundation

resource center

PASS YOUR DRIVER'S TEST HRC Computer Lab Offers Unique Course

The *Pass Your Driver's Test* course offered in the Resource Center Computer Lab was an outstanding success. A total of fourteen participants enrolled in two different classes. They met with Pha Prum, Computer Lab Assistant Instructor, and Elizabeth Green, Assistive Technology Specialist, twice a week for four weeks.

During class time the students worked on line to study the questions on the DMV (Department of Motor Vehicles) practice tests. Under the guidance of the two instructors the participants learned about

traffic signs, road safety rules, and motor vehicle laws. Each participant took the online sample tests which were scored so they could spend extra time studying those questions that were missed.

Nine of the 14 participants passed the online final test and are now ready to make an appointment at DMV to take the written test. One proud student has passed the written test and is now preparing to take the behind the wheel test.

Participants who believe they would like more study time before making an appointment at the DMV are always welcome to enroll in *Pass Your Driver's Test* the next time it is offered in January 2007. Please call the Computer Lab at (310) 792-4762 to register for classes. ■

AT HRC, HOLIDAYS ARE FOR SHARING – Adopt-A-Family 2006

As we go to press with this newsletter, Harbor Regional Center's Holidays Are For Sharing Adopt-A-Family program is in full swing! Our Adopt-A-Family program gives people an

opportunity to help a child or adult with a developmental disability during the holiday season. We match the sponsoring individuals and groups with a person or a family in need. Sponsors' contributions include food,

new toys, clothes, and other gifts. We provide the sponsors with the family's holiday wish list and contact information. They also have

an opportunity to deliver the gifts themselves or ask for our help.

At publication time, 80 families have already been adopted by several community members, organizations in our area and some of our very own terrific HRC staff, and by the time this issue reaches our readers, there will be many more! Phone calls are received every day with requests to sponsor a needy family through our Adopt-A-Family program. This outpouring of generosity has been overwhelming and extremely heart-warming! We would like to thank the following sponsors thus far:

Cub Scout Pack 970
Easter Seals San Pedro
Bird & Bird Law Firm
South Bay Credit Union
Independent Focus
Merit Moving Systems
DeLeon Homes
Girl Scout Troop #434
Ability First
Valero Wilmington Refinery
Girl Scout Troop #64

McConville Clan
City of Carson
Northrop Grumman
Lisa Morales
Wendy Takamoto
Roger Noriega
Gina Gualeni-Henke and family
Melinda Crandall and family
Kelly Ching
Elizabeth Green and family
Family Behavioral Services
HRC Operations Management Team
HRC Administration/Accounting Team
HRC Behavioral &
Developmental Services Team
Bridgett Ritthaler and family
Diversified Paratransit
First Steps for Kids, Inc.
Kristin Martin
Nancy Lee and family
Lupe Pulido
Tina Ash
L.A. International Church of Christ
TKSC Engineering
Brownstone Private Security
Long Beach Unified School District
Southwest Chapter, California Credit
Union League

To be continued – Watch for a complete list of sponsors and holiday donors in our next issue. ■



HRC Client Shyah Harvey and her mom received royal treatment from Valero Wilmington Refinery employees.

HARBOR REGIONAL CENTER PARENT AND FAMILY SUPPORT GROUPS

Come and enjoy informative presentations and lively discussions. Share resources and information. Enlarge your circle of support. Come join us!

Autism, South Bay: for parents who are raising a child with autism

2nd Tuesday, 6:30-8:30; A2, HRC Torrance
Arwen Davis (310) 792-4508
Kristina Kilmer (310) 792-4509

Down Syndrome: for parents who are raising a child with Down syndrome

2nd Thursday, 6:30-8:30; A2, HRC Torrance
Kerry Ryerson (310) 543-0686

Unidad y Fuerza: meetings are held in Spanish with topics focusing on developmental disabilities

4th Wednesday, 6:30-8:30;
Miller Children's Hospital Resource Center
William Martinez (310) 543-0627

Single Parents: for single parents who are raising a child with a developmental disability

1st Thursday, 6:30-8:30; HRC Long Beach
Ed Swan (310) 792-4547

Adult Siblings: for siblings who are caregivers of a disabled person

4th Thursday, 6:30-8:30; A1, HRC Torrance
Kent Yamashiro (310) 543-0687

Dads: for dads raising a child with a developmental disability

In Development, HRC Torrance
Kristin Martin (310) 543-0611

Sibling Club: for siblings, ages 6-16, of HRC clients

For more information, please contact your HRC Counselor.

For more information about a particular meeting please contact the facilitator indicated.

Limited childcare is available by advance reservation only, by calling Maria Carmen Garibay at (310) 543-0620 at least 2 days in advance.

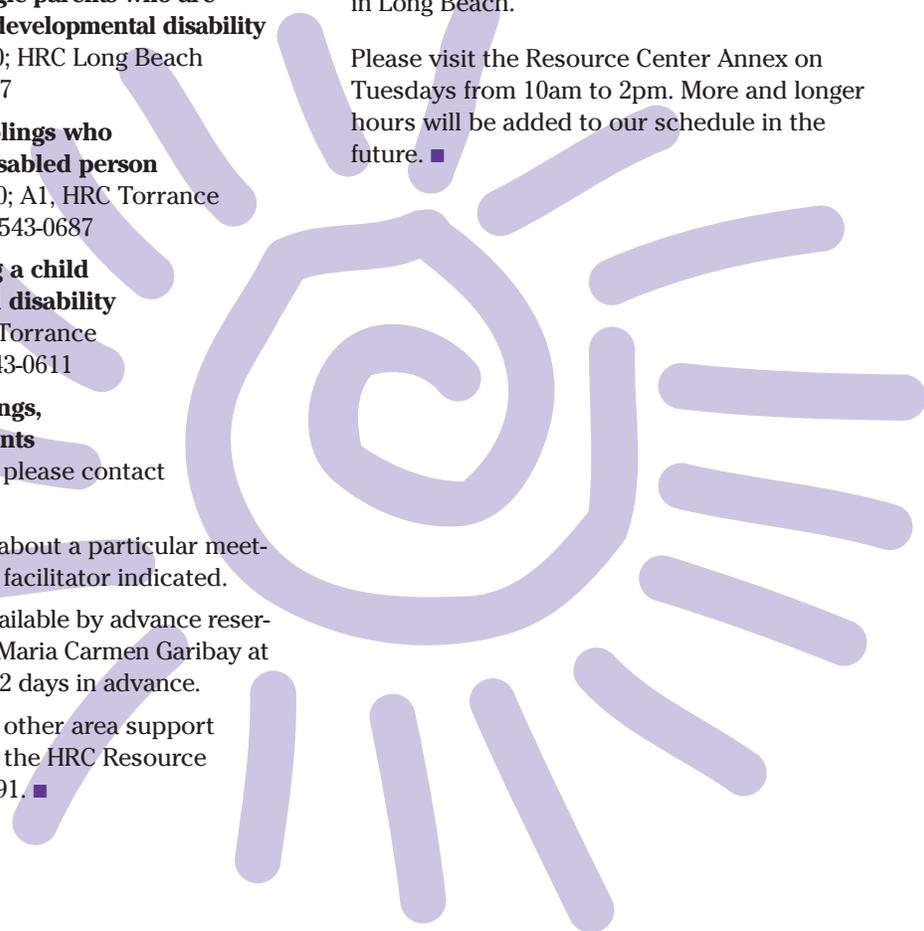
For information about other area support groups please contact the HRC Resource Center at (310) 543-0691. ■

RESOURCE CENTER ANNEX OPENS IN LONG BEACH

The Resource Center is pleased to announce that our new Annex is now open at the Harbor Regional Center Training Center at 1155 E. San Antonio Drive in Long Beach. The shelves are stocked with many of our most popular books, videos and toys. We have developmental toys which you can use to help your child learn to count and learn colors, as well as videos to help you with discipline techniques and potty training. Imagine your child's delight with a switch-activated frog which croaks and catches a fly with its tongue! This toy, along with similar ones, is available for check-out.

It's as simple as 1-2-3 to request that any material from the Resource Center in Torrance be brought to the Annex for you. Simply go to the Harbor Regional Center Web site, click on Resource Center and follow the directions to request material. We will notify you when your book or video will be ready for you to pick up in Long Beach.

Please visit the Resource Center Annex on Tuesdays from 10am to 2pm. More and longer hours will be added to our schedule in the future. ■



WHAT'S NEW AT THE RESOURCE CENTER?

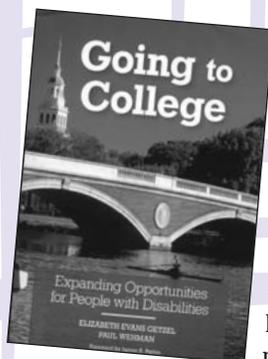
By Dominique DeBorba

As a Family Support Coordinator for the HRC Resource Center, I was honored to be one of several HRC parent leaders invited to attend the fantastic Leadership Symposium, *Reaffirming the Commitment ...Realizing the Vision*, which featured nationally-recognized experts in the fields of housing, education, employment and technology. The speakers were so interesting and informative as they helped all of us reflect on the incredible advances made for people with developmental disabilities over the regional center system's 40-year history.

Of course, a major highlight of the event for the HRC Resource Center was the mid-day technology and book fair. Guests were able to visit exhibits of the latest assistive technology, and browse the book fair displaying recent publications in the four topic areas, and more. Many of the adaptive devices displayed are available at Harbor Regional Center's Assistive Technology Lab. The Resource Center was also able to purchase several new materials that will be featured in our library soon. The new documentary, *How Far We've Come: The Journey Toward the Lanterman Vision*, was premiered at the event and will be available for viewing in the Resource Center soon.

As a parent, I felt inspired and hopeful, appreciative of a system that continues to progress towards providing the best for persons with developmental disabilities.

Some of the new items that we purchased from the book fair include:

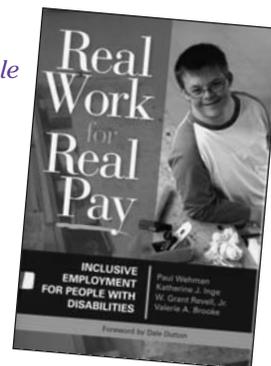


Going to College – *Expanding Opportunities for People with Disabilities* by Paul Wehman and Elizabeth Evans Getzel – This urgently-needed resource is the key to helping young people with all ranges of disabilities gain access to a meaningful college education, one that promotes independence, sharpens

social skills, and builds a strong foundation for a successful future.

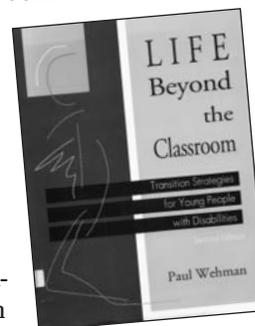
Real Work for Real Pay – *Inclusive Employment For People With Disabilities* by Paul Wehman and Katherine J. Inge –

This groundbreaking text advances a critical element of empowerment for people with disabilities: inclusive, competitive, and meaningful employment opportunities. This is an authoritative collection of current best practices, employment theories and policies, and specific tools that support positive change in the workplace.



Life Beyond the Classroom – *Transition Strategies for Young People with Disabilities Fourth Edition* by Paul Wehman –

The fourth edition of a landmark text, *Life Beyond the Classroom* brings together the most comprehensive information on facilitating transitions for young people with mild, moderate, or severe disabilities. Updated and new chapters on critical topics such as inclusion, postsecondary education autism spectrum disorders, customized employment and much more.



Each Belongs – *The Remarkable Story of the First School System to Move to Inclusion* by Jim Hansen – This book and accompanying DVD is a revision of Jim Hansen's original *Each Belongs*, the story of the change of the Hamilton-Wentworth Catholic District School Board in Ontario from the segregated special education model to a fully-inclusive system for students with disabilities. It is the untold story of the history of inclusion, highlighting this district that had vision and leadership toward a revolutionary new form of education for learners with disabilities. ■

How Far We've Come: The Journey Toward the Lanterman Vision

Celebrating the California Regional Center system's remarkable 40-year history, this thoughtful film continues the story begun by *We're Here to Speak for Justice*. Through the voices of those who've lived the Lanterman vision, this documentary explores the regional centers' many accomplishments and their impact on the lives of individuals with developmental disabilities and their families. Produced with support from City National Bank, 18 additional regional centers, and the Association of Regional Center Agencies.

Janas Communications, Directors; Harbor Regional Center and Frank D. Lanterman Regional Center, Producers, 2006

DVD \$19.95



TO ORDER PLEASE FILL OUT THE FORM BELOW.

Name _____

Address _____

City _____ State _____ Zip _____

Phone () _____

Please send me: **How Far We've Come: The Journey Toward the Lanterman Vision**

Quantity _____ x \$19.95 = _____

Please make checks payable to:
HARBOR REGIONAL CENTER
21231 Hawthorne Boulevard, Torrance, CA 90503
(310) 540-1711 (888) 540-1711 • www.HarborRC.org

DANCE FEVER

The Harbor Regional Center Client Advisory Committee hosted “Dance Around the World,” for HRC adults with developmental disabilities. Staff volunteers from Harbor Regional Center, Independent Focus, and Life Steps Foundation kept the event running smoothly. Diversified Paratransit Inc. contributed transportation for clients who could not otherwise attend, and Creative Solutions donated film for souvenir photos. As the smiles in these photos can attest, we all had a terrific time!



CDC LAUNCHES MULTI-STATE STUDY ON AUTISM; \$5.9 Million Awarded to Five Sites

The Centers for Disease Control and Prevention (CDC) is initiating a multi-state collaborative study to help identify factors that may put children at risk for autism spectrum disorders (ASDs) and other developmental disabilities. Approximately 2,700 children, ages 2 to 5, and their parents will be part of this study.

CDC has awarded a total of \$5.9 million to five sites – Kaiser Foundation Research Institute in California, Colorado Department of Public Health and Environment, Johns Hopkins University in Maryland, University of North Carolina at Chapel Hill, and the University of Pennsylvania. These sites make up the Centers for Autism and Developmental Disabilities Research and Epidemiology (CADDRE) Network. CDC will also be participating in the study, and will include children and their parents from the metropolitan Atlanta area.

“We hope this national study will help us learn more about the characteristics of children with ASDs, factors associated with developmental delays, and how genes and the environment may affect child development,” said Dr. José F. Cordero, assistant surgeon general and director of CDC’s National Center on Birth Defects and Developmental Disabilities.

In this five-year study, *The National CADDRE Study: Child Development and Autism*, a number of factors will be studied for their potential association with ASDs, including:

- infections or abnormal responses to infections in the child, mother or father
- genetic factors in the child, mother and father
- mother’s reproductive history
- abnormal hormone function in the child, mother or father
- gastrointestinal problems in the child
- family history of medical and developmental problems
- smoking, alcohol and drug use in pregnancy, and
- parent’s occupation and other socio-demographic factors.

The information will be obtained by conducting interviews and exams, reviewing medical records, collecting cheek swabs, and blood and hair sampling.

“By conducting the study in six different geographic areas across the country with diverse populations and by identifying children from multiple sources in each community, we hope to have a study sample that more closely represents children with ASDs, other developmental problems, and typical development across the country,” added Cordero.

The CADDRE Network was established following the Children’s Health Act of 2000 that directed CDC to establish regional centers of excellence for ASD and other developmental disabilities.

ASDs are lifelong developmental disabilities characterized by repetitive behaviors and social and communication problems. ASD includes autistic disorder, pervasive developmental disorder – not otherwise specified (PDD-NOS, including atypical autism), and Asperger syndrome. People with ASD have significant impairments in social and communication skills, and unusual behaviors or interests. Many people with ASD also have unusual ways of learning, paying attention, or reacting to different sensations. ASD can be diagnosed as early as 18 months and lasts throughout a person’s life. For information on CDC’s work on autism, please visit www.cdc.gov/autism. ■

The UCLA/Orthopaedic Hospital Center for Cerebral Palsy is Conducting a Research Study on the Effect of Increased Oxygen On Brain Function in Children with Cerebral Palsy

UCLA/Orthopaedic Hospital Center for Cerebral Palsy, a leader in the evaluation and treatment of children and adults with cerebral palsy, is conducting a research study to investigate brain function and the changes that may occur with hyperbaric oxygen therapy. This study is funded by the Research and Education Foundation of United Cerebral Palsy.

Hyperbaric oxygen therapy is a popular alternative treatment for children with cerebral palsy. Research has not proven that increased oxygen improves brain function or leads to a significant functional improvement in children with cerebral palsy.

Children with the spastic form of cerebral palsy between 4 and 12 years old may qualify to participate. To be eligible, children must be able to remain still for periods of 20 minutes at a time.

The study involves a magnetic resonance image (MRI) to rule out a significant structural abnormality of the brain. Children meeting the entry criteria will undergo 20 sessions in a special chamber that creates higher than normal (hyperbaric) pressure. Being in the chamber provides a sensation similar to being underwater. A parent may accompany the child into the chamber.

Participants will be randomly assigned to receive either pure oxygen or room air while in the chamber. A functional assessment that measures standing, walking and running will be done before and after all chamber sessions. In addition, a positron emission tomography (PET) scan will take pictures of the brain before and after all chamber sessions.

All components of the study will be done at the UCLA Medical Center Westwood campus. Participants will receive a \$100 gift certificate to a children's store at the conclusion of the study. Interested parents may call the UCLA/Orthopaedic Hospital Center for Cerebral Palsy at (310) 825-5858 or e-mail the project coordinator Marcia Greenberg MS, PT, at mgreenberg@mednet.ucla.edu. ■

WANTED – GOLFERS WITH DEVELOPMENTAL DISABILITIES; Tournament to Benefit HRC

Griffin Golf is planning its first annual Individuals With Developmental Disabilities Golf Tournament to take place on April 7, 2007, at The Lakes Golf Course in El Segundo. Not only will the proceeds of this tournament benefit programs for individuals with developmental disabilities such as Harbor Regional Center, but the players will also be golfers with developmental disabilities. The planner of this event, J.B. Griffin, has a daughter who is a client of HRC. He is hoping to sign up 36 golfers with developmental disabilities – and beginners are welcome! Golfers will be assigned coaches to support them during the tournament, and will play 9 holes. The cost of \$36 per player includes lunch and golf medals for participants. Children and adults with developmental disabilities between the ages of 10-50 years who would like to sign up to participate in this tournament please contact griffingolf@charter.net or (562) 677-7452. The deadline for registration is March 10, 2007. I.W.D.D. is also recruiting coaches to work with the golfers, as well as event sponsors and exhibitors. Visit www.griffingolf.net for further information. ■

I•W•D•D
Individuals with Developmental Disabilities

ENTRENAMIENTO CLÍNICO PARA PADRES DE FAMILIA

Estos entrenamientos están co-presentados por el Centro Regional de Harbor, y el Grupo de Unidad y Fuerza, un grupo de apoyo para padres de habla hispana con niños con incapacidades en su desarrollo. Acompáñenos para conocer a padres, conversar, y obtener apoyo. Todas las presentaciones arriba mencionadas serán disponibles para todos, aunque usted no sea miembro del grupo apoyo de padres de Unidad y Fuerza. Usted esta bienvenido se le recomienda atender. Las juntas empiezan a las 6:30 p.m.-8:30pm en Miller's Children's Hospital, Centro de Recursos, en el segundo piso, 2801 Atlantic Avenue, Long Beach, CA.

Nutrición

El Miércoles, 25 de Abril, 2007, la presentación por Enfermera, Lewiette Wilkins, MSN, RN, se enfocará en la importancia de buenos hábitos dietéticos para la promoción de la salud y la prevención de las enfermedades. También, serán tratadas directrices dietéticas en beneficio de reducir el riesgo para la obesidad y enfermedades crónicas.

Opciones de Vivienda Para Niños Y Adultos

El Miércoles, 27 de Junio, 2007, la presentación por una especialista en la vivienda, Mercedes Lowery, se enfocará en la gama de opciones para la vivienda que se encuentran disponibles para los clientes de HRC. La discusión será referente a las opciones incluyendo alojamiento y cuidado, casas familiares pequeñas para niños(as), agencias con familias adoptivas de niños(as), viviendas en grupo, y establecimientos residenciales para adultos, establecimientos residenciales de cuidado para la tercera edad, y establecimientos de atención médica especializada. La presentación también averiguará qué opciones y apoyos se encuentran disponibles para los clientes adultos que deseen vivir de manera independiente en su propia casa o apartamento en la comunidad.

Para mas información llame a William Martinez, (310) 543-0627

Una guardería de cupo limitado se encuentra disponible con reservación únicamente si llama por adelantado a Maria Carmen Garibay al (310) 543-0620 por como mínimo 2 días antes de la reunión. ■

MAMÁLEE/PAPÁLEE 10 Semanas Especiales de Desarrollo y Diversión

¿Siempre ocupada/o? Recuerda usted cuando era niña o niño y se divertía mucho en la escuela? Bueno...ya es tiempo de disfrutar la lectura otra vez...Mamálee/Papálee.

Reunase con nosotros en el centro de recursos de Harbor en el Annex de Long

Beach 2 horas a la semana por diez semanas; leeremos un libro juntos y cubriremos temas tales como: valores familiares, colaboración y compartiendo.

Lo mejor de todo esto es que usted puede llevar el libro prestado por una semana a casa y usted podrá leerle el libro a sus niños o niñas y cubrir los mismos temas con su familia.

Este programa es patrocinado por United Way y Exito a los Seis y Facilitado por Child Health Works (un proyecto patrocinado por Los Primeros Cincos) y el Centro de Recursos de Harbor Regional Center.

Cuando: Martes, 6 de Marzo – 8 de Mayo, 2007, 9:30 am, en el Centro de Recursos & Entrenamiento del Centro Regional Harbor, 1155 East San Antonio Dr., Suite B, Long Beach.

Para Información adicional llame a Olga Sánchez-Farah en el Centro de Recursos de Harbor Regional Center, al (310) 543-0691. ■

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BOARD MEETINGS

January 16, 2007 – 6:30 p.m.
 No Meeting in February
 March 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.

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

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