



HARBOR HAPPENINGS

A PUBLICATION OF HARBOR REGIONAL CENTER

WINTER 2008-09

HRC HELPS FIRST LADY SHOWCASE EMPLOYMENT INITIATIVE AT WOMEN'S CONFERENCE 2008 "We Hire, We Work, We Include"

Long Beach was recently the location of the 2008 Women's Conference. Under the leadership of California Governor Arnold Schwarzenegger and First Lady Maria Shriver, the annual conference unites more than sixty internationally-acclaimed leaders and visionaries with 14,000 women in one arena, plus thousands more virtually, to become "architects of change."

*Gilbert meets
First Lady
Maria Shriver.*



Gilbert Gauthier, with new boss Mayor Bob Foster, says that his new job "Is the best thing that has ever happened to me in my life." Best Buddies Jobs California program arranged this successful hire.

This year for the first time ever, Harbor Regional Center had the opportunity to play an active role in being architects of change on behalf of individuals with developmental disabilities. The First Lady, realizing that the conference was a perfect opportunity for reaching out to employers statewide, asked the California

Department of Developmental Services (DDS), to set up a booth showcasing her new **Employment Initiative for Californians with Developmental Disabilities**. DDS Director Terri Delgadillo in turn called upon Harbor Regional Center, and the Association of Regional Center Agencies (ARCA), to join with them in this important project.

In announcing the Employment Initiative, First Lady Maria Shriver noted that, "Many people often believe that individuals with developmental disabilities can't work, but they do – in hotels, in retail stores, in restaurants, in state government, with non-profits and in public and private sectors...in our California State Capitol Office and in our field offices – the possibilities are endless and we have only just begun."

Mayor Bob Foster of Long Beach, who welcomed all those attending to Long Beach, was inspired by the Governor's and First Lady's initiative when he hired HRC Client Gilbert Gauthier to be a special assistant in the Long Beach Mayor's Office.

At our booth at the conference entitled "We Hire, We Work, We Include," representatives of DDS, ARCA and HRC shared information with hundreds of visitors about the untapped resource of workers with developmental disabilities. A slide show illustrated the valuable contribution that individuals with developmental disabilities are already making, with scenes of people with developmental disabilities at work in offices, mailrooms, car dealerships, grocery and department

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*HRC Helps First Lady Showcase Employment Initiative at Women's Conference 2008
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stores, warehouses, senior centers, horticultural centers and more.

In addition to the dedication and motivation workers with disabilities bring to the workplace, they often bring something even more valuable. Quotes from their employers reminded our visitors that these workers often bring out the best in their fellow employees, as well as in the employers themselves.

We thank First Lady Maria Shriver for opening this important door for people with developmental disabilities who want to work, and for all of us who are working on their behalf. ■

Kerry Ryerson, Danielle Heck, valued Starbucks employee Anna Brackett and Colleen Mock were among the enthusiastic representatives of HRC.

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.

REGIONAL CENTERS BRACE FOR MORE BUDGET CUTS

Governor Reopens Budget Talks for Program Reductions

Bad news about the economy bombards us constantly from every direction – on television, on the radio, in the newspaper, and on the Internet. California’s budget for all of its vital programs, including developmental services, has been severely impacted by this deepening downturn.

When the budget for 2008-09 was finally passed in the fall, it already included reductions for regional centers and community service providers:

- Rates for service providers remained frozen despite growing costs, and the freeze was expanded to include new categories of service.
- Rates for supported employment services were cut by 10%, after being increased the previous year.
- The Family Cost Participation Program was expanded to include a wider range of family income and a bigger share of responsibility.

No sooner had the 2008 Budget Act been signed, when Governor Schwarzenegger announced that economic conditions had further deteriorated, and in November he called a special session of the Legislature. The Governor called for a combination of cuts and revenue increases to solve California’s budget shortfall. He warned that the longer such action was delayed, the larger the hole in the budget would grow. Then in January, with no solution reached, he unveiled the Governor’s Budget, including additional reductions for the next 18 months.

For regional centers, the Governor’s Administration has put forth a plan for a 3% reduction to Regional Center Operations and Purchase of Services, to go into effect during the current fiscal year. They recommend that service providers continue to provide needed services at the current rates, but that regional centers pay service providers 3% less for the services they provide. Regional centers are also faced with finding ways to make it through the year with 3% less for operations. Most operations expenses are actually direct services provided to regional center clients and families in the form of assessment and diagnosis, counseling, service coordination, training and information, etc.

The Governor has proposed an additional cut of \$334 million to regional centers for the 2009-10 fiscal year, with the goal of stopping the current pace of expenditure growth, which stems from growing caseload and service needs. “The DDS will work with the Legislature and stakeholders in the coming months to develop proposals to maintain the 2008-09 fund level and achieve the targeted savings while maintaining the entitlement and ensuring program and service integrity.” Regional centers do not yet know how this will be implemented but will keep our community informed as more details unfold.

Due to these budget constraints, one area where Harbor Regional Center has already cut back is in the printing and mailing of our publications, such as the Training and Events Catalog and this newsletter. They will continue to be available online and at community locations such as the HRC Resource and Assistive Technology Centers in Torrance and Long Beach. We are encouraging our readers to sign up for our HRC E-mail Network, and to check our Web site frequently for updated publications, training, and resource information. To sign up for the HRC E-mail Network, send an e-mail request to Nancy.Spiegel@harborrc.org. ■

HRC CLIENTS JOIN THE WAL-MART FAMILY

*By Danielle Heck
HRC Employment Specialist*

Wal-Mart is the world's largest and most successful retailer based on sales and number of stores. With 7,390 stores, they employ more than two million people and serve more than 176 million customers a year.



Kathy Ochoa works at the Torrance Wal-Mart.

Wal-Mart is also leading retailers in innovation when it comes to supported employment of people with developmental disabilities. HRC clients are working at Wal-Mart as greeters, stocking shelves, and providing much-needed janitorial services. Clients are very excited about being a part of the Wal-Mart Family.

Corporations often have established ways of doing things, and may therefore not always be the most open environment for our clients. Job developers

may find less flexibility when searching for employment opportunities to meet workers' diverse needs. It can be difficult to find the right person within the organization who can approve supported employment arrangements, such as accommodations or a job coach. However, some of these corporations have become among the largest employers of people with developmental disabilities in our community.

You might think that Wal-Mart would be a difficult company for our supported employment programs to navigate, but it couldn't be more the opposite. Wal-Mart was recognized as 2008 Employer of the Year by the National Association of Governors' Committees on People with Disabilities.

In both their Torrance and Long Beach stores, Wal-Mart has chosen a model that demonstrates their commitment to and accommodation of workers with developmental disabilities. These workers are employees of Wal-Mart with the same pay and benefits as other employees. They are scheduled to work in groups of 3-4 workers, with support from a job coach 100 percent of the time. Their coach is paid with state funds. The model guarantees the support that our clients need, and our continued successful relationship with Wal-Mart.

"I like working at Wal-Mart because Aaron, the assistant manager, is cool, nice and understanding. If I need something, he sends someone to help. I also have a lot of nice associates that I work with, like Vanessa, Cecilia, Will, and Joe that also are a big help and break things down for me," said Kathy Ochoa, who works at the Torrance Wal-Mart.

Harbor Regional Center recently honored Wal-Mart at our Employer Recognition Breakfast, "A Partnership that Works," on November 7, 2008. Harbor Regional Center looks forward to a long partnership with Wal-Mart and we hope that other retailers will follow their lead. ■

THE SPIRIT OF THE HOLIDAYS

An abundance of generosity poured into Harbor Regional Center throughout the 2008 Holidays Are For Sharing campaign. For what was one of the most economically difficult years in recent history, people in our local community and elsewhere donated richly.

The Holiday Season kicked off with donations of Thanksgiving Food Baskets from the Carson-Gardena Rotary Club who again provided us with donations of complete turkey dinners for 10 of our families. The Manhattan Beach Montessori School amazed and delighted us again this year with oversized containers filled with everything necessary for a hearty Thanksgiving dinner, gift cards and a variety of other wonderful surprises for 16 HRC families. Two generous Thanksgiving dinners were donated by a local Boy Scout Troop and another fantastic dinner was donated by an individual family, thanks to the inspiration of their young daughter.

An incredible amount of new toys came to us through drives hosted by industrious donors: 24Hr. HomeCare held a toy drive for HRC which included drop-off sites at the Dental Office of Dr. Richard Oliver, DDS; M & S Pharmacy; Torrance Dental Arts; Belmont Village Assisted Living Community of Rancho Palos Verdes; and Rite Aid of Torrance. More new toys and other useful items were donated to us by Shield HealthCare, Accredited Nursing, Ridgecrest Intermediate School, Canyon Verde, several private individuals and dozens of HRC staff. Various household items such as a TV, microwave, kitchenware, lamps and movies were donated as well as stuffed animals and clothing. These items were all given to our clients and their families.

Monetary donations flowed in and reached over \$11,500, much more than last year's total! The money was put to great use by providing Target and

Ralph's gifts cards to some of our neediest families.

The Adopt-A-Family program was able to provide sponsorship for a record-breaking 126 needy HRC families. Girl Scout Troop 395 threw a party to celebrate the holidays with the girls of their adopted family. Several of the sponsors adopted more than one family and many sponsored more than five. There are too many individual sponsors to list here, but a few notable sponsors are: Wilmington Valero Refinery, Northrop Grumman, Sandpipers, The Torrance Police Department, Tsuchiyama Kaino Sun & Carter, and Mari Brusseau.

Tina Ash, Fans of Ozomatli, and the Veronica Enriquez Legacy honored the memory of former HRC Counselor Veronica Enriquez, who passed away this year, by adopting numerous families.

Special thanks go out to those of you who were instrumental in spreading the word about our program, resulting in many additional sponsors.

Harbor Regional Center thanks all of our Holidays Are For Sharing program sponsors and sends our sincerest appreciation for the generous support and acts of kindness shown to our clients and their families! We also thank our dedicated Counselors who went the extra mile for all of our clients. ■



Patricia Lockhart and her daughter Katherine were showered with gifts by their sponsors from Merit Moving Systems



Selen Perez shows off her new doll family provided by 24Hr. HomeCare.



(bottom) Girl Scout Troop 395 threw a party for the girls of the Garcia/Bessera family, joined by their leaders and HRC Counselors Arturo Lindo, Marlena Voeur and Leili Samimi.

FAMILY *matters*

THEIR LIFE IN PICTURES: Parent Monica Kinnaird and Family

As with any mom, when Monica Kinnaird talks about her children she absolutely beams with pride! Her daughter Kayla recently turned 12 and her son Cameron is 10. Monica describes Kayla as having the sweetest and happiest temperament, and Cameron as someone who loves to smile, hug and run! Unfortunately in Cameron's case, he has been known to run away from supervised settings such as school and outings with the family, and he must be closely supervised at

into the studio because no one had taken a truly complimentary picture of their daughter. With a little time and patience, Monica was able to capture a picture of the girl with a beautiful smile on her face! The parents and the girl were thrilled. That moment touched and inspired Monica when she realized how many families of children with special needs encountered the same challenge. This inspiration eventually led her to start her own business, Chosen Photography, specializing in photographing children with special needs. Her work can be seen on this page, and on her Web site, www.chosenphotography.com

It can be an intense life for the family at times, juggling single parenthood, work, and her son's behavioral challenges, but Monica has utilized the services available to her family through Harbor Regional Center. Cameron's HRC Counselor, Arturo Lindo, referred Monica to Family Behavioral Services (FBS). Monica reflected on the progress Cameron has made since first receiving behavior therapy in their home and she said that the trainings have been terrific.

Cameron receives respite care and the family has gotten to know some respite workers well enough that Monica doesn't worry about Cameron's safety when he is with them. Monica and Kayla can now go out and spend some much needed mother-daughter time.

Cameron started a new school this year and is doing very well. He is writing poems and drawing pictures of happy people which are skills he never displayed before. Kayla continues to be a great support for her mom and her brother, and Monica's business has really taken off. This family is on its way to being picture-perfect! ■

all times to ensure his safety. Cameron has autism and doesn't understand the danger that he puts himself in when he runs away.

Being a single mom and dealing with a son with autism,

Monica tried to find work that would support the three of them and give her a flexible schedule. She found a life-changing opportunity when she was hired and trained by the Sears Portrait Studio. The manager even scheduled Monica's work hours around her children's school schedules.

A turning point for Monica came when she met a family whose daughter had cerebral palsy. They hesitated to come



Monica's artistry is demonstrated in her photography of her children, Kayla and Cameron.

Client *focus*

MEET AWARD-WINNING YOUNG ARTIST, SARA TARRAB

When it comes to artistic talent, 22-year-old Sara Tarrab has an abundance! Sara's older sister Nina is also very artistically inclined and the skills of these two young women come as no surprise to their parents, who also happen to be artists.

Sara began developing her interest and talent in art when she was a young girl. When she showed little desire to do her homework, her mom Wafa encouraged her to use crayons and make the homework assignments colorful. To Wafa's delight, and to the satisfaction of Sara's teacher, the homework was done and Sara enjoyed doing it. Sara's dad Elias used to draw for her and play guessing games. Sara loved this activity and was very good at studying her dad's drawing and correctly guessing what it represented. Sara began to show more interest in painting larger spaces so she started "painting" the outside wall with water. She then took her skills inside and with her parents' approval, Sara painted some of the walls in the house. To round out her creativity, Sara took ballet when she was young, and she has a real love of music and dance. She enjoys entertaining company with her "High School Musical" singing and dance moves.

Sara has been in the limelight on several occasions. She won an award from the Down Syndrome Association of Los Angeles for her art work that was on display at the Skirball Cultural Center.

Her most recent achievement occurred in Fall 2008, when she was a featured

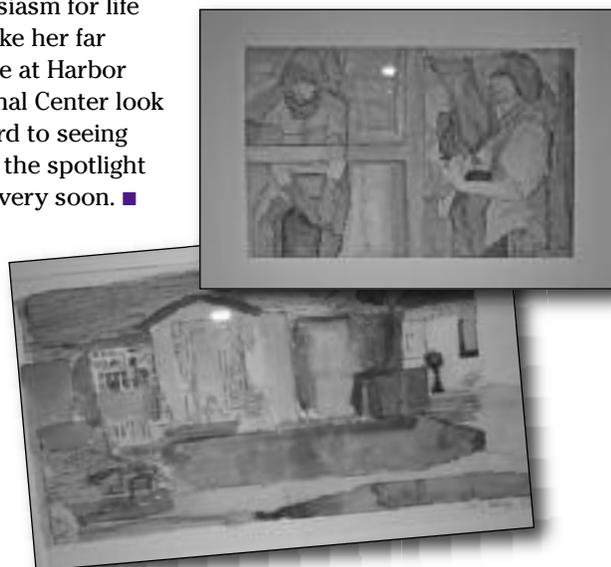
award-winning artist at the "Defining Ourselves" Exhibit, presented by Arts and Services for Disabled at the CSULB Design Gallery.

Sara also has very good organizational skills that she demonstrates at home by keeping the cans stacked and drawers organized. As a transition-age student, Sara has gained experience in several vocational training settings. She recently worked in the Production Room at the Veteran's Administration two days a week, doing the much-needed tasks of folding mail and stuffing envelopes.

Sara's talent and enthusiasm for life will take her far and we at Harbor Regional Center look forward to seeing her in the spotlight again very soon. ■



Sara and a favorite Long Beach teacher, Katherine Penney, pose beside her portrait of the Jonas Brothers (shown in top inset below), on display at the CSULB Design Gallery.



MAYORS AND DIGNITARIES RECOGNIZE BUSINESSES EMPLOYING PEOPLE WITH DEVELOPMENTAL DISABILITIES HRC and Business Advisory Council Host Breakfast Event

*Mayor Frank Scotto
of Torrance pre-
sents Jack Mayesh,
President of Kobata
Growers Inc., with a
State of California
Proclamation from
Assemblymember
Betty Karnette.*

Torrance Mayor Frank Scotto, Carson Mayor Jim Dear, and California Department of Developmental Services Director Terri Delgadillo joined with the Business Advisory Council of Harbor Regional Center in encouraging businesses to get to know a very valuable workforce. The event was attended by 250 business leaders from local companies & chambers of commerce, supported employment service providers, and individuals with developmental disabilities who are successfully employed.



*Business Advisory
Council member
Robert Savino,
Manager of
Corporate Services
for Mattel, Inc.,
enjoys networking
with other busi-
ness leaders
about the benefits
of employing
HRC clients.*



To date, several hundred individuals with developmental disabilities are working throughout the HRC community in a variety of jobs. The goal of the Business Advisory Council and Harbor Regional Center is to help more of our clients to get jobs that match the ability of each worker, while helping the employer to maximize productivity and cost-effectiveness.

DDS Director Terri Delgadillo commended the Harbor Regional Center staff and its supported employment network “for their groundbreaking efforts connecting consumers willing and able to work with employers large and small that understand the benefits of hiring people with developmental disabilities. Together, you are a model for innovative employment leadership throughout California.”

Earlier this year, Governor Arnold Schwarzenegger and First Lady Maria Shriver introduced a statewide Employment Initiative for Californians with Developmental Disabilities. They planned to reach out to employers throughout California, as well as to fellow governors.

Mayor Scotto confirmed that he had recently received a phone call from Maria Shriver, asking him to find employment opportunities for people with developmental disabilities in the City of Torrance. He also planned to encourage all of the Torrance City Council members to visit and become familiar with Harbor Regional Center and all of the wonderful programs serving people with developmental disabilities in their community.

Both longtime and relatively new employers were recognized. Home Depot has included HRC clients in its work force for

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HRC Employment Specialist Danielle Heck and Director of the Department of Developmental Services Terri Delgadillo are touched by the words of exemplary employee Wesley Dale, who earns a standing ovation from the room.

HRC client Wesley Dale received an award for being an exemplary employee, and a standing ovation from the entire audience for his inspirational speech. "I faced many challenges in

finding the job that I wanted, working for a veterinarian. Faith in my goal, my family, Harbor Regional Center and the right (supported employment service) helped me find that job. With their support I have been employed for eight years at Peninsula Pet Clinic. I never gave up. Have faith in your dreams, and never give up."

Mayors and Dignitaries Recognize Businesses Employing People with Developmental Disabilities (continued from page 8)

more than 22 years, and over the years has employed the largest number of HRC clients in comparison to other area employers, at its 14 area stores. Mattel has employed our clients for the past 16 years and today employs 27 individuals in their mailroom, warehouse, design center and recycling. Family-owned Kobata Growers has employed one of HRC's clients as an assistant horticulturist for the past 10 years, and acts as an enthusiastic ambassador for supported employment. Savor...Long Beach Catering by SMG is one of the newest partners in supported employment, at their Scuba Café in the Aquarium of the Pacific. Wal-Mart, recognized as 2008 Employer of the Year by the National Association of Governors' Committee on People with Disabilities, has within the past year welcomed 10 HRC clients to the Wal Mart Family at three area stores.

We were also pleased to honor others who have played a special role in this important initiative. Long Beach businessman Phil Appleby, Appleby Real Estate Brokerage, is a member of the Business Advisory Council, and has regu-

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Home Depot employee of 18 years, Katherine Dumas, was a special guest along with Jay Williamson, Associate Developer of Human Resources, the Home Depot.



Vincent Pellerito, CEO of National Financial Realty and BAC Member, congratulates employer Juan Contreras, Director of Food & Beverage, Savor... Long Beach Catering by SMG.

*Mayors and Dignitaries Recognize
Businesses Employing People
with Developmental Disabilities
(continued from page 9)*

*California
Department of
Developmental
Services Director
Terri Delgadillo calls
HRC community
efforts a model
for the state.*



larly taken time to introduce us to potential employers and other key contacts. Social Vocational Services, which originated in the South Bay area in 1978, has excelled in finding and supporting jobs for 480 workers with developmental disabilities statewide, of which 126 are HRC clients.

With all of the enthusiasm generated at this event, we look forward to following up on many new contacts with potential employers.

Thank you to our generous sponsors of this event: Social Vocational Services, Inc; City National Bank; Cambrian Homecare; Lourdes Home Care; Mattel, Inc.; Wal-Mart; City of Torrance; Easter Seals Southern California; ARC – Long Beach Hillside Enterprises; In JOY Life Resources, Inc. ■

Business Advisory Council

*Rhiannon Acree, RN, President
Cambrian Homecare*

*Phil Appleby, Owner
Appleby Real Estate Brokerage*

*George Bird, Attorney At Law
Bird & Bird Law*

*Jim Haney, Senior Vice President,
Regional Manager
City National Bank*

*Merrietta Fong, CPA, Partner
Rosenthal, Pearson, Fong & Frew, LLP*

*Ron Libbrecht, Art Director/Artist
Automatic Printing Company*

*Jack Mayesh, President
Kobata Growers, Inc.*

*Larry Mirick, President
Sierra Pacific Engineering
and Products*

*Vincent Pellerito,
Chief Executive Officer
National Financial Realty, Inc.*

*Robin Pete, Terminal Manager/Long
Beach
Diversified Transportation, LLC*

*Robert Savino, Manager,
Corporate Services,
Mattel, Inc.*

*Deborah Stonehouse
Senior District Manager
Pacific Building Care*

*Michael Tauber,
Chief Financial Officer
Reliable Plant Service*

UCLA CENTER FOR AUTISM RESEARCH AND TREATMENT SEEKS FAMILIES FOR STUDIES

Autism is the focus of many research studies at universities throughout the United States and worldwide. One of the fundamental goals of the UCLA Center for Autism Research and Treatment (CART) is to provide a strong, collaborative environment for both basic and applied autism research. CART has asked us to let you know about studies they are currently conducting.

Infants At Risk of Autism

Dr. Marian Sigman and her UCLA research team are studying the development of **infants who have a sibling with a diagnosis of autism, and are looking for infants up to 6 months of age who have an older brother or sister with a diagnosis of autism.** They hope to enroll the infants and families into the study before the infant turns 6 months of age if possible. In return for participation, families will receive developmental assessments of the infant at 6, 9, 12, 18, 24, 36, and 60 months of age, with a focus on the babies' social, cognitive, and language/communication skills. The team will provide feedback to families after every evaluation, and a \$40 stipend to help cover the cost of each visit to UCLA. If you are interested in participating in this study, contact Dr. Sigman's research staff at (310) 825-3478.

The Role of Genetics in Autism Spectrum Disorders

Another study at the Center for Autism Research and Treatment, sponsored by the Simons Foundation Autism Research Initiative, hopes to discover genes that contribute to autism. They are seeking families for participation in this study who have one child, age 4-17, with an autism spectrum disorder or suspected ASD, and no other children with ASD.

Parents will need to complete questionnaires and interviews to obtain family history (approximately six hours). Children will undergo a brief physical exam, an assessment of social interaction, and a psychological assessment (approximately three hours). All family members will be required to provide blood and saliva samples. In return for participation, families will receive compensation of \$200 and a written summary of the test results. For more information about participation in this study, contact the study coordinator at (310) 825-8359.

Families interested in participating in research, but not necessarily the above studies, may wish to contact the recruitment coordinator at (310) 794-2215, or visit the Web site at www.autism.ucla.edu. ■

YO HALLEE AND KYNDELL! HRC Kids Appear on Nick Jr.'s Yo Gabba Gabba.

The popular Nick Jr. TV show "Yo Gabba Gabba" featured adorable Long Beach kids Hallee Fernley (top) and Kyndell Jasper Rainey (bottom) in a segment that aired in October 2008. The girls introduced themselves and then showed off their dance moves with several other children in the episode entitled "Differences."



resource center

WHAT'S NEW AT THE RESOURCE CENTER?

By *Dominique DeBorba*

In January, the March of Dimes reported its National Healthy People 2010 objective, to lower preterm birth rate to 7.6 percent of all live births. Babies who survive a premature birth face the risk of serious lifelong health problems including learning disabilities, cerebral palsy, blindness, hearing loss and other chronic conditions.

The Harbor Regional Center Resource center is committed to helping our families with premature babies find information, resources and support. We have numerous books, videos, DVDs and literature available to our families.

Little Man

This film, which won 12 Best Documentary awards, relates the story of a family whose son is born 100 days early, weighing only one pound and facing impossible odds for survival. It portrays the family and the difficult decisions and situations which it must face with unflinching honesty.

The Premie Parents' Companion

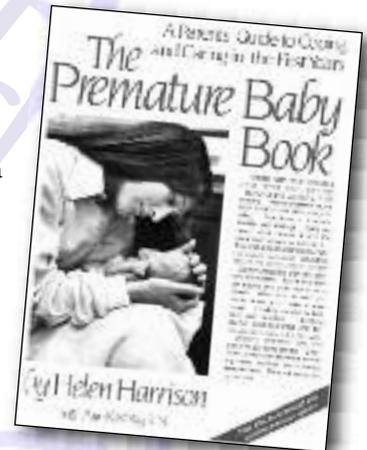
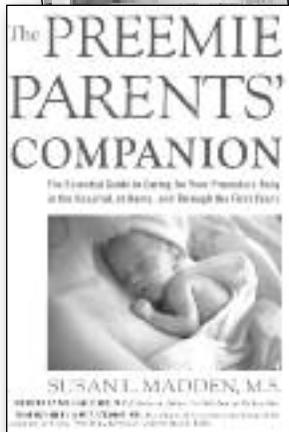
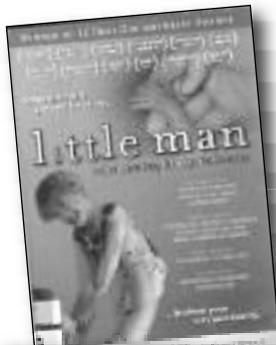
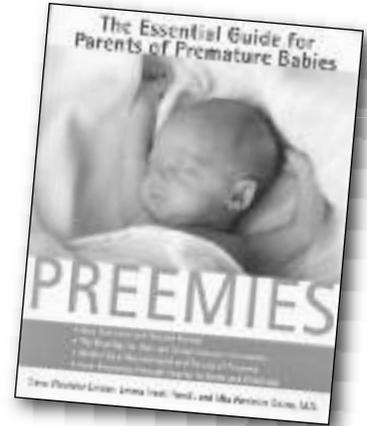
This is a comprehensive guide for parents of premies. It contains real-life stories, easy-to-understand summaries of the latest research on preterm children, and a wealth of reliable day-by-day guidance. Its information is practical and emotionally reassuring so parents can feel confident as their infant's most important nurturers and caregivers.

Preemies

This fact-filled reference guides new parents through the many questions and uncertainties of anticipating and caring for a premature baby. Learn why premature births happen and what can be done to prevent them. Read about premature delivery, getting ready for it, seeing your preemie for the first time, questions to ask your doctors and nurses, settling down in the hospital and taking your preemie home. The book also covers your baby's first year, the loss of a baby, and special needs children.

The Premature Baby Book

This book is the result of seven years of intense research into medical literature, and of interviews with neonatologists, intensive care nurses, social workers, therapists, and hundreds of parents of premies. From her research and personal experience, the author knows exactly what parents want and need to know to deal with the emotional, medical, and practical issues facing them after the birth of a premature baby. ■



MEET OUR BOARD: Dr. Roberta Rendon-Christensen

Dr. Roberta (Bobbie) Rendon-Christensen has been an active participant in the Harbor Regional Center leadership community since 1998.

Bobbie is a native Californian, and her family has been living in Torrance for almost all of her life. She is also a local businesswoman in private practice, specializing in chiropractic and nutritional services at Rendon Chiropractic. Her mission is to help people help themselves improve their own health.

It didn't take long for people at HRC to recognize a potential leader when they met Bobbie.

"I had a great Counselor, Stacy Schafer, who encouraged me to apply to become a Board member. I really like keeping up with everything that's going on, and getting to know all the professionals and parents at Harbor Regional Center," she says.

When she first applied to the Board, Bobbie's son Brandon, who has cerebral palsy, was 14 years old. Since that time we have watched her son grow to adulthood. Now, at age 25, he attends an adult program operated by Easter Seals of Southern California where his activities include computer training, cooking, and practicing communication skills. He uses a Dynavox assistive device to communicate with others. Brandon also enjoys dances and participating on a bowling league as a member of the City of Torrance PALS program.

Bobbie married husband Craig Christensen seven years ago, and the three live happily together in Torrance. A favorite family activity is taking Brandon to a local sports club to watch games on TV, especially when the Denver Broncos are playing.



*Board member
Bobbie Rendon-
Christensen, son
Brandon and
husband Craig*

We were very pleased to welcome her back to the Board of Trustees last year, after she had taken a short leave from the Board to attend to her new business and family activities.

Says Bobbie, "I think it has helped me to become a better provider of services to the community. I just wish my schedule allowed me to be involved even more!" ■

HARBOR REGIONAL CENTER TRAINING AND EVENTS CATALOG JANUARY – JUNE, 2009



The Harbor Regional Center **TRAINING AND EVENTS CATALOG** for January – June, 2009 is now available online, on the Harbor Regional Center website.

Access the training calendar at: www.harborrc.org and click on Training and Events.

Limited copies are also available upon request at the HRC Resource and Assistive Technology Center, at either of the following locations:

Harbor Regional Center
21231 Hawthorne Blvd.
Torrance, Ca. 90503
Building A, First Floor
Mon - Fri 8:30am - 5:00pm

HRC Long Beach Training Center
1155 E. San Antonio Drive
Long Beach, Ca. 90807
Mon - Fri 9:00am - 2:00pm

We regret that due to budget constraints for the 2008-2009 fiscal year, Harbor Regional Center will not be able to mail the full catalog to our mailing list. Whether you access this catalog online or by picking up a copy at one of the above locations, we hope to see you at a training event soon! Thank you for your understanding.

EL CENTRO REGIONAL ENFRENTARA UNA SEGUNDA MANO DE RECORTES FINANCIEROS

El Gobernador Llamara Una Sesión Especial Para Considerar Recortes a Los Programas.

Malas noticias sobre la economía nos bombardea constantemente de toda dirección – por la televisión, en la radio, en el periódico, y en el Internet. El Presupuesto de California para todos sus programas vitales incluyendo servicios del desarrollo, ha sido severamente impactado por esta crisis económica.

Cuando el presupuesto para el 2008-09 fue finalmente pasada el ultimo Otoño, ya incluía reducciones para los centros regionales y los proveedores de los servicios comunitarios.

- Los impuestos para los servicios de proveedores permanecerían congelados aunque los costos incrementan, y estas congelaciones fue expandida para incluir las nuevas categorías de servicios.
- Impuestos para partidario de servicios de empleo fueron disminuidos por un 10%, después de ser incrementada el año pasado.
- El Programa de Participación de Costo para la Familia fue expandida para incluir amplia forma de ingresos de familia y un gran parte de responsabilidad.

No mas temprano había el Acto del Presupuesto del 2008 firmado, cuando el Gobernador Schwarzenegger anuncio que las condiciones de la economía habían deteriorado mas, y en Noviembre el llamo una sesión especial de la legislatura. El Gobernador llamo para una combinación de recortes e incrementa

de renta para solucionar el problema de presupuesto en California que había llegado hasta \$11.2 billones. El nos aviso que mas demorábamos la acción, lo mas grande nos metiéramos en un lío de presupuestos.

Para los Centros Regionales, legisladores escribiendo en este tiempo están considerando un plan de reducción del 3% para las Operaciones de los Centros Regionales y Servicios de Compras. La administración del gobernador recomienda que los proveedores de servicios que continúen proveyendo servicios necesarios a los actual presupuestos, pero que los centros regionales les pague a los proveedores de servicios 3% menos por los servicios que dan. Centros Regionales también están enfrentando recortes y encontrando maneras de cómo mantenerse todo el año con un 3% menos para sus operaciones. La mayoría de gastos de operaciones son en efecto directamente servicios proporcionados por centros regionales para los clientes y sus familias en la forma de valoración, diagnostico, aconsejar, servicios de coordinación, entrenamiento e información, etc.

Por estas coacciones de presupuesto, un área donde el Centro Regional de Harbor ha recortado es en imprenta y correo de nuestras publicaciones. Nuestros entrenamientos y catalogo de eventos y esta hoja informativa continuaran disponibles por el Internet y localidades de la comunidad como el Centro Regional de Harbor y Recursos y los Centros de Tecnología de Ayuda en Torrance y Long Beach, también como unos centros de servicios de proveedores. Nosotros estamos animando a nuestros lectores a involucrarse en nuestra red de correos electrónicos del Centro Regional de Harbor. También averiguar nuestra pagina web frecuentemente para publicaciones actualizadas, entrenamientos, y recursos informativos. Para involucrarse en nuestra red de correos electrónicos del Centro Regional de Harbor, mande una solicitud al siguiente correo electrónico

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BOARD MEETINGS

No Meeting in February
 March 17 – 8:00 am
 April 21 – 6:30 pm
 May 19 – 8:00 am
 No Meeting in June

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

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