



HARBOR HAPPENINGS

2003 EDITION, VOLUME 3

A UNIQUE COLLABORATION

In August of 2000, LifeSteps opened the first adult drop-in center in Long Beach, the Harbor Friendship Center. When LifeSteps was looking to open a second center in Torrance an innovative idea was born. Why not share the space with another program and split expenses? This joint venture features the newest Torrance location of the Easter Seals Inclusion Center, as well as Life Step's Harbor Friendship Center. The unique idea became a reality with the grand opening of the new site on September 15, 2003.



Developing computer skills is just one of the many activities available to clients attending the Easter Seals Inclusion Center.

Both programs received start-up grants from Harbor Regional Center to assist in implementing their new sites. When the idea of collaboration came about, Diane Sanka, Easter Seals Director, recalls that everyone was excited about working together. But

there were issues to overcome such as whether they could get licensed as a joint venture, and how to split expenses. All the months of work and planning were well worth the effort because this creative endeavor gives many added benefits, not only to the programs, but also the clients.

Because of the collaboration between LifeSteps and Easter Seals, and the grant received from Harbor Regional Center, clients may access and enjoy many different kinds of activities.

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2003-04 BUDGET ESTABLISHED: State's Fiscal Problems Continue to Impact Regional Centers

Now that the state budget is finally in place, we can report its impact upon our service system for this fiscal year. And the news is mixed. The total budget for Regional Centers actually increased by 12.4%, restoring some of the funds which had been reduced last year, and providing for continued growth in the number of individuals being served. At the same time, some specific cuts and other measures were put into place in an effort to contain costs statewide.

Regional Center Purchase of Services Budgets

To provide for an anticipated increase of 11,000 new clients, the Purchase of Services budget was increased statewide. At the same time, state law has been changed to adopt stricter federal standards for determining substantial disability. As a result, the Department of Developmental Services (DDS) estimates that about 400 fewer applicants statewide will be eligible to enter the regional center service system in the coming year.

The Department of Developmental Services and regional centers are also prohibited from increasing rates over the 2002-03 level for most service provider categories, such as day activity, respite care agencies, independent and supported living, transportation, socialization training, behavior intervention training, licensed residential homes, and others. This means that service providers who have been stretched already and have had to forego periodic rate increases, will continue to struggle for at least another year.

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*2003-04 Budget Established
(continued from page 1)*

Unallocated Reduction to Purchase of Services

Above and beyond the changes described above, regional centers will receive what is referred to as an "unallocated reduction" to their Purchase of Services budgets. Many people will recall that we received such a reduction last year (\$52 million), requiring regional centers to come up with Expenditure Plans to live within these reduced budgets. In view of our growing client population, we could not have absorbed another cut of this magnitude. For 2003-04 the cut is \$10 million, and each regional center will have to shoulder a share.

Because this reduction is substantially less than that of last year, Harbor Regional Center will be able to eliminate some of the more severe cuts, while continuing the service efficiencies we have established together. For example, HRC service providers will still observe uniform holiday schedules, but the number of holidays can be reduced. In addition, many service providers who voluntarily discounted rates to help our community get through last year will be able to discontinue these discounts. We still cannot thank our service providers enough for the sacrifices they have made on behalf of our clients.



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Regional Center Operations

While Regional Centers will receive an increase of \$30.8 million statewide, the Operations budget has been decreased by \$13.9 million, and a change made in the law which will increase service coordinator caseload ratios from 1:62 to 1:66. This means that HRC will be unable to add staff to keep pace with increasing caseloads. While we will continue to make every effort to be responsive to our clients and families, it may become more difficult for you to reach your Counselor, or for your Counselor to respond to your needs as quickly as we would like.

Other Budget Impacts

A budget proposal to establish a Parental Co-Payment was approved, but is not scheduled to go into effect until next year. The change requires that "a system of enrollment fees, co-payments, or both, must be designed by the Department of Developmental Services, and presented to the legislature by April 1, 2004, to go into effect July 1, 2004." Harbor Regional Center will keep you updated as we learn more about what this will mean for our families of clients ages 3-17. An initiative to establish statewide standards for purchase of services was not adopted.

Some service providers who receive their funds from other sources have experienced actual rate reductions. Medi-Cal providers, such as physicians and nurse-practitioners, received rate reductions of 5%. Department of Rehabilitation services, such as work activity programs and supported employment services, received a 2.5% rate reduction. Clients receiving SSI/SSA payments will not receive an increase in their monthly benefit in January, due to the suspension of the Cost of Living Adjustment for January 1, 2004.

In summary, there have been cuts, but they could have been much worse. As we continue the efficiencies in place and absorb the new reductions, we will work together to keep any negative impact upon our clients to the absolute minimum possible.

*If you are interested in advertising in Harbor Happenings, call
Kathy Scheffer at (310) 543-0686.*

*A Unique Collaboration
(continued from page 1)*

Like the Long Beach site, the Harbor Friendship Center has a television area, computer center, and a wonderful library for clients to use. Client-driven activities are held both at the center and in the community.

This is Easter Seals' second inclusion center in the Torrance area. They also opened an inclusion center in Cerritos and have another in San Pedro. The need for meaningful site- and community-based learning activities that better serve the needs of clients was the impetus behind the creation of the inclusion centers. The combination of both types of learning environments works well for participants by giving them more choices. Clients take a class at the local college or just stay at the Inclusion Center to enjoy the computer lab or work on other activities.

It's a win-win situation for Easter Seals, LifeSteps and HRC adult clients. As Bob Turner, Program Manager for LifeSteps

relates, "When two programs work together, more people are served for less money with a better quality of programming." Easter Seals uses the space Monday through Friday from 8:00 a.m. to 2:30 p.m. for their day program services. Then LifeSteps takes over with the Harbor Friendship Center opening its doors from 3:00 p.m. to 7:00 p.m. Tuesday through Friday, and on Saturday from 10:00 a.m. to 5:00 p.m.

For more information about the Harbor Friendship Center, contact Kristine Engles at (562) 437-2620. You can receive additional information concerning the Easter Seals Inclusion Center by calling Diane Sanka at (310) 542-2148.



There is always something fun to do at the LifeSteps Harbor Friendship Center including learning to cook.

THE HRC RESOURCE CENTER NEEDS YOU!

Have a little time? Want to help others and have fun too? The HRC Resource Center is currently recruiting volunteers. Ronda Stephens wanted to volunteer and decided to give her time and skills to the Resource Center. "The HRC Resource Center is a great place to volunteer," relates Ronda, "because you feel like you are making a difference to the parents that come in and need information or just need to talk. The staff at the Resource Center is so nice that it is also fun to be there."

The volunteers at the HRC Resource Center can work as little as a two-hour shift once a week, or more often, at a time that is convenient for them. The primary duties of a volunteer are to tend to the front desk, answer phones, catalog items and to assist parents and others with finding the resources they need.

HRC Resource Center provides a place for families to access the most comprehensive information, support, training and technology. If you would like more information concerning volunteer opportunities at the Resource Center, please contact Erica Luevanos at (310) 543-0611.

(photo) Resource Center Volunteer Ronda Stephens goes over newly arrived books for the library with staff members Dominique DeBorba and Erica Luevanos.



A NEW LOOK FOR HARBOR REGIONAL CENTER'S WORLDWIDE WEB SITE AND MUCH MORE INFORMATION FOR YOU

*Nancy Spiegel
Director of Information
and Development*



*In honor of our
anniversary year, we
have redesigned our
Web site to include a more
comprehensive array of infor-
mation for our community.
At the same time, we have
created a new look which
we hope will make visiting
the site more enjoyable.*

As we reach our 30th anniversary year, we find that the Internet has become an ever more viable source of information for our community. More and more of Harbor Regional Center's clients, families, and service providers have access to personal computers, and make regular use of the Internet to find information and resources online.

Much thought has been given to arranging our site in ways that will allow you to easily find the information you are seeking. We have even put some information in more than one location, since people have different ways of searching for what they need. For the past month, volun-

teers have helped to test out the site for us, and have given us suggestions for changes, so that we can make the site as user-friendly as possible.

Here's a sample of what you will find at www.HarborRC.org:

The **Guide to HRC** includes information about our mission, vision, our Board of Trustees, who is eligible for our services, and how interested persons may contribute to our clients through the Harbor Help Fund.

Client Services includes information about developmental disabilities, eligibility for services, our application process (including an online application form), service planning, and an overview of the services and support available for our clients of all ages.

Resource Information includes a guide to our Resource Center Library, Computer Center and Assistive Technology Lab, our online catalog of books and videotapes, online HRC publications, resource directories, family support groups, volunteer opportunities, and Internet links for more information on developmental disabilities.

Activities and Events includes training opportunities for clients and their families (including online registration), meetings of various committees, support groups, etc., and special events.

Our **Service Provider** pages include information on upcoming seminars and workshops, and a way to contact us for those who want to apply to become a service provider.

Do you ever wonder whom to contact at HRC, or ever misplace the phone extension or e-mail address of your Counselor? Need a map to get to HRC? You'll find that information and more in **Contact Us**. And of course, we'll keep you posted about **career opportunities** here at HRC.

All together there are over 100 pages of what we hope will be useful information for you. We intend to keep the information stored within our Web site up-to-date, interesting, and informative, over time. Please visit us often at www.HarborRC.org. We hope you enjoy your visit!



REACHING OUT TO THOSE IN NEED DURING THE HOLIDAYS

For some Harbor Regional Center families the joy of the Holiday season can be tempered with the realities of poverty. For over 29 years, Harbor Regional Center has worked with community partners to provide our clients and families with the greatest needs extra support during the holiday season. One of the most rewarding programs is the "Adopt-a-Family" program, which pairs an HRC family in need of assistance with a special person or group of people who want to help. Individuals or organizations purchase gifts and food for their assigned family, deliver the gifts to that family, or have a representative of HRC deliver on their behalf. The "Adopt-a-Family" program brings joy not only to the families that receive the assistance, but also to the people who participate in the program. Just ask the employees of Fluor Corporation and Ralphs Grocery Company, who both adopted families last Holiday season.

When Julie Miranda, Fluor Office Manager, discovered they could help not only dis-

advantaged families, but families that included children with disabilities, she began soliciting her fellow employees. The employees of the Fluor Corporation adopted a single parent household with two children and collected enough gifts and gift certificates to tide their lucky family over for months. The gift certificates and other items collected allowed this single mother to purchase the food the family needed, buy clothing and other necessities. Of course, the employees of Fluor had lots of toys to give the kids too!

"We are part of the community, and since we are part of this community, we wanted to make a difference," states Manuel Castro, Director of the Fluor Long Beach office. "What better way than to help a needy family."

For three years now, employees at Ralphs corporate office in Compton have been "adopting" HRC families during the holidays. Last year, two lucky families received special holiday attention

from the Distribution Department of Ralphs. Last year, two lucky families received special attention during the Holidays from the Distribution Department of Ralphs. Kathy Gelsey and Kim Apodaca coordinated the collection of toys and gift certificates for these families. Kathy Gelsey has a son with a diagnosis of

"I was really worried that my kids would not have any presents, but because of this program we had a happy holiday."

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The employees at Fluor in Long Beach prepared gifts, filled backpacks for children in need.

Client focus

MAKING SPECIAL EDUCATION WORK FOR YOUR CHILD

Over the years, Harbor Regional Center has developed an extensive library to provide information and support to our families. HRC's earliest and still one of

our most popular booklets has been our booklet on special education. Now entitled *Team Up with Your School - Making Special Education Work for Your Child*, this booklet has just been revised to give you the most up-to-date information. This booklet is about special education and the very important role that parents play in helping plan their child's special education program.

As we developed our latest edition of this booklet, we again consulted with our local school district experts for accuracy of information. We also took into consideration proposed changes to the federal law, IDEA, which guides special education on the national level, along with current

state laws and guidelines. Below is an excerpt from this publication:

The IEP itself is a written document that addresses these five issues:

- 1. The child's present level of performance and functioning.** The plan describes your child's current abilities and level of functioning in areas such as academic, social, language, motor, self-help, and pre-vocational activities. They should describe how your child actually performs in the different areas. What they say should match your knowledge of your child's abilities.
- 2. Annual goals and short-term objectives.** Goals describe specific knowledge, skills, and behaviors that your child and his teacher will be trying to achieve over the school year. Objectives are more short-term; they describe the things that the child will achieve along the way as he works toward the goal.
- 3. A description of the child's classroom placement and how much he or she will be included in the regular school program.** This part of the IEP states how much time your child will spend in each learning setting each day, and what type of supports he will receive in each setting.
- 4. Related services your child will receive.** This part of the IEP describes the program modifications and supports that teachers, aides, etc. will receive to help them help your child. These may include services such as speech therapy, assistive technology, adaptive physical education, and extended school year.



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Making Special Education Work for Your Child (continued from page 6)

5. Evaluation and review. This portion of the IEP describes how your child's progress will be measured. It also includes the annual review date – that is the date when the team will meet to review and revise the IEP.

IDEA and California laws give parents certain rights in the IEP process. They include the right:

- to receive written notice about the time and place of the meeting and who will participate;
- to have the meeting scheduled at a time and place that are agreeable to all participants;
- to attend the meeting and invite other people to attend with them;
- to present information to the IEP team and participate equally in the development of the IEP;
- to have an interpreter at the meeting, if they need one;

- at your request, to receive a copy of the IEP;
- to have the IEP reviewed annually; and
- to have the IEP implemented as soon as possible

If you do not agree with an IEP, you can refuse to sign all or part of it. Only the parts of the IEP that you agree with can be implemented, and the law says they must be put in place as soon as possible. You should discuss the other parts with school district representatives to try to reach agreement on how they should be changed. If you can't reach agreement this way, you may ask for a due process hearing.

This newly revised booklet, *Team Up with Your School – Making Special Education Work for Your Child* is now available through your HRC Counselor, the Harbor Regional Center Resource Center, or at www.HarborRC.org.

Reaching Out to Those in Need During the Holidays (continued from page 5)

autism. She understands the ups and downs of raising a child with a developmental disability and wanted to assist a family in need who was also connected with HRC. The Ralphs employees enjoy delivering their gifts to the families that they adopt. Some have solicited the assistance of their children with purchasing and delivering gifts. Kathy states that participating in the Adopt a Family program is something that their children have embraced and can't wait to do again. The Ralphs employees have even spent time with their adopted families putting up Holiday trees and taking pictures with them.

For the more than forty families adopted last year, the individuals and business that participated made a real difference

in their lives. As one mother stated, "I was really worried that my kids would not have any presents, but because of this program we had a happy holiday." "Whether the giving comes from one HRC family to another, or from a group of charitable people who have had no other contact with HRC clients, we at HRC are full of admiration for their kindness and generosity," observed Nancy Spiegel, Director of Information & Development. If you want more information about how you can assist a family during the Holidays, contact Kathy Scheffer at (310) 543-0686 or at kathryns@hddf.com.



The Distribution Department at the Ralphs Grocery Company corporate office look forward to their fourth year participating in the "Adopt-a-Family" program.

PLANNING FOR THE FUTURE: Conservatorship; Estate Planning; Special Needs Trust

*By Richard Schwartz
Attorney at Law*

As your child or sibling with a developmental disability ages there are different concerns and issues that may need to be addressed. There may be changes in their health, social, financial, and legal needs and supports. Many family members of adults with developmental disabilities want to know more about conservatorships and estate planning, how they can be beneficial, and whether or not they are necessary.

Limited Conservatorship

A Limited Conservatorship is a protective proceeding but is not required merely because a person has a developmental disability. Sometimes your family member with a developmental disability might not be able to care for himself or his property. A Limited Conservatorship might be used in these cases. A Limited Conservatorship encourages the maximum self-reliance and independence of the adult client by giving the conservator only the powers over activities that the client is unable to manage. The conservator may be responsible for the client's treatment, training, education, medical and psychological services, and social and vocational opportunities, as appropriate, and as needed to assist the client in the development of maximum self-reliance and independence.

Estate Planning and Special Needs Trusts

The primary goal of estate planning for families with a developmentally disabled

relative is the preservation of essential public benefits while creating a discretionary emergency fund. This is where Special Needs Trusts (SNT) come into play. The objective of using an SNT is to allow the client to keep their public benefits. The intent is to use trust income and principal as a supplement to, not substitute for, benefits and support provided by governmental programs.

An SNT is fundamentally a discretionary trust. In contrast, mandatory trusts (which specify an amount of income or principal that must be distributed to a disabled person) are likely to distribute more income or principal than the beneficiary is allowed to have under various program-eligibility limits. This would defeat the goal that the trust supplement public benefits.

The only limitation on the trustee's discretion is that distributions be supplemental to otherwise available benefits. This is essential because SSI (and the Medi-Cal which goes with it) is restricted to individuals with limited resources, currently set at a maximum of \$2,000 in personal assets. The program defines resources as cash, or other liquid assets or properties an individual owns and could convert to cash or use for his support and maintenance. The key is accessibility. If the property (or property right) can't be readily liquidated, it isn't considered a resource. A special needs trust if set up correctly is not accessible by the disabled beneficiary.

If you wish to obtain more information about Estate Planning and Special Needs Trusts, the HRC Resource Center has many books and videos available for your use. Richard Schwartz, Attorney at Law provides legal consultation services to HRC staff, clients and families. Contact your Counselor for more information.

LEARNING CAN BE FUN

In August, many excited kids scurried to the HRC Resource Center to learn about computers. This unique summer camp offered children with developmental disabilities the opportunity to participate in fun activities while learning new software especially geared for kids, playing Internet games, making art using a computer, learning to type and visiting children's educational Web sites.

For children who have had little experience with computers, the computer camp gave them the basic information to get started. More than thirty children, from seven to fifteen years old, attended the Personal Computer Summer Camp. "The intent was to give HRC children one more choice of a summer activity. A place they could have fun and learn at the same time," explains Jim Fite, Resource Center Computer Instructor. The classes were kept small, a maximum of eight children per session, so that each child could have all the attention they needed.

Leanne Tanaquin is eight years old and attended the computer camp. She uses a computer at home but at camp has been able to access and learn many new programs. For Leanne the computer camp was just plain fun. Her favorite activities were learning new games such as the



Great Math Adventure and Jump Start. When the camp came to an end, each child received a certificate of completion to acknowledge their participation and accomplishment.

The HRC Resource Center Personal Computer Summer Camp was a great success with many kids learning in a fun environment.

The HRC Resource Center Computer Lab is located at the HRC Resource Center. For more information on the HRC Resource Center or the Computer Lab call (310) 543-0691.



(top) Leanne Tanaquin is all smiles while Pha Prum assist her with her counting skills using a computer game.

(below) Educational games can be fun, as Cynthia Jaquez learns while being assisted by instructor Jim Fite.



HRC staff members participate in the Little Company of Mary blood drive at the HRC offices in Torrance.

HRC STAFF ROLL UP THEIR SLEEVES FOR BLOOD DRIVE

"Donors like these in your company save many lives by rolling up their sleeves and giving the gift of a blood donation. Over 120 lives were touched!"

- Thank you letter from Little Company of Mary Hospital.



HARBOR REGIONAL CENTER CLIENTS GRACE THE PAGES OF 30TH ANNIVERSARY CALENDAR



(right) Antoinette shows off the many flowers she received for another successful performance.

Dara celebrates graduation day from Middle School with balloons and the support of friends.

Matthew Heffernan with his brother Mark.

Harbor Regional Center is celebrating thirty years of service in our community. What makes this truly a celebration for all of us, is that over these thirty years we have had the pleasure of getting to know so many of our clients, of all ages, as the truly unique and wonderful people that they are. One way

that we are celebrating is with the publication of a calendar featuring just a few of these compelling individuals. They now participate in endeavors that would not have been possible thirty,

twenty, or in some cases even five years ago. These opportunities have been made possible through the incredible partnership and commitment of our community – the regional center, clients, families, service providers, schools, community agencies – all working together and expanding possibilities for people with developmental disabilities.

Each month of the calendar for 2004 will feature HRC clients showing off their accomplishments and doing the things they love to do. We know you will love getting to know them as well! Here are just a few of the folks you will meet.

Matthew Heffernan is nine years old and has been bitten by the acting bug. There was a time, however, during his preschool years, that his mother recalls he was very withdrawn and uncomfortable around other people. During that time she sought help from HRC for parent training in behavior management, and social skills development. By the age of four, Matthew had a role in his first play. Since then he has been in over twelve plays, and this year has roles in two community theater projects. He recently received the Junior Actor of the Year Award from the California Academy of Dramatic Arts, and made the semi-finals in the British Arts Award Pageant.

When Antoinette Garcia's family moved into the Torrance area, her mother asked us for help in finding social recreational opportunities. They in turn have done a fabulous job pursuing opportunities that seemed right for Antoinette – who has blossomed in the process! Speaking of acting bugs, Antoinette admitted being a tiny bit nervous when the group known as "M.O.D.D." (More Opportunities for the Developmentally Disabled), suggested that she try out for their play, "Responsibility," with the Harbor College Theater Arts Department. Mastering her lines, getting the part, and hearing the audience's enthusiastic applause were some of many rewards, for Antoinette and her family, from these experiences.

Chandra Sor, like many 14-year-old boys, has lots of energy. Dara lives at Midomar Home, a licensed home for

HRC children and adolescents, and uses a wheelchair. The staff at Midomar Home makes sure he has plenty of opportunities to stay active, like swimming with him in their backyard pool. Staff member Carlos Lopez entered himself and Dara, as a team, in a marathon in Los Alamitos.

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*Harbor Regional Center
Clients Grace the Pages of
30th Anniversary Calendar
(continued from page 10)*

From his specially-fitted stroller, Dara served as copilot and enthusiastic inspiration for Carlos. In return, the staff encourage Dara to keep up his studies at school. He recently received the Presidential Award for his excellent grade point average during middle school, and has just entered Cerritos High School.

These are just a few of the stars of the HRC 30th Anniversary Calendar who are learning, working, playing, and contributing to their community.

To join us in celebrating their accomplishments, and sharing them with others, copies of the calendar are available for ten dollars each, with this order form.

Thirty Years of Making it Happen...Making a Difference.



MAKING IT HAPPEN... MAKING A DIFFERENCE Celebrating Thirty Years

This year marks the thirtieth anniversary for Harbor Regional Center. In 1973, we occupied a small temporary building on the grounds of Harbor General Hospital (now Harbor UCLA Medical Center). California Assemblyman Frank D. Lanterman, the "father" of the regional center service system in California himself, cut the ribbon for that first HRC office. The vision created at that time, and memorialized in the Lanterman Act, was that individuals with developmental disabilities could be served in their home communities, by private, community-based regional centers, directed by local citizens in keeping with local community needs. The wide network of services, professionals, and family supports now available far surpasses what we as a community, thirty years ago, hoped to establish. Throughout this year, Harbor Regional Center is to celebrate the progress we have made together, with all of our clients, families, and service providers. Watch for news of special developments and events, "Celebrating Thirty Years" in this newsletter, on our Web site, and in announcements in your mailbox.

30TH ANNIVERSARY CALENDAR

I wish to order _____ copies x \$10.00 each for \$ _____.

Please make check payable to Harbor Regional Center.

Send calendar to:

Name _____

Street Address _____

City _____

State _____ Zip Code _____

Return this form to: HRC Resource Center

Harbor Regional Center, 21231 Hawthorne Blvd., Torrance, CA 90503

A COMMITMENT TO HELP

"I love volunteering at the hospital and have been doing it ever since my Counselor referred me to Easter Seals," says Sandra Martinez, shown answering a question for a visitor at Harbor-UCLA Medical Center.



If your loved one is in surgery at Harbor-UCLA Medical Center, you are likely to meet a special and caring person who happens to be an HRC client. Sandra Martinez doesn't like a lot of attention drawn to her. For more than fifteen years, she has been content to quietly make a difference without any fanfare. But Sandra's dedication and skills, which include being bilingual, are invaluable to Harbor-UCLA.

In 1988, Sandra Martinez began her tenure at Harbor-UCLA running errands from the volunteer office. She has since worked 11,000 hours of volunteer services, primarily at the second floor Surgery Ward, providing patients' families and friends with updates on surgery, answering phones or giving directions. Sandra has also volunteered to participate in the hospital's emergency preparedness exercises.

For the past several years, Sandra has taken on the role

of Philanthropy Chair. Sandra considers this the most important task she does for Harbor-UCLA. Because many patients are admitted to the hospital because of emer-

gency situations, their clothes or other personal items cannot be used again. The Philanthropy Chair duties include purchasing needed articles such as shoes and other personal items for patients to use when they are discharged. An active Guild Member, Sandra attends monthly Guild meetings giving input on fundraising, the Guild gift shops and other interests.

According to Christine Bach, Guild President, Sandra is a very lovely individual who is, by far, the most devoted volunteer they have had the pleasure of working with. She tries harder than others and loves her work. Sandra became interested in volunteering fifteen years ago when a counselor at Easter Seals suggested that she try it. She has been doing it ever since. Sandra feels volunteering is important because it gives her a way to help others.

Apparently, Sandra has succeeded in her goal of helping others, but not in shying away from recognition. The Harbor-UCLA Medical Center Guild has a special award which it reserves for rare occasions, when a volunteer has not only contributed at least ten years of service, but has been a really exceptional worker. We join the Guild in congratulating Sandra Martinez for receiving the Honoree Life Member Award. Keep up the great work, Sandra!

RECOGNIZING EXTRA EFFORT!

Would you like to recognize someone at Harbor Regional Center for their efforts?

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, through their actions, 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: **Kathy Scheffer, Public Information Specialist, 21231 Hawthorne Blvd., Torrance, CA 90503 or by e-mail at Kathryns@hdd.com**

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.

BEING PREPARED FOR FLU SEASON

By Ari Zeldin, M.D., HRC Clinical Assessment & Consultation Team

With winter coming, so too is the flu season. The flu is a respiratory infection caused by the influenza virus. There are three different types of influenza virus, although types A and B are responsible for most illness. In the United States, approximately 30-50 million people will get the flu every winter.

The influenza virus infects a person by attacking and killing the cells of the lungs and upper breathing passages. The flu is spread from person to person by nasal and lung secretions. For example, when someone with the flu coughs or sneezes they release the virus into the air. Another person may breathe the virus in and become infected. The flu can also be caught by touching objects which contain infected secretions and then touching one's eyes or mouth. Amazingly, the flu can live outside of the body in the air for up to three hours. Once infected, one to five days will usually pass (the incubation period) before a person develops symptoms. The onset of symptoms is usually sudden and somewhat like the common cold, but more severe.

Flu symptoms are characterized by high fevers (102-104), headaches, muscle and joint pain and fatigue. People with the flu, like the common cold, can also get a cough, chest discomfort, a runny and stuffy nose, and sore throat. Occasionally, an influenza infection can be much more severe causing pneumonia or facilitating a "super infection" where other organisms like bacteria take advantage of the weakened defenses of the body.

The flu typically is diagnosed based on your symptoms and the time of year, although there are a few laboratory tests that your doctor can run which sometimes can be helpful to further clarify the

diagnosis. The treatment for the flu usually is symptomatic. You may take medicines that make you feel better, but don't actually do anything to the virus. Usually patient will get better in three to five days after the onset of symptoms. There are some circumstances when your doctor may give you medicines which actually help to kill the virus. This is especially true if you are older or have underlying medical conditions such as problems with your lungs or heart, diabetes, or diseases which weaken your immune systems. These medicines, however, work best if taken within the first 48 hours of an infection so early medical attention is best if you think you might have the flu.

In the end, prevention is the best medicine and yearly influenza immunization in October or November, prior to flu season, is recommended. This is especially true for people at risk for getting the sickest from the flu such as people living in long-term care facilities, people over 50, or people with chronic illness such diabetes, lung, heart or kidney disease, and people with weakened immune systems. Unlike other immunizations, people need yearly flu vaccines because the influenza virus adapts or changes year to year and your body's defenses may not be prepared for the changed virus. The immunization usually causes only mild soreness at the site of injection - it does not cause the flu. People with egg allergies should talk with their doctor before getting immunized against the flu. A doctor should also be consulted before giving children and adolescents aspirin or products containing aspirin if there are flu symptoms. Additional information concerning the flu can be found on the Web at numerous sites. The site www.cdc.gov is a good one for more information.

Q. *How can I tell whether I have a cold or the flu?*

A: You might have the flu if you have sudden onset of body aches, a high fever of approximately 102 or higher, and respiratory symptoms.

Q. *Should everyone who gets the flu necessarily visit their doctor?*

A: If you are generally healthy, you should recover from the flu by getting plenty of rest, drinking plenty of liquids, avoiding alcohol and tobacco, and taking medication to relieve the symptoms. If you are in a high-risk group such as the elderly, have chronic heart or lung conditions, metabolic diseases such as diabetes, or are pregnant, or in a nursing home or other long-term facility, you may want to consult a doctor.

resource center

WHAT'S NEW AT THE RESOURCE CENTER

By Dominique DeBorba

*HRC Parent & HRC Resource
Center Family Support Assistant*

The Harbor Regional Center Resource Center is always working to supply clients, families, and others with all the newest materials on subjects of interest. There has been much new information on autism and recently we received several new books that could give families valuable information and insight about autism.

Autism Through A Sister's Eyes
*by Eve Band, Gary B. Mesibov,
and Emily Hecht*

Written by a clinical psychologist, this book explores what life is like for a child with high-functioning autism or Asperger Syndrome. Told in the voice of Emily

Hecht, a ten-year-old fifth grade student, this story is filled with valuable information for parents, siblings, or any individual whose life is touched by an exceptional person.



The Other Half of Asperger Syndrome
by Maxine Aston

This book is written as a guide to Asperger Syndrome for anyone who has a partner with this disorder. Author Maxine Aston explored the relationships of adults with Asperger Syndrome as part of her academic research, as a qualified couples counselor specializing in this area, and from her own experience.



Freaks, Geeks & Asperger Syndrome
by Luke Jackson

This is a great autobiography written by Luke Jackson, a 13-year-old with Asperger Syndrome. His book gives guidance on bullying, friendships, when and how to tell others about Asperger Syndrome, problems in school, dating, relationships, and morality. It's filled with information that could enhance your understanding and change attitudes with insight and laughter.



HACIENDO QUE LA EDUCACIÓN ESPECIAL TRABAJE PARA SU HIJO/HIJA

El Centro Regional de Harbor durante los años, ha desarrollado una biblioteca muy extensa, de manera de proveer información y apoyo para nuestras familias. Uno de nuestros folletos mas populares del Centro Regional Harbor es el de Unase con Su Escuela – Haciendo que la Educación Especial Trabaje para su Hijo/Hija. Este folleto ha sido corregido una vez mas para darle a usted la mejor información. Este folleto es acerca de la educación especial y del papel importante que los padres tienen de ayudar a diseñar el plan de educación especial.

Así como hemos desarrollado nuestra última edición de este folleto, nosotros otra vez hemos consultado con los expertos locales de nuestro distrito escolar para la exactitud de la información. Nosotros también hemos tomado en consideración cambios propuestos a las leyes federales, IDEA, la cual guía la educación especial a nivel nacional, junto con actuales leyes estatales y pautas. Debajo esta una demostración de esta publicación:

El IEP a si mismo es un documento escrito que señala estas cinco puntos en cuestión:

- 1. El nivel presente de desempeño y funcionamiento del niño/niña.** El plan describe las habilidades actuales y el nivel de funcionamiento en tales áreas como académicas, sociales, lenguaje, motor, cuidados propios, actividades vocacionales. Estas deberán describir como actualmente su hijo/hija se desempeña en diferente áreas. Lo que esto diga debe corresponder con su conocimiento de las habilidades de su hijo/hija.
- 2. Metas anuales y objetivos a corto plazo.** Metas describen conocimientos específicos, habilidades, y conducta que tu hijo/hija están tratando de lograr sobre el año escolar. Objetivos son mas a corto plazo; ellos describen las cosas que su hijo/hija va a lograr junto con la manera en que el/ella trabaja para esta meta.
- 3. Una descripción del salón asignado a su hijo/hija y por cuanto tiempo el o ella sera incluido en la programación escolar regular.** Esta parte del IEP indica cuanto tiempo su hijo/hija pasara en cada

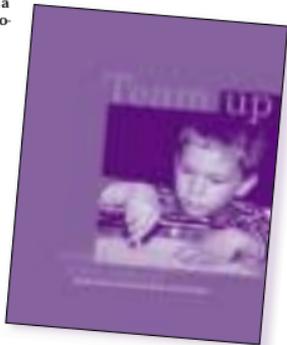
escenario de aprendizaje cada día y que tipo de ayuda el/ella estará recibiendo en cada escenario.

- 4. Servicios relacionados que su hijo/hija recibirá.** Esta parte del IEP describe las modificaciones y apoyo que los maestros, ayudantes, etc. van a recibir para que les ayude a ayudar a su hijo/hija. Esto posible que incluya servicios tales como terapia de lenguaje, apoyo tecnológicos, educación física adaptada, y año escolar extendido.
- 5. Evaluación y revisión.** Esta parte del IEP describe como el progreso de su hijo/hija sera medido. También incluye la fecha de la revisión anual – esta es la fecha cuando el equip se juntara para revisar el IEP.

IDEA y las leyes de California le dan a los padres ciertos derechos en el proceso del IEP. Estos incluyen el derecho de:

- de recibir notificación por escrito acerca del tiempo y lugar de la junta y quien participara;
- de tener la junta programada en un tiempo y lugar que los participantes estén de acuerdo;
- de participar en la junta y invitar otra gente que los acompañe a ellos;
- de presentar información al grupo del IEP y participar igualmente en el desarrollo del IEP;
- de tener un interprete en la junta, si es que lo necesitan;
- a su petición, recibir una copia del IEP;
- de tener la revisión anual del IEP; y
- de implementar el IEP lo mas pronto posible

Si usted no esta de acuerdo con el IEP, usted puede rehusar firmar todo o una parte de ello. Solo las partes de IEP que usted esta de acuerdo serán implementada, y la ley indica que deberán ser establecidos lo mas pronto posible. Usted deberia discutir las otras partes con representantes del distrito escolar para tratar de llegar a un acuerdo en como deberían ser cambiados. Si usted no llega a ningún acuerdo de esta manera, usted podría pedir por un proceso legal correspondiente. Este folleto reciente corregido, Unase con Su Escuela - Haciendo que la Educación Especial Trabaje para su Hijo/Hija esta ahora disponible a través de su consejero de HRC, el Centro de recursos del Centro Regional Harbor, o en www.HarborRC.org



Notas editoriales: El libreto "Unase con su escuela" pronto estara disponible en Español.

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BOARD MEETINGS

October 21, 2003 – 6:30 p.m.
November 18, 2003 – 8:00 a.m.
No meeting in December

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

Board meetings alternate between morning and evening times to provide opportunity to people in the community to participate. Morning meetings are from 8:00 a.m. to 10:00 a.m. and evening meetings are from 6:30 to 8:30 p.m.

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 B at Harbor Regional Center.

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

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complete story**

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