



NETWORKER

WarmLine Family Resource Center

Sacramento: 2035 Hurley Way, Ste. 250 * Sacramento, CA, 95825 * 916-922-9276 * 800-660-7995

email: warmline@warmlinefrc.org www.warmlinefrc.org

Roseville: 151 N. Sunrise Ave., Ste. 1307 * Roseville, CA 95661 * 916-782-7147

email: placerrwl@warmlinefrc.org www.warmlinefrc.org

Serving Sacramento, Placer, Nevada, Yolo, El Dorado, and Alpine Counties

Volume 18, Number 2

"The WarmLine Networker Newsletter"

Summer 2008

WarmLine's Sacramento office has a new phone number to help us support families that speak Spanish !

☆ 916-922-1490 ☆

Local Child Care Collaboratives Support Providers

Finding child care for a child with special health care and/or developmental needs can be an emotional rollercoaster for parents who are sometimes faced with providers who may not really want to care for children who might be challenging, either because of inexperience, fear or both. Counties have child care referral agencies which can help support providers who express an interest in care for children with special needs.

Your local child care referral agency has lists of licensed day care homes and center providers with experience and/or interest in caring for children with special needs. The child care referral agency will ask you a few basic questions about your child's needs and what things you are looking for in a child care setting. The key to this process is to be open about your child's (and your) needs. You then will be given a list of providers to interview.

For more information about inclusive child care, what to look for in a child care setting and tips on how to more effectively communicate with your child care provider, please call WarmLine.

Child care referral agencies by county:

- Alpine—Choices for Children: 530-694-2129
- El Dorado—Choices for Children: (South Lake Tahoe, 530-541-5848; Western Slope, 530-676-0707)
- Nevada- Sierra Nevada Children's Services: (Grass Valley, 530-272-8866; Truckee, 530-587-5960)
- Placer—Child Care Services: 530-745-1380
- Sacramento- Child Action: (Terese Gruszka for special needs, 916-369-3319)
- Yolo—Child Care Services: 530-757-5695

"Parents of children with special needs learn to perceive the ordinary as miraculous."



MOM S*P*E*A*K By Laura Soto

I am the parent of a child with special needs. My family and I have certainly had our ups and downs - our disappointments and joys since my daughter was born. It makes me sad when people talk about people (of all ages) with special needs and mention the negative parts such as the things that the child cannot do *first*. I understand those thoughts and have experienced them; however, I prefer to celebrate what my child *can* do. The progress she has made in speech, the enthusiasm she shows for school, the consideration and love she shows for her sister and other family members. I want people to know how she loves clothes and talking on the phone. That my daughter has Down syndrome does not define her. I know parents who talk about their children and who never mention that they have special needs. This is because the special needs do not define who they are. Instead, their children are defined by the things they love, the things they do (which sometimes make their parents crazy) and the things they want to become.

Please join me in celebrating our children and remembering that they are wonderful, (sometimes) frustrating, proud, happy, warm and amazing but most of all, that they are our hearts delights and the center of our lives.

TAKING CARE OF "YOU"

Parents sometimes overlook the importance of taking care of their physical and emotional health while taking care of their child with special needs. Upcoming articles will offer strategies for supporting parents to take care of themselves in the areas of physical and emotional health, nutrition and exercise.

We would like to hear from you on how you deal with the issue of taking care of yourself and what creative ways are you using to find the time relax or exercise.

In this issue: golf tournament thanks, Special Kids Picnic, Sibshops are coming, PLAY Project at Easter Seals, Supported Life Institute Conference, sensory integration/Brain Gym® training, recreation information.

Dear Parents, Grandparents, Brothers & Sisters, Teachers, Therapists, Nurses, Physicians & Many Valued Friends,

For those of you joining us for the first time... WarmLine Family Resource Center is a place for families to turn when they discover that their child has a special health care or developmental need. We are parents who have "been there" and our goal is to provide a link to whatever you may need on your journey, including parent-to-parent support and other important services.

Families **and** professionals are encouraged to contact WarmLine for assistance. For those outside the Sacramento area, we have a toll free phone number, or you can access our services at the phone numbers and email addresses listed on page one.

We offer a full spectrum of information, referral and support in our six county area. We also have many other resources including books, videos, articles, workshops and opportunities for families and professionals to share and learn with each other regarding a wide variety of conditions, educational options and support. WarmLine Family Resource Center...a community of families, friends and professionals working together for each other and for our children.

WarmLine Staff: Diane at YCCC: 530-757-5695 x 7358 & Lori in Yolo County; Alison, Candace, Courtney, Malane & Laura in Placer County: 916-782-7147; Corey in El Dorado County; Casey in Nevada County; Nancy in South Lake Tahoe; Laura, Cid, Tracey, Raymond, Dorrissa and Al in Sacramento County

WarmLine Board Members: Cindy Arstein-Kerslake, Cathy Mikitka, Teresa Androvich, Michael Rosenberg, Ron Mainini, Anker Christensen, Shirley Skadan-Smith

"Parenting Children with Health Issues"



Dr. Foster Cline will address handling refusals to take medication, strategies for preventing arguments and avoiding power struggles, promoting responsibility without nagging or lecturing and enabling children to make good self care decisions. Class is open to parents, caregivers and clinicians working with children with chronic health issues.

Presented by Sutter Medical Center, Sacramento the workshop will be held Friday, September 12, 2008 from 8:30 am-4:30 pm at Sutter Health University, 2700 Gateway Oaks Blvd., Sacramento.

Class is free, but seating is limited! Please call Shaun Gray at 916-733-7013 or email graysm@sutterhealth.org to register. Breakfast and lunch will be provided.

CEUs are available for LCSW's and nurses (7 contact hours.)

Special Kids Picnic

This year's Special Kids Picnic will be held Saturday, October 4, 2008 from 11:00-2:30 pm at Fairytale Town in William Land Park.



The event, brought to you by the Active 20-30 Club #1 of Sacramento is a *free* day of fun, food, music and prizes for families of children with special healthcare and/or developmental needs in the Sacramento area.

Registration will begin September 1, 2008 and will be by mail or fax only. Please call Cid at WarmLine at 916-922-9276 for more information.

Supported Life Institute Conference

The Supported Life Institute and Area Board 3 will present the 22nd Annual Conference, "Dignity and Justice for All" on Thursday and Friday, October 9 and 10, 2008 at Double Tree Hotel in Sacramento.

This year's conference will offer over 50 sessions plus four nationally-known keynote speakers including family support specific subjects which will address how to advocate for your child in special education, financial planning, supported living, parenting for dads and more.

The conference schedule and registration materials are available at www.supportedlife.org or by calling 916-567-1974.

Also, please plan to attend the 15th Annual Inclusion Celebration Dessert Social Wednesday, October 8 from 7-9 pm at the Double Tree. The Inclusion Celebration recognizes outstanding role models who make a difference for individuals who strive to belong to inclusive communities. To register, go to www.supportedlife.org or call 916-567-1974.



Sensory Integration/Brain Gym®

In conjunction with the Supported Life Conference, Suzy Campbell, OTR/L will offer a workshop that focuses on using sensory integration strategies and Brain Gym® techniques to help students who have difficulties coping with the sometimes overwhelming sensory input in the classroom.

This free workshop for both parents and professionals will be Thursday, October 9 from 6-8 pm at the Double Tree Inn. Please call WarmLine Sacramento to register.

Fiesta Educativa

The 8th Annual Fiesta Educativa will be celebrated this year on Saturday, September 6, 2008, 8:15 - 3:30 pm at California State University, Sacramento.

This conference, which is entirely in Spanish is

dedicated to providing universal support for improving the lives of people with disabilities.

Some of this year's conference topics include:

- Family support,
- Education,
- Health,
- IEPs,
- Advocacy,
- And many others

For more information, call 916-922-1490 or visit www.fiestaeducativa.org.



Sibshops are Coming!

Thanks to a generous \$4,000 grant from the **Active 20-30 Club #1 of Sacramento**, WarmLine will soon be offering Sibshops. Sibshops are events which provide a place where siblings of children with special needs can go to talk with other siblings, play games, enjoy snacks...and just hang out.

Siblings of children with special needs have the same emotional ties and challenges that siblings of typically developing children have. However, they have some unique issues, also. Sibshops acknowledge that being the brother or sister of a person with special needs is for some a good thing, others a not-so-good thing, and for many, somewhere in between. They reflect a belief that brothers and sisters have much to offer one another-if they are given a chance.

WarmLine will be planning Sibshops for children 8-12 years old starting this fall. Please watch WarmLine's website for details. (We currently offer "Teenz Supprt" for teens. See page 5 for the schedule.). If you are interested in volunteering to help with the events, please call Cid at 916-922-9276.

Southside Park Play Dates

The City of Sacramento's Department of Parks and Recreation will hold *free* play dates at Southside Park's accessible playground on August 7 (Thursday) from 10:00—12:00. Southside park is at 2115 6th Street (at U Street) in Sacramento. This event is for people of all abilities to participate in organized, inclusive play. For more information, please contact Bonnie Williamson at 916-808-2348.

California Map to Inclusive Child Care Project

For parents of typically developing children, finding reliable, quality child care can range from challenging to nightmarish. In the past, when parents with a child with special needs looked for child care, the task sometimes seemed impossible.

Fortunately, the job is a little easier these days. The primary factor is the availability of education and support for child care providers who, at one time, might have been nervous about caring for a child with special needs because he or she required extra care—or the provider was worried about liability.

The mission of the "Map to Inclusive Child Care Project" is "to provide a statewide system of support, information and resources for families and providers that will facilitate access to inclusive child care for children birth to 21."

This valuable website has information about how to provide inclusive child care and includes free downloadable PowerPoint® training resources to use for ideas on talking with family members when the provider is concerned about a child's development, disability or behavior, an overview of California's Early Start Program for children 0-3 years old who have or who are at risk for developmental delay, and a summary of the process of transition to preschool at age three for children with special needs.

The site also has information on specific disabilities, legal and licensing issues, training and technical assistance, organizations designed for families of children with special needs, and much more.

Go to www.cainclusivechildcare.org to view the helpful tools, resources and links at the California Map to Inclusive Child Care Project.

New Group For Parents of Teens

Parents of teens and young adults who have special needs face issues and concerns that are unique to that age group. A new group has formed to give parents the opportunity to meet and share those concerns...or just chat about the challenges of parenting (all) adolescents.

The group (which has yet to be named) meets quarterly on the 4th Thursday of the month from 6-8 pm at Chevy's on Howe Ave. and Hurley Way. The next meeting will be Thursday, September 25, 2008. For more information about upcoming meetings, to be added to the email list, or to RSVP, contact Cid or Raymond at 916-922-9276. (Please note that this is not a WarmLine support group.)

Sacramento WarmLine Activities

Call 916-922-9276 / 800-660-7995 for more information or to RSVP

All trainings will be held at the WarmLine Sacramento unless otherwise noted and pre-registration is required.

Childcare is provided at some of the trainings, but you must pre-register.



Date	Time	Event
Sept. 9	7:00-8:30 pm	“Teenz Support Group” for teen siblings (age 15-22) of children with special needs meets on the second Tuesday of every other month at Round Table Pizza on Sierra College Blvd. at Douglas Blvd. in Granite Bay from 7-8:30pm. Please call 916-922-9276 to register.
Last Tues. of mo.	7:00 – 9:00 pm	Trailblazers Fathers Forum: Fathers meet monthly to share information and experiences, support and encourage one another at Round Table Pizza at 8755 Sierra College Blvd, Granite Bay Call Al or Raymond at 916-922-9276.
1st Tues. of mo.	10:00-12:00 pm	Transition IEP Training: Special education can be daunting <i>when your child is turning 3 years old</i> and getting ready to transition from Early Start into preschool. We can help you prepare for your child’s first IEP in a positive, proactive way. Our goal is to make you feel confident & comfortable so you can be your child’s best advocate. Pre-registration is required.
3rd Tues. of mo.	10:00-12:00 pm	IEP Training: Special education can be daunting whether your child is currently receiving services or if you think he or she might need to be assessed. We can answer your questions & help you prepare for your child’s IEP in a positive, proactive way. Our goal is to make you feel confident & comfortable so you can be your child’s best advocate. Pre-registration is required.
Fall ‘08-Spring ‘09	6:00-8:00 pm	Watch the WarmLine website and the fall 2008 Networker for the “Exceptional Child/Exceptional Parent” series, sponsored by Sacramento County Office of Education’s Infant Development Program and WarmLine. Past topics have included; “Challenging Behavior”, “Supporting Healthy Relationships” and “Infant Massage”.
Sept. 15, Nov. 17	6:30-8:30 pm	“IEP Training” Michael Rosenberg, of Area Board III will be conducting IEP Trainings. Parents will have the opportunity, in a group setting, to ask specific questions about special education services. Space is limited and these workshops always fill quickly, so reserve your spot early.
Oct. 9	6:00-8:00 pm	“Sensory Integration & Brain Gym®” Suzy Campbell, OTR/L will focus on how to use strategies to help students who struggle with the sometimes overwhelming sensory input in the classroom. At the Double Tree Hotel, 2001 Point West Way, Sacramento. Register at 916-922-9276.

Recreational Activities

Many specialized recreation activities are available in the area as well as opportunities to participate in regular recreation programs. Most programs do not have residency requirements, but are listed by county for your convenience.

Clubs, Group Activities

- Boys & Girls Club.....(916) 442-2582
- Boy Scouts of America.....(800) 427-1417
- Campfire Girls and Boys.....(916) 635-3435
- Girl Scouts of America.....(800) 322-4475
- Tierra del Oro Council.....(916) 638-4475

Golf/Tennis

- City of Sacramento.....(916) 277-2340
- First Tee of Sacramento.....(916) 455-7888

Gymnastics

- Rising Star (Grass Vly).....(530) 477-9581
- Stellar (Grass Vly).....(530) 273-3680
- Tricks Gymnastics (Placer Co.).....(916) 791-4496
- Tricks Gymnastics (Sacramento Co.).....(916) 351-0024

Movement Activities

- Project Play.....(916) 278-5041
- Baby and Me (Truckee).....(530) 587-5960
- Music Together (Tahoe City).....(530) 583-3796

Team Sports

- Challenger Little League (Sacramento).....(916) 381-0898
- Challenger Little League (Placer Co.).....(916) 447-8560
- Challenger Soccer.....(916) 554-0889

Power Soccer.....(916) 554-0889

Super Kicks Soccer.....(916) 962-1048

Water Activities

- Swim Lessons, Adaptive (Summer Only).....(916) 277-2308
- Swim School, Debbie Meyer.....(916) 972-0343
- Swim Lessons, (Bowman-Solinsky).....(530) 265-3245
- Water Skiing, Disabled Sports USA.....(916) 722-6447
- WAVE Camp.....(916) 277-5041

Recreation, Miscellaneous

- Assn. for People w/ Dev. Disabilities (Grass Vly).....(530) 274-9729
- A.C.T. Games.....(916) 277-2340
- Blind Olympics.....(530) 626-5587
- California Disabled Discount Pass (State Parks).....(800) 777-0369
- California Fishing License (Free for regional ctr. clients—contact your service coordinator for application.)
- Camp Guide Book (www.acacamps.org).....(800) 362-2236
- Disabled Sports USA.....(530) 581-4161
-(916) 722-6447
- Fishing- Kids Catch a Smile Day (<http://kidscatchasmileday.com> Annual one-day free event at Aerojet in Sacramento)
- Golden Access Passport (Federal Parks) ... (916) 978-4400
- NorCal Kids Bowling (Placer Co.).....(530) 367-3254
- Special Olympics.....(916) 920-2950

See Recreation, Page 9



Support Groups

Most groups do not have residence requirements. Groups are listed by county for your convenience.

Alpine

(Family) Alpine Kids: Fun, recreational. Call Edie @ 530-694-2934.

(Women) Alpine Public Health Dept. Maternal Child Health Prog.: Outreach & education for women of childbearing age. Call 530-964-2146 or 800-292-2156.

El Dorado

(ADD/ADHD) C.H.A.D.D. Call Michelle @ 530-682-5053

(Postpartum Depression) For mothers suffering from postpartum depression. WEE C.A.R.E., Placerville. Call 530-626-5164

(Adoption) Lilliput Children's Svcs. Mts. monthly in Placerville. Call Karen at 916-941-8793

(Autism) SPACES for All. 2nd Sat., 3:00-5:00. @ 344 Placerville Dr. Childcare available w/ reservation. Call Allison-530-647-0926 or peek-a-boobaby@myway.com

(Special Education) Community Advisory Committee: Monthly during school year at El Dorado Co. Office of Ed., 6767 Grn. Vly Rd., Placerville. Call 530-622-7130 ext. 236.

(Special Needs) El Dorado Cares: Families w/ children w/ special needs in El Dorado Co.. Call Lisa @ 916-801-4184

(Special Needs) Fathers w/ children w/ special ed./504 services. 3rd Thurs. in Placerville @ 6:30. 530-621-3096

(Special Needs) LEAD: For students with ADHD, learning disabilities & other special needs. 1st Thurs. @ 6:30. email: ourorhskids@yahoo.com

(Special Needs) Learning Disabilities/ADHD: Assists in learning about & understanding those w/ special needs. email: ourorhskids@yahoo.com

(Special Needs) Children in special education. 4th Wed. of month. Claudia @ 916-939-3492 or iep504@yahoo.com

Nevada

(Autism) Meets 1st Thurs. of mo. 9-1:15 am @ 400 Hoover Ln. Nevada City. Call 530-432-3813

(Autism) & Asperger's Syndrome: Monthly. Call Amy @ 530-470-0980.

(Down Syndrome): Meets monthly. Call Wendy @ 530-272-1009.

(Epilepsy) 2nd Tues. of mo., 6-8 pm. New Covenant Baptist Church, 453 S. Auburn St., Grass Valley

(Special Needs) FREED: Resources for people 18 and over w/ disabilities. Call 530-272-1732.

Placer

(Autism) Families affected by autism. Monthly. Placer WarmLine @ 916-782-7147

(Autism) Meets monthly at Auburn Library. Call Ron @ 530-315-0393 or email: norcalkids@aol.com

(Autism) Spectrum Kids: Families of children K-8 in Roseville City Sch. Dist. 2nd Thurs., 6:30-8:30. Call 784-3859.

(Christian): Call Laurie @ 916-788-1463

(Down Syndrome): Call Kathy @ 530-885-0429.

(Down Syndrome): Meets monthly. Call Nancy at 916-955-9813 or disneybabe@sbcglobal.net

(Down Syndrome): Support group meets 3rd Fri. of mo. 6-9 pm., Play group meets 2nd & 4th of mo. 11-1 pm. Call Heather at 916-532-4773 or www.NDSCoalition.org

(Grandparents): Grand-Kin Connection 1st & 3rd Thurs. of mo., 6:30-8:30 pm. Call Susan @ 916-797-1127.

(Multiples) Gold Country Mothers of Multiples. Call Sue at 916-315-0297

(Recreation) Nor-Cal Kids Club: Call Ron @ 530-315-0393 or www.norcalkidsclub.com

(Special Education) Eureka Union School Dist. Special Ed. Parent Advisory Committee. Mts. quarterly. Call 916-797-0568 for details.

(Special Education) Roseville City School Dist., Special Ed. Parent Advisory Comm. Meets monthly @ district office, 1050 Main St., Roseville. Call John at 916-771-4454.

(Special Needs) Special Kids/Special Families. Families of children w/ special needs. 530-320-9592 or monkey-mama@foothill.net.

(Special Needs): Placer WarmLine 916-782-7147

(Special Needs): SEAMS. Families of children w/ special needs. In Lincoln, meets 2nd Fri of mo. @ 7:00. Call Christine at 916-408-5069 or www.myseams.org

(Special Needs) (Men) Trailblazers Fathers' Forum: Last Tues. of mo., 7-9 pm @ Round Table Pizza, 8755 Sierra College Blvd, Granite Bay 916-782-7147/916-922-9276.

(Special Needs) (Women) Mom's Night Out: Meets 1st Thurs. of mo. Call 916-782-7147

Sacramento

(ADD/ADHD) C.H.A.D.D.: 1st Tues. of mo., 7-9 pm. Call 888-759-9758. (www.chaddnorcal.org).

(Adoption/Special Needs) S.P.A.A.R.K. Meets monthly . 916-941-8180 or pears4@pacbell.net

(Asthma) A.I.M.: Class teaches about asthma & how to control it. \$5. By appt. from 5:30-8:00. 916-733-1782

(Asperger's Syndrome) 2nd Tues. of mo. 7-9 pm. Call Lynne @ 916-682-1740 or email LWeissmann@aol.com

(Autism) FEAT Family Empowerment Forum (Elk Grove): Mts. 3rd Sun. of mo. call Connie @ 916-683-5652.

(Autism) FEAT (Families for Early Autism Treatment): 3rd Wed., 7 pm. Call Karlin @ 916-744-1040, Mabel @ 916-726-8883 or Kathleen @ 916-979-9700. (www.feat.org).

(Bereavement) Meets every Thurs. 7:30-9:00. Call 916-557-5882

(Bereavement) Sharing Parents: For those whose babies have died from conception through early infancy. 916-424-5150

(Burns) Shriners Hosp. Call 916-453-2098 or 916-453-2096

(Cystic Fibrosis) quarterly at UCD Med. Ctr. 916-734-3189.

(Deaf-Blind) COPE D-B Anyone close to people w/ both vision & hearing impairments. 800-822-7884 .

(Deaf-Blind) Parent contact: Sandra Suitoer at 916-372-4964 or ssuitoer3494@charter.net

(Diabetes) PACED (Parents & Children Experiencing Diabetes): 3rd Thurs. of mo., 6:30-8 pm. 916-733-8478

(Down Syndrome) Down Syndrome Information Alliance. 2nd Tues. of mo. 916-658-1686 or email info@downsyndromeinfo.org

(Epilepsy) Epilepsy Foundation of No. Ca. 3rd Tues. of mo., 7-9 pm. Call Stacey @ 916-595-9867

(Fragile X) No. Ca. Fragile X Assn: Monthly meetings alternate between Sacramento and the Bay area. 800-994-FRAX.

(Grandparents) Grandparents raising grandchildren. 1st. Monday of mo., 9:00-12:00 pm. Call Alma @ 916-263-0540

(Head Trauma) Information, education & support to families whose members have any type of brain injury. 916-485-6711.

(Heart) Hearts of Hope: Meets last Thurs. of mo. 7-9 pm @ Sutter Memorial Hosp. Call Norene at 916-733-7031

(Heart) Heart to Heart 4 Us: Teens & young adults w/ congenital heart disease. Mts. monthly @ Sutter Memorial. Alexia: 916-541-2141/Jami: 916-342-3255.

(Learning Disabilities) Assn: Information & support groups. 800-203-7542.

(Klinefelter Syndrome) 916-773-2999

(Mental Health) Nat'l Alliance for the Mentally Ill (NAMI): Families experiencing mental illness. 916-874-9416.

(Mental Health)—Families/ Children involved with the Sac. Co. Mental Health System. Call 916-875-4182

(NICU) Special Care Parents (SCP): Families w/ infants who have been admitted to an intensive care nursery (NICU). 916-658-8588.

(NICU) Families w/ infants in UCD's NICU. Every Mon. @ 4:00 pm. Call Roberta or Jeanette @ 734-2660

(Prader-Willi) Call Molly @ 916-682-6119.

(Pregnancy) Pre-Natal Decision: Parents facing difficult decisions. Call Annette @ 916-991-7760.

(Scoliosis) Foundation: 2nd Sat. of mo., 1-3 pm @ Sutter Cancer Ctr, 2800 L St., Rm #1. 916-684-6382.

(Spanish) Apoyo de Padres Para Padres del Area del Norte: All Spanish speaking grp. Call Soraya @ 916-332-2447

(Spanish) Apoyo de Padres Para Padres: All Spanish speaking grp. - last Wed. of mo., 7 pm. Call Ivonne @ 916-685-1649.

(Spanish) Padres Apoyando Padres: All Spanish speaking grp. In Galt, 3rd Wed. of mo. 7-9 pm. Call Cande @ 209-745-2743

(Special Education) Folsom-Cordova Special Ed. Parent Advisory Council. Committee of parents and educators. 2nd. Tues. of mo. @ 6:30 pm. Call Zoeann at 916-983-9731 or email: lifesajourney4us@msn.com

(Special Education) Elk Grove Sch. Dist. Community Advisory Committee (CAC): Committee of parents and educators. 2nd Tues. of mo., 7 pm. 916-686-7780.

(Special Education) Sac. City Unified Sch. Dist. Community Advisory Council (CAC): Committee of parents and educators. Meets monthly. 916-643-9163

(Special Education) Sac.Co.SELPA Community Advisory Council (CAC): A committee of parents and educators. Meets monthly. 916-228-2446.

(Special Needs) (Faith Based). Meets 3rd Tues. of mo. Call Stephanie at 916-771-5517 or Sactyler@yahoo.com

(Special Needs) Folsom-Cordova Resource & Support Grp. Mts. monthly. Call Zoeann @ 916-983-9731 or lifesajourney4us@msn.com

(Special Needs) (Men) Trailblazers Fathers' Forum: Last Tues. of mo., 7-9 pm @ Round Table Pizza, 8755 Sierra College Blvd, Granite Bay. 916-922-9276 / 800-660-7995.

(Special Needs) Parents of teens/young adults w/ special needs. Mts. quarterly. 6-8 pm. Cid or Raymond @ 916-922-9276 or cid@warmlinerc.org/raymond@warmlinerc.org

(Special Needs) (Women) D'Vine Connection—Ladies' Night Out: (Faith based) Women affected by disabilities. 2nd Mon., 7-9 pm. 916-482-4574.

(Special Needs) (Women) Our Time Out: Women w/ children w/ special needs. Sac. grp. 3rd Thurs. of mo., Folsom grp. 2nd Wed. of mo. 916-989-9710.

(Special Needs) (Women) Time 4 Me! Fun evenings for women w/children w/ special needs. Meets monthly. Call Tracey at 995-6812 or traceyb_averyh@yahoo.com

(Trisomy) S.O.F.T. (Support Org. for Trisomy 13, 18 & Related Disorders): 800-716-7638.

(Velo-Cardio-Facial Syndrome) 916-624-1711 or vcfsparent@aol.com

Yolo

(ADD/ADHD) C.H.A.D.D. Parents of children w/ ADD/ADHD. Meets in Sacramento. 916-552-1557

(Asperger's Syndrome) 4th Wed. of mo. @ 7 pm. Contact DeDe at 530-759-8817 or dededouglass@yahoo.com

(Down Syndrome) West Sacramento: Deborah @ 916-372-3628; Woodland/Davis: Andrea 530-297-5991.

(Grandparents) Grandparents Raising Grandchildren. Thurs. 9-10:30 am @ Yolo Family Svc. Agency, Woodland. Call Edie @ 530-662-2211 ext. 33

(Hydrocephalous) Support is available by phone from a parent who is bilingual English/Spanish. Call Karen at 530-753-6245

(Mental Illness) Parents & caregivers of 16-25 yr olds with psychiatric disabilities. 4th Tues. of mo., 6:30-8:00pm. Call Joan @ 530-666-8632 ext. 9183.

(Mental Illness) Parents & caregivers of emotionally disturbed children. Call Joan @ 530-666-8632 ext. 9183.

(Spanish) "Latin Fathers' Support Grp". Tues., 6-8 pm at Yolo FRC. 530-406-7221

(Special Education) Special Ed. Advisory Committee meets the 1st Mon. of mo. at 7:30. Call 530-668-3786

(Special Needs) SKIES Parent's of children w/ special needs group. Meets monthly in Davis. Call Diane @ 530-758-8978 or Joan @ 530-758-8587

(Special Needs) Families of children w/ special needs. Every Mon. 6-7 pm at Yolo FRC. Call 530-406-7221. Child-care provided.

(Twins) Twins Club. Call Valerie Fisher @ 530-297-6400

"The wonderful thing about finding a good support group isn't the stuff you actually say, it's all about the stuff you don't have to say. These people have walked in your shoes."
Eileen Rendahl

Website to Watch

California Department of Developmental Services (www.dds.ca.gov) provides information for people with developmental disabilities from Early Start (0-3 years) to adult services such as supported living and many helpful links for services for all ages. (Also in Spanish).



Grants for Health Care Treatment



The UnitedHealthcare Children's Foundation (<http://uhccf.org/>) has new grants available to help children who need critical health care treatment, services, or equipment which are not covered or not fully covered by their parents' health benefit plans. UHCCF provides grants to families to help pay for child health care services such as

speech therapy, physical therapy, occupational therapy, prescriptions, and medical equipment such as wheelchairs, orthotics, and eyeglasses.

Parents and legal guardians may apply for grants of up to \$5,000 each for child medical services and equipment by completing an online application at the UHCCF Web site (<http://uhccf.org/>).

To be eligible for a grant, children must be 16 years of age or younger. Families must meet economic guidelines, reside in the United States, and be covered by a commercial health benefit plan. Children covered by MediCal or CHDP are not eligible.

Easter Seals' New Program for Children with Autism

Easter Seals began a pilot program of the P.L.A.Y. Project (Play and Language for Autistic Youngsters) last fall. The P.L.A.Y. Project is a nationally recognized program developed by Dr. Rick Solomon, Developmental Pediatrician, which provides in-home training and support for families of children (18 months-6 years) with Autism Spectrum Disorder. It is a practical, affordable, and family-friendly application of Dr. Greenspan's Developmental, Individual-differences, Relationship-based (DIR) framework, popularly known as Floortime. This is a systematic way of working with a child to climb up the developmental ladder. Through structured monthly visits, consultants train parents to engage their child with autism in ways that promote emotional connection and communication.

The program includes monthly two-hour sessions, videotaping and analysis, written evaluations, and family support. The P.L.A.Y. Project program integrates with all forms of intervention, such as, speech-language therapy, occupational therapy, and ABA (applied behavioral analysis). For additional information, please contact Nancy Higgins, MS, CCC-SLP, home consultant at (916)662-8979 or nancyh@essuperior.org.

Tell Your Story!

In order to address California's looming budget deficit, the Governor has proposed cuts to most state

programs in the 2008-09 budget year. Many programs that support families of children and youth with special health needs will be impacted. Some of those programs are:

- Medi-Cal
- California Children's Services (CCS)
- In Home Support Service
- Regional Center services
- Mental Health services
- Healthy Families coverage
- Supplemental Security Income/ State Supplementary (SSI/SSP)
- CalWorks

For details of the impacts of the 2008-2009 Budget Proposals on Children with Special Health Care Needs, go to: <http://www.familyvoicesofca.org/policy2.html>

Family Voices of California is collecting stories from families of children with special health care needs about the services they use to assist them in caring for their children. These stories will help inform policy makers and the public about the impacts of the proposals on families and their ability to care for their children with special health care needs. To tell your story, go to: www.familyvoicesofca.org/stories.php (Also available in Spanish)



MOVE Comes to SCOE

MOVE (Mobility Opportunities Via Education) is a research-based program shown to improve functional mobility skills and empower children and adults with severe physical disabilities to better direct their own lives.

The MOVE Curriculum for Children was founded and created in the 1980s by Linda Bidabe, a special education teacher in Bakersfield, California, to respond to growing concern that students with severe, multiple and profound disabilities in the public schools were not learning critical mobility skills needed to benefit fully from their educational programs.



Four school sites within the Sacramento County Office of Education (SCOE) Special Education Program have been designated as model sites for the MOVE International Program and Curriculum for students with significant physical disabilities. SCOE is the first MOVE model site to be established in Northern California. As a MOVE model site, SCOE will implement the program throughout the county and serve as a demonstration and training site.

The designated sites are Dry Creek Elementary in the Rio Linda Union School District, Northview Head Start in the North Sacramento School District, Prairie Elementary School and Florence Markofer Elementary School in the Elk Grove Unified School District.

Additional information about SCOE's MOVE program is available by contacting Principal Sharon Holstege at (916) 566-2052

Dorriisa Rodgers and Al Millan will help coordinate parent to parent support and activities designed to help families make the most of MOVE.

MOVE is also available in other school districts in our region. Check with your school district to learn more or go to www.move-international.org.

New Parent Support Groups in Yolo County

Recently, a new chapter of the Down Syndrome Information Alliance started a group in West Sacramento. Parents and caregivers of children with Down syndrome are invited to come together to share much needed information and encouragement about parenting, medical, educational and recreational supports in the community. For more information in West Sacramento, contact Deborah 916-372-3628. For families living in the Woodland/ Davis area, contact Andrea (530) 297-5991.

Beginning fall of 2008, another group will form in West Sacramento. This group, for parents and caregivers of children from birth to 18 years with special needs will meet share information and encouragement, the joys and challenges of parenting our children. There will be representatives from WarmLine Family Resource Center, Down Syndrome Information Alliance and the Special Education Local Plan Area - Community Advisory Committee available to share information. For more information and meeting times, please contact Lori Custodio at 916-371-4299.

Recreation, Continued from Page 4

Recreation Depts. with Adaptive Programs

Auburn Recreation District	(530) 885-8461
Davis, City of, Alternative Recreation...	(530) 758-1862
Roseville, City of, Adaptive Recreation ..	(916) 774-5990
Sacramento, City of, Access Leisure	(916) 277-6085
(Teen Program, after school)	(916) 808-2085
Sacramento, Co. of, Therapeutic Recreation Svcs.....	(916) 875-6640
Tahoe City Parks and Recreation.....	(530) 583-3796
Truckee-Donner Parks and Recreation ...	(530) 582-7720
West Sacramento SPARKS Prog.	(916) 617-4620
Therapeutic Horseback Riding	
Horses for Healing (Auburn).....	(530) 887-9573
Kids & Horses (Incline Village).....	(775) 831-1900
Lakeside Therapeutic Riding Ctr. (Granite Bay).....	(916) 652-2197
Project R.I.D.E., Inc (Elk Grove)	(916) 685-7433
Ride and Shine (Shingle Springs)	(530) 676-1920
Ride to Walk (Lincoln).....	(916) 434-0693
Saddle Pals (Orangevale).....	(916) 726-7257
(Grass Valley).....	(530) 273-5786

Other Activities

Fairytale Town	(916) 264-7462
(At Fairytale Town, a child with special needs and one adult are admitted free.)	
Sacramento Zoo	(916) 264-5889
(At Sacramento Zoo, a child with special needs is admitted free and adult is 1/2 price.)	

IEP Training

Michael Rosenberg, of Area Board III will be conducting IEP trainings in the Sacramento and Roseville WarmLine offices. Michael gives parents the opportunity, in a group setting, to ask specific questions about special education services. All trainings will be Wednesdays from 6:30-8:30.

Sacramento	Roseville
9/15/08	10/20/08
11/17/08	1/19/09
2/16/09	3/16/09
4/20/09	5/18/09

Please add my name to your mailing list (for children 5 and under).

For families of children over 5 (or professionals who serve children over 5), our newsletter is available on line at www.warmlinefrc.org

- | | |
|--|---|
| <input type="checkbox"/> Please note my new address | <input type="checkbox"/> Please accept my donation to support WarmLine activities in all counties |
| <input type="checkbox"/> Please remove my name from your mailing list | <input type="checkbox"/> I would like my donation to support WarmLine activities in _____ County |
| <input type="checkbox"/> I would like to be contacted by one of your staff | <input type="checkbox"/> I would like to volunteer for special events or outreach activities |
| <input type="checkbox"/> I would like to be trained as a Peer Parent Volunteer | |
| <input type="checkbox"/> I would like to volunteer for: _____ | |

Name: _____

Address: _____ City: _____ State/Zip: _____

Phone: _____ Email: _____

Please Check All That Apply: Parent: _____ (Child's age _____ Child's special need: _____ (optional)

Professional: _____

Please mail this form to:

WarmLine Family Resource Center, 2035 Hurley Way #250, Sacramento, CA 95825

WarmLine is a 501 (c) (3) nonprofit organization.



Dear Friends of WarmLine,

The 2008 Golf Tournament, which was our fifth (Has it really been five years?), was the most successful ever. We raised \$14,300!

Many thanks to Cutis Landa and the staff at Whitney Oaks Golf Club who made us feel so welcome and supported. Our volunteers and staff worked incredibly hard to make the event enjoyable to all who participated. Without them the golf tournament would not be possible. We had amazing raffle prizes which were generously donated by area individuals and businesses and many also supported the tournament by sponsoring holes, players and making donations. We are enormously grateful to all of them. Our biggest thanks go to the 88 golfers who joined us - some for the first time and some for the *fifth* time! Please check out the list of everyone who gave of their time, money and merchandise to help support WarmLine.

The majority of the workshops, trainings and events that WarmLine provides are supported by grants and contracts that are typically earmarked for specific activities such as IEP trainings, or to support families of children of a certain age such as birth to 5 years. However, WarmLine provides trainings on other subjects and activities throughout the year for families of children who are over five - we never turn a family away because the child's age does not "qualify" him or her! We rely on the funds that we raise at the golf tournament to make these things possible.

At WarmLine Family Resource Center, we understand that having a child with special needs affects the whole family for a life time. Because we are parents who have "been there" with our own children, we know that it is important for the well being of the family that they feel supported and included by the community. When families of children with special needs feel support and inclusion, they are able to participate more fully in the things that, in turn, strengthen the community. Thank you again to the golfers, sponsors, volunteers, staff and board members who make it possible to continue our mission of supporting our families.

Cindy Arstein-Kerslake,
President, WarmLine Board of Directors

Cathy Mikitka,
Vice President and Event Chairperson.

We welcome donations any time of the year. WarmLine's tax I.D. number is 68-0391212.

WarmLine Family Resource Center Board of Directors

Cindy Arstein-Kerslake
Cathy Mikitka
Teresa Androvich
Michael Rosenberg

Ron Mainini
Shirley Skadan-Smith
Anker Christensen

WarmLine Family Resource Center is grateful to the following players and sponsors of
WarmLine's Fifth Annual Golf Tournament

Nina Adams	Christine Barlow	John Carson, DDS	Betty Di Regolo
Joe Alves	Anne & Paul Bartkiewicz	Daniel Cerecedas	Dana Eagen
Richard Andaya	Jim Bellotti	Eric Chapman	Claudia Ellet
Tony Anderson	Kristie Boyer	Malane Chapman	Todd Ellis
Ben Androvich	Tom Boyer	Tom Chiriaco	Joe Esparza
Bob Androvich	Will Brandon	Jean Crouse	Andy & Dana Faletti
Joe Androvich	Ronald & Elizabeth Caceres	Gretchen Cypin	Jennifer Fenter
Teresa Androvich	Dan Calabrese	Brett Davison	Lannie Fletcher
Mike Armstrong	Janet Canning	Jarrod DePriest	Steve Fritz
Cindy Arstein-Kerslake	Bruce Cambern	Patrick Diffley	Patrick Gardner

Chirlinda Gerrado
 Simone Giachino
 Gold River Charity Bunko Group
 Lewis Gray
 Alison Greenwood
 Shane & Denise Gregory
 Raymond Griggs
 Steve Grippi
 Gina Guarneri
 Amrith Gunasekara
 Alisha Hampson
 Raymond & Janice Hampson
 Kirk Handley
 Rebecca Hanson
 Ed Hale
 Cary & Gary Hart
 Josh Holch
 Matt Holm
 Judy Holsinger
 Cynthia Hunt
 Jim & Dolores Huyck
 Jon Huyck
 Michelle Inouye
 Brian Kaufman
 Patricia Kelly
 Darrell Kenworthy
 Jennifer Kimsey
 Stephen & Barbara Kronick
 Victor Lopez
 Ted Luthin
 Christine Luza
 Teresa Luza
 Ron Mainini
 Brett Marshall
 Diane Marshall-Freeman
 Justin McCoy
 Jim McCue
 Maxine Mehner
 Cathy & Michael Mikitka
 Meghan Mikitka
 Al & Cherie Millan
 Robin Miotke
 April Moore
 Frank Morton
 Donna Nance
 Allen Oshima
 Bruce Ostertag
 Don Pasquini
 Donna & Dave Patterson
 Kelly Peabody
 Dave & Maryann Perez

Ken Petterson
 Jane Plocher
 Aaron Porter
 RCRC Mixed Masters Team
 Jennifer & Brad Rexroad
 Mike Rich
 Rollin Riddle
 Gordy Ross
 Sac. County CCS Staff
 San Juan Unified School
 District Community
 Advisory Committee
 Martin Sakai
 Joe Scheimer
 Craig Senders
 Anne Sherlock
 Jane & Rob Siebers
 Shirley Skadan-Smith
 Noel Smith
 Phil Smyth
 John Stafford
 John Sullivan
 Ken Sylva
 Paul Tateishi
 Dorothy Trevethick
 Greg Van Koersel
 Ann Vollaro
 Randall Wagner
 Kathy Weidner
 Brian Weise
 Ian Wildon
 Marty Willett
 Sheila Wolfe
 Randy Wong
 Charlene Yamanaka
 ♥
 Adventure Zone
 American Promotional
 Events, Inc.
 A New Reflection Electrolysis
 Bartkiewicz, Kronick, Shanahan
 Law Firm
 Bradley House Bed &
 Breakfast
 Body-N-Balance Massage by
 Jennifer Miranda
 Bogle Vineyards
 Cache Creek Casino & Resort
 Carmichael Honda
 Callen Pool Supply
 Carl's Jr.
 Coca Cola Bottlers Foundation

Cornish & Carey Commercial
 Crocker Art Museum
 Data Instincts
 DoubleTree Hotel
 El Dorado Savings Bank
 El Macero Country Club
 Ernesto's Restaurant
 Etcetera
 Fountain of Youth Salon & Spa
 Gayle & I for Hair
 Geremia Pools, Inc.
 Terri & Tim Fries
 Golfand Sunsplash
 Granite Bay Karate
 Hall's Window Center
 Healthy Habits Studio
 Khakis
 Learning Arts/Teaching
 Autistic Children
 Law Office of Michael Meade
 Maxim Healthcare Services
 Mimis Café
 My Friends Pediatric Day
 Health Care Center
 Miyagi Bar & Sushi
 NorCal Kids Club
 Outback Steakhouse
 Pottery World
 Pam Sheeline Garden Designs
 Punchline Comedy Club
 River Cats Baseball
 River City Rowing Club
 River City Bank
 Rocklin Park Hotel
 Salon Hermosa
 Sacramento Coca Cola
 Bottlers
 Sacramento Magazine
 Sacramento Supercuts
 Scott's Seafood Restaurant
 Stafford, King, Wiese
 Architects
 Supported Life Institute
 Spa de Beauté
 Spa LaLé
 Emil Tanghetti, MD,
 Center for
 Dermatology
 & Laser Surgery
 Time To Be Fit
 Tricks Gymnastics
 The Way Within

United Cerebral Palsy
 Respite Services
 USB Financial
 Washoe Equipment Co.
 Whitney Oaks Golf Club

♥
Golf Tournament Volunteers

Amy Oltz
 Cary Hart
 Amy Lauer
 Dorothy Trevethick

♥
Golf Committee

Teresa Androvich
 Anne Bartkiewicz
 Raymond Hampson
 Cathy Mikitka
 Al Millan
 Jane Siebers
 Cid Van Koersel

Together We're Better! Many Thanks To...

- *Ray Morgan Company* for our new copiers and excellent service!
- *Gina Guarneri* for facilitating our "Board Forward" Day.
- *Donnell Kenworthy* for helping to reach out to parents of children with Down syndrome in Yolo County.
- *Active 20-30 Club #1 Sacramento* for \$4,000 donation for Sibshops.
- *Amy Oltz & Amy Lauer* for helping organize Warm-Line's library resources.



WARMLINE FAMILY RESOURCE CENTER
2035 HURLEY WAY #250
SACRAMENTO, CA 95825

Non Profit Organization
U.S. Postage Paid
Permit #2495
Sacramento, CA

"Serving Families and Professionals Involved with Children with Special Needs."

WarmLine Family Resource Center
NETWORKER

* 2035 Hurley Way #250
Sacramento, CA 95825
916-922-9276 /
800-660-7995

* 151 N. Sunrise Ave., #1307
Roseville, CA 95661
916-782-7147

Summer 2008



WarmLine Family Resource Center Mission Statement

"Our mission is to provide support, information, and education to promote and strengthen the foundation of families and children with special needs so they can face the challenges of the present and create new dreams for the future."

Thanks to all parents and other professionals for the great information! Editors: Al Millan and Cid Van Koersel. *The WarmLine Networker* is published approximately three times per year. Articles and suggestions are most welcome. (However, WLFRC reserves the right to determine final content of the publication.) Email information and articles for publication to Cid@warmlinefrc.org. or send them to: WLFRC, 2035 Hurley Way #250, Sacramento, Ca. 95825 Phone: 916-922-9276 Fax: 916-922-9341. Opinions expressed in this newsletter do not necessarily reflect the opinions or the endorsement of the California Department of Developmental Services (DDS), or any other state or private agency. We will not knowingly reproduce inaccurate or libelous material. We do not promote or recommend any treatment, therapy, institution or professional system, etc. Information on treatment, medications, etc. in articles is not intended to be a guide for self treatment. Follow your physician's instructions and consult your doctor on any questions you may have. This newsletter is funded through private donations and grants from the California Department of Developmental Services, Placer County First Five, Yolo & Sacramento First Five Quality Child Care Collaborative, Sacramento County CCS, Alta California Regional Center & friends like you.