



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: placervl@warmlinefrc.org www.warmlinefrc.org

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

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"The WarmLine Networker Newsletter"

Winter/Spring 2009

WarmLine's Sacramento office phone number for Spanish speaking families is 916-922-1490

You Are the Heart of WarmLine

February 14 is the kick-off for the "Friends of WarmLine Campaign"!

We're starting with February 14 because Valentine's Day provides the opportunity to acknowledge the ones we love and those who are important to us. We at WarmLine Family Resource Center want to thank you and your families, and the community of support that sustains us. *You are the heart of WarmLine.*

At WarmLine, we have been available for nearly twenty years to provide education to parents and caregivers who need help for their children with special developmental or health care needs. There is no cost to families for what we do and we never turn a caller away because their child does not "qualify" due to age or diagnosis. Day in and day out our staff members, who are all parents of children with special needs, are available to provide information about where to obtain services; from early intervention assessments to special education to recreation to transition from school to adult services.

The families who call WarmLine are as diverse as the communities in which we live. We hear from parents of newborns, toddlers, and school age children. We even receive calls from parents whose children are adolescents and who have only recently been given a diagnosis. Sometimes these are parents who, for years, have felt that there was "something wrong" with their child, yet whose lives are shattered when that "something" is given a name. What the families we talk with have in common is that they are overwhelmed with the challenges of dealing with the world of medical specialists, regional centers and special education...and we are here for them. As parents who have "been there" with our own children, we understand the confusion, fear and frustration that families face. Families often feel vulnerable and isolated. WarmLine helps to strengthen our community by making them instead feel supported, empowered, and included.

As much as we would love chocolate on Valentine's Day, in order to keep the heart of the WarmLine beating

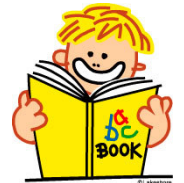


strong, we really need your financial support. Your donations make it possible for WarmLine to continue the support, training, and consultation that we provide to families of children with special needs from birth to age 22 in our six counties. *You can support us by participating in our annual Golf Tournament or making contributions in any way you can.*

In these difficult economic times, we know that you are being asked by other organizations for your support and that the number of requests may be overwhelming, but we hope you will think of WarmLine as you consider making donations which will strengthen the community by supporting families.

WarmLine Publications

WarmLine offers several publications to families to support them and provide information about resources for their children with special needs. All of the publications are available on our website and most have been translated into Spanish (Indicated by *). You can also pick up copies at WarmLine's offices.



Local Directory (*) - Resources for children from birth to three years old in WarmLine's six counties.

Turning Three Years Old (*) - Information on what to expect and how to prepare for your child's transition from Early Start to preschool at age three.

Understanding Special Education Services (soon to be available in Spanish) - Overview of special education, what to expect and how to prepare for your child's IEP (Individual Education Plan).

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In This Issue:
WarmLine's 6th Annual Golf Tournament, Autism Center for Excellence, "Dad's Speak", New WarmLine Special Education Manual, and more.

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; Candace, Courtney & Malane in Placer County: 916-782-7147; 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, Joe Androvich

DAD S*P*E*A*K

by Raymond Hampson

For many years, I felt that I needed a diagnosis for my child so I could fix/correct/medicate or even understand why my child is the way he is.

When my son was 5 months old, we were told that he had epilepsy, but I did not know exactly what caused the seizures. The seizures were being controlled with medication, but I still needed to know WHY he had seizures.

Four years ago we went to see a new neurologist and got yet another MRI. This time the MRI showed a small abnormality in my son's brain. I

thought "Now I have my answer and the doctor can fix it and we can go on our happy little way." The doctor told us our son has right hippocampal atrophy and said that some kids go on to lead perfectly typical lives and some kids are like our son. He was sorry, but there is nothing he can do in our situation.

The answer did not change the services or the medication my needs on a daily basis. The answer did not change who my son is. The answer did not change how I see or love my son. What did change was that I realized that I had wasted fourteen years looking for a "fixable" diagnosis when I should have been more fully enjoying who my son is.

The moral of the story is that a diagnosis that gets the needed services for your child is a "good" diagnosis. In the end, it will be the services that will determine the success our children will have and not the diagnosis.

Come talk with other dads about services, diagnoses or anything else that is on your mind at our Trail-Blazers Dads Forum on the last Tuesday of the month at 7 p.m. at Round Table Pizza, 8755 Sierra College Blvd, Granite Bay. For more information, please call Al or Raymond at 916/922-9276 or 800/660-7995.

New Support Groups in Nevada County

Join family members of infants/toddlers (birth to 3 years) with special needs who participate in the play group provided by the Nevada County Infant and Child Program every 3rd Monday at the Terrance K. McAteer Center, 400 Hoover Lane, Nevada City from 10-11:15 am.

Casey McCormick will facilitate the meetings and welcomes suggestions for topics of discussion.

The dates are subject to change due to holidays, so please call Casey at 530-432-3813 to confirm meeting dates.

Also, families of children with special needs of all ages are invited to meet the 4th Tuesday of each month at 9:30 am at Hollywood Bistro, 1041 Sutton Way, Grass Valley (next to Longs Drugs). Please call Casey for more information.

New IEP Manual from WarmLine

WarmLine has created a new version of our IEP manual, "Understanding Special Education Services", which is available at WarmLine and on our website under the "publications" tab (and will be available in Spanish soon).

"I needed a diagnosis for my child so I could fix/correct/medicate or even understand why my child is the way he is."

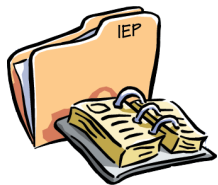


"Understanding Special Education Services" includes information about a child's basic rights under special education law, but also provides worksheets to help you prepare for IEPs so you will feel more comfortable and confident with the process. In addition, it contains suggestions for supporting good communication between the IEP team and yourself, a helpful glossary, a format for conference notes, and a seating chart to help you remember "who's who" at meetings.

WarmLine also offers small group instruction on special education services. Please call our Sacramento or Roseville offices for more information.

Keeping Records at Home (From "Understanding Special Education Services")

The importance of parents maintaining copies of their student's educational (also early intervention services and medical) records cannot be emphasized enough.



When parents keep their own copies of documents (reports, assessments, etc.) they can help provide records that may be missing from school files. Another advantage is that when parents keep good records, they generally feel more prepared and confident about dealing with the education professionals. Finally, when parents have their student's reports and assessments, it makes it much easier to follow their student's education program and plan for any changes that might be needed.

A 3-ring binder is a good way to organize a student's records that are maintained at home because it keeps them together and in order. The records can be filed however is most convenient; for example, chronologically by calendar or academic year, as long as they can be easily accessed. Whatever system is used, be sure to keep all information up to date and in one place.

(Some parents put a picture of their child on the cover of their binder or file to remind the IEP team that *this is a child*, rather than a case study. It can also help to "lighten the mood" at IEP meetings.)

Records and Information to Keep:

- ✓ Names and contact information of all school employees and others who work with your child. It is also a good idea to include the person's title to help you keep track of "who's who".

- ✓ A current copy of your school district's "Parent Handbook". This is important for policy information about issues other than special education.

- ✓ Your observations of your child including interests, strengths and weaknesses. Update them annually.

- ✓ Copies of current (and previous) assessments, reports, and IEPs.

- ✓ Copies of written communication with outside professionals regarding your child's medical and/or educational needs. Include their test results and recommendations.

- ✓ Report cards.

- ✓ All written communication with school staff.

- ✓ Dated notes on parent/teacher conferences and on telephone conversations with school staff.

- ✓ List of all medications your child takes at home and/or at school, including names of medication, time, and dosage. Update the information regularly.

For more information or help with organizing your child's records, please call WarmLine.

Sibshop Facilitator Needed

WarmLine is planning a series of Sibshops in 2009. Sibshops provide an opportunity for siblings aged 7-12 of children with special needs to enjoy time with other siblings to relax, have fun and (if desired) share some of the feelings they have about having a sibling with special needs.

If you are interested in facilitating one or more sessions of the Sibshops and/or volunteering to help, please call Cid at 916-922-9276 or email Cid@warmlinefrc.org.

Communication Technology Education Center (CTEC) Opening

CTEC will offer assessment and training services in Augmentative and Alternative Communication (AAC).

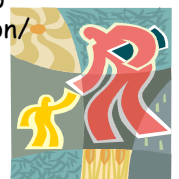
Services will include:

- Assessments to identify appropriate AAC devices/strategies,
- Training in the use of AAC devices/strategies,
- Monthly "Techsploration" times, workshops and demonstrations from AAC company representatives.
- Customized workshops for your group or organization. Call for pricing information.

CTEC is located at 1010 Hurley Way, Suite 435, Sacramento, 916-921-5639, www.supportedlife.org/ctec

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

- Ken Brown at All Computers Up & Running
- South Placer Women's Leadership Coalition/ Deborah Bennett
- Gerardo Partida
- John & Kelly Mathias
- Mary Jess Wilson, M.D.



Sacramento WarmLine Activities

2035 Hurley Way, Suite 250, Sacramento, 916-922-9276 / 800-660-7995

warmline@warmlinefrc.org

All trainings will be held at WarmLine's Sacramento office unless otherwise noted and **pre-registration is required**.



Date	Time	Event
Apr. 14 June 9	7-8:30 pm	"Teenz Support Group" for teen siblings (age 15-22) of children with special needs meets on the 2nd Tuesday of every other month at Round Table Pizza, 8755 Sierra College Blvd. (at Douglas Blvd.) in Granite Bay from 7-8:30pm. Please call 916-922-9276 to RSVP.
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 for more information.
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.
Feb. 23, Apr. 20	6:30-8:30 pm	"IEP Training" Michael Rosenberg, of Area Board III will be providing 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.
March 10	6-8 pm	"Demystifying MediCal" Sujatha Branch of Disability Rights California (formerly Protection & Advocacy) will explain how children with special needs can qualify, how to apply, what benefits are available. Pre-register at 922-9276. Sorry, but due to space limitations, professionals' attendance will be limited to 10.
April 14	6-8 pm	"Demystifying In Home Support Services (IHSS)" Sujatha Branch of Disability Rights California (formerly Protection & Advocacy) will explain how children with special needs can qualify, how to apply, what benefits are available. Pre-register at 916-922-9276. Sorry, but due to space limitations, professionals' attendance will be limited to 10.
May 12	6-8 pm	"Demystifying Teens' / Young Adults' IPPs (Individual Program Plan)" A staff member from Disability Rights California (formerly Protection & Advocacy) will explain how to be an informed participant in your <i>teen's/young adult's</i> IPP. Pre-register at 916-922-9276. Sorry, but due to space limitations, professionals' attendance will be limited to 10.

WarmLine sometimes adds trainings that, due to scheduling, may not be posted here.

Please visit the "Events Calendar" of our website at www.warmlinefrc.org for other upcoming events or trainings.

Adoption Support

Capitol Adoptive Family Alliance was formed by adoptive parents of children with special needs in the Sacramento area to support one another through the challenges of childrearing, educate themselves about the issues that adopted children face and advocate for them in finding needed services. You are invited to join other parents who understand the issues of adoption.

- Meet other adoptive parents of both typically developing children and those with special needs,
- Share stories,
- Discuss common concerns and needs and begin to identify solutions,



- Build a network of support.

For more information, call Kim at 916-834-3700 or email capadoptfam@yahoo.com

Autism Center for Excellence (ACE)

California State University, Sacramento is partnering with United Cerebral Palsy (UCP) of Greater Sacramento to help children with autism gain important life skills that will enhance their ability to participate in the community.

The after-school program, called the Autism Center for Excellence (A.C.E.), helps children ages 8-12 who have a



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Placer WarmLine Activities

151 N. Sunrise Ave. Suite 1307, Roseville, 916-782-7147

placerwl@warmlinefrc.org

*All events are held at WarmLine 's Placer office unless otherwise noted and **pre-registration is required.***

Date	Time	Event
Apr. 14 June 9	7-8:30 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 , 8755 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 , 8755 Sierra College Blvd, Granite Bay Call Al or Raymond at 916-922-9276 for more information.
Mar. 16 May 18	6:30-8:30 pm	"IEP Training" Michael Rosenberg, of Area Board III will be providing 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.
Feb. 26	6:30-8:30 pm	"Demystifying MediCal" Todd Higgins of Disability Rights California (formerly Protection & Advocacy) will explain how children with special needs can qualify, how to apply, what benefits are available. Call 916-782-7147.
Mar. 26	6:30-8:30 pm	"Sensory Integration" with Dana Thomas of JabberGym®. Dana will present information about sensory dysfunction and sensory integration therapy. Please call 916-782-7147 to register.
Apr. 13	6:30-8:30 pm	"Positive Behavior Support" with Tom Neary and George Rooks at Placer County Office of Education, 360 Nevada St., Auburn (Burns Room) Please call 916-782-7147 to register.
April 29	6:30-8:30 pm	"Family Matters/Family Cares" Drs. Wardinsky and Magnani from Alta California Regional Center will talk about the effects of stress on the family when a child has special needs. Placer County Office of Education, 360 Nevada St., Auburn (Burns Room). Please call 916-782-7147 to register.

WarmLine sometimes adds trainings that, due to scheduling, may not be posted here.

Please visit the "Events Calendar" of our website at www.warmlinefrc.org for other upcoming events or trainings.

diagnosis of Autism Spectrum Disorder (ASD) develop skills to participate in community-based recreational and social programs.

"A.C.E. is the only after-school program in the Sacramento region designed specifically for individuals with ASD ages 8-12, says ACE director, Scott Modell, Ph.D. "It is a structured social-recreational program that teaches children with autism how to participate in large and small group activities and helps develop their social, motor, and communication abilities."

The center is located at Sacramento State and can support up to 30 children per day. Center hours are 3 to 6 p.m. daily. Participants are referred to the program through Alta California Regional Center.

For more information on the A.C.E. program, contact Scott Modell at (916) 278-5041 or visit the A.C.E. homepage at <http://www.ucpsacto.org/ace.htm>. For eligibility requirements or to receive a referral application, contact David Rossi at (916) 548-2562.

Autism Awareness Day

On April 25th, Autism Speaks™ will host an opportunity for the public to learn more about family services, advocacy, research, local resources and the next "Walk Now for Autism" for children with autism.



The event will be held from 10 am-4 pm at Fairytale Town, which is located in William Land Park in Sacramento. Several organizations will participate, including U.C. Davis Mind Institute, Alta California Regional Center, SENSE Theatre, A Touch of Understanding, Access Coaching, WarmLine Family Resource Center, and others.

Presale tickets are only \$5 and a portion of the ticket sales benefit Autism Speaks™. For tickets, please contact Mitch Campbell at 916-416-6907 or mcamp49@aol.com. For more information, please call Kristen Byrne at 916-759-8587 or Kristen.byrne1@gmail.com

"Speech therapy, \$60 per hour, occupational therapy, \$85 per hour. Having someone to talk to who has "been there and done that", priceless... Thank you for all your support. You have helped to make my life easier. " *Father of child with special needs.*



Support Groups

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

Alpine

(Family) Choices for Children 530-694-2129.
(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
(Special Needs) Family Connections 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
(Down Syndrome) Down Syndrome Info. Alliance (DSIA). Monthly local supports, activities, info. and services. 916-658-1686 or Elaine@downsyndromeinfo.org
(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.
(Special Needs) Infant Program Parent Group. Parents of children 0-3 yrs. in Nev. Co. Infant/Child Program. Call Casey @ 530-432-3813
(Special Needs) Exceptional Families w/ children of all ages. 4th Tues. @ 9:30 am. Call Casey @ 530-432-3813 for location

Placer

(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): Down Syndrome Info. Alliance (DSIA). Monthly local supports, activities, info. and services. Nancy at 916-955-9813 or disneybabe@sbcglobal.net
(Down Syndrome): Support group: 3rd Fri. of mo. 6-9 pm. Play group: 2nd & 4th of mo. 11-1 pm. Call Heather at 916-532-4773 (24/7) 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): 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) Capitol Adoptive Families Alliance 916-834-3700 or capadoption@yahoo.com
(Adoption/Special Needs) S.P.A.A.R.K. 916-606-6230
(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 (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 Suitor at 916-372-4964 or ssuitor3494@charter.net
(Diabetes) PACED (Parents & Children Experiencing Diabetes): 3rd Thurs. of mo., 6:30-8 pm. 916-733-8478
(Down Syndrome) Down Syndrome Info. Alliance (DSIA). Monthly local supports, activities, info. and services. Call 916-391-6787 or magzog1@sbcglobal.net
(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 alter-

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

(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) 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 Education) San Juan Unified Sch. Dist. Community Advisory Council (CAC): A committee of parents and educators. Meets monthly. 916-971-7953.

(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@warmlinefrc.org/raymond@warmlinefrc.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

(Down Syndrome) Down Syndrome Info. Alliance (DSIA). Monthly local supports, activities, info. and services. W. Sac.: 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. Childcare 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."

Website to Watch

Family Village (www.familyvillage.wisc.edu.new.html) is for children & adults with disabilities, their families, friends & allies. Family Village contains thousands of online resources in an organized, easy-to-use directory. In the Family Village library visitors can find information on over 300 diagnoses. Visitors can also learn about assistive technology, legal rights & legislation, special education, leisure activities & much more.





*Continued from Page 1, WarmLine Publications
Resources for Children with Special Health Care Needs
in Sacramento County - Resources for children and youth
birth to 21 years old including health care providers,
child care and after-school providers. (Many of the
phone numbers are regional and are applicable outside of
Sacramento County.)*

*Moving On - Transition to Adult Services Work-
book for Parents - Overview of information about transi-
tioning, employment, and living services.*

Networker Newsletter () - Provides information
about issues and concerns to families of children 0-5
years old in WarmLine's six county area.*

Wash Your Hands To Stay Healthy

"Hand washing is the single most important means
of preventing the spread of infection." -
US Centers for Disease Control (CDC).

The cold and flu season is here
and viruses can live on surfaces (such as
the handle of a grocery cart) for hours.
You can greatly reduce the chance of hav-
ing the people in your family get sick if
you wash your hands regularly. You should wash your
hands *before* you prepare or eat food, treat a wound or
tend to someone who is sick and insert or remove contact
lenses. You should wash your hands *after* you go to the
bathroom, handle uncooked foods, change a diaper, blow
your nose, cough or sneeze (to avoid spreading germs,
cough or sneeze into your elbow, not your hand), play with
or touch a pet, handle garbage, tend to someone who is
sick or injured.



How to wash your hands:

1. Wet your hands with warm (not hot) running water,
2. Use soap (preferably in a "pump dispenser"),
3. Wash all surfaces including wrists, palms, backs of hands, between fingers and under fingernails for at least 15-20 seconds (or the time it takes to sing the "ABC Song"),
4. When drying, use a clean or disposable towel and pat your skin rather than rubbing it to avoid chapping.

In addition to regular hand washing with soap and water, the CDC recommends the use of alcohol hand rubs because they reduce the number of germs on the hands, are convenient and fast acting.

Remember, to avoid getting sick, wash your hands frequently, and keep them away from your face. The eyes, nose and mouth are the places where germs enter the body!

Yolo County Support Group Meetings

Parent Collaborative information meetings are happening in West Sacramento! Parents of children with special needs have been working to bring information to other parents about a variety of topics involving their children's education. The next meetings are scheduled for February 18 and May 20, 2009.

On February 18th, there will be information presented on speech and language therapy, occupational therapy, adapted PE and mental health.

On May 20th, transition to adult living and community resources will be discussed. Also, Special Olympics and Department of Rehabilitation topics will be presented.

Meetings are free and open to the public. Please join us at Washington Unified School District Office in West Sacramento, Room 75 on Evergreen Ave. (corner of West Acre Rd.) 6:00 - 7:30 p.m.

Parents 2 Parents 4 Kids networking group is meeting at Trinity Presbyterian Church, 15th Ave., and Park Blvd., West Sacramento. Next meetings are scheduled for February 25 and March 25, 10 am - 11:30 am. For more information and directions, call Lori Custodio 916-371-4299.

Preparing for Hospitalization, By Cid Van Koersel

Although you don't always have the luxury of having the time to prepare, when you know in advance that your child is going to be admitted to the hospital, there are some things you can do to get him or her ready for the "big day".

Contact the hospital's Child Life Department, whose staff is specially trained to help make children and families (including siblings) more comfortable and secure about their hospital experiences. The Child Life Department staff can provide you with information about how to prepare your child, in a developmentally appropriate way, for upcoming surgery or other procedures. Staff members can meet with you and your child prior to admission, provide a tour of the pediatric floor and use child-friendly teaching materials to show him or her what will happen during hospitalization. (My son's favorite part of his tour prior to his tonsillectomy was the wonderful picture presentation that showed smiling hospital staff, then the same people wearing surgical masks on and then removed. It reinforced that the friendly people he had just seen were still there—he just couldn't see their faces.) With the help of hospital staff, we made a check list of everything that would happen to him on surgery day, starting with registration and weigh-in, clear

through to waking up in the recovery room. I carried the list that day and at each stage we checked off what had been done and what would happen next. (We even made a spelling and vocabulary list that included "tonsil" and "tourniquet"! It was a great way of preparing him for what was to come, but also an effective way of distracting him that day...he even entertained the staff by spelling and defining the words on the list.)



As a health care provider myself, I am committed to the idea that through developmentally appropriate information children can and should be prepared for what will happen when hospitalization is planned. It makes being hospitalized less stressful for both the child and parent when the child's fears and apprehensions are acknowledged and dealt with through sharing of information.

Do you have stories about how you prepared your child for hospitalization or a medical procedure? If so, I'd welcome the opportunity to include them in an upcoming *Networker*. Please call Cid at 916-922-9276 or email Cid@warmlinefrc.org

National Down Syndrome Congress Convention

The National Down Syndrome Congress 2009 convention will be held at the Sacramento Convention Center Friday, July 31 through Sunday, August 2.

The NDSC conducts its national convention annually, providing world class information, support and education for individuals with Down syndrome, their parents, siblings and the professionals serving them. The convention brings together approximately 2,000 people affected by Down syndrome from around the globe, features a Spanish language track and concurrent sessions for self advocates, siblings, and families/professionals.



For more information about the convention or for information about local Down Syndrome Information Alliance activities, please contact Elaine Linn at 916-658-1686 or Elaine@downsyndromeinfo.org.

Special Kids In Educational Settings (SKIES) & City of Davis Community Service Department Proudly Presents: *INCLUDING SAMUEL*

SKIES is a group of parents with children with special needs who live in Yolo County and who gather monthly for information and support. At the meeting February 23, SKIES will present *Including Samuel*.

Before his son Samuel was diagnosed with cerebral palsy, photojournalist Dan Habib rarely thought about the inclusion of people with disabilities. Now he thinks about inclusion every day. Habib's award-winning documentary film, *Including Samuel*, chronicles the Habib family's efforts to include Samuel in every facet of their lives. The film also features four other families with varied inclusion experiences, plus interviews with dozens of teachers, young people, parents and disability rights experts. *Including Samuel* has been featured on NPR's *All Things Considered*, *Good Morning America NOW* and in the *Washington Post* and *Boston Globe*.

The video will be shown Monday, February 23, 2009 at 7 p.m. during the regular SKIES meeting at Veteran's Memorial-203 E 14th Street, Davis. (Parking available between Veteran's Memorial and the Davis Senior High school on 14th Street.)

For more information about SKIES or the screening, please call Diane at (530) 758-8978 or Joan at (530) 758-8587.

For more information about *Including Samuel*, please go to www.includingsamuel.com

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

Please note my new address

Please accept my donation to support WarmLine activities in all counties

Please remove my name from your mailing list

I would like my donation to support WarmLine activities in _____ County

I would like to be contacted by one of your staff

I would like to volunteer for special events or outreach activities

I would like to be trained as a Peer Parent Volunteer

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
or email: warmline@warmlinefrc.org

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

Dear Friends of WarmLine,

WarmLine Family Resource Center is a 501c(3) nonprofit organization whose budget consists primarily of grants from agencies and organizations such as the California Department of Developmental Services, First 5 Placer County, 20-30 Club #1 of Sacramento and River City Bank. In these difficult financial times, WarmLine has been affected by state budget cuts and will likely be so again. In addition to grants, WarmLine relies upon donations from individuals and from the income generated by the golf tournament, which is our only fundraiser.



Please join us for WarmLine Family Resource Center's 6th Annual Golf Tournament at beautiful Whitney Oaks Golf Club in Rocklin on Friday, April 24, 2009.

At WarmLine, 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 how important it is for the well being of families 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.

You can support the golf tournament and WarmLine's efforts to provide support and resources for families of children with special needs in any or all of the following ways:

- Sponsor a foursome for \$700 and/or a hole for \$250. *WarmLine will acknowledge your business the day of the tournament, in an upcoming newsletter and on the website.*
- Play in the tournament. *Sign up as an individual player (Registration is still only \$175!) or put together a foursome of friends or business associates.*
- Sponsor a player. *If you cannot play, WarmLine welcomes your sponsorship of players!*
- Donate goods or services to the event to be offered for raffle prizes.
- Join us for lunch for only \$25.
- Make a tax deductible donation to WarmLine Family Resource Center...anytime!
(WarmLine's tax I.D. number is 68-0391212.)

When you support WarmLine's golf tournament, you help parents of children with special needs up to 22 years of age (and the professionals who work with them) to receive training, support, and answers about:

- Special education and the IEP process,
- Transition issues (both from Early Start and high school),
- Finding child care for children with special needs,
- A "listening ear" when parents just feel the need to talk,
- Whatever support the family might need on their journey through life with a child with special needs... a journey that can be as filled with doubts and fears as it is filled with joy.

Thank you in advance for your support commitment to the work of WarmLine. We hope to see you in April for a morning of golf!

Cindy Arstein-Kerslake,
President, WarmLine Board of Directors

Cathy Mikitka,
Vice President and Event Chairperson.

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

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

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Sacramento, CA

Please join us for the 6th Annual WarmLine Golf Tournament

“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

Winter / Spring 2009



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.