



NETWORKER

WarmLine Family Resource Center

Serving Families and Professionals Involved with Children with Special Needs in Sacramento, Placer, Yolo, Nevada, El Dorado, and Alpine Counties Since 1993

Sacramento:

2025 Hurley Way, Ste. 100, 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: placerw@warmlinefrc.org
www.warmlinefrc.org

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

Volume 20, Number 1

"The WarmLine Networker Newsletter"

March 2010

Contents

| | |
|--------------------------------|-----|
| WarmLine Yolo County..... | 1 |
| WarmLine Golf Tournament..... | 1 |
| What is WarmLine?..... | 2 |
| Volunteers of Vacaville..... | 2 |
| Sutter Stand Clinic..... | 3 |
| WarmLine Bunko Tournament..... | 3 |
| Upcoming Events..... | 4-5 |
| Sibshops..... | 4 |
| Research Studies..... | 5 |
| Dad Speak..... | 6 |
| Child Care Referrals..... | 6 |

Support Groups

For a listing of support groups in WarmLine's six county area, please go to

www.warmlinefrc.org/faq.html

WarmLine Sacramento has Moved!

WarmLine's Sacramento office moved the first week in January to a location which will better serve families and is just in front of our old one, right next to the street. We continue to share office space with Supported Life Institute, the Self-Advocacy Coordination Project and our newest partner, Communication Technology Education Center (CTEC).

Even though we only moved to the next building, it took a couple of weeks to pack everything, although it only took about two hours to move it, thanks to the great crew at A Better Moving Company and all of our Sacramento staff pitching in. Fortunately, the rain held off until we were finished moving the majority of what we need to get back in business.

Many thanks also to Ken Brown at "All Computers Up & Running" for his help with getting our computers "up and running" after the move!

Please visit us soon at our new "home". We'd love to see you!

New address: 2025 Hurley Way, Suite 100



WarmLine's Yolo County Office is Open

Thanks to a partnership with Socially Speaking and a generous grant from the Rotary Club of Davis' Child Abuse Prevention Program, WarmLine's new Yolo County office is now open. Located in the Socially Speaking office at 907 3rd Street, Davis, families are invited to contact Diane Casey to discuss how to find local resources and support, advocacy, child care, disability information, special education and more. Diane's phone number is 530-759-1127.

For upcoming trainings in Davis, see page 4.

Many thanks to **Sarah Rock** for her support and help with obtaining grants to support our work in Yolo County!

Support WarmLine As We Support Families

WarmLine's 7th Annual Golf Tournament, on April 30 at Whitney Oaks Golf Club in Rocklin is just a few weeks away, which is hard to believe. What is also hard to believe is the number of calls we receive from families seeking help for their children with special needs. "My son is struggling in school"...."My teenage daughter is being bullied" "If I can't find someone to take care of my son after school, I'll lose my job." "My friends don't understand what I'm going through but I have to help my child now so he will be OK in the future. Can you help me?".

Continued on Page 2



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

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. We offer information, referral and support. We also have resources including books, videos, workshops and opportunities for families and professionals to share and learn with each other about a wide variety of conditions, educational options and supports. WarmLine Family Resource Center is a community of families, friends and professionals working together for each other and for our children.

WarmLine Staff:

Diane (530-759-1127) & Lori in Yolo County; Candace, Courtney & Malane in Placer County; Casey in Nevada County; Nancy in South Lake Tahoe; Laura, Cid, Tracey, Raymond & Al in Sacramento County

WarmLine Board Members:

Joe Androvich, Cathy Mikitka, Teresa Androvich, Michael Rosenberg, Ron Mainini, Anker Christensen, Shirley Skadan-Smith, Sue Winar

*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."

Support WarmLine, continued from page 1

Last year, over 1000 children benefited from our trainings, telephone consultation and literature - all provided at no charge to the diverse families we serve. WarmLine provided trainings to families about Special Education, Personal Safety, MediCal, SSI, and more. WarmLine's staff of parents is always available to listen and assist with issues and concerns important to families of children with any kind of disability. Our informational booklets for parents, "Turning Three Years Old", "Transition to Adult Services" and "Understanding Special Education" are in great demand.

In these difficult economic times, we at WarmLine know that it may be challenging to decide where to donate scarce dollars. At WarmLine, 88 cents of every dollar you donate goes directly to the work we do with families of children with special needs.

Won't you join us for a great morning of golf that includes a Continental breakfast, lunch and the opportunity to "give back" to WarmLine for the support we have given families since 1993?

We still have spots for golfers to play (\$175), holes that can be sponsored (\$250) and need donations of goods or services for our raffle prizes.

Download a copy of the golf registration at www.warmlinefrc.org/Golf2010.html, see our current list of golfers and sponsors at www.warmlinefrc.org/2010GolfPlayersSponsorsDonors.html and visit our golf page on Facebook at www.facebook.com/event.php?eid=279660524253&ref=ts.

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

Leo Buscaglia

Inmates Provide Valuable Service

The Volunteers of Vacaville, (VOV) is a nonprofit organization located within the walls of the California Medical Facility in Vacaville which repairs Braille writers, transcribes written material into Braille, and has an extensive lending library of audio books. Not just those who are visually impaired, but anyone who has a disability that makes it difficult for them to read can take advantage of the audio books in their library. VOV will also record books for only the cost of the materials.

To sign up for the free lending library of aural books, call 707-448-6841 ext. 2044 or email psahotavov@yahoo.com. VOV can also arrange to provide an audio version of the library catalog.

For more information about VOV, visit the website at www.volunteersofvacaville.org.



Sutter Has Clinic for Transitional Age Patients

The Sutter Transition for Autism and Neurodevelopmental Disorders (STAND) Clinic is a unique resource that is dedicated to patients 18 and older with autism and neurodevelopmental disorders. The first clinic of its kind nationally, the team focuses on the clinical treatment, as well as the emotional and psychological issues of patients and their families. The STAND Clinic's specialists in neuroscience provide expert consultation for ongoing medical care and assist primary caregivers in maximizing quality of life for their patients. Active in research, the team is continually striving to learn more about developmental disorders, and finding new ways to diagnose and treat them.

The STAND Clinic is for those with neurological care or behavioral issues related to their disability, including:

- Epilepsy
- Neurotropic medications for behavior, anxiety, aggression, sleep
- Movement disorders of muscle tone, gait, Parkinsonian type issues, tremors, catatonia, etc.
- Side effects of being on medication for their condition
- Sleep disorders
- Headaches, other neurological issues

During the clinic appointment, a patient will meet with members of the multi-disciplinary team, including neurologists, neuro-psychologists and social workers.

The STAND Clinic is headed by Michael Chez, M.D., who has almost 20 years' experience in the innovative use of drug and immunological therapies for autism and in epilepsy research and treatment. Dr. Chez is the author of numerous articles and recently published a book entitled, "The Medical Management of Autism: A Guide for Parents and Professionals." The clinic's Co-Director is Dr. Shawn Kile, who is board certified in neurology and



psychiatry and has interests in research in cognitive neurology.

The STAND Clinic is held monthly at Sutter Neuroscience Medical Group's offices at the adult neurology clinic located at 2800 L Street, Suite 500 in Sacramento. For appointment information, call (916) 454-6667.

1st Annual Bunco Tournament a Great Success

The 1st Annual WarmLine Bunco Tournament took place on February 11 at Round Table Pizza, 8755 Sierra College Blvd. in Roseville and we raised over \$600!

A great time was had by all, with 20 players taking part in the tournament, some of whom were experienced Bunco players and some who had never taken part in the wildly popular dice game. WarmLine's Director, Al Millan had never seen Bunco played and reported being amazed by the controlled chaos and all-out fun that the players were having.

There were raffle prizes donated by:

- Kimberly Cooper Photography
- Infineon Raceway
- Golfland Sunsplash
- St. James Studio Salon & Day Spa
- Bonnie Hart
- Roseanne Anderson
- B Street Theatre
- Joanna Snyder
- Janice Hampson



Special thanks to Stephanie Scalise at Round Table Pizza, which generously donated 20% of the proceeds from the food purchased. We hope to see even more players for the **2nd Annual WarmLine Bunco Tournament!**

"Before you were conceived, I wanted you.
Before you were born, I loved you.
Before you were an hour old,
I would die for you.
This is the miracle of life."
Maureen Hawkins



WarmLine Upcoming Events Yolo County



| Date | Time | Event |
|----------|--------------|---|
| April 19 | 7:00—9:30 pm | <p>“Understanding the Special Education Process” with Ann McDonald-Cacho, Education Advocate from Disability Rights Education and Defense Fund (DREDF) at Davis Senior Center, 646 A. Street, Davis</p> <p>This training will cover laws that protect students with disabilities, provide an overview of the special education process and answer questions.</p> <p>Training is free, but please register by April 19 with WarmLine FRC, 530-759-1127</p> <p>Sponsored by WarmLine and Yolo County Special Education Local Plan Area (SELPA)</p> |
| May 17 | 7:00—9:30 pm | <p>“Transition to Adulthood” with Cheryl Theis, Education Advocate from Disability Rights Education and Defense Fund (DREDF) at Davis Senior Center, 646 A. Street, Davis</p> <p>For parents and advocates of children with disabilities 14 - 21 years.</p> <ul style="list-style-type: none"> • What IDEA requires in a transition plan, • When and how to start planning, • How to work effectively with the IEP team, • What tools and supports are available, • The difference between a High School Diploma and a Certificate of Completion, • What the “age of majority” is, • How to bring other agencies into the process, • What post-secondary measurable outcomes are and how to use them. <p>Training is free, but please register by May 14 with WarmLine FRC, 530-759-1127</p> <p>Sponsored by WarmLine and Yolo County Special Education Local Plan Area (SELPA)</p> |



WarmLine Upcoming Events Sacramento County



| | | |
|-------------------|----------------|--|
| April 13 | 6:30-8:30 pm | <p>“Challenge of Managing Difficult Behavior” with Ian Wilson of Learning Arts. Focus will be on children birth to 5 years old. At WarmLine Sacramento, 2025 Hurley Way, Suite 100. Space is limited. Please preregister at 916-922-9276 or warmline@warmlinefrc.org</p> |
| May 19 | 6:30-8:30 pm | <p>“IEP Training” with Michael Rosenberg of Area Board 3. At WarmLine Sacramento, 2025 Hurley Way, Suite 100. Space is limited. Please preregister at 916-922-9276 or warmline@warmlinefrc.org</p> |
| Last Tues. of mo. | 7:00 – 9:00 pm | <p>Trailblazers Fathers Forum: Fathers meet to share information and experiences, support and encourage one another at Round Table Pizza at 8755 Sierra College Blvd., Roseville. Call Al or Raymond at 916-922-9276 for more information or email al@warmlinefrc.org or raymond@warmlinefrc.org</p> |
| 1st Tues. of mo. | 10:00-12:00 pm | <p>Transition IEP Training: <i>When your child is turning 3 years old and is getting ready to transition from Early Start into preschool, we can help you prepare for the 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. Call 916-922-9276 / 800-660-7995 to register.</i></p> |
| 3rd Tues. of mo. | 10:00-12:00 pm | <p>IEP Training: Whether your child is currently receiving special education services or if you think he or she might need to be assessed, we can answer your questions & help you prepare for the 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. Call 916-922-9276 / 800-660-7995 to register.</p> |

Sibshops



siblings are encouraged to share their challenges and

Helen Worster, M.F.T. will facilitate two upcoming Sibshops. Sibshops provide support and guidance to siblings of children with special needs. In Sibshops, sib-

celebrate the joys with brothers and sisters in similar situations.

On April 17, the session will be for siblings grades 4 - 6 and the second will be on May 15 for siblings grades 1 - 3. Both sessions will be from 2 - 5 pm at 2710 X St., Suite 2A in Sacramento.

The cost, which includes snacks, is \$35.

For more information, or to register, please call Helen at 916-446-6109.



WarmLine Upcoming Events Placer County



| Date | Time | Event |
|---------------------|------------------|--|
| March 31, 2010 | 11:00—1:00 pm | “Playground Pals” Join us for some fun and new friendships at the new accessible park. Bring a blanket or chairs and a sack lunch. Mahany Park, 1545 Pleasant Grove Blvd., Roseville. For more information, call 916-782-7147 or email placerwl@warmlinefrc.org |
| April 14, 2010 | 6:30-8:30 pm | “Autism: The Musical” follows five children with autism, their parents, and the extraordinary acting coach Elaine Hall as they mount a full-length original stage production. Through trial and error, tears and laughter, these incredible children learn to communicate their feelings in song and performance, finding solace and joy in the act of creating. At WarmLine Placer County, 151 N. Sunrise Ave., Suite 1307, Roseville. Space is limited. Please preregister at 916-782-7147 or placerwl@warmlinefrc.org |
| April 21, 2010 | 6:30-8:30 pm | “IEP Training” with Michael Rosenberg of Area Board 3. At WarmLine Placer County, 151 N. Sunrise Ave., Suite 1307, Roseville. Space is limited. Please preregister at 916-782-7147 or placerwl@warmlinefrc.org |
| May 19, 2010 | 6:30-8:30 pm | “How to Advocate Effectively for Your Child” At WarmLine Placer County, 151 N. Sunrise Ave., Suite 1307, Roseville, CA Space is limited. Please preregister at 916-782-7147 or placerwl@warmlinefrc.org |
| June 9, 2010 | 6:30-8:30 pm | “Conservatorship and Special Needs Trusts” with Mark Drobny. At WarmLine Placer County, 151 N. Sunrise Ave., Suite 1307, Roseville. Space is limited. Please preregister at 916-782-7147 or placerwl@warmlinefrc.org |
| First Thurs. of mo. | 6:30-9:00 pm | “ Moms Night Out ” Mothers of children with special needs meet to share concerns, issues, laughs and dinner! Round Table Pizza , 8755 Sierra College Blvd. (at Douglas Blvd.) in Roseville from 7-8:30pm. Please call 916-782-7147 for more information or email placerwl@warmlinefrc.org |
| Fridays | 9:30-11:30 am | IEP Training: Whether your child is currently receiving special education services or if you think he or she might need to be assessed, we can answer your questions & help you prepare for the IEP in a positive, proactive way. Our goal is to make you feel confident & comfortable so you can be your child’s best advocate. <i>Pre-registration is required.</i> Call 916-782-7147 or email placerwl@warmlinefrc.org 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, Roseville Call Al or Raymond at 916-922-9276 for more information email al@warmlinefrc.org or raymond@warmlinefrc.org |
| 4th Wed. of mo. | 10:00 – 12:00 pm | “ Spanish Speaking Support Group ” For parent of children with special needs. WarmLine Roseville Office, 151 N. Sunrise Ave., Suite 1307, Roseville. Call 916-922-1490 for more information or email laura@warmlinefrc.org |

Research Study - MIND Institute

The U.C. Davis MIND Institute is conducting two research projects. The EARLI Investigation will study the risk factors for a having another child with autism in families already affected by ASD and the MARBLES Study which will try to identify early signs of autism, understand its causes and develop early diagnostic tests and interventions that can limit the effects of autism or prevent it altogether.



For more information, please contact Sarah Bakanosky at 916-703-0282.

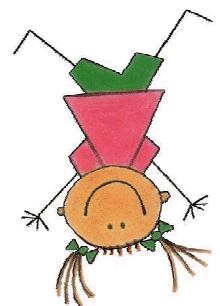
Research Study - University of the Pacific

UOP is looking for children with neurological impairment or with a diagnosis of cerebral palsy (CP) for a physical therapy study.

In order to participate, the child should be:

- Between 9 and 36 months old
- Have neurological impairment or CP
- Weigh less than 60 lbs
- Be able to sit for 30 seconds **or** be able to take steps when held **or** walk with an assistive device.

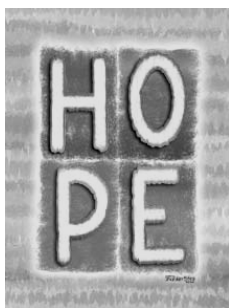
For more information, please contact Katrin Baxter at 209-946-2972 or email kbaxter@pacific.edu.



DAD S*P*E*A*K By Raymond Hampson

HOPE...

When my daughter was born, I thought that raising her would be the hardest job I would ever have. I hoped that I would do a good job. I hoped she would have a good childhood, good education, good high school experience, a good career and finally a good marriage. I could only hope! Hope was what got me through the tough times.



But, raising our son who has multiple developmental disabilities really IS the hardest job I have ever tried! I hope every day that I have the strength to complete each day. In the early days I hoped that the seizures would stop, that he would start talking, be toilet trained...that he would be as "typical" as possible. Nineteen years later I am still hoping.

*Hope is still everything.
Hope is why I continue to get up every morning. I do not want to continue without the possibility of HOPE.*

I now see my son for the person he is and not the person I want him to be. Now I hope that he is happy, that he enjoys going to school, that he feels loved. I hope that he enjoys being with me! My hopes for my son have taught me to take action to turn my hopes for him into reality. They have led me to be a better advocate, be a better father and be a

better friend to my son. These things did not happen over night. Rather, they have taken years and I hope that I can continue learning to be the best I can be for my son.

Hope is still everything. Hope is why I continue to get up every morning. I do not want to continue without the possibility of HOPE.

At the TrailBlazers Fathers Forum we talk a lot about the hope for the future of our children and we would enjoy having you join in on the conversation on the last Tuesday of the month at Round Table Pizza, 8755 Sierra College Blvd, Roseville. For more information, call Al or Raymond @916/922-9276 or 800/660-7995 or al@warmlinefrc.org or raymond@warmlinefrc.org

Child Care—The Enhanced Referral

Are you having a difficult time finding child care for your child with special needs? In Sacramento County, Child Action Inc can make this very time consuming process a little easier for you. Simply call Child Action Inc (916/369-0191) and ask for an Enhanced Referral.

When you call Child Action, a Child Care Specialist will ask you a few basic questions about your child's needs, what things you are looking for in a child care setting, the area of town you would like to find child care, and if you are looking for a Family Child Care Home or a Child Care Center. The key to this process is to open about your child's needs. Once the Child Care Specialist has your requirements, he or she will call various child care providers to find a match for you and your child. The Child Care Specialist will then send you a list of providers for you to interview and visit. If you need more referrals, the Child Care Specialist will continue to work with you until a suitable child care provider is found.

To help you locate help finding child care in other counties, call the local child care resource and referral agency:

Placer County

Child Care Services Resource & Referral
530-745-1382

Yolo County

Child Care Services
530-757-5695 / 800-723-3001

Nevada County

Sierra Nevada Children's Svcs. (Grass Valley)
530-272-8866
Sierra Nevada Children's Svcs. (Truckee)
530-587-5960

Alpine County

Choices for Children
530-694-2129

El Dorado County

Choices for Children (South Lake Tahoe)
530-541-5848
Choices for Children (Western Slope)
530-676-0707

Parents of Children with Special Needs Support Group

Learn effective communication skills, understand sibling issues, explore ways to nurture yourself, create ways to enhance your relationships.

First Monday of every month from 6:30—8:30 pm at 2710 X Street, Suite 2A, Sacramento. Cost is \$25 per individual or \$40 per couple for each session and group will be limited to eight people.

For more information, call Helen Worster, M.F.T at 916-446-6109