



# NETWORKER

## WarmLine Family Resource Center

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

email: [warmline@warmlinefrc.org](mailto:warmline@warmlinefrc.org) [www.warmlinefrc.org](http://www.warmlinefrc.org)

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

email: [placervl@warmlinefrc.org](mailto:placervl@warmlinefrc.org) [www.warmlinefrc.org](http://www.warmlinefrc.org)

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

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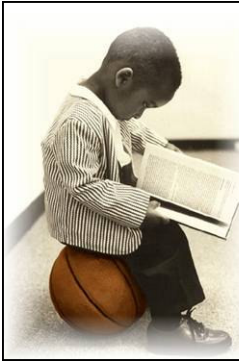
"The WarmLine Networker Newsletter"

Spring 2008

### *WarmLine Roseville Has Moved*

*WarmLine is proud to announce that, thanks to a generous grant from Placer County 1st 5, our Roseville office has moved to a new location at 151 N. Sunrise Ave., Suite 1307 (the phone number is still 916-782-7147). The office has more room for families to bring children, relax and enjoy our library of special needs resources in a comfortable, homey setting. We will continue to offer support group meetings, workshops and trainings (see schedule, page 5) in the new office. Please stop by to check out our library, get information on services for children with special needs or just to say hello! (Don't forget that our Sacramento office also has a lending library and we'd love to see you!)*

### Transition to Preschool



If your child is approaching three years old he or she will soon be leaving the early intervention program and transitioning to a preschool program. Transition is a time that can be very exciting but also be stressful for you and your family as you leave the familiar service providers who may have become a part of your family by coming into your home, sometimes since your child's birth.

#### **Transition is a Step-By-Step Process...**

When your child is 30 months of age your service coordinator will notify you and your school district that transition planning is beginning. By 33 months of age you, your service coordinator and someone from the school district will hold a meeting to plan the transition. This is your opportunity to share information about your child and to share your concerns and expectation about his or her current and future needs. This is a good time to start thinking about your short term and long term goals for your child.

#### **As a Parent, Your Input is Very Important...**

While you are thinking about your goals, also take a few minutes to make a list of your child's interests and strengths. This information will help the school staff know more about your child and can help to make the preschool experience more enjoyable and successful for everyone!

#### **There is a Timeline...**

By the age of 36 months the law requires that an IEP (Individual Education Plan) meeting be held to determine if your child qualifies for special education services and if so, develop long range (1 year) goals and short range (3-6 months)

benchmarks in the areas where your child has identified needs.

Unlike infant programs that are based on developmental and therapeutic goals and are delivered in the home, preschool programs are based on an educational model and take place out of the home. Children generally go to a class room and instruction is primarily in groups. As your child grows older, more emphasis will be placed on helping your child to be more independent in the least restrictive school setting. There will be less emphasis on individual, intensive therapy and skill development than in the infant program. These changes can be confusing and stressful to parents as they try to navigate the school district's special education programs. Additionally, Designated Instructional Services (DIS) or Related Services may also be provided to your child. Related Services are determined by the IEP team and may include deaf and hard of hearing services, speech/language therapy, counseling services, transportation, vision and orientation/mobility services, occupational/physical therapy services and extended school year (summer school). They may be provided in addition to a preschool program. You may, however choose to have your child participate only in DIS programs.

#### **There Are Choices...Look at Your Options...**

There are several options for preschool programs. They include parent participation preschool classes, Head Start, school district state funded preschool programs, private preschool, combination programs and special education preschools. Some of these programs have income requirements and, in the case of private preschools your child may have to be transported to a public school site in order to receive special education services.

*See Preschool, page 11*

*In this issue: Golf Tournament Information; New Therapy at Easter Seals; Special Ed. Resources; Upcoming Trainings; 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; Anne-Marie, Alison, Candace, Courtney & 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 and Al in Sacramento County

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

## DAD S\*P\*EA\*K\*

By Raymond Hampson

What Does TrailBlazers Mean To Me?

*(Note: TrailBlazers Fathers' Forum is a support group for any men who are involved in the lives of children with special needs.)*



In a word - "EVERYTHING"!!!

I have been attending the meetings regularly for about 10 years and the last Tuesday of the month is always scheduled as "TrailBlazers night". (Well, except for the month of August... wedding anniversary trumps TrailBlazers!)

I can still remember going to my first meeting at a bookstore café in Roseville. To my surprise there were only three other dads. There was no agenda, no set topics of discussion, no membership dues -

just guys like me trying to figure out what it means to be a dad to a child with special needs. I could talk about my child, ask questions or just sit and listen - any of those were fine with the group and I did a little of all of those things at my first TrailBlazers Forum. I was amazed how fast two hours went by. After the meeting I just browsed the books and listened to some music...and knew I had just found something very special in the group.

Each TrailBlazers meeting is different. Some dads only come once or twice, some dads come when their schedule allows, and some are regulars like me. The discussion topics depend on what questions are asked. One question could lead to a 90 minute conversation on that topic, there may be multiple topics being discussed at one time and some meetings are just a group of dads talking about nothing in particular. Sometimes an entire meeting can be all about one dad and the issues that he brings to the meeting. I have been "that" dad on one or two occasions over the past 10 years.

I thank my wife for urging me to go to my first meeting. Now, I always look forward to the next one!

The TrailBlazers Forum meets at the Round Table Pizza, 8755 Sierra College Blvd, Granite Bay 95746 on the LAST Tuesday of the month. For more information, call Al or Raymond at 916/922-9276 or 800/660-7995. Or E-mail Al@warmlinefrc.org or Raymond@warmlinefrc.org. Oh, and WarmLine buys the first pizza!

## New Support Group in Nevada County!

There is a new autism support group which meets monthly on the first Thursday from 9:00-10:15 am in the conference room at the Terrence K McAteer Family Resource Center (formerly Champion Mine), 400 Hoover Lane, Nevada City, 530-265-0611.

All parents, grandparents and other caregivers of children with autism of all ages are welcome. The group is especially supportive of families that have a recent diagnosis or are still in the process of obtaining a diagnosis of autism. Participants have the opportunity to share their concerns in a caring, confidential group setting. The members also have the opportunity to share information about developmental and educational services in Nevada County, treatment options, upcoming conferences and educational opportunities, etc. For more information, call Casey McCormick, who is the WarmLine Nevada County Resource Parent, at 530-432-3813.

Do you (or your child) need **Assistive Technology**?  
Looking for tools that can make print larger, sounds louder, things easier to grab and hold, houses more accessible, computers that read out loud?  
Call 800-390-2699 or visit [www.atnet.org](http://www.atnet.org)

## SKIES Support Group in Davis

The SKIES support group meets monthly in Davis to provide parents of children with special needs of all ages the opportunity to learn valuable information from guest speakers, but also to network and make friends with other parents. The group meets at the Davis Senior Center at 646 A. Street in Davis. SKIES typically meets on the 3rd Monday of the month from 7-8:30. Days are subject to change due to Monday holidays. Please call Diane Casey (WarmLine's Yolo County Resource Parent who works with the Child Care Collaborative) at 530-758-8978 or Joan at 530-785-8587 for meeting dates.

Upcoming meetings for spring 2008 will feature Michael Rosenberg from Area Board 3 discussing IEPs and Helen Worster, MFT, who will talk about supporting marriages and other family relationships during chronic or acute stress. The March meeting will feature James Hammond who is the Superintendent of the Davis Unified School District.

## Easter Seals Offers New Therapy

Easter Seals Superior California now offers a program called SuitABILITY®, which is a dynamic and intensive treatment intervention for children (2 ½ years and up) with cerebral palsy and other neuromuscular disorders.



The main characteristic of SuitABILITY® is the utilization of the TheraSuit® which originated as the Adeli-Suit in Poland. The suit was created for Russian space travelers to prevent hypokinesia when exposed to zero-gravity for prolonged periods.

Use of the TheraSuit® can make it possible for children with cerebral palsy and other

central nervous system dysfunctions to walk and control specific motor functions by facilitating proprioceptive input.

The program runs daily five days per week for three weeks and an individual treatment plan is developed for each child using the TheraSuit® and other modalities directed by physical therapists and occupational therapists.

For more information, call Jessica Ogne-Carinio at Easter Seals, 916-679-3281

## Exceptional Parent/Exceptional Child

WarmLine Family Resource Center and the Sacramento County Office of Education Infant Development Program will continue their "Parenting a Child with Special Needs" series of workshops. The series is for parents of children with special needs, age 0-5 years and are free. Because space is limited, priority will be given to families which live in Sacramento County.



This spring's trainings will include: (Please see page 4 for dates and times.) "The Challenge of Managing Difficult Behaviors"; "Infant Massage"; "Supporting Healthy Relationships"; "Feeding Issues"; "Promoting Play and Parent/Child Interaction".

All of the trainings (except "Promoting Play...") will be held at both the WarmLine Sacramento office at 2035 Hurley Way, Suite 250 and Prairie Elementary School at 5251 Valley Hi Drive. Pizza will be served and childcare will be provided, however, because space is limited, you *must* RSVP at 916-922-9276 if you need childcare. (Note: Childcare providers are not able to carry out specialized health care procedures.)

## Professionals: Support Play!

WarmLine Family Resource Center & Sacramento County Office of Education Infant Development Program will host a training *for professionals* who work with children with special needs from birth through 5 years. Entitled, "Promoting Play and Parent/Child Interaction", this free training by Senta Green, who is the founder of Full Circle, A Professional Consulting Agency™ will be held Thursday, May 15 in the Brenda Smith Conference Room at Alta California Regional Center, 2135 Butano Dr., Sacramento from 9:00 am to 3:00 pm. Preregistration is required. Please call WarmLine at 916-922-9276.

Senta is a well known trainer in the fields of Early Care and Education, Special Education and Child Life in which she has served as a practitioner, author, consultant, trainer, instructor and administrator.

There will be a "Promoting Play and Parent/Child Interaction" training *for parents* of children with special needs aged birth to 5 years on May 15 from 6:00-8:00 pm at WarmLine Sacramento. Space is limited, so please register early at 916-922-9276.





# 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**

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



Date	Time	Event
Feb. 12, Apr. 8	7:00-8:30 pm	Siblings of children with special needs are invited to the <b>“Teenz Support Group”</b> that meets on the 2nd Tuesday of every other month starting in February at Round Table Pizza on Sierra College Blvd. at Douglas Blvd. in Granite Bay from 7-8:30pm. This support group is for siblings from high school freshmen to college seniors (15-22). Please call 916-922-9276 to register.
Feb. 12	6:00-8:00 pm	<b>“The Challenge of Managing Difficult Behavior in Young Children”</b> Mari Ueda from Applied Behavior Consultants (ABC) will discuss managing behavior such as tantrums, sleep problems, etc. at WarmLine Sac. office. Pizza and childcare provided. You must pre-register for childcare. (Because of limited space, families living in Sac. County will have priority.) Call 916-922-9276 to register.
Feb. 19	6:00-8:00 pm	<b>“The Challenge of Managing Difficult Behavior in Young Children” (see above)</b> at Prairie Elementary School, 5251 Valley Hi Dr. Pizza and childcare provided. You must pre-register for childcare. (Because of limited space, families living in Sac. County will have priority.) Call 916-922-9276 to register.
Apr. 8	6:30-8:30 pm	<b>“Supporting Healthy Relationships”</b> Helen Worster, MFT offers strategies to support marriages and other relationships during times of chronic or acute stress at WarmLine Sac. office. Pizza and childcare provided. You must pre-register for childcare. (Because of limited space, families living in Sac. County will have priority.) Call 916-922-9276 to register.
Feb. 28	6:30-8:30 pm	<b>“Supporting Healthy Relationships” (see above)</b> at Prairie Elementary School, 5251 Valley Hi Dr. Pizza and childcare provided. You must pre-register for childcare. (Because of limited space, families living in Sac. County will have priority.) Call 916-922-9276 to register.
Mar. 11	6:00-8:00 pm	<b>“Infant Massage”</b> Presenter to be announced at WarmLine Sac. office. Pizza and childcare provided. You must pre-register for childcare. (Because of limited space, families living in Sac. County will have priority.) Call 916-922-9276 to register.
Mar. 18	6:00-8:00 pm	<b>“Infant Massage”</b> Presenter to be announced at Prairie Elementary School, 5251 Valley Hi Dr. Pizza and childcare provided. You must pre-register for childcare. (Because of limited space, families living in Sac. County will have priority.) Call 916-922-9276 to register.
June 10	6:00-8:00 pm	<b>“Feeding Issues and Concerns”</b> Presenter to be announced at WarmLine Sac. office. Pizza and childcare provided. You must pre-register for childcare. (Because of limited space, families living in Sac. County will have priority.) Call 916-922-9276 to register.
June 17	6:00–8:00 pm	<b>“Feeding Issues and Concerns”</b> Presenter to be announced at Prairie Elementary School, 5251 Valley Hi Dr. Pizza and childcare provided. You must pre-register for childcare. (Because of limited space, families living in Sac. County will have priority.) Call 916-922-9276 to register.
Mar. 19, May 21	6:30-8:30 pm	<b>IEP Training</b> —Michael Rosenberg, Executive Director of Area Board III will be conducting IEP Trainings. Michael gives parents 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.
May 15	9:00-3:00 pm	<b>“Promoting Play &amp; Parent/Child Interaction” with Senta Green.</b> For Professionals who serve children 0-5. At Alta Calif. Regional Ctr., 2135 Butano Dr., Brenda Smith Conference Room., Call WarmLine to register.
May 15	6:00 – 8:00 pm	<b>“Promoting Play &amp; Parent/Child Interaction” with Senta Green.</b> For parents of children with special needs age 0-5 years. at WarmLine Sac. office. Pizza and childcare provided. You must pre-register for childcare. (Because of limited space, families living in Sacramento County will have priority.) Register 916-922-9276
Last Tues. of Mo.	7:00 – 9:00 pm	<b>Trailblazers Fathers Forum:</b> 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	<b>Transition IEP Training:</b> Special ed. 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 answer your questions & 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. Reservations are required.
3rd Tues. of Mo.	10:00-12:00 pm	<b>IEP Training:</b> Special ed. 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. Reservations are required.



# Placer WarmLine Activities

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

placerwl@warmlinefrc.org



All events are held at the WarmLine Placer office unless otherwise noted

Date	Time	Event
Feb. 12, Apr. 8	7:00- 8:30	Siblings of children with special needs are invited to the <b>“Teenz Support Group”</b> that meets on the second Tuesday of every other month starting in February at Round Table Pizza on Sierra College Blvd. at Douglas Blvd. in Granite Bay from 7-8:30pm. This support group is for siblings from high school freshmen to college seniors (15-22). Please call 916- 922-9276 to register.
Feb. 20, Apr. 16	6:30- 8:30 pm	<b>“IEP Training”</b> Michael Rosenberg, Executive Director of Area Board III will be conducting IEP Trainings. Michael gives parents 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. 28	6:30- 8:30 pm	<b>“Supporting Healthy Relationships”</b> Helen Worster, MFT offers strategies to support marriages and other relationships during times of chronic or acute stress. Space is limited and Helen’s workshops always fill quickly, so reserve your spot early at 916-782-7147.
Mar. 9 (Sunday)	11:00- 1:00	<b>“Egg Hunt”</b> Our WarmLine “family” invites your family to this annual event. Please call 916-782-7147 for location and to RSVP.
March 15 (Saturday)	9:00- 3:00 pm	<b>“Social Skills Training”</b> Claudia Lowe will discuss ways in which families of children with special needs can support social skills development. Please call 916-782-7147 to RSVP
March 19	6:00- 8:00 pm	<b>“Spanish Speaking IEP Training”</b> Laura Soto, from WarmLine Sacramento will present special education information <i>in Spanish</i> to families who have children who are currently receiving special education services or for those who have questions about how to obtain services. Call 916-782-7147 to reserve a seat.
Mar. 27	7:00- 8:30 pm	<b>“Respite Services Panel”</b> Representatives from United Cerebral Palsy (UCP), Maxim Healthcare Services, My Friends Pediatric Day Healthcare Ctr.& Alta California Regional Ctr. will present information on different types of respite care, the role of each agency in providing respite care and how families can access the services. Parent questions and perspectives are welcome. Please RSVP at 916-782-7147.
Apr. 30	6:30- 8:30 pm	<b>“SELPA and Young Children”</b> Cindy Whitson from Placer County Office of Education will provide information to help parents better understand the function of their Special Education Local Plan Area (SELPA) and what it has to offer families of young children (0-5 years) with special needs including transition to preschool.
May 28	6:30- 8:30 pm	<b>“Integrating Sensory Activities into the Home/Classroom”</b> with Bonnie Arnwine, who is a parent of a child with special needs and nationally known speaker on sensory integration. Call 916-782-7147 to RSVP
June 26	6:30- 8:30 pm	<b>“The Right Question”</b> In order to effectively participate in healthcare or education decisions, parents should learn how to work in partnership with the professionals who work with their children. This workshop will help parents to ask “the right questions” in order to better advocate for their children.
2nd Mon. of month	7:00- 8:30pm	<b>Special Families Support Group:</b> This group is for all families with children with special needs, regardless of diagnosis. The group will meet to share resources, address concerns and offer support to one another.
2nd Mon. of month	10:00- 11:30 am	<b>IFSP, Transition, IEP Training:</b> Learn about the special education process and guidelines. We will answer your questions about how work more effectively with your school district to obtain services that your child needs, RSVP is required. Call 916-782-7147
1st Thurs. of month	6:30- 9:00 pm	<b>Moms’ Night Out:</b> This on-going group of moms meets monthly to offer support, laughter and encouragement over good food. The group will meet at the Roseville WarmLine office. Potluck is optional, WarmLine will provide the main course.
Last Tues. of month	7:00 – 9:00 pm	<b>Trailblazers Fathers Forum:</b> 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.
3rd Tues. of month	7:00- 8:30 pm	<b>Autism Parent Support Group:</b> Information & resource meetings provide the opportunity to share valuable information and to support each other in our day-to-day lives. Newcomers are always welcome.



## 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

### 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

**(Heart)** Children's Heart Fund Family Network: Families of children with heart defects. Call Karen @ 530-273-7084

**(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)** Placer Floor Time Group. 3rd Thurs. of mo., 7-9 pm. Call Richanne @ 530-823-2312.

**(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.: Learn about asthma & how to control it. 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 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 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

**(Feeding)** Feeding Issues Support Grp: 4th Thurs. of mo. 6:30-8:00 @ WarmLine. Call Debbie at 916-441-7031

**(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)** Children's Heart Fund Family Network: Families of children with heart defects. Every other month. Call Jana @ 916-390-3730

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

**(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, 3<sup>rd</sup> 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.Selma 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) (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

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

**(Heart) Children's Heart Fund Family Network:** Families of children with heart defects. Every other month. Call Jana @ 916-390-3730.

**(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

*"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

KidsHealth ([www.kidshealth.org](http://www.kidshealth.org)) is a website that provides doctor-approved health information about children from before birth through adolescence for families with accurate, up-to-date, and jargon-free health information they can use. KidsHealth has separate areas for kids, teens and parents — each with its own design, age-appropriate content, and tone. There are literally thousands of in-depth features, articles, animations, games, and resources — all original and all developed by experts in the health of children and teens. Physicians and other health experts review all content before it's published on KidsHealth. All content is re-reviewed on a regular basis (about every 1 to 3 years, or more frequently if needed). You can find the most recent review date and the name of the expert reviewer(s) at the end of each article.

Also in Spanish!



Dear Friends and Families,

You are invited to join us for WarmLine Family Resource Center's Fifth Annual Golf Tournament at beautiful Whitney Oaks Golf Club in Rocklin on Friday, April 25, 2008.



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 how important it is 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.

WarmLine Family Resource Center is supported primarily through grants and contracts that are typically earmarked for specific activities such as IEP trainings, or support for families of children of a certain age such as birth to 5 years. However, WarmLine provides trainings such as "The Right Question" and activities such as the Holiday Toy Extravaganza throughout the year in addition to providing information about teens' with special needs transition to adult services for which we rely on your financial support. WarmLine *never* turns away a family because the child's age does not "qualify" him or her!

Supporting the golf tournament provides the opportunity for you to help sustain WarmLine's efforts to provide support and resources for families of children with special needs *of all ages*.

You can help 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. New this year - "Early Birds" who register before March 25, 2008 will get a free round of golf at William Land Golf Course.
- 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.

WarmLine's goal this year is to raise \$25,000 which will help continue our programs that benefit children and families. Won't you please join us in April for a morning of golf?

Thank you in advance for your support. We hope to see you there!

Cindy Arstein-Kerslake,  
President, WarmLine Board of Directors

Cathy Mikitka,  
Vice President and Event Chairperson.

(WarmLine's tax I.D. number is 68-0391212.)

**\$10,000 Prize for Hole-in-One will be generously donated by River City Bank!**

*"Being able to give and share takes us out of ourselves. Giving is joy doubled!"*

*Together we are better...*

*Many thanks to:*

Helen Cloud,  
Inmates at California State Prison, Sacramento.  
Suzy Campbell, OTR,  
Helen Worster, MFT,  
Olive Garden Restaurant, Arden Way  
Jessica & Martin Tanihana,  
Independent Benefit Supporters  
Lisa & Jeff Welch



*"I want to sincerely thank (you) for all that you have done. I cried so hard after our meeting because I feel as though I have finally found a place/organization which really cares and understands (my family's) situation. Before coming to WarmLine, I thought I was going crazy and that what was happening to us was just an anomaly. Thank you all so much for listening and for helping."*

*Parent of a 3 year old with special needs*

# 5th Annual WarmLine FAMILY RESOURCE CENTER GOLF TOURNAMENT

**\$10,000 Prize for Hole-in-One  
generously donated by  
River City Bank!**

Friday, April 25, 2008  
Whitney Oaks Golf Club  
2305 Clubhouse Dr., Rocklin  
916-632-8333  
www.whitneyoaks.com

## TOURNAMENT REGISTRATION & SPONSORSHIP INFORMATION

Please fill out completely

FREE ROUND OF GOLF AT WILLIAM LAND GOLF COURSE WITH EARLY BIRD REGISTRATION BY

MARCH 25, 2008

REGISTRATION DEADLINE IS APRIL 15, 2008

PLAYER NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY + ZIP \_\_\_\_\_  
PHONE: \_\_\_\_\_  
E-MAIL: \_\_\_\_\_  
TYPE OF GOLF:  FUN  COMPETITIVE

PLAYER NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY + ZIP \_\_\_\_\_  
PHONE: \_\_\_\_\_  
E-MAIL: \_\_\_\_\_  
TYPE OF GOLF:  FUN  COMPETITIVE

PLAYER NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY + ZIP \_\_\_\_\_  
PHONE: \_\_\_\_\_  
E-MAIL: \_\_\_\_\_  
TYPE OF GOLF:  FUN  COMPETITIVE

PLAYER NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY + ZIP \_\_\_\_\_  
PHONE: \_\_\_\_\_  
E-MAIL: \_\_\_\_\_  
TYPE OF GOLF:  FUN  COMPETITIVE

### THREE EASY WAYS TO BE A TOURNAMENT SPONSOR!

- **SPONSOR A HOLE FOR JUST \$250**
- **SPONSOR A PLAYER FOR \$175**
- **DONATE ANY AMOUNT!**

TOTAL # GOLFERS  
\_\_\_\_\_ X \$175 EA = \$ \_\_\_\_\_

PLAYER SPONSORSHIP  
\_\_\_\_\_ X \$175 EA = \$ \_\_\_\_\_

HOLE SPONSORSHIP  
\_\_\_\_\_ X \$250 EA = \$ \_\_\_\_\_

LUNCH ONLY  
\_\_\_\_\_ X \$25 EA = \$ \_\_\_\_\_

DONATION ONLY \$ \_\_\_\_\_

TOTAL ENCLOSED \$ \_\_\_\_\_

**Payment Information:**  Visa  MasterCard  Check (must be enclosed)

\_\_\_\_\_  
CREDIT CARD NUMBER EXP DATE

\_\_\_\_\_  
NAME ON CARD SIGNATURE

**Full payment must accompany registration.**

Please complete registration/sponsorship information and mail with payment to:  
**WARMLINE FAMILY RESOURCE CENTER**  
**2035 HURLEY WAY • SUITE 250 • SACRAMENTO, CA 95825 • 916-922-9276**  
For questions, please contact Cid at 916-922-9276 or cid@warmlinefrc.org

**FULL PAYMENT MUST ACCOMPANY REGISTRATION.  
NO REFUNDS! NO EXCEPTIONS! RAIN OR SHINE!**

## Special Education Resources

Protection and Advocacy (PAI), which works to "advance the rights of Californians with disabilities" publishes an excellent book for people who want to know more about special education law and how the process works—from early intervention to graduation from high school. Entitled *Special Education Rights and Responsibilities*, this 12 chapter book is in an easy-to-read question and answer format and is available from PAI's office at 100 Howe Ave., Suite 185-N in Sacramento, by mail or for download at [www.pai-ca.org/PUBS/504001SpecEdIndex.htm](http://www.pai-ca.org/PUBS/504001SpecEdIndex.htm). (PAI asks for a donation for the books that they provide from their office.) For more information, call 916-488-9950 or 800-776-5796.

California's Department of Education offers copies of *A Composite of Laws*, which contains the California's special education statutes. This book is updated yearly and costs approximately \$30, but is available at no charge to parents of children with disabilities. Call 800-995-4099 to order.

## Are You Out There?

The cost of publishing and mailing WarmLine's Networker Newsletter, which focuses on issues for families of children with special needs age birth to 5 years has, as with everything else, risen over the years. The cost of Networkers which are returned "address unknown" has also risen. If you have moved or are planning to move, and your child is under 5, please notify us of your change of address.



If you would like to help us save money on printing and postage, we would be happy to email the Networker to you, or it can be found on our website at [www.warmlinefrc.org](http://www.warmlinefrc.org). (The added advantage to being on the email list is that you will receive flyers and updates which, due to time or space constraints, cannot be included in the newsletter.)

To be added to the email list, please call Cid at 922-9276 or email [Cid@warmlinefrc.org](mailto:Cid@warmlinefrc.org).

## Sleepovers and My Brother with Special Needs

By Alisha Hampson

When in elementary school, many young girls cannot wait to have their best friend sleepover, which usually means not much sleep, but lots of fun. That was not how I saw it. For me sleepovers meant explaining *again* why my brother could not talk or why he did things that were not "normal". I never really wanted anyone to come to my house; I always wanted to go to theirs. When other girls had sleepovers they would stay up all night watching Disney movies and playing with My Little Ponies or Barbie. At

my house it would be hard to do that. If my friends and I laid everything out on the floor my little brother would come and step on it or he would just be in the way. You see, my little brother was not just a pest like most little brothers. I grew up with a younger brother who has autism and epilepsy and it got to the point where I no longer wanted to invite anyone over to the house anymore. I was tired of explaining things and I was done with being the girl who has a brother who is "different". Sometimes I just wanted to have a "normal" family.

When I was younger, information about autism was not as wide-spread as it is today and when I tried to explain autism to my friends, few of them understood. Now that the public knows more about autism, people are more understanding. And as I have gotten older I have also realized that it is okay to have a brother with special needs. I have learned a great deal from him that I would not have learned if I had a typically developing brother. Now, at the age of 21, I am *proud* to say that I have a 17 year old brother with special needs! He is a wonderful brother even though we still have times when we butt heads, but what brother and sister don't do that?

For me sleepovers meant explaining *again* why my brother could not talk or why he did things that were not "normal".

Siblings of children with special needs are invited to join me at our **Teenz Support Group** that meets on the second Tuesday of every other month starting in February at Round Table Pizza on Sierra College Blvd. at Douglas Blvd. in Granite Bay from 7-8:30pm. This support group is for siblings from high school freshmen to college seniors (15-22). Our upcoming meetings are February 12<sup>th</sup> and April 8<sup>th</sup>. Please call (916) 922-9276 to register. We hope to see you there.

## Family Participation Fund

The Family Participation Fund provides assistance for family members to attend and participate in policy-making meetings.

To qualify for funding, families must:

- Have a child with a disability,
- Attend local, regional or statewide meetings to provide their ideas to decision makers about education policy. These meetings may include: The Interagency Coordinating Council; The Regional Coordinating Councils, State Special Education Advisory Committees; local meetings of Community Advisory Committees (CAC).

For more information, call 916-551-3445 or go to [www.cafec.org/family\\_participation\\_fund.htm](http://www.cafec.org/family_participation_fund.htm).

"An observant parent's evidence may be disproved, but should never be ignored." *Lancet, 1951*

You should discuss what services your child needs and what options are available with your service coordinator and/or the school district representative and you should be able to visit any placement program(s) recommended before you agree that your child can attend.

Finally, remember that the IEP is not "written in stone". Keep in mind that many toddlers need time to get used to the drastic change to their routine that is caused by going to preschool and allow your child time to feel comfortable in his or her placement. If, however, after a few weeks you think that your child's program(s) and/or services need to be revised, you may call an IEP meeting and discuss any changes that are needed with the team.

WarmLine provides a free booklet in both English and Spanish entitled "Turning Three Years Old" which is full of helpful suggestions to help you plan your child's successful transition into preschool. The booklet is available from your Service Coordinator, from WarmLine's website at [www.warmlinefrc.org](http://www.warmlinefrc.org), or by calling either WarmLine office. We also offer trainings on the process and, as always, we are available to talk with you by phone and answer questions you have about the new and exciting journey that you and your child are about to take.



### Questions to Ask About a Preschool

If you have decided to place your three year old in a preschool setting, how can you know if it is the correct one for your child? The following list of questions may help to guide you as you visit schools:

- ☆ Do the other children in the class have special needs or are they mostly typically developing preschoolers?
- ☆ Are the other children in the class the same age as your child?
- ☆ Will you have to provide transportation to school or will your child ride a bus and if so, how long will the bus ride last?

☆ How much time do the children spend in school? How many days per week and how many hours per day? Do they attend school during summer vacation?

☆ Will you have to pay for your child to attend this school?

☆ Is the classroom safe for your child? Is the outside area fenced? Is the play equipment safe? Are the children well supervised? Will your child be overwhelmed during recess/playtime?

☆ Will your child need to be toilet trained to attend school? Will the school staff work on toilet training during the school day? How does the staff handle wet or messy pants or changing diapers?

☆ Is the atmosphere in the classroom happy and relaxed? Are the children busy with learning activities? Does the staff speak to the children with caring and respect?

☆ How will the staff handle your child's special medical or diet needs? Can you send special food or medicine to school? What will happen if your child gets sick at school? If your child has special feeding needs, who will feed or help him/her to eat during school?

☆ Will you be allowed to visit the classroom when you want to? Will the teacher allow you to help out in class? Are there parent meetings and will you be required to attend? How will the teacher let you know what is going on during the school day?

☆ Is the curriculum in the class the same for all the children or do they have differentiated (individualized) instruction? How much time is spent in structured versus unstructured activities.

Even though parents may have some different ideas about what their children's classroom needs are, most parents' concerns are remarkably similar. While you may have some concerns that are not on this list, hopefully, it will get you started thinking about what to look for in a preschool classroom!

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](http://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

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

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

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Sacramento, CA

***Please join us for the 5th Annual WarmLine Golf Tournament Friday, April 25, 2008. Details and registration inside!***

***"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 Blvd., #1307  
Roseville, CA 95661  
916-782-7147

Spring 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.) Send or FAX information and articles for publication 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.