



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: 420 Folsom Rd., Ste. D, Roseville, CA, 95678 * 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"

Summer 2007

Early Intervention Services for Children from Birth to 3 Years
(Excerpted from Bridges Newsletter, Summer 2005)

In 1993, California created a state-wide system known as Early Start (ES). The goal of ES is to ensure that a "family-focused, coordinated interagency system of early intervention services is provided to infants and toddlers who have a developmental delay or a disability or *who are at risk* of a developmental disability."

In the Sacramento area, the Alta California Regional Center (ACRC), through a contract with the California Department of Developmental Services (DDS), shares the primary responsibility with Local Education Agencies (LEA) (school districts) to coordinate and provide early intervention service. LEAs are primarily responsible for providing services to infants and toddlers with "solely low-incidence" disabilities (e.g., solely visual, hearing and/or severe orthopedic impairments or a combination of those.).

In 1997, family resource centers were added to the part of ES services which provide family support. Examples of family support services are parent-to-parent support, resources and information, assistance in accessing services, public awareness and outreach, activities for collaboration between families and professionals and transition assistance to families. Family resource center staff are often parents who have children with special needs. WarmLine Family Resource Center provides this portion of ES support services in Sacramento, Placer, Nevada, El Dorado, Yolo and Alpine Counties and is staffed exclusively by parents of children with special needs.

Early Start is designed to:

- Support families and include them in making decisions about services for their child,
- Provide services in the child's natural environment,
- Keep families informed about services for their child,
- Facilitate a smooth transition from ES to other services when the child turns three,
- Support training of professionals to enhance the quality of ES services,
- Enhance interagency collaboration.

Infants and toddlers from birth to 36 months may be eligible for ES if they have:

- A developmental delay in either cognitive, communica-

tion, social or emotional, adaptive or physical and motor development, including vision and hearing;

- An established condition of known cause with a high probability of causing delayed development;
- Are at high risk of having a substantial developmental disability because of a combination of risk factors.

See "Early Start", page 3

You CAN Make a Difference!

With summer vacations drawing to an end and a new school year beginning, now would be a good time to get involved in your child's education at the district level. One way to do that, no matter what grade your child is in, is to attend meetings of your Community Advisory Committee (CAC) for Special Education.

Every Special Education Local Plan Area (SELPA) has a CAC which is made up of parents, educators, administrators and other public members who are interested in working for children who receive special education services. The CACs provide the opportunity for members to be part of decisions concerning district special education policy and also schedule regular trainings regarding issues of concern to families and educators. Meetings are held regularly and there is generally time for parents to talk with special education administrators about concerns they may have.

For information about your local CAC, contact your SELPA:

- Alpine County: 530-541-2850
- El Dorado County: 530-622-7130
- Nevada County: 530-478-6400
- Placer County: 530-745-1343
- Eureka Union School District: 916-797-0568
- Sacramento County: 916-228-2446
- Elk Grove School District: 916-686-7784
- Sac. City School District: 916-643-9163
- San Juan School District: 916-971-7953
- Yolo County: 530-668-3786

Alta California Regional Center also has a Family Advisory Committee which is looking for involvement from parents. Call 916-978-6400 for more information.



In this issue: Golf "thank you's", Special Kids Picnic, Toy Extravaganza, Buddy Walk, upcoming trainings and workshops, medical procedures & childcare, and much more!

Dear Parents, Grandparents, Brothers & Sisters, Teachers, Therapists, Nurses, Physicians & Many Valuable 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*E*A*K...*

By Raymond Hampson

The following "Chicken Soup for the Soul" column really speaks to the non-verbal communication my son and I are able to share because we understand each other so clearly. Read on to enjoy the story of the bond between one father and son:

"For Dad and Son, a Language All Their Own"

by Stacey Flood

...When he was 3, my family discovered that (my little brother) T.J. was not developing language skills at a normal rate. The doctors did not have any answers to what could be causing the delay.

T.J.'s disorder put a strain on my family, and our household could be a tense place to live during some of the years that followed. As my brother got older, it became more apparent that his disabilities reached beyond simple language skills.

My mom spent a lot of her time trying to find a solution. My dad reacted in a very different way. He embraced his chance to be a father to his son. They would go for haircuts, hang out at the mall or just drive around listening to sports radio in the car. T.J. loves these outings with our dad, and the minute our dad returns from work, my brother pulls on his shoes and waits by the door. They have developed a bond that goes beyond by brother's "problem", and have become buddies who struggle every day to maintain a semblance of normalcy.

There was one day in particular when I realized that my father had fully accepted T.J. for who he is, and it was this same moment where I saw the true depths of my father's love for my brother. We were sitting on a bench by the lake-the three of us-and my dad was making funny faces to make my brother laugh. In the midst of the laughter, T.J. stopped and reached up to softly touch our father's face. My dad looked down at him and almost so softly that I couldn't hear, "Well, kiddo, it looks like it's you and me for the rest of my life."

My dad... embraced his chance to be a father to his son.

There wasn't a sense of sadness or burden in my father's voice, only acceptance and unconditional love for the little boy who sat beside him. It seemed that T.J. understood this too, in his own way, and he smiled and touched (dad's) face again.

T.J.'s condition has yet to be fully diagnosed. My parents continue to help T.J. express himself with words, pictures and sounds. My dad and T.J., however, have become a duo, and when it's time for them to go "cruising" in dad's car, we all know that it is strictly boys' night out.

The women in our house know that T.J. loves all of us, each in a different way, but the love he has for his dad is written in a language that only he understands.

All of us have the privilege of speech, but only the two of them speak their language, and it requires no words.



Fiesta Educativa 2007

The 7th annual Fiesta Educativa will be held this year on Saturday, September 22 from 8:15 - 3:30 p.m. at California State University, Sacramento at 6000 J Street, Sacramento. This conference is entirely in Spanish and the mission is to provide universal support for improving the lives of people with disabilities.

The theme for this year's conference is "Accomplishing Our Dreams Together." Some of the conference topics include: Advocacy, Autism, The IEP Process, Family Support, Transition to Adulthood, Speech

and Language Development, Sexuality, Sensory Integration, Immigration, and many others.

The conference registration fee is \$50 for one parent and \$85 for a couple and may be paid by Alta California Regional Center for families who have a child who is a consumer.

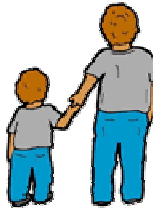
For more information regarding Fiesta Educativa, please call: Laura 916-922-9276 / 800-660-7995 or Rachel 916-433-6131. Fiesta Educativa registration forms may be downloaded from WarmLine's website at www.warmlinefrc.org.

"Parent Match" Volunteers Needed

WarmLine frequently receives requests from parents to talk with another parent of a child with special needs who lives in their area or perhaps has a child with the same diagnosis or is the same age. If helping to support another parent is something that interests you, please contact Tracey at WarmLine or traceyb_averyh@yahoo.com. Tracey can give you information about upcoming "Parent-to-Parent" trainings and, if you are interested, put you on the list to receive the "Chatterbox" newsletter.

Buddy Walks In Sacramento and Placer Counties

The 3rd Annual Buddy Walk, sponsored by the Down Syndrome Information Alliance, will be held Saturday, October 13 at Hagan Community Park beginning at 10:00 am. There will be a walk to raise money for Down syndrome awareness and entertainment for all. For more information, call 916-658-1686 or email: buddywalk@downsyndromeinfo.org



On Saturday, October 6 from 9-3 pm the National Down Syndrome Coalition will host a Buddy Walk in Regional Park in Auburn. Call 916-532-4773 or email Heather@NDSCoalition.org for more information.

"Early Start", continued from page 1



Infants and toddlers may be identified and referred for ES services by hospitals, healthcare providers, childcare providers, social service programs or the child's family.

Within 45 days of receiving the referral, ACRC or the LEA will assign a staff person to coordinate assessment and evaluation and convene a meeting to develop the Individualized Family Service Plan (IFSP). Because the primary responsibility for an infant or toddler's well-being rests with the child's parents, they are

an integral part of the evaluation and assessment process and participate fully in the development of the IFSP (See the Spring 2007 issue of the *Networker* for more information on the IFSP process.) ES services support the family's ability to meet the special needs of the child.

Services based upon the child's needs are provided in "natural environments" which are defined as the child's and family's everyday routines within the home and community settings in which children without disabilities participate.

The IFSP is reviewed at least annually to monitor the child's progress and respond to the family's changing needs over time. Transition planning should be started no later than age two years, nine months to ensure a smooth transition from early intervention services when the child turns three and delivery of services, if still needed, becomes the responsibility of the child's local school district.

Early intervention services may include:

- Assistive Technology
- Audiology
- Family training, counseling
- Health services necessary for the child to benefit from ES services
- Medical services for diagnosis and evaluation
- Nursing services
- Nutrition services
- Occupational therapy
- Physical therapy
- Psychological services
- Respite services
- Service coordination
- Social work services
- Special instruction
- Speech and language services
- Transportation and related costs necessary for a child to receive ES services
- Vision services.

For more information about Early Start services, contact Alta at 916-978-6400 or WarmLine. You can also call the Department of Developmental Services at 800-515-2229, email earlystart@dds.ca.gov or visit the website at www.dds.cahwnet.gov/EarlyStart/ESHome.cfm. (You can also download a variety of useful documents about Early Start and other services from the website.)

To view this entire article go to www.cde.ca.gov/sp/cd/re/documents/bridges05.pdf or email Cid at cid@warmlinefrc.org.



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
Sept. 27	6:30-8:30 pm	Respite Care for Families: A panel discussion with representatives of United Cerebral Palsy (UCP), Maxim Healthcare Services, My Friends Pediatric Day Healthcare Ctr., & Alta's Early Start Program who will discuss the different types of respite care, their role in respite care and how families can access services. RSVP the WarmLine.
Oct. 4	6:30-8:30 pm	Taking Care of the Caretaker in you with Brain Gym®: Suzy Campbell, OTR/L will help you explore movements & techniques that will help you feel positive, active, clear and energetic while you work and play with children. At DoubleTree Hotel, 2001 Point West Way, Sacramento. RSVP WarmLine.
Oct. 9	6:30-8:30 pm	Special Education from the "Inside-Out" - Learn about how to work within the education system to make the voices of children in special education to be heard. Call 916-922-9276 to register.
Oct. 11	6:30-8:30 pm	Supporting Healthy Relationships- Helen Worster, MFC, will explore strategies to support marriages and relationships during times of chronic or acute stress. 916-922-9276. Sorry, no childcare will be provided.
Oct. 17, Jan. 18, Mar. 19, May 21	6:30-8:30 pm	IEP Training —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.
Oct. 18, Dec. 20	7:45-9:00 pm	"Sibling Support" For siblings age 14 –22 of children with special needs. Join other siblings for free pizza at Round Table at 8755 Sierra College Blvd, Granite Bay for talk, mutual support...and fun! Call 922-9276 or 782-7147 to RSVP
Oct. 23	6:30-8:30 pm	Right Question: Learn how to formulate questions to effectively advocate for your child and understand the role you can play in the process. Professionals are also welcome. Call 922-9276 to RSVP.
Dec. 8	10:00-2:00 pm	Holiday Toy Extravaganza: Join Santa for refreshments, fun and the opportunity to check out toys from UCP's Toy Lending Library at <i>201 Lathrop Way, Suite I, Sacramento</i> . Call the WarmLine to RSVP.
Last Tues. of Month	7:00 – 9:00 pm	Trailblazers Fathers Forum: Fathers meet monthly to share information and experiences, support and encourage one another at Round Table Pizza at 8755 Sierra College Blvd, Granite Bay Call Al or Raymond at 916-922-9276.
1st Tues. of Month	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 answer your questions and help you prepare for your child's first IEP in a positive, proactive way. Our goal is to make you feel confident and comfortable so you can be your child's best advocate. Reservations are required.
3rd Tues. of Month	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 and help you prepare for your child's first IEP in a positive, proactive way. Our goal is to make you feel confident and comfortable so you can be your child's best advocate. Reservations are required.

"Holiday Toy Extravaganza

As usual, it's sort of hard to think about the holidays when it's 95 degrees, but the time has come to mark your calendars for the annual Holiday Celebration & Toy Extravaganza.



For those who have never attended, this free event is sponsored by WarmLine and United Cerebral Palsy (UCP) and

provides families the opportunity to get together with old (and new) friends, chat with Santa and enjoy refreshments. Everyone is also invited to visit UCP's toy lending library, The Toy Box.

The Toy Box, which is available to any child with a developmental or physical delay (and professionals), offers more than 4,000 toys & adaptive equipment available for "loan", including:

- Toys and switches adapted for children with physical disabilities,
- Manipulatives,
- Musical instruments,
- Fine and gross motor equipment
- And much, much more!

Please plan to join us on Saturday, December 8, 2007 from 10:00-2:00 pm at UCP's Toy Box, 201 Lathrop Way, Suite I, Sacramento. To RSVP (or volunteer), please call WarmLine at 916-922-9276 or email warmline@warmlinefrc.org.



Placer WarmLine Activities

420 Folsom Rd., Suite D, Roseville, CA., 95678 / 916-782-7147

placerwl@warmlinefrc.org



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

Date	Time	Event
Aug. 30	7:00 pm	Respite Care for Families: A panel discussion with representatives of United Cerebral Palsy (UCP), Maxim Health-care Services, My Friends Pediatric Day Healthcare Ctr., & Alta's Early Start Program who will discuss the different types of respite care, their role in respite care and how families can access services. Call 916-782-7147 to RSVP.
Sept. 7 & 8	Fri: 6:00-9:00 pm/ Sat: 9:00 am – 4:00 pm	Special Education: Claudia Lowe, Attorney and Special Education Needs Consultant. Claudia will focus on goals, assistive technology, and 1:1 aide. Workshops are from 6-9 pm on Friday and Saturday from 9 am– 4 pm with a “working lunch” provided. Participants are requested to bring school records. Call 916-782-7147 to RSVP. September’s training is part 2 of Claudia’s series. Part 3 will be presented November 2 and 3.
Sept. 19, Nov. 14, Feb. 20, Apr. 16	6:30-8:30 pm	IEP Training: 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.
Sept. 24	7 pm	Supporting Healthy Relationships: Helen Worster, MFC will provide strategies in supporting marriages and relationships during times of chronic and acute stress. RSVP is required, call 916-782-7147.
Oct. 18	7:00-8:30 pm	Understanding Feeding Issues: Join Kinzie Murphy, SLP, from Easter Seals to learn techniques for managing feeding issues and how to support the development of oral-motor skills in young children. Call 916-782-7147 to RSVP.
Oct. 18, Dec. 20	7:45-9:00 pm	“Sibling Support” For siblings age 14 –22 of children with special needs. Join other siblings for free pizza at Round Table at 8755 Sierra College Blvd, Granite Bay for talk, mutual support...and fun! Call 922-9276 or 782-7147 to RSVP
Oct. 29	6:30-8:30 pm	Understanding the Role of SELPA: Tom Neary, Program Specialist with Placer County Office of Education will help parents understand the function of the Special Education Local Plan Area and what SELPA has to offer families.
Nov. 2 & 3	Fri: 6:00-9:00 pm/ Sat: 9:00 am – 4:00 pm	Special Education: Claudia Lowe, Attorney and Special Education Needs Consultant. This workshop will cover transition planning and behavior plans. Workshops are from 6-9 pm on Friday and Saturday from 9 am– 4 pm with a “working lunch” provided. Participants are requested to bring school records. Call 916-782-7147 to RSVP. November’s training is part 3 of Claudia’s series. Part 2 will be presented Sept. 7 & 8.
Nov. 8	6:30-8:30 pm	Building Relationships: Learn communication strategies for childcare providers and early childhood educators to use when working with families of children with special needs, including ways of talking with families about sensitive topics while supporting inclusive childcare environments. At Placer Co. Office of Ed. Annex, 360 Nevada St. Auburn. Call 916-782-7147 to register.
Nov. 29	7 pm	Dealing with Holiday Stress: Helen Worster, MFC will discuss techniques to manage holiday stress during the holiday season. RSVP is required, call 916-782-7147.
2nd Mon. of Month	7:00-8:30pm	Special Families Support Group: 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. We will NOT meet in November, due to Veteran’s Day.
Tuesdays	9:00-10:30 am	IFSP, Transition, IEP Training: 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	Moms’ Night Out: This on-going group of moms meets monthly to offer support, laughter and encouragement over good food. For the months of September through December, 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	Traiblazers 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.
3rd Tues. of month	7:00-8:30 pm	Autism Parent Support Group: 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.
1st & 3rd Wed. of month	7:00-8:30 pm	IFSP, Transition, IEP Training: Learn about the special education process and guidelines. We will discuss how to work more effectively with your school district to obtain services that your child needs. RSVP is required, call 916-782-7147.



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): Monthly. Call Laurie @ 530-613-6556

(Autism) & Asperger's Syndrome: Monthly. Call Laurie @ 530-265-4154 or Amy @ 530-470-0980.

(Children's) Collaborative of Tahoe-Truckee: 1st Thurs. of mo. @ 9:30 am. Call 530-587-8322.

(Down Syndrome): 1st Mon. of mo., 3-5 pm @ 10875 Sunrise Hts, Grass Vly. 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 or Jana @ 916-390-3730

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

Placer

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

(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

(Deaf / Hearing Loss): Placer WarmLine @ 916-782-7147

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

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

(Down Syndrome): Meets monthly. Call Heather at 916-532-

4773 or email: heather@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 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 Marcie at 916-645-9835 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 916-552-1557. (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. Monthly from 5:30-8:00. 916-733-1782 or callasc@sutterhealth.org

(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).

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

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

(Deaf / Hearing Loss) Placer WarmLine @ 916-782-7147

(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. Every Wed., 12:00-1:30. Lunch and childcare provided. Call Pearl @ 916-392-6466

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

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

(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

(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.

(Sensory Integration) Grp for children 5 & under. Tuesdays 9-11 am. Call Kara at 916-332-6401

(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) Sac. City Unified Sch. Dist. Community Advisory Council (CAC): Committee of parents and educators. Meets monthly. 916-643-2111.

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

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

(Special Needs) Folsom-Cordova Resource & Support Grp. Mts. monthly. Call Zoann @ 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

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

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

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

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

Supported Life Conference & Inclusion Celebration

Supported Life Institute's Annual Conference, "Create Positive Change through Shared Action" will be held October 4-5 at the DoubleTree Hotel in Sacramento. Topics will include Augmentative Communication, Employment, Family Support, Special Education and much more. For a complete schedule and registration information, go to www.supportedlife.org or call 916-567-1974.

On Wednesday, October 3, Supported Life Institute will honor eight people who have been chosen as outstanding role models making a difference for individuals who strive to belong to inclusive communities. The 14th Annual Inclusion Celebration Dessert Social will be held at the DoubleTree Hotel at 2001 Point West Way in Sacramento. Registration is \$40 per person, which includes some of the most amazing desserts you've ever eaten and an upbeat evening shared with other people committed to inclusive communities for children and adults with special needs.

Dear Friends of the WarmLine,

Many thanks to everyone who made this year's golf tournament a great success! As in the previous three years, we were blessed by beautiful weather on "our" day – it was picture perfect. Shannon Hoyt and the rest of the staff at Whitney Oaks Golf Club made WarmLine staff, volunteers and golfers feel welcome and supported. We had a field of golfers who enjoyed themselves enormously, many of whom who said that they look forward all year to participating in this, WarmLine's only fundraising activity and that they already plan to participate in 2008. Again this year, we had a dedicated group of staff and volunteers who worked hard to make sure that the players had a great day of golf and an all around good time. We had many terrific raffle prizes that were donated by businesses and individuals who wanted to help generate money to support the work of the WarmLine.



With the registrations from golfers, donations, and money raised through raffle prizes, WarmLine raised \$22,300 which will be used primarily to support families of children with special needs over 5 years old.

The event was a success not only as a fundraiser, but also as a "friendraiser". Outreach for the golf tournament increases the awareness to the community of the mission of WarmLine which is to support families and professionals who are involved with children with special health care and developmental needs and our commitment to helping families. At WarmLine we know that supporting families of children with special needs also makes them stronger members of the community – something that is good for us all!

Thanks again to all the golfers, supporters and volunteers. We hope to see you (and your friends) on Friday, April 25, 2008 for the *Fifth Annual WarmLine Family Resource Center Golf Tournament!*

WarmLine Family Resource Center is grateful to the following players and sponsors of the Fourth Annual Golf Tournament at Whitney Oaks Golf Club:

Players & Individual Sponsors

Joe Alves	Donis Eichhorn	Patricia Kelly
Richard Andaya	Kelie Kitel	Darrell Kenworthy
Ben Androvich	Dana Eagen	Jennifer Kimsey
Bob Androvich	Todd Ellis	Joanne Kraenzel
Joe Androvich	Andy & Dana Faletti	Deborah Kwan
Teresa Androvich	Tim & Teri Fries	Peter Lee
Richard & Anne-Marie Arrow	Kelley Garrett	Phill Luza
Cindy Arstein-Kerlake	Mike Gee	Wayne Mains
Chris Barlow	Lewis Gray	Brett Marshall
Anne & Paul Bartkiewicz	Adham Green	Kale Myers
Jim Bellotti	Alison Greenwood	Justin McCoy
Kara Bellesa	Jim Giffin	Mike Meade
Robin Bent	Steve Grippi	Maxine Mehner
Will Brandon	Ed Hale	Meghan Mikitka
Cindy Burris	Janice & Raymond Hampson	Michael & Cathy Mikitka
Dan Calabrese	Filip Handl	Al Millan
Daniel Cerecedas	Josh Holch	John Moore
Anker Christensen	Audrina Holl	Tim Morton
Donn Cox	Matt Holm	Donna Nance
Gretchen Cypin	Judy Holsinger	Dave & Marianne Perez
Glen Dailey	Mary Holton	Renee Perry
Brett Davison	Barbara & Sam Hom	Karen Phipps
Betty Di Regolo	Cynthia Hunt	Jane Plocher
Don Devincinzi	Tyler Hunt	Aaron Porter
Shirley Dodge	Jim & Dee Huyck	Andrew Pugno
	Dave Jackson	Mike Rich
	Zenaida Kamine	Julia Richardson

Rollin Riddle
 Jason Ross
 Alva Ross
 Kay Ryan
 Mike Scarr
 Scott Shane
 Heath Sheppard
 Logan Sheppard
 Jane Siebers
 Clayton Smith
 Phil Smyth
 John Stafford
 Darla Sullivan
 Robin & Jacqueline Swift
 Dorothy Trevethick
 Janice Van Gutman
 Greg Van Koersel
 Ann Vollaro
 Ryan Wagner
 Liz Walker
 Jaclyn White
 Phillip Williams
 Sheila Wolfe
 Joanna Wojnowska
 Charlene Yamanda

Business Sponsors

Adventure Zone
 Autism Group, Inc., Amy Olts
 Barry Paulson's
 Boat Center
 Bel Air Market, Gold River
 Bradley House
 Bed & Breakfast
 Cache Creek Casino Resort
 Callen Pools

Capitol Autism Services
 Carl's Jr.
 Coca Cola
 Bottlers Foundation
 Crocker Art Museum
 Down Syndrome
 Information Alliance
 El Macero County Club
 Elk Grove Montessori
 Gold River Bunko Group
 Golfand Sunsplash
 Granite Bay Karate
 Healthy Habits Studio
 Interactive Golf & Fundrasining
 Jolie Femme, Kara Belleza
 Khakis
 Kronick, Moskovitz,
 Tiedemann & Girard,
 Attorneys at Law
 Learning Arts
 Land Park Academy
 Mechanics Bank
 Mimis Café
 My Friends Pediatric Day
 HealthCare Center
 Outback Steakhouse
 Ray Morgan Co.
 River City Rowing Club
 River City Bank
 Riverheart Massage
 Therapy, Liana Sylvester
 Sacramento Supercuts
 Small Business Systems
 Supported Life Institute
 Whitney Oaks Golf Club

Volunteers

Cindy Arstein-Kerslake
 Teresa Androvich
 Anne Bartkiewicz
 Gretchin Cypin
 Cathy Mikitka
 Dorothy Trevethick
 Susie Stroud
 Jane Siebers

WarmLine Staff

Anne-Marie Arrow
 Alison Burt
 Candace Capron
 Courtney Handl
 Laura Sullivan
 Al Millan
 Raymond Hampson
 Laura Soto
 Tracey Benedict
 Cid Van Koersel

Together we are better...
 Many thanks to:



Rebecca Burchett
 Justin E. Lee
 Michael L. Lorilla
 P.A. McGuire.
 Steve Olds
 John Skinner
 Martin & Jessica Tanihana
 Independent Benefit Supporters, Inc.
 Granite Bay Moms Club

Healthcare Procedures in Childcare Settings

With increasing numbers of children with special healthcare needs using licensed childcare, it is important for parents to understand that a provider's license may limit the types of (medical) care that can be provided.

*Currently allowed procedures with NO licensing exception necessary through Community Care Licensing (CCL):



- ~Administration of prescription medication,
- ~Inhaled medication, i.e., breathing treatments,
- ~Epi-Pen or Epi-Pen Jr. for treatment of anaphylaxis.

*Procedures allowed with no exception necessary but notification of CCL required:

- ~Emptying ileostomy bags,
- ~Gastrostomy tube (G-Tube) care, including feeding,
- ~Blood-glucose testing or monitoring (finger-stick or finger prick).

*Procedures allowed but requiring an exception from CCL:

- ~Administration of glucagon and the use of an insulin pump.
- *Procedures not permitted (at this time):
- ~Administration of crushed medications through a G-tube .
- *Feeding a child through a nasogastric or nasenteric tube is not allowed under any circumstances.

See "Childcare", page 10.

Project Lifesaver in Roseville

As parents, we worry endlessly about our children's safety. Never is this more the case, however, than when we have a child with special needs who is prone to wandering or who is nonverbal. The City of Roseville has begun a program that will ease that worry and help keep our children safer.

The Roseville Police Department now participates in Project Lifesaver which is part of an international, nonprofit group (www.projectlifesaver.org). Parents or caregivers of children (or adults) with conditions such as autism, "or other conditions that make them likely to wander away from caregivers, or to have difficulty communicating with rescuers", can have their loved one fitted for a Project Lifesaver bracelet or anklet.

This small device emits a low frequency signal that police officers can use to track a person who has wandered away. People who would like take part in the program must meet some basic requirements such as:

- Live within the city limits of Roseville,
- Be diagnosed by a physician as having Alzheimer's disease, other dementia disorders, autism, Down's syndrome, or similar disorders,
- Be known to wander away from caretakers,
- In addition, caretakers must be willing to check the battery daily, maintain a monthly log sheet provided by the Project Lifesaver team, and notify the police department if there are any equipment problems.

For more information on the program in Roseville, call (916) 746-1077 or email the team at projectlifesaver@roseville.ca.us

Similar programs have been started by other police departments in the Sacramento area. For more information, call the non-emergency number at your local police or sheriff's department and ask if they have a program for locating in individual who might wander from home and not/or be able to communicate their address or phone number.

Another option for helping a loved one to return home safely is to provide a MedicAlert® bracelet that provides your contact information. MedicAlert® staff can help you with wording and what information should be made available. Call 888-633-4298 or www.medicalert.org for more information.

Alta "U"

Alta California Regional Center (ACRC) has started an ambitious training program for new employees. Beginning on the first day of each month a new

group will start an intensive ten day course which will cover both Alta services and community resources.

The first group of trainees started in July and WarmLine was the one of the field trip stops that the class took. We talked to the new hires about the resources and support we give families and some of the issues that families face when they have a child with special needs.

Alta is experiencing tremendous growth and will continue the recruiting process to fill vacant and growth positions. WarmLine supports the efforts of ACRC in the training of their new staff and looks forward to being a regular training stop in their 10-day ALTA "U" training program.

Getting Support for Teenage Siblings

My name is Alisha Hampson, I'm 21 years old and my brother, who is 17 has autism and epilepsy. When I was younger, I felt alone because there was no support group for my age group. There were groups for parents and younger kids, but nothing for teens and young adults- which is why I started a group for siblings, age 14-22 who have a brother or sister with special needs. We call our group Teenz.

Teenz meets every other month (usually the third Thursday) at the Round Table Pizza on Sierra College Blvd. and Douglas Blvd. in Granite Bay from 7:45-9:00 pm. We eat (free!) pizza, drink soda, laugh and talk about topics that no one but us seems to understand. Our next two meetings will be held on October 18 and December 20. RSVP to WarmLine at 916-922-9276 or 916-782-7147. Hope to see you there!

Childcare", continued from page 9

* According to the CCL, "certain specific medical procedures can only be rendered by the child him or herself, by a parent or duly authorized representative". These procedures are:

- ~Suctioning,
- ~Oxygen therapy,
- ~Wound irrigation,
- ~Drainage and sterile dressing,
- ~Cauterization,
- ~Catheter care.

For any procedure not listed in this article, the parent or childcare provider should contact Community Care Licensing at 916-875-2808 to determine if the care can be provided by granting an exception.

For more information, see the Child Care Law Center publication "Can I Provide This Type of Health Procedure in Licensed Child Care?" or contact CCLC at 415-394-7144.

*As parents,
we worry
endlessly
about our
children's
safety.*



SPECIAL KIDS FAMILY PICNIC

Saturday, September 22, 2007

from 11:00 am – 2:30 pm

Fairytale Town in William Land Park

1501 Sutterville Rd., Sacramento

Call 916-264-5233 for recorded directions

Who's Invited:

Children with special needs and their families from Sacramento and surrounding areas.

What It Is:

A day of fun, food, music, prizes and games brought to you by the Active 20-30 Club #1 of Sacramento, Fairytale Town, and many other sponsors.

Clip and Send to reserve your spot:

T-shirts will be provided for the child(ren) with special needs AND siblings 12 years old and under!

Parent / Guardian Name: _____

Phone: Day: _____ Evening: _____

Child with special needs Name: _____ Age: _____ T-Shirt Size: _____

Child with special needs Name: _____ Age: _____ T-Shirt Size: _____

Child with special needs Name: _____ Age: _____ T-Shirt Size: _____

Sibling Age: _____ T-Shirt Size: _____; Sibling Age: _____ T-Shirt Size: _____

Sibling Age: _____ T-Shirt Size: _____; Sibling Age: _____ T-Shirt Size: _____

How many will be attending? Kids (0-12 years): _____ Adults: _____ (over 12 years)

"We understand that photos/video will be taken at the event and consent to allow Active 20-30 #1 to use these images of our child(ren) and family to be used in their promotional material(s) and website."

Parent/Guardian Signature: _____

Mail to : WarmLine Family Resource Center

2035 Hurley Way #250, Sacramento, CA. 95825

Or Fax to: 916-922-9341 – *No email registrations, please*

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

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

"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

* 420 Folsom Rd., Ste D
Roseville, CA 95678
916-782-7147

Summer 2007



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.