



# NETWORKER

## WarmLine Family Resource Center

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)  
420 Folsom Rd., Ste. D, Roseville, CA, 95678 \* 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

Volume 15, No. 3

"The WarmLine Networker Newsletter"

Fall / Winter 2005



*This is the time of year when we turn to family, friends, and faith ...when we join hands, hearts and voices and as joy shines bright for some, sadness runs deep for others.*

*On behalf of the WarmLine*

*Family Resource Center, we offer our thanks and appreciation for those who have contributed so much to make us stronger and better able to help others. Many parents have shared their experience and wisdom, along with uncertain faith wrapped up in the tender hope that the world will get better, that peace will come in some small way to each of us and those we love. We know that we do the best we can and that our children are the future for whom we light the way. Wherever your light may shine, whatever path you follow, in whichever way you seek your peace, we hope you are warm and safe with those you love during this holiday season.*

### Managing Stress During the Holidays

The holidays can be stressful for all families, but for families of children with special needs, the holidays sometimes become more challenging as we try to balance all of the "usual" holiday stress with the need to accommodate children who sometimes have difficulty with excitement and erratic schedules. Below are some suggestions for making the season easier for our children with special needs...and us as parents!

As a parent you might want to try the following in order to make the holidays easier for your child with special needs:

- Try to keep to your child's regular schedule and educate family and friend about your child's needs so they can do the same.
- Use a calendar to help your child anticipate special events, as well as changes in routine.
- Add structure to an unstructured event by using visualization before the event to help your child understand what will happen and who will be there.
- Review and practice the social skills that your child will need for the holiday event.
- Provide your child with a way of communicating when he or she needs a break and provide a quiet place for this purpose.
- Supply a few of your child's favorite comfort objects and sensory supports for travel and break times.

- Prepare some of your child's favorite foods to supplement holiday meals both at home and at family gatherings
- Give your child a special role or responsibility for the holiday event, and/or incorporate some of his or her favorite activities into the festivities.
- Use care regarding the impact of the sights, sounds and smells that might be stressful for your child, and be proactive in providing support to decrease their effects.

*(Jennifer Twachtman-Reilly & Patricia Zebrowski)*

Some tips to help reduce holiday stress for parents and the rest of the family may include:

- Keep expectations for the holiday manageable.
- Organize your time and be realistic about what activities might be "too much".
- Make time for yourself.
- Let go of the past and be open to new experiences.
- Create new rituals and ways to celebrate with family or friends.
- Do something for someone else such as volunteering to help others.
- Maintain a healthy diet and exercise routine.
- Spend time with people who care about you.
- Make time to practice your usual stress management techniques.

### Holiday Celebration & Toy Extravaganza

Join Santa, the staff of United Cerebral Palsy and the WarmLine for the *8th Annual* Holiday Celebration & Toy Extravaganza at UCP's Toy Box (a toy lending library). Bring the whole family for this FREE event on Saturday, December 10, 2005 at the Toy Box at 201 Lathrop Way, Suite I, Sacramento. There will be fun for the children, refreshments, and low key pictures with Santa. Try many toys and adaptive communication ideas for children of all abilities. Learn about holiday traditions of other countries and cultures. For more information and to RSVP, please contact the WarmLine at 916-922-9276.



*In this issue...Holiday Toy Extravaganza, IEP Clinics, Sibling Support Event, Workshops & Support Group Meetings.*

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

For those of you joining us for the first time...the WarmLine Family Resource Center is a place for families to turn when they discover that their child has a special need or disability. 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 the WarmLine for assistance. For those outside the Sacramento area, we have a toll free phone number, or you can access our services at [www.warmlinefrc.org](http://www.warmlinefrc.org) or email us at [warmline@warmlinefrc.org](mailto:warmline@warmlinefrc.org). 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.

*Diane at YCCC: 530-757-5695 x 7358; Solveig at YFRC: 530-406-7221 & Lori in Yolo County: Anne-Marie, Alison, Candace, Jessi in Placer County: 916-782-7147; Mary in El Dorado County: Laurie in Nevada County; Nancy in South Lake Tahoe; Laura, Cid, Tracey, Raymond and Al in Sacramento County*



### NorCal Kids Bowling

NorCal Kids offers bowling every Thursday from 4:00-6:00 pm at Rocklin bow, 2535 Sierra Meadows Dr. The cost is \$4.00 per child (for shoes and two games). For more information, email [nor\\_cal\\_kids\\_club@yahoo.com](mailto:nor_cal_kids_club@yahoo.com)

### Thanks-a-Bunch, "TRICKS"!

The WarmLine Family Resource Center would like to give the gymnasts, dancers and parents a big, warm "ThankYou" for your pennies, loose change and other donations. Your generosity resulted in a donation of over \$960.00! Wow, that shows that every penny *does* count!

During this past summer, TRICKS gave each student two pennies at each class they attended. The students were asked to keep all their pennies in a pouch to either keep for themselves or to bring back at the end of summer to donate to the WarmLine. TRICKS used this opportunity to teach the importance of sharing (and saving!). As each student brought back their pennies to share they were given a hug, round of applause and a blue ribbon for their efforts.



Thanks to Kim Heuvelhorst for nominating the WarmLine as the TRICKS pennies charity and to co-managers of the Granite Bay TRICKS, Jen and Tami for their support of the WarmLine. For more information about TRICKS, call 916-791-4496.

### Nevada County Sibling Support



"Day for Siblings", a special event for siblings of children with special needs, was such a success last spring, that there is another one planned for Saturday, January 28 from 9:30-11:30 at the Nevada County Superintendent of Schools conference room. It will be facilitated by Judith Hill- Weld, Licensed Marriage & Family Therapist and Laurie Des Jardins, WarmLine Family Resource Center Nevada County's Community Resource Parent. The event will provide siblings the opportunity for friendship and support, lots of laughs and an opportunity to talk with other siblings of children with special needs.

Also - please plan to join a group of parents who have children with special needs for monthly support meetings from 9:30-11:00 am at Sierra Nevada Children's Services. IEP and Early Start trainings are also available by appointment. Please call Laurie at 530-613-6556 if you or your child would like to participate in future sibling events or if you would like more information about trainings or support group activities.

### You Know You Have A Child With Special Needs When:

- You teach your child HOW to pull things out of the cupboard, off the bookcases and that feeding the dog from the table is fun.
- Everything is an educational opportunity instead of just plain old fun.
- You cheer when your child blows bubble in his or her juice (that's speech therapy), smears ketchup all over the high chair (that's OT), or throws toys (that's PT)!
- You can teach your family doctor a thing or two about your child's diagnosis.
- You feel you've forgotten something when on the few days you don't have some sort of appointment somewhere.
- When potty training is complete, you take out a full page public notice in the newspaper!
- You phone all of your friends when your child sits up for the first time at age two.
- With a big smile on your face, you tell a stranger that your four year old just started walking last week.
- You have a new belief that angels live with us on earth.
- You don't take a new day for granted.

*Borrowed from Mothers From Hell, Brimstone Bulletin, (Spring 2003)*

## Quality Child Care

Quality Child Care is not a dream for your child with "special needs" - it is a reality. The Americans with Disabilities Act (ADA) prohibits discrimination by child care centers and family child care providers against children with disabilities.

Quality Child Care includes all children in a positive setting that will enrich the lives of each child. Your child with a disability has the right to be included in a program that will not only enrich his or her life, but will also enrich the lives of other children. Every child deserves to feel that he or she truly belongs with peers!

The WarmLine wants to help make Quality Child Care achievable for you and your family. In partnership with the Sacramento County Quality Child Care Collaborative, the WarmLine is offering monthly workshops on choosing and maintaining a Quality Child Care setting for your child. If you are interested in attending a workshop or want to learn more, please call the WarmLine at 916-922-9276 or 800-660-7995.

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

"Four Letter Words"



I have four four-letter words that drive me crazy. They are simple words that most fathers with typically developing children take for granted. They are: *work, plan, golf and hope*. Let me try to explain.

"Work": Most men work to support their families. In addition to the usual day to day stresses of work, men who have children with special needs have additional worries.

They worry about being allowed to take time off to accompany their child to the numerous medical appointments he or she might have scheduled, or be there for developmental and educational meetings such as IFSPs and IEPs. Some men even worry about losing their jobs if they take too much time off for a child who requires a great deal of care due to illness or behavioral issues. Balancing work and the extra time that a child with special needs requires is like walking a tight rope and I salute all the dads who do it on a daily basis.

"Plan": I *had* a plan about what I wanted to do with my life. I *had* a plan about how I would raise my child. My plan *did not* include dealing with a child with special needs, special education services, insurance companies, or multiple doctors. The "I have a plan" turned into "What needs to be done right now".

I must now plan in order to do simple tasks like mowing the yard, washing the car or running errands around my child's immediate needs. Working on the car, painting the house or doing home improvements now require a major effort in energy and strategic planning.

"Golf": I can remember when I could score in the low 80's - now, I can't even *find* my golf clubs! I no longer have the time to play a five hour round on the weekends let alone the time to hit golf balls at the driving range. What use to be a great mentally challenging game is now just a memory.

"Hope": Hope is what allows me to get up in the mornings. Hope is for the cure. Hope is for the miracle. Hope is that today will be a better day than yesterday. Hope is the one thing that gets me through the bad days. Without hope, my situation is just too big for me to deal with. Hope is sometimes the only thing to hold on to. Anyone who does not share in my hope for tomorrow is someone I do not need to be around. Hope keeps me thinking positively.

What four-letter words drive you crazy? I invite you to come and share your words with us at our next Trail Blazer (Dad's meeting) on the last Tuesday of the month at Borders Books, 2030 Douglas Blvd, Roseville at 7pm.

*Raymond Hampson is the proud father of Alisha who is 19 years old and Ricky, who has autism and who is 15. Raymond works for the WarmLine as a Family Resource Specialist and is active in the Trail Blazer Fathers' Support Group. You can reach Raymond at the WarmLine at 916-922-9276/800-660-7995*

## Wash Your Hands To Stay Healthy

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

The winter season is here and colds and flu won't be far away! You can greatly reduce the chance of having the people in your family getting sick if you wash your hands regularly.

Do you know when to wash your hands? You should wash your hands *before* you prepare or eat food, treat a wound or tend to someone who is sick and insert or remove contact lenses. You should wash your hands *after* you go to the bathroom, handle uncooked foods, change a diaper, blow your nose, cough or sneeze (to avoid spreading germs, cough or sneeze into your elbow, not your hand), play with or touch a pet, handle garbage, tend to someone who is sick or injured.

How to wash your hands:

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

In addition to regular hand washing with soap and water, the CDC recommends the use of alcohol hand rubs because they reduce the number of germs on the hands, are convenient and fast acting. To avoid getting sick, wash your hands frequently, and keep them away from your face. The eyes, nose and mouth are the places where germs enter the body!





## SUPPORT GROUPS

### **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 @ 530-672-2024

**(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 530-295-2383

**(Special Education)** Parents/guardians of students with special needs. 1st Thurs. @ 6:30. email: ourorhskids@yahoo.com .

**(Special Education) Community Advisory Committee:** Monthly, 4-5 pm during the school year at the El Dorado Co. Office of Ed., 6767 Grn. Vly Rd., Placerville. Call 530-622-7130 ext. 236.

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

**(Special Needs) Fathers** w/ children receiving special ed./504 services. 3rd Thursday 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.

**(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) :** Families of children w/ special needs. @ Sierra Nevada Children's Center. Call Laurie @ 530-613-6556.

**(Special Needs) FREED:** Resources for people w/ disabilities in Grass Valley. 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 School District. 2nd Thurs., 6:30-8:30. Call 784-3859.

**(Bipolar/Mood Disorder):** Parents of children w/ bipolar/mood disorder. Call Tricia @ 916-774-9414.

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

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

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

**(Down Syndrome)** Placer WarmLine @ 916-782-7147

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

**(Men) Trailblazers Fathers' Forum:** Last Tues. of mo., 7-9 pm @ Borders Books, 2030 Douglas Blvd., Roseville. 916-782-7147.

**(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

### **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)** 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).

**(Burn) Recovery** 3rd Wed. of mo. Call 916-453-2098.

**(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 916-423-2256 or sandrasuitor@comcast.net

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

**(Down Syndrome)** Down Syndrome Information Alliance. 3rd Tues. of mo., 7-9 pm. 916-658-1686

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

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

**(Grandparents)** Grandparents raising grandchildren. 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. 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

**(Klinefelter Syndrome)** 916-773-2999.

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

**(Learning Disabilities)** Families of those with non-verbal learning disabilities. Call Sandy @ 916-492-7240.

**(Men) Trailblazers Fathers' Forum:** Last Tues. of mo., 7-9 pm @ Borders Books, 2030 Douglas Blvd., Roseville. 916-922-9276 / 800-660-7995.

**(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 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. Tues. 9-11. Call Kara at 916-332-6401

**(Spanish) Apoyo de Padres Para Padres del Area del Norte:** All Spanish speaking grp. Call Soraya @ 916-332-4718

**(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) 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. Selva Community Advisory Council (CAC):** A committee of parents and educators. 916-228-2446.

**(Special Needs) Communicative Handicapped:** Parents/guardians of children w/ special needs in the San Juan School District. 2nd Mon, 6:30 pm Charlie @ 916-966-9075 or Sharon @ 916-989-0112.

**(Spina Bifida) Assn. of Sac. Vly:** Call 916-492-7914.

**(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

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

**(Women) Our Time Out:** Women involved in the lives of children w/ special needs. Sacramento grp. 3rd Thurs. of mo., Folsom grp. 2nd Wed. of mo. 916-989-9710.

## **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 Robin @ rdd1122@aol.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.

WarmLine Family Resource Center

**(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.

**(Siblings)** Children w/ siblings w/ special needs. Call Jan @ 916-371-9561.

**(Spanish)** "Latin Fathers' Support Grp". Tues., 6-8 pm @ Yolo Family Resource Ctr. Call 530-406-7221. Childcare provided.

**(Special Education) SEAC** (Special Education Advisory Committee): 1st Wed. of mo., 7:30 pm @ Yolo Co. Office of Ed., Woodland. 530-668-3786

**(Special Education) Woodland Special Education Links:** Parents of children in K-12 special ed. in Woodland Joint Unified Sch. Dist. @ 626 Cottonwood St., Woodland. Call Sue @ 530-666-0246

**(Special Needs) SKIES Parent's Grp.** Meets monthly in Davis. Call Diane @ 530-758-8978 or Joan @ 530-758-8587

**(Special Needs)** Parent support group. 4th Fri. of mo. @ 10:00 am. Call Bryte Elementary School 1st Steps Program @ 916-371-9561.

**(Special Needs)** Families of children w/ special needs. Every Mon. @ 6-7 pm @ Yolo Family Resource Ctr. Call 530-406-7221. Childcare provided.

**(Twins)** Parents of twins. Call Melinda @ 530-759-8673 or Valerie @ 530-297-6400.

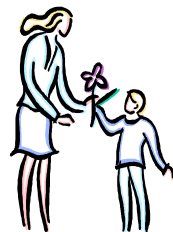
---

## Websites of the Month

*SchwabLearning.org* is a parent's guide to helping kids with learning difficulties be successful in school and life and provides useful information and practical strategies for parents of children in kindergarten through high school. (Also available in Spanish) [www.schwablearning.org](http://www.schwablearning.org) (Phone: 650-655-2410)

*National Information Center for Children and Youth with Disabilities (NICHCY)* is the national information and referral center that provides information on disabilities and disability related issues (including special education) for families, educators and other professionals, focusing on children and youth (birth to age 22 years.) (Also available in Spanish) [www.nichcy.org](http://www.nichcy.org) (Phone: 800-695-0285)

Do you have a favorite disability related website? We'd love to hear about it. Please call Cid at the WarmLine or email [cid@warmlinefrc.org](mailto:cid@warmlinefrc.org)



"Perhaps the most important thing we give each other is our attention. And especially if it is given from the heart. When people are talking, there's no need to do anything but receive them...just take them in. Listen to what they're saying. Care about it. More times caring about it is even more important than understanding it."

Rachel Naomi Remen, MD

**Networker Is Online!**

The WarmLine's Networker newsletter is available on our website at [www.warmlinefrc.org](http://www.warmlinefrc.org). (And it's in color!) If you would prefer to read it there, please let us know and we will remove you from the mailing list.

**CCS "Therapy Transitions"**

California Children's Services (CCS) has a Medical Therapy Program (MTP) that provides physical and/or occupational therapy to children who qualify. The MTP provides several different types of therapy services, which can sometimes be confusing to parents. The types of services are:



**Evaluation:**

- Initial evaluation to establish the level of services needed
- Ongoing evaluation to assess the child's response to treatment
- Evaluation of equipment need
- Assess treatment and modify as needed

**Active Therapy:**

- Scheduled weekly visits with the therapist
- Treatment to improve mobility (crawling, walking)
- Treatment to increase Activities of Daily Living, (ADLs) (i.e., dressing, feeding, brushing teeth, play skills)
- Home exercises/activities monitored on a regular basis

Receiving active therapy means that the child is making a measurable change about every six months. If measurable changes level off, your child's therapist will talk with you about transitioning to a different level of therapy services.

When children transition to a different level of service, they have NOT left the program. Therapists are still available for consultation and evaluation and remain an integral part of your child's team.

**Monitoring:**

- Follows period of active therapy
- Scheduled visits on a monthly basis
- Monitor for home exercise program
- Assess equipment needs
- Provide consultation to family, teachers, and other community providers

**Consultation:**

- Services are determined by family need
- Offer advice and help with equipment and physical barrier issues
- Parent/teacher can ask for consult as need arises
- Therapist checks in with family periodically

**Together We Are Better...Thank You!**



We thank the many friends who have supported the WarmLine with their contributions: Tricks Gymnastic Center, the family of Denise and Andrew Welton, Placer County First Five, Placer County Office of Education Infant Development Program.

**Do You Have Questions About Your Child's IEP?**

Whether your child is turning 3 years old and just beginning to get special education services, or 15 years old and you have struggled for years with questions about special education services, we can help! The WarmLine and Area Board 3 will offer a series of workshops to help you better understand the IEP process. Each will be conducted by an advocate from Area Board 3 from 6:30—8:30 pm and will alternate between the WarmLine's Roseville and Sacramento offices.

Roseville  
January 11, 2006  
March 15, 2006  
May 17, 2006

Sacramento  
February 15, 2006  
April 19, 2006



Space is limited, so please register early!  
Roseville: 916-782-7147;  
Sacramento: 916-922-9276 / 800-660-7995.

\_\_\_\_\_ 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  
 \_\_\_\_\_ I would like to be contacted by one of your staff  
 \_\_\_\_\_ I would like to volunteer for office support  
 \_\_\_\_\_ Please accept my donation to support the WarmLine

\_\_\_\_\_ I would like to be trained as a Peer Parent Volunteer  
 \_\_\_\_\_ I would like to volunteer for special events  
 \_\_\_\_\_ I would like to volunteer for outreach activities  
 \_\_\_\_\_ Please remove my name from your mailing list

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 The WarmLine is a 501©(3) nonprofit organization

## United Way



Fall is United Way designation time.

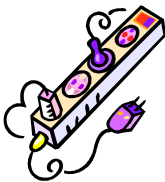
Your donations to the WarmLine through your employer provide funds to assist families to find services for their children with disabilities and get support from other parents who have "been there". The WarmLine provides resources and support to families of children with special needs in Sacramento, Placer, Yolo, El Dorado, Nevada and Alpine counties.

You can help us continue to support families by designating your United Way donation to go directly to the WarmLine FRC. WarmLine's United Way campaign number is **11286**.

Thanks for your donation through the United Way. Your donation *does* make a difference!

## Medical Equipment Discount rate

If a full-time resident of your household requires an electrically powered device for medical reasons, SMUD's Medical Equipment Discount (MED) Rate can save you more than 30 percent on your electric bill every month.



A medical equipment device, for purposes of MED Rate, is defined as any medical device requiring electricity for its operation that is regularly required to sustain the life of a full-time resident in the home.

Qualifying medical equipment devices include, but are not limited to, respirators, hemodialysis machines, suction machines, electric nerve stimulators, pressure pads and pumps, ultrasonic nebulizers, compressors, and motorized wheelchairs.

The term also includes air conditioning or electric heat for customers on an electric space heat rate, for paraplegic, hemiplegic, or quadriplegic and multiple sclerosis patients.

To qualify for the MED Rate, you must provide certification by a physician or osteopath that a full-time resident in your home is: dependent on a medical equipment device used in your home; or paraplegic, hemiplegic or quadriplegic, or a multiple sclerosis patient with special electric space-heating needs or air conditioning needs. Medical conditions other than paraplegia, hemiplegia, quadriplegia or multiple sclerosis may also qualify for this rate.

You can get the MED rate application on the SMUD website at [www.smud.org/residential/services/med\\_rate.html](http://www.smud.org/residential/services/med_rate.html) or call 888-742-7683.

*"I'm proud of (my child) with special needs...I'm proud of ALL children with special needs."*

*From After the Tears by Robin Simons*

WarmLine Family Resource Center

## Yolo County News

First Steps Infant program is offering a weekly playgroup for parents and children in their program. The playgroup is held Tuesday mornings at Bryte Elementary School in W. Sacramento. This fun time prepares the children in the Early Intervention Program to participate in circle time, sharing, turn taking and group play. Many of the children are experiencing these activities for the first time. The playgroups are supervised by the Early Intervention teachers and therapists. This time also allows parents to meet each other, share stories and friendship.

The Holiday Family Party is coming again this December to W. Sacramento. Families of children that participated in the First Steps Early Intervention Program and Preschool are invited to return each holiday season to renew old friendships. Each year Santa surprises the children with a gift giveaway and holiday treats.

WarmLine's Yolo County staff, along with Alta California Regional Center staff, have started making outreach presentations to medical center personnel. The first presentation was made to the Sutter West Pediatric and Family Practice staffs. We are hoping to share our information to make everyone more familiar with this valuable part of our children's care. We are grateful to Dr. Reinhart and his staff for making us feel so welcome.

## Yolo Family Resource Center

The Yolo Family Resource Center (FRC) in Woodland hosts Solveig Seland-Toft, who is one of WarmLine's three Yolo County Community Resource Parents. Solveig, who is the parent of a son with autism is a Norwegian native who grew up in Mexico and speaks fluent Spanish. (She also speaks English, Italian and French!) Solveig is available at the Yolo FRC to help parents who have children with special needs navigate the sometimes confusing systems of health care, child development, and special education...and provide the support that only another parent of a child with special needs can give. When not at the FRC, Solveig attends the First Steps Infant Program's Play Group on Mondays and Fridays and helps with outreach in Yolo County to inform residents of the presence of WarmLine and let them know that they can visit the Yolo FRC and meet with her there. To contact Solveig, just call the Yolo FRC at 530-406-7221.

The Yolo FRC also offers many other free services to families who live in Yolo County, including support groups for families of both typically developing children and children with special needs, parenting classes, a children's movie night, a support group for Spanish speaking fathers, career support, exercise classes and much more! Call 530-406-7221 for more information.

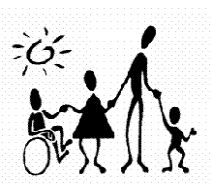


**WARMLINE FAMILY RESOURCE CENTER**  
**2035 Hurley Way #250**  
**Sacramento, Ca. 95825**

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

WarmLine Family Resource Center  
NETWORKER  
"Serving Families and Professionals Involved with  
Children with Special Needs"  
\* 2035 Hurley Way #250  
Sacramento, Ca. 95825  
916-922-9276 / 800-660-7995  
\* 420 Folsom Rd., Ste D  
Roseville, CA 95678  
916-782-7147

Fall/Winter 2005



WarmLine Family Resource Center

**WARMLINE 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 Callas 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, The California Endowment, Placer County First Five, Yolo & Sacramento First Five Quality Child Care Collaboratives & friends like you.

## Sacramento WarmLine Activities

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

All trainings will be held at the WarmLine Sacramento

Date	Time	Event
2nd Tuesday of month	10:30-12:00pm and 6:30-8:30 pm	“Scrappin Corner” at the WarmLine Sacramento office. This free Scrapbooking get-together provides the opportunity to work on a current project or learn the fun of Scrapbooking. Don’t let your pictures sit in a box one minute longer - become your family’s historian and start getting those pictures into an album! Call to reserve your spot today! 922-9276
Last Monday of month	Morning & Evening Times	“Choosing Quality Child Care For Your Child with Special Needs”. We will discuss the unique issues that parents face when choosing child care for children with special needs, such as what “quality child care” looks like, how to effectively communicate and build strong relationships with child care providers. Call the WarmLine for class times.
Saturday, December 10	10:00-2:00 pm	“Holiday Traditions and Toy Extravaganza” At “The Toy Box”, UCP’s Toy Lending Library at 201 Lathrop Way, Suite I, Sacramento. Check out many toys for kids of all abilities. Santa will be there for pictures and to visit. Refreshments. Call the WarmLine for more information and to RSVP.
Thursday, January 26	6:30-8:30 pm	“Life Coaching - Planning for a New Year”
Thursday, February 9	6:30-8:30 pm	“The Challenge of Managing Difficult Behavior in Young Children” - information for parents and caregivers.
Thursday, March 9	6:30-8:30 pm	“Transition to Preschool” Learn what to expect as your child graduates from his or her early intervention program at age 3 and starts special education services in preschool.
Thursday, April 13	6:30-8:30 pm	“How to Access Services and Build a Good Relationship with Your Services Coordinator and Other Professionals”
Thursday, May 11	6:30-8:30 pm	“Family Vacationing with Your Child with Special Needs.”

### Library Resources



The WarmLine has library resources-books, videos and many articles on disabilities, special education, family support, etc. that can be checked out in several locations in our six county area. We also have a

great assortment of children's books and books in Spanish for both adults and children! We have libraries at our offices in Sacramento and Roseville, but also have resources located at:

Sierra Nevada Children's Center in Grass Valley  
(530-272-8866)

City of Davis Child Care Services  
( 530-757-5695 ext. 7358)

Yolo Family Resource Center in Woodland  
(530-406-7221)

In our Sacramento Library we have:

*Why Can't Jimmy Sit Still?* By Sandra Tunis (Primary Grade Level) - Designed to teach children with ADHD, parents , educators, caregivers and other kids how to open discussions and be kind to those with ADHD.

### *Be Good to Eddie Lee* By Virginia Fleming

(Kindergarten—Grade 2) - In this touching picture book, a girl discovers a new capacity for friendship when she spends some time with a neighbor boy who has Down syndrome.

*Child care and Children with Special Needs* is a video tape for child care providers that helps to support their care and understanding of children with special needs.

Do you have books or video tapes about disability related subjects that you would like to donate? We'd love to have them and it could be tax deductible!

### Pediatric Care in Grass Valley

RidgeLine Specialized Pediatric Day Health & Respite Services is open to provide day health services to medically fragile children from birth to age 18 years. Locally owned and operated, RidgeLine is a MediCal provider and is vendored by the Alta California Regional Center. Eligible children may receive services free of charge and may attend part-time or full time. Limited overnight respite is also available, as is a weekly "date night" when they are open until 10 pm and Saturday hours.

For more information or to schedule a no-cost nursing assessment to determine eligibility, call 530-477-3378.

## Placer WarmLine Activities

420 Folsom Rd., Suite D, Roseville, CA., 95678 / 916-782-7147 / [placerwl@warmlinefrc.org](mailto:placerwl@warmlinefrc.org)

Day	Time	Event
1st and 3rd Wed. of month	7:00-8:30 pm	“IFSP, Transition, IEP Trainings”. The WarmLine staff can give you information about the California Early Start Program for children birth to 3 years old and transition to special education services at age 3. Also, “IEP Training” can be helpful if your child is over three & being evaluated for special education or if you think your child might qualify for special education. We’d also be happy to help if you have an upcoming IEP & are not sure what to expect. We can also schedule individual trainings at times convenient to parents.
Every Tuesday	9:00-10:30 am	“IFSP, Transition, IEP Trainings”. The WarmLine staff can give you information about the California Early Start Program for children birth to 3 years old and transition to special education services at age 3. Also, “IEP training” can be helpful if your child is over three & being evaluated for special education or if you think your child might qualify for special education. We’d also be happy to help if you have an upcoming IEP & are not sure what to expect. We can also schedule individual trainings at times convenient to parents.
To Be Announced	To Be Announced	“Behavior Modification for Children with Special Needs”: Teaches parents how to change unwanted or inappropriate behavior in a positive way. Directed toward children 2-6 years old. Call the Placer WarmLine at 916-782-7147 for more information.
2nd Mon. of month	7:00-8:30 pm	Deaf and Hard of Hearing Support Group— New group for families of children of any age who have been diagnosed as being deaf or hard of hearing.
Call for schedule	Call for schedule	“Scrapbooking for Parents of Children with Special Needs”: We celebrate our children's lives through our precious photos, make friends and share information about services for our children.
1st Thurs. of month	6:30-9:00 pm	“Mom’s Night Out” : A group of women who get together to share resources, triumphs & information about raising children with special needs. We meet at the Pyramid Grill at Whitney Oaks Golf Club. Call 916-782-7147 for more information.
4th Wed. of month	7:00-8:30 pm	“Parents’ Gathering Hour”: Parents of children with special needs sharing information & support. We welcome both parents who are might be just learning that the share about services their children have received.
3rd Tues. of month	7:00-8:30 pm	“Autism Parent Support Group, Information & Resource Meeting” meets to share valuable information and to support each other in our day to day lives. Newcomers are always welcome.
Last Tues. of month	7:00-9:00 pm	“Trailblazers Fathers Forum” is a group of fathers who meet monthly to support and encourage each other in the café at Borders Books on Douglas Blvd. in Roseville.
Last Sat. of month	10:00-12:00 pm	“Little Ones” Playgroup: WarmLine hosts a playgroup for children under three at the Placer Infant Program at 5795 Saunders Ave. in Loomis.
3rd Sat. of month	Call for times	“Saturday Play Days” ...Get together with other families at local parks. Siblings are welcome! Weather permitting. Call 916-782-7147 for information.
2nd Thurs. of month	9:30-11:00 am	Drop off the kids and come by our office for a morning beverage and treat where parents gather to share with one another.



### Family Notebooks

WarmLine now has an updated edition of the *Family Notebook* available for families of children birth to three years old with special needs (and the professionals who work with them).

The purpose of the *Family Notebook* is:

- ♥ To introduce families who have a child birth to three years old with special needs to the Early Start Program,
- ♥ To help families who have a child with special needs make contact with agencies that can provide important

services and supports that may help the child and family ~ and to offer parent to parent support,

- ♥ To help families collect, organize, and maintain important information,
- ♥ To help families select possible services and supports for their child and family as they develop an Individual Family Service Plan (IFSP) under the Early Start Program.

The book is also available in Spanish! Please call the WarmLine or ask your Alta California Regional Center Service Coordinator for a copy.

The *Family Notebook* was generously funded by a grant through the California Department of Developmental Services.