



Family Resource and Advocacy Center News

1425 Corporate Center Parkway
Santa Rosa, CA 95407
Phone: 707 524-6677
Fax: 707 527-1206
www.becomingindependent.org

Winter Edition
Issue 1



The Next Steps

By Nubia Padilla

The **F**amily **R**esource and **A**dvocacy **C**enter at Becoming Independent believes that parents are the primary force behind any change that affects the lives of their children. Thus, parent support is one of our highest priorities. In order to respond effectively to parents' needs, we know how important it is to have parent involvement and feedback.

To respond to the needs of parents and their children, we plan to focus our efforts in several areas including:

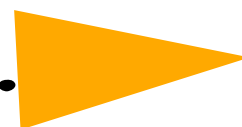
- **Start Support Groups** for children with disabilities attending junior high and high school, in addition to the support groups that already exist at BI. Support groups for people with disabilities are proven to increase self esteem and communication skills, solidify friendships, unite people under common experiences, decrease isolation, increase problem-solving-skills, and help people overcome negative feelings about themselves caused by prejudice, segregation, and mistreatment by others.
- **Plan, Organize, and Host "Parent Forums":** The purpose of the parent forums is to provide the opportunity to ask questions, obtain information, connect with other agencies and parents, and initiate collaboration to improve the lives of children with disabilities.
- **Support Transition.** We understand how transition to adulthood impacts the lives of children and the whole family. We know that transition is a process rather than an event. Therefore, we want to work with agencies, parents and children with disabilities as early as possible to understand each child and family's unique needs and support them more effectively.

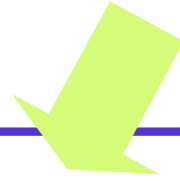
- **Support Social Interaction and Recreation.** We know that once day activities are over many persons with disabilities find themselves lonely and with very few friends. With that in mind, we want to work on programs that provide social interaction opportunities and promote friendships. To achieve this it is necessary to work in partnership with other organizations, schools, and volunteers. We will start knocking on doors to find solutions and work together.

- The Family Resource and Advocacy Center is also committed to continuing to support other groups such as the **Sonoma County Down Syndrome Support, Kamp Kennedy, and Boost Camp.** Also we are part of local efforts including autism awareness, inclusion, information and referral, and other parent support programs.

We believe that working together in partnership with parents, agencies, organizations, schools, and volunteers is the way to provide a comprehensive support system and achieve sustainability.

We want to hear from you, share ideas, and obtain input that may support our efforts. We want for you to be part of our **COMMUNITY OF SUPPORT.**





A Few Words About People First Language

Revolutionary Common Sense by Kathie Snow

People with disabilities constitute our nation's largest minority group. It's also the most inclusive and most diverse: both genders, any sexual orientation, and all ages, religions, socioeconomic levels, and ethnicities are represented. Yet the only thing people with disabilities have in common is being on the receiving end of societal misunderstanding, prejudice, and discrimination. And this largest minority group is the only one, which *anyone can join, at any time*: at birth, in the split second of an accident, through illness, or during the aging process. If and when will you want to be described?

Words matter! Old and inaccurate descriptors perpetuate negative stereotypes and reinforce an incredibly powerful attitudinal barrier, which is the *greatest obstacle facing individual with disabilities*. A disability is, first and foremost, *a medical diagnosis*, and when we define people by their diagnoses, we devalue and disrespect them as individuals. Do you want to be known primarily by your psoriasis, gynecological history, or the warts on your behind? Using medical diagnoses incorrectly—as a measure of a person's abilities or potential—*can ruin people's lives*.

Embrace a new paradigm: "Disability is a natural part of the human experience..." (*U.S. Developmental Disabilities/Bill of Rights Act*). Yes, *disability is natural*, and it can be *redefined* as a "body part that works differently." A person with spina bifida has legs that work differently, a person with Down syndrome learns differently, and so forth. People can no more be *defined* by their medical diagnoses than others can be defined by gender, ethnicity, religion, or other traits!

A diagnosis may also become a *sociopolitical passport* for services, entitlements, or legal protections. Thus, medical, educational, legal, or similar settings are the *only places* where the use of a diagnosis is relevant.

People First Language puts the person *before* the disability, and describes what a person *has*, not who a person *is*. Are you "cancerous" or do you have cancer? Is a person "handicapped/disabled" or does she "have a disability"? Using a diagnosis as a defining characteristic reflects prejudice, and also robs the person of the opportunity to define himself.

Let's reframe "problems" and into "needs." Instead of, "He has behavior problems," we can say, "He needs behavior supports." Instead of, "She has reading problems," we can say, "She needs large print." "Low-functioning" or "high-functioning" are pejorative and harmful. Machines "function;" people live! And let's eliminate the "special needs" descriptor—it generates pity and low expectations!

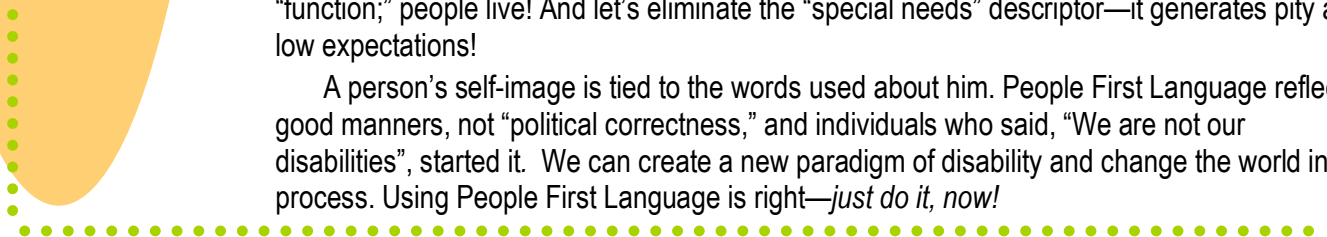
A person's self-image is tied to the words used about him. People First Language reflects good manners, not "political correctness," and individuals who said, "We are not our disabilities", started it. We can create a new paradigm of disability and change the world in the process. Using People First Language is right—*just do it, now!*

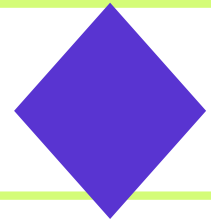
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Kathie Snow used with permission. Visit www.disabilityisnatural.com website for other new ways of thinking. Contact kathie@disabilityisnatural.com for reprint permission.

"The difference between the right word and the almost right word is the difference between lightning and the lightning bug."

Mark Twain





New Publications and Resources

◆ Introduction to Studies in the News

Studies in the News: Children and Family Supplement is a service provided to the First 5 California Children and Families Commission by the California State Library. The service features weekly lists of current articles focusing on Children and Family policy. Prior lists can be viewed from the California State Library's Web site at www.library.ca.gov/crb/SITN/index.html.

How to Obtain Materials Listed in SITN:

- When available on the Internet, the URL for the full-text of each item is provided.
- California State Employees may contact the State Information & Reference Center (916-654-0206; csisirc@library.ca.gov).
- All other interested individuals should contact their local library - the items may be available there, or may be borrowed by your local library on your behalf.

- ◆ **The Autism Perspective – TAP Magazine** announced that they have signed an agreement appointing Pressmark Media Ltd. to power its electronic edition. The e-Edition will be actual replica of the print edition and will be available for FREE. The electronic edition is scheduled to go live on December 15th, 2007.

Log on today and register for your FREE on line e-Edition of The Autism Perspective – TAP magazine

<http://www.theautismperspective.org>

- ◆ **NEW PARENT RESOURCE AVAILABLE*** *Partnering with Your Child's School: A Guide for Parents* Information and Resources for Families of Children with Health and/or Mental Health Care Needs. The HSC Foundation, in partnership with George Washington University's Graduate School of Education and Human Development, offers a new resource for parents. The booklet - available online and in hard copy - in English and in Spanish, is designed to help parents of children who have been diagnosed with health or mental health care needs to learn about available resources and to develop a partnership with their children's schools. For more information, go to:

<http://www.hscfoundation.org/whatwedo/familysupports.php>

- ◆ **United Healthcare Children's Foundation to Offer Medical Assistance Grants to Families Nationwide**

Parents and caretakers across the country will be eligible to apply for grants of up to \$5,000 for health care services that will help improve their children's health and quality of life. Examples of the types of medical services covered by UHCCF grants include: speech therapy, physical therapy and psychotherapy sessions; medical equipment such as wheelchairs, braces, hearing aids and eyeglasses; and orthodontia and dental treatments.

To donate or learn more, please visit: www.uhccf.org

If you don't have Internet access, please contact the Family Resource and Advocacy Center, at 707 524-6677 or 707 524-6725, and we will send you the information





Jasper James Gonzales

Meet Jasper James Gonzales

“Jasper is loved and celebrated by his parents, his family and friends, as well as his brother Jonah.”

Jon Gonzales, Jasper’s father, is an English teacher at Elsie Allen High School in Santa Rosa, and Jenna Gonzales, his mother, a former pre-school teacher and credentialed elementary school teacher, stays home with the boys. Although some respite is provided by the state it is not nearly enough to provide for the extensive needs that the family faces in caring for Jasper and a full-time caregiver is greatly needed.

Jasper James Gonzales was born on August 19, 2004. After suffering from 6-8 minutes of hypoxia, Jasper was revived at the Sutter Memorial Neo-natal Intensive Care Unit. The next few days he was treated for having frequent seizures. He underwent a series of tests and was kept in the NICU for twelve days before his homecoming.

When Jasper was two months old the seizures returned and after an MRI his neurologist diagnosed him with a seizure disorder and moderate cerebral palsy; an estimated 60% of his brain was injured from the hypoxic event at childbirth. His parents were informed that he may never walk, talk, and do most of the things typical children can do. He was also eventually diagnosed with cortical visual impairment, as well as spastic quadriplegia, which affect all four of his limbs.

Jasper’s lack of trunk control keeps him on the floor with occasional scooting on his back, and plenty of arching, whether being held by an adult or left alone on the ground, and his quadriplegia keeps him from feeding himself and using his hands to grasp with control. Jasper has just mastered putting his fingers in his mouth voluntarily to teethe himself, (he used to miss his mouth and often scratch his face, which was extremely frustrating).

Jasper’s parents have chosen Feldenkrais studies (www.feldenkrais.com) to aid Jasper’s brain development, movement and overall well-being. They have also been involved in the Anat Baniel Method for higher learning (www.anatbanielmethod.com). Jasper’s local practitioner, Patricia Flora of Amazing Grace Studio in Sebastopol, works with Jasper on a weekly basis. Jasper has gradually shown improvement in his movements, ability to eat, and general happiness since his relationship began with Patricia in 2006. **Jasper’s parents have frequently held fundraisers for these sessions, which are not covered by insurance**

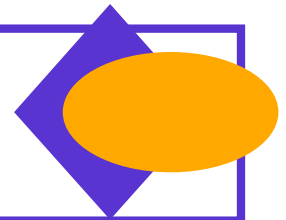
After a very stressful and rigorous first two years of life, Jasper has really thrived and awakened into a beautiful, evolving young boy with lots to learn and much more to give to this world. Jasper’s parents wish for continuing lessons with Patricia Flora and Anat Baniel, as well as Hyperbaric Oxygen Therapy (HBOT) in Rohnert Park, which is also uninsured.

Of late, Jasper has been eating ravenously, enjoys walks in his new wheelchair up and down the bike path near his home, swinging at the park and sliding down the slides, singing the last words to song lines (especially the ones that rhyme), giving high fives with his left hand, laying on the carpet and using his “switch” to turn on the lights of the Christmas tree, and most of all, swimming with his daddy at the YMCA as aqua- therapy. Although some respite is provided by the state it is not nearly enough to provide for the extensive needs that the family faces in caring for Jasper and a full-time caregiver is greatly needed.

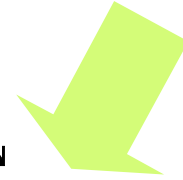
If you want to help, please contact:

Jon Gonzales,

602 Du Franc Ave. Sebastopol, CA 95472, e-mail: jonwaynechile@sbcglobal.net



Support Groups and Activities



PLEASE CALL AHEAD TO VERIFY MEETING TIME AND LOCATION

SONOMA GROUPS

ALL DISABILITY PEER SUPPORT GROUP

EVERY WEDNESDAY 3:00PM-4:30PM
CALL INGA PHILLIPS (707) 528-2745 x235

DEPRESSION, BiPOLAR SUPPORT ALLIANCE

1ST & 3RD WEDNESDAYS
6:30PM-8:30 PM
CALL SHARON SCHMIDT FOR INFO. (707) 537-8938.

DOWN SYNDROME GROUPS

CALL GOLRIA HUERTA FOR INFO. (707) 544-1858

MATRIX- SUPPORT GROUPS

(SANTA ROSA) 1ST & 3RD FRIDAY (SPANISH GROUPS TOO)
CALL ANNE (415) 475-2129 (PETALUMA) 7:00-8:30PM
CALL 800-578-2592

TALK ABOUT CURING AUTISM (TACA)

2ND TUESDAY 7:00PM-8:30PM
CALL CATHY FERENGE FOR INFO. (707) 537-9282

SONOMA COUNTY MOM'S BREAKFAST SUPPORT GROUP

1ST SUNDAY 9:00AM-11:00PM
CALL LAUREL (415) 475-2121

TOURETTE SYNDROME SUPPORT GROUP

CALL (707) 824-1148

DIABETES GENERAL SUPPORT GROUP

2ND WEDNESDAY 2:00PM

TYPE 1 DIABETES SUPPORT GROUP (ALL AGES)

1ST WEDNESDAY 7:00PM-8:30OPM
CALL HEIDI (707) 545-1329

EPILEPSY SUPPORT GROUP

SECOND TUESDAY 6:30PM-8:00PM
SONOMA VALLEY HOSPITAL
CALL 800-632-3532
www.epilepsyfoundation.org/

INDIVIDUAL EDUCATION PLAN (IEP) SUPPORT

CALL MATRIX (800) 578-2592

INDIVIDUAL PROGRAM PLAN (IPP) SUPPORT

CALL DEANNA DUPONT (707) 648-4075

FATHER'S SUPPORT GROUP

2ND SATURDAY
CALL MATT (707) 935-7191

PARENTS SUPPORT GROUP

(SANTA ROSA)
1ST THURSDAY OF THE MONTH
6:30PM-8:00PM
AT THE CHURCH OF THE ROSES
CALL TERRY (707) 548-5325 OR
PAT (707) 823-3173

PARENTS PLACE- FOR PARENTS OF CHILDREN ON THE AUTISM SPECTRUM (SANTA ROSA)
CALL 571-2048

TRUAMATIC BRAIN INJURY PEER SUPPORT GROUP

EVERY THURSDAY 2:00PM-3:30PM
CALL MATTHEW (707) 258-0270

CHRONIC ILLNESS SUPPORT GROUP

EVERY TUESDAY 10:00AM-11:30AM
CALL BARRIE MANSON (707) 570-1740

AUTISM HOPE SUPPORT GROUP

(PETALUMA) 3RD MONDAY
7:00PM-8:30PM
CHILD CARE PROVIDED WITH RESERVATION
CALL KRISTIN (707) 344-4387
KAI98@ATT.NET

MENTAL HEALTH SUPPORT GROUP

2ND and 4TH WEDNESDAY
1:00PM-2:30PM
CALL MELVA (707) 528-2745 x218

BRAIN INJURY/PTSD

2ND TUESDAY 1:30PM-3:00PM
CALL JUDITH (707) 528-2745 X235

NAPA GROUPS

ALL DISABILITY SUPPORT GROUP

EVERY WEDNESDAY 3:00PM-4:30PM
CALL INGA (707) 528-2745 X235

AUTISM SUPPORT GROUP

2ND THURSDAY 9:00-10:00AM
CALL TERESA VOGT FOR INFO. (707) 253-7444





GENERAL DISABILITY SUPPORT GROUP

EVERY TUESDAY 8:30AM-10:00AM
CALL ADRIENNE (707) 259-8655

CHALLENGING BEHAVIORS SUPPORT GROUP

CALL CHRIS LIEBER (707) 259-8656

SPANISH SUPPORT GROUPS- GENERAL DISABILITY

1ST THURSDAY 10:30-12:00 PM
3RD TUESDAY 10:30-12:00PM
4TH FRIDAY 6:00-8:30 PM
CALL ROSA AMBRIZ (707) 253-7444

1ST FRIDAY 8:30AM- 10AM
CALL MARTHA SOTO FOR INFO. (707) 259-8174

FAMILY CONNECTIONS- NAPA INFANT PROGRAM

EVERY THURSDAYS 10:00 TO 10:30AM
CALL LINDA EUSER (707) 253-7444

ADHD/BiPOLAR PARENT SUPPORT GROUP

2ND & 4TH WEDNESDAY 6:30-8:00PM
CALL CHRIS LIEBER (707) 259-8656

PADRES HISPANOS UNIDOS (NAPA)

3RD SATURDAY 9:30AM-12:00PM
(707)256-1100

TRUAMATIC BRAIN INJURY PEER SUPPORT GROUP

3RD THURSDAY 2:00PM-3:30PM

CALL MATTHEW (707) 258-0270

YOUNG ADULTS WITH DISABILITIES

2ND TUESDAY 4:00PM-6:00PM
NAPA VALLEY COLLEGE RM 837
CALL APRIL (707) 258-0270

MARIN GROUPS

F.A.LAT.UN.— FAMILIES LATINAS UNIDAS

3RD FRIDAY 7:00PM-9:00PM
CALL (800) 578-2592

DOWN SYNDROME PARENT SUPPORT GROUP (NOVATO)

EVERY OTHER MONTH 10:00AM-12:30
CALL FOR INFO. (800) 578-2592
WWW.MATRIXPARENTS.ORG

PARENT SUPPORT GROUP

COMMUNITY MENTAL HEALTH CLINIC
SAN RAFAEL
1ST MONDAY 6:30- 8:00PM
CALL (415) 884-3535

PARENTS WITH SPECIAL NEEDS

TUESDAYS 8:30AM-10:00AM
CALL (707) 363-0058

EMOTIONALLY DISTURBED OR BEHAVIORAL CHALLENGED CHILDREN

1ST MONDAY 6:30PM-8:30PM
CALL DAWN (415) 475-2119

ADOPTION SUPPORT GROUP-

FOR ADOPTIVE PARENTS OF CHILDREN WITH SPECIAL NEEDS

CALL (415) 475-2188

ASPERGER'S SYNDROME AND DEVELOPMENTAL DELAY PARENT SUPPORT GROUP

MEETS MONTHLY CALL (415) 475-2182

GRANDPARENTS GATHERING-FOR

GRANDPARENTS OF CHILDREN WITH SPECIAL NEEDS
CALL (415)475-2118

MENDOCINO GROUPS

ALL DISABILITY PEER SUPPORT GROUP

EVERY TUESDAY 1:15PM-2:45 PM
CALL TAMMY (707) 463-8875 X3

NATIVE AMERICAN WOMEN'S TALKING CIRCLE

THURSDAYS 5:30PM-7:00PM
CALL TANNER (800) 528-7704

SUPPORT FOR THE BLIND & VISUALLY IMPAIRED

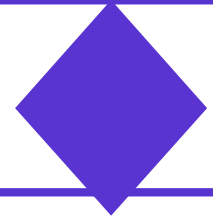
FOR MORE INFO. Phone: (707) 523-3222

EARLE BAUM CENTER SUPPORT GROUPS

(SANTA ROSA, CALISTOGA, FORT BRAGG, CLEARLAKE OAKMONT, PETALUMA, SONOMA)
www.earlebaum.org/

"To accomplish great things, we must dream as well as act".

Anatole France
French novelist



CALISTOGA LOW VISION SUPPORT GROUP – FOR ADULTS WHO ARE VISUALLY IMPAIRED
4TH FRIDAY, 1:30-3:30PM
RANCHO DE CALISTOGA, 2412
FOOTHILL BLVD., CALISTOGA

SONOMA LOW VISION SUPPORT GROUP – FOR ADULTS WHO ARE VISUALLY IMPAIRED
TUESDAYS, 1:00-2:30PM.
VINTAGE HOUSE, 264 FIRST ST. E., SONOMA.

MACULAR DEGENERATION SUPPORT GROUP
2ND SATURDAY 1:00PM-2:00PM

FAMILY AND FRIENDS SUPPORT GROUP – OPEN TO FAMILY AND FRIENDS OF PERSONS WHO ARE VISUALLY IMPAIRED
2ND & 4TH THURSDAY, 12:45-2:00PM.
EARLE BAUM CENTER, 4539
OCCIDENTAL RD., SANTA ROSA

OAKMONT GARDENS SUPPORT GROUP – FOR SENIORS (55+) WHO ARE VISUALLY IMPAIRED
2ND WEDNESDAY, 9:30-10:30AM.
OAKMONT GARDENS, 301 WHITE OAK DR., OAKMONT

PETALUMA SENIOR CENTER LOW VISION SUPPORT GROUP – FOR SENIORS (55+) WHO ARE VISUALLY IMPAIRED
4TH Friday, 10:00AM-12:00PM.
PETALUMA SENIOR CENTER,
LUCCHESI SENIOR CENTER
211 NOVAK DR., PETALUMA

REDWOOD EMPIRE CHAPTER OF THE CALIFORNIA COUNCIL OF THE BLIND
OPEN TO ANYONE INTERESTED IN ISSUES PERTAINING TO THE BLIND

3RD FRIDAY, 11:30AM-2:30PM.
EARLE BAUM CENTER, 4539
OCCIDENTAL RD., SANTA ROSA

MACULAR DEGENERATION SUPPORT GROUP – OPEN TO ANYONE WITH MACULAR DEGENERATION
2ND SATURDAY, 1:00PM-2:00PM.
EARLE BAUM CENTER, 4539
OCCIDENTAL RD., SANTA ROSA

VA SUPPORT GROUP – OPEN TO VETERANS
2ND AND 4TH TUESDAY
11:15AM-12:30PM.
EARLE BAUM CENTER, 4539
OCCIDENTAL RD., SANTA ROSA

SOLANO GROUPS

INDIVIDUAL EDUCATION PLAN (IEP) SUPPORT
CALL MATRIX 800-578-2592

INDIVIDUAL PROGRAM PLAN (IPP) SUPPORT
CALL ROSS (707) 576-2461 OR
DEANNA (707) 648-4075

PARENTS OF KIDS WITH SPECIAL NEEDS (FAIRFIELD)
MONTHLY AT 6:30PM
CALL (707) 422-4593

GRANDPARENTS RAISING CHILDREN WITH SPECIAL NEEDS (FAIRFIELD)
1ST THURSDAY
CALL 707 423-2545 X 102

GENERAL DISABILITIES PARENT SUPPORT GROUP–
VALLEJO DREAM CENTER
4TH WEDNESDAY 6:00-8:00PM
CALL (707) 643-6479

ACTIVITIES and REMINDERS

ALTERNATIVE REC. COALITION-BOWLING (ROHNERT PARK)
CALL ELVIS BOZARTH FOR INFO.
(707) 545-1113

MUSIC THERAPY
MONDAYS, TUESDAYS,
THURSDAYS
CALL JAMIE BLUMENTAHL (707)
566-0986

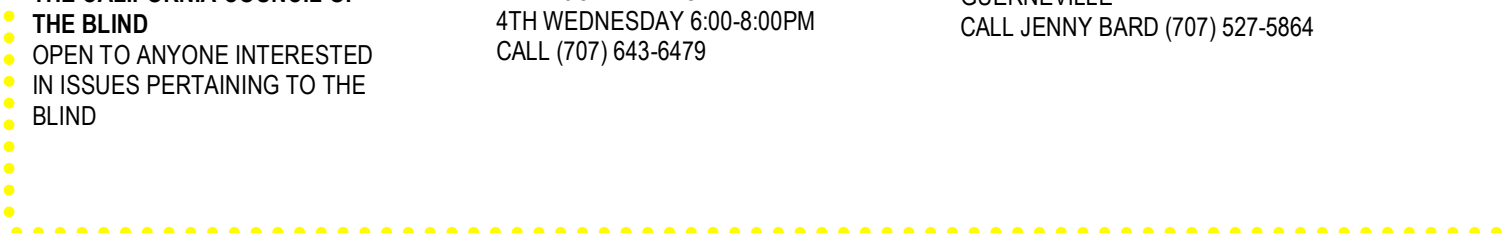
CHALLENGER LITTLE LEAGUE BASEBALL
CALL SANDEE HUSKEY (707) 525-0613

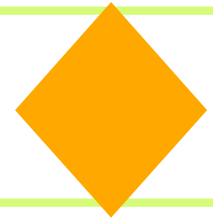
PARENTS MONTHLY CONNECTION
3RD FRIDAY 10:00AM-12:00PM
CALL DIANE HOBAUGH (707) 537-8001
OR REINA SALINAS (707) 837-8685

PLAY AND GROW (INFANTS AND TODDLERS PLAY GROUP)
CALL MONICA EDWARDS (707)
539-6876

SATURDAY SIDEKICKS
CALL ELAINE MCHUGH (707) 795-3049

SONOMA COUNTY BETTER BREATHERS CLUB- CHRONIC LUNG DISEASE
2ND TUESDAY 2:00PM- PETALUMA
LAST TUESDAY 1:00PM- SANTA ROSA
3RD MONDAY 1:30PM- SONOMA
2ND MONDAY 3:00PM-
GUERNEVILLE
CALL JENNY BARD (707) 527-5864





**SONOMA COUNTY CHILD ABUSE
PREVENTION COORDINATING
COUNCIL (SCCAPCC)**
1ST WEDNESDAY 12:30-2:00PM
CALL (707) 585-6108 x115

SPECIAL OLYMPICS
CALL SANDEE HUSKEY (707) 525-
0613

**ENABLING AQUATICS/ADOPT-A-
BUDDY- YMCA**
SATURDAY 10:30AM-12:00PM
CALL DR. HA OR TANJA BEE (707)
887-7176

HIPPOTHERAPY
CALL FRAN JUDD (707) 664-8919
WWW.RHLC.NET

**CANINE COMPANIONS FOR
INDEPENDENCE**
WWW.CCI.ORG

**CAREGIVER TRAINING
OPPORTUNITIES**
LAST FRIDAY OF EVERY MONTH
1:00PM-4:00PM
CALL (707) 565-5700

**DENTAL AND HEALTH CARE,
WELLNESS CHECK-UP,
IMMUNIZATIONS**
CALL SANDY SAKWA (707) 542-
7242 x17

**DINING SITES FOR SENIOR
MEALS- (60+)**
CALL JENNA (707) 525-0143

**INDIVIDUAL PROGRAM PLAN (IPP)
TRAINING (English and Spanish)
and PARENT EMPOWERMENT
CLASSES**
CALL KAREN RAGAN (707) 253-
7444

**YOUTH GROUP FOR KIDS WITH
TYPE 1 DIABETES**
CALL 800-989-1165
WWW.DIABETESSOCIETY.ORG

**MATRIX PARENTS NETWORK
(YAHOO GROUP)**
[HTTP://WWW.GROUPS.YAHOO.CO
M/GROUP/MATRIXPARENTS/](http://WWW.GROUPS.YAHOO.CO
M/GROUP/MATRIXPARENTS/)
OR CALL 800-578-2592

**PLAY DATES/ PARENT GET-
TOGETHERS**
CALL MARY (707) 539-0351
BRIERLYS@SBCGLOBAL.NET

SOCIALIZATION PLAYGROUP
-FOR ADOPTED CHILDREN
WEDNESDAYS 2:00PM-3:15PM
CALL (707) 303-1509

**CLASSES AND ACTIVITIES
FOR 50+ERS**
BENNET VALLEY SENIOR
CENTER (707) 545-8608
FINLEY COMMUNITY
CENTER (707) 543-3737
STEELE LANE CENTER (707)
543-3282

**TOOLS FOR STABILITY- A
WORKSHOP FOR MENTAL
HEALTH**
3RD WEDNESDAY 1:00PM-
2:30PM
CALL MELVA (707) 528-2745
x218

Parent to Parent

The Family Resource and Advocacy Center, is committed to the support of parents and children with developmental disabilities. It is important for us to understand what parents need and offer support to each other. Therefore, we want to offer a way for parents to communicate, ask questions, post comments, ideas, news, and share information.

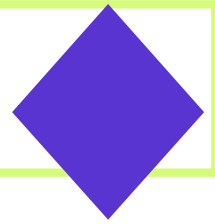
To do this, we want to develop a "listserve" for parents and initiate a conversation and networking forum. This provides support, and promotes advocacy and policy making. Some information generated through the "listserve" will be used to guide the content of the newsletter.

For the parents that do not have access to the Internet, please call with questions, comments and ideas and we will post them to the "listserve".

To subscribe to the list serve, please send your e-mail with the subject "Listserve" and we will add your name and send you a message letting you know that your name has been added.

npadilla@becomingindependent.org, Phone: 707 524-6677 or 707 524-6725

Let's Start the Conversation!



Community of Support

The Family Resource and Advocacy Center, is committed to promote, and be part of a COMMUNITY OF SUPPORT. At the moment we are participating in several working groups in the community, some of which are hosted by BI:

Predator Awareness Task Force: The goal of the task force is to gather and disseminate appropriate information and provide resources to help reduce the risk of victimization for those with developmental disabilities. This is a cooperative effort of SCOE and NBRC. It has grown to include United Against Sexual Assault, a detective from the Santa Rosa Police Department, and Becoming Independent. The task force continues to grow and parents and/or representatives from different agencies are invited. For more information contact: Dana Zapanta at dzapanta@scoe.org or Jessica Lovera at jessical@nbrc.net.

Autism Community Team (ACT) Of Sonoma, Napa, and Solano Counties' mission is to promote Collaborative Autism Diagnostic (CAD) evaluations and intervention planning; and promote evidence-based intervention, interagency collaborative services, education, and support for caregivers and professionals. BI will host the ACT I meetings in 2008. For more information contact: Mundi Martinez, emartinez@noca.easterseals.com

BI is the Fiscal Sponsor for the **Sonoma County Down Syndrome Support** (SCDSS), whose mission is to promote advocacy, raise awareness, further educational pursuits, and support research for people with Down syndrome and their families. For more information contact: Diane Hobaugh at 707 537-8001 or Gloria Huerta at 707 319-1135 or visit the website: www.sonomacountydownsyndromesupport.org

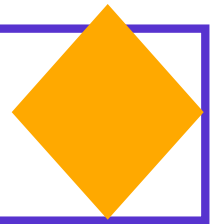
BI is the Fiscal Sponsor for **Boost Camp**. The Boost Camp is a four-week conductive education program in Santa Rosa designed to educate children with motor impairments, enabling them to achieve their own personal highest level of independence and control over their environment. For more information about Boost Camp contact Susy McBride at 542-9605 or visit the website at www.boostcamp.org

You can also contact the Family Resource and Advocacy Center, for more information about any of the initiatives/groups mentioned above. 707 524-6725 or 707 524-6725; e-mail: npadilla@becomingindependent.org

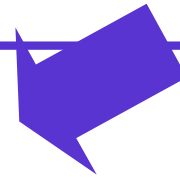
"Families are like fudge - mostly sweet with a few nuts."

Author Unknown





“A Credo For Support”



Throughout history people with physical and mental disabilities have been abandoned at birth, banished from society, used as court jesters, drowned and burned during the inquisition, gassed in Nazi Germany, and continue to be segregated, institutionalized, tortured in the name of behavior management, abused and murdered.

Now for the first time, people with disabilities are taking their rightful place as fully contributing citizens. The danger is that we still respond with remediation and benevolence rather than equity and respect, and so we offer you, **A CREDO FOR SUPPORT**.....

Do Not see my disability as a problem; recognize that my disability is an attribute.

Do Not see my disability as a deficit; it is you who see me as deviant and helpless.

Do Not try to fix me, because I am not broken.

Support me. I can make my contribution to the community in my own way.

Do not see me as your client. I am your fellow citizen.

See me as your neighbor. Remember none of us can be self-sufficient.

Do Not try to modify my behavior.

Be still and listen. What you define as inappropriate may be my attempt to communicate with you in the only way I can.

Do Not try to change me, you have no right.

Help me learn what I want to know.

Do Not use theories and strategies on me

Be with me, and when we struggle with each other, let that give rise to self-reflection.

Do Not try to control me. I have the right to my power as a person.

What you call non-compliance may actually be the only way **I can exert control over my life.**

Do Not teach me to be obedient, submissive and polite.

I feel entitled to say **NO** if I am to protect myself.

Do Not be charitable towards me. The last thing that we need is another Jerry Lewis.

Be my ally against those who exploit me for their own gratification.

Do Not try to be my friend, I deserve more than that, get to know me. **We may become friends.**

Do Not help me, even if it does make you feel good, **Ask me if I need your help,** let me show how you can best assist me.

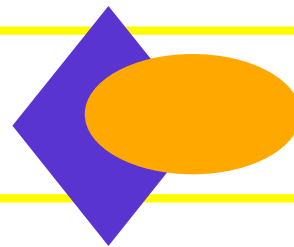
Do Not admire me. A desire to live a full life does not warrant adoration.

Respect me, for respect presumes equity

Do Not tell, correct and lead, **Listen, support and follow.**

Do Not work on me, **WORK WITH ME.**

*Norman Kunc & Emma
Van der Klift*



Calendar of Events at BI Save the date!

◆ **BI Parent Forums at Becoming Independent. 6- 8 pm**

February 21st “Let’s talk about Inclusion” Exploring inclusion, what we need to know?
How to promote and work toward inclusion?

April 2nd: Recreational opportunities for my child with special needs- (Creating a sense of belonging)

June 4th: What about transition to adulthood?

August 6th: The Power of Advocacy

October 8th: Social Emotional Education and Support

December 3rd: Open Forum-

◆ **TACA (Talk about Curing Autism) meeting:** Every second Tuesday of the month at 6:00 pm. For more information please contact Cathy Ference Cathy.Ference@KJMAIL.COM

◆ **Siblings Workshop:** BI is working on putting together sibling support groups, in response to parent requests. For more information call 707 524-6677

◆ **Autism Orientation for Parents:** ACT I through the Family Support sub-committee is hosting a Brown Bag Lunch from 12 to 2 pm for parents with children recently diagnosed with Autism. The goal is to provide information, answer questions and provide support and opportunities for networking to these parents. BI is hosting these autism orientations for parents. For more information call Barbara Sylvester at 707 569-1283. The dates for the orientation are:

February 18th, May 19th, September 15th, November 17th

◆ **Support Groups for Parents in Spanish and English:** In 2008, BI will be offering a parent support group in English and one in Spanish to parents with children with disabilities of any kind. The dates and times will be available soon. More information call 707 524-6677

◆ **Self-Advocacy Groups for Youth:** BI is going to start two Self-Advocacy groups; one for students 13- 15 years of age and another group for students 16- 18 years old. More information will be released soon. For more information call 707 524-6677

◆ **BI Monday Morning Briefing:** In January, The Family Resource and Advocacy Center at BI, is starting to send, via e-mail, a “Monday Morning Briefing” to parents to provide information about new publications, research, coming events and any other news that could be useful to parents. Parents interested in receiving e-news please make sure that we have your e-mail address. For more information call 707 524-6677, npadilla@becomingindependent.org

◆ **Spring 2008 Autism Seminar Series-** Wednesdays, 9:30-11:30 a.m. starts 1/23/08. Sonoma State through the Collaborative Autism Training and Support Program (CATS), is offering this Seminar Series at Becoming Independent. For more information see the insert flyer or attachment or call: Dr. Lorna Catford, at 707 664-2402, e-mail: lorna.catford@sonoma.edu





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1425 Corporate Center Parkway
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Our Mission:

To promote community inclusion and participation for people with developmental disabilities

Our Vision:

An improved quality of life, meaningful work, recreation and support of family, friends and the community.

A Few Examples of People First Language

Say:

Children/adults with disabilities.
He has a cognitive disability.
She has autism.
He has Down syndrome.
She has a learning disability.
He has a physical disability.
She uses a wheelchair.
He receives special ed services
People without disabilities.
Communicates with her eyes/device/etc.
Congenital disability/Brain injury
Accessible parking, hotel room, etc.

Instead of:

Handicapped, disabled, special needs children.
He's mentally retarded.
She's autistic.
He's Down's/mongoloid.
She's learning disabled.
He's a quadriplegic.
She's confined to/wheelchair bound.
He's in special ed; a special ed kid.
Normal or healthy people.
Is non-verbal.
Birth defect/brain damaged
Handicapped parking, hotel room, etc.

