

INLAND REGIONAL CENTER
SERVING PEOPLE WITH DEVELOPMENTAL DISABILITIES



Rhythms

Volume 12, Issue 2

An Inland Regional Center Bulletin

Spring 2011



Soar
Like
An Eagle

Typical Lives -

Making It Happen In 2011

...from the Conductor's Box



Carol A. Fitzgibbons

As the first quarter of 2011 comes to a close, I'd like to reflect on the positive changes being made at the Inland Regional Center and how we are continuing to work toward the mission we were founded on 40 years ago.

The regional center system was founded by a group of persistent, passionate families who helped enact the Lanterman Act to benefit people with developmental disabilities. That persistence and passion still thrives today and fuels the Inland Regional Center team to provide services that meet the needs of the developmentally disabled and their families -- you are our top priority. And just as the families had a voice 40 years ago, it is our goal to work as a team to provide the best services available.

To that end, we take your suggestions seriously and continually introduce new tools to best service the needs of people with developmental disabilities. This year, we are focusing on proactive, transparent communication with consumers, introducing a series of new communications tools to keep you informed, including "Consumer Insights" and a new website.

With the state budget and details surrounding our probation changing on almost a daily basis, it is important we keep you apprised of the latest information. In February, we introduced "Consumer Insights" and "Vendor Insights" -- a one-page update that is distributed twice monthly. This update is distributed via our listserv so be on the lookout for it in your inbox. In case you aren't on our listserv, please contact your consumer services coordinator or you can go online at www.InlandRC.org and sign up.

Long term, a revamping of our website will provide easy navigation for both our consumers and vendors. Scheduled to launch this spring, the new Inland Regional Center website is designed with simplicity in mind and will be a valuable tool as you search for information on how we can assist you and your family. What's more, this site will promote improved two-way communication, allowing you to submit feedback, comments, questions, and concerns so we can learn how to better serve your family.

I encourage you to learn more about how we are improving communication with you, your families, our vendors, and our employees. As always, you are invited to attend board meetings, committee meetings, and other upcoming events. An updated calendar of events will be included as part of the new website for you to be informed of all related happenings.

As we continue through the 2011 year, I will be excited to share with you more improvements in our communications as they are implemented. As always, please feel free to contact me anytime in regards to the Inland Regional Center. I look forward to hearing from you.

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INLAND REGIONAL CENTER'S BOARD OF TRUSTEES CONSISTS OF:

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The Board meets on the second Monday every other month beginning in January. Meeting begins promptly at 7 p.m. at the Inland Regional Center auditorium.

This quarter's Board of Trustee meeting dates:
May 9th and July 11th



SCHOOL DAZE

by Vince Toms, Riverside Transition Age Program Manager

Be Aware of the Bully

In recent months, the stories of bullying at school and through social networking sites have become a hot topic issue. Bullying has been evidenced in all race, gender, class, and lifestyles. It can also be a problem in the population of people with developmental disabilities.

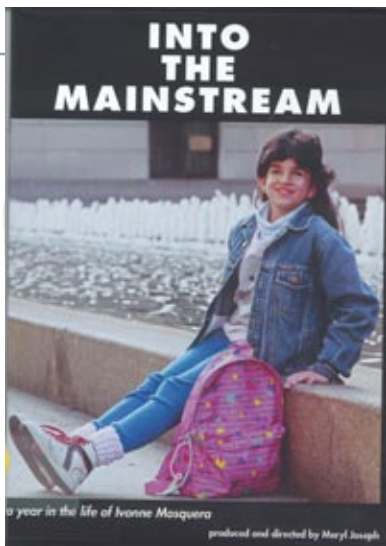
Historically, many of those we serve have had to endure lives of hardship. Communities and human kind have evolved and services have been created to level the playing field, but that does not necessarily mean that people with developmental disabilities are not a target of bullying.

The goal of this article is to simply get you, the reader, to think about the issue of bullying. Our clientele is often more prone to victimization, as they tend to be more socially isolated. Many times you will be on the front line and best able to notice and prevent bullying. The right thing is to help an innocent person not be a victim of abuse. Stay vigilant in your endeavor to keep the best interest of people with developmental disabilities at the forefront and be aware of the bully.

See the article on bullying, "The Heartache of Bullying," in our *Living in Harmony* section.

THE IRC/FRN **RESOURCE LIBRARY**

INTO THE MAINSTREAM



INTO THE MAINSTREAM **A Year in the Life of Ivonne Mosquera**

Produced and directed by Meryl Joseph

Ivonne's experiences in school, neighborhood and church, and with her friends, teachers and family speaks better than anything I have seen for the mutual integration of people with and without disabilities...

Karen T. Schlesinger, (former) Director, Resources for Children with Special Needs, Inc.

909.890.4794

Voicemail 909.890.9201

HOURS: Monday through Friday

8 AM to 5 PM

NO SATURDAY HOURS

Important Medi-Cal Changes

Starting in June 2011 Riverside and San Bernardino Seniors and Persons with Disabilities (SPDs) who are currently receiving care through Straight Medi-Cal (the fee-for-service Medi-Cal program) will be asked to choose a Health Plan (IEHP or Molina). The change will be phased in over a year starting with eligible individuals that have a June birth month, and continuing monthly by birth month through June 2012. IEHP estimates this change may impact up to 60,000 individuals in our service area. Enrollment packets with information about their choices will be mailed approximately 60 days prior to the end of their birth month. Each beneficiary will be encouraged to choose a Health Plan (IEHP or Molina) and a primary care provider. Those who do not make a choice will be auto assigned to a plan and provider.



Initial notices with enrollment information will start to go out in March for those affected individuals with a June birth month. This means IRC Straight Medi-Cal clients with June birthdays will receive information in March, and will need to make a health plan choice by the end of June. **REMEMBER:** Those that do not choose will be assigned to a Health Plan by the State. Preparing your clients and/or caretakers for this change will assure a smooth transition and help avoid disruptions in care.

The State is in the process of finalizing details on the transition and has scheduled two community meetings in the Inland Empire. In San Bernardino the meeting will be on April 25 from 1 to 5 PM at the Department of Behavioral Health Auditorium, 850 E. Foothill Blvd., Rialto, CA. In Riverside the meeting will be on April 26 from 9:30 AM to 12 PM at the Marriott Hotel, 3400 Market St., Riverside, CA. The meetings are open to the public.

Additional questions about enrollment and/or health plan choices may be directed to:

- Dennis Kaney (IEHP) 909-693-1014 kaney-d@iehp.org
- Carmie Avila (Molina) 800-526-8196 ext 128019 carmelina.avila@molinahealthcare.com
- Health Care Options 800-430-4263

NURSERY NOTES

How to Baby-Proof Your Home for Those First 12 Months

Baby-proofing your home is one of the most important things you can do for your newborn. Here are some tips to get you started.

Newborns and Infants (under three months)

Before you introduce your newborn to his new home, remove or fix possible household hazards. Start with the basic precautions and continually modify according to your baby's development. Here's what to do from day one:

- Use a crib made since 1992 that meets safety standards set by the American Society for Testing and Material (ASTM).
- Be sure the crib mattress fits snugly. You should be able to slide just one finger between the mattress and the side rails and headboard, so your child can't slip between the mattress and crib.
- Do not use a crib that has elevated corner posts or decorative cutouts in the headboard since a baby's head could become trapped there, or loose clothing could become snagged and cause strangulation.
- Make sure all screws, bolts, and other hardware are securely installed to prevent the crib from collapsing.
- Never put pillows, soft bedding, electric blankets, heating pads, or stuffed animals in a crib.
- If you use a playpen with mesh sides, the mesh "holes" should be less than 3/4 inch across (playpens made since 1974 meet this requirement) and free from tears or small holes to prevent an infant from becoming trapped. For the same reason, wooden playpens should have slats that are less than 2 3/8 inches apart.
- Always use a safety belt when your baby is sitting in a bouncy seat or swing.
- Nightlights should be at least three feet away from the crib, bedding, and draperies to prevent fire.



Four Months to One Year (or until baby is walking)

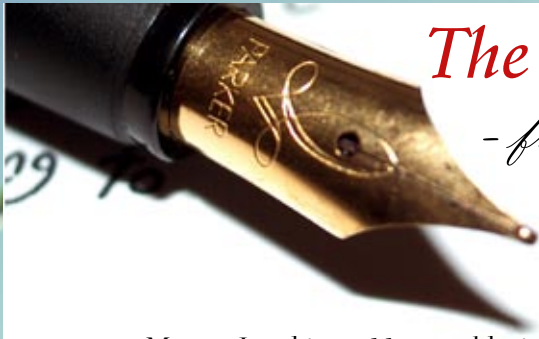
Once a baby is walking, making your home safe for baby is almost a daily chore. Here are some important things to watch for:

- Keep coins, small toys, nail scissors, and balloons -- any item that is small enough to fit inside a cardboard toilet paper roll -- out of infant's reach.
- Remove mobiles and other hanging toys from the crib as soon as your child can reach up and touch them.
- Shorten drapery and blind cords.
- Lock any potentially dangerous substance in an upper-level cabinet. This includes alcoholic beverages, household cleaning formulas, laundry supplies, medications (including nonprescription varieties like vitamins, children's Tylenol or Advil), paint, kerosene, gasoline, charcoal, lighter fluid, bug spray, pesticides, and fertilizers.
- Place houseplants out of children's reach; know the names of all plants in case a child eats one of them.
- Keep a bottle of Ipecac and activated charcoal in your home, but use only when instructed by a medical professional.
- Cover every electrical outlet in your home with a child-resistant outlet cover (the plastic plugs are easy to pry out).
- Place screened barriers around fireplaces, radiators, and portable space heaters.
- Install hardware-mounted safety gates at the top and bottom of stairways with two or more steps. Pressure-mounted models may not be strong enough.
- Pad the edges of coffee tables and brick or tile fireplaces.
- Position audio/video equipment so children cannot pull televisions or stereos off furniture.
- Keep appliance cords wrapped short so children cannot pull coffee makers, toasters, and other appliances.
- Secure bookshelves, entertainment centers, and bureaus to walls since they can topple onto children who use furniture to pull up and stand.

For more information about creating a child-safe home, visit the National Safe Kids Campaign at www.safekids.org.

The Heartache of Bullying

- from the desk of Yolanda Thomas



My son Jared is an 11 year old, sixth grade middle school student who has Asperger's which is a form of autism which severely impedes his ability to socially interact with other people. You see Jared is a bright eyed, smiling, loving and very gentle soul. He thinks that everyone loves him and he has never met a stranger. Jared had some problems with social interaction in elementary but I was totally unprepared for the bullying he would be confronted with in middle school and the effect it would have upon him.



Somewhere in the Education Code it says that all children are entitled to receive a free and public education. The Education Code doesn't mention or address the very real issue of bullying in our public school system.

I first learned about the bullying from Jared's older sister, Alexis, who attends the same middle school but is in the 7th grade. It was not long after school started that Alexis reported that Jared was being called names, being made fun of and teased by other students. The bullying seemed to happen during unstructured time that the students have in middle school (during passing periods, brunch and lunch) and not in the classroom.

I began to keep a log of the names and incidents that Alexis as well as Jared would report to me and their father. It seemed that on a daily basis Jared was being named called, teased, pushed down, and just downright belittled. It was hard to hear these stories from my son and his sister but it was heartbreaking to see the effect it was having on my son as well as his sister. The incidents, both verbally and physically, were happening with such regularity that it seemed that Jared was unable to recover from one attack before he was confronted with another bullying incident. He was turning into a sullen and very sad little boy who would tell me that he had pain in his heart and that he just felt sad because people were so mean to him. Jared's sister also became the target of bullying after she dared stand up for her brother to try and stop the students who were picking on him and calling him names. I would have to remind myself again and again that these were children who really didn't understand how cruel and insensitive they were being and couldn't possible realize how our words and actions can have a much greater and damaging impact upon others than we realize.

My husband and I met with the assistant principal and the counseling staff and an emergency IEP was held. During the IEP my husband and I were told that an aide would not be provided for Jared because he was doing fine academically and that they do not provide any assistance outside of the classroom. While I was sitting in the IEP meeting surrounded by the school staff I came to the realization that all the school was willing to do was what was in the Education Code.

You see all the school can guarantee is that my son has the right to a free and public education. The school is not able to adequately deal with the issue of bullying in our public school system. The Education Code has no mention of what it will cost my son emotionally and physically to obtain a free and public education. The Education Code does not address the emotional and physical effect of bullying only the financial aspect of a free and public education. Will he be emotionally bankrupt when he reaches high school?

The effects of bullying can be devastating. We all see the television reports and read the newspaper. Having even one child take their own life because they could not deal with the effect that bullying has on their lives is one too many. The issue of bullying is not just an issue at our children's school but this is a community issue. We teach our children early in life about strangers; in elementary school, we have Red Ribbon Week in order to tell our children to say no to drugs. Bullying has a devastating effect and it is time to teach our children that words do indeed hurt. You know the fable "sticks and stones will hurt my bones but words will never hurt me." Well that fable is not true -- words do hurt.

There must be checks put in place to safeguard our children from the earthquake of bullying that is rattling our country. We can no longer say "they are just kids being kids" because our children are killing themselves. We must talk to our children about their actions and their words. We must teach our children that they can not stand by and see someone being bullied and do nothing. Most of all we must teach our children that the right thing to do is not always the easiest thing to do. Take a stand against bullying. When you see an injustice such as an act of bullying, go tell a teacher, counselor or any adult about what you witnessed.

Attention Vendors: this is a very exciting time for the Vendor Advisory Committee (VAC). As the new chair of VAC, I want to express my delight with the excellent participation and attendance at our recent meetings. I also want to encourage all vendors to get involved. Mark your calendars for our next VAC meeting on April 18. The meeting will be held in the IRC auditorium at 10:00 a.m. We are in the process of expanding the VAC to make the committee more representative of the vendor community at large. This is the time to get your voice heard and to become an active participant in our quarterly meetings.

Some recent changes to Vendor Advisory Committee include:

- More frequent meetings. The meetings are now held bimonthly and are designed to occur the month before IRC's board meetings so that Vendor concerns can be communicated to the Board in a timely manner.
- An expanded committee. The numbers of members of VAC are being expanded from 8 to a maximum of 18. We are also expanding the service categories to include: ILS/SLS; Licensed Residential Facilities – Levels 1-3; Licensed Residential Facilities – Level 4+; Intermediate Care Facilities; Adult Day Programs; Behavior Management Programs; Vocational Programs; Infant / Children's programs; Respite Programs; Support Services; Transportation and Members-at-Large.
- Shorter terms of membership. The term of membership is being reduced from 4 years to 2 years (with a maximum of 2 consecutive terms) to ensure that the members of the committee continue to be effective representatives of their service categories and to encourage expanded participation in VAC.
- A new membership committee. This committee will include members of VAC and members of the vendor community at large. This committee will recruit and screen individuals who are interested in serving on VAC. They will communicate the responsibilities of the position and ensure that all members of VAC represent their service category and the vendor community. If you are interested in serving on the membership committee or want to be considered for a VAC position, please contact Ruth Goodsell at rgoodsell@desertarc.org.

Again, thank you all for your continued participation in VAC. I look forward to seeing you on April 18th.

Sincerely;

Donita Remington
Chair, VAC

Vendor Advisory Committee:

The Vendor Advisory Committee (VAC) meets bi-monthly
10 a.m. at the Inland Regional Center Conference Center, 1425 S. Waterman Ave., San Bernardino.

VAC meeting dates for 2nd quarter 2011:
April 18
June 20

For more information on the VAC, contact Sandra Guzman at 909.890.3416.

For transportation concerns, contact Southwestern Transportation Management Services at 951-340-3325 or email: williamames@swtms.us.

Vendor Trainings 2nd Quarter:

Care Provider Information Training:
May 12th

Care Provider Enrichment Training:
July 7th

All classes are 10-12 noon at the IRC Conference Center and free of charge. 2 CEU's

Vendor Meetings 2nd Quarter:

Habilitation Providers Coalition:
Held quarterly. Contact Jon Kleiner at 909-890-3074 for more information.

Day Program Forum Meetings: Meetings are scheduled during the meetings. For meeting dates contact your liaison. No CEUs

ICF meetings occur every other month on the 3rd Wednesday of the month from 1:30 to 3:30 in the auditorium.

"Autism is about having a pure heart and being very sensitive... It is about finding a way to survive in an overwhelming, confusing world... It is about developing differently, in a different pace and with different leaps."

— Trisha Van Berkel



World Autism Awareness Day

Saturday, April 2, 2011

9:00 a.m. - 4:00 p.m.

9166 Anaheim Place, Suite 200
Rancho Cucamonga, CA 91730

Call: 909.483.2505 ext. 7468

Email: Greg.Nicholson@TheMentorNetwork.com

www.camentorfha.com



California
MENTOR

Bringing Caring Closer



Spencer Palmer

Spencer texted me from his cell phone to let me know that he had just sold 2 coupon books as part of his track team fundraiser. Never would I have thought Spencer would enjoy a cell phone, he dislikes talking on the phone. A cell phone has opened up an interconnected world for him, one where he can text his brothers in college, call and find out why Mom is late to pick him up, and be just like the other kids. Thinking typical is what we have tried to do from the beginning of Spencer's diagnosis.

therapy and Floor Time therapy until he was 9. He was included in regular classes for preschool, kindergarten, first, and second grades. In 2nd grade, when he was frustrated because he could not do the same work as the other students, we put him in a communicatively handicapped classroom for 3 years. During middle school he went to a private school and for High School he has been on Rise, an independent study program, through the school district for his academic classes and takes elective classes at Redlands High School such as art, drama, PE, computer, and piano.

It is difficult to know what Spencer will be capable of a year from now so we do not look too far ahead but adjust our expectations to meet his current reality and abilities. No matter

what he will be doing we have always known that he needs certain skills to be successful in life. Everyone has to work so we started with that. We started with an extremely challenging task of taking a single trash can outside to be dumped in the large trash can. The beginning hand over

hand, tantrum filled experience has turned Spencer into being responsible, self motivated and capable of complex independent jobs. He takes the trash cans out each week to the curb without being asked, takes care of the family pets, prunes rose bushes, gardens, and walks to the store for me when I need something. He has worked at the Live Oak Canyon Pumpkin Patch and Tree Farm bringing in carts, stocking shelves, and carrying Christmas trees out to customer's cars.



Spencer Palmer Continued....



Thinking typical, we let Spencer play Pokemon and watch movies all he wanted when he was little. What we found is that he could not be "typical" to do that. Instead of playing a game or watching a movie and then moving onto some other activity Spencer becomes so engrossed that he cannot focus on anything else. Finding other appropriate activities such as gardening, athletics and Boy Scouts has helped enrich his life and left his mind to be able to do homework and learn in class. Watching a movie once allows him to enjoy the experience without memorizing every line and replaying it in his head while he is suppose to be doing something else.

Spencer has been a member of the High School Track team. He has never won a race; in fact, I think he has come in last in every race he has run. Spencer says, "It isn't all about winning, it's about running the race." His freshman year he was honored with the varsity most inspirational player,

received an award his sophomore year and was again awarded Most Inspirational JV Player his junior year.

Spencer is expected to participate and abide by the same standards as the rest of the family. All 6 children are expected to do their daily and weekly chores, contribute to cleaning up after we sit down at dinner most nights, do their homework, treat each other with respect, participate in church, scouting, and sport activities. We help Spencer responsibly choose appropriate TV viewing, computer sites and limit handheld and computer games.

Finding food intolerances has been a significant help to many members of our family. At age 11, when we finally dared the elimination diet, Spencer said, "Mom, my headaches and stomach aches have gone away." I did not know he was having stomach and headaches. He has made significant progress since that time.

Spencer and a young boy with autism were swinging next to each other. The young boy said to Spencer, "I have autism." Spencer replied, "I used to have that but I got over it."

Spencer recently received his Eagle Scout award from the National Boy Scouts of America. He will graduate this spring from Redlands High School. He plans on taking classes next year at Crafton Hills College and volunteering at the LDS Bishops Storehouse. In a year he plans on volunteering full time as a service missionary for the Church of Jesus Christ of Latter-day Saints.



Symphony IN CARING

BLYTHE

1) **K.A.R.E.** (Kids Are Ready 4 Education) Contact **Carmela Garnica** for details -- 760.922.2582

2) Parent support group which meets on a quarterly basis (February, May, August and November) at Sheltering Wings, 9496 Hobsonway, Blythe. Contact **Julio Castillo** at 909.890.3312 for more detail.

SPANISH SPEAKING

BARSTOW:

Meetings are held at varying times and locations in the High Desert.

Contact **Vanessa Yoczik**, 760.256.1511, for details or e-mail **Barstow_DS_Support_Group@verizon.net**

Web site: www.Barstows-DS-Support-Group.com

CORONA:

GRUPO DE APOYO SONRISA Y AMOR sponsored by the Down Syndrome Association Riverside County West. Meetings held on the 2nd Thursday of each month beginning at 6 pm, location varies. Contact **Isabel Torres**, 951.737.0951, for more detail.

DESERT HOT SPRINGS:

GRUPO MARIPOSA. A Spanish speaking parent support group for parents of children with special needs. Contact group coordinator, **Blanca Quintero**, 760.288.4719, for more detail or e-mail **grupomariposa@hotmail.com**

HIGH DESERT:

THE V.I.P CONNECTION meets on the 2nd Monday of each month from 6:30 until 8:30 p.m.

Contact **Norma Pina**, 760.948.7989 or **Rosa Orozco**, 760.559.2387.

INDIO:

1) **PARENTS OF CHILDREN WITH DISABILITIES SUPPORT GROUP** meets in the Indio area on the 3rd Thursday of each month at Parent Resource Center, 81-730 Hwy. 111, Suite 12, Indio, CA at 6:30 P.M. CHILD CARE IS PROVIDED. Contact **Artemisa Gutierrez** at 760.775.4753 for details.

2) **MIRAME COMO SOY.** Meetings held on the last Thursday of each month at 83-233 Indio Blvd., Indio from 6:30 – 8:00 p.m. Contact **Martha Patino Diaz** at 760.342.9308 for details.

MURRIETA:

Fiesta Educativa, Inc. - meets on the 2nd Saturday of each month at St. Martha Church, 37200 White-wood Rd., Murrieta between 2 and 4 pm. For more details on this group,

contact either **Alma Rodriguez**, 951.600.7305 or **Leonor Gomez**, 951.657.3875.

ONTARIO:

GRUPO DE APOYO Y EDUCACION DE ONTARIO -- "Fiesta Familiares Educativa" meets on the 3rd Saturday of each month at the Church of our Lady Guadalupe, 710 S. Sultana Ave., Ontario. For more details on this Spanish-speaking support group, contact **Sra. Hernandez** at 909.983.2534 or e-mail **ElenitaH@msn.com**

RIALTO:

AMIGOS UNIDOS DE RIALTO FOR PARENTS OF CHILDREN OF ALL DISABILITIES in the Rialto area is held on the 1st Monday of each month at St. Catherine's Church, 339 N. Sycamore Ave., Rialto from 6:30 P.M. - 8 P.M. CHILD CARE AVAILABLE. Contact **Celia Zelaya** at 909.874.5987 for details.

RIVERSIDE:

EPILEPSY CENTER parent support group for Spanish speaking parents is held on the 1st Friday of each month at the Sweig Room (Founder Center) at Parkview Community Hospital, 3865 Jackson St., Riverside from 6:30 - 8 p.m. Children are welcome. Contact **Debbie Mickelson** at 951.780.8619 for details.

SAN BERNARDINO:

A parent support group for Spanish speaking parents which meets at the IRC Conference Center, 1425 S. Waterman Ave. on the 1st Thursday of every other month from 6 - 8 p.m. Contact **Claudia Barajas** at 909.890.3204 for details.

WEST END:

UP FOR DOWN for Spanish Speaking parent meets on the 4th Thursday of each month from 6:30 pm - 8 pm. in the **Teen Center** of the Covenant United Methodist Church, 1750 N. Towne Ave., Pomona. Child care provided.

Contact **Blanca Loria**, 951.808.2821, for more information.

AUTISM

BARSTOW:

Free support, information and resources for Barstow families raising children with any Autism Spectrum Disorder. For more detail, contact **Amber Woods**, 760.910.1023.

CHINO HILLS:

A support group for Parents of Adults with Autism. Meetings held in the Recreation building at the City of Chino Hills on the 2nd Thursday of each month. For directions & more detail, contact **Jacquelyn Speaker**, 909.590.9668, or e-mail **speaker2000@roadrunner.com**

COACHELLA VALLEY AUTISM SOCIETY:

Support group meetings held the 2nd Thursday of each month at the Pump It Up facility, 82740 Atlantic Ave, Indio (Jackson offramp from I-10) from 6 until 8 p.m.

Contact the **ASA Family Resource Center** at 760.772.1000 for more detail.

LAKE ELSINORE:

Sponsored by New Vision Children Services. Meetings held on the last Saturday of each month from 2 pm until 5 pm. Childcare will be provided. Location will be provided when you RSVP.

For directions & more detail, contact **Mary** at 951.757.0875, or e-mail **info@nvlearning.com**.

RANCHO CUCAMONGA:

****new location****

TACA (Talk About Curing Autism) meets every 3rd Saturday in Rancho Cucamonga at 10777 Civic Center Dr., Rancho Cucamonga beginning at 1:30 p.m.

For more information, contact by e-mail: **porterof5@gmail.com**.

RIVERSIDE:

H.E.A.R.T.S. meets every 3rd Tuesday at 6:30 at the Loma Vista Middle School Library, 11050 Arlington Ave., Riverside. Childcare is available by reservation. Contact **Dennis Findly**, 909.417.6769 **dennisfindly@yahoo.com**

SAN BERNARDINO:

Sponsored by the Early Start Family Resource Network - A support group for Parents of children with autism. Meetings held in the IRC Family Resource Library, 1425 S. Waterman Ave., San Bernardino on the 1st Tuesday of each month between 10 a.m. - 11:30 a.m. No child care is provided but a playroom is available. **Facilitator: Patricia Gurrola**, 909.890.4794, or e-mail, **patricia4295@aol.com**.

TEMECULA:

TAAG - Temecula Autism Aspergers Group. Meetings held at many different venues providing group discussions, helpful workshops and presentations. Contact via web site: <http://www.temeculapost.com/taag/>

VICTORVILLE:

G.A.T.E.S. to families affected by autism. Support to high desert families via telephone or e-mail in English or Spanish. Contact group coordinator, **Jan Vitro** at 760.242.0076 or e-mail **j_vitro@charter.net**.

INLAND EMPIRE AUTISM SOCIETY offers parent-to-parent support as needed through the phone or web in English, Spanish or Arabic.

Web Site: www.ieautism.org

Telephone: 909-204-4142 x339

DOWN SYNDROME

BARSTOW:

Meetings are held at varying times and locations in the High Desert.

Contact **Georgia Villalobos**, 760.256.5847, for details or e-mail **Barstow_DS_Support_Group@verizon.net**

Web site: www.Barstows-DS-Support-Group.com

CORONA:

Down Syndrome Association Riverside County West. Serving families with children and adults with Down Syndrome through support, social events, and educational programs. Contact **Lindsey**, 951.314.3937, for more info or go to www.DSARCW.org.

COSTA MESA:

The Down Syndrome Association of Orange County serves families in the Inland Empire in those areas adjacent to Orange County.

For more information, contact **Kristin Abbas**, 714.540.5794 or e-mail **kabbas@dsaoc.org**

HEMET:

A support group which meets on the last Monday of each month at 30295 Morse Rd., Hemet, beginning at 6:30 p.m. Contact Person: **Adele Cox**, 951.852.1054. Web Site: www.dsaoh.org

INDIO:

SEE ME AS I AM. Meetings held on the last Thursday of each month at 83-233 Indio Blvd., Indio from 6:30 – 8:00 p.m. Contact **Martha Patino Diaz** at 760.342.9308 for details.

WEST END:

UP FOR DOWN meetings held on the 3rd Thursday of each month from 7 pm - 8:30 pm.

LITTLE STEPS - an Up for Down sub-group for parents with children with Down Syndrome ages 0-3 years. meets on the 4th Thursday of each month from 6:30 pm until 8:30 pm. Both groups meet at Covenant United Methodist Church, 1750 N. Towne Ave., Pomona.

Up for Down - Contact **Carol Anten**, 909.268.6344, for more information. **Little Steps** - contact **Monica Crawford**, 626.824.6639, e-mail **lovelittlesteps@yahoo.com**

ANGELMAN SYNDROME

COME MEET with other parents while the Angels play. Meetings held the last Saturday of each month. The Meeting place is at the Houston Residence, 6291 Bluebell St., Corona between the hours of 2 and 5 p.m. **Contact Kristy Houston, 951.737.2108 for RSVP.**

EPILEPSY

RIVERSIDE:

PARENTS: A monthly support group in Riverside County for parents of children with epilepsy. Meets the 1st Friday of each month at Parkview Community Hospital, Sweig Room (located in Founder Center), 3865 Jackson St., Riverside from 6:30 P.M. - 8 P.M. Children are welcome.

ADULTS WITH EPILEPSY: Meets on the 2nd Friday of each month from 6:30 - 8 p.m. at Parkview Community Hospital, the Boardroom (located in the Founder Center building), 3865 Jackson St., Riverside.

UPLAND:

A bilingual support group which meets at the San Antonio Ambulatory Surgical Center (3rd Floor Board room), 901 San Bernardino Rd., Upland every 3rd Friday of each month from 6:30 - 8 p.m.

Contact for details:
The Epilepsy Center, 1.951.340.9193
or E-mail:
LGarrison@TheEpilepsyCenter.org

VISUALLY IMPAIRED

PARENT CONNECTION is a support group for parents of blind or visually impaired children ages 0-5 years.

They meet at the Blindness Support Services (BSS) office, 3696 Beatty Dr., Suite A, Riverside.
CHILDCARE IS PROVIDED
Telephone BSS at 951.341.9244 for details.

SCHOOL GROUP

CORONA:

FETA meets on the 2nd Tuesday of each month (except July & December) at the 'Institute Room' at the Crossroads Christian Church in Corona.
Please RSVP to Valerie Aprahamian, 909.841.2600; e-mail: vased@sbccglobal.net

ONTARIO:

PARENT SUPPORT GROUP which meets in the Ontario area. Meetings are held every other week at Maple Street Education Center, 550 W. Maple St., Ontario. You may attend either on Thursday, 10:30 am - 11:30 am or Friday, 11:00 am - 12:00 pm.
Contact Karen Laureta or Isabel Schaper at 909.923.6017 for details.

PALM DESERT:

Desert Sands USD Special Education Parent Advisory Committee (SEPAC) has five meetings per school year which includes a mini-training during each meeting **Contact SEPAC President for more details on this group, 760.862.9982**

DEVELOPMENTAL DISABILITY WITH MENTAL ILLNESS

OPEN DOORS is a parent/caregiver support group developed by Behavioral Health. They meet on the 4th Thursday of each month at 9707 Magnolia Ave., Riverside from 6 - 8 p.m.
CHILD CARE IS AVAILABLE.

Contact either Renee Becker or Tina Squires at 951.358.3622 for details.

DRUG OR ALCOHOL EXPOSED

COLTON:

MAKING A DIFFERENCE. Support group for foster parents, adoptive parents and caregivers of drug and alcohol exposed children, regardless of current (or lack of diagnosis). Meetings are held on the 2nd Monday and the 4th Thursday of each month at 700 E. Washington St., Colton from 6:30 - 8:30 P.M.

Child care is provided. **Contact the support group leader, Tammy DeHesa, at 909.350.4895 for more detail. (www.makingadifferenceassociation.org)**

ALL DISABILITIES

BARSTOW:

REACHING FOR THE STARS. Meetings are held at varying times and locations in the High Desert.
Contact Georgia Villalobos, 760.256.5847, for details or e-mail Barstow_DS_Support_Group@verizon.net
Web site: www.reachingforthestarsasn.com

CORONA:

CROSSROADS DISABILITY MINISTRY meetings held every Wednesday evening at 7:30 p.m. in Room G of the Crossroads Church PLEX building, 2331 Kellogg Ave., Corona. **Call 951.737.4664, ext. 3023 for details.**
Web site: www.CrossroadsChurch.com

HIGH DESERT:

THE V.I.P CONNECTION meets on the 2nd Monday of each month from

6:30 until 8:30 p.m.

Contact either Gina Rendleman, 760.949.2542, or Kim Schwing, 760.900.4399 for details.
Play Group Ages 0-8 -- If interested, please call Gabby Vargas, 760.961.2999.

MURRIETA/TEMECULA:

SPECIAL CONNECTIONS of Murrieta / Temecula meets to discuss education and health issues, social integration and other topics. Monthly meeting and other social activities held throughout the year.
Contact Maryann Zamastil at 951.699.9852 for dates and times.

MURRIETA/TEMECULA:

PARENTS WITH CHILDREN OF TRANSITION AGE (18-33) meet in Temecula/Murrieta. **For more details on this parent support group, contact Michelle Estrada, 951.672.7335.**

RANCHO CUCAMONGA:

EducateAdvocateca meets on the 2nd Friday of each month at 7:30 p.m. at the Community Baptist Church, 9090 19th Street, Rancho Cucamonga.
RSVP by e-mail: educateadvocateca@educateadvocateca.com
Web Site: http://educateadvocateca.com

YUCCA VALLEY:

Support Group for Parents and Caregivers of Children with Special Needs meets on the 3rd Wednesday of each month.
Contact either Rebekah Holkevig, 760.364.2389, or Jitu Sadiki, 760.369.1536 for details.

PARENT NOTES



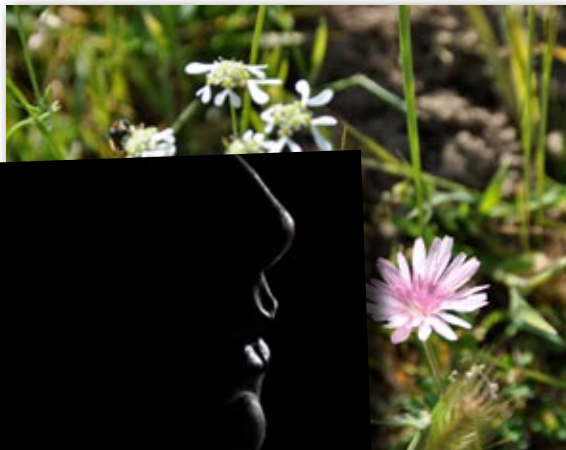
AUGMENTATIVE & ALTERNATIVE COMMUNICATION (AAC) SUPPORT GROUP

2ND SATURDAY OF EACH MONTH -- 12:15pm until 1:45pm
WHERE: Murrieta Community Center. 41810 Juniper St., Murrieta

If you or your child uses a letterboard, Go-Talk, DynaVox, Ipad, pecs or other AAC device to communicate, come and join the Autism Society Inland Empire for an AAC social! If you have any questions or plan on attending please RSVP to Kelly Londenberg at (951) 678-8666 or by e-mail, autismtoday@aol.com.

The Pacer Center has created a new web site for parents and professional to easily link to a national network of Parent Centers and a wide range of resources -- ParentCenterNetwork.org. Parent Centers provide training, information and assistance to families of children with all disabilities ages birth to 26 years and the professionals who work with them.

Living with Epilepsy, Part II



Do you have epilepsy? Do you feel like it sometimes controls your life? Do you feel depressed and hopeless? Do you have a lot of unanswered question about your condition? Relief is in site.

The Epilepsy Center will host "Living With Epilepsy, Part II". This informational and intense, free conference will be facilitated by Dr. Diane Stein, Neurologist. It will take place on Saturday, May 14, 2011, from 10:00 am to 3:00 pm at Parkview Community Hospital, 3865 Jackson St., Riverside, CA 92503. It will cover the basics of epilepsy, such as seizure types, medications, testing, and first aid. Most important, Dr. Stein will go to great lengths to answer the age-old question, "What is the connection between epilepsy and various behavior disorders?" These behaviors will include ADD, ADHD, Bipolar, and learning disabilities.

Dr. Stein is The Epilepsy Center's "house doctor". She has facilitated several of our conferences. She is a unique doctor that will kick off her shoes and answer the sometimes uncomfortable questions that parents and patients want to know. In spite of her great wealth of knowledge, Dr. Stein treats each patient special. She understands the difficult medical problems they deal with everyday. We are very excited that she is coming out to facilitate this conference; her energy is truly contagious. Through the information that Dr. Stein will give our participants, they will walk away empowered with clarity of their medical diagnosis. This conference is not just for those with epilepsy, it is also for families, caregivers, and all of those who want to know more about this complex disorder.

For more information or to RSVP (by May 2, 2011), please call **Luana Garrison at 951-281-9892**.



Sponsored by Supported Life Institute

16th Annual People First of California Statewide Conference

Friday - Sunday, June 10th - 12th, 2011 Sacramento, CA
Double Tree Hotel in Sacramento

"It's Not What You Say, But What you Do"

For Consumers/Self Advocates/Family Members and Support People

There is a discount for Early bird registration which ends April 29th. For a copy of the registration form which includes fees and agenda, please contact the Community Information & Training Unit: DKimble@InlandRC.org or DReyes@InlandRC.org

For conference details contact the Supported Life Institute at (916) 567-1974

Taken from the 'My Great Story' program on the National Down Syndrome Society web site, <http://ndss.org/stories>. Check out their web site - they would love to hear stories from our families also!

A Green Light to Driving

By Taffy & Jeff Nothnagle, Cohasset, MA

When our son Jay turned 16, he began asking about getting his drivers license. We had learned early on that Jay was a very determined individual, and that if he said he wanted to do something, we'd better find a safe way to make it happen. We started with a Drivers Ed course at his high school. Jay took the classes but not the exam, and that introduction to the idea seemed to be enough. Two years later, he decided to take the course again, hoping to get his learners permit. We were encouraged by a story in the MDSC newsletter about a local woman who had earned her license. Also, at age 18, Jay's neuro-psychological exam indicated that his judgment and problem solving skills were at the level of a 15 to 16 year old (driving age for many teens). Jay hired a tutor to help him prepare for the permit test, and they worked on the book orally, because Jay's reading level is very low. After six months of studying, Jay passed the oral exam on his first try. The next step was a driving evaluation at a local rehabilitation hospital, with a driving simulator which tested response times, visual acuity, physical abilities, as well as many of the rules of the road. This testing is most valuable, because someone besides the parent is making the judgment about capacity to drive. Jay passed with flying colors, and was ready to take the wheel. The Drivers Ed teacher at the high school was very willing to work with Jay. Jay took more than 25 hours of driving instruction, and drove an hour a day with one of us for six months. At twenty-one, he took the driving test, and passed with no restriction except glasses. What a huge step for all of us! It is not easy to let any of your children start driving, but even harder when your child has Down Syndrome. Now that Jay has been driving for 16 years, we have no regrets that we facilitated his doing this. He owns a pickup truck, and driving gives him such independence. He drives to work, Special Olympic practices and social events. He is comfortable staying within a ten mile radius of home, and he does not drive others in his truck, as that would be distracting. There have been a few incidents – two speeding tickets and two minor accidents; our other children had similar records, all while they were inexperienced. I have worked with many young adults with Down Syndrome. I truly believe that parents are the biggest roadblock to their getting a license. Many of these young adults are capable of driving. We are allowing many of our children to live independently, or to seek higher education. We need to give them the chance to prove that they can learn to drive. We really encourage you to at least consider this possibility for your person with Down Syndrome.



Congratulations

to **Anthony and Amanda Castro**, Inland Regional Center Consumers, who recently celebrated their 25th Wedding Anniversary! The couple have an adult 24 year old son and reside in the beautiful city of Hemet, California. **Anthony and Amanda** attribute their longevity to dedication, devotion, determination, cooperation, understanding and, a lot of getting along.

Happy Anniversary, Anthony and Amanda, and many more!

Consumer Employee Spotlight



Wouldn't it be great if we heard statements like, *"I have never been happier in my life as I am today!"* This is exactly the quote from **HARLEY B.** who has successfully passed his 90 day introductory period with IKEA in West Covina; And, he received a glowing performance appraisal! Harley worked in PVW's food service program for several years, never quite ready to step out into the world of individual placement. When the opportunity at IKEA was shared with him, Harley agreed that position would be a perfect fit for him. Now working in IKEA's restaurant/cafeteria, Harley's responsibilities include food preparation of a variety of salads, sandwiches & desserts. His favorite items to prepare for are the

Panini sandwiches, Swedish Gravad Lax salad (marinated salmon), and the "princess cake" dessert. When Harley is not involved in food preparation, he is busy stocking and replenishing the various items as needed in the kitchen. Harley enjoys the camaraderie with his co-workers and he enjoys talking during break time and lunch times. His personal and social growth has been tremendous and one of Harley's personal goals is to be selected as "IKEA employee of the month". Harley states that he enjoys his independence and his work schedule that allows him to come and visit PVW's Country Kitchen where his journey started and his love of cooking was developed. It's great to see Harley believe in himself, putting his work ethic and positive attitude at the forefront of his mind and applying these values to his new position!

Inland Regional Center would like to spotlight **MARCELINO SALINAS**, a senior citizen who has had to overcome barriers in life –he is both hearing and verbally impaired. Marcelino does not allow these disabilities to hold him back. Marcelino absolutely loves to work, and has the energy of a man half his age! He has been working on the IRC janitorial crew [through VIP] for 3 years now. He performs his job well, and with informal sign language, he communicates with his co-workers and his job coach. In October 2010, Marcelino was hospitalized for foot surgery but bounced back and returned to work in December, all the while anxiously awaiting his doctor's permission to go back to work. With the assistance of his wife, Marcelino is living a healthy lifestyle, with diet and exercise so that he can remain in tip top shape for the job that he loves! Marcelino deserves recognition for all he has achieved.





JUSTICE DEPARTMENT'S NEW ADA RULES GO INTO EFFECT ON MARCH 15, 2011

WASHINGTON – Revised regulations implementing the Americans with Disabilities Act (ADA) will take effect tomorrow, March 15, 2011, the Department of Justice announced. The revised rules are the department's first major revision of its guidance on accessibility in 20 years.

The regulations apply to the activities of more than 80,000 units of state and local government and more than seven million places of public accommodation, including stores, restaurants, shopping malls, libraries, museums, sporting arenas, movie theaters, doctors' and dentists' offices, hotels, jails and prisons, polling places, and emergency preparedness shelters. The rules were signed by Attorney General Eric Holder on July 23, 2010, and the official text was published in the Federal Register on September 15, 2010.

The department is also releasing a new document, "ADA Update: A Primer for Small Business," to help small businesses understand the new and updated accessibility requirements. In addition, the department is announcing the release of a new publication explaining when the various provisions of its amended regulations will take effect. Both documents will be available tomorrow on the department's ADA website, www.ada.gov.

WORKING UP THE SCALE

"The new rules usher in a new day for the more than 50 million individuals with disabilities in this country," said Thomas E. Perez, Assistant Attorney General for Civil Rights. "The rules will expand accessibility in a number of areas and, for the first time, provide detailed guidance on how to make recreation facilities, including parks and swimming pools, accessible."

The new ADA rules adopt the 2010 ADA Standards for Accessible Design, which have been retooled to be more user-friendly for building code officials, builders, and architects, and have been harmonized with state and local accessibility codes. The 2010 standards also include, for the first time, standards on making swimming pools, parks, golf courses, boating facilities, exercise clubs, and other recreation facilities accessible for individuals with disabilities. Entities covered by the ADA have until March 15, 2012 to comply with the 2010 Standards. In addition to adopting the new ADA 2010 Standards, the amended regulations contain many new or expanded provisions on general nondiscrimination policies, including the use of service animals, the use of wheelchairs and other power-driven mobility devices, selling tickets for wheelchair-accessible seating at sports and performance venues, reserving and guaranteeing accessible rooms at hotels, providing interpreter services through video conferencing, and the effect of the new regulations on existing facilities. The compliance date for the all the new nondiscrimination provisions, except for those on hotel reservations, is March 15, 2011. Compliance with the hotel reservation provisions is not required until March 15, 2012.

"ADA Update" and "ADA 2010 Revised Requirements: Effective Date/Compliance Date" are the first of several planned publications aimed at helping businesses, not-for-profit organizations, and state and local governments understand their obligations under the amended Title II and Title III regulations. Individual print copies of the Effective Date/Compliance Date publication can be ordered from the ADA Information Line (800-514-0301 voice or 800-514-0383 TTY).

For more information about the ADA, call the Justice Department's toll-free ADA Information Line at 800-514-0301 or 800-514-0383 (TTY), or access the department's ADA website at www.ada.gov.

From the IRC/FRN

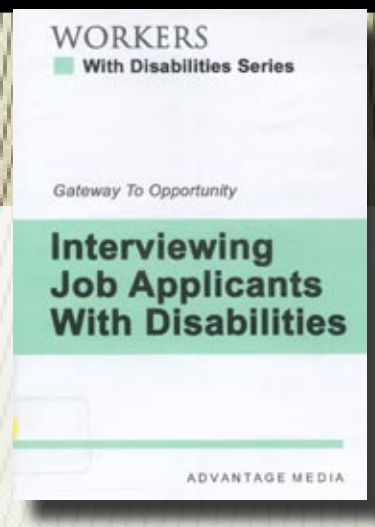
RESOURCE LIBRARY:

Gateway to Opportunity: Interviewing Job Applicants with Disabilities

Produced by Advantage Media – Workers with Disabilities series

A solid tool for teaching the fundamentals of interviewing applicants with disabilities.

This video provides a great overview of all the key disability-related factors that constitute an effective job interview. It establishes critical guidelines for interviewing job applicants with disabilities. Viewers also build a basic awareness of options available for making workplace accommodations.



HAPPY TRAILS



ROSELIA AMBRIZ, Intake Coordinator, retired in January after 35+ years with Inland Regional Center. During her career, Roselia worked in a variety of administrative positions, however, the majority of Roselia's career was spent as a part of the Intake & Assessments team.



CINDI GOSSAR, a Consumer Support Technician III in Word Processing, will retire in May after 22 years working behind the scenes within our administrative services department.

Telephone Numbers of Interest

Events Hotline:
909.890.3414

Area Board XII:
1.909.890.1259

Family Resource Network:
1.800.974.5553

IRC/FRN Library:
909.890.4794



TRANSITIONS



YAZMIN DeLEON-WILLIAMS

has taken over as Program Manager for the San Bernardino County Early Start Program. Like her predecessor, Yazmin is a registered nurse with many years experience working with at-risk infants and toddlers in the Inland Empire. Congratulations, Yazmin!

IN MEMORIAM:

JUAN ALMANZA a long-time Consumer Services Coordinator with our school age families, passed away on March 8, 2011. Juan was a Korean War veteran and had worked for the San Bernardino School District prior to beginning his career as a case worker at Inland Regional Center. Juan had been working at Inland Regional Center for 30 years at his passing.





Mom's Supporting Moms Let's Get it Started!

Mom's Supporting Moms is about connecting with other Mom's of IRC Consumers. Share your experiences and get the best advice from Mom's who have been there too. Meetings will take place in a comfortable environment where you can relax, enjoy yourself, do fun activities, and make new friends.



Mom's Supporting Moms meetings will be held on the first Tuesday of each month from 6-7:30pm at IRC Conference Center, 1425 South Waterman Ave. San Bernardino, 92408, starting January 4th

Contact Alice Chu at 909-890-4781 to sign up for this group, or ACHu@InlandRC.org

IRC Orientation

Where: Locations Vary

Time: 10:00am to 12:00pm

or 6:00pm to 8:00pm

IRC welcomes one and all to come to this training to learn more (or refresh

what you know) about Inland Regional Center. During the training, families will hear a brief history of the regional center system and an overview of how case managers provide services to individuals with developmental disabilities. Families will walk away with an abundance of resources to help get started; Special Education Rights and Responsibilities, Your IPP, and much more! There will be a time for questions at the end should a family have a personal or detailed question for the trainer.



If you would like to attend an Orientation or have questions, please contact Diane Kimble at 909.890.4778 or email her at DKimble@inlandrc.org **Date, location and contact number, and times listed below.**

April 4	1425 S Waterman Ave, San Bernardino, CA 92408 (909) 890-4778	6:00 – 8:00 p.m.
April 15	1425 S Waterman Ave, San Bernardino, CA 92408 (909) 890-4778	10:00am-12:00 p.m.
May 2	1425 S Waterman Ave, San Bernardino, CA 92408 (909) 890-4778	6:00 – 8:00 p.m.
May 20	15400 Cholame Rd, Ste B, Victorville CA (760) 843-7959	10:00am-12:00pm
June 6	1425 S Waterman Ave, San Bernardino, CA 92408 (909) 890-4778	6:00 – 8:00 p.m.
June 24	73255 Country Club Dr., Palm Desert, CA. 92260 (760) 346-1611 Ext 409	10:00am-12:00pm
July 11	1425 S Waterman Ave, San Bernardino, CA 92408 (909) 890-4778	6:00 – 8:00 p.m.

Networking



The Father's Network is a group of Dads of IRC consumers that are coming together to make a difference in their families. Whether their child was newly diagnosed or they've been with Inland Regional Center for years, these dads are building a strong network of support. They are passionate about helping each other through

encouragement, giving advice on a wide range of topics, and learning from each other.

Dads, before you even decide to come to the meetings feel free to join our email list-serve. You can learn about new resources specifically for you, and receive reminder emails about the monthly meetings.

Sign up by sending an email to
lrcfathersnetwk@yahoo.com
or JZito@inlandrc.org or call Jannette Zito:
909-890-4782



Join Us!

4th Monday of each month from 6-7:30pm
(**New date and time for the convenience of Dad's**)
Located at IRC Conference Center, 1425 South
Waterman Ave. San Bernardino, 92408
Each month we will have discussion topics, as well
as a time for open-discussion so Dads can open
up and be real.

April 25th- Safety in the Home

May 23rd- Summer Family Fun
Activities

June 27th- IEP/ Special Education

July 25th- Resources for Autism and
Intellectual Disabilities

"Healthy Bodies, Healthy Lives 2011"

Our sexuality affects who we are and how we express ourselves as human beings. We experience and express our sexuality by our body image, sexual behavior, and with sexual relationships. Some people feel comfortable talking about sex and sexuality and others find it difficult. It is important to have a basic understanding and awareness to avoid making poor decisions that could lead to negative consequences such as abuse or unhealthy relationships.

The Healthy Bodies Healthy Lives class will provide a positive message about sex and sexuality as a natural, normal and healthy part of life. The following will be reviewed: male/female anatomy and its changes; creating healthy boundaries to avoid abuse; understanding the difference between a friendship and an intimate relationship; skills to make positive and responsible decisions.

Each class (three sessions) will run from 5:30 – 7:30 pm. Teens must have a signed consent from parent/guardian or care provider on the first day of class. The next dates for classes are:

Adults: June 7th, June 14th, and June 21st

Teens: June 8th, June 15th, and June 22nd

Please contact Diane Kimble to RSVP at 909-890-4778 or via email at DKimble@Inlandrc.org

On Saturday June 4th from 4–9pm The CAC will be hosting :

MONTE CARLO NIGHT

Located at 1425 South Waterman Ave. San Bernardino, 92408

For IRC consumers age 16 and older

Enjoy a night of Bingo, Black Jack, Poker, Prizes, Entertainment, Dancing, and Pizza all for \$5. Care Providers can attend for \$3 includes: Pizza and Drink*

***Care providers may not participate in games or prizes.**

Pizza and Entertainment 4-5 pm

Game Time 5-8 pm - Dance 8-9 pm

To Purchase Tickets

Contact: Jannette Zito, Events Developer/ Training Specialist 909-890-4782 or Steven Miller, Training Specialist Assistant, at 909-890-4783

Proceeds will benefit the future trainings and events of the Consumer Advisory Committee (CAC)

How To Talk To Your Kids about Sex 2011

Are you struggling with having a sensitive conversation with your children about the intimacies with growing up? For most parents this is the most difficult and challenging conversation we will have with our children. Let's work through this together and share our ideas and ways of explaining the concepts of public vs. private, body parts and how they work, relationships, sexuality, prevention and safety with our children with developmental disabilities. It is an essential conversation and together we may be able to decrease some of the anxiety.



Date: June 1, 2011

Time: 6:00pm to 8:00pm

Location: 1425 S Waterman Ave, San Bernardino, CA 92408

**For more information or to RSVP,
please contact Diane Kimble at (909) 890-4778 or DKimble@inlandrc.org**

For Consumers Only!

2011 CAC Dates COME JOIN US!

Saturday April 9th
10:00 am to 12:00 pm

Exploring Your Community

1425 S. Waterman Ave
(IRC Conference Center)
San Bernardino, CA 92408



Saturday May 14th
10:00 am to 12:00 pm

Eating Healthy and Good Tasting

Peppermint Ridge
825 Magnolia Ave
Corona, CA 92879



Saturday June 11th
10:00 am to 12:00 pm

Water Safety

1425 S Waterman Ave
(IRC Conference Center)
San Bernardino, CA 92408



Saturday July 9th
10:00 am to 12:00 pm

Independence/ Voting Importance

1425 S Waterman Ave
(IRC Conference Center)
San Bernardino, CA 92408



make the choice add your voice

Telephone Numbers to reach the Inland Regional Center Consumer Advocates:



Ivan Enriquez
(Ivan habla español)
909.890.4789



Ulysses Robinson
909.890.4785



Howard Widick
909.890.4786

My Life, My Choice:

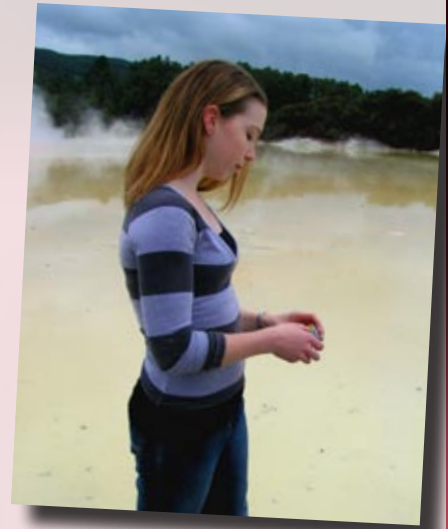
IRC is offering a class for ladies who are 18 years and older called, "My Life, My Choice," a 4 week course that covers topics on self – esteem, attitude, sexual exploitation, perpetrators and pimps, STI's and sex, healthy relationships, and being vulnerable.

Dates: May 5th, 12th, 19th, 26th

(Meeting on Thursdays)

Time: 5:30pm to 7:00pm

Location: 1425 S Waterman Ave
San Bernardino, CA 92408



Teen's parent/guardian will have to fill out a consent form for teen to attend classes.

For more information or save a spot, please contact Regina Kuruppu - 909-890-4780 or RKuruppu@inlandrc.org.

Navigating the Judicial System for the Family Advocate



Save The Date!

May 7th 2011 - 10am to 2pm

IRC Conference Center 1425 South Waterman Ave.

San Bernardino

The focus of this conference is to provide parents, siblings, and other family members of persons with developmental disabilities with the information on behaviors and situations that can lead their loved ones into legal trouble, and how to counter these situations. Additional Emphasis will be place on educating the family members on what to do if their loved one becomes involved in the criminal justice system.

Topic include: Crime Prevention, Proper Role Modeling, Red Flag Behaviors, How to Interact with Law Enforcement, Importance of Safe Social Activities, How to Respond to Crime, and Preparing for Court and Community Resources.

For more information and to RSVP please contact Jannette Zito,
Training Specialist/Events Developer at 909-890-4782



KEY NOTE SPEAKER:
Derek Ott, M.D., M.S.



Beyond Autism

for families affected by autism

**APRIL 30th, 2011
8:00 AM – 4:30 PM**

**Inland Regional Center
Auditorium
1425 S. Waterman Ave
San Bernardino, CA 92408**

Autism-related topics to include:

- Issues relating to the Infant / toddler years
- Issues relating to the School and Teenage Years
- Employment
- Medications
- Marriage and Relationships

There Will Be
Workshops for
Spanish Speaking
Families

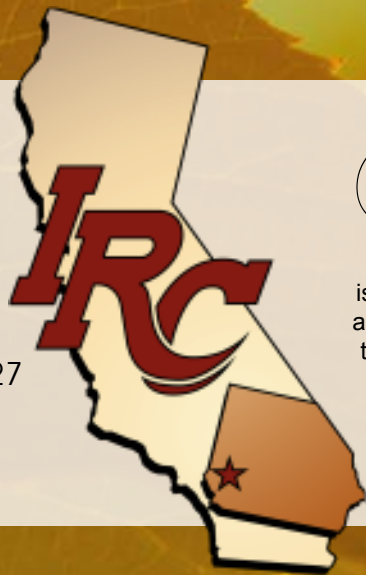
***Reserve Your Spot Today! RSVP With Marie Harris
909-382-4634***

FOOD AND BEVERAGES WILL BE SERVED

Inland Regional Center's main office:

1365 S. Waterman Ave.
San Bernardino, CA 92408

Mailing address:
P.O. Box 6127, San Bernardino, 92412-6127



Rhthyms

is a publication of the Inland Regional Center,
a nonprofit corporation that provides services
to individuals with a developmental disability
and their families. For more information,
please contact Inland Regional Center
at (909) 890-3000.