



# Rhythms

Volume 12, Issue 1 An Inland Regional Center Bulletin Winter 2011



**Typical Lives -**

*Making It Happen In 2011*

## ...from the Conductor's Box



Carol A. Fitzgibbons

2011 is another new year and Inland Regional Center will begin celebrating 40 years of providing needed support and assistance for people who have developmental disabilities and their families in the two-county area of Riverside and San Bernardino. In the early years, a service system was created by Assemblyman Frank D. Lanterman and his colleagues to recognize the importance for California to provide assessment and diagnostic clarity for families, develop networks of community services to support the child to remain at home with their parents, and maximize and coordinate with other generic services so that what was truly needed by the family was available through all the various sources.

All of the 21 centers statewide had humble beginnings. But once the message about what the regional centers had to offer and could provide for families in conjunction with the other tax supported services such as schools, clinics, children's services, transportation, etc. - there was more of an urgency to pick up the pace to develop community based options for people

to continue their residence, work and play.

Today, IRC supports almost 25,000 people and their families through the work of more than 550 employees who access more than \$265 million to make the support available. Plus, we are pleased to report that more than 250,000 people and their families are supported by California's forward thinking Regional Center system. It was recognized for person centered, well planned and self directed services which are still the main focus today.

Yet, as with all systems and any business, constant review of practices and the "way things are done" must be reviewed, evaluated, and changed as needed. This past year, IRC has undergone many reviews and audits that seem to paint a negative picture of the center and its work. Yes, process and practice needs change so that we can continually better the ways of offering the support needed by the people who live in these two counties. Know that there is a very strong commitment and earnest dedication to be ready and able to meet the challenges you want resolved so that the support for people with developmental disabilities and their families is enhanced.

I am bringing to your attention a recent article published by the *Press-Enterprise*. According to the story, legislation is being considered that would split the two-county center to give each county its own regional center. It was further stated that the "purpose would be to help better accommodate frustrated clients, as well as employees and vendors with low opinion about IRC." Also, the article referenced the Human Services Committee's hearings and that additional hearings would be held to continue gathering information about the operations to make some corrections with vendor selection and rates.

Following the findings of the state audit last August, IRC made a commitment to you and the vendors to be fair, transparent and respectful. The Vendor Advisory Council is assisting IRC to improve and strengthen processes to provide optimal services for consumers. A staff meeting was held in September to encourage an open forum for communication. Now three months later, the new whistleblower policies and updated Request for Proposal procedures for new services and procurement has been implemented. These proactive changes to policies and procedures enable IRC to operate efficiently as the largest bi-county regional center in California.

Please know that I will continue to update you whenever there is information to report, *and in writing*. You are also encouraged to *ask me* when you hear or read about IRC. To continue our efforts, regular open forums will take place in the coming year because Inland Regional Center's continued success is the direct result of your interest and dedication. I was impressed, yet not surprised, to witness our staff's commitment at the employee holiday party in December,, where we honored employees for their five, 10-, 15-, 20-, 25-, 30 and even 35-year service anniversaries. It is the collective steadfast belief in IRC's mission to serve these communities that helps us continue our legacy of excellence that began in 1971.

Join IRC in this new year as we celebrate 40 years of being a part of the community for the benefit of people of people with developmental disabilities and their families. The board of trustees and the staff wish you and your family a very Happy New Year.

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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:  
January 10th and March 14th



# SCHOOL DAZE

by Sheilah Coble, Upper Desert School Age Program Manager

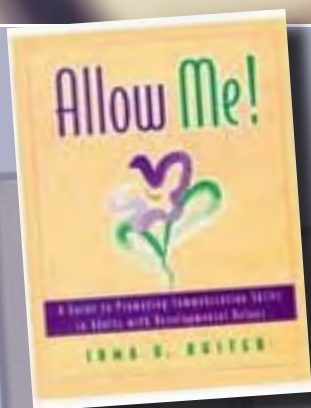
The San Bernardino Upper Desert School Age Unit has developed a resource manual for the upper desert areas only which include, Victorville, Apple Valley, Hesperia, Barstow and some of the surrounding cities. This manual is in the process of being printed and will be available to parents after the New Year. The following are examples of some information to be found in the manual:

1. Community resources
2. Dental services
3. Educational programs
4. Educational rights
5. Emergency assistance
6. Governmental services
7. Legal services
8. Medical services
9. Medical supplies
10. Mental Health
11. Respite services
12. Support services
13. Transportation

Also included in the manual are commonly used terms, regional center qualifying conditions and Special Education information, i.e., sample letters for request for IEP/ compliance complaint / complaint form / due process hearing request.

Upper Desert families should contact their case manager for further details.

## THE IRC/FRN **RESOURCE LIBRARY**



### ALLOW ME! Written by Irma D. Ruiter

Allow Me! Is a practical, easy to read book based solidly on 'best practices' research in the area of communication development. It can be a useful guide for families as well as for those who support adults with developmental disabilities in integrated living, work and recreational settings.

**909.890.4794**

**Voicemail 909.890.9201**

**HOURS: Monday through Friday**

**8 AM to 5 PM**

**NO SATURDAY HOURS**

**From The Health and Physical Education Website:**  
<http://www.pecentral.com/adapted/adaptedmenu.html>

## Individual Education Program (IEP) Development

IEP stands for **Individual Education Program**. Federal law mandates that each individual with a disability have an IEP developed for him/her. Since physical education is specifically listed as a part of special education in the federal law, it is imperative that physical education teachers be a part of the IEP process. One of the best ways to do this is to become an active member of the IEP team. A physical education teacher can do this in several ways, such as:

- attend the IEP team meetings,
- keep in close communication with the IEP team leader and other team members,
- assess the student in the areas of motor skills, sports skills, and physical fitness and give that information to the IEP team so appropriate IEP goals can be written for the student,
- work closely with the related service providers, such as the physical therapist, occupational therapist, and speech therapist,
- talk with your administrator and make sure he/she understands the importance of your participation in all phases of the IEP process (assessment, team meetings, goal writing, updates, etc.)

**Federal law requires that each IEP contain the following information:**

- **present level of performance** - what your student can and cannot do compared to other children of a similar age;
- **annual goals and objectives** - what your student is going to be working on during the next twelve months;
- **implementers** - who will be responsible for implementing the short term objectives;
- **special education and related services** - the specially designed instruction and other services the school is going to use to make sure your student meets his/her goals and objectives;
- **participation in regular education programs** - how much of the school day your student will be in classes and activities with children who do NOT have a disability;
- **schedule of review** - when the progress of your student will be checked; and
- **transition** - if your student is age 14 or older, you need to begin planning what your student will do after graduation and what training/education your student needs to get there.

All of the above IEP requirements make the physical educator more accountable for including students with disabilities in regular physical education whenever it is appropriate. If it is not possible to include the student in regular physical education, then the physical educator must document efforts to involve the student, including supplementary aids and services.

### Writing goals and objectives:

The physical education instructor should have direct input in this part of the IEP. Before writing any goals or objectives the instructor must first assess the student (see the assessment section) to determine his/her strengths and weaknesses in motor skills, sports skills, fitness, and aquatics (if available). Based on the results, the long-term goals and short-term objectives are written, and should directly relate to the student's overall program goal and the student's present level of performance.

### Example of present level of performance, long term goal, and short-term objective:

Present level of performance: Jasmine is able to walk, run, gallop, and slide at the mature level. However, she has difficulty with the two foot standing long jump and vertical jump. She can long jump six inches and can barely get her feet off the ground when jumping vertically.

Long term goal: Jasmine will improve the distance of her horizontal and vertical jumps by using mature arm and leg actions when jumping.

Short-term objective: When performing the standing long jump Jasmine will independently use the mature arm pattern by moving her arms high and to the rear at the start of the jump and swinging them forward with force during takeoff, during four out of five trials.

## *NURSERY NOTES*

### DEPARTMENT OF PUBLIC HEALTH COUNTY OF SAN BERNARDINO

\$1.9 Million Grant Awarded to San Bernardino County Department of Public Health for Perinatal Screening, Assessment, Referral, and Treatment

SAN BERNARDINO. The County of San Bernardino Department of Public Health has received a First 5 San Bernardino Grant to provide Perinatal Screening, Assessment, Referral, and Treatment (PSART) Program services to pregnant women residing in the County.

First 5 San Bernardino has awarded the Department of Public Health \$1,971,681 through its Desired Results Request for Proposals 10-01, to decrease the number of babies born exposed to alcohol, illicit drugs, and tobacco. Collaborating with the Department of Public Health helps First 5 San Bernardino further its goals for women to deliver healthy babies and for children and families to achieve optimal health and development.

First 5 San Bernardino created the grant to proactively reach out to the growing needs of families with children ages 0-5 in the County. The grant specifically supports the healthy development of young children, helps prepare them to succeed in school, ensures families are safe and healthy, and helps build systems that are responsive to local needs.

"We are pleased to have the County of San Bernardino Department of Public Health meet this critical need in our community. The partnership will go a long way in nurturing the health and well-being of our community's youngest members," said Karen Scott, Executive Director of First 5 San Bernardino.

PSART is an intervention program dedicated to the prevention of perinatal substance use in the County of San Bernardino. It is a core component of the Partnership for Healthy Babies, which is a collaboration including the Department of Public Health, Department of Behavioral Health, and more than 50 private healthcare providers throughout the County. The Partnership for Healthy Babies seeks to assist women in reducing their abuse of alcohol, drugs, and tobacco during pregnancy to improve birth outcomes. Participating health care providers screen pregnant women for the use of alcohol, drugs, and tobacco; provide health education to active substance users about the potential risks to them and their babies; and refer women to the Departments of Public Health and/or Behavioral Health for further assessment and assistance with entry into treatment care. The program also provides services to the children (under the age of one year) of tobacco and substance users.

For further information on the Partnership for Healthy Babies, contact Loretta Schnaus, Supervising Public Health Nurse, at 909-388-0491, or at [lschnaus@dph.sbcounty.gov](mailto:lschnaus@dph.sbcounty.gov).

About First 5 San Bernardino:

The Children and Families Commission for San Bernardino County (First 5 San Bernardino) was created in order to realize the benefits of Proposition 10 (California Children and Families Act) for the County's youngest residents and their families. The act created a program for the purpose of promoting, supporting, and improving the early development of children from the prenatal stage to five years of age. First 5 San Bernardino, in partnership with 76 contracted service agencies, provides a variety of programs and services designed to promote, support and enhance the early development of children prenatal through age five in San Bernardino County.

## Angelman Syndrome

Angelman syndrome is a genetic disorder that causes developmental disabilities and neurological problems, such as difficulty speaking, balancing and walking and, in some cases, seizures. Frequent smiles and outbursts of laughter are common for people with Angelman syndrome, and many have happy, excitable personalities.

If your child has Angelman syndrome, you may not see any signs at birth. Angelman syndrome usually isn't detected until parents begin to notice developmental delays when a baby is about 6 to 12 months old. Seizures often begin when a child is between 2 and 3 years old.

Treatment for Angelman syndrome focuses on managing the child's medical and developmental problems.

### Symptoms

**Characteristic Angelman syndrome signs and symptoms include:**

- *Developmental delays, such as lack of crawling or babbling at 6 to 12 months, and mental retardation Lack of or minimal speech*
- *Inability to walk, move or balance well (ataxia)*
- *Trembling movement of arms and legs*
- *Frequent smiling and laughter*
- *Happy, excitable personality*

**People who have Angelman syndrome may also have other signs and symptoms, including:**

- *Seizures, usually beginning between 2 and 3 years of age*
- *Stiff or jerky movements*
- *Small head size, with flatness in the back of the head (microbrachycephaly)*
- *Crossing of the eyes (strabismus)*
- *Tongue thrusting*
- *Walking with arms up in the air*
- *A lower jaw that juts out*
- *Light pigmentation in hair, skin and eyes (hypopigmentation)*

### Causes

Angelman syndrome is a genetic disorder. It's most often caused by problems with a gene located on chromosome 15 called the ubiquitin-protein ligase E3A (UBE3A) gene.

Genes are segments of DNA that provide the blueprints for all of your characteristics. You receive your genes, which occur in pairs, from your parents. One copy comes from your mother (maternal copy), and the other copy comes from your father (paternal copy). Normally, only the maternal copy of the UBE3A gene is active in the brain. Most cases of Angelman syndrome occur when part of the maternal chromosome 15, which contains this gene, is missing or damaged. In a small number of cases, Angelman syndrome is caused when two paternal copies of the gene are inherited, instead of one paternal and one maternal copy (paternal uniparental disomy).

## Liaison Duty Assignments:

Cherie Cooper 909-890-3160- FFAs, FHAs, and SLS services

Rosa Jackson 909-890-3472 - ICF-DD/H and ICF-DD/N Homes

Kathy DeCoud 909-890-3478 - ICF-DD/H and ICF-DD/N Homes

Leilani Nguyen 909-890-4801 - Children's Services (Home health and routine respite agencies, camps, community integration programs, behavior modification programs, and infant programs)

Genii Greco 909-890-3484 - Level 4 and specialized service homes in San Bernardino County

Sylvia Wackerman 909-890-3275 - Level 2, Level 3, and adult day programs in the Colton, Redlands, Bloomington, Grand Terrace, Highland, Loma Linda, San Bernardino and Yucaipa areas

Sylvia Wackerman 909-890-3275 - Level 2 and 3 Homes and Day Programs in Fontana and Rialto area

Jonathan Kleiner 909-890-3074 - Habilitation Programs in Riverside and San Bernardino county

Teresa Cano 909-890-3494 - Level 2 and 3 Homes, RCFEs, and Day Programs in West End of San Bernardino County

Dan Moore 909-890-3372 - Level 4 Homes in Riverside and San Bernardino county

Lydia Taukeiaho 909-382-4804 - Level 2 and 3 homes and day programs in Hesperia, Apple Valley and Victorville area and the mountains

Debbie Seccombe 909-890-3410 - Level 4 and specialized service homes in Riverside County

Sharon Slaughter 909-890-3418 -Level 2 and Level 3 homes and day programs in Temecula, Lake Elsinore, Hemet , Perris and Murrieta

Jorge Gutierrez 909-890-3419 - Level 2 and 3 homes and day programs in Riverside County and the Coachella Valley

Pat Voss 909-890-3479 - Level 2 and 3 Homes and Day Programs in Riverside

Felipe Barba 909-890-3214 - ICF-DD/H and ICF-DD/N homes

Christina Gonzalez 909-890-3066 - Level 2 and 3 homes and RCFEs, day programs in Moreno Valley

Colleen Bellinder 909-890-3262 - Special Incident Coordinator

## Vendor Advisory Committee:

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

VAC meeting dates for 1st quarter 2011:  
**Feb 28th**

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](mailto:williamames@swtms.us).

## Vendor Trainings 1st Quarter:

Care Provider Information Training:  
**February 10th**

Care Provider Enrichment Training:  
**January 11th, March 10th**

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

## Vendor Meetings 1st 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. The next one is **Feb. 10, 1:00pm**. No CEUs.

ICF meetings occur every other month on the 3<sup>rd</sup> Wednesday of the month from 1:30 to 3:30 in the auditorium. The next meeting is on **January 19<sup>th</sup>**.

Special Transporters Meeting: Working with Challenging Behaviors While in Transit

**Date: Thursday, January 20**  
**Time: 10:00am to 12:00pm**



Written by Coach Arce, former coach Citrus Hill High School

It was the beginning of the school year 2009-2010. I was planning my physicals event for Soccer; having a doctor come out and perform physicals for athletic clearance on campus. Mrs. Healey had talked to me about a young student in one of her Special Education classes who was interested in helping out with soccer in any way. He wanted to be involved. The day of the physicals came by and in walks Luis Plascencia. I knew it must be him because he approached the door very timidly. He then proceeded to take a seat in one of the empty desks. He put his hands around his head and began to cover his face with his notebook, as if deeply ashamed. Then one of my returning players said something to the effect of, "what's wrong with him?" "Callate", I yelled – "be quiet". Little did we know that this young, shy, boy with special needs would make such an impact on all of our lives.

I talked to Luis and let him know that he was trying out to be our team manager. I informed him that he would train just like the rest of the team and be required to do well in school too.

He agreed.

As the weeks and months passed by, we all began to get closer and closer to Luis. His jokes, his antics, and his bright smile gave the players a much-needed laugh after a long day of practice. The team began to embrace him as one of theirs. Luis took his job as manager very seriously, although at times I would have to make him hustle when he was feeling lazy. During our games, he proudly wore his team sweatshirt. His charisma was a much needed breath of fresh air during our contention for CIF playoffs; an endeavor that can be drenching and consuming for any team. Luis always kept us smiling. Even when he tried to flirt with the team captain's girlfriend; the same kid who once had asked "what's wrong with him" and now considered him one of the brothers.

Luis taught us all a very valuable lesson. My players and I learned more from Luis than they will ever learn from any coach; whether it be college or in the professional arena. Luis has taught us that life is about meeting your challenges head-on. Life is about counting your blessings and following your hopes and dreams.



[NOTE: Coach Reck, Citrus Hill HS current soccer coach, says Luis is once again Equipment Manager for the Citrus Hill Soccer Team! "Soccer involves virtually endless running, and it's important that our players stay fully hydrated to avoid cramps and injury. Luis makes sure everyone gets water during breaks, substitutions and halftime. He is our biggest cheerleader, fan and good luck charm. I guess that's why our team, through the first 8 games, has only one loss. Keep up the good work Luis!!!! Go Hawks!!!!"]



*Art in Action*, is a service club sponsored by our local Kiwanis Club of Greater San Bernardino whose members are working artist (who also happen to have developmental disabilities) that do like all good Kiwanians, volunteer projects throughout the local community these projects include:

*Loma Linda Veterans Hospital:* The artists hand make and deliver holiday cards 9 times a year to greet, thank and honor our Veterans.

*Ronald Mc Donald House:* They make coloring books 4 times a year for the live in children during treatment and also turn in more than 5,000 can tabs a year for the patients on dialysis (each tab provides 1 free matching minute of use for the patients)

*Child Help USA:* Each year the artists sponsor and decorate a Christmas tree to be auctioned off in order to raise money for abused children.

*Mary's Mercy Table:* Club Members serve the homeless people of San Bernardino alongside other community members.

The *Aktion Club* members also participate and compete in contests against other *Aktion Clubs* on the State and National levels.

The club includes the artists of *Gallery 796* which is facilitated as part of the program at ARC San Bernardino's "*School Of Hope*". The Artists of the Gallery use their studio to receive training from local artists so they can show and compete yearly with non disabled artists through out the local community. They have shown in over twenty local venues and have entered 6 "juried" competitive art shows in 2010. They also compete in art shows in Loma Linda, Redlands and Rancho Cucamonga. Some of the local coffee houses also display the Artists work as a means of community awareness and to sell their work.



## 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](http://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. Catherines 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](http://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](http://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](http://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](http://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**

# Symphony IN CARING

## 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 Arahamian, 909.841.2600; e-mail: vasped@sbcbglobal.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**

### FONTANA:

EducateAdvocateca meets on the 3rd Friday of each month at 6:30 p.m. at the Water of Life in Seminar Room B, 7625 East Ave., Fontana  
**RSVP to aaron2kristie@charter.net**  
**Web Site: http://educateadvocateca.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.**

### SAN BERNARDINO:

**A SPECIAL PLACE MUSEUM** support group sponsored by First 5 of San Bernardino. The support group will be made of three major components which unfold over an 8-week period: observation, journaling, and video-recording each session for a television reality documentary. These 8-week sessions are ongoing and parents may join at any time. Meetings held at the A Special Place museum, 1003 East Highland Avenue, San Bernardino on Wednesday night from 6-7 pm. Free childcare and transportation available to those who qualify.  
**For more information, call the museum at 909.881.1201.**

### 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



## GRANDPARENTS RAISING GRANDCHILDREN

Sponsored by the Riverside County Office on Aging, this Riverside County support group has its purpose contained in its title! There are various meeting locations; just call for date, time and location details:

San Jacinto 951.791.3557	Temecula 951.791.3594	La Quinta 760.345.2072
Riverside 951.791.3594	Perris 951.623.3574	Beaumont 951.791.3557
Cathedral City 951.791.3594		

## CAC HOLIDAY BALL



The Consumer Advisory Committee (CAC) ended the year with a Holiday Ball fundraiser. Adult consumers were encouraged to dress up semi-formally and come and enjoy a night of dancing, and making new friends. Over 300 people attended and the CAC was able to raise some funds for future trainings for their peers.

We are especially thankful to In-Roads Creative Programs for their generosity in providing a DJ. We could not do it without the support of caring people. The CAC is looking forward to putting on more fundraiser events in 2011.



If you are a consumer age 18 and over, we encourage you to get involved in the CAC. As a valued member of the team, the CAC gives you the opportunity to voice your ideas, come together to learn, make friends and be heard! The CAC meets the second Saturday of the month from 10am-12pm at various locations in the Inland Empire. For more information please contact Regina Kurrupu at 909-890-4780 or Steven Miller at 909-890-4783.



## Navidad En El Barrio

Once again Another Way, the Inland Regional Center's employee charity organization, partnered with Navidad En El Barrio's Christmas Program and distributed 1,500 food baskets to IRC families in need during the holidays. Food baskets were distributed at four locations: main office of Inland Regional Center, ARC Riverside, Desert ARC in Palm Desert and Innovative Business Partnerships in the High Desert.



## The Express Yourself Fashion Demo

was held on November 6th and was a great success!

On November 6, 2010 the Consumer Advisory Committee hosted a Fashion Demo. Members of the Consumer Advisory Committee (CAC) and Consumer Advocates of Inland Regional Center educated adult consumers of IRC about the importance of fashion. Trainings that were included in this event were *Shopping on a Budget*, *The Importance of Good Hygiene*, *Dressing for Success*, and *Dressing to Impress*. They also had a grand-finale finish with a fashion show that included the styles they trained on. This CAC event turned out to be a success!

At CAC meetings adult consumers get together and learn to advocate for themselves, they also have the opportunity to suggest topics they would like to learn about. In 2010 they decided to do a Fashion Demo. Join them at upcoming CAC meetings to give your input. Upcoming dates and locations are listed in the Consumer Advisory Committee article on page 20.



*Thank You*

Love,  
Stephen and Sandra  
Sisson

September 25, 2010

Sandra Karnes, 30, and Stephen Sisson, 28, tied the knot at Saint Adelaide Catholic Church in Highland on September 25, 2010. The wedding was celebrated by Monsignor John Ryan. The happy couple have known each other for 5 ½ years. Theirs is not a simple love

story. Defying odds, these adults found love and a means of self support in their community.

Sandra and Stephen got engaged on Valentine's Day while dining at Mi Cocina Mexican Restaurant in Highland. When Stephen asked Sandra to be his wife, she said, "YES! A thousand times."

We congratulate Sandra and Stephen more than a thousand times.

# Volunteerism

Top Row, far right:  
Ivan Enriquez  
Consumer Advocate

Third Row Down, center  
Steven Miller  
Assistant Training Special  
&  
Ismeth Diaz  
CST1

Bottom Row, far right  
Quila Bell  
Consumer Volunteer



## IRC Consumers Graduate AmeriCorps!

On December 14<sup>th</sup>, IRC Consumers Graduate from National AmeriCorp Program

In 2010, Inland Regional Center teamed up with Cal State University, Fullerton to host an AmeriCorps program called WECare. AmeriCorps is a national volunteer program whose motto is: *Your World. Your Chance to Make It Better*. Four IRC consumers had the opportunity to volunteer on the WECare project as Senior Companions. They developed quality relationships with the seniors they visited regularly and helped them to find ways to live a more active lifestyle. Along with the Senior Companion Program, they also worked in collaboration with the Consumer Advisory Committee of Inland Regional Center and helped with presentations, events and trainings for their peers. The picture above shows all of the AmeriCorps, WeCare members that volunteered throughout the year including our own Steven Miller, Ivan Enriquez, Quila Bell and Ismeth Diaz. It was an enlightening experience for our IRC AmeriCorps members and they plan to continue building the relationships they made with the seniors.



## From the "What Can You Do Campaign"

<http://www.whatcanyoudocampaign.org>

YOUTH WITH DISABILITIES:

## What WILL you do?

Work is an important part of people's lives. It means more than just getting paid. It means being able to make your own choices about how you want to live your life.

At work, it's what people can do that matters. If you are a young person with a disability, only you can decide your limits. You can work in a wide variety of jobs and play an important role in America's economy. In fact, experience with a disability can help in a job or in starting a business. Today more than ever, businesses need people who can think differently about how to solve problems and get the job done. People with disabilities do this in America's workplaces every day – and so can you. So set your sights high! Along the way, remember that resources are available to help you seek employment, succeed on the job, and understand your right to be judged on your ability, not disability.

# Consumer Employee Spotlight



IRC consumer **ANDREW GILMAN** has made amazing progress on his employment goals. He was working at McLane's for three years in an enclave up until a few months ago when he was promoted to work at Sears. This was a huge change for Andrew. He dislikes changes to his routine, and accepting the position at Sears was not an easy decision. Also, Andrew's income comes from his working salary to pay his bills – no SSI – so working is very important to him. Andrew worked at Sears for a few months, and unfortunately, this job did not work out well for him. Andrew was disappointed about not having a job, but did not give up! He went without a job for about a month until he was hired at Energizer in an enclave. Andrew's case manager at VIP recently thanked Andrew for the solid work ethic he has shown during this difficult time. Energizer wants him at work at 5:30 a.m. and he gets up and is out the door and arrives early to make sure he is there on time.

Despite the previous minor employment setbacks, Andrew is now comfortable with his current job. During the past year, Andrew has also begun driving himself to work every day. He has also made efforts to be more involved in his community. He attended the Self-Advocacy Conference and the Halloween party at IRC. IRC and Andrew's family is proud of all he has accomplished.

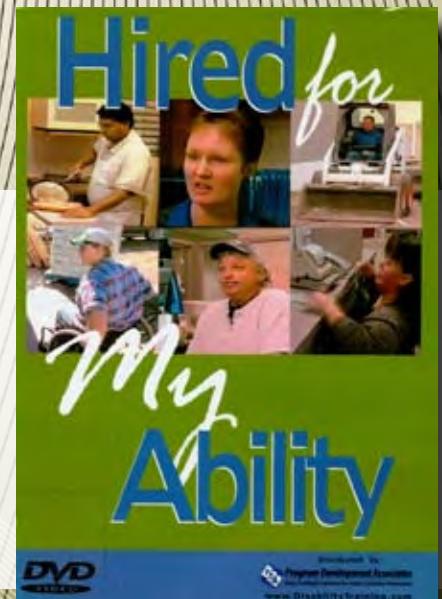
From the IRC/FRN

## RESOURCE LIBRARY:

### Hired for My Ability

Distributed by Program Development Associates

An 8-minute video on the jobs of 6 men and women with mobility, sensory, and other physical disabilities. Viewers watch them work as each talks about their respective jobs as a heavy equipment operator, restaurant owner, mechanic, customer service representative, health care professional and manufacturer laborer.



### HAPPY TRAILS



ISABEL BELLINO, Program Manager for the Early Start Program in San Bernardino County, will retire this January after 37 years at Regional Center. Isabel is a registered nurse who has worked tirelessly as both a case worker and as a manager to serve the 'at risk' infants and toddlers in our two county area.

#### Telephone Numbers of Interest

Events Hotline  
909.890.3414

Area Board XII  
1.800.962.8073

Family Resource Network  
1.800.974.5553

IRC/FRN Library  
909.890.4794



## 10th Annual Another Way Toy Drive



Taken from an article that appeared in the San Bernardino Sun website on 12/15/10 written by Michel Nolan, Staff Writer

SAN BERNARDINO - Manuel Garcia poked at the keys on his new orange plastic guitar and smiled. The 9-year-old Rialto boy and his family were guests at the 10th annual Another Way Toy Drive.

At the event, gift-givers were able to be face-to-face with people who received the presents. Skateboards, soccer balls, Barbie dolls and other toys were donated by the San Bernardino County Sheriff's Department, the California Highway Patrol and Inland Regional Center employees - not only to the affected children but their siblings as well.

"Ten years ago we wanted to have a party for the kids selected from Another Way so they could meet the families that selected them - that way, there was a face to the giver and the giving," said Susan Gomez, Another Way director.



San Bernardino Sheriff's Deputy Stephanie Snyder, who helped coordinate the toy drive, said there had been a tremendous response. "I can't tell you how many kids came up and hugged me and said 'thank you.' It doesn't get any better than that."

CHP officer Mario Lopez said the agency was able to provide a portion of the toys from the CHiPs for Kids campaign. "This is the second year we've been able to help Another Way - they really put on a good show," Lopez said.

For the full article go to: [http://www.sbsun.com/ci\\_16869807?IADID=Search-www.sbsun.com-www.sbsun.com#ixzz19Wjs6K00](http://www.sbsun.com/ci_16869807?IADID=Search-www.sbsun.com-www.sbsun.com#ixzz19Wjs6K00)



# Networking



## 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](mailto: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](mailto:DKimble@inlandrc.org) **Date, location and contact number, and times listed below.**

<b>January 10</b>	1425 S Waterman Ave, San Bernardino, CA 92408 (909) 890-4778	6:00 – 8:00 p.m.
<b>January 12 (Spanish)</b>	1425 S Waterman Ave, San Bernardino, CA 92408 (909) 890-4778	6:00 – 8:00 p.m.
<b>January 28</b>	15400 Cholame Rd, Ste B, Victorville CA (760) 843-7959	10:00am – 12:00pm
<b>February 7</b>	1425 S Waterman Ave, San Bernardino, CA 92408 (909) 890-4778	6:00-8:00 p.m.
<b>February 18</b>	73255 Country Club Dr., Palm Desert, CA. 92260 (760) 346-1611 ext 409	10:00am-12:00 p.m.
<b>March 7</b>	1425 S Waterman Ave, San Bernardino, CA 92408 (909) 890-4778	6:00 – 8:00 p.m.
<b>March 9 (Spanish)</b>	1425 S Waterman Ave, San Bernardino, CA 92408 (909) 890-4778	6:00 – 8:00 p.m.
<b>March 25</b>	1425 S Waterman Ave, San Bernardino, CA 92408 (909) 890-4778	10:00am-12:00 p.m.
<b>April 4</b>	1425 S Waterman Ave, San Bernardino, CA 92408 (909) 890-4778	6:00 – 8:00 p.m.
<b>April 15</b>	1425 S Waterman Ave, San Bernardino, CA 92408 (909) 890-4778	10:00am-12:00 p.m.

## The Father's Network

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  
Ircfathersnetwk@yahoo.com  
or JZito@inlandrc.org or call Jannette Zito:  
909-890-4782



### Join Us!

4<sup>th</sup> 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.

**January 31<sup>st</sup>**- Family Discussion: Tag Team Parenting( Ways to support your spouse)/ Motivating Your Kids/ Relative Support  
**February 28<sup>th</sup>**- Nutrition- Ask the expert Valerie Mosher the IRC Dietician  
**March 28<sup>th</sup>**- Medications 101  
**April 25<sup>th</sup>**- Safety in the Home

## BEYOND AUTISM

for families affected by autism

April 30, 2011

9 am - 5 pm

IRC Conference Center

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

**Contact Your Caseworker For More Information - FOOD AND BEVERAGES WILL BE SERVED**

There  
Will Be Workshops for  
Spanish Speaking Families

# TUNING IN

The Social Security Administration is having a **FREE** Work Incentive Seminar Event at 1:00 pm on January 24, 2011 located at the Hesperia Employment Resource Center 15555 Main St, Suite E. Hesperia, CA 92345

- Connect with local training and employment resources
- Explore opportunities to increase your income
- Network with other job seekers and employers

For more information or to sign up for a WISE event in your area visit us online at [www.cessi.net/wise](http://www.cessi.net/wise) or call 1-877-743-8237 (voice or TTY).



## Tour de Palm Springs Charity Bicycle Ride Saturday February 12, 2011

Tour de Palm Springs is an event designed to raise money for non-profit organizations in the Coachella Valley. This year, organizers hope to raise over \$200,000 for local charities. Palm Springs' famous weather, gorgeous mountain scenery, thousands of bike riders, and raising money for charities make the Tour de Palm Springs and event like no other!

Our friends at the Coachella Valley Autism Society (CVASA) and the Desert Friends of the Developmentally Disabled (DFDD) are participating charities, which means that for every person that registers and chooses either as their preferred charity, that particular organization will receive 100% of the rider fee.

To avoid LATE FEES, register prior to February 1st, 2011. For On-Site Registration there is an additional \$15 fee added to the registration fee.

CVASA will also have a cycling team that will be riding in the race! If you would like more info on their team please email [cvasacoordinator@verizon.net](mailto:cvasacoordinator@verizon.net)

## SKI-A-THON U.S. Adaptive Recreation Center March 5, 2011

Where: Bear Mountain Resort  
Who: Skiers & Snowboarders (You!)

The hot FUNdraiser of the winter season is the Skiathon, enabling winter fanatics to have fun on the slopes while working toward the estimable end of supporting the USARC. The funds raised in the annual Skiathon offset the expense of purchasing adaptive ski equipment, training 200 volunteers and professional staff members, and subsidizing the cost of every lesson!

Participants receive a full-day ticket to Bear Mountain with lift-line cutting privileges, a Survival Kit, a 100% cotton Skiathon 2011 T-shirt, lunch, après-ski party with refreshments, hors-d'oeuvres, raffle ticket(s), auction and entertainment. In addition, grand prizes and raffle prizes include lodging, lift tickets, gift cards, ski clothing, and more!

The real winners of the Skiathon are thousands of disabled children and adults who discover their potential through opportunities created by the generosity of each participant and sponsor.

To register on-line for the Ski-A-Thon, or sponsor a registrant, please click on the Ski-A-Thon registration link on their web site, [www.usarc.org](http://www.usarc.org).

# NEW TIME! NEW DATE!

# TUNING IN



# NOW ON SATURDAYS!!

make the choice add your voice

**Happy New Year!** As we embark on the New Year and set new goals, Inland Regional Center's Consumer Advisory Committee (CAC) continues meeting the needs of individuals with developmental disabilities. And over the years, we have listened to the concerns of what works and what does not work.



Starting in February 2011, as a committee, we are excited to announce that our CAC will be holding their monthly CAC meetings on the second Saturday of the month from 10:00 – 12:00 pm and our Hemet CAC meetings will be held from 3:30 – 5:00 pm, and Consumers, age 16 and older, are welcome to attend both meetings and membership is FREE. As a member of the CAC, you can be a part of a legacy on helping people become leaders and to speak up for themselves, educate our communities about who we are and what we can do for our communities,

support the rights of those who have developmental disabilities, and play a role in fun events and trainings. As a committee, we have been working hard on fun events and trainings that will be coming your way very soon. Like Monte Carlo Night – a Las Vegas Style Night, where you get to meet new friends and have fun playing games for prizes, which will be held on Saturday, June 4, 2011 from 4:00 – 9:00 pm.



For more information on this event, please contact: Jannette Zito, Events Developer/Training Specialist at (909) 890-4782.

## 2011 CAC Dates COME JOIN US!

Monday January 24th  
5:00 to 6:30pm  
Health and Doctor  
Appointments  
1425 S. Waterman Ave  
(IRC Conference Center)  
San Bernardino, CA 92408

Saturday February 12th  
10:00 am to 12:00 pm  
Relationships  
Desert ARC  
73-255 County Club Drive  
Palm Desert, CA 92260

Saturday March 12th  
10:00 am to 12:00 pm  
St. Patricks Day  
1425 S. Waterman Ave  
(IRC Conference Center)  
San Bernardino, CA 92408

Saturday April 9th  
10:00 am to 12:00 pm  
Exploring Your Community  
1425 S. Waterman Ave  
(IRC Conference Center)  
San Bernardino, CA 92408

## Telephone Numbers to reach 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 5 week course that covers topics on self – esteem, attitude, sexual exploitation, perpetrators and pimps, STI's and sex, healthy relationships, and being vulnerable. For more information on these topics, please contact Regina Kuruppu at (909) 890-4780 or email her at Rkuruppu@inlandrc.org.

## **More Consumer Trainings:**

We are pleased to announce that we are still offering a series of trainings called, "Leadership through Personal Change" along with "Feeling Safe, Being Safe." These trainings were developed by the statewide Consumer Advisory Committee as a way of taking large tasks and breaking them down into smaller pieces by utilizing the Think – Plan – Do process. By presenting on these topics, it is our goal for each individual to take this philosophy and to apply it to all areas in their lives by what they have learned in each of the trainings. For more information on this series of trainings, please contact Regina Kuruppu at (909) 890-4780 or email her at Rkuruppu@inlandrc.org to schedule an appointment.

## **Navigating the Judicial System for the Family Advocate**

### **Save The Date!**

**May 7<sup>th</sup> from 10am to 2pm at IRC Conference Center located at 1425 South Waterman Ave. San Bernardino, 92408**

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 contact Jannette Zito,  
Training Specialist/ Events Developer at 909-890-4782

## **"Healthy Bodies, Healthy Lives 2011"**

Inland Regional Center continues to offer a class on Healthy Bodies Healthy Lives for teen and adult consumers who want to learn about body image and sexuality.

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. Adults over the age of 18 will learn about sexual expression; birth control and sexually transmitted diseases.

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.  
(See Class Schedule Below)

Please contact Diane Kimble to RSVP at (909) 890-4778 or via email at [DKimble@Inlandrc.org](mailto:DKimble@Inlandrc.org).

### **Teen Classes**

January 12, 2011  
February 9, 2011  
March 9, 2011  
April 13, 2011  
May 4, 2011  
June 15, 2011

### **Adult Classes**

January 10, 2011  
February 7, 2011  
March 7, 2011  
April 11, 2011  
May 2, 2011  
June 13, 2011

Inland Regional Center's main office:

1365 S. Waterman Ave.  
San Bernardino, CA 92408

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



## *Rhythms*

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.