



TriLine

A Publication of Tri-Counties Regional Center | Fall 2012

Local Special Olympics Athletes Shine at the Summer Games

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Nanette Clark, Kim Williams, Ted Rudolph and Jolie De L'arbre at the Summer Games

It's about camaraderie more than medals; and although the recognition is nice... it's the bonds of friendship that really matter.

More than 1,100 athletes from across Southern California competed for gold, silver, and bronze medals at the 43rd Annual Special Olympics Summer Games on June 9 and 10 at California State University, Long Beach. The Games feature six spring/summer sports — aquatics, athletics (track and field), basketball, bocce, golf, and gymnastics. Summer Games is the first of two Southern California championships held every year, and is Special Olympics Southern California's largest competition in 2012. More than 6,000 attended to cheer on the athletes.

"Summer Games is unlike any other sporting event," said Bill Shumard, President and CEO of Special Olympics Southern California. "Our athletes train year-round, just like any other athlete, but competing means more than just winning a medal to them. It's about building friendships, improving their health, and being proud of their abilities."

The Games began with the Opening Ceremony, featuring the Parade of Athletes and the lighting of the cauldron, which signifies the official start of the Games and concludes the Law Enforcement

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Vision: Persons with developmental disabilities live fully and safely as active and independent members of their community.

Mission: TCRC provides person and family centered planning, services and supports for individuals with developmental disabilities to maximize opportunities and choices for living, working, learning and recreating in the community.



From the Executive Director

by Omar Noorzad, Ph.D.

increase ballot measure), and \$2.3 billion in other solutions to close a projected budget deficit of \$16 billion. A full copy of the FY 2012-2013 enacted budget can be found at www.ebudget.ca.gov. Additional cuts through the Governor's line item veto authority were not made -beyond those already in the main budget bill approved by the Legislature - to Developmental Services (Regional Centers and Developmental Centers).

For Developmental Services, the enacted budget is mainly comprised of a \$200 million reduction (\$100 million mid-year trigger reduction from FY 2011-2012 annualized to \$200 million reduction for FY 2012-2013). Earlier in the year, DDS completed a stakeholder process to gather ideas about how to achieve the \$200 million reduction which mainly consists of additional revenues from increased federal funding, savings from implementation of SB 946 mandating health insurance plans to pay for ABA service, a change in difficult to serve options, and a 1.25% reduction for regional centers and service providers (the previous 4.25% reduction will end on June 30, 2012), elimination of independent SLS assessment, and \$40 million transfer for the Early Start Program from the First 5 California Children and Families Commission. The end of the 4.25 reduction for regional centers and service providers is great news. Kudos to many of you who used the sample letters we posted on our web site to inform local legislators of your opinion on the reduction.

The enacted budget also hinges on voters approving in November the Governor's temporary tax increase ballot measure. If the voters reject the temporary tax measure, automatic additional new spending cuts of over \$6 billion will go into effect January 1, 2013 including a new \$50 million reduction to the Developmental Services budget (an amount that will grow to a \$100 million reduction in FY 2013-2014). We hope you take the opportunity to vote this November. DDS and the regional centers are in the process of working together to implement the myriad of new changes and requirements imposed by

AB 1472, the new DDS Trailer Bill. A Trailer Bill implements the main Budget Bill. On July 10, 2012, the regional centers received written guidance from DDS on the implementation of AB 1472 Trailer Bill. TCRC has reconvened the internal Infrastructure Committee of the regional center used to implement the 2009 and 2011 Trailer Bill changes to follow a similar process for the implementation of the new 2012 Trailer Bill changes.

The passage of Senate Bill 946 creates an important change for individuals with Autism. As of July 1, 2012, this bill became effective, requiring private health insurance companies to include behavioral intervention treatment, including Applied Behavioral Analysis (ABA), for persons with autism or pervasive developmental disorder. We are committed to supporting families to make the most of this change. We have created guidelines and other materials to help families navigate their insurance. See our web site for details.

Several TCADD board members and TCRC staff are gearing up for "A New Day" conference in September. Presented by ARCA, this event focuses on employment and housing. The conference is intended to provide a forum for sharing knowledge and expertise on the promising practices and innovations that make employment and housing a reality for people with developmental disabilities. We look forward to hearing new ideas from our returning attendees.

I have the pleasure of working with some amazing people. I see staff retire after 10, 15, even 30 years of service. This represents a lifetime of good work -- to those in my area and other regional centers, thank you, you have made a difference!

A day without a problem or challenge is uninteresting. We will continue meeting these challenges face-on, innovating when necessary and putting forth our best effort to help create a service delivery system that is sustainable, yet still provides individualized supports for people with developmental disabilities.

A handwritten signature in black ink, appearing to read "Omar Noorzad". The signature is fluid and cursive, with a long horizontal stroke at the end.

I invite you to enjoy this issue, featuring stories about nonverbal communication, some new research on Down Syndrome and honoring local athletes. There is no doubt that times have been tough. We have faced significant challenges resulting from changes in laws and funding. Yet we continue to navigate difficult transitions successfully. This is due in large part to thoughtful planning, perseverance and creativity from our Board of Directors, staff, our service providers and endless advocacy work at many levels. This summer marks an active planning cycle for our regional center. Not only have we convened our Infrastructure Committee to guide implementation of Trailer Bill changes, but we are actively engaged in strategic planning. We have a three year Strategic Planning cycle and are currently developing the 2013-2015 Strategic Performance Plan. Staff and TCADD board members are hard at work identifying focus areas and objectives. Special thanks to all of you who took the time to share your perspective by completing our online survey. We value your time and have carefully reviewed all responses. Your input is critical when developing the plan, and we encourage you to check out our ongoing progress by reviewing the updates published on the TCRC web site twice a year.

Part of good planning is anticipating upcoming changes. We have and will continue to watch the state budget carefully, but recent developments are encouraging. Governor Brown signed the 2012-2013 California State Budget (AB 1464) on June 27, 2012 with a budget plan that reduced State spending by \$8 billion in cuts and savings, \$5.9 billion in revenues (tied to the Governor's November temporary tax

Communication Without Words

by Heather Wennergren, Media & Training Coordinator



Antonio, Joyce, Michelle, and Gregoria with Naomi and Jasmin

Twins Naomi and Jasmine have been receiving services since their birth at Cottage Hospital. Their mother Michelle works as a computer analyst, and grandmother Joyce works for the Visiting Nursing Association, and lives right next door, in Goleta.

Naomi is mostly blind, and has some sight in one eye. She especially loves to listen to music. Neither of the two sisters speak. Gregoria and Antonio Esquivel Cruz are their caretakers, a married couple from Guatemala originally. Gregoria speaks little English, but that certainly doesn't matter in this household, where the primary language is nonverbal.

There are many ways to communicate, in the simplest form, communication is a message sent by one person and received by another. In the absence of

spoken language, a posture, gesture, sigh, movement or other action speaks loudly. Michelle knows that Naomi is happy when listening to music.

For those who don't communicate in traditional ways, having a caregiver who is intuitive is helpful. Caregivers tune into cues which help them learn more about the person they are caring for. Simple communication tools may also be used to help a caregiver or support network determine thoughts or needs related to specific behaviors. The Communication Chart, seen in the margin, is used for tracking and interpretation.

Gregoria and Antonio are "tuned in" to the twins. They know their needs, and to some extent, what the girls want or enjoy.

Antonio used to have to carry the girls up and down the stairs every day from their second-story bedrooms to their wheelchairs below, but the Make a Wish Foundation generously donated the family a stair seat lift, as well as the Jacuzzi hot tub with special lift that turns the backyard into a spa. Almost every day the girls get to enjoy the hot tub. Both sisters know when it is "spa time" and express their delight.



Michelle and Joyce laugh with Jasmin

Don't Forget to Vote in the Upcoming Elections

submit an electronic voter registration application by going to www.registertovote.ca.gov.

Communication Chart			
What is happening?	Person does	We think it means	We should

The Communication Chart helps others better understand how a person communicates. It provides an easy to use template to record learning according to "What is happening?," "Person does," "We think it means" and "We should". This helps support networks share what they have learned or adjust observations over time to better understand what a person is communicating. This is one of a set of PCT tools that were created by The Learning Community. Learn more at our web site at www.tri-counties.org or www.learning-community.us.

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Recurring Topics

02 From the Executive

Director

08 Greetings from the

President



Dave Samson with Medal from Last Year

Torch Run's two-week relay escorting the Flame of Hope across Southern California.

Local athlete Jessica Simon won a gold medal in the 25 meter breast stroke event at the Games. According to swim coach Leah Simpson, "The Games went really well; the swim team got a lot of gold medals, a few silvers and bronzes."

Teams are selected to participate each year on a rotation basis and each region is allotted a certain number of spaces. Many athletes practice good sportsmanship and, depending on the sport, sit out a year, giving team mates a chance to compete. The tight friendships and community in the group was apparent in Long Beach, as many athletes who did not compete still made the long drive to LA to cheer on their friends.

Dave Samson was one of these athletes who made the drive. He's on the Bocce Ball Team. "I'm going to Long Beach just to watch," he said. Dave competed last year in Track and Field and looks forward to competing again next year.

For Dave, the best part of participation with Special Olympics is the social side and the fun. "Being with my friends... I just really like the sport. You get to make new friends, and it's good exercise; it's more fun than just sitting around the house."

Local Special Olympics Athletes Shine *continued from pg 1* **at the Summer Games** *by Heather Wennergren, Media & Training Coordinator*

Dave's mother Nancy Samson can testify to the positive changes she's seen in Dave since he started training. The same determination he shows on the field helped him recuperate from an early injury. "This has been a great part of his life and helped him expand his horizons," she said. "They often offer scholarships for any travel, and there are so many social and other opportunities. His very best friends are all there."

Dave plays Bocce Ball weekly on Saturdays, and the season ends with this competition. Next comes soccer season. "I was Athlete of the Month for soccer. They gave me a reward that says my name, a plaque, and the month. I also got my picture in the sports section the next day in the Santa Barbara News Press."

He was mentioned in the Santa Barbara Athletic Roundtable as well for that honor. They reported (Oct. 17, 2011), "Dave Samson was honored as the Special Olympics Athlete of the Month... , recognized for his play on the soccer field. 'You should see him fly,' soccer coach Brian Goodell said of Samson, who is a multi-sport athlete for Special Olympics. 'We're very lucky to have him.'"

Many Special Olympics athletes compete in multiple sports. Swim Coach Leah Simpson nominated freestyle swimmer Ted Rudolph for Athlete of the Year this year, and he won! Ted swims freestyle for 25, 50, 100 meter and a relay event, but his favorite sport is tennis. He's participated in aquatics, athletics, bowling, basketball, cycling, and softball as well as tennis. He's on the track, swimming and tennis teams. He was honored for his "sportsmanship, team leadership and attitude".

Ted received the Athletic Roundtable Mayor's Trophy and was acknowledged for winning the Special Olympics Athlete of the Year at a special celebration in the Santa Barbara County Courthouse Sunken Gardens. The event marked the kickoff for the Special Olympics Torch Run through

South Santa Barbara County on June 6. The gathering celebrated the accomplishments of the 375 local athletes who participate in 11-year-round sports locally, before sending off the teams selected for the Summer Games in Long Beach.

"Sponsors, community organizations, individuals, foundations and 150 volunteers help to make Special Olympics possible in the Santa Barbara area," said Sara Spataro, Regional Director. "Together we can empower the 375 participating athletes to become productive, included and respected members of our community through sports training and competition. Our Special Olympics athletes represent the best in athleticism, sportsmanship and determination."

Special Olympics was founded in 1968 by Mrs. Eunice Kennedy Shriver, out of her passionate conviction that people with developmental disabilities could take part in and benefit from competitive sports. One thousand athletes from the US, Canada, and France competed in the first international Special Olympic Games. Today more than one million athletes and hundreds of thousands of volunteers and coaches participate in special Olympic programs, which are held in every state and more than one hundred countries.

The local Area Program in Santa Barbara County was established in 1969, and is open to all individuals age six and above with an intellectual or developmental disability who live in southern Santa Barbara County, serving Carpinteria, Santa Barbara and Goleta. To get involved, check out Special Olympics Santa Barbara.

Fall Sports begin in August. To learn more, contact the Special Olympics office or visit <http://www.sosc.org>, click on "Sports" and then "Find a Program".

**San Luis Obispo County - 805-544-6444
Santa Barbara County - 805-884-1516
Ventura County- 805-650-7717**

Making a Difference Daily (for Half a Century)

by Cathy Berry, Executive Assistant

Recently, while walking downtown, I spied Willie at his post. I could see him through the big plate glass window of his barber shop. He stood behind the chair with clippers in hand, talking to his customer. Gilbert, Willie's son and partner, was reading the paper while waiting for their next customer.

When I see Willie in his shop, I know that all is right with the world.

I met Willie several years ago when my son and I were downtown, and he stopped in for a haircut. I learned that Willie's Barber Shop has been located at 12-A West Figueroa Street in Santa Barbara since 1956. Willie has been there almost every day for over half a century.

The world was a different place in 1956. Hairstyles, like most other things in the world, have changed dramatically since then. Willie has kept up with changing styles, and of course, Willie and Gilbert offer great haircuts and other professional services you will find at any barber shop downtown.

But what sets these gentlemen apart is their lineage, their love of local history, their warmth and hospitality. Truly, everyone is welcomed at Willie's. Their sense of community is the same today as it was in 1956.



Local Memorabilia

On one of my earlier visits, Annie, a person served by our regional center, came in the door at Willie's. She put her backpack down and sat in one of the empty barber

Willie is a master barber, a curator of unusual artifacts, a local historian, and a gifted storyteller. Willie knows that everything – and everyone – has a story.

On one of my earlier visits, Annie, a person served by our regional center, came in the door at Willie's. She put her backpack down and sat in one of the empty barber



Willie the Barber and his son Gilbert

chairs. After a few moments, four other people who are served by Tri-Counties Regional Center arrived. They, too, made themselves at home.

None of them asked for a haircut.

One young lady plugged in a cell phone charger. Another retrieved a drink from the mini-fridge. One of the men shared his new comic book purchase with his friends. They told Willie and Gilbert about the events of their day, what had been happening at home, and about the dance that was coming up on Saturday.

I learned that Annie and her friends come to Willie's several times a week - if it is too hot or too cold outside, if they need a place to sit and eat lunch, or even if they just need a place to rest for a few minutes. Mostly, though – they come to see Willie.

They come to share their stories, and to hear his. Everyone's stories are important at Willie's.

Annie proudly showed me a black and white photo of the old St. Vincent's School and Orphanage that Willie hung on his wall, just for her. It was her original home. It is the only place in Santa Barbara that a picture of her very own past is displayed.



Annie at Willie's Barber Shop

Annie beams with pride when she looks at the picture. She has a beautiful smile.

Willie and Gilbert have created a little community of inclusion inside their shop. Everyone is welcomed, business is conducted, friendships are tended, respect is given and received. There are phone calls and sandwiches and laughter and respite from the rain.

The everyday stories of people's lives are told and remembered here, and they are significant.

Willie and Gilbert don't see anything special about what they do or how they live. It's just who they are. Yet, to me, they are champions in the true and most chivalrous manner.

What an example they set for us all.

Events

Santa Barbara County

ALPHA RESOURCE CENTER - FAMILY RESOURCE CENTER

email: info@alphasb.org / www.alphasb.org

Santa Maria Office Santa Barbara Office
805.347.2775 877.414.6227
805.683.2145

Alpha Resource Center offers a wide variety of services and supports to encompass the needs of individuals with disabilities of all ages and at all stages of life.

Children & Family Services ~ Family First assists parents of children with special needs to gain the knowledge and skills to enable their children to be all they can be. Parent-to-parent and family support, parent-professional collaboration, resource meetings and workshops, information & referral, transition, future planning, and much more!

Resource Libraries ~ offer over 2000 titles on developmental and other disabilities. Located at Tri-Counties Regional Center offices in Santa Maria and Santa Barbara. Mobile library services are available. Call for hours or specialized assistance.

Katie's FUNd™ ~ provides social and recreational opportunities for teens and young adults with developmental disabilities. Contact: Amy Buesker at 683-2145 x127 or abuesker@alphasb.org.

Alpha Adult Services ~ provides a broad spectrum of services for adults with developmental disabilities. Each participant assists in the development of individualized services tailored to achieve his or her personal goals. 805.964.3547.

CLUB DIVERSITY

First Friday of each month, 7pm-10pm, Jodi House, 625 Chapala St, SB. All ages welcomed, alcohol-free, inclusive event. Club Diversity is about meeting new friends, having fun and working together to eliminate barriers between able bodied individuals and those with disabilities. \$3 fee, \$1 refreshments. DJ & Live Sound, DJ of Ability, Chris Benedict 805.729.1512 or djofability@gmail.com

SANTA BARBARA SPECIAL NEEDS ADAPTIVE PROGRAMS WEBSITE

A new parent run website - includes a variety of community resources, events and information supporting our area special needs agencies. Find more camps and activities posted at website. www.sbSNAP.org

PARENT-TO-PARENT SUPPORT

Sponsored by Special Needs Network. Meets third Thursday of every month, 9:00am at Coffee Diem, 505 S. McClelland Street, SM. Contact: Diana 805.937.8756.

CITY OF SANTA BARBARA PARKS & RECREATION DEPARTMENT

Check out what they have to offer. Contact: Adapted Programs 805.564.5421.

FAMILY FIRST AT ALPHA RESOURCE CONNECTIONS

A family resource center and parent network. Provides parent-to-parent and family support, parent-professional collaboration, parent and family workshops, and information and referral. Contact: North County 805.347.2775/South County 805.683.2145.

SOMETHING FOR THE SIBLINGS

The Special Needs Network is a new club for the siblings of individuals with disabilities. The club will consist of several fun activities for the siblings and will also be a chance to get away and relax with others who also have siblings with disabilities. Contact: Laura King, 805.344.1403.

SANTA MARIA SPECIAL EDUCATION & SUPPORT INFORMATION

Kathy Rowley hosts a Yahoo Group for parents of children with special needs who live in Santa Maria. Join at <http://groups.yahoo.com/group/santamariassupport>.

AUTISM SOCIETY OF AMERICA - SANTA BARBARA CHAPTER (ASASB)

Contact: Marcia or Sandy at 805.560.3762 or info@asasb.org, www.asasb.org.

SANTA MARIA AUTISM SUPPORT GROUP

Has an online support group for parents of children diagnosed with autism. There is also a weekly playgroup that meets at a local park. Contact: 805.714.1187 or email begeasykr@yahoo.com.

LOMPOC AUTISM SUPPORT GROUP

A support group for parents and other caregivers of children diagnosed with autism. Contact: Polly Bleavins 805.347.2775 or email pollyb@alphasb.org.

ALPHA PARENT GROUP

A parent support group meets the second Tuesday of the month, 9:30-11:30am at the Alpha Resource Connections library at TCRC. Contact Jennifer Griffin at jgriffin@alphasb.org or call Alpha at 805.683.2145.

TALK ABOUT CURING AUTISM (TACA)

Meets 3rd Saturday of the Month, 11:00 am -1:00 pm at Ocean Hills Ministry Center "The Loft" 821 State Street, Santa Barbara. A (above Sur La Table in Paseo Nuevo). This is a support group for caretakers for those with special needs. Contact Kathleen_reish@tacanow.org, www.tacanow.org.

SBATA@YAHOOGROUPS.COM

Online group for parents of special needs children, email hosseini58@cox.net.

NEW DIRECTIONS TRAVEL CLUB

Come join this fun club for adults with special needs who love to travel! We meet the 3rd Tuesday of each month 5pm-7pm for dinner and travel presentation. Call 805-967-2841 for dates and meeting locations.

AQUATIC WELLNESS AND EXERCISE - TUOHY FOUNDATION AQUATIC CENTER

August 22 - December 31, 2012, 2415 De la Vina Street, SB: The Center is wheelchair accessible with depths from 3 1/2 ft. to 6 1/2 ft) Aquatic exercise equipment is available to pool users. CRH's Aquatic Wellness and Exercise Programs are open to the public and instrumental in helping participants meet their personal fitness goals. Organized by Cottage Hospital Rehabilitation Center. Appointments required for classes listed below, phone (805)569-8999,x82552 Website: <http://www.sbch.org>

- THERAPEUTIC PERSONAL TRAINING
Individualized training in aquatic exercise techniques, tailored to participants' needs. Training in water safety and swim skills are also available. FEE: \$60 per session (30 minutes)
- INDEPENDENT EXERCISE AND SWIM
Orientation Options: \$30 orientation (15 minutes), \$60 orientation and personal training (30 minutes) or attend a class. Mon\Wed\Fri: 9am to 3pm, Tues\Thurs: 9am to 5pm, Sat: 9 & 10am.
- AEROBIC CONDITIONING CLASS
Mon-Thurs: 4-5pm Fri: 11am-noon. A shallow and deep water exercise class focusing on muscle toning, range of

Santa Barbara County

motion, and cardiovascular conditioning. FEE: \$8 per class.

• ARTHRITIS FOUNDATION AQUATIC PROGRAM

Warm-water exercise program to increase flexibility, range of motion, and endurance. Arthritis Foundation guidelines followed and taught by Arthritis Foundation instructors. FEE: \$8 per class. Tues, Thurs, Sat: 11am-noon

SANTA MARIA NONVIOLENT CRISIS INTERVENTION TRAININGS

August 23rd to February 22, 2013: Bonita School District Souza Center, 708 South Miller, Santa Maria. Workshops 8:30am to 3:30pm. Program focuses on management of disruptive, assaultive, out-of-control behavior. Initial Course designed for school staff. Refresher Course: to renew certification. Initial Course: . 2013: Jan 24&25, April 18&19. Refresher Course: Nov 2012: Feb 22, 2013. Phone: 805-683-1424

ADAPTED GOLF PROGRAM

August 27, 2012 to December 31, 2012. Mondays: 9:30 to 11:30am. Ocean Meadows Golf Course, 6925 Whittier Dr., Goleta. Designed for persons with physical, visual or cognitive impairments. \$8.00 for 30-minute lesson, or 6 lessons for \$30. Includes: putting, chipping, and/or driving with occasional use of the golf course. Program is wheelchair accessible. Organized by René Van Hoorn, RTC.

COGNITIVE FITNESS AND INNOVATIVE THERAPY

August 27 to December 17, 2012- CFIT Brain Gym Open House, 2409 De La Vina, SB. Every Monday from 1 to 3pm. Phone: Ashli Park 899-7777. Organized By: CFIT Website or Map: <http://www.sbcfit.org>

3-2-1 FAMILY PLAY GROUP FOR PARENTS THAT HAVE CHILDREN BIRTH - 4 YEARS OLD WITH DOWN SYNDROME

November 5 to June 3, 2013 1st Monday of the month unless a Holiday, then 2nd Monday, 9-10:30am – Indoor Playground at Calvary Chapel, SB, 1 North Calle Caesar Chaves, SB 93101. Parents of children with Down syndrome birth through 4 years old

and siblings of similar age are welcomed to connect and play with other families. Contact JamieWeitzman@yahoo.com or 805-566-4753

NORTH COUNTY PARENT SUPPORT GROUP

September 7 to December 7, 2012 - Meets every 1st Friday at McDonalds, Lompoc from 10 - 11:30am. Come share your experiences, meet new people and get resources while your children play. All are welcome. Website or Map: <http://alphasb.org>. Organized by Jennifer Griffin Phone: 683-2145 or jgriffin@alphasb.org

INCLUSIVE CHEERLEADING!

September 30, 2012 - June 2013 3:30pm to 4:45pm - Interested in Challenger Cheerleading? Looking for children and teens of all abilities to participate in Challenger Cheer Leading! Instructed by Cheerleading coaches/camp instructors. Fees: \$35 per child includes practice uniform and pom poms. Contact Retta Slay 805/681-9165. Organized by UCSB Students and Community Volunteers.

HULA LESSONS, HAWAIIAN LEIS, CRAFTS AND CULTURE

Tuesdays, October 2 to December 18, 2012 3:30 to 5:00pm – Alice Keck Park. Nancy Soohoo, an instructor and performer of Hula, is offering a new hula and Hawaiian culture class. Location changes due to weather. 8 openings for girls ages 7-10. \$50 a month (4 classes a month) Parents welcome. Classes will include learning Hula, creating Lei's and head dresses and other Hawaiian crafts. Nancy Soohoo at littlemoon_inc@yahoo.com.

HIP HOP BREAKDANCE CLASS INCLUSIVE OF ALL ABILITIES (TYPICAL AND SPECIAL NEEDS)

Saturdays at Page Youth Center, SB through December 1st, 10-11am. Instruction by Westmont Performing Team. \$25 for series or \$5 drop in fee. 805-681-9165 or www.sbSNAP.org

YOGA FOR ALL

Early 2013, Mondays 4-4:45 at the Goleta Valley Community Center. Come stretch and flex with Molly and Jessica; bring your

own mat, towels and water bottles. \$5 per session- drop in anytime. Parents welcome to participate. 805-681-9165 or www.sbSNAP.org

MUSIC WITH SWING ALONG BAND INCLUDING WHEEL CHAIR DANCERS FOR ADULTS -SENIORS!

October 2 to December 27, 2012 10:30am to 12pm – Wheelchair users and those with special needs are welcomed to join the twice weekly adult/senior social dance group that meets at the Goleta Valley Community Center - Every Tuesday and Thursday Organized by GVCC Senior Center

SB MOPS = MOTHERS OF PRE-SCHOOLERS

Wednesdays, October 3 to December 12, 2012 from 9am to 11:15am – Calvary Chapel Santa Barbara. We have put this site together to help all you moms out there keep track of current MOPS activities as well as have a place to contact us or just learn more about our group! Organized by Joylyn Kovacevich Joylyn@sbmops.com

STORYBOOK HOLIDAY LIGHTS TOUR TROLLEY RIDE - DISCOUNT TICKETS END THANKSGIVING DAY!

December 14, 2012 - 6 to 8pm: Wheel Fun Rentals-Children and Teens with Special Needs and their families are invited to board our "Storybook Holiday Lights Tour" for an evening including costumed storybook characters, caroling, hot cocoa, and surprises. Board Trolley at "Wheel Fun Rentals" State Street. MUST RSVP www.GoChallengers.eventbrite.com; OR call 805/681-9165 or mail check to Retta Slay.

CHALLENGER FOOTBALL - FLAG FOOTBALL (*ADAPTIVE)

October 28 to December 9, 2012 3-4:30pm: Girsh Park, 7050 Phelps Road, Goleta. Boys and Girls ages 5-18 with physical, developmental, intellectual challenges are invited to participate in this increasingly popular sport. Wheelchair users included! Sign up NOW! Flag Football and CheerLeading Registration forms at www.GoChallengers.org. Organized By: Central Coast Challenger Volunteers (Retta Slay) Phone: 805/681-9165

Santa Barbara County

POINSETTIA FUNDRAISER - ORDER YOURS TODAY! FREE DELIVERY!*

November 1, 2012 to December 15, 2012.
Goleta through Carpinteria - Free Delivery.
Beautiful 6 inch "Signature Prestige" Florist Quality poinsettias. Your purchase will help cover uniforms, trophy and registration fees for our baseball players with Special Needs. Call or Order online: <http://www.dpllchallengers.org>. Phone: 805/681-9165

MONDAY OUTLOOK MONTHLY MEETING - OPEN FORUM

November 12 to December 10, 2012 5:30 to 7:30pm - (Meeting second Monday of the month) Location: LOUISE LOWRY DAVIS RECREATION CENTER, 1232 De La Vina Street (parking available in rear lot) Looking Ahead - Upcoming scheduled meeting for Outlook Group: Dietitian, HEEAL (Hope through Exercise, Energy and Art for Life) REMEMBER: we are a potluck group! Your Food Donations are always needed and appreciated! Jeanne West, Senior Resources. <http://sbch.org> Phone: 569-8999, ext. 82102 or email rvanhoor@sbch.org.

APPS, WEB 2.0, OH MY - FOR PARENTS, EDUCATORS AND PROFESSIONALS. SAVE THE DATE!

Early 2013, location TBD - Sean Smith, PhD, Associate Professor, KU, Special Education, father of a son with DS. Presentation will focus on current and future technology-based tools that are increasingly altering what technology means for people with a variety of special needs. Participants will learn about how the iPad, iTouch, and iPod (traditional) can incorporate audio, video, images, apps and more to enhance independence and lead to further self-determination for individuals with special needs and those that seek to support them. Participants will also learn about Web 2.0 applications/resources that increasingly integrate universal features, making them applicable to the needs. Updates at www.sbSNAP.org or email info@sbSNAP.org

ADAPTED BOWLING

Saturday, November 17 and December 8, 2012 - 10:45am to 1:30pm - Zodo's Bowling and Beyond Adapted bowling provides

an opportunity for children and adults to socialize and get physical exercise through a fun experience. Competition is not the emphasis; it's the social interaction that makes this program a winner! Fee: \$15 includes bowling, shoes and lunch. Organized by Santa Barbara Parks & Recreation Department.

SATURDAY SEMINAR FALL SERIES: MAKE AND TAKE CURRICULUM WORKSHOP

November 17, 2012 from 9:30am to 11am - to be determined. Demonstration and materials provided to prepare practical, easy to make interactive learning folders to engage your child in almost any subject: reading, math, science, life skills, etc. Class is free, however small fee is charged for materials you can take with you. Organized by Retta Slay

THANKSGIVING LUNCHEON

November 21, 2012 from 11:30am to 3pm: Cabrillo Pavilion Arts Center, 1118 E. Cabrillo Blvd, Santa Barbara: Why not have two Thanksgiving Days? Celebrate, eat and give thanks the day before Thanksgiving with your pals. Event is free but RSVP is required. Call 560-7560.

2012 TASH CONFERENCE IN LONG BEACH - REGISTRATION NOW OPEN!

November 28 to December 1, 2012 from 8am to 5pm - Long Beach Convention Center, About the Conference The TASH Conference is the advocacy, networking and educational event of the year and brings together stakeholders from all aspects of the community. Organized by TASH Board

MARCH OR RIDE WITH US IN THE 60TH ANNUAL SB DOWNTOWN HOLIDAY PARADE!

November 30, 2012 from 6:30pm to 8pm - State Street from Sola Street to Cota Street. BE SURE TO SAVE THE DATE AND WALK WITH THE AUTISM SOCIETY OF SANTA BARBARA. Details to come! Organized by Cathy Arbaca cabarca@asasb.org

PRE-SCHOOL STAFF SATURDAY SEMINAR- INCLUSION RESOURCES AND SUPPORT FOR LEARNERS WITH DIFFERENCES"

January 19, 2013 from 9am to 10:30am. Join us for a light breakfast buffet as we listen to a presentation and discussion on ideas for inclusion activities and strategies of children with differences. Presentation by: Behaviorist Elika Organized by sbSNAP

MOMS NEED MOMS CRUISE

January 25-28, 2013 - Carnival Cruise to Baja California - Join the Down Syndrome Association of Los Angeles 4th annual MOMS CRUISE to meet new friends or reconnect with old ones. Phone: 480-293-4689. Organized by Erika Villanueva.

VALENTINE DINNER/DANCE PARTY

February 2, 2013 from 5pm to 9pm - Santa Barbara Elks Lodge #613: 150 N Kellogg Ave: Families and friends of loved ones with special needs ALL invited. Down Syndrome Association of Santa Barbara County is hosting an evening of music, dance and fun. Contact Melissa@dsala.org or rettaslay@gmail.com. Tickets required: www.dsasbc.eventbrite.com.

T-BALL AND BASEBALL FOR ALL!

Little League teams for boys and girls ages 5 (as of May 1st), through high school, with physical, developmental or intellectual challenges. Teams for ALL abilities - competitive teams and NON-competitive (no scores kept), wheelchair players included. Typical Little League players assist as buddies, along with college and community volunteers. Three locations to choose from: Goleta, Carpinteria and Ventura; Registration begins in January. Season runs March - May or early June. Details and Registration online at www.GoChallengers.org, info@GoChallengers.org or 805/681-9165.

LOMPOC RESIDENTS INTERESTED IN FORMING A CHALLENGER PROGRAM

Contact: analiza.mariano@gmail.com.

UCSB GAUCHOS HOST FREE BASEBALL CLINIC

For Kids 5 - High School to brush up on their skills or learn the basics with this great local college ball team. No experience necessary - just come out and play!

Santa Barbara County

Assisted by Challenger Coaches and Volunteers, Girsh Park, Saturday, February 9th, from 9:30am-noon.

LOSE THE TRAINING WHEELS "I CAN RIDE" BIKE CAMP 2013

Summer 2013 - Children, Teens and Adults with disabilities will learn to ride a typical two-wheeled bike in just 4 one hour (1.15) sessions with this incredible, life enhancing program. Organized by Retta Slay.

ADAPTED EASTER EGG HUNT AT GIRSH PARK

Designed for children with special needs to be safe and successful at this annual favorite event. Saturday, March 30th, 2013

(Always the Saturday before Easter). 10:30 until 12:30 pm. A variety of carnival style games and activities are offered for children with physical and developmental challenges! info@sbSNAP.org. 805/681-9165.

BASKETBALL CO-ED SKILLS CLINIC

Page Youth Center, Tuesdays, April 2 - May 7th, 3:45 - 5 pm, \$20. Three Skill level groups for ALL abilities ages 5 - high school. Register at info@sbSNAP.org. 805/681-9165.

4TH ANNUAL DSASBC BUDDY WALK & FESTIVAL



Sat June 15th 11am to 4pm, Chase Palm Park - Great Meadow. Contact Melissa Fitch at (805) 886-4411 for more info. Seeking sponsors, vendors, volunteers & participants. Great family fun event!

SPECIAL OLYMPICS SOUTHERN CALIFORNIA

Santa Barbara County Region offers year-round sports programs and competitions for 350 children, teen, and adult athletes from Carpinteria, Santa Barbara, and Goleta. Fall sports for youth and adults are set to begin in August. Sports include floor hockey, bowling, soccer, tennis and softball. Call 805-884-1516 to learn more.

San Luis Obispo County

PARENTS HELPING PARENTS - FAMILY RESOURCE CENTER



email: php@ucp-slo.org
www.phpslo.org
San Luis Obispo Office
Atascadero Office
800.456.4153 x3277
805.461.7415 or 805.543.3277

PARENTS HELPING PARENTS FAMILY RESOURCE CENTER

PHP serves families of children with special needs throughout San Luis Obispo County. Two lending libraries, which cover a wide variety of special needs topics, are equipped with toys, games and a place for children to play while their parents browse. PHP has a network of experienced staff and parents available for mentoring and support. A reliable source of current information, referrals, and training, PHP regularly e-mails a Calendar of Upcoming Events to interested families.
Contact: 805.543.3277 (SLO) or 805.461.7415 (Atascadero) or php@ucp-slo.org

PHP SPONSORED EVENTS

CREATIVE HOUSING OPTIONS SERIES

Parents Helping Parents is presenting a series of monthly programs designed to provide parents information and resources to help them plan their children's transition to a more independent life. Please phone us if you would like to be placed on the interest list.

CREATIVE HOUSING OPTIONS FOR MEDICALLY FRAGILE ADULTS

Presented by Marc Belfortti, Executive Director of Tri-Counties Community Housing Corporation (TCCHC). You are invited to spend an evening with Marc Belfortti, Executive Director of Tri-Counties Community Housing Corporation (TCCHC). TCCHC is a non-profit organization that acquires housing for people with developmental disabilities and provides training. Its mission is to enhance the quality of lives for people with developmental disabilities by creating quality, affordable housing options in inclusive communities. Come discuss specific needs in our community and share what you hope and dream to see in the future. Thursday, October 4, 2012, 7:00-

8:00pm TCRC Atascadero. Space is limited. RSVP to PHP at 805.543.3277.

DOWN SYNDROME AWARENESS MONTH FAMILY CELEBRATION

Join us for a family celebration during Down Syndrome Awareness Month! Wednesday, October 24, 2012, 5:00-6:30pm TCRC SLO. Call PHP at 805.543.3277 for more information and to RSVP!

GET CONNECTED AT PARENTS HELPING PARENTS

Come into Parents Helping Parents Family Resource Center to meet other parents and PHP's resource specialists! Past events have featured tips and free resources for families as well as presentations from professionals such as a music therapist and a child life specialist. Parents are encouraged to bring their children. Get Connected occurs monthly. Call PHP at 805.543.3277

UCP EVENTS

SIBSHOPS

Sibshops are fun-filled workshops just for brothers and sisters of children with special needs. This is a great opportunity for kids

San Luis Obispo County

to meet other siblings, play games, do crafts, share experiences and have A LOT of fun! For upcoming Sibshop dates, please contact Elle San Juan at 408.348.3539 or email centralcoastsibshop@yahoo.com.

UCP KIDS CLUB FOR 6 – 12 YEAR OLDS & UCP TEEN CLUB FOR 13 – 17 YEAR OLDS

Community recreation activities and socialization opportunities for kids and teens with special needs, including transportation and supervision. For the most recent events, call Mandy at UCP Youth Services, 543.7102 or youthservices@ucp-slo.org.

UCP COMMUNITY INTERACTION PROGRAM: TOURS FOR ADULTS

CIP tours are supervised vacations for adults with special needs. Tour prices include transportation, lodging, meals, support staff, and all activities. For information on upcoming tours, please contact Kristine at 543.2039 or kristine@ucp-slo.org.

UCP LEISURE CLUB LOCAL OUTINGS & ACTIVITIES FOR ADULTS

Saturday afternoon activities and outings for adults with special needs. For upcoming events, please contact Kristine at 543.2039 or kristine@ucp-slo.org.

ONGOING

ADULT SOCIAL CLUB

An opportunity for adults with autism or Asperger's syndrome to get together, share information and life experiences, and meet others dealing with similar issues. First Thursday of every month from 6:30pm-8:30pm. United Methodist Church, Wesley Building, SLO. Call Central Coast Autism Spectrum Center at 805.763.1100.

CENTRAL COUNTY AUTISM PARENT SUPPORT GROUP

An opportunity to network and socialize with other parents of children (up to age 18) challenged with Autism Spectrum Disorders (including Asperger's Syndrome/HFA/PDD-NOS). Third Friday of every other month (even numbered months), 6:30 – 9:00pm. Sierra Vista Regional Medical Center Auditorium, San Luis Obispo. Contact: Trisha or David Oksner at 474.9750

or slosupport@autismspectrumcenter.com

FAMILY FUN ACTIVITIES

Get to know other parents and their children while enjoying a fun activity. Contact John or Candace at 710.0404.

MOMMY AND ME LITTLE SWIMMERS

This parent and child class is designed for children ages 2 to 8 years with special physical needs to engage them in fun water activities that encourage both physical and social development. Class may be joined at any time and is offered year-round. Taught by Kay Heaton, B.S.M.S., Kinesio-Therapist. Fridays, 1:00pm – 2:00pm San Luis Obispo. To register, call 805.547.1914 or email Mary at Jhh@jackshelpinghand.org.

NORTH COUNTY ADAPTIVE SPORTS AND RECREATION PROGRAM

This program, in partnership with Atascadero Parks and Recreation, provides weekly adapted sporting and social activities for anyone with special needs from 15 to 50+ years. Basketball, volleyball, kickball, swimming, line dancing, parties – these are just some of the activities provided. Most activities are held at the Colony Park Community Center in Atascadero. There is no charge for participation in this program. Call 238.0702 or 772.1806 for more information.

NORTH COUNTY AUTISM SPECTRUM PARENT SUPPORT GROUP

3rd Friday of every other month (odd numbered months), 7:00 - 9:00 p.m. Contact: Becky, 471.1354 or nocosupport@autismspectrumcenter.com

SPECIAL OLYMPICS SOUTHERN CALIFORNIA

San Luis Obispo County Region offers year-round sports programs and competitions for athletes countywide. Sports include Aquatics, Power Soccer (Motorized Wheelchair), Golf, Gymnastics, Bocce, Track & Field. Call 805-544-6444 to learn more.

SOUTH COUNTY AUTISM SUPPORT GROUP

2nd Tuesday of each month from 12:00pm – 1:30pm. Grover Beach. Contact Leslie Barton, LMFT at 541.7908.

SPECIAL NEEDS SUNDAY SCHOOL CLASSES

Are you a parent of a special needs child who would like to attend church but are unable to find a Sunday school class appropriate for your child? Atascadero Bible Church (www.abcchurch.org) invites you to join them for His Kids, a ministry which exists to provide parents of children with special needs the opportunity to attend church regularly and to create a safe and loving environment for their children to learn about his or her creator through Bible stories. Sundays, 9:00a.m. Contact: Kyle Zimmerman, Children's Ministry Director at kyle@abcchurch.org. Calvary Chapel Arroyo Grande also invites you to join them for His Kids. This ministry is for children through young adults with disabilities. Sundays, 10:30am. Contact: Dawn Leone, Children's Ministry Director at 481.2320

TEEN SOCIAL CLUB

Bi-monthly social and recreational activities for teens on and off the spectrum. Ages 11 to 17 years old. Contact Kim Richards, MFT-I at krichards@autismspectrumcenter.com or 530.321.0301.

THE 5 CITIES AUTISM PARENT SUPPORT GROUP DISCUSSION GROUP

For parents and families of children (0-17 years) on the autism spectrum. Last Friday of every month from 6:30 – 9:00pm Arroyo Grande Community Hospital, Annex Building. Email slosupport@autismspectrumcenter.com.

YOUNG ADULT SOCIAL CLUB

Bi-monthly get togethers for young adults on and off the spectrum. Contact Kim Richards, MFT-I at krichards@autismspectrumcenter.com or 530.321.0301.

Ventura County

RAINBOW CONNECTION - FAMILY RESOURCE CENTER

email: rainbow@tri-counties.org

Oxnard Office: 2401 East Gonzales Road,
#100, Oxnard, CA 93036
Monday through Friday
9:00am to 5:00pm
(805) 485-9643 Main Phone
(800) 332-3679 Toll Free
(805) 485-9892 Spanish Line
(805) 278-9056 Fax

Simi Valley Office: 1900 Los Angeles Ave,
Simi Valley, CA 93065
Monday thru Thursday
9:00am to 1:00 pm
(805)823-2325 Main Phone
(805) 485-9892 Spanish Line and by ap-
pointment

Website: <http://rainbowconnectionfrc.weebly.com> or find us at Facebook: <http://www.facebook.com/RainbowConnectionFRC>.

Rainbow Connection provides support, information, training and activities for families. Here is a list of on-going support groups:

We encourage you to attend a support group at least once. You will be surprised at how much it will help you and how much you can help others. As there might not always be a support group available for a specific diagnosis, we try to provide a parent match upon request. Please contact us to register or for a copy of the current "What's Happening at Rainbow?" schedule of activities.

ACTIVITIES

Social Time for Adults Receiving Services from TCRC (Bilingual) Santa Paula Meets 2nd Sunday of the month. Come, bring a friend or just come meet new people, for conversation, playing games or for refreshments and some fresh air.

SIB CLUB

Oxnard 6:30pm – 8pm, * For Siblings Only *
Meets 1st Friday of the month. Games, Fun,

Activities, for 5 – 14 years old siblings of children with developmental disabilities.

TEDDY BEAR BRIGADE

Meets 3rd Saturday of the month Thousand Oaks 1-3pm, except for summer months. For children 3 -13 years old with special needs and their siblings. It includes stories, sensory themes, crafts and music planned each month. Visit www.bearsand-company.com to register or call Rainbow. Parents meet separately for social and networking time.

RAINBOW MOMS DAY OUT - OXNARD (SPANISH)

Typically meets 3rd week of the month. Come and enjoy time with other mothers of children with special needs and have a relaxing time.

TEEN CONNECTION

Meets 3rd Saturday of every month 1-3 pm in Thousand Oaks, except for summer months. For Teens with special needs, Siblings & Friends of same age (ages 13 - 19 yrs.). While the teens are interacting, parents meet on campus for their own connection with other parents!

SATURDAY SOCIAL GROUP

for Families with Children Ages 2 - 7 years. Meets 2nd Saturday of the month 10am–12pm in Oxnard (Bilingual). Interested to learn how to better help your Child while they develop social skills? This group is designed to work with the entire family. There will be professional volunteers presenting new topics each month to give you strategies to use at home and in the community. Also, they will be interacting with the children in facilitated playgroups. Parent involvement is required!

AUTISM SUPPORT

AUTISM PARENT SUPPORT GROUP (ENGLISH)

Meets 2nd Tuesday 7 - 8:30pm in Oxnard. Families meet to share the experiences they've had with their children with Autism as well as share and learn about resources.

AUTISMO SUPPORT GROUP (SPANISH)

Meets 1st Thursday of the month, 5/3, 7 - 8:30pm in Oxnard Families meet to share their experiences, resources and information.

DOWN SYNDROME SUPPORT

DOWN SYNDROME SUPPORT GROUP - SPANISH

Meets last Thursday of the month, in Oxnard 7pm – 8:30pm, Families have open discussions on issues related to raising children with Down syndrome.

NICU SUPPORT

"MY BABY IS IN THE NICU NOW WHAT? (ENGLISH & SPANISH)

Meets 1st Monday of the month 10am – 11am in Oxnard. For families & parents of current & NICU grad's. Info and resources: Breast feeding info & tips; Car Seat info; Discharge planning; Strategies for NICU survival and more...

SUPPORT FOR ALL SPECIAL NEEDS

THERE'S AN APP FOR THAT!

Offered once a month in Oxnard. Please call for date, 6:30 - 8pm For many children and adults with developmental disabilities the iPad has been a wonderful resource for communicating, learning, and developing independence. Rainbow is offering a discussion group so families can share with each other the different apps they have tried and different ways they have used them. Please join us, share what has worked for you and hear some ideas for different apps.

SANTA PAULA SUPPORT GROUP - SPANISH

Meets 1st Monday of the month 5:30pm – 7:00pm. Families meet to share the experiences and resources.

SPECIAL FAMILIES SUPPORT GROUP SPANISH

Meets 1st Friday of the month 6:30pm – 8pm in Oxnard Families meet to share the experiences and resources.

Ventura County

SANTA PAULA MOMS CONNECTION – BILINGUAL Meets 2nd Thursday of the month 9:30am – 11am. Families of children with special needs meet to connect & share information.

SIMI PARENTS CONNECTION OF ADULT CHILDREN -SPANISH Meets 2nd Friday of the month 11:30am – 1pm. Families of adult children with special needs meet to connect & share information.

SIMI SPECIAL FAMILIES SUPPORT GROUP -SPANISH 3rd Friday of the month 11:30 am – 1:00 pm. Families of school aged children (Under 18yrs) meet to share experiences and talk about raising children with special needs.

SANTA CLARA SUPPORT GROUP (FILLMORE, PIRU) -SPANISH Meets 3rd Tuesday of the month 10:30am – 12noon. Families meet to share the experiences they've had with their children with special needs and learn about resources.

SIMI SPECIAL PARENTS NETWORK-ENGLISH 9:30 – 11am, 3rd Tuesday of the month in Simi. Come and join us for a cup of coffee, learn about our resources and talk about issues related to raising children with special needs.

SPANISH SUPPORT GROUP PARTNERSHIP These support groups are sponsored by Rainbow Connection in collaboration with professionals from community service agencies. Families of children with special needs (0-3 yrs) have a Pot-luck & social time, followed by a guest speaker. Volunteers help parents watch children.

SIMI "APRENDIENDO JUNTOS" SUPPORT GROUP 5:30 – 7:30pm Meets 1st Wed of the month.

SANTA PAULA "FAMILIAS UNIDAS" SUPPORT 5:30 – 7:30pm Group Meets 2nd Wednesday of the month.

SPECIAL PARENTS VENTURA COUNTY NETWORKING GROUP - ONLINE An online forum where parents of children with special needs can offer and receive

support, referrals and information. This networking group provides families with a comfortable and convenient environment for exchanging ideas and resources on everything from medical visits to IEP's. Simply activate a free YAHOO user ID and Password account to log into this forum at <http://groups.yahoo.com/group/Special-ParentsCounty>.

INFORMATIONAL

THE IEP BASICS – ENGLISH Every second Monday of the month, 12noon – 1pm, via Conference Call, Facilitated by Laurie Jordan, Director, Rainbow Connection F.R.C. Join us by phone to learn about the basics of IEP's (Individual Education Program) Different topics will be presented each time with the opportunity for discussion at the end. Please register to receive the phone number, access code and have any handouts sent to you in advance.

ALL ABOUT ME Create your child's (or adult served by TCRC) Personal Profile. This is a great way to share valuable information. Simply give a copy of the Personal Profile to the people who will be interacting and working with your child – the teacher, aides, therapists, etc. Give us a call and we'll help you put together your child's very own Personal Profile. Individual Appointments can be scheduled upon request. For persons receiving services from TCRC.

HEALTH CARE NOTEBOOKS Do you have a hard time keeping track of your health care information? Create your own personal notebook with a Rainbow staff person and/or other parents; learn more about the transition process and get suggestions that might help with guidance from one of our staff and/or other parents. Individual Appointments can be scheduled upon request. For persons receiving services from TCRC.

WHAT'S NEXT AFTER EARLY START? For Your Child with Special Needs Will your child be turning 3 years old and transitioning out of the Early Start Program? Changes can be confusing. Let's make the

transition a little easier. Schedule an appointment today! You will receive a free booklet that has been helpful to other parents. Individual Appointments can be scheduled upon request. For persons receiving services by TCRC.

OTHER COMMUNITY SUPPORT GROUPS

The following support groups can be contacted directly.

ACTIVITIES

CHALLENGER BASEBALL NOW IN VENTURA Co-ed, ages 5-Highschool, registration starts Jan, Season runs from March-May. www.GoChallengers.org 805-681-9165.

BIKECAMP - VENTURA - 2013 Possible Ventura location, updates at www.sbSNAP.org or 805-681-9165.

BRANDON'S BUDDIES A free play date for children of all abilities. 1st Sat of the month in Calabasas. To RSVP call Dina Kaplan 818 222-8118 brandons-buddies@pacbell.net

HAPPY FRIENDS CLUB Alternate Tuesdays 6:30 pm - 8:00 pm in Camarillo. Support group for adults & teens with mental/physical challenges. Speakers, games, arts & crafts, round table discussions, occasional community outings. Contact: Jean McGuire 805.816.2319 or email: bobbyjean2@mac.com

THE FUN CLUB A social and recreational opportunity for persons 16 yrs & older with special needs through the City of Oxnard Adaptive Program. For information call 805 385-8019.

CONEJO RECREATION AND PARK DISTRICT'S THERAPEUTIC UNIT Children and adults from all over the County attend activities. It is a model program throughout the State. The Director is Cecilia Laufenberg. Thousand Oaks (805) 381-2739 <http://www.crp.org/parkfac/therapeuticrecreation/program/default.asp>

Ventura County

SPECIAL OLYMPICS VENTURA COUNTY

Special Olympics Ventura County offers training and competition opportunities in 10 different year-round sports at over 20 different training sites throughout Ventura County. The Ventura County program not only provides people with intellectual disabilities with physical fitness and athletic competition, but also social interaction and community involvement. (805) 654-7787. www.vcso.org

FRIENDSHIP CIRCLE

Designed to foster a relationship between community teenagers and children giving them a chance to develop social skills and the opportunity to experience a diverse array of activities. Programs offered are Sports Night, Friends at Home, Gymnastics Programs, Sunday Circle, and a Winter Camp that includes Rock Climbing and Sibling workshops. Agoura Hills (818) 865-2233 www.FriendshipCircleCa.com

AUTISM SUPPORT

AUTISM ACROSS THE LIFE SPAN CONFERENCE

(Rainbow is sponsoring a parent panel) November 3, 8:30am - 3:30pm.

PAUSE4KIDS INC. – ENGLISH

This support group is open to the public and there is no charge. If you plan to attend, please call or check the website to make sure there are no changes to the scheduling. For more info go to: <http://pause4kids.org/> or leave a message at 805-376-2918.

PAUSE4KIDS' TRANSITIONS SUPPORT GROUP

aims to support families with older children and young adults (aged 11-28) and young adults aged 16-28 who are transitioning into middle school, into high school, into college, post secondary or the workforce. Meets 4th Tuesday of the month 7 pm in Thousand Oaks. For more info go to: <http://pause4kids.org/transitions.php>

AUTISM PARENT CONNECTIONS

The group's focus is on Teenager's issues, but everyone is welcome to come because even if your child is younger they will get there very fast. Last Monday at 7pm at The Church Place, 2697 Lavery Ct., Suite 17 Newbury Park. Child care is provided. Contact Leila Silva (805)341-3089 cell or leilasilva@aol.com

AUTISM SOCIETY VENTURA COUNTY

ASVC holds Community Talk Nights usually on the third Friday of the month from 7-9pm in which guest speakers present on topics important to parents, and parents are able to mingle, socialize and network. Free onsite childcare is usually provided. <http://www.autismventura.org/events/> For more information call 805-496-1632 or www.autismventura.org

ASAP: ASPERGER'S SUPPORT GROUP FOR ADOLESCENTS PLUS! – ENGLISH:

A social support group for teens and young adults with Asperger's or High-Functioning Autism. For more information log on to www.vcasp.org

CEREBRAL PALSY

ADULTS WITH CEREBRAL PALSY

Making connections in the community and one another. Contact person: Adam Seeley 805 630-5447

DOWN SYNDROME SUPPORT

DOWN SYNDROME PARENT SUPPORT GROUP

Parents of children with Down Syndrome come together to discuss issues and activities of mutual interest. Every 2nd Mon at 6:30pm. Call 805 650-6290 to RSVP.

TULIPS & TRIUMPHS SUPPORT GROUP

For parents of children with Down Syndrome. Monthly support group "meetings/nights out", dates vary each month. RSVP to Cheryl at 805-791-0254 or Landazuri98@hotmail.com for date/time and location.

FETAL ALCOHOL SPECTRUM SUPPORT

FETAL ALCOHOL SPECTRUM DISORDER

Support group for parents and caregivers of children with FASD ages 5 – 12 years old. For more information call Joeli Gutfleisch 805 495-4887 or email joelig@verizon.net

SUPPORT FOR ALL SPECIAL NEEDS

GETTING THROUGH THE HOLIDAYS

(suggestions on handling children's behavior), November 1, 2012 from 7pm - 8:30pm (in Spanish) and November 7, 2012 from 7pm - 8:30pm (in English).

A BREAK FOR MOM & DAD

Mom's Night Out T.O. English 3rd Tuesday of the month & Dad's Night Out T.O. English 4th Tuesday of the month. For contact information call Rainbow.

CENTER4SPECIALNEEDS

Organizes Mom's & Dad's Night Out events and has a huge calendar of support groups on their website at http://www.center4specialneeds.com/Support_Groups.html

SPECIAL PARENT'S CAFÉ

An informal group of parents of children with special needs who meet to share information take a break and make new friends. For more info contact Silvia at (805) 265-6111 or spc.moorpark@gmail.com

SPECIAL EDUCATION ADVOCACY PARENT GROUP -ENGLISH

Meets 1st Wednesday of each month, 7 to 8:30pm in Westlake Village. To reserve, for directions or more info, call Robin Elliott 805-208-7191 info@pause4kids.org

UNITED PARENTS

Assists families of children with Mental, Emotional, and Behavioral Disorders. Office (805) 384-1555 or 24/7 line (805) 551-047.

With each issue of the TriLine, we provide information on some of the resources available to families within the Tri-Counties area. Please call to confirm dates and times of events. Check with your Service Coordinator for information on other resources available to you in your area.



Advances in the Treatment of Developmental Disorders: 2. Down Syndrome

by James O'Hanlon, Ph.D., Psychopharmacologist

Those who prefer simple stories with clear-cut endings will probably not like this one. It concerns the search for drugs to alter the course of Down Syndrome (DS). Beginning before birth as a developmental disorder, DS slowly evolves into a degenerative disease of the Alzheimer's type. DS is caused by an extra chromosome 21; three instead of the normal two. The 21st chromosome is relatively small, possessing few genes – about 500 – of which about 200 produce distinct protein products. Having an extra copy of a gene usually means that its protein product will be 50% more abundant than normal. Depending upon the product, the consequences of the excess can range from nonexistent to catastrophic. With so many genes and products in excess it has been difficult to identify every one that causes the structural and functional deficits of DS. However, there is a consensus among experts that the gene producing amyloid precursor protein (APP) is one that contributes to cognitive impairment from birth and is at least partially responsible for early onset of Alzheimer's disease.

APP implants itself in the membrane surrounding neurons in the brain where it functions to regulate growth, transport of substances within neurons and connections with other neurons. Like any protein, the life of any APP molecule is only a matter of days. Old molecules must be constantly replaced by new ones. When old molecules begin to fail, they are cleaved by enzymes into peptide fragments, called amyloid β ($A\beta$). Normally most $A\beta$ is of a size that can be completely metabolized. However, enzymatic cleavage is somewhat imprecise, resulting in larger $A\beta$ molecules that are resistant to further metabolism. At first, the larger fragments are soluble but even in this form, high levels can impair attention and memory. Worse is to come. $A\beta$ tends to aggregate into toxic plaques between neurons. The process accelerates over decades, destroying neurons in increasing numbers, until dementia occurs and ultimately, death. The process exists in most if not all humans but the rate of plaque formation varies enormously between individuals. In DS, the extra gene for

APP is responsible for a greater brain concentration of soluble $A\beta$ from a very early age. Postmortem examinations of individuals who have died from other causes in their 30's show plaque formation in practically every one. Some persons with DS show the earliest symptoms of dementia in their 40's. By the age of 55, half of them are diagnosed with Alzheimer's disease. In contrast, the disease prevalence in the general population is virtually nil below the age of 65 and only rises to 50% above the age of 85.

Neurons comprising the system that activates both short- and long-term memory are the first to degenerate in Alzheimer's disease. These neurons are called 'cholinergic' after the chemical they release to transmit activating signals; i.e., acetylcholine. Unsurprisingly, the first drugs to slow the progressive decline in memory and other cognitive functions were those that prolong the time acetylcholine can act upon its particular receptors. They accomplish this by inhibiting enzymes (cholinesterases) that break down the transmitter. For awhile these drugs compensate for dwindling cholinergic neurons by amplifying the signal of the ones that remain. Cholinesterase inhibitors are only modestly helpful after the emergence of dementia but may be more effective in combating the cognitive decline that precedes it. Intrigued by this possibility, investigators at Duke University undertook three small pilot studies to measure the effects of Aricept, the most popular cholinesterase inhibitor, on cognitive functions in adults and children with DS. The results were limited by the preliminary nature of the studies but encouraging enough to inspire the drug's manufacturer to support a series controlled trials at Duke. The first trial¹ involved 123 adults with mild-moderate intellectual disability, aged 18-35y. They received Aricept or placebo for 12 weeks. The results were equivocal, due in part to the nature of the tests given. The primary test had been designed to measure deterioration in patients with early Alzheimer's disease, which none of the trial participants had. Participants easily learned to perform the test, as quickly on placebo as Aricept, until little more improvement was possible. However some of the secondary tests did show Aricept to

be superior to placebo. The second trial² involved 129 children and adolescents, aged 10-17 years, who took Aricept or placebo for 10 weeks. Tests used were those that had shown a drug effect in the older group; i.e., of communication, daily living skills and socialization as rated by parents or other care providers. The results were again disappointing: improvements on Aricept and placebo were almost identical. At this point the manufacturer lost confidence and withdrew their support.

End of story? Not yet. Japanese investigators independently conducted a study³ of Aricept effects in DS while those at Duke were still in progress. Without industry support, the Japanese trial was small but also well controlled. The participants were 21 women with DS and severe intellectual disability, aged 32-58y. Eleven were treated with Aricept and the others with placebo for 24 weeks. The Japanese used a novel procedure for measuring the women's response to treatment. They systematically rated the degree of support the women needed to perform normal living activities. Two treatment-blind raters – one the primary care provider, the other an investigator – made all assessments. The results were impressive: all of the Aricept group but none of the placebo group became more capable of caring for themselves by the end of the trial. It is noteworthy that none of the women's behavior improved perceptibly until they had taken Aricept for 3 months; i.e., longer than the duration of the Duke trials.

One may speculate endlessly about the reasons why the American and Japanese trials yielded conflicting results but one thing is clear: the story does not end here. It was rational to try Aricept and that drug or one like it may yet prove to be of value in DS. If not, there are still many agents to try that can just as easily be rationalized on the basis of what is known about the progressive pathology of this disorder. The story will only end when a drug has been found that selectively arrests it.

¹ Kishnani PS et al. Am J Med Genet Part A. 2009; 149A: 1641-54.

² Kishnani PS et al. Am J Med Genet Part A. 2010; 152A: 3028-35

³ Kondoh T et al. Int'l J Psychiatry in Medicine. 2011; 41: 71-89.

Advances in the Treatment of Developmental Disorders: 2. Down Syndrome

EDITOR'S SYNOPSIS by Heather Wennergren, Media and Training Coordinator

Down Syndrome (DS) often leads to the early onset of Alzheimer's disease. Researchers continue to search for drugs that can slow the progression of brain degeneration that causes the disease. DS is caused by an extra chromosome 21; three instead of the normal two. There are many genes that may affect DS, however experts believe the one producing amyloid precursor protein (APP) is at the root of degeneration.

People in the general population experience some loss of neurons, or the communicating cells in the brain. For half of them, this leads to dementia after age 85. For people with DS, this happens on average by age 55. Dementia is caused, in part, when amyloid precursor protein (APP) does not break down correctly, but instead forms toxic plaques around neurons.

Neurons related to short and long term memory are the first to die. Drugs called

cholinesterase inhibitors have been shown to extend the function of neurons that still survive. Researchers at Duke University tested a cholinesterase inhibitor named Aricept on people with DS. Their first trial ran for 12 weeks. It did not show a strong effect of Aricept. The second trial ran for 10 weeks and again failed to show positive drug effects.

Researchers in Japan did a similar test for 24 weeks. This time, all of the people with DS taking Aricept showed improvement for memory skills. There may be many reasons that the two experiments had different results. Perhaps it just takes longer for Aricept to work. This drug may prove to be helpful in the treatment of DS. Aricept may slow the progression to dementia in DS, but researchers must keep searching for a drug that stops it completely.

Connecting through Art

 by Heather Wennergren, Media and Training Coordinator

Musician and photographer, Matt Perko vows to appreciate the richness of life. Having a son with Autism does not sway him from this course. Matt remembers Eddie's first year, "As a father, you can't help but have aspirations for your child, at the time, ours were crushed. We had diagnosed our son ourselves and were in limbo for six months, waiting for a doctor to confirm our worst suspicions." The doctor did confirm their suspicions.

Matt recalls a dark time for him and his wife. They learned about Autism, got Eddie

the services he needed and found new ways to interact with their son.

When the couple noticed Eddie engaging in imaginative play, Matt set about creating a series of conceptual photographs. "It's my window into his world," says Matt about the artwork featuring Eddie as Superman, Indiana Jones or Jack Sparrow. Very specific photos were needed to create the work, and getting them was a learning experience for everyone.

As well as a way to connect with his son, Matt says "This series is a way to deal."

Between regional center services, therapy and their one-on-one work with Eddie, the couple began to see a difference. Matt comments, "There is a healthy mind in there that we are unlocking." With effort and some creativity, this couple reached into their son's world and emerged with a new perspective on all of their futures.

Matt hopes his series will help raise awareness about Autism. www.mattperko.com



Imagination Series: 1



Imagination Series: 2



Imagination Series: 3



Imagination Series: 4



Imagination Series: 5



Matt and Eddie on the Slide



Greetings from the President

by Robyn Adkins, TCADD Board Director

Glad to hear of another successful season for Special Olympics. My son participated in the SLO games and brought home a gold medal! Training to increase your skill or beat your personal best is one avenue toward excellence. Working together on the sports field builds the spirit of friendship and community. When a group directs efforts toward a common goal, amazing things can happen. We have seen the benefit of our collaborative work with partner agencies and advocacy groups play out through the passage of SB 946 and other issues. There is always room for further collaboration, excellence, and achievement.

TCRC is currently in a strategic planning phase as staff and board review stakeholder feedback to develop focus areas, strategic objectives, and ways to measure success. The board actively participates in this inclusive process through review and approval of the new plan at several stages. The resulting Strategic Performance Plan will guide agency efforts over a three-

year cycle from 2013-2015. Proposed focus areas currently include Family Support, Autism, and Information and Communication. The plan will be published on the web site, along with updates on progress twice a year.

Changes in recent laws require understanding and interpretation by DDS and the regional centers. TCRC staff continue to send us new or revised policies as trailer bill changes are implemented. One recent policy resulted from the Autism Insurance Mandate, Senate Bill 946. We are pleased with the regional center's commitment to provide excellent support to families during this transition. TCRC sent a written notice to all individuals and families affected. This letter informed them of the new law and invited them to attend one of the information sessions held at all TCRC offices in June. Several resources for families have been posted on the TCRC web site at www.tri-counties.org, including Frequently Asked Questions, the policy reviewed by the TCADD board, and a guide on how to use insurance coverage for health services. Additionally, important insurance co-pay guidelines have been published. They include that

TCRC will pay insurance co-pay amounts for ABA up to \$45 per day. The regional center will pay insurance companies directly without requiring any financial justification from families. Read more about co-pays online. These newly created resources and the regional center's commitment to support families will ease the transition for many.

In organized sports, team-members have a role to play and are working toward common goals. The regional center has taken an organized and planful approach to implementing changes in law. The TCADD Board hears the issues and provides governance needed. And community members like you must continue to create change where it is possible. Advocates - keep advocating - it really does make a difference. Watch for opportunities to have your voice heard - in your IPP, by TCRC during Town Hall or Board meetings or via surveys, through work with your local groups and by your legislators. We must work together to protect core services and supports, all the while viewing topics squarely through the lens of Person Centered Thinking.

Bring Your Skills and Ideas to the TCADD Board

Contributing to the well being of persons served by TCRC is a rewarding experience. Many TCADD board members have served their terms and seats for these valued roles are opening. Family members are encouraged to apply, especially those with management, public relations, education or other non-profit experience. Please email BoardSecretary@tri-counties.org for more information. Or visit our website at www.tri-counties.org, select TCADD Board of Directors, then Membership / Role. We need your help to improve quality of life and protect the rights of individuals with developmental disabilities.

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Upcoming Board Meetings

Oct 6 10:00 am (SLO)

Nov 2 6:00 pm (SB)

Upcoming Town Hall Meetings

Oct 17 Atascadero