



# The CONNECTION

## "Serving Special Families"

[www.heartsfrc.org](http://www.heartsfrc.org)

SEPTEMBER 2006

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### A Grandparent View

We grandparents were raised by the old traditional saying "Spare the rod, spoil the child". We also raised our own children as we were raised. We learned the hard way that this theory would not work and did nothing to help with the frustration that became more evident with each day for our daughter and our precious grandson.

What do you mean the child will not eat? Everybody knows that the human body will not allow it to starve to death, or do we? Why is my grandchild so skinny? Aren't you feeding him properly, shame on you, we raised you better than that.

For God sake, take that child to the doctor and see what is wrong with him. Well that was exactly what was done. So what did the Pediatrician find? The doctor could find nothing wrong with this beautiful, "normal" child. Several referrals, doctors and years later, we now have an answer. There is no specific diagnosis. Each child is different and each child's needs are different. We have learned that there is no easy answer, like take a prescription of antibiotics for a week and the problem will be gone. There is no easy method of making our grandchild eat what we know is good for him.

After all the physical medical reasons for not eating were eliminated by numerous tests and doctor evaluations; we still do not have an answer and our precious grandchild still looked anorexic. Fortunately our daughter became obsessed in finding an answer to the problem her son, our grandson, had. She knew there had to be an answer why her son was different and not "normal". There was still the head banging and melt downs so maybe there is a mental thing going on.

Oh not my grandchild. He is so sweet. There is no way he could have some type of mental problem. Just look at him, his IQ is very high. He is very smart, so therefore he could not have a mental problem. Again, the old

theory "Spare the rod, spoil the child" came to our minds.

It is okay, grandparents, to feel guilty for thinking that your beautiful grandchild was just spoiled because we felt the parents were not doing their job correctly in raising him. Little did we know that the child had a problem. So, what is the problem? We did not know why the child does not eat or want water on his head. We did not know why any change, however so slight would cause a "melt down". We did not know why the changing of a light bulb in a lamp from incandescent to florescent would cause him distress. Any change from the normal would cause him to have a "melt down".

Our grandson is 5 years old now. He started Kindergarten last Fall. I take him to school every morning; however, for the first 5 months, I hated the first day back to school after a holiday. He could not handle the change in our weekly routine of Monday through Friday at school to Saturday and Sunday at home. He would not allow me to leave the school and would hold onto me with a "death grip. By the time I would pry his little hands from my leg and give him to his teacher, we were all exhausted. I would break down in tears after getting in my car to go home. There is hope! School is nearing the end. He is reluctant for me to leave after a change in his daily routine; however, he is now coping much better.

Grandparents, it is okay to feel guilty about the way you were thinking. We had no idea that something called "Sensory Integration" was the problem, nor did all the doctors. They had as much information as we did, which was none.

Through the parenting skills of the mother who relentlessly pursued the cause of the child's behavior, we all became well educated on what is going on in the mind of our beautiful grandchild.

Cont pg 2

continued pg 1

Yes indeed we feel guilty! We tried along the way not to say too much, but sometimes in frustration, things slipped out of our mouth. But, we know that the guilt feelings go away when you learn what is causing the behavior and work with the parent to reinforce the behaviors that are appropriate. We have seen a remarkable change in our grandson. We know there will always be difficult and challenging times for him, however, we are seeing a definite change for the better. Never give up! Two steps forward and one step back! Now we are all able to enjoy our times together. I thank our daughter for her continued trek for knowledge in helping our grandson break the bondage that kept him from being the loving and bright young person he is. We can all look to a brighter future.

*Written by Larry & Kathy Oliver*



#### Low Tech Assistive Technology in the Home

This evening workshop will cover ideas for low to mid tech communication as well as ideas and items to assist with or increase participation in activities for language arts and math. Suggestions will be offered for simple low tech household adaptations and tools to help increase independence around the house, plus a few inexpensive safety ideas. Simple ways to adapt toys for easier manipulation as well as a short list of retailers where less expensive toys can be purchased will also be presented.

Presenter: Jeanne Forcillo  
SELPA Program Specialist  
Kern County Consortium SELPA  
Date: October 17, 2006  
Time: Workshop: 6:30 p.m. – 8:30 p.m.  
Location: Office of Larry E. Reider  
Kern County Superintendent of Schools  
1300 17<sup>th</sup> Street-CITY CENTRE  
Bakersfield, CA 93301  
Conference Room 1B

## Living with diabetes

### What is type 1 diabetes?

Type 1 (insulin-dependent or juvenile) Type 1 diabetes can occur at any age, but most commonly is diagnosed from infancy to the late 30s. In this type of diabetes, a person's pancreas produces little or no insulin. Although the causes are not entirely known, scientists believe the body's own defense system (the immune system) attacks and destroys the insulin-producing cells in the pancreas. People with type 1 diabetes must inject insulin several times every day.

Symptoms include one or more of the following:

- Extreme thirst
- Frequent urination and Sugar in urine
- Drowsiness, lethargy and Sudden vision changes
- Increased appetite or Sudden weight loss
- Fruity, sweet, or wine-like odor on breath

If you think you have diabetes, call a doctor immediately, and drink fluids WITHOUT SUGAR to prevent dehydration.

### Is type 1 diabetes hereditary?

Ninety percent of children who develop type 1 diabetes actually have no relative with the disease.

### How long will a child have diabetes?

At this point, diabetes is a chronic disease, meaning you never outgrow it. The life expectancy of a child with type 1 diabetes is shortened by 15 years.

### What foods should a person with diabetes eat/avoid?

Fat restriction is very important because high cholesterol and diabetes are two of the four risk factors for developing heart disease. Some tips:

- Don't fry foods—bake, broil, poach, or sauté in non-stick pans.
- Steam vegetables and avoid overcooking them. Eat fresh vegetables and fruits, unpeeled.
- Eat less high-fat red meat and more low-fat turkey, fish, and chicken.
- Avoid refined sugar, artificial sweeteners are available, talk to your doctor about them.
- Restrict salt (sodium).

### What other resources are available?

For information e-mail [info@jdrf.org](mailto:info@jdrf.org) or call 800-533-CURE.

*Information was provided by juvenile diabetes research international.*

## Sensory Processing Disorder

### What is Sensory Processing Disorder?

Sensory Processing Disorder (SPD) is a complex disorder of the brain that affects developing children. These children misinterpret everyday sensory information, such as touch, sound, and movement. Some feel bombarded by sensory information; others seek out intense sensory experiences or have other problems. This can lead to behavioral problems, difficulties with coordination, and other issues. There are several types of Sensory Processing Disorder; each one may result in a number of different behavioral and sensory patterns.

### How is Sensory Processing Disorder treated?

Many children with SPD are treated with a program of occupational therapy (OT). OT, which is conducted in a sensory-rich environment, helps these children to manage their responses to sensations and to behave in a more functional manner. OT enables them to take part in the normal activities of childhood, such as playing with friends, enjoying school, eating, dressing and sleeping. It can take place in a hospital OT department or in a private practice setting; the therapy is tailored to the needs of each child.

### How can I meet other parents of children with Sensory Processing Disorder?

[www.SPDDNetwork.org/SPD](http://www.SPDDNetwork.org/SPD) Parent Connections, sponsored by the KID Foundation, is a network of more than 35 local support groups for parents. Check out the list of local groups at SPD Parent Connections Groups – United States.

*Information from [www.SPDDNetwork.org](http://www.SPDDNetwork.org)*

The Sensory Processing Disorder Support Group meeting at H.E.A.R.T.S. Connection will meet on October 2, November 6 and December 4, 2006 (no meeting in September). Jamie Oliver-Riddick facilitates the group. For more information on SPD, go to [www.KIDFoundation.org](http://www.KIDFoundation.org) and [www.SPDDNetwork.org](http://www.SPDDNetwork.org). Also, call H.E.A.R.T.S. Connection at (661) 328-9055 ext. 257.

## Consider giving to H.E.A.R.T.S. Connection

H.E.A.R.T.S. Connection is a non-profit organization which is sustained by grants and donations. We appreciate donations of any amount. Check with your tax consultant regarding charitable contributions.

Please consider helping our organization in one or more of the following ways:

- Participate in fundraising events. Information about our Bunko Tournament and BuddyWalk are included in this newsletter. We also need raffle items for these events.
- Find out if your employer or civic organization will sponsor one of our special events.
- Perhaps your employee association or union raises money and donates it to local charities. Find out how they choose which charity they will donate to.
- Participate by selling See's candy bars for us. Contact Hanh Mireles at est. 257

**H.E.A.R.T.S. Connection  
thanks the following donors for their  
recent contributions.**

#### Membership

Alanna Philbin-Way  
Michele Chynoweth  
Lorraine Hildenbrand

#### Fall Festival

First 5  
20/30 Club  
Darlyn's Darlings  
Integrated Accounting Services  
San Joaquin Bank  
Target-Rosedale  
Vons-Olive Drive  
The Pantry  
Home Town Buffet  
Nick Stobaugh, Jr. Sound Choice  
The Young Marines  
Gary Chapman  
Pump It Up

#### **Wish List**

4 drawer lateral file cabinets  
Polycom Conference Call Equipment  
LCD Projector



# 7<sup>th</sup> Annual Golden Empire

Special Education  
Partnership Conference

**October 28, 2006**

California State University, Bakersfield



**Keynote Speaker: Mr. Rick Lavoie**

Registration Deadline: October 15, 2006

Registration Fee: \$65

Contact Carl Twisselman for  
further information (661)762-7528

**Sponsors:**

Kern Autism Network

Kern Regional Center

H.E.A.R.T.S. Connection

Kern County Consortium SELPA

Kern High School District SELPA

California State University, Bakersfield

Bakersfield City School District/SELPA

Kern County Superintendent of Schools



# SEPTEMBER 2006

H.E.A.R.T.S. Connection FRC  
 3101 N. Sillect Ave., Suite 115  
 Bakersfield, CA 93308  
 (661) 328-9055 or (800) 210-7633

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Labor Day Office Closed	5 Richardson Center IDP Elva X259  Delano Community Alliance Meeting Jane Decker 721-7036	6	7 Unique Perspectives Daniel 325-3033	8 Ridgecrest Autism Support Group Pat (760) 375-7332	9 0-5 English & Spanish, Arco Iris Bakersfield and Both Autism Support Groups will be Having a Fall Festival X259, X292, X256
10	11 Richardson Center IDP Elva X259  Board Meeting SusanX304	12 Rafer Johnson IDP Elva X259  Ridgecrest ADD/ADHD Support Group Pat (760) 375-7332  Lake Isabella 0-5 Play Group Andrea (760) 379-5775  Epilepsy Support Group Larry (760) 376-1606 Rudy Zaragoza 663-7196	13 Rafer Johnson IDP Elva X259	14	15	16 IEP Workshop Dian X256
17	18 Epilepsy Society Support Group Tehachapi Greg 822-7511	19 Delano Support Group Isabel 721-0846	20 Epilepsy Society for Children & Adults Patsy 634-9810	21 IEP Clinic Dian X256  Tehachapi Support Group Isidra 823-1972  Lake Isabella Support Group Andrea (760) 379-5775  Ch.A.D.D. Speaker Shelly 872-4219	22	23
24	25	26 Lake Isabella 0-5 Play Group Andrea (760) 379-5775	27	28 Wasco IDP Isabel 721-0846  Lake Isabella ADD/ADHD Support Group Andrea (760) 379-5775	29 Delano IDP Isabel 721-0846	30 Bunko Tournament Hanh X257

# **DETAILS FOR SEPTEMBER 2006**

## **SEPTEMBER 4, 2006**

Office is Closed

## **SEPTEMBER 5, 2006**

Richardson Center IDP  
Elva X259

## ☼Delano Community Alliance Meeting

Time: 7:00 a.m.-9:00 a.m.  
Location: 1842 Norwalk, Delano  
Jane Decker 721-7036

## **SEPTEMBER 7, 2006**

Unique Perspectives  
The support group for High School  
Students with Asperger's Syndrome  
Time: 7:30 p.m.-9:00 p.m.  
Please call for location  
David 325-3033

## **SEPTEMBER 8, 2006**

Ridgecrest Autism Support Group  
Time: 7:00 p.m.  
Location: Immanuel Christian Center  
1201 N. China Lake Blvd., Room A-6  
Ridgecrest  
Pat (760) 375-7332

## **SEPTEMBER 9, 2006**

0-5 English & Spanish, Arco Iris  
Bakersfield and Both Autism Support  
Groups will be Having a Fall Festival.  
Please view Flyer for the time and location  
Please RSVP  
Elva X259, Vivian X292, Dian X256

## **SEPTEMBER 11, 2006**

Richardson Center IDP  
Elva X259

Board Meeting  
Time: 6:30 p.m.  
Susan X304

## **SEPTEMBER 12, 2006**

Rafer Johnson IDP  
Elva X259

Ridgecrest ADD/ADHD  
Support Group  
Location: Immanuel Christian Center  
1201 N. China  
Lake Blvd., Room A-6 Ridgecrest  
Pat (760) 375-7332

## **SEPTEMBER 12, 2006 (Cont)**

Lake Isabella 0-5 Play Group  
Time: 10:00 a.m.-12:00 p.m.  
Location: Lake Isabella Park  
Andrea (760) 379-5775

☼Epilepsy Support Group  
Time: 6:30 p.m.  
Location: 2900 Eye St.  
Larry (760) 376-1606 or  
Rudy 663-7196

## **SEPTEMBER 13, 2006**

Rafer Johnson IDP  
Elva X259

## **SEPTEMBER 16, 2006**

IEP Workshop  
Time: 9:00 a.m.-4:00 p.m.  
Dian X256

## **SEPTEMBER 18, 2006**

☼Epilepsy Society Tehachapi Meeting  
Time: 7:00 p.m.-9:00 p.m.  
Location: West Park Activity Center  
410 West D Street, Tehachapi  
Greg Sjostorm 822-7511  
www.epilepsysocietykc.org

## **SEPTEMBER 19, 2006**

Delano Support Group  
Time: 6:00 p.m.-8:30 p.m.  
Location: DADD 1001 6th Ave., Delano  
Isabel 721-0846

## **SEPTEMBER 20, 2006**

☼Epilepsy Society Support Group  
Time: 3:30 p.m. for Children  
Time: 6:30 p.m. for Adults  
Location: 5100 California Ave., Ste. 105  
Patsy Conner 634-9810  
www.epilepsysocietykc.org

## **SEPTEMBER 21, 2006**

IEP Clinic Must call to reserve time &  
have attended an IEP training  
in the past 12 months  
Time: 10:00 a.m.-3:30 p.m.  
Dian X256

Tehachapi Support Group  
Time: 11:30 a.m.-1:00 p.m.  
Location: H.E.A.R.T.S. Connection  
21030 Mission St., Ste. B, Tehachapi  
Isidra 823-1972

## **SEPTEMBER 21, 2006 (Cont)**

Lake Isabella Support Group  
Time: 6:00 p.m.-8:00 p.m.  
Location: H.E.A.R.T.S. Connection  
3640 Golden Spur Ave.  
Kern Valley Youth Center, Lake Isabella  
Andrea (760) 379-5775

☼Ch.A.D.D. (Children & Adults with  
Attention Deficit Hyper Active Disorder)  
Support Group, Reservations Recommended  
Speaker: Dean Haddock  
Time: 7:00 p.m.-9:00 p.m.  
Shelly Banks 872-4219

## **SEPTEMBER 26, 2006**

Lake Isabella 0-5 Play Group  
Time: 10:00 a.m.-12:00 p.m.  
Location: Lake Isabella Park  
Andrea (760) 379-5775

## **SEPTEMBER 28, 2006**

Wasco IDP  
Isabel 721-0846

Lake Isabella ADD/ADHD Support Group  
Time: 6:00 p.m.-8:00 p.m.  
Location: H.E.A.R.T.S. Connection  
3640 Golden Spur Ave.,  
Kern Valley Youth Center Building,  
Lake Isabella  
Andrea (760) 379-5775

## **SEPTEMBER 18, 2006**

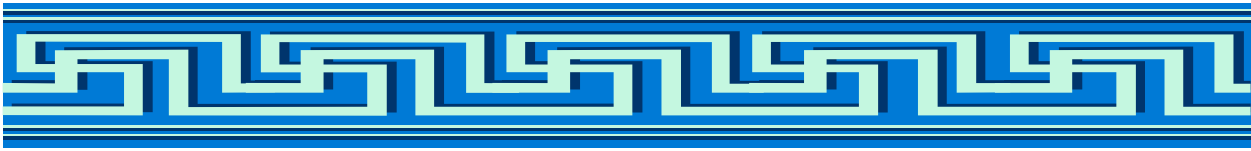
Delano IDP  
Isabel 721-0846

## **SEPTEMBER 30, 2006**

Bunko Tournament  
Please view flyer for time and location  
Hanh X257

☼**These are not H.E.A.R.T.S. Connection  
programs. Provided for your information  
only.**

**\*\* Unless otherwise noted location is:  
3101 N. Sillect Ave., Ste. 115  
Bakersfield, CA 93308**



**H.E.A.R.T.S. Connection FRC**  
Invites you to attend a  
**Special Needs Trust Educational Workshop**  
On  
**September 16<sup>th</sup>** at 10:00 a.m. to 11:30 a.m.  
or  
**September 21<sup>st</sup>** at 6:30 p.m. to 8:00 p.m.

At the Kern Regional Center Conference Room  
3200 N. Sillect Ave., Bakersfield

**Light refreshments will be served**

This complimentary, no-obligation Educational Workshop will provide you with the following valuable information that benefits people of all financial levels:

Why you and your child need a **Special Needs Trust**

How to create a **Special Needs Trust**

An explanation of the difference between a standard and a **Special Needs Trust**

What are the best methods to provide for your child's future financial security, recreational activities and medical care without placing unrealistic burdens on other family members

How to make certain your child remains eligible for state and federal aid

Funding techniques for your **Special Needs Trust**, no matter what your financial level

Guest Presenters:

Richard McBurnie  
Attorney-at-law

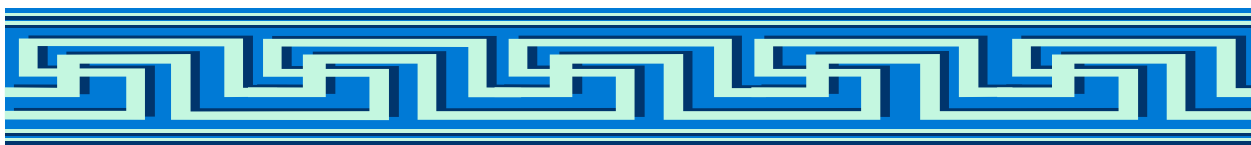
(Richard has worked tirelessly on behalf of charitable causes in our community)

and

Barry Rosenfeld  
Chartered Life Underwriter &  
Chartered Financial Consultant

(Barry and his wife Pat have a son with special needs, and are keenly aware of the challenges parents face)

Seating is limited. Please call 328 9055 ext 304 by September 14, 2006





H.E.A.R.T.S Connection Presents

# "Aloha Hula Luau"

Saturday September 9, 2006

11:00 am to 3:00 pm

Shriner's Noble Park

(Belle Terrace and P Street)



**Dress in your favorite Island wear for the costume contest**

All children with Special Needs and their immediate family are invited

**RSVP to 328-9055** and receive:

- **10 FREE** game tickets  
Special Needs Kids of all ages and siblings under 12 yrs.
- Be entered into the door prize drawing



Food and game tickets may be purchased at the gate

\* *Special Needs* such as: infants considered at risk for delays, visual, learning, communication, hearing, physical challenges, developmental delays, medically fragile, Autism, Cerebral Palsy, Spina Bifida, Epilepsy, Syndromes, emotional diagnoses, ADD and ADHD

***1st Annual H.E.A.R.T.S. Connection  
BUNKO Tournament  
Fundraiser***



***September 30, 2006***

*1st Time Player Clinic 4:00 pm*

*Dinner Served 5:00 pm*

*BUNKO Begins 6:00 pm*

*\$25 Entry Fee (Includes Dinner)*



***University Square Building- 2000 K Street***

***Registration Deadline: September 22***



***Great Prizes Worth Over \$500!***



***Snacks & Soft Drinks Available***



***No Host Bar***



***Raffles*** - Tickets can be purchased for \$1 at the event.

***For more information or to register contact Hanh Mireles***

***@ H.E.A.R.T.S. Connection - 328-9055 x257***



*All proceeds benefit H.E.A.R.T.S. Connection Family Resource and  
Family Empowerment Center - Serving Families With Special Needs*

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Medically Fragile Children  
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Nurse on Duty at All Times


**631-CARE**  
(2273)

  
4801 Truston Ave.

H.E.A.R.T.S. Connection does not endorse any particular agency or service.

Regional Center services are based on an individuals needs and the issues identified in their IPP document.

If your business would like to advertise in our newsletter, please call Susan Graham at ext. 304.



**Cheryl and Rick Slocum**  
Owners

2841 Unicorn Road  
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Bakersfield, CA 93308

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Jump, Bounce & Play in Pump It Up's giant indoor inflatable arenas! Available for Birthday Parties, Team Parties and Special Events. Buy your chance tickets now for the Pump It Up Party. Drawing will take place at the Fall Festival on September 9, 2006. Tickets are available from H.E.A.R.T.S. Connection Staff for \$1.00 each.

H.E.A.R.T.S. CONNECTION FRC  
3101 N. SILLECT AVE. SUITE 115  
BAKERSFIELD CA 93308

Non-Profit Org.  
U.S. Postage Paid  
Permit 461  
Bakersfield, CA

**Other Support**

Family & Friends of Children  
with Down Syndrome

Amy Meadors 834-5979

Kern Autism Network

Ramona 588-4235

Prader Willi Syndrome

Wesley 831-7627

Spina Bifida

Society for Disabled Children

322-5595

Visually Impaired

George 588-2042

Adaptive Aquatics Center

Quita 322-9411

Juvenile Diabetes

Gretchen Daughtery 636-1305

Learning Disability Association

cell 342-4323

Epilepsy Society

Patsy Conner 634-9810

Ch.A.D.D.

Cindy 393-7981

Sensory Processing Disorders

Jamie Oliver Riddick

205-7451