



The CONNECTION

“Serving Special Families”

www.heartsfrc.org

JUNE 2008

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H.E.A.R.T.S. BOARD

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•Past President

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Cathy Elder

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Tammera Stoner

Sandee Fry

Jennifer Adams

H.E.A.R.T.S. Connection First Annual Spring Fling

The weather was fabulous, and so was the turnout. H.E.A.R.T.S. Connection's first annual Spring Fling was held on Saturday, April 5, 2008. Dozens of H.E.A.R.T.S. Connection families gathered at Shriner's Noble Park for activities and fun, fun, fun! Our goal was to provide an out-of-the-ordinary day where families and their special children could participate in many activities together. The day was anything but ordinary, and using smiles and enthusiasm as our barometer, we happily met our goal!

Cynthia Goetz, Cathy Blackwell, and Kerri Stevenson from Bright House Networks volunteered their time for the event, painting faces and handing out goodie bags to the children. They did a terrific job, and all of the lucky face-painting recipients went around for the rest of the day with a special glow. There were numerous craft stations and lots of opportunities for families to get creative. Several people chose to make colorful necklaces out of cereal or out of foam beads to match the foam visor they had decorated. Painted paper butterflies and buses created an extra-special opportunity for families to view the beautiful artwork as it was hanging up to dry. Personalized color-scratch name tags were available, and paper-plate maracas were made and shaken throughout the day.

In addition to crafts, there were also sensory stations. For tactile stimulation, you could play with modeling clay, sit in a bean box and cover yourself with beans, or scoop up the beans and pour them out. Sand tables were filled with rice on one side and corn-meal on the other and if you dug in deeply enough, you might have found a prize. Cotton balls blown across a table using a straw provided a great chance to improve respiration and collect a sticker. The ever popular

bounce house offered vestibular stimulation, which helps with balance, as well as eliciting shrieks and giggles. The various stations were surrounded by children and families throughout the day.

Barbecued hot dogs and chips were in plentiful supply, but just in case you still were hungry, there was also popcorn to go around. If you had a sweet tooth to satisfy, you could take a turn around the cake walk and find the perfect dessert to make you happy.

Toward the end of the day, everyone was treated to an outstanding performance by The Kids on the Block. The Kids on the Block are life-sized puppets that are used as an educational tool to sensitize children to what it is like to have a special challenge. These performances are usually presented to fourth grade students at schools throughout Kern County, and there are numerous special needs and special issues addressed. At the Spring Fling the performance was centered on Christine, and what it is like for her to have Juvenile Diabetes. The questions asked by the children in the audience during the question-and-answer portion of the performance were quite impressive and insightful.

The staff at H.E.A.R.T.S Connection hopes that all of our special families who attended the Spring Fling enjoyed the day and are looking forward to attending again next year. It was our pleasure to present this fun day of activities and family time for everyone.

Last but not least, a big **THANK YOU** goes out to the H.E.A.R.T.S. Connection board, staff and volunteers who devoted their time, energy, and donations to the Spring Fling. Because of YOUR dedication and contributions, we were able to create a special event that we hope will provide our families with many happy memories.

Poison Prevention

Each year 2.4 million people—more than half under age 6—swallow or have contact with a poisonous substance. The most dangerous poison exposures involve medicines, cleaning products, automotive products, hydrocarbons (gasoline, kerosene, lighter fluid, furniture polish), and pesticides. The pediatric exposure most frequently involves the following substances:

- ♥ Cosmetics and personal care products, 13.4%
- ♥ Household cleaning substances, 9.8%
- ♥ Pain relievers, 8.2%
- ♥ Toys and foreign bodies, 7.4%
- ♥ Topical preparations and creams, 7.2%
- ♥ Cough and cold substances, 5.7%

Most poisonings happen when parents or caregivers are home, but not paying attention. Be especially observant when there is a change in routine. Holiday visits to and from grandparents' homes, and other special events may bring greater risk of poisoning if the usual safeguards are defeated, or not in place.

Poison Prevention Tips

1. Know what things in and around your home could poison you.
2. Put child safety locks on cabinets that store cleaners, medicines, cosmetics, chemicals, and other poisons.
3. Keep all of these items in their original packaging with the labels on them.
4. Look at product labels for the words "Caution", "Warning", "Danger", or "Poison" on the bottle or box. Follow directions carefully when using these products.
5. Be aware that fuels (gasoline), car fluids (antifreeze), pesticides (bug killers), and lawn and garden products (fertilizers) are poison.
6. Do not mix household products together because their contents could react with dangerous results.
7. Install a carbon monoxide detector near the bedrooms and furnace to warn you of high levels of CO₂, a deadly gas you cannot see or smell.
8. Have a service person check heaters, stoves, and fireplaces every year to see if they are working well.
9. Keep the Poison Control Hotline number by every phone or on the refrigerator. 1-800-222-1222.

Different types and methods of poisoning require different, immediate treatment:

Swallowed poison— remove the item from the child, and have them spit out any remaining substance. **Do not make the child vomit. Do not use syrup of ipecac.**

- ♥ Skin poison— Remove the child's clothes and rinse the skin with lukewarm water for at least 15 minutes.
- ♥ Eye poison— Flush the child's eye by holding the eyelid open and pouring a steady stream of room temperature water into the inner corner.
- ♥ Poisonous fumes— Take the child outside or into the fresh air immediately. If the child has stopped breathing, call 911, start CPR and do not stop until the child breathes on his own, or until someone can take over.

Article found at: <http://www.poisonprevention.org/>



Spring Fling Pictures



Keeping Busy This Summer

As in years past H.E.A.R.T.S. Connection would like to let families know of possible summer activities for persons with special needs. Following is a list of organizations offering such activities. Please contact each organization individually for rates, funding options and camp or program requirements/guidelines.

For Kern Regional Center clients Kern Regional Center has agreed to pay up to \$650.00 for any campership. A client is only eligible for one camp purchase per year; this includes day camps or weekend camps. For non-vendored camps, Kern Regional Center will reimburse a client/parent up to \$650.00. Kern Regional Center will not fund for transportation to the camp location.

♥Camps:

Christian Berets Camp: This camp is located 14 miles east of Sonora. They can accommodate clients requiring total care. Their camps run June 23rd through August 4th for numerous age groups. They also offer retreats tailored for disabled guests on several weekends throughout the year. For more information please call (209) 524-7993 or their website: www.christianberets.org

Jay Nolan Camp: is an inclusive camp for children ages 8-15 with/without autism, and other disabilities, with emphasis on respecting differences, teamwork, and cultivating positive relationships. Session 1: August 3rd—August 8th, Session 2: August 17th—August 22nd. Camp is located in Wrightwood, at Lions Camp at Teresita Pines. Website: www.socalionscamp.com.

Muscular Dystrophy Association: Summer camp this year will be June 8th –June 12th for children ages 6-21. For any client registered with the MDA there will be no charge. Camp is located in Sanger at Wonder Valley Ranch. Please call Carrie Ornealas at (559) 453-9822 for more information.

Society for Disabled Children: will be offering camps for primarily orthopedically handicapped children that can communicate their needs. Camp Blue Jay in the Tehachapi Mountains will have 2 sessions this summer. Session 1 July 13th –19th for ages 7-13, and Session 2 July 20th –July 26th for ages 14-18. For more information or to register call Allyn Harrington at (661) 322-5595.

Camp Galaxy: this is BARC's summer camp program. It is for adults 18 and over only. Session 1: July 31st –August 4th is for adults who require assistance with toileting and ambulation. Session 2: August 7th-August 11th and Session 3: August 14th –August 18th is for adults that are ambulatory and independent in toileting. For more information call Dorothy at (661) 834-2272.

Calvin Crest: A Week in the Forest is a program developed for teens 16 and over and adults with developmental disabilities. Calvin Crest is located about 10 miles north of Oakhurst, and east of Highway 41 midway between Bass Lake and the South Entrance to Yosemite National Park. For more information call (559) 683-4450 or the website www.calvincrest.com.

Easter Seals of Central California: Camp Harmon is located in the Santa Cruz mountains and this summer they will offer nine different camping sessions designed for specific age groups and for individual developmental or physical disabilities. The cost per session is as follows: 6-day session=\$726.00-\$847.00, 8-day session=\$968.00, 9-day session=\$1089, and 10-day session=\$1210.00. For information call Jennifer Highland at (831) 684-2166 or www.centralcal.easterseals.com.

Jensen-Schmidt Tennis Academy: for individuals with Down Syndrome in the Los Angeles area. For more information call (314) 606-3639 or www.jensen-schmidt.com.

Camp Krem: Located in the beautiful Santa Cruz Mountains near the town of Boulder Creek. Campers with developmental disabilities such as Down Syndrome, Autism, ADHD, Cerebral Palsy, and other physical or emotional differences can enjoy a wide variety of activities. Ages range from 5 to adult. There are a variety of different sessions being offered. Applications available from the internet. www.campingunlimited.com

Ability First Camp: Camp Paivika located in Southern California. For more information call Kelly (909) 338-1102 or www.abilityfirst.org.



**Cont.
Camps**

Dream Street: Provides a customized camping program for children with terminal, chronic, and life threatening infirmities. This years camp schedule is Session 1 July 6th-13th and Session 2 is August 3rd-10th. For applications please call (310) 274-7227 or DreamStreetAZ@aol.com.

Camp Costanoan: is a residential and recreational camp for children and adults, ages 5 and older, with physical and/or developmental disabilities. They have several sessions running throughout the summer beginning June 8th and running through August 17th. For more information call (408) 243-7861 or www.viaservices.org.

The Painted Turtle: is a camp designed for chronically ill children (crohn's and colitis, hemophilia, kidney disease and transplant, liver transplant, skeletal dysplasia's, diabetes, and muscular dystrophy) ages 7 to 16 for 5 or 7 day sessions. www.thepaintedturtle.org

Whispering Pines: is a unique creatively crafted weeklong summer camp designed to meet the special needs of persons with disabilities. Located in the Mi Wuk Village 14 miles east of Sonora Whispering Pines offers camps for children and adults ages 5 to adult with their sessions starting June 23rd and going through August 4th. For more information call (209) 586-5418 or www.gowhisperingpines.org.

Hillblom Family Camp: is located outside of Kings Canyon National Park at YMCA camp Sequoia Lake, 50 miles east of Fresno. This camp is put on by the Diabetes Society where campers and their families experience family fun while having the opportunity to learn more about diabetes and meet others living with diabetes. Camp runs May 30th – June 1. Cost: \$10.00 per person over the age of 3. www.diabetessociety.org

Lake Tahoe Family Camp: is located on the southern shores of Lake Tahoe. This camp is put on by the Diabetes Society where campers and their families experience family fun while having the opportunity to learn more about diabetes and meet others living with diabetes. Camp runs September 5th-7th. Cost: \$65.00 per person over the age of 3. www.diabetessociety.org

Larry L. Hillblom Youth and Teen Camp: is located outside of Kings Canyon National Park. This camp is put on by the Diabetes Society where

campers have any exciting adventure on an overnight campout, plus the opportunity to learn more about diabetes, themselves and meet others living with diabetes. This camp is for children ages 8-12 and ages 13-17 and runs July 13th–19th. The cost for the camp is \$25.00 www.diabetessociety.org

Hillblom Family Camp:

In Bakersfield for ages 4-12. Please contact the Diabetes Society for date and location. The cost will be free which includes snacks, blood glucose testing equipment, program supplies, arts and crafts, plus much more. 1 (800) 989-1165 www.diabetessociety.org

Summer Day Camp: for children with Autism. This camp is put on by DART located in Ridgecrest. Please call Cris Bridges at (760) 375-8494 ext.19 for location and times.



Summer Opportunities for Students

H.E.A.R.T.S. Connection is looking for students who need to complete their Community Service Hours for graduation. Be sure to get the required paperwork from your school before summer break. Contact Vicki Slater at (661) 328-9055 ext. 282 for more information.

**H.E.A.R.T.S. Connection
needs your Support**

H.E.A.R.T.S. Connection thanks the following companies/organizations/individuals for their recent donations.

- Kern Autism Network
- Ford Dream Builders (KOTB Program)
- Bright House Networks (Spring Fling)
- Integrated Accounting Services
- M. Chynoweth RD CDE – In memory of Nancy Reid

Family Stories

Would you like to share a family experience with other families? If so, please e-mail your contribution to Danielle Pilkington at danielle_pilkington@heatrsfrc.org The newsletter Committee will make the final decision on what is printed in the newsletter. For more information call 661-328-9055 ext 222.

JUNE 2008

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 Delano Neighborhood & Partnership Community Alliance Meeting Jane Decker 721-7036	4 Autism Support Group Speaker Ana X257	5 Unique Perspectives David Marks 326-0826	6	7 Arco Iris & Autism (Spanish) Support Group Speaker Elva X292
8	9 Board Meeting Susan X304	10 Lake Isabella 0-5 Play Group Andrea (760) 379-5775 Ridgecrest ADD/ADHD Support Group Pat (760) 375-7332 Epilepsy Support Group Larry (760) 376-1606 Rudy Zaragoza 663-7196	11	12 Bakersfield Support Group Speaker Ana X257 Epilepsy Support Group (Spanish Only) Carlos 634-9810	13 Ridgecrest Autism Support Group Pat (760) 375-7332	14 0-5 Drops of Love Support Group (English) X259 0-5 Gotitas de Amor Support Group (Spanish) X259
15	16 Richardson Center IDP X259	17 Richardson Center IDP Elva X259 Grandmothers Support Group Andrea (760) 379-5775	18 Epilepsy Society for Children & Adults Doug 634-9810	19 Wasco IDP Isabel 721-0846 Ch.A.D.D. Shelly Banks 872-4219 Tehachapi Parent Meeting Isidra 823-1972 Lake Isabella Support Group Andrea (760) 379-5775	20 Delano IDP Isabel 721-0846 Delano Support Group Isabel 721-0846	21
22	23 Rafer Johnson IDP Elva X259	24 Rafer Johnson IDP Elva X259	25	26 Family & Friends Of Children with Down Syndrome Support Group Speaker Ana X257 Isabel 721-0846	27	28
29	30					

DETAILS FOR JUNE 2008

JUNE 3, 2008

☼Delano Neighborhood
Partnership Community Alliance Meeting
Time: 7:00 a.m.-9:00 a.m.
Location: Community Connection Center
1842 Norwalk, Delano
Jane Decker 721-7036

JUNE 4, 2008

Autism Support Group
Speaker: Sharing & Caring
Time: 6:30 p.m.-8:30 p.m.
Ana X257

JUNE 5, 2008

Unique Perspectives
The support group for High School
Students with Asperger's Syndrome
Please call for time & location
David Marks 326-0826

JUNE 7, 2008

Arco Iris & Autism (Spanish Only)
Parent Meeting
Time: 2:00 p.m.-4:00 p.m.
Location: Kern Regional Center
Conference Room
3121 N. Sillect Ave., Bakersfield
Elva X292

JUNE 9, 2008

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

JUNE 10, 2008

Lake Isabella 0-5 Play Group
Time: 10:00 a.m.-1:00 p.m.
Location: Lake Isabella Park
Andrea (760) 379-5775

Ridgecrest ADD/ADHD
Support Group
Time: 7:00 p.m.-9:00 p.m.
Please call for location
Pat (760) 375-7332

☼Epilepsy Support Group
Time: 6:30 p.m.-8:00 p.m.
Location: 2900 Eye St.
Larry (760) 376-1606 or
Rudy Zaragoza 663-7196

JUNE 12, 2008

Bakersfield Support Group
Speaker: Sharing & Caring
Time: 6:00 p.m.-8:00 p.m.
Ana X257

Epilepsy Support Group (Spanish only)
Time: 6:00 p.m.-8:00 p.m.
Location: 5100 California Ave., Suite 105
Carlos 634-9810

JUNE 13, 2008

Ridgecrest Autism Support Group
Please call for time and location
Pat (760) 375-7332

JUNE 14, 2008

0-5 Drops of Love (English)
Support Group
Time: 11:00 a.m.-1:30 p.m.
X259

0-5 Gotitas de Amor (Spanish)
Support Group
Time: 2:00 p.m.-4:00 p.m.
X259

JUNE 16, 2008

Richardson Center IDP X259

JUNE 17, 2008

Richardson Center IDP X259

Lake Isabella Grandmothers Group
Time: 9:00 a.m.
Location: Sun Rise Coffee Shop
Andrea (760) 379-5775

JUNE 18, 2008

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

JUNE 19, 2008

Wasco IDP Isabel 721-0846

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

JUNE 19, 2008 (Cont)

Tehachapi Support Group
Time: 11:30 a.m.-1:00 p.m.
Location: H.E.A.R.T.S. Connection
20031 W. Valley Blvd. Tehachapi
Isidra 823-1972

Lake Isabella Support Group
Time: 6:00 p.m.-7:00 p.m.
Location: H.E.A.R.T.S. Connection
Kern Valley Youth Center, Lake Isabella
3640 Golden Spur Ave.
Andrea (760) 379-5775

JUNE 20, 2008

Delano IDP
Isabel 721-0846

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

JUNE 23, 2008

Rafer Johnson IDP X259

JUNE 24, 2008

Rafer Johnson IDP X259

JUNE 26, 2008

Family and Friends of Children
with Down Syndrome Support Group
Topic: Sharing & Caring
Time: 6:30 p.m.
Location: Kern Regional Center
Conference Room, 3121 N. Sillect Ave.
Ana X257
Isabel 721-0846

☼**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**

**DAYCARE AND
RESPITE SERVICES** 

For Individuals with Special Needs

"A Home
Away From
Home"


Developmentally Disabled
Medically Fragile Children
Infancy through 21 years old
Nurse on Duty at All Times

631-CARE
(2273)

4801 Trustun Ave.

Chateau d' Bakersfield
*Day Program for Adults with
Special Needs*
Independent Living Skills Training
Continuing Education
Health Maintenance
Therapeutic Activities

1011 17th St. Bakersfield, CA 93301
(661) 322-4085



1712 19th Street
Bakersfield, CA 93301
Office (661) 861-6040
Fax (661) 861-6018

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Lisa M. Batty
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Cheryl Griffin


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661-817-3341

griffingraphics@bak.rr.com



Adaptive Aquatics Center
1800 Westwind Drive, #500,
Bakersfield, CA 93301 **(661) 322-9411**

Therapeutic and recreational pool programs for infants, children, teens and adults with special needs.



- Indoor, heated pool at 92°.
- Showers with outlets.
- Lifeguard on duty.
- Kern Regional Center Vendor.





Sign Language

I work with special needs children & families to help with communication

Interested in learning call
Shari Allen
@
(661) 589-3375
(661) 599-0503

Vendorized thru Kern Regional #P63080

Barry Rosenfeld, CLU, ChFC, ChLAP

 Special Needs Planning
Business & Estate Planning 

Life, Disability & Long Term Care Insurance

1401 19th Street, Suite 125
Bakersfield, CA 93301
CA Lic. #0514701

Office: (661) 327-3733
(800) 726-9466
Fax: (661) 327-3735
Email cbr@etcrier.net

***3rd Annual H.E.A.R.T.S. Connection
Bunko Tournament
Fundraiser***



September 20, 2008

1st Time Player Clinic 4:00 p.m.

Dinner Served 5:00 p.m.

BUNKO Begins 6:00 p.m.

\$25 Entry Fee (includes dinner)

*Norris Veterans Hall
400 W. Norris Rd.*



Registration Deadline: September 12



Great Prizes



Snacks & Soft Drinks Available



No Host Bar



Raffles (Tickets can be purchased for \$1 at the event)

For ticket information contact H.E.A.R.T.S. Connection
at (661) 328-9055 x222, 282 or 304 or www.heartsfrc.org



All proceeds benefit H.E.A.R.T.S. Connection Family Resource Center &
Family Empowerment Center—Serving Families with Special Needs

Abilities Expo 2008
Southern California
May 30 thru
June 1, 2008
Anaheim

Convention Center
Anaheim, California

Friday and Saturday 10:00 a.m.-5:00 p.m.
Sunday 11:00 a.m.-4:00 p.m.

- ◆ unlimited free passes
- ◆ venue information
- ◆ workshop schedule
- ◆ special events
- ◆ exhibitor list

Tickets available at H.E.A.R.T.S. Connection
or for more information call: 1-800-385-3085

FIREWORKS BOOTH

July 1-4, 2008

Do you have a few hours to
donate to a great
organization?

H.E.A.R.T.S. Connection
is looking for Fireworks
booth volunteers.

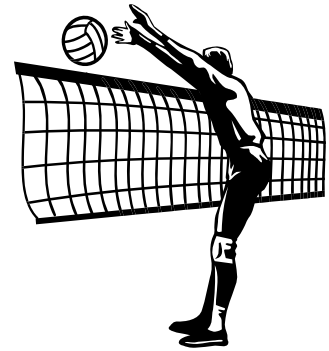
If you are interested, please call Susan
Graham at
(661) 328-9055 x304.

Location: Wendy's
4650 Gosford
(Gosford & District Blvd.)
Home Depot Parking Lot

Epilepsy Society of Kern County presents:

Surf & Turf Volleyball

Tournaments for Epilepsy



Saturday and Sunday June 28 & 29, 2008

Stramler and Festival Parks

8:30 a.m.

\$350.00 per team if you sign up in by June 18, 2008

Entry fee includes a T-Shirt for each
participant, give-a ways, and individual awards

For more information call Epilepsy Society of Kern County at 634-9810

**Staff Members of
H.E.A.R.T.S. Connection**

Director
Susan Graham ext. 304
Resource Development
Coordinator
Danielle Pilkington
Family Resource Specialists
Elva Darrett ext. 292
Ana Gomez ext. 257
Dian Schneider ext. 256
Andrea Jahn (760) 379-5775
Isidra Hernandez 823-1972
Isabel Santana 721-0846
Pat Walters (760) 375-7332

Receptionist/Librarian
Vicki Slater ext. 282
Kids On The Block
Margaret Hunt ext. 229

Main Phone Number
(661) 328-9055
(800) 210-7633
(661) 328-9940 (fax)

**Newsletter
Committee**
Susan Graham
Elva Darrett
Vicki Slater
Danielle Pilkington

**H.E.A.R.T.S. Support Groups
English Speaking**

Ana Gomez
•Bakersfield
•FFCDS
•Autism
Andrea Jahn
•Lake Isabella
Pat Walters
•Ridgecrest
Isidra
•Tehachapi
•Tehachapi IDP

**H.E.A.R.T.S. Support Groups
English & Spanish Speaking**

Elva Darrett
•Autism (Spanish Only)
•Arco Iris
To Be Announced
•0-5 English
•0-5 Spanish
•Rafer Johnson IDP
•Richardson Center IDP
Isabel Santana
•Delano
•Delano IDP
•Wasco IDP

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
Allison Thomas 636-1305
Epilepsy Society
Doug Valdez 634-9810
Ch.A.D.D.
Shelly Banks 872-4219
Sensory Processing Disorders
Jamie Oliver Riddick
205-7451
B-GLAD
TTY (661) 327-5652
V/TTY (661) 327-3781



**Active 20-30 Club
of the Golden Empire #1038**

**Would like to invite your immediate family to a
Free Special Families Picnic**

**The picnic is for children with special needs and their families to
enjoy a fun filled day of games and food.**

**When: Saturday, June 28, 2008
12 noon - 4 pm**

**Where: Kern River Golf Course Picnic Area
(Next to Lake Ming, off of Lake Ming Road)**

**Please contact H.E.A.R.T.S. Connection to get tickets
for this FREE event sponsored by
Active 20-30 of the Golden Empire #1038**