



The CONNECTION

“Serving Special Families”

www.heartsfrc.org

MARCH 2008

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

•PRESIDENT

Rhonda Smith

•Past President

Natalie Mallouk

•TREASURER

Clarice Allee

•SECRETARY

Maddie Dircks

Other Board Members

Cathy Elder

Susana Sepulveda

Agnes Lopez

Tammera Stoner

Sandee Fry

Wired for Learning: Promoting Infant Brain Development

Newborns come into the world with sophisticated brains that are phenomenally wired for intellectual growth. During the first year of life, they are more impressionable and able to develop than at any other time in life. This cognitive development affects them for the rest of their lives. Thus parents have a tremendous responsibility and a sacred obligation to nurture their children in love.

Research shows that a baby's brain is designed to be extremely receptive to experience. With each experience, babies gain a broader understanding of their world. They use the same parts of their brains as adults do, though their brains are less mature. By one year of age, so much development has already occurred that a baby's brain will more closely resemble an adult brain than the brain of a newborn.

Parents should be aware of three important ideas about infant brain development that have emerged from current research.

1. The ability of individuals to learn in a variety of settings depends in part on their genes (nature) and in part on the care, stimulation, and teaching they receive (nurture).
2. The brain is built to respond most sensitively to experiences that occur during the first years of life.
3. Even though the first years of life are very important, learning continues throughout each person's life.

The home where an infant grows and develops has a powerful influence on her brain development. Parents who create a loving, stimulating, encouraging and safe environment lay down a foundation for their children that will benefit them all their lives. Here are ideas to help you nurture your infant's optimal brain development:

- ♥ Interact with your baby using language as much as you can. Sing with him, talk with him while riding in the car, read books to him, repeat coos and babbles while changing his diaper. Follow his lead and mimic his sounds. As you do this your baby will begin to understand the two-way conversation. Talking with him helps him realize that language is a part of his world and that he can participate. When he doesn't reciprocate your efforts to communicate, he's probably feeling over-stimulated and it's time to quiet down.
- ♥ Say your baby's name often. Keep your face close to hers while you're talking so she can see your mouth. Point out things in her field of vision and then say the names of them. Though some people belittle baby talk, researchers have found it is exactly what infants need to hear as they learn language.
- ♥ Be responsive to your infant's gestures. Don't discourage them. Movement helps him learn language faster than focusing him only on adult language.
- ♥ Give your infant room to move. Place her on a blanket on the floor so she has space to maneuver.
- ♥ As your baby moves around and explores, monitor her closely to make sure she's safe. Place pillows on sharp corners where she might bump her head.
- ♥ Play games that encourage movement. Touch your baby's finger to your nose and then to his nose. Hold his hands in yours and clap them together, helping him play pat-a-cake.
- ♥ Keep activities age appropriate—tasks your infant can do physically and understand mentally. If he smiles and participates, it's likely that whatever you're doing is appropriate for his age.

This article can be found online at:
www.foreverfamilies.net/xml/articles/infant_brain_devt.aspx



Kern Regional Center Foundation
presents.....

2nd Annual Conference in *Spanish* for Parents of Children with
Special Needs in the San Joaquin Valley

“Celebración de Familias Excepcionales”



Dr. José Luis Fuentes
Our Keynote Speaker is

a bilingual Clinical Neurophysiologist who received his doctorate in Clinical Psychology. He frequently serves in a consulting capacity to various school districts, educational systems, and agencies in order to enhance educational benefit as well as the level of educational support required for students with varying disabilities.

Saturday, May 10, 2008

Holiday Inn Select 801 Truxton Ave. Bakersfield, CA 93301
Call H.E.A.R.T.S. Connection at (328-9055) Vivian Arreola ext. 292 or
Elva Darrett ext. 259 Virginia Gantong at KRC (852-3216)
or your service Coordinator
Conference's Vendor # PK 4026 and Service Code 102

It's Time for Board Elections

Please join us at the General Membership/Board Election meeting on March 13, 2008, 6:00 p.m. at the Kern Regional Center large conference room (3121 N. Sillect Ave.) We will be taking nominations and voting for future board members. Remember only "Active Members" (persons who have paid their \$5.00 membership fee) will be eligible to hold office and to vote. Your membership fee can be paid the night of the elections. Also note that you do not need to be a paid member to participate in any other H.E.A.R.T.S. Connection functions.

Anyone who is considering running for a board position should meet the following guidelines:

- 1) Be a parent of a special needs child, or 2) a professional working with the special needs community, or 3) an individual interested in helping the special needs community.
- Be available to attend board meetings (usually held the second Monday evening of each month).
- Be able to commit to serving on at least one committee and attend some H.E.A.R.T.S. functions during the year.
- Pay your \$5.00 membership fee.
- Need to be able to converse in and read enough English to fully participate in all board activities.

This meeting will be a potluck. Please bring one main dish or side dish that would feed approximately 10 people. Dessert and drinks will be provided.



H.E.A.R.T.S. Connection Membership Form July 2007-June 2008

Type of membership: Family Individual Professional
(check one box)
Cost: \$5.00 per year

Name (s): _____

Address: _____

City/ST/Zip: _____

Phone Number: _____

Thank you for supporting H.E.A.R.T.S. Connection Family Resource Center.
Board elections will be held on **March 13, 2008 at 6:00 p.m.**
(you must be a paid member to participate). For more
information call 661-328-9055 or toll free 1-800-210-7633.

MARCH 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 0-5 Support Group English Elva X259 0-5 Support Group Gotitas de Amor (Spanish Speaking) Elva X259
2 Richardson Center IDP Elva X259	3 Richardson Center IDP Elva X259	4 Richardson Center IDP Elva X259	5 Autism Support Group Speaker Ana X257	6 Unique Perspectives David 326-0826	7 IEP Training Buttonwillow Vivian X292	8 AD/HD Follow Up Ridgecrest Pat (760) 375-7332
9 Rafer Johnson IDP Elva X259 Board Meeting Susan X304	10 Rafer Johnson IDP Elva X259 Lake Isabella Parent Meeting Egg Hunt Picnic Andrea (760) 379-5775 KC FEAT Dian X256 Dale Davies 833-6255 Ridgecrest ADD/ADHD Support Group Pat (760) 375-7332	11 Rafer Johnson IDP Elva X259 Lake Isabella Parent Meeting Egg Hunt Picnic Andrea (760) 379-5775 KC FEAT Dian X256 Dale Davies 833-6255 Ridgecrest ADD/ADHD Support Group Pat (760) 375-7332	12 Wasco IDP Isabel 721-0846 Board Elections Susan X304	13 Wasco IDP Isabel 721-0846 Board Elections Susan X304	14 Delano IDP Isabel 721-0846 Autism Support Group (Spanish Speaking) Vivian X292 Ridgecrest Autism Support Group Pat 760-375-7332	15 Ridgecrest Autism Support Group Pat 760-375-7332
16 Epilepsy Society Tehachapi Meeting Greg 822-7511	17 Epilepsy Society Tehachapi Meeting Greg 822-7511	18 Epilepsy Society Support Groups for Adults & Children Doug 634-9810	19 Epilepsy Society Support Groups for Adults & Children Doug 634-9810	20 IEP Clinic Dian X254 Tehachapi Support Group Isidra 823-1972 Ch.A.D.D. Shelly Banks 872-4219	21 H.E.A.R.T.S. Connection Offices Closed For Good Friday	22 H.E.A.R.T.S. Connection Offices Closed For Good Friday
23 /	24 /	25 /	26 /	27 Family and Friends of Children with Down Syndrome Support Group Speaker Ana X257 Isabel 721-0846	28 Delano Support Group Isabel 721-0846	29 Arco Iris Support Group Vivian X292 Parent Workshop Ridgecrest Sponsored by D.A.R.T., Early Start & H.E.A.R.T.S. Pat (760) 375-7332
30 /	31 /	H.C. Offices Closed for Chavez Birthday				

DETAILS FOR MARCH 2008

March 1, 2008

0-5 Support Group (English)
Time: 11:00 a.m.-1:00 p.m.
Elva X259

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

March 3, 2008

Richardson Center IDP-Elva X259

March 4, 2008

Richardson Center IDP-Elva X259

March 5, 2008

Autism Support Group
Speaker: Nancy Garcia
Topic: Bio Medical
Time: 6:30 p.m.-8:30 p.m.
Ana X257

March 6, 2008

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

March 7, 2008

IEP Training (Spanish Only)
1 hour lunch break.
Time: 9:00 a.m.-4:00 p.m.
Location: 133 E. 1st Buttonwillow, Ca
Vivian X292

March 8, 2008

AD/HD Ridgecrest
Follow Up Parent Workshop
With Andrew Barling
Time: 12:00 p.m.-4:00 p.m.
Location: Kerr McGee Center in Ridgecrest
Pat (760) 375-7332

March 10, 2008

Rafer Johnson IDP-Elva X259

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

March 11, 2008

Rafer Johnson IDP -Elva X259

March 11, 2008 (Cont)

Lake Isabella Support Group
Parent Meeting Egg Hunt
Time: 11:00 a.m.-1:00 p.m.
Location: Lake Isabella Park
Andrea (760) 379-5775

KC FEAT
(Families for Effective Autism Treatment)
Time: 6:00 p.m.
Dale Davies 833-6255
Dian X256

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

March 13, 2008

Wasco IDP-Isabel 721-0846

Board Elections
Time: 6:00 p.m.
Location: Kern Regional Center
Conference Room, 3121 N. Sillect Ave.
Susan X304

March 14, 2008

Delano IDP-Isabel 721-0846

Autism Support Group
(Spanish Speaking)
Time: 2:00 p.m.-4:00 p.m.
Location: Kern Regional Center
Conference Room, 3121 N. Sillect Ave.
Vivian X292

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

March 17, 2008

☼Epilepsy Society Tehachapi Meeting
Greg Sjostorm 822-7511

March 19, 2008

☼Epilepsy Society Support Group
Doug 634-9810

**** Unless otherwise noted location is:**

**3101 N. Sillect Ave., Ste. 115
Bakersfield, CA 93308**

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

March 20, 2008

IEP Clinic
Must call to reserve time and have attended an
IEP training in the past 12 months.
Appointments available 9:30 a.m.-4:00 p.m.
Dian X256

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

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

March 21, 2008-

H.E.A.R.T.S. Connection Offices
will be closed for the Good Friday

March 27, 2008

Family and Friends of Children
With Down Syndrome Support Group
Speaker: MARE
Time: 6:30 p.m.
Location: Kern Regional Center
Conference Room, 3121 N. Sillect Ave.
Ana X257 or Isabel 721-0846

March 28, 2008

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

March 29, 2008

Arco Iris Support Group (Spanish Speaking)
Time: 2:00 p.m.-4:00 p.m.
Location: Kern Regional Center
Conference Room, 3121 N. Sillect Ave.
Vivian X292

Make It & Take It
Parent Workshop Sponsored by
D.A.R.T., Early Start and H.E.A.R.T.S.
For details please call
Pat (760) 375-7332

March 31, 2008

H.E.A.R.T.S. Connection Offices
will be closed for Chavez Birthday

SPRING FLING '08

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

Saturday, April 5, 2008

11:00 a.m. to 3:00 p.m.

Shriner's Noble Park
(Belle terrace & P Street)

GAMES

PETTING ZOO

PAINTING / ART

BOUNCE HOUSE

CRAFTS

**All children with
Special Needs* and
their families are
invited!!!**

RSVP to

328-9055



Those who RSVP will receive a free meal ticket for their family

Please RSVP by Thursday April 3, 2008

* *Special Needs* such as infants and children 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

AD/HD Parenting Class Offered on March 8, 2008 –In Ridgecrest!

Parents, if you were unable to attend our full day AD/HD Conference in September, here is a second opportunity to receive expert information for your children who have been diagnosed with AD/HD. We listened to the parents requests, and have arranged a four hour workshop on parenting techniques based on your concerns and need for further information. Traditional motivations are not always effective when working with a diagnosis of AD/HD. This class will provide proactive strategies to motivate these children.

Educational therapist Andrew Barling, founder and director of the Stockdale Learning Center in Bakersfield, is a trained parent coach for CH.A.D.D. (CHildren and adults with Attention Deficit hyperactivity Disorder). He will offer information and suggestions for parents and others involved with the education of AD/HD children. Topics will include working with the AD/HD child and not becoming co-dependent, coping with behaviors with or without medication, positive discipline and guidance, how to be proactive at home and at school. Resources will be available.

This event is being offered free to the public, and will be held from 12:00 p.m. to 4:00 p.m., on Saturday, March 8, 2008, at the Kerr McGee Center in Ridgecrest. This workshop is sponsored by H.E.A.R.T.S. Connection and Desert Area Resources and Training, through a grant from Stater Brothers Supermarket. For more information and to reserve space, please contact Patricia Walters, H.E.A.R.T.S. Connection, at (760) 375-7332.

H.E.A.R.T.S. Connection
Spring Fling
Saturday, April 5, 2008
Shriners Noble Park

IEP Workshop
Saturday, April 26, 2008
Dian X256
Last One for the School Year

AUTISM DIAGNOSIS IS ON THE RISE – WHAT DO WE DO NEXT! WE HAVE A VISION!

With the number of children being diagnosed with autism spectrum disorder (ASD) on the rise, Desert Area Resources and Training in Ridgecrest is responding to the changing needs in our community and the growth of our children's needs by embarking on a long term project.

Under the approval of the D.A.R.T. board of directors research has begun to determine the need for expanded services in the Indian Wells Valley. Currently, a needs assessment is being done and response has been very positive from parents, clients and support agencies. Parents are seeking behavior intervention, supportive services and information according to the assessments that have been returned.

Contacts are being made with grant writers and professionals in the field of Autism for input on design and usage of such a facility. After all it is not the building itself but what goes on inside the building that matters; envision a center that can house behavioral, recreation, music, low and high stimulation, physical and occupational settings.

According to D.A.R.T. CEO Jinny DeAngeles,"if our research shows what we anticipate it will, we would like to break ground for a center in 2010. This would be the only center of its kind between San Francisco and Santa Barbara and east of the Sierras. Families from the desert area and as far north as Reno could use this resource." "Vision is a wonderful thing...it is what we project into the future and dream."

Kern High School District
Transition Faire
Thursday
May 22, 2008
Ag Pavillion

Abilities Expo
Friday, May 30-
Sunday June 1, 2008
Anaheim, California




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.



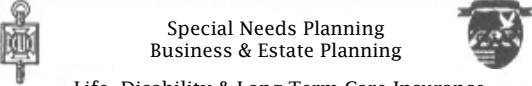
**1712 19th Street
Bakersfield, CA 93301
Office (661) 861-6040
Fax (661) 861-6018**

Full Circle Support
In Home Respite Care/Family and Educational Advocacy

Debbie McDermott
Owner/CFO

Lisa M. Batty
Owner/CEO

Barry Rosenfeld, CLU, ChFC, ChLAP



Special Needs Planning
Business & Estate Planning

Life, Disability & Long Term Care Insurance

1401 19th Street, Suite 125 Office: (661) 327-3733
Bakersfield, CA 93301 (800) 726-9466
CA Lic. #0514701 Fax: (661) 327-3735
Email cbr@etcrier.net

**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 Truston Ave.

H.E.A.R.T.S. Connection Needs Your Financial Support

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

- Join the annual membership of H.E.A.R.T.S. Our membership form is included in this newsletter.
- Name H.E.A.R.T.S. Connection in your will or living trust.
- 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.

For further information please contact:
(661) 328-9055, Susan Graham (ext. 304), Danielle Pilkington (ext. 222)

H.E.A.R.T.S. Connection is a non-profit 501(c)3 corporation. Check with your tax consultant regarding charitable contributions.

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

The Bakersfield Californian
The Edmund C. Olson Family Foundation
Lockheed Martin Aeronautics Employees' Reaching Out Club
Kern Autism Network
Froehlich Signature Homes
Margarita Hernandez
Bakersfield West Rotary Foundation
Assembly of God-California Avenue
Full Circle of Support

H.E.A.R.T.S. Connection thanks the Bakersfield Californian for including H.E.A.R.T.S. Connection in their "Share the Season" program during November and December 2007. We also thank the Bakersfield Community for their generosity in support of the Robledo family.

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

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

Director
Susan Graham ext. 304
Resource Development
Coordinator
Danielle Pilkington
Family Resource Specialists
Vivian Arreola ext. 292
Elva Darrett ext. 259
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**

Vivian Arreola 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**

Vivian Arreola
•Autism (Spanish Only)
•Arco Iris
Elva Darrett
•0-5 English
•0-5 Spanish
•Rafer Johnson IDP
•Richardson Center IDP
Isabel Santana
•Delano
•Delano 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
Gretchen Daughtery 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

To bring attention to Autism Awareness Month in April, **Valley Achievement Center**, a local non-profit, non-public school for children with autism, will be holding its 3rd Annual 5K walk-a-thon, "Taking Steps to Overcome Autism". Bounce houses, carnival games, and family-friendly activities ensure a day of fun for the entire family.

All proceeds will benefit Valley Achievement Center, and be used to expand existing programs in order to serve more local children with autism that desperately need special services. If you would like to walk, volunteer, sponsor, or just want more information call Gerald de Claro at (661) 834-8670 or visit: www.autism-vac.org

When: Saturday, April 26, 2008
10:00 a.m.–1:30 p.m.
Registration begins at 9:00a.m.

Where: Yokuts Park, on Truxtun Extension

Fee: \$25 per Adult and \$15 per Child
(Includes an event shirt and lunch)

