

# SPIN NEWS

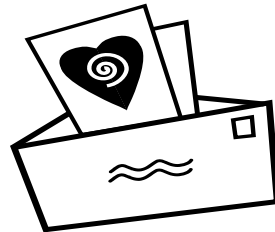
Special Parents Information Network  
Red de Información para Padres Especiales

Spring/Summer 2004

SERVING FAMILIES OF CHILDREN WITH SPECIAL NEEDS

SIRVIENDO A FAMILIAS CON NECESIDADES ESPECIALES

## Letter From the Director



## Carta Enviada por el Director

Hello Fellow Travelers,

Hola Compañeros Viajeros,

Can you believe we are looking at another summer soon? Our children are another year older (we are too!) and we are looking for some fun activities to keep them occupied and happy in the months to come. Please check out our calendar of events to see a few things that are happening around our county, and don't forget to look at your local Parks and Rec calendars too. They will make an accommodation for your child if they can, if you register and call ahead.

¿Pueden creer ustedes que nosotros ya estamos esperando el verano que ya se aproxima? Nuestros niños ya van a tener otro año de edad y (nosotros también!) nosotros esperamos tener algunas actividades divertidas para mantener a los niños ocupados y felices en los meses venideros. Por favor marque sus calendarios de eventos para que unas de las pocas cosas que están sucediendo alrededor de nuestro condado, y no se les olvide mirar a sus parques locales y calendarios de recreación también. Ellos harán una acomodación para su niño si es que pueden, si usted se registra y llama pronto.

Planning ahead just seems to be the name of the game. The future becomes the present so swiftly!! Though we may be faced with the continual grieving when our child with special needs enters a new stage of life, we must continue to plan for the transitions between playgroup and preschool, between preschool and kindergarten, K-6 and middle school, middle school and high school, and then on to post-secondary school, or out into the world of work or a day program—and, of course, recreation and socialization opportunities. In our world of financial uncertainty and precarious funding of social service programs and education, it becomes even more important to plan for the future even if it is just a few months ahead or a few years. Learn all you can about the resources available for your child, and keep up with the current legislation and budget news in your school district and town. Make sure your local and state decision-makers are aware of how their funding decisions will affect your child and your family. Plan your financial future now. It is the most important work you will ever do.

Planificar por adelantado parece ser el nombre del juego. El futuro llega a ser el presente muy rápidamente!! Nosotros creemos que vamos a enfrentar una continua pena cuando nuestros niños con necesidades especiales necesiten entrar a una nueva etapa de vida, nosotros tenemos que continuar planificando para la transición entre un grupo de juego a un grupo preescolar, entre un programa preescolar y kindergarten, K-6 y escuela intermedia, escuela intermedia a escuela secundaria y después escuela pos secundaria o fuera dentro del mundo de trabajo o un programa de día-y, por supuesto, recreación y oportunidades de socialización. En nuestro mundo de incertidumbre de finanzas y fondos inseguros de programas de servicios sociales y educación, esto llega a ser aún más importante para planificar el futuro—aún si es justamente unos cuantos meses adelante o unos cuantos años. Infórmese lo más que pueda tocante a todos los recursos disponibles para su niño, y mantenga una legislación actual y los avisos de los presupuestos en su escuela local y pueblo. Asegúrese de que las personas locales y estatales encargadas en hacer las desiones estén enteradas de cómo sus decisiones de fondos van a afectar a su niño y su familia. Planifique su futuro financiero ahora. Esto será el trabajo más importante que usted jamás había hecho.

Please read the article in this issue by Mary Lee Kinney, with some tips on planning for your child's independence, and also plan to attend the SPIN workshop on "Planning for Life After High School," with special speaker, parent Sheriff Mark Tracy. Later this year we will bring Attorney Mitch Jackman back for another look at wills and special needs trusts and insurance.

Por favor lea el artículo en este asunto por Mary Lee Kinney, con algunos consejos sobre como planificar la vida de su niño, y planifique asistir al taller de SPIN en "Planificando la Vida Después de la Escuela Secundaria" con un orador especial, padre Sheriff Mark Tracy..más tarde vamos a traer al Abogado Mitch Jackman otra vez para que nos de otra visión en herencias y necesidades especiales en compañías y aseguranzas.

With warm regards,

Con un caluroso respeto,

Mary Balzer

Mary Balzer

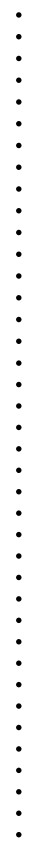


# A Special Thank You

to the individuals and business who made Generous donations to SPIN from November 1, 2003 to March 16th 2004



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*In memory of Steve Maziar*  
 Pediatric Therapy Center  
 Judith Fried



## Come on down to the Live Oak Grange for Contra Dancing to Live Acoustic Music!

The Live Oak Family Resource Center, SPIN, and the Live Oak Grange co-sponsor a "Contra Dance" for all families on Saturday, June 26, 7-8 PM. All dances will be taught and prompted by an experienced dance caller. No experience, or partner necessary to participate, but wear comfortable shoes and cool-clothing, as this will be somewhat aerobic! It is great fun and very accessible for kids with special needs — wheelchairs too!!

School-age, supervised children and their families and friends are welcome to dance or to just come and listen to the music. The Grange is at 1900 17th Ave. in Santa Cruz. Only \$3 (pay at the door); under age 5 are free (but no childcare is provided-sorry.) Please call SPIN at 722-2800 or dance organizer, Andy Wilson, at 462-6072, or check <<http://greengrange.org/dance>> for more info. Let's all go have fun together moving to music!!

## Vengan a la Live Oak Grange para Contra Baile Música Acústica en Vivo

El Centro de Live Oak Recurso Familiar, SPIN y Live Oak Grange co patrocinadores a un Contra Baile para todas las familias el Sábado 26 de Junio, 7:00 - 8:00p.m. todos los bailes van a ser enseñados y movidos por una persona con experiencia llamado bailador. No se necesita experiencia, o un compañero para participar, pero traiga zapatos cómodos y ropa fresca, puesto que esto va a ser un tipo de aeróbicos es mucha diversion y muy accesible para los niños con necesidades especiales – también en sillas de ruedas. Edad escolar, supervisado por niños y sus familias y amigos son bienvenidos a bailar o a brincar venga y escuche la música. La Grange está localizada en 1900 17<sup>th</sup> Avenida. En Santa Cruz. Solamente va a costar \$3.00 dólares (pague en la puerta), niños menores de 5 años son gratis (pero no vamos a proveer cuidado de niños los sentimos.) para más información favor de comunicarse a SPIN 722-2800 o al organizador del baile, Andy Wilson, al 462-6072, o mire en <http://greengrange.org/dance> vamos a divertirnos juntos nos movemos con la musica.

## News from South Santa Cruz County

By Elizabeth Chavez

It's been 8 months since I started working for SPIN as the Parent Support and Training Coordinator for the Watsonville office and I'm glad to let you all know that I really enjoy my work. I'm happy to help you all. At this point I continue to reach out to the Latino community in Watsonville and Santa Cruz. So far, the two workshops held in Watsonville have been well attended. The first was held on October 2003 "Preventing Abuse" and the second one was held in February 2004 "Sexuality and Your Adolescent with Special Needs" SPIN thanks all the parents who took the time to attend these workshops.

We have had many new Spanish speaking parents join our network. We now have another Spanish speaking support group, Padres Apoyando Padres, our new support group in Santa Cruz. We hope that this is another avenue to help Spanish speaking parents, and let them know that they are not alone.

Currently we are planning a workshop in April "Planning for Life After High School." We hope that you find all our workshops helpful and I look forward to meeting your needs in the future. Please give me a call at 722-2800 if I can answer any questions.

### Hope for the Future

A poem by Vaclav Havel, the great Czech poet:

Either we have hope within us or we Don't. It is a dimension of the soul and is Not essentially dependent on some Particular observation of the world. It is An orientation of the spirit, an orientation of The heart. It transcends the world That is immediately experienced and is Anchored somewhere beyond its horizons. Hope in this deep and powerful sense is not the same as joy that things are going well or willingness to invest in enterprises that are obviously headed for success, but rather an ability to work for something because it is good, not just because it stands a chance to succeed. Hope is definitely not the same things as Optimism. It is not the conviction that Something will turn out well, but the Certainty that something makes sense Regardless of how it turns out. It is hope, Above all, which gives us the strength to live And continually try new things.

## Anuncios del Condado del Sur de Santa Cruz

Por Elizabeth Chavez

Ya han pasado ocho meses desde que comencé a trabajar con la Agencia SPIN como Apoyo de Padres y Coordinadora de Entrenamiento para la oficina de Watsonville y estoy tan contenta que quiero informarles que realmente estoy disfrutando mi trabajo. Estoy tan feliz de poder ayudarlos a todos ustedes. En este momento yo continúo estableciendo contacto con la Comunidad Latina en Watsonville y Santa Cruz. Hasta este momento he llevado a cabo dos talleres de trabajo en Watsonville y he tenido buena asistencia. El primero fue en octubre de la 2003 "Prevención de Abuso" y el segundo fue en febrero del 2004 "Sexualidad y Sus Adolescentes con Necesidades Especiales" SPIN les da las gracias a todos los padres quienes se tomaron el tiempo para asistir a estos talleres.

Nosotros hemos tenido muchos padres nuevos hispano parlantes unidos a nuestra cadena de padres. Ahora nosotros tenemos otro grupo de apoyo de padres hispano parlantes, Padres Apoyando a Padres, es nuestro grupo nuevo de apoyo en Santa Cruz. Ojalá que este sea otro acceso para ayudar a los padres hispano parlantes, y darles a saber que no están solos.

Actualmente estamos planificando un taller en abril "Planificación para la Vida Después de Escuela Secundaria" Ojalá que todos nuestros talleres de trabajo hayan sido útiles y esperamos satisfacer sus necesidades en el futuro. Por favor comuníquese conmigo al número 722-2800 si yo puedo contestar a cualquiera de sus preguntas.

### Buying or Selling Real Estate? Or Financing a Home!?!?

Join SPIN's "Care & Share Program"  
Mention SPIN & at the close of escrow  
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## Quiz Nite 2004 - "My Favorite Movie"



What a fantastic and fun night at Seascape Golf Club on March 6! Our annual fundraiser was a success not only because we raised some extra funds to support SPIN's programs, but also because we shared the experience with some familiar faces and made some new friends. 160 people came together to eat dinner, exercise their knowledge of movie trivia, and bid on some valuable prizes in the silent auction. Of the 15 competitor tables of 10 people each, the winning quiz table was hosted by Mary McCann-Jenni and Craig Jenni. They sure know their trivia!! The best costumes and decorations table was "The Wizard of Oz," hosted by Mitchell and Millie Jackman. What imaginative and brilliant costumes!



Jeff Mabert and Debbie Wechsler share a laugh at Quiz Nite.



Millie and Mitch Jackman at their winning table "The Wizard of Oz."

**Thanks to all the quizzing participants,** our balloon and auction prize donors and collectors, our wonderful Board of Directors and Ginny Fette, Sam Paior, Mitchell Jackman, Monica Sandoval, Mary Balzer and Janet Lishman for serving as table captains, celebrity MCs Scott Mace and Melanie Garrett from KSBW, Lex Van Den Berghe for his videotaped public service announcements, Jack Peterson for videotaping, Ben Irao for his expert DJ skills, board member Ken Kulpa for organizing publicity, music, and MCs, and office manager Heidi Whaley, for all of her extra work done with a smile, volunteers Joanne Sherman-Gardiner, Andy Balzer, Jesse Obert, Brian and Danny French, Katie and Hannah Paior, their friend Hannah, Jacob Stephen-Sanchez, and especially Alex Paior (Sam's Dad) for shining once again as our "Quiz Master."

Hope to see all of you again next year!

### ★ We Want You—A Call for Board Members

Would you like to give back to the community? Would you like to help families of kids with special needs and help SPIN become a stronger organization? If you have experience in business, community leadership, philanthropy, law, marketing or human resources, and want to serve on a dynamic and dedicated Board of Directors, then SPIN would like to talk to you. Parents strongly encouraged! Please call Dave Kramer-Urner at 423-9129 for details.

This newsletter is partially funded by



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## Quiz Nite

*Thanks to the following businesses and individuals  
who donated prizes for Quiz Nite.*

The Garden Center  
Kids Art in Scotts Valley  
O M Room School of Yoga  
James Bower D.D.S.  
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Sanderlings Restaurant  
San Jose Tech Museum  
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Brunos Barbecue  
Mama Mias Restaurant  
The Pampered Chef  
Charlie O's Restaurant  
Integrity Automotive  
San Jose Giants  
Tae Kwon Do of Scotts Valley

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Dave Kramer-Urner  
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Bittersweet Bistro  
Crow's Nest Restaurant  
Aptos Martial Arts

**Tell your legislators that you are a voter and that you are concerned  
about legislation that negatively affects children with disabilities.**

**Assembly member John Laird**

Email: [assemblymember.laird@assembly.ca.gov](mailto:assemblymember.laird@assembly.ca.gov)

Phone: (916) 319-2027

**Assembly member Simon Salinas**

Email: [assemblymember.salinas@assembly.ca.gov](mailto:assemblymember.salinas@assembly.ca.gov)

Phone: (916) 319-2028

**State Senator Jeff Denham**

Email: [senator.denhem@sen.ca.gov](mailto:senator.denhem@sen.ca.gov)

Phone: (916) 445-1392

**Congresswomen Anna G. Eshoo**

Email: [anagram@mail.house.gov](mailto:anagram@mail.house.gov)

Phone: (202) 225-8104

**Congressman Sam Farr**

Email: [samfarr@mail.house.gov](mailto:samfarr@mail.house.gov)

**State Senator Bruce McPherson**

Email: [senator.mcpherson@sen.ca.gov](mailto:senator.mcpherson@sen.ca.gov)

Phone: (916) 445-5843

## PLANNING TIPS FROM A PARENT

by **Mary Lee Kinney**, Mother of Breanden Kinney, who has Down Syndrome.

Everyone's child has different capabilities, but planning for that day when your child leaves your home, or continues to live with you beyond age 18, should include teaching him or her basic life skills. Here are some suggestions for helping children with special needs successfully transition into the adult world:

- Teach them to clean their room and/or the house, including the dishes, vacuum, make and change their own bed; dust the furniture, take out the trash.
- Teach them to do laundry and put their own clothes away.
- Help them learn how to cook simple meals. Try the microwave first.
- If they are capable, help them find a job, even if it does not pay very much – they should at least try it. Go and observe a work site first. Some jobs are funded by the San Andreas Regional Center if your child has developmental disabilities.
- Help them discover a recreational activity that they like and can spend free time doing with friends.

### The ARC Website

For an excellent "Family Handbook," on life planning for your child with developmental disabilities, visit the Web site of the ARC, <http://www.thearc.org>.

### Want to make a difference?

Exercise your voice in local government by serving on The Santa Cruz County Commission on Disabilities. The Commission has openings for representation in the 1st, 3rd, 4th, and 5th districts. Contact the Commission office at 831-454-2355 or visit their website at: [www.scccod.net](http://www.scccod.net)

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## PLANIFICANDO INFORMACION DE UN PADRE

por **Mary Kinney** Mamá de Breanden Kinney, quien tiene Síndrome de Down

Cada niño tiene diferentes capacidades, pero es bueno planificar para el día cuando su niño se vaya de la casa, o continúe viviendo con usted, debe de incluir enseñarle a él o ella sus destrezas básicas de la vida. Aquí están algunas indicaciones para ayudar a su niño con necesidades especiales a tener una transición dentro del mundo adulto:

- Enseñarles a limpiar su cuarto y/o la casa, incluyendo los trastes, aspirar, y cambiar su cama; sacudir los muebles, sacar la basura para afuera.
- Enseñarle a lavar su ropa y guardar su ropa
- Ayúdeles a aprender como cocinar comidas simples. Intente el microondas primero.
- Si ellos están capacitados, ayúdelos a encontrar un empleo, no importa el salario. Por lo menos deben intentarlo. Algunos trabajos son fundados por el Centro de San Andreas Regional si su niño tiene incapacidades de desarrollo.
- Ayúdelos a descubrir una actividad recreacional que a ellos les guste y puedan pasar tiempo libre haciendo con sus amigos.



### La Pagina de Internet The ARC

Para un excelente "Manual Familiar" sobre la planificación de la vida de su hijo/a con incapacidades de desarrollo mental, visite la pagina de internet The ARC, <http://www.thearc.org>

### ¿Quiere hacer una diferencia?

Ejercite su voz en el gobierno local al servir en la Comisión de Incapacidades del Condado de Santa Cruz. La Comisión tiene posiciones disponibles para representación En el 1ro, 3ro, 4to, y 5to distritos. Contacte la oficina de Comisión al 831-454-2355 o visite su pagina de internet en: [www.scccod.net](http://www.scccod.net)



Special  
Parents  
Information  
Network

SPIN is a nonprofit organization dedicated to providing support, information and training to the families and guardians of children with special needs.

Red de Información para Padres Especiales

SPIN es una organización sin fin de lucro dedicada a proveer apoyo, información y entrenamiento para las familias y tutores de niños con necesidades especiales.

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Web: [www.spinsc.org](http://www.spinsc.org)

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Fax: (831) 722-2580

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Santa Cruz, CA 95062  
Phone: (831) 423-7713

San Benito Co. Office:  
550 Monterey St., Suite I  
Hollister, CA 95023  
Phone: (831) 638-1967

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Heidi Whaley, *Office Manager*

Elizabeth Chavez, *Parent Support & Training coordinator*

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Mary McCann-Jenni  
Pat Steffen-Sanchez

# Special Thank Yous

thank you  
Gracias  
Gracias  
thank you



**Lex Van Den Berghe** for videotaping and recording publicity tapes for SPIN to use on radio and TV.

**Pat Golditch**, our Board Chair, for her superb leadership, her coordination of our annual fundraiser, Quiz Nite, and her cheerful, positive and loving spirit.

**Nora Jimenez and Jim Caffero** from San Benito High School, for their presentations at the High School Transition workshop in Hollister on March 18<sup>th</sup>

**Bonnie Aldridge**, Early Childhood Development educator at Cabrillo College, for speaking at our workshop in collaboration with Mountain Community Resources entitled "Family Dynamics and the Young Child with Challenging Behaviors" on March 18<sup>th</sup>

**Shadowbrook Restaurant** in Capitola for hosting our fundraising dinner night on January 13<sup>th</sup>

**The FEC (Family Empowerment Center) Advisory Group:** Oscar Torres from San Andreas Regional Center, Alma Martinez of La Manzanita Resource Center, Lisa Thorn, parent, Melissa Casas, parent, Claudia McAuley of PVUSD, Francisco Rodríguez of PVUSD.

**Essie Martin and Donna Heyl** for their presentation at the Goals and Objectives workshop on January 22<sup>nd</sup>

**Dr. Mary Lynn Weber**, for her presentation at the new support group for Spanish-speaking parents in Santa Cruz on January 24<sup>th</sup>, and to Alma Hernandez and Angelica Victoria for getting the group together.

**Katie Elliot-McCrea**, MSW, for continuing to volunteer to facilitate the ADHD Support Group.

**The Sigma Alpha chapter of Omega Nu, Santa Cruz Rotary Club, and San Benito Rotary Club** for their financial support.

**Mary McCann-Jennie and Granite Construction Co.** for hosting the annual Board Retreat on January 31<sup>st</sup>

**Alma Martinez, of La Manzanita Resource Center** for assisting us with facility and childcare for our workshops in Watsonville.

**Jim Caffero, Counselor, and Nora Jimenez**, Workability Coordinator at San Benito High School for presenting at the Planning for Transition workshop in Hollister March 18<sup>th</sup>

**Melissa Casas** for facilitating the San Benito support group.

**Gifford Swanson** for presenting at the San Benito support group on the IHSS (In-Home Support Services) program

# Especial Gracias

Gracias  
thank you  
thank you  
Gracias



**Lex Van Den Berghe** por grabar y tomar el video, para las Cintas de publicidad de SPIN para usarlas en el radio y la Televisión

**Pat Golditch**, Nuestra miembro de la Mesa Directiva por su súper liderato, su coordinación de nuestras recaudaciones de fondos anuales. Examen Nocturno. Su buen humor y espíritu positivo y amable.

**Nora Jiménez y Jim Caffero**, de la Escuela Secundaria de San Benito, por su presentación del Taller de Trabajo sobre la Transición en la Escuela Secundaria de Hollister el 18 de Marzo.

**Bonnie Aldridge**, Educadora de Desarrollo Inicial de la Niñez en Cabrillo Collage por haber hablado en nuestro taller de trabajo en colaboración con Mountain Community Resources titulados. Familias Dinámicas, Jovencitos con Retos de Comportamiento el 18 de Marzo.

**Shadowbrook Restaurant**, en Capitola por ser nuestro anfitrión para la cena de recaudación de fondos el 13 de enero.

**El EFC (Centro Familiar de Autorización) Grupo Asesor:** Oscar Torres del Centro Regional de San Andreas, Alma Martínez de Centro de Recursos de la Manzanita. Lisa Thorn, madre, Melissa Casas, madre, Claudia McCauley de PVUSD, Francisco Rodríguez de PVUSD.

**Eassie Martin y Donna Heyl** por su presentación del taller de trabajo sobre las Metas y Objetivos el 22 de enero.

**Dr. Mary Lynn Weber**, Por su presentación en el nuevo grupo de apoyo para padres Hispano Parlantes en Santa Cruz el 24 de enero y Alma Hernández y Angélica Victoria por haber organizado el grupo.

**Katie Elliot-McCrea**, MSW, por continuar siendo voluntario para facilitar el Grupo de Apoyo ADHD.

**La Sigma Alpha Chapter de Omega Nu, de Santa Cruz Club Rotario, y San Benito** por su apoyo financiero.

**Mary McCann-Jennie y Granite Construction Co.** por ser un anfitrión anual del Retiro de la Mesa Directiva en 30 de enero.

**Alma Martínez**, del Centro de Recursos de la Manzanita. Por asistirnos con la facilidad y cuidado de niños para nuestro taller de trabajo en Watsonville.

**Jim Caffero**, Consejero y Nora Jiménez, Coordinadores del Programa Workability en la Escuela Secundaria de San Benito por presentar el Taller de Trabajo sobre Planificación para la Transición en Hollister el 18 de marzo.

**Melissa Casas** por facilitar el grupo de apoyo en San Benito.

**Gifford Swanson** por presentar el grupo de apoyo en San Benito sobre el programa de IHSS (Servicios de Apoyo En Hogar).

## Special Volunteer

Valerie Jenni, our fantastic SPIN volunteer, has helped us with countless mailings, always with a smile, and an offer to help again next time. Valerie, you make our hearts "spin!" Thank you, many times over.



## Voluntaria Especial

Valerie Jenni, nuestra fantástica voluntaria de SPIN, nos ayudo con numerosos envios de correo, siempre con una sonrisa, y una oferta de ayudar de nuevo la proxima vez. Valerie tu haces que nuestro corazones "giren" Muchas Gracias.

## THE HUMAN RACE

Santa Cruz County's Community Fundraiser  
Walk and Fun Run  
Saturday, May 8, 2004  
8:30 AM, Registration 7-10 AM

Join other SPIN supporters, families and friends at the HUMAN RACE on Saturday, May 8th for a little exercise and a whole lot of fun. Bring your kids (wheelchairs and strollers welcome) and walk with us from Natural Bridges State Park to the Santa Cruz Coast Hotel and back, stay for the barbecue lunch! You do not need to walk the entire 6 miles; turn around anytime or catch a shuttle van to the start/finish line. Help us gather pledges for SPIN of any amount, or register and pay \$25 for the walk, a T-shirt, breakfast and lunch. Check the events calendar at [www.spinsc.org](http://www.spinsc.org) for more information. Look for the SPIN table near the Visitor's Center -We will start to walk together at 8:45. Hope to see you there!



## LA CARRERA HUMANA

El Evento para Recaudar Fondos de la Comunidad del Condado de Santa Cruz. Camina y Corre de una manera divertida  
Sabado, 8 de mayo 2004  
8:30am, Registración 7-10am

Reunete con familias y amigos que apoyan a SPIN en La Carrera Humana el sabado, 8 de mayo para un poco de ejercicio y mucha diversion. Traiga a sus niños (puede traer sillas de ruedas y carreolas) y camine con nosotros de el Natural Bridges State Park hasta el Coast Hotel de Santa Cruz y de regreso. Quedese a disfrutar de una carne asada para el almuerzo! No necesita caminar todas las 6 millas; regrese a la hora que quiera Ayudenos a encontrar patrocinadores que patrocinen a SPIN no importa la cantidad donada o registrese por \$25 para la caminata, una camisa, desayuno y almuerzo. Vea nuestro calendario de eventos en [www.spinsc.org](http://www.spinsc.org) para mas informacion. Busque la mesa de SPIN junto al Centro de Visitantes. Empezaremos a caminar juntos a las 8:45am. Esperamos verlos ahi.



Special Parents Information Network (SPIN)  
P. O. Box 2367  
Santa Cruz, CA 95063  
Email: [info@spinsc.org](mailto:info@spinsc.org)  
Web site: [www.spinsc.org](http://www.spinsc.org)

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