



## Welcome/Bienvenidos

Letter from the Director/Carta Enviada por el Director



BY CECE PINHEIRO / POR CECE PINHEIRO

**O**n Monday, June 25th, at 4:00 PM., the Community Emergency Response Volunteers of the Monterey Peninsula (CERV) launched an effort to put 5,000 free Emergency Response backpacks into the hands of local individuals with disabilities. CERV joined forces with the Automobile Association of America (AAA) at the Monterey Conference Center's Monterey Ballroom to help spearhead this unique county-wide effort to raise the disaster preparation levels of the people who will be most vulnerable when a disaster or emergency next hits the Monterey/Santa Cruz/Santa Benito area.

CERV orchestrated the tricky logistics needed to get the packs quickly into the hands of 25 local non-profits that serve people with disabilities, access and functional needs. SPIN is happy to announce we were chosen as the only non profit in Santa Cruz County to receive backpacks to distribute to our families. We received 256 back packs and we will be holding workshops and support groups to hand out the backpacks with more information and training on emergency preparedness! We will be translating all information into Spanish for our Spanish speaking families! Thanks so much to Dr. Sarah Blackstone for advocating for SPIN to be part of this historic opportunity. Dr. Blackstone and her husband Harvey Pressman have been amazing SPIN supporters for well over 10 years. Thanks to everyone involved in this momentous opportunity. Dr. Sarah Blackstone, CERV's go-to coordinator of the backpack project, believes this initial effort will help strengthen renewed county-wide efforts to help this population be better prepared. "Everyone knows," she commented, "that these are the individuals who get hit hardest when

**E**l lunes 25 de junio, a las 4:00 P.M., voluntarios comunitarios de respuesta de emergencias de la península de Monterey (CERV) pusieron en marcha un esfuerzo para distribuir 5,000 mochilas gratis de emergencia a individuos locales con discapacidades.

CERV y la Asociación de Automóvil de América (AAA) unieron fuerzas en el salón de baile de Monterey del centro de conferencias de Monterey para ayudar a encabezar este esfuerzo único de todo el condado para aumentar los niveles de la preparación de desastre de la gente que será la más vulnerable cuando un desastre o una emergencia pegue al área de Monterey/Santa Cruz/y Santa Benito.

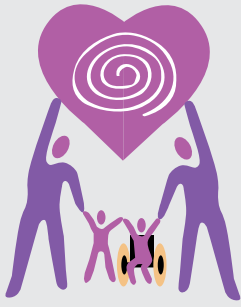
CERV orquestó la difícil logística necesaria para poner las mochilas rápidamente en las manos de 25 organizaciones locales sin fines de lucro que proveen servicios a gente con discapacidades, el acceso y necesidades funcionales. SPIN es feliz de anunciar que fuimos elegidos como la única organización del Condado de Santa Cruz para recibir las mochilas para distribuir a nuestras familias. ¡Recibimos 256 mochilas y llevaremos a cabo talleres y grupos de apoyo para distribuir las mochilas con más información y entrenamientos sobre la preparación de la emergencia. ¡Traduiremos toda la información al español para nuestras familias de habla hispana! Muchas gracias a la Dra. Sarah Blackstone por abogar por SPIN para que fuera parte de esta oportunidad histórica. La Dra. Blackstone y su esposo Harvey Pressman han sido partidarios asombrosos de SPIN por más de 10 años. Gracias a todos los involucrados en esta oportunidad

*...Nurturing  
Special Kids'  
Potential*



*...Nutriendo  
el Potencial de  
Niños Especiales*

CONTINUES ON PAGE 2—



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

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Ricardo Cornejo,  
*Parent Support & Training Coordinator*

## Quiz Nite 2018—continued from page 1

BY CECE PINHEIRO

disaster strikes. Yet they remain among the least prepared.” The ultimate goal, she reports is “to ratchet up awareness about the importance of community resilience, partnerships and preparedness in the face of future emergencies and disasters.”

trascendental. La Dra. Sarah Blackstone, la coordinadora principal de CERV del proyecto de las mochilas, cree que este esfuerzo inicial ayudará a fortalecer esfuerzos renovados en todo el condado para ayudar a esta población a estar más bien preparada. “Todos saben,” ella comento, “que son los individuos que son más afectados cuando ocurre un desastre. Sin embargo, permanecen entre los menos preparados.” El objetivo final, ella nos informa es “aumentar la conciencia sobre la importancia de la resiliencia comunitaria, asociaciones y preparación frente a futuras emergencias y desastres.”



## Benefits of Equine Assisted Activities and Therapies

At Lichen Oaks Adaptive Riding Center (LOARC), children benefit from working with horses. In a lesson at LOARC, the relationship between the horse and student is essential and the student is taught how to communicate with the horse through body language and voice. Each lesson has a certified Instructor present, and trained volunteers. The benefits that students receive are in multiple realms: physical, behavioral, emotional and often these benefits are realized concurrently. A student who comes to a Therapeutic Riding center to work on core strength will often also see improvement in their self-assurance, focus, and communication skills.

Sitting astride a horse's back while it is walking moves the human body in repetitive, gentle motion that allows nerves and muscles to experience the sequence of motions needed to walk independently. Horses provide a stable base from which to work on left/right and front/back imbalances also. Behaviorally, working with horses in a Therapeutic setting can provide motivation to meet other goals. Students who are "burnt out" on other therapies will happily do the same exercises on horseback. Horse communication is non-verbal, students learn to be calm, focused, and assertive (but not aggressive) in order to achieve their goals. The emotional rewards are immense. Learning to care for horses provides students with a sense of pride and accomplishment. Cuddling up to a big warm body and whispering secrets into a kind and listening ear are always beneficial whatever one's age or need.

## *Beneficios de las terapias y las actividades asistidas equinas*

En el Centro de Equitación Adaptive Riding de Lichen Oaks (LOARC), los niños se benefician del trabajo con caballos. En una lección en LOARC, la relación entre el caballo y el alumno es esencial y se enseña al estudiante cómo comunicarse con el caballo a través del lenguaje corporal y la voz. Cada clase tiene un Instructor certificado presente y voluntarios capacitados. Los beneficios que reciben los estudiantes se encuentran en múltiples ámbitos: físico, conductual, emocional y, a menudo, estos beneficios se realizan al mismo tiempo. Un estudiante que acude a un centro de Equitación Terapéutica para trabajar en la fuerza central a menudo también verá mejoras en su seguridad en sí mismo, enfoque y habilidades de comunicación.

Sentarse a horcadas sobre la espalda de un caballo mientras camina mueve el cuerpo humano en movimientos repetitivos y suaves que permiten que los nervios y los músculos experimenten la secuencia de movimientos necesarios para caminar de forma independiente. Los caballos también proporcionan una base estable desde la cual se puede trabajar en los desequilibrios izquierda/derecha y frontal/posterior. Conductualmente, trabajar con caballos en un entorno terapéutico puede proporcionar motivación para cumplir otros objetivos. Los estudiantes que están "demasiado agotados" en otras terapias harán los mismos ejercicios a caballo. La comunicación con el caballo no es verbal, los estudiantes aprenden a ser tranquilos, enfocados y asertivos (pero no agresivos) para alcanzar sus objetivos. Las recompensas emocionales son inmensas. Aprender a cuidar caballos proporciona a los estudiantes un sentido de orgullo y logro. Acurrucarse en un gran cuerpo caliente y susurrar secretos en un oído amable y atento siempre son beneficiosos independientemente de la edad o necesidad.

*Melissa Abbey is a PATH International Registered Therapeutic Riding Instructor, an Equine Specialist in Mental Health and Learning and holds an MA in Marriage and Family Therapy. She is an Instructor at Lichen Oaks Adaptive Riding Center, a PATH member center in Felton CA. She can be reached at 831 335-2347 or [info@loarc.net](mailto:info@loarc.net)*

*Melissa Abbey es una instructora de equitación terapéutica inscrita en PATH International, especialista equina en salud mental y aprendizaje, y tiene una maestría en terapia matrimonial y familiar. Ella es instructora en Lichen Oaks Adaptive Riding Center, un miembro del centro PATH en Felton, California. Ella puede ser contactada al 831 335-2347 o [info@loarc.net](mailto:info@loarc.net)*

*Alone we can  
do so little.  
Together we can  
do so much.*

*HELEN KELLER*



*Solos podemos  
hacer poco.  
Juntos podemos  
hacer mucho.*

*HELEN KELLER*

# announcements/ anuncios

## Upcoming workshops

All workshops are FREE. Call SPIN at (831) 722-2800 for Watsonville workshops and (831) 423-7713 for Santa Cruz workshops. We will be mailing flyers with more details.

*Todos los talleres son GRATUITOS Llame a SPIN al (831) 722-2800 para los talleres de Watsonville y (831) 423-7713 para talleres de Santa Cruz. Estaremos enviando folletos con más detalles.*



### Understanding the IEP Process

Entendiendo el Proceso del IEP

Presented in English with Spanish interpretation provided.

**Monday, September 24th 2018/ lunes 24 de septiembre 2018**

**6:00p.m. - 8:00 p.m.**

Pájaro Valley Community Health Trust, 85 Nielson Street, Watsonville

*Este taller será conducido en Ingles con interpretación al español.*



### How to Support Your Child With Homework

**Tuesday, October 2nd 2018**

**6:30pm-8:30pm**

Presented in English only Santa Cruz Police Department Community Room  
155 Center Street, Santa Cruz\



### Understanding the IEP Process

**Tuesday, October 9th 2018, 6:30pm-8:30pm**

Santa Cruz Police Department Community Room 155 Center Street, Santa Cruz

Presented in English only

Presented in English only

## Welcome New Board Member/ *Bienvenido nuevos Miembro de la Mesa Directiva*

Keri has been working with individuals with special needs for 25 years. She is a pediatric occupational therapist and recent owner of Pediatric Therapy Center in Aptos. As an OT, she continues to further explore her passion for supporting individuals and their families in finding greater independence, active participation in everyday life, and exploring what is truly meaningful and motivating. She was thrilled to have the opportunity to be involved on SPIN's board. Keri, her husband Jim, and their facility dog Thomas love living in Santa Cruz and being a part of the incredible community.

*Keri ha estado trabajando con personas con necesidades especiales durante 25 años. Ella es terapeuta ocupacional pediátrica y recientemente propietaria de Pediatric Therapy Center en Aptos. Como OT, ella continúa explorando su pasión por apoyar a las personas y sus familias para encontrar una mayor independencia, participación activa en la vida cotidiana y explorar lo que es verdaderamente significativo y motivador. Está encantada de tener la oportunidad de participar en la mesa directiva de SPIN. Keri, su esposo Jim y su perro de instalación Thomas adoran vivir en Santa Cruz y ser parte de la increíble comunidad.*



*Keri Allen,  
Board member*

### We Want You—Now! 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 & help SPIN become a stronger organization? If you want to serve on a dynamic & dedicated Board of Directors, then SPIN would like to talk to you.

**Please call Cece Pinheiro at 722-2800 for more details.**

# thank you/ gracias

## Donors/ Donantes

Adam Lippman  
Alfaros  
Alladin Nursery  
Annieglass  
Aptos Feed  
Artisans Gallery  
Bantam  
Bargetto  
Beauty Unlimited  
Becka York  
Big J's Pizza  
Bliss Salon  
Bluescreen Computers  
Boulder Creek Golf  
Brenda Miller  
Brian Iles  
Café Cruz  
Café Rio  
California Grill  
Carlyn Gallery  
Cece Pinheiro  
Chaminade  
Chardonnay Sailing  
Cilantros  
Cinelux Scotts Valley  
Cinnamon Bay  
Cliff Winery  
Corralitos Market  
Cremer House  
Dalimonte  
Dee Teutschel



Like

**SPIN now has a  
Facebook page.**

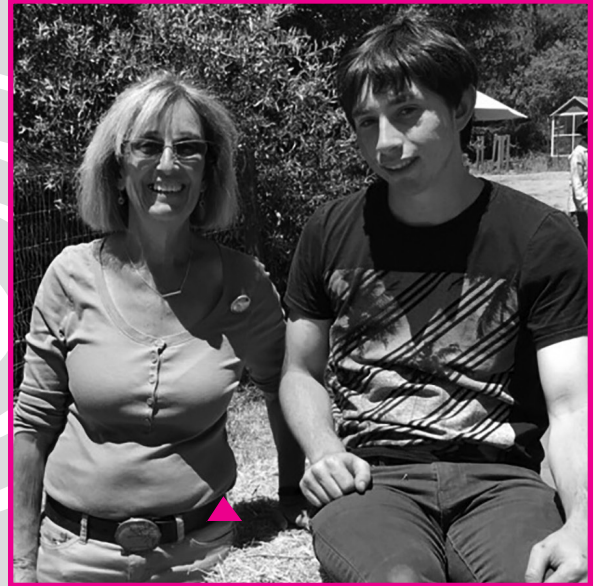
Please look us up  
"Special Parents  
Information Network"  
and LIKE our page to  
receive updates and  
announcements.

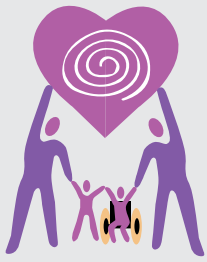
# thank you/ gracias

## Donors/ Donantes

DeLaveaga Golf  
Diane Kazemi  
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Gilroy Gardens  
Green Valley Cinema  
Gretchen L Miller  
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Palapas  
Pasillas Tires  
Pat Golditch  
Pure Power Yoga  
Renee Harding  
Roaring Camp  
Santa Cruz Boardwalk  
Sante Adairius  
Scotts Valley Feed  
Seacliff Inn  
Segway Tours  
Shadowbrooks  
Soif  
Sonia Plageman  
Soquel Vineyards  
Spring Hills Golf  
Steven A Greenburg  
Sue Howe  
Sunny's Catering- Sunny  
Stickel  
Teri Wempe  
Zanotto's Family Market





## Special Parents Information Network

**Mailing address/Domicilio**  
P.O Box 2367  
Santa Cruz, CA 95063  
Email:info@spinsc.org

**So. Santa Cruz Co Office**  
294 Green Valley Rd.Ste. 313  
Watsonville, Ca 95076  
Phone: (831)722-2800  
Fax: (831)722-2580

**No. Santa Cruz Co Office**  
740 Front Street, Suite 175  
Santa Cruz, Ca 95060  
Phone: (831) 423-7713

**San Benito Co Office**  
640 A McCray Street  
Hollister, CA 95023  
Phone: (831) 722-2800

# Support Group Meetings

**GET CONNECTED! CHECK OUT SUPPORT INFO**

### **SPIN All Disabilities Parent Support Group**

Join the group for special speakers and topics, as well as receive informational and emotional support from other parents. Meets the 3rd Saturday of the month from 10am-12pm at 820 Bay Ave. Capitola. Call Heidi at (831) 234-0990 or heidilister@att.net for more info.

### **Grupo de Apoyo Para Todas las Discapacidades**

Es usted padre de un hijo/a con necesidades especiales. Quiere conocer otros padres, compartir sus experiencias, saber de nuevos recursos. Quiere recibir apoyo de personas que entienden su situación entonces venga a nuestras juntas y haga nuevas amistades. Las reuniones son el tercer sábado del mes de 10:30am-12:30pm en las oficinas de Head Start, 225 Westridge Drive, Watsonville. Llame a Elizabeth Chavez al (831) 722-2800 o echavez@spinsc.org para más información

### **San Benito Parent Support Group**

If Parents are interested in The San Benito County Support Group; please contact Ricardo Cornejo at (831) 722-2800 or rcornejo@spinsc.org for more information.

### **SPIN ONLINE SUPPORT GROUP:**

This group is open only to parents or family members in the Santa Cruz and San Benito counties of Central California. To participate, go to this webpage: <http://groups.yahoo.com/group/spinsc>

Follow the directions to join. Be sure to tell us your first and last name; city where you reside, and child's disability. This is to protect our group and keep it local. Your information will be kept confidential by the moderator. The more who join the more people who can give and receive support! Our group email is: [spinsc@yahoogroups.com](mailto:spinsc@yahoogroups.com) Contact Heidi Lister at 423-7713 or [heidilister@att.net](mailto:heidilister@att.net) for more info.

### **Autism/ Asperger Support Group**

Meets the Second Tuesday of every month. 7:00-9:00pm at Hope Services in downtown Santa Cruz. Contact Heidi at [heidilister@att.net](mailto:heidilister@att.net) for more info.

### **PARENT / COMMUNITY LED SUPPORT GROUPS:**

**C.H.A.D.D Support Group for Parents of children with AD/HD.** Meetings are held in Aptos. Contact Judy Brenis for more information about this informational group at 831-684-0590 or visit their website: <http://www.chadd.net/436>

**Parents in Transition** Contact Julie Rienhardt (831) 419-5511 [julieyr@yahoo.com](mailto:julieyr@yahoo.com) for more info.

**Grupo Renacer** Parent-led support group for all disabilities (for Spanish speaking parents). Contact Maricella Padilla at (831) 763-2620.

**NAMI (National Alliance for Mental Illness)** Contact Emily Chapman at [ebc73@comcast.net](mailto:ebc73@comcast.net) or (831) 476-1020 for meeting place and dates. Or go to their website: <https://www.namisc.org/nami-family-support-groups.html> for more information.

**SPIN is a member of "FEDC" – California Family Empowerment Disability Council**

Current Resident or



**Special Parents Information Network (SPIN)**

P.O Box 2367  
Santa Cruz, Ca 95063  
Email: [info@spinsc.org](mailto:info@spinsc.org)  
Website: [www.spinsc.org](http://www.spinsc.org)

