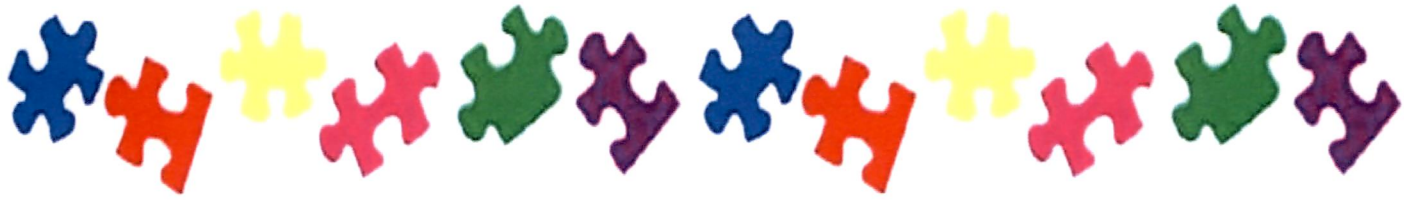


San Bernardino CCS MTU Newsletter

Information about the Medical Therapy Units of San Bernardino County CCS

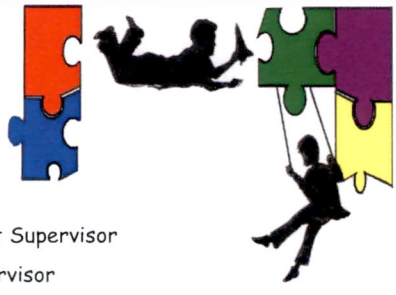
Upcoming Fall Events for Children and Adults with Disabilities

Saturday, October 2, 2010 The DisAbility Sports Festival - All ages, athletic abilities and disabilities are welcome. Hosted at Cal State San Bernardino from 9:00 am to 3:30 pm. This is a free sports extravaganza with 15 different sports taught by world renown athletes and coaches. Please contact Aaron Moffett at Sportfes@csusb.edu or (909) 537-5352.

Wednesday, October 6, 2010 Disability Mentoring Day- Job Shadowing & Career Exploration, Empowering Students & Job Seekers with Disabilities (for students of high school, vocational schools and advanced degrees) For more information on how to participate as a mentor (host employer) or mentee (student/job seeker) please call Lisa Hayes at (562) 480-5307 or Mark Gomez (909) 890-2789, for TTY users or visit the website at www.iedisabilitiescollaborative.org

Saturday, October 23, 2010 Inland Empire Disability Resources Expo- Exhibits on Health, Housing, Transportation, Advocacy, Employment, Assistive Technology, Education, Recreation, Youth Services, and Senior Services. Free with Registration. Promoting Equal Opportunity, Universal Access and Full Participation of People with Disabilities in All Aspects of Life. At the Riverside Convention Center, 3443 Orange Street, Riverside CA 92501. Information/Registration at www.iedisabilitiescollaborative.org or call (909) 890-2789 or for TTY users (909) 890-1623. You may also email: info@iedisabilitescollaborative.org

California Children Services Medical Therapy Units



Manal Kassab, MA, OTR, Supervising Therapist

Carmack MTU, (909) 880-6611, Sherylle Martin, OTR, Unit Supervisor

Colton MTU, (909) 433-4752, Scott Medlin, PT, Unit Supervisor

Montclair MTU, (909) 445-1665, Angie Atkins, OTR, Unit Supervisor

Ontario MTU, (909) 459-2861, Michelle Morris, PT, Unit Supervisor

Redlands MTU, (909) 307-2441, Elaine Bauman, OTR, Unit Supervisor

Siegrist/Barstow MTU, (760) 244-7999/ (760) 252-2258, Marleah Moore, PT, Supervisor

Yucca Mesa MTU, (760) 369-6315, Gus Atwell, PT, Unit Supervisor

San Bernardino County CCS

Volume 1, Issue 1

September- November 2010

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Laura McLaughlin, MSW

Many Thanks For Your Contributions:

Judy Vigil-Montaño, Julie Gonzalez, Gus Atwell and Bonnie Deardorff

Thank you for your Support!

Manal Kassab and Ken Adams

Please note: If you would like an electronic copy of this publication please email me:

lmclaughlin@dph.sbcounty.gov

Social Security Benefits Defined

Source www.ssa.gov

Your child may be eligible for one of two different disability programs – SSI or SSDI.
Under the Supplemental Security Income (SSI) program, a child from 0 through adulthood may receive monthly payments based on disability or blindness if: He or she has an impairment or combination of impairments that meets the definition of disability for children and the income and resources of the parents are within the allowed limits

Under the Social Security Disability Insurance (SSDI) program, an adult child (a person age 18 or older) may receive monthly benefits based on disability or blindness if their parent is deceased OR the individual has a work history:

- He or she has an impairment or combination of impairments that meets the definition of disability for adults; and
- The disability began before age 22; and
- The adult child's parent worked long enough to be insured under Social Security and is receiving retirement or disability benefits or is deceased.
- Under both of these programs, the child must not be doing any "substantial" work and must have a medical condition that has lasted or is expected either to last for at least 12 months or to result in death.

Online forms for application for adults (18 and older) can be found at
www.socialsecurity.gov/applyfordisability.

At this time, you cannot complete an application for SSI childhood disability online, but you can complete the Child Disability Report Form online at **https://s044a90.ssa.gov/apps6z/i3820/main.html**

You can also view the Fact Sheet and Checklist in the Child Disability Starter Kit at
http://www.socialsecurity.gov/disability/disability_starter_kits_child_eng.htm
to see what information you will need and the kinds of questions we will ask when you have your disability interview in your local Social Security office or over the phone. The Disability Report asks for information about the child's conditions or impairments.

You may also contact **Social Security at 1-800-772-1213**

Dates To Remember

Medical Therapy Units

Upcoming dates MTU's are closed:

September 6th ~ Labor Day

October 11th ~ Columbus Day

October 28th ~ MTU Quarterly In-service Day

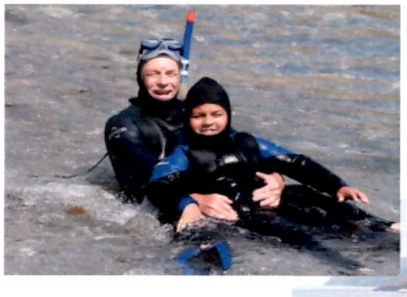
November 11th ~ Veteran's Day

November 25th & 26th ~ Thanksgiving

News flash from Gus Atwell, Supervisor @ Yucca Mesa MTU

When asked to share any news about the clients of Yucca Mesa MTU, I have a very difficult time only thinking of one kiddo. We have so many stars here in the Morongo Valley to the Colorado River and all points in between!

Our first little star is Julianna Rodriquez who had a great time with her fellow 6th graders at the Yucca Mesa Elementary School Science Camp on beautiful Catalina Island. Jules, as her mom calls her, had a wonderful time with days full of snorkeling, paddle boarding, swimming, hiking and kayaking. Oh yeah, and Jules says there was formal class work to do, as each day featured lessons and testing on sea life, mammals, plant life and geology. Jules liked this style of learning as everything was right there, and sometimes, too close as they had to evacuate the camp once when "Mr. Buffalo" decided to check out the excitement! All in all, Julianna says she had a great time and if you get the chance, check out Catalina!



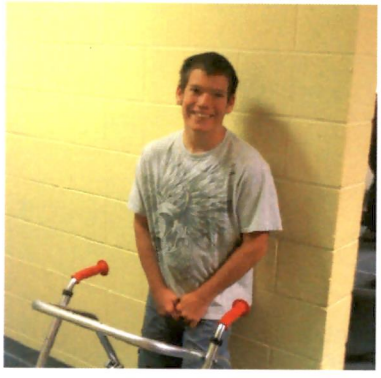
Our second featured star is Joshua Cannady who spent three days at "The Happiest Place on Earth", taking in all of the excitement. His favorite ride? "Winnie the Pooh"! And yes, we are told Joshua spotted all three characters from the "County Bear Jamboree" hiding out inside that ride! Good eye, Josh!

The third cluster of stars is Von Gordon, Jada Perricone, and Wyatt Tilford, who have all been working out on the school's climbing wall. They say it makes their legs tired! Good job climbers!

Last but not least, make room at Copper Mountain College for Karla Quintero (Yucca Valley HS 2010), Kristen DeWitt (Yucca Valley HS 2010), and David O'Brien (29 Palms HS 2010). We're very excited that they have graduated and are continuing their education.

Now you can see why I think Yucca Mesa MTU and our clients are super stars!

Interview by Bonnie Deardorff, COTA @ Siegrist MTU With Wesley Felix – Wahooski member.



How old are you and what school do you attend? I am 15 years old, and I attend Granite Hills High School in Apple Valley. I am in the 10th grade.

What are your favorite subjects in school? Math, PE, and Science.

What do you want to do after high school? I plan on attending Victor Valley College for two years. I am not sure what I will be studying yet.

How long have you been coming to Siegrist MTU? I started coming to Siegrist about 4 years ago, maybe 5.

What advice do you have for younger patients? Never give up. Do the best you can in school. Therapy will get easier, and you can achieve more if you go to therapy a lot.

What kind of therapy do you do at home? I do stand-ups, (transitioning sit to stand), side-stepping along the kitchen counter, balancing on the BOSU ball, practicing measuring ingredients, and making Jello.

What do you like to do for fun? I like playing video games, and adaptive sports (baseball, football, soccer, tennis).

What do you like best about Wahooskis? Wahooskis can be fun for both younger and older kids. You learn about how to take care of yourself so you can be more independent.

Question for mom – Dana. What do you think Wesley has gained from participating in Wahooskis? Wesley is more enthusiastic about his therapy and what he needs to do for himself. He talks non-stop about the meeting and what he has learned for days after. He puts what he has learned to use right away, and he is more determined to do his therapy.

**** The Wahooskis is a teenage transition-age group which meets on a monthly basis at Siegrist Medical Therapy Unit in Hesperia. The goal of Wahooskis is to encourage, educate, and empower teens with disabilities to promote independent living. Members get together to discuss important topics and to share ideas and feelings in a safe environment where members have a common bond.**

STRESS:

What is it and how can we manage it?

We all feel stress at times in our lives. It is present every day. It's how we manage it that counts. Experts tell us that it is the primitive "fight or flight" adrenaline rush we feel that can be damaging to our bodies, if that state becomes a daily occurrence. They tell us that we can get so used to that feeling that we become immune to it, but our bodies don't. Cortisol, the stress hormone that is released into our bloodstream from that constant state of stress, can cause weight gain and damage to our vital organs. As parents and caregivers to special needs children, our lives are challenging at best. Let's discuss some "no cost" ways we can help to cope and relieve some of that daily stress.

1 Laughter is one of the best defenses to stress. Watch something funny on TV or rent a hilarious movie. See the humor in a difficult situation. That is why comedians usually come from difficult backgrounds - they learn early that laughter is the best way to lighten a stressful situation. Dr. Lee Berk and Dr. Stanley Tan of Loma Linda University have been studying the effect of laughter on the immune system. They have shown through their published studies that laughter lowers blood pressure, reduces stress hormones, increases muscle flexation and boosts immune function by releasing endorphins, the body's natural painkiller. Dr. Berk and Dr. Tan say this leads to a feeling of well being. We can all use that!

2 Music is a universal stress reliever. You know, "Whistle a Happy Tune…", "Heigh Ho, Heigh Ho", or "Don't Worry Be Happy", all put a smile on your face. These songs and any other that makes you feel silly, joyful , or happy, are good stress relievers. Play this music at home or in the car when you and your kids have had a trying day and it is guaranteed that you're state of mind will change to a better one. All kids love music---even big kids!

3 Just breathe! Deep breathing and quiet time can help everyone in the family and it's free! It doesn't have to be elaborate or yoga-like, it can just be a time every day to be mindful of our bodies and that we need downtime just like every living thing.

4 If you are able to nap, take advantage of this activity. Scientific studies show that a 20 minute nap is a great way to refresh you and if you can nap when your children nap, you definitely should.

5 Children can be affected by stress to a greater degree than adults because they have less experience dealing with previous stressful situations. How we as adults react can affect them. If we demonstrate to them how to relieve stress and join with them in some of the activities listed above they will learn by our modeled behavior how to relax, enjoy the simple pleasures of life and be around people who love and care for them. We can all benefit from that!

Compiled by: Laura McLaughlin, MSW

Sources: About. Com/stress management guide with Elizabeth Scott, M.S.
Holisticonline.com/Humor therapy

PARENT AND CAREGIVER

SUPPORT GROUPS

MOM'S NIGHT OUT This group of moms of special needs kids meets to have social time together. They meet at Mimi's Café, San Bernardino every 3rd Thursday of the month from 6-8 pm (except December). Please contact Tina Schumacher at (909) 864-7424 or email btschumacher@adephia.net for more information or to RSVP.

MAKING A DIFFERENCE CAREGIVER SUPPORT GROUP This group helps parents/caregivers who care for children who have been substance and/or trauma exposed. They meet every 2nd Monday and 4th Thursday of every month. Childcare is free and dinner is served. Held at Rancho Mediterania Estates Club House, 700 E. Washington St., Colton, CA 92324. Please contact Tammy DeHesa at (909) 350-4895 or email: makingadifference112@gmail.comn Website: http://makingadifferenceassociation.org

AMIGOS UNIDOS SUPPORT GROUP This group is for Spanish speaking families who have children with special needs. For more information call Celia Zelaya @ (909) 874-5987.

THE FATHER'S NETWORK Supporting Dads of Children with Developmental Disabilities. This group of newly diagnosed and more experienced fathers meets the 1st Monday of the month at the Inland Regional Center Family Resource Library, 1425 s. Waterman Ave., San Bernardino, CA 92408. For more information contact Jannette Elin at (909) 890-4782 or email: ircfathersnetwk@yahoo.com

EDUCATE ADVOCATE SUPPORT GROUP This is a group of parents /caregivers who are educating themselves to be better able to advocate for children with special needs. Speak Selection will be offered at various times during the year. This group meets the 2nd Saturday of the month from 3-5 pm @ LIA Healing Families Resource Center, 777 Civic Center Drive, Rancho Cucamonga, CA. For more information visit: educateadvocateca.com or email: aaron2kristie@charter.net

MOM'S NIGHT OUT - RANCHO CUCAMONGA All moms of Special Needs Kids are invited to join them for dinner on the first Tuesday of the month @ El Torito in Rancho Cucamonga. RSVP to Sylvia @ (909) 899-9499.

KINSHIP CAREGIVER SUPPORT GROUP All relatives that are giving care to children of their family member are invited. Sponsored by the Helping Hand Kinship Support Services Program @ Helping Hands, 517 N. Laurel Ave., Ontario CA 91762. For more information call (909) 986-9710.

MOM, DAD AND ME CLASS The town of Yucca Valley offers classes for ages birth to five years from 10-11 am on Thursdays @ the Yucca Valley Community Center. Register online @ www.yucca-valley.org

DAD'S "BREAK" FAST Provides fathers/caregivers in the Inland Empire a time to hang out on the 3rd Sunday of every month over breakfast. Led by foster/adoptive father of children with special needs for all fathers in need of support and encouragement. Breakfast and childcare is provided free. Please call for address (909) 350-4895.

Source– Janice Hinton, ESFRN Secretary @ Inland Regional Center (Early Start Family Resource Network)

Building Your Care Notebook

Here is a helpful tool for Parents and Caregivers with multiple medical and therapy appointments:

What is a Care Notebook?

What is a Care Notebook?

Why build your own Care Notebook?

How do I build my own Care Notebook?

Complete Care Notebooks to Review as Examples

The Care Notebook has multiple uses. A major role of this notebook is to help parents/caregivers maintain an ongoing record of their child's care, services, providers, and notes. This notebook is a great tool in empowering families to become the experts on their child's care. It is also a way to maintain the lines of communication between the many providers and services that help care for a child and their family.

Health professionals recommend that parents/caregivers bring this notebook to all medical appointments, therapies, care conferences, on vacations, etc. Health professionals can encourage the use of these notebook by either having them available at the first office visit, upon discharge from the hospital or in the waiting room on a resource table. This notebook should be a team responsibility. Office staff should offer families assistance in filling out the various forms. Medical offices can copy visits, check ups, immunization records, specialist reports, clinical pathways, and give them to families to insert into the notebook..

http://www.medicalhomeinfo.org/for_families/

San Bernardino County 2-1-1 Get Connected. Get Answers.

For Additional Information or Resources

2-1-1 Is a toll-free phone number that provides information and referrals for health and social services, dialing 2-1-1 is the quickest way to access non-emergency resources for your family, your neighbors and your employees.

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