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Public Health
California Children's Services

CCS FAMILY NEWSLETTER

FALL
2016

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Editor

Laura McLaughlin, MSW

Many Thanks To:

Dr. Leanna Lee, Sonia Barragan Morales, Christi Ilharreguy and Elizabeth Barraza

Please note:

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California Children's 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

Etiwada MTU, (909) 463-3010, Steve Danlag, PT, Unit Supervisor

Fontana MTU, (909) 357-5900, Nivin Ghattas, OTR, Unit Supervisor

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

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

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

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

Medical Therapy Units are Closed:

October 10, 2016 - Columbus Day

November 11, 2016 - Veteran's Day

November 24 & 25 - Thanksgiving

December 23 & 26 - Christmas

December 30 - New Year's

FUN ACTIVITIES FOR SPECIAL NEEDS CHILDREN AND THEIR FAMILIES

Horseback Riding

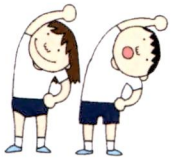
At the Double 6 Ranch they host a day for persons with autism or other special needs on the LAST Saturday of the month. This is a time when children, adults and their families have the opportunity to ride horses, participate in crafts, and enjoy the petting zoo. This program is offered as a free service to the community.

For more information call (626) 905-0289.

Special Needs Family Yoga

This activity is geared towards helping kids and their parents work on balance in the body and mind, stimulate the brain and release stress, all while having fun. $6.00 drop- in fee per person.

Innerworks Wellness Center, 1306 Monte Vista #8, Upland, CA. Call (909) 985-3389 for more information.



My Gym- Special Needs & Sibling Night

For kids 7 & under at:
My Gym
7360 Milliken Ave
Rancho Cucamonga, CA 91730
Upcoming dates are: September 9 & 16 and October 14 & 21, 2016--- from 6 to 7:30 pm
For more information visit: **www.unitytreespecialneeds.org/upcoming events**

My Play Club

The ARC of Riverside hosts My Play Club- a monthly play date program for families with or without disabilities designed to promote inclusion and break down barriers, on the third Saturday of the month.
Upcoming dates are: September 17, October 15 and November 19, 2016 from 10:30 am to 1:00 pm .
Held at: Fairmount Park, 2601 Fairmount Blvd., Riverside, CA 92501.
For more information call: Clara Garcia at (909) 688-5141

Dr. Leanna Lee interview

with Sonia Barragan, MSW, Social Service Practitioner

Dr. Lee is one of the newest members of the California Children's Services (CCS) pediatric doctors. She has been working at the Fontana MTU since January 2016. Dr. Lee completed medical school in 2011 via the UCR/UCLA Thomas Haider program. She completed her residency at Loma Linda University Medical Center in 2015 and has been practicing Internal Medicine and Pediatrics for the past year.

Dr. Lee shared that she remembers wanting to become a doctor when she was in the 8th grade. Her interest developed and was solidified in high school when she took a course in anatomy, physiology and cadaver dissection at a Junior College. She said that while in college, she volunteered for a hospice organization and also fell in love with the humanitarian aspect of the medical field. At that time Dr. Lee realized that she truly enjoys emotionally comforting people.

When Dr. Lee is not busy with her patients, she enjoys spending time with the important people in her life. Dr. Lee enjoys children and is always happy to volunteer to babysit the little ones in her life. Dr. Lee also enjoys reading biographies, although she admits that she does not read for pleasure as much as she used to. One of her favorite reads was "Hiding Place", a biography about a concentration camp survivor. This Physician played the violin and currently plays the piano. In fact, she wanted to be a professional violinist however, she had to switch gears after injuring her arm from so much practice. We at CCS are happy that she decided to become a doctor instead.

Dr. Lee stated that what she enjoys most about working with CCS and our children and families is discovering how much support is available. She feels that support is so important to children with special needs and their families, especially for families that have a loved one with Cerebral Palsy. Dr. Lee is so happy to know that families have a resource outside of the hospital where they can turn to for additional help and support.

Dr. Lee says that she has learned so much from our families about what they go through day to day. She believes that she has developed more empathy for her patients as a result of her work with CCS families. Also, Dr. Lee has enjoyed seeing how delightful children with special needs can be, despite their obstacles. Their personalities shine through.

When asked to share something interesting or unusual about herself, Dr. Lee said that she has a brother that is 20 years younger than she is. Her brother was born while she was in college. She is the oldest of five children and her four younger siblings look up to her as their big sister however, she and her youngest brother are still getting to know each other because they didn't grow up together. She enjoys hearing what he has to share, as it often brings a smile to her face.

Dr. Lee would like for CCS parents and children to know that "We really care about you and want to do all we can to help you thrive." She hopes that parents will continue to "keep fighting for your kids! We'll be there to support you!"

Montclair Medical Therapy Unit
Teen Support Group

What is the Teen Group?

Our teen group was set up to be a unique therapy setting in which teens or preteens in CCS can get together and discuss important topics and share feelings and ideas with each other in a safe environment in which they have a common bond. The goal … is to ENCOURAGE, EDUCATE, and EMPOWER teens with disabilities to promote independent living.

2015-2016 Happenings…….

We have had so much going on in our teen group so far …where to start? We ended 2015 with an amazing Christmas party which included Christmas themed games, candy-making, and Target gift cards for each teen donated by the Rojas Group!

In January, we had the opportunity of having Eric Arrington, a motivational speaker from Loma Linda PossAblities, talk about his motto: It's not what you are going through, it's how you go through it!

We celebrated Cinco De Mayo early this year in the month of April with enchiladas made by the teens and traditional games of Mexico!

In June, we learned about community mobility using the Omnitrans system. Nicole Ramos from Omnibus was here to share the secrets of public transportation with us. We had the opportunity to practice rolling and walking on/off of the bus. It was a warm day and we were very grateful for good AC on the bus!!

In August we had the Montclair Mini Olympics complete with a lucky contestant chosen to carry in the torch. Our teens were involved in healthy competition in games such as "The Diplegic-don", "Wheelchair relays" and "Techy Teen". There was a medal ceremony, music, and of course food to feed the hungry athletes!

By: Christin Ilharreguy, PT

SAN BERNARDINO COUNTY
Public Health

California Children's Services
Montclair Medical Therapy Unit

ABILITIES RESOURCE FAIR

Providing resources for children and teens with special needs

Wednesday
October 12, 2016
3:00-5:00 p.m.

Montclair Medical Therapy Unit
Moreno Elementary School

4825 Moreno Street
Montclair, CA
(909) 445-1665

Ability First
Camp Pivika
United Cerebral Palsy-Inland Empire
No Drama Ranch Therapeutic Riding
City of Ontario Recreation Dept.
Inland Empire Pet Partners
Access ~ Omni Trans
Pose 4 Me Photography
Project Walk~Be Perfect Foundation
Adapted Golf
Rising Star Therapeutic Riding
City of Rancho Cucamonga IncredABLES
Rolling Start
L.O.L Kids Club
California Children's Services

The Cove-Adaptive Swimming
Painted Turtle
MikNao Dance Studio
Queen of Hearts Therapeutic Riding
Freedom Concepts-Adaptive Cycles
Extreme Sports ~ Darryl Lair
Casa Colina ~ Outdoor Adventure
AYSO #32 ~ VIP Soccer
Inland Regional Center
Inner-Works Wellness Clinic
OMSD Special Education
So CA Tri-Counties Branch -Dyslexia
Dept. of Rehabilitation
Precision Gymnastics
Legal Aid ~ Rancho Cucamonga

10th Annual

DisAbility Sports Festival
October 1, 2016

WWW.DisAbilitySports.csusb.edu

FREE to participants of ALL ages and disabilities

Largest cross-disability sporting event in one day!

No experience necessary!

Coaches and interpreters available for ASL and Spanish speakers

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Location:

California State University, San Bernardino

Time:

9:00 a.m.to 3:30 p.m.

Register today to participate, volunteer, or donate
Contact the DisAbility Sports Festival office at:
sportfes@csusb.edu or call (909) 537-5352