

Families CAN Newsletter

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Fall-o Your Heart!

Oftentimes we seek advice, guidance or information from physicians, other professionals and other parents to help us provide the very best for our children and adult children with disabilities, or like I prefer to say, "diverse needs". In fact, some of the best advice and factual information I have received to make decisions for my son has been from other parents. But think of how often we as parents ignore our own instincts because we feel that good decisions are not made if we don't check with others, especially qualified professionals. The provocative quote by Hermann Hesse, states, "I have been and still am a seeker, but I have ceased to question stars and books; I have begun to listen to the teaching my blood whispers to me." While we certainly need professional expertise and the wisdom of experience, there has to be something that makes it okay to follow your heart when it comes to your child. I believe it is the extension of self within our children which whispers to us continually about our children. Again, while we cannot dismiss the advice, guidance and information from those qualified-sometimes we really do have the answers if we just follow our hearts.

Fall is certainly a season when we will have to make decisions for our children-more so than any other because it ushers in the holiday season. From foods to gifts, from travel to relatives, we will consider the needs of our children first. So this season don't hesitate, just jump into fall by following your heart.

Happy Fall everyone and remember to fall-o your heart!

FALL 2015
(FY16)

Volume 21, Issue 1

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Quote of the Quarter

Don't let the fear of what may happen hold you back from following your heart!

Author Unknown

"Celebrate You" –Tuesday, December 8, 2015

Please come join us for two hours of Holiday Celebration at Christ the King Evangelical Lutheran Church, 2353 Rice Blvd. from 10:00 a.m. to 12:00 pm!!! Celebrate You, Moms & Dads!!!



Please **RSVP** with your Family Partner, 713-743-5491-Shelley Townsend/713-743-5592-Olga Guerra, and 713-743-0608-Ava Fletcher.



SUNDAY, NOV. 1, 2015

It's time to
"Fall Back!"
Daylight Savings Time
Ends Sunday at 2am

Transition Workshop

The Transition Workshop is an informational program created to help parents deal with all the areas related to the transition of their teens to adulthood and adult services. The group meets on the 3rd Thursday of every odd month at 6:30 p.m. at Shriners Hospital. Our next meeting will be held on September 17th. The speaker will be Renee Klovenski, Program Director – Special Olympics Texas. The topic will be “Changes in the IDD Community and transitioning to the Adult Special Olympics program.”

Shriners' Hospital is located at 6977 Main St., 6th Floor Cafeteria area

(just past intersection of Main & Holcombe). Park in their **FREE** covered parking garage.

**NOTE: This will be our last workshop for 2015. Our new year will begin:
January 21, 2016**

For more information or to be added to the Transition Workshop email list, contact: Olga Guerra, Transition Coordinator, olguerra@central.uh.edu at 713-743-5592 or Ava Fletcher acfletc2@central.uh.edu at 713-743-0608. See you there!

WALK NOW FOR AUTISM Speaks

Saturday, Oct 10, 2015

Minute Maid Park

501 Crawford

Houston, TX 77022

For more information:

1) Call Kaitlin Hart at:

713-724-5092

2) Email:

kaitlin.hart@autismspeaks.org,

3) Visit:

www.walknowforautismspeaks.org/houston

The Down Syndrome Association of Houston (DSAH)

**15th Annual Houston Buddy
Walk and Buddy Run**

When: Nov 14, 2015

Where: Minute Maid Park

Downtown Houston

501 Crawford

Time: 10:00am- 2:00 p.m.

**For more information please
email buddywalk@dsah.org**

Or call 713.682.7237

<http://dsah.org/15th-annual-houston-buddy-walk>

Friends and Families of Asians with Special Needs (FFASN)

**Topic: Adult Services and
Social Security Benefits: Two
Important Resources for Every
Special-Needs Family**

Date: Saturday, Sept 12, 2015

Time: 9:00 am to 12 noon

**Location: MHMRA Conference
Center; 9401 SW Freeway,
Houston, 77074**

Attendance is free, RSVP
Requested by September 5,
2015

Email: FFASN.Houston@gmail.com

Phone: 281-840-8435

16th Annual Chronic Illness and Disability Conference: Transition from Pediatric to Adult Based Care

This conference provides a state-of-the-art update on issues involved in transitioning youth and young adults with chronic illness and disability to adult based services. This conference is for healthcare professionals, young adults and parents. Scholarships are available. The dates for the conference are: **Thursday, Oct. 1st - Friday, Oct. 2nd**. Spanish Translation will not be available at Houston site. For more information, please call 713.798.8237. To register/pay online visit the activity website at www.BaylorCME.org

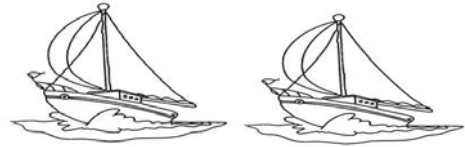
Houston Farm & Ranch Special Children's Day

The date is Saturday, **September 26, 2015** from 10:00AM-2:00PM

Each year we put on a special day at our facility (located at Highway 6 and Patterson Road, 1-1/2 miles North of I-10 West) for children to be able to get out in the fresh air and have some fun. There will be clowns, Mimes, disc jockey, mule drawn wagon rides and various displays. The Katy Cowgirls, a precision riding team and open drill team, will perform in our covered arena from 12:00 PM to 1:30 PM for your entertainment

The cut-off date for giving us a count of the number of children and chaperones in your group is **Friday, September 10, 2015**. Please RSVP via email to: dora@houstonfarmandranch.org

The Sailing Angels Foundation introduces sailing to children with developmental disabilities in the form of recreational therapy and education. We do not charge for this service but, instead, rely upon and are most appreciative of donations. For more information, please contact, Captain Dave McCabe at (281) 507-1867 or email Dave at davemccabe@sailingangels.org



- **Conroe Fly Day - Challenge Air:** Free for all children and youth with special needs. Event Date: Saturday, **November 7, 2015**, Lone Star Executive Airport. Highlights of the day include: an educational ground school, a 30 minute flight, face painting, clowns, cool static aircraft, lunch, service animals and much more! To register please go online to www.challengeair.org or call 214-351-3353 for more information.
- **2015 BAYTOWN SPECIAL RODEO, Saturday, September 12, 2015, 10:00AM-2:00PM** @ Baytown Youth Fair Grounds, 7900 North Main Street, Baytown, Texas. Please email, ron@specialrodeo.com, jr@specialrodeo.com or visit their website online at www.specialrodeo.org to register or for more information.
- **2015 Pasadena Little Wranglers Rodeo, Sunday, September 13, 2015, 1-4pm.** For more information call Marilyn O'Neill at 832-205-2676 or contact the Pasadena Multi-Purpose Recreation Center 281-487-1755. Preregistration ends September 10th. Pre-Registration can be done at LittleWranglerRegistration@yahoo.com.
- **Exceptional Rodeo for Exceptional Kids, Friday, October 2, 2015** at Tucker Rodeo Arena at Fort Bend County Fairgrounds, Rosenberg, Texas at 10:00 a.m. For additional information & registration: Contact, Barbara Magana Robertson, Barbara@maganamedia.com . Phone: 281-723-5995
- **Moody Gardens presents the annual Adaptive Watersports Festival with a Paralympic experience, Saturday, September 12, 2015, 10 am to 4 pm.** Moody Gardens – Palm Beach. One Hope Boulevard-Galveston Texas. Pre-Registration required by September 10th. Call 409-683-4108 for more information.
- **The River** is a non-profit 501(c) (3) organization whose mission is to provide an accessible, affordable, fine arts education for individuals, ages 4-19, who have disabilities, chronic illnesses, or are economically disadvantaged. Siblings are welcome. The River Performing and Visual Arts offers year round, barrier free, classes in music, art, drama and dance. Scholarships are available. Classes start **October 3rd - December 19th**, at the City of Houston Multi-Service Center at 1475 West Gray. For registration and more information, please call The River at 713-520-1220. Or visit their website at www.tuts.com/river Registration is \$25.00 and Tuition is \$125.00 per class. School year classes are held on Saturdays.
- **Houston's Super Kids**, a nationwide program to promote **Soap Box Derby** racing for children with disabilities. The Houston Super Kids race will be held on **Saturday, October 10th**. Ages 7 -17, under 150 lbs. Check in is at 9:00 am., race begins at 10:00 am. For more information, please call 281-891-3420, Rick Higginbotham or register online at <http://www.ghsbd.org>

Children's Museum

To the families who are part of Families CAN program, please call to request free passes from us at 713-743-5435. You can use these passes to visit the Children's Museum of Houston anytime. Each pass admits up to four people for FREE!

Families CAN Annual Transition Family Education Event

Our **Annual Family Education Event** was a great success! Thank you to the staff at Shriners Hospital and Texas Children's Hospital for the wonderful collaboration in making this event the success it was. Thanks to all of the vendors that participated and donated door prizes. And to all of the families that attended, we thank you. A special thanks to Medco Medical Supply who donated a flat screen television.



Alberto Sanchez and his mom Diana were the winners of the 50" Samsung Flat screen television.



Aidan Issakhan

Fun with Sailing

These two young men went sailing with Sailing Angels and Captain Dave.



Jason Fletcher

Other Activities

Dionysus Theatre has been the only inclusive theatre in the state of Texas. Bringing together actors with disabilities along with those who are able-bodied, Dionysus has entertained, empowered, enlightened and educated people across the state.

The 16 week classes begin on Tuesday, September 8th at 7:00 pm. – 8:30 pm. The address is 4930 W. Bellfort, Houston, TX. 77035 at the Salem Evangelical Lutheran Church. Ages 13 and up. The cost is \$210.00.

If you have any further questions, please feel free to call Deborah Nowinski, Artistic Director/Founder, (deb@dionysustheatre.org) Dionysus Theatre at 713.728.0041 or visit their website at www.dionysustheatre.net

Education Department – The ARC of Greater Houston

Free Trainings – September – November 2015

- September 15th - (11:00-1:30) - How to Write Successful Individualized Goals for Students with Special Needs
- October 20th - (11:00-2:00) - Understanding the Best Special Education Services for Students with Autism
- November 17th - (11:00-1:00) - Response to Intervention and Universal Design in School Settings: What should be occurring for Students with Special Needs.

Trainings are held at **MHMRA's Conference Center- Room B (behind the main multistory building- 7033 Southwest Freeway, Houston 77074)**. RSVP to: karen@aogh.org 713-957-1600 Ext. 114 – must be made 2 days in advance (by 5:00 pm) of any training date – must provide full name, contact phone number and email.

Special Education 101

Training Dates - Fall 2015

September 2, 2015, October 7, 2015, November 4, 2015, December 2, 2015

Time: 11:00 a.m. - 1:00 p.m.

Location: MHMRA Conference Center - Room B

(behind the main multi-story building) - 7033 Southwest Freeway

Special Education 101 is an overview of federal and state law governing public school, special education procedures. Child and parent rights are discussed along with referral processes and practical tips for securing an appropriate education in the least restrictive environment. The cost for the training is \$25.00*
To reserve a place: karen@aogh.org 713-957-1600 #114, (Please provide contact phone number and reserve 2 days in advance) www.aogh.org.

FALL Community Resource & Transition Fairs

- **The arc of Fort Bend's 2015 "AU to Z" Resource Fair** – Saturday, September 26th – 8:30 am to 1:00 pm – Dulles High School – 550 Dulles Avenue – Sugarland, Texas 77478 – For more information contact Cheryl Sewell at 281-494-5924
- **Sheldon ISD Transition Fair 2015**-Tuesday, September 29th – 4:00 pm – 7:00 pm- Sheldon Early College High School – Address – For more information contact, Jane Painter, District Transition Specialist at 281-727-3052.
- **Spring ISD College Resource Fair** – Thursday, October 8th – 6:00 pm – 8 pm – Westfield High School - 16713 Ella Blvd.
- **Aldine ISD Transition Fair** – Thursday, October 22nd – 6:00 pm – 7:30 pm – M.O. Campbell Center – 1865 Aldine Bender.
- **Clear Creek ISD Transition and Community Connections Expo** – Thursday, November 12th – 6:00 pm to 8:00 pm – Clear Springs High School - 501 Palomino Dr., League City, Tx. 77573. For more information contact 281-284-0726, Kim Rodgers.

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**Emergency preparedness**

June 1st – November 30th is the Official Hurricane Season.

Here are some Quick Tips for you and your family.

- Have a Family Plan
- Prepare an Emergency Kit
- Prepare your home
- Prepare your vehicle
- Call 211 to register your child with special needs.

Check out the website for Texas Department of State Health Services for Children with Special Health Care Needs for additional information.

http://www.dshs.state.tx.us/preparedness/e-prep_public.shtm

Families CAN is part of UH Learning & Assessment Services and is funded by a grant from the Children with Special Health Care Needs Services Program, Texas Dept of State Health Services.

Families CAN Program

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