

# Families CAN Newsletter

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## Congratulations to some of our Graduates, we are so proud of you!!! class of **2015**

Summer 2015  
(FY 15)  
Volume 20,  
Issue 4



**Kristy Ybarra** graduated from Clear Brook High School. She is the daughter of Lisa & Carlos Ybarra.



**Symone Brown** graduated from HCC VAST Program. Symone is the daughter of Shelley Townsend, Program Coordinator of Families CAN.



**Jason Fletcher** graduated from Mayde Creek High School. He is the son of Ava Fletcher, Family Partner of Families CAN.



**Tom Zhang** is pictured here at his High School Prom.

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### Quote for the Quarter

“In response to those who say stop dreaming and face reality, I say keep dreaming and make reality.”

~Kristian Kan

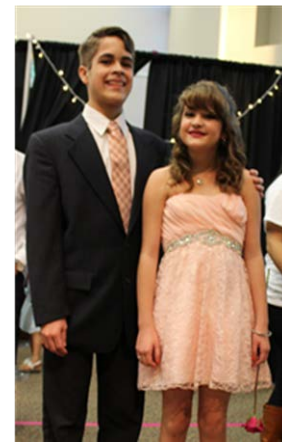
### Other Graduates:

- **Tom and Tony Zhang** graduated from Carnegie High School. They are the sons of Jinqkun Zhang and Qin Shu.
- **Kim Dixon**, our Newsletter Editor in Chief received her Doctorate of Education in Curriculum & Instruction from Texas Southern University.
- **Toni Kendrick** graduated two years ago and is completing her Vocational program at United Health Care on June 3<sup>rd</sup>. She is the daughter of Michelle Kendrick.





**Krystle Ybarra**  
 Participated in the Miss  
 Amazing Pageant, which  
 was held at Faith United  
 Methodist Church on  
 May 2, 2015. She is the  
 daughter of Lisa and  
 Carlos Ybarra



Krystle & Joseph Ybarra

### Children's Museum of Houston

To the families that are served by Families CAN, please call to request free passes 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!

## Programs & Activities

### Nameless Sound

Nameless Sound explores music making for the special needs community. In an encouraging and structured environment, participants will engage in musical exercises that emphasize listening, coordination, peer support, self-expression, self-empowerment, and non-verbal communication. Instruments provided. Participants are encouraged to bring their own instruments, too.

The program offers two types of

Special Needs Classes: Creative Music for Basic Skills Community and Creative Music for High Functioning Community. For more information or to register, call 832-596-0598 or email [david.dove@namelessound.org](mailto:david.dove@namelessound.org)

Classes are once a week **by appointment only** and all are **FREE!** Registration Fee is \$30. Please call for exact schedule.

MECA is located at 1900 Kane St., Houston TX 77007

**Morgan's Wonderland**, San Antonio, Texas serves as a haven not only for those with special needs, but also their families, caregivers and invited friends. The cost is free for guests with special needs. \$10 -Ages 3-10, Adults 62 over and military persons: \$15, general admission; 0-2 years Free. Parking is Free also. For more information go to:

[www.morganswonderland.com](http://www.morganswonderland.com), or call 1-877-495-5888; for reservations, call 210-495-5888.

## Trainings

"Abilities Expo"

July 31 – August 2, 2015

NRG Center (Formerly Reliant Center) – Hall E

One Reliant Park – Houston, TX 77054

Fri. 11 am - 5 pm, Sat. 11 am - 5 pm, Sun 11 am – 4 pm

Admission is FREE

For more information and to pre-register for priority access, visit [www.abilities.com/houston/](http://www.abilities.com/houston/)



## From sailing to camping From sailing to camping cont'd!



**Go sailing for the summer with Sailing Angels.** Sailing Angels teaches sailing to special needs children as a form of recreational therapy. Sailing Angels aims to create a fun, educational and therapeutic opportunity for children with developmental disabilities. For more information, please contact Captain Dave McCabe at (281) 507-1867, or email Dave at [davemccabe@sailingangels.org](mailto:davemccabe@sailingangels.org)



**Camp Ability** is a summer day camp for children/teens with Down syndrome and their sibling's ages 3-17 years at our Resource Center. We'll have crafts, music, games, reading, writing, movement, a snack, and most of all-fun!

**Dates: July 6 to July 11, 2015 ALL AGES**

Please join us for our **Seventh Annual Camp Ability!**

Cost for the entire week not per day, is \$60 for all day 9 AM-4 PM and \$30 for half day which is 3 hours either morning 9 AM-Noon or 1-4 PM. Payment is due no later than the first day of camp.

For more information call 713-682-7237 Ext. 201 or email [info@dsah.org](mailto:info@dsah.org)

To register for the summer camp, fill out the form on our website <http://dsah.org/programs/camp-ability/>.

### The River Performing and Visual Arts Fine Arts Summer Camp

**Session 1: June 15-19 Fairy Tales & Fables**

**Session 2: June 22-26 Kids, Glorious, Kids**

**Session 3: July 6-10 Blast from the Past**

**Session 4: July 13-17 Surfside**

**Session 5: July 27-31 Spies Like Us**

**Session 6: Aug 3-7 Hip Hop Boot Camp**

**Ages 4-19, Hours for Summer Camp is Monday to Friday from 9:30 am to 2:30 pm**

**Cost: \$150 per weekly session (plus a \$15 non-refundable enrollment fee per child)**

**Limit: 15 per age group per camp (4-6, 7-9, 10-13, 14-19)**

**End of Camp Performance is held each Friday at 12:30pm**

**Classes held at Pugh Elementary School (1147 Kress St., Houston, TX 77020).**

**To register on line go to [www.tuts.com](http://www.tuts.com)**

**. Call for more information at (713) 520-1220.**

**Texas Lions Camp** is a residential camping facility for children with physical disabilities, type 1 diabetes and down syndrome. From ages 7 up to age 16. The camp is free. Please see the one week sessions below. The application is available online to be downloaded. For more information please contact Texas Lions Camp, P.O. Box 290247, Kerrville, Texas 78029-0247, (830) 896-8500 Office (830) 896-3666 Fax, [www.lionscamp.com](http://www.lionscamp.com)

### Regular Sessions

- Session 1: June 7–13, 2015: Children with Physical Disabilities, Ages 7-16
- Session 2: June 14-20, 2015: Children with Physical Disabilities, Ages 7-16
- Session 3: June 21-27, 2015: Children with Physical Disabilities, Ages 7-16
- Session 4: June 28- July 4, 2015: Children with Physical Disabilities, Ages 7-16
- Session 5: July 5-11, 2015: Children with Physical Disabilities, Concurrent

### Specialty Camps

- Camp Neuron July 5- July 11, 2015, Concurrent
- Session 6 – Camp David- July 12-18, 2015, Concurrent
- Down Syndrome – July 12-18, 2015 (Ages 12-16), Concurrent
- Session 7 – Camp Discovery- July 19-25, 2015

### Camps for Type 1 Diabetes

- Session 8- Diabetic 1- July 26- August 1, 2015 (Ages 8-15)
- Session 9- Diabetic 2- August 2- August 8, 2015 (Ages 8-15)

**The Elks Camp** is a free camp also for ages 7 up to 15 years of age with a variety of different diagnosis. Applicants should have some degree of independence in self help skills, including feeding and dressing themselves. For more information contact us at Phone: 830-875-2425-Fax: 830-875-5455. Email: [txelks@gvec.net](mailto:txelks@gvec.net). The website is [www.texaselkscamp.org](http://www.texaselkscamp.org)

Session 1: June 14th - June 19<sup>th</sup>-

Session 2: June 21st - June 26<sup>th</sup>-

Session 3: June 28th - July 3<sup>rd</sup>-

Session 4: July 12th - July 17th -

Session 5: July 19th - July 24<sup>th</sup>-

Session 6: July 26th - July 31<sup>st</sup>-

Session 7: August 2nd - August 7<sup>th</sup>





**SATURDAY,  
JUNE 6, 2015**

**DANCE UNDER THE  
STRAWBERRY MOON  
WITH DIONYSUS THEATRE!**

Come Dance Under the Strawberry Moon with Dionysus Theatre!  
It's our **THIRD ANNUAL DANCE**. Meet new & old friends. Dance.  
Karaoke, Eat. Have fun with the award winning theater that  
changes lives! \$10 will get you in. Donations to Karaoke!



Dionysus Theatre is a nonprofit organization that dedicates its stage to actors with disabilities and those that are non-disabled. Inclusion since 1998.

**DIONYSUS  
THEATRE!**

**COME SING AND  
DANCE AND MEET  
NEW FRIENDS!**

**\$10 GETS YOU IN  
TO A WHOLE  
LOTTA FUN!**

**SUPPORT THE  
ONLY INCLUSION  
THEATRE IN  
TEXAS!**

**DIONYSUS THEATRE**  
Salem Evangelical Lutheran

4930 West Bellfort  
Houston Tx 77058  
713.728.0041 for presale  
tickets to the dance!

[www.dionysustheatre.net](http://www.dionysustheatre.net)

**UNIVERSITY of HOUSTON**  
**PARENT EDUCATION PROJECT**  
**FAMILIES CAN PROGRAM**

**Transition Family Education Event**

**Thursday, July 16, 2015**

From: 6:00 pm—8:00 pm

Shriners Hospital

6977 Main Street, 6th Floor Foyer

(Go to 5<sup>th</sup> floor. You will be directed to the elevators to the 6<sup>th</sup> floor.)

Refreshments!! **Free** and easily accessible parking in Shriners lot is available, entering from Pressler off Main street

**Door Prizes to be given  
away!!!**

Agency representations from:

Advocacy and Training  
Certificate Programs  
Insurance  
Community Recreation and Social Activities  
Legal & Estate Planning

Entrepreneurs  
Health Care  
Support Groups  
Local Job Training Sites  
Residential Alternatives

Community Services  
Day Programs  
Employment Services  
Colleges

For more information, please contact Olga Guerra, Transition Coordinator at 713-743-5592 or by email at [olguerra@central.uh.edu](mailto:olguerra@central.uh.edu) or Shelley Townsend 713-743-5435 or by email at [satownse@central.uh.edu](mailto:satownse@central.uh.edu). Families CAN is a part of the College of Education at The University of Houston

**2015 HURRICANE WORKSHOP**

Saturday, June 6, 2015 10 a.m. – 3 p.m.

**George R. Brown Convention Center, Hall A**

**Free & open to the public • Registration begins at 9 a.m.**

***Pre-register online at [HurricaneWorkshop.com](http://HurricaneWorkshop.com)***

**Sponsored by:**

Center Point Energy

**Supported by:**

City of Houston

Weather Center Houston

**Featured Presenter:**

National Weather Service

**Contributors:**

- Harris County
- Fort Bend County
- Montgomery County
- Galveston County
- Houston Red Cross
- The Church of Jesus Christ of Latter-day Saints

***FREE Family Hurricane Preparedness Event***

**2015 HURRICANE WORKSHOP**

Learn more and register online at [hurricaneworkshop.com](http://hurricaneworkshop.com)



## Texas Division of Emergency Management Hurricane Preparedness Guidelines

Preparing for Hurricane Season: June 1<sup>st</sup> -Nov 30<sup>th</sup>

### Make a Plan

Your family may not be together when a disaster strikes so it is important to plan in advance: how you will get to a safe place; how you will contact one another; how you will get back together; and what you will do in different situations. Read more about [Family Communication](#) during an emergency.

Ready.gov has made it simple for you to make a family emergency plan. Download the [Family Communication Plan for Parents and Kids](#) (PDF) and fill out the sections before printing it or emailing it to your family and friends.

You should also inquire about emergency plans at places where your family spends time: work, daycare and school, faith organizations, sports events and commuting. If no plans exist, consider volunteering to help create one. Talk to community leaders, your colleagues, neighbors and members of faith or civic organizations about how you can work together in the event of an emergency. You will be better prepared to safely reunite your family and loved ones during an emergency if you think ahead and communicate with others in advance. Read more about [school and workplace plans](#).

Have a plan for traveling between work and home, and other commonly visited locations, in case of an emergency. Download the [Commuter Emergency Plan](#) (PDF)

**FEMA Web site:** [www.Ready.gov](http://www.Ready.gov)

### Hurricane Preparedness tips online:

Texas Division of Emergency Management Web site: [www.txdps.state.tx.us/dem](http://www.txdps.state.tx.us/dem)

Red Cross website: [www.redcross.org](http://www.redcross.org)

## The ARC of Greater Houston

### Camp Champions

July 26-31, 2015

Camp Champions is a five-day residential camp for individuals, ages 10-30, with or without intellectual disabilities (an inclusion camp). The camp is located in Burton, TX at the Camp For All site. For more information call The Arc at 713-957-1600 Ext. 116 and ask for Beth.

### Camp Spike 'n' Wave

June 14-20, 2015

Camp Spike 'n' Wave offers a safe and fun residential camping experience for children and teens living with epilepsy. Children and teens, ages 8-14 with the primary diagnosis of epilepsy or seizure disorders. Are eligible. Located at Camp For All in Burton, Texas. Download the application at Epilepsy Foundation Texas <http://eftx.org>

### Newsletter Staff

Editor in Chief – Kim Dixon  
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### Staff Directory-Families CAN

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 713.743.0608

The University of Houston Presents:  
 Cougar Communication Groups  
 Summer Speech & Language Therapy  
 Program at the University Speech, Language  
 and Hearing Clinic:  
 A United Way Agency  
 Join us on a BAM! SPLAT! WOW! adventure!  
 Summer 2015  
 June 1 – July 9  
 Groups meet twice weekly for two and a half  
 hours each session.  
 For children ages 18 months to 4 years of  
 Age Monday/Wednesday or Tuesday/Thursday  
 9:30 AM - 12:00 PM  
 AND  
 For children 5 years of age to 10 years of age  
 Monday/Wednesday or Tuesday/Thursday  
 1:00 PM – 3:30 PM  
 Limited Spaces Available!  
 Call 713-743-2898 for further enrollment  
 information  
 Deadline for applications is May 18, 2015

Families CAN is funded by a grant from the Children with Special Health Care Needs Services  
 Program, Texas Dept of State Health Services.

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Families CAN Program

Parent Education Project

University of Houston

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Houston, Texas 77204-3055