



**State
Budget News
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Respite Times

A Newsletter to Inform, Support & Inspire Caregivers

www.IslandSocialServices.org

Ventura County's In-Home Respite Provider

(805) 384-0983

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E-Newsletter

Don't forget that you can view this newsletter in full color with active internet links by going to our website!



Remember to Check the Online Recruiting List!

Each Wednesday, we post many of the requests from our families who are in need of respite care on the homepage of our website. If you see someone mentioned whom you may be interested in helping, please contact us!

This Newsletter is a
Publication of
Channel Islands
Social Services
(805) 384-0983

900 Calle Plano, Suite K
Camarillo, CA 93012

Announcing Our New Enhanced Respite Program!

In the summer of 2008, CISS was selected by TCRC over many other well-known organizations to develop an Enhanced Respite program, also known as "behavioral" respite. This was part of their Request for Proposals process in May 2008. This new CISS service is an intensive respite support program for families who have children who are experiencing behavior challenges. Regular respite is usually authorized by TCRC for up to 24 hours/mo but the Enhanced Respite tends to be about 10 hours/week or more. The program received its final contract in December and it was launched in February with the hiring of seven Enhanced Respite Caregivers with over forty years of combined experience. Many of these caregivers have worked as behavioral assistants or Para-Educators in the schools for many years.



Our program is unique in that we work closely with the chosen Behavioral Consulting agency approved by the planning team. If the behaviorist changes, our Enhanced Respite caregiver, who has bonded with the family, does not change. This will help to reduce transitions with the child and will help to maintain consistency in behavioral protocols used in the family home so the parents can get some respite time provided by better trained caregivers. Dr. Laura Addison, PhD/BCBA, has been hired as the program's Behavioral Specialist. She will perform the intake with Family Services staff, and she is responsible for the positive behavioral supports training to the Enhanced Respite Caregivers.

More information, Frequently Asked Questions, and the Enhanced Respite Caregiver job description can be viewed at www.islandsocialservices.org/services.html See Page 3 of this newsletter for a brief program overview comparing regular respite and the enhanced program.

2008 Respite Accomplishments ☺

1. Website family recruiting list launched with great success!
2. Awarded RFP by TCRC for Enhanced Respite program
3. Certified four Pro-Act crisis intervention instructors
4. First Annual Summer Family Picnic was great fun!
5. Team Respite T-shirts given to Respite Caregivers
6. Toy lending library created and expanded
7. Bassinet lending program launched to help families in need
8. Special Feature Epilepsy Newsletter widely distributed
9. Launched monthly staff trainings with feedback from Respite Caregivers
10. Provided childcare for all Ventura County Autism Society (VCAS) parent talk nights
11. **Awarded VCAS Service Provider of the Year in early 2008 for the 2nd year in a row ☺**
12. Administrative Team additions: Elizabeth Peltz and Dr. Laura Addison, PhD/BCBA
13. Holiday Movie Day for Families (Bolt! Movie in Nov. with 300+ people attending)
14. Family Photo Night held for 2nd year (by Legends Photography in Oxnard)
15. Increased hours of family support by 15% as compared with last year!



We look forward to continued success in 2009 for our wonderful families and great staff!

We Can Help!

Respite care is free to the primary caregivers and is needed more than ever when times get tough!

Here are some ideas on how to use your respite time:

- ♥ A second pair of hands or eyes with the kids
- ♥ Help with homework
- ♥ Fun community outings (movies, ice cream, bowling, beach walks, exercise or play games outside)
- ♥ A helper on family outings or to parties and gatherings

Care & supervision of the kids so you can:

- * Go out with friends and family members more
- * Date night with spouse
- * Exercise regularly
- * Catch up on sleep
- * Go shopping in peace
- * Pay bills and do household tasks
- * Go to church
- * Spend time with your other kids once in awhile
- * Start a hobby or participate in a club
- * Read a good book or study for a class



Want more ideas?

Check out the recent article in *Caring Today Magazine* "Guide to Respite Care" by clicking [here](#).

Director's Note on State Budget By Sharon M. Francis, CEO



With the passage of the mid-year CA State budget, we have been getting lots of calls from families and caregivers on how the budget cuts will affect their respite and other services. It has been a nerve-wracking last few months for everyone. Although we now also have a budget proposed for 2009/10, there are serious program cuts and changes that everyone needs to understand and fight.

First of all, respite services paid through the regional center are still available. Providers like CISS are going to be forced to take a "payment discount" of 3% back to Feb. 1st. We have made adjustments to our operations and can absorb this cut without any direct impact to Respite Caregiver wages. Unfortunately, we have been informed that as of 9/1/09 the rate regional center pays us will drop another 7.1% (totaling 10.1% in rate cuts), unless the Dept. of Developmental Services (DDS) can come up with \$100M in savings for regional center Purchase of Services. Such a huge rate cut will inevitably impact Respite Caregiver wages all over the state and at our organization too, as no organization can absorb such a huge reduction in revenue. It is going to be nearly impossible for service providers and many are going to be forced out of business. Parents and caregivers are urged to **STAND UP NOW AND MAKE YOUR VOICE HEARD! Call your Senator and write to DDS!**

If we do not have your email address, please email me or call our office and give it to us so we can add you to our private email distribution list for important budget announcements. Here are some other budget cuts that families need to be aware of: SSI cuts back to 12/08 rates as of 5/1/09, decreased funding for IHSS – many counties are going to have to lower the wages to \$8/hr, and regional center staffing ratios are going to rise.

The best thing families can do is to use all their authorized respite hours regularly! We need to continue our steady growth as an organization to be able to keep the doors open for everyone. If you do not have anyone to support you, please call us to interview one of our many on-call caregivers, or refer someone for us to hire. In 2008 CISS delivered over 100,000 hours of respite care to local families, which was 70% of all authorized hours. Right now, we have more experienced caregivers available than we have families who have asked for help, so don't be shy - call us today.

Introducing Our Newest Administrative Staff

To continue to support our respite families and caregivers, we have added some dynamic people to our administrative team this past year. Please help us welcome them!

Elizabeth Peltz, Family Services Associate

Liz joined CISS in June last year and has helped to match many families with interested Respite Caregivers. She is an energetic, bilingual member of our Family Services team who has been a Staffing Specialist and Recruiter in the staffing field.



Dr. Laura Addison, PhD/BCBA, Behavioral Consultant - Dr. Addison is a Board Certified Behavior Analyst who started her own business, Addison Behavioral Resources (www.addisonbr.com) working closely with families, the schools and regional centers. She has a PhD in School Psychology with her Master's in Clinical Psychology. She has been on faculty at CSULA and has also worked with Dr. Lynn Koegel (UCSB) and Dr. Dee Shepherd-Look (CSUN). She leads the behavioral intervention training part of the new CISS Enhanced Respite program performing in-home intakes with families and providing classroom and individualized training to our caregivers on how to best address behavioral challenges.

Peggy Bishop, Manager of Family Services - Peggy has over 20 years of experience helping people with developmental disabilities. She had previously held many roles at Pathpoint (formerly Work Training Programs, Inc.) such as agency Trainer, Project Manager, Transition Specialist, and Day Program Coordinator. She is a National Pro-ACT Trainer and has taught CPR and First Aid for many years. She is also an active member of the Learning Community and is a Certified Person-Centered Thinking Trainer.

Congratulations Colleen Duncan, Uvence Garcia & John Ryan!



Colleen Duncan, former Resource Developer, has been hired into the new role for TCRC of Autism Coordinator.

She reports to Dr. Steven Graff, TCRC Clinical Director who announced her position in September, stating, "Colleen brings a broad knowledge of autism treatments, vendors, and issues in serving persons with autism in the Clinical Department."

Uvence Garcia and John Ryan have been promoted to the roles of Childrens' Team Managers after serving for many years as Service Coordinators. Uvence is in the Simi office and John is in Oxnard. Both have shown great support for both of our programs and we look forward to continued collaboration.

We wish them all success!



Respite Shirts are Here!

One t-shirt is available to all active caregivers, and extra t-shirts are available for \$10 each. With a team theme, the shirts are both fun and functional!



Referral Bonuses

Our employee referral bonus was recently raised to \$50 per referral. If you know someone who would be a great Respite Caregiver, have them apply and mention you! After they have worked for 6 mo., you will get a nice bonus!

Enhanced Respite Program Launched!

CISS was recently awarded the Request for Proposal (RFP) by TCRC to develop an Enhanced Respite Program. This service was designed to meet the needs of families who have children experiencing behavioral challenges who need better trained and supervised Respite Caregivers to maintain consistency in behavioral interventions. Here are some other highlights:



	Regular Agency Respite	Enhanced Respite (aka "Behavioral" Respite)
Authorized Hours	Up to 25hrs/mo and hours roll month-to-month within the authorization period	10hrs+/week (40hrs/mo) and hours do not roll into the next month. Typically authorized for a brief period of time and faded back to regular respite once behavioral challenges have decreased
Caregiver Training & Wages	CPR and First Aid. All other training is performed by family. Optional monthly staff trainings are available to expand skills and knowledge. Pays \$9.50 - \$10.50/hr + mileage	CPR and First Aid. Formal training program consists of Positive Behavioral Supports (8 hours) and Pro-ACT Crisis Intervention Training (16 hours). Mandatory monthly staff meeting. Personalized in-home training with Behavior Consultant. Pays \$12.50 - \$14/hr. depending on exper. + mileage
Caregiver Qualifications	Experience with special needs or recommended by a respite family. Passes all required background checks	BA in related field + minimum of 6mo. experience, or a minimum of 2 years of experience. Passes all required background checks and training courses
Assessment & Creation of Behavior Plan	N/A – Respite Caregivers are trained by parents, or shadow the existing behavior agency to learn intervention plan	CISS Behaviorist with PhD/BCBA performs in-home assessment and creates a simple behavioral plan if none exists. CISS Behaviorist works with existing behavior agency to ensure CISS caregiver is trained and is implementing plan

How long does it take to start receiving the Enhanced Respite services?

Once TCRC sends CISS the approved authorization for the Evaluation and ongoing Enhanced Respite hours/miles, the parent is called to arrange a time for the CISS Behavioral Consultant and the Family Services Manager to do a home visit. They meet with the parents and do some observation of the child to help shape how the services will best help the family. Recruiting for the family begins immediately after the intake and may take up to two weeks on average, depending on the respite schedule requested by the family. Interested families should contact their Service Coordinator to inquire about the program. More info can be viewed on the CISS Services website.

Celebrating a Year of Success and Growth!

The second annual All Staff Meetings were held in December and focused on celebrating our accomplishments and looking ahead toward our fifth year! We had almost 200 employees in attendance. We were excited to give each caregiver their new Team Respite T-Shirt, and many prizes were given away.



Aside from the evening fun, the latest revisions to the employee handbook, the new timesheet, and safe lifting techniques were reviewed. Individual staff were honored for their participation in the monthly trainings, childcare support for the VCAS meetings, highest support hours given to families, as well as our quarterly Respite Caregiver of the Month awards (see page 6). Six current caregivers qualified to participate in the company's 401k retirement program, which is a rare benefit offered in this field to employees who have worked over 1000 hours in 2008.

On behalf of our families, a great big thank you to all of our amazing Respite Caregivers!!!!



Check Out the Toys!

Respite Caregivers are encouraged to come by the office to check out the new Toy Lending Library. We have many toys, books, videos & board games to loan out for developmental ages up to 10 years old. The creation of the toy library was inspired by many families we help who have difficulty affording toys and books for their kids. Thanks to Cindy Arndt for all her help setting it up! **Make your respite even more fun by checking out items for up to 2 weeks!**



Bassinets to Borrow

If you have a bassinet or crib you would like to give to a needy family, please call the office. We loan them to families who are expecting a baby and need a safe place for the baby to sleep. Did you know that over 500 kids die each year due to suffocation from sleeping with their parents? If you know of a family we can help, please call us today.



Library Launched!

TCRC Rainbow Connection Family Resource Center has given CISS materials to loan out to families, caregivers and interested community members. Come by to check out our collection or consider donating disability-related books, videos, or educational games.

The Power of Hope

By Amy Ostertag, Parent

One of my favorite poems is by Emily Dickinson and it speaks to the subject near to my heart, the power of HOPE! Hope has kept me warm on so many chilly nights of the soul and I have heard its quiet melody, drawing me back to the warmth of its light.



I'll never forget the call that I received when pregnant with my little girl telling me that she had Down Syndrome.

This call was soon followed by disheartening test results, showing that she had a complex heart problem. Our dreams went under a major renovation, as our hearts were opened and blessed by a joy that we couldn't have imagined possible in those first months after her initial diagnosis. In the 1 ½ years that we shared with her, she taught us the power of hope.

Our hopes had to change from the healthy baby girl we dreamed of in the beginning...to hoping for a repair for her heart...to hope for each new day as it dawned...to hoping she could die with minimal pain...to the hope of seeing her again someday in Heaven. It was a journey rich in love, and the special joy and strength she radiated each day of her life. We have shared our journey with others online at <http://www.benotafraid.net/story.asp?id=25> **I learned a long time ago that none of us can do it alone.**

“Hope” By Emily Dickinson

Hope is the thing with feathers
That perches in the soul,
And sings the tune without the words,
And never stops at all,

And sweetest in the gale is heard;
And sore must be the storm
That could abash the little bird
That kept so many warm.

I've heard it in the chillest land,
And on the strangest sea;
Yet, never, in extremity,
It asked a crumb of me.



love. People would send meaningful gifts that reminded us that we were not alone in this journey and this helped to buoy my spirit in the roughest of times.

The black undertow of despair can sometimes creep up around my feet. When it threatens to pull me under I can look to the prayers, love and support of others to help me find my footing again. **When hopeful feelings seem inaccessible, a small break often helps** - whether it is reading some poetry, going on a long walk, a few hours of respite from the medical needs of my child, curling in the covers for a much-needed nap, or coffee with a friend. It helps to renew and recharge my mind and heart so I can find the warmth of hope's light and clear my head so I can hear its lovely song.

In the months since Ben has been home from UCLA and all those treatments, Ben is walking again and we see him making huge strides in therapy with each passing week! He is my hero. He has reminded me every day to not take anything or anyone for granted. I would not want to repeat this past year for anything, but our family is stronger now because of these experiences and with God's grace, we look to the future - a long, happy future of health and continued milestones ahead.

Sometimes life's circumstances make us dig deep to find a new focus for our hopes. Sometimes family and friends whisper its soft song in our ears. Sometimes we need to take some time to heal so we can re-connect with it again, but always remember... **We all need hope in our lives!**

Have a great idea?



Is there an event that you would like to see happen or a story to feature in a future newsletter? Call us!
(805) 384-0983

Bolt Movie Recap

By Tim Francis



Who doesn't love a good movie? The smell of the popcorn, finding the perfect seat, a big cherry ICEE, the digital sound, and finally, the lights dim...and then "Pow" the magic begins!

All of those sights, sounds and smells can be a bit overwhelming however for a child with sensory processing challenges and other special needs. On 11/22/08 we were so happy to again receive support from the Roxy Stadium Theater 12 in Camarillo to present a very special screening to our families, Disney's "Bolt" Movie. It was actually 2 screenings, since the response from the families was so overwhelming; we had to book a 2nd theater! This worked out for the best since this allowed for less crowded seating and better wheelchair access.

Special thanks to Roxy Theater Manager Paul Curro and his staff for opening their doors early and fine-tuning the lighting and sound for both theaters so it was not overpowering. This was only the second time that CISS has arranged an event like this, and judging from the thankful and positive responses we've gotten, it won't be the last! Now to find the next perfect family movie...

Bringing the Balance Back Into Your Family Life

By Tera Marquez, Parent



*The Marquez Family with au pair Sona (above right)
Picture taken at CISS Summer Family Picnic, June 2008*

As the mother of three young children, ages 7, 5, and 1, I know how difficult it is to balance life, family and work. For a family of five, including two children with special needs, finding the right childcare was one of the most challenging decisions my husband and I faced. We needed a trustworthy full-time caregiver who could offer the flexibility and affordability a busy family such as ours required.

One flexible and affordable option available to busy parents is hosting a live-in au pair. Au pairs are adventurous, educated, young people from abroad who choose to leave their life at home for one year to share their love for children with an American host family.

Au pairs are excited to become part of an American family and experience American culture by living in our communities, volunteering and taking classes at local colleges. We welcome the enthusiasm an au pair brings into our home.

An au pair has been the perfect childcare solution for our family, since we love to travel and learn about other cultures. Like most families, we want to educate our children as early as possible about the world beyond their small grasp through travel and cultural exchange. We welcomed an au pair from Slovakia last year—Sona, and have just recently welcomed our newest au pair Alicia into our home. We have enjoyed learning their culture, and having them learn about ours as well.

With an au pair, our family is more easily able to balance our busy lifestyle. As working parents, and the parents of two children with Autism, it was difficult to say the least to keep up with school, therapy, and childcare. Having been able to slow the pace down for the children, have them at home together and able to do therapy in the home has been a tremendous relief. Neither au pair came to us as an expert in Autism, but as a caring person who was willing to learn and accept the challenges that come with children with special needs.

"Neither au pair came to us as an expert in Autism, but as a caring person who was willing to learn and accept the challenges that come with children with special needs."

The U.S. Department of State regulates all au pair programs in the United States, offering my husband and me the peace of mind that our children are in trusted, qualified care. Au pairs live and study in the United States for one year on a J-1 cultural exchange visa, in exchange for providing 45 hours of childcare per week. The U.S. Department of State requires that au pairs are between the ages of 18 and 26 years old and speak proficient English. Each au pair completes a comprehensive application, including childcare references, non-family personal references, an essay about why they want to join the program, a medical examination, a background and criminal check and an oral examination.

For a family with three young children, **hosting an international au pair at the cost of \$300 a week is the most affordable and rewarding childcare option available to us.** Each au pair has created a very caring environment for our children and is enriching their playtime with games, stories and activities, while also helping our family better balance our daily lives and schedules. It has been a fantastic opportunity to access the childcare we need and helps to teach our children that there is a larger world out there.

About the Author: Tera Marquez is a mother, professional, and local Childcare Coordinator for Cultural Care Au Pair in Camarillo, CA. She loves connecting local host families with au pairs from around the world, helping families find flexible and affordable childcare. Tera welcomes your questions about the au pair program and can be reached at (805) 276-2067 or tera.marquez@lcc.culturalcare.com. For more information, please visit www.culturalcare.com.

New 2009 Timecard!



We have gone sideways... timecards that is. The new revised 2009 timecard is now flipped on its side to allow more room to write, and we have added two new columns for activity travel miles.

Please use Roundtrip Miles for your mileage to and from the family's home only. If you drove an individual (with an approved **Travel Authorization form on file**) please put that mileage only in the Activity Travel Miles column and describe where you traveled. If you have any prior year blank timecards please discard them!

Timecards can be printed from our website and copied. If you have questions regarding how to complete your timecard please do not hesitate to contact the office.



Respite Caregiver Safety Training Schedule

To RSVP call Stephanie x855

Key to Classes:

- A: Adult CPR
- C: Child CPR
- I: Infant CPR
- F: First Aid
- ALL: Adult, Child, Infant CPR + First Aid
- *Bilingual Class

March 2009

- 8th 8:30-4pm ALL*
- 17th 5-9pm A/C
- 19th 8:30-4pm ALL
- 24th 5-9pm I/FA

April 2009

- 4rd 8:30-4pm ALL
- 21st 8:30-4pm ALL
- 23rd 5-9pm A/C*
- 30th 5-9pm I/FA*

May 2009

- 9th 8:30am-4pm ALL*
- 12th 5-9pm A/C
- 14th 8:30-4pm ALL
- 19th 5-9pm I/FA

June 2009

- 7th 8:30-4pm ALL*
- 11th 5-9pm I/FA
- 13th 8:30-1pm A/C*
- 16th 8:30-4pm ALL



Save the Date for Our Summer Family Picnic!

Sat. May 16th 11am-2pm

The CISS Summer Family Picnic was held at Camarillo Grove Park on June 21st and almost 200 people attended. The location was fabulous, despite it being a record-breaking hot day for the city! Big thanks to all the families and caregivers who attended this fun event and who brought delicious side dishes & desserts to complement the open fiesta taco bar.

We had so many exciting activities and games for everybody to participate in. There was live musical entertainment, inflatable jumpers, crafts, bubbles, and many games like musical chairs and water toss. A special thank you to the following people and organizations: **Dr. Carlos Barraza** for giving his time at our first aid station; the **Girl Scouts from Troop 824** who led the face-painting; the **Boy Scouts from Troop 262** who helped us with games and activities; and to the fabulous staff of **Creating Inclusive Opportunities, Jessica & Iris**, for doing crafts with the kids and families. It was truly a wonderful gathering and a big success and we hope to see you this summer too! **Mark your calendars now for the next family picnic! Saturday, May 16th, 2009**

EMPLOYEE of the MONTH

Each quarter, our Family Services team selects Respite Caregivers who have proven to be outstanding at helping multiple families. The awardees are recognized at an awards luncheon. Please help us congratulate the following Respite Caregivers of the Month for the past nine months.



Above: Rachel Sanchez-Hernandez 6/08
Gina Cantrell 5/08, Lisbeth Ibarra 4/08

Ana Rodriguez 7/08, Lili Udomsrianan 8/08
Margarita Mejia 9/08



Featured at Left:
Christina Velazquez 10/08
Claudia Rodriguez 11/08
Cathryn Maciel 12/08

Transportation Guidelines



The regional center authorizes mileage reimbursement to respite agencies for occasional, local, community access and for transportation to/from family's homes. To better ensure safety for everyone, Respite Caregivers need to establish rapport with each child in their home environment prior to taking them out into the community. **The Travel Authorization form must be completed by the parents and the caregiver** and submitted to CISS prior to any transportation. This form outlines many of the details such as travel distance and locations allowed by the parents, mode of transportation, and the loan of house keys and car seat to the caregiver.

Parents should always be contacted prior to each outing to obtain permission and guidance. CISS insurance policies require drivers must be over the age of twenty-one to transport any individual, with a valid driver's license, insurance in the driver's name, and a good driving record. Please contact CISS to obtain the Travel Auth. form needed for each caregiver or if you have any questions.



Caregiver Training Opportunities

(1st Wed/mo 6-8 pm)

- ♥ **March 4th**
Abuse recognition and prevention
- ♥ **April 1st**
Communication techniques, including simple sign language
- ♥ **May 6th**
Early intervention services and supports (kids under age 3)
- ♥ **June 3rd**
Helping families through grief and loss

Community Events

- ♥ **Walking the Path Together Conference**
4/25/09 - 8am-1:30pm at Moorpark College) for families of young children with special needs under age 5 & the professionals who support them
Call Selpa at (805) 482-2353 or visit venturacountyselpa.com



- ♥ **TCRC Autism Resources Fair for Parents**

4/8/09 - 3:30-5pm Oxnard
4/22/09 - 3:30-5pm Simi

- ♥ **Tri-Counties Regional Center Town Hall Mtg**
5/20/09 - 1pm at TCRC Simi Valley office
Come to hear what's happening at TCRC and tell them how they can help you and your child better!

Pro-Act Training Offered

By Peggy Bishop, Family Services Manager, National Pro-ACT Trainer



In our new Enhanced Respite program, employed caregivers will receive additional training in Pro-ACT, a risk management, safety enhancement training tool based upon the following principles: professionalism, preparation, problem solving, teamwork, assessment, effective crisis communication and evasion. Pro-ACT is designed to enhance primary and back up plans, not replace them. The research-based principles, which have been continually developed since 1968, focus on safety, maintaining dignity and promote critical thinking.

CISS Enhanced Respite Caregivers will be trained in the Basic 16-hour certification reflecting the on-going emphasis on avoidance of the use of restraint. Pro-ACT is taught by a Certified In-Service Instructor and can only be taught within the organization which the Instructor is employed. Ultimately, the goal is to help people learn alternative methods for meeting their needs while maintaining safety for everyone.

Activities by Rainbow Connection Family Resource Center



This is only a sampling of activities. For more info, call 485-9643.

Name & Location	Day Scheduled	Time	Description
Sibclub (Oxnard)	1 st Friday/mo	6:30pm-8:00pm	Games, Fun, Activities, for 5 – 14 year old siblings of children with developmental disabilities
Cerebral Palsy Support Group (Simi)	3 rd Monday/mo	9:30am-11am	Join other parents to talk about issues related to raising children with cerebral palsy and share resources and information.
Down Syndrome Support Group (Oxnard)	2 nd Thurs./mo	6:30pm-8:30pm	Families have open discussions on issues related to raising children with Down Syndrome.
Autism Spectrum Disorder (ASD) Parent Support Group (Oxnard)	2 nd Wed./mo	7-9:00 pm	For more info contact Tera Marquez by email at tera.marquez@gmail.com or Karen Bobo at asdparentsupportgroup@gmail.com
Hiking group for Dads and Sons	1 st Saturday/mo	Tbd	Bob and his son Michael, invite other dads and their sons with developmental challenges to go hiking. If you're interested in participating, call Bob at (818) 735-7331 or (818) 789-1586 x223.
Special Parents Network	Oxnard 3 rd Wed. Simi Valley 3 rd Thurs.	Oxnard 6:30-8:30pm Simi Valley 9:30-11am	Parents meet for a cup of coffee, learn about resources and talk about issues related to raising children with special needs.
Support Groups for Parents of Children with Autism (Oxnard)	Last Monday of the month	Tbd	For more information call Leila Silva at (805) 480-9039 or (805) 341-3089
Social Time for Adults served by TCRC	Last Saturday RSVP Needed	Oxnard 12:30-2:30pm	Come and join other adults for refreshments, conversation, browsing in the library, and enjoy a movie and popcorn at Rainbow Connection in Oxnard.

Featured Group: "Janet's Got Her Period & Her Mom's Freaking Out"

3/19/09, 7pm – 8pm at TCRC Oxnard

Planning for self-care in menstruation for girls and young women with special needs can be challenging. Come join other parents in a discussion about these issues and share tips and suggestions that might help make things a little easier. Call Rainbow at 485-9643 to sign up.



Respite: The Gift of Time



Family Strengthening Through In-Home Support

Respite That's Relaxing, Not Taxing!



Voted 2006 and 2007
Service Provider of the
Year by the Ventura
County Autism Society

www.vcas.info



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900 Calle Plano, Suite K
Camarillo, CA 93012

Presort Standard
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PAID
Permit 1366
Oxnard, CA 93030

Don't forget to mark your calendars for Sat. May 16th, for the Family Picnic!

The CISS Admin. Family gathers to watch the Inauguration of President Obama.

Pictured left to right:
Beth, Sharon & Tim
Martha, Patrice, Liz, Peggy, Edith &
Stephanie with baby Bailey



CISS Handy Phone List

Phone (805) 384-0983

Fax (805) 384-0986

Family Services:

Martha Esquivel (x853) – West Co.
Liz Peltz (x856) – East Co.
Edith Wysinger, Manager (x852)
Peggy Bishop, Manager (x857)

Human Resources:

Stephanie Brown (x855)

Accounting & Payroll:

Beth Alender (x851)

Administration:

Sharon Francis (x850)

Timothy Francis (x854)