



THE

Navigator

SUMMER 2010

Pilot Parents of Southern Arizona

Volume 15 Issue 4

A Parent Training and Information Center Network Partner Serving Southern Arizona

Keep Learning Alive Over the Summer

Even though the school doors may be closed for the summer, kids' minds are always open to learning. Summertime is a great time for learning. Parents can not only help their kids keep their learning gains from the past year, but also help them get a jump start on the year ahead.

Now, you're probably hesitating as you just imagine the cries of protest coming from your child, "Aw, but it's summer vacation! I don't want to do school work now!" But wait—summertime learning doesn't necessarily have to be dry and boring. There are many fun and interactive things to do in Tucson and the surrounding communities. And, many of them will play right into what your child will be learning in school.

Parents play an important role in keeping learning alive over the summer and all year long.

Some summer activities you might like to take part in along with your child might be the **Tucson Pima Public Library summer reading program**. This year it is entitled, "**Make a Splash—Read!**". There are incentive gifts for all age groups; kids, teens and adults. The program runs from May 27th through July 18th. Additionally there is an online calendar for any of the 27 locations of the library showing activities offered at the various branches, with times and registration information. It is a lot of fun and the entire family can read together! For more information go to www.library.pima.gov or ask your local librarian.

Another activity that is fun and educational is **2010**

Summer Saturday Evenings at the Sonoran Desert Museum. Between 6:00 p.m. and 9:45 p.m. you may discover Museum Docents and Jr. Docents interpreting live animals, celestial wonders, fluorescent minerals, night pollinators, animal eye shine, Sonoran Desert insects, night sounds, and bat, scorpion, or rattlesnake kits. Some of the normal exhibits close at sunset so check the website or the white board as you enter the Museum to see what exhibits are open and special treats. Admission after 4:00 p.m. is only \$7.00 (\$2.25 for kids 6 through 12, and FREE for 5 and under). Remember after the sun goes down it is much cooler at the Desert Museum than it is in town. Go, enjoy, and cool off! Also, there are special daytime activities at the Desert Museum along with dining, gift shops and the Gallery. Phone number for the Museum 520-883-2702. And check the website www.desertmuseum.org for special presentations on specific Saturdays throughout the summer.

Tucson Children's Museum 200 S. 6th Ave. (520) 792-9985. Offers adventure learning, with dinosaurs, games, special events throughout the summer and an on-line calendar of these events for your use in scheduling visits. A safe place to take kids of almost any age. Check out their website www:tucsonchildrensmuseum.org for more information on exhibits and special days.

Summer Movie Club at Grand Cinema's May 31st through Friday August 6th. Free for kids 10 and under, \$2.00 everyone else. Crossroads movies start at 10:00, Oracle View movies begin at 11. Go on-line to get a list of movies. What a great way to stay cool with your kids over the summer. Schedule (continued on page 2)

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The book review section of the "Navigator" has a new format and is called "Creative Corner". We still have the library books/videos here

for your use so please come and visit. The "Exceptional Parent" and "Family Fun" magazines are a wealth of information, activities and parenting ideas that we hope will be of interest to our families.

Creative Corner

"WHAT IS THE SIGN OF A GOOD DECISION? THE FIRST TIME YOU THINK ABOUT YOUR CHILD'S FUTURE WITHOUT ANXIETY."

There is a wonderful, informative website called "Wrightslaw.com" that has great FREE articles concerning children with disabilities education issues. The Wrights, Pam and Peter, are national speakers in the special education law area. They came to Tucson in 2008 for a great all day seminar. If you have time, take a look at their website. They also have a new bullying toolkit, "Bullying Prevention in Positive Behavior Supports", that can be ordered by teachers for FREE to discuss with all the students in the class. I have ordered one for use in our library here at Pilot Parents.

The Wrightslaw website also includes "Wrightslaw Yellow Pages for Kids with Disabilities". This website has a list, by state, of resources for children with disabilities. Doctors, psychologists, tutors, education consultants, health care providers, speech therapists, occupational therapists and many more are listed.

Pilot Parents received a few free copies of the book, "Getting the Therapy, Benefits, and Resources

Your Child Needs: A Guide for Parents of Children with Cerebral Palsy and Brain Injury" by Richard P. Console, Jr.

In this book, Richard guides you through the maze of issues so you can obtain the benefits and services your child deserves in the following areas:

- * Navigating through the insurance system
- * Getting special education benefits
- * Knowing your rights to other benefits
- * Getting rehabilitation and nursing care
- * Obtaining cutting edge and alternative therapies
- * Getting funding for medical equipment.

If you would like one of these copies, please contact Cheryl at 324-3150. Copies are limited so it is first come-first serve. For a free copy of this book, call 1-800-208-3494 or visit

www.DaniellesFoundation.org for more information.

"Winning Tactics in the War on Clutter"

Follow these basic rules to make your home run more smoothly:

Reduce the amount you need to organize in the first place.

Keep only those items you truly love or use, says Brooks Palmer, author of "Clutter Busting: Letting Go of What Is Holding You Back". Don't hang onto an unwanted item just because it cost a lot or Aunt Sue gave it to you 20 years ago. Shoving it all in the closet and slamming the door does not count.

(continued on page 4)

(continued from page 1) is available on-line at www.movievalue.com. There is a different movie every week.

Bookmans: Dog Days of Summer July Events. The entire month of July is devoted to our furry friends, including Christmas in July for photo opportunities for "pictures of your best fuzzy friend with the jolly guy." Check www.bookmans.com for dates and or information on events and locations.

Breakers—8555 W. Tangerine Rd., Marana (520) 682-2304

Mom's Morning Program - at the New Captain Kidd's Surfari. Children 48" and under are invited. Tues through Friday 7:45 to 9:45 a.m. Children must be accompanied by a parent. \$5.50 each parent and first child, second and third child \$4.00 each. Go to www.breakerswaterpark.com for other hours and fees.

Tucson Botanical Gardens - Dog Days of Summer- walk your dog Tuesday mornings between 7 to 8:30 a.m. through the gardens. **Native Butterflies** opening July 1st. **Twilight Thursdays** 5p.m. to 9 p.m.. Check out their website www.tucsonbotanical.org for more information on hours and programs.

Bodies....The Exhibition, 300 E. Congress St. Rialto Building. Started in mid May for 8 weeks—ending soon. For pricing and hours go to: www.bodiestheexhibition.com

Kids Bowl Free... go on-line to find out how. www.kidsbowlfree.com 2 games per day per child. Check it out!

IEP PARTNER PROTOCOL

Pilot Parents of Southern Arizona is a Parent Training and Information Network Partner, providing assistance to families in Cochise, Gila, Graham, Greenlee, LaPaz, Pima, Pinal, Santa Cruz, and Yuma counties.

The mission of Pilot Parents is a commitment to provide encouragement and support to families who have children with special needs, so that their children can reach their maximum potential within the family and society.

We believe that families are indeed the best capable and most consistent advocates that their children will have. While Pilot Parents is not able to provide in-depth advocacy services for each and every family individually, we offer numerous workshops and trainings for families in order for them to strengthen their advocacy skills and become empowered to advocate for their children in a variety of situations including the Special Education setting.

One of the services Pilot Parents of Southern Arizona (PPSA) provides is training on the IEP process. Often we are asked to provide a family with an IEP Partner (someone from our office available to attend the IEP meeting with the family). We have implemented the following guidelines for this particular service.

1. Pilot Parent staff will review and discuss the present IEP with the family either by phone or by setting up a one to one appointment with one of our education consultants.
2. During the one to one conference, together the consultant and the family will develop an Action Plan. This plan indicates what Pilot Parents has agreed to do and what the consultant suggests the family do to resolve the primary issues facing the family.
3. Families will be invited and encouraged to participate in our workshops and other trainings. The exposure to these topics will assist parents in learning more about the special education process, what the family role is, and how to participate effectively with education professionals in school meetings.
4. If steps one through three have been followed by parents, then Pilot Parents may attend **one or no more than two IEP meetings** and **only** if the family had already made an attempt to resolve the issue, but was unsuccessful.

(Developed 6-10-10)

Pilot Parents of Southern Arizona provides free trainings to parents and groups on various topics in English and Spanish. There is usually a listing in the current Navigator and you can also find a listing of our workshops on our website: <http://www.pilotparents.org>. All of the trainings are free, but some have limited seating and you must register to ensure the training is provided on the day it is supposed to. Some workshops may be cancelled if there is not a minimum number of participants. Call 530-324-3150 or 1-877-365-7220 for more information.

NAMI Southern Arizona An organization providing advocacy, education and support for people with neurobiological disorders and their loved ones.

NAMI Basics is a 6 week educational course for parents and caregivers of children and adolescents living with a mental illness.

Classes are offered for 6 consecutive weeks beginning July 13th through August 17th and October 5th through November 9th, 2010. Course topics include recognition of mental illness as a traumatic event for the child and the family, recognition of the need to address day to day burdens of care and management and empowerment of family caregivers as effective advocates for their children.

For more information please contact NAMI of southern Arizona at 520-622-5582; 6122 E. 22nd St., Tucson 85711; namisa@namisa.org; www.namisa.org

(continued from page 2)

Give everything a home.

“A place for everything and everything in its place” may seem an old-fashioned idea, but it really works, experts stress. Store like items together (all homework supplies in one handy box, for example). The best home for something is near where it is used.

Get the kids involved.

“More important than having family organizing equipment is teaching your kids good routines” says Debbie Lillard. She has taught her three kids, for example, to put their stuff away the minute they come in the door. At first, mention of such rules might be met by a chorus of groans, but soon following them becomes automatic.

Don't shoot for perfection.

Cynthia Townley Ewer recommends starting small by identifying the problems that are causing the most anxiety (the missing car keys), then trying the easiest solution (a bowl on top of the fridge!). When that issue is solved, move on to another one.

Spend a little time every day maintaining your system.

Erin Rooney Doland suggests creating a half-hour MP3 mix (let kids pick their favorite high-energy selections) and make that your family's cue to start a daily evening cleanup.

“MOBILITY-STANDING UP FOR STUDENTS WITH SPECIAL NEEDS”

Schools are providing students with disabilities motorized “standers” for physiological, academic and social benefits.

Independent movement has long been regarded as vital for students with special needs. In fact, research shows that children that can move independently through their environment have better spatial and cognitive skills, and learn more in a shorter amount of time than those that cannot.

However, until recently the only option for students with disabilities for powered mobility has been some sort of motorized wheelchair. Although this provides the self-initiated movement the student needs, further research has proven that there are also significant benefits to keeping the student in a standing position. So much so that stationary “standers” - basically standing frames with appropriate support straps to keep the student upright - are also available for students with special needs.

Fortunately, a new category of product is combining the best of both these options into a “motorized stander” that allows the student to move around freely while in the upright position.

Introduced by Innovative Products, Inc., a company that develops mobility devices for children with disabilities, the Sit-to-Stand Power Base with Stander is the only motorized stander with multiple standing options available at the present time. The product allows the student to initiate their own mobility, while standing or sitting for that matter. According to physical therapists, (continued on page 9)

GINGERBREAD WAFFLES

- 4 eggs
- 1/3 cup sugar
- 1 cup molasses
- 1 cup buttermilk
- 3 cups flour
- 2 teaspoons ground ginger
- 1 1/4 teaspoons cinnamon
- 1 teaspoon ground cloves
- 3/4 teaspoon salt
- 2 teaspoons baking soda
- 2 teaspoons baking powder
- 1/2 cup unsalted butter, melted

Whipped cream, fruit, nuts (optional)

With electric mixer, beat the eggs until light and fluffy, about 2 minutes. Add sugar, molasses, and buttermilk and mix until blended.

In separate bowl, sift flour, spices, salt, baking soda and powder together. Add dry ingredients to egg mixture and stir until smooth. Stir in butter.

Cover and refrigerate overnight, or cook immediately in a waffle iron until golden brown, 2 to 4 minutes. Makes 14.

WHEN YOU THOUGHT I WASN'T LOOKING

When you thought I wasn't looking I saw you hang my first painting on the refrigerator, and I immediately wanted to paint another one.

When you thought I wasn't looking I saw you feed a stray cat, and I learned that it was good to be kind to animals.

When you thought I wasn't looking I saw you make my favorite cake for me, and I learned that the little things can be the special things in life.

When you thought I wasn't looking I heard you say a prayer, and I knew that there is a God I could always talk to, and I learned to trust in Him.

When you thought I wasn't looking I saw you make a meal and take it to a friend who was sick, and I learned that we all have to help take care of each other.

When you thought I wasn't looking I saw you take care of our house and everyone in it, and I learned we have to take care of what we are given.

When you thought I wasn't looking I saw how you handled your responsibilities, even when you didn't feel good, and I learned that I would have to be responsible when I grow up.

When you thought I wasn't looking I saw tears come from your eyes, and I learned that sometimes things hurt, but it's all right to cry.

When you thought I wasn't looking I learned most of life's lessons that I need to know to be a good and productive person when I grow up.

When you thought I wasn't looking I looked at you and wanted to say, "Thanks for all the things I saw when you thought I wasn't looking"

Each of us (parent, grandparent, aunt, uncle, teacher, friend) influences the life of a child.

How will you touch the life of someone today?

ONE DAY AT A TIME



There are only two days in every week that we should *not* worry about, two days that should be kept free from fear and apprehension.

One is *Yesterday* with its mistakes and cares, its faults and blunders, its aches and pains. Yesterday has passed, forever beyond our control. All the money in the world cannot bring back yesterday. We cannot undo a single act we performed. Nor can we erase a single word we said. Yesterday is gone.

The other day we shouldn't worry about is *Tomorrow*. Tomorrow is beyond our immediate control. Tomorrow's sun will rise either in splendor or behind a mask of clouds - but it will rise.

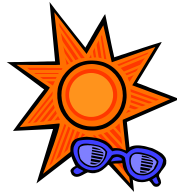
Until it does, we have no stake in tomorrow, for it is yet unborn.

This leaves only one day - *Today*. Any person can fight the battles of just one day. It is only when we add the burdens of yesterday and tomorrow that we break down. The experience of today doesn't drive people mad - it is the remorse of bitterness for something which happened yesterday, and the dread of what tomorrow may bring.

Let us therefore live one day at a time!

- Author Unknown

SUMMER SAFETY TIPS



Summer is upon us in all of its glory. Heat related injuries, dehydration, sun burn, fire safety, and many other obstacles block our way to thoroughly enjoying our summer fun. Here are some reminders to help you enjoy your summer.

Heat Safety: Avoid strenuous outdoor activities between the hours of 10 and 3. Never leave an infant or child in the car; heat stroke in children can occur within minutes. Drink plenty of water, regardless of your age, before, during and after activities in the sun, or heat. If you feel thirsty, you are already dehydrated. Drink a glass for yourself and one for your body. How do you know if you are dehydrated? Do you have a headache? Are your lips and or tongue dry? Do you feel weak or dizzy? Are you extremely tired? Is your urine concentrated (darker than normal)?

Water Safety: When it gets hot, many of us head for the pool. This also poses a danger. Never go in the water alone; regardless of your age. Never take your eyes off of your children, don't answer the phone, or go inside even for a minute. It takes only seconds to drown. Make sure there is a fence around your pool or some means to prevent children from entering the pool area without you.

Bicycles: Never ride your bike without a helmet! Follow all local laws for riding your bike. You can get these from your local police or fire station or on the internet. One good site is The National highway Safety Administration site: www.nhtsa.dot.gov .

Fire Safety: With all of the rain we had this winter, we have an abundance of dry weeds and debris that can quickly ignite and cause very serious fires. Always make sure you stay with your grill and cover any embers that might get blown or spark a wild

fire. Be careful if you hike or camp that you don't accidentally trigger a fire. Be Fire aware!

Wildlife: Just as you like to do your exercising in the cooler hours of the morning or evening, so do the critters of the desert. Be on the look out for snakes and coyotes, bobcats and mountain lions in the cooler temperatures. Javelinas and Gila monsters are nocturnal (come out at night). We forget that we are living in their environment, learn to share safely.

Summer is here and we all have the desire to enjoy it. With a few quick preparations, we all can. Be safe and have an enjoyable summer.

Parts of this article were taken from North Tucson Living Magazine. June/July 2010 issue.



CALLING ALL ADVOCATES!!!!!!!

To advocate: to push for something, one that pleads in another's behalf; an intercessor, a person who intercedes on behalf of another.

PARTNERS IN POLICYMAKING

Is currently accepting applications from parents who advocate for their child(ren) with special needs or self advocates, who would like to learn more about being an advocate and would like to learn best practices in the disability field and the competencies of influencing public officials. Partners gain the ability to teach policymakers a new way of thinking about people with disabilities.

For more information, visit our website: www.pilotparents.org or contact Karen at 520-324-3158. This is a great program and a wonderful opportunity to learn more to help your child. Don't miss out, check out the program today!



PILOT PARENTS OF SOUTHERN ARIZONA
2010 SUMMER EDUCATION SERIES

Understanding Section 504

Wednesday, July 28, 2010

1:00 pm - 3:30 pm

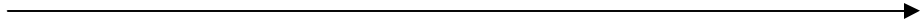
Eckstrom-Columbus Library

4350 E 22nd Street

Tucson, AZ 85711

Topics covered include:

- Does section 504 apply to schools?
- Why is section 504 important to know about?
- Are section 504 and IDEA alike?
- Who is eligible for section 504?
- And more.....



Transitioning from AZEIP to Preschool

Thursday, August 12, 2010

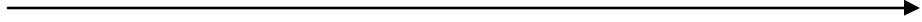
1:00 pm - 3:30 pm

Eckstrom-Columbus Library

4350 E 22nd Street

Tucson, AZ 85711

- Is your child turning 3 years old soon?
- Have you thought about preschool yet?
- Would you like to look at the next steps?



Transitioning from High School for Special Needs Students

Thursday, August 19, 2010

1:00 pm - 3:30 pm

Woods Memorial Library

3455 N First Ave

Tucson, AZ 85719

Topics covered include:

- Preparing for transition from high school to adulthood
- Choices students need to make for life after high school
- Exploring options before students leave high school
- Requirements of schools in the transition process
- Resources for a smooth transition

If Not Now, When?

For anyone who finds themselves caring, planning, and dreaming for someone who is an older teen, a young adult or an adult with a disability, the group, ***The Extreme Parent***, would like you to become involved. As long as there is an interest, this group will continue to meet. Meetings are held at Tucson Community Connections - 3520 E. Grant Road in the Grant Plaza on the corner of Grant and Palo Verde. Our next meeting is August 4th from 5:30 to 6:30 p.m..

This group is sponsored by Pilot Parents of Southern Arizona (PPSA) and Sonoran University Center for Excellence in Developmental Disability Education, Research and Service (UCEDD).

We are currently utilizing the guide from Sonoran UCEDD; *Future Care Planning: A Roadmap for Family Caregivers* developed by Lynne Tomasa as our basis for discussion. This roadmap is affectionately nicknamed "A Die In Peace Plan." A quick internet search for "futures planning for the disabled" brings to the viewer an article at psychcentral.com/.../future-planning-for-your-intellectually-disabled-adult-child. The gist of the article, like the emphasis of our group is not just on building a quality community life for your loved one, but about the security you need with regards to what the future will bring, along with your fear of dying and not being there to take care of your loved one. You need a plan. As overwhelming as the thought might be, your job isn't over until a plan is developed. And so the question becomes "If not now, when?" Come anytime, but consider earlier is better than waiting till the situation is imminent.

If you would like to be placed on our email list, please send an email to kidlaw96@aim.com or for more information on The Extreme Parent, call Pilot Parents at 520-324-3150.

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Tucson 520-790-2456

Provider Search

Connecting the special needs community

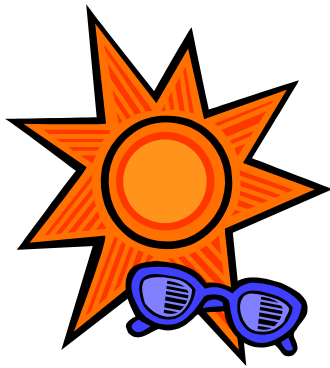
Providersearch.com is an online community dedicated to bringing families, individuals, educators, social workers and industry experts together in a friendly, helpful and supportive setting.

www.providersearch.com

1-877-9-Provider

3638 E. Southern Ave. Ste c105 #134, Mesa, AZ 85206

**CHECK OUT
THE REST OF
THE WEBSITE**



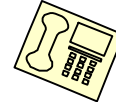
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You can now view or download *The Navigator* from our web page. Go to pilotparents.org and click on *The Navigator*. If you no longer wish to receive *The Navigator*, please contact the office.

The *Navigator* is published quarterly; winter (January), Spring (April), summer (July) and fall (October). Submissions must be received by the 15th of the month prior to publication. You may e-mail notices, articles, etc. to joann@pilotparents.org, fax them to 520-324-3152 or mail them to: PPSA, 2600 N. Wyatt Drive, Tucson, AZ 85712 attn: Jo Ann Spencer, editor. Submissions will be used based upon space availability and, if dated material, publication date.

(continued from page 4)

the value of a motorized stander for the special needs student is immeasurable. “Standing has physiological and social benefits,” says Gretchen Mayer, PT, MS Ed, physical therapist with Easter Seals. “Many children are put into standers for these reasons. Most of the time, the child will be standing in only one place as their peers move around them. But if the stander is mobile, they’ll be able to move with their peers at the same eye level. They can reach things they couldn’t otherwise - like library books from higher shelves, things on a countertop, or a sink.”

One of the drawbacks of a stationary stander is that it often requires a minimum of two to three staff members for transferring children from a wheelchair and positioning them in a stander. With the Sit-to-Stand Power Base with Stander attachment, students need much less assistance and time. Additionally, they are provided with the physiological benefits of standing - such as improved cardiovascular health, increased bone density, abnormal muscle-tone management, and improved range of motion in the legs.

“The more time children can spend in the upright position the more beneficial it is for them,” says Meyer. “It’s even more beneficial if they can change their own position for pressure relief and comfort. Whenever possible, we try to incorporate mobility and standing together.”

“With powered mobility, they don’t just learn to move, they move to learn,” says Meyer. “Children who are not able to move themselves through their environment do not always get the same opportunities for learning as those who do.”

Schools can buy the device direct from the manufacturer and save 10-30% on the cost. For more information visit www.mobility4kids.com.

The “Winning Tactics in the War on Clutter” is from April 2010 Family Fun Magazine. The “Mobility-Standing Up for Students with Special Needs” is from May 2010 Exceptional Parent Magazine with express permission.