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## Rowell Family Empowerment of Northern California, Inc.

Online Newsletter

[Go to → EmpowerYourFamily.org](http://EmpowerYourFamily.org)

**GENERAL NEWS:** Applicable to all in Far Northern California.

### Happy Birthday to the Americans with Disabilities Act!

On July 26, 2010 marked the 20th anniversary of the ADA.



#### Nothing Like a Motivated Parent.

Jessica Roberts, a mom from Yuba City, has a little boy, Jackson who is 3 1/2 years old. He loves Toy Story and he has autism. She just knew he would love to go to the movies and see Toy Story 3 but was worried about waiting through the previews and sitting in a dark theater and having the movie be too loud. All things that make it difficult for many children with special needs to enjoy going to the movies. Well, with the help and support from the local Parent Center, Cinemark 3 in Yuba City agreed to air a private showing for children with special needs. That happened in July. Those of us at RFENC thought this might be an inspiration to parents in other communities to go forward and explain the special needs of your child and make a difference! Great work Jessica!

#### New Parent's Guide on Epilepsy.

[Get the guide](#) while it's hot! It's nearly 6 megabytes of helpful epilepsy information in Acrobat pdf format.

#### Browse for Ideas on Assistive Technology.

Advancing Opportunities, [Assistive Technology Center](#), is a website for assistive technology consultative services to school districts. Verizon Foundation supports these two sites - [ReadWriteThink](#), [Thinkfinity!](#) for teacher support and lesson plans for grades K-12. The sites are dynamic and have tons of resources, supports and information for parents and professionals.

#### Please Send RFENC's Books Home!

There are several books from our resource library that have been checked out and held onto for months. Some for more than a year. If you are a family holding one of our lonely books hostage please send it home to us. We miss it!

#### COMMUNITY EVENTS:

##### Camp Grizzly - Aug 1.

Deaf, hard of hearing, or KODA (Kids of Deaf Adults) youth between ages 7 and 14 will have a wonderful time and every camper will be challenged to achieve. Applications and more info can be had at [NorCal's website](#). Also, there are scholarships still available for campers! Just inquire at Nor-Cal.

##### 1st Annual Vision Resource Expo - Redding Aug 6.

Independent Living Services of Northern California & Blind Field Services present this free event from 9am-1pm at Velarde Event Center at 936 Twin View Blvd in Redding. There will be a continental breakfast, but limited space so please RSVP to 242-8550 and come check out the latest low vision technology, senior service agencies, and listen to guest speakers.

### **Rtl Training! 30 Seats Available for Free – Redding Aug. 9.**

Does your child/student struggle with learning? Attend this FREE training, meet Chris Weber and learn more. Response to Intervention is a multi-step approach to providing services and interventions to students who struggle with learning at increasing levels of intensity. Shasta County SELPA would like to offer 30 spaces for parents at no charge to attend the Response to Intervention Overview on August 9, 2010, from 8:00 to 12:00. Parents can register on-line at [SELPA's website](#). We will see you there!

### **Youth Fair - Corning Aug 14.**

The Corning Family Resource Center invites you to come out from 10am-3pm to the Corning Northside Park between Colusa and Tehama Streets. They will be gearing up for Back to School with fun for the whole family, informational booths, raffles, and activities for kids. For more info contact Carol Curry at 824-7670.

### **Positive Support for ADHD - Yuba City Aug 23.**

If you are a parent or guardian of a child with ADHD Family SOUP and Yuba College Foster Kinship Care Education invite you to come to Cooper Avenue Baptist Church at 804 Cooper Avenue in Yuba City from 7-9pm. Join them for a monthly meeting about how to help children with ADHD be successful at home, in school, and in the community. They will be sharing helpful resources, information, and camaraderie. Free to residents of Yuba, Sutter, and Colusa counties. Child care available. Call 741-6750 to register or for more information.

### **C.A.S.T. for Kids - Oroville - Sept 11.**

Join the Catch A Special Thrill Foundation for a memorable day of fishing, pairing Bass Fishermen with children with disabilities. It will be a fantastic day of boating, games, BBQ, and plenty of fun! The CAST Foundation will be at Lake Oroville State Recreation Area Sept 11. To sign up for CAST at Lake Oroville call (530) 538-2222.

### **Stress Reduction Program - Aug 5 in Chico.**

You are invited to participate in an 8-week Mindfulness-Based Stress Reduction program presented by Dr. Lisa Benaron, FNRC Medical Director-South and Steve Flowers, MFT at Far Northern RC in Chico. Classes will be held on Thursdays, Aug 5 thru Sept 23, 10am-12 noon. There is no fee, and class materials are provided. Contact Kathy Powers for info and to register at 879-4440 ext 2304 or at [kapowers@farnorthernrc.org](mailto:kapowers@farnorthernrc.org)



### **Preschool Seminar - Aug 9 & 10.**

It's happening 8:30am to 3:30pm at the Shasta County Public Library Community Room, 1100 Parkview Avenue in Redding to develop a comprehensive preschool training for all preschools throughout Shasta County and lay the foundation to implement Recognition and Response programs. Sponsored by the Shasta County SELPA. Call 225-0100 for more info or register online at [SELPA's website](#).

### **See What I'm Saying: A Deaf Entertainer's Documentary - Chico Oct 13.**

You will meet the director, Hilari Scarl and two of the stars, CJ Jones and TL Forsberg! For more information please visit [www.SeeWhatImSayingMovie.com](http://www.SeeWhatImSayingMovie.com).

## **NEW RFENC EVENTS:**

### **Medical Information Binder Training - Round Mountain - Aug 25.**

Health systems are complicated. Especially for children with special health care needs. Do you have too much paper? Are you having trouble finding your child's current medical records? This workshop provides a time for you to get everything in order. RFENC will help you organize all your important documents and papers in a neat binder specifically designed for your child. All you need to bring is your child's paperwork! Training held at Hill Country Clinic from 3-5pm.

### **Getting and Keeping the First Job - Aug 25.**

This training will present strategies for parents of transition-age youth. It's a curriculum created by the National Family Advocacy Support and Training (FAST) Project, a project of PACER Center: [fastfamilysupport.org](http://fastfamilysupport.org). It will be held from 6-8:30pm at Rowell Family Empowerment in Redding. RSVP to 226-5129 if you'd like to attend.

### **Disability; There's an App for That - Aug 31 in Chico.**

There are a plethora of apps (aka applications) available for mobile Apple devices that can be of great help to children with disabilities, parents, and professionals. This training will guide you through the exploration of many of those apps and their usefulness as Assistive Technology. More than just a fun presentation, you'll be able to 'touch and use' many of the apps on an iPod Touch. The presentation will start at 2pm sharp. Call 226-5129 to RSVP.

### **Journey to Adulthood: What Parents Need to Know (Sexuality) - Sept 10.**

Parents, be proactive and empower your child to be safe and socially appropriate as they develop toward adulthood! Arm yourselves with valuable information to educate your children. Explore information on the following questions and more: How can we prepare our children to set safe boundaries, and become self-advocates? How do we help our children understand what to expect as they grow and change before, during and after puberty? How can we help our children understand what behaviors are socially appropriate and safe? Come to Rowell Family Empowerment in Redding from 6-8:30pm, but RSVP first.

### **RFENC Parking Lot Sale Continues in September.**

Next yard sale is September 11th from 9-2. We need volunteers to help set up and to tear down. Please call Wendy if you have any questions.

### **Don't Forget About RFENC's Event Calendar.**

Find dates and times of our recurring training and support groups by going to our Online Calendar, available on [RFENC's website](#). We routinely offer training on topics such as the Individuals with Disabilities Education Act (IDEA), Medical Information Binder, and IEP Preparation, to name a few. There is a special IEP Preparation Training for parents of children birth-5! And we offer several ongoing support groups. Need info about what exactly the training entails? See the Workshops page on our website.

### **Make a Donation!**

[Go to → Donations](#)

RFENC is able to provide services to children with disabilities and their families because of State & Federal grants and private donations from people just like yourself. Won't you help us? You can make a donation with your credit card securely through PayPal (via our website) or make checks payable to *RFENC, 962 Maraglia Street, Redding, CA 96002*