

Connecting with Families and Educators



Providing information, support and encouragement to families and educators of children and young adults with disabilities.



Opportunities for High School & College-level Students and Alumni with Disabilities in Iowa, Illinois, and Wisconsin

For High School Students (Grades 9-12) and First Year College Students:

- Become a Midwest Alliance Mentee! Earn a \$200 stipend and improve your, or your child's, skills in self-advocacy and planning for college in a 16-hour, internet based mentoring experience. - Apply online at <http://stemmidwest.org/default.asp?contentID=516>.
- Let us help you, or your student, find an internship! High School students, including those who graduate in 2010, can earn \$500 stipends and receive help finding an internship in a field they're interested in lasting at least 40 hours. Apply online at <http://stemmidwest.org/default.asp?contentID=517>.

For College Students (Technical and Community, Four year, Graduate School)

- Become a Midwest Alliance Mentor! Earn a \$300 stipend for each mentee you work with (up to 2 at one time), and help share your knowledge and experience as a student with a disability pursuing a degree. You must be pursuing a degree in a social science, science, technology, engineering, or math field - Alumni are eligible as well! Apply online at <http://stemmidwest.org/default.asp?contentID=516>
- Do you have an internship? Need help looking for one? We will help you look, and provide you with a \$1,000 stipend at the completion of 80 hours of time spent. Apply online at <http://stemmidwest.org/default.asp?contentID=517>.

Note to Parents: Please consider signing up for our listserve, as we will be announcing additional events in the future, including the dates of our 2nd Annual Exploration by Design Workshops. Simply send a blank email to: join-news@lists.wisc.edu. Information provided by the Midwest Alliance, <http://www.stemmidwest.org>.



Help with Home Heating Costs

Iowa Low-Income Home Energy Assistance Program (LIHEAP) is designed to assist low-income families meet the cost of home heating. Applications are accepted on a first come/first served basis at your local community action agency from November through April (October 1 for households with elderly/disabled member), Monday through Friday, or as posted at the local office

This program is not designed to pay a household's total energy costs, but to provide assistance in the payment of residential heating costs for eligible households. In most cases if you are eligible, your utility company will apply credit to your heating bill.

Households who reside in subsidized housing that are individually metered and responsible for paying their primary heating costs are eligible. Subsidized households that are master metered are usually not eligible to receive assistance benefits.

Residents of any licensed medical facility (hospital, skilled nursing facility or intermediate care facility) publicly operated community residence or emergency shelter are ineligible unless they are paying a vendor directly for their primary heating source.

For a list of community action organizations in your area, check the LIHEAP website at: www.dcaa.iowa.gov/al-iowa_CAA/index.html, click on Iowa Community Action Agencies and select "List of Agencies."

Check us out on the Web!

www.aea267.k12.ia.us



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FAMILY ED CONNECTION

Holiday “Stress-Busting Tips” for you and your child!

Chanukah, Christmas, Kwanza, New Years!... The Holidays are here! They bring with them memories of holidays past, dreams for holidays future and nightmares of holidays present.

So much to do-- so little time. For most, the approaching holidays bring mounting excitement and anticipation. But for young children or a child with special needs and their parents, the increased excitement rather than heightening the experience, can cause overwhelming anxiety, easily ruining everyone’s day.

Becoming aware of and planning for some of the special circumstances surrounding the holidays will help maintain sanity, organization, and everyone’s emotional equilibrium. Some of these holiday pitfalls include: extra time in stores shopping for food, clothing and presents; bright lights twinkling everywhere; sparkling fragile decorations begging to be touched; more people bumping and touching; more noise, more smells, and temperature changes from overheated stores to cold weather outside. Listed here are some tips to consider when making holiday plans. They will help reduce stress and make the holidays more enjoyable for both child and parent.



- Try to shop at single stores rather than malls. Go at off times for less crowds and noise (supper time or early a.m.)
- Skip the picture with Santa if it’s going to upset or scare the child. A picture of a happy child smiling next to a twinkling tree will look better than a crying or yelling child on Santa’s lap.
- Consider being the host, even though it’s additional work for you. Children are always more comfortable in their own home. They know where things are and they know the rules. It also will be less stressful for you knowing your house is already “kid-proofed.” You can be less “on guard” than when visiting someone else’s house.
- Try to keep to as many daily routines as possible. The more consistent the day, the more consistent the behavior. Continue to follow morning and bedtime routines; have the same breakfast foods available; baths and showers at the same time, etc.
- Make a list of any special food limitations your child has. Place this in a prominent place such as on the refrigerator or even nicely displayed on the buffet table. Make sure guests and relatives will see it. Most visitors will understand and respect the list. In this way, Aunt Betty won’t be offended when your child refuses to try her fruitcake!
- Place masking tape on the rug or floor as a boundary line indicating where the child must stop. This will help prevent them from getting too close to the Christmas tree, candles or fireplace.
- Consider having all munchies on a large table rather than scattered around the room on coffee tables and end tables. Smaller tables are too easy for the child to bump into or knock with a toy and create a mess. They also tend to be lower, so it’s easier for a child to nibble on goodies you may not want them to have.
- For children who can not yet read or identify names, mark gifts with a color or shape. Keep name/color tags on the gifts after they are open to avoid later confusion or fighting over whose gift is whose.
- Find the time to really look at toys and games given to your child by friends and relatives BEFORE the child opens it to play. Many good intentions are based on the manufacturer age recommendations. Your child may not yet be ready for it or pieces may be dangerous for siblings.
- Take turns opening presents to reduce the commotion and over excitement. Too many new toys at once can be overwhelming. Consider helping your child to choose 2 new things to play with today and put the others out of sight until tomorrow or later, when another two may be chosen.
- New toys mean new learning for children. They quickly need to have some success and see the potential for mastery before they will give a new toy their approval. Parents need to spend time learning the game so they can instruct the child. Many toys are broken accidentally when children do their own unsupervised exploring. Finding some time to show your child how to play with their new things will be well worth the time.
- For easier and more cooperative clean up times, keep handy: trash bags for quick clean up of gift wrap; plastic zip seal bags and inexpensive food storage containers for small toy pieces; collapsible hampers for a quick easy place to keep all the new toys contained, but still visible and near by.
- Children are used to getting jobs to do in school and they need to feel they are part of the day. So give them a special task to do when company is coming. Assign tasks such as opening the door; used gift wrap trash collection; hanging coats, etc.

This holiday season try to keep in mind, most people remember the special times, traditions, and people of the holidays, not a specific toy or game they receive. So maybe, skip shopping for that one last gift and bake cookies together instead. It doesn’t matter what they look like, they’ll taste great!

This article reprinted with permission from Pocket Full of Therapy, www.pfot.com. Pocket Full of Therapy is a catalogue company specializing in fun and educational toys for children with special needs. The company is owned and operated by Michelle Tobias and Ilene Goldkopf, pediatric Occupational Therapists. You may reach them at 800-PFOT-124.

Happy Holidays!

What Youth Need to Know if They are Questioned by the Police

Tips for parents to prepare their youth with a disability

This fact sheet contains a brief summary of information for parents of children or youth with disabilities at risk for arrest by police at school or in the community.

What can your child say to the police? Your child may:

- Tell the police his or her name, address and age
- Ask police to call a parent, guardian, or another person identified in the Individualized Education Program (IEP) and say the child needs to speak to an attorney
- Say he or she cannot answer questions unless an adult who knows him or her is present. The adult may include a parent, foster parent, legal guardian, or teacher whose involvement you have approved
- Ask if they are under arrest or free to leave

How can you prepare your child for questioning by police at school or in the community?

Teach your child to ask for an attorney and a parent. Prepare a script about what to do if an officer stops or wants to speak with your child in the community or at school. Practice appropriate responses. Make sure your child understands what to say to the police.

Stress that your child cannot challenge an officer in any way, including by pushing, shoving, swearing, kicking, or having a bad attitude.

Teach your child to never:

- Run away from the police officer
- Make up a story - even if he or she thinks it will help
- Argue or swear at a police officer, even if the police officer says something that sounds unfair

If the police tell your child they just want to talk about what happened and then he or she can go home, tell your child to say that he or she cannot answer questions unless an adult he or she knows and an attorney is present.

If the police tell your child that others have said he or she committed a crime, tell your child still to say that a parent and attorney must be present before he or she will speak or sign a statement.

What should you do if your child is detained or arrested?

- Go to the police station as soon as you learn your child is being questioned or detained
- Obtain as much information as you can about the charges
- Tell the officers that you wish to be present during questioning and that questioning should stop until an attorney is there
- Provide information about your child's disability to the police, the attorney, or public defender. Include the IEP and most recent evaluation.
- Explain how the disability affects your child's behavior, understanding of the alleged offense, and ability to answer questions appropriately.

Use the IEP

If your child has an IEP and you think he or she could be questioned or arrested at school:

- Meet with your IEP team and plan what to do if the situation arises
- Develop behavioral and crisis plans
- Identify an individual who will stay with your child if an administrator, police liaison officer or police officer questions him or her
- The individual who would stay with your child can be a parent, member of the IEP team, or any other mutually acceptable person who understands your child's disability and can advocate for him or her.
- Make sure the information is written into your child's IEP.

Meet with police

If you are concerned that your child's disability puts him or her at risk for police involvement, meet with the police officers in your neighborhood.

- Tell them about the disability and why your child may be at risk for police involvement (language or cognitive issues, anxiety, etc.)
- Offer strategies that officers can use effectively with your child if a problem occurs.
- If your child is willing, introduce him or her to the officers at the local police station. Give officers an opportunity to become acquainted with the child or young adult you know, understand, and love.

Remember...

The rights of children are similar to those of adults if the police stop them or they are questioned by anyone regarding a criminal or formal complaint. Any information your child shares can be used against him or her in court. In many states, a parent does not have to be present when a youth is questioned. Find out what the laws are in your state about police contacting parents when their child is brought in for questioning. The most important thing to remember is that your child should not sign anything or answer questions without someone like a parent, guardian, or attorney present.

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Social Networking and Students with Disabilities

On-line social networking is one way we connect with one another, and especially for teenagers, it is part of daily life. It was estimated in a 2007 national survey conducted by Pew Internet and American Life Project (www.pewinternet.org) that over 55% of American youth, aged 12-17 were using on-line networking sites. Logic would tell us that the total is even higher in 2009.

While many articles focus on the terrors of the internet, and issues for students with disabilities, an article written by Julie Holmquist that appeared in the Fall 2009 PACERSETTER magazine from the PACER Center emphasizes the benefits of connecting on-line for individuals who have disabilities. Students can learn social skills while interacting on-line, establish friendships with individuals outside their local communities, learn about technology and exercise increased independence. Ms Holmquist also acknowledged possible concerns with social networking including cyber bullying and the misuse of personal information.

The following information with tips for parents is taken from Ms Holmquist's article:

What parents can do

First, decide if social networking is right for your teen. Consider your teen's maturity, the nature of your teen's disability, and his or her personality while weighing the benefits and concerns. If you believe your teen is ready for social networking or already uses a site, create your own profile and learn how it works. Explore the site's features, read the fine print, ask the service provider about parental controls, and teach your teen the options.

Options include choosing privacy settings so "only friends" (not friends of friends) are allowed on your teen site. Consider using the setting options that do not allow photos of your child to be shared or e-mailed. You can also:

Talk with your teen about:

- What photos, if any, will be posted on the site
- What will be posted on the profile
- Cyberbullying (learn about preventing bullying by visiting www.PACER.org/bullying/index.asp)

Tell your teen:

- Accept "friends" only if you know them off line
- Use manners. Don't send messages if you are angry
- Online content lasts forever
- Save your most personal thoughts for a paper diary
- Keep your password private

Keep your computer in your family room

Consider monitoring your teen. "One way to give your teen a sense of accountability is to require that you are a 'friend' and are allowed to go on the site," Gilormini says. Parents can also require that their teen share their username and password.

To read the entire article, check out the Fall 2009 PACERSETTER at www.pacer.org/newsletters/pacesetter/index.asp

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Mini-Conferences From Iowa School for the Deaf

Iowa School for the Deaf is offering free workshops via the ICN to anyone who would like to learn more about living with a child's hearing loss. Many topics apply to adults as well as children.

Expressing Emotion

Thursday, November 12
6:30-7:30 p.m.

It's a Culture Thing

Thursday, December 3
6:30-7:30 p.m.

Register on-line at www.iowaschool-forthedeaf.org Registrations are not accepted over the phone.

If you have questions about the sessions, call Deaf Outreach Services at 712.366.3213 or E-Mail cangeroth@iowaschoolforthedeaf.org.

Recreational Activities in Mason City

The "Special Needs Family" group has organized a number of recreational activities for individuals who have special needs and their families.

Upcoming events include:

Bowling for Families and Teens

November 14 & 21
December 5 & 19.

Teen Christmas Party (Grades 6-12)

December 11

Kids Christmas Party

December 12

For more information, contact Diana Sherman at 641-424-4346 or check out the web site at www.specialneedsfamilyac.tripod.com

Grief Support

A number of organizations provide support for families as they grieve the loss of a loved one. If you find yourself in need of assistance, contact one of the following organizations to find out what services are available.

Cedar Falls/ Waterloo:

Cedar Valley Hospice
2101 Kimball, Waterloo
319.272.2002

Beacon of Hope Hospice

1318 Ravenwood Rd.
Waterloo
319.234.4673

Grundy Center:

Cedar Valley Hospice
310 East G Ave
Grundy Center
319.824.3868

Marshalltown

Iowa River Hospice
502 Plaza Heights Rd
Marshalltown
641.753.7704

Compassionate Friends

Marshalltown Chapter
641.752.6983

Mason City/Clear Lake

North Iowa Hospice
232 2nd Street SE
Mason City
800.297.4719

On-line support

Compassionate Friends
www.compassionatefriends.org

National Institute for Trauma and Loss in Children

www.tlcinst.org

Center for Loss and Life Transition

www.centerforloss.com

Grief, Inc.

www.griefinc.com

After School Care a National Issue

According to a recent press release from the Afterschool Alliance, results of a recent national survey indicate a growing need for after school care programs. The study, *America After 3 PM*, summarizes survey results from 29,754 parents/guardians conducted during the 2008-09 school year.

Based upon survey results, an estimated 15.1 million (26%) school aged children are unsupervised after the end of the school day. Of this total, 30% are middle schoolers and 4% are elementary students.

For a complete copy of the report and state-by-state results, go to www.afterschoolalliance.org. After School Alliance is a non-profit organization that provides information and advocates for quality after-school programs.

The JC Penney After School Fund is a charitable organization that provides support to after school programs in conjunction with existing youth programs including YMCA, 4-H, Boys & Girls Clubs and FIRST (For Inspiration and Recognition of Science and Technology.) For more information about this funding source, go to www.jcpenneyafterschool.org.

Resource Supports Children Exposed to Domestic Violence

A trainer's guide from The Family Violence Prevention Fund, *Connect: Supporting Children Exposed to Domestic Violence*, is available on-line at <http://endabuse.org/content/features/detail/1314/>. The materials are designed to help resource families (foster parents and kinship care givers) and others to promote resilience among children who have been exposed to violence. The toolkit includes a curriculum, power points, mini magazines, and optional training videos and Public Service Announcements (PSAs). Download the materials or request free copies of the CD by emailing childrensteam@endabuse.org.

Resource for Children and Families of the Incarcerated

It is estimated that every day in the United States there are about two million children with at least one parent in jail or prison. The Family and Corrections Network, FCN, has a new web site that provides a wide array of resources for individuals who work with children of individuals who are in jail/prison.

Contents include:

- Directory of Programs Working with Children & Families of the Incarcerated
- Fact Sheets
- Research & Review section

Check-out the resources at www.fcnetwork.org.

Support Group Information

There are a number of support groups across Iowa and in AEA 267. If you are affiliated with a support group and would like information about the group listed on the AEA 267 Family-Educator Connection web site and in our newsletters, send information to Sandy Kraschel at skraschel@aea267.k12.ia.us or call 800-392-6640.

Designer Genes - A Support Group for families of children with Down Syndrome, provides parent groups as well as family events and playgroups for young children
Sunday November 8, 3-5 pm.

Parent Get-Together
Waverly Health Center

A massage therapist will be the guest speaker to discuss de-stressing and perhaps offer light massages. The Health Center is located at 312 9th St. SW, Waverly, Orange Lot, Women's Center.

Sunday November 15, 3-5 pm.

Parent Get-Together
Holiday Inn, Mason City, 2101- 4th St. SW, Mason City
A casual atmosphere to discuss topics of interest.

Sunday, December 20 3-5 pm

Billie's Play Group
Charles City
For more information call 319-939-8065 or e-mail designergenes2005@yahoo.com.

Prader Willi Syndrome Association of Iowa

For more information please contact:
Edie Bogaczyk
515-987-0288 or dbogaczyk@msn.com

Epilepsy Support Group

Waterloo/Cedar Falls Area
Held at the Kimball Ridge Center, Conference Room 1
2101 Kimball Ave. Waterloo, IA
Held the 2nd Thursday of every ODD month at 6:30 pm
(Next meetings, September 10 and November 12)
For more information contact Karly Ashlock, Services Coordinator for Iowa Epilepsy Foundation North/Central Illinois, Iowa, Nebraska, 1111 9th Street, Suite 275, Des Moines, IA 50314
Phone: 515-238-7660; Email: kashlock@efncil.org

Support Group for Parents of Children with special Needs

Just forming in the Iowa Falls area, this group will meet November 2 at Bethany Lutheran Church at 7:00 p.m.
For more information contact Andy Lawler. alawler@aea267.k12.ia.us
or 631-844-2469



Play a Game: Learn About the Court System

According to e-School News, middle school and high school students can learn about the judicial system through web-based games at the Our Courts web site www.OurCourts.org.

Our Courts, includes a free computer game for teenagers created with the help of former Supreme Court Justice Sandra Day O'Connor. "Supreme Decision," is the first of several planned web-based games. In it, students can play a U.S. Supreme Court clerk helping a justice with a tie-breaking vote over a First Amendment case. The student helps Justice Irene Waters write the majority opinion on whether a school can ban students from wearing music band T-shirts

Our Courts project is backed by the Sandra Day O'Connor College of Law at Arizona State University and Georgetown University, designed to teach middle school students about the Constitution and the courts.

"You're going to have greater success if you teach it in ways that [students] like to use," O'Connor said. "They spend 40 hours a week, on average, in front of some type of screen."

Another game, called "Do I Have a Right," will be released soon. In that game, students play the director of a constitutional law firm who must decide which amendment resolves a problem posed by a client.

Source: eSchool News, August 27, 2009,
www.eschoolnews.com



Calendar

November

Sunday-Tuesday, November 8-10
Here and There, the Path We Share-Parent & Educator Connection Early Childhood Conference
Ames, Iowa

This conference addresses the needs of children birth through age 12 (grade 6.) Sessions have been selected to cover topics parents, care providers and teachers have requested.

Sponsored by the Iowa Department of Education, Parent & Educator Connection program with support from community partners.

For more information, contact the AEA 267 Family & Educator Connection at 800-3902-6640 (Clear Lake) 800-542-8375 (Cedar Falls) or 800-735-1539 (Marshalltown.)

December

Tuesday, December 1
Be Empowered: Building a Successful Future
Waverly, Iowa

Sponsored by Wartburg College in collaboration with a number of community partners, this mini-conference is designed to help people of all ages who have disabilities consider the opportunities and benefits of participating in volunteer activities.

Topics include how to select a place to volunteer, how to decide on time commitments for volunteer work, and the many benefits to becoming a volunteer in your community.

For more information contact Carla Coates with Wartburg at 319.352.8230 or Carla. coates@wartburg.edu

Thursday & Friday, December 3-4
Inclusion and Behavior in Autism Spectrum Disorders

Cedar Rapids, Iowa
The Inclusive Classroom with Paula Kluth, Ph.D. on Thursday; No More Meltdowns: Handling Challenging Behavior and Teaching Social Skills with Jed Baker, Ph.D. on Friday.
Provided by SpectrumTrainingSystem-sinc.com (920) 749-0332.

Registration form available on-line at <http://www.spectrumtrainingsystem-sinc.com/cedarrapids.html>

Saturday, December 5
"The Way I See It: A Personal Look at Autism and Asperger's"

8:00 a.m. - 3:00 p.m.
Kirksville Missouri
Author Dr. Temple Grandin tells her story with helpful information and practical strategies for parents, teachers and individuals with ASD.
Registration fee: \$95.00 adults, \$25.00 students

Free childcare is available if arranged at time of registration; lunch provided.
Registration available on-line at www.region2council.org

More information available at 60-785-2355 or email Donna at info@region2council.org

Thursday December 10
Social Security Work Incentives can work for you

Mason City, Iowa
1:00 PM - 4:30 PM
Iowa Medicaid Enterprise, Iowa Work Incentives Planning and Assistance, and the Social Security Administration are partnering to present this workshop to learn how Social Security Work Incentives can work for you. Information will also be shared on Medicaid Home and Community Based Services and the Consumer Choice Option, supported

employment and how you can manage and direct your own Medicaid services.

More information at: <http://www.ime.state.ia.us/HCBS/MemberEvents.html>
Questions or an accommodation request, call: 1-888-409-0283.

January

Monday - Wednesday, January 25-27
Careers Conference 2010

Madison, WI
This is one of the largest and most comprehensive events on career development in the U.S. with more than 150 sessions. Also includes workplace tours and model career center visits, interactive sessions on the latest career development trends, and hands-on technology sessions.

More information contact Center on Education and Work, University of Wisconsin-Madison at <http://www.cew.wisc.edu/careersconf/Default.aspx>

February

Tuesday- Wednesday, February 9 & 10
Iowa Culture and Language Conference

Des Moines, Iowa
The mission of the ICLC is to advocate for culturally and/or linguistically diverse students and their families, educators, and service providers.

This year, attendees will view and discuss presentations by locally and nationally known speakers.
More information, contact Teresa Angerman at tangerman@nwaea.k12.ia.us or go to http://www.nwaea.k12.ia.us/en/upcoming_events/iowa_culture_language_conference/

Remember to check the Disability Training Information calendar at www.disabilitytraining.org/ and the AEA 267 Professional Development web site at www.aea267.k12.ia.us/pd/ for information on more learning opportunities.

Please remember, while schools are not in session, AEA 267 will be closed for Winter Break from December 25 through January 1. The offices will be open as usual at 8:00 on Monday, January 4.

The Family-Educator Connection

The AEA 267 Family-Educator Connection provides information and support for families and educators around disability related issues. Whether you would like to talk about family adjustment issues with a new baby or newly diagnosed disability, home-school communication issues, questions relating to understanding a disability, or parenting strategies, we are happy to take your call. We have quite a library of resources available for loan and a number of highly qualified people to consult. If you have a question, we will do our best to help you find the answer. We are available by phone, mail, e-mail or by appointment, in-person.

Cedar Falls/ Waterloo Office

Deb Paton

3712 Cedar Heights Drive

Cedar Falls, Iowa 50613

Ph. 1-800-542-8375 or 1-319-273-8265

dpaton@aea267.k12.ia.us,

Clear Lake/Mason City Office

Sandy Kraschel

Mason City Airport Grounds

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Marshalltown Office

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909 South 12th Street

Marshalltown, Iowa 50158

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