



# Uniting Parents' Newsletter



## Director's Note

Please visit the photo gallery on our webpage. 2009 Christmas pictures are highlighted for events in Lubbock, Dumas & Amarillo.

Winter 2010

<http://unitingparents.cohs.net>

Set up a trust fund, look into guardianship, power of attorney and take inventory your son's or daughter's likes & dislikes to help them maintain a job that they will enjoy. The Ticket to Work program ([www.yourtickettowork.com](http://www.yourtickettowork.com)) can help them review their work choices and attain employment.

If post secondary education interest you, visit with the disability coordinators at your local colleges and universities such as Amarillo College ([actx.edu/disability](http://actx.edu/disability)) prior to your child leaving high school and weigh the benefits of these, trade schools, or academic programs specifically for people with cognitive delays such as WTLC ([www.thehaliproject.org](http://www.thehaliproject.org)) or visit <http://www.thinkcollege.net>. There are some outstanding programs and our young adults need our support to meet their full potential. So, there is lots to think about as our kids transition to adult life. Please know we are here to support you and your child and don't hesitate to call us. Our case managers attend educational workshops to stay abreast of current issues and trends.

In our next publication, I would like to highlight our graduating seniors. Please send in their photos for posting in our next newsletter.

Maria

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Dear Parents,

Transition seems to be a very hot topic these days and I am so glad as I think we have much work to do in this field. Transition is not just one moment in time but refers to a life long process with many transitions along the way. Transitions can occur from hospital to home, to daycare, to pre-k to elementary, to middle school and to high school. Probably, the most common transition period is from high school to the world of work. This phase in our children's lives has become more evident because there is more emphasis on the part of the Texas Education Agency (<http://www.transitionintexas.org>) to get schools systems to better prepare their students for life after high school. This seems to be the most uncharted path for parents and their children. Many state agencies now have a formal direction to provide comprehensive transition planning, which is a step in the right direction for I have seen parents work tirelessly through the school system to ensure their child gets an appropriate education and yet things do not seem to be in place as they get older and transition out of high school.

As I have walked through some transitions in my life, I remember Early Childhood Intervention -ECI ([www.dars.state.tx.us/ecis/index.shtml](http://www.dars.state.tx.us/ecis/index.shtml)) was of enormous help to me and my case manager had a wealth of knowledge about resources. She taught me to think long term and to think about transitions that were yet to happen. I understand now what she meant. Our babies grow up and we have to plant the seeds of self advocacy so they can follow their own path when we are no longer there. Even in my own journey, I have to step back and let my son do for himself. Some task

may need supervision but the point is to let him experience and learn to the best of his ability. None of us learn without some failures and direction.

During his school years, I depended on the guidance of parent organizations such as Uniting Parents (<http://unitingparents.cohs.net>) and others around the state. I also networked with other parents of children with my son's diagnosis to help guide me through transitions. Uniting Parents and TX Parent to Parent ([www.txp2p.org](http://www.txp2p.org)) both offer parent networking list as do other parent organizations.

Other agencies that can support you in the transition process are your local school special education departments, Department of Assistive and Rehabilitation Services-DARS ([www.dars.state.tx.us](http://www.dars.state.tx.us)) and Texas Workforce Solutions ([www.wspanhandle.com](http://www.wspanhandle.com)). In fact, transition navigators are now available to help clients with disabilities with their job searches. Locally, we have housing and transportation specialists at Panhandle Independent Living Center ([panhandleilc.org](http://panhandleilc.org)), as well as other support services. Now with this much expertise in the area of transition, you would think this is an easy task. Don't do it alone. Let your case manager help you navigate the system and help you access appropriate services for your child.

At age 18, rules change. You can apply for social security income (<http://www.ssa.gov>) for your young adult on his own behalf, I did. Be cautious, if you set up a checking account in your young adult's name. They risk losing government benefits if they have more than \$2,000.00 in assets. Also, is the benefactor to your retirement or life insurance your child with disabilities?

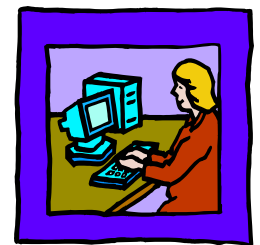
## Medicaid / CHIP Programs!



It is important to remember that with the extreme weather changes children are still getting the flu or respiratory illnesses. If your child has flu like symptoms see your doctor for treatment. Medicaid & CHIP will pay for sick child visits. Medicaid Transportation can help provide transportation or financial assistance for visits to your doctor, dentist, or pharmacy to pick-up prescriptions. If you would like more information on Medicaid or CHIP insurance programs, call a counselor at the Coalition of Health Services, Inc. at (806) 337-1700, ext. 222 or (888) 892-2273 ext. 217. Prevention is the Best Medicine.

## Web Sites of Interest to Parents and Professionals:

- A Guide to Social Security Benefits and Employment for Young People with Disabilities (2009): <http://communityinclusion.org/pdf/GTW2009.pdf>
- Center for Disease Control and Prevention—2009 H1N1 Flu: [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu)
- CSHCN Transition Information: [www.dshs.state.tx.us/cshcn/transinfo.shtm](http://www.dshs.state.tx.us/cshcn/transinfo.shtm)
- Kids Health: [www.kidshealth.org](http://www.kidshealth.org)



View this newsletter on our *web page*: <http://unitingparents.cohs.net>.

You can view staff information, workshops, events, links to other resources and our photo gallery of special events.

## Uniting Parents' Networking List

**\*\*Families that speak Spanish\*\***

*Do you want to mentor other parents? Let us know.*

*We will add your name & phone number to our networking list.*



Amy Chapman / Aspergers	359-4009	Lynette Mixon / Marden Walker & Dandy Walker	353-9599
Alma Galvan / Leukemia**	935-9787	Maria Garcia/Down Syndrome **	337-1700
Betty Allison / Down Syndrome	373-6363	Marilyn Williams/Hearing Impaired	352-4124
Brenda & Robert Rodriguez / Cerebral Palsy	655-3300	Michelle Olivarez / Dyslexia	930-8452
Dalia Ruiz/Mental Retardation / Seizure Disorder	535-1583	Neysa Spurrier / Autism / Aspergers / CD & NACD Curriculum	359-3833
Glendie & Roth Farra	355-0271	Norma Baeza / Spina Bifida	376-5104
ADHD / Tourett's	679-5709	Peggy Easley / Down Syndrome	249-5190
Hope Huerta / Diabetes **	935-8687	Stacey Campbell / Autism / Torticollis / Plagiocephaly	355-1198
JoAnn Taylor /Spastic Deplegia	934-2402	Rito & Irma Marquez /Autism **	376-5155
Josephine Valadez / Prader Willie Syndrome**	966-3333	Timela Salazar / Autism	806-785-5818
Lucerzia Coats / RETT's Syndrome	940-937-6584		
Lupe Sanchez / Autism **	632-7825		

## Workshops & Events:

- Jan. 14 - **“Community Sign Language Class” began on January 14th & will run through March 11th.** These classes will be held every Thursday from 6pm-7:30pm at Lamar Elementary school on 3800 Lipscomb in Amarillo. For more information, call Bethany Rascoe at 326.1336.
- Feb. 10 - **“17th Annual Inclusion Works! Conference”** is a three day event put on by the ARC of Texas in Austin. For more information, call 800.252.9729.
- Feb. 11 - **“Someone You Know” Teens, Dating, & Relationships - Series”** this workshop on abuse will be held at Palo Duro High School in Portable 7 on 1400 N. Grant by the Baseball Field in Amarillo. For more information, call Pam Brittain at 236.2438 or Dolores Scott at 326.2413.
- Feb. 15 - **“Texas Transition Conference”** is a three day event in Austin. For more information, call 979.458.1593.
- Feb. 18 - **“Special Education Public Meeting”** will be at Region 17 ESC on 1111 West Loop 289 in Lubbock from 12pm - 2pm. For more information, call Sharon Bradley at 806.281.5701.
- Feb. 18 - **“18th Annual International Conference on Parent Education”** is a two day event at the University of North Texas in Denton. For more information, call Victoria Calvin at 940.369.7246.
- Feb. 19 - **“Laughter: The Sanity of the Family”** will be at Region 16 ESC on 5800 Bell Street from 9am-4pm in Amarillo. For more information, call Lori Weiss at 677.5195 or 677.5206.
- Feb. 22 - **“24th Annual Conference on Prevention of Child Abuse”** is a two day conference in Dallas. For more information, call PCAT at 512.250.8438 or e-mail Rene Scoggin at rscoggin@preventchildabusetexas.org.
- Feb. 25 - **“Legal Updates”** with Jim Walsh on current trends and issues in special education laws at Region 16 ESC on 5800 Bell Street from 9am-4pm in Amarillo. For more information, call Gloria Mendoza at 677.5000.
- Feb. 25 - **“Sex and the Silent Parent - Talking to Kids about Sex - Series”** will be held at Palo Duro High School in Portable 7 on 1400 N. Grant by the Baseball Field in Amarillo. For more information, call Pam Brittain at 236.2438 or Dolores Scott at 326.2413.
- Mar. 11 - **“Leave Me Alone - Anxiety & Depression - Series”** will be held at Palo Duro High School in Portable 7 on 1400 N. Grant by the Baseball Field in Amarillo. For more information, call Pam Brittain at 236.2438 or Dolores Scott at 326.2413.
- Mar. 13 - **“The Enemy Inside - Self-injury in Teens - Series”** will be held at Palo Duro High School in Portable 7 on 1400 N. Grant by the Baseball Field in Amarillo. For more information, call Pam Brittain at 236.2438 or Dolores Scott at 326.2413.
- Mar. 25 - **“10th Annual Child Abuse Prevention Conference”** is a two day event at Amarillo College West Campus Lecture Hall on 6222 West 9th Street in Amarillo. For more information, call AC Criminal Justice Programs at 354.6081.
- Mar. 25 - **“Texas Speech-Language-Hearing-Association’s 54th Annual Conference”** is a three day event in Fort Worth. For more information, call Gloria Mendoza at 677.5000.
- Mar.30 - **“Path to Partnership Meeting”** will be at the Coalition of Health Services, Inc. on 301 S. Polk, in Amarillo from 11:30am-1pm. For more information, call Alma at 337.1700 ext. 214. Provider & Parent open stakeholder meeting. You Are Invited!
- Mar. 31 - **“Special Education Public Meeting”** will be at Region 16 ESC on 5800 Bell Street in Amarillo from 9:30am-12pm. For more information, call Kelly Burton at 677-5192.
- Mar. 31 - **“Audio Conference: Legal Issues at the ARD Meeting”** is a two hour training from 10am-12pm at Region 16 ESC on 5800 Bell Street in Amarillo. For more information, call Gloria Mendoza at 677.5000.

**Breakfast with Santa - December 12, 2009 - Canyon:**



**Movie Time with Santa - December 19, 2009 - Lubbock:**



**Christmas with Santa & Elves - December 19, 2009 - Dumas:**







**Uniting Parents**

a program of the

Coalition of Health Services, Inc.

301 South Polk, Suite 740

Amarillo, Texas 79101

<http://unitingparents.cohs.net>

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

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**Administrative Office:**  
 Coalition of Health Services, Inc.  
 301 S. Polk, Suite 740  
 Amarillo, TX. 79101

<b>Amarillo Office Numbers:</b>	
Office Number:	1.806.337.1700
Fax Number:	1.806.337.1702
Toll Free Number:	1.888.892.2273
Web Address::	<a href="http://unitingparents.cohs.net">http://unitingparents.cohs.net</a>

<b>Amarillo Office:</b>	
Program Director:	ext.
<b>Maria Garcia, M. Ed.</b>	212
Administrative Assistant:	
<b>Anna Shores</b>	210
Parent Case Managers:	
<b>Juanita Keadle</b>	215
<b>Alma Benavides</b>	214
<b>Isabel Camarillo</b>	213
CSHCN Respite Assistant:	
<b>Pamela Ware</b>	211

<b>Dumas Office:</b>	
Parent Case Manager:	<b>Hope Huerta</b>
Ph: 806.935.8687	Fax: 806.935.3525
Toll Free: 800.442.7893	

<b>Lubbock Office:</b>	
Parent Case Manager:	<b>Timela Salazar</b>
Ph.: 806.785.5818	Fax: 806.687.0249

<b>Plainview Office:</b>	
Parent Case Manager:	<b>Olga Ybarra</b>
Ph.: 806.293.5667	Fax: 806.293.3213
Parent Case Manager:	<b>Belia Alvarez</b>
Ph: 806.288.9068	Fax: 806.288.9069
Toll Free: 877.488.9068	