



Uniting Parents' Newsletter



Director's Note

Mark your calendar!
Wonderland Family Fun
Day
Saturday, July 11, 2009

Winter 2009

<http://unitingparents.cohs.net>

Dear Parents,

Happy New Year! I hope that your family had time to enjoy the holidays and rested while school was not in session. I know life can get pretty hectic with the demands of the holidays. Yet, it is nice to see familiar faces and embrace our loved ones during this time. A good friend of mine said parenting is like a rollercoaster. There are highs and there are lows. I must admit that I have had my own share of highs and lows along the path of parenting as most of you can probably relate to.

As the year began, Uniting Parents was hard hit with the loss of one of its family members. Shane Keadle passed away on January 4th. He was the son of Juanita Keadle, one of our Amarillo parent case managers. His loss has sadden everyone at this agency and the community. Shane's special smile and cheery eyes brought smiles to so many. I most remember him as "Shane-The DJ Man." He loved to DJ at special events and at private parties. He also loved to play Santa Claus and had visited several of our families on our case load during the holidays throughout the years. Shane was unique. He was currently caring for individuals through a home health agency. I know he provided companionship and love to those he served. I also believe that we

were the recipients of his personality and unconditional love. I would like to dedicate this newsletter to him and his family.

Juanita, his mom has provided dedicated service to this program and it is with a heavy heart that she comes back to us to continue the work that Uniting Parents is charged with. I don't know that we are ever fully prepared to lose a loved one but I do know that these are the times we most need our family and friends.

I can not at this point in my life know or even begin to talk with any type of experience on this subject, however, a good resource is a book call "On Death and Dying" that explains the five stages of grief an individual may go through after being diagnosed with a terminal illness. Those stages are denial, anger, bargaining, depression, and acceptance.

In my earlier years, I remember attending training that compared grief to the task of peeling endless layers. Every time a layer was shed, our loss might cause us to sigh, shed a tear or completely break down, never really knowing when, what, or how much, we would be touched by that layer of grief. Grief is sometimes uncomfortable, full of sorrow and just unpredictable with feelings of loneliness, anger, depression, and sadness. Yet, the same memories of our loved one can bring us feelings

of joy, pride and laughter. Hold on to those good memories.

As I conclude, I want to leave you with some questions to ponder to help all of us prepare for the inevitable. 1.) Are you prepared if you or someone you truly love was to pass away? 2.) Do you have a will? 3.) Are you prepared if your significant other passes on? 4.) Do you have a living will, physician's directives or do your love ones know your wishes if you were to pass on or be incapacitated? 5.) Have you considered a trust for your special needs child or children? 6.) Do you have an appointed guardian for your minor children or your child with disabilities? These questions may not be ones we want to think about, however, life is precious and it is too easy to procrastinate.

Let's enjoy life together, share our ideas, and our memories with one another. Live life to the fullest! I hope your year will bring great tidings and many new memories.
Maria

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In Loving Memory to our Angels in Heaven



Skylya L. Phillips
 Daughter of Doris Phillips
 Canyon, Texas
 Jan. 18, 1997 - Nov. 30, 2008

Skylya was a student at Canyon Intermediate School in the TLC Class. She loved music and was a joy to all who knew her and cared for her. We will miss her presence and her beautiful smile.



Shane Slaton Keadle
 Son of Michael & Juanita Keadle
 Amarillo, Texas
 May 28, 1982 - Jan. 4, 2009

Shane was a graduate of Caprock High School and worked in home health. He loved music and was a DJ for Special Olympics. Shane loved to bring smiles to everyone around him especially when he played Santa Claus and dressed-up for Halloween. His smile and zest for life will be greatly missed.

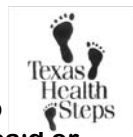
Web Sites of Interest to Parents and Professionals:

- Cancer Survivors: www.cancersurvivos.org/Coping
- Northwest Texas Autism Network: www.nwtxautismnetwork.org
- American Diabetes Association: www.diabetes.org
- The Hope & Healing Place: www.hopeandhealingplace.org



Medicaid / CHIP Programs!

The Panhandle's dry, cold, and windy weather is a good reason to make appointments for your child's health check-ups. Medicaid Transportation can help provide transportation or financial assistance so you can go to see your doctor, dentist, or get to the 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 at (806) 337-1700 or (888) 892-2273 ext. 217. Prevention is the Best Medicine.



View our newsletter on our
NEW web page:
<http://unitingparents.cohs.net>
 View staff information,
 workshops, events, photo gallery,
 & links to other resources.

Families that speak Spanish

Do you want to mentor other parents? Let us know. We will add your name & number to our networking list.

Uniting Parents' Networking List:



Amy Chapman / Aspergers	359-4009	Lucerzia Coats / RETT's Syndrome	940-937-6584
Alma Galvan / Leukemia**	935-9787	Lynette Mixon / Marden Walker & Dandy Walker	353-9599
Betty Allison / Down Syndrome	373-6363	Maria Garcia/Down Syndrome **	337-1700
Brenda & Robert Rodriguez / Cerebral Palsy	655-3300	Marilyn Williams/Hearing Impaired	352-4124
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		
Josephine Valadez / Prader Willie Syndrome**	966-3333		

Workshops & Events:

- Feb. 9 - Special Education Assessment Updates with TEA. This TETN session will be from 1-3pm at Region 16 ESC at 5800 Bell St. in Amarillo. For more information, call Linda Lamirande at 806.677.5194
- Feb. 12 - International Conference on Parent Education and Parenting will be a three-day event in Denton. For more information, call 800.735.2989.
- Feb. 18 - Audio Conference: Legal Issues in Serving Students with Autism from 10-11:30am at Region 16 ESC at 5800 Bell St. in Amarillo. For more information, call Kelly Burton at 806.677.5192.
- Feb. 21- Back in Control Parenting Workshop offered by the S.T.A.R. program from 8:45-4pm at the Hereford ISD Administration Building in the Board Room on 601 N. 25 Mile Ave. in Hereford. Must be pre-registered. For more information and to register, call 806.359.2005.
- Feb.23 - Blazing a Trail with Transition, a Texas Transition Conference will be a three-day event in Austin. A limited amount of stipends are available for parents and students who have not received a stipend in the past two years. For more information, call Cheryl Grenwelge at 979.458.1593.
- Feb. 25 - The Arc of Texas 16th Annual Inclusion Works Conference "Be Informed, Involved & Included..." will be a three-day event in Austin. For more information, call 800.252.9729.
- Feb. 26 - Legal Updates on Special Education Laws will be held from 9-4pm at Region 16 ESC at 5800 Bell St. in Amarillo. For more information, call Stormetta Stateler at 806.677.5199.
- Mar. 5 - 4th Annual Understanding Individuals with Asperger's Syndrome or High Functioning Autism Seminar held in Dallas. For more information, call 800.252.9729.
- Mar. 9 - Texas Statewide Independent Living Conference Relay Independence is a two-day event in Austin. Stipends are available to cover cost of lodging, meals, and registration. For more information, call Regina Blye at 512.371.7353.
- Mar. 25- Path to Partnerships Meeting at Coalition of Health Services, Inc. from 11:30-1pm at 301 S. Polk, Suite 740. For more information, call Alma Benavides at 806.337.1700 ext. 214.
- Apr. 2 - Special Education Assessment Updates sponsored by the TX Education Agency. This TETN session is from 1-3pm at Region 16 at 5800 Bell St. in Amarillo. For more information, call Linda Lamirande at 806.677.5194.
- Apr. 2 - Wills, Trust & Guardianship workshop held from 7-8pm at Region 16 ESC at 5800 Bell St. in Amarillo. For more information, call Lori Weiss at 806.677.5195.
- Apr. 8 - Audio Conference: 2009 Case Law Updates on special education lawsuits and their implications for school districts from 10-11:30am at Region 16 ESC at 5800 Bell St. in Amarillo. For more information, call Kelly Burton at 806.677.5192.
- Apr. 15- Social Security & the Texas Medicaid Waiver Programs workshop will be held from 7-8pm at Region 16 ESC at 5800 Bell St. in Amarillo. For more information, call Lori Weiss at 806.677.5195.

Northwest Texas Autism Network Support Group Meetings. Held the first Sunday of every month at 2400 Lakeview Drive in Amarillo inside the Specialized Therapy Services offices from 2:30-3:30pm.

Would you like to volunteer at one of our special events or help us with clerical needs? Give us a call, you may just find how rewarding it is to volunteer. Call any of our offices listed in the back of this newsletter.

Thank You-¡Gracias!

Our Christmas events in Canyon, Dumas, and Lubbock were absolutely outstanding with the support of the following volunteers and donors.

Amarillo's "Breakfast with Santa"

Panhandle Plains Historical Museum

Pantex

Sonic

Starbucks

Randall High School Band

Randall High School FCCLA

Amarillo High School Choir

Department of State Health Services Staff

Eddie Wilburn & Family

Dumas "Christmas with Uniting Parents"

Sun Loan

United Supermarket

Wal-Mart

Maurices

Benjamin Armendariz

Gloria Ibanez

Dumas High School Cheerleaders

Department of State Health Services Staff

and

The Eagle Club for all the Food Boxes

Thanks to the Wal-Mart Distribution Center of Plainview and David Williams for their donation to our Christmas event in Lubbock.

We would also like to acknowledge all the high school students that helped with our different events. These students were very helpful. They showed great pride in their volunteer work with both cheery attitudes and great initiative! Thank YOU!

We would like to wish everyone a Happy and Prosperous New Year!

Amarillo



Dumas



Lubbock



Kid's Corner:

Mommy & Me - Because I Am Special

Amarillo College has started a gymnastic course especially targeted for kids with disabilities including cerebral palsy and Down Syndrome. Classes will run from **January 22 thru May 07, 2009 at the West campus on 6222 West 9th from 7-8pm.** This is a **Parent Participation Class** but only the child enrolls for the class. **The cost is \$73.** The Panhandle Down Syndrome Guild (PDSG) will help any of their members with scholarships to help cover the cost. If you are a member of Uniting Parents and not a member of the PDSG contact your case manager for assistance with cost of this course.

For more information about the classes, call the gymnastic program supervisor at 806.356.3668 or contact Jeff at 806.382.2326 or Vicki at 806.670.1568 with the PDSG.

Youth Encountering Success (YES)

Panhandle Independent Living Center (PILC) is now accepting students **ages 13 to 21 (who are still in high school)** to participate in two year-round programs.

YES promotes successful transition from high school. Youth with disabilities gain self-esteem, self-advocacy, and decision-making skills. There is no charge for participation. The **After School YES program** meets **every other Monday from 4:30-6pm.** The **YES Summer Program** is a ten-week program in which students meet **twice weekly from 10-2pm at PILC at 1118 South Taylor Street.**

Groups are limited to 25 students, so call today. For more information or to enroll contact Cynthia Pacheco at 374.1400

Painting Classes for Students with Special Needs



Henry Salley, award winning painter will be teaching painting classes at the **Lubbock Garden and Arts Center at 4215 University Avenue** to youth and adults with special needs. The cost is **\$12.30** per class. This covers all supplies and room fee.

Classes will be held from **1:15-3:15pm on February 7th, March 7th, April 4th, & May 2nd.**

For more information or to reserve your place call 806.767.3724.

Sibshop- Support Group for Brothers & Sisters of Special Needs Children

Sibshop is a place for children between the ages of 5-15 who are a sibling of a special needs child to know they are not alone. It's a place where they can share the good and not so good things about being a sibling of a special needs child. Special activities are planned.

Sibshop meets **every third Saturday of the month at Plum Creek Fellowship Church at 600 Tascosa Road** right next door to Amarillo National Bank from **1-3pm.**

To RSVP or for more information, call **Jana Campbell at 806.655.7151.**

LiTE - Living Independently Through Education:



LiTE will be hosting their annual **Scholarship Luncheon** benefiting students with disabilities on **Tuesday April 14th at the Amarillo Civic Center in the Heritage Room starting at 11:30am.** The guest speaker, **Mark Zupan** is a film star, Special Olympic rugby medalist, and a civic engineer who has quadriplegia. There will be a **silent auction** and **vendor booths** at the event. Tickets are **\$15 or \$20 at the door.** For tickets or to make donations, call Kathy Roth at 806.371.5105. You may also call Brenda Rossnagel at 806.371.5436, Paul Fenstermaker at 806.371.5919, or Maria Garcia at 806.337.1700 ext. 212. **Applications for scholarships to any Amarillo College campus are due March 2nd.**

Scholarships Available! Act Fast!

*Uniting Parents still has funds in their La Salud de la Mujer-National Women's Health Foundation Scholarship for Hispanic children in the Panhandle to participate in school or after school recreational activities. Call your case manager to learn more about our scholarship program! Thank You to the **Laura W. Bush Institute for Women's Health of Amarillo** for their generosity.*



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

RETURN SERVICE REQUESTED

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

Amarillo Office Numbers:	
Office Number:	1.806.337.1700
Fax Number:	1.806.337.1702
Toll Free Number:	1.888.892.2273
Web Address::	http://unitingparents.cohs.net

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

Dumas Office:	
Parent Case Manager:	Hope Huerta
Ph: 806.935.8687	Fax: 806.935.3525
Toll Free: 800.442.7893	

Lubbock Office:	
Parent Case Manager:	Olga Ybarra
Ph.: 806.785.5818	Fax: 806.687.0249

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

→ Apply for employment in Lubbock! Parent case manager needed. Call Maria for details at 888.892.2273.