

In the Spotlight

Patrick Nguyen

I Love My Autistic Brother, *Patrick!* That is the title of a children's book written by 11-year-old Sydney Nguyen. It began as one of many essays she wrote when her mother Chinh encouraged her to write about her feelings as a way to cope with the frustrations of having a younger brother with autism. Now a full-time mother caring for Patrick and Sydney, Chinh had previously worked as a journalist for *Nguoi Viet*, a leading Vietnamese-language newspaper, so it was natural for her to suggest that her daughter try writing.

Like many siblings of children with developmental disabilities, Sydney loves her brother deeply but sometimes struggles with his behaviors, as well as the time and attention he needs from their parents. The book, available in both English and Vietnamese, is an honest look at the difficulties Sydney has faced, and how she's overcome her anger. It aims to help other children understand that autism isn't bad, it's just different.

"I tell her that God gave us Patrick and created him this way, and we need to be understanding and thankful for that, and love and support



Patrick Nguyen

him," said Chinh, who recalls the worries and fears she experienced before learning why her son wasn't developing the same way her daughter had. Though both she and her architect husband, John, are highly intelligent and well educated, neither was familiar with autism until Chinh encountered a special family at their church.

"I was in church praying for God to give me a sign, and I looked up and saw a little girl who had similar behaviors as Patrick," said Chinh, who then shared with the girl's mother the concerns she had about Patrick having no verbal communication and not responding to people.

"She said, '*I think your son has autism*' and gave me the contact information for a therapist who, in turn, gave us Regional Center's phone number."

Shortly thereafter, Patrick was assessed by RCOC and entered the Early Start program at 15 months of age. Later, when he turned three and transitioned out of Early Start, he was diagnosed with autism and was eligible for RCOC services under the Lanterman Act.

Chinh looks back on that time as among the most challenging of her young family's life. Around the same time they learned about Patrick's autism, John experienced a heart attack. Adding to the stress were people around them who discouraged Chinh from talking about Patrick's disability.

"I have to talk about it, because I need people to understand my son," Chinh said. "It's important for people to know that some children are different."

It's in public places, like restaurants and theme parks, where Chinh thinks acceptance and understanding of autism is most important since some behaviors that people with autism may exhibit can be confusing or scary to people who don't understand the condition.

See **Patrick Nguyen** on page 7.

Dialogue

Dialogue is published four times per year by the Regional Center of Orange County for people with developmental disabilities, their families and service providers. *Dialogue* can also be read online at RCOC's website: www.rcocdd.com.

Copyright © 2020   

Board of Directors

John "Chip" Wright, *Chair*
Cliff Amsden, *Vice Chair*
Mine Hagen, *Treasurer*
Sylvia Delgado, *Secretary*
Marcell Bassett
Tiffany Bauer
Meena Chockalingam Bedekar
Frances M.K. Hernandez
Amy Jessee
Liza Krassner
Alan Martin
Hilda Mendez
Fernando Peña

Upcoming Fiscal Year 2019-2020 Board Meetings

March 5 • May 7 • June 4

The public is invited to attend RCOC board meetings. The meetings begin at 6 p.m. in the Regional Center Board Room at RCOC's headquarters, located at 1525 North Tustin Avenue in Santa Ana.

RCOC Administration

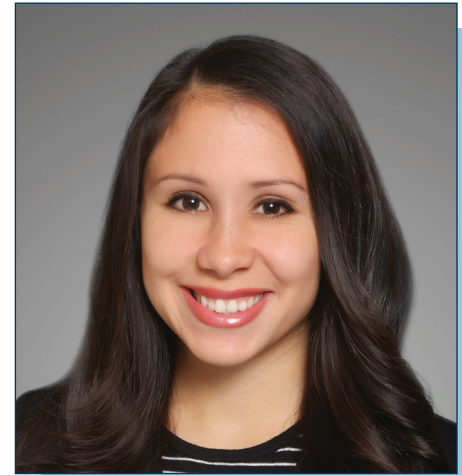
Larry Landauer, *Executive Director*
Bette Baber, *Chief Financial Officer*
Christina Petteruto, *General Counsel*
Jerrod Bonner, *Information Technology Director*
Peter Himber, *M.D., Medical Director*
Bonnie Ivers, *Psy.D., Clinical Director*
Keli Radford, *Director of Services and Supports*
Stacy Wong, *Human Resources Director*
Patricia Glancy, *Intake Manager*
Jennifer Montañez, *Central Area Manager*
Carie Otto, *West Area Manager*
Arturo Cazares, *Associate Director of Employment*
Jack Stanton, *Associate Director of Housing*
Marta Vasquez, *Associate Director Finance*

Board Update

Board Appoints New Member and Elects Officers

RCOC's Board of Directors has appointed Frances M.K. "Frankie" Hernandez to serve a one-year term on the Board, beginning January 1, 2020. The parent of a son and daughter with developmental delays, she is an associate in the Labor and Employment Practice Group at Sheppard, Mullin, Richter & Hampton, LLP.

In addition, three current Board members were renewed for a three-year terms through December 31, 2023: Meena Chockalingam Bedekar and Mine Hagen, both parents of sons with developmental disabilities, and Fernando Peña, a person served by RCOC.



Frances M.K. Hernandez

The Board also elected officers for the January 1, 2020 – June 30, 2021 term. John "Chip" Wright is Chairperson; Cliff Amsden is Vice Chairperson; Mine Hagen is Treasurer; and Sylvia Delgado is Secretary. Chip and Cliff are parents of children with special needs and Sylvia is a person served by RCOC.

Self-Determination Program Update

In November, the Department of Developmental Services (DDS) selected additional people to fill the slots that opened up in its Self Determination Program pilot, when a number of those originally selected decided not to participate. Those selected were mailed notification letters in December.

Those not selected in this round will remain on the DDS list, since it is expected there will be additional openings in the future. For the latest program information, visit the DDS website at www.dds.ca.gov/SDP.



Executive Director's Report

Working to Reach Everyone in our Community

By Larry Landauer, Executive Director

At Regional Center of Orange County, we know how challenging it can sometimes be for families of people with developmental disabilities to navigate the systems that are in place to help their loved ones thrive in the community.

When a child is first diagnosed with a developmental disability or delay that could benefit from early intervention, there is a lot of new terminology to learn. Parents may also need to learn about sophisticated therapies that can benefit their child. Later, the transitions from Early Start and public school, and from school to adulthood, present yet more challenges.

Here in Orange County, our community has long been enriched by residents from all parts of the world.

When there is a language barrier, these are all magnified. When families come from other parts of the United States or other countries where developmental services are much more limited, they may arrive in California with no knowledge of the

community care system. Sadly, that can hinder children from receiving services that may reduce their developmental delays or disabilities. It can also prevent adults with special



needs from receiving all of the help they need to live as independently as possible.

Here in Orange County, our community has

long been enriched by residents from all parts of the world, so RCOC has for many years employed bilingual service coordinators to ensure that everyone we serve is heard and has their needs met. In fact, currently 73 percent of our staff are fluent in at least two languages.

Currently 73 percent of our staff are fluent in at least two languages.

We also produce translated versions of many key materials, like the *Dialogue* newsletter, and have long-standing relationships with local healthcare providers and other social service agencies serving these communities. And, we have cultural specialists on staff, performing outreach and providing support to families through our Comfort Connection Family Resource Center.

But we know that more can be done to reach those who aren't aware of us and the services we offer.

That is why we have greatly stepped up our outreach to underserved communities, including recently hosting a very well-attended Asian Pacific Islander Leadership Forum (see back cover), which yielded extremely valuable insights about the barriers that may cause some families and adults with developmental disabilities to avoid seeking RCOC's help.

We are already acting on many of the suggestions we received, and are looking forward to cultivating the many relationships we forged at the event to help more families get the help they need.

We have greatly stepped up our outreach to underserved communities.

We are also actively working to develop new relationships with other local organizations and institutions, including John Wayne Airport, Irvine Barclay Theatre (see page 6) and others who share our commitment to inclusion and to making Orange County a welcoming place for people with developmental disabilities from all cultural backgrounds.

In the course of all these efforts, it has been truly gratifying and humbling to encounter so many people of goodwill – many of whom have no other connection to the developmental disabilities community, but are nonetheless eager to help us ensure that each and every person who is eligible for Regional Center services gets their needs met.

Person to Person

Advocating for Ourselves and Other Californians

By Sylvia Delgado, PAC Chair and Jyusse Corey, Peer Advocate

As a member of RCOC's Board of Directors, Sylvia had the privilege of attending February's ARCA Academy, which brought together board members from regional centers all over California. (ARCA is the Association of Regional Center Agencies and it represents the regional center system in Sacramento.)

This ARCA Academy training was important to Sylvia because it gave her a better understanding her role and responsibilities as a regional center board member. She also got to meet other regional center board members. She believes that will help all of the regional centers work together better to have our voices heard as we advocate for the needs of all Californians with developmental disabilities.

For a long time before she started attending Consumer Advisory Team meetings back in 1995 and later became an RCOC Board member, she

felt like she was not heard or well-understood. However, participating in those events and activities helped her to realize the power of her voice and sharing her story. Attending the Academy gave her an opportunity to help empower others served by regional centers who may be looking to find their own voice and speak up.



Sylvia Delgado



Jyusse Corey

As she sees it, knowledge is power. The more she knows, the more she can effect change in the community and do it for the greater good. She knows how effective we can be when we work together, because she did just that a few years ago, speaking with legislators as part of the statewide movement to take the words "mental retardation" out of the Lanterman Act.

While Jyusse didn't attend the ARCA Academy, he knows how important events like it are to helping people get comfortable sharing their personal stories and learning advocacy skills. It took him a few years to find his voice, but now – almost six years later –

he sometimes wonders what might have happened in his life if he hadn't been given the support to advocate for himself.

Both of us encourage everyone who is served by RCOC to take advantage of every opportunity to learn more about how to become a stronger advocate for yourself and for others with developmental disabilities.

Everyday Wellness Tip: Refrigerate After Opening

You've probably seen the words "refrigerate after opening" on the labels of some packaged foods you buy. That's because lots of foods – from mayonnaise and pickles to spaghetti sauce and salsa – begin to spoil once the package is opened and the contents are exposed to air. Keeping these foods in the refrigerator after you open them is important to prevent or slow the growth of harmful bacteria that can make you sick.

But even refrigerated foods won't stay fresh forever. The "best by" or "use by" date listed on some foods is a good guide to when an item should be thrown out. Regardless of expiration date, it's best to throw out any food item that's discolored, has visible mold, or doesn't smell right.

Behavior Management Workshops for Parents

These workshops are free for parents, and cover essential principles of positive behavior management, with a practical focus on helping parents of children with developmental disabilities change their own behavior and that of their children. Parents are actively involved, and invited to discuss the specific behavioral challenges they are confronting. To gain the most value from the experience, parents are encouraged to attend all sessions in a series, though toilet training the focus of the last session. Advance reservations are required and group size is typically limited to 8-15 families. Contact your service coordinator or Tracy Vaughan at (714) 796-5223 for additional information, and to register.

NOTE: *Child care is not provided, so please do not bring children to the workshops.*

Presented in Spanish by Dr. Joyce Tu

When: Tuesday evenings – March 3, March 10, March 17, March 24 and March 31

Time: 6:30-9 p.m.

Location: RCOC Cypress Office
10803 Hope Street, Suite A

Presented in English by Footprints

When: Thursday evenings – April 23, April 30, May 7, May 14 and May 21

Time: 6:30-9 p.m.

Location: RCOC Cypress Office
10803 Hope Street, Suite A

Presented in Spanish by Footprints

When: Thursday evenings – Aug. 20, Aug. 27, Sept. 3, Sept. 10 and Sept. 17

Time: 6:30-9 p.m.

Location: RCOC Santa Ana Office
1525 N. Tustin Avenue
Free parking in the structure across from the RCOC office building.

Safety Stu's Corner

Let's Talk About Safe Dating

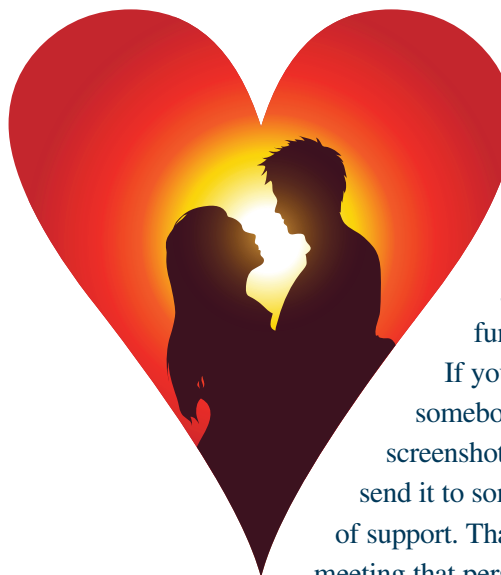
February means Valentine's Day, so here are some quick relationship tips.



Stuart Haskin

Give your trust SLOWLY. Just because someone is nice or super cute doesn't mean we should give them personal information, like where we live or if we take any medications. Sometimes, knuckleheads will try to gain our trust to get that information. This doesn't mean I don't want you to make new friends – just to do it safely. If you're ever

confused about who to trust, talk to a family member, job coach, or staff member to get feedback on your new friend.



Be careful with dating apps. These may seem fun, but they can be risky. If you want to engage with somebody on an app, snag a screenshot of their profile and send it to someone in your circle of support. That way, if you end up meeting that person, a trusted friend knows something about them.

Meet at a public place. Any time you meet someone new, make sure it's in a well-populated area like a restaurant or bowling alley.

Have a trusted friend call or text you. Make sure someone in your circle of support knows where you're going and have them call or text you about an hour into your date and again the next morning, just to ensure you made it home safely.

Want to learn more about safe dating? My team is offering a great new class for adults. If you're interested, contact your RCOC Service Coordinator and ask about the 22-module healthy relationship training from Get Safe!

Community Partners Help Brighten the Holidays for RCOC Families

Hundreds of children and adults served by RCOC enjoyed brighter holidays through the generosity of numerous contributors to RCOC's Wish Tree program and Comfort Connection Family Resource Center's annual toy giveaway. In addition, more than 130 adults served by RCOC-funded day programs were treated to a very special holiday event at Irvine Barclay Theatre that featured a performance of holiday songs by Woodbridge High School's a capella choir and a telling of the Nutcracker story accompanied by a ballet performance by five of the Festival Ballet Theatre's Nutcracker cast members.

Wish Tree supporters included: Brandman University, CASTO Chapter 2, Girls Scouts Oso Valley Service Unit,

Troutman Sanders, AE COM, New Life Presbyterian Church, Exceptional Home Care, Premier HomeHealth Services, Fox Dealer Interactive, GSG Support Services, and Collins Aerospace, along with 37 individuals, including RCOC Board members and employees.

The toy giveaway was made possible by: 24 Hour Home Care (which also provided volunteer gift wrappers and refreshments), ABC7's Spark of Love Toy Drive, The Giovanniello Law Group, the extended Steele family, Giancarlo and Rio Alabastro, Accredited Home Care, Meg Wilson, and RCOC's Peer Advisory Committee.



(above) Many volunteers helped make our toy giveaway possible

(right) Volunteer gift wrappers from 24 Hour Home Care



(above) Persons served by RCOC enjoyed meeting Nutcracker cast members at Irvine Barclay Theatre



Eduardo Rodriguez and Paulette, 10, of Anaheim

Patrick Nguyen (continued from page 1)

She also wants others in the community to know about the services and supports available to help children with developmental disabilities, and to give parents tools and techniques to help their children realize their full potential. She acknowledges that Patrick still has many challenges – new things and environments, for example, can be upsetting to him. However, he has made great strides as a result of various therapies he’s received. He now eats solid food and eats on his own. He also no longer needs diapers, and he is much better about listening and responding when spoken to.

A big part of Patrick’s progress is due to Chinh’s efforts to learn everything she can about autism and about Patrick’s therapies so she can use proven techniques at home to reinforce the work of professional therapists.

“Sometimes I’m very tired,” she said. “But it’s worth it because he’s better today than he was yesterday.”



Cover of Sydney Nguyen's book

Chinh especially appreciates how ABA (Applied Behavior Analysis) is helping to prepare Patrick for educational success in the future.



(L-R) Chinh, Patrick, John and Sydney Nguyen enjoyed attending a performance of The Nutcracker ballet.

“Kids with autism can go to college,” she said, noting that Patrick is very good with numbers and loves activities that involve math. “But before kids can learn, they have to be able to behave properly.”

She also values the respite services she receives through RCOC, recognizing that in addition to helping to reduce family stress, respite provides a positive outlet for her son to practice social interaction with others outside the family.

The Nguyens’ willingness to share their family story has also had a positive impact on the broader community in Orange County, as Chinh spends a lot of time speaking to other parents who seek her out because of her knowledge about autism, school advocacy, and RCOC services and supports.

The family’s RCOC Service Coordinator Lisa Pham admires Chinh’s strength and her determination to do everything she



Patrick with his older sister Sydney

can to ensure that Patrick will be able to take care of himself when he is an adult and she and her husband are no longer around.

“She’s learned from others’ experiences and doesn’t want Patrick to miss out on anything that can possibly benefit him,” said Lisa, who thinks other parents can learn from the Nguyens’ experience. “Don’t be afraid to ask questions and gain more knowledge about what’s happening with your child, express your own opinions about what should be done, and be open to getting support because it can really help your child.”



Regional Center of Orange County
P.O. Box 22010
Santa Ana, CA 92702-2010

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
SANTA ANA, CA
PERMIT NO. 1285

Dialogue Newsletter   

INSIDE

In the Spotlight: Patrick Nguyen.....	1
Board Update.....	2
Self-Determination Program Update ...	2
Executive Director's Report.....	3
Person to Person.....	4
Everyday Wellness Tip: Refrigerate After Opening	4
Behavior Management Workshops for Parents	5
Safety Stu's Corner	5
Community Partners Help Brighten the Holidays for RCOC Families.....	6

Regional Center of Orange County Locations

Santa Ana Office

1525 N. Tustin Avenue
24-hr Phone: (714) 796-5100

Cypress Office

10803 Hope Street, Suite A
24-hr Phone: (714) 796-2900

RCOC Hosts Asian Pacific Islander Leadership Forum

Around 60 leaders from community, business and religious organizations, government agencies, universities, and legislators' offices participated in RCOC's Asian Pacific Islander Leadership Forum. The October event featured workshops exploring barriers and solutions to better meet the needs of those with developmental disabilities and mental health challenges. It also included a panel discussion moderated by attorney and past President of the Vietnamese American Bar Association of Southern California Derrick Nguyen (pictured, far right), and featured (pictured left to right): Mind OC's Chief Clinical and Strategy Officer Clayton Chau, MD, PhD; Yorba Linda Chamber of Commerce CEO Susan Wan-Ross, IOM; Southern California News Group Reporter Deepa Bharath; Korean Community Services Executive Director Ellen Ahn, JD, MSW; and RCOC Board Member Liza Krassner.





Events and Activities in the Vietnamese Community

Regional Center of Orange County has prepared this insert especially for the individuals and families we serve who are most comfortable communicating in the Vietnamese language. These events, programs and activities are presented in Vietnamese and/or are geared specifically for those in Southern California's Vietnamese community. However, some are not funded or endorsed by RCOC and this information is provided as a courtesy. If you know of other opportunities you would like to share with others in the Vietnamese community, please contact RCOC Cultural Specialist Kaitlynn Yen Truong at (714) 558-5405 or ktuong@rcocdd.com.

Vietnamese Service Provider Fair

Back by popular demand! RCOC will host our 2nd Vietnamese Service Provider Fair for Vietnamese speaking families. Come join us to learn more about services and supports available for your loved one. Meet with service providers and community partners who speak Vietnamese, so you can get to know them and their programs. There will be refreshments, games, music and fun activities for the whole family! For more information and to RSVP, contact Kaitlynn Yen Truong at (714) 558-5405 or ktuong@rcocdd.com.

Thursday, May 14
6:30-8 p.m.
Westminster Civic Center
8200 Westminster Blvd in Westminster



New Parent Orientation for Early Start

Regional Center of Orange County invites you to attend one of two free parent orientations for Early Start services (birth to 36 months), presented in Vietnamese. Parents will learn general information about Early Start, how to monitor your child's development, and how to ask for additional services. Get your questions answered and meet other parents whose children are in the Early Start program. We cannot offer child care, but feel free to bring your child with you. For more information and to RSVP, contact Kaitlynn Yen Truong at (714) 558-5405 or ktuong@rcocdd.com.

Wednesday, April 1 from
10 a.m. to noon

Wednesday, June 10 from
6:30-8:30 p.m.

RCOC's Santa Ana Office
1525 N. Tustin Avenue
Free parking in the parking structure across the driveway.

Tune In to New Talk Shows

Be sure to tune in and watch Cuộc Sống Tươi Đẹp – a new Vietnamese-language TV talk show that will air on Mondays at noon and Wednesdays at 2 p.m. on Channel 57.14, the Roku app, YouTube and www.vietmedia.tv. The show will bring news and information on community health, specific medical issues, child development, and legal issues. It will also introduce viewers to local social services and community resources to educate and support Orange County's Vietnamese community.

You also won't want to miss Câu Chuyện Đời Sống – a new radio talk show on Radio Chuyen Sang Chu Nhat that will air on Sundays from 7-8 a.m. on FM 106.3. The show will share information about Regional Center of Orange County, as well as other local social services and community resources to support individuals with special needs and their families. Listen live or to recordings on the website: www.radiochuyensangchunhat.com.

Contact Kaitlynn Yen Truong at (714) 558-5405 or ktuong@rcocdd.com with questions and to share feedback.

(continued on back)

Let's Talk About Autism

RCOC recently partnered with The Center for Autism & Neurodevelopmental Disorders on a series of videos about autism that they produced in Spanish and Vietnamese. Topics include: Understanding Autism; Transitioning to Adulthood; Understanding Problem Behaviors; and Understanding Special Education. To view the videos, go to the Center's YouTube channel at <https://www.youtube.com/user/thecenter4autism>.

Spring Festival

Join the City of Westminster in celebrating the season at the annual Spring Festival in the beautiful Westminster Civic Center. The event features live entertainment, delicious food, craft vendors, an extensive resource fair, fun children's activities and a visit from the Easter Bunny. For more information, stop by the Community Services & Recreation Department at 8200 Westminster Blvd. or call (714) 895-2860.

Saturday, April 4
9 a.m. - 3 p.m.
Westminster Civic Center
8200 Westminster Blvd in
Westminster



Have You Heard About Comfort Connection?

Those RCOC serves have access to a multitude of resources and support – free of charge – through RCOC's Comfort Connection Family Resource Center. Located on the ground floor of RCOC's headquarters office in Santa Ana, Comfort Connection can help families learn more about their loved one's disability through their extensive library of books, articles, websites, videos and DVDs covering a variety of topics, from specific developmental disabilities and behavior management, to sibling issues, social and recreational opportunities, and much more.

Many materials are available in Spanish and Vietnamese, and can be picked up in Comfort Connection's child-friendly office, sent to you, or accessed through RCOC's website. From the home page, click on the Family Resources tab and then Resources for Children (webpages can be translated by selecting your preferred language at the bottom of the page).

Most of Comfort Connection's staff are parents of children with developmental disabilities and many are bilingual, and all are happy to assist parents in locating whatever resources would be helpful for their particular situation. They can also help those facing specific challenges, such as a major transition for their family member, by creating a parent-to-parent match with other parents who are available to share their experience and provide emotional support.

***Comfort Connection
also regularly sends emails
in Spanish and Vietnamese
to inform parents about
events happening in
the community.***

Comfort Connection also regularly sends emails in Spanish and Vietnamese to inform parents about events happening in the community. To get on the email list, or for other assistance through Comfort Connection, please call Kaitlynn Yen Truong at (714) 558-5405 or stop by the office Monday through Friday, from 9 a.m. to 5 p.m.





Events and Activities in the Hispanic Community

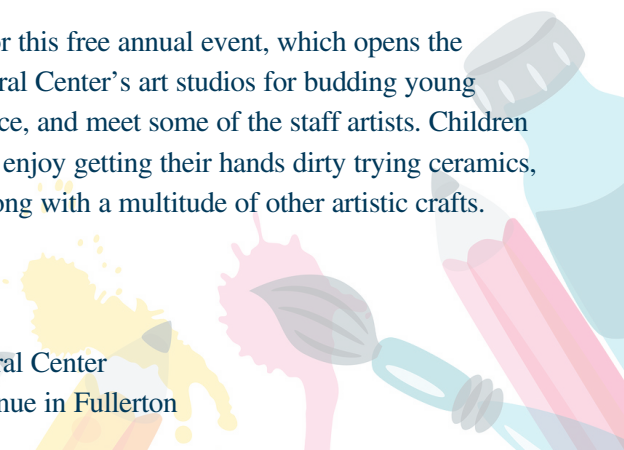
Regional Center of Orange County has prepared this insert especially for the individuals and families we serve who are most comfortable communicating in Spanish. These events, programs and activities are presented in Spanish and/or are geared specifically for those in Southern California's Hispanic community. However, some are not funded or endorsed by RCOC and this information is provided as a courtesy. If you know of other opportunities you would like to share with other Spanish speakers, please contact RCOC Community Outreach Coordinator Reina Hernandez at (714) 558-5406 or rhernandez@rcocdd.com.

Spring Family Arts Night

Join other families for this free annual event, which opens the Muckenthaler Cultural Center's art studios for budding young artists to see the space, and meet some of the staff artists. Children of all ages can come and enjoy getting their hands dirty trying ceramics, drawing, and painting along with a multitude of other artistic crafts.

Thursday, March 19
5:30-7:30 p.m.

The Muckenthaler Cultural Center
1201 West Malvern Avenue in Fullerton



Comics & Sci-Fi at Anaheim Central Library

Science fiction and comics will be taking over the Central Library with dozens of science fiction authors, graphic novel artists, and out of this world activities! Bring the whole family for a day filled with science fiction fun!

Learn more at
www.Anaheim.net/AnaCon.

Saturday, April 18
11 a.m. - 4 p.m.

Anaheim Central Library
500 W. Broadway in Anaheim

Adaptive Swim Lessons

The City of Irvine provides adaptive swim lessons for children ages three to 16 with disabilities, who live in Irvine. Space is limited and the Accommodation Request Application and signed Release of Information Sheet must be submitted two weeks prior to registration. For information and to register, contact Irvine Disability Services at (949) 724-6637.



(continued on back)

Let's Talk About Autism

RCOC recently partnered with The Center for Autism & Neurodevelopmental Disorders on a series of videos about autism that they produced in Spanish and Vietnamese. Topics include: Understanding Autism; Transitioning to Adulthood; Understanding Problem Behaviors; and Understanding Special Education. To view the videos, go to the Center's YouTube channel at <https://www.youtube.com/user/thecenter4autism>.

Wiggle, Read & Explore

The Buena Park Library presents its special Wiggle, Read & Explore program every week for children on the autism spectrum and others with special needs. To confirm specific dates, please call (714) 826-4100.

Saturdays from 9-10 a.m.
Buena Park Library
7150 La Palma Avenue in
Buena Park



Have You Heard About Comfort Connection?

Those RCOC serves have access to a multitude of resources and support – free of charge – through RCOC's Comfort Connection Family Resource Center. Located on the ground floor of RCOC's headquarters office in Santa Ana, Comfort Connection can help families learn more about their loved one's disability through their extensive library of books, articles, websites, videos and DVDs covering a variety of topics, from specific developmental disabilities and behavior management, to sibling issues, social and recreational opportunities, and much more.

Many materials are available in Spanish and Vietnamese, and can be picked up in Comfort Connection's child-friendly office, sent to you, or accessed through RCOC's website. From the home page, click on the Family Resources tab and then Resources for Children (webpages can be translated by selecting your preferred language at the bottom of the page).

Most of Comfort Connection's staff are parents of children with developmental disabilities and many are bilingual, and all are happy to assist parents in locating whatever resources would be helpful for their particular situation. They can also help those facing specific challenges, such as a major transition for their family member, by creating a parent-to-parent match with other parents who are available to share their experience and provide emotional support.

***Comfort Connection
also regularly sends emails
in Spanish and Vietnamese
to inform parents about
events happening in
the community.***

Comfort Connection also regularly sends emails in Spanish and Vietnamese to inform parents about events happening in the community. To get on the email list, or for other assistance through Comfort Connection, please call Reina Hernandez at (714) 558-5406 or stop by the office Monday through Friday, from 9 a.m. to 5 p.m.





Events and Activities in the Vietnamese Community

Regional Center of Orange County has prepared this insert especially for the individuals and families we serve who are most comfortable communicating in the Vietnamese language. These events, programs and activities are presented in Vietnamese and/or are geared specifically for those in Southern California's Vietnamese community. However, some are not funded or endorsed by RCOC and this information is provided as a courtesy. If you know of other opportunities you would like to share with others in the Vietnamese community, please contact RCOC Cultural Specialist Kaitlynn Yen Truong at (714) 558-5405 or ktuong@rcocdd.com.

Vietnamese Service Provider Fair

Back by popular demand! RCOC will host our 2nd Vietnamese Service Provider Fair for Vietnamese speaking families. Come join us to learn more about services and supports available for your loved one. Meet with service providers and community partners who speak Vietnamese, so you can get to know them and their programs. There will be refreshments, games, music and fun activities for the whole family! For more information and to RSVP, contact Kaitlynn Yen Truong at (714) 558-5405 or ktuong@rcocdd.com.

Thursday, May 14
6:30-8 p.m.
Westminster Civic Center
8200 Westminster Blvd in Westminster



Tune In to New Talk Shows

Be sure to tune in and watch Cuộc Sống Trẻ Đẹp – a new Vietnamese-language TV talk show that will air on Mondays at noon and Wednesdays at 2 p.m. on Channel 57.14, the Roku app, YouTube and www.vietmedia.tv. The show will bring news and information on community health, specific medical issues, child development, and legal issues. It will also introduce viewers to local social services and community resources to educate and support Orange County's Vietnamese community.

You also won't want to miss Câu Chuyện Đời Sống – a new radio talk show on Radio Chuyen Sang Chu Nhat that will air on Sundays from 7-8 a.m. on FM 106.3. The show will share information about Regional Center of Orange County, as well as other local social services and community resources to support individuals with special needs and their families. Listen live or to recordings on the website: www.radiochuyensangchunhat.com.

Contact Kaitlynn Yen Truong at (714) 558-5405 or ktuong@rcocdd.com with questions and to share feedback.

New Parent Orientation for Early Start

Regional Center of Orange County invites you to attend one of two free parent orientations for Early Start services (birth to 36 months), presented in Vietnamese. Parents will learn general information about Early Start, how to monitor your child's development, and how to ask for additional services. Get your questions answered and meet other parents whose children are in the Early Start program. We cannot offer child care, but feel free to bring your child with you. For more information and to RSVP, contact Kaitlynn Yen Truong at (714) 558-5405 or ktuong@rcocdd.com.

Wednesday, April 1 from
10 a.m. to noon

Wednesday, June 10 from
6:30-8:30 p.m.

RCOC's Santa Ana Office
1525 N. Tustin Avenue
Free parking in the parking structure across the driveway.

(continued on back)

Let's Talk About Autism

RCOC recently partnered with The Center for Autism & Neurodevelopmental Disorders on a series of videos about autism that they produced in Spanish and Vietnamese. Topics include: Understanding Autism; Transitioning to Adulthood; Understanding Problem Behaviors; and Understanding Special Education. To view the videos, go to the Center's YouTube channel at <https://www.youtube.com/user/thecenter4autism>.

Spring Festival

Join the City of Westminster in celebrating the season at the annual Spring Festival in the beautiful Westminster Civic Center. The event features live entertainment, delicious food, craft vendors, an extensive resource fair, fun children's activities and a visit from the Easter Bunny. For more information, stop by the Community Services & Recreation Department at 8200 Westminster Blvd. or call (714) 895-2860.

Saturday, April 4
9 a.m. - 3 p.m.
Westminster Civic Center
8200 Westminster Blvd in
Westminster



Have You Heard About Comfort Connection?

Those RCOC serves have access to a multitude of resources and support – free of charge – through RCOC's Comfort Connection Family Resource Center. Located on the ground floor of RCOC's headquarters office in Santa Ana, Comfort Connection can help families learn more about their loved one's disability through their extensive library of books, articles, websites, videos and DVDs covering a variety of topics, from specific developmental disabilities and behavior management, to sibling issues, social and recreational opportunities, and much more.

Many materials are available in Spanish and Vietnamese, and can be picked up in Comfort Connection's child-friendly office, sent to you, or accessed through RCOC's website. From the home page, click on the Family Resources tab and then Resources for Children (webpages can be translated by selecting your preferred language at the bottom of the page).

Most of Comfort Connection's staff are parents of children with developmental disabilities and many are bilingual, and all are happy to assist parents in locating whatever resources would be helpful for their particular situation. They can also help those facing specific challenges, such as a major transition for their family member, by creating a parent-to-parent match with other parents who are available to share their experience and provide emotional support.

Comfort Connection also regularly sends emails in Spanish and Vietnamese to inform parents about events happening in the community.

Comfort Connection also regularly sends emails in Spanish and Vietnamese to inform parents about events happening in the community. To get on the email list, or for other assistance through Comfort Connection, please call Kaitlynn Yen Truong at (714) 558-5405 or stop by the office Monday through Friday, from 9 a.m. to 5 p.m.





Events and Activities in the Hispanic Community

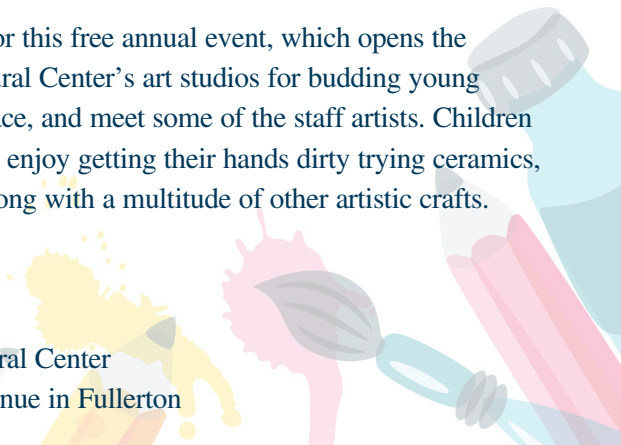
Regional Center of Orange County has prepared this insert especially for the individuals and families we serve who are most comfortable communicating in Spanish. These events, programs and activities are presented in Spanish and/or are geared specifically for those in Southern California's Hispanic community. However, some are not funded or endorsed by RCOC and this information is provided as a courtesy. If you know of other opportunities you would like to share with other Spanish speakers, please contact RCOC Community Outreach Coordinator Reina Hernandez at (714) 558-5406 or rhernandez@rcocdd.com.

Spring Family Arts Night

Join other families for this free annual event, which opens the Muckenthaler Cultural Center's art studios for budding young artists to see the space, and meet some of the staff artists. Children of all ages can come and enjoy getting their hands dirty trying ceramics, drawing, and painting along with a multitude of other artistic crafts.

Thursday, March 19
5:30-7:30 p.m.

The Muckenthaler Cultural Center
1201 West Malvern Avenue in Fullerton



Comics & Sci-Fi at Anaheim Central Library

Science fiction and comics will be taking over the Central Library with dozens of science fiction authors, graphic novel artists, and out of this world activities! Bring the whole family for a day filled with science fiction fun!

Learn more at
www.Anaheim.net/AnaCon.

Saturday, April 18
11 a.m. - 4 p.m.

Anaheim Central Library
500 W. Broadway in Anaheim

Adaptive Swim Lessons

The City of Irvine provides adaptive swim lessons for children ages three to 16 with disabilities, who live in Irvine. Space is limited and the Accommodation Request Application and signed Release of Information Sheet must be submitted two weeks prior to registration. For information and to register, contact Irvine Disability Services at (949) 724-6637.



(continued on back)

Let's Talk About Autism

RCOC recently partnered with The Center for Autism & Neurodevelopmental Disorders on a series of videos about autism that they produced in Spanish and Vietnamese. Topics include: Understanding Autism; Transitioning to Adulthood; Understanding Problem Behaviors; and Understanding Special Education. To view the videos, go to the Center's YouTube channel at <https://www.youtube.com/user/thecenter4autism>.

Wiggle, Read & Explore

The Buena Park Library presents its special Wiggle, Read & Explore program every week for children on the autism spectrum and others with special needs. To confirm specific dates, please call (714) 826-4100.

Saturdays from 9-10 a.m.
Buena Park Library
7150 La Palma Avenue in
Buena Park



Have You Heard About Comfort Connection?

Those RCOC serves have access to a multitude of resources and support – free of charge – through RCOC's Comfort Connection Family Resource Center. Located on the ground floor of RCOC's headquarters office in Santa Ana, Comfort Connection can help families learn more about their loved one's disability through their extensive library of books, articles, websites, videos and DVDs covering a variety of topics, from specific developmental disabilities and behavior management, to sibling issues, social and recreational opportunities, and much more.

Many materials are available in Spanish and Vietnamese, and can be picked up in Comfort Connection's child-friendly office, sent to you, or accessed through RCOC's website. From the home page, click on the Family Resources tab and then Resources for Children (webpages can be translated by selecting your preferred language at the bottom of the page).

Most of Comfort Connection's staff are parents of children with developmental disabilities and many are bilingual, and all are happy to assist parents in locating whatever resources would be helpful for their particular situation. They can also help those facing specific challenges, such as a major transition for their family member, by creating a parent-to-parent match with other parents who are available to share their experience and provide emotional support.

***Comfort Connection
also regularly sends emails
in Spanish and Vietnamese
to inform parents about
events happening in
the community.***

Comfort Connection also regularly sends emails in Spanish and Vietnamese to inform parents about events happening in the community. To get on the email list, or for other assistance through Comfort Connection, please call Reina Hernandez at (714) 558-5406 or stop by the office Monday through Friday, from 9 a.m. to 5 p.m.

