Dialogue

Volume 20 No. 3 Summer 2006

Consumer Spotlight

The Redington Family

ver the course of ten years, Heather and Scott Redington have taken in 45 foster children – babies to teens, and all of them with special needs. For two weeks up to two years, they have found a home with this warmhearted couple and their two birth children, 14-year-old Zachary and 12-year-old Whitney.

And then came Zoe.

It was Christmas time in 2003 when the Redingtons got the call. Would they be able to take in a little girl, not quite three years old, for two weeks of medical respite? Of course, the answer was yes and, on Christmas Eve, Zoe arrived. It soon became clear that the Redington household would be Zoe's forever home.

"We fell in love. She was ours," says Heather. "She was a gift, and we knew right away that we would step up to adopt her."

...every member of this family has a nurturing spirit.

Some people questioned their decision. Zoe, who had suffered brain



The Redington family celebrate Zoe's fifth birthday with a visit to the Santa Ana Zoo. Pictured (L-R) are: Scott, Whitney, Zoe, Heather and Zachary.

damage and has mental retardation as the result of a cardiac arrest she suffered as an infant, was considered "unadoptable." She has a variety of heart-related medical conditions that doctors warned may shorten her life — she has already undergone four surgeries. These, along with an array of other health problems, make Zoe very fragile and caring for her a complex challenge.

But the Redingtons were not deterred, and the adoption was finalized on July 15, 2005. Scott, a nurse at Children's Hospital of Orange County (CHOC), is at ease with Zoe's medical needs. "He takes off his nurse's hat and is 'Daddy' when he's at home, but he has the ability to embrace the medical needs of the children," Heather says.

While it helps that Scott is a medical professional, every member of this family has a nurturing spirit. Heather, the children's primary caregiver, also teaches kindergarten part-time at The Vine Preparatory Academy. Among the many ways that Zachary and

See Redington Family page 10

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 Web site: **www.rcocdd.com**.

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2006-2007 Board Meetings

September 7 • November 2 January 4 • March 1 • May 3

The public is invited to attend. Meetings begin at 6 p.m. and are held in the Regional Center Board Room at 801 Civic Center Drive West, Santa Ana.

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RCOC Legislative Update

Parental Involvement Can Help Preserve the Safety Net for Our Children

By Tresa Oliveri, RCOC Board of Directors

ne of the things I do as chair of the RCOC Board's Legislative Committee is to participate in meetings with elected

officials. My role in those meetings is to do something that only people with developmental disabilities and their family



members can do: I share my personal experiences. As the mother of a 16-year-old son who has autism, I try to help legislators understand how important the regional center system is for families like mine.

When I am gone, my son will need the regional center safety net more than ever.

This is not a role that I would have imagined for myself. Early in life, I had never even heard of the regional center system. Now, I don't want to imagine a future without it. That future is what motivates me. There is no doubt that, as long as I am here, my son's needs will be met. But I worry about what might happen when I am not here.

When I am gone, my son will need the regional center safety net more than ever. That is why I am so proud to be involved with the RCOC Board initiatives that are leading the system forward, shaping regional center services and supports in response to changing needs. It is also why I am so passionate about the stewardship principles upon which RCOC operates. Meeting consumer and family needs in fiscally-responsible ways is essential to ensuring the system endures long into the future.

Meeting consumer and family needs in fiscally-responsible ways is essential to ensuring that the system endures...

I am sharing my story in this column to encourage other RCOC mothers and fathers to become actively involved in whatever ways they can. Most of us did not choose to have a developmental disability in our lives. However, all of us can choose to participate in making sure that the regional center system will be there for our children when we are gone.

> You can access past issues of *Dialogue* on the Regional Center Web site at **www.rcocdd.com**

CEO's Corner

Supporting Families and Advocating for Children

By Bill Bowman, Chief Executive Officer

n my last column, I shared some of the feedback from individuals and families that RCOC

has received through National Core Indicators (NCI) surveys and other sources. I also told you



I also told you about some of our preliminary efforts to explore

new services and program models to respond to the evolving needs of families we serve. I am delighted that in this issue of *Dialogue* we are able to share with you information about several new and expanded family support resources RCOC is making available to help parents meet the challenges of raising children with developmental disabilities.

It is clear that families and family structures have changed dramatically.

The article on pages 7-8 provides more program details, but I want to discuss here the reasons RCOC has taken the steps we have in three key areas of family support: behavioral services, day care and after school activities, and special education advocacy.

Focus on Supporting Parents

RCOC has always recognized and honored the role of parents in ensuring that children with developmental disabilities reach their full potential. Research backs it up: when parents are involved, children do better. It is clear, though, that families and family structures have changed dramatically. The increase in single-parent households may be the most obvious, but it is just one of many societal, economic, and cultural dynamics affecting parent-child relationships in our community as well as in the general population.

...we have made a major commitment to ensuring that families know they can access special education advocacy programs through RCOC.

The actions RCOC has taken to expand the scope of behavioral services we provide are in response to these dynamics. They are not intended to replace parents with additional therapy. Rather, these services are aimed at helping mothers and fathers overcome behavioral barriers that can stand in the way of the intensive parental involvement that is so important to helping a child progress. Similarly, we view the new child care and after school resources RCOC is developing as essential supports for working parents.

Advocacy is a Regional Center Role

Once a child transitions out of Early Start, many families interact more

with public schools than they do with RCOC, simply because school districts have primary responsibility for providing services to children with disabilities between 3 and 22 years of age. However, while schools take the lead, it is important for families to know that RCOC's commitment to supporting them is unwavering.

...services are aimed at helping mothers and fathers overcome behavioral barriers...

A major component of RCOC's role at this time of life is advocacy. Recognizing that many parents are challenged by the Individualized Education Program (IEP) process, and that there is wide variation among school districts in how they deal with children's needs, we have made a major commitment to ensuring that families know they can access special education advocacy programs through RCOC.

More News to Come

All of us at RCOC are excited about these new family support initiatives. They keep our center on the leading edge, responding to the real-life needs of people we serve in ways that embody good stewardship principles. What we are sharing now is just the start. In future issues of *Dialogue*, we look forward to detailing additional creative approaches RCOC is pioneering to support families, including those with children nearing adulthood and the transition from public schools into the working world.

Consumer Advisory Team Update

Everybody Plays and Has Fun with HoopStars

By Jay Connor, CAT Chairman

t our Consumer Advisory Team (CAT) meetings,

sometimes we talk about serious issues. Other times, we share ideas about fun activities to do during our free time. In May, we

had a presentation about one of my favorite sports programs – HoopStars.

HoopStars is a basketball league that's open to anyone who has a disability. Robin Preston, the person who started

HoopStars, talked about the program and how to join. She also played a fun video with highlights from some games and exhibitions, and the awards banquet that takes place at the end of every season.

A friend of mine told me about HoopStars two years ago. After seeing them play, I was so impressed that I decided to sign up. We play full games, and everybody

> plays, so it's a great way to learn the game and have fun getting some exercise.

> > The very best thing about participating in HoopStars, though, is the

opportunity it provides to build relationships with other

players and families.

The season runs from November to February. Registration begins in September. To learn more about

HoopStars, and to register online, go to their Web site at **www.hoopstarsbb.com**, or call (714) 441-0353.

Upcoming 2006 CAT Meeting Dates

September 20 October 18 November 15 December 13

CAT meetings are from 10 a.m. to noon at RCOC's Santa Ana office, 801 Civic Center Drive West. Call Betty Bath at (714) 796-5263 ahead of time to let her know you will be there.

The Consumer Advisory Team (CAT) is a group of consumers that meets once a month. The group discusses issues that are important to RCOC consumers, like advocacy and independence. The CAT chairman advises the RCOC board of directors about the group's concerns.





Safety Stu's Corner

Tips for a Safe Summer

t's sunshine, friends and fun that make summer an awesome time of the year. To make sure that your summer is great, just add one more thing to this list of summer things: SUN, SURF, SAND, and what else? SAFETY, of course!

To get us all ready for the season, the GET Bear **SAFE** team put their heads together and came up with important tips for a satisfying and safe summer. When you read them, you will realize that they are all really easy, and things you wanted to do anyway!

SPEND TIME WITH YOUR FRIENDS. Just what you were thinking of doing, right? This summer, take a friend, family member, or other trusted person with you when you go to the park, the mall, or the movies. It will be more fun than going it alone and your buddy can help you get out of a scary situation **and** help you pick out that cool new Hawaiian shirt you've been wanting.

CHECK OUT THE SIGHTS. So you have picked out the rides you are going to hit first at the amusement park or the prime spot for people watching on the beach, but have you checked out all of your surroundings? Being aware of what is around you is one of the best ways to stay safe: look for the exits. the first aid tent. the lifeguard stand, and guest services locations. Choose one of these safe places for you and your friends to meet if anyone gets lost or separated from the group.

LOOK COOL! Got your sunglasses? You might be all ready to go in your Hawaiian shirt, your swimsuit and your sandals, but have you thought of everything to keep you protected from the rays and the waves? Make sure to wear sunglasses, sunscreen, flotation devices for swimming, and other protective gear (helmet and pads if you are skating or riding). Don't forget to reapply your sunscreen!

Thanks for reading our tips and have a SAFE SUMMER!

Until next time Safety Friends, Safety Stu, the GET SAFE[™] team, and Beary Safe

Behavior Management Workshops for Parents

Regional Center of Orange County is offering free Behavior Management Workshops for Parents. Five workshops are scheduled for September and October 2006. These four- or five- session workshops will cover the basic 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 will be actively involved, and will be invited to discuss the specific behavioral challenges they are confronting. When a fifth session is offered, the focus of the fifth session is toilet training. Advance reservations are required and group size is typically limited to 40-45 families. Please contact your service coordinator for additional information and to register.

Behavior Management Workshop for Parents with Toilet Training (5 sessions)

Presented in English by Julia F. Shaull, LCSW, BCBA

When:	Wednesday mornings – Sept. 13,
	Sept. 20, Sept. 27, Oct. 4 and Oct. 1
Time:	10 a.m. to Noon
Location:	Regional Center of Orange County
	West Office
	13950 Milton Avenue, Suite 200
	Westminster

Behavior Management Workshop for Parents with Toilet Training (5 sessions)

Presented in Spanish by Ana Lorenz, Ph.D.

- When:
 Friday evenings Oct. 6, Oct. 13, Oct. 20, Oct. 27 and Nov. 3

 Time:
 6:30 – 9 p.m.
- Location: Regional Center of Orange County East/Central Office First Floor 801 Civic Center Drive West, Santa Ana

Behavior Management Workshop for Parents (4 sessions)

Presented in Vietnamese by An V. Le, Psy.D.

When:	Tuesday evenings – Oct. 3, Oct. 10,
	Oct. 17 and Oct. 24
Time:	6:30 – 9 p.m.
Location:	Regional Center of Orange County
	West Office
	13950 Milton Avenue, Suite 200
	Westminster

Behavior Management Workshop for Parents (4 sessions)

Presented in English by Jose Rios, M.S., BCBA

When:Thursday evenings – Oct. 5, Oct. 12,
Oct. 19 and Oct. 26Time:6:30 – 9 p.m.Location:Regional Center of Orange County
East/Central Office
First Floor
801 Civic Center Drive West, Santa Ana

Behavior Management Workshop for Parents with Toilet Training (5 sessions)

Presented in English by Joyce Tu, Ed.D., BCBA

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

Time: 6:30 – 9 p.m.

Location: Regional Center of Orange County North Office 3111 N. Tustin Street, Suite 150, Orange

NOTE: There will be no workshops scheduled during November or December 2006. Workshops will resume in January 2007.

RCOC Expands Family Support Resources

here is a lot of exciting news for parents raising children with developmental disabilities in Orange County! Here are highlights of three major family support initiatives RCOC has launched just in the past few months. If you think your family could benefit from any of these resources, be sure to contact your RCOC service coordinator.

Special Education Advocacy

"We have heard parents who have told us that the transition from Early Start with RCOC to special education programs operated by public schools can be confusing," says RCOC Chief Operating Officer Janis White, Ph.D. "And we know some school districts do a better job than others in meeting children's needs."

When families have difficulty with schools, they can receive assistance through the Pepperdine Special Education Advocacy Clinic. However, while the need for advocacy support has grown, some families do not know about this service. This has led RCOC to launch a special program to increase awareness of it.

"We want families to know they can turn to RCOC for help with advocacy, and that we're here for them throughout a child's school age years," she says.

The Pepperdine program is run by Richard Peterson, a prominent Orange County attorney who is a past-president of RCOC's board of directors. In addition to his expertise and personal passion for special education law. Peterson holds Master's and Master in Law degrees in dispute resolution. Through the Pepperdine Clinic, second- and third-year law students work under Professor Peterson's supervision to help empower parents by teaching them about special education law, as well as their rights and responsibilities as they relate to the law.

"Our goal is to equip parents with the knowledge and skills they need to be effective advocates," says Peterson, who has personally attended as many as three IEP meetings in a



day with parents. "The process can seem intimidating, but it is possible for all families to be successful, no matter what their educational or cultural background."

When families have difficulty with schools, they can receive assistance through the Pepperdine Special Education Advocacy Clinic.

The Clinic's purpose is two-fold: to ensure that each child with developmental disabilities receives the services and supports they need throughout their school-age years, while helping to enact change that improves relationships between school districts and parents.

Education advocacy has become such an important RCOC service that a second advocacy clinic, with Whittier Law School, has been added. Very similar to Pepperdine, Whittier law students work under the supervision of law professor Meredith Goetz to provide support to families.

Inclusive Child Care

With the rise in single-parent households and two-career families, the need for quality child care/after school programs has become a major issue for RCOC families. Many parents of children with the most severe behavioral and physical challenges have been unable to find providers to meet their children's needs.

> See RCOC Expands Family Support Resources page 8

RCOC Expands Family Support Resources (continued from page 7)

Here in Orange County, research shows that a lack of properly trained staff is a major part of the problem. RCOC has responded by funding an important new initiative, launched this summer, to provide existing licensed child care agencies with the training and support necessary to deliver quality care for these children.

It is a team effort in which the YMCA (with 52 locations in Orange County) and United Cerebral Palsy (UCP) will perform assessments for children referred to them, as well as recruit, train and employ child care staff. These staff will serve children at various sites, including YMCA facilities and – through an agreement with UCP – at Child Development, Inc.'s 26 licensed child care centers in the county.

"The most exciting thing about this initiative is the opportunity to assist families who have been unable to find inclusive child care settings that are appropriate for their children."

"The most exciting thing about this initiative is the opportunity to assist families who have been unable to find inclusive child care settings that are appropriate for their children," says Director of Outcomes Doug Miller, who spearheaded the collaboration for RCOC. Most are helped by the parent training in behavior management that has been a major focus of RCOC's support in this area (see page 6 for a list of upcoming workshops). Some mothers and fathers, though, are so overwhelmed by the challenges that parent training may not be enough.

> Many parents tell us that behavioral problems are among the most difficult issues they face.

RCOC has responded to this need in several ways, including broadening the center's policy on behavior intervention to include one-on-one in-home services with individual children. We are also working to increase the number of service providers in this area, and have hired several new board-certified behavior analysts to help these families.

"Our energies at RCOC are focused on making sure that families get the support they need," says RCOC's Chief Executive Officer Bill Bowman. "The new approaches we're taking, and others we'll introduce in the near future, are aimed at helping families deal with a range of issues that didn't even exist decades ago."

He says the committee that developed this partnership is continuing to meet and expects to introduce more programs to expand access to inclusive child care. Along with RCOC and the organizations mentioned above, that committee includes the Orange County Department of Education, California Children's Home Society, United Way, and the Boys & Girls Clubs of Tustin.

Behavioral Resources

Many parents tell us that behavioral problems are among the most difficult issues they face. We hear this from parents of children of all ages, and with all developmental disabilities.



News From Comfort Connection

Family Resources for Children of All Ages

By Jacqui Kerze

any parents' first experiences with the Comfort Connection

Family Resource Center occur when their children initially qualify for RCOC services. They often turn to us because they want to access



our lending library for books, articles and videos about their children's conditions. It is understandable, then, that some might not be aware of the full range of supports we offer to families with children of all ages and in all stages of life. This is one of the things that makes us different: while many regional centers do not pay for family resource center services beyond the Early Start years, RCOC funds Comfort Connection so we can provide lifelong support to people with developmental disabilities and their families.

Here are some of the services Comfort Connection provides to families with children who have transitioned out of Early Start, but are still living at home.

Help Navigating the Education

System – Our volunteers and staff are all parents of children with special needs, so we have firsthand experience with the Individualized Education Program (IEP) process. By helping families understand what to expect from the IEP process and the people involved, we hope to equip them to make good choices for their children at each stage in their education.

Finding Recreation Opportunities -

In Orange County, there is no shortage of fun activities for children with special needs to enjoy, but it takes some time to uncover them. With this in mind, Comfort Connection has compiled a *Recreation Resource Guide* that includes a diverse range of social and recreational opportunities available to children (and adults) with developmental disabilities.

Child Care Assistance – When a family's neighborhood child care provider is having difficulty meeting their child's special needs, we can help. Sometimes, after assessing the situation, we can offer technical assistance that will enable the provider to include children with disabilities. These could include, for example, recommendations for staff training and facility modifications.

Our goal is to broaden awareness of the breadth and availability of our services, while identifying additional resources and services that take the whole family into consideration.

These are just a few of the supports we provide to families. We do, however, recognize that some RCOC families

Planning for the Future

The Comfort Connection Family Resource Center will host *Planning for the Future*, a free estate planning presentation for parents, on Tuesday, Oct. 24 from 6:30-8:30 p.m. at RCOC's East/Central Office, Board Room B, 801 Civic Center Drive West in Santa Ana.

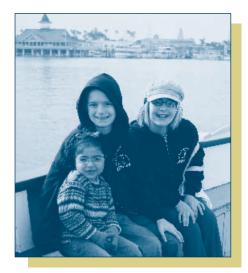
A panel of experts will overview special needs trusts, conservatorship, and other important end-of-life planning issues that concern parents of children with developmental disabilities. There will also be opportunities to ask questions. Spanish and Vietnamese translation is available upon advance request.

For more information and to request a translator, contact Martha Gallegos at (714) 558-5404. Space is limited, so if you wish to attend, please RSVP by calling (714) 558-5403.

have significant needs that are beyond our area of expertise. That is why we are reaching out to other types of family resource centers, including FaCT (Families & Communities Together in Orange County – a partnership between the Orange County Social Services Agency and the Orangewood Children's Foundation). Our goal is to broaden awareness of the breadth and availability of our services, while identifying additional resources and services that take the whole family into consideration.

Redington Family (continued from page 1)

Whitney show their devotion to their younger sister is by encouraging her socially, with everyday activities, and at meal times because eating is difficult for Zoe. "They are cheerleaders in her life," says Heather. And about her youngest daughter, Heather says: "She is the most loving, happiest kid. It's indescribable the love that Zoe has to give."



The Redingtons are an active family. Here are Zoe, Zachary and Whitney on a whale watching excursion in Newport Beach.

While her disabilities are significant, they are no barrier to her joining in the family's active life. She has fun being on stage and singing when the family performs at Irvine's Musical Theater Village. She also enjoys going to a children's Bible study at the family's church, as well as being a Daisy Girl Scout and part of her sister's Cadet troop. Zoe also loves school.

"She gets so excited when the bus comes each day to pick her up," says Heather. "Public school is the best place for Zoe right now."

Ensuring an appropriate school environment for Zoe has not

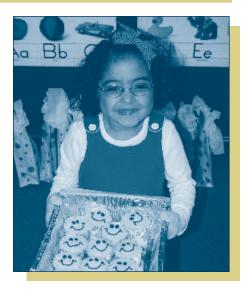
been without its challenges. The Redingtons, experienced with developmental services for both their birth children and foster children, were more familiar than most with the Individualized Education Program (IEP) process. They have even helped to advocate for friends' children. But Zoe's combination of needs is so complex, the family was having up to three IEP meetings a month attempting to secure an appropriate setting and goals for her.

When she became part of the Redington family, Zoe was transitioning into the public school system. Though always connected with RCOC, Heather says their family was like some others who can lose touch with the regional center once their child is no longer in Early Start.

"Sometimes you struggle [dealing] with one more service," she says. "That's one more person, when you're trying to control so many things — nurses, doctors, occupational therapist, physical therapist – there are all of those people involved with your child."

Ensuring an appropriate school environment for Zoe has not been without its challenges.

Still, she encourages parents to keep up their relationship with their RCOC service coordinator, because it was through a conversation with her RCOC Service Coordinator Melissa Clark that Heather learned about and gained access to the Pepperdine Special Education Advocacy Clinic



Zoe and her mother made happy face cupcakes for her preschool class.

(see related story on page 7). Working with the Clinic and its director, Richard Peterson, has made a tremendous difference in Zoe's school experience and the Redingtons' ability to advocate on her behalf.

Working with the Clinic...has made a tremendous difference in Zoe's school experience and the Redingtons' ability to advocate on her behalf.

"In the first IEP, Richard said we're not going to put a box around this child," says Heather. "He challenged people to see Zoe in a different light, and allowed us to do so, as well."

POST-SCRIPT: When the Redingtons were interviewed for this story, they were looking forward to welcoming another child into their family. In July, Heather and Scott traveled to Lithuania, in Eastern Europe, to complete the adoption of Wyatt – a four-old boy who also has special needs and had been living in an orphanage.

News from CalOptima

Annual Open Enrollment Period is Here!

alOptima's annual Open Enrollment Period is going on now through September 15. You can ask to change your health network at this time for any reason.

If you want to keep your current health network, you do not need to do anything.

Open Enrollment is also a good time to find out from your doctor if he or

she is planning to move to another CalOptima health network. If your doctor is moving to another CalOptima health network, and you want to stay with your doctor, you will need to change to your doctor's new health network.



To change your health network, call CalOptima at (**714**) **246-8500**, or toll-free at **1-888-587-8088**, and ask for a Health Network Selection Form. You will need to fill out and return the form to CalOptima **no later than Friday, September 15, 2006**. Your health network change will begin October 1, 2006. After the current Open Enrollment Period ends, in most cases, you will not be able to change your health network until the next Open Enrollment Period in 2007.

If you want to keep your current health network, you do not need to do anything. We will keep you with the same health network until next year's Open Enrollment Period. You can change your primary care physician (PCP) within your health network every thirty days by calling your health network.

If you have any questions or need help, call CalOptima's Customer Service Department at (**714**) **246-8500**, or toll-free at **1-888-587-8088**, Monday through Friday, from 8:00 a.m. to 5:30 p.m. Members with speech and hearing impairments can call our TDD line at (714) 246-8523.

OneCare Partners Are Here to Assist You

OneCare is CalOptima's Senior Medicare Advantage Program. It combines Medicare, Medi-Cal, and prescription drug benefits into one simple and easy-to-use plan.

The plan offers the services of the OneCare Partners – staff trained to help RCOC consumers get the health care services they need. This dedicated, multi-cultural team focuses on providing the best in customer service. They help consumers by ensuring that prescription needs are met, identifying community resources for in-home support and other free services, helping access non-emergency transportation, scheduling interpreters for doctor visits, working with physicians to obtain referrals to specialists and assisting with wheelchairs and medical supplies.



The OneCare Partners are just a toll-free call away, at 1-877-412-2734.



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Dialogue Newsletter

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24-hr Phone: (714) 889-7200

Regional Center of Orange County Locations

Pictured (left to right) are: Linda Brown, Mario Nunes (job coach), Pam Lopez, Dave Dolan, Bill Bowman, Stephanie Rhone, Adrenne Chin, Stephen Santiago (job coach) and Woody Herman.

Vons Foundation Supports Brian's Fund

The Vons Foundation recently contributed \$900 to Brian's Fund, which pays for emergencies and special needs of RCOC consumers not funded by any other source. Dave Dolan, the Pavilions assistant store manager who arranged the donation, and five RCOC consumers who are employed by the store presented the check to RCOC CEO Bill Bowman who accepted on behalf of RCOC. Brian's Fund is named for Brian Flotho, a young man with a developmental disability who spent his 28-year life advocating for the civil and legal rights of his peers. RCOC covers all costs associated with administering the Fund.

