



Family Resources Program

Program funded by FIRST 5 Santa Clara County
Managed by West Valley Community Services



eNewsletter for Families

Regular news and information for families living in
Cupertino, Saratoga, Monte Sereno, West San Jose, Los Gatos and the mountain region.

Volume 19: May 8, 2009

Happy Mother's Day!!! How do you plan to celebrate this year's Mother's Day? How about a free trip to Children Discovery Museum of San Jose or San Francisco Zoo? Seventeen Museums in the Bay Area offer free admission on May 10, Mother's Day, through the Koret Foundation. Check out our eNewsletter for a complete list of participating museums.

Young children are one of the most vulnerable groups for flu. As the Swine flu becomes publicized, many parents are concerned and worried about how they can do to prevent from affecting their children. Find out more from "Swine flu and children" at the Tips for Parents.

Our family eNewsletter, parent workshops, Family Partner and all other programs funded through FIRST 5, might come to an end by June 30, 2009. Proposition 1D, one of the 6 measures on the special election ballot on May 19, 2009, proposes to reduce and redirect the FIRST 5 funding. For more information on Proposition 1D, please check the "Message from FIRST 5" section.

You are welcome to share this newsletter with any of your friends. If you would like these names or networks to be included in the mailing list, please let us know. For families who don't have internet access, we would be happy to mail it to you. The copies are available at all FRP workshops and the Family Resources Table during community events.

If you would like to contribute and share information about fun events, news or any information that promotes, supports or affects families with young children living in our region, please feel free to email jeany@WVCommunityServices.org.



Message from
First 5

Get the facts on Proposition 1D

Did you know about the election on May 19?

Have you heard that Proposition 1D will reduce the FIRST 5 funding?

Who is **FIRST 5**?

California voters passed Proposition 10 in 1998, adding a 50-cent tax on tobacco products, forming FIRST 5 Commissions to support health, education and prevention programs for expectant parents and children, ages 0 to 5.

FIRST 5 funding for children's programs is based on local planning and decision-making specific to families' needs in the county and not on state mandates.

What is **Proposition 1D**?

To address the state budget deficit, the state has placed a number of measures on the special election ballot on May 19, 2009, including an amendment to Prop 10. California voters will decide to maintain or significantly reduce funding for FIRST 5 California, FIRST 5 Santa Clara County, and 57 county FIRST 5 commissions funded by Prop 10 tobacco tax revenues.

Prop 1D reduces FIRST 5's revenue stream and changes the 1998 Prop 10 law. Since Prop 1D is attempting to change a voter-approved initiative, it must be approved by a majority of California voters.

What will happen if **Prop 1D** passes?

If Prop 1D passes, 2.7 million children's health and education services throughout California will be at risk. Prop 1D will cut funds for hundreds of community-based programs for children and families in every county of California, which may increase the need for additional tax dollars to be spent on needy families.

Prop 1D will redirect more than 60% of FIRST 5 revenues to the State General Fund to be apportioned by the State Legislature. These funds will be used for existing state children's programs and will no longer be controlled locally.

What will happen in Santa Clara County if **Prop 1D** passes?

Prop 1D will result in at least a \$50 million loss to children's programs in Santa Clara County by diverting future revenues and reducing funds for the next five years.

Prop 1D will also redirect up to \$340 million of FIRST 5 California's funds which help pay for children's programs in Santa Clara County, such as health insurance premiums, preschool spaces and oral health services.

What will happen if **Prop 1D** does not pass?

If voters do not approve Prop 1D, FIRST 5 will continue to support locally identified needs in health and education programs for parents and children, ages 0 to 5.

The fiscal year 2009-2010 state budget will have \$608 million dollars less in revenue and the state will need to address this gap.

To learn more about the state budget and the propositions on the ballot on May 19, 2009, go to: <http://www.voterguide.sos.ca.gov/>



Parent Workshops - Workshops for families with young children

May June 2009

"I thought being a dad would come easily to me. But soon after my son's birth, I



was looking for a way out." (Joel Schwartzberg in Slouching Toward Fatherhood, Newsweek April 13, 2009)

The touching confession from a father tells how challenging parenting could be and how much impact it could be on first-time parents. The revelation of another father gave birth to Proposition 10 in 1989 to help and support all the parents of young children regardless of their income. To fulfill this mission, we are pleased to offer "Fathers Matter" series of workshops by Christopher Glover

Fathers Matters 3-week series

by Christopher Glover

Wed. May 6, 13, 20, 2009

6-8pm

West Valley Presbyterian Church (6191 Bollinger Rd. Cupertino, CA 95014)



Feeding Your Children with Love

By Christina Llerena, MSW

English Sessions

Tue. June 2, 9, 2009

6-8pm

New Life Church (20900 McClellan Rd., Cupertino)

Spanish sessions

Thu. June 18, 25, 2009

6-8pm

Location: TBA

**All workshops are free but registration is required.
Child care is available on site with prior arrangement!**

Online Registration is now available! Please visit:

www.wvcommunityservices.org/heartserv.php

Click on 'Parent Workshops > Click on 'Register for March/April workshops'

To register via phone or email contact **Julia Phan - Parent Workshop Coordinator**

Email: juliap@wvcommunityservices.org

Phone: 408-255-8033 ext. 153

The talks are FREE for all families who have at least one child under age 6 or are expecting a child. Priority will be given to families living in the West Valley region of Santa Clara County: Cupertino, Los Gatos and the mountain areas, Monte Sereno, Saratoga, and West San Jose.

Workshops are funded by FIRST 5 of Santa Clara County, and managed by West Valley Community Services.



Family Partner Program at West Valley Community Services

What the Family Partner Program can do for Families with young children?

Wilma Ford is a single mother of Melissa Ford and both live in the West Valley region. Wilma was just given full custody of her 4year old daughter Melissa. Wilma was hesitant to begin services because she was scared of the "system."

After talking to the Family Partner over the course of a few weeks and establishing a rapport, Wilma began to open up about her history of drug use and how it affected Melissa. The Family Partner personally connected Wilma and Melissa to complete the Level 1 and Level 2 assessment through Kidango and VIA to see how her ADHD and being away from mom for some time has affected her.

After the assessments Wilma and Melissa were connected to a state of the art therapy that has been successful and Wilma reports that her relationship with Melissa has "healed and grown in a way that she never imagined."

The Family Partner Program, through FIRST 5, now have openings and are dedicated to serving families who have concerns about their child's behavior, development or want to know more about the resources in their community for children under 6.

Priority is given to children with Medi-Cal, Healthy Families, and Healthy Kids living in Cupertino, Saratoga, Monte Sereno, West San Jose (95129/95130), Los Gatos and the mountain region.

For more information on the Family Partner Program, please contact the Family Partner Supervisor, Sujatha at 408-255-8033 ext. 103 or email sujathav@wvcommunityservices.org.

Free Admission at 17 museums in the Bay Area

Celebrating the Koret Foundation's 30th anniversary with a Mother's Day trip to the museums.

Seventeen museums around the Bay Area are offering free admission - take the family to see one, two, or three museums in one day! No advance tickets are needed.

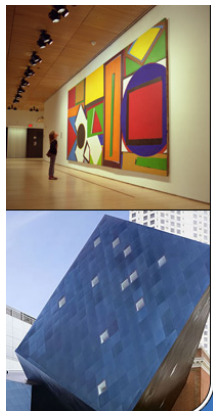
This is the second time Koret has sponsored a day of free admission to Bay Area museums: in 2004, a similar event in celebration of our 25th anniversary drew 55,000 visitors to 13 participating museums, inspiring a trend in corporate-sponsored free museum admission.

Since 1979, the Koret Foundation has contributed more than \$52 million to arts, cultural,

and civic institutions throughout the Bay Area.
To learn more, visit www.KoretFoundation.org.

Participating Museums:

Asian Art Museum
Bay Area Discovery Museum
Chabot Space & Science Center
Children's Discovery Museum of San Jose
Contemporary Jewish Museum
Exploratorium
Judah L. Magnes Museum
Lawrence Hall of Science
Legion of Honor
M. H. de Young Museum
Museum of the African Diaspora
Oakland Museum of California
San Francisco Museum of Modern Art
San Francisco Zoo
San Jose Museum of Art
Tech Museum of Innovation IMAX Movie
Zeum



Affordable Housing Fair

Come and Learn about affordable places in Cupertino, West San Jose, Saratoga, and Los Gatos.

Thursday ~ May 28, 2009
6pm - 8pm
WVCS Community Room

Advance Registration is required.
Call to register today! 408-255-8033

West Valley Community Services
10104 Vista Drive
Cupertino, CA 95014
www.wvcommunityservices.org

Adopt a Duck!

West Valley Community Services is proud to be one of this year's Silicon Valley Duck Race Duck Buddies! Each year the Duck Race sells out of its ducks and agencies receive the money raised from these sales.



On Sunday, June 21, 2009, exactly 15,000 numbered RUBBER ducks adopted by people like you will race down Vasona Creek. Some of those lucky people will win prizes, and one might win \$1,000,000!

It's a FUN, FAMILY-FRIENDLY event with lots of food and free activities! Bring the entire family for Father's day!

All proceeds go to local charities. What a great way to celebrate Father's Day!

GO here to ADOPT a DUCK TODAY! -
<http://www.siliconvalleyduckrace.org/adopt.html>

Ducks are \$5 for one duck, \$25 for a Family of Ducks (Adopt 5, get 1 free), \$50 for a Club of Ducks (Adopt 10, get 2 free), and a Flock of Ducks for \$100 (Adopt 20, get 5 free)!

Please make sure you put WEST VALLEY COMMUNITY SERVICES down as the TEAM NAME and choose VICKI Yang as the team member so we can get the credit.

It's great event, lots of fun, and helps support WVCS! So Adopt a Duck today! If you have any questions, please visit their website at www.siliconvalleyduckrace.org or if you want more information about WVCS visit www.wvcommunityservices.org

Organization of Special Needs Families(OSF)

5th Annual Special Needs Conference

May 15, 2009

9-2pm

Cupertino Quinlan Center

10185 N. Stelling Road, Cupertino, CA 95014

On-line registration available at: www.osfamilies.org



Conference Fees: \$25.00 per person,
Breakfast & lunch are included, along with free child care from 12:15 to 3:00pm.
To access care registration is needed before May 10th 2009.

Conference Schedule

8:30 - 9:00 Check in & Continental Breakfast

9:00 - 9:15 Welcome: **Sandy James, OSF President**

9:15 -10:00 **Keynote Speaker: Liz Kniss, Chair, Santa Clara County Supervisors**

10:00 -11:30

Dr. John Brown, MIND Institute Research: Are Environment Toxins and Better Diagnosis Relevent with the Cause of Autism?

11:30-12:15 Lunch will be provided

12:15 - 2:00

Workshops (choose one)

A. Open Dialogue on Advocacy, Special Needs Trust, and Conservatorship for children with Special Needs

Matthew Wright. Attorney at Law

B. Developing Speech, Language & Auditory Skills in Children

Patti Hamaguchi, M.A., CCC-SLP

C. Are My Child's ABA Services Any Good? How Can Parents Assess the Quality of Behavioral Intervention Programs?

Greg Buch, Ph.D.

2:00 - 3:00 **Panel Discussion**

**Moderator Santi Rogers,
Director of San Andreas Regional Center**

Respected experts in the fields of Services, Early Intervention, Integration,

Parent Support, and Education will be present by:

1. Howard Doi, LMFT, Early Start District Manager
2. Matthew Wright, IEP/IPP Advocate
3. Lorrie Wernick, Principal of Regnant Elementary School
4. OSF Parent Representative
5. Patti Hamaguchi, M.A., CCC-SLP
6. Greg Buch, Ph.D.

Registration Deadline: Tuesday, May 12, 2009

Certificate of Learning will be issued upon request

Friends of Children with Special Needs (FCSN)

TOPIC : The Power of Play: Helping your child's development and language with playful together-time

SPEAKER: Joanne C. Finn, Licensed Educational Psychologist

DATE & TIME : Saturday May 9, 2009 4:30 pm to 6:30 pm



LOCATION: FCSN Center, 2300 Peralta Blvd, Fremont

1) ACTION ALERT: Join FCSN and Be the VOICE for our CHILDREN. FAMILIES UNITE AND FIGHT FOR our CHILDREN'S LIFE, DREAM & FUTURE!! We have always been the TARGET FOR THE BIGGEST CUTS for the last 8 years. Together with other advocates, we will fight against huge cuts to a wide range of services and supports impacting individuals with special needs including cuts to Regional Centers, In-Home Supportive Services, Medi-Cal and more.

WHAT CAN WE DO?

* Join FCSN - meet legislators at Sacramento on Capitol Action Day- May 27, 2009, Wednesday AGAINST THE CUTS ON DISABILITY BENEFITS!!

Family Voices has agreed to provide financial support to bring families to voice their concerns on Capitol Action Day. Compare taking a day off of work and taking our children out of school for a day TO losing our children's lifeline of rights and services.

We will charter a bus and provide lunches, and snack for participating families. Please respond to this email NOW or call me at (510) 468-9797 to sign up. We will leave FCSN Fremont Center; 2300 Peralta Blvd., Fremont, at 8:15am - and be back by 4:30pm on 5/27.

2) FCSN Annual Meeting/Family Day

June 6, 2009

4:30-8pm.

Don't miss: Annual Meeting / Family Day -- A FREE Fun Event for all FCSN Members, Children & Friends. - Join as One Big Family to celebrate and build a brighter future for our special children.

Place: Chinese American Cultural Center; 1269 Forgewood Ave., Sunnyvale.

Please RSVP to Josephine Chou at 510-739-6900, jchou01@aol.com.

3) FCSN Soccer Camp Registrations now Available!!

All Summer Sports Camps will be held at Club Sport Fremont (a luxurious fitness center) - Registrations for the 3 camps are all separate and need to be sent to the corresponding coordinators. Additional \$25 registration fee for each camp for non-members.

4) EDUCATIONAL SERIES ON AUTISM (ASD) at Lucille Packard Children Hospital
Lucille Packard Children Hospital (LPCH) Center for Autism and Related Disorders is offering a 14-part educational series for parents of children and adolescents with an Autism Spectrum Disorder (ASD). This includes children with Asperger's Disorder, autism and PDD-NOS. The series is designed to provide parents with information about ASD diagnoses, treatment, and services. Many sessions apply to parents of any child with ASD; others apply to certain age groups or levels of language ability.

Sessions will be held in the Stanford Psychiatry Building (401 Quarry Road) on

Sessions start on May 14, 2009.

Thursday, 5:30 - 7:00 PM.

Registration can be for individual sessions. Parents may join at anytime. Cost is \$5 per session.

Register for sessions at: <http://childpsychiatry.stanford.edu>
Phone: (650) 721-6327. Fax: (650) 725-9544. E-mail: autism@lpch.org

5) 2009 Bay Area Walk NOW FOR AUTISM
Saturday, May 30, 2009, at Kelly Park, San Jose
Walk Day is May 30, 2009! Visit website, www.walknowforautism.org/bayarea, for the most updated information.

6) Rhythm Makers and Magic Makers Concert - A Tribute to Beatles
The Rhythm Makers previously performed at Villa Montalvo. The Magic Makers is an up and coming band of musicians of varying abilities (individuals with special needs). Both groups are practicing hard. It should be a fun and enjoyable evening for all.

Monday, June 8th at 7pm.
Santa Clara High School Theatre (3000 Benton, Santa Clara)
Advance Purchase \$5/ticket, At the Door \$10/ticket general admission, \$7 for children 12 & under, disabled, and seniors.
For tickets Call Deanna (408)998-4269 or Donna (408)348-3802
dms5358@sbcglobal.net

Swine Flu and Children

(From Boston Public Health Commission)

What is swine flu?

Swine influenza (swine flu) is flu virus in pigs. People do not normally get swine flu; however, as of mid-April cases of a specific type of swine flu were reported in the United States and other areas in the world.

What are the symptoms of swine flu in children?

Symptoms are similar to regular flu and include sudden fever, cough, muscle aches, headaches, chills and general weakness. Some children have had vomiting, belly pain, and diarrhea. In most cases, symptoms start suddenly and are much more severe than the common cold.

How does swine flu spread in people?

The current strain of swine flu is able to spread from one person to another. It is thought to spread the same way as regular flu in that the virus lives in the nose and throat and is sprayed into the air when an infected person sneezes, coughs or talks. People nearby can then breathe in the virus. Sometimes people get flu by touching something with the flu germ on it and then touching their mouth or nose. Symptoms usually start 1 to 3 days after a person breathes in the virus but can take longer.

How long can an infected person spread swine flu to others?

People can spread the swine flu virus 1 day before their symptoms begin until 1 week afterward. Children may be able to spread the virus longer.

Tips and Ideas
for Parents



Is there a vaccine for swine flu?

No, there is not a vaccine at this time for swine flu. It will take some time before a vaccine that protects against swine flu is developed. The seasonal flu vaccine will not protect against swine flu.

What can I teach my child to do to prevent the flu?

Always remind children to:

- Cover their nose and mouth with a tissue when they cough or sneeze -- have them throw the tissue away after they use it. If they do not have a tissue, remind them to sneeze into their upper sleeve.
- Wash their hands often with soap and water, especially after they cough or sneeze. If water is not near, they can use an alcohol-based hand cleaner with adult supervision if needed. Be sure to teach children to scrub their hands together with warm water and soap for at least 20 seconds.
- Remind them to not touch their eyes, nose or mouth. Germs can spread this way.
- Avoid close contact with people who are sick, if possible.

What should I do if my child gets the flu?

If a child is sick with flu, it is recommended that they stay home for 7 days after their symptoms started or until symptoms go away, whichever is shorter to prevent giving the illness to others.

Allow your child rest in bed and encourage him/her to drink small amount of fluids several times per day. A fever can be reduced with medication such as acetaminophen or ibuprofen.

NEVER give aspirin medication to a child under 19 years of age due to risk of Reye's syndrome. Decongestants may help relieve a stuffy nose but should only be used in children over 6 years of age. Be sure to use all medications according to package directions and consult with your child's healthcare provider prior to giving medication if you have any questions or concerns. Talk to your child's doctor if symptoms seem severe or not improving after a few days. Seek emergency medical care for your child if they have any of the following:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking fluids well or is showing signs of dehydration (including decreased amounts of urine (or number of wet diapers), dry lips, or tongue
- Not waking up or not interacting
- A fever that does not get better with fever reducing medication or a fever with rash
- A seizure or changes in mental status
- Any other unusual symptoms

Are there any medications that my child can take to treat swine flu?

Antiviral medicines (such as oseltamivir or zanamivir) are medicines that are prescribed by a healthcare provider and can help treat or prevent flu. These medications have not been used widely in young children. To be effective, these medicines should be started within 2 days after getting sick.





Will schools close if students or staff members have swine flu?

There is a possibility that schools could close to reduce the spread of flu. It is a good idea for

parents to prepare for a possible school closure. Parents should consider how their child would be cared for during school hours should a closure occur. It is important to remember that children should avoid meeting up at other facilities or with many friends in order to reduce the spread of flu to others.

Can my child get swine flu from eating pork?

No, swine flu is not spread through food. Eating properly handled and cooked pork products is safe.

Communicable Disease Control Division
1010 Massachusetts Avenue
Boston, MA 02118
www.bphc.org



Events and Programs in May:

at San Jose Public Library, Calabazas Branch

Science Fridays

Fridays, May 8, and 15, 3:30 PM - 4:30 PM

School-age children are invited to our after-school science enrichment program. Parents are welcome, too! Science Fridays provide hands-on life, physical, and earth-science experiments for children ages 9-13 years. This program is made possible by Agilent Technologies. For more information, contact Ruth at 996-1536 or 996-1535.

Mother's Day Storytime and Crafts

Saturday, May 9, 11:00 AM - 11:45 AM

Join us for a special Mother's Day storytime followed by gift-making activities. For more information, contact Sharon at 996-1536 or 996-1535.

Interviewing Techniques

Tuesday, May 12, 6:30PM - 7:45PM

In this workshop participants will gain an understanding of the hiring agenda and how to make the right first impression on the potential new employer. The basic components of what to do before, during, and after the interview are covered in detail. Participants learn how to research in advance, prepare themselves mentally and emotionally, communicate with confidence, handle tough questions, and follow up appropriately. Presented by the Workforce Institute of the San Jose/Evergreen Community College District. For more information, contact Ruth at 996-1536 or 996-1535.

Bingo Schmingo Music

Saturday, May 16, 11:00 AM - 11:45 AM

Bingo Schmingo Music is a delightful program of interactive, lively songs that blend learning and fun! Designed for children ages 3-8 years. For more information, contact Sharon at 996-1536 or 996-1535.

U.S. Citizenship Workshop

Tuesday, May 19, 6:30 AM - 7:45 PM

What are the benefits of applying for United States citizenship? What are the requirements? How do you apply? Learn the answers to these questions and more at this informative bilingual (English-

Chinese) workshop presented by the Asian Law Alliance. For more information, contact Ruth at 996-1536 or 996-1535.

Family Events in the West Valley region

-Free family events and activities for young children

Berryessa Art & Wine Festival:

Sat. May 9, 2009

10-5pm

Penitencia Creek Park, next to Berryessa Community Center

3050 Berryessa Road, San Jose

408-923-3083

The 34th annual event supports Berryessa Union School district music program. Enjoy 100 arts and crafts booths, local and cult wines and a carnival area for little ones.

YSI Insect Fair:

Sat. May 9, 09

10-4pm

Sanborn County Park

16055 Sanborn Road, Saratoga, CA 95070

408-867-9959, <http://www.ysi-ca.org/>

If you thought you knew it all about the little critters, this event will change your mind. A stunning butterfly exhibit, a bug-themed bake sale, an amazing silk-spinning demonstration, a live arthropod showing, compost explanations, and children's craft activities are but a few of the wonderful happenings at this event. However, visitors get to see more than just insects. There will be plenty of other arthropods which include: millipedes, arachnids and crustaceans, to mention a few. The annual exhibit, takes place at the YSI Science and Nature Center at Sanborn-Skyline County Park in Saratoga, featured arthropods, both live and dead, from tarantulas to ladybugs to Madagascar hissing cockroaches (the only roach species that makes a sound humans can hear). The event promises plenty of excitement. There will be arthropods at various stages of their life cycles, from larvae to adults, and visitors will learn about them through hands-on activities. The event will be held rain or shine.

World Journal Festival:

May 9, 2009

10-6pm

Memorial Park

Stevens Creek and Mary Ave., Cupertino

Beauty and the Beast:

Sat. May 9, 2009, 11am, 2pm

Sat. May 23, 2009, 11am

Sunnyvale Community Center

550 E. Remington Dr., Sunnyvale

Presented by California Theatre Center

408-245-2978, www.ctcinc.org

Wonder at the re-telling of this original French fairy tale in which the kind and courageous Beauty teaches the Beast to be gentle and good and thus releases him from his beastly form.

For grades K-5.



Mommy & Me on the Row Kick-off event

May 12, 2009 (Second Tuesday of

10:00 am - 12:00 pm, Santana Row

Featuring a performance of the Little Mermaid by Ballet San Jose.

Meet every Tuesday of each month. It's a FREE kid's club that invites parents and children to Santana Row for educational and fun activities for children ages 2-8. Activities include balloon artists, live entertainment, arts & crafts and story time. Join our free kid's club for special shopping and dining offers. Log on to SantanaRow.com to become a member and enjoy special shopping discounts.

Houge Park Star Party:

Friday, May 15, May 29, 2009

9pm -12 am

Houge Park star party: The San Jose Astronomical association offers telescope viewing for all ages. www.sjaa.net, 408-559-1221

Houge Park: From Hwy. 85, take the Bascom Avenue exit. Go north, and turn right at the first traffic light, onto White Oaks Road. At the first stop sign, turn left onto Twilight Drive. You will now be passing the park. Turn right at the first driveway, into the parking lot.

Hands on the Arts:

Sat. May 16, 2009

10-4pm

Sunnyvale Community Center

550 Remington Drive, Sunnyvale

408-730-7350

Children aged 3-12 are invited to try 35 different hands-on stations offering multi-cultural music, dancing, painting, theater and crafts.

A la Carte and Art:

Sat. and Sun. May 16 and May 17, 2009

10-6pm

Castro St. between Church St. and Evelyn Ave.

The festival features live entertainment, food and craft booths and a kids' zone with rides, slides, face painting and temporary tattoos.

