



The Kids Newsletter

...for parents by parents.

A Parent's Story By a Metro North Parent

A Parent's Tips When Planning Your Child's IEP



Before the IEP meeting:

- Consider the present and future vision you have for your child.
- List your child's strengths, needs, interests, and your major concerns about his/her education
- Consider how your child's disability affects his/her education.
- Think about your child's progress. What has been working and what has not?
- Request a written copy of your child's evaluation results before the IEP meeting. This gives you an opportunity to understand the evaluation before planning the IEP.
- If needed, plan to bring someone with you to the meeting. They may help with questions and answers,

At the IEP meeting:

- You, the school staff, and any other parties attending will review and discuss information about your child to plan the IEP. It provides an excellent opportunity to ask questions and share important insights about your child. The school needs to know what your child is like at home and in the community, as well as what your child's interests and activities are.
- Share your short-term and long-term visions for your child.
- Discuss your child's strengths, needs and your concerns about your child's education.
- When you believe the teacher/school are doing a good job, tell them so.
- Be a good listener. Ask questions.
- Make sure you understand. If you don't understand something, ask to have it explained in a way that you can understand.
- Take the proposed IEP document home to review or ask that a copy be sent to you. You have 14 calendar days from the time you receive the written IEP to agree or disagree with the program in writing and return it to the school.

After the IEP planning meeting:

- Your child's IEP must be reviewed at least once a year to determine whether the annual goals have been achieved and to revise the IEP if necessary.
- You must be informed regularly about your child's progress. You will be informed about whether your child is making progress toward meeting the IEP goals, and whether the progress is enough to reach the goals. If your child is not making adequate progress, an IEP meeting should be held to review the IEP and make needed changes.
- Always remember, you may request an IEP meeting at any time.

Volume 4, Issue 1

Fall 2008

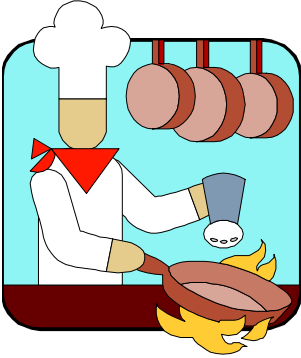
Special points of interest:

- ☺ A Parent's Story
- ☺ Kids activities
- ☺ Medical Updates
- ☺ Legislative Updates
- ☺ Free/ low-cost activities
- ☺ Workshops & events

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Kid Friendly Recipe



Sandwich on a Stick

How do you turn a sandwich into a fun meal and get your kids to eat their veggies? Make it a stick-wich!

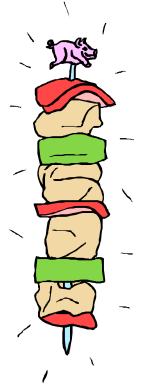
Ingredients:

- Wooden skewers (available at most grocery stores)
- Bread
- Cheese
- Lunch meat, cut 1/2 thick at the deli counter
- Assorted vegetables, like grape tomatoes, lettuce, pickles, peppers, cucumber, olives, etc.

Cut up bread, cheese, and lunch meat into cubes. Slide the cubes onto a skewer alternating with your child's favorite vegetables.

Set out a side of mayonnaise, mustard, or your child's favorite salad dressing for dipping.

Enjoy!



Legislative Updates

THE PROBLEM ...

An Executive Office of Health and Human Services report found that two decades of neglect and lack of funding have imperiled the human services provider industry and put the industry "at risk." The state's outdated procurement system has not changed to reflect the escalating costs of providing care. This neglect has placed the industry near bankruptcy, created high turnover among caregivers of our children, seniors and people with disabilities, and produced a lack of continuity of care.

THE SOLUTION ...

Modernize the human services system. Senate Bill 65 will modernize the outdated procurement system of the Commonwealth's human services industry. This legislation will reform decades-old funding systems to more appropriately reimburse human service providers for the care they provide.

GREAT NEWS... History has been made!

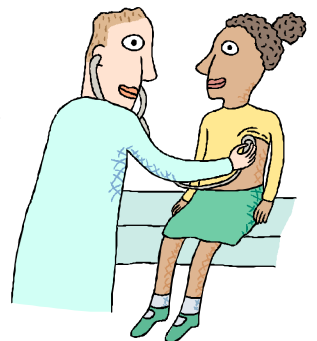
On August 5, 2008, Governor Patrick signed the Senate Bill 65 (now #2764) into law. So, over the next four years, gradual improvements will be made to human service programs across the state.

Go to www.strengthenhumanservices.org for more information.

Medical Updates

Over the next two years, important changes will be happening for MassHealth-enrolled children with a "serious emotional disturbance." These changes will include **improvements in screening and assessment for behavioral-health conditions and the development of new behavioral-health services.** These changes are being made in connection with a federal class-action lawsuit called Rosie D. v. Patrick and referred to as the "Rosie D. Case." This case orders MassHealth to improve certain screening services offered by your child's primary-care doctor or nurse and to cover certain diagnostic and treatment services for MassHealth-enrolled standard and CommonHealth children under the age of 21 with a "serious emotional disturbance." This definition also includes children who have both serious emotional disturbance and another condition, such as Autism Spectrum Disorder, at the same time.

For more details, go to www.namimass.org/masshealth



Kids Activities



Art Therapy for kids ages 6 to 14. The program will run on Thursday afternoons from 3:30 to 4:30 PM from September 18th through November 20th in our Wakefield Office. The Expressive Art Therapist is Natalie Blue, LMHC. The cost of the group is \$100 for all 10 sessions. Please call 781-246-2003 extension 221 or 226 with questions or to register.

TEEN Social Club for kids ages 12 to 16. The Club will run every other Saturday from 1 to 4 PM in our Wakefield Office. The cost of the club is a \$5 donation per session attended. The upcoming dates are: 9/13, 9/27, 10/11, 10/25, 11/8, 11/22, 12/6, and 12/20.

Wacky Science Class for kids ages 6 to 12. The group will run Tuesdays from 3:45 to 5 PM from September 30th through November 25th in our Wakefield Office. The cost of the group is \$10 for all 8 sessions.

Belkin Family Lookout Farm, located in South Natick, has a *Fall U-Pick* Season from September 6 through November 2nd. They are open every day from 10 AM to 5 PM. They are having Fall Harvest Celebration Weekends on 9/13 & 9/14 and 9/20 & 9/21. These fun-filled weekends will include free give-aways, face-painting, a balloon artist, a magician, and more. Go to www.lookoutfarm.com for more details.

Free family passes!

Zoo New England passes: We now have a pass that families can use for free entrance of up to six people to the Stone Zoo or the Franklin Park Zoo.

Please call the Program Director at 781-246-2003 extension 221 for details or to reserve the pass.

....or you can check out www.mass-vacation.com and search for low cost activities in your own community.

Useful Websites

Coupons- Save yourself a dollar or two and print manufacturer coupons from your home printer from the following websites: coupons.com, couponbug.com, ppgazette.com, and generalmills.com

Upcoming Workshops & Events

“Your Voice Can Be Heard: Effective Advocacy with Local and State Government”

When: Friday, November 7, 2008 at 9:30 AM

Presenter: Scott Bock, Riverside President/ CEO

Where: Riverside Family Support, 338 Main Street, Suite 301 Conference Room

Federation for Children with Special Needs has the following workshops scheduled this fall: 9/16/08, Basic Rights, Medford; 10/21/08, An IEP for My Child, Medford; 10/22/08, Basic Rights, Concord; 11/10/08, Basic Rights, Littleton; 11/18/08, MCAS, Medford. Call 1-617-236-7210 or go to www.fcsn.org to register.

Be a part of something great! Riverside is offering a **Family Support Parent Advisory Committee**. The group typically meets on Friday mornings every other month from 9:30 to 11:30 AM. The next meeting is on November 7th at 9:30 am. The committee meets at our Wakefield office.



Riverside is **Going Green** and adding a section in the newsletter for parents to list items they have and no longer need and would like to donate or swap out with another parent. Let us know what you have and we will list it here. Email or call Riverside at 781-246-2003 ext. 221 with details of an item to donate or to request an item that's listed.

We currently have:

- Boy infant clothes, Zero to Nine months, various seasons.

Riverside Family & Individual Support is funded primarily by the Massachusetts Department of Mental Retardation. The views expressed do not necessarily reflect those of the funding source. Riverside Family & Individual Support does not endorse any product, service, or theory referred to in the newsletter. Resources and announcements are included for information only.

Riverside Community Care

THE HELP YOU NEED CLOSE TO HOME

Riverside Family & Individual Support
338 Main Street, Suite 301
Wakefield, MA 01880

We're on the web...
www.riversidefamilysupport.org

We'd like your input!

This newsletter is geared at being by parents for parents with disabled children. Each issue will have an article with a families story, useful websites, free or inexpensive resources, legislative news, and any information that may be helpful to a family raising a disabled child. Our goal is to increase awareness and reach out to families by supplying them with useful information.

We welcome your story's and ideas!

If you would like to contribute feedback, please email, fax or mail your thoughts to:

Email: treilly@riversidecc.org

Please put *Newsletter* in the topic of the email.

Fax: 781-245-2454

Address: listed above.



**Check out
the new events
inside...**