

# Happy Holidays



UPCE-CONNECTIONS

DECEMBER 14, 2011

*At the close of another year, we gratefully pause to wish you a warm and happy Holiday Season! We look forward to working together in the coming year.*

*From the Staff at the Utah Parent Center*

## **GET ON TARGET WITH TRANSITION IN 2012!**

### **JOIN THE UTAH PARENT CENTER FOR THE 2012 TRANSITION MINI-CONFERENCE**

JOIN US TUESDAY, JANUARY 17 AND WEDNESDAY, JANUARY 18, 2012

9:00 a.m. -4:00 p.m.

**THERE IS NO COST TO ATTEND, BUT SPACE IS LIMITED SO PLEASE REGISTER EARLY!**

#### **TOPICS THAT WILL BE COVERED INCLUDE:**

- From 'NO' Where to 'KNOW' Where – Transition to Adult Life
- Getting and Keeping a Job
- Journey to Adulthood
- Skills for Effective Parent Advocacy
- Healthy Transition
- Transition Panel of Experts

#### **TRAINING WILL BE HELD AT THE**

Utah Parent Center

230 West 200 South, Suite 1101

Salt Lake City, UT 84101

\*Free Parking Available – see flyer or confirmation email for info.

#### **REGISTER TODAY!**

While there is no charge to attend the 2012 Transition Mini-Conference, we do request that you pre-register! **Lunch will be provided to those who pre-register by Friday, January 13, 2012.**

**ONLINE:** [Click here to register!](#)

**EMAIL:** [info@utahparentcenter.org](mailto:info@utahparentcenter.org)

**PHONE:** 801-272-1051 or 1-800-468-1160

Please include your name, email address, phone number, school district or charter school your child currently attends, child's first name, child's date of birth and primary disability.

#### **QUESTIONS?**

Call the Utah Parent Center at 801-272-1051.

[CLICK HERE FOR PRINTABLE FLYER!](#)

## **PCN HEALTH COVERAGE --- OPEN ENROLLMENT FOR PARENTS!!**

Utah's Primary Care Network (PCN) will open enrollment for parents **December 10 - 23**. To qualify as a parent, adults ages 19-64 must have a dependent child under age 19 living at home with them. PCN is a primary preventive health coverage plan for uninsured adults. Benefits include primary care physician services, prescriptions, dental services, eye exams, birth control, and general preventive services. Since November 2010, PCN's enrollment has been closed and new applications have not been accepted. Beginning December 10 through December 23, all uninsured Utah parents may apply online, by mail, or in person to receive primary health care. For more information or to apply, call 1-888-222-2542 or visit [www.health.utah.gov/pcn](http://www.health.utah.gov/pcn)



## THE UTAH PARENT CENTER WOULD LIKE TO THANK OUR SUPPORTERS THAT USE GOODSEARCH.COM!

The Utah Parent Center received a check for \$163.67 which was earned by our supporters who use GoodSearch.com to search the web and GoodShop.com to shop online between October 2010 and September 2011. Would you like to help increase this donation? What if the Utah Parent Center earned a penny every time you searched the Internet or earned a percentage of your online purchase at hundreds of different online vendors? Well, now we can!

GoodSearch.com is a search engine that donates half of its revenue – approximately a penny per search – to the charities its users designate. You use it just as you would any other search engine – and it's powered by Yahoo!, so you get great results! Just visit [www.goodsearch.com](http://www.goodsearch.com) to start searching and download their toolbar. Be sure to enter "Utah Parent Center" as the charity you want to support! Just 500 of us searching four times a day will raise about \$7,300 in a year without anyone spending a dime!

GoodSearch.com also has a feature called "GoodShop". If you visit [www.goodsearch.com](http://www.goodsearch.com) and enter "Utah Parent Center" as your charity and then click the link to one of the GoodShop vendors, they will donate up to 37% of your purchase to the Utah Parent Center. Some of the vendors include: Amazon.com, Dell, eBay, Target, Nike, Staples, PetSmart, HP, Wal-Mart, Apple, Expedia, and Overstock. There are hundreds of other stores that participate in this program – check it out today!

Happy Holidays and thank you for your support of the Utah Parent Center.

## UAID IS STILL LOOKING FOR CHRISTMAS HELP!

UAID has over 500 unsponsored ornaments still on their wall, waiting to be adopted and 37 individuals on their waiting list, but the agency still is encouraging people to apply if they need help and to donate if they can help! The agency will work right up to Christmas if that is what is needed. Most of UAID's clients are adults between 25 and 92, with intellectual ages between 8 months and 15 years. Many of these individuals see the holidays thru the eyes of their intellectual age, not their birth age and that makes the sadness of no gifts even more unacceptable. If you can help, please contact Kathy Scott at 801-870-7011. Everything helps!

## HANDWRITING CAMPS

Are you concerned about your child's handwriting? Starting in January, Katie Mangus, OTR-L, is offering handwriting groups for children. Parents will learn along with their child how handwriting can be fun! Groups run weekly from January 5 through February 9, 2012. Cost is \$120 for six sessions. **Space is limited so register today!** Call Katie Mangus, OTR/L at 801-946-1860. Easter Seals-Goodwill Pediatric Therapy Services is located in The Children's Center, 350 South 400 East, Salt Lake City,

### **Wee Writers: Tuesdays 4:30 – 5:15 p.m.**

Wee-Writers – A groups designed for beginning writers, includes letter formations, pencil grip and posture, and Kindergarten readiness.

### **Printing Pals: Thursdays 4:30-5:15 p.m.**

Printing Pals – A group designed for children who are already printing but need refresher training, includes independent writing, addressing problems such as formation errors, reversals, posture, sizing, spacing, and pencil grip.



**CHADD OF UTAH – DAVIS COUNTY PARENT-TO-PARENT ADHD TRAINING**

This is a series of 7 two-hour classes for anyone who wants to learn about ADHD.

- Dates/Times: The Winter Class Series will run weekly from 6:00-8:15 p.m. starting Wednesday, February 8 through March 21, 2012. (First session only begins at 5:45 p.m. SHARP!)
- Location: Davis District Kendall Building, Personnel Development Center  
75 East 100 North, Farmington, Utah
- Cost: \$70 per couple (\$60 for CHADD Members). 15 openings for families.
- Register: To register or for info call Carolyn Kocherhans 801-447-3553 or email [carolynk@xmission.com](mailto:carolynk@xmission.com).

**RED ROCK CENTER FOR INDEPENDENCE**

Do you live in Iron, Beaver, Wayne, Piute, Sevier or Washington County? The RRCI is a great resource providing information, activities and classes in those areas. Classes include caregiver support, computers, and many more. They also provide information on support groups in those areas. For more information, please visit [www.rrci.org](http://www.rrci.org) or call 1-800-649-2340.

**PARTICIPANTS NEEDED FOR SHORT ONLINE SURVEY**

Parents whose children have received special education services within the last 5 years are being sought to participate in a survey for a thesis project at Westminster College. The thesis is a cross-cultural comparison of how special education services are implemented in both Ireland and the US. The study is completely voluntary and you do not have to participate if you choose not to.\* The results of the study will provide valuable information reported in the thesis. Your identity is kept confidential. Please complete the study by December 21<sup>st</sup>. The study can be located at the following link: <https://www.surveymonkey.com/s/X6PD6CX> Thank you for your participation!

*\*If you are less than 18 years of age, please do not participate in this survey.*

**UPCOMING EVENTS – JANUARY 2012**

Visit [www.utahparentcenter.org/events/](http://www.utahparentcenter.org/events/) for updated event calendar.

**Tuesday, January 3, 2012**

4:00-5:00 p.m.

**Disability Support Group – St. George**

Red Rock Center for Independence, 515 W 300 N, #A, St. George,  
Call 435-673-7501 for more information

**Wednesday, January 4, 2012**

6:30-8:30 p.m.

**CHADD of Davis County Monthly Meeting**

Clearfield Public Library, 562 South 1000 East, Clearfield  
For more information, email [davis-chadd@chadd.net](mailto:davis-chadd@chadd.net)

**Thursday, January 5, 2012**

12:30 – 2:00 p.m.

**Legislative Coalition for People with Disabilities Meeting**

USBVI, 1950 West 250 North, Salt Lake City

*There is a different topic each month, email Joyce Dolcourt at [joyce@xmission.com](mailto:joyce@xmission.com) for more info.*

**Thursday, January 5, 2012**

1:00-2:30 p.m.

**Ability First Utah Cooking Class – Provo**

Ability First, 491 N Freedom Blvd., Provo, UT  
Call 801-373-5044 for more information and to register.

**Wednesday, January 4, 2012**

3:00-4:00 p.m.

**Youth Activity Group – Salt Lake**

Utah Independent Living Center, 3445 S Main St. Salt Lake  
Call Shauna, Julie or Michael at 801-466-5565 for more info  
Or visit [www.uilc.org](http://www.uilc.org) for more classes/activities.



**Thursday, January 5, 2011**  
4:30-6:00 p.m.

**Kindred Spirits, Creative Language Winter Session**  
Art Access/VSA Utah, 230 South 500 West #125, Salt Lake City  
Cost is \$50 and includes all art supplies. Call 801-328-0703.  
Space is limited, pre-registration is required.

**Thursday, January 5, 2012**  
6:00-8:00 p.m.

**Davis Transition Information Fair – Connecting to the Future**  
Davis Applied Technology College  
550 East 300 South, Kaysville, Utah

**Thursday, January 5, 2012**  
7:00-8:30 p.m.

**CHADD of Davis County Parent Support Group**  
Bountiful Community Church, 150 North 400 East, Bountiful

**Saturday, January 7, 2012**

**Cross Country Skiing with Splore at Mill Creek Canyon**  
Contact Eric at 81-484-4128 for more info.,

**Monday, January 9, 2012**  
6:00-8:00 p.m.

**Big MAKs Activity at Bouncin’ Off the Walls**  
398 West 9400 South, Sandy, Utah

*Join Mothers of Autistic Kids (MAKS) as they provide support to each other and give their kids (with and without autism) a chance to have some fun! Cost is \$5 per kid, and be sure to bring your socks. For more information and to RSVP, contact Cheryl at [cheryl@autismcouncilofutah.org](mailto:cheryl@autismcouncilofutah.org) or Laura at [laura@autismcouncilofutah.org](mailto:laura@autismcouncilofutah.org)*

**Thursday, January 12, 2012**  
6:30-8:30 p.m.

**Early Transition:** Early Intervention to Preschool to Kindergarten  
Indian Hills Middle School  
1180 E Sanders Rd (11600 South), Sandy, Utah

*This workshop will offer information about transition from early intervention to pre-school and then the move to kindergarten in Canyons District. We will also discuss the basics of the IEP process.*

**Thursday, January 12, 2012**  
7:00-8:00 p.m.

**Positive Behavioral Interventions**  
Pleasant Green Elementary  
8201 West 2700 South, Magna, Utah

*The purpose of this workshop is to introduce families to a new way of thinking about their child’s behaviors and about the need to advocate for behavioral instruction. The workshop introduces and provides an overview of the concepts of functional assessment and positive interventions. It is not designed to teach how-to skills in these areas.*

**Thursday, January 12, 2012**  
7:00-8:00 p.m.

**Transition to Adult Life Expert Panel**  
Cyprus High School Library  
8623 West 3000 South, Magna, Utah

*Join us for this panel discussion on transition from school services to adult life.*



**Tuesday, January 17-18, 2012**  
9:00 a.m. -4:00 p.m.

**2012 Transition Mini-Conference**  
Utah Parent Center

[Click here to register.](#)  
230 West 200 South, Suite 1101, Salt Lake City, Utah

*This two-day event is offered at no cost. Space is limited, please register early. Lunch will be provided to those who register by Friday, January 13! [Click here for printable flyer.](#)*



**Tuesday, January 17, 2012**

7:00-9:00 p.m.

**Salt Lake Family to Family Network**

**Topic: Positive Behavioral Supports**

South Valley School, 8400 South Redwood Road, West Jordan

**Wednesday, January 18, 2012**

10:00 a.m. -12:00 p.m.

**Caregiver Support – Family to Family Salt Lake Network**

Contact Julia at [runnamokk@hotmail.com](mailto:runnamokk@hotmail.com) for details.

**Wednesday, January 18, 2012**

6:30-8:30 p.m.

**North Davis Family to Family Network Meeting**

Clearfield DSPD Office, Clearfield, Utah

Monthly Potluck: Call Vickie at 801-546-8296 or 801-682-6023 for more information.

**Thursday, January 19, 2012**

6:30-8:30 p.m.

[Click here to register.](#)

**‘Avoid the Meltdown’ –Alleviating Stress in Your Family with a Child with a Disability, Presented by Marian Hunt, Rian Jensen, and Jessica Burdick.**

Professional Development Center

70 East 100 North, (2<sup>nd</sup> Floor, Kendall Building), Farmington, Utah

*The cost of dealing with children with disruptive behavior is high. However, one of the most damaging costs is the emotional turmoil to the family supporting that child. This class will focus on strategies to alleviate stress and allow the family to de-stress.*

**Thursday, January 19, 2012**

6:30-7:30 p.m.

Save the dates: 2/16, 3/15, 4/19

*Opportunity for ASD to create partnerships with parents through awareness, education and support. If you have any questions, please call 801-756-8540.*

**Alpine School District – Special Education 101 Parent Night**

Parent Meeting with District Special Educators and Admins

Shelley Elementary, 602 North 200 West, American Fork, Utah

**Monday, January 23, 2012**

If you want to know more about how to participate in public policy discussions around disability issues, including education, employment, housing, transportation, Medicaid, Medicare, healthcare, assistive technology, etc. visit the Utah Grassroots Advocacy Partnership at <http://utahgap.org> to learn more.

**2012 Utah Legislative Session Begins**

**Wednesday, January 25, 2012**

6:30-8:30 p.m.

[Click here to register.](#)

*The Utah Parent Center is offering to parents of children enrolled in Early Intervention a transition workshop to answer your questions about the differences between an IFSP to IEP. We are repeating this class throughout the year to accommodate your child’s 3rd birthday.*

**From Early Intervention to Preschool Special Education**

Family Enrichment Center

320 South 500 East, Kaysville, Utah

**Thursday, January 26, 2012**

*More information on CHADD events and supports can be found on their website at: [www.chadd.net/10r](http://www.chadd.net/10r)*

**Annual ADHD Conference sponsored by CHADD of Utah**

Featured Presenters: Dr. Adam Schwebach & Dr. Samantha Bostrum

**January 27 & 28, 2012**

*Benefiting Splore, Reach Out and Read Utah, People Helping People, The Carmen B. Pingree Center for Autism, Teen Challenge/New Hope House, Cancer Wellness House and the Sharing Place. For more information about this event, please visit [www.utahchiliopen.com](http://www.utahchiliopen.com)*

**21<sup>st</sup> Annual Chili Open Fundraiser**



## **UTAH PARENT CENTER INFORMATION DISCLAIMER**

**Utah Parent Center • Celebrating OVER 26 years of service!!!**

Projects of the Utah Parent Center:

Utah Family Voices - Family to Family Health Information Center

Autism Information Resources at the Utah Parent Center

Family to Family Network – Serving families eligible for services from the Division of Services for People with Disabilities and more!

Phone: (801)272.1051 • Toll Free Utah: (800)468.1160 • Fax: (801)272.8907

Email: [info@utahparentcenter.org](mailto:info@utahparentcenter.org) • Website: [www.utahparentcenter.org](http://www.utahparentcenter.org)

**Our Mission:** To help parents help their children with disabilities to live included, productive lives as members of the community. We accomplish this through the provision of information, training, and peer support.

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