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E-CONNECTIONS

AN ELECTRONIC NEWSLETTER FOR FAMILIES OF INDIVIDUALS WITH DISABILITIES AND SPECIAL NEEDS

EDITORS: KATIE ROWLEY; [KATIER@UTAHPARENTCENTER.ORG](mailto:katier@utahparentcenter.org) AND JENNIE GIBSON

JANUARY 08, 2011

WATCH THE UTAH FLASH PLAY BASKETBALL AND SUPPORT THE UTAH PARENT CENTER

Join us for an action packed evening as the Utah Flash takes on the Reno Bighorns!

Friday, February 25, 2011 at 7:00 p.m.

Location: UCCU Utah Valley University in Orem, Utah

Tickets are just \$8 and a portion of the proceeds will benefit the Utah Parent Center and help us as we assist families of individuals with disabilities in Utah.

Who are the Utah Flash? They are the NBA development team for the Utah Jazz and Atlanta Hawks.

Bring the whole family! Tickets can be purchased online using your Discover, MasterCard or VISA credit/debit card!

For more information and to buy your tickets, visit: <http://myemail.constantcontact.com/Utah-Flash-and-Utah-Parent-Center---Fundraiser.html?soid=1102821897786&aid=UfF7a9WK2y4>.

MARK YOUR CALENDARS AND SAVE THE DATES...LEARNING DISABILITIES ASSOCIATION OF UTAH (LDAU) ANNUAL CONFERENCE

The 2011 LDAU Annual Conference "Using Strengths to Build Resilience" will feature keynote speaker Bruce Bushnell of "Why Try" as well as breakout sessions and evening youth sessions.

Join LDAU at Scenic View Academy, 5455 North River Run Drive, Provo, Utah on **MARCH 4, 2011**.

A limited number of scholarships will be available for this event.

Information available soon online at www.ldau.org.

"LIKE US" – WE NEED NEW FRIENDS TO HELP US CONTINUE OUR IMPORTANT WORK!

Support the Utah Parent Center's "Facebook" appeal.

We all need friends! The Utah Parent Center, like so many across the world, is now broadcasting information using social media channels. Like Us on Facebook, Follow Us on Twitter and Subscribe to our YouTube channel. The popularity of these networking tools reminds us that all of you are getting your information in different ways...and we want to bring the information to you! By getting connected to us, you'll be able to receive current information, the newest resources and more! We all need networks for support and friends help friends get things done.

The Utah Parent Center was founded in 1983 to provide resources, information and support through a "parent-helping-parent" model. We are dedicated to helping parents help their children with disabilities and special needs to live included, productive lives as members of the community.

Today we are asking for your continued support and friendship and for your help in reaching out to new friends.

The Utah Parent Center is a resource to more than 50,000 parents and professionals across Utah each year. Our services are provided one-on-one through phone and email consultations, in person at workshops and conferences and online through webinars, trainings and social media.

Click on our links today to get connected!

Facebook: www.facebook.com/utahparentcenter

Twitter: <http://twitter.com/utparentcenter>

YouTube: www.youtube.com/user/UtahParentCenterUPC

NEW STAFF MEMBER AT THE UTAH PARENT CENTER – KATIE BASS

The Utah Parent Center is pleased to introduce Katie Bass, our newest staff member. Katie has joined our team as one of our Administrative Assistants. Katie is a recent graduate of the University of Utah and received a Bachelor's Degree in mass communications with an emphasis in public relations. Katie's hobbies include reading, writing, being married and taking care of her friendly ball python named Nile. Katie is excited to be joining the Utah Parent Center staff and is looking forward to working with all of you in the future!

U OF U STUDENT LOOKING FOR RESEARCH STUDY PARTICIPANTS

Tracy Golden is a doctoral candidate at the University of Utah in the College of Social Work. She is also a mom to a child who was diagnosed with autism at the age of 17 months. Her proposed research is to explore how parents create and maintain relationships with their child with autism. She is looking for voluntary participants who have a child (including adult children) who have a diagnosis of either autism, PDD-NOS or Aspergers syndrome. Participants can be moms, dads or any other caregiver in a parting role. Participants will meet for a one-on-one interview for about 90 minutes and will complete a brief one-time group discussion with other study participants. The total commitment time is anticipated to be no more than three hours. Participation in this study will help social workers better serve families who have children with autism. If you are interested, please call Tracy at 801-486-4668 or send an email to richgold2@comcast.net.

VILLAGEOFLOVE.ORG

Having a child or family member with a disability can feel so overwhelming. You may have questions and don't know who to talk to or what is available to support you and your loved one. VillageOfLove.org is a place to start for parents of children with disabilities.

Village of Love was started because parents of children with disabilities need information. Visit their website to find the links and resources you need for:

- State resources
- Private resources
- Legal services
- National organizations
- State organizations
- Community resources

CURRENT CLASSES AT THE FAMILY SUPPORT CENTER

The Family Support Center is currently offering a variety of classes. They include:

Parent Education
Adults (Women Only) Molested As Children Group
Anger Management
Impact of Sexual Abuse on the Family
Stepfamily Education Classes

For more information and to register, contact the Family Support Center.

Midvale: 801-255-6881
West Valley City: 801-967-4259
Sugarhouse: 801-487-7778

WORKSHOP FOR FEEDING PROFESSIONALS – MARK YOUR CALENDAR

Utah State University's Center for Persons with Disabilities (CPD) is pleased to announce their workshop for feeding professionals on June 16 and 17 in Logan, Utah. The topic for this workshop is: Nutrition Therapy for Autism Spectrum Disorders. It will be presented by Elizabeth Strickland, MS, RD, LD. Elizabeth is a Registered Dietician specializing in integrative Nutrition Therapy for infants, children and young adults with developmental disabilities, chronic illnesses and special health care needs.

The cost for participants for the two days is:

\$150 for professionals
\$50 for parents
\$175 late registration after June 2

For more information and to register, contact Cathy Mace at 435-797-0898.

SECOND ANNUAL RETT SPRING FLING

Please plan on joining the International Rett Syndrome Foundation (IRSF) for the Second Annual Rett Spring Fling on April 16, 2011. This event will benefit the IRSF and the MeCP2 Duplication disorders.

For more information, visit www.rettspringfling.com or call 801-770-2810.

AUTISM & CHILDREN'S MINISTRY, A WEBINAR FOR MINISTRY LEADERS & VOLUNTEERS

Hosted by Nella Uitvlugt, Executive Director, Friendship Ministries

A free, archived, online webinar and handouts

<http://www.friendship.org/autismwebinar/webinar.php>

JANUARY IS NATIONAL BIRTH DEFECTS AWARENESS MONTH

For Immediate Release:

January 6, 2011

Media Contact: Amy Nance, Program Manager, (801) 883-4661

Medication Use During Pregnancy: January is National Birth Defects Prevention Month

(Salt Lake City, UT) - Some 160,000 babies are born with birth defects in the U.S. each year - 1,300 of them in Utah. Some of those abnormalities are linked to medications the mothers took while they were pregnant.

Studies show that two out of every three women take medications during pregnancy. As part of National Birth Defects Prevention Month, staff of the Utah Department of Health Birth Defect Network (UBDN) and Pregnancy Risk Line (PRL) encourage women of childbearing age to talk with their health care provider about ANY medications (prescription or over-the-counter) and supplements before they start trying to conceive.

"Though many women know that certain prescription medications can cause birth defects, they may not be aware that some dietary supplements and herbal remedies can also harm a developing baby," said Dr. John Carey, pediatrician at U of U Health Sciences and medical director of PRL.

It's important that moms understand that not all medications should be discontinued during pregnancy; some may need to be changed or adjusted. Medical conditions like diabetes, influenza, seizure disorders and asthma need to be managed during pregnancy and may harm both mother and baby if left untreated. In some cases, health care providers may need to weigh the benefits of a medication against the potentially harmful effects. For that reason, it's important for women to have conversations with their health care providers about any medical conditions before and during pregnancy.

In addition, every woman should take a multivitamin with 400 mcg of folic acid daily, starting before pregnancy, to improve the likelihood of delivering a healthy baby. A baby's spine and other organs (e.g., heart and brain) begin developing in the first few weeks, before a woman may realize she is pregnant. Pregnant women should also eat a healthy diet, avoid alcohol, and get a flu shot.

For a list of medications and maternal conditions that have been known to increase the risk of birth defects, please visit <http://www.health.utah.gov/prl/teratogens.htm>.

UBDN and PRL are participating in National Birth Defects Prevention Month by distributing information to health care providers and women throughout the state. To learn more, please contact UBDN at 866-818-7096, or visit <http://health.utah.gov/birthdefect>.

For information about medications and other exposures during pregnancy and breastfeeding, please contact PRL at 800-822-2229, or visit www.pregnancyriskline.org.

The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death, assuring access to affordable, quality health care, and promoting healthy lifestyles.

"LEARN THE SIGNS. ACT EARLY." ANNOUNCES CHAMPIONS FOR FAMILIES SPOTLIGHTS

Please help us launch this effort by sending this announcement and nomination links through your networks and encouraging families to nominate their family champion!

"Learn the Signs. Act Early." announces a new project to highlight the importance of early awareness and identification efforts through the experiences of individual families.

These spotlights will provide an opportunity to recognize individuals who demonstrate the importance of acting early through diverse voices and perspectives (family member, early educator, health care professional) and to develop a resource of 'family stories' that may be useful to state policy and advocacy activities and in presentations to a variety of audiences.

Over the past years, “Learn the Signs. Act Early.” Partner Spotlights have presented the work of dedicated partners and campaign champions who support the campaign goals of early awareness and identification. Champions for Families Spotlights will recognize individuals nominated by families. Each Spotlight will focus on the child and family, describing how the Champion helped the family learn the signs and act early.

Champions for Families nominations can be submitted by completing a simple nomination form. Information about Champions for Families and the nomination form are posted on the campaign website at www.cdc.gov/actearly as a downloadable PDF for fax or mail submission.

For more information, check out the links below or contact Cheryl Rhodes at crhodes1@cdc.gov.

- Learn how to nominate a champion
- Form to nominate a champion

Note that Spanish versions of both documents will be posted soon.

IS YOUR PRESCHOOLER READY FOR KINDERGARTEN?

Utah Parents As Teachers invites you and your family to join them for fun learning activities that will prepare your child to learn! Families with preschool-age children and families in the P.A.T. program are invited to attend – bring the WHOLE family! Each of the activities are **FREE!**

Location: Wittier Elementary School, 1600 South 300 East, Salt Lake City, Utah

Time: 6:30 – 7:30 p.m.

Schedule of events:

- January 11: On a Snowy Day
- February 8: Guess How Much I Love You
- March 8: Kites
- April 12: Country Bunny
- May 10: The Most Beautiful Mother in the World
- June 14: I Want to be Like Dad
- July 12: Music Parade
- August 9: Summer Olympics
- September 13: Mrs. Bindergarten goes to Kindergarten
- October 11: Owl Moon
- November 8: The Night Before Thanksgiving
- December 13: Generosity

Snacks will be served. For more information, contact Anji Sandage at 801-326-4411 or angela@cssutah.org.

IEP CHECKLIST IPHONE APP – PLEASE PROVIDE FEEDBACK!

PEATC released its first Special Education IEP Checklist iPhone App in February 2010. We are currently seeking input on the efficacy and use of this App and moving towards further development to support families, students, educators and providers. Would you please share this survey link with your networks? Your assistance is appreciated!

Direct link to survey: <http://www.surveymonkey.com/s/PEATCIEPChecklistiphoneApp>

Linked through PEATC website: http://www.peatc.org/newsmanager/news_article.cgi?news_id=380

GROWING IN BEAUTY PROGRAM: NEW LOCATION

The Shiprock *Growing In Beauty* Program has moved across to a new location in the Ayaani Nez Building (Old Fairchild Building) or behind Subway. If you need to make contact with us we also have gotten new phone numbers but our mailing address is still the same. We also welcome you to visit at us at our new location. Thank you:

Mailing Address: C/O NNMC Box 160, Shiprock, NM 87420

Staff:

Dorene Chavez-Service Coordinator: Phone : (505) 368-1513

Karen Pete - Developmental Specialist II: Phone: (505) 368-1512

Corrinne Clauschee - Developmental Specialist II: Phone : (505) 368-1509

Lety Harrison - Developmental Specialist III: Phone : (505) 368-1495

SEARCH THE INTERNET AND SHOP ONLINE AND YOU CAN HELP THE UTAH PARENT CENTER!

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 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 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!

CITYDEALS.COM – BUY GIFT CARDS OR GIFT CERTIFICATES AND HELP THE UTAH PARENT CENTER!

What is CityDeals.com? CityDeals.com is a leading online retailer of discount gift certificates, gift cards, tickets, passes, and travel itineraries. It's as easy as 1...2...3!

1. **Shop.** Go to www.citydeals.com and browse their online listings of over 300 restaurants, entertainment venues, travel destinations, and more. You will save up to 50% off retail prices! The venues that are available change, so check back often! Your transactions are completely secure and CityDeals.com offers a 100% money-back guarantee on every product they sell.
2. **Save.** You will save up to 50% on your purchase and the Utah Parent Center will receive 2% of all revenues generated from orders placed using our special promotion code.
3. **Enter.** Before you check out, enter our special promotion code – utparentcenter – into the designated area in your shopping cart. You will receive your order by mail within 3 – 5 working days or you can pick up your order at one of CityDeals.com convenient locations.

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 – A Program of DHS/Division of Services for People with Disabilities

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

Email: info@utahparentcenter.org • Website: 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.

The Utah Parent Center is a non-profit organization federally funded by the Office of Special Education Programs under grant #H328M020032. The Utah Parent Center (UPC) does not represent or endorse any particular point of view, unless expressly stated. Every effort is made to provide accurate and complete information. The content of this message is provided as an informational resource ONLY. For items from other individuals or organizations, we encourage readers to contact the original source with questions or concerns. Only approved items will be posted. The UPC is not responsible for content contained on, distributed through, or linked, downloaded, or accessed through this message. This newsletter is NOT a discussion group and you will only receive official email newsletters from the Utah Parent Center. We do not trade nor sell the email addresses of our subscribers. Permission to forward and reprint the information herein is granted with complete attribution. Please forward this information to your friends and colleagues that may be interested in subscribing to this newsletter. You have received this message because you are on the Utah Parent Center listserv. To be removed, please contact Katie Rowley at katie@utahparentcenter.org.