



THE

# Navigator

SUMMER

Pilot Parents of Southern Arizona

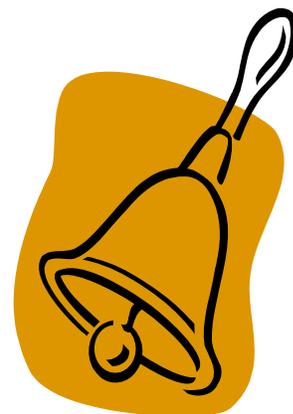
Volume 18 Issue 2

Providing Information and Resources to Families and Professionals in Southern Arizona

## BACK TO SCHOOL. ALREADY? ARE YOU READY?

In just a few short days we will be back to school. How the time does fly. Are you ready? We have put together a few tips to make the entire process easier. At least we hope they help.

1. Visit your child's school with your child. Definitely do this if your child is going to a new school this year. Take a tour and find the rest rooms, cafeteria, library, office, nurse's office, gym and any other important landmarks on campus. Even if your child is non-verbal, the tour will be appreciated. It will remove some of the stress of the first day.
2. Meet your child's teacher. Discover where the above locations are, in relationship to the classroom. Allow your child the opportunity to ask questions, if they have some. Call ahead to make sure the teacher will be available.
3. If your child is in a wheelchair or uses another adaptive device for walking, check out all accessible routes on campus. Safety is a priority.
4. Meet the school nurse. This is particularly important if your child has special health needs.
5. purchase a new loose-leaf notebook. Use this to file IEP's, the latest Parental Rights book from the Department of Education, notices, emails, official reports to and from school and doctors/therapists. Remember that requests to the child's IEP Team must be in writing in order to initiate certain procedural protections. Keep track of all phone calls, emails, notes home, etc. be sure to note the dates, times and nature of the communications you have.
6. Develop a communication book for your child. Tell your child's teacher that you would like to hear how your child's day has gone. Were there problems? Is there anything you can clarify for the staff? Any materials needed to come to school? Use this book to inform the teacher of any upcoming doctor's appointments, hospitalizations, etc...
7. Get Organized!



### inside...

Trainings for Parents  
Summer Activities  
LEAP Progress Note

Page 3  
Page 4,5, and 8  
Page 9

## NATIONAL AWARENESS MONTHS

### MAY:

Asthma and Allergy Awareness Month  
Better Hearing and Speech Month  
Celiac Awareness Month  
Cystic Fibrosis Awareness Month  
Lupus Awareness Month  
Mental Health Month  
Skin Cancer Awareness Month

### May 18 - June 17th:

National Smile Month

### June:

National Ice Cream Month

### July:

National Therapeutic Recreation Month

## Skin Cancer Detection and Prevention

Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV damage can also cause wrinkles and blotches of spots on your skin. The good news is that skin cancer can be prevented, and it can almost always be cured when it's found and treated early.

During the month of May, join us in taking action to prevent skin cancer and reduce the risk of UV damage.

Take simple steps today to protect your skin:

- \* Stay out of the sun between 10 am and 4 pm
- \* Use sunscreen with SPF 15 or higher.
- \* Cover up with long sleeves and a hat.
- \* Check your skin regularly for changes.
- \* And, to protect your eyes, wear sunglasses.

If you are unsure of a growth or a mole that changes shape or color - go see a dermatologist as soon as possible.



Hello Arizona Schools:

Western Growers Foundation is proud to partner with the Arizona Department of Agriculture to open a competitive grant to K - 12 Arizona schools. Fifty schools will receive \$1,500 each - plus tools, seeds and materials - to grow and sustain their edible gardens. The grants will be awarded in August, just in time for the 2014 Fall planting season and the 2014 - 2015 school year.

Western Growers is an 88 year old trade association of Arizona and California farmers who grow almost half of the nation's produce. You surely have seen many of our members' produce in your local stores. Get to know some of our members and your Arizona farmers at [www.producepedia.com](http://www.producepedia.com). We believe and have seen time and time again, that if "children grow it, they'll eat it."

Today, Arizona's obesity rate for children ages 10 - 14 is 30.6 percent. The first line of defense to stop this alarming trend is "planting up our plates." This is why Western Growers Foundation's mission is to create and sustain an edible garden in every willing California and Arizona school. Edible school gardens are an effective way to introduce children to the joys of growing and eating healthy, delicious produce.

Apply today on Western Growers Foundation's re-launched website, Collective School Garden Network, [www.csgn.org/grants](http://www.csgn.org/grants). The application will be open from March 31, 2014 through **May 15, 2014**.

## Parents have the right to disagree with an IEP

by Michelle Misiaszek -

What happens when the school makes a recommendation that the parent disagrees with? Parents are entitled to full participation in their child's educational plan. That means they have a say in determining what, if any, accommodations or specialized services their student receives. When a plan is developed, the parent has the options to either agree with the plan, reject the plan or even agree with part of the plan and reject the rest. At that point, if the school and the parent are in disagreement, the parent can petition the Department of Education for a hearing or some other type of assistance in resolving the dispute such as mediation. The parent can also request that the school provide for an independent evaluation.

If a parent chooses to have an independent evaluation done, do they have to pay for it themselves? Not always. The burden of paying for the independent evaluation is determined by state regulation and is based on a sliding scale. Parents whose income is over, under 400% of the federal poverty guidelines, do not have to pay any portion of the cost. If their income is between 400% and 600% of the guidelines, they will have to pay a portion of the fee and for those who earn over 600% of the guidelines will have to pay for all of it. Students who qualify for free or reduced lunch are automatically entitled to an evaluation at the school districts expense.

## Additional free trainings this Summer...

Pilot Parents hopes to bring you several other trainings this summer, however the dates are not set yet.

In early June, Fernando Armendariz will hold two workshops; one in English and the same workshop in Spanish. This workshop will be on behavior.

We also hope to have Kay Aldridge do her workshop on test scores, what they tell us, why we need them and when to ask for them.

Our educational specialist will do several education

## Guardianship & Special Needs Trusts

**Guest Speaker;**

**Jane K. Larrabee, Attorney**

**Date: Saturday, June 7<sup>th</sup> 2014,**

**9:30-11:00 am**

**Where: Florence Manning**

**Room, Children's Clinic**

**2600 N. Wyatt Drive**

**Light refreshments provided**

**Registration Required;**

**Please call Pilot Parents**

**(520) 324-3150**

**or email [joann@pilotparents.org](mailto:joann@pilotparents.org)**

**with special needs as subject line**

**At age 18, children become legal adults. But what if your child doesn't have the capacity to handle this role? What if your child needs you to continue to make his or her educational, financial and medical decisions?**

**And, what if something catastrophic happens to you? Will your family know how to support your child?**

**You might need a Guardianship or a Special Needs trust or both. And you need an emergency plan. FREE WORKSHOP**

workshops. Some of the topics will include, Writing the IEP- what is a measurable goal- what does that mean?

IEP's and 504's what is the difference? When do you need one or can you have both? Bring your questions.

Keep an eye on our website [www.pilotparents.org](http://www.pilotparents.org) calendar for dates of upcoming events. Or call Jo Ann at 324-3153.

# A LITTLE BIT OF THIS AND THAT.....

## SUMMER ACTIVITIES FOR THE FAMILY

### COOL SUMMER NIGHTS

ARIZONA SONORA DESERT MUSEUM

2021 N. Kinney Road

Tucson, AZ 85743

MAY 31- THROUGH AUGUST 30TH

6:00-9:00 P.M.

Special family-oriented programs that are both educational and fun. Programs vary every month. For more information Call: 520-883-2702.

### BIOSPHERE 2

Recently named one of the 50 must see  
“wonders of the world”

Tours run daily from 9:30 to 4:00 p.m. but you should arrive no later than 3:45 for the last tour. Tours depart every 30 to 45 minutes throughout the day. The “Under the Dome” tour is not accessible to wheelchairs, strollers or walkers. For non-ambulatory guests they do provide a modified tour - must be requested at least 5 days prior to visit at 520-838-6192.

### SUMMER RESEARCH INSTITUTE

Located at BIOSPHERE 2

This is an educational experience for kids in 6th through 12th grade. There are two sessions in July each lasting one week. The program is full for this season but to find out more or to be put on a waiting list, call Nancy Boklund at 520-838-6192 or email her nboklund@email.arizona.edu <http://b2science.org/outreach/sciacademy>

## INTERNATIONAL WILDLIFE MUSEUM

4800 W. Gates Pass Blvd. Tucson, AZ 85745

520-629-0100

[www.thewildlifemuseum.org](http://www.thewildlifemuseum.org)

Over 400 species of animals from around the world.



### EDITH BALL

## ADAPTIVE RECREATION CENTER

3455 E. Zoo Court, Tucson, AZ 85713

520-791-5643

[www.tucsonaz.govparksandrecarc](http://www.tucsonaz.govparksandrecarc)



## TUCSON VILLAGE FARM SUMMER CAMP FOR KIDS

For more information call 520-626-5161

Or go on-line to their website at

[www.tucsonvillagefarm.org](http://www.tucsonvillagefarm.org)

Ages 7 to 11. Farm Camp  
2 - one week sessions in June.



## **BRANDI FENTON PARK**

RIVER ROAD AND DODGE

Water park that the whole family can enjoy.  
Covered ramadas for a picnic.

**FREE**

## **FLANDRAU PLANATARIUM**

Take in a show in the cool of the auditorium.  
Gift shop and displays.

## **SUMMER UA FUSION SUMMER CAMP**

go to <http://uafusion.arizona.edu>.

### **Strengthening Kids & Community Through Animal Interaction**

**Trak** is a not-for-profit program available to the youth of the Tucson community who are with or without specific challenges. The focus of the program is to offer participants the opportunities to provide service to people and animals of the community. This gives an often rare experience to be a service provider. Participants will receive specific skills and training that will aide in their efforts to help themselves, each other and their community.

On the pages of this site you can learn about the many service skills they teach, the programs and services they offer and their calendar of activities that is being developed for the upcoming year. Oh, and don't forget about how you can get involved, register, volunteer, or even become a supporting member of **TRAK**.

TRAK has a summer camp, for more information go to: <http://www.traktucson.org/>

*Worry is a total waste of time. It doesn't change anything. All it does is steal your joy and keep you very busy doing nothing.*

9LoLs.com

## **BEAR ESSENTIAL NEWS FOR KIDS**

[www.beaessentialnews.com/summer-camp.guide-tucson.php](http://www.beaessentialnews.com/summer-camp.guide-tucson.php)

The website has an extensive list of summer activities for the kids. Camps, sports, etc..

## **ARIZONA YOUTH LEADERSHIP FORUM**

### **FOR STUDENTS WHO HAVE DISABILITIES (AZYLF)**

A unique program for future community leaders

What is the AZYLF? It is an innovative, intensive five-day training program for rising high school sophomores, juniors, and seniors who have disabilities. It includes career awareness and leadership development information to assist young people who have disabilities to reach their potential. The training is presented in a fun, entertaining, and educational format.

Who Participates in the AZ Youth Leadership Forum? Young people who have disabilities and who demonstrate leadership potential, academic success, involvement in extra-curricular activities (such as sports, the arts, or service), community involvement and the ability to interact effectively with other students.

How does the forum happen? Approximately 20 high school students are selected to attend through a competitive process. The event successfully integrates students who represent the disability and ethnic diversity of our state. The Forum is held in June 2014, in Phoenix, Az.

It costs nothing for the student delegates to attend the Forum. Costs are approximately \$1500.00 per student, not including thousands of dollars for services and goods provided in-kind by volunteer supports.

### **FOR MORE INFORMATION OR TO OBTAIN AN APPLICATION, PLEASE CONTACT:**

**Melissa Ann Santora (602) 262-2900**

[melissa@azsilc.org](mailto:melissa@azsilc.org)

# PAFCO Southern Arizona Voter Engagement Conference

Let's register some voters!

Building on the success of our 2012 voter engagement efforts, PAFCO is doing it bigger and better this year! The Southern Arizona Kickoff Training Conference, hosted by Casa de los Niños, is designed to give local nonprofit organizations everything they need to successfully integrate voter registration and civic participation opportunities into their provided client services. The conference will also showcase national best practices and the many PAFCO support services\_ and resources that are available this year, including individualized plans catered to your organization's needs and strengths. However much or little you'd like to participate in voter engagement, PAFCO can help you get it done!

This program is NOT just for PAFCO members. This is open to all Arizona nonprofits. If you are a part of a nonprofit organization and you feel that voter engagement is something you want to be a part of, please RSVP.

Do not miss this fun and engaging conference! Learn how to impact and empower your community in a unique way!

Why should you join us for the conference? Here are just a few reasons:

1. In 2012, Arizona ranked 45th in voter turnout in the U.S.
2. Did you know: Registering our clients and constituents to vote is good for them! Studies show that voters are more likely than non-voters to contact elected officials, volunteer in their communities, live in communities where they know their neighbors, and stay informed about local affairs. More importantly, voting correlates with better health outcomes, reduced unemployment, and lower recidivism rates.
3. The populations most under represented at the polls (women, minorities, young people, and the poor) are also the most likely to be receiving nonprofit services.
4. When contacted by a non-profit they trust, non-profit voters turn out in numbers six points higher than the statewide voting population. YOU have the power to make a difference!
5. This year's program includes new data-tracking methods and more one on one supports to help you reach your clients most effectively and to increase get-out-the-vote efforts.

Admission is \$10 (at the door) per person and includes lunch. Cash and check only. Please make checks payable to "PAFCO."

This event is hosted by Casa de los Niños.

**FRIDAY, MAY 9, 2014**

**Registration begins at 8:30 a.m.**

**Conference 9 a.m. to 4:30 p.m.**

**WHERE: Casa de los Niño's**

**40 N. Swan Rd. #45**

**Tucson, AZ 85711**

**COST: \$10.00 (includes lunch)**

**Cash and check only**



**CALLING ALL PARENTS  
WITH CHILDREN  
RECEIVING BEHAVIORAL  
HEALTH SERVICES!**

**JOIN AZ BUILDING CONNECTIONS**

Serve on a committee to improve Arizona's statewide policies and practices for children's behavioral health services. Receive professional development training. You will receive 10 hours of training, once completed you will receive \$75 in cash. Once you are serving on a committee, you will receive \$15 per hour for your attendance at meetings.

Want more information? Call AZ Building Connections toll-free at 855-995-3342.

Email at [kwalker@thepartnership.us](mailto:kwalker@thepartnership.us)

Find them on Facebook at [www.facebook.com/pimaprevention](http://www.facebook.com/pimaprevention)

**Summer Reading Program  
Pima County Public Library**

**Family Fiesta**

**Friday, May 16th, 6 to 9 pm  
Tanque Verde Swap Meet  
4100 S. Palo Verde Rd.**

Look for them on aisle 7 near the Mercado

Kickoff the Summer Reading Program with a Family Fiesta! The program runs from May 22 to July 19th. It is an incentive reading program. Children track their reading time and fill out a game board recording hours read. They receive prizes when they bring the game board to the library. There will be a celebration at the zoo on July 19th. Each branch will have special programs and events all summer long and there will be an 8 page handout with a schedule of events available in early May at library branches. Parents may read to their

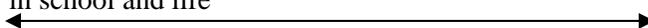
**SAVE THIS DATE!**

**Arizona's Fourteenth Annual Transition  
Conference**

**Promote Strengths and Inspire Success  
August 25-27, 2014  
Talking Stick Resort,  
Scottsdale, AZ**

**FEATURING KEYNOTE SPEAKER  
THOMAS ARMSTRONG**

Neurodiversity in the classroom: strength-based strategies to help students with special needs achieve success in school and life



**Want to learn more about the  
Americans with Disabilities Act?  
ADA and Employment**

**with Leslie Cohen.**

**DIRECT May 6th at 10:00 a.m.  
1023 N. Tyndall Ave.**

**Please RSVP by Monday, May 5th 3  
pm to Emily Lopex  
Independent Living Skills Coach**

**\*\*\*\*\***

child.

There are programs for children, teens and adults. For more information attend the Swap Meet Family Fiesta on May 16th, or go to <http://www.library.pima.gov/about/news/?id=5170>.

At the Fiesta:

- \* Meet Curious George
- \* Watch the Three Little Fishes and the Big Bad Shark puppet show.
- \* Explore amazing science of optical illusion by making your own thaumatrope.
- \* Browse the Bookmobile for books to borrow.
- \* Experiment with plants and germination like a botanist.
- \* Take home a brand new book to keep.

## RANKING NAMES BEST STATES FOR DISABILITY SERVICES

Michelle Diament, *disabilituscoop* 4/17/14

An annual ranking of states offering the best services for people with intellectual and developmental disabilities reveals a familiar but evolving landscape. The analysis of disability services in all 50 states and the District of Columbia being released Thursday by United Cerebral Palsy finds top performers spanning the map. In previous years, the best services were largely clustered in the Northeast and West.

Arizona claimed the number one slot in the ranking for the third year in a row. Also rounding out the 10 best on this year's list are Michigan, Hawaii, Georgia, New York, South Carolina, Maine, Massachusetts, Ohio and Missouri.

The analysis factors each state's approach to promoting independence and productivity, ensuring quality and safety, keeping families together and reaching people in need. Nationally, almost 317,000 people remain on waiting lists for home and community-based services, according to the report, which is largely based on data from 2012, the most recent year available. Some 38 states have one-third or more of their residents with developmental disabilities working in competitive employment, the report found. As in past year, top-tier services were found in both big and small states, those with rich and poor demographics, jurisdictions with high and low taxes, as well as, those with varying levels of per-person spending on disability services.

### EXTENDED SCHOOL YEAR (ESY)

What are Extended School Year (ESY) services? Extended school year services are special education and related services that are provided to a child with a disability beyond the normal school year, are in accordance with a child's IEP, are provided at no cost to the parents, and are in alignment with the standards set by the state education agency (SEA). The regulations that implement the IDEA require IEP teams to determine, on an individual basis, whether ESY services are necessary to provide a FAPE to the child. (FAPE Free Appropriate Public Education). "Student participation in an ESY program is not compulsory.

Eligibility for ESY services shall be determined no later than 45 calendar days prior to the last day of the school year.

### SOME WEBSITES OF INTEREST FOR SUMMER FUN.....

<http://www.arizonaadventures.com/things-to-see-do/arizona-top-ten-special-needs-camps/>

<http://happyhoursforkids.org/>

Traveling? Here's a site that might help:

<http://www.friendshipcircle.org/blog/2012/06/06/32-vacation-destinations-for-individuals->

Theatre experiences for kids: [http://](http://www.wolfgangandsons.com/troubadour.html)

[www.wolfgangandsons.com/troubadour.html](http://www.wolfgangandsons.com/troubadour.html)

### EVEN MORE THINGS TO DO.....

**Bowling:** Cactus Bowl, Fiesta Lanes, Lucky Strike, Tucson Bowl. Kids can bowl two free games per day, 18 and under. They have to rent bowling shoes if they don't have their own. Check with the bowling centers for more information and to sign up. (May through August).

\*\*\*\*\*

**Breakers Waterpark** - opening day May 24th. No details yet on their summer fun. Visit their website for more information. [www.breakerswaterpark.com](http://www.breakerswaterpark.com) 855 W. Tangerine Road Marana, 85658. 520-682-2304.

\*\*\*\*\*

**Movies:**

Kids can enjoy a movie a week for 10 weeks, for less than \$1 per movie.

Tickets are on sale now at participating Harkins Theatres.

For more information go to:

[www.harkinstheatres.com](http://www.harkinstheatres.com)

Summer Movie Fun





## KVOA Channel 4 Summer contests

Lifesaver coloring contest

Lifesaver Pool Fence Giveaway

Lifesaver Free Swim Lessons

go to : [kvoa.com](http://kvoa.com)

For more information and entering instructions. Good luck!

### Staff Members:

**Lynn Kallis**— Executive Director—Pilot Parents of Southern Arizona  
324-3151

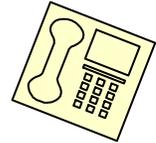
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324-3153



You can now view or download *The Navigator* from our web page. Go to [pilotparents.org](http://pilotparents.org) and click on *The Navigator*. If you no longer wish to receive *The Navigator*, please contact the office.

The *Navigator* is published quarterly; winter, spring, summer and fall. You may e-mail notices, articles, etc. to [joann@pilotparents.org](mailto:joann@pilotparents.org), fax them to 520-324-3152 or mail them to: PPSA, 2600 N. Wyatt Drive, Tucson, AZ 85712 attn: Jo Ann Spencer, editor, at any time. Submissions will be used based upon space availability and will be used if the date of the activity falls within our publishing schedule.



**Leadership Education Advocacy Partnership**  
a program of Pilot Parents of Southern Arizona

### *Three Years of Support for Self-Advocates & Family Members*

Word of the LEAP program is getting around. Each program year there has been an increase in the number of individuals applying for LEAP scholarships and an increase in the number of individuals the LEAP program has been able to assist in attending valuable learning events.

The LEAP program will be wrapping up year 3 on June 30<sup>th</sup>. During this year, Pilot Parents has received over 70 scholarship applications and has been able to approve over 55 awards. We are happy to report that the LEAP program consistently receives very positive survey results with all event attendees reporting an increase in advocacy skills.

One LEAP awardee recently wrote, “I applied to the LEAP program and was granted a full scholarship to go to Denver. Without Pilot Parents of Southern Arizona and more specifically without the LEAP program I am certain that I would not have been able to attend the National Conference for Childhood Apraxia of Speech. At the conference I met at least 100 parents of children that all had Apraxia. We were no longer alone. With the grant from LEAP I gained knowledge that cannot be bought and also the motivation to fight for my son and advocate for his rights.”