



THE

Navigator

WINTER

Pilot Parents of Southern Arizona

Volume 17 Issue 4

Providing Information and Resources to Families and Professionals in Southern Arizona

WHAT IS THIS CORE INDICATOR ? ? ?

Well, it's time again for the National Core Indicator Survey. If you haven't heard about this, here's a little information about it. The National Core Indicator (NCI) survey is a way to gather people's open and honest feedback about how things are working (or not working) for them. It asks the person who is affected by a disability questions about their home, their work, their friendships, their choices and their access to their community. For example, it asks "did you choose the place where you live" and "do you ever feel lonely". It tries to "see" how happy people are with their lives. It's probably fair to say we sometimes think we know how people feel but, with this survey, we actually come to them and ask!

Here how it works:

The Division uses a computer program to randomly select 100 people from each of the 5 districts around the state. Each person selected must be over 18 years old and have received a service, other than case management, over the past year. After the person is randomly selected, the survey is sent to their Support Coordinator who completes some background information that will help the surveyor get ready for the interview (language, home address, etc.).

After this portion is completed, the survey is sent to Pilot Parents who will then assign it to one of their trained surveyors. The surveyor then contacts the person, their family or their staff to find a good time to do the interview. The interview is usually done in

a quiet place in the person's home but it can take place in another location as long as it's convenient and safe for the person. Each surveyor is trained to respect the person's privacy and names and numbers are never shared outside the Division, so responses are always confidential. It should also be noted that each surveyor is trained to help those who may have difficulty answering questions or communicating their feelings. When this is the case, a close friend, a family member or a staff person may help with the interview. Once the survey is completed, the person's name is removed and the data is entered to a secure database. Last year, the database had about 50,000 responses from around the country.

Here's what's done with the information:

The importance of having information like this is twofold;

- 1.) States now have reliable, person-centered data that can help them see where they are successful and where they are not. And*
- 2.) States can now begin to compare themselves against a common and consistent national standard of care.*

Arizona has been participating in the NCI since it began in 1997 and has used the data to make many positive changes in the lives of people affected with disabilities.



inside...

Market on the Move
Research on Parental Stress
10 Stress Busters

Page 3
Page 5
Page 8

NATIONAL AWARENESS MONTHS

FEBRUARY: American Heart Awareness Month

MARCH: National Women's History Month

APRIL: Sexual Assault Awareness Month
National Autism Awareness Month
School Library Month

THE VALUE OF PARENT TO PARENT SUPPORT

Parent to Parent mentoring has benefits for families that are supported by research. Here's what the evidence shows are the benefits to parents who receive mentoring support:

- Talking about my child with someone who understands
- Hearing from another family who has experience
- Receiving more information about my child's diagnosis
- Problem-solving support for a specific issue
- Knowing help is available in the future from a reliable source
- Improved ability to advocate for my child's needs and services

ARE YOU A PARENT OF A CHILD WITH A SPECIAL NEED OR MEDICAL CONDITION?

DO YOU NEED HELP FINDING RESOURCES, ACTIVITIES, ETC.?

DO YOU KNOW ABOUT BEING A TRAINED PARENT TO HELP OTHER FAMILIES? WANT TO GET TRAINED?

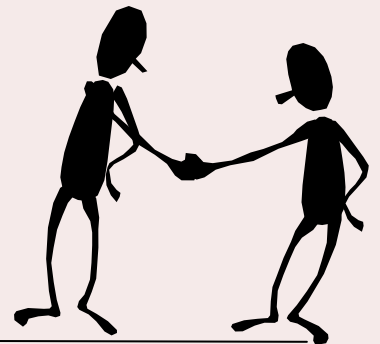
DO YOU KNOW ABOUT PILOT PARENTS OF SOUTHERN ARIZONA?

Pilot Parents of Southern Arizona (PPSA) offers one to one support to families who have a child with disabilities. We also offer workshops, educational support, Partners in Policymaking, and the LEAP program. We have a small lending library. And, we fund a Sibshop which is a support group for brothers and sisters of the child with a disability.

If we can be of any service, we would love to speak with you. You may contact us by phone at **520-324-3150**, or toll free **1-877-365-7220**. Or on the internet: <http://www.pilotparents.org> .

We need more parents to be trained mentors.

Call today. Thanks!



***“FAMILY IS NOT AN IMPORTANT THING.
IT'S EVERYTHING.”***

Michael J. Fox

Come hear some simple and effective tools to reduce stress and conflict in your home and enjoy an improved relationship with your child who has special needs. Have you been told, "You just need to be more firm with him"? Tired of hearing your child say, "It's not fair!" Struggling to motivate your "lazy" child? If so, things may not be what they seem, and this workshop is for you. It includes a special section on conquering the homework demon.

TUSD EXCEPTIONAL PARENT PROJECT

What to Do When the Kid You Love Drives You Crazy

Howell Elementary School
Library
401 N. Irving Avenue
(5th St. just east of Alvernon)
This workshop is free and open to
the public.
Please RSVP by email to
epptusd@gmail.com

Guest speaker:
Jill McCollum, Developmental Specialist
Monthly Meeting
Thursday, March 6, 2014
6:30-8:30

home

MARKET ON THE MOVE

With prices on the increase in the market it is always good to find places to stretch a buck. Look for Market on the Move in your neighborhood. This program is similar to a Farmer's Market atmosphere. For \$10.00 you can receive up to 60 pounds worth of fresh fruit and vegetables. The vegetables and fruits are different every month.

Go to <http://the3000club.org>, or google market on the move Tucson for the closest location to you, times, etc.

Worth the time and trip.



The State Legislature passed legislation regarding procedures a district must follow when using seclusion/confinement. Governor Brewer signed HB2476 in April 2013, to be in effect for the 2013-2014 school year.

This legislation requires school districts' policies to include a process for prior written parental notification and consent before seclusion/confinement is used. Seclusion is the solitary confinement of a student alone in any space from which the student is physically prevented from leaving. These policies must also provide for an exemption to prior written parental consent if a school principal or teacher determines that a student poses imminent physical harm to self or others.

SPECIAL OLYMPICS ARIZONA

I have received a lot of calls lately about sports and how individuals over the age of 18 can get involved in a sports program. Special Olympics Southern Arizona, Coronado Local programs has many sporting opportunities for your child. For a full list of sports activities go to their website:

<http://www.specialolympicsarizona.org/coronado/programs>.

The calendar for 2014-2015 probably will not be posted until sometime in May. But, seasons currently are as follows:

Aquatics, Bocce, Golf, Softball - training begins in June/July and the area competitions are held in September.

Bowling- training begins in August/September and the area competition is held in late October or early November

Floor Hockey - training begins in October and the area competition is held in early December

Basketball - training begins in November and the area competition is held in early to mid-February.

Track & Field, tennis, powerlifting - training begins in January and the area competitions are held in March or early April.

Good volunteers are always appreciated. For more information or to volunteer, contact Holly Thompson Coronado Area Director, Special Olympics Arizona
HollyThompson@soaztucson.org.

For school age individuals with special needs, Special Olympics is offered through the school district. Speak with your Adaptive P.E. teacher for more information.

SPECIAL OLYMPICS ATHLETE OATH

“Let me win. But if I cannot win, let me be brave in the attempt.”

Play Ball!

Boys, Girls, and Adults w/special needs; ages 4 – 21:

It is **TIME NOW** for **Challenger Baseball Registration!**

Uniforms are being ordered, and Teams are forming NOW!

New Players, please REGISTER ASAP! Invite your friends too!

Though Challenger maintains a policy of open enrollment, which means players can join anytime!

OVER 21 years? Play Softball with Special Olympics!

Contact Challenger for more info!

www.tucsonchallengerlittleleague.com

and REGISTER ONLINE or call 294-9023 with questions.

Season play begins March 8th!

Know a great Community Business that wants to sponsor a great organization?

Contact Wendy at zhartje@wmconnect.com or at #748-8160 Sponsorships available for \$50, \$250, and \$500.



RESEARCH ON PARENTAL STRESS
FAMILY STUDIES & HUMAN DEVELOPMENT, UNIVERSITY OF ARIZONA

THE UNIVERSITY OF ARIZONA
TUCSON, ARIZONA

WE ARE LOOKING FOR VOLUNTEERS TO PARTICIPATE IN A STUDY REGARDING PARENTING EXPERIENCES AMONG FAMILIES WHO CARE FOR A CHILD WITH SPECIAL NEEDS.

PARTICIPANTS WILL BE COMPENSATED.

WHO? PARENTS (MOTHER OR FATHER) OR CAREGIVERS OF CHILDREN AGES 0-5 YEARS OLD DIAGNOSED WITH A LEARNING AND/OR INTELLECTUAL DISABILITY AND TYPICALLY DEVELOPING.

WHAT QUESTIONS ARE WE TRYING TO ANSWER? THE OVERALL GOAL OF THE PRESENT RESEARCH IS TO UNDERSTAND FACTORS INFLUENCING PARENTAL STRESS AMONG FAMILIES WHO CARE FOR A CHILD WITH A LEARNING AND/OR DEVELOPMENTAL DISABILITY AND COMPARE THESE EXPERIENCES TO THEIR TYPICALLY DEVELOPING COUNTERPARTS.

FORMAT? WE WILL BE ASKING PARTICIPANTS TO COMPLETE COMPUTERIZED QUESTIONNAIRES. A ONE-ON-ONE INTERVIEW WILL BE CONDUCTED DURING WHICH PHYSIOLOGICAL MEASUREMENTS (E.G., HEART RATE AND SKIN CONDUCTANCE) WILL BE OBTAINED.

WHEN? THIS ONE-TIME SESSION WILL LAST APPROXIMATELY 1.0 TO 2.0 HOURS AND WILL BE SCHEDULED FOR A DAY AND TIME CONVENIENT TO YOU.

MORE INFO? For more information. Please contact Payal Anand at (520) 626-9244 or payala@email.arizona.edu

Department of Family Studies & Human Development
Payal Anand, MPH
Phone: (520)626-9244
E-mail: payala1@email.arizona.edu

An Institutional Review Board responsible for human subjects research at The University of Arizona reviewed this research project and found it to be acceptable, according to applicable state and federal regulations and University policies designed to protect the rights and welfare of participants in research.



AUTISM SOCIETY *Improving the Lives of All Affected by Autism*

Greater Tucson

8th Annual Piece the Puzzle Autism Walk/ Run & Resource Fair



Saturday April 26, 2014

NEW LOCATION - Kino Sports Complex

8:30am Registration - walk begins at 10:00am

Enjoy Food, Jumping Castles, An Extensive Resource Fair

The Greater Tucson Inclusive Lego Building Club & much more

For Registration Visit

www.AutismSocietyGreaterTucson.org

CALL 770-1541 OR EMAIL: PieceThePuzzle@AutismSocietyGreaterTucson.org

8th Annual Piece the Puzzle Autism Walk/ Run & Resource Fair

Saturday April 26, 2014

NEW LOCATION - Kino Sports Complex
10:00am

8:30am Registration - walk begins at

Enjoy Food, Jumping Castles,

An Extensive Resource Fair

The Greater Tucson Inclusive Lego Building Club & much more

For Registration Visit

www.AutismSocietyGreaterTucson.org

CHANGES HAPPENING AT DSC (DOWN SYNDROME CONNECTION)

The Down Syndrome Connection has been fortunate to have a dedicated volunteer to run the group for 12+ years; but after serving the Tucson Community with unwavering dedication; Kathy Getman has retired.

Kris Levario will be available to answer your phone calls and emails, and will be the new contact person for DSC. levario8@cox.net, 747-2556. Lori Scott, adoptionsaves@gmail.com or call 822-1664, will be serving as the events coordinator and will be compiling and distributing the new parent packets.

Volunteering and its Surprising Benefits Helping Yourself While Helping Others

The benefits of volunteering are enormous to you, your family, and your community. The right match can help you find friends, reach out to the community, learn new skills, and even advance your career. Volunteering can also help protect your mental and physical health. Learn more about the many benefits of volunteering and find tips on getting started as a volunteer.

Volunteering connects you to others. One of the better-known benefits of volunteering is the impact on the community. Unpaid volunteers are often the glue that holds a community together.

Volunteering helps you make new friends and contacts. One of the best ways to make new friends and strengthen existing relationships is to commit to a shared activity together. Volunteering is a great way to meet new people, especially if you are new to an area.

*Volunteering increases self-confidence.
Volunteering combats depression.
Volunteering helps you stay physically healthy.
Volunteering brings fun and fulfillment to your life.*

TIPS FOR GETTING STARTED

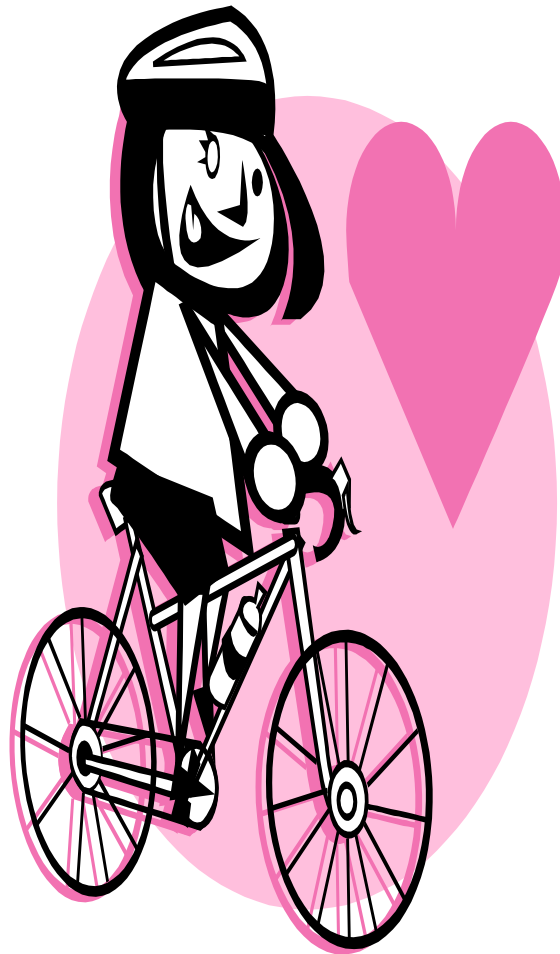
First, ask yourself if there is something specific you want to do.

For example, do I want...

- To make it better around where I live?**
- To meet people who are different from me?**
- To try something new?**
- To do something with my spare time?**
- To see a different way of life and new places?**
- To have a go at the type of work I might want to do as a full-time job?**
- To do more with my interests and hobbies?**
- To do something I'm good at?**

WHERE DO I FIND VOLUNTEER OPPORTUNITIES?

Community theaters, museums, and monuments
Libraries or senior centers
Service organizations such as Lion's Club or Rotary clubs
Youth organizations, sports teams, and afterschool programs
Historical restorations and national parks
Places of worship such as churches or synagogues



10 Stress Busters? World of Psychology

Stress is like dark chocolate. A little of it won't kill you. In fact, small blocks here and there can be good for you, or at least give you a reason to get out of bed in the morning. But chronic and severe stress can damage your body and mind, blocking the fluid communication to and from most organs—especially in the hypothalamic-pituitary-adrenal (HPA) axis and in the limbic system, the brain's emotional center. Believe me, you want these two systems running as smoothly as possible, with low levels of the delinquent stress hormones in your bloodstream. Which is why I always keep some stress busters handy. Here are 10 of my favorites.

1. **Simplify** : Cut your to-do list in half. How? Ask yourself this question after every item: Will I die tomorrow if this doesn't get accomplished? I'm guessing you'll get a lot of no's. I'm sure Franklin Covey has a more efficient and elaborate system. But here's mine: Every morning I immediately jot down my to-do list. Once I experience the first heart palpitation, the list gets cut in half.
2. **Prioritize**: Let's say you've got five huge work projects due next week, two Cub Scout commitments you promised your son, your mom's over-due taxes on your desk, your wife's 40th birthday celebration to plan, and your sister's computer to fix. What do you do? You record all your to do's on a sheet of paper and you give each one a number between 1 and 10. 10 being the most important (life threatening) to one (stupid bloody thing I signed up for). Start with the 10's. If you never get beyond the 8's, that's okay!
3. **Use pencil, not pen**: if you rely on your to-do list, then you'll want to try to stay as flexible as you can. Thanks change! And change is not our enemy, even though our brain categorizes it as such. You want to be able to erase a task or reminder at any time, because who the heck knows what your day will be like.
4. **Give away your cape**: if you haven't already guessed by now. You are not a superhero and don't possess supernatural qualities and capabilities. Surrender to limitations and conditions - like the number of hours in a day and the amount of time it takes to get from point A to point B. In your car, not your Batmobile.
5. **Collaborate and cooperate**: there are lots of people out there with to-do lists that look similar to yours. Why not let them do some of your tasks so you don't have all of them to do?
6. **Laugh**: just as chronic and severe stress can damage organic systems in our body, humor can heal. When people laugh, the autonomic nervous system mellows out and the heart is allowed to relax. Laughter can also boost the immune system, as it has been found to increase a person's ability to fight virus' and foreign cells, and reduce the levels of three stress hormones: cortisol, epinephrine, and dopamine. Plus it's just fun to laugh. And having fun is its own stress release.
7. **Exercise**: exercise relieves stress in several ways. First, cardiovascular workouts stimulate brain chemicals that foster growth of nerve cells. Second, exercise increases the activity of serotonin and norepinephrine. Third, a raised heart rate releases endorphins and a hormone known as ANP, which reduces pain, induces euphoria, and helps control the brain's response to stress and anxiety. You need not run a marathon or complete an ironman triathlon. A quick stroll in the morning or in the evening might be just enough to tell the stress hormones in your blood to scatter.
8. **Stop juggling**: I realize some multi-tasking is inevitable in our rushed culture. But do we really have to simultaneously cook dinner, talk to Mom, help with homework, and check e-mail. If you were an excellent waiter or waitress in your past or present, then skip this one. However, if you have trouble chewing gum and walking at the same time like I do, you might try your best to concentrate on one activity at a time.
9. **Build boundaries**: speaking of activities, get some boundaries, ASAP, meaning designate a place and time for certain things so that your brain doesn't have to wear so many hats at the same time. I thought this was impossible as a mom who works from home until I made myself abide by some rules; computer is off when I am not working, and computer stays off in the evening and on weekends. My brain adjusted nicely and appreciated the notice of when and where each hat was required, and it actually started to relax a tad.
10. **Think Globally**: I don't say this to induce a guilt trip. No, no, no. Guilt trips compound stress. What I mean here is a simple reminder that compared to other problems in our world today- abject poverty in Somalia or Cambodia- the things that we stress about are pretty minor. In other words, if I shift my perspective a little, I can see that there are far worse dilemmas

(continued page 9)

(Continued from page 8) than my poor royalty figures on a few books. Don't sweat the small stuff, and most of it is small stuff. ~ John M. Grohol, Psy.D.



The Children's Clinics

The Children's Clinics will be experiencing more changes. In order to provide additional clinical space, construction will begin on the second floor - south side of the building.

Construction will take several months and will increase patient care areas and clinical space on the second floor.

These changes are all in accordance with doctors and staff wishes. Square and Compass is providing these changes to the building.

Please be advised we are trying to make this improvement to the building as non-invasive as possible.



Staff Members:

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

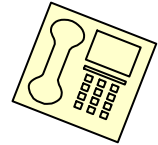
Cheryl McKenzie— Receptionist/Secretary
324-3150

Karen Kelsch— Director Partners in Policymaking, L.E.A.P. 324-3158

Amanda Heyser— Education Coordinator
324-3157

Marianne Scott— Partner's in Policymaking Coordinator 324-3154

Jo Ann Spencer— Special Projects— Sibshop, Editor *The Navigator*.
324-3153



You can now view or download *The Navigator* from our web page. Go to 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, 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

Financial support is available for self-advocates and family members of individuals with developmental disabilities to participate in conferences, workshops and other training opportunities.

Trainings must meet eligibility requirements as outlined on the Pilot Parents website. Information on how to apply, the application and supporting information is available on-line at www.pilotparents.org

Funding is made available by the Arizona Developmental Disabilities Planning Council through contract NO. ADDPC-FFY-11-1112-00-CY3.

See what awardees have to say about the LEAP program

The LEAP program really made a difference for our family to have help with the expenses of the conference. K.E. (Sierra Vista)

The LEAP program allowed me to go to an event that helped me become a better advocate. The process was simple and quick. A.M. (Glendale)

LEAP has given me the opportunity to better my life, my children's lives and improve the support groups I attend. K.M. (Tucson)