



Harbor Happenings

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FALL 2022

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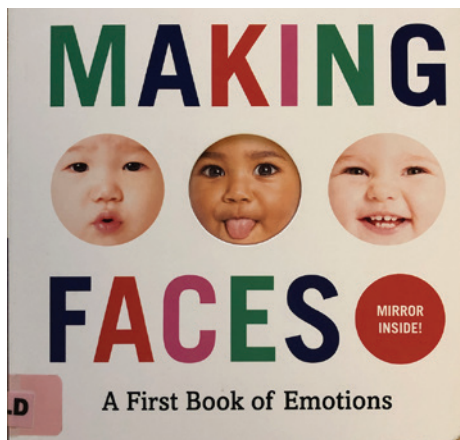
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Good Reads at the Family Resource Center

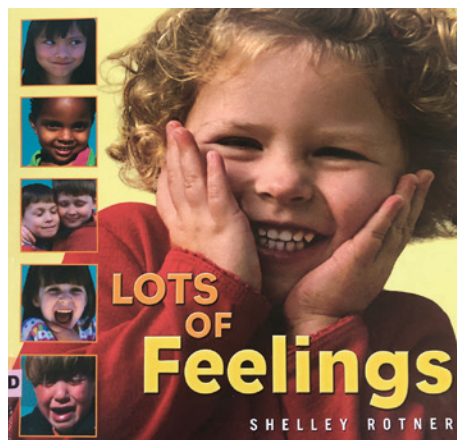
The Family Resource Center at Harbor Regional Center is available to provide clients and their circles of support with information and resources. Our resource library houses hundreds of new items that are available for early childhood, school age, teens, adults, and families! Here are a few examples of new books available for lending...

EARLY CHILDHOOD



Making Faces

A First Book of Emotions - This bold, beautiful board book introduces five essential expressions: happy, sad, angry, surprised, and silly. Each expression is introduced with a large image of a baby's face, which helps infants to see each expression. This book is a great way to encourage infants to learn and identify different emotions, even practice watching their own reflection!



Lots of Feelings

A face can tell you what someone is feeling. In this expressive photo-essay, simple text and photographs introduce basic emotions – happy, grumpy, thoughtful, and more – and how people show them. Try making faces when reading this book with your child and see if they can identify the feeling you are expressing. This book provides a useful opportunity to practice reading facial cues and understanding personal emotions with your little one.



Goodbye, Friend! Hello, Friend!

Change and transitions are hard, but Goodbye, Friend! Hello, Friend! demonstrates how, when one experience ends, it opens the door for another to begin. This book also introduces the idea of how waiting can be hard. Use this book to help your child learn how to say goodbye to activities, places and friends and how to wait for the next, new experience.

The Family Resource Center is currently open by appointment at Torrance, Long Beach, and Norwalk locations. Call or e-mail to make an appointment for any of our locations!

Phone: (310) 543-0691

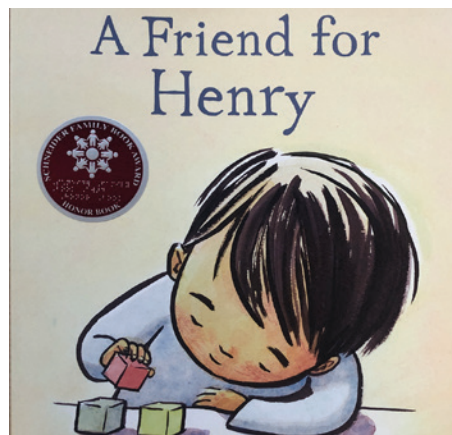
Email: resource.center@harborrc.org

SCHOOL AGE



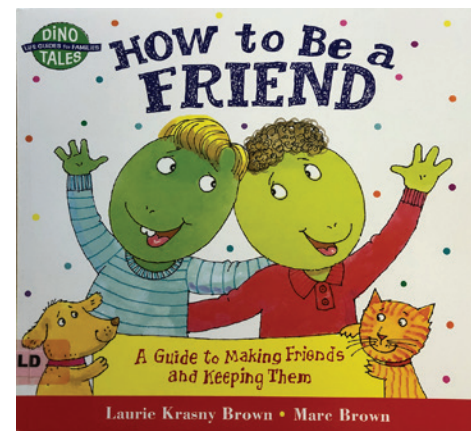
Magnetic Puzzles

Here's an irresistible, hands-on way to explore the alphabet, counting, mazes, colors and shapes! These hardwood maze puzzles have colorful objects such as letters, numbers balls or colors inside. Children use the attached magnetic wand to guide each object into place. When using this toy, ask your child to identify a color or a number or ask them to show you how they can move the objects all around with the "magic wand"!



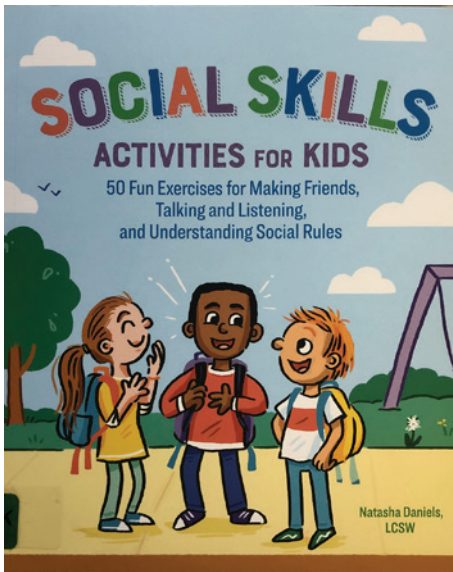
A Friend for Henry

In Classroom Six, Henry has been on the lookout for a friend. A friend who shares. A friend who listens. Maybe a friend who likes things to stay the same and in order, as Henry does. But on a day full of too close and too loud, when nothing seems to go right, will Henry ever find a friend—or will a friend find him? Read this with your child when they are starting school or are having anxiety about making new friends and ask "Have you ever felt like Henry?"



How to Be a Friend

Fun dinosaur characters teach young children all about friendship--the value of friends, how to make friends, and how to be a good friend. Playful full-color illustrations help kids cope with everyday social situations. If your child is struggling to understand how to interact with other children, use this book to introduce them to situations they may encounter and you can act out possible solutions and responses.



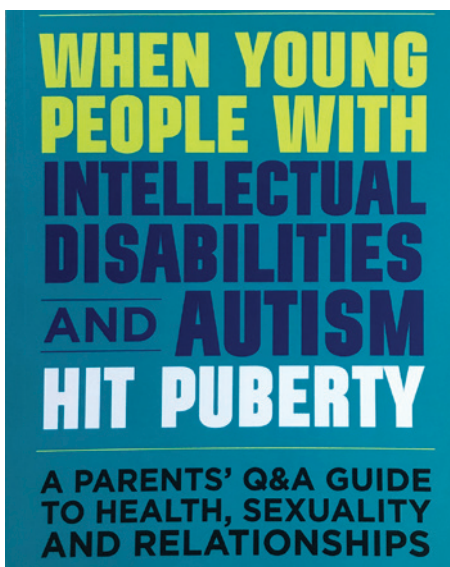
Social Skills – 50 Fun Exercises for Making Friends, Talking and Listening and Understanding Social Rules

What are the Dos and Don'ts for making and keeping friends? How can you decode body language clues? What's the best way to keep a conversation going? Just like learning multiplication tables, social skills sometimes don't come

naturally—every child has to learn them. Luckily, this book makes mastering social skills super fun with 50 awesome activities. If you are working on any of these skills with your child, introduce this book to them. The exercises are fun and interactive, they

feel more like games. Let your child pick an activity and work on it together. This book also includes activities which discuss bullying and using social media, which are common themes for many families.

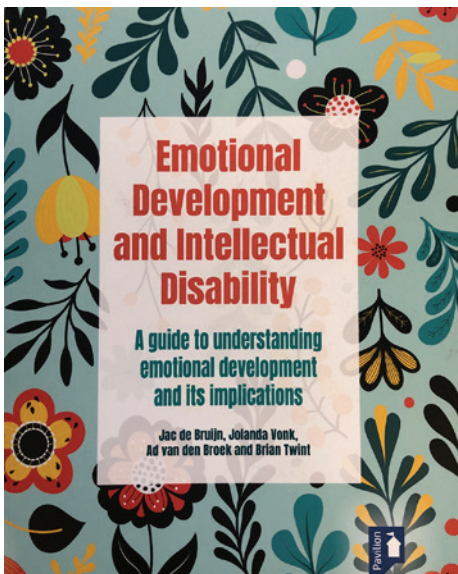
ADOLESCENTS & ADULTS



When Young People With Intellectual Disabilities and Autism Hit Puberty

Puberty, personal hygiene and sex can be difficult topics to broach with your child, especially when they have an intellectual disability or autism. This guide provides honest answers to challenging questions and solutions to the dilemmas that many parents face on

a daily basis. This book is about parent education, when the time is right to talk to your child about puberty, prepare yourself! Use this book to help structure and inform your conversations around topics that can be daunting to tackle.

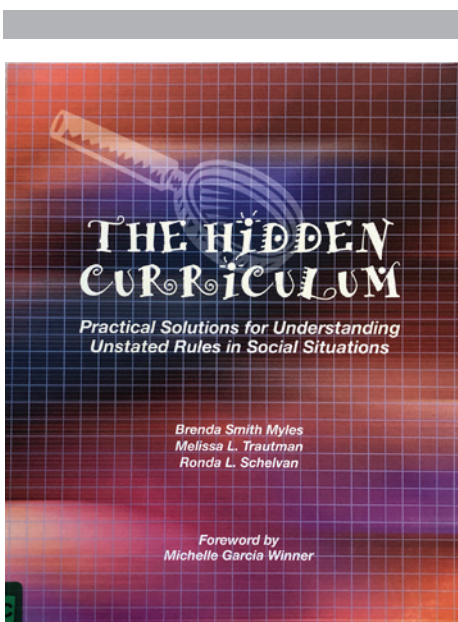


Emotional Development and Intellectual Disability: A guide to understanding emotional development and its implications

Emotional Development and Intellectual Disability is an authoritative, practical guide to the importance of emotions and emotional development in the needs and lives of people with intellectual disabilities, and in their care and support. Combining research, assessment and

practice, the book explores this complex topic from a number of positive perspectives including emotional development as an adaptive behavior, emotional development as a support need, and emotional development as a quality of life domain. This book is particularly helpful to family

members and those who work with individuals with ID. The content of this book emphasizes the importance of working on emotional development like one would work on the development of other skills such as, daily living skills, social skills, or job readiness skills.



The Hidden Curriculum

Practical Solutions for Understanding Unstated Rules in Social Situations This book guides how to teach and learn those subtle messages that most people seem to pick up almost automatically but that have to be directly taught to individuals with social-cognitive challenges. In this popular book's expanded edition, the authors

target issues common to adolescents and young adults. Perhaps your child is still struggling to make meaningful connections with peers or they are not motivated or comfortable to join social activities. This is a great book to help parents understand the challenges their child is facing and how to go about continuing lessons to build social skills.

Thoughtful Donations Ease Back-to-School Shopping



South Bay Sunrise Rotary Club sponsors Kohl's shopping spree

The generosity of many community partners provided back to school support to nearly 500 Harbor Regional Center clients and their siblings this year. Along with the 452 backpacks that were distributed, a variety of school supplies for all grade levels filled most of the backpacks. Some families continued their generous annual donations while one orga-

nization offered a way for clients to shop for their own clothes!

Long Beach CPA firm, Holt-house, Carlin, Van Tright LLP (HCVT) selected HRC's Back to School Giveaway as their annual Community Project. With the amazing support from HCVT team members, HRC received 222 backpacks and school supplies that con-

sisted of binders, notebooks, pencil pouches, highlighters, pencils, pens, crayons, markers, watercolor paints, and folders. In addition, 24Hr HomeCare and Aveanna Healthcare each donated 100 backpacks. The donations from HCVT, 24Hr HomeCare, and Aveanna Healthcare were combined for a Back To School event held at HRC Office in

Torrance. HRC Service Coordinators (SCs) enjoyed shopping for their clients, selecting just the right backpacks and filling them with supplies that would be needed for the appropriate grade levels. Just before heading out the door with their carts overflowing, the SCs picked up “Care Kits” consisting of

surgical masks, N95 masks, and a large bottle of hand sanitizer to deliver to the family’s home.

For the fifth year, a local family provided back to school support to seven clients and their siblings. Each client and their siblings received school clothes, shoes, backpacks

filled with supplies and many other individualized items to prepare for the academic year.

To round out the season, the South Bay Sunrise Rotary Club hosted a shopping event at Kohl’s located in Torrance. Eleven HRC clients were invited to an hour of



Service Coordinators display donated backpacks alongside 24HR Home Care staff

Thoughtful Donations Ease Back-to-School Shopping

...Continued



Karina Duran, an FRC team member, helps an SC pick notebooks

shopping before the store opened to the public. A member of the Rotary or an HRC volunteer escorted each client while they picked out their new school clothing, shoes, jackets, etc. that would be needed for the school year. As the clients exited the store with bags filled with new school

clothes and shoes, they received a to-go bag with light snacks, juice and water for the ride home! Each participant received backpacks and school supplies from HRC's Back to School event so that this shopping event could provide for other needs the individual may have to get ready for school.

HRC values the tremendous support and generosity of our local families and partners, who have made such an invaluable difference for HRC clients and their families. Thank you for making this back to school season memorable for so many!

Quick Code to Donate to the Harbor Help Fund!

Are you interested in supporting individuals with developmental disabilities through giving? Consider donating towards Harbor Regional Center's Harbor Help Fund, which exists to provide support to clients with needs that often falls outside of regional center purchase of service guidelines. Visit www.harborrc.org/support-the-harbor-help-fund for more information or to donate today!



An SC thanks staff for donation

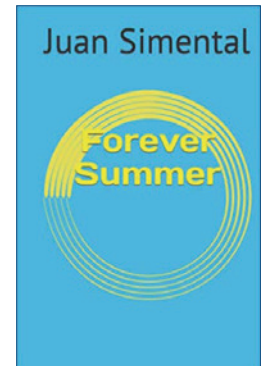
The Holidays are around the corner! Interested in a gift-giving project with family, friends, or your organization? Email info@harborrc.org

From Author Juan Simental: Inspiration, Process & Plans

By Juan Simental



“Although my parents expected me to choose a better career, they noticed how much writing meant so much to me and accepted my decision.”



My name is Juan Simental, and I'm a published author of five books. I grew up in Harbor City, California, throughout my whole life. I live with my parents, and I'm the oldest child of three siblings. Now, you'd be wondering, how did I manage to get where I am?

The journey began in fifth grade when I spent time creating skits with my best friend. We would take turns passing each other the paper to make the weirdest and funniest thing to laugh at. Then, I sparked an interest in writing and English in sixth grade. I also read books from my favorite author, Louis Sachar, to indulge in his weird sense of humor like,

Wayside. During school, outside of class, I would make up stories in my head, seeing how the stories would play out. At that moment, I knew I wanted to become a writer and pursue a career in it.

As a teen, I began loving the coming-of-age genre. I learned so much from watching movies and reading books about them. It changed me as a person. But, it didn't stick to me how teenagers were portrayed in the media. Then, the idea of my first book clicked into my mind; a story about a large cast of characters spending the summer and enjoying their life while also struggling with their friendships and relationships.

The idea would stay in my mind, continuously developing until my senior year. My love for writing never left me, and the path of becoming a writer always crossed my mind. Although my parents expected me to choose a better career, they noticed how much writing meant so much to me and accepted my decision. However, I doubted myself a few times, believing that I wouldn't be able to write anything even though the ideas were right in front of me.

So, in December last year, I started writing. I kept pushing myself to avoid procrastination and lack of motivation until everything was completed. Finally, in

three months, I finished and printed a copy of my first book, *Forever Summer*. I kept it inside a cyan binder with post-it notes as illustrations, where I would show it off to my classmates at school. I was given a lot of praise for achieving my goal, but I wasn't done yet. I wanted to publish it officially so that everyone could read it.

The following month after struggling to find a publisher, I finally looked into Amazon and saw that I could publish my book for free. So, I took that opportunity to have my work published on their website so everyone could purchase and read it. I churned out two new books; *Crazefield* and *DITCHED*. Another thing to note is that I took inspiration from the *Wayside* series by Louis Sachar to write the wacky stories of *Crazefield*.

As of now, I've graduated from San Pedro High School, published two sequels, and will begin my first year of college at California State University Dominguez Hills, hoping to improve my writing. It's hard to believe I



already have accomplished so much in my life, especially at my age. I look forward to what the future holds. I wouldn't have gotten here

without the love and support from my family, friends, and the people who have guided me through this journey, which I greatly appreciate.

Cruising the Community Comfortably

By Angela Woods, HRC Resource Developer



Peter Tobias, Brian Murphy, Matthew Tan, & a staff member return from a day trip

Thanks to being the recipient of a Home and Community Based Services (HCBS) Compliance Funding Grant, Green Meadows Home is celebrating the purchase of a brand new Toyota Sienna minivan. The HCBS Final Settings Rule was released by the Centers for Medicare & Medicaid Services (CMS) in January 2014 in response to concern that while individuals were actively moving away from large, institutionalized settings, and into the community, that HCBS federal dollars were still funding services that

were “institutional” in nature. The Final Rule consists of ten federal requirements that ensure people with disabilities receive federally funded services and supports that encourage them to be fully integrated into their communities, with access to the same resources, including employment opportunities, as individuals who do not have disabilities. The federal requirements also expect that individuals are educated and knowledgeable about their rights, using communication methods that they

can understand and comprehend, and that they are empowered to exercise their rights to make decisions about their own lives including where to live, who to spend time with, who helps them, and how to spend their time.

Some service providers self-identified as needing additional support to become compliant with the federal requirements by March 17, 2023, and were encouraged to submit grant concept applications explaining how

The HCBS Final Rule is Helping Local Residents Exercise Their Rights & Choices



Stopping for a walk at the beach

their proposal would help them achieve compliance. For the residents and staff at Green Meadows Home, the awarded grant funds allowed the home to add a new transportation resource. The minivan enhances and maximizes individualized community integration opportunities. Each individual can plan collaboratively with their support team to explore and participate in activities and experiences that are of specific interest to them within their communities, decide when they occur, and participate in

them with whom they like. The minivan also allows for members of the household to travel and enjoy activities of shared interest together in a dignified manner. The home's existing vehicle size did not accommodate for everybody at once, and even with a few people in the vehicle, it would feel overcrowded and uncomfortable.

The new minivan now provides safe seating for everyone with room for personal space. The residents and staff are grateful and are already

exploring new adventures in their community.

Home administrator Raksmie Om shares appreciation, "Thank you! We are so grateful for this amazing van! Now we have extra room to invite our resident's friends and family if they want to join." The group plans to visit Santa Barbara, Malibu, and San Diego. On weekends, they often visit Palos Verdes to walk the trails or simply to enjoy the scenery at a nice park and have a picnic, or just a scenic drive up and down PCH to the beaches for the afternoon.

Camping, Social Recreational Services & Other Services

By Elizabeth Garcia-Moya, HRC Manager of Vendorization & Resource Development



Brennan flashes the peace sign while ziplining

Since the restoration of funding for camping, social recreation and other services, Harbor Regional Center conducted a survey and gathered the input of individuals and families, service coordinators, and other community partners. This provided us with information as to the types of social recreational activities and camps that individuals are interested in participating within their communities.

Harbor Regional Center is now working on bringing social recreational activities and camp opportunities to individuals by working with local community organizations and businesses that provide sports, music, swimming, equestrian, camps and other activities. Some of the social recreational activities that individuals had the opportunity to enjoy this summer are camp through ICAN and Momentum Camp Escapades

along with other activities such as 5 Eleven Sports that offers group basketball lessons and adaptive horseback riding through Manes for Movement. Harbor Regional Center continues to work on broadening social recreational opportunities within local communities so individuals can have options available that meet their needs and interest.

Adaptive Horseback Riding with Manes for Movement

By Dr. Elizabeth Pauly, Doctor of Occupational Therapy at Manes for Movement



Holding the food bucket



A rider getting to know her horse

Manes for Movement is excited to partner with Harbor Regional Center to provide Adaptive Horseback Riding Lessons for clients in Self-Determination and Social Recreational Programming! Adaptive horseback riding (also known as therapeutic horseback riding), focuses on the development of horsemanship and horseback riding skills for people with a variety of abilities. Our lessons, taught by PATH certified therapeutic riding instructors, include a variety of mounted and unmounted activities including riding, grooming, preparing feed and treats and much more. Riders in our program can develop improvements in their physical

strength flexibility, posture, coordination, and balance through riding in our adapted lessons while developing a sense of responsibility and independence while caring for their equine partners. Our program also offers opportunities for social skills through riding with peers, competing and showcasing skills in local horse shows in adaptive riding classes, and connecting with other equestrians

in the South Bay community through having a shared interest in equestrian activities. Our goal is to foster an enhanced quality of life and life-long enjoyment in a fun outdoor sport for everyone!

Manes for Movement is located in Rolling Hills Estates, California. For more information, please visit www.manesformovement.com.



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