

# Paso del Norte Children's Development Center



## Paso Del Norte Children's Development Center Newsletter

### Leadership Academy for Families Empowering Families

#### Inside this Issue

Community Resources & Events	2	Are you interested in doing the best you can for your child with special needs or disabilities? Would you like to know your rights and the rights of your child when you attend a special education meeting? Would you like to learn which social service agencies or programs might be able to help your child with special needs? If you answered yes to any of these questions then, the Leadership
Community Events	3	Academy is for you. We cover these topics and more: Laws that protect individuals with disabilities. How to advocate for your child's rights. What you need to consider in preparing your child for adulthood.
Support Groups, and meetings	3	Dates: Mondays & Wednesdays (August 29, 2011 – October 12, 2011) Time: 9:00 a.m.-12:00 p.m. Location: Paso del Norte Children's Development
Assistive Technology and ADHD	4	

Center 1101 E. Schuster Ave.  
  
Please contact Isabel Rubiera at (915) 544-8484

Center 1101 E. Schuster Ave.  
  
Please contact Isabel Rubiera at (915) 544-8484

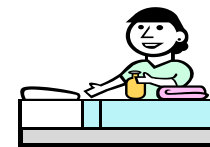


### Toilet training and Infant Massage Trainings

Paso del Norte will be offering two trainings on topics that are very popular among parents of young children or children with special needs "Toilet Training 101 and "Infant Massage". The "Toilet Training 101" will give parents some strategies that can help toilet train their young toddler or child with special needs.

**DATE: August 9, 2011**  
**TIME: 2:00 p.m.-4:00 p.m.**  
This session will be in English. We will also offer the same training in Spanish **August 10, 2011 from 2:00 p.m.-4:00 p.m.**  
The "Infant Massage" training will be held **August 17, 2011 from 2:00 p.m.-4:00 p.m.** Come learn the benefits and techniques of infant massage.  
Session in Spanish (English trans-

lation available). Call us and ask for scholarships for parents. Please contact Norma Perez for more information at (915) 544-8484 ext. 192  
Please RSVP!  
Both trainings will be at Paso del Norte Children's Development Center 1101 E. Schuster Ave.



### TX Hands & Voices/ Guide By Your Side

Is a family support group that provides an unbiased support to families with children who are hard of hearing or deaf. This is a unique and free support service that comes from someone who has walked this path and can share from direct experiences and wisdom. The goal of the support group is to help families cope with their child's diagnosis and provide information to get them started and on the right track. For more information, please email Ana Rivera at [arivera@txgbys.org](mailto:arivera@txgbys.org) or Debbie Kopp at [dkopp@txgbys.org](mailto:dkopp@txgbys.org)



### Parent Support Group for Dads

Join us for a support group meeting for father's only on Thursday August 18, 2011 from 5:30 p.m.-7:00 p.m. at Paso del Norte Children's Development Center 1101 E. Schuster Ave. El Paso, TX. Come and meet other dads of children with special needs. Fathers play an important role in the lives of their children and need to know that they are not alone. Dads are very important too! To RSVP or for more information please contact Norma Perez at (915) 544-8484 ext. 192



### Parent's Night Out Friday August 12, 2011

We will be providing free childcare for children with special needs on Friday, August 12, 2011 from 6:00 p.m.-9:00 p.m. at El Papatote Inclusive Child Development Center (1101 E. Schuster Ave.) Go out and have fun or run errands, while your children play and meet other children in a safe environment.

Cost for siblings: \$10.00 Please call us to RSVP Norma Perez or Gilda Lopez at 544-8484



### Autism Community Network Brings you Parent Training & Films for Friends

#### Family Meeting and Training Tuesday August 30, 2011

Topic: Autism: Understanding, Coping, and Teaching  
Presenter: Dr. Licon Baeza  
Time: 5:30 p.m.-8:00 p.m.  
Location: Vino Nuevo De El Paso Church 988 Kessler Dr. El Paso, TX 79907

&

#### Films for Friends at Cielo Vista Mall Saturday August 13, 2011 at 9:30 a.m.

Cost: \$5.50 Per Person

Please join us for a sensory/child friendly film experience!

This month's film will be "Smurfs or Captain America" Your Choice

For more information contact: David Taylor (915)-731-8866 or Nanci Wisniewski (915)-217-9157

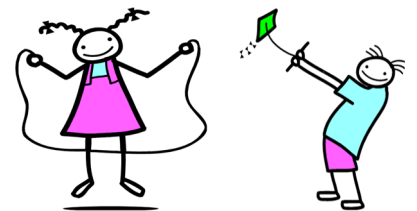


### KETOGENIC DIET FOR SEIZURE CONTROL SUPPORT GROUP

The Keto diet is a high fat, adequate protein, and low carbohydrate diet that modifies the energy source of the body from glucose to fats and produces ketones in the blood which is theorized to penetrate the brain and stabilize seizure activity. The Ketogenic Diet must be implemented under a doctor's supervision. Two thirds of the children on the diet have seizure improvement. Come learn from other parents that have successfully implemented this diet.

Thursday August 18, 2011 from 5:30 p.m.-7:00 p.m. at Paso del Norte Children's Development Center (1101 E. Schuster Ave.)

Call us to get more information at (915) 544-8484 and ask for Norma Perez or Gilda Lopez



If you have been looking for a support group for parents who have children diagnosed with Attention Deficit Disorder & Hyperactivity, we have good news for you...

The Children's Disabilities Information Coalition (CDIC) will be starting an ADD/ADHD Parent Support Group in July. Parents are invited to attend their first meeting on

Friday August 12, 2011

Time: 6:00 p.m.-8:00 p.m.  
at Paso del Norte Children's Development Center  
1101 E. Schuster Ave.

Free childcare for child with special needs. For more information or to RSVP call 217-2747

## MORE COMMUNITY EVENTS

### **Volar Center for Independent Living Presents:**

#### **Peer Counselor Training**

Peer Counselor Program is a very important part of the whole independent living philosophy. The value of Peer Counseling is the fact that it involves person to person support. In this way Peer Counseling is about people with disabilities helping and encouraging people with disabilities to cope with challenges and live full, active lives. Come to learn how to help us help others!

When: Wednesday, August 17, 2011

Hours: From 10:00 a.m.-2:00 p.m.

Where: Volar (CIL) Conference Room  
1220 Golden Key Circle  
El Paso, TX 79925

**Free Training! Registration deadline: August 10, 2011**

**For more information please contact, Jose G. Lara, or Josie Parra**

Topics: History of Independent Living/Peer Counselors Roles/People First Language/My Assertive Human Rights/Over Protection/Stress/Depression/Domestic Violence, Etc.

### **SAVE THE DATE!!!**

Paso del Norte Children's Development Center and the Assistive Technology Demonstration Center

Presents:

4th Annual Technology and Health Fair

**Saturday, September 17, 2011**

**Time: Open from 8:00 a.m.-5:00 p.m.**

**Location: Paso del Norte CDC**

**1101 e. Schuster Ave.**

**El Paso TX. 79902**

More details coming soon...



### **Rolling with Friends Summer Party**

Join the Rolling with Friends Advocacy Group for an evening of fun

at: Paso del Norte Children's Development Center

1101 E. Schuster Ave. El Paso, TX 79902

Friday August 12, 2011 From: 5:00 p.m.-8:30 p.m.

Enjoy food, games, music and more..

For more information contact Nathan Coleman via e-mail-  
nathan.coleman@att.net or with Norma Perez at (915) 544-8484 ext. 192  
or via e-mail-[norma.perez@pdnchildrens.org](mailto:norma.perez@pdnchildrens.org)



### **Support Group Meetings**

#### **Mentes Brillantes (Spanish Support Group)**

Next meeting August 26, 2011 from 9:00 a.m.-12:00 p.m.. Call 544-8484 for more information.

**Autism Society of El Paso-Meetings the first Tuesday of every month.** Call Sonia Stephenson at 772-9100.

#### **Support Group for persons with Down**

**Syndrom**—for meeting times and dates contact Josefina Muñoz at 590-5315 or Ana Fuentes at 760-8793

**Miracle Kids Support Group**-Meetings every Friday from 9:00 a.m.-11:00 a.m. at the Center Against Family Violence at 580 Giles. Contact Alejandra Melendez at 858-0298 for info.

#### **Support Group for Biomedical Interventions-**

Spanish support group for parents of children with ADHD, PDD, Asperger, Fragil X, Autism, or any other person interested in learning about Biomedical interventions (diets and vitamin supplements).

**Next meeting-August 23, 2011** from 11:30 a.m.-2:00 p.m. For information contact Angelica Bonilla at 881-4950 or Yvonne Neria (915) 252-3884

#### **Down Syndrome Association of El Paso –**

Support group to provide educational information and support for families and friends of individuals with Down Syndrome. For more information contact Diana Reyes at (915)490-3337 or Jose Reyes at (915) 490-1566

**SPD Support**- an International Host of Network of parents and professionals who provide support, information and resources in their own communities to anyone living with Sensory Processing Disorder, or anyone wanting to learn more about SPD. We meet every third Wednesday of the Month at 6:30 p.m. at ECI (Early Childhood Intervention) 1477 Lomaland E-7. For more info. call 256-7783 or e-mail renatetx@att.net Website: [www.spdsupport.org](http://www.spdsupport.org)

#### **Autism Community Network of El Paso**

Meetings last Tuesday of each month. Contact David Taylor at (915) 422-1358

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

**Rolling with Friends**-Advocacy group of young adults with disabilities who have the desire to make a difference in their community despite the challenges they face. Many have gone to college and others are working towards their degrees. For more info. contact Norma Perez 915-544-8484

**St. Pius X Special Needs Group**— support group for individuals with special needs with the mission to improve the quality of life for individuals with special needs. For information on programs and meetings visit: [www.stpiusxspecialneedsgroup.com](http://www.stpiusxspecialneedsgroup.com)

---

# Paso del Norte Children's Development Center Newsletter

1101 E. Schuster  
El Paso, Texas 79902

Phone: 915-544-8484  
Fax: 915-496-0751  
Email: [norma.perez@pdnchildrens.org](mailto:norma.perez@pdnchildrens.org)

---

---

NON PROFIT ORG  
US POSTAGE  
PAID  
EL PASO TX  
PERMIT NO 1095

## A s s i s t i v e   T e c h n o l o g y   a n d   A D D / A D H D

Technology can have a profound, positive impact on those with attention deficit hyperactivity disorder. Whether used in the classroom or in the office, assistive technology is designed to improve learning and productivity. **Invisible Clock/Motivator**-is a small device that looks a lot like a pager. It is designed to send vibrations or beep at specific intervals to help keep a person on task. Much like an Invisible Clock, a Motivator can also be programmed to sound when movement occurs. This can be helpful for an adult in the office who is on a deadline and needs to stay at his or her desk for long periods of time. **Computer-Aided Instruction**-using computer-aided instruction (CAI) as a tool to facilitate learning is still relatively new. Examples of how CAI can help facilitate learning include animation, which

activates visual learning and allows a student to see a process/concept in motion, and games, which present information in a way that is more engaging than reading from a textbook. **Writing Aids**-such as a voice-recognition technology help turn dictation directly into notes. Available as computer software, this assistive technology is helpful for students or employees who have difficulty sitting down for long periods of time typing papers or letters. **Organizational Tools**-PDAs (personal digital assistants) can be incredibly helpful for both teenagers and adults with ADHD. Some PDAs are equipped with voice recognition for recording meetings or notes and are also ideal for dictation. The various features of these devices can set up with audio reminders to complete tasks and keep the user focused. **Permission for Use**

**of Assistive Technology**-As an adult, seeking the ability to use assistive technology is as simple as asking a direct supervisor. For children, however, use of assistive technology must be approved by the school district and documented through either a 504 plan (plan of instructional services/accommodations) or an Individualized Education Plan (IEP). These are both legal documents that must be followed by the school once put into place.

*By Sara Rusk, eHow.com*

