



# Paso del Norte Children's Development Center



## Paso Del Norte Children's Development Center Newsletter

El Papalote Inclusive Child Development Center  
Summer Camp

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## The Ketogenic Diet, Our Miracle for Controlling Sofia's Seizures

Sofia Giner's seizure activity began at 28 months and over time worsened to 400 epileptic spasms a day in spite of being on 3 medications. During this time we saw a regression in her speech, physical movement and fine motor skills. In May 2008 we decided to begin the Ketogenic Diet. The Ketodiet 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 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. Where is Sofia today? She has excellent seizure control and we have eliminated most of her medication. If you

would like to know more about the diet we will be having our first parent support group on Wednesday, May 25, 2011 at 6:30 p.m. at Paso del Norte Children's Development Center 1101 E. Schuster Ave. El Paso, TX 79902. Please call us to RSVP at (915) 544-8484 and ask for Norma Perez or Gilda Lopez



## Neighborhood Stabilization Program

The El Paso Collaborative for Community and Economic Development is a nonprofit organization whose mission is to facilitate affordable housing and economic development. In this program, foreclosed and abandoned homes will be purchased through the grant to be rehabilitated into move-in conditions. They will be re-sold to low, moderate and middle income families. Families may qualify to receive a substantial amount in Homebuyers Assistance of up to \$30,000 depending on household size and annual income. The homebuyers assistance amount will be used for half of their down payment, all closing costs and some gap financing. This is a great opportunity for families to become homeowners. Weekly and weekend orientations for the public are being held. For more information contact Santiago 590-1210 ext. 152 or visit: [www.ep-collab.org](http://www.ep-collab.org)

## ST. Pius Special Needs Group

will be hosting their monthly dance on

May 1, 2011 from  
2:00 p.m.-5:00 p.m.

Location: St. Pius X Church  
1050 N. Clark  
\$2.00 Per person

\*We will have nachos, drinks and other food items for sale\*  
For more information call Betty Mata at: 667-7330



## Parent Support Group for Dads

Join us for a support group meeting for father's only on Wednesday

May 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



## FEZZTER FITNESS

Is offering free Zumbatomic classes for children with autism

(must be accompanied by an adult)

Every Saturday at 11:00 a.m.

For more information contact

Helena Morales at (915) 875-2204

E-mail: [morales.helena67@hotmail.com](mailto:morales.helena67@hotmail.com)



The Autism Community Network and Southwest Airlines

Presents:

"Mock Flights"

at El Paso International Airport for individuals with disabilities to get the up close experience of flying before the flight.

DATE: June 4th

TIME: 6:30 p.m.

To sign up contact David Taylor at (915) 422-1358 or e-mail: [acnofelpaso@gmail.com](mailto:acnofelpaso@gmail.com)

## Parent's Night Out

Friday May 13, 2011

We will be providing free child-care for children with special needs on Friday May 13, 2011 from 6:00 p.m.-9:00 p.m. at El Papalote 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



The Children's Disabilities information Coalition will be hosting:

**"Understanding the Special Education Process"**

May 11, 2011

At:

Paso del Norte Children's Development Center 1101 E. Schuster Ave.

Time: 9:00-12:00

To RSVP call

(915) 217-2747

## MORE COMMUNITY EVENTS



## Leadership Academy for Families

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 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.

Date: May 21, 2011-July 2, 2011 (Saturdays)

Location: Paso del Norte Children's Development Center 1101 E. Schuster Ave. El Paso, TX 79902

Time: 9:00 a.m.-1:00 p.m.

For more information call (915) 544-8484 ext. 195

## Autism Community Network of El Paso

Presents

### 1st Community Awareness Conference Improving Everyday Life for Special Needs

Date: June 10, 2011

Time: 8:00 a.m.-1:00 p.m.

Location: El Paso Community College

Administrative Services Center Bldg B

9050 Viscount Blvd. El Paso, TX 79925

Registration fee: Parents/Students-\$15.00

Professional-\$35.00

CEU's for Social Work and Professional Counselors

For more information contact David Taylor at (915) 731-8866

e-mail: [acnofelp@gmail.com](mailto:acnofelp@gmail.com)

Early registration ends June 3, 2011 (\$5.00 late fee day of conference)

**Presenters:** Disability Rights Texas-Special Education Law  
DADS-CLASS (Community Living and Support Services) Requirements,  
MDCP (Medical Dependent Children Program), Texas Tech- CLASS Case  
Management Overview

MHMR-Program Overview

Children's Information Coalition-Program Overview

## Support Group Meetings

### Mentes Brillantes (Spanish Support Group)

Next meeting May 20, 2011 de 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

Syndrome—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.

Special Families United-Support group for families of children with special needs. Contact Jose Rayas at (915) 204-9380 Meetings every other Friday. Location-Socorro Community Center 317 Vinyard. Call to find out about special events.

### Support Group for Biomedical Interventions-

Spanish support group for parents of children with ADHD, PDD, Asperger, Fragil X, Autism, or any other parent interested in learning about Biomedical interventions (diets and vitamin supplements). Meetings held the second Tuesday of every month:

May 10, 2011 from 11:30 a.m-2:00 p.m. For information contact Angelica Bonilla at 881-4950 or Nora Medina at 929-9260

### 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 Parent S.H.A.R.E. Sensory Processing Disorder (SPD)

-Support for children, adults and caregivers of Sensory Integration. Monthly meetings every third week of the month at different location in the city. Call Renate Garcia at (915)-256-7783 for more information.

### Autism Community Network of El Paso

Meetings last Tuesday of each month at Loma Terrace Baptist Church 1005 Lomaland. Contact David Taylor at (915) 422-1358 or Cynthia Cruz for information in Spanish at (915) 850-2827

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

Rollin with Friends-support group for youth with special needs. Rollin with Friends was designed to reach out to youth and young adults with disabilities who want to be active members in their community. For information on meeting dates and times: 544-8484 ext. 192

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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)

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## Some Words of Inspiration...

My name is Bonnie Perez and I am the mother of three amazing children. My youngest, Julian, is a smart and funny little guy who loves dinosaurs, colors, animals and his family. He also happens to have autism. See, before I attended the Leadership Academy, I would have introduced my self as a mother of a child with a disability. Now I know the importance of introducing my son as just Julian, a human being just like you and I, not my son who has autism. The Leadership Academy has played an amazingly important part in my life since our diagno-

sis. If not for the Leadership Academy, I wouldn't have found out about IDEA or Section 504 or the meaning of advocacy. If I hadn't attended these classes, I would not have known that my oldest son John Paul, who has severe asthma and epilepsy, might not be protected under IDEA, but he does have rights under Section 504. He's already 11 years old! How I wish I had known about this wonderful place many years before! These classes are empowering parents! These classes are empowering persons with disabilities, by teaching them self-advocacy. These

classes are an asset to our community! Now that I have the knowledge, I also have power. This is why I am so thankful and so grateful for the Leadership Academy...I LOVE IT.

Bonnie Perez  
Leadership Academy Graduate  
March 2011

