



Treasure Coast Edition, Fall 2011



Kerry Cavallo with daughter Bella

Fall is in the Air...well in theory anyway! Here in warm and sunny south Florida it may not feel like fall, but school is back in session, kids' activities are underway, and lots of exciting things are happening in and around our Treasure Coast. Check out some of the great things going on in our Early Steps program and take a look at some terrific resources available for your family. We have some great, informative parent trainings scheduled for you—please make sure you RSVP so we can save you a seat! We'd love to hear from you—give us a call or send an email and tell us how we can assist your family. We are here to help make this journey a little smoother and welcome your suggestions. Wishing you and your family a FUN and FESTIVE fall season!
~The Family Resource Team~

Meet your Family Resource Specialist—
Kerry Cavallo, Palm Beach County
My daughter, Bella (now 10 years old), was born with CHARGE Syndrome and began early intervention services through the Early Steps program at just 2 months old. Bella continued Early Steps until her third birthday. Bella's very rare syndrome (just 1 in every 12,000 births) presented many physical challenges—she wears a BAHA implant for her profound hearing loss and has a g-tube that supplements her growth and various swallowing difficulties. To date, Bella has undergone 17 surgeries to combat the varying issues associated with CHARGE Syndrome. She did not walk until after age two and did not speak her first words until after age three. Bella is now a thriving, mainstreamed 4th grader at a private school in North Palm Beach! We continue to be amazed by all Bella has accomplished and credit so much of those successes to the therapies she received through the Early Steps program.



FAMILY SUPPORT GROUPS

West Area Parent Support Coffee meets first Tuesday of the month in Royal Palm
(9 to 11 am)

Central Area Parent Support Coffee meets second Friday of the month in Lake Worth
(9 to 11 am)

North Area Parent Support Coffee meets fourth Thursday of the month in
Palm Beach Gardens (9 to 11 am)

Grandparent Support Coffee meets third Thursday of the month at
The Gardens Mall (9 to 11 am)

Sponsored by The ARC in partnership with Family Advocacy Resources

Call 561-842-3213 x128 for more information or visit: www.arcpsc.org/parentsupport



Early Steps North-Area Parent Support Group

Meets: 2nd Monday of the month @ 7:00 p.m.
(upcoming dates: October 10th,, November 14th, December 12th)

Where: Publix GreenWise Market, 2nd floor
11231 Legacy Avenue, Palm Beach Gardens

Come out and meet other parents of special-needs children to share your story, network,
and find support! We will have a different speaker each month!
Facilitated by Kerry Cavallo, Early Steps Family Resource Specialist.

FREE SUBSCRIPTION!
PARENTING SPECIAL NEEDS MAGAZINE
www.parentingspecialneeds.org



DID YOU KNOW???

Family Involvement
Funds are available
for you while
attending a
conference!

The mission of *Florida Crossroads* is to provide special needs families with a publication that is informative and inspiring and creates an inclusive environment of support, understanding and acceptance. Presenting life-changing opportunities through informative articles, inspiring stories and illustrative photography and graphic art, *Florida Crossroads* is committed to helping each family find the right path for their child.

Early Steps has Family Involvement Funds available to assist families wanting to attend a conference or parent training. Contact your local Family Resource Specialist to get an application. We look forward to serving your family!

****Kerry—West Palm Beach****
(561) 471-1688 ext 127
kcavallo@fl.easterseals.com





MARK YOUR CALENDARS!



PARENT TRAINING: TRANSITIONING FROM EARLY STEPS TO CHILD FIND (TREASURE COAST FAMILIES)

Wednesday, September 28th, 2011

Treasure Coast Early Steps
10570 S. Federal Hwy. Suite #200
Port St. Lucie
9:30—11:30 a.m.

This is a **FREE parent training offered quarterly for families whose children are approaching Transition from Early Steps into the Martin and St. Lucie School District's Child Find Program.**



PARENT TRAINING: TRANSITIONING FROM EARLY STEPS TO CHILD FIND (PALM BEACH COUNTY FAMILIES)

Partnership with the ARC of Palm Beach County's Parent to Parent Program and the PBCSD Parents as Liaisons (P.A.L.'s) Program

Wednesday, October 26th, 2011

Easter Seals Amar Child Development Center
213 S. Congress Avenue
West Palm Beach, FL 33409
9:30—11:30 a.m.

This is also a **FREE parent training offered quarterly for families whose children are approaching Transition from Early Steps into the Palm Beach County School District's Child Find Program.**



R.S.V.P. 's encouraged for all parent trainings:
Kerry Cavallo
Family Resource Specialist
(561) 471-1688 ext. 127
kcavallo@fl.easterseals.com

Sensory Rebound at BounceU in Jupiter/Tequesta

Days: The **1st** Tuesday of each month

Times: **4-5:30 PM**

There's no place like BounceU to get sensory stimulation and their monthly Sensory Rebound provides a fun-filled opportunity for children with special-needs to bounce, socialize, and be themselves in a supportive environment.

Price: **\$8.00 + tax per child**

Call and reserve your spot! Don't forget your socks!

Next sessions: **October 4th, November 1st!!**



HORSEBACK RIDING

Sunny Time Stables (Palm City)
Therapeutic horseback riding for
special needs children.

Call : (772) 621-0067 for more information

Full Circle Therapeutic Riding
Contact: Linda McLendon,
Executive Director
www.fullcircletherapeuticriding.com



FLORIDA'S CENTRAL DIRECTORY

Your internet source for providers and referral services

*for families and people with special needs and
disabilities. The central directory will be
updating their site to make it more user friendly.*

www.centraldirectory.org

1-800-654-4440

E-MAIL SIGN UP

Sign up for emails to stay connected
with the latest Treasure Coast Early
Steps news. You can also get our
newsletter sent to you along with our
Family

Involvement Information.

Send an email to:

kcavallo@fl.easterseals.com

Family Spotlight—Fischer's Story

Our son, Fischer was born in June 2008 with a rare genetic condition called CHARGE syndrome. CHARGE syndrome affects only 1 in every 12, 000 births and there are many different anomalies associated with the syndrome, including vision and hearing loss, swallowing and feeding challenges, balance difficulties, kidney issues, and many more. Children with this syndrome often spend many months in the hospital undergoing surgeries and procedures and the hectic pace of it all can be overwhelming.

Before we began Early Steps services, our life was crazy and unorganized. Our life is still crazy at times but we are getting a good routine down with Fischer's various therapies and needs. Fischer has reached many milestones because of the great care and services he has received. He has learned how to crawl, eat from a spoon, and play silly games with us. He has also developed a wide range of words using sign language—we are trying to keep up with him! Our family and friends are now able to communicate with Fischer and take part in his daily activities and accomplishments.

I recently went to the 10th annual CHARGE Syndrome Organization's conference in Orlando and met many other parents of young children with very similar stories. I love being able to take my experiences with Fischer and share them with other parents of special-needs children. I'm truly grateful for all those who have helped us along this incredible journey.

Fischer loves riding his tricycle, walking with his big-boy gait trainer, signing with anyone and everyone, and looking at himself in the mirror! Congratulations to the Brown family on all of Fischer's accomplishments!



TREASURE COAST FAMILIES—PLEASE JOIN US!

SUCCESSFUL PARENTING, SUCCESSFUL CHILDREN

Explores a number of practices and skills that will provide a level of support to the unconditional love you offer your children!

Friday, September 23rd, 2011

Treasure Coast Early Steps
10570 S. Federal Hwy. Suite #200
Port St. Lucie
6:00—8:00 p.m.

Please R.S.V.P. to Kerry Cavallo
(561) 471-1688 ext 127
kcavallo@fl.easterseals.com



KIDS ARE WELCOME—REFRESHMENTS AVAILABLE!



Take steps for a brighter tomorrow by joining the fun at the **2011 Palm Beach County Buddy Walk** which will take place in **Lake Worth at John Prince Park on Sunday, October 16th.** By participating in the walk, you can help make a difference in the lives of those with Down Syndrome.

Registration for the **17th annual Buddy Walk celebrating families and Down Syndrome Awareness Month** is \$15 per person (\$20 after October 2nd) and includes a one-mile Advocacy Walk or 5K Fitness Walk and free t-shirt, music refreshments, and family activities. There is also a silent auction and raffle with amazing prizes! You won't want to miss this great day!

<http://buddywalk.kintera.org/gcdso>

Treasure Coast Down Syndrome Awareness Group (TCDSAG)

Meetings: 3rd Tuesday of every month from 6:30—8:00 p.m.
(location varies—check website)

Buddy Walk

Saturday, October 8th, 2011
Indian Riverside Park



Contact: Lisa Ewell
(772) 260-9893
treasuredangels@bellsouth.net



EATING HEALTHY ON A BUDGET

Planning

Plan healthy meals and snacks before you shop. When shopping for nutrition, it is important to limit the amount of empty calorie foods purchased. Nutritious foods are usually a better bargain in the long run than empty calorie foods. They are economical and significant contributors to nutritious meals.

Shop at self-serve discount supermarkets where prices are lower because consumers are provided fewer conveniences. However, discount stores may also provide less variety in the sizes, styles and selection of products. These stores are only a bargain if they offer you the food you want to buy in the quantities you want to buy it in. Bakery outlet stores and farmer's markets may also provide good choices at a lower cost but it is important to read labels and know what you are buying. Look for coupons, sales and store offers wherever you shop. For additional savings, sign up for the store discount card, if available.

Shopping

Always use a shopping list when buying foods and avoid shopping when you are hungry. Buy regular rice, oatmeal and grits instead of instant to save on money, sugar and calories. Buy large bags of frozen vegetables to use when needed because family size packages are usually cheaper per pound. Avoid buying pre-bagged salad mixes and pre-cut fruits and vegetables. They cost more and spoil faster.

Buy fresh fruits and vegetables in season when they cost less. Out of season, buy frozen or canned fruits (choosing light syrup or fruit packed in its own juice) and frozen or canned vegetables (look for low sodium options). The methods used to process canned and frozen fruits and vegetables today preserves nutrients and makes these products a healthy option.

Choose chuck or bottom round roast meat; it is lean and less expensive than other cuts. Buy meat and poultry on sale and in large packages; freeze portions for later use. To tenderize tougher, less expensive cuts of meat, marinate them or cook in a crock pot. Choose dried beans instead of meat. They are high in protein and fiber and last a long time without spoiling.

Stickers on grocery store shelves have a price per ounce figured for you so you can compare brands. Store brands are usually lower in cost and of equal quality to national brands. Read labels and allow enough time when shopping for careful decision making. Be aware that marketing people are advertising foods as "nutritious", "all natural" or "wholesome", pushing prices up. Many of these foods may not be nutritious bargains at the current price and the nutrient densities of some of these foods may be relatively low.

Other Tips for Cost Effective Nutrition

Plan to use your leftovers in soups, lunches and snacks. Use see-through storage containers so you know what you have on hand. Check supplies before going to the store and arrange supplies in your pantry and refrigerator in "first-in-first-out" order so you don't throw away good food. Lastly, when eating out, split entrees and desserts to save calories and money.

Janet Bond M.S. R.D. LD/N

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West Palm Beach, FL 33409

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What is a Family Resource Specialist and What can we do for you?

Every Early Steps program is required by the state of Florida to have a Family Resource Specialist (FRS) involved in their local program. The FRS must be a family member of a child who received early intervention services or who would have been eligible for Early Steps. FRS's are the families advocate during the entire relationship with Early Steps. Have a concern, question, or just need someone to talk to? We are just a phone call or email away!

As a FRS, we serve as a resource for you and your family and as a community link to support family-centered efforts and activities within this program. Occasionally, we will ask for feedback regarding the programs, policies, and delivery of early intervention services. We will help you advocate for your family and express your views, perspectives, and needs. We also work with our team to give training to providers and other parents as well as promoting awareness of the services available from our program and communities.

How Can We Help You?

- We can assist your family with obtaining funding to attend a workshop or conference on how to teach, play or advocate for your child.
- We can help you find a local support group specific to your child's condition or any others that may be available in your area.
- We can refer you to other community resources.
- We can assist and prepare you for your child's transition to our local school system.