



# HARBOR HAPPENINGS

A PUBLICATION OF HARBOR REGIONAL CENTER

WINTER 2018

## SOFIA LIGHTS UP THE CAPITAL



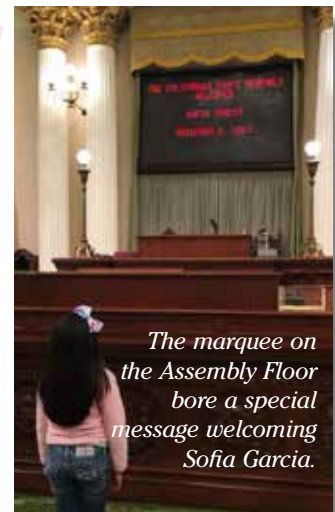
*Sofia Garcia and Elia Arizpe are thrilled after lighting the tree with the Governor and First Lady.*

*Office of the Governor*

Every year, the state's Department of Developmental Services chooses a child to represent over 300,000 children and adults with developmental disabilities who receive services and supports from regional centers and state developmental centers in California, to help the Governor and First Lady light the Capital Christmas Tree. This year, HRC's Sofia Garcia, age seven, was chosen for this honor.

Sofia was born prematurely at 29 weeks gestation and 1070 grams birth weight, and referred to HRC from the Neonatal Intensive Care Unit at Long Beach Memorial Medical Center. To support her development, HRC provided speech therapy services, an infant development program, and respite care services to support her mother, Elia Arizpe. Elia also participated in HRC's parent education programs, to promote Sofia's early childhood development at home.

When Sofia was two years of age, assessments showed us that she should receive a diagnosis of Autism Spectrum Disorder, and she began receiving an applied behavioral analysis (ABA) treatment program. Since that time, Sofia has made tremendous progress. Sofia now attends second grade in a typical classroom at El Cerrito Elementary School,



*The marquee on the Assembly Floor bore a special message welcoming Sofia Garcia.*

*(continued on pg. 2)*

*(right) Cristina Sanz and Sofia Garcia were greeted by Governor Brown.*

*(below) Sofia charmed the Governor as she demonstrated how to unlock a special message on his greeting card from Los Cerritos Elementary School.*



*Office of the Governor*



*(right) Fans of "Born This Way" were excited to greet Cristina and Mariano.*



where her mother is very actively involved. Her classmates joined Sofia in creating a special holiday greeting card to take along on her visit to the Governor, which included a QR code to play a recorded message from the whole class.

Sofia and her mother were joined to represent HRC by Board President and parent, Mariano Sanz, and daughter Cristina Sanz. They are also well known to many TV viewers as cast members on the Emmy award winning show, *Born This Way*. Together they received a very warm welcome to the Capitol, with a VIP tour, visits to the offices of legislators Ian Calderon, Al Muratsuchi, and Tony Mendoza, interviews with CBS and Univision, and an appearance on Good Day Sacramento.

The show's anchors were quite impressed with Sofia as she practiced flipping the switch to light the trees in the studio, exclaiming, "She's perfect!" Cristina and Mariano talked about her life, their experiences as cast members of a TV show, and her exciting future as an independent young woman supported by regional center services.

Sofia, Cristina and their parents spent some very special private time with the Governor, First Lady, and First Dog Colusa

in his private office. Sofia presented Governor Brown with his Holiday Card, which played the special message from Sofia and her classmates, "Merry Christmas from El Cerrito Elementary School!" Finally the time arrived for the Annual Tree Lighting Ceremony. Sofia and Elia joined the Governor and First Lady on the stage. The governor spoke about the importance of providing services for individuals like Sofia and Cristina through the regional centers. As Sofia turned on the lights on the massive tree, she looked to her mother and to Governor Brown, and beamed with pride. All of us on the team are very thankful to have had this honor to represent the Harbor Regional Center community for this special holiday tradition.

## HOPE ADDS MORE AFFORDABLE HOMES FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES

*Ian Nevarez,  
Manager of Community Relations,  
HOPE*

HOPE is doing our part to alleviate the growing affordable housing shortage for adults with developmental disabilities. The housing program serves individuals with developmental disabilities with low incomes. Harbor Regional Center is ensuring that necessary supported living services are provided for the residents, for assistance with activities of daily living such as budgeting, shopping, cooking, medical appointments and other activities to help maintain residents' independence.

### **New Homes in Bixby Knolls**

In May, community members gathered to celebrate the grand opening of a newly renovated eight-unit building in Bixby Knolls. This housing now provides permanent, affordable homes for seven young adults with developmental disabilities. These new residents are living on their own for the first time, in a community integrated environment, with the onsite supports provided by Harbor Regional Center that they need to thrive.

The project was made possible through the collaborative efforts and funding of three parties: The Long Beach Community Investment Company that contributed over \$500K toward acquisition of the property, Harbor Regional Center which created and promoted the concept and is coordinating and funding the ongoing housing program, and SL Start, that is contracted to deliver onsite services to the residents. Additional grant funding for the acquisition and renovation of this housing was provided by Del Harbor Foundation, S. Mark Taper Foundation, Union Bank of California Foundation, Ahmanson Foundation, and Bess J. Hodges Foundation.

HOPE Executive Director Kristin Martin spoke about how this type of housing is meant to be more than shelter. "It should also empower them to make the most out of their lives. Different people need different levels of support to reach their full potential and take advantage of all that life has to offer.



*(top) left to right, John Thomas, Councilmember Uranga, Kristin Martin, Mayor Robert Garcia, Bob Irlen, David Irlen, and Patricia Del Monico cut the ribbon at HOPE's newest home in Long Beach.*

*(below) New resident, Asha, signs the lease at her first HOPE Independent Living home. Asha is the 71st person to receive housing as part of HOPE's 80 by 18 goal.*

*(continued on pg. 4)*

*HOPE Adds More Affordable Homes for People with Developmental Disabilities (continued from page 3)*

Because of the hard work and contributions made by our community partners and donors, seven very deserving people are now in a position to tackle life's many challenges without the fear of housing instability."

More than 120 guests attended the grand opening to hear Long Beach Mayor Robert Garcia, City Council Member Roberto Uranga, and other community leaders speak about the pressing need for this type of affordable housing. Also on hand were representatives from the offices of Congressman Alan Lowenthal, Congresswoman Linda Sanchez, County Supervisor Janice Hahn, State Senator Ricardo Lara, State Assembly Member Patrick O'Donnell, and Long Beach City Councilmember Al Austin.

**A New Home in Norwalk**

HOPE's newest home in Norwalk was funded in part through a partnership with the City of Norwalk and the Community Development Commission of the County of Los Angeles. This is now home to three people with

developmental disabilities. Each resident has their own bedroom, while they share common spaces like the living room, kitchen, and yards. Renovations of the home by HOPE included new paint, flooring, laundry room, and a kitchenette.

Residents Emily and Asha were eager to get the keys to their new house. Both moved from their parents' homes. Emily, a graduate of Harbor Regional Center's College to Career program, is now prepared to take this next step toward independence.

Emily and Asha are confident that with a lot of hard work, the encouragement of their families, and the supported living services through Harbor Regional Center they are on the path to success and greater self-reliance.

"We are nervous," Emily's mother Tammy said, "Excited but nervous."

This home is HOPE's sixth housing project in collaboration with the City of Norwalk. Since 2014 they have contributed \$1.5 million in HOME Investment Partnership Program funding to assist HOPE in housing adults with developmental disabilities in their neighborhoods.

For HOPE and Harbor Regional Center, our aim is to ensure that housing instability is never a concern for HOPE residents. Instead, we want them to have the opportunity to focus their energies on personal goals, like increasing independence, becoming contributing members of their communities, fostering personal relations, or finding and maintaining gainful employment. With stable housing as a foundation, we know our residents are empowered to chase their dreams.

*Emily smiles with parents as she prepares to move into her new HOPE home.*



# FAMILY *matters*

## HARBOR REGIONAL CENTER TEAMS UP WITH 211 LA AND F.O.C.I.S FOR “PARENTS AS PARTNERS”

Harbor Regional Center, 211 LA County, and Family Outreach Community Integration Services (F.O.C.I.S.) of Norwalk came together last summer at a special leadership summit in Norwalk’s New Harvest Christian Fellowship Church, to prepare for an exciting new “*Parents as Partners*” program.

The program brings together parents, regional center service coordinators, parent peer mentors, service providers, public entities, nonprofits, community-based organizations and churches to collaboratively support families for parents who are Spanish-speaking, have children with developmental disabilities, and have had unusual challenges in accessing services.

Patricia Del Monico, Executive Director of Harbor Regional Center (HRC), which serves over 14,000 families in the Long Beach, Harbor, South Bay and Norwalk/Bellflower areas, detailed HRC’s programs and services for children with intellectual and other developmental disabilities like autism, cerebral palsy and epilepsy. She emphasized her staff’s commitment to helping parents navigate the service system by adding trained Parent Peer Mentors, and a stronger safety net with community-organizational partners, to ensure that Harbor Regional Center families are well informed and supported in accessing needed services.

“At Harbor Regional Center we have heard from families about the challenges they face, and we know how valuable it can be to receive support from another parent who has ‘been there.’ That’s why we’re very excited to bring the Parent Peer Mentor program to families in need of a little more support.”

The Parent Mentors Christina Marquez, Maria Orozco, and Osvaldo Robles have now begun to work individually with these selected families, helping them to resolve barriers so that they can put their individual person-centered plans into action.

The “*Parents as Partners*” program is building a system of community support that will help parents obtain community-based services and specialized services needed for their children, who have developmental disabilities and are clients of Harbor Regional Center, while providing wraparound support for their families. Parent Peer Mentors are working in partnership with Harbor Regional Center’s Service Coordinators, while receiving strong additional support from F.O.C.I.S. and 211 LA County, to create an enhanced system of support for families and their children. We feel very hopeful, and look forward to seeing the families served by the program experience real results in receiving the services and support that they need.



*(top) Pastor Rick Moore of F.O.C.I.S. welcomed guests who came to learn about support for families in their community.*

*(below) Parent Mentor Osvaldo Robles confers with a family about services they could be utilizing.*

## ONE VERY COOL KID

*By ABC7 and Connie Stewart*

One of our very own Harbor Regional Center clients was selected to be an ABC7 Cool Kid last year! Her name is Maria Stewart and she volunteers to help children with special needs.

Maria and her twin sister Christina were diagnosed with autism at age 2. But she hasn't let that slow her down from helping others.

The 16-year-old Lakewood High School sophomore volunteers with Buddy Baseball, which pairs up adults or older students with kids who have disabilities.

"I want to give every kid with special needs a chance to play this great pastime and to also meet new friends," she said.

Her mother, Connie Stewart, said it's been a long road for her girls, but with hard work and dedication they've been

able to overcome many obstacles.

"You know when you get that diagnosis you think of all the things they won't be able to do, but then when you see what they've achieved then you know there is hope at the end of the tunnel," she said.

Besides Buddy Baseball, Maria is part of her high school theater team, cheerleading and dance.

One big highlight for her was being recognized for her efforts by former President Barack Obama.

"I don't think there is another parent in this world that could be more proud of their daughter," Connie Stewart said.

Here is the link for the video:

<http://abc7.com/society/cool-kid-maria-stewart-volunteers-to-help-children-with-disabilities/1804981/>

## FABIOLA SUPPORTS NEEDY HRC FAMILIES, HOW ABOUT YOU?



*Fabiola and husband Julio have embraced the giving spirit of the Holidays here at HRC, becoming annual sponsors of needy HRC families!*

Fabiola Flores is a Service Coordinator for Harbor Regional Center and she is just one of many HRC employees that provide support to our needy clients and their families through our Adopt-A-Family program and with various donations. Fabiola and her husband have enjoyed donating ever since they moved into their first apartment and realized that they had many unneeded items. It all started by donating to their local thrift store or those in need surrounding their community. Thereafter they made a commitment to donate items, as their own personal annual philanthropy.

"When we have a family of our own we want to call our annual philanthropy: The Family Flores Mission, where we go and feed and donate to those that are less fortunate as a team!"

Fabiola came to HRC in April of 2016, and through the Holidays Adopt-A-Family program she saw a great opportunity to continue her mission in providing to the less fortunate. "My husband and I were extremely privileged to have an opportunity to become sponsors and not only provide to those in need but to provide to HRC's population."

Join Fabiola in supporting the Harbor Help Fund, Holidays Are for Sharing, or HOPE affordable housing programs. Any amount will help and will be worth much more to you and the recipient when given from the heart!

To assist please visit <http://www.harborrc.org/get-involved/support>, or contact Kerry.Ryerson@harborrc.org.

# Client *focus*

## JOSE PULIDO, ACHIEVER OF THE YEAR

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*By Paulette Thornton,  
Director of Marketing and Community Outreach,  
Goodwill*

Coming into work at the Northgate Market in Norwalk is one of Jose Pulido's favorite times of day. That's because he knows his work day will be filled with duties he enjoys, like keeping the produce fresh and the shelves stocked. Moreover, he gets to work at a place that feels like a second home, given that he started working there at just 17 years old.

As a teenager growing up in a close-knit family in Bellflower, it never occurred to Jose to find a job at a local market. But due to his struggles with learning in high school, his family felt that a part-time job in a positive work environment would help build his confidence. So his mother and big sister brought him to the Harbor Regional Center. HRC connected him to Goodwill to help place him in a job that would enable him to learn how to thrive in the workplace. A short time later, a Goodwill team leader gave him the good news that Northgate hired him.

In his first year at the market, Jose spoke very little, but quickly learned the ropes and became a productive worker. As a courtesy clerk, he was eager to tackle any tasks that he was asked to do. He also grew in his communications skills with not only his co-workers, but also with customers. His hard work and enthusiasm did not go unnoticed. Last year, he was promoted to a full-time position to work in the grocery department to maintain produce and product placement.

What began as an entry-level job as a teen nearly five years ago has now become a way of life for Jose. He wants to build a long career at the market, and his management will help him do just that. His direct supervisor recently shared that he's honored to work with Jose, who is now considered a bonafied member of the Northgate family.



*(top) Jose is a dedicated employee at Northgate Market.*

*(below) Jose beams as he shows off his award with his job coach and Service Coordinator, Vivian, by his side. She is very proud of his success!*

## ELIZABETH INSPIRES MANY

*By Kerry Ryerson, Public Information Specialist*



When Elizabeth was a young girl she was energetic, curious and always interested in participating in a variety of activities. Her parents were not surprised when Elizabeth was 12 years old and said that she wanted to join a Cheer Team. Elizabeth was indeed adventurous and while on the Cheer Team she was the brave girl that would be on the top of the pyramid! The last day of the team's practice, Elizabeth fell from the top of the pyramid, landing on the ground – and on her head.

Elizabeth was diagnosed with a traumatic brain injury from the fall. The doctors predicted that she would not improve. Refusing to give up, the family began the long journey of finding appropriate supports and doing everything they could do that might help Elizabeth gain back basic skills such as walking, talking and eating.

Elizabeth began receiving supports through Harbor Regional Center and started working with a physical therapist and other professionals. She has made great strides in the 10 years since the accident. Elizabeth has progressed from requiring a G-Tube which was previously needed to feed her because she could not even open her mouth, to eating small bites that her father fed to her, and now eating on her own!

Elizabeth needed to use a wheelchair for mobility so one area of focus was to help her gain strength and hopefully the ability to walk again. With steadfast determination from everyone around her and extremely hard work on her part, Elizabeth was able to walk with assistance to receive her high school certificate of completion. What a proud moment!

Elizabeth is now attending a day program where she enjoys socializing with her peers, listening to music and singing along. The program also provides opportunities for the clients and staff to venture out into the community on a regular basis for various activities which Elizabeth looks forward to. When accessing the community with her program or with her family, Elizabeth utilizes a walker/gait trainer if she is tired or experiencing any pain. She has made such great progress that she will now usually walk with minimal assistance from a cane!

All of us at Harbor Regional Center are very proud of your many accomplishments Elizabeth!

Read the RED Day article on the following page about Elizabeth's father Gerry. With Elizabeth as his inspiration, he headed up a successful and fun day for 150 HRC clients and 100 volunteers!



# RED DAY

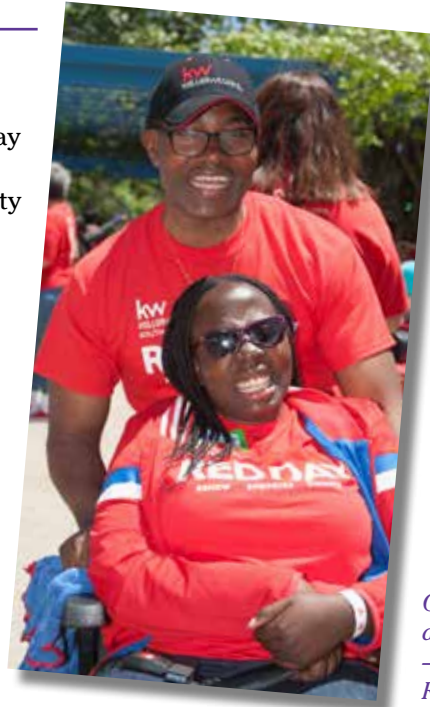
*By Kerry Ryerson, Public Information Specialist*

RED Day stands for Renew, Energize and Donate. This is a day that Keller Williams agents and staff around the globe close their businesses for the day and volunteer in their community giving back to the cities and towns they live and work in.

Gerry Nicks is the father of Elizabeth who is one of our HRC clients. (See the accompanying article.) Gerry is also a real estate agent at South Bay Keller Williams and he came up with a brilliant way to volunteer and give back that would include and benefit Harbor Regional Center clients.

Elizabeth was almost 22 years old and in preparation for transition out of the school system, she was interested in attending a day program. With the support of her HRC service coordinator, Elizabeth and Gerry began visiting several day programs in the area. Gerry came up with a brilliant idea! He envisioned having the clients from these programs come together for the day at a local park, spending a day with their peers while engaging in tons of fun activities, eating great food, dancing and mingling with their peers as well as the agents and staff from the South Bay Keller Williams office! The perfect opportunity to do something this terrific would be the annual Keller Williams day of giving – RED Day, May 11th 2017! Gerry and his Team put the plan into action! The picnic area at Wilson Park was reserved for the event and the clients from area day programs were looking forward to the opportunity to be a part of RED Day!

With 150 HRC clients in attendance and 100 agents and staff from Keller Williams, there was a great deal of fun and an abundance of smiles all around. Photographer Scott Gutentag captured much of the excitement with his camera and some of those photos are displayed with this article.



*Gerry Nicks with daughter Elizabeth – the inspiration for RED Day!*

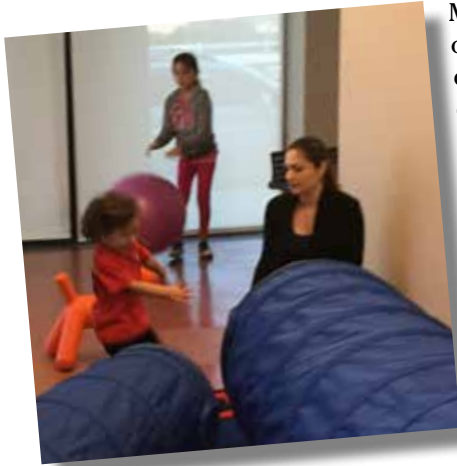


*(clockwise) Batman and Spiderman greeted clients as they arrived; Ariel and a young attendee looked determined while aiming their water balloons; Belle mingled with everyone, bringing smiles to all; Several crafts and activities kept the clients engaged throughout the day.*

# resource *center*

## MAKE IT AND TAKE IT

*By Hilda Bracamontes-Colon,  
Bilingual Early Childhood Specialist*



Make it and Take it is an open house that is offered quarterly in Torrance for our clients that are ages 12 months through 5 years. It is an evening of activities for the whole family to attend. There are different rooms set up with book-making, arts and crafts, a room for gross motor activities and refreshments.



This event is designed to provide an opportunity for our HRC families to come with all the members of their family, and meet and see what we do in our Together From The Start classes. It is a great opportunity to talk to new and existing families about the TFS classes. We always have some of our speech pathologists volunteering in the event as well. The families really enjoy this event so watch for the date of the next one.



*(top) Playing in the gross motor room is always fun for everyone; (below) Speech pathologist Miss Risha works with the little ones while they decorate their tambourines.*

*Maria Elena Walsh,  
Assistant Manager, HRC Resource  
and Assistive Technology Center*

Karina Munoz started interning at the HRC Resource and Assistive Technology Center in August of 2017. She is currently a senior at Cal State Dominguez Hills and is majoring in Human Services. Her plan is finish up her undergraduate degree and get her teaching credential. She would like to take a year off of school before doing this to gain work experience with her degree. Beyond this, Karina has interests in possibly working as a case manager, counselor or a child care specialist with a focus on working with children in whatever her chosen field ends up being.

Karina chose to do an internship at the HRC Resource and Assistive Technology Center because she wants to gain more knowledge about individuals with developmental disabilities. Karina also feels that this setting gives her the opportunity to experience different perspectives from clients and families. She is especially interested in learning more about different cultures. She feels that having this exposure will help in her future career of working as a teacher or a case manager.

When asked about her family, Karina states that she comes from a very large family. Her mother's family lives locally and she is close with them and sees them often. They love to have family gatherings, play games, eat and hang out together. Her father's side of the family lives up north and she has two siblings who live in Mexico. She enjoys visiting all her family that lives farther away and goes whenever she has the chance. Karina also enjoys trying new restaurants with her friends and spending time with her grandmother. She likes to be active by hiking and is open to trying new things.

Karina has been a huge help and a reliable presence in the Resource and Assistive Technology Center and we will miss her when she finishes her internship with us. Come by and say hi while you have the chance!



*Karina has been a valuable asset to the Resource Center and the experience she has gained during her internship will benefit her as she selects her career path. We wish her well!*

## NIGHT IN NEVERLAND FOR SPECIAL-NEEDS ADULTS

*Captain Morgan (and his parrot) posed with Prom attendees throughout the evening.*

*By Margaret Hernandez, Wilmington Rotary*

The Compton, Latinos Unidos, San Pedro, and Wilmington Rotary Clubs sponsored a Night in Neverland: Special-Needs Prom. The event was held at the Banning's Landing Community center in Wilmington.



"The prom was awesome!" said Margie Hernandez (Wilmington). "It was a huge success because of the tireless dedication of Rotarians from the four clubs."

The clubs' efforts included beautiful decorations, wrist corsages and boutonnières, special makeup, delicious food, an upbeat DJ, and photographers to record the experience. Even Captain Morgan and his band of pirates, along with the ship, made an appearance! Here is a comment from a parent, whose son attended the event:

*Frank looked quite happy while surrounded by two of Captain Morgan's friends and a volunteer from the Rotary!*



*The Prom was fantastic! The theme, decorations, food and the happy volunteers made the event extra special! My son, Sean, and his buddy, Frank, had a blast. As Sean's mom, I sincerely appreciated all the kindness from the lovely volunteers who wanted to get the guys up and dancing!!! I recognized a dozen or so HRC clients in the crowd. It was nice to know there were more than two or three clients from HRC!!!*

*The slide show was terrific and really showcased how much fun everyone was having! I have shared it with some folks here at HRC!*

*I personally and professionally appreciate all the hard work and determination from all of you in hosting this terrific Prom!!!*

*With gratitude,  
Kerry R.*



*(above) Let the dancing begin!*

*(right) Sean had a great time tripping the light fantastic with a volunteer!*



Check out the two videos in the link below that highlight the fun we all had at the Prom:  
[https://drive.google.com/drive/folders/0BxO4dSg\\_Dh5vWm9nZVdtTEh4SEk?usp=sharing](https://drive.google.com/drive/folders/0BxO4dSg_Dh5vWm9nZVdtTEh4SEk?usp=sharing)



*Sofia García y Elia Arizpe están emocionadas después de haber encendido el árbol con el gobernador y la primera dama.*

Todos los años el Departamento de Servicios del Desarrollo estatal selecciona a un niño para que represente a más de 300,000 niños y adultos con discapacidades del desarrollo que reciben servicios y apoyo de los centros regionales y de los centros estatales de desarrollo en California para ayudarles al gobernador y la primera dama a encender el árbol de Navidad de la capital. Este año se escogió para este honor a Sofia García, de siete años y cliente del HRC.

Sofia nació prematuramente a las 29 semanas de gestación y peso 1,070 gramos al nacer. La Unidad de Cuidado Intensivo Neonatal en el Long Beach Memorial Medical Center la refirió al HRC. Para apoyarle en su desarrollo, el HRC le prestó servicios de terapia del habla, un programa de desarrollo para bebés y servicios de relevo para ayudar a su madre Elia Arizpe. Elia también participó en programas de educación para padres del HRC con el fin de promover el desarrollo infantil temprano de Sofia en casa.

Cuando Sofia tenía dos años, las evaluaciones nos mostraron que ella debería recibir un diagnóstico de trastorno del espectro autista y empezó a recibir un programa de tratamiento de Análisis Conductual Aplicado (ABA). Sofia ha tenido una evolución tremenda desde entonces.

Sofia asiste ahora al segundo grado en un salón de clases típico en Los Cerritos Elementary School, en donde su madre participa muy activamente. Sus compañeros de clase colaboraron con Sofia para crear



*La marquesina del recinto de la Asamblea Legislativa tenía un mensaje especial dando la bienvenida a Sofia García.*

*(continúa en la página 14)*

*(right) El gobernador Brown saludó a Cristina Sanz y Sofia García.*

*(below) El gobernador quedó encantado cuando Sofia le mostró cómo abrir un mensaje especial en su tarjeta navideña de Los Cerritos Elementary School.*



una tarjeta de felicitaciones navideña especial para que la llevara en su visita al gobernador, la cual incluyó un código QR para tocar un mensaje que grabó toda la clase.

A Sofia y su madre se unieron el presidente de la Junta Directiva Mariano Sanz y su hija Cristina

Sanz para representar al HRC. Muchos televidentes los conocen bien porque son miembros del elenco del programa ganador de un Emmy *Born This Way*. Justos recibieron una bienvenida muy calurosa en el Capitolio, con una visita guiada VIP, visitas a los legisladores Ian Calderon, Al Muratsuch y Tony Mendoza, entrevistas con CBS y Univision, y una aparición en el

programa *Good Day Sacramento*.

Los presentadores del programa quedaron muy impresionados con Sofia cuando practicó encender el interruptor de luz de los árboles en el estudio y exclamaron, "¡Es perfecta!" Cristina y Mariano hablaron de su vida, sus experiencias como miembros del elenco de un programa de televisión y su emocionante futuro como una joven independiente que recibe apoyo de los servicios del centro regional.



*(right) A los aficionados del programa "Born This Way" les entusiasmó saludar a Cristina y Mariano.*



Sofia, Cristina y sus padres pasaron unos momentos muy especiales en privado con el gobernador, la primera dama y el primer perro Colusa en su oficina privada. Sofia le entregó al gobernador Brown su tarjeta navideña, la cual tocó el mensaje especial de Sofia y sus compañeros de clase, "¡Feliz Navidad de Los Cerritos Elementary School!" Por fin llegó el momento de la Ceremonia Anual de Encender el Árbol. Sofia y Elia se unieron al gobernador y la primera dama en el escenario. El gobernador habló de la importancia de prestar servicios a personas como Sofia y Cristina por medio de los centros regionales. En el momento que Sofia encendió las luces del enorme árbol, vio a su madre y al gobernador Brown, con una sonrisa de orgullo. Todos nosotros que somos parte del equipo estamos muy agradecidos de haber tenido este honor de representar a la comunidad del Harbor Regional Center para esta tradición festiva especial.

## HOPE AGREGA MÁS VIVIENDAS ASEQUIBLES PARA PERSONAS CON DISCAPACIDADES DEL DESARROLLO

*Ian Nevarez,  
Gerente de Relaciones Comunitarias,  
HOPE*

En HOPE estamos haciendo nuestra parte para aliviar la escasez creciente de vivienda asequible para los adultos con discapacidades del desarrollo. El programa de vivienda sirve a personas con discapacidades del desarrollo de bajos ingresos. Harbor Regional Center está asegurándose de que se presten los servicios de asistencia para la vida diaria necesarios a los residentes y ayuda con actividades de la vida diaria, como preparar un presupuesto, ir de compras, cocinar, hacer citas médicas y otras actividades para ayudar a mantener la independencia de los residentes.

### **Nuevas viviendas en Bixby Knolls**

En mayo se reunieron miembros de la comunidad para celebrar la gran inauguración de un edificio de ocho unidades recién renovado en Bixby Knolls. Esta vivienda ofrece ahora hogares permanentes y asequibles para siete jóvenes adultos con discapacidades del desarrollo. Estos nuevos residentes están viviendo solos por primera vez, en un entorno integrado a la comunidad, con el apoyo in situ por parte del Harbor Regional Center que necesitan para desarrollarse.

Este proyecto se ha podido realizar gracias al esfuerzo conjunto y el financiamiento de tres partes: La Long Beach Community Investment Company que aportó más de \$500,000 para la adquisición de la propiedad, el Harbor Regional Center que creó y promovió el concepto y está coordinando y financiando el programa de vivienda en curso y SL Start, a quien se contrató para prestar servicios in situ para los residentes. La Del Harbor Foundation, la S. Mark Taper Foundation, la Union Bank of California Foundation, la Ahmanson Foundation y la Bess J. Hodges Foundation proporcionaron financiamiento para subsidios adicionales para la adquisición y renovación de esta vivienda.

Kristin Martin, la Directora Ejecutiva de HOPE habló acerca de la manera en que este tipo de vivienda representa más que un refugio. “También debe les da el poder para aprovechar al máximo su vida. Diferentes personas necesitan diferentes niveles de apoyo para alcanzar su potencial pleno y aprovechar todo lo que la vida tiene que ofrecer. Debido al trabajo duro y las aportaciones de nuestros socios y donadores comunitarios, siete personas que realmente se lo merecen están ahora en una



*De izquierda a derecha, John Thomas, concejal Uranga, Kristin Martin, alcalde Robert Garcia, Bob Irlen, David Irlen y Patricia Del Monico cortan el listón de la casa más nueva de HOPE en Long Beach.*

*Asha, la nueva residente, firma el contrato de arrendamiento de su primera casa de vida independiente de HOPE. Asha es la 71ª persona que recibe una vivienda como parte de la meta 80 para el '18 de HOPE.*

*(continúa en la página 16)*

*HOPE agrega más viviendas asequibles para personas con discapacidades del desarrollo (continúa de la página 15)*

posición para enfrentarse a los múltiples retos de la vida sin el temor de la inestabilidad en la vivienda”.

Más de 120 invitados asistieron a la gran inauguración para escuchar al alcalde de Long Beach Robert Garcia, el concejal municipal Roberto Uranga y otros líderes comunitarios hablar sobre la necesidad apremiante de este tipo de vivienda asequible. También estuvieron presentes representantes de las oficinas del congresista Alan Lowenthal, la congresista Linda Sanchez, la supervisora del condado Janice Hahn, el senador estatal Ricardo Lara, el asambleísta estatal Patrick O'Donnell y el concejal municipal de Long Beach Al Austin.

#### **Una nueva vivienda en Norwalk**

La vivienda más reciente de HOPE en Norwalk fue financiada en parte por medio de una asociación con la Ciudad de Norwalk y la Comisión de Desarrollo Comunitario del Condado de Los Angeles. Ésta es ahora el hogar de tres personas con discapacidades del desarrollo. Cada uno de los

*Emily sonríe con sus padres mientras se prepara para cambiarse a su nueva casa HOPE.*



residentes tiene su propia recámara y comparten espacios comunes como la sala, la cocina y los patios. Las renovaciones de la vivienda que realizó HOPE incluyeron pintura nueva y la instalación de pisos, cuarto de lavado y una cocina pequeña.

Las residentes Emily y Asha estaban entusiasmadas por obtener las llaves para su nueva casa. Las dos se mudaron de las casas de sus padres. Emily, quien se graduó del programa College to Career (De la universidad a una carrera profesional) del Harbor Regional Center, está ahora preparada para empezar el siguiente paso para su independencia.

Emily y Asha confían que, con mucho trabajo, el apoyo de sus familias y los servicios de asistencia para la vida diaria del Harbor Regional Center van camino al éxito y a una mayor independencia.

“Nos sentimos nerviosas”, comentó Tammy, la madre de Emily.  
“Entusiasmadas, pero nerviosas”.

Esta casa es el sexto proyecto de vivienda de HOPE en colaboración con la Ciudad de Norwalk. Desde el 2014 han aportado \$1.5 millones en el financiamiento del programa HOME Investment Partnership para ayudar a HOPE en la creación de viviendas para adultos con discapacidades del desarrollo en sus vecindarios.

La meta de HOPE y el Harbor Regional Center es asegurarse que la inestabilidad en la vivienda nunca sea una preocupación para los residentes de HOPE. En lugar de eso, deseamos que tengan la oportunidad de concentrar su energía en sus objetivos personales, como incrementar su independencia convirtiéndose en miembros que contribuyan a sus comunidades, fomentando las relaciones personales o encontrando y manteniendo empleo remunerado. Teniendo una vivienda estable como una fundación, sabemos que nuestros residentes tienen el poder para perseguir sus sueños.



## EL HARBOR REGIONAL CENTER COLABORA CON 211 L.A. Y F.O.C.I.S. EN “PARENTS AS PARTNERS”

El Harbor Regional Center, 211 L.A. County y Family Outreach Community Integration Services (F.O.C.I.S.) de Norwalk se reunieron el verano pasado en una cima de liderazgo especial en la iglesia New Harvest Christian Fellowship en Norwalk para crear un nuevo programa “**Parents as Partners**” (Padres como compañeros).

El programa reúne a padres, coordinadores de servicios del centro regional, el programa Parent Peer Mentors (Padres Mentores de Padres), proveedores de servicios, entidades públicas, agencias sin fines de lucro, organizaciones comunitarias e iglesias para apoyar conjuntamente a familias con padres hispanohablantes, niños con discapacidades del desarrollo y retos inusuales para tener acceso a los servicios.

Patricia Del Monico, Directora Ejecutiva del Harbor Regional Center (HRC), que sirve a más de 14,000 familias en las áreas de Long Beach, Harbor, South Bay y Norwalk/Bellflower, explicó con detalle los programas y servicios del HRC para niños con discapacidades intelectuales y del desarrollo como autismo, parálisis cerebral y epilepsia. Hizo énfasis en el cometido de su personal en ayudar a los padres a navegar en el sistema de servicios agregando el programa Parent Peer Mentors y una red de seguridad más fuerte con socios de organizaciones comunitarias con el propósito de asegurarse que las familias del Harbor Regional Center estén bien informadas y tengan apoyo para acceder a servicios necesarios.

“En el Harbor Regional Center hemos oído de las familias acerca de los retos a los que se enfrentan y sabemos lo valioso que puede ser recibir apoyo de otro padre que ha ‘estado ahí’. Es por ello que estamos muy entusiasmado en ofrecer el programa Parent Peer Mentors a las familias que necesitan un poco más de apoyo”.

Los padres mentores Christina Marquez, Maria Orozco y Osvaldo Robles han empezado ahora a colaborar individualmente con estas familias seleccionadas, ayudándoles a superar obstáculos para que puedan poner en acción sus planes centrados en la persona.

El programa “**Parents as Partners**” está creando un sistema de apoyo comunitario que ayude a los padres a obtener los servicios comunitarios y especializados necesarios para sus hijos con discapacidades del desarrollo que son clientes del Harbor Regional Center, brindándoles a la vez apoyo integral para sus familias. El programa Parent Peer Mentors está funcionando en colaboración con los Coordinadores de Servicios del Harbor Regional Center, y recibiendo a la vez un fuerte apoyo adicional de F.O.C.I.S. y 211 L.A. County, para crear un sistema mejorado de apoyo para las familias y sus hijos. Tenemos la gran esperanza y esperamos ver a las familias que reciben servicios del programa experimenten resultados reales en la recepción de los servicios y apoyo que necesitan.



*(top) El pastor Rick Moore de F.O.C.I.S. da la bienvenida a los invitados que vienen a informarse sobre el apoyo para las familias en su comunidad.*

*(below) El padre y mentor Osvaldo Robles habla con una familia acerca de los servicios que podrían estar utilizando.*

## JOSE PULIDO, TRIUNFADOR DEL AÑO

*Por Paulette Thornton, directora de marketing y participación con la comunidad, Goodwill*



Ir a trabajar al mercado Northgate en Norwalk es uno de los momentos favoritos del día de Jose Pulido. Eso se debe a que sabe que su día de trabajo será pleno de tareas que le gusta hacer, como mantener los productos agrícolas frescos y los estantes llenos. Además de que trabaja en un sitio que se siente como un segundo hogar, dado que empezó a trabajar allí cuando tenía apenas 17 años.

Como adolescente cuya infancia transcurrió en una familia estrechamente unida en Bellflower, a Jose nunca se le ocurrió encontrar trabajo en el mercado local, pero debido a sus problemas de aprendizaje en la secundaria, su familia pensó que un trabajo de medio tiempo en un ambiente laboral positivo le ayudaría a ganar confianza en sí mismo. Así que su madre y su hermana mayor lo trajeron al Harbor Regional Center para que se le hiciera una evaluación y se determinó que calificaba para recibir servicios del centro regional. Su nuevo Coordinador de Servicios colaboró con Jose para crear un plan de servicios y ponerle en contacto con Goodwill para ayudar a colocarlo en un empleo que le permitiría aprender cómo desarrollarse bien en el sitio de trabajo. Poco tiempo después, el líder del equipo en Goodwill le dio las buenas noticias de que Northgate le había contratado.



En su primer año en el mercado, Jose habló muy poco, pero aprendió pronto lo básico y se convirtió en un trabajador productivo. Como empacador, afrontó con entusiasmo todas las tareas que se le pidió que hiciera. También incrementó sus habilidades para comunicarse no sólo con sus compañeros de trabajo sino también con los clientes. Su arduo trabajo y entusiasmo no pasaron desapercibidos. El año pasado se le ascendió a un puesto de tiempo completo en el departamento de

abarrotes para mantener los productos agrícolas y la colocación de productos.

*(arriba) Jose es un empleado dedicado en el mercado de Northgate.*

*(abajo) Jose se muestra radiante mientras muestra su premio con su entrenadora de trabajo y su coordinadora de servicios, Vivan, a su lado. Ella está muy orgullosa de su éxito!*

Lo que empezó a nivel inicial como adolescente hace casi cinco años ahora se ha convertido en una forma de vida para Jose. Desea tener una larga carrera en el mercado y el equipo de administración de Northgate le ayudará a hacer exactamente eso. Su supervisor directo compartió hace poco que se siente honrado de trabajar con Jose, a quien considera como un miembro confiable de la familia de Northgate.



### ¿Que pasa en mi cuerpo? El Libro para muchachas

Escrito por una educadora profesional y su hija en un estilo reconfortante y acertado, ¿Qué pasa en mi cuerpo? El libro para muchachas

brinda consejos sensatos y directos sobre los cambios de forma y tamaño por los que pasa el cuerpo, el estirón de crecimiento, el desarrollo de los senos, los órganos reproductivos, el ciclo menstrual, los vellos corporales, la dieta y el ejercicio, las sentimientos románticos y sexuales, y la pubertad en el sexo opuesto. También incluye información sobre la anorexia y bulimia, las enfermedades de transmisión sexual, el sida y los métodos anticonceptivos. Con ilustraciones detalladas y casos reales a lo largo del libro, además de una introducción para los padres y una sección útil de recursos, esta exitosa guía de crecimiento es un libro esencial sobre la pubertad y la salud para todas las muchachas desde los diez años de edad en adelante.



### ¿Que pasa en mi cuerpo? El libro para muchachos

Todo lo que los muchachos preadolescentes y adolescentes necesitan saber sobre sus sentimientos y el desarrollo de su cuerpo

Escrito por una educadora profesional y su hija en un estilo reconfortante y acertado, ¿Qué pasa en mi cuerpo?

El libro para muchachos brinda consejos sensatos y directos sobre los cambios de forma y tamaño por los que pasa el cuerpo, el estirón de crecimiento, la dieta y el ejercicio, los órganos reproductivos, los vellos corporales, los cambios en la voz, los sentimientos románticos y sexuales y la pubertad en el sexo opuesto. También incluye información sobre el abuso de esteroides, las enfermedades de transmisión sexual, el SIDA y los métodos anticonceptivos. Con ilustraciones detalladas y casos reales a lo largo del libro, además de una introducción para los padres y una sección útil de recursos, esta exitosa guía de crecimiento es un libro esencial sobre la pubertad y la salud para todos los muchachos desde los diez años de edad en adelante.

### Practica y deliciosa Cocina sin gluten

One of the most anticipated cooking collections has finally arrived. *Cocina sin gluten* is a book of recipes intended for celiac patients. Besides teaching basic preparations, (flour mixtures, bases for cakes and pizzas, dressings and sauces) this book includes more than 150 original recipes to prepare breakfasts, lunches, dinner parties, and desserts.



### Cocina sana para diabéticos

60 recetas ricas y naturales para diabéticos.





HARBOR DEVELOPMENTAL DISABILITIES FOUNDATION, INC.

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### BOARD MEETINGS

March 20, 2018 – 6:30 p.m.	Room LB1
May 15, 2018 – 6:30 p.m.	Room A4
July 17, 2018 – 6:30 p.m.	Room A4

All regularly-scheduled business meetings of the Board are open to the public and visitors are welcome. The meetings are held in Conference Rooms at Harbor Regional Center.

### Stay in touch and get the latest news!

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