

# FamiliesCAN

## Fall 2018 Newsletter



### Children's Museum of Houston

To the families who are provided case management services by Families CAN, please call 713-743-5435 to request free passes. You can use these passes to visit the Children's Museum of Houston anytime. Each pass admits up to four people for free. <http://www.cmhouston.org>

### 2019 Families CAN Transition Workshop

Please mark your calendars

**Thursday, January 17, 2019**

Speaker—Robin Rettie

With the new school year, remember to review your  
ARD/IEP paperwork.

**UNIVERSITY of HOUSTON**  
COLLEGE of EDUCATION

### Families CAN Transition Workshop

The Transition Workshop is an informational program created to help parents deal with all the areas related to the transition of their teens to adulthood and adult services.

TOPIC: Sexuality and youth with IDD

PRESENTER: Adiaha Spinks-Franklin, MD, MPH,  
FAAP, developmental-behavioral pediatrician

DATE: **Thursday, September 20, 2018**

TIME: 6:30 p.m. to 8 p.m.

LOCATION: Shriners Hospital, 6th floor cafeteria,  
6977 Main Street, Houston 77030

### FOR MORE INFORMATION, CONTACT:

Ava Fletcher—713-743-0608  
Transition Coordinator

Olga Guerra—713-743-5592  
(bilingual: English/Spanish)

Sherena Smith—713-743-5992

Shelley Townsend, MSW—713-743-5491

# EVENTS

**18<sup>th</sup> Annual Chronic Illness and Disability Conference-Transition from Pediatric to Adult-Based Care—Thursday, Oct. 25–Friday, Oct. 26.** This conference provides a state-of-the-art update on issues involved in transitioning youth and young adults with chronic illness and disability to adult-based services. This conference is for health care professionals, young adults and parents. Spanish translation will not be available at the Houston site. For more information, please call 713-798-8237.

**City of Houston – Mayor’s Office for People with Disabilities Disability Unity and Pride Celebration— Saturday, September 29, 9 a.m. to 1 p.m.** The 10th annual event is a celebration of the diverse and beautiful community of Houstonians with disabilities. Metropolitan Multi-Service Center, 1475 West Gray, Houston 77019.

**Houston Walk 4 Hearing—Saturday, October 27.** The walk will be held at Lynn Eusan Park at the University of Houston, (4500 University Drive, Houston 77004) and will begin at 10 a.m. To register visit [www.walk4hearing.org](http://www.walk4hearing.org). Registration/check-in will begin at 9 a.m. Contact Karen at [Davin Kareonlexford@aol.com](mailto:Davin Kareonlexford@aol.com).

**Walk for Sickle Cell—Saturday, October 20.** Join us for our annual Houston walk at MacGregor Park (5225 Calhoun, Houston 77021). Please gather your friends, family, church members and teams to support children with sickle cell disease attending Camp Cell-A-Bration. To register visit [www.walkforsicklecell.org/walk-houston.html](http://www.walkforsicklecell.org/walk-houston.html). Registration starts at 9 a.m.

**The Walk for Mental Health Awareness—Saturday, October 6.** The Houston celebration culminates with our annual family and pet-friendly 5K walk and mental health expo. Fee: \$25 for those 12 years of age & up (day of registration: \$30) 1031 Stude St., Houston 77007. 7 a.m. to 11 a.m. For more information, email Patrick McIlvain at [patrick@thehoustonwalk.org](mailto:patrick@thehoustonwalk.org). [www.thehoustonwalk.org](http://www.thehoustonwalk.org)

**17th Annual Buddy Walk and Buddy Run— Down Syndrome Association of Houston—Saturday, October 20.** Sam Houston Race Park, the Pavilion, 7575 N. Sam Houston Parkway West, 10 a.m. to 2 p.m. For more information please email [buddywalk@dsah.org](mailto:buddywalk@dsah.org) or call 713-682-7237. [www.houstonbuddywalk.org](http://www.houstonbuddywalk.org)

**Step up for Down Syndrome Walk—Houston Families Exploring Down Syndrome—Saturday, October 27, 9 a.m. to 12 p.m.** Walter Hall Park. 807 Hwy 3, League City 77573. Free food and amusements. Registration fee: Individuals with Down syndrome and team captains are free; ages 13 and up: \$15; and age 12 and under: \$5. [www.gclfed.org](http://www.gclfed.org)

**Houston’s Super Kids—Saturday, September 15.** A nationwide program to promote Soap Box Derby racing for children with disabilities. A Super Kid along with an experienced derby driver competes against other Super Kids. The Houston Super Kids race is open to children from ages 7–17 and under 150 pounds. Check-in is at 9 a.m. Race begins at 10 a.m. For more information please call Rick Higginbotham at 281-891-3420, or register online at <http://www.ghsbd.org>.

**Sailing Angels—**Go sailing in the spring as Sailing Angels teaches sailing to special-needs children as a form of recreational therapy. For more information please contact Captain Dave McCabe at 281-507-1867 or email at [davemccabe@sailingangels.org](mailto:davemccabe@sailingangels.org). Visit [www.sailingangels.org/](http://www.sailingangels.org/) for more information regarding the program.

# EVENTS

**2018 Baytown Special Rodeo—Saturday, September 8**, 10 a.m. to 2 p.m. at Baytown Youth Fair Grounds, 7900 North Main Street, Baytown. Please email [ron@specialrodeo.com](mailto:ron@specialrodeo.com) or [jr@specialrodeo.com](mailto:jr@specialrodeo.com). Or visit [www.specialrodeo.org](http://www.specialrodeo.org) to register or for more information. Registration ends on August 31.

**2018 Pasadena Little Wranglers Rodeo—Saturday, September 22**, noon to 3 p.m. For more information email Marilyn O'Neill at [marilyn.oneill@f-e-t.com](mailto:marilyn.oneill@f-e-t.com) or contact the Pasadena Multi-Purpose Recreation Center at 281-487-1755. Pre-registration ends September 18. Pre-register at [LittleWranglerRegistration@yahoo.com](mailto:LittleWranglerRegistration@yahoo.com).

**Exceptional Rodeo for Exceptional Kids—Friday, October 5**. Tucker Rodeo Arena at Fort Bend County Fairgrounds, Rosenberg, at 10 a.m. For additional information and registration, call 281-342-6171 or visit <http://fortbendcountyfair.com/>.

**Moody Gardens-Annual Adaptive Water Sports Festival—Saturday, September 8**, 10 a.m. to 4 p.m. Texas Adaptive Aquatics features an outstanding adaptive water skiing program that allows people with physical and/or mental disabilities the opportunity to discover the thrill and excitement of water skiing, sailing and kayaking. Please contact Moody Gardens at 409-683-4108 or email [volunteers@moodygardens.org](mailto:volunteers@moodygardens.org).

**The Festival of Abilities—Saturday, October 27**, 3 p.m. to 7 p.m. Oak Forest Park, 2100 Judiway, Houston 77018 Benefiting the Playground for All Abilities. Celebrate Halloween weekend with an inclusive event like no other! Adaptive sports with extra wheelchairs for able-bodied guests, obstacle course, fitness for all ages, crafts and games. Email Elyssa Horvath at [friendsofoakforestpark@yahoo.com](mailto:friendsofoakforestpark@yahoo.com).

**Challenge Air —November 3**, 9 a.m. to 4 p.m. Challenge Air allows children and youth with special needs to see the world through a flying experience. North Conroe Houston Regional Airport, 10260 Carl Pickering Memorial Drive, Conroe 77303. Register online at [www.challengeair.com](http://www.challengeair.com)

**K2 Academy – SOAR - Respite**—This is a FREE Parents Night Out for children with disabilities and their siblings! A snack and drink are provided. This is by reservation ONLY. You must contact the front office to make the reservation. All students who attend Respite must have completed a SOAR assessment with a K2 Academy coach prior to registering for this event. Phone: 281-655-7272. Email: [frontoffice@k2academy.com](mailto:frontoffice@k2academy.com). 15255 North Eldridge Pkwy. <http://www.k2academy.com/adaptive-gymnastics/>

**UH-Adolescent Diagnosis Assessment Prevention Treatment Center**(UH-Adapt)—We specialize in the assessment of adolescents ages 12-17 with emotional, behavioral and relationship difficulties. For more information, go to [www.uh.edu/class/adapt](http://www.uh.edu/class/adapt) or call 713-743-0950. 4811 Calhoun Road, Room 373.

**The River—Saturday, September 22**. The River Performing and Visual Arts offers year-round, barrier-free classes in music, art, drama and dance. Scholarships are available. Classes are held at the City of Houston Multi-Service Center at 1475 West Gray. For registration and more information, please call The River at 713-520-1220. Or visit their website at [www.tuts.com/river](http://www.tuts.com/river). Registration is \$25, and tuition is \$125 per class. Classes are held on Saturdays.

# Activities

## AMC Theaters—Special Needs Screenings and Friendly Films

January 1, 2018 to December 31, 2018

Gulf Pointe 30: 11801 South Sam Houston Pkwy East, Houston 77089

<https://www.amctheatres.com/programs/sensory-friendly-films>

Studio Movie Grill Pearland: 8440 South Sam Houston East, Houston 77075

<https://www.studiomoviegrill.com/Movie/Film-Series/Special-Needs-Screenings>

Star Cinema Grill: Star Cinema Grill Baybrook, <https://www.starcinmagrill.net/bright-stars>

<https://www.starcinmagrill.net/bright-stars>

## Touch, Smell, Hear

Children with special needs filed through the doors of the John P. McGovern Museum of Health and Medical Science on December 3, 2017, for a joyous time of carols, food and drinks and a special performance. The Harris County Medical Society Alliance hosted.

Attendees were delighted by the 12-foot tall holiday trees decorated with multi-sensory ornaments and music performed by the Christmas Belles.

Parents, please contact the special education teachers at your school if you are interested in attending this year.

## 2018 HISD Special Olympics Local Field Day

HISD Special Olympics Field Day is entering its fourth year in partnership with Houston ISD and Special Olympics. This partnership has created opportunities for students with disabilities to participate in identified Special Olympics sports activities.

The 2017 HISD Special Olympics Field Day will take place **November 13—15** at Joe Kelly Butler Stadium. Opening Ceremonies will begin at 9 a.m. and include the Parade of Athletes, Torch Pass and the Declaration of Games. For more information contact Renee Klovensky at 713-290-0049 or [rklovenski@sotx.org](mailto:rklovenski@sotx.org).

Activities are scheduled to begin at 10 a.m. or directly after the conclusion of Opening Ceremonies. All students will have the opportunity to participate in track and field, basketball and tennis. Secondary students will participate in one additional sport: soccer for middle school and flag football for high school.

## Second Act Theatre

Classes will begin on **Tuesday, September 11** at the Multipurpose Center, 1475 West Gray. The Second Act Theatre offers theatre classes to young adults with disabilities. For more information please contact [thesecondacttheatre@gmail.com](mailto:thesecondacttheatre@gmail.com) or call 713-569-2611. Classes begin at 7 p.m. and end at 8:30 p.m.

## **The Lighthouse of Houston**

### **Halloween Carnival**

The Lighthouse of Houston hosts an annual Halloween Carnival for children, ages 0-13 years old, who are blind or visually impaired, and their families. The Halloween Carnival offers adapted carnival games, music, food and even a hay ride. For more information, please call the Recreation Department at 713-284-8417.

### **Parents' Day Out**

The Lighthouse of Houston hosts an annual holiday celebration in December for children, ages 0 to 13 years old, who are blind or visually impaired, and their siblings. Children will enjoy games, crafts, lunch and much more, giving their parents an opportunity to run holiday errands. For more information, please call the Recreation Department at 713-284-8417

## **DANCES**

### **The Arc of Greater Houston's Monthly Dance Calendar 2018**

- September 8—Texans Tailgate
- October 6—Halloween Costume Contest
- November 3—Fall Festival
- December 1—Candy Cane Ball (Holiday Festive)

All participants must have a consent form on file. Consent forms can be located at [www.aogh.org](http://www.aogh.org) or by calling 713-957-1600 x116. Ages 15 and up, \$5 per person (caregiver free). West Gray Multi-Service Center, 1475 W. Gray; 6:30 p.m. to 9 p.m.

## **2018 Friends of Down Syndrome**

T21 Social is for persons with Down Syndrome who are at least 13 years of age or older.

- September 15—Fiesta Luncheon, noon
- October 13—Halloween Dance, 6 p.m. to 9 p.m.
- November 10—Thanksgiving Dinner & Talent Show, 6 p.m. to 9 p.m.
- December 8—Holiday Dance, 6 p.m. to 9 p.m.

Dances take place at the Immanuel Lutheran Church, 306 East 15th Street, Houston 77008.

## **Radio Show**

Every Saturday from 10 a.m. to 11 a.m. Louis Geigerman hosts the Special Ed/Section 504 Radio Hour on <http://cypressradio.org>. It features experts from a variety of disciplines including legal, behavioral, educational and medical on a variety of topics pertinent to children with special needs. For information or questions regarding the show, email [spedradio103.5@gmail.com](mailto:spedradio103.5@gmail.com). Twitter: @louisnarda

**Daylight saving time**

**Fall back—Sunday, November 4**

### Evening with Genetics

- **September 11**—Updates on Genetics and Care of Children with X-linked Adrenoleukodystrophy
- **October 9**—Updates in the Care of Children with Glycogen Storage Disease
- **November 13**—Updates on Care and Research for Children with Angelman Syndrome

6:30 p.m. Light refreshments

7 p.m. to 8:15 p.m. Seminar

Location: Children's Museum of Houston,  
1500 Binz St., Houston 77004

### Laundry Love

#### A-1 Coin Laundry

First Thursday of each month, 6 p.m. to 8:30 p.m.  
28106 Heidi Lane, Tomball  
Contact: Sheri Percell—225-247-4350 or  
LaundryLoveTomball@yahoo.com

### Speed Queen Washateria

Second Saturday of each month, 1 p.m. to 3 p.m.  
1011 Katyland Drive  
Contact: Alyse Tanner 281-509-3022 or  
alyse.tanner1@gmail.com

### Timber Oaks Wash & Dry

Second Sunday of each month, 10 a.m. to 2 p.m.  
26724 Interstate 45-Spring 77386  
Contact: Sean Steele—512-537-8701  
They wash up to three loads of laundry per family absolutely free. No strings attached.

## Families CAN Staff

Shelley Townsend, MSW  
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713-743-5491/713-743-5435

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Volunteers-Translation:  
Ana Perez, Padre Voluntario  
Verona Parra, Administrative  
Assistant, Student

[www.coe.uh.edu/pep](http://www.coe.uh.edu/pep)

### The Arc of Greater Houston in partnership with The HEART Program and Family to Family Network Program

#### 3rd Annual Positive Futures Conference—Best Practices in Transition, Employment & Adult Services

**Friday, November 9**—9 a.m. to 4 p.m.

**Saturday, November 10**—9 a.m. to 12:30 p.m.

Registration begins at 8:30 a.m.

Location: Houston Food Bank, 535 Portwall Street. \$50 for both days (\$35 for Friday only; \$25 for Saturday only). Stipends available for self-advocates and families. Spanish translation available.

Call 713-957-1600 or visit [www.aogh.org](http://www.aogh.org).

To register, go to  
<http://3rd-annual-positive-futures-conference-tickets.eventbrite.com>

#### Family2Family Network and Advocacy Classes

##### Fall 2018

Registration open. Classes will be held at United Way of Clear Lake, 1300 Bay Area Blvd., Building A. Saturday classes. **September 15, October 6, November 10, December 1**, 9 a.m. to 2:45 p.m. Participants are asked to attend ALL four training sessions Free for family members and adults with disabilities. \$100 for community members and professionals. For more information, email Judy Blake at [f2fjudy@sbcglobal.net](mailto:f2fjudy@sbcglobal.net).