



PICC News
c/o PHMC ChildLink
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Philadelphia Interagency Coordinating Council:
A Collaboration of Families, Early Intervention Providers, & Early Childhood Community Agencies

Newsletter

FAMILY FUN DAY By Diane Hardie

Family Fun Day is an annual event to support our families receiving Early Intervention Services in Philadelphia. The day is sponsored by the Philadelphia Interagency Coordinating Council (PICC) which is a collaboration of Families, Early Intervention Providers and Early Childhood Community Agencies. We are a team who work eagerly together to plan a family-centered event consisting of fun filled entertainment, food, raffles, and educational resources for the whole family. Family Fun Day gives families an opportunity to be part of a community in a secure and friendly environment.

This past year, the PICC hosted the annual Family Fun Day at the Carousel House on May 15, 2010. This event was greatly attended by families throughout Philadelphia including parents, children, siblings, grandparents and extended family members. All appeared to enjoy the activities, food, and the resources offered. Some of the entertainment included a moon bounce, face painting, an amusing clown, live music by Joseph Morris and a variety of arts & crafts activities for the children. The Philadelphia Fire Department sent a big red fire truck and allowed the children to climb aboard and interact with real fire fighters. We

provided refreshments at no cost to families The menu included hotdogs, popcorn, cotton candy, juice and water

and a variety of healthy snacks. In addition, the families were entertained by "Big Red's Water Ice," which is a truck that provided flashing lights, music, water ice and soft pretzels. You could observe the children dancing, singing, and licking their ices with enjoyment. Family members participated in a raffle drawing in which they won beautifully decorated baskets full of activities for children, relaxation therapy baskets for parents, and free admission tickets to the Please Touch Museum for family members.

Family Fun Day is also a time for families and children to connect with other families to share concerns and experiences. It provides an opportunity to obtain valuable resources presented by a variety of associated community agencies at this event. The PICC would like to thank everyone who volunteered their time and enthusiasm to make this day a success. Thanks to all the community resource agencies that attended to interact with our families and provide materials and literature. We would like to express our gratitude to all the early intervention agencies who volunteered their time and services by participating in setting up, clean up, and hosting

(Continued on page 2)



FAMILY FUN DAY (Continued from page 1)

activities for the children and by donating items to make this event possible. We would like to acknowledge our sponsors, Brown's Family Shop Rite Supermarket at Parkside Avenue, Mr. Charles Bey at Gaudenzia Inc., and Vitamin Water for their generous contributions to our Family Fun Day event. Many thanks to all of you who worked together to make this a wonderful fun filled day for all of the children and their families. Many families completed surveys to share their experiences at the Family Fun Day event and they provided positive feedback as well as great suggestions for next year.

As you know, this is an annual event and we look forward to preparing for next year. Family Fun Day will be held on May 21, 2011 at the Carousel House. Save This Date! We are currently seeking volunteers, donations, and financial support to continue to make this an exciting, fun filled event for our families and children. If you are interested in supporting or participating through volunteering, making donations, providing resources, or joining the Fun Day Planning Committee, please contact Jen Fischer at 215-731-2464.



RECIPE CORNER

TROPICAL BALL OF CHEESE

A RECIPE FOR KIDS WITH CELIAC DISEASE
(GLUTEN SENSITIVITY)

Note: This recipe is especially for kids who must avoid gluten, a type of protein found in many foods.

Kids love to cook! With this easy recipe they'll make healthy treats, have fun and learn!

PREP TIME: 30 minutes

INGREDIENTS:

- 8-oz. package of light cream cheese, softened
- 4 oz. light tropical fruit cocktail, drained
- 1 c. walnuts, chopped

DIRECTIONS:

1. Cut tropical fruit into smaller pieces.
2. Combine softened cream cheese, fruit, and ½ c. walnuts.
3. Chill well in refrigerator.
4. Mold into a ball and roll cheese in remaining ½ c. of nuts.

SERVES: 11

SERVING SIZE: ¼ c.

NUTRITIONAL ANALYSIS (PER SERVING):

- 127 calories
- 5 g protein
- 10 g fat
- 3 g sat. fat
- 5 g carbohydrate
- 1 g fiber
- 11 mg cholesterol
- 110 mg sodium
- 53 mg calcium
- 0 mg iron

NOTE: Nutritional analysis may vary depending on ingredient brands used.

VARIATIONS AND SUGGESTIONS:

Serve with carrots, celery, and/or gluten-free crackers. You can cut calories even further by using fat-free cream cheese.

REVIEWED BY: Allison Brinkley, RD, LD/N, CNSD Date reviewed: March 2009. This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2007. The Nemours Foundation

Before trying a new recipe, make sure that it meets the requirements of your child's diet. It is important to make sure the food is the right thickness and texture. Also, watch out for food allergies. If you have any doubts, call your health care professional before serving a questionable food to your child. This recipe may not be suitable for all children.

COMMITTEES & COMMITTEE CONTACT INFORMATION

All meetings are open to the public and parents are encouraged and welcome to join any Committee.

COMMUNICATIONS WORKGROUP

The Communications Workgroup was established in September 2010. It brings together the Newsletter and our Website. It is the public relations branch of the PICC.

Chairperson: Open – We are currently looking for a chair. Please contact 215-731-2464 for more information.

NEWSLETTER

The PICC puts out a Newsletter twice a year to inform parents of what is going on Early Intervention. There's also a craft corner, recipes and family stories. PICC events are also announced in the Newsletter.

Chairperson: Ellen Braun • eb@nemhmr.org • 215-831-3053

FIRST COMMITTEE

FIRST (Family Involvement, Resources, Support and Training) merged our Family Involvement and Community Networks Committees. This new Committee works on sharing resources and supporting families. Past events include, Winterization Forum, Camps Forum, and Survival Night. Families First, our parent training program is also part of this committee. If you would like to join the Committee, contact one of the Committee Co-chairs.

Committee Co-chairs:

Missy Modesti • missymodesti@hotmail.com • 215-823-5087

Cathy Roccia-Meier • cattm@temple.edu • 215-204-1772

FAMILY FUN DAY

Family Fun Day is a one-day Family Event for children receiving Early Intervention in Philadelphia and their families. It is held in May at the Carousel House. It is a Carnival-type atmosphere with moon bounces, face-painting, arts & crafts, live music, food and resources for families.

Chairperson: Jen Fischer • philadelphiaicc@yahoo.com • 215-731-2464

INCLUSION WORK GROUP

The Philadelphia Interagency Coordinating Council's "Inclusion Work Group" is an outgrowth of the Philadelphia 2005 Inclusion Forum. Our goal is to work with key stake holders across Philadelphia in building a more inclusive community which is reflected in all aspects of community life. Membership is open to parents of children or adults with disabilities and professionals who wish to join us at our bi-monthly meetings.

Chairperson: Wendy Schmid • wendy_schmid@elwyn.org • 215-222-3708

TRANSITION @ 3

The Transition, Birth to Three, Committee meets quarterly to discuss pertinent issues related to the transition process for children turning three who will be exiting the infant/toddler (birth to three) early intervention system (ChildLink) and, if eligible, entering the pre-school (three to five) early intervention system.

Chairperson: Tracy Blair • tracyb@phmc.org • 215-731-2105

TRANSITION @ 5

The transition at five Committee meets as needed to work on transition planning and collaboration with the School District. Transition meetings for families are held in the Spring.

Contact Bonnie Lundy for more information about the Transition at Five Committee 215.222.8054.

The PICC has a newly updated website with all kinds of useful information for parents. Please go to: <http://www.philadelphiaicc.org> to see our site, find resources and information on all the events and activities of the PICC.



Source:
www.makingfriends.com



CRAFT CORNER

Got a little monster in your family? He or she will just love these dinosaur feet for dress up.

YOU NEED:

- Two Empty Tissue Boxes that are the Same Size
- Craft Foam Scraps
- Glue
- Scissors
- Cardboard
- Green Paint
- Foam Brush

INSTRUCTIONS:

Cut a piece of cardboard to fit inside the openings to make them smaller so their feet will stay in. Glue in place. Paint the boxes green. Let dry. Cut triangles out of white foam. Glue in place for toe nails. Decorate with foam pieces.

Biographies of Professional Co-chair of the PICC

MARGARITA HERNANDEZ

Mrs. Margarita Hernandez, is a second generation Puerto Rican born in Philadelphia who was raised in Puerto Rico. She started her formal education as a french horn player in the Conservatory Of Music of Puerto Rico. In 1989, she arrived in Philadelphia and started her process of learning a new language and evolving in a new country. She is the proud single parent of a 20 year-old daughter and primary caretaker of her elderly grandfather. Mrs. Hernandez obtained her Bachelors Degree from Temple University in Early Childhood/Elementary Education and her Masters Degree in Special Education from Saint Joseph University. She has worked in the early intervention system since 1994 holding various positions. She has been the Director of the Early Intervention Program at the Asociacion de Puertorriqueños en Marcha (APM), since 2001. Most recently, she was promoted to the position of Director of Early Childhood Development at APM. She also works as a private contractor for Bilingual Therapy Solution. She is thankful to APM, Elwyn Seeds and the whole community of children with special needs for giving her the opportunity to develop and learn from each of them.

It will be an honor for Mrs. Hernandez to represent the PICC. She is looking forward to offering her years of experience as an administrator and a practitioner. Moreover, she is looking forward to working with a proactive team of administrators', parents and community members for the benefit of our children in the early intervention system.

NANCY O'TOOLE

Nancy graduated from Rosemont College with a degree in Social Science/Political Science and an elementary education certification. A few years later, she went to Eastern University and earned her certification in early childhood education. She has over twenty years experience with special needs children and their families both personally and professionally.

Nancy's ten years experience with Sunshine Therapy Club has been varied with skills gained as a special instructor, Early Intervention Coordinator and Associate Director. With the Philadelphia Interagency Coordinating Council, Nancy hopes to continue to make a positive impact with children and empower families.

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Parent Co-Chair Biographies (Continued from page 5)

GINA REISS

Hello my name is Gina Reiss. I was born and raised in Philadelphia. I graduated from Drexel University and currently attend Holy Family University working towards my Masters in Education. I currently work part time in the field of Nutrition.

I am a happily married mother of one. I have a 4 year old son with Autism Spectrum Disorder. He is the light of my life. We work great together as a family to help him to grow and learn. My son started Early Intervention services at 18 months of age. He received services from Child Link from 18 months to three years and Elwyn currently. We have worked with so many wonderful people over the year. They have taught us so many wonderful techniques. I look forward to continuing to learn and grow as well as a parent.

I enjoy being parent co-chair for the Philadelphia Interagency Coordinating Council. I have attended many great meetings, including the Penn State Autism conference. I look forward to planning and attending our yearly events, and getting insight on ways to update our current programs. It is nice to be able to give a parent perspective at meetings and events which is heard and respected. I get to meet great people and learn new things. I hope to continue to work with this great group. Thank you for the opportunity.

ARMINDELIS TOLEDO

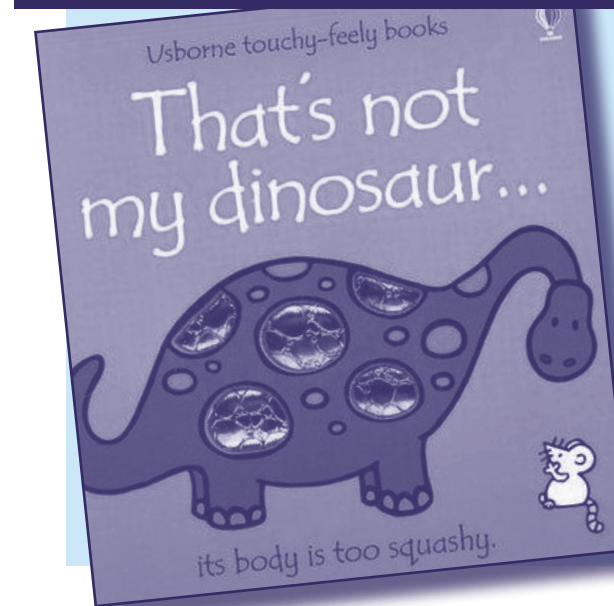
I have been working with Philadelphia HUNE, Inc. for the past 3 years as the Bilingual Intake Worker for their Special Education Helpline. I provide technical assistance to parents in the Philadelphia area, resources with local organizations that provide services to HUNE's clients, present bilingual training to parents and professionals, and represents children and their families at school meetings.

I am a mother of 6 children. Three of my children have a disability. My 13 year old has MR CP Scoliosis, Asthma, Failure to Thrive, G-tube etc., my 5 year old has a dual diagnosis of ADHD and Autism, last but not least my 3 year old has a possible diagnosis of ODD.

My experience with Early Intervention for my older son was great. I received all the services with enough time. The same for my 3 year old. I love her special instructor from Childlink. My son is currently in the process of receiving an evaluation from Elwyn. Overall I must say that all therapists that worked with my family were great.

I would like to be part of your team so not only that I can share my stories with other families but so that I can use my experience as a tool to help them in their journey.

BOOK CORNER



That's Not My Dinosaur

This "touchy feely" board book is a wonderful addition to any preschooler's library. Each page features a different tactile experience, from bumpy ridges and rough surfaces to smooth, soft, and squishy pages. Six unique dinosaurs are shown as a little mouse tries to find his dinosaur. As he goes through each page, the texture of the dinosaur isn't quite right until the last page, when he finds his dinosaur, whose "spines are so soft." The board book format holds up to little hands, and the various fabrics are wonderful for small children to explore. This simple dinosaur book is sure to be a favorite of kids ages 1 to 4.

Published by Susan Ott - Featured Contributor on Associated Content in Arts & Entertainment and Parenting

MY STORY STARTED ONE DAY IN JULY 2006 when an ultrasound technician asked what my blood work was showing that I had done recently. I thought she was going to tell me that I was having a miscarriage when in fact she informed me that I was pregnant with twins. Not only twins but “Monoamniotic/Monochorionic Twins. “MoMo Twins”, as they are called, are twins that share not only the same placenta, but also the same sac. Being the researcher that I am, I learned everything I could about this type of twin pregnancy. I knew that they would be born early, most of the time MoMo Twins do not go past 32 weeks in utero. I was put on bed rest in the hospital at 24 weeks. I gave birth to two beautiful girls at 25 weeks gestation weighing just 2 lbs 4 oz and 1 lb 11 oz.

I knew that I was going to have premature babies. I knew that these little girls might have some developmental issues. I read a lot and researched a lot when I was pregnant. However, nothing could have prepared me for road that was ahead of us.

I was very fortunate to have services through ChildLink from the time the twins were discharged from the hospital. The social workers at St. Christopher’s, where my daughters were in the NICU, were wonderful setting everything up. My Service Coordinator came to my house to evaluate Sarah and Elisabeth to see which services were needed. It was decided that my girls should receive Early Intervention services. After the appropriate services were set up, we had therapists come to my house weekly. We had a Physical Therapist, Occupational Therapist, Speech Therapist, and a Special Instructor come to my house weekly to interact, play, and teach the girls. While it may sound overwhelming to have so many people come to the house on a weekly basis, it was truly a wonderful experience. During one of the most overwhelming times of my life, the early intervention team helped me through many of my

questions and concerns. They taught me different approaches to help my twins achieve their goals to the best of their ability.

By age three Sarah was developmentally where she should be. Elisabeth was still developmentally delayed. When Elisabeth was close to turning three we made an appointment with Elwyn for an evaluation. When we went for our appointment at Elwyn, everyone was so kind and helpful. Any questions we had, they were able to answer for us. They took their time with Elisabeth during her appointment making sure she was comfortable and not scared.

The twins are now four and Elisabeth still receives services through Early Intervention due to her developmental delays. Both of the twins attend Northeast Growth and Development. The whole staff there is outstanding! Elisabeth can be a very challenging child but everyone there is very understanding of her needs. Elisabeth receives all her services at NEGD. All of her therapists are happy to answer any questions I have and always give me reports on how she is doing. They work very hard to help her achieve the goals of her IEP. Both of my girls have come so far and reached so many goals, some that I thought might never happen. Every person that my daughter works with at her school truly has her best interest in mind. Even the staff members who do not directly work with her cheer her on every day. The teachers, assistants, and therapists work with her everyday building her confidence up more and more! Having a child who requires some extra help is not always easy. Being a special needs parent when most of your friends have typical children can be somewhat challenging. Having a team of wonderful, caring people on your side, an early intervention team, is priceless! I am very lucky to be part of this program. My daughter is very lucky to have so many people cheer her on!

– Susan H., PICC parent



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FAMILY FUN DAY

