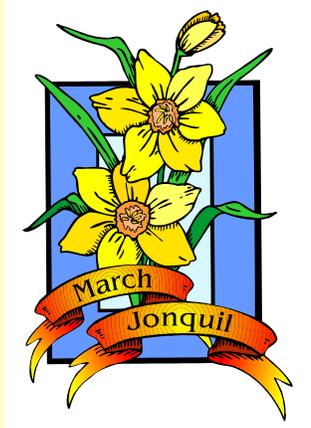


P10X Parent Newsletter

March 2010

Laverne Hamilton
Parent Coordinator



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**Put A Spring
In Your Step**

January Parent Meeting - Parent Association

On January 8, 2010, Ms. Evelyn Oneill-Brown, P10X PA Vice-President hosted a parent workshop at P10X@15X with Gateway Counseling Center representative, Mr. Nicholas Colon. It was a very productive meeting with families in need of services. The families were provided information on available services for children with special needs.

During this meeting, Mr. Colon started the intake process to assist families in obtaining their Medicaid Waiver. Most, if not all outside services provided by OMRDD is now waiver based, so it is very important for all families to obtain the Waiver.

On January 19, 2010, the Parent Association monthly parent meeting was held. There were open discussions as to what services parents needed for their children and how to obtain these services. It was recommended that parents also attend the annual Bronx

Family Support Conference and EPIC - District 75 Fair. These are a couple of great places for parents to meet agency representatives and get more information on services.

The presenter at this parent meeting was Nicholas Colon from Gateway Counseling Center. Mr. Colon touched on topics such as in-home rehabilitation, medicaid service coordination and medicaid waiver. He also gave an overview of services available through the Office of Mental Retardation and Developmental Disability.

February Parent Meeting - Parent Coordinator

Are you stressed? Then you missed a great parent workshop held on February 5, 2010. Ms. Melinda Billig, P10X@304X School Social Worker, facilitated our Stress Management Workshop. Those who attended the workshop learned about: 1) what is stress; 2) the physical, emotional and behavioral outcomes from stress; 3) understanding and identifying causes of stress; 4) surviving and combating stress in their lives; and 5) specific relaxation exercises. The meeting room ambiance set the stage for a stress free experience.

February Parent Meeting - Parent Association



“Connecting and supporting families of individuals with special needs”

On Tuesday, February 23, 2010, representatives from Parent to Parent of New York State facilitated the Parent Meeting. Ms. Mary Beth Fadelici, Regional Coordinator and Ms. Milli Suarez-Milligan, Parent Member from the Bronx Office of Parent to Parent. “Parent to Parent is a statewide network of parents who provide emotional support to families of individuals with special needs. The organization believes in the power of parents and family members helping each

other.”

Topics discussed were: how to obtain services outside of the school setting; medicaid, medicaid service coordinator and medicaid waiver; the Office of Mental retardation eligibility criteria.

Announcements/Reminders

March 18th - P10X Science Fair at Main Site: 2750 Lafayette Avenue, Bronx, NY 10465, Tel: 718-823-5684

Parents are encouraged to attend school science fair

March 23rd - Parent Association Parent Meeting: Flyers backpacked home with students

March 29th - April 6th - Spring Recess

April 7th - Students return to school

Parent Association and Parent Coordinator

We encourage parents to attend parent meetings and workshops

Flyers for upcoming meetings/workshops are backpacked home with students and sent via email

If you would like to receive emails from the parent association and parent coordinator, please send in your email address attn: parent coordinator

Websites

<http://www.tinsnips.org/>
Tinsnips, a special education resource

<http://abcya.com/>
Kids educational computer games and activities

http://www.speakingofspeech.com/Resource_Links.html
Speaking of speech

<http://cecp.air.org/fba/>
Center for effective collaboration and practice/functional behavioral assessment