

THE NETWORKER

a publication of Matrix Parent Network & Resource Center • Fall 2017

Matrix Parent Network is a 501(c)(3) organization founded in 1983 to serve families of children with special needs. We serve Marin, Napa, Solano, and Sonoma counties.

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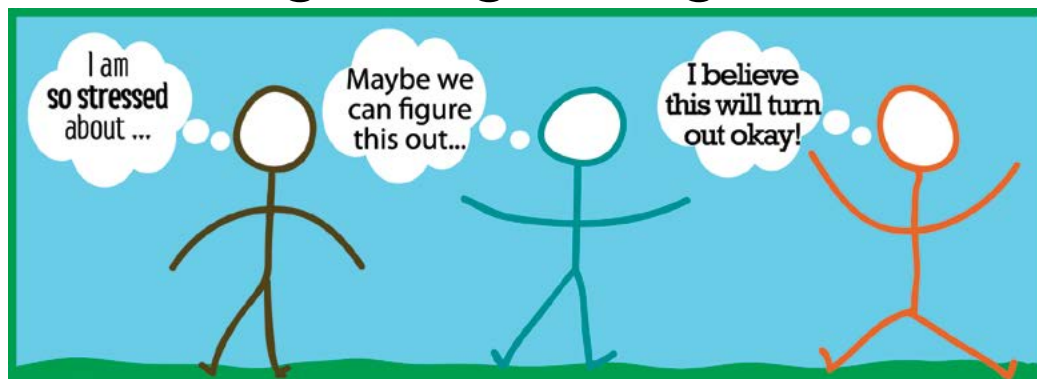
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SOME MUSINGS FROM THE EXECUTIVE DIRECTOR...

Celebrating Changes—Big and Small



Which type of person are you? Are you someone who eagerly views changes as wonderful opportunities — chances for new adventures that shake up the status quo? *Do you delight in seeing what is beyond the horizon and grow bored or discontent when things become too routine?* Or do you feel uncomfortable and intimidated when unfamiliar things start happening? *Are you more at ease when things are predictable* and you know what will happen because it happened before?

When you are the parent of a child with special needs, predictability and consistency are not the norm. We have so many questions about what to do to help our children. The systems we rely on are numerous and complex, each of which has its own rules and languages. It seems like we are always trying to find our way in very unfamiliar territory. How in the world can someone celebrate change when the changes create such chaos?

PERHAPS IT IS TIME TO LOOK AT SMALL POSITIVE CHANGES YOUR FAMILY HAS MADE.

You are reading this message, so that means you have somehow connected with a network of parents with similar concerns, *so you are not as alone as you once thought* — that is a small, positive change.

Have you figured out some strategies to get through the summer with no school and hang on until school starts? *That was probably a shift in routines and schedules, another positive change.*

Have you *built your advocacy skills and feel more prepared to speak out on your child's behalf?* That is a big change for many of us!

Have you figured out, regardless of the challenges that are thrown at you daily, *you and your family will still survive and thrive?*

You will all continue to *move forward, fight valiantly when needed, and show the world that even when things are hard and unpredictable, you and your family are still standing.* That is the biggest and best change of all.

Nora
Executive Director



Celebrating Changes—Big and Small

Transitioning with My Daughter Makayla



Matrix is grateful to April Hewes for contributing as a guest writer and sharing her heartfelt story on transitioning.

Coping with change is hard for many of us. For those on the autism spectrum, any change, even a well-transitioned change, can create a turbulent situation. I know this first hand, being the mother of Makayla, my 16 year-old daughter on the autism spectrum.

Change has always been her nemesis! A simple change, such as changing her shampoo, could throw her into a panic and behavioral crisis. And yet, she is now at the age that she has begun to think about monumental change, as she begins her transition into adulthood.

As a mother, it has been a complicated process trying to balance my daughter's disabilities with her desire to move at the same developmental pace as her friends. Realistically, sometimes, Makayla needs to move slower than her friends when it comes to the realities of self-sufficiency and full independence.

My child is on the autistic spectrum, and will always need help and support with many daily living skills, such as budgets, finances, and working. Yet she is capable of so much more than I would have ever assumed!

Makayla may not be ready for self-sufficiency yet, however, she is progressing towards full autonomy and independence. As a mother, I have found that there are a lot of choices in Makayla's life that she can and does make on her

own. Makayla knows what she likes and dislikes. She has preferences and knowledge that she is capable of expressing. She knows herself better than I do which at first was hard for me to accept.

As a mother, I have found that there are a lot of choices in Makayla's life that she can and does make on her own.

Makayla came to me a year ago and shared with me that she was struggling with gender dysphoria (the sex and gender assigned at birth do not match the person's gender identity). She told me that the male gender she was assigned at birth did not match her true gender—that she believed that she was/is, female. When Makayla told me she identified as transgender and wanted to transition with hormones into womanhood, I was caught off-guard, but not shocked.

Makayla had been saying since she could speak that she was a girl. For a time, she even wore dresses and skirts to school. I wasn't shocked by her desire to be completely female, but I was floored by the amount of knowledge and research Makayla had put in to her decision.

My child is on the autistic spectrum, and will always need help and support with many daily living skills, such as budgets, finances, and working. Yet she is capable of so much more than I would have ever assumed!

Change can be difficult. Sometimes, moving at a slower pace and planning intermediate transitions can help. It is also important to allow all those who are directly affected by change to have a part in that planning. There will always be those moments when change just happens and catches us off-guard. In those moments, we can only do our best, just like everyone else!



RESOURCES

(only in English at this time)

Schools In Transition: A Guide for Supporting Transgender Students in K-12 Schools is an article on the [Human Rights Campaign website](http://www.hrc.org/resources/schools-in-transition-a-guide-for-supporting-transgender-students-in-k-12-s), <http://www.hrc.org/resources/schools-in-transition-a-guide-for-supporting-transgender-students-in-k-12-s>

Check out [Gender Spectrum's](https://www.genderspectrum.org/) inclusive online environment at: <https://www.genderspectrum.org/>

Helping kids cope with change, written by Fiona Baker for Kidspot <http://www.kidspot.com.au/parenting/parenthood/parenting-style/helping-kids-cope-with-change/news-story/0e2c2887df9e1c4a8af1140444fafa5c>

Helping Children Deal with Change and Stress, [Bright Horizons Family Solutions website](https://www.brighthorizons.com/family-resources/e-family-news/helping-children-deal-with-change-and-stress)

<https://www.brighthorizons.com/family-resources/e-family-news/helping-children-deal-with-change-and-stress>

7 Things You Need to Know to Deal With Major Life Changes, written by Lisabeth Saunders Medlock, Ph.D., [Huffington Post \(Huffpost\)](http://www.huffingtonpost.com/lisabeth-saunders-medlock-phd/seven-things-you-need-to- b_4129918.html) http://www.huffingtonpost.com/lisabeth-saunders-medlock-phd/seven-things-you-need-to- b_4129918.html

La Transición con Mi Hija Makayla

Matrix está agradecida con April Hewes por contribuir como escritora invitada y compartir de corazón su historia sobre la transición.

Afrontar el cambio para muchos de nosotros es difícil. Para aquellos en el espectro autista, cualquier cambio, incluso un buen cambio de transición, puede crear una situación turbulenta. Sé que esta primera mano, siendo la madre de Makayla, mi hija de 16 años de edad en el espectro autista.

El cambio siempre ha sido su enemigo! Un simple cambio, como cambiar su champú, podría llevarla a una crisis de pánico y conducta. Y sin embargo, ahora está en la edad en la que ella misma ha comenzado a pensar en el cambio monumental, ya que comienza su transición a la edad adulta.

Como madre, ha sido un proceso complicado tratando de equilibrar las discapacidades de mi hija con su deseo de moverse al mismo ritmo de desarrollo que sus amigos. Realista, a veces, Makayla necesita moverse más lento que sus amigos cuando se trata de las realidades de la autosuficiencia y la independencia total.

Mi hijo está en el espectro autista, y siempre necesitará ayuda y apoyo con muchas habilidades de la vida diaria, como presupuestos, finanzas y trabajo. Sin embargo, ella es capaz de mucho más de lo que habría asumido!

Makayla puede no estar preparada para la autosuficiencia, sin embargo, está progresando hacia la autonomía total y la independencia. **Como madre, he encontrado que hay muchas opciones en la vida de Makayla que ella puede y hace por sí misma.** Makayla sabe lo que le gusta y no le gusta. Tiene preferencias y

conocimientos que es capaz de expresar. Se conoce a sí misma mejor que yo, lo que al principio me resulta difícil aceptar.

Makayla vino a mí hace un año y compartió conmigo que estaba luchando con la disforia de género (el sexo y el género asignados al nacimiento no coinciden con la identidad de género de la persona). Ella me dijo que el sexo masculino al que se le asignó al nacer no coincidía con su verdadero sexo, que creía que era / es, mujer. Cuando Makayla me dijo que se identificaba como transgénero y quería hacer la transición con las hormonas a la mujer, me sorprendieron desprevénidos, pero no me sorprendieron.

Makayla había estado diciendo desde que ella podía hablar que ella era una muchacha. Por un tiempo, incluso llevaba vestidos y faldas a la escuela. Yo no estaba sorprendido por su deseo de ser completamente femenino, pero me quedé atónito por la cantidad de conocimientos e investigación que Makayla había puesto en su decisión.

Mi hijo está en el espectro autista, y siempre necesitará ayuda y apoyo con muchas habilidades de la vida diaria, como presupuestos, finanzas y trabajo. Sin embargo, ella es capaz de mucho más de lo que habría asumido!

El cambio puede ser difícil. A veces, moverse a un ritmo más lento y planificar transiciones intermedias puede ayudar. También es importante permitir que todos los que están directamente afectados por el cambio participen en esa planificación. Siempre habrá momentos en los que el cambio acaba de ocurrir y nos atrapa desprevénidos. En esos momentos, sólo podemos hacer lo mejor, como todos los demás!



La Asociación Americana de Psicología tiene un folleto excelente, "El camino de la resistencia" el cual puede ser descargado en <https://www.apa.org/helpcenter/road-resilience.aspx>.

Inspirándonos en esta guía útil, hemos creado 10 consejos sobre como manejar las preocupaciones y el stress cuando estamos educando a un niño con necesidades especiales.

1. Cuídese: duerma, haga ejercicios, respire profundamente, escuche música, coma saludablemente.
2. Encuentre algo que disfrute hacer — por ejemplo, sentarse al aire libre ó salir a caminar.
3. Conéctese con sus amigos, familiares y otras personas que lo apoyen.
4. Pida ayuda...ninguno de nosotros puede hacer todo a la misma vez.
5. Las personas pueden tener buenas intenciones pero no pueden entender su situación porque no han estado en sus zapatos.
6. Enfóquese en lo esta haciendo bien con su hijo o sobre algo es muy valioso para ellos.
7. Recuerde que, como todo en la vida, su hijo cambiara con el tiempo.
8. Trate de no ver muy lejos en el futuro de su hijo. Concentrese hoy y tome un día a la vez. Se ha cauteloso de quienes pueden criticarlo a usted ó a su hijo.
9. Este abierto a nuevos puntos de vista para que usted pueda ver su situación.
10. Crear un plan de acción, separando los problemas en pasos pequeños.



The Early Edition

a publication of Matrix Parent Network & Resource Center • Fall 2017

The Early Edition is a publication of the Matrix Family Resource Center (FRC) program — part of California's interagency system of early intervention services for children from birth to 36 months. Our FRC staff is here to provide information and support to help you care for your baby. Additional information and resources are also provided in a designated Birth to 3 section on our website at www.matrixparents.org.

BIRTH TO 3

Celebrating Change in the Early Years

No matter how we feel about it, transition to preschool or kindergarten happens for us all.

Imagine this: your little one is ready for preschool or kindergarten. You might be feeling like it's happening way too fast. You just can't see how your sweet little baby could possibly be ready for such a big change. Remembering that we know brain development is most significant and active from birth to age five, we can see the logic of their readiness in our minds.

That scientific fact doesn't quite still the tremble in your heart as thoughts of your baby with their little backpack heading into a classroom, on their own, crowd your mind.

You just can't see how your sweet little baby could possibly be ready for such a big change.

While some of us are resistant to the change, some of us are excited. Others may find themselves in a bittersweet middle ground. No matter how we feel about it, transition to preschool or kindergarten happens for us all. Transitioning out of an IFSP into an IPP and/or IEP marks the beginning of services being centered on the child's individual needs alone.

Preparing for these changes is just as important for you as it is for your little one.

- Educate yourself and grow to become your child's best advocate
- Develop strategies to strengthen yourself emotionally, so you can be grounded for your child
- Learn about the systems that serve your child

With each hat you wear, your advocate hat or your doting parent hat, *being prepared will empower you and maximize your role.*

One suggestion is to focus on some of the advantages change can bring, and play those up! Positivity throughout this process fosters a healthy mindset that you will ultimately model to your children.

There are positive outcomes of preschool for parents, too! You will gain the time and space you may need to practice self-care, attend a support group, watch TV on the couch, have coffee with a good friend, take a class, pursue a hobby, etc. *What would you do with that extra bit of time?*



ARTICLE WRITTEN
BY STEPHANIE RYAN,
MATRIX PARENT
ADVISOR

Stephanie Ryan is a Matrix Parent Advisor. She has one child on the Autism Spectrum and has experience in Early Intervention with families (Birth to 3).

RESOURCES

To the Special Needs Parents Who Worry About Their Kids in School
An article by Alexis Nooyen on a website called *The Mighty*.

<https://themighty.com/2015/11/to-the-special-needs-parents-who-worry-about-their-kids-in-school/>

Transition from Early Intervention Services (IFSP) to Preschool Services (IEP) is a web page of Q&A from *Peak Parent Center*.

<https://www.peakparent.org/blog/transition-early-intervention-services-ifsp-preschool-services-iep>

ADVANTAGES OF CHANGE

Your child will have an opportunity to:

1. Experience personal growth with exposure to a structured environment outside of the home.
2. Take steps towards independence.
3. Observe and participate in social situations.
4. Practice and master skills by applying them to different people in various environments.



We can help with
transition to preschool.
call 800.578.2592



La Edición Temprana

una publicación de Matrix Centro de Recursos Familiares • Otoño 2017

La Edición Temprana es una publicación Matrix Centro de Recursos Familiares (FRC) programa como parte del sistema interinstitucional de los servicios de la intervención temprana para niños de California desde el nacimiento hasta los 36 meses. Nuestro personal del FRC esta aquí para proporcionar información y apoyo para ayudarle a cuidar de su bebé. Información adicional y recursos también están proveídos en un área designada en la sección recién nacido a tres en nuestro sitio de web, www.matrixparents.org.

NACIMIENTO A 3

Celebrando el Cambio en los Primeros Años

No importa lo que sentimos al respecto, la transición a preescolar o kindergarten nos sucede a todos nosotros.

Imagínese esto: su pequeño está listo para el preescolar o jardín de infantes. Es posible que sienta que está pasando demasiado rápido. Usted apenas no puede ver cómo su dulce pequeño bebé podría posiblemente estar listo para un cambio tan grande. Recordando que sabemos que el desarrollo del cerebro es más significativo y activo desde el nacimiento hasta los 5 años, podemos ver la lógica de su preparación en nuestras mentes.

Ese hecho científico no es todavía el temblor en su corazón como pensamientos de tu bebé con su pequeña mochila encabezada en un aula, por su propia cuenta, llena su mente.

Usted apenas no puede ver cómo su dulce pequeño bebé podría posiblemente estar listo para un cambio tan grande.

Mientras que algunos de nosotros somos resistentes al cambio, algunos de nosotros estamos emocionados. Otros pueden encontrarse en un terreno medio agri dulce. No importa lo que sentimos al respecto, la transición a preescolar o kindergarten nos sucede a todos nosotros. La transición de un IFSP a un

IPP y / o IEP marca el comienzo de los servicios centrándose únicamente en las necesidades individuales del niño.

Prepararse para estos cambios es tan importante para usted como para su pequeño.

- Educarse y crecer para convertirse en el mejor defensor de su hijo
- Desarrolle estrategias para fortalecerse emocionalmente, así para que usted pueda estar basándose en su hijo
- Aprender sobre los sistemas que sirven a su hijo

Con cada sombrero que usted use, su sombrero de abogado o su sombrero de padre cariñoso, estar preparado le dará poder y maximizará su papel.

Una sugerencia es centrarse en algunas de las ventajas que el cambio puede traer, y ¡a jugar con ellos! Positividad a lo largo de este proceso fomenta una mentalidad saludable que finalmente modelará a sus hijos.

Hay resultados positivos de preescolar para los padres, ¡también! Usted ganará el tiempo y el espacio que necesite para practicar el autocuidado, asistir a un grupo de apoyo, ver televisión en el sofá, tomar un café con un buen amigo, tomar una clase, buscar un hobby, etc. ¿Qué haría con ese poco de tiempo extra?



**ARTÍCULO ESCRITO
POR STEPHANIE
RYAN, ASESOR DE
MATRIX PADRES**

Stephanie Ryan es un Asesor de Padres de Matrix. Stephanie tiene un niño en el espectro del autismo y tiene experiencia en la Intervención Temprana con las familias (desde el nacimiento a 3).

RECURSOS ÚTILES

Prácticas efectivas en Intervención Temprana Por: Lavada Minor, Reimpreso bajo licencia de: D. Chen

Prácticas Efectivas en Intervención Temprana

<http://www.tsbvi.edu/seehear/summer02/planning-span.htm>

El Centro de Fundamentos Sociales y Emocionales para el Aprendizaje Temprano

http://csefel.vanderbilt.edu/resources/inftodd/h2_13sp.pdf

Manual de Padres por Jenifer Simpson

http://www.amputee-coalition.org/spanish/inmotion/jul_aug_99/parent.pdf

VENTAJAS DEL CAMBIO

Su hijo tendrá la oportunidad de:

1. Experiencia de crecimiento personal con la exposición a un entorno estructurado fuera del hogar.
2. Tomar medidas hacia la independencia.
3. Observar y participar en situaciones sociales.
4. Practicar y dominar las habilidades aplicándolas a diferentes personas en diversos entornos.

**Podemos ayudar con la
transición a la pre-escuela**

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Law Office of Alexis Lynch
Dave Lawler
Janet Lecuyer
Norma Leiva
Roxana Leiva
Cindy Lembo-Somma
Heidi Lenny
Nancy Leonard
Stephen and
Suzanna Levandowski
Nadine Lewis
Ann and Joe Lindberg
Karin Link

Jeanne Lipson
Joanne Liss
Lindsay Loose
Al Lustig
Alexis Lynch
Michael and Vicki Lynch
Rosalinda Lynch
Paige MacDonell
Mark Machado
Kristen Machamer
Elysa Marco
Brandon Mark
Louise Martin
Mary's Pizza Shack
Kristen Matsik
Beverly McArthur
Karmen McArthur
Jan McCarty
Coleman McDonough
Karen McGinn
Aileen McGoldrick
Shirley McKinley
Ann Mechanic
Dot Melin
Jen Mendes
Shelly Meny
Janelle Meyer
Nana Meyer
Kathryn Milbank
Cindy Miller
Janet Miller and Dan Barbee
Marie Mintz
Angelika Mitchell
Sam Mogannam
Sean Mohn
Deborah Mok
Karen and Corinne Molinet
Melissa Monterrosa
Kay Moore
Teresa Moore
Kelley Morgan
Stacey Mortenson
Sandra Mott
Kathryn Mueller
Theodore Mueller
Gina Muelrath
Julie Mulheron
Elizabeth Murphy
Erin Murphy
Kathleen Murphy
William Murphy
Elizabeth Murray
David Myles and
Marla Ingham
Brian Nadeau
Christian Naventi
Eric Nelsen
Oanh Nguyen
Dalia Nieto
Dorothy and Allen Nirenstein
Kathleen Anne Nishimoto
Wyatt Nordberg
Rachel Norman
North Bay Corvette Association
Sarah Nossaman
Ann Nott

Kevin O'Brien
Peter Ockner
Abby O'Flaherty
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Judith Oken
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OSS/iGive
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Rae Paulson
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Susan Pearlstine
Jeffery Pemberton
Hilary Pierce
Sherri Pietanza
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Patrick Pisenti
Suzanne Pitcavage
Laurie Pitman
Lisa Podwojski-Boyet
Lisa Poncia
Padmaja Pradhan
Maura Prendiville
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Jeannette Potts-Riess
Jackson Rigger
Jane Rittler
Jose Rocha Jr
Janet Rodriguez
Karla Rodriguez
Dana Rogers
Karen Rokosz
Ronnie Rollins
Melissa Romandy
Lydia Rosenbaum
Allison and Andrew Ross
Lily Rossman
Rotary Club of Petaluma
Susan Rotella
Eric and Samantha Rubey
Amy Ryan
Kelley and Steve Ryan
Ken Ryan
Kristine and David Ryan
Thomas Ryan
Amy Sabourin
Debra Sacco

Ruthanne Salido
Becky Sani
June Sargent
Diana Schaefer
Stephen Schmid and
Therese Moran
Michele Schott
Meg Schultz
Carmen Sebastian
Jenny Seeger
Debra and Gary Serrino
Peggy Sharyon
Lauren Shaw
George Shoopman
The Shooter Co.
Karen Short
Silveira GMC
Marcia and Michael Skall
Randy and Shelley Skinner
Gayle Slade
Anne Slater
Barbara Smith
Emily Smith
Colleen Snow
Dominique Soileau and
Kevin McPherson
Alfred Solis
Richard Soriano
Tina Southard
Tim and Pamela Sowerby
Nancy Spallino
Sharon Speck
Kimberly Starke
Jonathan Steaub
A. William Stein
Adam Stein
Dana Stenmark
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Eileen Smith
Mary Stewart
Samantha Stewart
Lindsay Stowe
Ben Sturtevant
Jeff Sullivan
Jennifer Sullivan
Carol Sweeney
Hanna Sweet
Angela Tantarelli
Jeff Tarran
Pamela Tarver
Bridget Tarzwell
Kayte Taylor
Liz Theiss
Debora Ann Thompson TTEE
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David Tishler and
Barbara Sweetser Tishler
Jody Tobin
Robin and Garrett Toy
Robin Trimmer
Gabriela Turcios

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Claire Tyler
Cecilia Underwood
Dede and Geoffrey Underwood
Veronica Valero
Nancy Van Burgel
Ted Van Midde III
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Peggy Weber
Nicole and Matthew Wehr
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Gail West
David and Tona Wheeler
Joe Whelan
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Jennie Willens
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Julie Wilson
Barbara Wing
Zed Wish
Wonder Soil
Ashley and Tim Wood
Dennis Wright
Jeanne Wright
Denise Yates
Sheri Yu
Dina Zagari
Kathleen Zajic
Jeremiah Zajonc
Joey and Liz Zwilling
In-Kind
Tony Adessa
Kristie Anderson and
Jonathan Clarke
Costco Wholesale
Alyssa DiFilippo and John Larmer
Eagle Distributing Company
Joanne, Mike, and Lauren Ferris
Jon Gonzales Stringband
Sally and Roger Kirk
Nancy La
Lagunitas Brewing Company
O Happy Dagger
Jenny and Jim Mates
Dorothy McGuire
Panera Bread
Sarah and Russ Ponsford
Raley's
Ross Dress for Less
Santa Rosa Marathon
Dominique Soileau and
Kevin McPherson
Sandi and Dale Strang
Nora and Buddy Thompson
Vardo

Make An Impact

THANK YOU TO OUR COMMUNITY PARTNERS WHO MAKE THIS POSSIBLE!

Matrix Partnerships Build Community



Warm ups



Huddle up



We did it

Matrix Milers

Our Milers' and Mighty Milers' fundraising teams trained for the last three months and have just successfully completed The Santa Rosa Marathon. We have a team of amazing people who collectively raised over \$20,000 which will all go directly to Matrix Parent Network. We are beyond grateful for these wonderful individuals. It was so exciting to cheer for them as they crossed the finish line!

Partnership with The Santa Rosa Marathon

Matrix would like to thank The Santa Rosa Marathon for their ongoing support and commitment to making an impact in our special needs community. Matrix is an official charity partner of The Santa Rosa Marathon, and as a result, we have had the opportunity to create some wonderful programs, fundraise thousands of dollars, and establish even more partnerships within our community.



Matrix Mighty Milers

HERE ARE A FEW WORDS FROM THE SANTA ROSA MARATHON RACE DIRECTOR, ORHAN SARABI:

"The Santa Rosa Marathon was started by two local people in Santa Rosa with the intent to stage a 1st class running event. A wonderful byproduct of this event is the ability to work with local volunteer groups who help us produce the event, and for us to be able to support and fundraise in a way that has a direct impact on so many people. Knowing that our efforts help create change for so many families of kids with disabilities makes this work very rewarding and meaningful!"

Orhan Sarabi, The Santa Rosa Marathon

HERE IS WHAT THIS PROGRAM HAS MEANT TO ONE FAMILY:

"Mighty Milers has given Ella a place to push herself to new limits and at the same time feel good about where she is today. She can put in full effort and reach new goals, or she can have a hard day where it is all too much. Either way, she feels accepted and understood. High expectations for her extra challenges is what I hope for Ella. Mighty Milers offers both. It has given our family a place to feel community and experience being a part of a team. This program has moved Ella from sitting with a screen, to being out on trails. Today she told me she loves being active."

Sarah Ponsford, Parent



Ayla selling raffle tickets for bicycle



Make an Impact

STRONG PARTNERSHIPS BUILD STRONG COMMUNITY

Matrix Milers and Mighty Milers 2017



"I saw that you were perfect, and so I loved you. Then I saw that you were not perfect, and so I loved you even more." ~ author unknown

ONE FAMILY'S STORY OF SUPPORT AND PARTNERSHIP:

When AJ was born, all I saw was perfection. The baby we waited seven long years for. The baby we endured years of fertility treatments for. The baby we so eagerly awaited with a huge family, equally as excited as us, ready to welcome him home.

The doctors in the delivery room, however, did not see perfection. They emphasized his malformations and "defects". They suggested further testing and evaluations. We got our diagnosis of Cornelia de Lange Syndrome when he was three weeks old. *I thought our world was going to end, but like most parents will tell you, it was only just beginning.*

To research any rare syndrome or disability will bring you face to face with a mortality that you would rather not acknowledge. I reached out to anyone I thought would care, anyone who could give me hope. *Thankfully, I found Matrix. They became a hopeful beacon in an otherwise very scary new world.*

While I was at home, learning ways to help our child with disabilities, my husband and I were also busy building our construction company. The pressure was almost too much, but with the resources at Matrix, I was able to start making sense of all the programs, options, therapies, schools, and resources available to help.

It cannot go without saying that the reason that Matrix is such an amazing resource is the people working there, tirelessly, many of whom have their own children with special needs at home.

We have had many blessings in our lives, but none comparable to what AJ has given us. Patience, appreciation, compassion, and empathy have grown to new levels since AJ has been a part of our family.

Matrix has served as an invaluable resource for us. It has also been an organization that we have found ourselves in a unique position to support. As a local business owner, the values of Matrix align with our own values, and we're so grateful for the opportunity to give back to them after all they have given to us.

Melissa Staggs, Parent

Left to right: Ella, Lucas, MarcAndre, Bella, Alia, Tyler, Simi, Kaden, and Ayla

THANK YOU TO OUR FRIENDS AT BERNSTEIN ORTHODONTICS AND HRC (HEALDSBURG RUNNING COMPANY)

We appreciate your commitment to making change in our community and the opportunity to partner with you!



We would like to thank **Bernstein Orthodontics** for supporting our 2017 Mighty Milers team by providing shirts and water bottles for the kids. Bernstein also ran a social media campaign in August to raise money for Matrix.

www.bernsteinbraces.com



Our friends at **Healdsburg Running Company** hosted a run for our Mighty Milers and a celebration for our kids after their run. They also hosted a run for our Milers team and generously donated a pair of running shoes to our top Milers' fundraiser of the month.

www.healdsburgrunningcompany.com



Make An Impact

FROM OUR COMMUNITY PARTNERS, TO OUR VOLUNTEERS AND PARTICIPANTS:

We are so grateful to all who participated in our Matrix Classic golf tournament. We had 120 golfers golfing for Matrix, the most we have ever had at our tournament. The weather was perfect, and the golfers had a blast.

A SPECIAL THANK YOU TO OUR TOURNAMENT PLANNING COMMITTEE:

We appreciate all of their hard work leading up to the tournament, and the day of. We could not have made this such a wonderful event without our volunteers.



Keep an eye out for Save the Dates and sponsorship information for next year.

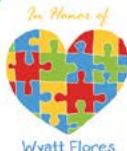
The Matrix Classic 2018 will be held at Windsor Golf Course on April 27, 2018!



Matrix Classic

charity golf tournament

Thank you to our community partners!



Matrix News

NEW FACES AT MATRIX



Virginia Thibeaux, Office Manager

Matrix welcomes Virginia Thibeaux as our new office manager. Virginia has been working in the mortgage industry as an office manager and a loan coordinator. She previously worked at Matrix in the Family Partnership program and also as the coordinator of the Parent to Parent program. Virginia told us that “the most important thing about being here is that this is a parent-run organization with heart, and that makes a huge difference for the families we serve.”

ALGUNAS REFLEXIONES DE LA DIRECTORA EJECUTIVA...

Celebrando Cambios Grandes y Pequeños



¿Qué tipo de persona es usted? ¿Es alguien que ve con impaciencia los cambios como oportunidades maravillosas, posibilidades de nuevas aventuras que sacuden el estado de conciencia? ¿Le encanta ver lo que está más allá del horizonte y crecer aburrido o descontento cuando las cosas se vuelven demasiado rutinarias? O se siente incómodo e intimidado cuando cosas desconocidas empiezan a suceder. ¿Está más a gusto cuando las cosas son predecibles y sabe qué pasará porque sucedió antes?

Cuando usted es el padre del niño con necesidades especiales, la predictibilidad y la consistencia no es la norma. Tenemos tantas preguntas sobre qué hacer para ayudar a nuestros hijos. Los sistemas en los que contamos son numerosos y complejos, cada uno de los cuales tienen sus propias reglas e idiomas. Parece que estamos siempre tratando de encontrar nuestro camino en territorio muy desconocido. ¿Cómo en el mundo alguien puede celebrar el cambio cuando los cambios crean tal caos?

TAL VEZ ES HORA DE MIRAR PEQUEÑOS CAMBIOS POSITIVOS QUE SU FAMILIA HA HECHO.

Está leyendo este mensaje, por lo que significa que ha conectado de alguna manera con una red de padres con preocupaciones similares, *por lo que no está tan solo como pensaba*, ese es un cambio pequeño y positivo.

¿Ha descubierto algunas estrategias para pasar el verano sin escuela y esperar hasta que comience la escuela? *Ese fue probablemente un cambio en las rutinas y los horarios, otro cambio positivo.*

¿Ha desarrollado sus habilidades de abogacía y se siente más preparado para hablar en nombre de su hijo? ¿Ese es un gran cambio para muchos de nosotros!

¿Ha descubierto, independientemente de los retos que se le lanzan a diario, usted y su familia todavía va a sobrevivir y prosperar?

Todos seguirán *avanzando, lucharán valientemente cuando sea necesario y mostrarán al mundo que incluso cuando las cosas son difíciles e impredecibles, usted y su familia todavía están de pie.* Ese es el mayor y mejor cambio de todos.

Nora Thompson,
Directora Ejecutiva

KUDOS TO OUR MIGHTY MILERS AND MILERS TEAMS!

Special thanks to **Kristie Anderson**, our Development Director, and to our **Matrix Board Members** who went above and beyond to raise money for Matrix.



Kristie Anderson, Matrix Development Director, with her children Ayla and Kaden



Summer, Ella, Hannah, and Sarah Ponsford



Kevin McPherson and Jenny March, two of our medal winners



Coleman, Kevin with his children in stroller, Sarah, and Julie



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New Matrix Trainings and Events

TRAININGS FOR FAMILIES*

IEP Basics

- August 28, Santa Rosa, Español
- August 30, Novato, Español
- September 8, Novato, English
- September 14, Suisun City, Español
- September 19, Vacaville, English
- September 22, Santa Rosa, English

Advocating for Your Child with Special Needs

- September 25, Santa Rosa, Español
- September 27, Novato, Español
- October 3, Vacaville, English
- October 6, Santa Rosa, English
- October 12, Suisun City, Español
- October 13, Novato, English

Conservatorship

- September 28, Novato, English
- October 5, Santa Rosa, English

Q&A with Special Education Attorneys

- October 11, Novato, English



*All trainings are held from 10 am — 12 pm *unless noted on our website*. Check our [Training Page](#) for updates and details.
<http://www.matrixparents.org/calendar/calendar-matrix-events/>

NETWORKER

Celebrating Changes • Fall 2017

Our mission: To empower families of children with special needs to successfully understand and access the systems that serve them.

Nuestra misión: Capacitar a las familias de niños con necesidades especiales para entender y acceder a los sistemas que los sirven.

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If you would like to reprint an article: Please credit Matrix Parent Network & Resource Center as your source of information. This includes articles which we have adapted from other sources.

If you have any questions regarding our policy, please contact us at 800.578.2592 or email us at info@matrixparents.org.



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