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Empowering families of children with special needs since 1983
 Capacitar a las familias de niños con necesidades especiales desde 1983

Helpline 800.578.2592

June 2019 Express

Transitioning into the Future



New Possibilities

This summer we welcome a new Interim Executive Director, Beth Schecter. Here's a message from Beth.

Transitions often open the doors to new horizons. As your Interim Executive Director, I am working with the Matrix board and staff during this time of change. We are preparing for the future when a new Executive Director will be hired.

Although change sometimes feels unfamiliar, the challenges it brings are often inspiring. I have led many nonprofits through transitions and helped them to successfully manage change. It is a pleasure to work with the Matrix board and staff. Together, we are creating opportunities for a new beginning for Matrix.

There is a lot to look forward to. I am excited about the future we will achieve as a dedicated board and staff. In the meantime, we remain committed to our Matrix community. You can count on Matrix for the high quality services you have come to expect from us. We are here for you!

Time to Pause and Reflect



[En Español](#)

Upcoming Events
Mighty Milers Meeting
Tuesday June 25



[Santa Rosa Marathon](#) returns and **Matrix Mighty Milers start training soon!**

Information meeting:
Tuesday, June 25, 5:30 pm
 Howarth Park, Santa Rosa
Meet the Coach
Sign all paperwork
See the environment

[REGISTER NOW!](#)
[¡REGÍSTRATE AHORA!](#)



THANK YOU!

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Let's take a moment, hit the pause button, and reflect back on Nora Thompson and her time at Matrix Parent Network and Resource Center.

Over the past 29 years, Nora has seen to it that both she and the organization function like Matrix's namesake, collaborating with other people and agencies to form a network that addresses the needs of families of children with special needs.

All of us who have worked with Nora will miss her humor and steady stream of inspiring ideas. A highlight of our days in the office was lunchtime around the kitchen table, sharing both the funny and the poignant stories of our lives.

Here are a few of Nora's many accomplishments:

- **1997** – won the North Bay Early Intervention Leadership Award
- **1998** – became a Technical Assistance Coordinator creating and presenting training modules on several key topics
- **2003** – became the Executive Director for Matrix
- **2008** – received the State Interagency Coordinating Council's Parent Leadership Award
- **2013** – co-founded the National Center for Parent Leadership, Advocacy, and Community Engagement (National PLACE)

In Nora's words, "Matrix has always recognized the power of peer support—folks with similar stories being able to assist each other. The families I have worked with along the way have been my teachers also."

We are grateful to Nora for her outstanding and inspirational work with Matrix families over the years. She is missed and we wish her a happy retirement.

Be Present



Matrix Classic Charity Golf Tournament brought in **over \$44,000 in gross proceeds!** We couldn't have accomplished so much without [our amazing sponsors](#), volunteers, and golfers. Thank you to all who attended. **Your support makes our community stronger!**

HAPPY FATHERS' DAY!



[Read inspiring quotes in our Wisdom of the Dads issue.](#)

We appreciate all of our Dads and their many contributions to the Matrix Community.

Matrix Trainings



Confused? Frightened? Feeling like no one else understands what you are going through? [Click here to read more](#)



School is out. Time to breathe a sigh of relief.

As parents of children with disabilities, we experience intense stress. This can complicate our lives and overwhelm us to the point of exhaustion and beyond.

Now is as good a time as any to review self-care strategies we could all use to keep our sanity. **After all, we're of no use to anyone – especially our kids – if we allow our stress to control our lives.**

Check out these links for stress relieving and relaxation techniques.

- [Stress Management for Parents of Special Needs Children](#), by Ann Logsdon, www.verywellfamily.com.
- [20 Things Every Parent of Kids with Special Needs Should Hear](#), by Dr. Darla Clayton, PsyD., on the www.abilities.com website

Take some time out to just be present with your young one. **Remember, the bond you develop with your children will last a lifetime.** Let some down time be a part of that bond. Enjoy your summer!

Upcoming Matrix Trainings, Workshops, and Events

TRAININGS

The Fall 2019 trainings below will be posted soon. Please check our website periodically.



- Advocating for Your Child with Special Needs
- IEP Basics
- The IEP Form: One Page at a Time
- Understanding Assessments

Join Our Monthly Giving Program



Your \$20 a month provides **support to 12 families a year.** [Click here to join.](#)

Community Events



[July 13th 2019 Garden Tea Party](#) presented by United Cerebral Palsy of the North Bay.

Tools to Use

- [Getting Organized Early Years](#)
- [Getting Organized Schoolage](#)
- [IFSP](#)
- [Advocating for Your Child with Special Needs](#)

Additional Resources

- [Information by topic](#)
- [Matrix Newsletters](#)

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regardless of where you live.

- [Matrix Library \(in our office\)](#)

NEW EVENTS: The Mighty Milers 5k race is back



Information meeting Tuesday, June 25

Race Day Saturday, August 24

Weekly Practices Thursdays 5:30 pm

Howarth Park, Santa Rosa July 11 – August 22 (six weeks)

DONATE TO SUPPORT
Our youngest superheroes!



The Matrix Mighty Milers is an inclusive summer running program for kids of all ages and abilities. They will train weekly for The Santa Rosa Marathon 5K.

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RECENT EVENTS: April 26, 2019
Matrix Classic Charity Golf Tournament

We are grateful to our sponsors, our volunteers, and all who came to share the day with us. **A BIG thank you to Kristie Anderson, our Development Director. Your hard work and dedication made this a huge success!**

- **OVER \$44,000 IN GROSS PROCEEDS**
- **120 Golfers came to play**
- **225 people came for dinner**

Connect Online!
[Like us on FaceBook](#)



Facebook

Check out our 3
FaceBook Support
Groups!

- [Marin](#)
- [Solano/Napa](#)
- [Sonoma](#)



¿Confuso? ¿Asustado? Sintiendo que nadie más entiende lo que está pasando? Haga clic aquí para leer más sobre P2P. ¿Es usted el padre de un niño que tiene necesidades especiales? ¿Le gustaría conectarse con otro padre que sabe lo que está pasando en este viaje? [Haga clic aquí para leer más.](#)

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Thank you to our 2019 Hole Sponsors!

Cowtown Creations

Starting From Scratch

Sikes Asphalt

En Español

Transición hacia el Futuro



Nuevas Posibilidades

Este verano le damos la bienvenida a una nueva Directora Ejecutiva Interina en Matrix Parent Network and Resource Center, Beth L. Schecter. Aquí un mensaje de nuestra Directora Ejecutiva Interina.

Las transiciones a menudo abren las puertas a nuevos horizontes. Como su Directora Ejecutiva Interina, estoy trabajando con la junta y el personal de Matrix durante

Aunque el cambio a veces no es familiar, los desafíos que trae a menudo son inspiradores. He conducido a muchas organizaciones sin fines de lucro a través de las transiciones y las he ayudado a gestionar con éxito el cambio. Es un placer trabajar con la junta y el personal de Matrix. Juntos, estamos creando oportunidades para un nuevo comienzo para Matrix.

Hay mucho que esperar. Estoy entusiasmada sobre el futuro que lograremos como un comité y personal dedicados. Mientras tanto, seguimos comprometidos con nuestra comunidad de Matrix. Puede contar con los servicios de alta calidad de Matrix que usted a venido esperando de nosotros. ¡Estamos aquí para usted!

Tiempo para hacer una Pausa y Reflexionar

Tomemos un momento, presionemos el botón de pausa y reflexionemos sobre Nora Thompson y el tiempo que estuvo en Matrix Parent Network and Resource Center.

Durante los últimos 29 años, Nora se ha preocupado de que tanto ella como la organización funcionen como la del mismo nombre de Matrix, colaborando con otras personas y agencias para formar una red que aborde las necesidades de las familias de niños con necesidades especiales.

Todos los que hemos trabajado con Nora extrañaremos su humor y su flujo constante de ideas inspiradoras. Lo más destacado de nuestros días en la oficina fue la hora del almuerzo alrededor de la mesa de la cocina, compartiendo las historias graciosas y conmovedoras de nuestras vidas.

Aquí están algunos de los muchos logros de Nora:

- **1997** – ganó el Premio de Liderazgo de Intervención Temprana de North Bay
- **1998** – se convirtió en Coordinadora de Asistencia Técnica creando y presentando módulos de capacitación sobre varios temas clave
- **2003** – se convirtió en la Directora Ejecutiva de Matrix
- **2008** – recibió el Premio al Liderazgo de Padres del Consejo de Coordinación Interinstitucional Estatal
- **2013** – cofundadora del Centro Nacional para el Liderazgo, la Promoción y la Participación Comunitaria de los Padres (PLACE Nacional)

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historias similares que pueden ayudarse mutuamente. Las familias con las que he trabajado en el camino también han sido mis maestras".

Agradecemos a Nora su trabajo sobresaliente e inspirador con las familias de Matrix a lo largo de los años. La extrañamos y le deseamos una feliz jubilación.

Estar Presente

Se acabo la escuela. Es hora de respirar un suspiro de alivio.

Como padres de niños con discapacidades, experimentamos estrés intenso. Esto puede complicar nuestras vidas y abrumarnos hasta el punto de agotamiento y más allá.

Eche un vistazo a estos enlaces para conocer las técnicas de relajación y alivio del estrés (solo en Ingles).

- [Stress Management for Parents of Special Needs Children](#), by Ann Logsdon, www.verywellfamily.com.
- [20 Things Every Parent of Kids with Special Needs Should Hear](#), by Dr. Darla Clayton, PsyD., on the www.abilities.com website

Tómese un tiempo para estar presente con su hijo. Recuerde, el vínculo que desarrolle con sus hijos durará.



¡Ven a la reunión informativa del 25 de Junio!

Martes 25 de junio a las 5:30 pm
Howarth Park, Santa Rosa

**Conoce al entrenador.
Firmar todos los papeles.
Ver el medio ambiente.**

Día de la carrera el sábado 24 de agosto!

Prácticas semanales Jueves 5:30 pm
Howarth Park, Santa Rosa
11 de julio - 22 de agosto (seis semanas)

LOS ENTRENAMIENTOS

De Otoño de 2019 a continuación se publicarán pronto. Por favor, visite nuestro sitio web periódicamente.

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- Abogando por su Estudiante con Necesidades Especiales
- Fundamentos Básicos del IEP
- El Formulario del IEP: Una Página a la Vez
- Entendiendo las Evaluaciones

Los entrenamientos se llevan a cabo en inglés y español en varios lugares. Estás invitado a asistir a todos y cada uno de los entrenamientos, independientemente de donde vivas.



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