



Raising Special Kids

Families Helping Families

A Healthy Dose of Fun

Participating in recreational activities to improve health

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Connecting
Summer 2017



Staff Spotlight

Zarai Hernandez *Bilingual Family Support Specialist*



Zarai Hernandez is the newest addition to the team at Raising Special Kids. One of the first things you notice about Zarai, besides her bright red glasses, is her welcoming smile. Zarai is somehow able to convey that smile through the telephone line to every call she answers at Raising Special Kids.



Zarai, Noah, Sophia and Samuel

The sincerity of Zarai’s smile, whether you see it in person or hear it on the phone, stems from the empathy she has for the challenges faced by parents of children with disabilities.

Zarai, like everyone at Raising Special Kids, has her own experiences with disabilities to draw from. She grew up with a sister who has autism and worked in the disability field for several years, most recently as a program administrator for a day treatment program.

Two years ago, Zarai’s son, Noah, was born prematurely and spent time in the NICU while his lungs continued to develop. Not long after being discharged, Noah was readmitted to the hospital. Shortly after that, a nasogastric feeding tube was needed and his parents were instructed to thicken any liquids given to Noah to help him avoid aspirating fluids into his lungs.

It became apparent that Noah’s development was somewhat delayed. After receiving help from Raising Special Kids to understand the Arizona Early Intervention Program application and the eligibility process, Zarai was able to get PT, OT and SPT services for Noah.

When the couple’s daughter, Sophia, was born earlier than expected, Zarai knew how to get her the supports she needed.

Raising Special Kids is proud to welcome Zarai to the team. She is a veteran parent who looks forward to assisting families and helping them become effective advocates for their children.

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Parent to Parent support is the heart of Raising Special Kids. Information about local services, educational programs, advocacy, or special health care needs is available in English, Spanish and other languages. Services are provided at no charge to families in Arizona. Raising Special Kids is a 501(c)(3) non-profit organization.

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A Healthy Dose of Fun

Participating in Recreational Activities to Improve Health

Participating in recreational activities is one way to improve your health. Promoting healthy living is particularly important for millions of people with disabilities in the U.S. According to the U.S. Department of Health and Human Services, compared to people without disabilities, fewer people with disabilities report their health to be excellent or good (28.4 percent versus 61.4 percent)

Not too long ago, people with disabilities had limited opportunities for recreational activities. Since the passage of the Americans with Disabilities Act in 1990, improvements like wheelchair ramps and lifts for pools are easing accessibility to recreational facilities for people with physical disabilities. In addition, societal attitudes are becoming more inclusive.

For several years, Anthony Castle (*cover photo*) thought he would like to hike the Grand Canyon. He just had to figure out how to do it with his wheelchair. His mother, Jill, enlisted the aid of Daring Adventures, a nonprofit organization committed to improving the lives of individuals with disabilities and significant life challenges through the power of outdoor recreation. With the

Bright Angel Trail all the way to the Colorado River and back in the spring of 2014. Anthony's journey with his team was the subject of the documentary film *Carry On: Finding Hope in the Canyon*, which won Best Arizona Feature at the 2016 Phoenix Film Festival. You can read more about their experience at Jill's blog, *Lessons From the Trail*, at <http://anthonydsdaringadventure.blogspot.com/2014/05/>.

When it comes to recreation, the choices are unlimited. For high-flying fun, several nonprofit organizations teach people with disabilities how to fly specially equipped airplanes. For kids with disabilities who are interested in flying but who aren't yet ready to sign up for lessons, Sky Kids provides an opportunity to fly in a general aviation aircraft with an expert pilot along with a parent or friend to experience the wonders and enjoyment of flight.

For some people, traveling to



Rodolfo Martinez with his pilot at April 2017 Sky Kids event

All® may help ease the experience. Wings for Autism®/Wings for All® are airport "rehearsals" specially designed for individuals with autism spectrum disorders and individuals with intellectual or developmental disabilities. The programs are designed to alleviate the stress that families who have a child with autism or intellectual or developmental disabilities experience when flying.

If you prefer more grounded fun, maybe gardening, arts and crafts, playing a musical instrument,



Carrie Raabe at Camp Civitan

dancing or camping are for you. At least twice a year, Carrie Raabe of Flagstaff, heads to camp Civitan, a 15-acre wheelchair accessible facility for children and adults with developmental disabilities in Williams. Camp Civitan

According to the U.S. Department of Health and Human Services, compared to people without disabilities, fewer people with disabilities report their health to be excellent or good (28.4% versus 61.4%).

help of specially adapted hiking equipment and the well-trained and coordinated effort of a group of volunteers, Anthony hiked

their recreational destination can be an obstacle. When commercial air travel is a challenge, programs like Wings for Autism®/Wings for

offers weeklong camp sessions throughout the summer, and weekend adventures once a month during the rest of the year. When asked what keeps her going back, Carrie said, “I love going because I enjoy being with friends and getting away from work.”

This summer, 11-year old Jake Lipovitch attended sleep away camp for the first time. His adventure took place at the 88-acre Lions Camp Tatiyee in Pinetop-Lakeside where campers have the opportunity to participate in a wide array of programs including hiking, fishing, swimming, archery, nature exploration, cooking and campfires. Describing what it was like to leave him, Jake’s mom Michele admitted, “It was nerve-wracking to walk away. I was uneasy thinking about how he was going to do. The well-organized counselors reassured



Jake Lipovitch at Lions Camp Tatiyee

me that he would be fine. And, it turns out; all my concerns were for naught! He participated in everything and they kept him super busy. When I picked him up at the end of the week, he was laughing and laughing. He wishes he could go back already.”

For Sophie Stern, who enjoys participating in Special Olympic sports throughout the year, her true passion is drama and dance. Sophie has been a member of

several productions of the Detour Company Theater, an organization committed to making a journey in the arts possible for all by creating authentic, accessible theatre opportunities for and with adults with disabilities. Sophie, with some assistance from her mom Amy Silverman, helped her middle school make some changes to benefit the students at her school who share her passion for drama. After many discussions with Sophie and her mom, an additional drama class was added to one previously offered only to students in the school’s gifted program. Last spring, Sophie joined fellow eighth grade drama enthusiasts

in the role of Hermia in the school’s production of “A Midsummer Night’s Dream.”

For everyone beginning new recreational activities, special equipment, tools, and training can make all the difference in performing optimally, gaining health benefits and having fun. Here are just a few examples of assistive

equipment:

- Stand Up and Play golf units
- Adaptive grips on paint brushes
- Vibrating amplification systems for musicians who are deaf
- Garden shears that are specifically designed for people with limited hand flexibility
- Flotation devices for swimmers with lower-limb amputations
- Adjustable-height hoops for



Sophie Stern as Hermia

wheelchair basketball players

- Fully adapted and accessible playground equipment

Many state and local governments offer programs that help people with disabilities obtain and pay for assistive equipment. To learn more about these programs, visit <http://www.disability.gov> and enter “assistive technology” in the website’s search program.

For sports training, organizations like Special Olympics and city therapeutic recreation programs may provide guidance. For more personalized training, organizations like Ability360 Sports and Fitness Center may provide the additional expertise for fine-tuning your skill.

To choose your ideal activities, make a list of what interests and excites you most. Consider that you might not experience the greatest enjoyment and health benefits of new recreational pursuits for several weeks or months. If you choose activities that are personally meaningful and engaging, you will naturally stick with them long enough to reap their full rewards.

Some AZ Recreation Resources to Get You Started

This list is not meant to be comprehensive and is provided as a reference only. Inclusion on the list does not indicate endorsement or recommendation by Raising Special Kids. List entries in bold have been referenced in the article.

▪ A ▪

Ability360 Sports & Fitness Center <http://ability360.org/sports>

Accessing Arizona <http://www.accessingarizona.com/>

ARCH <https://archaz.org/>

Arizona Accessible Playground Directory (searchable) <http://www.accessibleplayground.net/playground-directory/?cn-s=&cn-cat=17>

Arizona Disabled Sports <http://www.arizonadisabledsports.com/>

Arizona Sunshine League <http://sunshineleague.webs.com/>

Asthma Athletics - <http://asthmaathletics.com/>

AYSO VIP Programs – http://www.ayso.org/For_Families/AYSO_Soccer_Programs/VIP.htm#.WYNuEogrKUI

▪ C ▪

Camp Civitan <http://www.civitanfoundationaz.com/camp-civitan/about-camp-civitan/>

Casa Grande Adaptive Recreation <http://www.casagrandeaz.gov/rec/recreation/adaptive-recreation/>

Chandler Therapeutic Recreation <http://www.chandleraz.gov/default.aspx?pageid=187>

▪ D ▪

Daring Adventures <http://www.daring-adventures.org/>

Detour Company Theatre <https://www.detourcompany-theatre.org/>

▪ E ▪

Edith Ball Adaptive Recreation Center Tucson <https://www.tucsonaz.gov/parks/arc>

▪ F ▪

Foundation for Blind Children Adaptive Recreation SHARP Program <https://seeitourway.org/programs/sharp/>

▪ G ▪

Gilbert Adaptive Recreation <https://www.gilbertaz.gov/departments/parks-and-recreation/special-needs-programs>

Glendale Adaptive Programs <http://www.glendaleaz.com/parksandrecreation/adaptive.cfm>

▪ L ▪

Lions Camp Tatiyee <http://www.arizonalionscamp.org>

▪ M ▪

Mesa Adaptive Leisure <http://www.mesaaz.gov/things-to-do/parks-recreation-commercial-facilities/sports-programs/adaptive-leisure>

Miracle League of Arizona <http://mlaz.org/>

▪ N ▪

National Parks and Federal Recreational Lands Pass https://www.nps.gov/planyourvisit/passes.htm#CP_JUMP_5088581

▪ P ▪

Peaceful Warrior Martial Arts & Healing Center <https://peacefulwarriorphx.com/adhd-program.html>

Peoria Adaptive Recreation Program <https://www.peoriaaz.gov/newsecondary.aspx?id=1719>

Phoenix Adaptive Recreation <https://www.phoenix.gov/parks/adaptive-recreation>

PONY Baseball Champions League <http://www.pony.org/Default.aspx?tabid=1025893>

▪ S ▪

Scottsdale Adaptive Services <http://www.scottsdaleaz.gov/social-services/adaptive-services>

Sky Kids <http://www.skykidsaz.org/>

Special Olympics Arizona <http://www.specialolympicsarizona.org/>

Surprise Adaptive Recreation <https://www.surpriseaz.gov/1459/Adaptive-Recreation>

▪ T ▪

Tempe Adapted Recreation <http://www.tempe.gov/city-hall/community-services/classes-leagues/adapted-recreation>

Tucson Challenger Little League - <http://www.eteamz.com/tucsonchallengerlittleleague1/>

Tucson Therapeutic Recreation <https://www.tucsonaz.gov/parks/therapeutics>

▪ W ▪

We Rock the Spectrum <http://werockthespectrumscottsdale.com/>

Wings for Autism/Wings for All <https://www.thearc.org/wingsforautism>

▪ Y ▪

Yuma Instructional and Adaptive Recreation <http://www.yumaaz.gov/parks-and-recreation/index.html>

The Importance of Adapted Physical Education in Schools

Students learn, practice, and master skills that will allow them to be physically active for a lifetime

The President’s Council on Fitness, Sports and Nutrition reported that physical activity is 4.5 times lower for children and youth with disabilities compared to their peers without disabilities. The purpose of physical education is for students to learn, practice, and master skills that will allow them to be physically active for a lifetime. While PE has the same purpose, adapted physical education curricula allow students to work on a more individualized curriculum that focuses on each student’s strengths, needs and interests.

The Individuals with Disabilities Education Act requires that PE services, specially designed if necessary, must be made available to every child with a disability receiving free public education. In accordance with the law, the term “physical education” includes special education, APE, movement education and motor development. IDEA states that if specially designed physical education is prescribed in a child’s individual education program, the public agency must be responsible for the child’s education by providing the necessary services directly or making arrangements for services to be provided through other public or private programs free of charge to the child and parents.



Maddie Kasten

Students who may not qualify to receive special education services, but still require disability-appropriate educational services may still be eligible. Section 504 of the Rehabilitation Act of 1973 requires that the public agency responsible for the child’s education provide students with disabilities-appropriate educational services designed to meet the individual’s needs. Under these requirements, a student with a Section 504 plan can qualify for APE services as well.

In today’s world, where the number of youth with disabilities is growing, it is important that these individuals be provided with the same quality educational experiences as their non-disabled

peers. Physical education services should be no different. APE provides youth with disabilities a means to master physical education goals. The individualized PE program allows students to move at their own pace, while in a PE setting that fits their individual needs. By modifying instructions and equipment, students with disabilities are able to achieve success while building strength, endurance, and skill levels that may keep them physically active for the rest of their lives.

RESOURCES:

Creating Equal Opportunities for Children and Youth with Disabilities to Participate in Physical Education and Extracurricular Athletics

<https://www2.ed.gov/policy/speced/guid/idea/equal-pe.pdf>

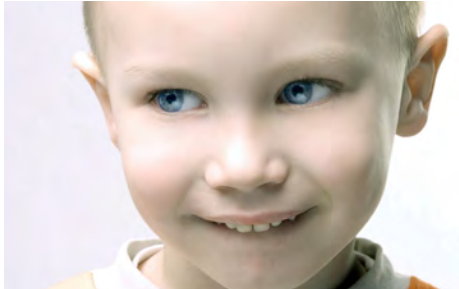
15 Adapted Physical Education National Standards

<http://www.apens.org/15standards.html>

Adapted from: <https://health.gov/paguidelines/blog/post/Adapted-Physical-Education.aspx>

Raising Special Kids Workshops & Training

Register online at www.raisingpecialkids.org or call 602-242-4366 | 800-237-3006



Early Childhood Education (Birth - Kindergarten)

Learn the basics of the Individualized Family Service Plan (IFSP) and how to make a smooth transition from early intervention services to preschool at age 3. Participants will learn about the process of evaluation, eligibility and of services provided through an Individualized Education Program (IEP) by your local public school district. The discussion will include the transition process from preschool to Kindergarten and skills parents can help with at home.



Positive Behavior Support

Learn how to reduce unwanted behavior and increase good behavior by using Positive Behavior Supports in your home and in the community. Understand the role you play in your child's behavior, and how to work with the school when behaviors get in the way of learning.



IEP Training

Have a better understanding of Special Education and the Individualized Education Program (IEP). The following topics will be discussed: the IEP document, the parent's role in the special education process, and how to prepare for, and be an effective participant at the meeting. You will learn who is a member of your child's IEP team, how to track your child's progress, and what to do if the team does not agree.



High School Transition

This workshop explains the IEP transition planning process which should begin for students no later than 16 years of age. Discover how to identify classes, activities and services that help prepare students with disabilities for higher education, vocational training, employment, and additional resources that help with planning for adult life.

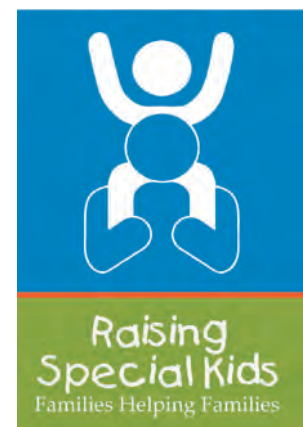


Turning 18 - Legal Options

Learn about the different legal options families should consider when their child becomes an adult at the age of 18. Become familiar with the steps of the guardianship process. Participants will learn how they can stay involved in decision-making with schools, doctors and other professionals.

These trainings and more are available statewide and at no cost for families. Please visit our website at www.raisingpecialkids.org for the most current schedule and locations or call 602-242-4366 or 800-237-3007.

To request a Raising Special Kids presentation for your school or organization, see <http://raisingpecialkids.org/trainingworkshop-request/> or call our office at 602-242-4366 or 800-237-3007 for more information.



Enfoque en el personal

Zarai Hernandez Especialista Bilingüe en Apoyo Familiar

Zarai Hernandez es la integrante más reciente del equipo de Raising Special Kids. Aparte de sus brillantes anteojos rojos, una de las cosas más notables de Zarai es su sonrisa de bienvenida. Zarai es capaz de transmitir esa sonrisa, de una forma u otra, por medio de las líneas telefónicas en cada llamada que responde en Raising Special Kids.

La sinceridad de la sonrisa de Zarai, bien sea en persona o por teléfono, emana de su comprensión sobre los retos que encaran los padres de niños con discapacidades.

Al igual que todos en Raising Special Kids, la inspiración de Zarai proviene de sus propias experiencias con discapacidades. Su hermana tiene autismo y Zarai trabajó en el campo de discapacidades por varios años, recientemente se desempeñó como administradora de un programa de tratamiento diurno.

Hace dos años, Noah, el hijo de

Zarai nació prematuro y estuvo en la unidad de cuidados intensivos neonatales (NICU) mientras sus pulmones continuaban desarrollándose. Poco después de haber sido dado de alta, Noah fue hospitalizado una vez más. Luego de esto, requirió una sonda nasogástrica y sus padres recibieron instrucciones acerca de cómo hacer más espeso cualquier líquido que se le diera, para prevenir su aspiración de líquidos a los pulmones.

Era obvio que el desarrollo de Noah estaba un poco retrasado. Luego de recibir ayuda de parte de Raising Special Kids sobre la solicitud y el proceso de calificación para el Programa de Intervención Temprana de Arizona (Arizona Early Intervention



Zarai, Noah, Sofia y Samuel

Program), Zarai y Samuel pudieron obtener servicios de PT, OT y SPT para Noah.

Cuando la hija de la pareja, Sofía, nació antes de tiempo, Zarai y Samuel ya sabían cómo obtener la ayuda que ella necesitaba.

Raising Special Kids le da con orgullosa la bienvenida a Zarai. Ella es una quien anhela la oportunidad de asistir y ayudar a las familias para que aboguen efectivamente por sus hijos.

Criando niños especiales talleres y entrenamientos

www.raisingpecialkids.org o llame al 800-237-3007



El Comportamiento Positivo

Aprenda cómo reducir el comportamiento no deseado y aumentar el buen comportamiento mediante apoyos de comportamiento positivo en casa y en la comunidad.



Entrenamiento del IEP

Aprenda sobre la educación especial y el propósito del Programa Educativo Individualizado (IEP).



Cumpliendo los 18 años - Opciones Legales

Aprenda sobre las diferentes opciones legales que las familias deben considerar cuando sus hijos se convierten en adultos a la edad de 18 años.

Éstos, y otros entrenamientos, están disponibles en todo el estado y sin costo para las familias. Por favor vea nuestra página de web para el horario y los lugares más actuales, www.raisingpecialkids.org, o llame al 800-237-3007.

Una dosis saludable de diversión

La participación en actividades recreativas para mejorar la salud

Aunque usted tenga o no alguna discapacidad, participar en actividades recreativas es una manera de mejorar su vida. De acuerdo con el Departamento de Salud y de Servicios Humanos de los Estados Unidos (Department of Health and Human Services), la promoción de una vida saludable es particularmente importante, para millones de personas que viven con discapacidades en los Estados Unidos.

No hace mucho tiempo, las personas con discapacidades tenían oportunidades limitadas para sus actividades recreativas. Desde que entró en vigor la Ley para Estadounidenses con Discapacidades en 1990, ha habido mejoras tales como rampas para silla de ruedas y ascensores acuáticos para albercas, lo que facilita el acceso a instalaciones recreativas para personas con discapacidades físicas. Además de esto, la actitud de la sociedad es de más inclusión.



Anthony Castle

Por muchos años, Anthony Castle deseaba hacer senderismo en el Gran Cañón. Solo tenía que

averiguar cómo hacerlo con su silla de ruedas. Jill, su mamá, reclutó la ayuda de Daring Adventures, una organización sin fines de lucro, dedicada a mejorar la calidad de vida de individuos con retos significativos en su vida, por medio de la fortaleza de las actividades recreativas en el medio ambiente. Con la ayuda de un equipo especialmente adaptado para practicar el senderismo, y un grupo de voluntarios muy capacitados, Anthony emprendió la caminata de ida y vuelta desde el Bright Angel Trail hasta el Río Colorado.

Varias organizaciones sin fines de lucro se ocupan de capacitar a personas con discapacidades a volar aviones especialmente equipados. Ski Kids provee la oportunidad de volar aeronaves de la aviación general al lado de un piloto experto y junto a uno de sus padres o un amigo para que disfrute de la maravillosa experiencia de pilotar un avión.

Cuando viajar en vuelos comerciales es un reto, programas tales como las Alas para el Autismo y Alas para Todos (Wings for Autism®/Wings for All®) puede que ayuden. Los programas Wings for Autism®/Wings for All® son “ensayos” especialmente diseñados para individuos con trastornos de espectro autista, y para individuos con discapacidades intelectuales y de desarrollo. Estos programas han sido diseñados para reducir el nivel de estrés que sienten las familias de niños con discapacidades cuando viajan.

A usted quizá le interese la jardinería, las artes y



Rodolfo Martínez con su piloto en abril 2017 Sky Kids evento

manualidades, tocar algún instrumento musical, bailar, o acampar. El Camp Civitan, en Williams, AZ, tiene instalaciones de 15 acres de extensión, accesible en silla de ruedas, para niños y adultos con discapacidades. El Camp Civitan ofrece sesiones de campamento de una semana de duración cada una durante el verano, y aventuras de fin de semana una vez al mes durante el resto del año.

En este verano, Jake Lipovitch de 11 años, asistió a un campamento residencial por primera vez. Esta aventura se llevó a cabo en el campamento de 88 acres llamado Lions Camp Tatiyee en Pinetop-Lakeside, donde los campistas tienen la oportunidad de participar en una gran variedad de programas incluyendo caminatas, pesca, natación, tiro con arco, expediciones en la naturaleza, cocina, y fogatas.

Para todos aquellos que se están iniciando en nuevas actividades recreativas, tener equipos especiales, herramientas y capacitación puede hacer una gran diferencia en cuanto al óptimo desempeño, la obtención de beneficios de salud y para disfrutar. Acá hay varios ejemplos

Continúa en la página 8

Parent Leaders

Thank You! Parent Leaders are the heart of our mission.

March - July 2017

The Parent Leaders listed below participated in leadership activities from March through July 2017. We appreciate our 300 Parent Leaders, but we do not have room to list all of their names.

Avondale

Jennifer Priddy
Gabriela Sanchez
Orozco

Buckeye

Jill Nico

Casa Grande

Margarita Ayala

Cashion

Margarita Zaragoza

Cave Creek

Kat Rivera

Chandler

Gilbert Alonzo
Susan Alonzo
Marti Baio
Martha Burrer
Samantha Flores
Paula Friedlund
Christy Holstad
Kristina Hunt
Regan Iker-Lopez
Beth Kaib
Lisa Myers
Cathy Turner
Noelle White

Flagstaff

Cindy May

Jean Richmond-
Bowman

Florence

Laura Fulton

Gilbert

Shauna Cedillos
Pam Eisenberg
Sarah Greene
Jo Ellen Guthrie
Holland Hines
Tammy Leeper
Louise Murphy
Heather Prouty

Glendale

Nicole Guysi
Meriah Houser
Cathy Humphrey

Lake Havasu City

Gina Collier
Christy Rail
Vijette Saari

Laveen

Bonnie Carroll

Mesa

Twila Edwards
Brittany Miller
Danielle Pollett
Erika Villanueva



Parent Leader Nicole Guysi spoke at Mayor Stanton's press conference on behalf of AZ children with disabilities.

Nogales

Erika Johnson

Phoenix

Ana Arjona
Any Carrillo
Inilda Christensen
Isabel Dorame
Kristin Eng
Michelle Faudskar
Claudia Gamez

Marissa Huth
Nicole Kauffman
Elizabeth Ketzler-
Naughton
Michelle Kiley
Kelly Lubeck
Heather Joy
Magdelano
Maria Del Carmen
Nuñez
Kris Ohannessian-
Dean

Margarita Ramirez
Ched Salasek
Chuck Smith
Carol Stanton
Paulina Tiffany
Gissela Welle
Stephanie Wilson

Queen Creek

Amy McDonald

Sahuarita

Laura Petersen

San Tan Valley

La Tasha Whitaker

Scottsdale

Megan Bopp
Sharon Landay

Steve Lee
Chris Linn
Laura Michael
Lynn Michels
Katie Petersen
Mary Quinsler
Heidi VanderMolen

Sedona

Julie Perreault

Sun City

Melissa McQueen

Taylor

Anna Merrill

Tempe

Syed Atikuzzaman
Janet Romo
Laurie Shook

Tucson

Nancy Kupers
Trisha Offenbacher

Yuma

Jessica Carranza
Whitney Kala

Continúa desde la página 7

de equipos de asistencia:

- Unidades para jugar golf con asistencia de pie
 - Sujetadores con adaptación en brochas de pintura
 - Sistemas de amplificación de vibraciones para músicos sordos
 - Podaderas para la jardinería, específicamente diseñadas para personas con limitaciones en la flexibilidad de las manos
 - Dispositivos de flotación, para nadadores con amputación de las extremidades inferiores
 - Aros de baloncesto con altura ajustable para jugadores en silla de ruedas
 - Equipo de parque infantil completamente adaptado y accesible
- Muchos gobiernos estatales



Jake Lipovitch en El Lions Camp Tatiyee

y locales ofrecen programas de ayuda a las personas con discapacidades para que obtengan y paguen por los equipos de asistencia. Para conocer más acerca de estos programas, visite a <http://www.disability.gov>, e ingrese "tecnología asistiva" en el programa de búsqueda del sitio electrónico.

Para entrenamiento deportivo, organizaciones como Special

Olympics y programas recreativos terapéuticos de la ciudad pueden proveer guía. Para entrenamiento más personalizado, organizaciones como Ability360 Sports y Fitness Center proporcionar los conocimientos especializados para afinar sus habilidades.

Para escoger las actividades ideales, haga una lista de las cosas que más le interesan y le emocionan. Si escoge actividades que le interesan personalmente y que lo cautiven, naturalmente usted participara en esta actividad por para aprovechar plenamente sus recompensas.

Contacte a Raising Special Kids para oportunidades recreacionales en su comunidad.

Thank You to our Donors

Your generosity helps us serve thousands of families each year

December 2016 - May 2017

\$2,500-\$9,999

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The Hannah B
Foundation
Phoenix Children's
Hospital

\$1,000-\$2,499

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Helen Holden
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Arizona Symposium on Children with Special Health Care Needs

SAVE THE DATE

April 12, 2018

Desert Willow Conference Center
4340 E Cotton Center Blvd
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The Partners in Care Symposium is for parents and professionals interested in improving the health and education of Arizona's children with disabilities.

