

Co-Founder Jan McHugh Reflects on TASK's Journey, and Her Own

By Elena Arrojo, Manager, Communications and Development



TASK Founder, Jan McHugh

"Today, I am a different person," says TASK founder, Jan McHugh, recalling the timid young woman she was before her son, Matt, was born and before TASK was ever an idea. She laughs, remembering how as a young, 1960s bride she didn't return any of the six avocado-green salad bowls she received as wedding gifts because she didn't want to hurt people's feelings. "I didn't want to step on any toes!" she says. But everything changed in 1972 when her son arrived. "I grew with Matt," Jan reflects. "I learned that I am a very strong woman." Indeed, the skills she acquired out of necessity helped her personally and professionally throughout her life.

Matt's delivery was rough, but her doctors assured her that he was fine. As the months passed, she and her husband, Mike, questioned Matt's development, but their doctors wouldn't validate their concerns. The McHughs knew of no other child with a disability and had nowhere to turn for support. Desperate for answers, Jan delved into medical books and determined that Matt had spastic quadriplegia. After six months of age, he stopped babbling altogether, and she was convinced that he was also hearing impaired. Again, they sought help from their doctors. This time they were told that his only disability would be "an overly involved mother." Later, another doctor told them, "In the card game of life, you've been dealt a losing hand." The same doctor then suggested they institutionalize Matt, a decision he had made for his own child with Down syndrome.

Outraged, Jan and Mike resolved to find other answers and options. Their search led them to Dr. Margaret Jones at the UCLA Intervention Program, where Jan met her future TASK Co-Founder, Jean Turner, and her daughter, Tracey. With Matt and Tracey in the back seat, Jean and Jan shared the frequent drives from Orange County to UCLA for therapies, all the while talking and sharing frustrations over the lack of resources and support available for families raising children with special needs. As they identified other families like theirs, they organized meetings in living rooms and watched, amazed, as the group rapidly grew. There was an obvious need to address, so they decided to pool resources and support other parents. Then, in 1975, the Education for All Handicapped Children Act passed. Empowered by this federal law, they now had the backing to advocate for their children's needs.



Matt McHugh, left, and Tracey Turner, center.

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TASK

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TASK workshops are offered free-of-charge to families and professionals. Register for a workshop online through our online calendar at taskca.org or call the workshop location directly (see page 10).

TASK can also come to you! Parent groups and agencies in Ventura, Los Angeles, Orange, Riverside, San Diego and Imperial can request TASK workshops be offered in English or Spanish at their own facilities. Call (866) 825-8275 or email task@taskca.org for more information.

NOTE: Workshops begin promptly at the scheduled time. There is no admittance for latecomers arriving more than 15 minutes after the scheduled start time. Workshops are for adults only unless otherwise stated.



Early Intervention

APPsolute Fun: Apps for Early Learning

This session will introduce and demonstrate iPad applications that help facilitate early learning. This will include preschool apps, early language and literacy, fine motor skills and much more. Join us for a fast-paced, fun-filled workshop.

CLASS DATES

Wed., Oct. 24, 2018, 9:00 a.m. – 12:00 p.m.
Wed., Nov. 7, 2018, 9:30 – 11:30 am

LOCATION

TASK Anaheim (Orange County)
The McClaney Family Resource Center, SCLARC
(Los Angeles County)

AT for Early Learning

Topics will include software that facilitates early learning, toy/book adaptations, storybook software, switch access software and much more. Come and see how your little ones can benefit from assistive technology.

CLASS DATE

Thurs., Nov. 8, 2018, 10:00 a.m. – 12:00 p.m.

LOCATION

Parents' Place, West Covina (Los Angeles County)



SPECIAL EDUCATION

Navigating IEPs

An overview of the rights and protections mandated for special needs children by IDEA and Section 504 of the Rehabilitation Act, the value of record keeping, the requirements of the assessment process, timelines and other legal components of an IEP, including goals and objectives. Communication techniques are interspersed throughout the workshop.

CLASS DATES

Fri., Oct. 19, 2018, 9:30 a.m. - 12:00 p.m.
Sat. Oct. 27, 2018, 9:30 a.m. - 12:30 p.m.
Wed., Oct. 31, 2018, 9:00 – 11:00 a.m.

LOCATION

TASK Alhambra (Los Angeles County)
Parents' Place, West Covina (Los Angeles County)
TASK Riverside, in the Community Access and Disability Center (Riverside County)
Parents' Place, West Covina (Los Angeles County)
TASK Anaheim (Orange County)
Spring Valley Branch Library, Spring Valley (San Diego Co)
TASK Alhambra (Los Angeles County)

Sat., Nov.3, 2018, 9:30 a.m. - 12:30 p.m.
Wed., Nov. 8, 2018, 9:30 - 11:30 a.m.
Tues., Nov. 13, 2018, 2:00 – 4:00 p.m.
Fri., Nov. 16, 2018, 9:30 a.m. - 12:00 p.m.

Assessment Process

An overview of the importance of parent input and ways to ensure that the whole child is being considered when determining appropriate services and placement options.

CLASS DATE

Wed., Nov. 7, 2018, 5:30 – 7:30 p.m.

LOCATION

Magnolia Park Family Resource Center, Garden Grove
(Orange County)

California Assessment of Student Performance and Progress (CAASPP)

This workshop will help participants better understand the California Assessment of Student Performance and Progress (CAASPP) assessments, and their application to students with disabilities. Participants will learn about the assessments included in the CAASPP: Smarter Balanced Assessments, the California Alternate Assessment, and the California Science Test. They will gain an understanding of CAASPP accessibility supports, including Universal Tools, Designated Supports and Accommodations.

CLASS DATE

Tues., Nov. 6, 2018, 10:00 – 11:30 a.m.

LOCATION

TASK Anaheim, (Orange County)

Effective Communication Skills

This workshop provides tried and true tips on how to positively advocate for your children, strengthen the relationship between parents and services agencies, and help create the appropriate IEP.

CLASS DATES

Wed., Nov. 7, 2018, 5:30 – 7:30 p.m.

LOCATION

Magnolia Park Family Resource Center, Garden Grove
(Orange County)

Wed., Nov. 14, 2018, 9:30 - 11:30 a.m.

TASK Anaheim (Orange County)

Basic Rights and Responsibilities

An overview of the four basic rights and protections under the Individuals with Disabilities Education Act (IDEA), a brief overview of Section 504 of the Vocational Rehabilitation Act, and an explanation of record keeping and the assessment process.

CLASS DATE

Wed., Nov. 28, 2018, 9:00 – 11:00 a.m.

LOCATION

TASK Riverside, in the Community Access and Disability
Center (Riverside County)

Section 504

This workshop focuses on the individual's rights and accommodations in school, postsecondary education and the workplace. A sample Section 504 Accommodation plan for education and health is included. Positive communication techniques are interspersed throughout the workshop.

CLASS DATES

Wed., Dec. 7, 2018, 2:00 – 4:00 p.m.

LOCATION

Pathways Community Services, San Diego (San Diego Co)
Parents' Place, West Covina (Los Angeles County)

Sat., Dec. 15, 2018, 9:30 a.m. - 12:00 p.m.



MIDDLE SCHOOL AND ADULT TRANSITION

Section 504 and Transition to Postsecondary Services

Focuses on the individual's rights and accommodations in school, postsecondary education and workplace. Sample Section 504 accommodation and individual health plans are included. Positive communication techniques are interspersed throughout the workshop.

CLASS DATES

Wed., Oct. 10, 2018, 2:00 – 4:00 p.m.
Thurs., Dec. 6, 2018, 6:00 – 8:00 p.m.

LOCATION

Spring Valley Branch Library (San Diego County)
TASK Anaheim (Orange County)

Tips and Tricks for Getting and Keeping a Job - An Interactive workshop for Teens

Join us to learn skills to be successfully employed! This interactive workshop will help teens and young adults learn tools to find and keep a job, self-advocate while on the job, and communicate and practice social etiquette.

CLASS DATE

Wed., Oct. 17, 2018, 9:00 – 11:00 a.m.

LOCATION

TASK Anaheim (Orange County)

Journey through Adolescence

This workshop will provide parents with basic information about the changes that puberty and adolescence bring to every child, including their son or daughter. The information is intended to help participants feel more comfortable and confident as they help their children safely navigate this important transition from childhood to adulthood. The ultimate aim is to promote the independence, personal safety, healthy lifestyles, healthy relationships and social inclusion of youth with disabilities. This workshop is appropriate for parents of primary and middle school students.

CLASS DATES

Wed., Oct. 24, 2018, 6:00 – 8:00 p.m.
Mon., Nov. 19, 2018, 9:30 – 11:30 a.m.

LOCATION

TASK Anaheim (Orange County)
Open to Transitional Age Youth & Adults
L.A. Care Family Resource Center, Lynwood (L.A. County)

Transition to Middle School

Transitions can be filled with anticipation and questions about what happens next. This workshop will guide parents and professionals on the ins and outs of what you can be doing now to prepare for middle school, as well as tips and strategies that can be used once students make the transition.

CLASS DATE

Wed., Dec. 19, 2018, 9:00 – 11:00 a.m.

LOCATION

TASK Riverside, located in the Community Access and Disability Center (Riverside County)

SAVE THE DATE

Our next **FAMILY FUN DAY AND RESOURCE FAIR**, will be

Saturday, April 27, 2019

11 a.m. to 3 p.m. | TeWinkle Park in Costa Mesa



ASSISTIVE TECHNOLOGY

AT 101

This workshop provides information on the laws as they pertain to assistive technology, the AT evaluation process, and some ideas for writing AT into the IEP. It also includes a brief introduction to the various types of AT available.

CLASS DATES

Wed., Oct. 3, 2018, 10 a.m. – 12 p.m.
Fri., Oct. 12, 2018, 9:00 a.m. – 12:00 p.m.
Fri., Nov. 2, 2018, 9:30 - 11:30 a.m.
Tues., Nov. 13, 2018, 9 a.m. – 12 p.m.

LOCATION

Parents' Place, West Covina (Los Angeles County)
UCP San Diego Assistive Technology Center (San Diego Co)
TASK Alhambra (Los Angeles County)
TASK Anaheim (Orange County)

APPs for Older Students: Middle School, High School, and College

This workshop will include apps for middle school and college-aged students. We will include apps for reading, writing, math, life skills, social skills, organization and more. Come join us for an informative, fast-paced workshop.

CLASS DATES

Mon., Oct. 29, 2018, 12:00 – 2:00 p.m.

Wed., Nov. 27, 2018, 9:30 – 11:00 a.m.
Wed., Nov. 28, 2018, 9:00 a.m. – 12:00 p.m.
Thurs., Dec. 6, 2018, 10:00 a.m. – 12:00 p.m.
Mon., Dec. 17, 2018, 9:30 – 11:30 a.m.

LOCATION

TASK Riverside, in the Community Access and Disability Center (Riverside County)
L.A. Care Family Resource Center, Lynwood (L.A. County)
TASK Anaheim (Orange County)
Parents' Place, West Covina (Los Angeles County)
The McClaney Family Resource Center, SCLARC (L.A. County)



SPECIAL TOPICS

Bullying Prevention—What Parents Need to Know

(Open to Youth and Parents)

This workshop was developed by PACER's National Bullying Prevention Center. It is intended for parents and professionals to explore the dynamics of bullying so they can learn what to do and help children address the issue. Topics consist of: who is bullied; why children are bullied; the role schools play; laws and policies; and bullying prevention strategies.

CLASS DATES

Thurs., Nov. 8, 2018, 4:45 – 5:45 p.m.
Wed, Dec. 12, 2018, 9:00 – 11:00 a.m.

LOCATION

Minnie Street FRC, Santa Ana (Orange County)
TASK Anaheim (Orange County)

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Los talleres se ofrecen gratuitamente a familias y profesionales. Regístrese para un taller en línea a través de nuestro calendario en línea en taskca.org o llame directamente a la ubicación del taller (vea la página 10).

TASK también puede llegar a usted! Los grupos de padres y agencias en Ventura, Los Angeles, Orange, Riverside, San Diego e Imperial pueden solicitar talleres de TASK en inglés o español en sus propios locales. Llame al (866) 825-8275 o envíe un correo electrónico a task@taskca.org para más información.

NOTA: Los talleres comienzan con prontitud a la hora programada. Por respeto a nuestros asistentes, no habrá entrada para los que lleguen más de 15 minutos tarde. Los talleres son sólo para adultos, a menos que se indique lo contrario.



INTERVENCIÓN TEMPRANA

Tecnología de Asistencia para el Aprendizaje Temprano

Este taller ofrece una descripción detallada de intervención temprana y de los servicios de transición a los tres años a las familias y los profesionales que trabajan con bebés y niños pequeños con discapacidades. También incluye información sobre garantías procesales y puntos y sugerencias para una transición exitosa.

FECHA DE CLASE

Mar, Dic. 11, 2018, 10:00 a.m. – 12:00 p.m.

UBICACIÓN

Parents' Place, West Covina (Los Angeles County)



EDUCACIÓN ESPECIAL

Navegando IEPs

Un resumen general de los derechos y protecciones bajo la ley IDEA y la Sección 504 de la Ley de Rehabilitación Vocacional, el valor del mantenimiento de archivos, el proceso de evaluación, líneas de tiempo y otros componentes legales del IEP, incluyendo metas y objetivos. Técnicas de comunicación son entremezcladas a lo largo del taller.

FECHAS DE CLASE

Vie, Oct. 5, 2018, 9:30 a.m. -12:00 p.m.

Jue., Oct. 11, 2018, 9:30 - 11:30 a.m.

Mar., Oct. 16, 2018, 9:30 a.m. -12:00 p.m.

Mie., Oct. 17, 2018, 5:30 – 7:30 p.m.

Vie, Nov. 30, 2018, 2:00 – 4:00 p.m.

Mie., Dic. 5, 2018, 9:00 – 11:00 a.m.

UBICACIÓN

TASK Alhambra (Los Angeles County)

TASK Anaheim (Orange County)

Parents' Place, West Covina (Los Angeles County)

Buena Clinton Family Resource Center, Garden Grove (Orange County)

Spring Valley Branch Library (San Diego County)

Magnolia Park Family Resource Center, Garden Grove (Orange County)

Proceso de Evaluación

Se da una descripción de la importancia en la opinión de los padres y las maneras de asegurar que todas las necesidades del niño sean consideradas cuando se determinan los servicios apropiados y las opciones de colocación.

FECHAS DE CLASE

Mie., Oct. 10, 2018, 9:00 – 11 am

Mie., Nov. 28, 2018, 5:30 – 8:00 p.m.

UBICACIÓN

TASK Anaheim (Orange County)

Buena Clinton Family Resource Center, Garden Grove (Orange County)

Derechos Básicos y Responsabilidades

Un repaso general de los cuatro derechos básicos y protecciones debajo de IDEA, un breve repaso de la Sección 504 de la Acta de Rehabilitación, y una explicación de cómo mantener los archivos y el proceso de evaluación.

FECHAS DE CLASE

Mie., Oct. 10, 2018, 5:30 – 7:30 p.m.

Mar., Nov. 6, 2018, 9:30 a.m. - 12:00 p.m.

Lun., Nov. 26, 2018, 9:00 – 11:00 a.m.

UBICACIÓN

Magnolia Park Family Resource Center, Garden Grove (Orange County)

Parents' Place, West Covina (Los Angeles County)

TASK Riverside, ubicado en Community Access and Disability Center (Riverside County)

Habilidades de Comunicación Efectiva

Este taller provee consejos probados y verdaderos sobre cómo abogar positivamente por sus hijos, fortalecer la relación entre padres y agencias de servicios y ayuda a crear el IEP apropiado.

FECHAS DE CLASE

Mar., Oct. 30, 2018, 9:30 - 11:30 a.m.

Jue., Dic. 6, 2018, 6:00 – 8:00 p.m.

UBICACIÓN

Parents' Place, West Covina (Los Angeles County)

TASK Anaheim (Orange County)

Sección 504

Este taller se enfoca en los derechos y acomodaciones de individuos en la escuela, la educación post-secundaria y en el lugar de trabajo. Un ejemplo de plan de acomodación de Sección 504 para la educación y salud. Técnicas positivas de comunicación son entremezcladas a lo largo del taller.

FECHA DE CLASE

Mar., Dic. 21, 2018, 2:00 – 4:00 p.m.

UBICACIÓN

Pathways Community Services, San Diego (San Diego Co)



TRANSICIÓN DE LA ESCUELA SECUNDARIA Y DE ADULTOS

Sección 504 y Transición a Servicios Postsecundarios

En este taller, vamos a ayudarle a entender el proceso del ITP en lo que respecta a la educación post-secundaria y otros servicios relacionados. También vamos a ofrecer una visión general de los programas y recursos disponibles para su hijo ingresando a la educación post-secundaria o empleo.

FECHA DE CLASE

Mie., Oct. 29, 2018, 2:00 – 4:00 p.m.

UBICACIÓN

Spring Valley Branch Library, Spring Valley (San Diego Co)

Camino a la Adolescencia

Este taller ofrece a los padres información básica sobre los cambios que la pubertad y la adolescencia trae a todos los niños incluyendo a su hijo. El objetivo de esta información le enseñara a los participantes a sentirse más cómodos y seguros para que ayuden a sus hijos a navegar con seguridad esta transición importante de la niñez a la edad adulta. Este taller es apropiado para los padres de los estudiantes de primaria y secundaria.

FECHAS DE CLASE

Lun., Nov. 19, 2018, 9:30 – 11:30 a.m.

Mie., Dic. 7, 2018, 9:30 - 11:00 a.m.

UBICACIÓN

L.A. Care Family Resource Center, Lynwood (L.A. County)

TASK Alhambra (Los Angeles County)

Transición a la Escuela Intermedia

Transiciones pueden llenarse con anticipación y preguntas sobre lo que sucede a continuación. Este taller guiará a padres y profesionales sobre los detalles de lo que pueden estar haciendo ahorita para prepararse para la escuela intermedia, así como consejos y estrategias que pueden usarse una vez que los estudiantes hacen la transición.

FECHAS DE CLASE

Mar., Nov. 20, 2018, 9:30 a.m. - 12:00 p.m.
Lun., Dic. 17, 2018, 9:00 - 11:00 a.m.

UBICACIÓN

Parents' Place, West Covina (Los Angeles County)
TASK Riverside, ubicado en Community Access and Disability Center (Riverside County)



TECNOLOGÍA DE ASISTENCIA

Aplicaciones para Estudiantes Mayores: Escuela Intermedia, Secundaria y Colegios

Este taller incluirá aplicaciones para estudiantes de secundaria y colegio. Incluiremos aplicaciones para lectura, escritura, matemáticas, habilidades de vida, habilidades sociales, organización y más. Acompañenos a un taller de ritmo rápido lleno de diversión.

FECHAS DE CLASE

Lun., Oct. 29, 2018, 9:00 - 11:00 a.m.

Mie., Nov. 27, 2018, 9:30 - 11:00 a.m.
Jue., Nov. 29, 2018, 10 a.m. - 12 p.m.
Lun., Dic. 17, 2018, 9:30 - 11:30 a.m.

UBICACIÓN

TASK Riverside, ubicado en Community Access and Disability Center (Riverside County)
L.A. Care Family Resource Center, Lynwood (L.A. County)
Parents' Place, West Covina (Los Angeles County)
The McClaney Family Resource Center, SCLARC (L.A. Co)

Taller Básico de Tecnología de Asistencia

Este taller cubre la información sobre las leyes en lo que se refieren a la tecnología de asistencia, el proceso de la evaluación de tecnología de asistencia, y algunas ideas para escribir la tecnología de asistencia en el IEP. También incluye una breve introducción a los distintos tipos de tecnología de asistencia disponible.

FECHAS DE CLASE

Mie., Oct. 31, 2018, 10:00 a.m. - 12:00 p.m.
Mar., Dic. 4, 2018, 9 a.m. - 12 p.m.

UBICACIÓN

Parents' Place, West Covina (Los Angeles County)
TASK Anaheim (Orange County)

APPsolutamente Divertido: Aplicaciones de Aprendizaje de Temprana Edad

Esta sesión presentara y demostrara aplicaciones de iPad que ayudan a facilitar el aprendizaje de temprana edad de los niños con necesidades especiales. Esto incluirá aplicaciones preescolares, lenguaje de temprana edad y la alfabetización, habilidades de motricidad fina y mucho más. Acompañenos a un taller de ritmo rápido lleno de diversión.

FECHA DE CLASE

Mier., Nov. 7, 2018, 9:30 - 11:30 a.m.

UBICACIÓN

The McClaney Family Resource Center, SCLARC (L.A. Co)

TASK WORKSHOP LOCATIONS

To register for a TASK workshop, visit taskca.org and sign up through the TASK calendar, or call the workshop location directly.

Para registrarse para un taller de TASK, por favor visite taskca.org o llame directamente a la ubicación del taller.

LOS ANGELES COUNTY:

- **L.A. Care Family Resource Center, SCLARC** – 3180 E. Imperial Highway, Lynwood, CA 90262
- **Parents' Place** – 1500 S. Hyacinth Ave., West Covina, CA 91791, (626) 919-1091 or visit parentsplacefrc.com
- **TASK Alhambra** – 1000 S. Fremont Ave., Bldg. A-6, Lower Level, Family Resource Conference Room, Alhambra, CA 91803, (626) 300-1043
- **The McClaney Family Resource Center, SCLARC** – 2500 S. Western Ave., 3rd Floor, Los Angeles, CA 90018, (213) 744-8878

ORANGE COUNTY:

- **Buena Clinton Family Resource Center** – 12661 Sunswept Ave., Garden Grove, CA 92843, (714) 741-5768
- **Magnolia Park Family Resource Center** – 11402 Magnolia St., Garden Grove, CA 92841, (714) 530-7617
- **Minnie Street FRC** – 1300 E. McFadden Ave., Santa Ana, CA 92705, (714) 972-5775
- **TASK Anaheim** – 100 W. Cerritos Ave., Anaheim, CA 92805, (866) 828-827

RIVERSIDE COUNTY:

- **Community Access and Disability Center, TASK Riverside** – 6848 Magnolia Ave., Ste. 150, Riverside, CA 92506, (951) 328-1200

SAN DIEGO COUNTY:

- **Pathways Community Services** – 6244 El Cajon Blvd., #14, San Diego, CA 92115, (619) 282-0846
- **Spring Valley Branch Library** – 836 Kempton St., Spring Valley, CA 91977, (619) 282-0846
- **UCP San Diego Assistive Technology Center** – 8665 Gibbs Dr., Ste. 100, San Diego, CA 92123

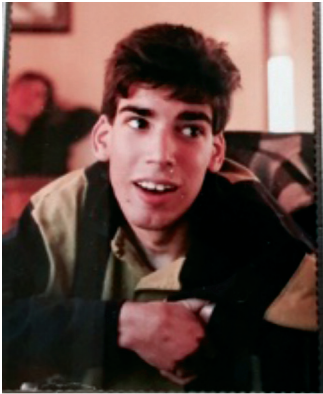
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California Department of Education
Department of Developmental Services, Disparity Funds
Disability Communication Fund
Orange County Social Services Agency

PROGRAMS IN LONG BEACH ARE SUPPORTED IN PART BY:

The Rudolph J. and Daphne A. Munzer Foundation

Jan and Jean decided to create training workshops and publish a newsletter. They received a lot of support from professionals who believed in their goals. "Regional Center of Orange County gave us our first training space; the Dayle McIntosh Center provided our first office space; and attorneys Catherine Blakemore and Terry Friedman from Protection and Advocacy and the Western Center on Law and Poverty helped write the manual for our first workshops," Jan recalls. "More and more professionals – teachers, therapists, and psychologists – attended. They realized that parents could be vital advocates for what they were also seeking for our kids."



TASK Founder, Jan McHugh

Jan, Jean and a group of dedicated mothers began advocating for and supporting other families in need. They offered moral support and served as note-takers at each other's IEP meetings. With the help of their pro bono legal team they also advocated in cases that helped define the new law.

Notable accomplishments included reinstating summer school for their kids and pushing Crippled Children's Services to develop an appeals procedure.

Early on, Jan also developed a deep appreciation for the value of assistive technology, particularly augmentative and alternative communication (AAC). "During our very first visit at UCLA," Jan remembers, "Dr. Jones would not let us leave until the rehab engineers put together a 'communication board' for Matt. She made me

promise that Matt would never receive anything without somehow communicating himself what he wanted to wear, eat or play with. She understood how easily a nonverbal child can become a victim of his environment." Jan credits Matt's use of AAC for his strong and fiercely independent attitude. "I am so thrilled," says Jan, "that TASK has taken on ACC."

Times have changed and, while the educational system, technology, and disability awareness have evolved, there is still much to do. Families with children with disabilities still need support. In fact, says Jan, "as neonatal medicine improves and more and more high-risk infants are saved, we face an increasing number of children with multiple disabilities, like Matt." As a mother who's lived with this, she understands that the compounding of different types of special needs can be challenging and frustrating. "Matt never fit into a program for the hearing impaired, or a program for the orthopedically challenged. He did, however, thrive in an inclusive program with the support of friends and professionals who worked to address his unique combination of needs."

Jan's message to all families who are just starting this roller coaster ride is, "Buckle up! "You are not alone, although you will go through some lonely times. Trust your instincts – you know your child better than anyone. You will have highs and lows, but without the lows you cannot appreciate and savor the highs. [It] will be scary and difficult at times, [but also] joyful and rewarding."

Looking back, Jan says, "I am grateful to Matt and all of the incredible people we have been fortunate to know through this journey. The trip is worth every second. Welcome it with open arms."

***This Holiday,
Give the Gift of Empowerment***

\$550 SERVES A FAMILY FOR AN ENTIRE YEAR!

Invest in parent education and assistive technology for people with disabilities.

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