



A newsletter from the Parent-Educator Connection

for families and educators of students receiving special education services

Volume 21 Issue 2

Spring 2008



SUMMER ACTIVITIES

It can be difficult to find good activities that are safe, interesting and affordable in the summer for all kids, but especially for kids who have disabilities. The Parent-Educator Connection has compiled a list of state and local activities for you to consider. Some are free and some have costs involved. While we do our best to promote only the best activities to our families, we cannot guarantee these will be exactly what you need or want.

Iowa Summer Camps

For Children and Adults with Special Needs

Camp Abe Lincoln

1624 West Front St., Blue Grass, IA 52726
Scott County Family YMCA

For the 2008 camp schedule, please see the website or call:
563-381-3053 www.ymcacampabelincoln.org

Ages 4 – 17 and adults. Hearing, mental disabilities and special needs.

Albrecht Acres

14775 Sherrill Rd., P.O. Box 50, Sherrill, IA 52073
563-552-1771 www.albrechtacres.org

Ages 2 – 18. Physical & mental disabilities

Camp SUPERKIDS

American Lung Association of Iowa

5601 Douglas Ave., Des Moines, IA 50310
515-278-5864 or 877-925-8647

Ages 7 – 14. Asthma & other lung diseases

Camp Courageous

12007 190th St., P.O. Box 418, Monticello, IA 52310
319-465-5916 www.campcourageous.org

Ages 3 – 99. Co-ed. Mental, physical, learning disabilities, hearing, visually impaired, autistic, ADHD disorders. Year round recreational and respite care.

Camp Sunnyside

Easter Seals of Iowa

401 NE 66th Avenue, Des Moines, IA 50313
515-274-1529 www.ia.easter-seals.org

Ages 5 – 39. Physical & mental disabilities, spina bifida, epilepsy & autism.



Camp Hertko Hollow

1192 166th Dr., Boone, IA 50036
515-432-7558 or toll-free 1-888-437-8652

www.camphertkohollow.com

Ages 6 – 16. Individuals with diabetes.

The Homestead Daycamp

8272 NE University Ave., Pleasant Hill, IA 50327
515-967-4369 or 888-2-AUTISM (228-8476)

www.thehomestead.org

School-aged children. Autism

Iowa Baptist Deaf Camp

P.O. Box 80, Ventura, IA 50482
641-829-3824 www.irbc.org

Ages 10 to adult. Hearing impaired.



Iowa School for the Deaf Summer Camp

712-366-3271



Camp Tanager

1614 W. Mt. Vernon Rd., Mt. Vernon, IA 52314
319-365-9164 www.campanager.org

Ages 7 – 12. Diabetes, hemophilia and emotional disorders

Wyoming Camp

9106 42nd Avenue, Wyoming, IA 52362
563-488-3893

www.campwyoming.net

Ages 10 to adult. Mental disabilities



Other Area Camp Opportunities

Independence Camp

Children's Therapy Center, Moline and the Boy Scouts of America

Located at Camp Loud Thunder, Andalusia, Illinois
Contact: 309-762-9552 extension #15 for a camper application

Ages 7-18 with special needs

July 20 – July 26 - Children's portion July 20 – July 23

- Older children's portion July 23 – July 26

\$25 processing fee. An inclusive, recreational camp.

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Clinton/Jackson Area

Sportz Skillz Summer Day Camp Erickson Community Center, Clinton, IA

For more information call 563-243-1260
June 9 – July 2 and July 7 – July 30
Monday-Friday, 9:30 a.m. - 3:30 p.m.
Grades 6th, 7th, & 8th



C.T.C. – Adventure Zone Day Camp Sites: Eagle Heights, Jefferson, & Bluff Elem. Schools

For more information call 563-243-1260
A- Grades 1st, 2nd, & 3rd
B- Grades 4th & 5th
June 9 – July 2 and July 7 – July 30
Monday-Friday, 9:30 a.m.- 3:30 p.m.

Fun in the Sun

YWCA / YMCA, Clinton
For more information call 563-243-1364 or 563-242-2110.
June 9 – August 15

DeWitt Parks & Recreation Commission/Hart Center

Aquatic & Fitness Center Activities
Summer Tennis & Soccer Clinics
For more information call 563-659-5127.

Summer Adventures

YMCA, Maquoketa, IA
For more information call 563-652-6566
June 9 – August 15
8:00 a.m. – 5:00 p.m.
Sign up by the week.

Muscatine Area

Salvation Army 8-week camp.
563-263-8272
Muscatine YMCA Summer Programs.
563-263-9996
Environmental Discovery Center Summer Program and other Muscatine County parks.
563-264-5922
Muscatine Parks and Recreation Programs.
563-263-0241
Musser Public Library Summer Programs
563-263-3065
Local Church sponsored programs

Scott County Area

Day Camps

Camp Eagle Nest
Davenport Parks and Recreation Dept.
Wiese Building
563-326-7812
Ages 5-21. Camp is designed for, but not limited to, youth with disabilities.
July 28 – Aug. 1. 9 a.m. – 1 p.m. \$50



Camp MAC (formerly Camp Lagoon) Bettendorf Parks and Recreation Dept.

McMannus Park and the HDG Community Center
More information: 563-344-4113 www.bettendorf.org/parks
Registration: On line or mail in or drop off
City Hall, 1609 State Street, Bettendorf, IA
Ages 7-18. Children with special needs. Limit 12 children per session. June 9-13, 16-20, 23-27, July 7-11, July 14-18
9 a.m. – 12 p.m. \$30 per week

Summer Day Camp Bettendorf Parks and Recreation Department

Upper Middle Park shelter
Post Kdg-7 yrs. (limited to 24 children)
Middle Park Lagoon shelter (limited to 40 children)
Ages 8-12
Weekly. June 2 – August 8 9 a.m. – 4:30 p.m.
\$90 per week

Tot Lot

Bettendorf Parks and Recreation Dept.
Sites include: Edgewood Park, Scheck Park, Kiwanis Park and Hoover Park.
3-5 year olds (MUST be 3 by June 5). A summer socialization program involving games, story telling, arts and crafts and field trips. Children must be toilet trained—no exceptions—and able to participate in a large group setting. Five-year olds are eligible to participate if they have not completed kindergarten. Five-year olds who have completed kindergarten may attend the **Playground Program**. Program will be held at selected sites throughout the community Monday-Wednesday-Friday mornings from 9:00 – 10:30 a.m. Begins June 9th – July 25th, will not meet July 4th. Sites are limited to 40 youngsters. Fee \$35.00.



Playground Program for Bettendorf residents only

Riverdale Heights School, Meier, Hoover, Kiwanis, Edgewood, and Scheck Parks.
Must attend park closest to home.
No limit to the number of attendees, but parents must register their children ahead of time.
563-344-4131 www.bettendorf.org/parks
June 5 - July 31, (closed July 4th) Mon. - Fri. from 12:30 – 4:00 p.m.
Age 5-12 Free, but nominal fee for field trips.

Camp Hand-in-Hand

Tessa's Place, 3860 Middle Rd., Bettendorf
Contact 563-332-8010 or www.handinhandqc.org
Located at Camp Abe Lincoln
Ages 5-21 with special needs
Two, 1-week sessions (July 14-18 and 21-25)
Registration Begins: April 26, 9:00 a.m. \$190 per week

Other Summer and Educational Opportunities

Davenport Parks and Recreation Special Events

A variety of summer activities are available for individuals with special needs.
Contact: 563-326-7812 or www.cityofdavenportiowa.com

Share Family Meals

Sharing a meal nourishes the soul as well as the body. Tradition says families eat together, but often that's not true. In a recent Iowa survey, half of the families ate "most" meals together and many more said they would like to eat together more often. Shared meals offer benefits. Trying to get everyone together for a meal—especially every day—can be difficult. But the benefits of eating together make family mealtime a tradition worth pursuing. Iowans who have made the effort to schedule meals when most or all family members could be present have seen these benefits:

Better communication

Most of the families mentioned some aspect of communication. As one said, "We can keep up to date about what is going on with school, jobs, friends."

Stronger family bond

Shared meals give family members the feeling of being needed and of belonging. Family mealtime is "a chance for everyone to be together on a regular basis."

Shared learning

Parents can teach children table manners, social skills, family values, a sense of community, and basic cooking skills. One person wrote, "(Family meal time) provides the setting for moral, spiritual, and intellectual discussion and teaching."

Improved nutrition at reduced cost

Families are more likely to eat a nutritious meal when most or all of the family eats together.

Shared meals also save money.

How to get your family back to the table

Make family mealtime a priority! Emphasize the importance of mealtime and encourage each other to eat together. Choose specific "family mealtimes" and write them on the calendar. All families have strengths. Eating together as often as you can is a simple, enjoyable way to build on these strengths. When you are too busy for a family meal, you may be TOO busy. Be creative and flexible about when and where you eat. Family meals can be shared at home, at a restaurant, in a park, or near the playing field. Decide when most family members are available for a meal. Explore ways individual schedules can be adjusted. Make the most of every opportunity instead of worrying about following a strict timetable. Simply eat with your children whenever possible, even if it isn't every day.

Make mealtime fun for everyone.

Eating flavorful, healthful food is one of life's greatest pleasures, especially when shared with family and friends! Keep conversation light and pleasant. Encourage all family members to share ideas and daily news. Practice listening attentively to each other. Focus on the positive; save the lectures and "you should have" discussions for another time.

Serve a variety of foods for a variety of tastes.

Ask for and include family members' menu suggestions. Try to offer something a picky child will eat, even if it's only bread. Ellyn Satter, dietitian and family therapist, says that a parent's job is to offer a variety of foods in a pleasant atmosphere; the child's job is to choose how much and whether or not to eat. Don't worry if preschoolers often go on feast or famine jags; hunger will prevail over time. To help teach manners, you may want to encourage children to try a small bite of each food served.

Keep meals simple and easy.

Save the elaborate menus for when you have time to prepare and enjoy them. Focus on the shared experience; those are the memories that will stay with family members. Don't let family mealtime become lost in the busyness of everyday life.

Involve everyone.

Encourage all family members to consider mealtime as a team effort—from preparation through clean-up. Preparing and cooking food together can be fun and creative. Children learn more by doing than by watching. Helping to set the table, or doing clean-up chores also gives them a sense of being needed in the family.

Eliminate interruptions and distractions.

Turn off the television and radio. When the phone rings, take a number and return all calls after the meal. Shared positive meals are a time to take a deep breath, enjoy each other's company, strengthen relationships, and savor good food.

Choose a family mealtime goal

Plan to have at least one family mealtime with your family during the next week. From each group below (Who? Where? When? What?) choose what will work best for your family.

Write your choices for each item below.

Who?

- Everyone in our family
- One adult (who?), all the children
- One adult (who?), some children (who?)
- Our family with a guest (who?)
- Our family will share the meal with another family (which family?)
- Other?

Where?

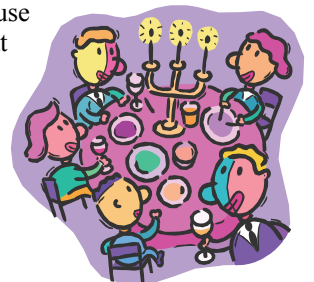
- At our house at the table
- At a restaurant
- At someone else's house (who?)
- At church
- Picnic style on the floor at our house
- At a school or neighborhood event
- In the car on a trip
- Outdoors at a picnic
- Other?

When?

- In the morning (time and day?)
- At mid-day (time and day?)
- For a snack (time and day?)
- In the evening (time and day?)
- Other?

What?

- Food from the freezer
- Food we prepare ourselves at mealtime
- Food we prepare ahead of time and refrigerate
- Food we prepare in a slow cooker during the day
- Take-out food brought home
- Restaurant meal
- Other?



WHO WHEN WHERE WHAT Prepared by Mary Crooks, Patricia Steiner, and Susan Uthoff, ISU Extension field specialists; Connie Betterley, EFNEP Coordinator, Colleen Jolly, ISU Extension state specialist; and Diane Nelson, ISU Extension communication specialist. N-3407A Revised October 2003



Family Surveys!

The Parent-Educator Connection is in the process of conducting surveys for the Department of Education.

You may or may not be contacted to participate as names are pulled randomly by the state.

This year we are trying several different ways to reach families. So if you get a phone call, receive the survey in the mail or visit with us in person we want to say “thank you” for taking the time to complete the survey.

The information gathered from the surveys helps the Department of Education, AEA’s, and local school districts to see what is working in special education services and where improvement is needed.

Again, “thank you” if you have completed a survey for us. We greatly appreciate it.

Carol Aden
Kathy Anson
Cindy Laughead



Creating Solutions:

Skills to Effectively Resolve Differences Between Parents and Educators

Last fall, the Parent-Educator Connection was unable to have the “Creating Solutions” workshop that was scheduled in November because of illness. We are happy to report that our presenter, Pat Carlson, is able to be with us once again this coming November with her one-day workshop to help parents and teachers communicate in a more productive way.

Would you like to be able to communicate better with your child’s teachers and other professionals? Would you like to learn what it takes to be a good listener? Would you like to be a real problem-solver? Well, here is your opportunity!

The Parent-Educator Connection is sponsoring a workshop on **November 19, 2008**, at the **Mississippi Bend Area Education Agency, Bettendorf**. The workshop will start at **8:30 A.M.** and end at **3:15 P.M.**

About the Workshop:

The goal of the workshop is to help parents be more effective in raising concerns regarding their student's education in a way that will contribute to the creation of solutions and increase the likelihood that parents and educators will work together collaboratively to resolve their differences in the best interests of the student. The workshop will also provide parents the opportunity to learn some of the core problem resolution skills that have been presented to educators in mediation skills training programs.

As a result of attending the workshop, parents will be able to use enhanced listening and communication skills to create more positive working relationships with educators and employ interest-based negotiation as a problem-solving tool.

About the Trainer:

Pat Carlson is an Associate Professor at Iowa State University in the Department of Curriculum and Instruction. She currently teaches undergraduate and graduate courses in special education. Dr. Carlson received her Master of

Science degree in Learning Disabilities from Indiana University-Bloomington and her bachelor and doctorate degrees from the University of Nebraska-Lincoln. Her doctorate degree is in behavioral disorders and administration. She taught children/youth with learning and behavior problems for ten years in Iowa and Nebraska prior to coming to Iowa State University. Dr. Carlson is a special education mediator for the Iowa Department of Education.

Intended Audience:

Parents, educators and AEA staff.

Contact:

If you are interested in attending this free workshop, please contact Carol Aden at 563-344-6287 or 1-800-947-2329, ext. 6287.





What's New in the Parent-Educator Library?

Some more new materials have been added to our libraries which are located in Bettendorf, Clinton and Muscatine. Contact your Parent-Educator Facilitator to check out any materials.

Test Anxiety: Proven Anxiety Reduction Training by Richard Driscoll. This is a CD. STARS-PAC sequencing reduces anxiety & increases interest in the puzzle of learning.

Test Anxiety & What You Can Do about It by Joseph Casbarro is a book which offers constructive and powerful strategies that target the physical, emotional and cognitive symptoms of anxiety.

Attention Deficit Hyperactivity Disorder (ADHD): A Training Package for Iowa Educators prepared by Teacher/Consultants and Educational Consultants of Child & Adolescent Psychiatry at the University of Iowa Children's Hospital. This kit contains books, articles, lists of other resources and a video to provide an overview of ADHD for parents and professionals.

ADHD Book of Lists: A Practical Guide for Helping Children and Teens with Attention Deficit Disorders by Sandra F. Rief This is a comprehensive, reliable source of answers, practical strategies & tools in a list format.

ADHD Book: Living Right Now! by Martin L. Kutscher, provides responsible, empathetic & extremely useful information for families & teachers.

Self-Advocacy Skills for Students with Learning Disabilities: Making it Happen in College and Beyond by Henry B. Reiff is a resource for students, parents, and guidance counselors & contains easy to understand strategies.

Bipolar Child: The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder by Demetri Papolos, MD & Janice Papolos. This is a resource for both parents and professionals.

Ten Things Your Student with Autism Wishes You Knew by Ellen Notbohm is written from the child's perspective for the teacher in all of us.

Peer Play and the Autism Spectrum: The Art of Guiding Children's Socialization and Imagination by Pamela J. Wolfberg, This book addresses the unique and complex challenges children with autism experience in peer relations and play.

Nonverbal Learning Disabilities at Home: A Parent's Guide by Pamela B. Tanguay & Byron P. Rourke, gives practical advice for parents of children with Nonverbal L.D.

Nonverbal Learning Disabilities at School: Educating Students with NLD, Asperger Syndrome and Related Conditions by Pamela B. Tanguay describes difficulties students with NLD have and gives advice on how to teach them.

Summer Camps Continued from Page 2

Stepping Stones

Bettendorf Parks and Recreation Dept. Splash Landing, Middle Park, Bettendorf Stepping Stones is a program for all persons with disabilities to swim at Splash Landing and cool off! Both the Zero Depth Pool and the shallow end of the Main Pool are available. Sundays beginning June 8th through August 3rd from 10:00 – 11:00 a.m. Other programs will also be running, so aides, parents, and/or helpers are required to be in the water and dressed to swim. Admission is \$3.00 per person.



Summer Swim Bash

Annie Wittenmyer Aquatic Center, Davenport For more information: 563-326-7812 Individual with disabilities and their families July 12th from 6:30 – 8:30 p.m. The Fee is \$3.00/per person. Swimming, music & refreshments. Everyone who needs one-to-one assistance is asked to bring a helper or guardian to this event.

New Kingdom Trailriders

4343 – 16th Street PMB 305, Moline, IL 61265 (309) 787-0627 New Kingdom Trailriders welcomes horseback riders with a wide variety of physical and mental disabilities. Must be at least 3 years of age and have a doctor's approval.

Hand-in-Hand Summer Special Activities

Tessa's Place, 3860 Middle Rd., Bettendorf Registration begins April 26, 9:30 – 12:00 Activities scheduled June through August. Summer enrichment activities for children with special needs.



Medicaid and AEA Services – No Impact on Benefits

Starting in October, the Area Education Agencies (AEAs) will be able to bill 100% of their services to Medicaid for a student who is on an IEP and is receiving AEA services as outlined in their IEP. The student must also be Medicaid covered. Services that a student may receive from AEA's, which include but are not limited to, are speech, occupational therapy, physical therapy, audiology, etc. An annual consent form must be signed by the parents/guardians in order for the AEAs to submit a claim for reimbursement. Parents/guardians may either accept or decline to sign the consent form; however a refusal to sign will deny the opportunity for the AEAs to submit a claim.

Rest assured, signing the consent form in no way impacts the benefits that your child is receiving from Medicaid and also does not affect the private health care covered by insurance that a student receives outside of school. If a student has other insurance in addition to Medicaid, Medicaid may forward claims to other insurance companies for processing because Medicaid is to be the payer of last resort. However, other insurance companies will not pay such claims so there is no impact on private health insurance coverage.

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The **Parent-Educator Connection** provides support and resources for families and teachers.
For more information, please contact the Parent-Educator Facilitator in your service center:
Carol Aden, Bettendorf **563-344-6287** **Email: caden@aea9.k12.ia.us**
Serving school districts: Bettendorf, Davenport, North Scott and Pleasant Valley



Kathy Anson, Clinton **563-242-6454** **Email: kanson@aea9.k12.ia.us**
Serving school districts: Andrew, Bellevue, Calamus-Wheatland, Camanche, Central Clinton, Clinton, Delwood,
East Central, Northeast, Maquoketa and Preston

Cindy Laughead, Muscatine **563-263-8476** **Email: claughead@aea9.k12.ia.us**
Serving school districts: Bennett, Columbus Jct., Durant, Louisa-Muscatine, Muscatine, West Liberty and Wilton
Any one of them can also be reached by calling **1-800-947-2329**.

David Quinn, Bettendorf **563-344-6201** or **1-800-947-AEA9** **Email: dquinn@aea9.k12.ia.us**
Director of Special Education



Websites of Interest

<http://www.kidsource.com/kidsource/content4/summer.activities.html>

.....Suggestions for summer activities for kids.

www.aea9.k12.ia.us Mississippi Bend Area Education Agency—This publication, **PARTNERS**, is available on this site. Click on Programs & Services—Special Education—Parent-Educator Connection—Partners Newsletter. Then choose the edition you wish to view because back issues are also available.

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The Mission of the Mississippi Bend Area Education Agency is to improve teaching and learning for all students through active partnerships and assertive leadership in a climate of mutual respect.