What my friend did for me...

“...our youngest son Kale has a heart for the homeless and sees the world from a perspective I would’ve never known”

Our story starts in a foreign country, halfway across the world from sunny California. Our love for the Hungarian people took us to the beautiful country where we spent a total of 8 years there working as Missionaries. We went over a family of 3, my oldest was 3 1/2 and I was 6 months pregnant with our 2nd child, a boy Kale. While still living in Hungary, the boys were 5 and 8 we added a daughter to our family through the miracle of adoption. We were now a family of 5, complete and loving our life in Hungary.

One day though, when Kale was 7, something happened. A very dear Hungarian friend of mine, said something that rocked our world, changed it forever. As painful as it was to hear, I am so grateful for her.

She made the comment that Kale was different- “that of course he's special needs”, like it was a well known fact I was already aware of. Only problem was, I wasn’t aware.

Or- if I was being honest with myself, I didn’t want to be aware. What my friend did was confirm what I really had known all along. She gave me a gift that day, the gift of opening my heart to who my son really was and the fact that he needed help.

For 7 long years I tried hard to deny the truth, the signs, the red flags I was seeing, that deep down would confirm my greatest fears. He's ok right? Just different. Is he just overly active, just overly strong willed, is it normal to have

STORY CONTINUED INSIDE...
meltdowns 10-12 times a day for hours at a time? This is just a phase of biting, hitting, spitting other kids right? To not sleep all night long, to never express his feelings, to have horrific nightmares, to scream for hours when he didn’t get his way. To be so different socially the other kids were starting to call him names and noticing. He’ll grow out of all this right?

What my friend did for me that day was a gift, a painful one though. I knew immediately she was right, after all she’d worked with special needs kids for 12 years. There was a time of grieving and mourning, of working hard to wrap my mind around the fact that I had a “special needs” son and this was our new normal. Now the real work would begin. I dug into researching how we could help him and working to find a psychiatrist who spoke English in a foreign country was the first order of business. Kale was diagnosed with ADHD and childhood depression. Over the years Aspergers and mood disorder have been added.

After much prayer, and with advice of the psychiatrist, it was decided we would move back to California for Kale. He needed the safety and security of being in a country where his native language was spoken and there would be so many more resources for him here.

Kale was in the 2nd grade then; now he’s a freshman in high school. He loves baseball, is a techie with an engineer’s mind, has a heart for the homeless and sees the world from a perspective I would’ve never known. He has also taught me to “see” him in a non-traditional way and because of that I’ve learned a different way of dealing with his behaviors. I am now teaching that technique to other moms and caregivers of kids with challenging behaviors. It’s my passion to help those who are struggling with their kids. I’m so grateful God gave me Kale just the way he is. And so grateful I have the privilege of giving back now after all Family SOUP has done and is doing to help my family.
The winter months provide ample opportunity for sensory, learning activities for children of all ages!

Have your child help you with a variety of cooking activities. Children can break walnuts into smaller pieces for cookies when they are sealed in a zip-lock bag. Children love to measure and stir ingredients. Warm your heart and your kitchen. Enjoy the crisp morning air while making a pot of soup. The safety knives used for pumpkin carving can be used year around for children to assist with preparing food in the kitchen.

The Family SOUP board would like to thank our Annual Campaign supporters. Consider reaching out to someone new that you know would feel thankful to contribute to the Family SOUP mission of empowering families of children with special needs. The cold winter is quickly approaching, but a donation to Family SOUP will keep your heart warm and it will make a difference in the community where you work and play.

Our Family SOUP team has been busy engaging families with opportunities to strengthen their child’s social skills and much, much more. In collaboration with Cinemark, low sensory movie showings of Christopher Robin and Small Foot were offered to families in our community. Please look forward to a low sensory showing of Mary Poppins this holiday season.

Family SOUP will also be providing Music and Movement for the School Readiness programs at Cedar Lane and Ella Elementary schools. Preschool classes include 6 sessions of active movement with a variety of music, fun props and instruments. This active movement stimulates the little ones from head to toe! Additional classes will be offered in the spring.

The holiday season reminds all of us on the Family SOUP team to express our gratitude for families striving to support their children’s developing needs, for community that collaborates to benefit these families, and especially for the Family SOUP Donors who contribute financially, making so much of what we do possible.

With Thanks,

Kimberly Butcher/
Family SOUP Board President
Being a parent is hard. Being the parent of a child with special needs is even harder. Thankfully, support comes in many different forms. Just one of the many forms of support we offer is our Scrapbooking Support Group. Being creative while sharing trials and tribulations with other parents who “get it” is such good therapy!

Each month we come together and bring photos of our family and friends. We let someone we trust share the responsibility of feeding the kids dinner for this one evening. We bond as a group as we share dinner together. We also share the good times as well as our frustrations. We brainstorm answers to school questions and medical concerns, we recommend books and websites on behavior, we offer a shoulder to cry on. We revel in our friendship and laugh with each other.

Next, it’s down to business... scrapbooking business that is! Even though we haven’t met each other’s children, we know them almost as well as we know our own. The photos we share range from birthdays to holidays to fieldtrips to camping and everything in between. We cut beautiful patterned paper with scalloped scissors and put our photos on them with stickers here and there, and maybe a little glitter (you can never have too much glitter.) We put the finished layouts in gorgeous albums and have a sense of accomplishment. It’s something that makes us feel good every time we look at it, and something we can share with our family and friends for generations to come.

We leave happy, revived, accomplished, and not having to wash dinner dishes! This “me time” is rejuvenating! We can’t wait for next month!

Family SOUP’s Scrapbooking Support Group meets the 3rd Wednesday of each month 6:00-8:00pm at Family SOUP. Supplies are provided as well as a light supper.
Family SOUP Annual Campaign

Join in the fun for a chance to win a private tour of Cordi Winery in our very own Sutter Buttes. Enjoy your visit with 10 of your guests and a deluxe wine and delights gift basket. Proceeds benefit Family SOUP local programs and activities for families with children with special needs. To enter the opportunity drawing, please call Family SOUP at 530-751-1925 or fill out the coupon below and mail or drop off at 1650 Sierra Avenue, Ste 106, Yuba City, 95993.

SIGN UP FORM

$_________ for opportunity to win $300 cash or Cordi Winery Tour and Wine Basket

$10/ticket or 6 for $50 or 18 tickets for $100

$_________ Your Tax-deductible gift will benefit local Family SOUP programs

Please make checks payable to Family SOUP

Tax ID No. 6800336340

Name _______________________________ Phone___________________________
SUPPORT/INFORMATION RESOURCE MEETINGS

Scrapbooking Support Group
Monthly Support Meeting

Every third Wednesday,
January 16, February 20, March 20,
April 10, 6:00 – 8:00 PM

Supportive scrapbooking for parents and
caregivers of children with special needs.

At Family SOUP office.
Call 751-1925 to register.

Working Together
Autism Support Group
Monthly Support Meeting

3rd Tuesday of every month,
January 15, February 19, March 19,
April 16, 6:30 8:30 PM

Knowledge and understanding of Autism.

Location TBA. Call 751-1925 to register
& for more info.

Yuba College Foster Kinship
Care Education AD/HD
Support Group
Monthly Support/Info Meeting

Every 4th Tuesday of every month,
January 22, February 26, March 26,
6:30 – 8:30PM

Support, parenting strategies, resources,
and information for parents and
caregivers of children with AD/HD.

Free childcare available. Location TBA.
Call 741-6750 to reserve childcare & for more info.

ACTIVITIES

Siblings Support Group
4 Weekly Support/Activity Sessions,
Tuesdays, March 5, 12, 19, 26,
4:00 – 5:30 PM

Sibling support and activities for siblings,
ages 7-11, of children with special needs.

Call 751-1925 to register or for more information.

Music and Movement

Wednesdays, January 30, February 13,
27, March 6, 13, 20, 27, 9:00 -9:40 AM

Cedar Lane Elementary.

Wednesdays, March 20, 27, April 3, 10,
24, May 1, 8, 10:40 – 11:20 AM

Park Avenue School, Room 4.

A music therapy based support group
and learning series for children ages 0-5
and their parents, special needs friendly

Call 751-1925 for more information.

PALS Playgroup

January 18, February 15, March 15,
April 12, 9:30 -11:00 AM

Once a month playgroup for parents and
children, ages 0-3, with special needs;
includes brief topic presentations and
information about community resources;
buses available. For residents in
Yuba and Sutter Counties.

Call 751-1925 for more information.

Sensory Friendly
Movie Showing
Presented by Cinemark

Friday, January 4, 10:00 AM

Mary Poppins
$6.25 per person

1410 Whyler Road, Yuba City
SOUP’s On

Friday, February 8, 11:00 AM – 1:00 PM

Join us at our soup luncheon. Stop by Family SOUP to relax, warm up, and enjoy a variety of homemade soups.

Please call 751-1925 to RSVP by February 4

PARENT AND CAREGIVER TRAINING AND WORKSHOPS

Applied Behavior Analysis Workshop

Presented by Kevin Douglas, Educational Behaviorist Analyst, Colusa County Office of Education

Wednesday, February 20, 6:00 - 8:00 PM

Mr. Douglas previously worked as a Special Education Teacher, as a supervisor for in home ABA programs and a Director for a nonpublic school serving students affected by Autism.

101 Marguerite Street, Williams, Ca 95987. Call to register or get more information at 751.1925.

Understanding the 504 Process

Tuesday, March 12th, 6:30 – 7:30 PM

Cindy Chandler of Family SOUP will present information on requesting and obtaining a 504, and how a 504 plan can help your child’s needs in school.

Call to register or get more information at 751-1925.

Making Sense of the IEP Process

Tuesday, March 26th, 6:30-7:30 PM

Cindy Chandler of Family SOUP will present information about the Individualized Education Program including parent rights, understanding the IEP document, how to ensure it meets student needs, and how to work effectively with the rest of the IEP team.

Yuba County Library
303 Second Street, Marysville.

Call 751-1925 to register and for more information.

WORKSHOPS PROVIDED BY UC DAVIS MIND INSTITUTE

— AVAILABLE FOR PARENTS & PROFESSIONALS —

Minds Behind the MIND – Presentation Series

Using EBP in the Home and Community: Visual Supports

January 16, 2019, 5:30 – 7:00 PM

Presenter: Amber Fitzgerald, MA, BCBA. Participants will learn how to use this versatile Evidence Based Practice (EBP) to support individuals in the home and in community settings. Various types of visual supports that address adaptive, vocational and behavior needs will be shared. The session will be followed by a “make and take” where the participants can develop a visual support to use once they leave the workshop. This session is appropriate for anyone supporting individuals with ASD, ADHD and other neurodevelopmental disabilities from preschool through adulthood.

MIND Institute Auditorium, 2825 50th St, Sacramento, CA 95817.
Using EBP in the Home and Community: Video Modeling
April 24, 2019, 5:30-7:00 PM
Presenter: Patty Schetter, MA, BCBA.
If a picture is worth a thousand words, then a video is worth a million! Participants will learn about this highly effective Evidence Based Practice (EBP) that can assist individuals with developmental disabilities in learning a broad array of skills from academic to self-help to job skills. Examples of various types of video models will be shared and participants will get a chance to plan and write a script for their own video that can be developed and used once they leave this workshop. This session is appropriate for anyone supporting individuals with ASD, ADHD and other developmental disabilities from preschool through adulthood.

MIND Institute Auditorium
2825 50th St, Sacramento, CA 95817.

Family SOUP Annual Fundraiser Bistro in the Buttes
May 11th, 2019
Call 751.1925 to be added to the invitation list.

3rd Annual Yuba-Sutter Walk-n-Roll
May 18th, 10:00 AM
For special needs and disability awareness.

Call Adrienne at yswalknroll@gmail.com

Please Note: Family SOUP office will be closed the week of April 15th -19th 2019
ARE YOU PREPARED?

To learn more about making a plan and receive valuable disaster kit items plan to attend our Disaster Preparedness Workshop for Special Needs.

Save the Date:
February 22, 2019

Call 751.1925 to register!
Holiday Tips

Holidays are a time to share with friends and family and to follow traditions. It can also be a time of stress for our kids with special needs. Here are some tips we came across and we want to share with you.

Everyone wants to see Santa! Kids who have spoken language issues may struggle to tell Santa what they want. Other times it’s uncomfortable for kids with sensory processing issues. And kids prone to impulsivity may blurt out that Santa isn’t real. You can help your child to have a positive experience by practicing with them what to say to Santa. You can also consider asking one of Santa’s elves to hand Santa a note explaining your child’s needs along with their toy list.

Holiday Foods. How many times have we thought about the menu when it come to our kiddos? I would guess that it happens more times than others. Picky palates or sensory processing issues can find the flavor, smells, and textures of traditional foods hard to deal with. Make a side dish just for them to eat or if you are going to a family or friend’s house bring along foods he or she would like to eat. You can also try using “thank you” bites. After a small taste of a new food or not, you child can say, “no thank you” or “yes thank you, I’d like some.”

Holiday Projects. Some of the holiday projects depending on the child’s needs, these can sometimes be an out of the question options. The experience can be frustrating to kids who have trouble with motor skills, following directions, or attention issues. Maybe putting your child in charge of some of the project planning can be more fun for them. If they are the one’s choosing, they are more likely to be motivated to see it through the end. Remember, it doesn’t have to be perfect to be fun.

Interested in Reinventing Holiday Traditions?

Author Amanda Morin - To find more creatives ways to explore the holidays with your children, visit understood.org/en/family/events-outings/holidays-celebrations.

Sometimes coming up with alternative to familiar activities is fairly easy. Just a few changes can make all the difference. Here are examples of tweaks to commonly stressful holiday activities for kids with learning and attention issues:
<table>
<thead>
<tr>
<th>THE TRADITION</th>
<th>MIGHT NOT WORK FOR KIDS WITH:</th>
<th>IDEAS FOR REINVENTING IT:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hosting a cookie-decoration party</td>
<td>• Sensory processing issues (cooking smells, too much activity and noise)</td>
<td>• Limit the party guest list to a smaller number</td>
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<td></td>
<td>• Trouble with fine motor skills (making or decorating treats)</td>
<td>• Buy and serve cookies. Or hold a potluck-style exchange</td>
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<td></td>
<td>• Attention issues (multi-step cooking processes)</td>
<td>• Choose a bakery or restaurant to visit as a family for a season outing.</td>
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<tr>
<td>Taking turns reading A Christmas Carol on Christmas Eve</td>
<td>• Dyslexia (trouble reading and understanding what she read)</td>
<td>• Ask your child to retell (or act out) the story as she remembers it or wishes it went.</td>
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<tr>
<td></td>
<td>• Auditory processing disorder (difficulty following the story)</td>
<td>• See a Christmas Carol performed as a play.</td>
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<td></td>
<td>• ADHD (trouble paying attention to the story)</td>
<td>• Listen to an audiobook version while sipping hot chocolate.</td>
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<tr>
<td>Taking a driving tour of elaborate holiday light displays</td>
<td>• Issues with hyperactivity (sitting in one place or being buckled into a car seat for long stretches)</td>
<td>• Take a short walk around your neighborhood to look at neighbors’ lights.</td>
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<tr>
<td></td>
<td>• Sensory activities (bright lights, steamy car)</td>
<td>• Invite your child to craft some indoor decorations for your own home.</td>
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<tr>
<td>Volunteering to prepare meals at a local food shelter</td>
<td>• Social skills issues (interacting with guests)</td>
<td>• Help prepare the space the day before, when there are fewer people.</td>
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<td></td>
<td>• Communication issues (talking with or understanding unfamiliar people)</td>
<td>• Have your child collect canned food from friends, neighbors or family.</td>
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<tr>
<td></td>
<td>• Executive functioning issues (staying on task while preparing meals)</td>
<td>• Have your child go through their toys and donate gently used ones or not being played with anymore.</td>
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</tbody>
</table>
Our Mission

Our Mission is to empower families of children with special needs through support and education to reach their full potential as members of the community.

We are a 501(c)(3) tax exempt non-profit organization. Programs possible. Your donations make our non-profit organization possible.

We are a 501(c)(3) tax exempt non-profit organization. Members of the community. Special needs through support and education to reach their full potential as empowered families of children with special needs.

If your address changes: Each returned piece of mail costs us $.50 and your Family SOUP mail is delayed. If you move, please call or email Amber Soto with your new address at (530) 751-2024 or members@familysoup.org. Family SOUP mail is delayed. Each returned piece of mail costs us $.50 and your Family SOUP mail is delayed. Family SOUP mail is delayed.

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