



# FCSN SLS Newsletter

Summer 2016

**10  
Years  
of  
SLS!**

## Friends of Children with Special Needs Living Services





# The Voting Primary

By: Laurie C.



This year we have an important election. For the primaries I worked on my ballot with my staff Gizella and my Case Manager Claudia and some of my friends. The voting candidates are now between Hilary Clinton and Donald Trump. This election is so important because of some of the issues that are being discussed. For instance, the gun control situation must be resolved once and for all, by finding ways to settle. If a license or permit is given, then it should be handled properly. I think weapons and firearms should be used for military and law procedures only. For other purposes, for example the Olympics, people should get an approval from the authorities and the summer games. Also, the government can make plans to bring better regulations in economic procedures whether it's local or abroad. Other than that, the environment could also use new and improved technology to bring out clean water. The most important step in voting is to choose the candidate with facts.



Presidential Primaries - 2016





# American Bicentennial

The United States bicentennial of 1976, and July 4th 2016 , when America celebrated its 240th birthday are very important events. So what do these events have in common? They paid tribute to the historical events leading up to the creation of the United States of America. Surrounding on one central event the American Revolution. Independence Day (Fourth of July) commemorates the adoption Declaration of Independence and the birth of a nation. Since then, it became part of our American Culture. It is memorialized celebrated as a national holiday since it became a federal holiday in the 1930s.

On April 28<sup>th</sup> 1975 my parents were living in Cambridge Massachusetts, while attending (MIT) Massachusetts Institute of technology, it was during break 1975 both of them went to Boston to watch the reenactments of the battles of Lexington and Concord while celebrating the 200th anniversary of the first two battles of the war of independence during the bicentennial events of 1975/1976 the Vietnam war ended, inflation dominated the seventies and on July Fourth 1976 America celebrated victory , at the same time celebrating 200 years of independence. My parents were there enjoying the festivities, they also saw fireworks which was televised nationally. I was born that same year while America was celebrating its Bicentennial just 200 years younger. For my birthday this year , since I was born during the American Bicentennial year I thought it would be an appropriate theme , I have reached a milestone in my life, a good reason to celebrate, the son of the American bicentennial was reborn, and is about to turn 40 this year on December 10, 2016.

By: Raymond H.

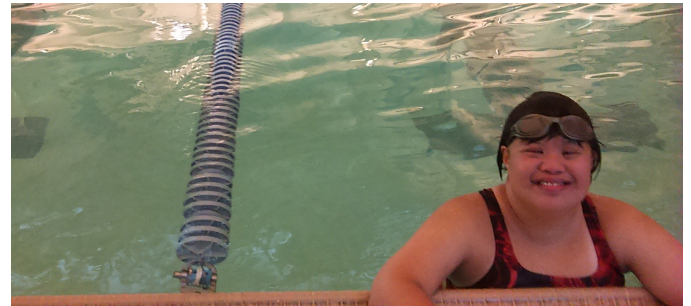
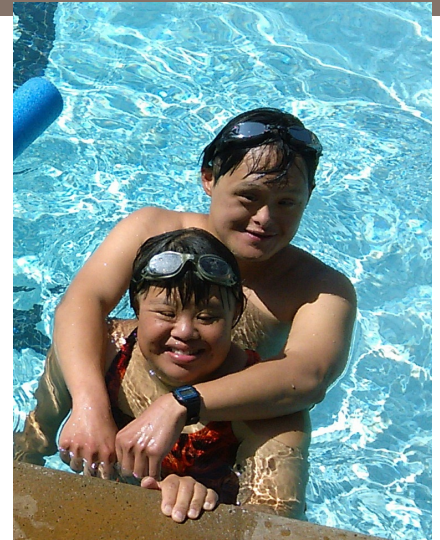


# Sports Zone

## Swimming

By: Cindy C.

I love to swim, swimming is my favorite sport. My teacher in high school called me a fish because I love water. I started swimming lessons when I was seven years old together with all my sisters. I learned all the strokes, and I join Special Olympics every year. Now I go lap swimming once a week for exercise, because it helps my ankle problem.



## Bocce Ball



My name is Kelly Kirk.  
My coach's name is coach Tom  
My partner's name is Jessica M.  
I really like bocce ball, it's one of my favorite sports to play.  
I like it because I like being out side in the sun.  
If someone was new to playing bocce ball they should just have fun and go to the tournament.  
I will play bocce ball as long as I can.

By: Kelly K.





# Volleyball

The volleyball tournament was held on Saturday, 4/30 in Pleasanton. The team practices once a week at Horner Junior High School. The coach Cathy is really nice. When she gives you feedback on your game, she is just usually proud of you for trying to hit the ball. If you try hard during practice, you might be surprised that this really improves your game. On the day of the tournament, all the teams were called to the football field. A 49er football player gave the opening speech. They sang the Star-Spangled Banner; also everyone was thanked for coming to the game. Then "let the games begin". Our team won second place, and the coach thanked all teams for trying. I am planning on joining volleyball again. Remember it is important to have fun.



By: Kendra L.

## Track & Field and a Special performance



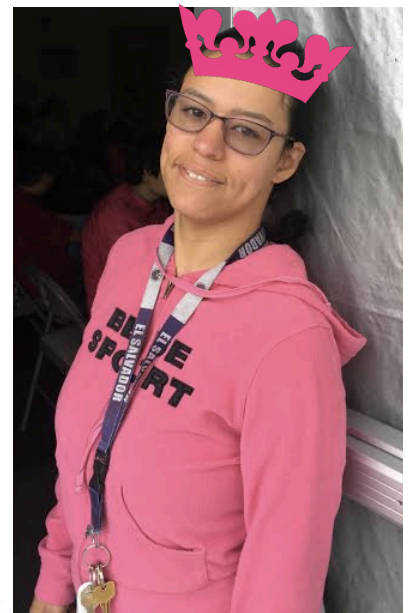
On Saturday April 30 I attended a Special Olympics tournament for Track and Field and then took a special trip to San Francisco. Some athletes had a volleyball tournament at the same place as well. The tournament was being held at Amador Valley high school in Pleasanton. I competed in 400m, 1500m and 800m. I won 2 gold medals and 1 silver medal. After the tournament, I went home to shower and go to FCSN center to get ready to go to SF. So when I got to the center, Laurie, Gideon, Kristin, Shannon, and I went to the Fremont Bart station. We got on the bart in Fremont and got off the bart in Powell street in SF. From Powell station we took an uber to St. Cyprian Episcopal Church. I went to the church for a performance. It was my first time ever riding uber. After we had dinner we were getting ready to practice for our performance. After practicing we were getting ready to watch other people practice. I was performing "my heart will go on"

with the dream seekers. Some of the other performance were Glenn Hua singing opera, dream seekers dance performing evolution of FCSN dance, Laurie dancing, and also my friend PJ singing "you raise me up". There were a few piano performances. Some of the people who performed piano were Ting Ting and Alice. My favorite piano performance was by Badal, because he was playing some of the themes to my favorite 007 movies.

By: Andrew C.

# Disney Cruise with my Family

We started driving to San Diego on 5/14. It took us about 8-9 hrs, because we were 7 people traveling, my mom, dad, sister, 2 nephews and 1 niece. We had to do a lot of stops to stretch our legs and also going to the restroom. We had breakfast at Subway, we were going to McDonalds but the line there was too long. We spend the night at a hotel in San Diego, the next day we got ready, called a cab to take us to the docks, where our ship was. It was huge, then we had to make a line, it was long but went smoothly to have our papers checked. My dad took me to have a picture taken with Mickey Mouse before we went in the ship. I was very excited that night we saw Goofy and Minnie mouse; my nephews, niece and I took pictures with them. We also saw Daisy, Pluto, Donald, Mickey and Chip & Dale. We had dinner in one of the three restaurants. The next day we went to Ensenada, Mexico so the Disney wonder ship was docked in Ensenada. After we walked around the market, my mom bought me a Mexican dress. The most exciting part was my nephew Julio got to hold baby tiger and I was sitting next to him. The last day was the best; we got to get pictures with the princess with Bell, Cinderella, Ariel and Tiana. In the evening they had a show the theme was Pirates, It was a lot fun, all characters came on stage to dance, one of my nephews, Julio was chosen to go up on stage to dance with other kids and the pirates at the end they had fire crackers. I also went to one of 5 pools. They had games gallery, also free games. Oh, in the afternoon, I saw Goofy doing exercise. We saw 2 show in the theater "Toy Story" and "Dreams can come true", keep dreaming both were beautiful, I enjoyed the. I enjoyed them all and had a lot of fun but I thought my vacation was too short.



By: Jessica M.





# Becky the Chef



I am very proud of me again, I did something good, I cooked for our apartment. My staff know about their client doing a very good job for cooking and they tell me everyday. I help with all the food and to make the menu that I am comfortable with. We do grocery shopping with my roommates too and we pick all the things for the menu. My staff, Anna and Jennifer know that my roommates and I like helping in the kitchen area everyday and cleaning our kitchen. I have good ideas for more cooking with my roommates and I hope everyone can understand that.

By: Ms Rebecca W. "Becky"



## My Home at C1

By: Tatiana G.



I moved into D2 in 2009, my main staff was Olivia, and my roommate was Christina, after a year I moved to D1, I had Stephanie as my roommate. I had fun, I learned how to do my own laundry and do my own cooking and go for long walks and do exercise. I also get to eat and go grocery shopping and go to the movies. My Sister was my staff also when she still lived here in CA. I like my new apartment, C1. With Jocelin, Laurie and Jenny as my live-in staff. At C1 I have learned how to keep C1 clean with the help of Jocelin, she taught me an easy way to organize my laundry too. I also have learned to wash dishes better and keep the living room neat and keep my home clean and safe. My roommates and my staff help me a lot and I really like my C1 apartment.

# Disney on Ice

By: Catherine C.



On Monday night, February 22, 2016, some of my friends from the apartments went to see Disney on Ice with the Frozen theme. It was at the SAP, center at San Jose. The show started at 7:30 pm. My favorite part of the show is the costume and the decoration. There were lots people and little kids wearing Elsa and Anna costumes like my Halloween one. Some of the little kids bought the glow sticks toys, program books and snacks. I bought a Disney on Ice program. I had lots of fun there with all my friends and staff.







# Staff of the Quarter

**G**enuine  
**I**ntelligent  
**Z**ealous  
**E**nthusiastic  
**L**oyal  
**L**oving  
**A**marzing



# Living Services Family



## Friends of Children with Special Needs Living Services

FCSN SLS now has an emergency line  
dial: **(510) 378-3249** to get immediate assistance  
from one of our Case Managers.

For any non-emergent matters, this is our office number:

**(510) 739-6900 x 3307**