



Friends of Children with Special Needs

華人特殊兒童之友

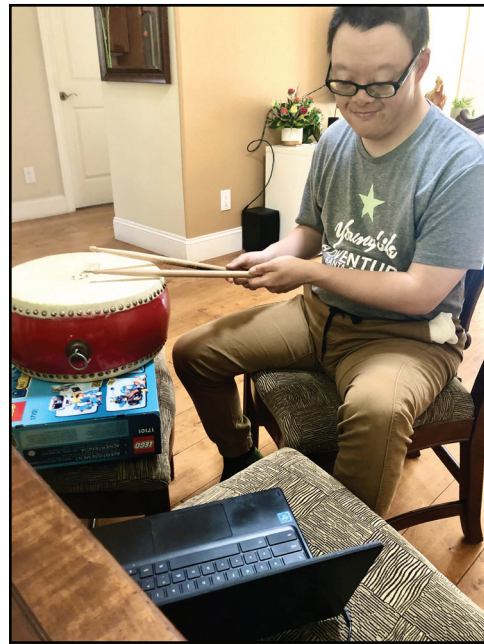
FCSN Dream Builders

June 2020

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**Tony Nakamoto: Making Headway
for the Special Needs Community**



**Brian Chiao Taking FCSN Online
Percussion Tutoring Class**

即使不能相見, 也不能與愛隔絕 -
FCSN 外展暨家庭支持組 與特殊需要家庭齊心抗疫 !

Sharing from FCSN staff, clients, parents, and volunteers on
FCSN's remote services, online learning classes, and virtual meetings

FCSN Re-opening Roadmap and preparation work in progress

What is Toastmasters? How can my love one benefit from it?



FCSN Dream Builders

June 2020



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JUNE 2020 NEWSLETTER

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President's Message

Dear FCSN Families and Friends,

















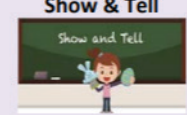



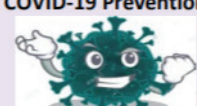

I would like to give you the FCSN annual report via newsletter during this challenging time. My wish is that you and your family are doing well. My hope is that everyone stays safe.

Since 2019, FCSN has been working on technology upgrades which include both hardware and software. You may have noticed that some of FCSN's programs now use online registration instead of paper forms. The volunteer management system helps FCSN communicate better with all the volunteers. The member database and human resource information system

(HRIS) helps internal management tremendously. Currently we are working on a client management system, cybersecurity, and our website. These enhancements require resources to support them, and we appreciate all the help from our donors, volunteers, and board so that we can continue to make FCSN better.

FCSN has been an organization for 24 years, and we have grown to over 1000 family members. Unfortunately, some families drift away for various reasons. In the past year we have tried very hard to connect with more members because we want to hear from them to see how we can better serve

our members' needs. We have held a monthly "friendship forever" parent lunch meeting, and we also have held a full-day core member meeting. From these meetings we have strengthened our connection with members and explained the operational challenges to clear up any misunderstandings. We also have realized that it is impossible for FCSN to fulfill everyone's needs due to limited resources, so we must be creative and think outside the box. Currently we are communicating with other vendors to see if we can better serve our members with a collaboration. We've met a director from Trumpet Behavior Company to see if this entity can train our staff, so that our

| Sample Schedule | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|--|---|--|---|---|
| 10:00 – 10:45 |  |  |  |  |  |
| 11:00 – 11:45 |  |  |  |  |  |
| 11:45 – 12:15 |   | | | | |
| 12:15 – 1:00 |  |  |  |  |  |
| 1:15 – 2:00 |  |  |  |  |  |

staff knows how to better serve our clients with behavior challenges. We will also invite the LSA executive director to talk about their group home living services since not all members' loved ones are able to utilize supported living. These are all on-going efforts, and if you know of any good vendors, please introduce them to us, too.

FCSN has held an annual gala fundraising event since 2002, and the gala format and \$100 ticket price has not changed for 17 years; however, the total cost of each participant is now much more than \$100, so we had to make some changes in 2019. After some discussion, the gala committee decided to raise the ticket price to \$200 and reduce the number of guests to 350. This was a big change as we've hosted 800 to 1,200 guests in the past years. Many members also brought up concerns that the ticket price was too high. In the past years the gala has served multiple purposes including fundraising, member reunion, and our special kids' performances, but starting from 2019 we wanted to shift the focus of the gala and make fundraising

the sole purpose. With a clearer goal in mind, we were able to plan this event better. We received a lot of positive feedback and ended up achieving our fundraising goal; we will continue with a similar format in 2020.

Earlier this year, we were preparing to explore some different South Bay after school programs. Unfortunately, we encountered the coronavirus outbreak in early March, and many members suggested stopping all programs to protect our children, especially because many special needs persons are most at-risk. We halted enrichment programs and family gatherings from the first week of March but kept vendorized programs at that time since they were funded by the regional center. Stopping those programs would have required regional center approval. When the San Francisco Bay Area shelter-in-place order took effect on March 16th, FCSN stopped all vendorized programs except for essential services. We understand that this is a tough time for everyone, and we want to take care of our staff as much as we can, even if we cannot hold our regular programs in per-

son. Therefore, Albert, Anna, Sylvia, Lilian, and I have decided that most of our staff (excluding coffee shop staff and respite workers) will continue to receive their regular pay. We also want to express our appreciation to our essential workers during this unprecedented period, so the working staff will receive double pay.* We are so grateful for everyone's willingness to help. Our staff quickly organized online courses for our clients, so everyone can stay connected with each other remotely. Below is an example of our East Bay Adult Day Program online courses. We are truly blessed to have so many dedicated and wonderful staff members.

This year brings new challenges for us all. Even though FCSN annual meetings will be canceled, we will continue to have volunteer awards, board elections, and the like. Although many things are uncertain, FCSN is ready to face any situation. Let's stay close even if we are apart!

C. K. Lee
FCSN President

FCSN Re-Opening Roadmap

by Sylvia Yeh, FCSN Executive Business Director

As we are entering the 13th week of shelter-in-place (SIP), I pray that you and your family continue doing well and staying healthy. I'd like to share a video of FCSN Virtual Services that we recently published- <https://youtu.be/tjL6Y8F1o9M> to show how we GROW CLOSER AND BECOME STRONGER EVEN IF WE

ARE APART because of SIP. For further information of FCSN Remote Services, please visit FCSN website <http://fcsn1996.org/remote-service/>.

We all are anxious to know when and how we can return to the old ways we used to live before COVID-19 and SIP. In order for FCSN to Re-Open, there are five

dominating factors to determine:

1 The Shelter-In-Place order is lifted by Santa Clara and Alameda County Health Officers

2 Santa Clara County and Alameda County enter "Stage 3" (based on Governor Newsom's "Resilience Roadmap Stages")

FCSN Re-Opening Roadmap

1. New Operation Format

- # of clients are allowed in the facility/each room to comply with Social Distancing
- Innovative operating format
- Classes schedule/ Teachers & Room usage plan
- Sitting arrangements
- FCSN transportation (AM/PM) arrangements

2. Environmental Control & Precautionary steps to keep clients/staff safe

- Daily Clean and disinfect plans
- Handwashing schedule and recording
- Body temperature measuring and recording

3. Policies

- Wearing masks/facial shields ALL THE TIME- both staff & clients
- Reporting and handling procedures if clients or staff have COVID-19 symptoms
- Strict STAY-Home and SEND-Home Policy
- Strict visitor policy
 - Parents' drop off and pick up outside of building
 - Virtual ISP meetings with regional center social workers and parents
 - No outsiders entering FCSN building- UPS delivery, bus drivers, visitors

- 3

FCSN clients and staff are able to follow “social distancing” guidance
- 4

FCSN follows guidelines from Department of Development Service (DDS) and Regional Centers (RCEB & SARC)
- 5

How County Paratransit or Outreach will transport clients to programs

At this moment, there are many uncertainties of SIP and Stage 3 statuses. We don’t know WHEN we will re-open, but we are planning and preparing diligently for reopening. I hosted a parent meeting on June 17 to provide a clearer re-opening schedule and to answer questions and ask for feedbacks. For those clients who don’t feel comfortable to return to FCSN, we will continue to provide remote services for them.

Please continue to follow the COVID-19 precautionary steps and the social distancing guidance for your health. We pray we can see you soon. Stay safe, be well!

4. PPE (Personal Protective Equipment)

- For clients: bring and wear their own masks
- For Staff: FCSN to provide surgical masks, facial shields and/or gowns to staff who request.

5. Conduct Training for staff and clients before re-opening- Topics include but not limited to

- Introduce FCSN new program format
- How to keep social distancing
- Policies
- Adhere with environmental control strategies & precautionary steps

6. Office Settings

- Deep cleaning 1-2 days before re-opening
- Install Shields/protectors at the reception area, cubicles & desks
- Display Non-touch hand-sanitizer stands at front/back entrances

7. Logistics

- Client/conservator to sign Waiver Form before returning to FCSN
- Client/conservator to sign Consent Form before returning to FCSN
- FCSN to notify Community Care Licensing (CCL) and Regional Center for reopening plan

Bringing Friends of Children to the Virtual World

By Jake Haw, FCSN South Bay (W.I.L.L.) Adult Day Program Coordinator

The Bay Area was hit really hard with the arrival of the global pandemic to the United States. California's governor issued a Shelter-in-Place order, forcing everyone to stay in their own homes for safety. What did this mean for clients who attend FCSN's Day Program regularly? Responding immediately, FCSN's different management teams and all staff discussed and collaborated on a solution to this: Virtual classes served as the Day Program for those sheltering in place.

Each week of classes start by allotting time for greetings and checking-in on the clients to see how they are doing and if they want to share anything interesting from their day or weekend. Some

days, instructors create a theme to generate extra enthusiasm, such as Hat Day, when clients wear favorite hats, showing a bit more of their personalities, or share a favorite book for "Book Day." Excitement and smiles abound as clients share their items during the week. Classes also include physical fitness, social development, and academic excellence, as well as some creativity classes.

FCSN instructors prepare different exercises throughout the day to create variety. For physical fitness, clients enjoy Zumba with teacher Hanh on Monday; Yoga with teachers Jake and Ramona on Tuesday; Stretching and Nutrition with teachers Jeffrey and Phyllis on Wednesdays; Aerobics

with teachers Kim and Darlynn on Thursdays; and Stability & Exercise with teachers Michael and Corinna on Fridays. Every day, clients sweat some as they exercise through dancing, stretching, and doing cardio exercises that really engage their bodies. Not only do clients love it, but some of their parents join in and love it, too. These activities encourage clients to maintain their physical health and participate together and enjoy.

For social development, teachers Phyllis and Jeffrey offer Social Stories class, focusing on important social skills like ways to deal with strangers, using polite words and manners, what to do when lost, working together as a team, among many more skills. Clients partici-





pate and learn through watching videos, participating in question-and-answer segments, giving their own examples, and singing a song to end the class. Clients say that they enjoy learning social skills through this fun class.

FCSN continues to offer classes in Reading and Money Management, plus a new class to inform clients about the novel corona virus. Classes are taught with a smaller ratio, four clients to one instructor. This allows for a more focused discussion to enhance learning, based on client skill level, which enhances interest and focus to maximize learning. Clients have shared that these smaller classes make participation easier for them. They give these classes two thumbs up!

Known for bringing out client creativity, FCSN offers a spectrum of

classes to meet client needs: Body Percussion class with teachers Po, Stanley, and Jeffrey; Performing Arts with teachers Phyllis and Corinna; Cooking with teacher Darlynn, Kim, Casie, and Ramona; Arts and Crafts with teacher Emily, Ann, Darlynn, and Corinna; and Games with teachers Jake and Emily. Classes are designed so clients can use resources they have at home.

To simulate FCSN Day Program's lunchtime that offers clients time for interaction, teachers created a virtual lunch daily at noon. Clients share just as they would at the Day Program, using the time to eat and talk about food, sharing stories about their lives as friends do. Interestingly, clients practice cleaning up and washing their plates and utensil after they eat, practicing self-care and independence in a safe environment. Clients even check up on each other and remind

each other to get ready for the next class.

Special Clubs offer a variety of topics, everything from travel to movies to music. In the future special clubs will expand to include photography, beauty for ladies and a mirror club for the gentlemen. Not only do these clubs offer interesting topics to prompt discussion, they also enhance client engagement and focus as clients participate in distance learning classes in the Virtual Day Program. The pandemic has shown that FCSN clients, like students in elementary, middle, high school and college, can actively learn through remote classes.

What I Didn't Expect From Shelter-in-place

By Vivian Chung, FCSN South Bay Program Director

It's Shelter-in-Place. Now what?

When I first heard that Santa Clara County was about to lock down, my first thought was: "Okay! Let's take this time to work on special projects that I've been longing to do." Of course, as always, life doesn't follow according to my plan.

Why Virtual?

During the first two weeks of Shelter-in Place (SIP), FCSN staff was hearing from many parents, who were struggling with keeping clients at home 24/7, mainly because our clients weren't able to adapt to this sudden lifestyle change without a schedule. Some clients were confused, wondering why they were quarantining at home, why they could not meet their friends at Day Program, and why ILS trainers could no longer provide training at their homes. In some cases, clients began to display new or recurring undesired behaviors. All this feedback led FCSN to put everything aside and focus on ways to help clients remotely. Our team began immediately to design our first virtual program. There were many aspects to consider, such as internet/WIFI stability, internet security, electronic device availability, clients' skill level in using apps/software, and a quiet environment where clients could participate in classes. Our South Bay WILL Program staff,

a.k.a. the WILL Power Team, dealt with all these concerns and developed 10 different lesson plans and curriculum in less than two weeks. In a virtual meeting, FCSN staff introduced the plan to parents and clients, asking for support. Receiving enthusiastic support from parents and caregivers for which we are thankful, FCSN launched our pilot virtual program on April 6.

The Brightest Side of the COVID19

On the first day of virtual class, clients showed up on time with big, pleasant smiles on their faces. Excited to greet each other, they showed concern for each other, asking about how they had been doing. They chatted and laughed so loudly that it was a challenge for me to keep up with everyone. This was the first joyful moment I had experienced since the lockdown. Everyone was exhilarated to see each other and couldn't wait for his/her turn to talk. It was just like a big, family reunion virtually. Everyone was close to each other but physically apart. The virtual classroom was filled with joy and positive energy. There was one client trying to negotiate an early return date with staff, one client comforting another client saying, "It's okay! We will go back to the center soon!" Yet another client echoed: "Yes! We will meet soon, just be patient!"

As I checked into the virtual classroom, I could see a shower curtain behind one client, which shocked me. "Why are you in the bathroom?" I asked, not knowing what to expect. "Because this is the most quiet place in my house now. I want to concentrate," he explained. I felt so glad to hear his answer. Not because it was funny to have a virtual class in a bathroom, but because how smart he was to find himself a quiet place. Since that day, this client has also been seen in the garage and laundry room.

A parent told us that her daughter had no energy to help with chores like she used to have. She would simply sit on the couch watching TV all day; however, when her parent told her that she would be able to see her day program peers through the iPad, the daughter got up from the couch and immediately tidied her bedroom and even vacuumed the house. Sometimes we just forget how much something means to our clients. They feel down just like the rest of us when our social life is affected.

There are many, many, more touching and happy moments like these, and all of these things are the motivators that lead us to provide better services for our clients and families. Thank you very much, clients, for going through this journey with me. You are my Angels!

FCSN Remote Services

By Nayeli Toto, East Bay Program Director

Ever since shelter-in-place was enforced on March 17th, FCSN has faced an unprecedented challenge. Having to temporarily close our doors to many of our programs was a difficult pill to swallow for many of us but even more so for our clients. Sudden routine change with an abrupt break to their usual rituals and a change of scenery presented rapid alterations, making the situation almost too much to handle. At FCSN, our main mission coupled with our goal has

always been to support our clients and their families. During this difficult time especially, our commitment to our community has truly shone brighter than ever.

In less than a week, our dedicated teams created a full spectrum of virtual classes. Day Program, SEP, and Living Services joined forces for planning and program development for classes that their clients needed, wanted and would enjoy. Together we created engaging

classes and activities to keep clients' minds engaged and learning while keeping their bodies strong.

Our dozens of classes are tailored to the needs of our different clients and are geared toward their development, their creativity and their needs to stay active. With the support from their families and caregivers, clients are joining classes from their family homes, group homes and from our Supported Living service. Our clients

continued on p.12



The current pandemic has changed all of our lives in ways we never expected. Sheltering in place and the eminent threat of a virus has made our common social interactions seldom and our usual activities, such as work, gatherings and shopping have been completely transformed. Being at home full time can be relaxing for some, even busy if you undertake new projects but what about those that need more cre-

ative outlets, more social interactions and are experiencing a sense of loss by not being able to see their clients?

That is the case of one of our dear SLS staff; Lova. Lova is not only a known and loved direct support staff in the living services area, but she is also a dedicated art teacher for our clients. Lova teaches a small group, paper-folding art class, in which once a week client gathers to create adorable crafts. During this pandemic, Lova had to stop working and stay home, but this proved to be a challenge for her, as it has been for so many of us. Lova however was invited to teach a virtual class for our clients once a week, and with her usual

enthusiasm, Lova gladly accepted. Lova found her artistic outlet, her social interactions and quality time with her dear clients in a not so common way. Lova was not used to virtual conferences or online streaming, but her dedication and desire to connect, teach and create with and for her clients guided her along the way.



FCSN Remote Services

continued from p.11

are able to socialize through our structured virtual gatherings while participating in different classes and engaging in giving their feedback. Clients are with their peers and staff; they learn and play, benefitting from physical activity and pure fun.

Thanks to these innovative and creative classes, we have seen the worried and confused faces of our clients switch to happier and confident ones. Parents saw the changed, too. "I was so impressed on the number of clients who attended," "The class was well-organized (good music)!" "My daughter had a great time! I'm sure other clients are feeling the same, too." "Looking forward to the next Zumba class," "FCSN teams are super heroes during this pandemic"

We know connection is everything for our clients. We are part of their village, and being able to show them our love and support while also teaching and engaging them to have fun is our privilege.

► <http://fcsn1996.org/wp-content/uploads/2020/04/COVID-19-Remote-Adult-Services.pdf>

FCSN and I

By Ramona Diaz, FCSN South Bay Adult Day Program Teacher

I have worked with FCSN for two-and-a-half years. Through the years I have developed passion and love working with our clients. The leap to virtual classes was a big challenge. I have three girls that take up my time, and my two older ones also have online classes that require my assistance. Dividing my time between supporting my daughter's online classes and attending to our client's virtual classes was really difficult. Not to discount the fact that my youngest daughter is only nine months old that I am still wet-nursing and requires my attention. At first, I thought working from home might be easier, but I was wrong. I soon realized it was harder. However, I found joy being with my three daughters and clients at the same time.

At the beginning I questioned myself about how would I be able to work online with only one laptop at home. My daughters needed one. FCSN was so kind to lend me a laptop. I was so happy that FCSN made it easy for me. Doing the online classes reminded me of my school days. It was more time consuming and so different from a live class. For these virtual classes, I wanted to give the best quality of service, so every day I worked to find different ways to develop and present new ideas and projects for our clients.

During the process of preparing

for virtual classes, I was clueless on what to teach and how to present my lessons. I am not a techy person and using the Zoom platform was alien to me. With the support of my colleagues, each day became easier.

When the virtual classes started, at the beginning of the day assigned to me, I reminded clients of the virtual class rules, especially hand-raising before talking. During the first few days, it was chaotic because everyone wanted to speak at the same times. Clients had missed each other and were so excited to see their friends on screen. I was also nervous because I knew that some parents were sitting next to clients, guiding them and watching our lesson presentation. This made me work even harder, going the extra mile to present a good lesson. Clients got excited participating in stretching, performing arts, body percussion, cooking, and Zumba, among other classes FCSN offered.

I was really very happy to see their faces all together on screen, even though we were apart. Clients kept asking, "When will the Day Program reopen?" I felt so badly when I could not provide definite answers. I kept telling myself, "Soon" to help me manage my own desire for the Day Program's return. Working during this shelter-in-place order is something new, and my family has become accustomed to the routine we established. Now my girls say, "Mom, your meeting!" or "Mom, you are going to start work soon."

Turning Sadness to Joyful Reconnection Through FCSN Virtual Services

March 17th is the last day my son, Greg, attended his Adult Day Program at FCSN (Friends of Children with Special Needs.) He wanted to go because he had a brand-new green shirt to wear for Saint Patrick's Day. He got to wear it, but he came home very sad as he did not know when he would return to the center and see his friends again.

Two weeks later came the best news ever! FCSN was starting Zoom classes, and Greg would get to see his friends virtually! As we connected to Zoom, it was so wonderful to see Greg's sad face go to a grin from ear-to-ear as he realized there was a way he could see his friends! That was such a wonderful moment for me as his mom.

I want to thank FCSN and all the online instructors for being there for your clients in ways you never anticipated. I am so grateful and appreciative for your courage to learn how to become a Zoom "pro" and that you play a vital role in my son's life during the shelter-in-place. Many thanks to Ju Pei for emailing Greg three times a week! FCSN has gone above and beyond to create this new "normal."

Greg longs for the day he can return to the center and see his friends. Thank you for keeping him connected to FCSN and for not letting the distance come between him and his friends.

To glance into FCSN's virtual services, watch this short, awesome video highlighting FCSN's programs during shelter-in-place:

<https://www.youtube.com/watch?v=tjL6Y8F1o9M&feature=youtu.be>

Make sure to watch the entire video as my son has the final words. Thank you, FCSN, for being the BEST Provider EVER. (In my humble opinion, of course!)

Kathy Hebert, FCSN Parent

Tony Nakamoto - Making Headway for the Special Needs Community

Interview with Dave and Hiroko Nakamoto, written by Helen Chou



Growing up in a family surrounded by music, Tony developed musical talents organically. I first saw this young man play the snare drum in the FCSN percussion band; he was able to perfectly execute complex sequences without one note out of beat. I learned from his mom, Hiroko, that he had recently started working at a company servicing Google's various cafes. Dave and Hiroko Nakamoto in this interview described Tony's journey growing up and making employment a reality.

Early Years

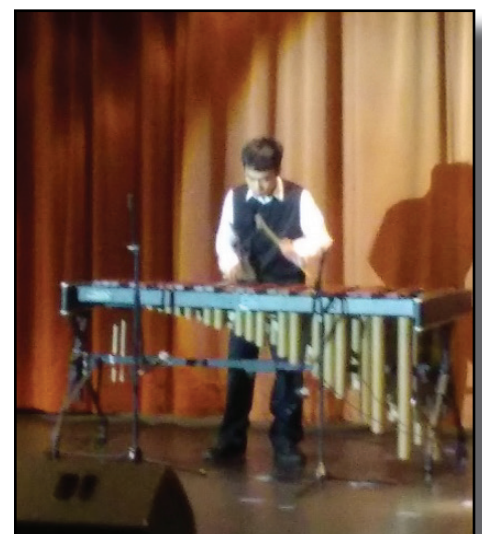
Tony was born in Japan. When he was around one, we thought we had a genius when he was able to read a little over 100 syllabaries of the Japanese alphabet. We discovered he had perfect pitch

when he would put his index finger to his lips whenever his grandmother sang a wrong note to him. When he couldn't put two syllables together to make a word, or make the leap from the songs he was singing to actual words, we started to get worried. On top of that, Tony had a very short attention span and was hyperactive. One time, Hiroko took him to a Kawai music class for young kids. Tony couldn't sit still and kept running around, not paying attention to the class at all, thoroughly embarrassing Hiroko. On their way home, however, she noticed Tony singing all the songs that were taught, proving that although it did not seem like he was paying attention, Tony had somehow picked up the music that was taught in class. At that point, we knew Tony was unusual. We took him to see several doctors in Tokyo, who at best pointed out his differences and at worst predicted a life of uselessness. None provided useful insights on his condition or prognosis. At that point, we figured if we stayed in Japan, he would receive little help. Thus I resigned my position, and we moved to the U.S. Tony was three years old.

Growing Up With Music

After arriving in the U.S., Tony was diagnosed at Children's Health

Council and started receiving intervention from regional center. During his elementary school years, Tony was in the full-inclusion program with a 1-on-1 aide. During his middle and high school years, he was 80% in Special Day Class, only going to orchestra and piano lab mainstream classes. After high school, he went to post-secondary at the community college and took lab classes for piano and guitar as well as physical education. He had learned violin during elementary school band, and he was drawn to the marimba and started taking lessons from Professor Galen Lemmon from San Jose State University. Since both of us are musicians, we always have music playing around the house. His post-secondary teacher recognized his musical talents and started volunteering him to play music at senior centers and other such places. Together with Donna Smith, Sufen



Wu, and Elie Younes, Hiroko decided to create opportunities for their musically-talented, special needs kids. We hired Dave Anderson and created Magic Makers, the first special needs rock band in the Bay Area. Through Magic Makers, Tony got to perform at a lot of places including at the Special Olympics in Los Angeles and many local South Bay venues, from events like the DAD to performances at Mariani's. Magic Makers became the winners of the first FCSN Talent Show.

Employment at Google

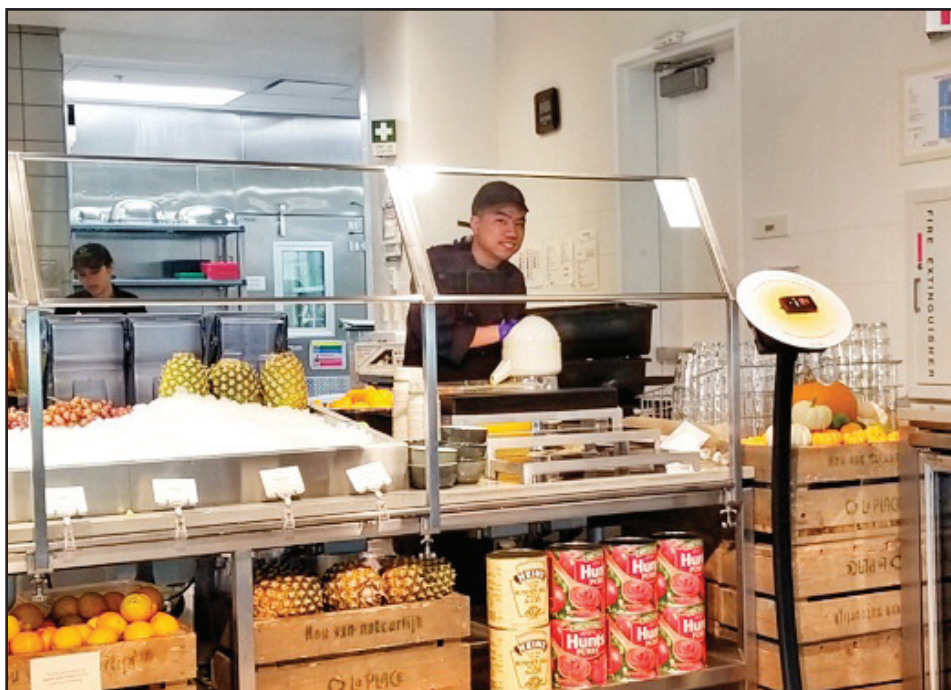
We found Tony's current job through good old-fashioned networking. The son of a friend worked as an engineer at Google; he found out about a paid internship program at Compass Group, the food service and support services company that runs the cafes at Google. Compass Group also serves hospitals, museums, schools, and corporate cafes all across the U.S. The interns in the training programs come from diverse backgrounds, including but not limited to special needs individuals. The entire process was surprisingly straightforward. Tony had to go through the interview process and obtain the Food Handler Certification. At that time, Tony was not part of any employment programs offered by FCSN or regional center. We had to request from San Andreas Regional Center

a job coach for Tony. The program trained Tony and other interns at three of Google's cafes. The training included front and back end operations, such as food preparation, place setting, busing tables, and washing dishes (his favorite job).

Throughout the six months training period, the interns were given evaluations and were graded twice a week. They also received a training wage. The training program taught Tony what he needed to learn for his job, but he still needed his job coach to help him transition from one task to another. At the end of the program, Compass extends offers of employment to trainees they assess can do the job. Tony was about one month away from completing the training program. Managers were eager to extend

the offer of employment for Tony, but then the coronavirus pandemic hit and life as we know it came to a pause.

Tony really enjoys his job and looks forward to getting back to work again soon. He is well liked by his colleagues, and he feels welcomed there. Everything was going so well, and we were so close to getting him hired. In the meantime, we are keeping in touch with the manager and waiting for things to get back to normal again. My advice for parents looking to find employment for your special needs child is to tap into your network. We know friends who have found employment for their children just by simply asking around. Also, don't be afraid to let your child try out for mainstream opportunities or to create opportunities for your child.



Distancing Will Not Keep Us Apart or Separate Us From Love

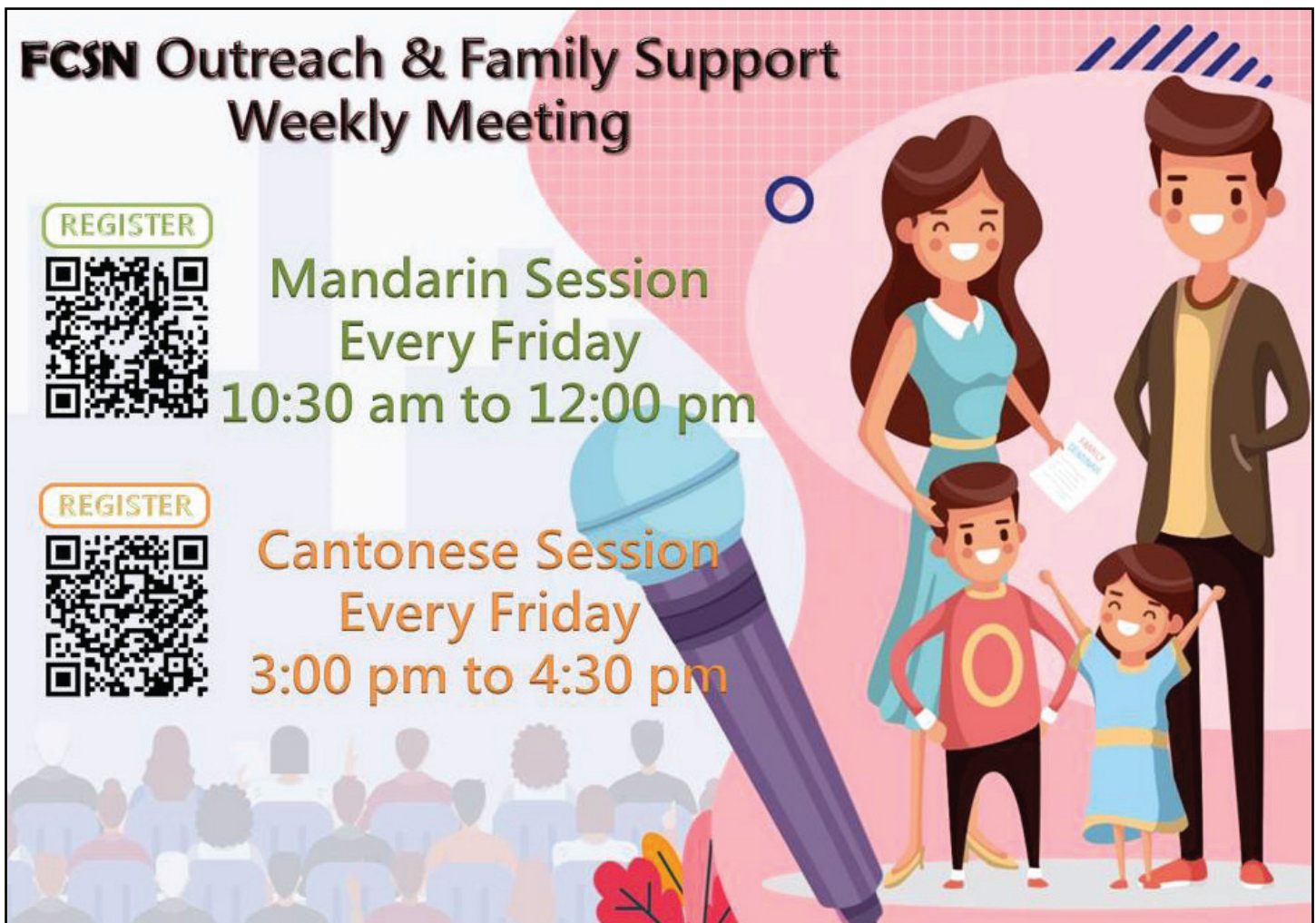
Outreach & Family Support Department, together with the special needs families in the fight against COVID 19!

By Dora Chou, FCSN Outreach and Family Support Program Coordinator, translated by Jim Chiao, FCSN Board Member

A few days after the Bay Area's Shelter-In-Place order, California Governor Gavin Newsom, announced the Stay at Home order on March 19th, 2020, asking all residents to stay home when possible to prevent the spread of the COVID 19. Immediately afterward, all public schools and all regional center service providers also sent out notices to suspend, cancel, or


limit the scope of their programs. FCSN canceled the following programs: 2020 Spring family gathering & seminars, monthly South Bay coffee socials and East Bay afternoon tea socials. The new pandemic caused uneasiness as changes to our daily routine became worrisome to many, and we are all affected by negative feelings that come with the spread of the virus. However, the crisis also brought with it some new opportunities.

In the past, our programs such as Family Support Gathering & Seminar, coffee socials and afternoon tea socials, and holiday celebrations (Moon Festival, Lunar New Year... etc.), used to take place in South Bay Center (San Jose) or East Bay Center (Fremont). The original intention of separate centers was to expand the scope of our service, with outreach to more Asian families, sharing our resources, and supporting each other in our difficult journeys of raising




FCSN Outreach & Family Support Weekly Meeting

REGISTER



Mandarin Session
Every Friday
10:30 am to 12:00 pm

REGISTER



Cantonese Session
Every Friday
3:00 pm to 4:30 pm

children with special needs. Unfortunately, due to the increasing traffic congestions, many families chose to participate in programs at only one of the two sites. Furthermore, many families became more regionalized, and sometimes we heard talks about “our South Bay, your East Bay,” overlooking the fact that FCSN is one big family.

Yes! The crisis has brought us new opportunities! Even though we cannot meet as usual during the Shelter-in-Place, we have discovered that it cannot separate us from each other or love. The Outreach and Family Support Department has put in more effort into our Facebook, Line, and WeChat social networks, to promote quick interaction among our member families and improved our delivery system for weekly announcements. In addition, we are using Zoom service to combine Family Gathering & Seminar, coffee socials and afternoon tea socials into a weekly online meeting. We have two sessions every Friday: Mandarin sessions from 11:30am to 1pm and Cantonese sessions from 1:30pm to 3pm. As of June 1st, we have already registered over 160 participating families since our first meeting on April 3rd.

With Shelter-in-Place, parents have to stay with their kids 24/7; it is a test of parents' patience

and wisdom. Parents of children with special needs face even more of a challenge. In April, we invited Regional Center of the East Bay (RCEB) and San Andreas Regional Center (SARC) representatives to participate in a panel discussion, explaining to parents “what services regional centers can provide during Shelter-in-place.” We had another session with Auntie Anna Wang & Dr. Moon Chia, discussing “Behavior Problem & Management of Children with Special Needs.” Also, we had a very lively discussion session with parents and invited guest, Shioluan Chen, on “Preparation for Transition of Special Needs Teenagers into Adulthood.”

Additionally, Dr. Albert Wang, FCSN co-founder and current chairman who is well-known in the Bay Area and an internal medicine doctor at Palo Alto Medical Foundation, was invited as a guest speaker on UChannel TV's weekly program “Open Mic.” He appeared on the program for four consecutive weeks that started on March 20th, sharing his view on the latest development of the fight against COVID 19. We relayed the links to our members through Line and WeChat to provide them with another reliable source of information. At the same time, we also invited Dr. Albert Wang as a guest to our first Zoom meeting, to answer coronavirus-related questions.

Beyond our members, FCSN is also an active participant in community activities to form a better friendship and bonding with our community partners. Our members can get the latest updates through our weekly announcement as well as our social networks that share information, links, and resources of our community. Through our weekly online family meeting, special needs families are brought together to share information, and discuss family support issues. In fact, this might be the best way to get to know other FCSN families during the lockdown.

During this Stay at Home period, we want to emphasize to our dear family members and friends: because of love, we are all together and none of us is alone.

- Past family support meeting topics are listed in FCSN webpage below.
http://fcsn1996.org/wp-content/uploads/2020/05/Family-Support-and-Outreach_20200528.pdf
- If you need more information regarding the family support gathering, please contact us at dorac@fcsn1996.org
- Open Mic with Dr. Albert Wang on Coronavirus
(UChannel TV in Mandarin):
<https://youtu.be/pBd--uTYaJY>

即使不能相見 也不能與愛隔絕

外展暨家庭支持組(Outreach & Family Support Department)
與特殊需要家庭齊心抗疫！

By Dora Chou, FCSN East Bay Outreach and Family Support Program Coordinator

加州州長紐森 (Gavin Newsom) 於2020年3月19日頒布居家避疫 (Stay at Home) 命令，要求居民盡可能待在家中以防止新冠病毒的傳播，隨即各公立學區以及區域中心所屬的服務供應機構也發出停課通知，暫停或限制提供部分服務項目。2020年春季家庭支持聚會與講座，以及每月一次的南灣咖啡與東灣下午茶家長座談會也都暫停了實體聚會。「未知的新型病毒」讓人感到不安，「生活方式的改變」使人感到焦躁，這些負面情緒隨著疫情擴散也影響著我們。然而，「危機」同時也帶來了「轉機」！

過去家庭支持聚會與講座(Family Support Gathering & Seminar)、咖啡&下午茶家長座談會(Coffee, Afternoon Tea Socials)，節慶活動等(Moon Festival, Lunar New Year Celebration...etc.) 分別於南灣(San Jose)與東灣(Fremont)中心舉辦，出發點是為了擴大服務範圍，連結更多的亞裔家庭，分享資源、相互扶持走這條不容易的育兒之路。無奈近幾年來因著灣區交通日漸擁擠，考量方便性，慢慢地許

多家庭只選擇參加單一中心舉辦的活動，甚至還冒出「我們南灣、你們東灣」這類的耳語，忽略了FCSN本是一個大家庭。

是的！「危機」同時帶來了「轉機」！縱使居家避疫使得我們不能如往常一般聚會，但它無法使我們與愛隔絕、與愛連結！外展暨家庭支持組投入更多人力管理Facebook、Line和WeChat社群平台，促進與會員家庭互動的即時性，並優化了每週公告電郵發送系統。此外，也使用Zoom雲端會議軟體，整合以往地區性的聚會形式，將家庭支持聚會與講座(Family Support Gathering & Seminar)、咖啡&下午茶家長座談會(Coffee, Afternoon Tea Socials)結合為每週辦理的線上聚會—Zoom Meeting；
華語場：上午11:30至下午1:00，
粵語場：下午1:30至3:00。自4月3日第一次聚會至6月1日為止，已有超過160個家庭共同參與。

居家避疫期，家長與孩子們24小時「宅在一起」，考驗著家長的耐心與智慧。尤其是有特殊需要子女的



「開放麥 Open Mic—王彥邦醫生抗疫情報」
<https://youtu.be/pBd-uTYaJY>

家長，面臨的挑戰更佳艱鉅！四月份，我們邀請了東灣(RCEB)以及南灣(SARC)區域中心代表擔任線上會議的與談員，向家長們說明「區域中心有何服務可幫助我們度過 COVID-19 居家避疫期？」；還有大家熟悉的Auntie Anna & Dr. Moon，與家長們探討「特殊需要子女行為問題與管理」，衷秀鸞老師也針對「特殊需要子女進入成年期的準備工作」與家長們有熱烈的討論。

此外，在灣區廣為人知的Dr. Albert Wang王彥邦醫師，他是FCSN共同創辦人、現任理事長，同時也是Palo Alto Medical Foundation內科醫師，他受邀擔任優視頻道UChannel TV製播「開放麥 Open Mic」節目嘉賓，自3月20日起連

續四週，每週一次接受訪談，與灣區的朋友們談論抗疫情報和解讀現況。我們透過Line和WeChat社群轉發視頻連結給會員家庭，為家長們在漫天未經查證的訊息中，提供可信的抗疫情報，同時也邀請Dr. Albert擔任4月3日首場Zoom Meeting的特別嘉賓，為家長們解答防疫相關問題。

FCSN不僅關心自家人也積極參與社區活動，更與社區夥伴機構建立了良好的友誼與緊密的連結。會

員們可以透過每週發送的公告電子郵件，Line和WeChat社群平台，收到外展暨家庭支持組轉發、共享社區的各項資訊與資源。而，每週舉辦的線上家庭支持聚會和研習座談會，更將特殊需要家庭聚集在一起，分享資源、討論家庭支持的多項議題，這是在居家避疫期認識其他家庭的好方法。

親愛的家人、朋友們，在這場抗戰中，因著愛，我們不孤單！

► 大家可以到以下網址查看以前的Zoom家庭支持聚會討論主題：

http://fcsn1996.org/wp-content/uploads/2020/05/Family-Support-and-Outreach_20200528.pdf

► 想了解更多家庭支持聚會的相關信息，歡迎與我們聯繫

dorac@fcsn1996.org

► 「開放麥 Open Mic—王彥邦醫生抗疫情報」

<https://youtu.be/pBd-uTYaJY>



FCSN 外展暨家庭支持定期聚會

REGISTER

華語場，每週五
上午10:30 到中午12:00
掃描左側二維碼登記加入我們！

REGISTER

粵語場，每週五
下午3:00 到4:30
掃描左側二維碼登記加入我們！

The poster features a large illustration of a family (mother, father, and two children) standing next to a large microphone. In the background, there is a crowd of people. The text is in both Chinese and English, providing registration information for two different sessions.

FCSN Kids and Young Adults Find Their Voices in Toastmasters

By Dan Rachlin, FCSN parent

About two years ago, I attended a routine IEP for my son Sammy. At the beginning of the meeting, his teacher Ms. Louis mentioned that Sammy would be giving his own presentation. I was quietly skeptical, expecting that this would be a very watered-down sort of affair. When it came time for the presentation, Sammy stood up in front of his small audience, and gave a slide presentation describing his progress and expectations. I was amazed at how he was able to do things that I would expect out of a trained speaker. He made very effective eye contact, his voice was strong, and his timing was perfect. It seemed like Sammy was transformed. I was stunned and realized that some-

thing profound had happened.

Months later, I reflected on this event and it occurred to me that Toastmasters could be a great match for Special Needs. From where I stood, having one foot in the world of special needs and another in Toastmasters, this fact appeared obvious on many levels. Ms. Louis provided some tips and a few of us from Saratoga Toastmasters went to work.

It is useful to inject some background about Toastmasters International. The organization was founded in 1924 by Ralph C. Smedley in a YMCA in Santa Ana, California to assist young men in improving their communication skills. The concept

progressed and the organization was formally incorporated here in California, in 1932. It quickly grew and became an international organization. These days it can be found on all the continents – while there is no club in Antarctica, a speech was recently given there by a past member of Saratoga Toastmasters.

A pilot activity was started in September of 2019 with the purpose of introducing the Toastmasters experience to FCSN individuals with special needs. We benefited greatly from the help of Alan's mother Jennifer Li who had the foresight to obtain a popular timeslot during the Saturday evening family gatherings. Our first wave of volunteers comprised members of Saratoga Toast-

Launching Toastmasters

By Sufen Wu, FCSN Parent

ToastMasters? 我本來對這個既熟悉又陌生的詞敬而遠之，因為兒子季齡並不是屬於「會講話」的自閉症，在這種以語言為主的場合對他是無效的。直到居家避疫令下達，大家都只能待在家裡望著電腦和朋友見面。我才決定讓季齡參加，「至少見見朋友們」，我想。

有一次，Alan 負責Table Topic，即是找一個話題提問，大家自由舉

手回答。這時我可以找一個季齡熟悉的題目給主持人，讓他送球給季齡。結果如下：

Alan: "ChiLing, what is your favorite song?"

ChiLing: "My favorite song is *I Just Called to Say I Love You.*"

Alan: "ChiLing, can you sing it?"

哈哈! 正中下懷! 季齡欣然從命。

每個特殊孩子的關注點都不一樣，



要訓練說話能力，就要從他們的強項開始。感謝Alan做了一個好球送給季齡，讓他有機會表達自己。



masters. Other waves of volunteers have participated. This activity could not get off the ground without the efforts of these individuals.

Throughout the fall, we had a successful series of meetings. Attendance was typically 25 or more. At first, Toastmasters volunteers played many of the roles. Our young adults gave prepared speeches, but our young adults were wary of other roles such as Toastmaster of the Day. Steadily, as the weeks went by more and more of these roles were filled with young adults.

Everything happily progressed until the Chinese New Year, when FCSN and other entities were shut down due to the CV-19 response. Toastmasters Clubs locally and throughout the world had to deal with this issue. When our sponsor Gopal suggested we have our meetings on-

line, we had something of a model for how to make this scenario work. We started our Zoom-meetings in March. Instead of bi-weekly, they were weekly, and it was extremely satisfying to see how our members took on the challenge so capably with regular attendance. With only a few diminishing exceptions, roles are filled exclusively by young adults.

Currently we are focused on chartering the club – the process of becoming an officially recognized Toastmasters club. We have about a dozen regular young adults but will need some parents to join to help and to bring the initial count to 20 as required. Becoming a club will allow us to participate in the formal education program of Toastmasters. Members will give speeches much as they do now but following

a curriculum wherein each speech will emphasize specialized objectives. There are online teaching videos and other materials that go with these speech projects. The program is called “Pathways.” As a club, we will have officer roles that can be shared by parents and young adults. These include President, VP Education, VP Membership, Secretary and Sergeant at Arms. There are many district level educational events that one can attend. And of course, it is always possible to visit other clubs as a guest to see how they operate. Many will be pleased to note that other clubs operate very much like ours.

As time goes on, we hope to integrate the Special Needs participation with certain mainstream Toastmasters curriculum elements, better allowing Toastmasters members to get education credit for their volunteer work with us. A good example is one-on-one mentoring – consider how the possibilities have opened now that we are all comfortable with online conferencing. We wish to put ourselves on the map as an FCSN Toastmasters club so that these and other opportunities can come about.

Toastmasters can be, and for many has become, a lifetime activity. In

continued on p. 22

continued from p. 21

this sense, it compares very well with Special Olympics. With its world-wide reach, one can take time during travel to visit a local Toastmasters club and be welcomed as if one were at home. If one moves to another location, there is a high likelihood that a Toastmasters club is available locally to join.

One might get this far and still ask, why be concerned with public speaking when simple one-on-one dialog is most often the primary concern? There are many answers to this question. Certainly, the meetings are a source of fun learning with friends. By having a performance dimension, we create focus and thereby a greater sense of accomplishment during each instance of successful communication. Finally, consider leadership – as is developed through taking on meeting roles and officer roles. Being a leader in any situation contributes to one's successful management of other challenges in life. It is therefore understandable that the logo of Toastmasters International, an organization most often associated with communication, includes the tagline “Where Leaders Are Made.”

Parent Feedback on FCSN Toastmasters Club

By Jim Chiao

I am familiar with the Toastmasters club, as I was once a short-term member many years ago. It provides learning and educational opportunities to speak and communicate with others, especially in front of people.

What I am not familiar with was the idea of forming such a club for special needs adults. I thought many of the meeting protocols and tasks were beyond the capability of most of our special needs adults - it would be difficult for them to fit into a normal club. I was quite surprised when Dan

started this club and carried it on for months, and I have witnessed great progress made by many of the participants. Now, I can see the great potential it lends to our members, special needs or not.

Because the capability of each of our children is different, it is important that parents also participate in this club. We are there to help them prepare the speech, to prompt them during the meeting, and to take on a functional role if needed. With all the benefits Toastmasters provides, I am looking forward to the formal establishment of this club at FCSN.



Learning Moves Online: Not Even a Pandemic Stops South Bay Students

By Mannching Wang, FCSN Youth Volunteer Coordinator

When FCSN temporarily closed its programs to comply with Sheltering in Place for safety to prevent the spread of the coronavirus in the San Francisco Bay Area, I was glad to hear that our FCSN volunteers wanted to continue teaching programs to our children.

Jacob Wang and his team, teachers of South Bay Family Gathering (SBRG) percussion class, were the first volunteer group to reach out to me about their intention to continue the percussion class virtually.

I discussed this proposal with the SBRG program coordinator and Linmei Chiao, head of FCSN's Volunteer Support Team, and decided this would be a great idea using online video. Fortunately, the volunteer teachers of the art class and the movement class also expressed an interest in continued teaching through videos.

I provided guidelines to the volunteer teachers for virtual teaching. For example, the instructors should greet students at the beginning of the video, followed by showing their students what they planned to teach in the video and providing students with a list of materials required. I recommended teachers choose easily-available project materials that students could find in their homes. I also recommended that instructors go step-by-step for each skill at a pace suitable for our special needs students. At the end of the teaching video, I recommended the volunteer teachers say goodbye and praise the students.

After SBRG virtual classes were established, I continued to recruit from FCSN's volunteer database for teachers interested in creating a class and teaching virtually. Volunteers stepped up and created drawing and story-reading classes for all FCSN students.

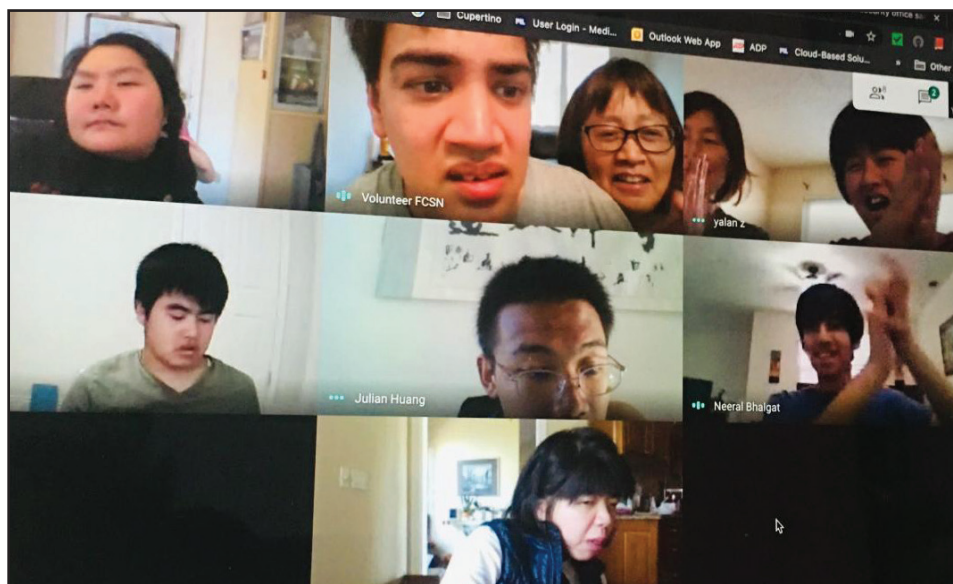
Linmei encouraged me to launch 1:1 virtual teaching. We paired one volunteer with one student, depending upon the student's interest and tailoring the class to the student's individual needs. FCSN now offers 1:1 classes in science, music, drawing, reading, playing games, among others. Parents played a major role in 1:1 classes by training volunteers, preparing teaching materials, and sitting with their children during the 1:1 sessions.

Finally, we tailored a virtual teaching program for students with limited function. We coordinated a small social group with size of five to six students where non-verbal students

have higher enrollment priority. Using google meeting, volunteers lead story reading and music activities. Students also participate in fun activities like show and tell.

From my viewpoint, this virtual teaching response created a win-win situation for FCSN family and our youth volunteers as well as our students. Our children got the opportunity to work with a peer not only on a specific subject but also socially interact with regular peers. Our youth volunteers received a great opportunity by learning how to develop a teaching plan, teaching in step-by-step fashion, and modifying their teaching for our special needs children.

Years from now, our youth volunteers may look back on this time as an opportunity to learn how to work with our children and bring this experience to the rest of their lives and their community, benefitting the understanding of special needs people.



VOLUNTEER SHARING

Feeling the Beat

*By Bellarmine Percussion Teachers Club,
FCSN Youth Volunteers*

Hello! We are Jacob, Charles, Anthony, Adam, and Shoaib, and for the past year, we have had the pleasure of teaching your students how to play different percussion instruments. Our goal and hope has been, and is, that through our classes, we could spread our knowledge of music, and in the process, also spread happiness and fun. We really believe that music is something everyone should be able to play and enjoy regardless of what skill level they are at, and that by playing music, it brings people together.

We first began volunteering with FCSN during the summer of 2018, running a small summer camp teaching the basics of drums and percussion. Though we all had previous percussion backgrounds, the summer camp was really the first time we actually taught in a formal setting. And in all honesty, the first few classes were rough. But through this new experience, we discovered the joys of sharing our passion with your students, a relationship we really grew to value. So when we were given the opportunity to teach again at the 2019 Spring Family Gatherings, we wanted to make sure that their learning experience was even better than before. And thus, for the past year, we have combined teaching at the Family Gatherings with research and design outside on how to improve on our part, with everything culminating into our current curriculum.

Our curriculum focuses on the development of skills in percussion, general music, and creativity. Students



learn to play various percussive instruments such as tambourines, shakers, toms, and more. We teach general techniques for stick grip, instrument use, and music reading. These skills are then applied and reinforced in group exercises - students get to do call-and-response exercises to train their ear, play along with songs, and improvise. This comprehensive curriculum starts from ground up and adapts to students of all skill levels. By the end of our class, we hope that all students will have the confidence and ability to pursue music as a creative outlet and that they will gain valuable social skills in the process.

This semester, however, our curriculum has had to change a little to accommodate for the coronavirus situation. Instead of teaching in-person, we have switched to teaching via an online setting, filming our lessons on video instead.

In order to produce a video (or in person) lesson every other week, there must be some work put in. Each week we have at least one meeting, and we also have small conversations via various messaging apps in order to plan out the lesson. During the meetings, we

discuss your feedback and lay out the syllabus for the coming lesson. For the video lessons, we assign parts to each other, and we all try to submit them by the end of Saturday. With varying degrees of set ups, we try our best with what we have to produce the lessons. For some of us, we can use real microphones, and for some of us, we just use the stock microphones built into our laptops. On the subject of materials, some of us don't even have a real drum at home (only a bucket and drum pad). After all the videos are completed, we edit it and try to send it out ASAP. Sometimes, we have issues with certain platforms such as Youtube, so our videos may be delayed for those reasons.

We want to deeply thank you for giving us the opportunity to work with your students! We have really enjoyed making these weekly videos, and we really hope your students have enjoyed them too! Every week, we continue to brainstorm new things to add and change, so if you have any feedback or suggestions, we would love to hear from you! For more information about us, check us out at <http://bellarminepercussion-teachers.org>!

Teaching from Home: Creating Fun, Art Videos for FCSN



By Natalie Hsia, FCSN Youth Volunteer

For many years, I attended FCSN events such as the art classes and galas, tagging along with my father and sister, who were volunteers for FCSN. I watched how my sister prepared materials and projects for the art class she taught for FCSN, sometimes even helping her with her classes. Finally, I am old enough to be a volunteer myself, and now I am responsible for teaching the art class of South Bay Family Gathering program. To choose projects with the right difficulty, I search for ideas that are simple but fun at the same time. I also try to find projects that are meaningful for special holidays or occasions such as Thanksgiving, Christmas, Halloween, and Mother's Day. Not only is constructing the crafts and watching the overall progress of the projects fun, it also brings me great joy to see the kids following along and enjoying the different crafts that I show them.

When FCSN Youth Volunteer Coordinator, Mannching Wang, first emailed me with the idea of recording arts and crafts projects so students could follow along at home, I was extremely intrigued even though I had no previous experience recording video lessons. I appreciated her suggestion as it allowed me to continue teaching students while also learning how to present information clearly through recordings. To prepare these lessons, I first make sure the project can be completed using basic materials that are available in most households. After choosing a suitable idea, I film myself completing the steps on a smartphone, making sure the camera is capturing small details such as cutting specific shapes. When I first started off, I constructed the project myself before filming to determine which parts needed changes to make it easier for students to follow. However, this required me to repeat the construction multiple times, so I started to record myself completing the entire project, then going back and rerecording the parts that needed changes.

The most difficult part of preparing video lessons is editing the recordings to make them straightforward and easy for students to follow along. Because I often make changes to the project during filming and the footage can run as long as fifty minutes, I had to identify segments I could omit without leaving out critical steps. I also take time to record voice overs and insert subtitles or reminders throughout the video to emphasize or clarify important steps. Finally, I always try to leave room for students to be creative about their artwork and make it their own by encouraging them to use colors they like or giving them choices when building their projects. After sharing my first video lesson, seeing students post their wonderful artwork inspired me to continue making lessons and improve the quality of my videos.

I look forward to seeing everyone once regular classes start again, and I would love to hear if anyone has any questions or suggestions about projects I can incorporate into future lessons!



Parents Appreciate 1:1 Tutoring During Pandemic Sharing from Six Parents

"My son's tutor Minjae has been wonderful. He came really prepared to the session. He uses photos, videos, and drawings to help my son understand the concepts. I even learned a few things from him. Minjae is so young yet so professional, patient, and encouraging. I can't express enough how thankful we are."

"Katie has been an excellent tutor. She is always well prepared with slides and online reading material. I asked her to read Scholastic stories or news online with my son. She took the time to pick out stories that my son is interested in and prepared slides with vocabulary list and introduction for pre-teaching. Once she found out more about my son's reading level, she adjusted her material accordingly. We are very fortunate to have such a dedicated and observant tutor in this "shelter-in-place" period. Please let her know how much we appreciate her effort."

"Stephen Kwak is Ansley's 1:1 tutor. He is well prepared with teaching materials every time. He uses both zoom and class board as teaching tools and is very

patient. Ansley is happy to have such excellent tutor during this shelter-in-place period. We also appreciate your time and effort coordinating the tutorial classes!"

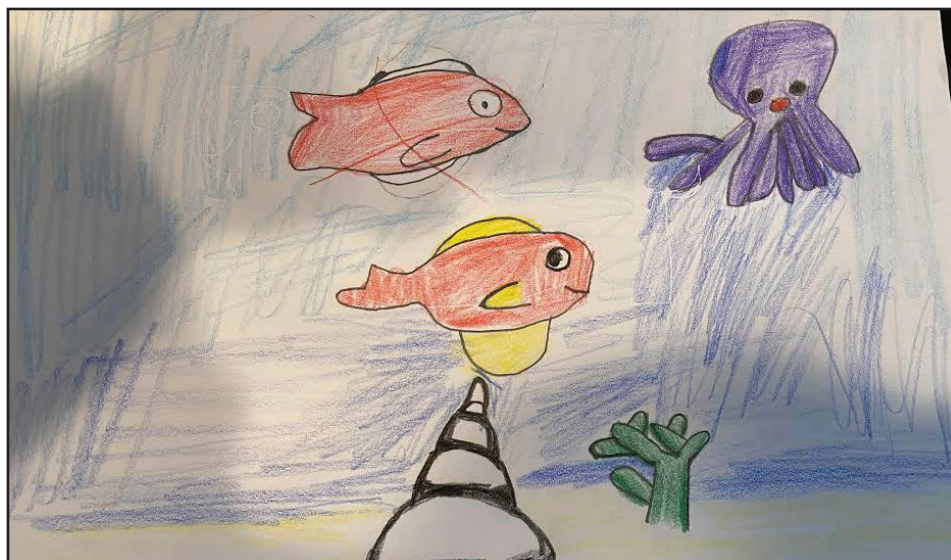
"My son's 1:1 tutor, Andrew Wang, is also wonderful. He seems to have lots of math tutoring and Zoom experience. He tested out Brian's levels item by item (count to 100, count to 1000, 1 digit add, 2 digits add ---etc.) He is also open to suggestions, like skipping clock reading because I don't think it's needed. He is very effective in using the Zoom White Board, being able to stamp/paste objects and money on the White Board for clear effective teaching. Thank you so much for the fine training

and coordination of this wonderful 1:1 tutoring program."

"Nisa Khan has been wonderful with Victor. She was a natural teacher. She was clear with instructions, usually coming prepared with materials and sometimes following up the class with reviews and homework. She also found articles, videos, and quizzes online to aid the teaching. The review email has been really helpful, and we'd appreciate more of them."

"Eric did an excellent job! I was surprised to find out what he can make Van-Hai talk so well!

Thank you very much to give us this opportunity!"



We are all now experiencing a very unusual and scary time. This pandemic is affecting the entire world, and the thought of not having a cure or vaccine makes it even more worrisome. The world and our lives will never be the same after this, but I'm praying that after we wake up from this nightmare, we will all be better people.

As a parent of Lynn, I place Lynn's safety and well-being as my number one priority. She has been staying home with me since her place of employment closed. I feel more secure having her with me. Knowing that she is at home and safe with me is very important for us, her parents.

After the first week of shelter-in-place, Lynn started missing her regular routine of going to school, going to work and living in her own apartment. She is very independent but due to this pandemic, Lynn has been staying home with no social outings. Lynn especially misses her work and, of course, her pay checks. I am thankful that through her SEP services, she was able to sign up for unemployment benefits. Her support team has been reaching out and checking in on her regularly which Lynn appreciates very much. They have taken on the task of following up and communicating with Lynn's employer to help ease her worries about work.

I am very thankful that Lynn has a very strong support system aside from her family. This pandemic has shown that FCSN will always be ready to help and support Lynn. It makes me happy to know that there are people who care for and love Lynn no matter what happens. Knowing that Lynn has access to 24-hour support is very comforting. Thank you FCSN!

Lourdes Pisco, FCSN Parent

CLIENT SHARING

An Interview with Tatiana Gudjohnsen, FCSN Client

By Claudia Pina, FCSN EB Living Service Program Manager

We are currently living in an unprecedented time. Because of the current pandemic, all of our lives have been turned upside down, and we have all been forced to adapt to our new normal. Tatiana Gudjohnsen, an FCSN client and current Peralta Dream Apartments' resident, explains how her life has changed since hearing news of the shelter-in-place order.

"Since the quarantine, because of the coronavirus 2020, life has been very different. When I found out about it, it was very hard for me. When we found out in March that we had to stay in our homes, I also found out my boyfriend was moving to another city. It was hard to handle both things at once."

However, Tatiana has managed to keep in touch with all her loved ones during these difficult times. In this age, technologies at hand have allowed her to still see her family and friends face-to-face while still maintaining social distance.

"My boyfriend and I are still together and we FaceTime and call each other every day. I also FaceTime my parents, brother, and sister as well as some friends from school. It makes me very happy to see their faces."

Before the novel coronavirus led to shelter-in-place, Tatiana was working as a courtesy clerk at her local Safeway, a job she has held for over 10 years. However, because of the current situation, she has decided to step back from her job for a little while until things get better.

"I have been out of work from Safeway since March 17, 2020. I was getting anxious working at a grocery store during these times, so I decided to take some time off until things get better. I miss my job, but I know this is the best choice for me, and I am just taking this as a long-needed vacation. I am excited to go back to

work in June...Hopefully."

Although Tatiana is not currently working, she has found new ways to fill her time during the day and has created a new routine during this quarantine.

"I've been doing a lot of online classes from Day Program and SLS. I really enjoy social skills class on Mondays and Sign Language class on Fridays. Other than taking classes online, I have been dancing, watching tv like *Baywatch*, *Grey's Anatomy* and *Law and Order SVU*. I also play games like basketball in the house and try to exercise everyday either by



Tatiana sporting her handmade face mask and her staff Lily, outside of her apartment. Lily explains, "When all this started Tatiana had nothing to protect herself when we went out; that was dangerous. So, I made her a face mask out of her old shirt; it was very easy."

taking Zumba classes online or riding my stationary bike. I cook dinner every night at home, but on Tuesdays I eat lunch from a restaurant.”

Even though these last few months have been hard at times, Tatiana is doing well and acclimating to her new routine. She mentions that she has a great support system here at FCSN that has helped her through these times. She wants to thank her staff, especially Lily, who took time to make a beautiful, handmade face mask with her favorite cartoon character, Winnie the Pooh. Lily was able to make a hand-stitched face mask from an old T-shirt Tatiana had. Lily had no prior knowledge about how to make masks but took the initiative to teach herself how to make one by watching a video tutorial online. Lily knew how important it was that clients stay safe by keeping their faces covered; however, at the time, it was difficult to obtain face masks, so she took the initiative and made one.

“Thank you to Lily! She made me a really nice face mask to help protect me from coronavirus, and it has my favorite — Winnie the Pooh! I also want to thank Nelly, Ping, Bella and Winnie for taking great care of me in my apartment through this hard time. I am so appreciative for all your help!”

I think that online Tailored Day Services is good. It's good because we don't have to be exposed to the virus. I am happy because this also saves my parents. I am aware that going outside is dangerous at this point in time, and I feel safer doing activities at home.

I have been off work since shelter-in-place was announced. I miss going to work and seeing my co-workers. I also miss seeing my staff and friends at FCSN. I am always happy when I see them at our virtual group classes. Even though I don't get to see my friends as much as I want to, I get to see them when I join classes.

During one of our sessions, we planned re-opening our FCSN snack bar. My friends, job coach and I discussed new snacks and ideas for the time when we finally open again. I am very excited because we are working together to make improvements in our efficiency.

Aside from the snack bar, we also talked about safety. I shared my experiences as a nutrition assistant to my group. I talked about the proper way of wearing, using and disposing of gloves. I love this virtual service a lot.

Edward Chen, FCSN Client

FCSN Virtual Annual Family Day Meeting

Wei-Jen Hsia, FCSN Dream Builders Newsletter Team

On June 6, 2020, FCSN hosted its very first virtual Family Day Meeting over Zoom. More than 400 members, friends, staff, and volunteers participated in this annual event. Many excited and smiling faces popped up on the screen, taking advantage of the online chat function to greet others. First, FCSN's best MC duo, Jason Hwan and Jennifer Li, with the message "GROWING CLOSER AND STRONGER EVEN IF WE ARE APART" in the background, kicked off the event with a reminder that two randomly chosen participants would be the lucky winners of a Chromebook or iPad.

Next, FCSN President CK Lee updated on FCSN's focus areas for 2019-2020, including technology, strengthening members' bonds, exploring new programs, and collaborations with vendors.

Anna Wang, FCSN Vice President of Enrichment Programs and Community Relations, announced that FCSN achieved the highest number of unique donors with over 520 donors in the Give In May fundraising drive. Although many of FCSN's popular summer activities and camps will not be available this year due to the COVID-19 pandemic, Anna shared six slides of online activities, family support meetings, and alternative

events to keep our loved ones busy this summer.

Sylvia Yeh, FCSN Executive Business Director, covered FCSN's reopening plans. She explained that FCSN currently falls within the stage 3 reopening of California's Resilience Roadmap, and she is communicating with the regional center on a weekly basis to discuss progress. Internally, FCSN is working on different phases of new operating formats, policies, trainings, and logistics so that clients can safely return to FCSN sites once stage 3 begins.

Next, the awards ceremony was held to recognize the volunteers and staff who are essential for FCSN's huge success. Linmei Chiao, Director of Volunteer Support, explained that because FCSN has over 800 active volunteers, it was an extremely difficult task to select winners for the 2020 FCSN President's Volunteer Service Award, Outstanding Volunteer Award, and Volunteer of the Year Award.

Sylvia announced that the Staff of the Year Award would go to Ying Hua Ma, noting that just recently, Ying Hua's decisiveness saved her client from a serious medical condition, and her care resulted in her client's speedy recovery. Two dedicated staff, Claire Go Brady and Jenny Lin,

also celebrated 10 years with FCSN!

Dr. Albert Wang introduced all the VIP guests attending this annual meeting, including FCSN friends and representatives from the East Bay and San Andreas regional centers. State Assembly Member Kansen Chu took the opportunity to congratulate and thank FCSN and all the regional centers for their long-term commitments to make our community better.

Yee Yeen Wang, representing the FCSN Nomination and Election Committee, presented the newly elected and appointed Board of Directors, Board Officers, and management team for 2020. Jim Chiao and Yee Yeen Wang are the new co-chairs of the Board. CK Lee has graciously accepted the role of FCSN President for another year with the assistance of vice presidents Peter Chan and Tapin Hu.

FCSN's Annual Family Day Meeting 2020 concluded successfully with many heartwarming words from staff:

Distance can't stop us!

Let's grow stronger together with love and support!

We will be back together soon!

FCSN Fabric Mask Making Volunteer Team Mobilizes to Serve Community Needs

By Vivian Chung, FCSN South Bay Program Director



On the third week of lockdown, Roxanna, our beautiful store manager of Friends Coffee & Tea received a call from Cynthia, a regular customer working at Valley Medical Center, asking if FCSN could help making fabric face mask for hospital and healthcare clinics. Roxanna immediately sent texts to the South Bay parents and staff. Within 30 minutes, she formed a small volunteer team which consisted of two South Bay Parents, Lilian Quach and Su-Fen

Yeh, and four South Bay Day Program Staff, Ann Chang, Annabelle Foz, Casie Lin, and Emily Kang. Emily's sister, Alina, also joined the team.

During the first week, the team was exchanging ideas on what kind of fabric is durable, washable, and water repellent, and what kind of nose strips and elastic bands are more comfortable for the nurses. Everyone took this seriously. Volunteers who did not sew helped purchasing materials, washing, ironing, and cutting the fabrics. They also made samples to see which design was more comfortable for healthcare workers. Together, the team made more than 200 fabric masks in two weeks!

This team will continue to work with Cynthia to make masks for health care workers. Cynthia, thank you very much for letting FCSN be part of this!

Thank You Letter

This is Tess Estrin, the sister of Cynthia Delabahan. First of all, I want to thank you for all the cloth masks that your group has sewn to answer our call for help on behalf of the nurses working on the frontline. I would like to report to you that we have donated and delivered your cloth masks to four nursing homes in San Mateo County. They are St Francis Pavilion, St Francis Heights, San Bruno Convalescent, and Pacifica Rehab. The nurses are all so grateful for this gift.



Are You Counted in 2020 Census?



by Sylvia Yeh

2020 Census has officially started on April 1, 2020, and it is extended to October 31, 2020 due to COVID-19 impact. Are you counted in 2020 Census yet? YOU are IMPORTANT! Be counted in 2020 to secure the future! If you do NOT participate in this Census 2020, you have to wait for another 10 years to be counted.

FCSN receives grants from both Alameda County and Santa Clara County to promote families with special needs and Asian families (as HTC (Hard-to-Count) population) to participate in census. Our grant target is to have 350 HTC families in each county complete census surveys. So far, we only have approximate 140 families in each county completing census surveys. Please help us reach the grant goal as well as to help our community to secure federal funding for education, housing, health care, emergency services, roads, traffics, school lunch programs, social services, public services, and many more. Our community loses about \$2,000 per person, per year for 10 years (= \$20,000/p in 10 years) for each person not counted

in the Census. With an undercount of just 3%, our community would lose \$1 billion over the next decade for programs that benefit the entire community. SHAPING YOUR & YOUR CHILDREN'S FUTURE STARTS from CENSUS 2020.

CENSUS QUESTIONS:

1. Number of people residing in the household on April 1, 2020 (be sure to count babies)
2. Any additional people staying in here that you didn't count in Question 1?
3. Whether the home is owned or rented
4. Your telephone number, first and last name, sex, age, and date of birth, race
5. People residing with you
6. Their first and last name
7. Whether they lived or stayed somewhere else
8. Their relationship to you
9. Their sex, age, date of birth, and race

Census 2020 will NOT ask your immigration status, social security number, ID number, income, or financial information.

WHO needs to complete Census Survey?

- ▶ Whoever lives in the United States should be counted in Census 2020, regardless of their immigration status (e.g., green card holders, H1 visa holders, Business visa holders, foreign students, visiting scholars, undocumented immigrants, etc.)
- ▶ Count everyone who lives and sleeps in the same residence, regardless of their relationships to you (spouse, children, parents, in laws, friends, tenants, housemates, visitors who stay with you over 6 months plus one day, etc.)
- ▶ Do NOT count anyone living away from home, either at college or in the military
- ▶ Do NOT count anyone in a nursing home, jail, prison on 4/1/2020

WHEN to get counted?

- ▶ Complete census survey TODAY. It only takes 5-10 minutes. Don't wait. Census 2020 is extended to October 31, 2020.

Are Census responses confidential?

- ▶ The Census response website is safe and secure with sophisticated cybersecurity measures.
- ▶ Your census response is protected by extremely strong laws.
- ▶ The Census Bureau is NOT allowed to share your personal information with anyone, including ICE, police, or other agencies.

Incentives from FCSN

Hard-to-Count families in Santa Clara and Alameda Counties have the opportunity to win an iPad by completing the census and submitting their names to Dora Chou dorc@fcsn1996.org. Please help to provide the information to us, so FCSN

can report to our granters whether we reached our grant goals.

- ▶ Your full name
- ▶ Your zip code
- ▶ Your phone number
- ▶ Your census' completion confirmation #
- ▶ Your race/ethnic group (info you entered in census)
- ▶ Whether you have a loved one with special need in your household

If you have any questions, please visit www.sccgov.org/census or www.acgov.org/Census2020. You can also contact Dora Chou dorc@fcsn1996.org

HOW to get counted?

ONLINE: Go to www.My2020Census.gov and fill out the survey (13 languages available). First key in the 10-digit ID census number you received in the mail. If you don't have it available, just enter your address. After completion of census online response, you will receive a confirmation code. Take a screen shot and save the info.

BY PHONE: call the Census Bureau and provide your answers over the phone (59 languages available).

- | | |
|--------------|--------------|
| ▪ English | 844-330-2020 |
| ▪ Spanish | 844-468-2020 |
| ▪ Mandarin | 844-391-2020 |
| ▪ Cantonese | 844-398-2020 |
| ▪ Vietnamese | 844-461-2020 |
| ▪ Tagalog | 844-478-2020 |

BY MAIL: If no response online or by phone before 4/8, you will receive paper form (English & Spanish only).

您參與 2020 人口普查了嗎?

FCSN 執行長 Sylvia Yeh

人口普查已經於4月1日正式展開，由於COVID-19的影響而延期至2020年10月31日截止。您是否已完成2020年人口普查？你很重要！請務必參與普查以確保您與孩子的未來！如果您不申報2020年人口普查，則必須再等10年才能被計算在內。

FCSN從阿拉米達縣和聖塔克拉拉縣獲得補助款，以促進有特殊兒的家庭和亞洲家庭（HTC-難以計數的人口）參加人口普查。我們的目標是在這二縣各有350個HTC家庭完成人口普查。到目前為止，我們大約各只有140個家庭完成了人口普查。請幫助我們實現目標，也保障我們的社區獲得聯邦撥款，得以用於教育、住房、醫療保健、緊急服務、道路、交通、學校營養午餐計劃、社會服務、公共服務等。我們社區如果有任何一個人沒有參與人口普查，每人每年將失去 \$2,000 的聯邦撥款（等於每人在十年中失去 \$20,000 的撥款）。即使只有 3% 的居民沒有參與人口普查，我們整個社區將會在未來十年失去十億美元的撥款。塑造您和您孩子的未來從2020年人口普查開始。

人口普查的問題：

1. 2020年4月1日居住在家庭中的人數（一定要將嬰兒算在內）
2. 有其他沒有算入問題1中的人嗎？
3. 房屋是自有還是租賃
4. 您的電話號碼

5. 您的全名，性別，年紀，以及出生年月日
6. 您的族裔。您是西班牙裔嗎？
7. 與您居住的人的全名，性別，年紀，出生年月日，以及族裔
8. 居住在此或者別處
9. 與您的關係

人口普查不會詢問您的移民身份、社會保險號、身份證號、收入或財務信息

誰需要參與人口普查？

- ▶ 任何住在美國的人都要包括在人口普查裡，不論是何身份，如持綠卡者、持H1 visa者、持商業移民者、外國學生、訪問學者、無合法居留文件者等
- ▶ 與您住在同一住所的每一個人，無論他們與您的關係（配偶、孩子、父母、配偶的父母、朋友、房客、室友、居住超過6個月的訪客）
- ▶ 不要包括任何不住在家裡的人，如住在大學宿舍的孩子或在軍隊服務的家屬
- ▶ 不要包括住在安養院或在關在監獄的人

何時需完成人口普查？

請您今天就完成人口普查，僅需5-10分鐘。不要拖延喔！人口普查延至2020年10月31日截止。

continued from p.33

人口普查資料的安全性

- ▶ 人口普查網站有複雜的網絡安全措施來確保資料安全。
- ▶ 嚴強的法律保障您填入的人口普查資料。
- ▶ 人口普查局禁止與任何人（包括ICE、警察或其他機構）洩漏您的個人信息。

FCSN 獎勵措施

居住在聖克拉拉或阿拉米達縣的家庭，請備妥下列資料，發送電郵到Dora Chou的電子信箱 dorc@fcsn1996.org，可參加贏取iPad的抽獎。請您協助提供資料，讓FCSN可以向給我們補助款的單位報告我們完成的目標。謝謝。

- ▶ 您的英文全名
- ▶ 您的郵政編碼 zip code
- ▶ 您的聯絡電話號碼
- ▶ 您完成人口普查的確認號碼與截圖
- ▶ 您的種族/族裔群體（這是您在人口普查中輸入的回答）
- ▶ 是否是有發展障礙子女的家庭

若有任何問題，請查閱 www.sc-cgov.org/census or www.acgov.org/Census2020. 您也可將問題傳給 Dora Chou dorc@fcsn1996.org。



申報方式/途徑

網上申報：至人口普查網站 www.My2020Census.gov 完成問卷（13 種語言）。首先 輸入人口普查局寄給您的10 碼認證號，若是沒有，您可以直接輸入家庭住址。完成普查問卷後，您將收到確認碼，請將該屏幕截圖並保存信息。

電話申報：致電給人口普查局，提供您的答案（59 種語言）。

- | | | | |
|-------|--------------|------|--------------|
| * 英文 | 844-330-2020 | * 西語 | 844-468-2020 |
| * 華語 | 844-391-2020 | * 粵語 | 844-398-2020 |
| * 越南語 | 844-461-2020 | * 菲語 | 844-478-2020 |

手填申報：如果您未在 4/8 之前透過上網或電話申報，您將會收到手填申報表格（僅提供英語和西班牙語二種語言）。請以手寫填入每個答案。

My Life During the Pandemic

I feel like many of my staff have helped me to understand germs and viruses and how they spread and can make people sick. My staff Susana is really good at disinfecting everything, even the chairs we sit on. She also always reminds us to wash our hands and not touch our faces.

I have learned that the precautions we are taking, such as wearing masks or gloves, are annoying, but they help prevent the spread of germs and viruses.

We have been in isolation for over a month. During that time we started a new vegetable and fruit garden because it became difficult to buy everything we wanted at the grocery store. It also gave us something nice to do outside for fresh air and to get some more physical activity.

Our home is very, very clean these days, and I really like it, even if it is hard work for everyone. We are doing a lot more cooking at home since we have more time. Also, growing our very own vegetables and fruits will save us some money on groceries and trips to the store. We will probably have enough to share with others, and that's a good feeling.

Austin,
FCSN Client



EMERGENCY PREPAREDNESS FOR ALL!

Why do I need to be prepared?

by Nayeli Toto & Sylvia Yeh

Emergency Preparedness is for everyone to plan ahead for disaster to better protect yourself, your family, and your community. Common disasters in California include wildfires, earthquakes, floods, mudslides, power outages caused by extreme heat, and tsunamis. Beyond these, we now face a COVID-19. Disasters are happening more frequently and sometimes without any warning. The impacts of disasters are devastating but even more so to people with disabilities, and seniors. Are you confident for knowing what to do when disaster strikes or have you already taken some steps to better prepare for a disaster? We should plan and prepare now so we won't regretfully say "I should have".

There are **FOUR Steps for Emergency Preparedness**

Step 1: Find Your 5 Trusted Allies and Share Your Plan

Step 2: Prioritize Your Health Needs and Create Lists

Step 3: Create Your Emergency Backpack

Step 4: Plan How and When to Evacuate

Step 1: Find 5 Trusted Allies and create a list with their complete contact information. When you are creating your contact list of trusted allies, ask each person the best way to contact them. Explain what you are asking them to do for you during an emergency or disaster. Make sure they understand and

agree. Do not depend on one person. Include those who can assist you during an emergency and share your disaster plans with them. Make sure to include one person who does not live in the same area with you (for example: out of state)

Step 2: Prioritize Your Health Needs and Create Lists of your medication (the name of medication, dosage, and frequency), disability-related supplies or equipment, and anything else you need daily. Mark it as "Vial of Life." This information can be useful to your trusted allies, first responders, or shelter staff. Create a digital copy of this list (notes on your phone, google documents, email drafts, etc.).

Step 3: Create Your Emergency Backpack. Keep it simple so you can grab and leave. The ER backpack should include: Medical supplies and medication (at least 7-day supplies), List of your 5 Allies, Important Documents (copies

of birth certificate, photo ID, health insurance, passport), Non-perishable food & water, Chargers, Flashlight, First aid kit, Cash, Masks, Hygiene Items, etc.

Step 4: Plan How and When to Evacuate. Write down your exit plans and evacuation routes in detail and where to meet for home, work, or wherever you usually are, including how you will evacuate and where you will go in case you are separated in an emergency or disaster. If you have animals, include them in your evacuation plan. Select a place for your family to assemble after evacuation. Make sure it is in an empty area to avoid building collapse, such as supermarkets, church parking lots, community centers, etc.. Set a plan for each family member's responsibilities, such as who takes emergency backpacks, who takes care of the elderly, kids and pets, who is the family evacuation commander, etc.. Family members should also practice the evacuation plan regularly.

Sign up

for local alerts and warnings for your area so you know if and when you need to evacuate.

- ▶ Register with AC Alert at www.acalert.org.
- ▶ Download the AC alert app on your phone
- ▶ Dial 211 – This number gives you information and referrals to social services for everyday needs, and for times of crisis, about shelters, pets & service dogs, traffic, etc.
- ▶ PG&E PSPS – <https://psps.ss.pge.com/> to check address specific service issues and sign up for PG&E alerts.
- ▶ Text 97633 to sign-up and follow the prompts

To learn about and create your personal emergency plan. Please visit

English - <https://centerondisability.org/preparedness/>

Spanish - <https://centerondisability.org/preparedness/es/>

因應重大災害的準備

by Sylvia Yeh

每個人都該對自然災害有週全準備以保護自己、家人與社區。加州常見的重大自然災害包括 野火、地震、水災、持續高溫導致大斷電、坍方、海嘯等，我們現在更面臨新冠狀肺炎的大衝擊。自然災難發生的頻率似乎越頻繁，有時甚至沒有任何警告。災難的影響是極重大的，尤其對身心障礙的人和老年人。您有信心當災難來襲時知道如何應對或者已經為因應災難做了一些準備？我們必須做好準備，不要遺憾地說：「早知道我就應該…」

應對重大災害的四步驟，準備好這四個項目才能面對天災來臨，更為處變不驚：

第一步驟：找到 5 位可信任的親友，並告知您的應急計劃

第二步驟：列出您健康需要與服用藥物

第三步驟：準備緊急物資背包

第四步驟：計劃如何及何時疏散計劃

第一步驟：找到 5 位您能夠信任的親友，並列出他們的完整聯絡資料。在列表前請先聯繫他們，說明您在緊急情況或災難期間需要他們為您做的事，確保他們理解並同意，並請他們提供與之聯繫的最佳方法。不要只依靠一個人，儘量列出那些能夠幫助您處理緊急情況與災難的人，包括一位不與您居住在同一地區的人(如外州)。

第二步驟：列出您健康需要與服用藥物，包括 藥物名稱、劑量和服用次數、身體輔助設備、醫療設備，將之標示為「生命之瓶」，此資料對於您的可信任親友、緊急救護人員或收容所工作人員很有用。將此資料建立電子檔（電話中的註釋、Google文檔、電子郵件…等）。

第三步驟：準備緊急物資背包，儘

量簡單化，可以馬上拿了就走。緊急物資背包需包括醫療用品和七天的藥物、五位信任的親友的資料、重要文件副本(出生證明、身份證、健康保險卡、護照)、不易腐敗的食物和水、充電線、手電筒、急救箱、現金、口罩、衛生用品…等

第四步驟：計劃如何及何時疏散計劃，詳細寫下您的疏散計劃和路線，包括如何疏散、前往何處、在哪裡會面，以防您們在緊急情況或災難中失散。如果您有寵物，將它們包括在疏散計劃中。訂定一個疏散後集合的地點，選擇空曠、不會受建築物倒塌威脅的地點，例如超市、教會停車場、社區中心等，每個家人負責的工作也要分配好，例如誰拿應急物資背包、誰照顧老人幼兒和寵物、誰帶領大家疏散逃難等，家人應該在平常的時候就要練習疏散計劃。

註冊

您所在地區的警報和警告通知，以便知道是否以及何時需要疏散。

- ☑ 請在AC Alert www.acalert.org 註冊登記
- ☑ 在您手機下載 “AC Alert” app
- ☑ 撥打 211 — 此號碼提供日常所需的社會服務的訊息，以及在災難時期有關庇護所、寵物和服務犬、交通等方面的信息和轉介服務。
- ☑ PG&E PSPS — <https://psps.ss.pge.com/> 查看家庭住址的特定問題，並註冊PG&E警報。
- ☑ Text 97633 to sign-up and follow the prompts 發送短信到97633，註冊並按照提示進行操作

欲知更多資料並開始籌備您的個人應急計劃，請查詢

英文 - <https://centerondisability.org/preparedness/>



Cal OES
GOVERNOR'S OFFICE
OF EMERGENCY SERVICES





4 Steps to Emergency Preparedness



- 1 Find Your Five Trusted Allies and Share Your Plan
- 2 Prioritize Your Health Needs and Create a List of things you need
- 3 Create your own EMERGENCY SUPPLY KIT!
- 4 Plan HOW & WHEN to EVACUATE



Emergency Preparedness Starts With You

Be Prepared

Build a Kit

- ✓ Customize your kit
- ✓ Pack Enough for 3 days
- ✓ Refresh once a Year



First Aid



Crank Radio



Non-Perishable food



Clothing



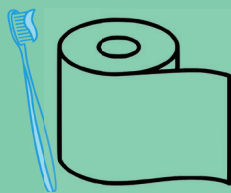
Water



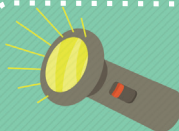
Medication



Documents & Money



Personal Items



Flashlight



Batteries & Chargers

FOR MORE INFORMATION ON COVID-19, GO TO: **COVID19.CA.GOV**

PREPARE FOR PUBLIC HEALTH EMERGENCIES



EN
ENGLISH

.....
ALSO AVAILABLE IN:

Español



.....
GOVERNOR'S OFFICE
OF EMERGENCY
SERVICES:

CalOES.ca.gov



.....
CALIFORNIA
DEPARTMENT OF
PUBLIC HEALTH:

cdph.ca.gov



Find more tips and tools to keep you safe from natural disasters like wildfires, floods and earthquakes at **LISTOSCALIFORNIA.ORG**

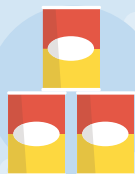
SAFETY TIPS FOR ALL



BEFORE HEALTH EMERGENCIES



Follow trusted sources
of public health news.



Stock up on food, supplies
and soap to last 2 weeks.



Get a thermometer and
cold and fever medicines.



Get a flu shot.



Plan what to do if family
and friends get sick.

DURING HEALTH EMERGENCIES



Follow the advice of
public health officials.



Cough into your
elbow or a tissue.



Stay home if
you are sick.



Train yourself not
to touch your face.



Wash hands often with
soap for **20 seconds**.



Who are trusted sources of news?



Centers for Disease
Control and Prevention



California Department
of Public Health



Your County Public
Health Department

EXTRA TIPS FOR:



CAREGIVERS FOR SICK PEOPLE

- ✓ Keep the sick person and their things away from others.
 - ✓ If possible, use a separate bedroom and bathroom.
 - ✓ Use separate cups, utensils and dishes.
 - ✓ Pick one person to be the main caregiver.
 - ✓ Keep a record of temperatures, symptoms, medicines.
 - ✓ Wash hands before and after caregiving.
 - ✓ Clean light switches, doorknobs, toys, other surfaces daily.
 - ✓ Launder clothes, towels and bedding in very hot water.
 - ✓ Keep pets away from the sick person.
-



PEOPLE WITH HEALTH CONCERNS

- ✓ Stay away from public places if you are at high risk.
 - ✓ Make a contact list of family, caregivers and doctors.
 - ✓ Keep a list of all medical conditions and prescriptions.
 - ✓ Refill all prescriptions and ask for 60- or 90-day supplies.
 - ✓ Discuss how to continue your care if caregivers get sick.
-



FAMILIES

- ✓ Explain the health risks to your children and how to stay safe.
- ✓ Practice with children how to wash hands for 20 seconds.
- ✓ Ask child care/schools about health emergency plans.
- ✓ Decide who will care for children if child care/schools close.
- ✓ Ask your employer about sick leave and working from home.
- ✓ Plan to care for family members if regular caregivers get sick.
- ✓ Protect the very young and very old from close contact with others.
- ✓ Arrange for food delivery to keep older family members at home.
- ✓ Check in often by phone with family and neighbors who live alone.
- ✓ Reach out to faith community and others to offer or ask for help.



COVID-19 (CORONAVIRUS) IS A PANDEMIC. FOR MORE INFORMATION, GO TO: **COVID19.CA.GOV**



IMPORTANT PUBLIC HEALTH TERMS

PANDEMIC

A pandemic is a worldwide outbreak of a new virus. This virus spreads easily from person to person. New vaccines take a long time to make, so many people get sick quickly.



SOCIAL DISTANCING

During an outbreak, you can help yourself stay healthy by keeping 3 – 6 feet away from people. This is called social distancing. Other kinds of social distancing include:



✓ Isolation

When someone has a very contagious illness, they may be asked to stay at home or in a hospital. This is called isolation. It helps stop the illness from spreading to others.



✓ Quarantine

Sometimes, a healthy person goes near someone with a contagious disease. They can spread it before they get sick. They may be asked to stay home for a while, to see if they caught the disease. This is called quarantine.



✓ Containment

Sometimes, to stop a sickness from spreading, everyone in a community needs to stay home for a while. Public events may be canceled. Schools, businesses and workplaces may close. This containment can slow down the spread of the disease.





Dear FCSN Members, Friends and Supporters,

On behalf of FCSN, I would like to express our utmost appreciation for your outpouring of kindness and support in the Give-In-May fundraising drive. Together, we did It!! We won the highest number of unique donors with over 500. The 2nd place organization was closely behind at about 450 donors. We wouldn't have made it without your help. We raised a total of more than \$40,000 in the Asian Pacific Fund's Give-In-May Challenge. This funding is critical to FCSN to survive the COVID-19 and the State budget crises. Our unity in responding to these crises is a true testament of us "Growing Closer and Stronger Even If We Are Apart!"

Wish you and your family great happiness, health and safety!

With deep gratitude,

Anna Wang

Vice President of Enrichment Programs and Community Relations
Friends of Children with Special Needs (FCSN)



Great thanks to Fremont Mayor, Honorable Lily Mei, City Councilmember Yang Shao, and generous community foundation representatives for presenting this mask donation to FCSN



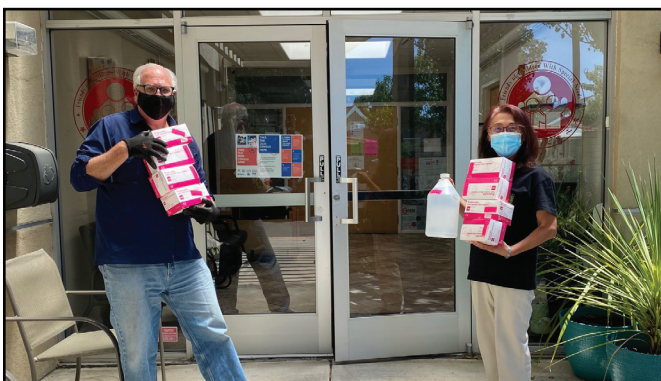
Masks, thermometers, and other protective equipment donated by Gracious Life Foundation and Dr. Chenming Hu, FCSN parent and board member



Warm meals donated and delivered by a non-profit organization, Our Angels, every Friday for eight FCSN Clients



Tzu Chi Foundation, 慈濟基金會, donated 1000 surgical masks and 500 fabric face masks to FCSN.



Hand sanitizer and surgical masks delivered from David Grady, manager of State Council on Development Disabilities (SCDD)



1000 surgical masks donated by Chinese Californian Helping Hands (CCHH) organization

Friends of Children with Special Needs

Headquarters: 2300 Peralta Blvd., Fremont, CA 94536 T: 510-739-6900 F: 510-739-6999

South Bay Center: 1029 S. Bascom Ave., San Jose, CA 95129 T: 408-725-8000 F: 408-725-8811

www.fcsn1996.org Email: administration@fcsn1996.org