



Back To *School*

NEWSLETTER

September 2022 / Vol 1

Letter from the President

Hello. My name is Vicky Iqueda and I am the newly elected Riverside County SELPA Community Advisory Committee (CAC) President. I want to take this time and Welcome you to the Community Advisory Committee for the 2022-2023 school year.

I am a mother of three children, one which is in special education. I have had 14 years of experience working with multiple medical teams, therapies and actively participating in one to many IEP meetings. My 14 year old has unique abilities. He is DeafBlind, with Autism plus a few other needs.

(continued on page 2)

District Spotlight: Menifee SD All Star Field Day

On Tuesday, April 4th, MUSD held its Inaugural All Star Field Day. This event was the vision of parents in the Menifee SD SEPAC. The parents teamed up with the District Special Education staff and Adapted Physical Education teachers to create a field day for over 300 students with special needs from throughout the District.

The event garnered more than 100 volunteers including local firefighters, police officers, and several city officials. Each child received a special All Star Field Day shirt and medal to commemorate their participation in this event. The students participated in events such as running races, baseball swings, basketball shooting, and much more. Thunder of the Lake Elsinore Storm was there to cheer on the students. The event was funded through the generosity of many people and business owners in the local community.



5 Tips for Parents of Special Needs Children from Children's Educational Services

1. Manage your expectations
2. Celebrate Small Accomplishments
3. Partner with your child's teacher
4. Stick to a daily routine
5. Take care of yourself

Recipe: FRUIT AND YOGURT PARFAIT

Ingredients:

- 1 apple, chopped
- 1 banana, peeled and sliced
- 1 cup papaya, chopped
- 1 cup strawberries, sliced
- 1 teaspoon sugar (optional)
- 1 cup nonfat yogurt, any flavor
- 1 cup WIC cereal

Directions:

In a large bowl, combine all fruit and toss with sugar. Divide fruit mixture into serving bowls. Top each bowl with ½ cup yogurt and sprinkle with cereal.



Serves: 4

Continued Letter from President

I understand a little to well how overwhelming and tiring the journey of a special needs parent can be at time. We have little sleep, many worried and to much "things" on our plates. Nevertheless, I know what it take to press forward in order to achieve the Best education and best quality of life our children deserve. I come to you will little experience but much eagerness to learn right next to you.

This year, we are excited to announce that we will resume to in-person meets for all of our CAC meeting, workshops and events. We are finally back! I know we have all experienced the hardships that this Pandemic has brought to our community but let me assure you that are ready to moved

forwards and turn a new page as we press forward to fulfilling our mission as a committee. We have meeting dates, themes, workshops, and special events that you will want to be a part of and not want to miss out on. I encourage your to get involved and to become an active member of the Riverside County SELPA Community Advisory Committee this school year. Let us stands together and support each other. Let us come together to share ideas and provide each other with resources so that we can continue in creating a better place for all our children in special education Let us say together and in unity just like Helen Keller said, "Alone we can do so little; together we can do so much."

I can't wait to see you all soon!

Sincerely,
Vicki Iqueda

Resources

Department of Rehabilitation (DOR)

Employment, Independence, & Equality : A Guide to General Services

Click the DOR logo to learn more about the great services and supports that DOR offers as well as eligibility for these programs.



Fair Housing Council of Riverside County

Riverside University Health Systems

Are you homeless or at risk of losing your house?

Homeconnect wants to connect you to available resources in your community. Questions?
Call: (800) 498-8847



A poster for Deaf Awareness Week 2022. At the top, it says 'City of Riverside and Deaf Community of Riverside' and '2022'. The main title is 'DEAF AWARENESS WEEK' in large, colorful letters. Below that, it says 'September 17-24 2022' and 'Enjoy every day events in Riverside, California and abroad.' The poster lists several events: '9.17 Kickoff: DeaFestival' at the Center on Deafness Inland Empire CODIE, 'Special Recognition Awards' for Barbie Gomez, and 'Riverside Police Softball' at Hunter Park. It also lists a 'Mission Inn Tour' at various locations. At the bottom, it says 'Please find more information in FACEBOOK or our Website.' and 'Open to all. Deaf Community of Riverside Please visit www.DeafCommunityofRiverside.org'. There is a circular graphic of various national flags on the right side.

Upcoming Events

September 13, 2022

CAC Business Meeting and Presentation

September 21, 2022

CAC New Member Training

October 20, 2023

Donuts with Directors

