



Organization of Special Needs Families  
 10823 Willowbrook Way  
 Cupertino, CA 95014

NON-PROFIT  
 ORGANIZATION  
 U.S. POSTAGE  
**PAID**  
 CUPERTINO, CA  
 PERMIT NO. 004

**Administrative Office:**

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**Learning Center:**

20920 McClellan Road  
 Cupertino, CA 95014

**Web Site:**

[www.osfamilies.org](http://www.osfamilies.org)

***Register online for the HEALTHY START parent workshops now!***

***Saturdays, 10am-Noon***

***Home of Christ Church, 10340 Bubb Road, Cupertino***

- September 9** *Topic:* Early Intervention for Speech & Listening Delays, Helping Your Child Learn to Talk & Listen  
*Guest Speaker:* Patti Hamaguchi, M.A. CCC-SLP
- September 16** *Topic:* Breakthroughs in the Evaluation and Treatment of Autism  
*Guest Speaker:* Dr. Miriam Jang
- September 26** *Topic:* Early Signs of Autism Identified in Infants  
*Guest Speaker:* Lihuei Wei, Early Intervention Specialist, M.A. of Special Education
- September 30** *Topic:* Reveal the Mystery of Autism, the Assessment and Intervention for Children with Autism  
*Guest Speaker:* Dr. Ching H. Wang, M.D., Ph.D.,  
 Director of Pediatric Neuromuscular Clinic, Lucile Packard Children's Hospital
- October 7** *Topic:* SMILE Tooth is Possible, Dental Hygiene Challenges for Children with Special Needs  
*Guest Speaker:* Dr. Yee-Ming Wu, DDS. MS
- October 14** *Topic:* Vegetarian Diet for Everyone, including Children with Special Needs  
*Guest Speaker:* Jei & Jean Chen, Evergreen Healthy Vegetarian Association

**\*\*\* Free child care and refreshments provided. Please visit OSF web site for workshop details. \*\*\***



***OSF Summer Day Camp 2006***

*Many thanks to Northwest YMCA, Southwest YMCA, Cupertino Library, Blackberry Farm, City of Cupertino, and most important, our remarkable volunteer camp counselors for another fun-filled and safe camp experience for our kids!*

# ***Organization of Special Needs Families (OSF)***

***Newsletter ~ August 2006***

Dear friends and families,

I ran and completed a half-marathon in San Francisco a few weeks ago. My very first – all 13.1 miles!

I never thought of myself as a distance runner since I don't have the "right" physique of long and lean. Likewise, when I was much younger, I questioned whether I have the "right" temperament to raise a child. But here I am today, half-marathon feat accomplished and rearing my precious daughter, one with special challenges at that.

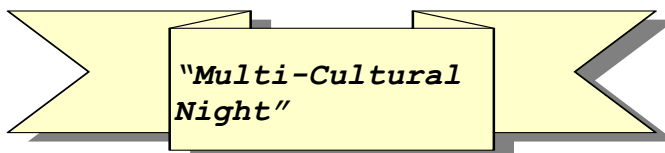
Running is like raising a child at times. You need to develop a very strong core, like the trunk of a tough old oak tree, to help you go the distance. Most times you experience ache, soreness, and extreme tiredness but you trudge on. Other times, you exist in bliss, when the miles seem effortless and your body free-flowing like water rolling down a hill.

I don't run with headphones in my ears. I listen for possible trail and road hazards, as well as the whistling of wind, the chirping of birds, and the trickling and babbling of water. Similarly, I pay great attention, with all my senses, to my child's needs and frustrations – communicated or not, internally initiated by her or externally driven by outside forces. Equally important, I take in and revere all her amazing achievements and revel in her radiating sweetness and joys.

Yup, training for and completing a half-marathon was hard. Parenting is a zillion times harder and like those extreme ultra-marathons (100 miles+), seems to go on forever. No way would I want to miss both experiences.

~ Shirley ~

*Volunteer Newsletter Editor*



Mark your calendars and get set for an evening of splendid food and lively entertainment!

Our 4<sup>th</sup> annual "Multi-Cultural Night" fundraiser will be held Saturday October 7<sup>th</sup>, 5:30pm to 9pm, at Quinlan Community Center. The Quinlan Community Center is located at 10185 N. Stelling Road in Cupertino.

Launch the festivity with a wine social. Dine on sumptuous fare donated by our very generous friends at Outback Steak House. Delight in musical performances and an international fashion show by OSF teachers and children. Close the night dancing to the energetic music of Grateful Dads.

Please call the office for ticket purchases or send in the enclosed fundraiser ticket purchase/donation form along with your checks. Your \$65 dinner tickets and cash contributions are tax-deductible and help OSF continue and grow its fine set of programs and services.

The fundraiser committee is also soliciting auction items for this very special event. Donations of auction items are tax-deductible. Please call the office if you can help.

## ***New OSF Office Administrative Assistant***

The next time you call or visit the OSF office, you may be speaking to Saila Naher, our new office administrative assistant. Saila is usually in the office weekday mornings. Welcome to the OSF staff, Saila!

## ***Introducing the OSF Family Advisory Committee***

A group of our wonderfully dedicated OSF parents initiated and formed the OSF Family Advisory Committee (FAC). Components of the FAC charter include:

- Serve as liaison between OSF and parents
- Organize parent volunteers
- Support major OSF events such as the Cupertino Special Festive and sponsor smaller events such as fundraiser yard sales

Stay tuned for more news from FAC.

## ***Fundraiser Yard Sale & Family BBQ***

Support the OSF fundraiser yard sale! Donate your used but good-condition household wares. Come by and peruse; you never know what treasures you'll uncover.

The yard sale takes place Saturday, September 9, 9:30am-2:30pm, at the OSF Learning Center parking lot. See enclosed flier for details on how to participate.

## ***Family BBQ Picnic***

The annual OSF family BBQ picnic will be held Saturday, September 23<sup>rd</sup>. We meet at Linda Vista Park in Cupertino, 4-7pm. Enjoy fine food, the great outdoors, and pleasurable company of OSF families and volunteers.

See enclosed flier for details on the BBQ.

## ***Part-Time Job Opening for Program Specialist***

OSF has a paid part-time position open for a program specialist. The program specialist will assist in the coordination and development of OSF programs. Please contact the office or visit OSF web site for details.