

SINERGIA

News/Noticias

JOIN OUR LIST

Join Our Mailing List!

WE'RE MOVING!

Sinergia is thrilled to announce that we will be moving to a new location in December 2009. Our new offices will be taking up two floors of a building being constructed at 2082 Lexington Ave., on the corner of 126th Street. [Read more about this here.](#)

WORKSHOPS

The Metropolitan Parent Center offers a 3-week intensive workshop series that is designed to help parents of children with special needs to become advocates for their children. The workshops are conducted Tuesdays and Thursdays from 10am-1pm. [For more details click here.](#)

NEW PROGRAM

The Metropolitan

September/2009

Greetings!

Sinergia has entered the brave new world of social networks! To provide greater dissemination of information and to reach out to a wider audience, we've taken our newsletter from print to digital form, and we've started a blog, [Sinergia's "La Esquinita", or Li'l Corner](#). We are very excited about being part of this movement because it gives us the opportunity to invite parents, students, consumers of service, professionals, interested parties to participate in a two way flow of information and not only receive updates from us but also interact with us by posting comments and/or questions. Visit "[La Esquinita](#)" and let's start the dialogue!

Are you on Facebook yet? If you are, you can also connect with us at [Sinergia's Facebook Page](#). Become a fan and keep up to date with the latest happenings at Sinergia.



Looking forward to "getting social!"

Back To School Tips

The new school year is upon us and we all want our children to benefit academically, socially and emotionally from being in school. This is especially important for children with disabilities. Parents and other providers can help ensure that their children get off to a good start by applying the following suggestions:

I. Know your child's school! It's important to know the people who will work with your child during the school year. Make sure you have their full names and titles; their telephone numbers and location in the school (room numbers) and an understanding of their roles and responsibilities.

II. Prepare your child and the school to work well together.

- If you have young children, give them positive comments and impressions about what they can look forward to in school. Tell them about what teachers do and what is expected of students.

Parent Center announces its new program, **Raising Our Children**, to assist parents of children with disabilities whose children are experiencing behavioral difficulties at school. The program offers workshops, special education advocacy, connections to community resources plus much more.

[Click here for more details.](#)

FOND FAREWELL

After more than 30 years of service to individuals with disabilities, Hugh D. Tarpley, Ph.D. is set to retire as Director of the Metro DDSO.



Dr. Tarpley is widely known and respected for his tireless dedication to people with disabilities and for those of us working in the New York City Metro area, his retirement is particularly poignant. As Director of the Metro DDSO, Dr. Tarpley knew both the

- Let teachers know about your child's interests, strengths, fears, health concerns, etc. This is especially important if you have a special needs child.
- Establish positive routines for your children: practice turn-taking and hand-raising skills. Explain to them that it's alright to ask questions.
- Communicate effectively with teachers and other school personnel. Be clear, calm and direct when speaking and put things in writing whenever possible. Be assertive, persistent and polite.
- Develop positive relationships with school personnel; be involved, ask questions.

III. Document, Document, and Document! When dealing with school officials, teachers and service providers, it's important to write things down; keep a record of phone conversations, etc., establish a "paper trail".

IV. Know Your Rights!

- Learn about the Individuals with Disabilities Education Act (IDEA) of 2004
 - Learn about No Child Left Behind (NCLB) and how it addresses special education issues.
- Become an ADVOCATE for your child and act assertively to ensure their best interests in school.
- Know the school rules (especially the school discipline code) and what schools are legally obligated to provide regarding special services for children with disabilities.
 - Get to know the people who make decisions about your child's education. Connect with your child's educators and administrators in both casual and formal settings.

It is important to both your child and his or her teachers that they know that you care about the educational experiences your children will obtain and that you want to be an active part of the educational team. Practice active parental involvement!

Stay Safe During Flu Season

People infected with seasonal and/or the novel H1N1 flu, also known as the "swine flu", are contagious, and may be able to infect others from a day before getting sick to 5 to 7 days after. This can be longer in some people, especially children and people with weakened immune systems and people infected with the new H1N1 virus. A person with novel H1N1 illness should be excluded from school, work, and related activities and should not go into the community, except to seek medical care, until they are symptom-free (no fever without fever control medications and feels well) for at least 24 hours. In order to protect yourself and to stay healthy, you should do the following:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you

individuals receiving services and the agencies who provided the services to them very well, and made himself extremely available to all. While we look forward to working with Janet Zempella, who will be stepping in as the interim Director, Dr. Tarpley will be sorely missed.

ADA ANNIVERSARY

July 26 marked the 19th anniversary of the Americans with Disabilities Act, landmark legislation designed to prevent discrimination against individuals with disabilities and enable them to fully participate in all aspects of life. On that day US Secretary of Labor Hilda Solis welcomed the Hon. Kathy Martinez as the Labor Department's new Assistant Secretary of Disability Employment Policy, who's goal is to assist employers, workers and others. [Read full press release here.](#)

cough or sneeze. Alcohol-based hands cleaners or hand sanitizers that contain at least 60% alcohol are also effective.

- Wash with soap and water with soap and warm water for 15 to 20 seconds (sing the "Happy Birthday" song twice).
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Stay home if you get sick and limit contact with others to avoid infecting them.

[Read the full article here](#)

Sinergia Donates Computers

Thanks to a grant from IBM and Pacer, Sinergia is donating seven computers to learning centers at preschool programs targeting children between the ages of 4 to 7 years old. The grant is part of a \$2 million nationwide initiative by IBM to provide computers and teaching curriculum to schools and nonprofit organizations that provide services to areas with more than 40% Hispanic populations.

Through the use of technology, this project aims to help children bridge the digital divide by providing them with "The Young Explorer", a colorful "kid proof" play station loaded with award winning educational software. Myrta Cuadra-Lash, Executive Director of Sinergia, states "all children deserve access to the same resources, yet we know that some populations face a disparity, especially where English may be a second language. We're very happy to be able to help provide these computers to the community."

Sinergia has identified and made arrangements for the following five early learning centers in NYC to receive the Young Explorer in early Fall: the Bloomingdale Family Center, Dawning Village Day Care Center, Goddard Riverside Day Care, Trabajamos Community Head Start and St. Joseph's School of Yorkville.

Honoring One of Ours

Sinergia is proud to announce that Gayle Haines, Ed.D. a member of the board of Directors of Sinergia, will be honored by the International Federation of Professional Women. She will be given the International Fellowship award at a ceremony on September 11, 2009 at the Marriott Hotel, in Uniondale, NY. We congratulate Dr. Haynes for her

distinguished work as an educator and fervent advocate for the preservation of lighthouses and maritime history. We are proud of her accomplishments and especially appreciative of her invaluable service to Sinergia and the people we serve.

Sinergia, Spanish for synergy, is a 501(c)(3) community based, multi-service organization. Since 1977 we have been linking families of children with disabilities to services that matched their needs. Our mission is to enhance the well being of individuals and families through the human services delivery system(s), with particular concentration on those "special populations" that have traditionally experienced difficulty in accessing human services. Those "special populations" include, without limitation, persons with disabilities, disadvantaged, Latino, African American, Native American and or migrant. Sinergia has a reputation for decades of working with "underserved families, many with limited English proficiency, African American, homeless and families experiencing poverty. You can find more information at www.sinergiany.org. Please visit us soon!

Sincerely,

Myrta Cuadra Lash
Executive Director, Sinergia