



Exceptional Family Center February Newsletter

Our Story

Exceptional Family Center was founded by parents and professionals who recognized the need to have a multicultural agency in Kern County where families can receive adequate information about services for their children with an Intellectual and/or Developmental Disability (I/DD) as well as assistance with important documents.

Exceptional Family Center believes that parents, along with other family

Our Mission

members, play a crucial role in improving the quality of life of their loved ones with Intellectual and/or Developmental Disabilities (I/DD).

To celebrate the success of families and their children with an Intellectual and/or Developmental Disability (I/DD) through collaboration, education, empowerment, and mutual support.



Vicky Moreno

I'm the Exceptional Family Center Specialist serving Mono County. I'm excited and thankful for having the opportunity to help our community and our families. I'm a mother of 2 wonderful boys. I've had many challenges as a mom, and understand the barriers parents face, especially when there is a disability or a developmental delay. As a family in our free time, we love going out for a walk in the afternoons, getting ice cream and playing in the park. We love going for hikes and spending time by the lakes.



Exceptional Family Center

Mammoth

960 Forest Trail
PO Box 130

Mammoth Lakes CA 93546
(760) 924-7382 Ext 4

Bishop

686 West Line St
Bishop CA 93514

(760) 873-4373 Ext 103

Early Start Staff

Elysia Fischbach

My name is Elysia Fischbach and I am currently Mono County Office of Education Early Start program's early intervention teacher. I have worked for MCOE for 14 years and enjoy my time doing home visits and playgroups with our Early Start families. In my free time, I enjoy hiking, biking, skiing, traveling, and spending time with my family.

Rocio Prieto

My name is Rocio and I work at Mono County Office of Education- Early Start Program since 2004. I loved playing with children and their families. My hobbies are hiking, and enjoying the outdoors with my family. My favorite season is summer.



February Awareness Month

- * American Heart Month <https://healthfinder.gov/nho/februarytoolkit.aspx>
- * International Prenatal Infection Prevention Month <https://www.midirs.org/international-prenatal-infection-prevention-month/>
- * National Children's Dental Health Month <https://www.ada.org/en/public-programs/national-childrens-dental-health-month>

February Events

- * Community Yoga, Sunday Evenings from 5:30 PM to 6:30 PM. January 27th-April 28 at the Mammoth Lakes Community Center
- * Instructional Basketball, Thursday Evenings from 5:15 PM to 6 PM, February 7 thru March 11. First and Second grade students at the Mammoth Middle School Gym
- * MakerSpace at the Mammoth Lakes Library, Tuesdays from 2 PM to 5PM all ages kids and 5 PM to 7 PM adults. Wednesdays and Thursdays from 2 PM to 6 PM all ages kids. NOTE: 3rd grade and under require presence of participating adults.
- * Story Time at the Mammoth Lakes Library, Wednesdays @ 10:30 AM, all ages.
- * Cafe Mom Breastfeeding Support Group by First 5 at the Bistrot at Snowcreek Athletic Club, Tuesdays from 12 PM to 1 PM, February 5, 12, 19, 26.
- * Peapod Playgroups by First 5:
 - Bridgeport** Wednesdays February 6-27, 10AM-11AM (Except February 20) at Bridgeport Memorial Hall, 73 North School St.
 - Crowley Lake** (Bilingual) Fridays January 11-March 22 10AM-11AM (except March 1) at Crowley Community Center, 458 South Landing Rd.
 - Mammoth Lakes** (Bilingual) Thursdays January 10-March 21 10AM-11AM (Except Feb 14, 28) Mammoth Community Center, 1000 Forest Trail

7 fun ways to celebrate

Valentine's Day as a family

- ◇ Exchange Valentine's cards as a family.
- ◇ Express love and appreciation for another.
- ◇ Bake something special together.
- ◇ Create a fun craft together.
- ◇ Cook up a creative love-breakfast for your family.
- ◇ Make heart-shaped...everything.

Happy
Valentine's
Day

Did you know?

The month of February is National Children's Dental Health Month? Has your little one had their teeth examined? First time treatments often consist of:

- ◇ An oral exam of your little ones teeth
- ◇ Possible x-rays
- ◇ Most importantly cleaning (this could include fluoride be sure to ask your child's dentist
- ◇ Dental Plan of Care

What can you do to help prevent cavities and maintain proper oral hygiene?

- ⇒ Keep sugary drinks (especially soft drinks) out of your child's bottle.
- ⇒ Limit night time bottles to water only or no bottles at bedtime.
- ⇒ Brush your child's teeth with an age appropriate size tooth brush.



Dental Resources for Mono County

- Mammoth Dental**
664 Old Mammoth Rd, Mammoth Lks CA.
(760) 934-8571
- Mammoth Hospital-Family Dental**
85 Sierra Park Rd, Mammoth Lks CA.
(760) 924-4007
- Tehrani Smiles**
452 Old Mammoth RD, Mammoth Lks CA.
(760) 914-4442
- Christopher J. Comfort, Eastern Sierra**
170 Mountain Blvd. Mammoth Lks CA
(760) 934-3730