



Five Things to Know for the End of August

Recreation: Arms Wide Open Dance Class

Arts in Motion, located at 237 E. Main St., El Cajon, announces their **Arms Wide Open Dance Class** for individuals with special needs. The class for students ages 6-11 is held at 4:30 on Wednesdays while the class for students ages 12 and up is held at the same on Thursdays; cost is \$25 per month. For more information, or to register: www.awosd.org or 619-579-6197.

Research: New Study Points to Genetic Link for Cerebral Palsy

A new study finds a stronger genetic link to cerebral palsy than previously thought. More than 20 percent of children with hemiplegic cerebral palsy have rare copy-number variations – or structural alterations to their DNA – affecting genes instrumental in brain development, according to findings published this month in the journal *Genetics in Medicine*. In about 5 percent of such children, researchers said the copy-number variation was likely the cause of their cerebral palsy. The findings come from a DNA analysis of 97 children with hemiplegic cerebral palsy and their parents. Results were compared to those from more than 10,000 people without the developmental disability. The genetic variations were far more prevalent in children with hemiplegic cerebral palsy – the most common form of the condition – than in the control group, the study indicated. “We are getting closer to understanding the complex biology of CP and the potential ‘brain development’ genes that impact a child’s risk of developing it,” said Darcy Fehlings, a senior clinician scientist at Holland Bloorview Kids Rehabilitation Hospital in Toronto who worked on the study. “Clinically this supports the use of genomic testing as part of forming the work-up for a child with hemiplegic CP.” Ultimately, researchers said understanding the genetics behind cerebral palsy could lead to new treatment options while also providing families better information about why their child developed the condition. <http://tinyurl.com/y8rvafd5>

Conference: Self-Advocacy and Leadership Training

Self-Advocacy: Your Voice Matters will be held on Sept. 16 from 9 to 3 at the Sol and Ruth Gerber Family Center, 1280 Nolan Ave., Chula Vista. Participants will learn about networking opportunities and social outreach, how to form a self-advocacy group and leadership and interpersonal skills. For more information or to register: mahan@getsafeusa.com or 714-656-2737.

Resource: Holiday Gift Basket Registration Opens

Community Resource Center’s **Holiday Baskets** provide basic necessities and a few gifts for families in need. Food boxes include a turkey or chicken and all the trimmings for a holiday meal, plus staples for the week. Distribution will open on Dec. 1 and close on Dec. 17. To apply for a basket, please visit the Integrative Services office at 650 Second Street, Encinitas, or call 760-753-8300.

Services: In Home Supportive Services (IHSS) Companion Guide

Bet Tzedek Legal Services provides the *IHSS Companion*, a self-advocacy booklet designed to help get people the In-Home Supportive Services they need to stay safely in their homes. Find it at <http://tinyurl.com/y7xf069z>