



Community Life

A Newsletter of Redwood Coast Regional Center

Willie West...A Leader In Community Advocacy

Willie West is a respected community leader who works for independence and community recognition for people with disabilities.

"I graduated from Ukiah High School in 2001. Preparing for the graduation ceremony, I voiced my opinion and concerns about not being able to go across the stage with my fellow classmates. The school then built three ramps onto the stage for people to cross with their classmates.

I work with the school district to help kids and young adults learn to operate their power chairs more effectively in real life situations. I am a student at Mendocino College. I worked with the college to get the weight lifting facilities more accessible for people who use wheelchairs for mobility.

I am on the Mendocino Council of Governments (MCOG), which oversees our local transit authority. I assist in making sure that bus drivers and others who work within the system adhere to the standards of the Americans with Disabilities Act (ADA).



Facilitator, Chris Olave and Willie West

I am a board member and volunteer for the Area 1 Board on Developmental Disabilities. In this capacity, I participated in developing recommendations requested by Senate Bill 1270. A copy of the recommendations can be found at: <http://www.sccd.ca.gov>.

I am one of the original participants in the self-determination pilot project with Redwood Coast Regional Center. Self-determination means that people direct their own lives and resources in the ways that they choose. The principles of self-determination are as follows:

Freedom to choose how you want to live your life and plan how to do it your way

Authority to control an individual budget

Support to obtain personal goals

Responsibility to contribute to the community and be accountable for an individual budget

Confirmation to recognize the importance of leadership in self-advocates within the self-determination project

I have a facilitator who helps me prepare for meetings. Before meetings, my facilitator and I organize information regarding discussion points. During meetings, my facilitator takes notes about ideas and points that the other participants make. After meetings, my facilitator helps me go over the information again, including the notes made during the meeting.

I was talking one night with friends about how I wanted to start a website about disability issues. I found that most websites dedicated to peoples with disabilities were old and very out-dated. I wanted a place to post local news, stories, opinion articles, pictures, educational information and such for Northern California. I am based in Ukiah, CA, but I welcome any information from anywhere around Northern California. You may access my website and submit information at <http://www.norcaldisability.com>."



Introducing Mary Block, RCRC's Director of Consumer Services

Hello to all members of the Redwood Coast Regional Center community!

I would like to take a moment of your time to introduce myself as both the new Director of Consumer Services for Redwood Coast Regional Center and, more importantly, as a new partner with each of you in the creative development and implementation of high quality services.

My name is Mary Block. I am a native Minnesotan and a newly

“transplanted” Californian. I have a Bachelors Degree in Social Work as well as in Sociology, and a Masters Degree in Public Administration. I am blessed with three children, a son who is a senior at Gustavus Adolphus College in Minnesota, a daughter who is a junior at Augustana College in Illinois, and another daughter, who is a freshman at California Lutheran University in Thousand Oaks, CA. My husband of almost twenty-six years is continuing at this time to manage our home in Minnesota, along with our 1-1/2 year old pup, Java.

On February 1st of this year, I began work with RCRC, leaving behind the extreme cold of Minnesota, my immediate family, and my previous job with the local county social service agency in Southern Minnesota. Shortly after receiving my undergraduate degrees, I was hired as a child protection social worker. After one year, I accepted the responsibilities of working with individuals with developmental disabilities. Four years later, I became the social service supervisor responsible for management and leadership to the following units: developmental disabilities, adult protective services, child care assistance, adoption and daycare, and adult and child foster care licensing.

During my eighteen years as supervisor, many positive changes occurred in the lives of individuals with disabilities. We were successful in being the first county in the State to move everyone out of State Hospital settings and into community settings. We were also the first county in the State to assist every individual who was under guardianship of the Minnesota Commissioner of Human Services to receive guardianship services from a family member or private social service agency. A number of individuals also had their guardianship dismissed. These accomplishments were a team effort, from social workers, to board members, families, service providers, and consumers who envisioned a more inclusive, meaningful, and personalized community life for everyone. It wasn't always a smooth road we traveled, but one worth traveling nevertheless.

As I begin my journey with RCRC, I look forward to working with you to provide the highest quality services and supports for people in the redwood community. It is a road worth traveling *together!*



Calendar of Events

A Publication of Redwood Coast Regional Center

Autism Support and Information Parent Group

Meets: First Friday of every month, 11:00 a.m.-1:00 p.m. at Arcata Assembly of God Church, 475 5th Street, Arcata, CA. email: humboldtautism@webtv.net

Alliance of Service Providers

If you are a regional center vendor and want to be a part of the Alliance of Service Providers Information Network, send your email address to dshipley@hcar.us. The purpose is to get as wide a distribution of information as possible in these rapidly changing times. For further information, or to get on the mailing list, vendors may also call Donna Shipley at HCAR, 707-443-7077

People First, Eureka Chapter

Meets: Third Wednesday of every month, 7:00-9:00 p.m.
Contact: Peter Narloch at 707-445-0893 Ext. 323

People First of Lake County

Meets: Third Wednesday of every month at Round Table Pizza, Lakeport. Meeting: 5:30-6:30 p.m.
Dinner on your own. Contact: Joanne Dungan at 707-279-1785

People First of Ukiah

Meets: First Monday of every month at 1116 Airport Park Blvd., Ukiah, 6:30-8:30 p.m.
Contact: Nicky Fabyunkey, Secretary, at 707-467-3994

People First of Mendocino Coast

Meets: First Friday of every month at the Veteran's Hall, Fort Bragg, 3:15-5:00 p.m.
Contact: Lynnette Silveria, President, at 707-964-1136 (wk.) or 707-964-6408 (hm.)

Humboldt Community Network

Meets First Thursday of every month, 3:00-5:00 p.m.
Contact: Joyce Lowrey at 707-441-0279 or Kim Puckett at 707-822-8382

Quarterly Residential Service Provider Meeting/RCRC Eureka

Contact: Janet Foos at 707-445-0893 Ext. 324

Quarterly Residential Service Provider Meeting/RCRC Ukiah

Contact: Cindy Claus-John at 707-462-3832 Ext. 224

Quarterly RCRC Medical Specialty Clinics

Psychiatry, Genetics, Neurology, Ophthalmology, and GI/Nutrition
Contact your RCRC Service Coordinator for specific information and referral protocol

Redwood Coast Developmental Services Corporation

Board of Directors meeting every other month. For a schedule of meetings or more information, contact Donna Landry-Rehling at 707-445-0893 Ext. 317

Children and Adolescents with Autism and Other Developmental Disabilities Conference

May 9 - 10, 2008, San Jose, CA.
Information at <http://www.sarc.org>

2008 People First 13th Annual Convention: *Do The Math: People First + Speaking Up = Change*

June 6 - 8, 2008, Sacramento, CA. Information at <http://www.supportedlife.org>

The Toronto Summer Institute: *Inclusion, Community & Diversity*

July 12 - 17, 2008, Toronto, ON, Canada. Information at <http://www.inclusion.com>

Supported Life 2008: *Dignity and Justice for All*

October 8- 10, 2008, Sacramento, CA. Information at <http://www.supportedlife.org>

NADD 25th Annual Conference: *A Quarter Century of Awareness: Assessment, Treatment, & Policy Advances*

November 12 - 14, 2008, Niagra Falls, ON, Canada. Information at <http://www.thenadd.org>

If you or your organization have upcoming events that you would like included in the Calendar, contact Sandra Tyrrell at 707-462-3832, ext 227. email: styrrell@redwoodcoastrc.org



Register Now to Vote for RCDSC Board Members

You must register by April 18, 2008 to vote in June, 2008. This registration form will go to the Election Committee to be placed on the official ballot mailing list. *This mailing list will not be used for anything but the electoral ballot mailing.* The voter registration form is to be mailed to:
RCDSC P.O. Box 8244 Eureka, CA 95502

Volunteers Needed to Serve on the RCDSC Board of Directors

The Redwood Coast Developmental Services Corporation (RCDSC) is looking for a few outstanding advocates for people with developmental disabilities to serve on the governing board of Redwood Coast Regional Center.

Who can be a Director?

A person who wants to learn about, and advocate for, rights and services for those who have developmental disabilities. You can volunteer to serve as a director in one of the two following capacities:

Consumer Director: Must be at least 18 years old and a consumer of Redwood Coast Regional Center (RCRC)

Non-Consumer Director: Must be at least 18 years old and live in Del Norte, Humboldt, Lake or Mendocino Counties

What do I have to do?

- Attend a maximum of 6 board meetings a year in various locations of the four county area
- Learn about the RCRC service delivery system
- Learn about RCRC's relationship with Sacramento lawmakers and State Agencies
- Keep informed about legislation that affects consumers with developmental disabilities
- Address your county's issues and concerns at the board meetings

What's in it for me?

- A chance to meet nice people who share your interests
- Gain personal satisfaction by helping others

What will it cost me?

- RCRC has reimbursement allowances for mileage, lodging, and food

Interested? Call Steve Perez at 952-1293 for more information:

Spring 2008
four

RCDSC BOARD OF DIRECTORS VOTER REGISTRATION CARD

Name _____ Date _____

Mailing Address _____

City _____ State _____ Zip _____

County _____ Phone _____

OPTIONAL: *Please check only one*

I am a:

Consumer Parent/Guardian

RCRC Staff Community Member

Family Member Vendor

Conservator

By filling out and signing this registration form, I understand my name will be added to a voter registration list to be used by the Election Committee only, and will not be used for any other purpose. I represent and warrant that I am at least 18 years of age.

Signed _____

(If marked with an "X" a witness signature is required)

Witness _____

Witness Address _____

City _____ State _____ Phone _____



**DAVID A. ISOM
EXCELLENCE IN SERVICE AWARD**



Each year, the *David A. Isom Excellence in Service Award* is presented to individuals who provide exceptional services to persons with developmental disabilities in Del Norte, Humboldt, Lake and Mendocino counties. Nominations are made by Redwood Coast Regional Center consumers and families.

Mr. Isom dedicated many years of his life to enhancing the educational and treatment opportunities for persons with developmental disabilities and their families in the State of Oregon, and as the Executive Director of Redwood Coast Regional Center. He honored each individual as unique and important, and always kept a focus on each person's dignity and quality of life.

The **Area I Developmental Disabilities Board, Redwood Coast Developmental Services Corporation**, local chapters of **People First** and **parent groups** come together to select the recipients of this award from your nominations.

Do you know of someone who has provided excellent, dedicated and valuable services? Have you, a friend or loved one received exceptional quality of service from an individual? Please nominate someone who you feel provides outstanding service. (Note: Regional Center staff are not eligible for this award.)

We want your nomination by May 1, 2008!

Nomination Form

Send To:

Area I Developmental Disabilities Board, P. O. Box 245, Ukiah, CA 95482 – **By May 1, 2008**

Who do you want to nominate to win the award? (Both community volunteers and paid service providers are eligible)

Name _____ Telephone _____

Address _____ County _____

Why do you think this person should receive this award for providing outstanding services?

Please describe below.

Your Name _____ Telephone _____

Your Address _____ Your Signature _____



RCRC Board Members, Lisa Feraru and Mary Yates and RCRC Associate Executive Director, Scott Anderson at the State Capitol

Grassroots Day, 2008



“Possibilities-Not Disabilities,” an artwork created by local artist, Debra Zeno, was presented to the office of Governor Arnold Schwarzenegger as part of Grassroots Day. The event was held on March 5, 2008 at the California State Capitol. Delegates from Humboldt County traveled south to visit State Representatives in Sacramento. They shared personal stories with northern California Senate and Assembly members and their office staff. The Association of Regional Center Agencies (ARCA) sponsored the event. ARCA advocates for individuals with developmental disabilities and their families. With a multi-billion dollar budget shortfall and proposed across-the-board ten percent cuts in the California State budget next year, Redwood Coast Regional Center is making sure that the voices of people with developmental disabilities are heard at the State Capitol.

And More...

Register to Vote

Calendar of Events

RCRC's Director of Consumer Services

Inside...

<http://www.redwoodcoastrc.org>

(707) 462-3832

Ukiah, CA 95482

1116 Airport Park Blvd.

Redwood Coast Regional Center

Redwood Coast Developmental Services Corp.

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