



Serving Del Norte, Humboldt, Mendocino and Lake Counties

Volume 2, Issue 6 – October 1, 2021

### **A message from Chris Miller, Client Advocate**

#### **Remembrance.**

September 20, 2021, marked the 19th annual California Memorial Project Remembrance Day Ceremony. This ceremony honors and remembers those with disabilities that lived and died in Developmental Centers and state hospitals. This yearly ceremony often sends me on a path of reflection, not just of my own journey and feelings about my disability but also of why Regional Centers' work is so important. We all have personal reasons for why we are drawn to this work. Mine is this: My Dad was told that I was never going to live past my first week and that if I did, I would probably never walk or take care of myself. He was told I would need more care than he could handle and that even if I lived, I would not amount to much. My father was advised to put me into an institution and forget me. Happily, he said no. I am reminded of how close I came

to institutionalization and how different my life could have been had my father made a different choice. I am happy that RCRC has a very small number of people currently residing in Developmental Centers. The reason Redwood Coast has so few people in Developmental Centers is because of all of you and your work, and the value we place on people who deserve far more of an opportunity to live the lives they want to live. The work we do is important. Sometimes we can get discouraged and feel like systems are broken, and while we still have work to do, we continue to make progress. Let us continue the work so that one day no one is institutionalized, locked away, and forgotten. Let us always remember those who did not have the opportunity to live the life of their choosing and work to create a world that works for all.



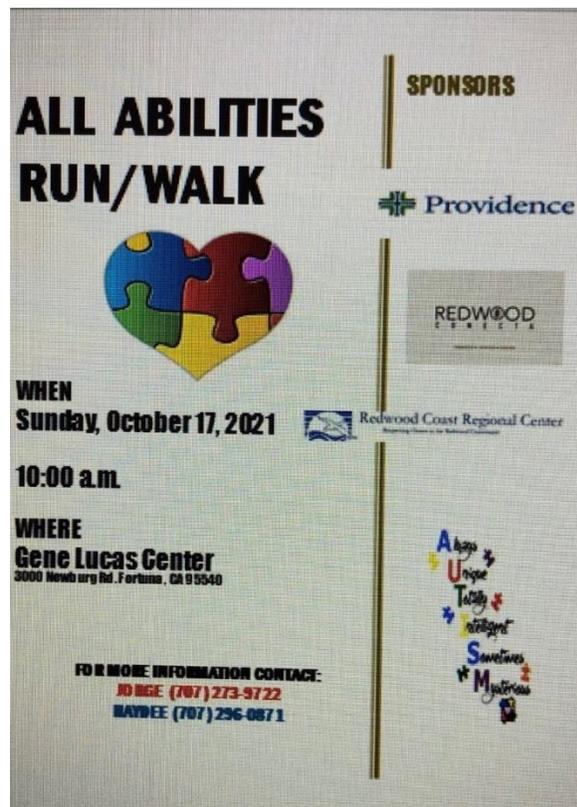
### **RCRC Outreach**

We continue to participate in farmers market and food distribution events around our four counties. As the summer gives way to autumn and some farmers markets close for the season, we are finding other community events to participate in. Coming up, we have the Lakeport Main Street Pumpkin and Dia de los Muertos Festival on October 2. We will be at Round Valley High School in Covelo for Indigenous People’s Day on October 8<sup>th</sup> and on October 16<sup>th</sup> and 17<sup>th</sup> we will be at the Ukiah PumpkinFest. October 17<sup>th</sup>, we will be at the All Abilities Walk/Run in Fortuna. On October 29<sup>th</sup> we will participate in a Scavenger Hunt in Fort

Bragg. We are looking forward to all these wonderful community events.

We want you to know that we are working safely by wearing our masks, washing our hands for at least 20 seconds frequently, using hand sanitizer when soap and water are not readily available, and social distancing whenever possible. We are providing masks and hand sanitizer for anyone who needs them.

Correction on Issue 5: North Coast Growers is now matching \$15 instead of \$10 for EBT (as long as they have funding)



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## Redwood Coast Regional Center

**You're Invited  
To the  
Round Valley High School  
INDIGENOUS  
PEOPLES DAY**

*Free Indian Tacos*

*Traditional Dancers*  
*Cultural Speakers*  
*OPR Training*  
*Language Games*  
*Education Job Corps Booths*  
*Stick Games*

**Where:** 76270 High School St  
Covelo, CA 95428

**When:** October 8<sup>th</sup>, 2021

**Time:** 8:20am-3:25pm

If you would like more information or would like to be a speaker or setup a booth  
Please call:  
Jobe Thomson at 707.983.6171 x 322  
or  
Cassie Russ at 707.983.6171 x 401  
Thank you. Hope to see you there.



10/6 Fortuna Adventist Community Services  
10am-12pm

10/8 Indigenous People's Day Round Halley  
High School 8:20am-3:25pm

10/10 Bayside Makers Fair Redwood Roots  
Farm, Bayside 9am-2pm

10/11 Laytonville Farmers Market 2pm-5pm

10/12 Redway First Baptist 10am-1pm

10/13 Crescent City Downtown Farmers Market  
9am-2pm

10/14 Orleans Karuk Senior Center and Health  
Center 10:30am-1:30pm

10/15 Covelo Food Distribution 76300 Grange  
Street 10am-2pm

10/16 Ukiah PumpkinFest 10am-6pm

10/17 Ukiah PumpkinFest 10am-4pm

10/17 All Abilities Walk/Run 10am-11am

10/19 Weitchpec Yurok Tribal Office 10:30am-  
1pm

10/20 Fort Bragg Farmers Market 3pm-5:30pm

10/21 Willits Farmers Market 3pm-6pm

### Upcoming Outreach Events

10/1 Middletown Farmers Market 5pm-8pm

10/2 Lakeport Main Street Pumpkin Festival and  
Dia de los Muertos 11am-5pm

10/5 Trinidad Library with DHHS and Food For  
People 10am-12pm



## **RCRC Staff Spotlight – Chris Miller, 15 years – September 2021**

Chris Miller has been the Client Advocate for Humboldt & Del Norte Counties at Redwood Coast Regional Center for 15 years! In June of 2021, Chris graduated from Brandman University with a BA in Social Work. Chris has a strong foundation in Person Centered Thinking and Planning and offers his colleagues, people served, and community partners deep insights into how language and subtle (or explicit) acts of ableism have big impacts on people with disabilities. Chris has been a presenter, speaker, and panelist at conferences throughout the West Coast and even as far as the US South. When Chris shares his expertise on advocacy, often a message you will hear from him is one of respecting individual choice and resilience. Stories of people with disabilities who against all odds have advocated for themselves and created the life they want, in their home community, with people they love and care for. Chris is always willing to offer training on self-advocacy and client rights anytime requested. Chris brings a strong passion for the RCRC Vision to every group he works with. Recently, Chris has begun working with the RCRC Board of Directors to create a Client Advisory Committee for the first time in RCRC's history. Over the next year, Chris will be working more closely with Service Coordination to offer his support and assistance to identify needed resources during Individual Program Plan and Inter-disciplinary Team meetings. While he is passionate about the work we do at RCRC, Chris has a healthy work-life balance. He takes vacations and practices self-care regularly. I don't know anyone who gets more pedicures, or has been to Hawaii more often! If you are

new to RCRC and haven't yet gotten to know Chris, please reach out to him, he is always happy to chat and find ways to work together.

## **Parent Academy**

**The next Parent Academy will be**

**October 27<sup>th</sup> (English) and 28<sup>th</sup> (Spanish):**

Discover the supports your local Family Resource Center can provide to you and your family. Join Lake Family Resource Center to learn about FRC services in Lake, Mendocino, Humboldt, and Del Norte counties.

**For questions and to receive the zoom link contact us.**

**For English, contact Denise**

[bctservices2@gmail.com](mailto:bctservices2@gmail.com) 707-489-9972

**For Spanish, contact Jennifer**

[jgarcia@redwoodcoastrc.org](mailto:jgarcia@redwoodcoastrc.org) 707-616-1976

## **Self Determination Advisory Committee**

The Self-Determination Advocacy Committee (SDAC) is seeking to fill TWO positions; one in Del Norte and one in Humboldt. This committee meets once a month on the third Friday to review the development and progress of the self-determination program and to offer ongoing recommendations. Ideally, we would like to have a client or a family member in both positions. These positions remain open until filled. Contact Sedona Bowser for more information (707) 445-0893 ext. 363

[sbowser@redwoodcoastrc.org](mailto:sbowser@redwoodcoastrc.org)

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**Announcement**  
**Year 2022 Performance Plan Public**  
**Meetings**

**Redwood Coast Regional Center**

Once again, it's time to meet and discuss next year's outcomes for Redwood Coast Regional Center's Performance Plan. The Performance Plan includes the following components: Public Policy Performance Outcomes that includes Reducing Disparities and Improving Equity in Purchase of Services Expenditures, Employment Measures and Compliance Measures.

We would like to invite you to join us by Zoom Video/Teleconferencing to assist us in developing activities to address the Public Policy Outcomes for Year 2022.

**WHEN:** **Monday, October 18, 2021**

**2:00 to 3:00 p.m.**

**By:** **ZOOM Video/Teleconference:**

<https://us02web.zoom.us/j/84848286384>

Meeting ID: 848 4828 6384

Passcode: 036749

Dial by your location: 1-669 900 6833

After the meeting, we will develop a DRAFT Year 2022 Performance Plan which will contain the proposed activities to achieve Public Policy Outcomes next year. The DRAFT Year 2022 Performance Plan will be available on our website ([www.redwoodcoastrc.org](http://www.redwoodcoastrc.org)) for your review and feedback by mid November.

Please also join us by Zoom during the November 10, 2021 RCDSC Board of Directors' meeting to offer comments on the DRAFT Performance Plan for 2022 which will be

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developed through the process of public input. This meeting will be held by Zoom Video and Teleconferencing and full details are posted on RCRC's website/Board of Directors' and event calendar.

***We are looking forward to seeing you at the meetings!***

**Request for Proposals**

**Self-Determination Jump Start**

**Redwood Coast Regional Center (RCRC)** is seeking proposals for services to Jump Start people transitioning into Self-Determination at RCRC, in Del Norte, Humboldt, Lake and Mendocino Counties. The purpose of this service is to support people as they transition into Self-Determination at RCRC, to increase the diversity of people participating in Self-Determination, and to assist currently underserved people to access Self-Determination for needed services and supports.

For more details on and before beginning work on the proposal or if there are any questions regarding this RFP, it is **strongly recommended** that interested parties contact: Sheila Keys, Self-Determination Community Resource Manager, [Skeys@redwoodcoastrc.org](mailto:Skeys@redwoodcoastrc.org)  
**Proposals must be submitted to: Sheila Keys, Self-Determination Community Resource Manager, [Skeys@redwoodcoastrc.org](mailto:Skeys@redwoodcoastrc.org) by 5:00PM on October 31st, 2021.**



## **Free Special Education Virtual Series**

**State Council on Developmental Disabilities (SCDD) is offering a free, virtual three-part series on special education! This is designed to provide parents knowledge and tools to help them become their children's best advocates.**

**All sessions will be from 1:00—3:00 on Zoom**

**October 11, 2021—IEP Strategy:** Use the IEP process effectively to get what your child needs at school. Presenter: Julie Eby-McKenzie, State Council on Developmental Disabilities, North Coast Regional Manager

**October 18, 2021—Special Education Assessments:** The foundation for good goals. Presenter: Kelley Labus, Special Ed Director, Willits USD

**October 25, 2021—State Compliance Complaints and Due Process:** What to do when you disagree with your school district. Presenter: Clifford Black, Clients Rights Advocate, Disability Rights California

Register and **select the sessions you want to attend!**

<https://us02web.zoom.us/meeting/register/tZUpdemrpzwtGtHNoBRU3EmPHs-Y6LZSOq0C>

## **One-on-one consultations**

WISE & Healthy Aging is offering FREE one-to-one consultations to caregivers of individuals who have an intellectual or developmental disability *and* who are also showing signs of dementia or memory loss. If you are a caregiver and would like support to develop strategies in caring for someone experiencing dementia, you can meet with a licensed professional for free individual consultations. If you would like more information, please call (310) 394-9871 ext. 427

## **Fort Bragg Interagency Transition Team**

### **Learning About Adult Services Scavenger Hunt October 29<sup>th</sup> from 4-6pm.**

High School and Middle School Students with IEPs, save the date for this community wide scavenger hunt. It will start at Fort Bragg High School at the MCOE and DOR table. Visit agencies to find out what they do and prepare for life after high school. The ITT Scavenger Hunt Map can be completed in any order.

## **Newsletter Contributions**

If you have something you would like to contribute to our newsletter, please send it to [jgarcia@redwoodcoastrc.org](mailto:jgarcia@redwoodcoastrc.org) by the first or third Wednesday of the month to be included in the following Friday's newsletter. As the newsletter grows, we are hoping to receive stories from our community.

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