



Redwood Coast Regional Center

Serving Del Norte, Humboldt, Mendocino and Lake Counties

Volume 2, Issue 8— November 5, 2021

RCRC News

Redwood Coast Regional Center was honored to have Ukiah Police Department Chief of Police Noble Waidelich visit our Ukiah Office this week. Chief Waidelich met with our Emergency Management Coordinator, Fred Keplinger, to discuss a possible collaboration between the agencies in offering trainings to local law enforcement with respect to their interactions with individuals with intellectual and developmental disabilities. Thank you, Chief Waidelich, for taking time out of your busy schedule to meet with us to discuss this important topic.



Our RCRC Outreach Team continues to engage in our community. In October, some highlights were the Lakeport Pumpkin and Dia de los Muertos Festival, the Ukiah PumpkinFest, Indigenous People's Day at Round Valley High School, the All Abilities Walk/Run in Fortuna and the Interagency Transition Team Scavenger Hunt in Fort Bragg. We are looking forward to some wonderful community events in November. Check our our upcoming events a

little farther down in this newsletter and mark your calendar for December 3rd time TBA for our Community Forum in Ukiah. We are also looking forward to participating in the Ukiah Light Parade on December 4th and the Eureka Truckers Parade on December 11th. More information to come!



Halloween at RCRC

A fun light-hearted day to dress up. We had quite a few creative costumes this year.



Eureka Children’s Unit; Drena, Karen, Tito, Jennifer, Madison, and Veronica



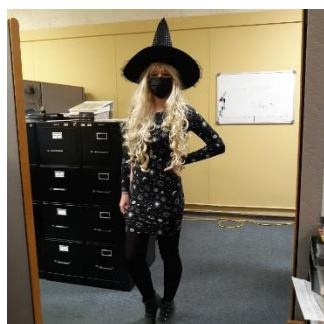
Ukiah’s Marley and Rosalynn



Ukiah staff Tracey and Michaela



Our Executive Director, Dr. Smalley



Lakeport Service Coordinator Theresa



Ukiah’s Cassandra and Kimberly

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RCRC Staff Spotlight

Tiina Purtonen is a service coordinator in our Fort Bragg office who recently celebrated her 5 years with RCRC. Tiina mainly works with children over age 3 and some transition age young adults. Tiina is truly a shining star at Redwood Coast. Her person-centeredness and positive attitude are very much appreciated, not only by her clients and families she helps to support, but also by her co-workers and supervisor. Tiina is always volunteering to help in any way possible, whether it is picking up extra cases, or helping with reports, training new service coordinators, or helping with special RCRC diversity events; she is a team player and it is very clear that she loves her job and working with her clients. Tiina not only facilitates the monthly special education round table group meetings, but also is a CAPTAIN cadre representative for RCRC.



In her free time she enjoys traveling and photography. She is also very crafty, and a good cook/ baker. Tiina has lots of life experience and overall she’s just a really fun person to talk to. I am very grateful to have Tiina as part of the Mendocino County Children’s Unit, and RCRC as a whole. Looking forward to many more years with this amazing service coordinator!

Upcoming Outreach Events

11/5 Middletown Farmers Market 5pm-8pm

11/6 Lakeport Farmers Market at Steel Wines 9am-1pm

11/8 Laytonville Farmers Market 2pm-5pm

11/9 Redway First Baptist Church with Food For People 10am-1pm

11/9 Rescheduled Spanish Parent Academy featuring Lake Family Resource Center via zoom 3:30-4:30pm

11/11 Orleans Karuk Senior Center and Health Clinic 10:30am-1:30pm

11/12 Point Arena Action Network 200 Main Street 2pm-5pm

11/13 Ukiah Farmers Market 9am-1pm

11/13 Arcata Farmers Market 10am-12pm

11/16 Weitchpec Yurok Tribal Office with Food For People 10:30am-1pm

11/17 Fort Bragg Farmers Market 3pm-5:30pm

11/17 Parent Academy featuring Easter Seals Northern California (English) via zoom 12:30pm-1:45pm

11/18 Parent Academy featuring Easter Seals Northern California (Spanish) via zoom 12:30pm-1:45pm

11/18 Willits Farmers Market 3-6pm

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11/19 Covelo Food Pantry 76300 Grange Street
10am-2pm

11/23 Hoopa Shopping Center with Food For
People 10am-1pm

11/27 Lakeport Dickens Fair and Holiday Market
11am-6pm

Parent Academy

Lake Family Resource Center will be presenting on November 9 from 3:30-4:30pm for this Rescheduled Spanish Parent Academy featuring Lake Family Resource Center

The next Parent Academy will be

November 17th (English) and 18th (Spanish) at 12:30 -1:45pm

Presented by: Easter Seals Northern California

Topic: How to Build Self-Control in Your Child: Increasing Social Emotional-Development and Self-Awareness for Young Children and Their Caregivers

FIRST STEPS TO SCHOOL SUCCESS

We all know that feeling better about ourselves and valuing and appreciating others can help us build stronger relationships – but did you know that science is showing us that it can also boost scoring on standardized achievement tests at school by an average 11 points? That’s HUGE. Social Emotional Development (or Social Emotional Learning SEL as some call it) has also been demonstrated to result in improved attitudes about self, others and school; more positive classroom behavior; fewer conduct problems; less emotional stress and distress; and to lower the use and abuse of drugs in school-aged children. SEL is foundational for families who

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want to start taking steps NOW to begin building a brighter future for their children.

Redwood Coast Regional Center is pleased to host an upcoming FREE Parent Academy on Zoom presented by Easter Seals Northern California (ESNORCAL) on November 17 English and November 18 Spanish from 12:30-1:45 p.m. to introduce 5 key “stepping stones” for Social Emotional Development/Learning and to show how parents can support this learning in the home. Practical examples will be given and those participating will walk away with increased knowledge and new skills.

While Easter Seals focus is on working with children 0-5 years old, EVERY parent (and provider/caregiver) is welcome.

For questions and to receive the zoom link contact us.

Denise (English) bctservices2@gmail.com 707-489-9972

Jennifer (Spanish) jgarcia@redwoodcoastrc.org 707-616-1976

YOU AND YOUR LOCAL FAMILY RESOURCE CENTER (FRC)

Did you know Family Resource Centers are located in every County in California and are here to support and encourage parents? Being a parent is a joy – it is also a big job. Regional Centers like RCRC focus on the individual child or client who has been determined eligible for our Services – either through Early Start (serving children 0-3) or our Status 2 Services for over-three clients. Family Resource Centers (FRC’s) are a “companion” service to Regional Centers in every County. Family Resource Centers focus on the family – as their name



suggests. While they also provide services to support an individual client, their mission extends beyond the individual client to the family – and beyond that to the community in which they are located. The strongest system of support is when the Regional Center partners with the local Family Resource Center to ensure the client and family have a solid network of support to meet their needs.

Every Family Resource Center is different – there is no one “template” for what they offer, but each is rather customized to their local community and its needs. As an example – Lake County has experienced serious “year after year” fires – and the local Family Resource Center (LFRC) offers a “Fire Survivors Group” as that is one way to support families in their community according to local needs. Individual FRC’s offer an array of diverse services like Prenatal Groups for Parents, Diaper Depot!, Parenting Classes, Emergency Assistance (including temporary shelter) and much, much more. You can find out contact information for your local FRC and more about what they might offer your family on the RCRC Resource Padlet for Parents located on our RCRC website.

BRAND NEW! Based on the Governor’s signed legislation in June is the addition to many Family Resource Centers of a Community Navigator Program dedicated to helping clients and their families locate, be informed about, and utilize available resources in their community.

FALL FUN – FROM THE FAMILY SPECIALISTS AT RL THERAPIES

If you have not yet met the amazing Team at RL Therapies – Speech, Physical, and Occupational Therapists, here’s your chance.

In November, join their Speech Therapist for a fun song and story-telling time – and/or join one of their Occupational Therapists for a helpful road-trip through sensory processing – providing some useful “map guides” and “tips”.

Stories and Songs: Come join us at an interactive storytime where we will sing and play together. In the first class of this series, this month we will focus on a “seasons” theme! Parents can look forward to learning a language strategy to use while enjoying this half-hour class alongside their child.

November 19th at 9am

Register here:

<https://us06web.zoom.us/meeting/register/tZEqc-2spjMrHNfveZ0zftazmLmiylaZfVzo>

Strap on Your Sensory Goggles!

This webinar is an introduction to meeting children’s sensory needs. We will discuss different types of sensory input, the why behind dysregulation, and organizing strategies for your little one!

November 18th at 6pm

Register here:

https://us06web.zoom.us/webinar/register/WN_y_gXLeaDTKyenWSRfi84gA

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2022 Youth Leadership Forum for Students with Disabilities

The California Committee on Employment of People with Disabilities (CCEPD) staff office is now accepting applications for the 2022 Youth Leadership Forum for Students with Disabilities (YLF), **tentatively scheduled for July 17-22.**

The YLF is a six-day residential self-advocacy and leadership development program for students with disabilities. Post-YLF workshops of specific topics have been added after the weeklong event. If there are any in-person restrictions due to the COVID-19 pandemic, the YLF may be held virtually via Zoom or in a hybrid format.

Students must complete an application, write an essay and provide letters of recommendations. Students will also be interviewed by a YLF partner team in their local communities. This is a competitive process and not all students will be selected. Applicants must be sophomores, juniors or seniors during the 2021-22 school year ending by June 30, 2022, to be eligible to apply. All selected delegate's expenses are sponsored through a public-private partnership.

YLF applications must be completed electronically and emailed to ylf@dor.ca.gov. **The deadline to apply is December 17, 2021.**

The 2022 application and related documents, including an outreach flyer (attached), can be found at <https://www.dor.ca.gov/Home/YLF>.

For other questions, please call the CCEPD office at 855-894-3436 or email us at YLF@dor.ca.gov.

RCDS Board of Directors'

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Redwood Coast Regional Center Public Meeting Announcement **November 10, 2021 at 6:00 p.m.**

Per Welfare and Institutions (W&I) Code Section 4571(h)(1), each regional center is required to annually present data collected from the National Core Indicator (NCI) Child Family Survey at a public meeting of its governing board in order to assess the comparative performance of the regional center and identify needed improvements in services for clients, including, but not limited to, case management services.

In addition, per W&I Code Section 4629(f), each regional center governing board must hold one or more public meetings regarding its prior year's contract performance objectives and outcomes.

The public is invited to attend the upcoming meeting of the RCDS Board of Directors' where both the NCI Child Family Survey for Fiscal Year 2018-2019 and the CY 2020 contract performance objectives and outcomes for RCRC will be reviewed:

WHEN: Wednesday, November 10, 2021 at 6:00 p.m.

BY: Zoom Video/Teleconference

<https://us02web.zoom.us/j/87440232478>

Meeting ID: 874 4023 2478

Passcode: 434077

OR Dial by telephone: 1 669 900
6833 (Same ID/Passcode)



Information pertaining to this meeting can also be found on RCRC's website at www.redwoodcoastrc.org The announcement in English and Spanish is attached. Please share this information with clients, families and anyone interested in attending. A limited number of copies will also be available in all RCRC offices next week.

Self-Determination Conversations

We want to hear from you about Self-Determination!

This zoom meeting is for people in Self-Determination and people interested in Self-Determination to share stories, ask questions and support each other. We will talk about: What is working? What isn't working? What do you want other people to know about Self-Determination?

What would you like to learn more about? How can we make it easier for people to get into Self-Determination?

Please join us on zoom to talk about Self-Determination!

Friday, November 12th, 2021

3:00 – 5:00 pm

Via Zoom

Join Zoom Meeting

<https://us02web.zoom.us/j/8679540290?pwd=bkNoTTYxb2RjMHFWN2YwciswTHNDQT09>

Or call (669) 900-6833

Meeting ID: 867 954 0290

Passcode: 95482

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

LOOKING TOWARD A BRIGHTER FUTURE – RESOURCES FOR FOSTER FAMILIES (AND THOSE WORKING WITH THEM)

Heads-Up! First Five Lake County, in conjunction with Child Welfare Services and Chabot Las Positas Community College, is hosting a series of high quality FREE webinars to help foster parents of children 0-5 (and those who work with them) to learn some great skills and truths for helping these kiddos lead healthier and happier lives. All Foster families and Social Workers are welcome. Register early to reserve your spot.

- **Tuesday, Nov. 30th 10am-11:30am** - Zach Mercurio, PhD "**The Power of Mattering**" Research shows that experiencing mattering - knowing how you are a significant part of the world around you - is a key protector against anxiety, depression, and stress, and can inspire resilience. Author and researcher, Zach Mercurio will review the science and evidence-based practices of creating mattering for ourselves, our peers and the children and communities we serve. Register here:
 - <https://www.eventbrite.com/e/the-power-of-mattering-tickets-183645447477>

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- **Friday, Dec. 10th 10am-11:30am** - Erika Christakis "**The Importance of Being Little**" New York Times best selling author, Erika Christakis, will discuss the science and impact of PLAY in the early years and how to teach and interact with young children in the ways that they are wired to learn. Erika is a member of the National Advisory Board of Defending the Early Years. A former faculty member of the Yale Child Study Center, she has written widely about child development from preschool through the college years. Erika is an honors graduate of Harvard College, where she majored in anthropology, and holds master's degrees in public health, communication, and early childhood education. She is a Massachusetts-certified teacher (pre-k through 2nd grade) as well as a licensed preschool director. Register here: <https://www.eventbrite.com/e/the-importance-of-being-little-tickets-199371083277>
- **Date Pending in December** - Hope Forti and the staff of [Families Together](#) will provide a panel discussion including reflections from current/former foster parents, former foster youth, and foster neighbors about lessons learned and keys to supporting children in the foster care system well.
- **Monday, Jan. 17th 11:30-1:00pm** - Camille Catlett "**Using Children's Books to Promote Inclusion**" MARK YOUR CALENDAR! Registration will open in December and the link will be posted on the First 5 Lake website.
- **Tuesday, Feb. 8th 10:30am-12:00pm** - Marcie Hambrick, PhD "**The Brain's Developmental Windows in Childhood**

for Learning Consent." MARK YOUR CALENDAR! Registration will open in December and the link will be posted on the First 5 Lake website.

All of these trainings are offered with foster parents, child welfare social workers, and those working with children in the foster care system or children who are at-risk in mind as the target audience, but may be valuable to anyone and are open for all to attend. Recordings of trainings are not guaranteed - as each speaker has different preferences. You are encouraged to register even if you are unsure if you will be able to attend so that you will be informed if a recording of the training is made available (frequently, speaker agreements specify that recordings can only be made available to registered attendees and not posted publicly).

Planificación Futura: Es Posible y Necesario

Hacer planes para el futuro es importante para todas las familias. Pensar en el futuro puede ser emotivo y desafiante. Sin embargo, experiencia muestra que los adultos con discapacidades logran una mejor transición de la casa familiar cuando tienen un plan futuro. También un plan futuro provee paz para la mente, especialmente para los cuidadores de las personas con discapacidades intelectuales y de desarrollo (IDD)

El Arc de California, Congreso Familiar y la oficina nacional de El Arc se han asociado para ofrecer una serie de seminarios web gratuitos de dos partes para familias Latinas con seres queridos con discapacidades. La serie de seminarios web ofrece recursos gratuitos sobre cómo puede iniciar estas discusiones y los pasos que debe seguir su familia para crear un plan futuro para su ser querido con discapacidad.

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Regístrese en Zoom para esta importante serie de seminarios web.

Los temas incluyen:

Parte 1: Martes, 9 de noviembre 10:00am – 12pm PST (hora del pacifico)

Aprenda más información sobre el programa CalABLE que permite a la mayoría de las personas con discapacidades ahorrar dinero sin perder beneficios públicos como Medicaid.

Anne Osborne del programa CalABLE proporcionará más detalles sobre cómo funcionan las cuentas y cómo puede iniciar una cuenta ALE. *Este entrenamiento tendrá interpretación en español*

Parte 2: Martes, 16 de noviembre 16 10:00am – 12pm PST (hora del pacifico)

Aprenda más información sobre la planificación futura, incluso los recursos gratuitos de El Arc y la información sobre los servicios en California.

Liz Mahar de la oficina nacional de El Arc y Patricia Albeño de El Arc of California presentarán. *Este entrenamiento estará disponible solamente en español*

Nota de Acceso: Este seminario web estará subtítulo en español. La grabación estará disponible para verla bajo demanda para aquellos que se registren. ¿Preguntas? Envíe un correo electrónico a Liz Mahar con The Arc (mahar@thearc.org).

Registre Aquí:

https://thearc-org.zoom.us/webinar/register/WN_iu6m0gJ5TUGIIDCHJdg2zA

Future Planning:

It's Possible and Necessary

Learn more in a November webinar series!

The Arc of California and The Arc's national office have partnered to offer a free, two-part webinar series for Latino families in rural communities who have a loved one with a disability. The webinar series will offer free resources on how to get these discussions started and the steps families should take to create a future plan for their loved one with a disability.

Register on Zoom for this important webinar series.

NOTE: The webinar registration page is in Spanish.

Part 1: Tuesday, November 9, 10:00 a.m. – 12:00 p.m. PT

Learn more about the CalABLE program, which allows most people with disabilities to save money without losing public benefits such as Medicaid. Anne Osborne from the CalABLE program will provide details on how the accounts work and how to open an ALE account.

This webinar will be presented in English, with Spanish language interpretation available in real time.

Part 2: Tuesday, November 16, 10:00 a.m. – 12:00 p.m. PT

Learn more about future planning, including The Arc's free resources, and get information about services in California.

This webinar will be presented in Spanish.

Questions? Contact Liz Mahar from The Arc's national office at mahar@thearc.org.

Register Here: [https://thearc-](https://thearc-org.zoom.us/webinar/register/WN_iu6m0gJ5TUGIIDCHJdg2zA)

[org.zoom.us/webinar/register/WN_iu6m0gJ5TUGIIDCHJdg2zA](https://thearc-org.zoom.us/webinar/register/WN_iu6m0gJ5TUGIIDCHJdg2zA)

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Covid-19 Vaccine Clinics

Need a Covid-19 vaccine?

You can register for a vaccine appointment and look for more vaccine clinics at

Myturn.ca.gov

Newsletter Contributions

Thank you to those who have contributed. If you have something you would like to contribute to our newsletter, please send it to 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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