



Redwood Coast Regional Center

Serving Del Norte, Humboldt, Mendocino and Lake Counties

Volume 2, Issue 10– Dec 3, 2021

RCRC News

As usual, our outreach team is busy traveling around our four counties. We recently participated in the Lakeport Dickens Fair last weekend, which was a lot of fun. We are looking forward to representing RCRC at the Ukiah Light Parade on December 4 and the Eureka Truckers Parade on December 11.

RCRC will be conducting a Community Meeting for Equity and Access to Services on December 3rd from 12pm-2pm that will be hybrid via zoom and in-person with RSVP at the Ukiah Valley Conference Center. We hope to hear from our community about how we can better serve them. While the RSVP for in-person meeting date has passed, we are still welcoming our community to attend via zoom at this link:

<https://zoom.us/j/94523231802?pwd=MUQzR1ZsV1Jxc09pOFFrYVFXQVhZZz09>

Meeting ID: 945 2323 1802

Passcode: 966806

There will be future meetings in a hybrid in-person and via zoom style meetings regarding

Social Recreation in 2022. Mark your calendars for the following dates:

- March 24- Eureka 5:30-6:30
- June 23 – Ukiah 5:30-6:30
- September 22- Lakeport 5:30-6:30
- December 1- Crescent City 5:30-6:30

As the year draws to an end we wish to express our gratitude and love for our community. We look forward to seeing our community members more in 2022.





RCRC Client Advocate Position

We are looking for the next Client Advocate in Eureka!

Are you an advocate passionate about human rights?

Do you want to be part of a team committed to empowering people with disabilities?

Client Advocate Qualifications:

- Be a Client of Redwood Coast Regional Center;
- Communication skills
- Be knowledgeable about the issues, concerns, needs and preferences of people with developmental disabilities;
- Be at least 18 years of age;
- Have the ability to travel, including to the RCRC Office in Eureka
- Demonstrated leadership for Client empowerment and self-advocacy.
- Computer skills and/or ability to use adaptive accommodations

If this is YOU, apply for the RCRC Client Advocate position today!

Upcoming Outreach Events

12/3 RCRC Community Meeting for Equity and Access to Services- Ukiah Valley Conference Center 12-2 hybrid in person/zoom

12/3 Middletown Farmers Market 4-7pm

12/4 Ukiah Light Parade 5:30-7pm

12/7 Trinidad with Food For People 10am-12pm

12/9 Orleans Karuk Senior Center & Health Clinic 10am- 1pm

Job announcement and instructions are located on our website

Click Here: https://redwoodcoastrc.org/wp-content/uploads/2021/12/ClientAdvocate_120121.pdf

If you have questions about the job or want to know more contact Sierra Braggs:



Sierra Braggs
Phone: 707-445-0893 ext. 348
sbraggs@redwoodcoastrc.org

12/10 Pt Arena Action Network Family Resource Center, 200 Main Street 2-5pm

12/11 Eureka Truckers Parade 6-7:45

12/13 Laytonville Farmers Market 2-5pm

12/14 Redway with Food For People 10am-1pm

12/15 Fort Bragg Farmers Market 2-4:30pm

12/15 Parent Academy via zoom (English) 3:30-4:30pm

Visit our Website: redwoodcoastrc.org and follow us on Social Media:

<https://www.facebook.com/redwoodcoastregionalcenter>

<https://www.instagram.com/redwoodcoastregionalcenter/>

<https://twitter.com/redwoodcoastrc>



FAMILY, FRIENDS AND FEELINGS KIT 3-5 years includes:

Plush Baby Doll, Avocado Faces, Face Change, Rubik's Cube, Feelings Mood Magnet and Book *Love You, Hug You, Read to You!* by Tish Rabe

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.

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.

Visit our Website: redwoodcoastrc.org and follow us on Social Media:

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<https://twitter.com/redwoodcoastrc>



- **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>
- **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).

Covid-19 Vaccine Clinics

Need a Covid-19 vaccine?

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

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<https://twitter.com/redwoodcoastrc>



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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