

REDWOOD COAST REGIONAL CENTER

Volume 3, Issue 5 - August 2022

Serving Del Norte, Humboldt, Mendocino, and Lake County

FIRE PREPARDNESS

With the largest wildfire of the 2022 season (thus far) raging through our neighboring county of Siskiyou, it is important for us to remember fire safety tips during the dry month of August.

Sign up for emergency alerts in your county.

Each county has their individual alert system and can be found at calalerts.org/signup

Prepare a go-kit to keep in an easily accessible location with important documents and necessities.

Familiarize yourself with your evacuation zones and routes. Talk to family, friends, neighbors, and/or caregivers to develop a plan to evacuate safely and quickly if you are an individual with disability(s). A community can work together effectively to keep each other safe!

If you live in a high-risk area, back your vehicle in and keep your gas tank half full or more. Don't hesitate, evacuate!

SAVE THE DATES!

RISE Application
Deadline

Information on page 7 & 8
August 14th

People First
Sunday Concert in the
Park

August 14th
Todd Grove Park
600 Live Oak Ave, Ukiah
5:30pm-8pm

Summer Parent
Academy

August 24th (English)
August 25th (Spanish)
4pm-5pm



Disability Pride

What are YOU proud of? // Celebrating Disability Pride Fest!

By Elizabeth Hassler, Client Advocate for Humboldt and Del Norte

On July 23, 2022, Eureka held its first annual Disability Pride Fest, a celebration of the anniversary of the Americans with Disabilities Act (ADA) and of all contributions by people with disabilities. Redwood Coast Regional Center is committed to honoring disability as an important part of normal human diversity, so we were thrilled to be one of the main organizers of the event, along with Tri-County Independent Living and the Ink People!

About 50 people attended, and we had a number of different activities that people could participate in: a coloring table with materials about disability pride and acceptance, DIY fidgets (this was my favorite!), button-making stations, an interactive Pride display (“Tell Us What YOU are Proud of!”), an art show by participants at The Studio and Trajectory, film screenings from The Studio’s Hands-On Video Workshop, and an open mic co-hosted by World Humboldt.

Also, in connection with the Disability Pride Fest event, we were able to work with the City of Eureka to make Disability Pride Month an officially-recognized event citywide. That’s so cool!

I’m so glad that so many people joined together to celebrate the diverse experiences of people with disabilities and what we can do (like: learn, or lead, or be happy!) when we are included, and I hope even more people join us next year.

To include upcoming events within RCRC and the community in the newsletter, contact hjenkins@redwoodcoastrc.org



People First of Ukiah

People First of Ukiah Meets Again!

By Alex Bland, Client Advocate for Mendocino and Lake County

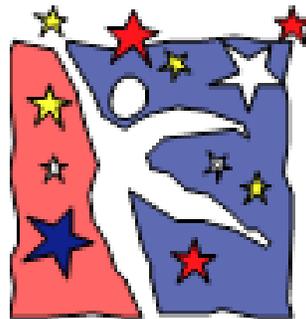
On June 11th, 2022 People First of California had its annual statewide gathering. One speaker at the gathering spoke about their success finding love, belonging, and fulfilling advocacy work after leaving an abusive relationship, with invaluable insight and thanks to the friendship which helped the person to leave for better days. A longtime couple offered a presentation on healthy communication and safety in relationships. The keynote speaker spoke about how he spent much of his life in an institution where people were abused and told what to do. As both “client” and staff there, he gathered the people he had gotten to know over time who lived there with him and began to wonder about and focus on their strengths—the things they loved and were great at—rather than the things that were hard for them to do. The other staff in the institution wondered why he was doing this. They didn’t see the people living there as fully human, with their own thoughts and emotions that should be respected. He respected the people, though, and made his life’s work about helping people see themselves as PEOPLE FIRST and realize their dreams. This talk was very emotional for the people who saw it.

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People First of Ukiah

Moving forward, on July 9th, 2022, People First of Ukiah met in person for their first time in three years for a BBQ at Todd Grove Park, a wonderful gathering place for events in Mendocino county. People greeted each other with warm excitement and enjoyed hamburgers, hot dogs, side dishes, deserts, conversation, and laughter. Folks were happy to see each other in a relaxed and happy atmosphere and we are already planning the next time we meet from 5:30 to 8:00 pm on Sunday, August 14 for the last Sunday Concert in the Park event at Todd Grove Park to enjoy music by Soulful Party Funk from Con Brio with Weird Year. Please see the Flyer for this event.

They will also gather together again from 5:00–7:00 pm on Monday, September 12 at Todd Grove Park to enjoy Pizza, salad, fruit, beverage and a cookie for \$5.00. Please see the Flyer for this event.



To include upcoming events within RCRC and the community in the newsletter, contact hjenkins@redwoodcoastrc.org



PEOPLE FIRST OF UKIAH

Join us for a Sunday Concert in the Park

Music by Soulful Party Funk from Con Brio w/ Weird Year



Who: People First members, RCRC clients, family, friends, and support staff are all welcome.

When: **Sunday, August 14, 2022**
Meet as early as 5:30 pm ~ **concert starts at 6:00pm**. Arrange pick up no later than 8:00 pm).

Where: **Todd Grove Park** 600 Live Oak Ave, Ukiah (Northeast side – Look for the **YELLOW People First Banner**)

What to Bring: A blanket or chair (low back chairs only), your own meal, snacks, beverages, or money to buy food from onsite vendors if you'd like. Please, no pets and no smoking within the main event area.

Questions: Call (707) 462-3832 Cindy ext. 224 or Cris ext. 235 or email csookne@redwoocoastrc.org



PEOPLE FIRST OF UKIAH



**Come join People First of Ukiah for a
Pizza dinner in the Park!**

Who: People First members, RCRC Clients, friends, family, and support staff.

When: Monday, September, 12, 2022
5:00 pm – 7:00 pm

Where: Todd Grove Park (North side)

Please Bring: \$5.00 for dinner (Includes 2 slices pizza, salad, fruit, beverage, and cookie). A small number of hot dogs will also be available.

RSVP to: Cris Sookne at csookne@redwoodcoastrc.org
or (707) 462-3832 ext. 235



RISE (Realizing Interdependent Success and Empowerment)

Attention RCRC!!

We are excited to announce RISE (Realizing Interdependent Success and Empowerment), the Client Leadership Team we are starting with Alex Bland, the Client Advocate in Mendocino and Lake County, and Elizabeth Hassler, the Client Advocate in Humboldt and Del Norte County. Starting Wednesday, September 14th from 4-6 PM and meeting at that same time for six weeks,

RCRC clients with an interest in leadership in their communities will discuss issues of their choosing that are important to them, as well as discuss and decide how money is spent in their communities so that services are truly Home and Community based, meaning inclusive!

We do have an application process and encourage support in filling out the application, if that is something you want. Applications are due by August 14th, 2022. You can select issues that are important to you on the application or write them in. We will engage in leadership training, group decision-making, and building community. We may discuss building new services or improving existing services to best reflect people served.

(Continued on page 8)



RISE (Realizing Interdependent Success and Empowerment)

The recruitment flyers and applications are also published on redwoodcoastrc.org under "For Clients." Please send any applications by **AUGUST 14, 2022** for Lake and Mendocino Counties to Alex Bland by email: abland@redwoodcoastrc.org or to Elizabeth Hassler for Del Norte or Humboldt Counties email: ehassler@redwoodcoastrc.org. If you have questions, please contact Elizabeth at 707-445-0893, ext. 321 or Alex at 707-462-3832, ext. 280. Contact info is also on the flyer and application.

The meetings will be on Zoom. People can also call in by phone.

If a person served by RCRC is selected to be on our leadership team, for every meeting they attend (out of six) they will receive \$50. 50 X 6 is \$300!

We are excited about the potential this has and what will happen as a result of people coming together. I can't even picture it right now but when people come together, great things happen. Please don't hesitate to reach out if you or any clients have any questions. We can also set up a time to meet by Zoom about the application process or with any questions. Interested clients are welcome to attend any such meetings.

Looking forward to hearing from you, and supporting each other!



Redwood Coast Regional Center

Respecting Choice in the Redwood Community

The **R. I. S. E.** (Realizing Interdependent Success and Empowerment) **paid team for Client Leadership** in Home and Community-Based Services **wants you!**

Have fun!

Decide together!

Speak out and make change!

Get paid for your advocacy!



Seeking adults served by Redwood Coast Regional Center who have an **interest in leadership** and want to **work together to improve** the services we receive in our **homes and communities**

– this includes **day programs** and **licensed homes**.

Wednesdays starting **September 7th, 4-6 PM**
2 hours/week for 6 weeks, by Zoom or phone.
\$50/week!

Leadership Training
Group Decision-making
Community

Support to participate (including internet access) can be provided, although people should ask their existing circle of support to facilitate success as well!

To apply, navigate to the For Clients tab at redwoodcoastrc.org or pick up an application from your local RCRC Office.

Questions: contact your **Client Advocate Elizabeth Hassler**

Email: ehassler@redwoodcoastrc.org

Phone: 707-445-0893 ext. 321



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Questions: contact your Client Advocate Alex Bland

Email: abland@redwoodcoastrc.org

Phone: 707-462-3832 ext. 280

State Council on Developmental Disabilities Virtual Orientation Modules



California State Council on Developmental Disabilities

The State Council on Developmental Disabilities (SCDD) has released updated virtual orientation modules that are now available to any person served by RCRC who is interested in learning more about entering the Self-Determination Program, as well as any members of their circle of support. Anyone who would like to enroll in Self-Determination is required to complete an orientation, and Module 1 of SCDD's orientation satisfies that requirement. Currently, orientations are being offered almost daily. The orientation is only available in English and Spanish at this time, but additional language options will be available in the future.

To Register for an upcoming orientation, go to <https://scdd.ca.gov/sdp-orientation/> and select the orientation date of your preference.



Self-Determination Advisory Committee

The Redwood Coast Regional Center, on behalf of the RCRC Local Volunteer Self-Determination Advisory Committee (SDAC), is publishing a request for proposals (RFP) on 8/1/22. DDS has authorized regional centers to award funds to community based agencies who will support the growth and development of the Self-Determination Program within the counties served by RCRC. The SDAC will award funds to agencies whose proposals describe an understanding of and familiarity with people served by RCRC, an understanding of or willingness to learn about Self-Determination and Person Centered Thinking, strategies to develop culturally and linguistically competent Independent Facilitators, and how they will provide ongoing support to people served by RCRC with diverse backgrounds as they learn about and move into Self-Determination. All proposals are due to RCRC by 9/1/22. For more information, you can contact Participant Choice Managers Sheila Keys (skeys@redwoodcoastrc.org), and Alex Chesstell (achesstell@redwoodcoastrc.org).



FOR ALL PARENTS!

RCRC PARENT ACADEMY HELPING TOOLS SERIES

Presents:

Music Therapy for Children with
Developmental Disabilities.

*Learn to incorporate rhythm and song
in your child's life to help maximize
their growth and learning potential.*

August 24, 2022

4:00 – 5:00 p.m.

Zoom Meeting

Academy starts promptly at 4pm

2 easy ways to join (choose one)

- Scan the QR code:



- Use the link:

<https://us06web.zoom.us/join/register/tZ0ld-qppz8vG9fqCjPZzfe7rk694eiaZ3Eq>

This presentation is funded through the Mental Health Services Act (MHSA) FAST Grant in Partnership with the California Department of Developmental Services. Redwood Coast Regional Center is solely responsible for the content of this presentation. The Department of Developmental Services has not developed, reviewed, endorsed, or approved the contents.



¡PARA TODOS LOS PADRES!

RCRC ACADEMIA DE PADRES

SERIE DE HERRAMIENTAS DE AYUDA

Presenta:

Terapia de Música para niños con discapacidades de desarrollo.

Aprenda a integrar el ritmo y canción en la vida de sus hijos para maximizar su crecimiento y potencial de aprendizaje.

25 de agosto del 2022

4:00 – 5:00 p.m.

Reunión en Zoom

La Academia comienza puntualmente a las 4:00PM

3 formas fáciles de unirse

(elige uno) :

Escanea el código QR:



Usar el enlace:

<https://us06web.zoom.us/j/81034580339?pwd=S3VNUmZ0R3kzekZjVi9iRINqUURxUT09>

Enviar un correo electrónico a:

mmolinanava@redwoodcoastrc.org

Si tiene alguna pregunta o dificultad con acceder el entrenamiento puede llamar a Mariana al 707-445-0893 ext 379



Esta presentación está financiada a través de la subvención FAST de la Ley de Servicios de Salud Mental (MHSA) en asociación con el Departamento de Servicios de Desarrollo de California. El Centro Regional Redwood Coast es el único responsable del contenido de esta presentación. El Departamento de Servicios de Desarrollo no ha desarrollado, revisado, respaldado ni aprobado el contenido.

**SAVE THE
DATES**

**REDWOOD COAST
REGIONAL CENTER**

Autism Parent Support Group

A great place meet with other parents and
learn how to help your child(ren) with
Autism Spectrum Disorder

2ND FRIDAY OF EACH MONTH

at the

Family Resource Center of the Redwoods
494 Pacific Ave., Crescent City

5:30 - 6:30 P.M.

July 8, 2022

August 12, 2022

September 9, 2022

October 14, 2022

November 11, 2022

December 9, 2022

Free child care and dinner provided!

TO LEARN MORE CONTACT
DR. WENDY WHITE, AUTISM SPECIALIST
WWHITE@REDWOODCOASTRC.ORG
(707) 445-0893 X329

5 Fire Safety Tips

Know your Evacuation Zone before an Emergency

Humboldt County and Lake County: community.zonehaven.com

Mendocino County: mendoready.org

Del Norte County: co.del-norte.ca.us

1



2

Sign up for Emergency Alerts at Ready.gov

Have an Emergency Evacuation Plan. If you need help creating one call Fred Keplinger at 707-462-3832 ext. 278 to schedule a meeting.

3



4

Make an Emergency Evacuation Kit

Remember: medication, water, food, a flashlight, extra clothes, list of emergency phone numbers, and more!

If you feel unsafe in due to a fire close by:

Don't Hesitate, Evacuate!

5

