



# REDWOOD COAST REGIONAL CENTER

Volume 3, Issue 7 - October 2022

Serving Del Norte, Humboldt, Mendocino, and Lake County

## NATIONAL DISABILITY EMPLOYMENT AWARENESS

October is National Disability Employment Awareness Month (NDEAM)! The 2022 theme is "Disability: Part of the Equity Equation."

It began when in 1945, Congress declared the first week of October "National Employ the Physically Handicapped Week." Then in 1962, the word "physically handicapped" was removed to acknowledge the contribution of individuals with all types of disabilities. In 1987, Congress expanded the week to a month and declared it National Disability Employment Awareness Month!

It is an important time to encourage businesses of all sizes to recognize how inclusiveness can be fostered in a working environment, and also to recognize the varied contributions of America's workers with disabilities. People with disabilities play a valuable role in creating a diverse and inclusive American workforce!

To learn more, visit <https://www.dol.gov/ndeam>

## SAVE THE DATES!

### Deaf Pizza Night

October 7th

Slam Dunk Pizza, Ukiah  
5:30pm-7:30pm

### Indigenous People Day

October 10th

### Autism Parent Support Group

October 14th

Family Resource Center  
494 Pacific Ave, Crescent City  
5:30pm-6:30pm

### Fall-Winter Parent Academy

October 25th (Spanish)  
October 26th (English)  
4pm-5pm, Zoom



# September New Staff Spotlight

Redwood Coast Regional Center has been experiencing an astounding growth in new hires as never before! There has been an explosion of new faces and new expertise to bring to our center, our community, and our clients.

In the month of September, RCRC has had the pleasure to welcome the following to these positions:

**Alma Ingram – Diversity Outreach Specialist – Ukiah**

**Meghan Cendejas – Deaf & HH Specialist – Ukiah**

**Savannah Koppenhaver – Associate Service Coordinator – Lakeport**

**Angelica Limon – Administrative Assistant – Ukiah**

**Molly Bannerman – Service Coordinator – Eureka**

**Cassidy Gordon – Service Coordinator – Eureka**

**David Gross – Service Coordinator – Eureka**

**Kelly Pozner – Service Coordinator – Eureka**

**Kira Wear – Service Coordinator – Ukiah**

Amazingly, there still is more room for our center to grow! See our hiring flyer and spread the word to bring even more wonderful individuals to join the team!

To nominate a staff for the spotlight, please email [hjenkins@redwoodcoastrc.org](mailto:hjenkins@redwoodcoastrc.org)

# Staff Spotlight

## **Alma Ingram, Diversity Outreach Specialist**

**Alma:** Diversity Outreach Specialist promotes full and equal integration and participation of persons with developmental disabilities in Lake and Mendocino county communities, especially individuals who are not-English speaking. I will be conducting outreach to all minorities or underserved individuals and eligible for services through RCRC with particular emphasis on Hispanic and Native American communities.

**Something fun about me:** I love hiking and literally being in contact with nature, so don't be surprised if one day you see me hugging a tree. I also enjoy interacting with people in my community; please stop and say hi If you see me in a community event smiling behind the RCRC booth.

**Editor note:** Alma will be working alongside the Diversity Outreach Specialist of the northern counties, Mariana Molina Nava.



**Image description:** Alma, a smiling female with dark curly hair and shaded glasses posing for a selfie in front of redwoods on a sunny day with a bright pink cami, dark top, and a necklace.

# Staff Spotlight

## David Gross, Service Coordinator, Adult Unit

David: I grew up in Kentucky, and attended colleges in Michigan. In the late 1990s I worked two years in Maryland in a day program for people with developmental disabilities. Then in the same location in the early 2000s I worked for three years as a service coordinator, essentially the same position as here at RCRC.

During the mid-2000s I worked for three years in Florida's Agency for Persons with Disabilities. I then spent about five years as a non-employed father, and another seven years working part-time in McKinleyville Schools. During the past two years I worked at RCAA in Eureka as a case manager for families in transitional housing.

I enjoy reading history and playing backgammon!



**Image description:** David, a male sitting in a white walled room. He has a mixture of white, grey, and dark hair and a full beard. His smile is light and tight, and he is wearing a vertically striped salmon, white, and blue shirt.

# Staff Spotlight

## Meghan Cendejas, Deaf/Hard of Hearing Specialist

Meghan: I am excited to be joining the RCRC family as the Deaf and Hard of Hearing Specialist who will be serving the Lake & Mendocino counties. I recently graduated from Cal State Long Beach with a BA in ASL Linguistics & Deaf Cultures and a minor in Consumer Affairs.

This summer I moved from Orange County to Lake County where I will be able to enjoy all of my favorite outdoor activities such as fishing, hiking, and photography. I am also an avid foodie, and being new to the area, welcome all of your local suggestions!

Editor note: Meghan will be working alongside the D/HoH Specialist of the northern counties, Heather Jenkins.



**Image description:** Meghan, a smiling female with long, light styled hair wearing a white dress. Over the dress is a black graduation gown and stole. She is wearing light heeled sandals and posing on an footbridge.

# Staff Spotlight

## Ron Lee, Quality Assurance Specialist

Ron: I have a bachelor's degree in Health and Human Services and a Master's Degree in Public Policy, both from the California State University at Monterey Bay (CSUMB).

My previous professional experience includes:

- Planner for the Monterey County Area Agency on Aging (AAA).
- In Home Supportive Services (IHSS) QA Management Analyst in Monterey County.
- Social Work Supervisor in Monterey and Santa Cruz Counties
- IHSS Quality Assurance Specialist in Santa Cruz County.
- IHSS and Adult Protective Services (APS) Social Worker in Nevada, Santa Cruz and Monterey Counties.

I currently live in Eureka with my wife Amy and dog Ursa. My son Ian lives in Arcata and is a student at CalPoly Humboldt. I am excited to join the RCRC team!



**Image description: (left):** Ron suited up in black riding gear head to toe on an orange motorcycle with luggage. He is posed on a rocky road overlooking a scenic rocky range. **(right):** Ron, a smiling male wearing a tan hat, sunglasses, and tan shirts. He has a short white beard.



# Redwood Coast Regional Center

# WE ARE HIRING!

Licensed Psychologist —Eureka or Ukiah Office

Nurse Consultant—Lakeport or Ukiah Office

School Transition Liaison Specialist

## Service Coordinators

Adult Unit -Fort Bragg and Lakeport Offices

Early Start -Crescent City, Eureka, Lakeport, Ukiah Office

**Excellent benefits package including 15 days vacation, 12 days sick leave,  
14 paid holidays, medical, dental, vision, life, CalPERS retirement.**

You must submit a resume, cover letter and application. Please visit our website <https://redwoodcoastrc.org/careers/> for more information and to download our application.

Redwood Coast requires employees to be fully vaccinated from the COVID-19 virus.

# Queer Humboldt Transgender Training



Lark Doolan from Queer Humboldt, as recommended by Open Door, was invited to provide a transgender training to Redwood Coast Regional Center staff that covered the topics of honoring chosen names, issues of dead names and documentations, pronouns, and many more. It was a highly regarded training that staff members took away excellent information from. Lark will be returning to give another training in November for those who missed the first one, attendance is mandatory and will greatly benefit our 2S/LGBTQIA+ clients!

Information will be sent to staff email as the date nears!

**Image description: (above):** A black and white photo of a smiling Lark Doolan. His hair is combed back and he has light stubble. He is wearing black framed glasses and a dark v-neck shirt.

**(right):** a rainbow flag split with a trans flag (blue, pink, white). It has an overlay of stars and a white center with the words Queer Humboldt.



# Self-Determination Program

**Enrollment for the Self-Determination Program is open!**

The Five Principals of Self-Determination are:

**Freedom, Authority, Support, Responsibility, and Confirmation**

Since July 1, 2022, 8 additional people have enrolled in Self-Determination across all four counties served by RCRC, and 7 more people actively in the planning process. If you are interested in Self-Determination, The State Council on Developmental Disabilities continues to offer regular orientations, available in English, Spanish, and Vietnamese. Additional languages will be available soon. <https://scdd.ca.gov/sdp-orientation/>

Please see following page for Redwood Coast Regional Center recruitment announcement.





# Self-Determination Program

## **RCRC is looking for Independent Facilitators!**

As Self-Determination grows, so does the need for enthusiastic and knowledgeable Independent Facilitators. The role of an Independent Facilitator is to support people in Self-Determination with making informed decisions about their budget, identifying immediate and long-term needs, developing options to meet those needs, and locating, accessing, and coordinating services and supports. Resources are available for people who are interested in receiving the required training in principals of self-determination, the person-centered planning process, and other Self-Determination related responsibilities.

- State Council on Developmental Disabilities is offering a free 7-Part self-paced webinar series for potential Independent Facilitators and a certificate will be issued upon completion. See flier for additional information.
- If you are interested in learning more about becoming an Independent Facilitator, contact a Participant Choice Manager.

### **Participant Choice Managers:**

Humboldt County and Del Norte County: Alex Chesstell,  
[achesstell@redwoodcoastrc.org](mailto:achesstell@redwoodcoastrc.org)

(707)445-0893, ext 317

Mendocino County and Lake County: Sheila Keys,  
[skeys@redwoodcoastrc.org](mailto:skeys@redwoodcoastrc.org)

(707)462-3832, ext 254



# Independent Facilitator Training

**Are you interested in becoming an Independent Facilitator (IF) for the DDS Self-Determination Program?**

The State Council on Developmental Disabilities (SCDD) Orange County Office has launched an ONLINE, SELF-PACED WEBINAR SERIES to help you continue your journey as an IF given present in-person restrictions. After completion of the series, a certificate of completion will be mailed to you.

The 7-Part Series includes:

1. Overview of Self-Determination
2. Budget & Spending Plan
3. Role(s) of the Independent Facilitator
4. Knowledge & Skills
5. Person-Centered Planning
6. The Business of Facilitation
7. Independent Facilitator Personal Experiences

**Join us today! Please Register Here:**

English: <https://youtu.be/1otZ3byVKDM>

Spanish: <https://youtu.be/FVdkMamlgy8>

\*\*Please email us at [orangecounty@scdd.ca.gov](mailto:orangecounty@scdd.ca.gov) for the handouts\*\*



State Council on Developmental Disabilities, Orange County Office  
2000 East Fourth Street, Suite 115, Santa Ana, CA 92705  
Phone: (714) 558-4404 | Website: [www.scdd.ca.gov/orangecounty](http://www.scdd.ca.gov/orangecounty)



# Fall-Winter Parent Academy October 2022

**PARENTS -- SAVE-THE-DATES – MARK YOUR CALENDARS!**

RCRC is pleased to announce our upcoming Fall-Winter Parent Academy Series -- “Growing Together” -- equipping and encouraging families and caregivers to make the most of your time together

**October 25 (Spanish); October 26 (English) “Let’s Learn About Movement – Fun Activities to Do with Your Child to Increase Motor Skills and Coordination”.**

Join Carrie Griep, Lead Physical Therapist with RL Therapies Group, learning how movement can build-up your child’s overall skill development. Do you ever wonder what developmental skills should be easy for your child? Or wonder how you can help your child with Development? Enjoy learning tips, tricks, and activities to help your 0-5 year old excel with physical activity. This presentation by a licensed Physical Therapist and Doctor of Physical Therapy (an expert in how the whole body works together) will cover age-appropriate skills and gross motor milestones for children 0-5 and provide insight on ways to include these activities in your daily routine . Carrie will share and demonstrate fun daily activities to benefit your child and family.

To include upcoming events within RCRC and the community in the newsletter, contact [hjenkins@redwoodcoastrc.org](mailto:hjenkins@redwoodcoastrc.org)

FOR ALL PARENTS!

# RCRC PARENT ACADEMY

## GROWING TOGETHER SERIES

Presents:

**Let's Learn About Movement**

*Fun Activities to Do with Your Child  
to Increase Motor Skills and  
Coordination*

**October 26, 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/meeting/register/tZcq-cuyqpjkpGtRGE5Cr9BKEWA14ypOEVCKF>

For questions or help registering please  
email [wwhite@redwoodcoastrc.org](mailto:wwhite@redwoodcoastrc.org)

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 CRECIENDO JUNTOS

Presenta:

**Aprendamos sobre el movimiento** *Actividades divertidas que puede hacer con su hijo para aumentar las habilidades motoras y la coordinación*

**25 de octubre del 2022**

**4:00 – 5:00 p.m.**

**Reunion de Zoom**

**Comenzará puntualmente a las 4pm**

**Para unirse a la reunión puede:**

**Usar el enlace:**

<https://us06web.zoom.us/j/81034580339?pwd=S3VNUmZ0R3kzekZjVi9iRiNqUURxUT09>

**Enviar un correo electrónico a:**

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

**Enviar un mensaje de texto al:**

707-234-5415

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.





# Fall-Winter Parent Academy November 2022

**November 16 (English); November 17 (Spanish) “Tips for Enjoying the Holidays with Your Child with Special Needs”.**

Denise Keller, Board Certified Behavioral Analyst and Parent of Special Needs Child, will provide practical and proven strategies to reduce holiday stress and increase holiday enjoyment. What do you think about when holidays approach? Special food? Decorations? Time with friends and family? Or do you find yourself stressing over how “this year will go?” Holidays can be a time filled with joy and great memories, but for some individuals with special needs and their families, the holidays can mean a time of stress, unpredictability, and concerns over meeting expectations of what a holiday “should” be. Preparing your child in advance can help make your holiday, whatever it might be, less stressful and more joyous. Denise will share tips and guidelines for dealing with the changes in routines; extra stimulation from different sights, smells, and sounds; increased level of activity and getting ready for happy holiday visitors and events that can be enjoyed by all. A question-and-answer period will follow the presentation. All are welcome to attend.

To include upcoming events within RCRC and the community in the newsletter, contact [hjenkins@redwoodcoastrc.org](mailto:hjenkins@redwoodcoastrc.org)



# Fall-Winter Parent Academy December 2022

**December 14 (English); December 15 (Spanish) “Understanding Behavior as a Form of Communication”**

Join Jillian Guevara, M.Ed., BCBA, Behaviorist and Autism Specialist, Redwood Coast Regional Center, Lake and Mendocino County to learn ways to “decode” your child’s behavior as a means of communication and to help your child develop effective alternative approaches that can better meet their needs at home, school, play, and in the community. Reduce stress in the family as perspective shifts to seeing behavior as a need not being met. Learn ways to assess environmental cues to determine what the unmet need is and tips and strategies to build up other ways to communicate that need.

**Don’t miss out! Mark your calendars now to join us for these practical, “Growing Together” Parent Academies provided on Zoom from 4:00–5:00 p.m . Additional details will be forthcoming as the dates approach.**

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FOR ALL PARENTS!

# SAVE THE DATES

## PARENT TRAINING ACADEMY FALL - WINTER SERIES

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**OCT 26**

Let's Learn About Movement - Fun Activities to Do with Your Child to Increase Motor Skills and Coordination

**NOV 16**

Tips for Enjoying the Holidays with Your Child with Special Needs

**DEC 14**

Understanding Behavior As a Form of Communication

Trainings are provided on Zoom on  
**Wednesdays promptly from  
4:00-5:00 p.m.**

To request a registration link  
email: [wwhite@redwoodcoastrc.org](mailto:wwhite@redwoodcoastrc.org)



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!

# GUARDE LAS FECHAS

ACADEMIA DE ENTRENAMIENTO  
PARA PADRES SERIES DE OTOÑO

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**OCT 25**

Aprendamos sobre el movimiento - actividades divertidas que puede hacer con su hijo para aumentar las habilidades motoras y la coordinación

**NOV 17**

Consejos para disfrutar días festivos con su hijo con necesidades especiales

**DEC 15**

Entendiendo el comportamiento como una forma de comunicación

Los entrenamientos se brindan en Zoom

**Comenzarán puntualmente  
de 4:00PM a 5:00PM**

Para solicitar un enlace puede  
enviar un correo electrónico a:

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

O un mensaje de texto al 707-234-5415



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# RL Therapies: Virtual Speech, Occupational, and Physical Therapy

Please join us for a chance to foster your child's development through song with a music therapist. Songs and skills will be tailored to your child's age and are sure to be fun for all!

Learn how to:

- Increase parent/child engagement and shared experience.
- Teach new developmental skills across all areas of development through song and rhyme.
- Expose your child to functional early learning language and cognitive concepts.

Every 4th Wednesday of the month! It is FREE virtual event.

Sign Up: <https://rltherapygroup.com/contact>

Also, Join us each month as one of our therapists presents a FREE virtual training on a common topic.

<https://rltherapygroup.com/rl-events/>

An internal contact for these events is: Renee Martinez [renee@rlspeech.com](mailto:renee@rlspeech.com)



To include upcoming events within RCRC and the community in the newsletter, contact [hjenkins@redwoodcoastrc.org](mailto:hjenkins@redwoodcoastrc.org)

**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  
WWW.HITE@REDWOODCOASTRC.ORG  
(707) 445-0893 X329

SATURDAY, OCTOBER 15, 2022, 9AM-4PM

# THE 2022 SFASA-STANFORD ADULT AUTISM/DD CONFERENCE

at Stanford University, with most sessions also available virtually

For sponsorships and questions: [info@sfautismsociety.org](mailto:info@sfautismsociety.org)



## AUDIENCE

**Parents, caregivers and professionals** who have the responsibility to help plan for the care for late teens and adults with autism, intellectual disability and related developmental disabilities

## TOPICS

Legal Planning • Financial Planning • Housing • Day Programs and Work • Medical and Behavioral Care • Regional Centers • Public Benefits

## WHEN

Saturday, **October 15**, 2022, 9am-4pm

## WHERE

**Li Ka Shing Center**, Stanford, with Zoom option for many sessions. *If necessary, the entire conference will be moved online.* Free parking.

## REGISTRATION

[HTTPS://MED.STANFORD.EDU/AUTISMCENTER/CONFERENCES.HTML](https://med.stanford.edu/autismcenter/conferences.html)

- **In-person** (includes coffee, lunch, snacks, materials, classroom sessions): **\$50** (limited scholarships available upon request)
- **Zoom** (voluntary payment of platform and admin fees): **\$25**
- **Zoom** (voluntary payment of platform fees): **\$10**
- **Zoom** (no voluntary payment): **\$0**



Stanford Autism Center  
at Packard Children's Hospital



Autism Society  
San Francisco Bay Area

Artwork by Shane Tarkington