

Insight and Vision

BY DR. KIMBERLY SMALLEY

It must be winter or at least fall as the rain has started in earnest up here. That means it is time to reflect on all we have and express some gratitude, though honestly that should be a daily thing.

Once a small intimate operation, RCRC continues to grow exponentially. We have more clients, (hovering around 5000 - double what we had when I started here) many more staff in more locations and (growing perhaps a little more slowly) more vendors. We are building an infrastructure we haven't had before, redoing our onboarding process. We now have the tools to provide our own augmentative and alternative communication demonstrations. I hope this exposure for everyone leads to increased access to these devices, the goal of course being to genuinely empower our clients to communicate with their own minds and hearts to determine their supports and services.

We are taking a focused look at implicit bias, equity, cultural humility and how to better serve our communities. We are rebuilding our clinics, outreach, best practices and relationships that were in place or maybe only budding before Covid. The legislature was good to our community again this last year and in the May budget revise. Our caseload ratios are the best they have ever been right now.

For all of the above and more else than I can count, I am grateful. I am grateful for each of you. The smile on your face and love in your heart that you bring to every client we serve through every task no matter how seemingly small shows. It makes a difference. You make a difference. That why you are here, right?

DAYS TO REMEMBER

December 3 International Day of Persons with Disabilities

> December 13 Winter Wonderland in Fort Bragg

> December 15 Winter Wonderland in Lakeport

December 15 Winter Wonderland in Eureka

December 20 Winter Wonderland in Ukiah

December 20 Winter Wonderland in Crescent City

December 22 Winter Wonderland in Lower Lake

December 25 Winter Holiday Observed RCRC offices closed







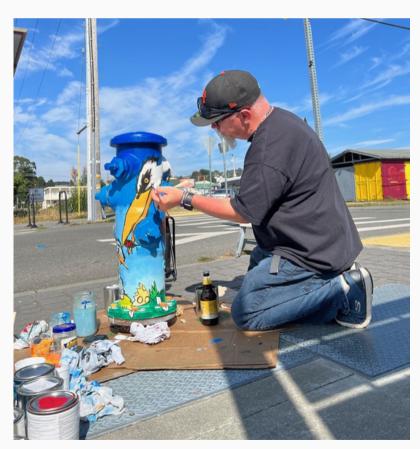
Getting to know our community

CLIENT SPOTLIGHT, JAIMAL KORDES

A client of Redwood Coast Regional Center and member of the RISE client leadership team, shares his art and his thoughts on the importance of friends and family support.

Below Jaimal works on his design for the 2023 Call for Artists, The City of Arcata's program to paint fire hydrants along the G, H, 8th and 9th streets in downtown Arcata. The City has dedicated funding for artists' commissions to paint these fire hydrants creating further connectivity between Arcata, Cal Poly Humboldt and the Creamery District. The murals were painted in September, 2023.

A second Call for Artists will take place in spring, 2024. For more information visit: www.cityofarcata.org/1028/2023-Call-For-Artists



Jaimal Kordes working on his painting.

"The love and support of friends and family, when you have that support, it means so much."

JAIMAL KORDES



Jaimal with his final design.





Getting to know our community

EMPLOYEE SPOTLIGHT, CINDY GILLAM SULLIVAN

What is your position at RCRC?

Since I began at RCRC in 1989, I have held many positions, service coordinator, Client Services Manager, Person Centered Thinking trainer, and RCRC contractor for quality assurance to name a few. Currently, I am the Manager of Special Programs. This unit of 4 people handle RCRC's Waiver programs, Special incidents and some of the "basic training" for the service coordinators. I love training and really enjoy being a Person-Centered Thinking trainer for both RCRC staff and community members. It is fun and easy to teach a philosophy that I truly believe in!

Tell us about a positive experience with RCRC?

There have been so many! Most of my positive experiences are related to knowing individuals who have received services from RCRC who are having active lives in the community. Many of the individuals that I had worked with when they were in high school are now adults who are living, working, playing and enjoying the communities RCRC serves.

Some of the people I have worked with over the years keep me updated on their lives and that really makes my day! It has also been fulfilling to work with the fantastic group of RCRC staff and providers to ensure that individuals served by RCRC have quality services!

What do you do in your spare time?

My most favorite thing in the whole world is spending time with my family, it doesn't matter what we are doing, we always have fun! After that I love baking, cooking with family, hiking in the redwoods, going to the beach to watch the waves, and reading mystery novels.

One of my favorite mottos is "Always start any plan or decision-making process, with the PERSON".

CINDY GILLAM SULLIVAN







RCRC Events

Winter Wonderland FREE FOR ALL RCRC CLIENTS

Wednesday, December 13th 1-5pm Fort Bragg Library 499 E Laurel St. Fort Bragg

Friday, December 15th 11-1pm & 2:30-6pm Vance Hotel 525 2nd St. Eureka

Friday, December 15th 10-12pm & 1:30-5pm Lakeport RCRC office 180 3rd St. Lakeport

Wednesday, December 20th 11-1pm & 2:30-6pm The Family Resource Center, 494 Pacific Ave. Crescent City

Wednesday, December 20th 11-1pm & 2:30-6pm Ukiah RCRC office 1116 Airport Park Blvd., Ukiah

Friday,
December 22nd
12:30-5pm
Schoolhouse Museum
16435 Main St.
Lower Lake









RCRC Eventos

Las maravillas de invierno GRATUITA PARA TODOS CLIENTES RCRC

Miércoles, 13 de Diciembre 1-5 pm Biblioteca de Fort Bragg 499 E. Laurel St. Fort Bragg

Viernes, 15 de Diciembre 11-1 pm y 2:30-6pm Hotel Vance 525 2nd St. Eureka

Viernes, 15 de Diciembre 10-12 pm y 1:30-5pm Oficina RCRC de Lakeport 180 3rd St. Lakeport

Miércoles, 20 de Diciembre 11-1 pm y 2:30-6pm En el Centro de Recursos Familiares Crescent City

Miércoles, 20 de Diciembre 11-1pm y 2:30-6pm Oficina de Ukiah RCRC 1116 Airport Park Blvd., Ukiah

Viernes, 22 de Diciembre 12:30-5pm En el Museo Schoolhouse 16435 Main St. Lower Lake









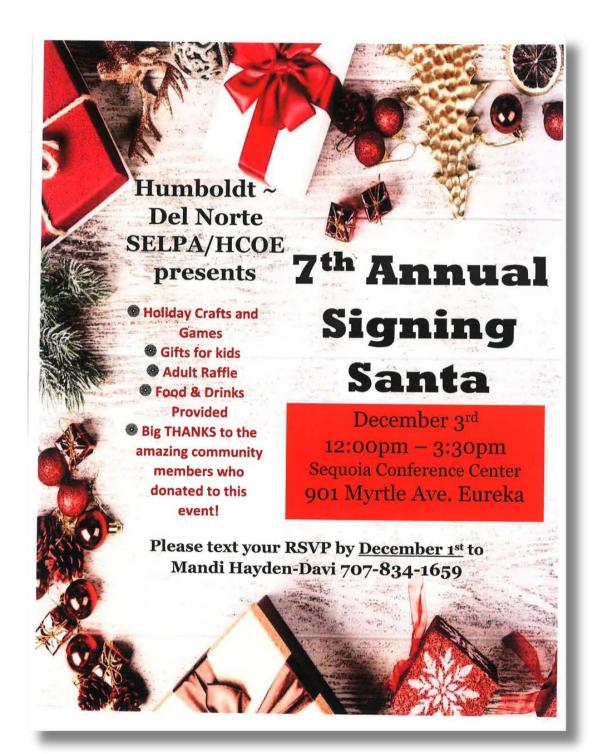
Resources from Community Partners

SELPA/HCOE 7th Annual Signing Santa

FOR THE DEAF & HARD OF HEARING COMMUNITY

Crafts & Games Gifts for kids Adult Raffle Food & Drinks

December 3rd 12-3:30pm 901 Myrtle Ave. Eureka







RCRC Parent Groups

Join Annie Bone I.D.E.A. Specialist for Parent Group each month.

Ukiah RCRC office 1116 Airport Park Blvd. 1st Thursdays 5:30-6:30pm

Eureka RCRC office 525 2nd Street, 1st floor conference room 4th Wednesdays 6-7pm

Crescent City
Family Resource Center
of the Redwoods
494 Pacific Ave
4th Thursdays
6-7pm

Lakeport RCRC office 180 3rd Street 3rd Thursdays 6-7pm

Point Arena The Action Network 200 Main St December 13th 5:30-6:30pm

Contact: Annie Bone (707)-445-0893 ext. 360

PARENT GROUP

when 1st Thursdays 5:30pm – 6:30pm

RCRC Ukiah Office Entrance located in the rear of the building.

Contact: Annie Bone RCRC's LD.E.A. Specialist 1707)-445-0893 ext. 360

PARENT GROUP

when 3rd Thursdays 6pm — 7pm

WHERE RCRC Lakeport Office 180 3"St. Jakeport CA 95453

Contact: Annie Bone RCRC's LD.E.A. Specialist 1707)-445-0893 ext. 360 MONTHLY

FREE I.E.P. TRAINING

CONNECT WITH OTHER PARENTS

COMMUNITY SUPPORT

GUEST SPEAKERS

SNACKS

PARENT GROUP

WHEN

Wednesday - 9/13/2023 Wednesday - 11/8/2023 Wednesday - 1/10/2024 Wednesday - 10/11/2023 Wednesday - 12/13/2023 More to be announced

5:30pm – 6:30pm

WHERE

The Action Network Point Arena

200 Main St Point Arena, CA. 95486

MONTHLY EVENT

FREE I.E.P. TRAINING

OPEN TO ANY AND ALL PARENTS

COMMUNITY SUPPORT

GUEST SPEAKERS

SNACKS



PARENT GROUP

when 4th Wednesdays 6pm – 7pm

WHERE

PARENTS

COMMUNITY

SUPPORT

SPEAKERS

SNACKS

GUEST

RCRC First Floor Conference Room in the Vance Hotel

525 2nd St. Eureka, CA. 95501

Contact: Annie Bone RCRC's LD.E.A. Specialist 1707)-445-0893 ext. 360 MONTHLY EVENT

FREE I.E.P. Training

CONNECT WITH OTHER PARENTS

COMMUNITY SUPPORT

GUEST SPEAKERS

SNACKS



4" Thursdays

6pm - 7pm

WHERE

MONTHLY EVENT FREE LE.P.

TRAINING

CONNECT WITH OTHER PARENTS

COMMUNITY SUPPORT

GUEST SPEAKERS

SNACKS



Contact: Annie Bone RCRC's LO.E.A. Specialist (707)-445-0893 ext. 360

Family Resource

Center of the

949 Pacific Ave. Crescent City CA. 95531

Redwoods





Resources from Sate & Federal organizations

SCDD and DDS Statewide Self-Determination Orientation

Want to learn more? Contact your Service Coordinator at RCRC or a Participant Choice Manager.

<u>Participant Choice</u> <u>Managers</u> Humboldt & Del Norte Counties:

Alex Chesstell 707-445-0893, ext. 317 AChesstell <u>@redwoodcoastrc.org</u>

Mendocino & Lake Counties: Sheila Keys 707-462-3832, ext. 254 SKeys @redwoodcoastrc.org



STATEWIDE SELF-DETERMINATION ORIENTATION



JOIN US TO LEARN...

- What the SDP* is
- How SDP works
- The Principles of SDP
- Steps to Enroll in SDP
- Key Roles in SDP
- Your Next Steps

* Self-Determination Program

For more Information and Registration Click the link below:

https://scdd.ca.gov/sdp-orientation/







KATIE



KION

...Are Self-Determined! Learn if the Self-Determination Program is Right for You!

A CERTIFICATE OF COMPLETION WILL BE PROVIDED.

AN SDP ORIENTATION IS REQUIRED TO ENROLL IN SDP.





Resources from Sate & Federal organizations

SCDD y DDS En todo el estado Orientación a la autodeterminación

¿Querer aprender más?

Comuníquese con su Coordinador de Servicios en RCRC o con un Gerente de Elección de Participantes.

Participant Choice **Managers** Humboldt & Del Norte Counties:

Alex Chesstell 707-445-0893, ext. 317 **AChesstell** @redwoodcoastrc.org

Mendocino & Lake Counties: Sheila Keys

707-462-3832, ext. 254 @redwoodcoastrc.org



ORIENTACIÓN A LA AUTODETERMINACIÓN DDS Department of Developmental Services (SDP) EN TODO EL **ESTADO**



VEN APRENDER...

- ¿Qué es el Autodeterminación?
- Cómo funciona Autodeterminación
- Los principios de Autodeterminación

- · Pasos para inscribirse en Autodeterminación
- · Funciones clave en Autodeterminación
- · Tus próximos pasos

Para más Información e Inscripciones Haga clic en el enlace:

https://scdd.ca.gov/sdp-orientation-espanol/







KATIE

KION

... ¡Son autodeterminados! ¡Averigüe si el programa de autodeterminación es adecuado para usted!

SE PROPORCIONARÁ UN CERTIFICADO DE FINALIZACIÓN. SE REQUIERE UNA ORIENTACIÓN DE SDP PARA INSCRIBIRSE EN SDP.





Resources from Sate & Federal organizations

Caring Futures Statewide program developed by The Arc.

From The Arc California, Monday Morning Memo. November 6, 2023

Last week, The Arc of
California launched
Caring Futures, a
groundbreaking new
statewide program
dedicated to supporting
parents and caregivers of
adult family members
with developmental
disabilities.

Understanding the unique challenges faced by



family caregivers as they age, Caring Futures offers critical assistance, resources, and a supportive community.

What is Caring Futures?

- Classes & Webinars: From creating a comprehensive future care plan with your family member to strategies for improving your well-being.
- Connection: Join a community of parents and caregivers who understand your journey, helping to prevent isolation.
- Resources: A library of valuable tools and references to support the parent and caregiver journey.

Caring Futures is presented by The Arc of California, and made possible by CalGrows, a grant-funded initiative by the California Department of Aging.



Get involved today! Visit

<u>CaringFutures.org</u> to sign up for
classes, explore our Resource Library,
or join our private <u>Facebook</u>
<u>community</u>





RCRC Client self-advocate training.

COMING SOON, SIGN UP!

Peer Educator Training on Sexual Health Page 1

20 classes on Zoom Feb. 1-June 13, 2024 Thursdays: 5:00-6:30pm



Peer Educator Training on Sexual Health, page 1



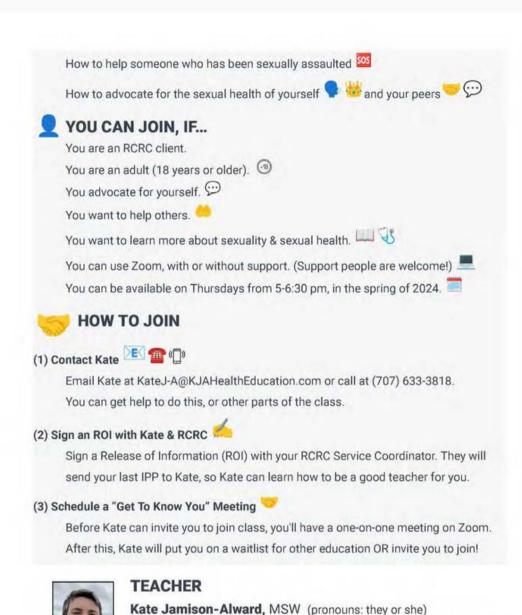


RCRC Client self-advocate training.

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Peer Educator Training on Sexual Health, page 2

Kate is a Sexuality Educator with 12 years of experience. They led the Sex Ed Social Group & workshops with Trajectory's theater group.

Visit Kate's website for more info: KJAHealthEducation.com





Contact Us

Learn more about our services and programs

Redwood Coast Regional Center Offices

CONTACT YOUR NEAREST OFFICE FOR ASSISTANCE.

Ukiah Office | Corporate Office

1116 Airport Park Blvd. Ukiah. CA 95482

Phone: (707) 462-3832 Fax: (707) 462-3314 **Mendocino County**

Lakeport Office

180 3rd Street Lakeport, CA 95453 Phone: (707) 262-0470 Fax: (707) 264-6537 Lake County

Eureka Office

525 2nd Street, Suite 300 Eureka, CA 95501 Phone: (707) 445-0893 Fax: (707) 444-3409 Fort Bragg Office

270 Chestnut Street, Suite A Fort Bragg, CA 95437 Phone: (707) 964-6387 Fax: (707) 964-0226 Mendocino County

Clearlake Office

14888 Olympic Dr. Clearlake, CA 95422 Phone: (707) 621-6169 Fax: (707) 264-6537 Lake County

Crescent City Office

1301-A Northcrest Drive Crescent City, CA 95531 Phone: (707) 464-7488 Fax: (707) 465-4230 **Del Norte County**

Visit us online

Humboldt County

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