

VOL. 5 ISSUE 1 • JANUARY 2024

REDWOOD COAST REGIONAL CENTER

Serving Del Norte, Humboldt, Lake, and Mendocino County

Happy New Year!

RCRC at the State Capitol Tree Lighting Ceremony

ALMA INGRAM REPRESENTS RCRC AT THE CAPITOL TREE LIGHTING CEREMONY



One of the decorated ornaments.



Alma Ingram stands next to Redwood Coast Regional Center's Christmas tree decorated by the Lake/Mendocino Spanish-Speaking Parent Support Group, "Lagrimas y Risas," and The Art Explorers in Fort Bragg.

Continued on page 2

Days to Remember

January 1st

New Years Day Observed
RCRC offices closed

January 8th - March 20th

40 hour RBT Training

January 10th - 24th

Caring Futures by The Arc

January 16th

Multiplicity Parent Group
SoHum

January 15th

Martin Luther King Jr.
Day Observed
RCRC offices closed





State Capitol Tree Lighting Ceremony

The 92nd Annual California State Capitol Tree Lighting Ceremony, graciously hosted by Governor Gavin Newsom, was a spectacular event marked by a heartwarming tradition. Each year, a child from a regional center joins the governor to illuminate the towering tree, symbolizing unity and celebration.

This longstanding tradition took on new dimensions this year as individuals with intellectual and developmental disabilities from across California came together to craft unique ornaments. These ornaments, lovingly created, adorned a majestic 60-foot red fir tree, and the tradition expanded further to include 21 additional trees—one for each regional center.

Notably, the Lake/Mendocino Spanish-Speaking Parent Support Group, “Lagrimas y Risas,” and The Art Explorers in Fort Bragg, played a pivotal role. Collaborating with their children, they poured creativity and meaning into handmade ornaments, each bearing the names of their little artists. These heartfelt creations were sent to Sacramento, adorning both the grand 60-foot tree and a 7-foot RCRC Christmas.

On the day of the event, representatives from the 21 regional centers, led by DDS staff, came together to decorate the trees. The highlight of the ceremony was Governor Gavin Newsom, joined by his family and a five-year-old Native American child who is also a Regional Center client, lighting the trees. Following this magical moment, Governor Newsom took a stroll, visiting all 21 Regional Center trees and learning about the collaborative efforts of regional center clients, their families, staff, and vendors that made this ceremony possible.

Alma Ingram, Diversity Outreach Specialist, proudly represented RCRC and adorned the tree in the name of all diverse communities. Expressing gratitude, she had the opportunity to thank Governor Newsom for including Regional Centers in this significant ceremony, underscoring the value of the handmade ornaments crafted by the RCRC community.



Alma Ingram with Governor Gavin Newsom at the 92nd Annual California State Capitol Tree Lighting Ceremony.

A special thank you goes to the Parent Support Group “Lagrimas y Risas” and The Art Explorers in Fort Bragg for their invaluable contribution to making this event a truly magical and inclusive celebration.



RCRC at Rex & Friends 35th Annual Trucker's Christmas Parade

Redwood Coast Regional Center joined the annual Rex & Friends Trucker's Christmas Parade in Eureka this year with their Wizard of Oz - somewhere over the rainbow themed float. RCRC employees and clients joined the crowd to cheer them on.



The RCRC float in its full glory.



Above: Float Builders; Dr. Wendy White and family, Jenessa Lund and her daughter, Hanna Amber Carter and her partner, Ben Eursela, her husband, and son.

Left: Admiring all the lit up trucks from the back of the float.

RCRC Newsletter

To include your event in our newsletter, contact rsocial@redwoodcoastrc.org





Winter Wonderland at the Redwood Coast Regional Center

Winter Wonderland celebrations happened at all 6 locations this year. Our clients came to enjoy photos with Santa, gifts, holiday crafts and snacks. This is a wonderful end of the year event to celebrate the magic of the season and bring a smile to our clients and their families faces. A big thanks to RCRC employees Wendy White and Jillian Guevara for all your hard work organizing and setting up our Winter Wonderland events!



The Eureka elves.



Mrs. and Mr. Claus. in Fort Bragg.



The Ukiah elves.



The Fort Bragg elves.



Mrs. and Mr. Claus. in Lower Lake.



Left: The Lakeport elves.
Right: The Crescent City elves.





Oh, Hi, New Year: What's New for You? 🎉🌟

by Elizabeth Hassler, Client Advocate for Humboldt and Del Norte

I like the new year (every year!) because it feels like a fresh start 🌱 and a good opportunity to focus on my goals 🎯. Sometimes it's hard to think of myself as a person who can have goals, because I also face a lot of challenges in my life. But it's important to me to take time to remember that I can try new things 🚀 and to plan for what that might look like.

The New Year is one thing that helps me make new plans, because it makes me think about the way time helps things change for people ⏳🌈. I also get to think about how we might change as we get older and learn new things 📚🌟. Everybody is coming together around the changing seasons and the calendar 📅, and it reminds me I can be part of "everybody" too. The rituals around the holiday season also help me remember all the different ways people are connected to each other and our communities 🤝🌍. Is it like that for you, or different? What do you like about being connected?

Some people like to call yearly goals New Year's resolutions, but I like to focus on what's important to me and how I might be able to do more of it 💬🌟. Last year, my resolution was to go to more poetry events 📖🗣️, and this year I feel much more connected to my poetry friends because of it. This year, I didn't want to make a resolution – I thought about what I liked, instead. Do you like making New Year's resolutions? What's important to you this year?

I like to think about what I've learned over the last year and what I would like to learn next 🤔💡. I also like to celebrate the things that went well 🥳🏆. Sometimes it also helps to remember the hard things that happened in the last year and how I was able to work past them 🌧️➡️🌈. People go through big things in our lives, because we have big lives. and it's OK to talk about good stuff and hard stuff together!

What do you like to do when you think about a new year or a new goal you might have? 😊📝 Do you know who you want to talk to about it? 🗣️👥 Do you have ideas for what you'd like to do next?

One way you can try is to fill out the Year in Review handout on the next page 📄✍️. It can be fun to focus on where we are now and where we'd like to go! I hope you get to share your favorites and your goals with the people who matter to you, every year!



New Year's Reflections

By Elizabeth Hassler,
Client Advocate for
Humboldt and Del Norte

Phone: (707) 445-0893 ext. 321
ehassler@redwoodcoastrc.org

ELIZABETH HASSLER



Continued on page 6






New Years Worksheet



BY ELIZABETH HASSLER

☀️ My Year in Review! ☀️




👤 Me This Year 👤

 Picture of Me *[attach or draw your picture here]*




 Name: _____

-  Age: _____
-  Best Skill: _____






🎯 My Goals for the Year 🎯

-  Main Goal: _____
-  Learn: _____
-  Visit: _____




⬅️ Last Year I . . . ⬅️

-  Tried: _____
-  Learned: _____
-  Most Fun: _____

🏆 2023 Favorites 🏆

-  Book/Story: _____
-  Movie/Show: _____
-  Song: _____
-  Hobby: _____
-  **Don't forget** I love: _____

🚀 In 2024 I'll . . . 🚀

-  Explore: _____
-  Help Out: _____
-  Try New: _____





Getting to know our community

EMPLOYEE SPOTLIGHT, JENNIFER FINIGAN

What is your position at RCRC?

I am a Client Services Manager for the Del Norte Unit – Children and Adults.

Tell us about a positive experience with RCRC.

There have been so many positive experiences working at RCRC. It warms my heart when I am visiting local businesses and see individuals we serve working in our community. It is beautiful. All RCRC staff are being trained in person centered practices and when I see this in action, I truly believe it is making a difference in people's lives. I get to work with a wonderful team who are committed to excellence, and I think it really says something when you look forward to coming to work each day.

What do you do in your spare time?

I have 13 grandchildren and spend much time with family. I love working in my yard and growing lemon trees and assorted vegetables. I love music and travel and we try to get in at least 1 concert or play per year. I go to the Battery Point Lighthouse each morning before work to get centered and listen to the foghorn. It is really beautiful here.



“It warms my heart when I am visiting local businesses and see individuals we serve working in our community.”

JENNIFER FINIGAN





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

Point Arena
The Action Network
200 Main St
January 10th
5:30-6:30pm

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

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

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

PARENT GROUP

MONTHLY EVENT

FREE I.E.P. TRAINING

CONNECT WITH OTHER PARENTS

COMMUNITY SUPPORT

GUEST SPEAKERS

SNACKS

WHEN
1st Thursdays
5:30pm – 6:30pm

WHERE
RCRC Ukiah Office
Entrance located in the rear of the building.
1116 Airport Blvd Ukiah, CA, 95482

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

PARENT GROUP

MONTHLY EVENT

FREE I.E.P. TRAINING

OPEN TO ANY AND ALL PARENTS

COMMUNITY SUPPORT

GUEST SPEAKERS


SNACKS

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

Wednesday - 10/11/2023
Wednesday - 12/13/2023

5:30pm – 6:30pm

WHERE
The Action Network
Point Arena
200 Main St Point Arena, CA, 95466



PARENT GROUP

MONTHLY EVENT

FREE I.E.P. TRAINING

CONNECT WITH OTHER PARENTS

FIND COMMUNITY SUPPORT


GUEST SPEAKERS

SNACKS

WHEN
3rd Thursdays
6pm – 7pm

WHERE
RCRC Lakeport Office
180 3rd St. Lakeport, CA, 95453

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



PARENT GROUP

MONTHLY EVENT

FREE I.E.P. TRAINING

CONNECT WITH OTHER PARENTS

COMMUNITY SUPPORT


GUEST SPEAKERS

SNACKS

WHEN
4th Wednesdays
6pm – 7pm

WHERE
RCRC First Floor
Conference Room in
the Vance Hotel
525 2nd St. Eureka, CA, 95501

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



PARENT GROUP

MONTHLY EVENT

FREE I.E.P. TRAINING

CONNECT WITH OTHER PARENTS

COMMUNITY SUPPORT

GUEST SPEAKERS

SNACKS

WHEN
4th Thursdays
6pm – 7pm

WHERE
Family Resource
Center of the
Redwoods
494 Pacific Ave. Crescent City CA, 95531

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



RCRC Newsletter

To include your event in our newsletter, contact rsocial@redwoodcoastrc.org





RCRC 40 hour RBT Training

January 8th - March 20th
Mon./Wed. 10am-12pm

Online class

Contact to register:
rbt@rcrcdei.org
(707) 234-5764

Upcoming
WINTER
Session

Redwood Coast Regional Center
40-Hour RBT Training

January
8th Mon/Wed 10a-12p
Mornings/Online

Join us online for Redwood Coast Region Center's 40-Hour Registered Behavior Technician (RBT) Training with instructors, Jillian Guevara, M.Ed., BCBA and Tricia Wood, MA, BCBA.

Classes will be held on Monday & Wednesday mornings, 10a-12p via Zoom, January 8th - March 20th, 2024

Training & materials are provided at no-cost to participants.

Each participant will receive the class textbook, Training Manual for Behavior Technicians Working with Individuals with Autism, by Jonathon Tarbox and Courtney Tarbox. As well as, a binder loaded with resources and access to our class Quizlet for study resources & in-class activities.

Classes include live ENGLISH -> SPANISH Interpretation

Scan to Register 

Contact us and sign up for class today!
Email: rbt@rcrcdei.org Voice or Text: (707) 234-5764

RCRC Newsletter

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RCRC Client self-advocate training.

COMING SOON, SIGN UP!

Peer Educator Training on Sexual Health

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

Contact Kate to register:
Kate-J-A@KJAHealth Education.com
(707)-633-3818

Are you passionate about helping your community and sharing about relationships and our rights? Do you want to learn more ways to be a great advocate for yourself and others? If you said yes, check out the new...

PEER EDUCATOR TRAINING ON SEXUAL HEALTH

For adult self-advocates who are clients of Redwood Coast Regional Center.

WHAT IS IT?

This is an online sex education class. You'll learn about sexuality. You'll learn how to share what you know with friends and peers and help them. The class is about the rights of people with disabilities and neurodivergent people. It covers safety, health, laws, and social issues.

- Number of classes:** 20 classes on Zoom
- Length:** Each class will be 1 hour & 30 min long, with a break.
- Time:** Thursdays, 5-6:30pm.
- Dates:** February 1 through June 13, 2024.
- Participants will receive:** A binder with resources, condoms, an educator kit, and a stipend of \$20 for each class attended.

WHAT WILL IT TEACH?

The class will teach some sexual health topics that are important to everyone. The students will choose what the rest of the topics will be. Here are examples of the topics:

- How to teach someone to put on a condom
- How to go to a doctor/clinic to access sexual healthcare
- How to support someone who is "coming out" as LGBTQ+
- How to help someone in an unhealthy relationship

- How to help someone who has been sexually assaulted
- How to advocate for the sexual health of yourself and your peers

YOU CAN JOIN, IF...

- You are an RCRC client.
- You are an adult (18 years or older).
- You advocate for yourself.
- You want to help others.
- You want to learn more about sexuality & sexual health.
- You can use Zoom, with or without support. (Support people are welcome!)
- You can be available on Thursdays from 5-6:30 pm, in the spring of 2024.

HOW TO JOIN

- Contact Kate**
Email Kate at KateJ-A@KJAHealthEducation.com or call at (707) 633-3818. You can get help to do this, or other parts of the class.
- Sign an ROI with Kate & RCRC**
Sign a Release of Information (ROI) with your RCRC Service Coordinator. They will send your last IPP to Kate, so Kate can learn how to be a good teacher for you.
- Schedule a "Get To Know You" Meeting**
Before Kate can invite you to join class, you'll have a one-on-one meeting on Zoom. After this, Kate will put you on a waitlist for other education OR invite you to join!



TEACHER

Kate Jamison-Alward, MSW (pronouns: they or she)
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

Peer Educator Training on Sexual Health

RCRC Newsletter

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Multiplicity Therapeutic Services Inc.

Parent Group

January 16th
3:00-4:30pm

Contact:
Kathryn (707) 616-3600
Ian (540) 818-8164

SoHum

Parent Group

Multiplicity Therapeutic Services Inc.

January 2023


Parents/Caregivers of individuals with developmental disabilities we invite you to join our monthly parent group. This group seeks to foster a community for caregivers of individuals with developmental disabilities to share information, personal stories, and resources in a safe and supportive environment while sharing a meal.



Upcoming events:
January 16th, 2024, 3:00-4:30pm

Activities &
Support provided
for all ages while
caregivers meet!



 KATHRYN (707) 616-3600 | IAN (540) 818-8164

Where: Southern Humboldt Family Resource Center
344 Humboldt Avenue Redway, Ca

This event is facilitated by:



This event is endorsed by:



RCRC Newsletter

To include your event in our newsletter, contact rsocial@redwoodcoastrc.org





Resources from the State of California

SCDD and DDS Statewide Self-Determination Orientation

Want to learn more?

Contact your Service Coordinator at RCRC or a Participant Choice Manager.

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
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/>



POLI



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.

RCRC Newsletter

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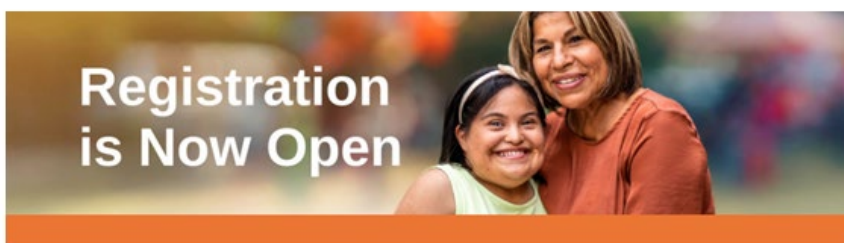


Resources from the State of California

Caring Futures
Statewide program
developed by The Arc.



FROM THE ARC CALIFORNIA, DECEMBER 18, 2023 Now" Six-Week Class Series for Parents and Caregivers



CaringFutures
A community of sharing & strength

The Future is Now: Designing a Support Plan for You and Your Family Member

A Six-Week Class Series for Parents and Caregivers

Sign up for a FREE six-week class series for parents and caregivers of an adult family member with developmental disabilities. The curriculum was developed by The Arc of California and Institute on Disability and Human Development at the University of Illinois at Chicago as part of the Caring Futures program.

To learn more and to register visit: CaringFutures.org/classes

There are a variety of class start dates and times to fit your busy schedule.
Please choose one:

CLASS OPTION A (English): Starts Wednesday, January 10, 2024 from 1:30 – 3:00 p.m.

CLASS OPTION B (English): Starts Monday, January 22, 2024 from 10:30 a.m. to Noon

CLASS OPTION C (Spanish): Martes 23 de enero de 2024 de 4:30 a 6:00 p.m.

CLASS OPTION D (English): Starts Tuesday, January 23, 2024 from 4:30 to 6:00 p.m.

CLASS OPTION E (English): Starts Wednesday, January 24 from 10:30 a.m. to Noon

Get involved today! Visit CaringFutures.org to sign up for classes, explore our Resource Library, or join our private Facebook community.

RCRC Newsletter

To include your event in our newsletter, contact rsocial@redwoodcoastrc.org





Helpful Resources



Organizations collaborating to develop a transdisciplinary responsive system capable of supporting the mental wellness of all expectant parents, young children and their families within the context of their communities.

For more info visit: www.0to8mhc.org/



Spreading the Science and Skills of Happiness. Proof Positive is an online source dedicated to improving the wellbeing of autistic people and their families, providers and communities.

For more info visit: proofpositive.org/





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

Fort Bragg Office

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

Mendocino County

Lakeport Office

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

Lake County

Clearlake Office

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

Lake County

Eureka Office

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

Humboldt 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

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[REDWOODCOASTRC.ORG](https://www.REDWOODCOASTRC.ORG)

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