

VOL. 7 ISSUE 5 • MAY 2026

REDWOOD COAST REGIONAL CENTER

Serving Del Norte, Humboldt,
Lake, and Mendocino County



Fort Bragg RCRC employees at the new office.

New Fort Bragg Office

RCRC IS GROWING!

We're thrilled to announce our new office location is officially open as of Tuesday, April 14, 2026!

This expansion represents a major milestone in our company's growth. The new space, located in Fort Bragg, is designed to support our team and community with improved amenities, including more collaborative spaces, a larger break room, better parking and a view of the ocean!

The new location is at 121 A

Boatyard Drive in Fort Bragg, Ca.

In the near future, once everything is complete, we will host an Open House showcasing the new office and warmly invite our client families and community members to join us.

We are excited about this new chapter and look forward to seeing everyone thrive in this new environment. ★

Michele McFall

*Office Operations Manager for
Lake and Mendocino Counties*

Days to Remember

May is

**Mental Health Awareness
Month**

May 1st
May Day

May 5th
Missing & Murdered Indigenous
Women's Day

May 5th
Cinco de Mayo

May 6th-12th
National Nurses Week

May 10th
Mother's Day

May 25th
Memorial Day
RCRC offices will be closed





Disability Visibility Quilt

HOW TO PARTICIPATE!

The Disability Cultural Center (DCC) is hosting a Disability Visibility Quilting project in honor of Alice Wong, a renowned American disability rights activist and founder of the Disability Visibility Project. The Cultural Center is in San Francisco but the project is open to anyone who identifies as having a disability or living with a disabling condition.

“Whether you came to the Disability Visibility Quilt launch and your ideas have been percolating or you’re brand new to the project – let’s all get together and stitch together a tapestry of disabled brilliance.

This quilt was one of Alice Wong’s dreams – whether your creativity manifests in writing, collages, access hacks, recipes, hosting, sewing, brainstorming, speaking, or the complex art of living, Alice saw it all and wanted to share it with the world. The DCC team and this abundant community are here to help you channel your creativity onto a beautiful 8x8 fabric square. You don’t need any quilting skills, you don’t need to be an artist or a



Description: Colorful scraps of fabric in lots of different colors sewn together by a swerving, crossing, network of stitches. Hot tip! The sewing is optional! [Instructions here.](#)

crafters, you just need to be you.

The Disability Visibility quilt will be displayed at the DCC starting in 2026. This event is made possible by Alice Wong and the Disability Visibility Project.”

—The Disability Cultural Center

If you’d like to join in, you can send your 8” by 8” square to the Disability Cultural Center at 165 Grove St., San Francisco, CA 94102. If you need help with postage, send

a picture of your square to access@disabilityculturalcenter.org, add your location and they’ll send you postage to mail it.

If you don’t sew, you can also submit a single word that fills in “Disability visibility is ____”. Submit your words at dcc.page/quilt-words. All entries are due by July 31st.



To learn more about the project, visit: [Disability Visibility Quilt Overview](#) and their [YouTube video](#).



Artist's Spotlight!

Connie Breedlove



Orange Lily, Connie Breedlove



Love Always, Connie Breedlove



Iris, Connie Breedlove

I draw with drawing crayons. I like drawing birds, flowers, and trees.

I thought of drawing flowers when I was about five or a little older. I'd go pick flowers and make a bouquet, then I'd draw based on that.



Connie holding her artwork.

My granny and I would pick flowers together on the dirt road leading up to the house in the countryside.

If you would like to purchase artwork, please contact Allen Cassidy at 707-798-0357.



Getting to know our community

TIINA PURTONEN

What is your position at RCRC?

During the past nine years, I have worked as a Service Coordinator in the Mendocino Children’s Unit. My home office is in Fort Bragg and most of my clients are located along the costal Mendocino area.

What inspired you to get into this field of work?

I have always been drawn to human services. After high school in Finland, I attended nursing college and earned a nursing assistant degree specializing in the care of individuals with developmental disabilities. I originally came to Los Angeles to work as an au pair; however, my plan for a one-year stay in California changed, and I ended up moving to the USA permanently. I studied art at CSUN and eventually began working for the Los Angeles Unified School District’s Adult School program. There, I taught arts and crafts, leisure skills, and independent living skills to older adults and individuals with various disabilities throughout the city.

Tell us about an inspirational experience working with RCRC?

During IPP meetings, it is always inspiring to witness a client’s progress over the past year. I enjoy pointing out these improvements to parents, who don’t always realize how much their child’s skills have grown.

What do you like to do in your spare time?

In my free time, I enjoy reading and creating. I always have a book and a project in progress. Currently, I am reading *The Stolen Life of Colette Marceau*, listening to *Nightshade* by Michael Connelly, knitting socks, and working on an acrylic painting I started last weekend. I also enjoy hiking and going on camping trips. This winter I went on two desert camping trips: one to the Mojave National Preserve and another to the Chuckwalla National Preserve. ★



“During IPP meetings, it is always inspiring to witness a client’s progress over the past year.”



TIINA PURTONEN



MAY 2026 CALENDAR OF EVENTS

Del Norte

Humboldt

Mendocino

Lake

Virtual

Please enjoy the following events hosted, sponsored or tabled by Redwood Coast Regional Center. (Click on flyer to enlarge)
Additional events hosted by community partners can be found on our [Instagram](#) and [Facebook](#) platforms.

MULTIPLICITY THERAPEUTIC SERVICES

The Super Mario Galaxy Movie w/Spanish Subtitles

Wednesday, May 20th, 4:45pm

Crescent City Cinema, 375 M St., Crescent City

1 Complimentary Special Show Combo (popcorn & soft drink) per attendee.

RSVP Robin at 804-409-4039.



FIRST 5 HUMBOLDT

Play Group

Friday, May 1, 10:30am-12:30pm

1555 Upper Pacific Rd., Shelter Cove

For more information, visit <https://www.first5humboldt.org/for-families/playgroups/>.



FOOD FOR PEOPLE

Humboldt County Distribution Centers

Wednesday, May 6, 10:00am-12:30pm

2331 Rohnerville Rd., Fortuna

For more information, visit <https://www.foodforpeople.org/distribution>



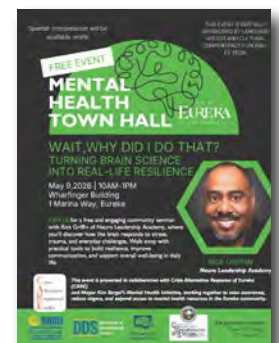
CITY OF EUREKA

Mental Health Town Hall

Saturday, May 9th, 10:00am-1:00pm

Wharfinger Building, 1 Marina Way, Eureka

For more information, call Mayor Kim Bergel at 707-441-4200



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FOOD FOR PEOPLE

Distribution Centers

Tuesday, May 12th, 10:30am-12:30pm

First Babtist Church, 1055 Redway Dr., Redway

For more information, visit <https://www.foodforpeople.org/distribution>



FOOD FOR PEOPLE

Distribution Centers

Wednesday, May 13th, 10:00am-12:30pm

Rio Dell Volunteer Fire Department, 50 Center St., Rio Dell

For more information, visit <https://www.foodforpeople.org/distribution>.



FORTUNA HIGH SCHOOL

Community Wellness Fair

Thursday, May 14th, 5:30-7:30pm

Fortuna High School Daymon Gym, 379 12th St., Fortuna

RSVP at 530-629-3141.



FIRST 5 HUMBOLDT & THE COMMUNITY RESOURCE CENTER

Community Baby Shower

Friday, May 22nd, 10:00am-12:00pm

Veterans Park, Willow Creek

RSVP at 530-629-3141.



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FIRST 5 HUMBOLDT

Rio Dell Play Group

Tuesday, May 26th, 10:00am-12:00pm

Volunteer Fire Department, 50 Center St., Rio Dell

For more information, visit <https://www.first5humboldt.org/for-families/playgroups/>.



FIRST 5 HUMBOLDT

Redway Play Group

Tuesday, May 26th, 10:00am-12:00pm

Redway Elementary, 344 Humboldt Ave., Redway

For more information, visit <https://www.first5humboldt.org/for-families/playgroups/>.



PINOLEVILLE POMO NATION

2026 Missing + Murdered Indigenous People Awareness Walk

Saturday, May 2nd. Walks starts at 10:00am. Event starts at 11:00am.

Walk: Ukiah Fairgrounds parking lot, 1055 N. State St., Ukiah.

Event: Alex Thomas Plaza, 20290 S State St., Ukiah

For more information call 707-841-6027.



MENDOCINO INTERAGENCY TRANSITION TEAM (MITT)

Transition Resource Fair

Thursday, May 14th, 10:00-11:00am

299 N. Main Street, Willits

&

Thursday, May 14th, 1:30-3:00pm

1000 Low Gap Road, Ukiah

For more information call Kristina Lewis at 707-467-5171 or email klewis@mendoselpa.us



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CAHTO TRIBE

Health & Human Services Resource Fair

Thursday, May 14th, 10:00am-2:00pm

Cahto Tribal Center, Cahto Dr., Laytonville

For more information call 707-357-8450 or 707-984-6197.



FIRST 5 HUMBOLDT

Laytonville Play Group, ages 0-5

Thursday, May 21st, 12:30pm-2:00pm

200 Branscomb Rd., Laytonville

For more information, visit <https://www.first5humboldt.org/for-families/playgroups/>.



MENDO LEAP

Neurodiversity Night!

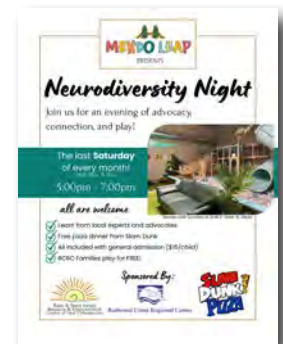
Last Saturday of each month, 5:00-7:00pm

May 30th

2146 S. State St., Ukiah

RCRC families play for FREE!

For more information call 707-671-4536.



LAKE COUNTY TRIBAL HEALTH

National Missing & Murdered Indigenous people day

Friday, May 1st, 12:00-5:00pm

800 North Main St., Lakeport

For more information, call 707-533-3044.



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LAKE COUNTY TRIBAL HEALTH & LATINOS UNITED OF LAKE COUNTY

30th Annual Cinco de Mayo

Sunday, May 3rd, 11:00am-5:00pm

XABATIN "Big Water" Community Park, Lakeport

For more information, call 707-262-4162 or 707-262-4153.



REDWOOD COAST REGIONAL CENTER

Autism Caregiver Community Group

Wednesday, May 27th, 1:00pm-2:00pm (Zoom only)

Zoom - Meeting ID: 226 576 792 493 83, Passcode: wi228LH9

&

Thursday, May 28th, 6:00-7:00pm

RCRC, 180 3rd St., Lakeport

For more information, call Tierra at 707-445-0893



REDWOOD COAST REGIONAL CENTER

Peer Support Group

2nd Monday of each month, 4:30-5:30pm

May 11th

Zoom Meeting ID: 822 5761 4452

Passcode: 5JyQ7z

For more information contact Stephanie Vanlathanith at 707-445-0893 ext. 348.



RCDCS BOARD OF DIRECTORS

Public Meeting, In-Person and on Zoom

Saturday, May 16th, 9:00-10:00am

Konocti Harbor Resort & Spa, 8727 Soda Bay Road, Kelseyville

Zoom - Meeting ID: 845 4614 2191

Passcode: 888824 or Dial: 1 669 900 6833 (US)

For questions, contact Sedona Bowser at 707-445-0893 ext 363 or email sbowser@redwoodcoastrc.org





MEDICAID TOWN HALL

One Year Later: Where we Are Now

A lot has happened with Medicaid over the past year. Learn what's changed and what we know now for people with disabilities, developmental disabilities, and older adults.

Monday, May 4, 2026, 2:00 – 3:30 PM

Join Zoom Meeting: <https://us02web.zoom.us/j/88542442833?pwd=AfjrVZYPUf3KljkkhnzEUtBNa3bAud.1>

Meeting ID: 885 4244 2833

Passcode: 306703

Tuesday, May 5, 2026, 12:00 – 1:30 PM

Join Zoom Meeting: <https://us02web.zoom.us/j/84953775245?pwd=jTTWhUxGbuc16ikwFCBV0qU46xY7py.1>

Meeting ID: 849 5377 5245

Passcode: 355081

Wednesday, May 6, 2026, 9:00 – 10:30 AM

Join Zoom Meeting: <https://us02web.zoom.us/j/83887181832?pwd=rbieVxi3X8nkh78mGXJxmapxDawQS3.1>

Meeting ID: 838 8718 183

Passcode: 204897



DISCO AT THE CAPITOL

Registration is Now Open for the DisCo at the Capitol!

Registration is now open for the 19th annual DisCo at the Capitol, California's premier gathering for the disability rights movement. In 2026, as critical policy decisions shape the future of services and supports for more than 500,000 Californians with developmental disabilities, our community is coming together with renewed energy, unity, and purpose.

DisCo at the Capitol is scheduled for May 18 and May 19 in Sacramento, CA and brought to you by The Arc of California, Association of Regional Center Agencies, Easterseals, and United Cerebral Palsy. It promises to be nothing short of extraordinary!

This powerhouse two-day event brings together self-advocates, families, service providers, and policymakers from across the state to connect, learn, and raise our voices for inclusion and opportunity. Whether you're a longtime advocate or new to the movement, DisCo is where relationships are built, stories are shared, and meaningful change begins.

Register: <https://lp.constantcontactpages.com/ev/reg/cf9wsmm>

RCRC Newsletter

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





WORKFORCE SUMMIT 2026

Invisible No More:
Advancing California's
Direct Support Profession

INVISIBLE NO MORE: ADVANCING CALIFORNIA'S DIRECT SUPPORT PROFESSION

Sponsored by Arca, the California Policy Center for Intellectual and Developmental Disabilities (CPCIDD) 2026 Workforce Summit is happening this May.

This summit will gather Direct Support Professionals (DSPs), service providers, regional centers, the Department of Developmental Services (DDS), policymakers, and other stakeholders. The focus will be on exploring strategies to strengthen the DSP workforce, identifying system-level supports to enhance recruitment and retention of DSPs, and developing a comprehensive approach to elevating the role of DSPs in workforce development efforts across the state.

When: **Wednesday and Thursday, May 27 and 28, 2026** [Register](#)

COMPASS Project Now Recruiting Research Participants

Help Us Understand Transitioning into Adulthood

We want to learn about what it's like for people with neurodevelopmental conditions as they finish high school and start adult life. We know that not all services and supports work for everyone, especially for people from different cultures, languages and communities.

By hearing your stories, we hope to make the transition to adulthood better for everyone.

Who can participate?

- People ages 14 to 26 with neurodevelopmental disabilities who are planning for or recently started adult life after high school
- Parents, family members, or caregivers who helped someone with neurodevelopmental disabilities plan for adult life in the last 5 years
- Professionals who work with youth or young adults with NDDs (like teachers, therapists, or service providers)

What will you do in the study?

- Fill out a short online form (about 30 minutes)
- Join an online group or one-on-one interview to talk about your experience (about 90 minutes)
- Choose whether you want to give feedback on the tools and resources we create

Will participants receive compensation?

- Yes! You will receive a \$50 gift card for participating in the interview.

This initiative is being funded through the Language Access and Cultural Competency Program.



Learn more about this study

For more information about this study:
Phone: 1-916-701-2033
Email: COMPASS@health.ucdavis.edu

Join our Research Community

The Research Participant Registry is our database that matches potential participants with research studies.

To sign up please visit:
<https://bit.ly/RPRsignup>



Additional information

The MIND Institute is an interdisciplinary, collaborative research, clinical, and educational center committed to deepening our scientific understanding of the challenges associated with autism and other neurodevelopmental conditions.



REV. 1/27/26

COMPASS PROJECT Now Recruiting Research Participants

The MIND Institute is recruiting research participants to learn more about what it's like for people with neurodevelopmental disabilities as they finish high school and start adult life.

For more information, call 1-916-701-2033 or email COMPASS@health.ucdavis.edu.

RCRC Newsletter

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INDIVIDUAL PROGRAM PLAN (IPP) SURVEY

We invite you to participate in the IPP survey, which is designed to gather your insights and opinions. Your feedback is incredibly important, as it will provide valuable information that will help guide and improve future initiatives.

The IPP survey is brief and confidential. By taking a few moments to share your thoughts, you will play a crucial role in improving the IPP experience for everyone.

[Please take a moment to share your insights.](#)

Let your voice be heard!

FAMILY SURVEYS
NATIONAL CORE INDICATORS (NCI)

Let your regional center and the Department of Developmental Services (DDS) know what you think about your services!

Surveys are confidential, and evaluate the services and supports you and your family member receive through your regional center and service providers.

Surveys are mailed directly to you from the State Council on Developmental Disabilities (SCDD). You may fill it out on paper, or online with the code in your letter.

Email QAProject@SCDD.ca.gov to participate in the survey.
Email NCIHelp@dds.ca.gov for general questions about NCI.

DDS Department of Developmental Services
SCDD State Council on Developmental Disabilities
UC DAVIS University of California

SCDD NATIONAL CORE INDICATORS Family Surveys

To participate in the survey, email QAProject@SCDD.ca.gov

Families will have until the end of June 2026 to complete the surveys and send them back to SCDD.

For more information, email NCIHelp@dds.ca.gov

RCRC Newsletter

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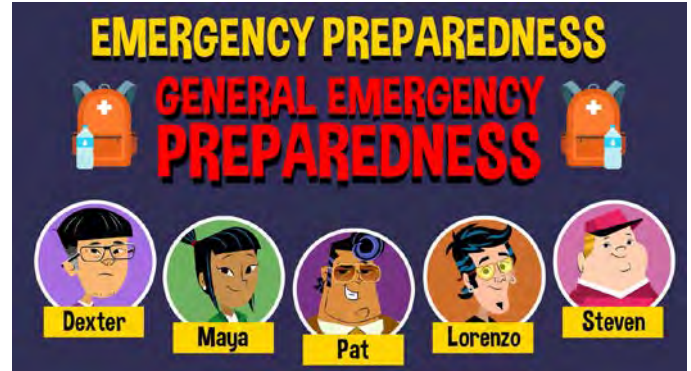
ARCA'S VOTER VOICE CAMPAIGN

ARCA has launched a new system designed to make it easier for our community to engage and take action on state and federal issues that affect the developmental disabilities system. Personal stories significantly influence the shaping and impact policy. We recognize the power our community holds when we unite for a common cause. ARCA's positions are representative of the needs identified by the regional centers and the communities they serve.

ARCA has introduced Voter Voice, a platform that will allow our community to engage in various campaigns benefiting California's developmental services system. This includes activities such as phone banking, writing letters, connecting with representatives, attending rallies, or simply remaining informed about legislative and budgetary issues.

To get involved, sign up for ARCA's Voter Voice System.

Sign up here: <https://votervoicenet/ARCA/Register>



LANTERMAN & FRIENDS

Emergency Preparedness Animations

Launching in March 2026, in honor of Intellectual and Developmental Disabilities Awareness Month, the latest Lanterman and Friends series brings Mark Hamill (Luke Skywalker, The Joker) into the cast.

The award-winning Lanterman and Friends (L&F) video shorts provide essential information and resources to the more than 525,000 people with I/DD served by California's Regional Centers, and to the million-plus family members and direct service professionals who support them.

The newest L&F 10-episode series focuses on emergency preparation and public safety.

To view the new Lanterman and Friends Animation visit: [Emergency Preparedness](#)

To view all the Lanterman and Friends animated videos visit: [Video Portal](#)

To view the entire Press Release, visit: [Press Release](#)

RCRC Newsletter

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





STATEWIDE SELF-DETERMINATION ORIENTATION



Join Us to Learn...

- What is SDP*
 - 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.

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 Ostell

(707) 445-0893, ext. 317 or aostell@redwoodcoastrc.org

Mendocino & Lake Counties:

Sheila Keys

(707) 462-3832, ext. 254 or SKeys@redwoodcoastrc.org

RCRC Newsletter

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LOCAL & REGIONAL RESOURCES

Find these and many more on our website at:

<https://redwoodcoastrc.org/resources-hub/local-resources/>



First 5 HUMBOLDT



Redwood Coast Regional Center believes that access to information, supports, and learning is necessary for all people to achieve their life goals.



Contact Us

Learn more about our services and programs reach out to an office near you.

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

121-A Boatyard Drive
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.BSKY.SOCIAL](https://www.bsky.social/REDWOODCOASTRC.BSKY.SOCIAL)



Redwood Coast Regional Center

Respecting Choice in the Redwood Community

RCRC Newsletter

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