

VOL. 7 ISSUE 6 • JUNE 2026

# REDWOOD COAST REGIONAL CENTER

Serving Del Norte, Humboldt,  
Lake, and Mendocino County



Butterfly and Stripes, Acrylic on canvas. *Cindy Tirsbeck*

## Art Show at the Regional Center in Eureka

By Cindy Tirsbeck

**M**y name is Cindy Tirsbeck. I was born and raised in Eureka, California. I have a brother who I am close with. I do art for the memory of our mom, because

she is very close to my heart. I started painting at Trajectory, and I feel very lucky to be doing art. When I paint it makes me feel

Continued on next page

## Days to Remember

**June is Pride Month**

**June is Deafblind  
Awareness Month**

**June 18th**  
Autistic Pride Day

**June 19th**  
Juneteenth  
*RCRC offices will be closed*

**June 21st**  
Father's Day

**June 21st**  
Summer Begins





## RCRC Art Show

Continued from previous page



Cindy with a bouquet of flowers..

happy, and it is a goal of mine to make other people happy when they see it. I like to paint butterflies and flowers. My favorite flowers are roses because they smell pretty. ★

*If you are interested in purchasing Cindy's work, please contact Allen Cassidy at 707-798-0357.*



Happy Flowers, acrylic on canvas.  
Cindy Tirsbeck

*Trajectory is a career development program for visual, literary and performing arts in Humboldt County, CA and a program of The Ink People Center for the Arts.*



Big Flowers, acrylic on canvas. Cindy Tirsbeck

## Artist Spotlight!

**Redwood Coast Regional Center Newsletter** would like to celebrate client artists and their artwork in our Artist Spotlight page.

Do you know a client who would like to share their artwork with our community?  
If so, please email [rsocial@redwoodcoastrc.org](mailto:rsocial@redwoodcoastrc.org)

- Your name
- A JPG of your artwork
- Title of artwork
- Materials you like to use
- Your favorite themes
- A signed consent form



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Respecting Choice in the Redwood Community

## RCRC Newsletter


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## Wildfire Preparedness Week

Governor Gavin Newsom declared [May 3-9, 2026, as Wildfire Preparedness Week](#). As wildfire season approaches, we encourage Californians with intellectual and developmental disabilities and their families to take simple steps now to stay safe and ready.


 **Sign up for Alerts**  
[Get local emergency alerts](#) directly to your phone and email so you can act quickly if a wildfire happens near you.


 **Make a Plan**  
Talk to your family, housemates, and support team about where you will go, how you will get there, and who to contact during an emergency.

- **Pack a Go-Bag:** Keep important items ready in one place, including medications,

medical supplies, chargers, identification cards, important papers, snacks, water, and comfort items.

- **Prepare for Power Outages:** Charge devices ahead of time and make a plan for medical equipment, refrigerated medications, or communications needs if the power goes out.
- **Make a Stay-Box:** You may have to shelter in place during an emergency, even while the power is out. Prepare a box that includes basic supplies like food that won't spoil, water, medications, and flashlight.

 **Don't Wait to Evacuate**  
If local officials tell you to leave, leave as early as possible. Evacuating early can give you more time and help reduce stress during an emergency. If you need support during evacuations or emergencies, contact your regional center.

 **Stay Connected**  
Stay informed through local emergency alerts, trusted news sources and community groups.

Preparing ahead of time can help you act more quickly when every minute matters. Check out these resources to stay ready and confident:

[ReadyforWildfire.org](https://www.readyforwildfire.org)

[Disaster Preparedness in ASL: Wildfires](#)

[Wildfires – Listos California](#)

You can also visit [Fire.ca.gov](https://www.fire.ca.gov) for updates and information about active wildfires in California.

Let's be prepared and take care of one another this wildfire season. ★

*Please contact Redwood Coast Regional Center Emergency Management Coordinator Ron Lee if you have any questions or would like assistance with emergency preparedness.*

*Ronald Lee, (707) 445-0893 x383  
rlee@redwoodcoastrc.org*





## Getting to know our community

LISA NELSON

### What is your position at RCRC?

I work as the Unit Assistant in Crescent City for the Children, Adult and Enhanced Services Units.

### What inspired you to get into this field of work?

I have been working in this service system for approximately 20 years, as I find the work both meaningful and rewarding. I began my career with RCRC in Ukiah in 2003, initially serving as Support Staff and later advancing to the role of Administrative Assistant to the Clinical Director. During my time there, I loved my work and the staff, some of whom remain with RCRC today!

I ultimately made the difficult decision to leave my position due to a relocation to Santa Rosa, as the commute became challenging. A couple of years later, upon returning to Ukiah, I joined the then Area Board (now the State Council of Developmental Disabilities – North Coast Office), where I worked for five years before relocating to Crescent City.

For the past 10 years, I have been based in the Crescent City office, where I continue to thoroughly enjoy my work and supporting my Units and our clients.

### Tell us about an inspirational experience working with RCRC?

There have been several over the years, but client related is seeing children grow into adults with wonderful independent lives that thrive in the community. This long-term perspective is truly one of the benefits of working in this field for so many years. I must also include the amazing staff that have been an inspiration to me and have supported me in my journey within the RCRC family where, “humor is appreciated and everyone participates fully in teamwork” (my favorite part of the Vision).

### What do you like to do in your spare time?

I of course love spending time with my family, traveling and experiencing new places, foods and cultures and I will always be up for a concert. I also live by the Smith River and enjoy spending time there and catching a sunset or two at the beach in Crescent City. ★

“...seeing children grow into adults with wonderful independent lives that thrive in the community... is truly one of the benefits of working in this field for so many years.”



LISA NELSON



# JUNE 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.

## REDWOOD COAST REGIONAL CENTER

### Disaster Preparedness Event

Wednesday, June 3rd, 3:00-6:00pm

Family Resource Center of the Redwoods, Crescent City



## HUMBOLDT & DEL NORTE SELPA

### 8th Annual Deaf Community BBQ

Saturday, June 6th, 12:00-3:00pm

Sequoia Park, Eureka



## RIO DELL COMMUNITY RESOURCE CENTER

### Bike Rodeo

Saturday, June 13th, 1:00-3:00pm

Rio Dell Fire Department, 50 Center Street, Rio Dell



## CALIFORNIA TRIBAL FAMILIES COALITION & TWO FEATHERS

### Humboldt Area Youth Justice Gathering

Tuesday, June 16th, 10:00am-2:00pm

Arcata Community Center Gymnasium, 312 Dr. Martin Luther King Jr. Pkwy, Arcata

Register at: <https://forms.gle/XB8SB52raeyfNT897>



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## HUMBOLDT NAACP

### Juneteenth Day Festival

**Saturday, June 20th, 12:00pm-7:00pm**

Halvorsen Park, Eureka



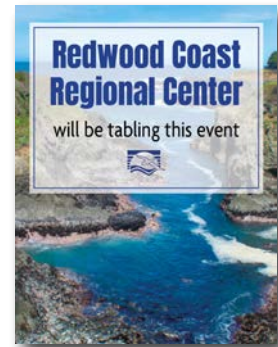
## BRIGHTER FUTURES

### Parent Support Group

**Sunday, June 28th, 12:00-2:00pm**

Hopa Valley Community Pool, 11860 CA Highway 96 Hopa

For more information, contact Isabell Rodrigues: (415) 519-8691 or Dean Shearer (415) 309-0534



## REDWOOD COAST REGIONAL CENTER AND ABC DAY PROGRAM

### Speed Friending

**Monday, June 22, 1:00pm-3:00pm**

New Life Community Church, 750 Yosemite Dr., Ukiah



## REDWOOD COAST REGIONAL CENTER

### Spanish Listening Session

**Thursday, June 25th, 6:00-8:00pm**

Mendo Leap, 2146 S. State Street Ukiah

For more information, contact Alma at 707-462-3832 ext. 284

**This event is in Spanish.**



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## PEOPLE FIRST OF UKIAH

### Barbeque

**Saturday, June 27th, 11:00am-1:00pm**

Todd Grove Park (North side)

People First members and guests who are 18 years and older, please bring a side dish or dessert to share. Please arrange your own transportation.

For more information, contact 707-462-3832, Jesus ext 521, Jordan ext 224, or Renee ext. 208.



## MENDO LEAP

### Neurodiversity Night!

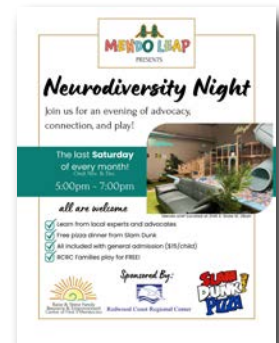
**Last Saturday of each month, 5:00-7:00pm**

**June 27th**

2146 S. State St., Ukiah

RCRC families play for FREE!

For more information call 707-671-4536.



## RCRC PUBLIC MEETING

**For Fiscal Year 2026/2027 Community Resource and Development Plan**

**Tuesday, June 29th, 5:30-6:30pm**

Redwood Coast Regional Center, 1116 Airport Park Blvd., Ukiah

Light refreshments will be provided.



## COUNTY OF LAKE HEALTH SERVICES

### LGBTQIA2S + Pride Fair

**Sunday, June 28th, 10:00am-3:00pm**

Austin Park, 14077 Lakeshore Drive, Clearlake

For more information call 707-513-9796.



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## REDWOOD COAST REGIONAL CENTER

### Learning Series Featuring PG&E

Wednesday, June 10th, 12:00-12:30pm

Dial-in: 888-673-9784

Conference ID: 10008889

Please submit all accommodation requests to [Duty.Officer1@dds.ca.gov](mailto:Duty.Officer1@dds.ca.gov).



## REDWOOD COAST REGIONAL CENTER

### Behavioral Training for Caregivers

Mondays 6:00-8:00pm

June 15th, June 22nd, June 29th

Zoom Meeting ID: 995 9235 1260

Passcode: 456857

For more information contact [rbt@rcrcdei.org](mailto:rbt@rcrcdei.org).



## RCRC CLIENT ADVISORY COMMITTEE MEETING

### Client run public meeting

Wednesday, June 17th, 6:00-7:00pm

Zoom - Meeting ID: 882 2141 5395

Passcode: 413432 or Dial: 1 669 900 6833 (US)

Call your Service Coordinator for more information.



## RCRC PUBLIC MEETING

### For Fiscal Year 2026/2027 Community Resource and Development Plan

Tuesday, June 23rd, 5:00-6:00pm

Zoom - Meeting ID: 959 5571 4480

Passcode: 789778 or Dial: 1 669 444 9171 (US)





## Become a Registered Behavior Technician

Start your career in the rewarding field of Applied Behavior Analysis and help persons on the autism spectrum or with other developmental disabilities gain functional social and life skills.

- Are you passionate about making a difference in people's lives?
- Are you interested in a career that you can grow in & develop professionally?
- Are you 18 & a HS grad (or will be soon)?

### RCRC provides:

- The 40-Hour RBT Training
- Job Placement Assistance
- Stipends to cover exam costs

### Registration Waitlist

Be notified when new classes are available:



**Redwood Coast Regional Center**  
Respecting Choice in the Redwood Community

[rbt@rcrcdei.org](mailto:rbt@rcrcdei.org) - for more info

## REDWOOD COAST REGIONAL CENTER Become a Registered Behavior Technician

Start your career in the rewarding field of Applied Behavior Analysis and help persons on the autism spectrum or with other developmental disabilities gain functional social and life skills.

Register on the waitlist to be notified when new classes are available. [Visit here.](#)

## 6th Annual There Should Be a Law Contest

If you ever had a problem and thought, "there should be a law to fix this!"

Well, there is a solution—**YOU!**

Send the problem and your solution to the California SCDD for a chance for your idea to be selected and become SCDD's next legislative priority!

**Q: What ideas can I submit for the contest?**

**A:** The idea must benefit people with intellectual and developmental disabilities.

**Q: Who can enter the contest?**

**A:** Anyone can enter the contest.

### TWO WAYS TO ENTER

Submit your idea online at:

<https://bit.ly/BillIdeas2026>

Or scan the QR code:



**Deadline: June 30, 2026**



## CALIFORNIA SCDD 6th Annual There Should Be a Law Contest

SCDD's annual There Should Be a Law contest is a great opportunity to share your ideas on how to improve our laws and ultimately our service system to better serve the individuals we support. This is a chance for you to contribute your knowledge and experience to those advocacy efforts.

The contest is open to everyone with ideas to improve our system on the legislative level and is open through Tuesday, June 30, 2026.

## RCRC Newsletter

To include your story in our newsletter, contact [rsocial@redwoodcoastrc.org](mailto:rsocial@redwoodcoastrc.org)





## 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 UC DAVIS

## 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.

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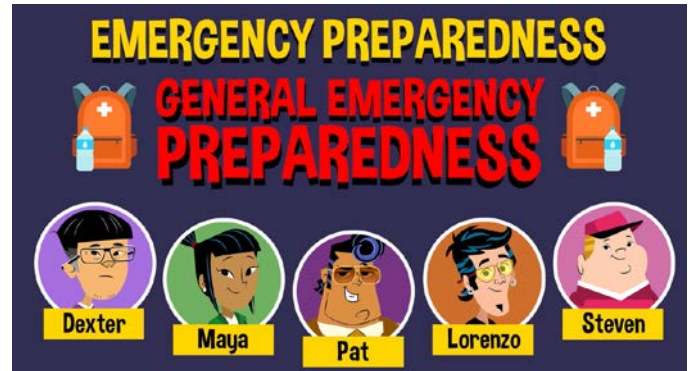
## ARCA'S VOTER VOICE CAMPAIGN

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](#)

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## 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>



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KATIE



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...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](mailto:aostell@redwoodcoastrc.org)

Mendocino & Lake Counties:

Sheila Keys

(707) 462-3832, ext. 254 or [SKeys@redwoodcoastrc.org](mailto:SKeys@redwoodcoastrc.org)

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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

[WWW.REDWOODCOASTRC.ORG](http://WWW.REDWOODCOASTRC.ORG)

 [@REDWOODCOASTREGIONALCENTER](https://www.instagram.com/REDWOODCOASTREGIONALCENTER)

 [@REDWOODCOASTREGIONALCENTER](https://www.facebook.com/REDWOODCOASTREGIONALCENTER)

 [@REDWOODCOASTRC](https://twitter.com/REDWOODCOASTRC)

 [@REDWOODCOASTRC.BSKY.SOCIAL](https://www.bsky.social/REDWOODCOASTRC)



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