VOL. 7 ISSUE 11 • NOVEMBER 2026

REDWOOD COAST REGIONAL CENTER

Serving Del Norte, Humboldt, Lake, and Mendocino County



FREE Sensory-Sensitive Performance of Disney's Frozen at Ferndale Repertory Theatre!

By FRT

Saturday, November 28, 2026 | 2:00 PM | FREE Admission

Ferndale Repertory Theatre is excited to present a special sensory-sensitive performance of Disney's Frozen, made possible by generous funding from RISE! This special performance will offer all 184 seats free of charge, helping make live theatre more accessible to individuals with disabilities, sensory sensitivities, and their families.

What is a sensory-sensitive performance?

A sensory-sensitive performance is a specially adapted version of a theatrical production designed for individuals who may find traditional theatre environments

Continued on next page

Days to Remember

November is Epilepsy Awareness Month

November is National Native American Heritage Month

November is National Family Caregivers Month

November 1st & 2nd
All Saint's Day & All Souls' Day

November 1st
Daylight Savings Ends

November 11th
Veteran's Day
RCRC is closed

November 26th
Thanksgiving
RCRC is closed

November 27th
Native American Heritage Day
RCRC is closed





Disney's Frozen at Ferndale Rep.

Continued from previous page

overwhelming or difficult to navigate. This performance is particularly welcoming to individuals with autism, developmental or intellectual disabilities, sensory processing differences, and others who benefit from a more flexible theatre experience.

To create a comfortable and welcoming environment, this performance will include:

- Reduced or removed startling sound and lighting effects, with house lights remaining on
- ASL interpretation
- A designated sensory-friendly quiet space with sensory tools
- A relaxed audience environment where movement, vocalizations, and breaks are welcome
- Flexible entry and exit throughout the performance
- A special introduction to the actors and characters before the show

While sensory adjustments will be made, Frozen is still a live musical featuring singing, music, theatrical lighting, and exciting moments.

Families and Support People Welcome!

Families, caregivers, aides, and support people are encouraged to enjoy the performance together. Guests who require personal assistance or supervision should attend with their own caregiver or support person, as this is not a drop-off or supervised care event.

Free Reservations Open Monday, November 2!

Thanks to RISE funding, all 184 seats are completely free, but reservations are required and seating is limited.

To help keep families together and accommodate individual accessibility needs, Ferndale Rep will personally assign seats as requests are received. Families will receive an email confirming their reservation and assigned seats, along with a Welcome to the Theatre: Here's What to Expect guide to help them prepare for their visit.

Wheelchair-accessible seating is limited, so families who need these accommodations are encouraged to submit their requests early.

Ferndale Rep is also exploring transportation assistance with community partners. Families can indicate on their reservation form if they would like to receive information about transportation options, should they become available.

Performance Details

- **Date:** Saturday, November 28, 2026
- **Doors Open:** 1:00 PM
- **Performance Begins:** 2:00 PM
- **Running Time:** Approximately 2 hours and 15 minutes, including a 15-minute intermission
- **Location:** Ferndale Repertory Theatre, 447 Main Street, Ferndale, CA
- **Admission:** FREE with confirmed reservation

Learn more and find the reservation form beginning November 2:

https://www.ferndalerep.org/sensory-sensitive-performance/

Ferndale Repertory Theatre looks forward to welcoming families to Arendelle for a magical afternoon of music, storytelling, and community! ★



From Client to Client Advocate

HOW AN EMPLOYMENT PROGRAM HELPED PAVE THE WAY

By Lex Valtenbergs

I have been a client of the Regional Center since 2022. The Regional Center has helped me immensely in many ways – including helping me get and maintain employment.

In February 2023, I was looking for work, but I didn't know what I wanted to do at the time.

During my job search, my Service Coordinator at the time told me about Developed Employment Services (DES). DES is an employment day program for Regional Center clients.

DES offers various work opportunities to their clients. There are job coaches who take clients out to do landscaping and cleaning jobs in the community, and to support them with their job development.

Before I worked at DES, I knew how to do basic landscaping tasks like mowing the lawn or weed whacking, but the job coaches at DES taught me how to safely and effectively operate other landscaping equipment on the job, which was very helpful. I also had some cleaning experience beforehand, but I learned new cleaning techniques at DES that I still use today.



Lex Valtenbergs

One of the main benefits of working at DES is that you get personalized support from the job coaches and other staff as needed. The job coaches who worked with me supported me a lot, particularly two job coaches who really believed in me. Also, a supervisor at DES took the time to meet with me semi-regularly to discuss my long-term career goals as part of the services that I got from DES as a client.

During my two years at DES, I applied to other jobs that fit my career goal to work in advocacy. On a whim, in 2024 I applied to an open Client Advocate position at the Regional Center that Elizabeth Hassler, a Client Advocate at RCRC, told me about.

In August 2024, the Regional Center hired me!

Thanks to DES, I was able to gain valuable work experience and transferable skills that look good on my resume, some of which I use in my current role (teamwork, time management, communication – which are more important than you'd think when you're working together on a landscaping or cleaning crew). I was also able to transition fully to my current role with the ongoing support of DES.

My career path hasn't been straightforward ever since I got my first job when I was 17 and 'job-hopped' from job to job. After years of working different jobs and figuring out what I'm



From Client to Client Advocate

Continued from previous page

good at and what I like to do, I feel like I've found my career path.

I've worked at the Regional Center for just over two years now. I love my job. As a Client Advocate, I get to leave the office to talk to fellow clients out in the community and provide peer advocacy support (as well as write articles for this newsletter – sometimes). I can say that I feel fulfilled and accomplished, and I've successfully maintained my current employment all this time – which is a big career milestone that I've worked very hard to achieve.

★

Lex Valtenbergs
Client Advocate for Redwood Coast Regional Center

Interested in working?

Every working aged person served by Redwood Coast Regional Center has the right to access employment opportunities.

RCRC offers services that can help someone learn how to get a job, explore careers, and help provide support and coaching while working.

RCRC also offers a paid internship (PIP) program. PIPs allow someone to try a job to see if they like it. It provides the opportunity to learn new skills and build work experience. Internships can lead to being hired by the business. Through the PIP program there is also an option to build your own business or "microenterprise."

Employment is more than a paycheck. It is a powerful pathway to community inclusion, independence and personal growth!

If you receive Regional Center Services and want to work, talk with your Service Coordinator and have an employment goal added to your IPP.



Redwood Coast Regional Center
Respecting Choice in the Redwood Community



RCRC Joins Pastels on the Plaza, 2026

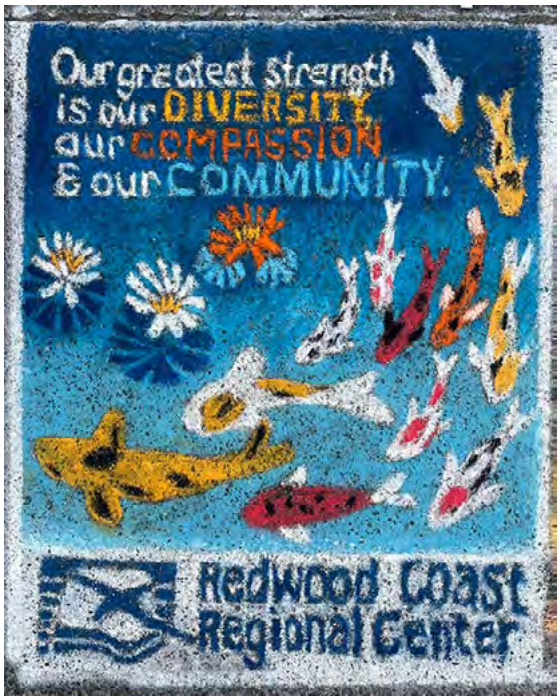
By Renee Thompson

RCRC joined the annual Pastels on the Plaza celebration for their third year in a row.

This event is an annual fundraiser for Northcoast Children's Services. The proceeds help fund their preschool and family services that reach over 500 children and families in Humboldt and Del Norte Counties.

Every year since 1987 Pastels on the Plaza transforms downtown Arcata into a colorful display of local artwork. The event is always well attended with the farmers market and local food vendors adding to the festivities. Artists donate their time and local businesses sponsor each square in support of our community.

To learn more visit, https://ncsheadstart.org/pastels-on-the-plaza/ ★









Top right: Redwood Coast Regional Center's sidewalk pastel artwork. Bottom left to right: First5 Humboldt, Community Cornerstone, and Humboldt Neurohealth.



Redwood Coast Regional Center is preparing for our annual winter celebration. We look forward to sharing this festive and magical event with RCRC clients, their families and caregivers. Save the date and we'll see you there!

WITH GRATITUDE

RCRC employees that make a difference

Jonathan Padilla

I am grateful to have Jonathan as my supervisor because he is patient, understanding, and supportive. He has created a safe, comfortable, and fun environment where I feel valued as an employee.

Michele McFall

Since Michele has been a manager in position, she is respectful, responsible, and polite to the whole team. Michele takes care of 4 offices, inventory, IT and works hard and is always in a good mood with all the work she has been assigned.

Claudia Gomez

I appreciate that my supervisor is supportive, empathetic, and knowledgeable. She is modeling the importance of making sure we hear SC voices as the experts in advocating for their clients. I also appreciate that she respects and supports CSM's in their decision making and provides helpful feedback/guidance for various situations.

Sarah Costa

I am truly grateful to have Sarah as my Supervisor. She is incredibly supportive and knowledgeable, and she creates an environment where her team feels valued, encouraged and empowered to succeed. She is always willing to make herself available when needed and truly wants to see her team grow and succeed.

Nicole Hugelshofer

Nicole is an absolute treasure. She's a wealth of Lanterman Act/POS knowledge. Her wicked fun sense of humor is unmatched. She supports our team camaraderie in her creative and caring way everyday including holidays, and she recognizes each of us on her team for our unique individual strengths 🙂

Jessica Moulton-Hadley

I'm so grateful to have a supervisor who successfully balances employee well-being with keeping our team on track to fulfill our duties. No matter what happens, they always bring a positive attitude and the confidence that "we'll figure it out."

Jennifer Finigan

I am grateful for how available, flexible, encouraging, and supportive CSM Jen is of our Crescent City team. She is our rock, our guide, and our role model; always at the forefront of our daily tasks and issues that may arise."

Debbie West

Debbie ensures we continue striving to be excellent employees and coworkers at Redwood Coast Regional Center, she also takes time to listen and learn about our lives and who we are outside of the office. I am grateful to have a supervisor as caring and understanding as Debbie.

Jerry Freitas

I am grateful for my supervisor Jerry Freitas because he is kind, patient and very understanding. He makes me feel comfortable asking for help, admitting my mistakes, or simply venting my frustrations without judgement. I am grateful to have a supervisor who listens to me, treats me with respect and makes me feel supported and valued at work.

Sheila Keys

I appreciate that Sheila is a very real and kind person and that she is always supportive when I have questions or struggle with how to help our clients while upholding my principles. I never question if she's in this field for the right reasons."

Krisy Fletcher

I am grateful that my supervisor engages us in fun activities such as "game breaks" for our last 15 minute in the afternoon, that she ALWAYS makes sure to get our questions answered, and that she practices humility, making us all feel human in our mistakes but knowing we grow from them.

Kristin Welch

I am so grateful for my supervisor! They are consistently supportive, always approachable, and truly care about our team's well-being. They always make sure our team feels heard and valued. 🙂

Karen Elliott

Karen makes it really easy to be part of our team. She is easy to have discussions with, she never makes you feel like less when you have a question. She asks us how we are doing and truly wants to hear the answer, even if the answer isn't always perfect. I appreciate all the patience and support she continues to give to our unit. We also love seeing pictures of Charlie; he always brightens our day.

Jo Pourian

I am grateful to have a supervisor who is always willing to help, she is understanding, kind and funny. She is an amazing team player who leads with kindness, respect, and a positive attitude.

Cris Duhon

I appreciate Cris's kindness, patience, and support as a leader. I'm grateful that she makes work a positive and encouraging environment.

Julian Markussen

What I appreciate most about your leadership is that you make time for both our growth and our well-being. Your thoughtful guidance, meaningful conversations, and everyday acts of care remind us that we have someone in our corner. Thank you for recognizing the potential in each of us and offering the support, honest feedback, and encouragement to help us grow and care for our clients.

TIto Ross

The support and teamwork they demonstrate help create an environment where everyone feels valued, supported, and encouraged to thrive, reflecting our vision of an inclusive community where everyone belongs.

Heather Odle

I'm grateful to have a supervisor who is hardworking, attentive to detail, and compassionate. I appreciate the dedication she brings to her work and the care and understanding she shows to others.

Amy Medina

To my boss:
"Thank you for your support, your confidence in me means a lot to me."

Dr. Roy

I am grateful for Dr. Roy's joyful and kind personality. Each and every day, no matter what is going on, she greets everyone with a genuine and warm smile. Her joyful and positive attitude is appreciated and helps everyone feel welcome.

Amy Soto

My CSM Amy Soto is a strong woman whom I respect and am happy to have as my supervisor. She is a supportive leader and values her team.

Christina Myers

Deepest appreciation for the inclusive and professional work environment. Thank you for always being willing to hear our concerns and for proactively living in the solution.

Lori Gutierrez

I am truly grateful for Lori and the genuine support she has shown me and my team. The trust she has shown and extended to me has made a meaningful difference. My entire team feels more understood and valued.

Dwayne Nelson

Dwayne makes a point to connect with every individual on his team, making each one of us feel valued and appreciated. He is a true leader, guiding us all by example and encouraging our personal and unique skillsets that help us do our jobs. Dwayne sees our differences as individual strengths and always promotes positivity. When things get hard, he says, "you can do it!" and he does not make us face difficult situations alone.

Alex Ostell

Alex uses creative problem solving to balance day-to-day outcomes with the long-term vision in true partnership with his team

NOVEMBER 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 AND PASO A PASO

Día de los Muertos
Sunday, November 1st, 2:00-5:00pm
Adorni Center, 1011 Waterfront Dr., Eureka
All ages welcome.



FIRST 5 HUMBOLDT

Shelter Cove Playgroup
Monday, November 2nd, 10:30am-12:30pm
1555 Upper Pacific Dr., Shelter Cove
For more information, contact the Southern Humboldt Family Resource Center at 707-923-1147 or visit: https://www.first5humboldt.org/for-families/playgroups/



REDWOOD DISCOVERY MUSEUM

Playgroup
Every Thursday, 10:00am-12:00pm
November 5th, 12th, and 19th
612 G Street, #102, Eureka
Free for all RCRC families & our diverse community.



FOOD FOR PEOPLE

Distribution Centers
Tuesday, November 10th, 10:30am-12:30pm
First Baptist Church, 1055 Redway Dr.,Redway
For more information, visit https://www.foodforpeople.org/distribution



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FOOD FOR PEOPLE

Distribution Centers
Wednesday, November 11th, 10:00am-12:30pm
Rio Dell Volunteer Fire Department, 50 Center St.,Rio Dell
For more information, visit https://www.foodforpeople.org/distribution.



MULTIPLICITY THERAPEUTIC SERVICES

Redwood Caregivers Group
Thursday, November 12th, 3:00-4:30pm
Bear River Epiccenter, 263 Keisner, Loleta
For more information text or email Giancarlo at 530-859-0945 or giancarlo@multiplicityinc.com



REDWOOD COAST REGIONAL CENTER

Workshop on Self-Determination
Sunday, November 15th, 12:00-2:00pm
Dream Quest, 35 The Terrace Ln., Willow Creek
For more information, contact Susan Hernandez at 707-445-0893 ext. 379 or shernandez@redwoodcoastrc.org.



FIRST 5 HUMBOLDT

Redway Playgroup
Wednesday, November 18th, 10:00am-12:00pm
344 Humboldt Ave., Redway - Room 22
For more information, contact the Southern Humboldt Family Resource Center at 707-923-1147 or visit: https://www.first5humboldt.org/for-families/playgroups/



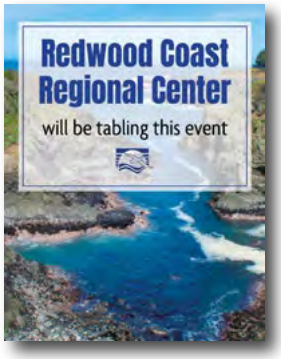
NOVEMBER 2026 CALENDAR OF EVENTS

Del Norte | Humboldt | Mendocino | Lake | Virtual

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BRIGHTER FUTURES

Parent Group
Sunday, November 22nd, 12:00-2:00pm
Trading Post, Hoopa



FIRST 5 HUMBOLDT

Rio Dell Playgroup
Tuesday, November 24th, 10:00am-12:00pm
50 Center Street, Rio Dell
For more information, contact the Rio Dell Community Resource Center at 707-764-5239 or visit: https://www.first5humboldt.org/for-families/playgroups/



CIUDAD DE UKIAH

Dia de los Muertos
Sunday, November 1st 11:00am-4:00pm
Alex Thomas Plaza, Ukiah



REDWOOD COAST REGIONAL CENTER

Attend, Learn, and Share!
The first Friday of each month, 11:00am
November 6th
Redwood Coast Regional Center, 1116 Airport Park Blvd., Ukiah
This group is in Spanish
For more information, contact 707-234-5415



NOVEMBER 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.

FIRST 5 MENDOCINO

Laytonville Play Group, ages 0-5
Thursday, November 19th, 12:30pm-2:00pm
200 Branscomb Rd., Laytonville
For more information, visit https://www.first5humboldt.org/for-families/playgroups/.



RCDSC BOARD OF DIRECTORS

Public Meeting
Wednesday, November 4th, 6:00-7:00pm
Zoom - Meeting ID: 845 4614 2191
Passcode: 888824 or Dial: 1 669 900 6833 (US)
For questions, contact Susan Villa-Alvarez at 707-462-3832 ext 281 or email svilla-alvarez@redwoodcoastrc.org.



TO VIEW ALL OUR MONTHLY NEWSLETTERS, VISIT OUR WEBSITE HERE
https://redwoodcoastrc.org/resources-hub/news/rcrc-news-letter/

News ★ Stories ★ Calendar ★ Events ★ Highlights ★ Resources & more!

INFORMATION FROM CALIFORNIA STATE PARTNERS



DEPARTMENT OF DEVELOPMENTAL SERVICES

Rainbow Connection Social Group

Join Javier Zepeda, LGBTQ+ Specialist for a Rainbow Connection Social Group on the third Tuesday of each month from 6:30-8:00pm.

This social group is for Regional Center consumers ages 18+ and will focus on making connections with LGBTQ+ individuals with disabilities.

ZOOM Information:
Meeting ID: 815 7811 4650
Passcode: Rainbow
Telephone: 16699006833

For more information, email LGBTSupport@ NLACRC.ORG



LANTERMAN & FRIENDS

Early Start Begins

The 21 California Regional Centers announced the launch of "Early Start" a new 4 episode Lanterman and Friends animated series for parents of very young children debuting October 12, 2026 on LantermanandFriends.org and the LantermanandFriends YouTube channel.

The series follows new parents Lizzy and Tito whose baby daughter Luna doesn't seem to be as talking as well as expected for her age. An added 4 episodes are available for the Regional Centers Early Start Service Coordinators who work with parents to help them navigate the California program for young children who may show signs of developmental delay.

VIEW THE ANIMATION HERE

INFORMATION FROM CALIFORNIA STATE PARTNERS



DDCARECONNECT

Help Support Families of Children with Developmental Needs

DDCareConnect in partnership with DDS and Stanford Medicine is looking for Self-advocates with developmental disabilities and Parents of children with developmental delays or disabilities to take part in several interviews totaling around 10 hours to help them create better supports and resources for people and their families.

Participants will receive a $1000 stipend.

For more information contact 650-725-0555 or email ddcareconnect@standford.edu.



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 and sign up for ARCA's Voter Voice System, visit the link below.

VOTER VOICE CAMPAIGN

REDWOOD COAST REGIONAL CENTER RESOURCES



Redwood Coast Regional Center

Unmet Needs Survey for Redwood Coast Regional Center

Redwood Coast Regional Center wants your help to learn about unmet service needs in our community.

An unmet need is when there isn't enough of something important

Something that helps keep people safe and healthy

or helps people make life choices and meet their goals

Your response will help RCRC understand what is needed by you

Below is a link for a short survey

Please take a few minutes and complete the survey to help us understand

and create services to meet the needs of our community

If you have any questions about this survey please contact Leah Thompson, CPP Resource Consultant, at lthompson@redwoodcoastrc.org

https://www.surveymonkey.com/r/IGNDHV

REDWOOD COAST REGIONAL CENTER
Unmet Needs Survey

Redwood Coast Regional Center wants your help to learn about unmet service needs in our community.

Scan the QR code or visit the web address on the flyer to take our short survey.

Your response will help RCRC understand what is needed by you.

If you have any questions about this survey please contact Leah Thompson, CPP Resource Consultant, at lthompson@redwoodcoastrc.org

UNMET NEEDS SURVEY



REDWOOD COAST REGIONAL CENTER
Parent/Caregiver Training Series

RCRC's next Parent/Caregiver Training Series will begin November 19th and take place on the 1st & 3rd Thursdays through February 18th from 6-8p via Zoom.

This training is offered free of charge through a DDS Service Access & Equity Grant and live Spanish interpretation is available.

To register, scan the QR code on the flyer or email rbt@rcrcdei.org. There is no capacity limit, registration will close when the class starts.

REGISTER

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

REDWOOD COAST REGIONAL CENTER RESOURCES

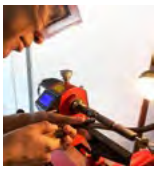
STATEWIDE SELF-DETERMINATION ORIENTATION

Join Us to Learn...

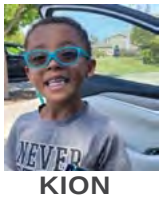
- What is SDP*
- How SDP Works
- The Principles of SDP
- Steps to Enroll in SDP
- Key Roles in SDP
- Your Next Steps

* 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

LOCAL & REGIONAL RESOURCES

Find these and many more on our website at:
redwoodcoastrc.org/resources-hub/local-resources/

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

RCRC Newsletter

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



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
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Redwood Coast Regional Center
Respecting Choice in the Redwood Community

RCRC Newsletter

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