

# Leadership Through Personal Change

SPRING 2008

## Words from the Chair, Consumer Advisory Committee



Cindy White  
Chair

Sam Durbin  
Vice Chair

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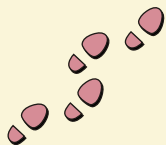
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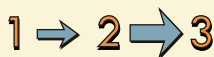
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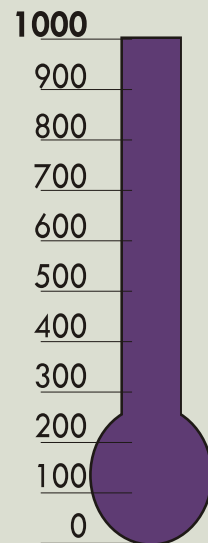
### My Life, My Way!



A Leadership Project  
sponsored by DDS CAC

At the last meeting, I was elected Chair and Sam is Vice Chair. We also met many new CAC members. It will be like a new beginning with all their ideas. One new member asked if it is true you can make your dreams happen. I said, "Yes, you can do it by advocating. **You've come to the right place.**"

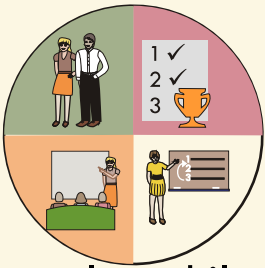
**Goal:**  
**Show CAC Leadership DVDs to 1,000 Self-Advocates**  
CAC members met their goal of showing their leadership DVDs to advocates across the state from Eureka to San Diego.





# LEADERSHIP THROUGH PERSONAL CHANGE

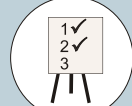
## Leadership Project



The CAC continues to lead by example. Everyone is working toward personal leadership goals while encouraging each other to be successful. Members are creating more user-friendly leadership tools this year as part of their three year plan. They are inspiring others in their communities to be self-directed, too.



THINK



PLAN



DO

## Members Speak Up



"You have to be able to take care of yourself and go to meetings to make it to your goal. If you are not healthy, you can't follow up on your mission."

"Some of us have a hard time asking for help. On a team you draw from someone else when you can't do it alone."

## CAC PRESENTERS



Beth Rubenstein



Brian Marsh

"Wellness and leadership go together. Being healthier helps you live the life you want. Working toward a wellness goal connects with being a successful leader. You can't have one without the other."

"Working together as a team is a way of mixing your strengths to get something much bigger done. You are a team with a facilitator, your friends and family, on a committee, and in your community. Everyone is part of somebody's team."

## Dreams and Think-Plan-Do

**Amanda Johnson** was seen on a fun new DVD about the importance of having your own dream and using your team. It showed how Martin Luther King, Jr. and President John F. Kennedy led their team and the country with their dreams to inspire everyone. It was made by the CAC Leadership Project team and also can be seen on YouTube:



[www.youtube.com](http://www.youtube.com)

Use search words: **CAC leadership**



# FOCUS AREAS

## NEW MEMBERS

**David Marcus**, from Bakersfield, has worked at Albertsons grocery for 16 years. He gives motivational speeches to special education high school students.



**Sue Ann Hankensiefken**, from Yuba City, is an active member of the Sierra Vista Residents' Council. Her dream is to move out into her own apartment.



**Pattie Simpkins**, from Oroville, has been involved for many years with People First. She was awarded the Sandra Jensen Advocacy honor.



**Amy Jessee**, from Irvine, is a clubhouse member at Integrity House. She speaks out on issues important to people with disabilities.



**Joseph Flanagan**, from San Francisco, is on the Golden Gate Regional Center CAC and with People First of San Francisco. He is interested in transportation and housing.



**Benjamin Kelsch**, from Grass Valley, was an active self-advocate in Northern California before becoming vice president of Nevada County People First.



**Robert Taylor**, from Los Angeles, is a board member of North Los Angeles County Regional Center and chair of their CAC.

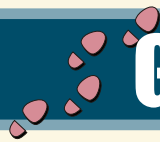


## ALUMNI NEWS



The CAC said good-bye to **Donald Roberts** and thanked him for his contributions. Donald plans to continue his art work and advocate for others. He will be participating in Partners in Policymaking.





# GOING FORWARD

## THINK-PLAN-DO

### It Really Helps!

**Patti** - A way of making decisions in your life and taking action.



**Danielle Knight** - It is about how to achieve your goal.



**Michelle Gordon** - You improve using Think-Plan-Do. Things begin to change.

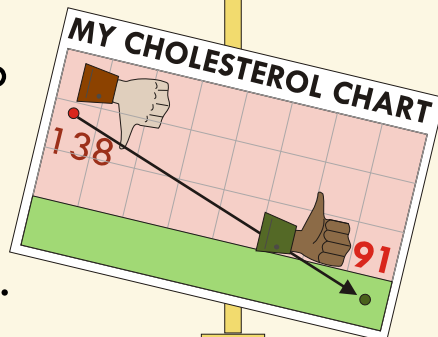


**Miguel Lugo** - Think-Plan-Do is very motivating. Being at the CAC meeting motivates me to keep going because right now I am going through a struggle.



### Taking Care of Myself

**Nyron Battles** - You just have to set goals and keep going. I lost weight and my sugar level is normal. I feel good about myself.



## MAKING YOUR GOALS HAPPEN

### Finding a Mentor

**Debbie Beeter** - I didn't know where to find a mentor but found one with help. It is a lot of hard work for both of us but it is worth it. I am learning how to be a narrator from a professional.



### Leading My Team Meeting

**Lori Sloan** - I don't keep things in. My support staff takes over. That is not OK.



### Making My Goal Happen

**Betty Pomeroy** - I want to show others they can make their dreams happen. My team and my IPP work for me now.



## FEELING SAFE, BEING SAFE



DDS and the CAC created an important new community living tool called **Feeling Safe, Being Safe**.

With a worksheet, information magnet

and DVD, it can help

everyone in California be prepared in case of an

emergency. In the

DVD, CAC

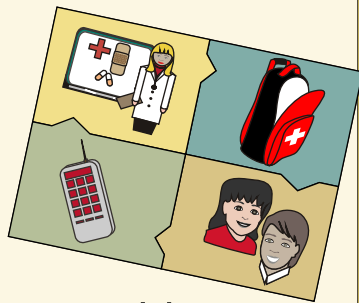
member Sam

thinks, plans and

takes action using

the worksheet and magnet to

be prepared and feel safe in an emergency.



**Nicole Patterson**, DDS Consumer Services Coordinator, and members of the CAC will

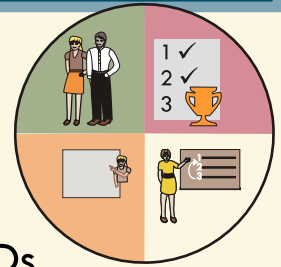
provide training sessions

throughout California to show

advocates how to use **Feeling Safe, Being Safe**.

For more information and to schedule a training, call Nicole (916) 916-654-1888.

## COMING UP



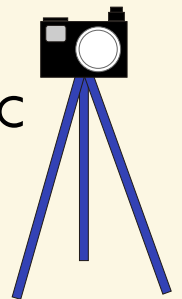
The CAC will review drafts of the new DVDs and Guides on Think-Plan-Do at their May meeting. They include: **Making a Decision, Finding a Job** and **Public Speaking**.

A total of nine (9) DVD's and Guides will be completed by June and field tested this summer.

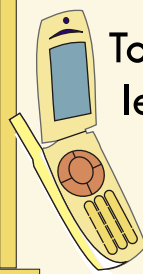
Debbie narrated new CAC DVDs in a Los Angeles sound studio after the February CAC meeting. She will complete narrations of the remaining DVDs in April.



More filming with many CAC members is underway and will finish up this May.



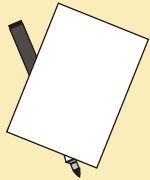
To find out more about CAC leadership tools and when new DVDs and Guides are available, contact Nicole at DDS 916-654-1888.



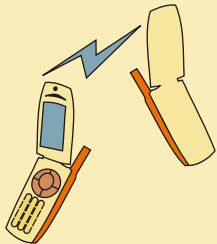
# GOOD IDEAS



## LEADING MEETING TIPS



Write down what you want to talk about.



Tell your support person how to help you.



Set up meeting rules to help you run your meeting.



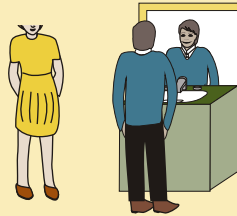
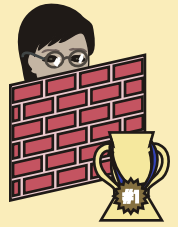
### CAC on YouTube

Find the 6 Leadership DVDs and the new **Feeling Safe, Being Safe** DVD on YouTube.

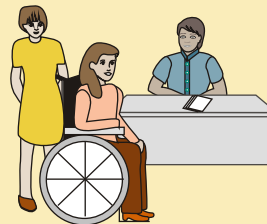
#### How to find YouTube:

- (1) go to [www.youtube.com](http://www.youtube.com)
- (2) In the "search" box - type in: **CAC leadership**
- (3) Push enter on your keyboard

## MEETING TRAPS



Not having help.



Letting other people talk instead of you.



Not being prepared.



### To obtain additional copies and CAC tools

**Nicole Patterson**, Consumer Services Coordinator, DDS  
Office of Human Rights & Advocacy Services  
1600 9th Street, Room 240  
Sacramento, CA 95814  
916-654-1888  
[nicole.patterson@dds.ca.gov](mailto:nicole.patterson@dds.ca.gov)

OR

Mark Starford



**The Board Resource Center, Inc.**  
PO Box 601477, Sacramento, CA 95860  
866-757-2457 [mark@brcenter.org](mailto:mark@brcenter.org)

## NEXT CAC MEETING

MAY 13 | MAY 14

Come join us at the  
**Hawthorn Suites**  
**321 Bercut Drive**  
**Sacramento, CA**