

SUMMER 2008

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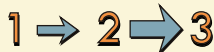
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My Life, My Way!



A Leadership Project
sponsored by DDS CAC

Words from the Chair, Consumer Advisory Committee



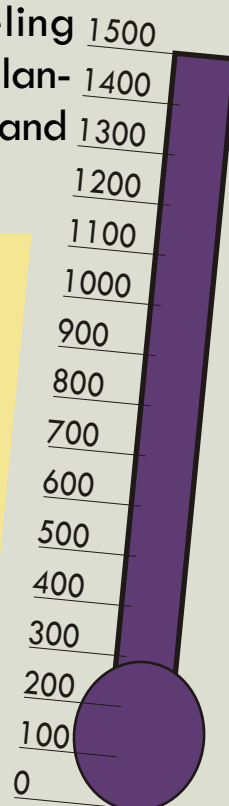
Cindy White

We had great presentations and teamwork at our last meeting. New members like what they hear and see about CAC leadership. Members of the ARCA (Association of Regional Center Agencies) CAC also attended to learn about our Feeling

Safe, Being Safe project. Using Think-Plan-Do, we have a great time ahead of us and the choices in our lives.

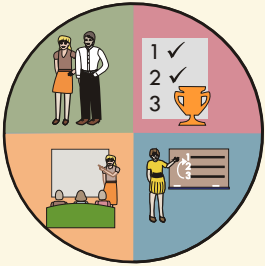
BEYOND OUR GOAL

Congratulations to CAC members who passed the 1,000 mark by sharing their leadership DVDs with more than 1,500 advocates across California. The CAC continues to offer presentations so others can expand their personal leadership.





LEADERSHIP PROJECT



The CAC is close to completing its three (3) year leadership project. New members are moving ahead with personal mission statements and leadership goals.

Long time members are helping complete the seven (7) new leadership DVDs and Guides. Some members are being recognized in their communities for their advocacy work. Through personal example, the CAC encourages self-advocates around the state to contribute to their communities and live their lives, their way.

Members Speak Up

Members reviewed two new leadership DVDs: Leading My Own Team Meeting and Making a Decision.



Lisa Krueger - It helps you be prepared and ask the right questions.

Lori Sloan - They are respectful.



John Graber - The new DVDs do not tell you what to do, they give you helpful hints.



Sam Durbin- People will understand it, because it is in their voice.

Tommy Michaels - The right and wrong, it covers it all.



Feeling Safe, Being Safe

The CAC tried out their new emergency preparedness tool, **Feeling Safe, Being Safe**. The worksheet, magnet and DVD can help people in California be ready in case of an emergency. They also reviewed the DVD with Sam Durbin showing how to be better prepared.

With Sue Ann taking the lead, people living at Sierra Vista in Yuba City are being paid to package 50,000 sets for advocates and families across the state.

The CAC will train advocates all over California on how to use their **Feeling Safe, Being Safe** tools.



NEW MEMBER MISSION STATEMENTS

Amy Jessee - I want to be a motivational speaker for people with developmental disabilities on key issues like transportation and safety.



Sue Ann Hankensiefken - I want to be a leader in my community and teach others about making their own choices.



Ben Kelsch - I wish to live a healthy and fulfilling life by accomplishing what is important to me.



Patti Simpkins - Through leadership and education, I help others and myself.



Joseph Flanagan - I advocate for myself and others; taking care of my health and my home.



THINKING AHEAD My Way, My Choice, My Life at the End



**Betty Pomeroy and
Connie Martinez**

introduced the
new self-
determination tool,

**Thinking Ahead-
My Way, My Choice,
My Life At the End.**



Advocates can use the DVD and workbook to think, plan and take action so their end-of-life choices may be protected.

While death is not easy to talk about, Betty and Connie shared how important it is to make their own decisions even up through the very end.



You can see Betty and Connie tell their real-life stories in the **Thinking Ahead DVD** on YouTube. www.YouTube.com
Search word: **cac leadership.**

For more information, contact Mark Starford
mark@brcenter.org.

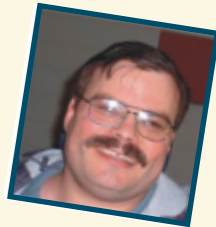
THINK-PLAN-DO



Cindy White -

I received a self-advocacy award for my work in the community using Think-Plan-Do from Becoming Independent in Santa Rosa.

John Graber - Do you think Think-Plan-Do can work for all people of California? **YES!**



Nyron Battles - I used to get frustrated before making a decision. Now I am a new person.

Debbie Beeter - I always organize my papers and clothes before going to a meeting.



Sam Durbin - I wrote to a famous writer about what it takes to be a published writer. He wrote back and now

he is mentoring me about ways to get my book ready for the public. A famous actor called me and wants a copy of my book, **You Are Not The Boss Of Me.**

NEW MEMBER HIGHLIGHT



David Marcus has worked at Albertson's grocery for 18 years in Bakersfield. He also serves on the board of directors for Kern Regional Center and speaks with special education classes to encourage teens with disabilities.

NICOLE SURPRISED



Keeping it very quiet, the CAC surprised Nicole Patterson with a baby shower. During lunch at the CAC meeting, members presented gifts and shared good wishes with the soon-to-be mother. They used Think-Plan-Do to make a happy moment for everyone.



STATEWIDE PEOPLE FIRST CONFERENCE

CAC members conducted three (3) workshop sessions at the PFCA conference:

- Thinking Ahead
- Making a Decision DVD
- Guide to Healthy Living



Miguel Lugo



Betty Pomeroy



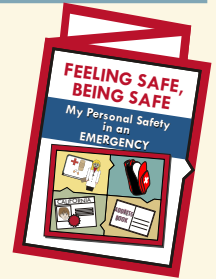
Cindy White



Krisi Franzone

SUPPORTED LIFE CONFERENCE

Members will participate in presentations again at the Supported Life Institute's conference in October.



They will show others how to use the new **Thinking Ahead** booklet, the **Feeling Safe, Being Safe** tools and the new **CAC Leadership DVDs**.

Come and support the CAC and enjoy all the great workshops at the conference.



Feeling Safe, Being Safe was also featured at the PFCA conference health fair. CAC members, DDS staff and volunteers helped 500 advocates complete their worksheets and magnets. 400 emergency kits were

given out. Training throughout the state on how to use the **Feeling Safe, Being Safe** worksheets and magnets will begin at all regional centers in the fall.



CAC on YouTube



The newest CAC DVD-**Feeling Safe, Being Safe** DVD can be seen online at YouTube along with the other CAC leadership DVDs.

Write your comments about the DVDs for the world to read on the Web.

How to find YouTube

- (1) Go to www.youtube.com
- (2) In the "search" box Type: **CAC leadership**
- (3) Push "enter" on your keyboard

SEEING SACRAMENTO SITES



At the last meeting, CAC members took care of business during a busy two (2) days.

They also had time to get to know each other and enjoy Sacramento sights. Tommy and Sue Ann toured Old Sacramento.

COMING UP



The CAC continues to review drafts of seven (7) new DVDs and Guides.

They focus on more leadership topics:

- Finding a Job
- Accepting Advice
- Building a Career
- Finding a Mentor
- Listening and Asking Questions
- Having My Own Business
- Public Speaking.



A total of nine (9) will be completed soon and available in 2009. For more information about the CAC leadership tools, call **916-654-1888**.



NEXT CAC MEETING

Join the CAC at the Hawthorne Suites in Sacramento on September 9 & 10.

Highlights of upcoming meeting

- Previewing the new DVDs
- Learning about making a resume
- Being a healthy leader
- Working with a mentor

BEING HEALTHY RECIPES

CAC members know leadership and healthy living go hand-in-hand. Health Coach Beth Rubenstein helped members collect their own recipes of favorite healthy foods for their new booklet. They had a taste test at their last meeting and enjoyed the muffins and fruit snack.

The Healthy Living Recipes booklet is available at the DDS website on the Consumer Corner page www.dds.ca.gov.

Here are two (2) easy summer recipes.

SUMMER DELIGHT

Watermelon
Honeydew melon
Cantaloupe

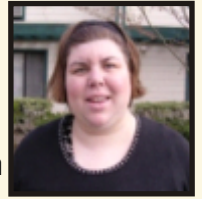


Large bowl
Freezer bags or small bowls with lids

Directions

Cut all melons in half
Clean out seeds
Cut melons in half again
Slice melons almost to the bottom in one direction.
Cut into bite-size pieces
Carefully cut above the rind
Put melons pieces in large bowl.
Fill Ziploc bags or plastic bowls with melons and put in freezer.

ZUCCHINI MUFFINS



1/4 teaspoon ground nutmeg
1/2 teaspoon ground cinnamon
1/2 teaspoon salt

1 1/4 teaspoons baking powder
1 1/4 teaspoon baking soda
1 teaspoon vanilla extract
1 tablespoon white vinegar
1/4 cup vegetable or canola oil
1 cup water
1/3 cup sugar
2 cups all-purpose flour
1/2 cup low-fat milk
1 cup shredded zucchini

Directions

Preheat oven to 350 degrees.
Lightly spray a 12-muffin pan with vegetable spray.
Mix flour, baking powder, sugar, baking soda, salt, cinnamon and set aside.
Add zucchini to flour mixture.
Mix water, oil, milk, vanilla and vinegar.
Pour liquids into the flour mixture, mix well. Fill each muffin slot in pan half-full.

Bake 35 to 40 minutes.

Let cool before removing from pan.

To test: *Insert toothpick. It is ready when toothpick comes out clean.*



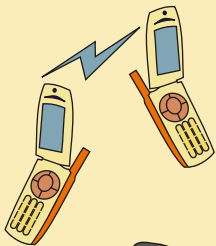


PUBLIC SPEAKING

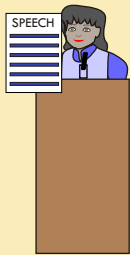
TIPS



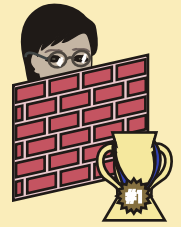
Be prepared so you feel confident and professional.



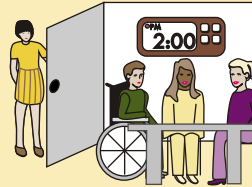
Arrange for your transportation ahead of time.



Write out your speech and practice it many times.



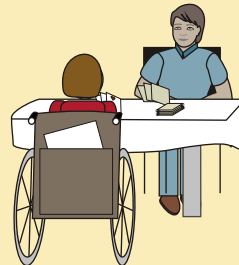
TRAPS



Being late will make you feel stressed.



Having wrinkled clothes makes you look unprofessional.



Not practicing your speech makes you unprepared.

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
OR
Mark Starford



The Board Resource Center, Inc.
PO Box 601477, Sacramento, CA 95860
866-757-2457 mark@brcenter.org

NEXT CAC MEETING

SEPT 9 | SEPT 10

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

