

Department of Developmental Services
Consumer Advisory Committee

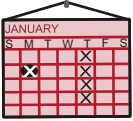
Meeting Minutes
February 20 & 21, 2007

Members Attended

Nyron Battles
Colette Madore
Lori Sloan
Betty Pomeroy
Sam Durbin
Kim Rucker
Bruce Thomas
Michael Parr
Cindy White
Debra Beeter
Miguel Lugo
Michelle Gordon
Danielle Knight
Joshua Watterson

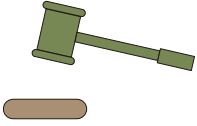
Others Attending

Barbara Mayer	Jason Deats
Tania Von Allen	Carol Lopes
Jesse Padilla	Omar Tejada
Laura Martin	Janice Horne
Clyde Pomeroy	Monty Gipson
Donald Roberts	Eric Torres
Krisi Franzone	Ellen Lewis
Scott Griego	Debbie Reath
Jolene Bradford	Judy Citko
Marcy Holbrook	Carol Risley
Edward White	
John Graber	
Jocelyn Rothchild	
Tammy Evrard	
Nicole Patterson	
Rosemarie Lally	
Sherry Beamer	
Mark Starford	
Daniel Dawkins	
Beth Rubenstein	
Kathleen Ozeroff	
David Nieto	
Cathy Castro	
Kathleen Carlson	



February 20, 2007

1. **CALL TO ORDER**



Kim Rucker, Vice-Chairperson, called the meeting to order at 9:05 A.M.

- A. Everyone introduced herself or himself.
- B. General announcements were made.

2. **BEING A LEADER, THE NEXT STEP**



Mark Starford and Tammy Evrard went over the Leadership Through Personal Change Training- this current project will includes: good planning and decision making; listening and speaking well; risk taking; and taking good care of yourselves. They also showed the committee how all the areas will tie with member's personal mission statements by showing examples with two members on how this worked for them.

3. **CAC LEADERSHIP MEMBERS' REPORTS**



The following leadership members gave their reports on what they have been doing on behalf of their leadership goals and the committee and their leadership goals: Donald Robert, Krisi Franzone, Colette Madore, and John Graber.

4. **SUIT YOURSELF, CREATING YOUR IMAGE**

Eric Torres and Kim Rucker gave the following information to the CAC about the importance having a professional image:



A good professional image includes:

- Clothes that fit your taste and comfort

- Making sure you're neat and clean

- That you keep a positive and confident attitude

- Communicate in a way that is respectful and polite



What makes a good first impression:

- Smile

- Shake hands

- Eye contact

- Show interest in the person you are meeting

- Remember names

- Think, act, and look successful

- Dress in clean, comfortable, and well fitting clothes so you can feel confident

- Be prepared

Good tips to remember:

- Different appearances make different statements about you

- When you find success in your image- repeat it

- Spend one hour a week taking care of yourself:

 - Your clothes (cleaning and preparing)

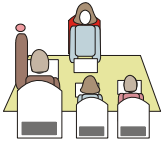
 - Your grooming (hair, face, nails, body)

Your professional image (attitude, greeting)

Accessible and affordable:

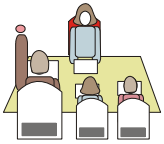
Don't buy something new until you look in your closet first

5. **CAC MEMBERS' CHECK-IN SESSION**



Members met with Nicole Patterson and Carol Risley. Some members gave reports about personal activities and issues they wished to share with the Committee.

FACILITATORS' CHECK-IN SESSION



Mark Starford and Tammy Evrard met with the facilitators and gave a training on the role of facilitators.

6. **COME LISTEN TO MY STORY**

Tania Von Allen talked to the CAC about the importance of how you tell a story when you have a short amount of time to get the story across. Tania also used the "Think, Plan, Do" method of thinking to show the CAC how she plans to tell the story of Kim's makeover.

7. **BEING HEALTHY LEADERS**

Beth Rubenstein came to talk about how to live a healthy life style.



Why Eat Healthy? - the connection between your body and mind;



Your body will work as it was designed
Have more energy
Improved thinking
Look good
Feel good

Beth went over the two day food diary were people write down everything they ate for two days in the last three months. John shared his food diary.

Beth asked the member during lunch to think about, why you order what you do, what do you eat? So the members were to asked to answer questions at lunch time like, why I ordered the lunch I did? What happen when I eat with my other hand? Where on my tongue did I taste food? When I finish lunch, I did I feel?

After lunch Beth asked some people to share their lunch experiences and share the answers to the questions.

Next Beth talked about movement and exercise, and how important it is.



What is the difference between movement and exercise

Exercise is movement
All movement is not exercise

Why is movement important?
Movement is life

Movement makes everything possible
Comfortable movements allows us to be at ease

Why do we exercise
To feel better
Be healthy
Look better

Beth went over all the exercises that she has shown to CAC to help them keep relaxed during the day.

8. **SUIT YOURSELF, CREATING YOUR IMAGE**

Eric talked about how to create a vision of your own image by using a tool he uses called a vision board.

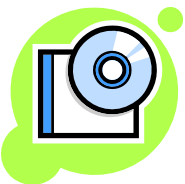


A vision board is a place where you can see the image you want the world to see in you, by putting pictures of the way you would like to see yourself so you know what you're working towards.



He handed out starter kits for the CAC members to get started on their image board when they go home.

9. **DVD #1 MANAGING MY MONEY**



Tania Von Allen talked about all the things they had to do to get to get the 1st DVD out on managing money with Betty.

Think: What story do I want to tell in the DVD?

Answer: Tell the story of Betty managing her money to buy a new waffle maker.

What ingredients do I need to tell the story?



Answer: Pictures, narrator to tell the story, graphics, and music.

What do I need so the DVD tells the story?

Create a checklist.

Plan: What do I need so the DVD tells my story?

How will this story support your leadership goals?

How will it inspire other leaders?

Equipment?

Create a story recipe: Beginning, Middle, and End.

Do: What needs to be done?

Things to do before the shooting of the DVD

Things to do while shooting the DVD

Show the DVD

10. CAC LEADERSHIP MEMBERS' REPORTS



The following leadership members gave their reports on what they have been doing on behalf of the committee and their leadership goals: Betty Pomeroy and Daniel Dawkins.

11. COMMUNITY ASSIGNMENTS

- A. **Community Presentations:** Make ONE presentation about the CAC work and Leadership Program before the May 2007 CAC meeting. Your facilitators will help you organize, plan and get any materials needed from DDS.

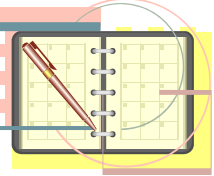


B. **Think/Plan/Do:**



1. **Movement and feeling good:**
Try one (1) movement exercise that helps you feel good.

2. **Think:**
What needs to happen so you can exercise regularly?



3. **Organization and Planning:**
Tell the CAC how you schedule appointments [your plan] and what [DO] you do if you can not keep them.



4. **Professional Image:**
Create your professional image.

- a. Your Professional Image Book
- b. Think-Plan-Do
- c. \$75.00 budget

Wear or bring your professional image items to the May CAC Meeting.

5. **Leadership Goal:**

- a. Think about your CAC Goal
- b. Make a plan to start [with your facilitator]

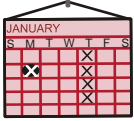


Think about what is important to you, make your plan, identify your team and the help you need, and next steps to meeting your leadership goal.



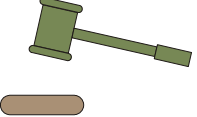
12. The meeting adjourned for the day at 4:35 p.m.





November 15, 2006


1. **CALL TO ORDER**



Kim Rucker, Vice-Chairperson, called the meeting to order 8:47 a.m.


- A. General announcements were made.
- B. The agenda for the second day was reviewed and changes were made. **It was moved (Michael Parr), seconded (Debra Beeter), and carried to approve the agenda as changed.**
- C. The minutes of the November 2006, CAC meeting were reviewed. **It was moved (Lori Sloan), seconded (Michael Parr), and carried to accept the minutes with corrections.**

2. **NOMINATING COMMITTEE REPORT**



The Nominating Committee Report was read by Debra Beeter. **It was moved (Lori Sloan), seconded (Michelle Gordon), and carried to accept the report as given.**

3. **ELECTION OF OFFICERS**



Election of Officers- The election was held for Chairperson and Vice-Chairperson. The CAC elected Kim Rucker as Chairperson and Cindy White as Vice-Chairperson.

4. **CAC MEMBERS' REPORTS**



The following members gave their reports on what they have been doing on behalf of the committee and their People First or local self-advocacy group: Kim Rucker, Michael Parr, Colette Madore, Lori Sloan, Betty Pomeroy, Bruce Thomas, Cindy White, Debra Beeter, Sam Durbin and Nyron Battles.

5. **CaITASH CONFERENCE REPORT**



Sam and Mark shared how the CaITASH Conference went. Their workshop worked really as a team on the Leadership and Choices materials. Nyron also how he felt about the conference.

6. **Budget Update**

Carol Risley talked about items in the Governor's Budget 2007-08 as follows:

Department of Developmental Services

Overall Changes

DDS' budget would go up to \$4.3 billion or 5.7% from 2006-07

Number of consumers served will go up from 212,155 to 220,600 or 4%

Number of consumers living in state developmental centers will go down from 2,834 to 2,589 or -8.6%

Minimum Wage Increases

Minimum wage will go up again on 1/1/08 to \$8 per hour



Workers, who make minimum wage, in community care facilities, day and work activity programs, respite care and supported living services will get an increase in pay

Transportation

Now, state money pays for transportation services for consumers, budget proposes that a special transportation fund (Public Transit Account) pay for these services
Saves the State \$144 million

Reducing Costs

Budget will keep many things to reduce costs
freeze on rate increases for some services
freeze on new program development, except for homes for consumers to move out of state developmental centers
allowing more days to develop and start services in an IPP

These are all currently happening this year

Developmental Centers

Number of consumers living in centers will go down

Porterville will be adding 96 more beds in the Secure Treatment Program

Fairview and Porterville will get some improvements

Agnews is to close by July 2008

Consumers moving out of Agnews

6 less consumers will move to the community this year than planned to move

145 consumers will move to the community during 2007-08

some residents of Agnews will
move to other developmental
centers

Department of Social Services

SSI/SSP

1.3 million people will get SSI/SSP, a 2.1%
increase from 2006-07

People on SSI/SSP will get a 5.4% cost-of-
living adjustment (COLA) on 1/1/08

Individuals will go from \$856 to \$892 per
month

Couples will go from \$1502 to \$1565
per month

In-Home Supportive Services (IHSS)

The number of people getting IHSS will go up
by 5.4%

The State will freeze the amount it will help
pay for IHSS worker wages at the level on
1/10/07

If IHSS worker wages go up, the counties or
federal government will have to pay for the
cost

IHSS workers now make an average of
\$11.10 per hour

7. **Risk Management**

Debra Reath from DDS came in place of Ursula
Bischoft from Acumen, Debra talked about a piece of
the Quality Management System that deals with risk
management to bring the new CAC members up to
speed.

She explained about the information that is gathered when a person with developmental disabilities experiences an injury, illness, or harm:



How the information is gathered.

Why the information is important.

What to do with the information.

How this information can help consumers when making decisions by knowing what is harmful, and working with your planning teams to find ways for it to less likely happen, and by getting information about what you are planning to do and how it can be done with the least harmful risk as possible.

Debra asked the CAC how they felt about the tool to help people keep track of their medications. The committee was asked to complete the medication sheet and answer questions like:



Is the tool useful?

How long did it take for you to complete the tool?

How did you use it? (for example, When you visited your doctor, when you took your medications, with help from your support staff)

What didn't you like about the tool?

How can the tool be changed to better meet your needs?

The some committee members complete the work sheet and handed it in to Debra.

For the next CAC meeting Debra asked the committee to be looking for an email from Nicole or Kathleen in April telling them to look at the new safety net website design and tell us what you think at the next meeting.

8. **SENATE BILL 1270 WORKGROUP REPORT**

Kim and Cindy talked about the first statewide meeting they had about the Senate Bill 1270 workgroup. The workgroup is made up of players from all aspects of the developmental services system. The group was formed to give ideas on how to better the lives of people with developmental disabilities outside of typical day program. They discussed:

- Help consumers when they need services like social and recreation during the day;
- Help consumers with jobs;
- Self-determination and new places to live;
- Things that could be done in California to support consumers and families;
- Things that stop consumers from meeting their IPP goals; and
- Have options after leave school other than workshops.

The next two meetings will be sometime in February and May, 2007. After each main meeting, small groups will be getting together with local agencies to get input from area boards, regional centers, and high school students in transition.

9. **COORDINATOR OF CONSUMER SERVICES REPORT**

Nicole gave a report on what she has been doing for the past three months:



On January 24, 2007, she did a session on the Making My Own Choices materials at the “Taking Charge of Transition Conference” put on by Pride Industries at Sacramento State.



On January 25- February 5, 2007, she went to Japan with Julia Mullen. They visited 4 different cities in Japan talking about the services we provide in California for people with developmental disabilities.

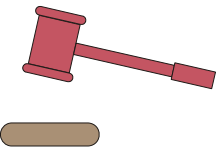
She has been working with Barbara Mayer interviewing the residents at Agnews. She and Debra did mini presentation to the CAC on how an interview takes place with a resident at Agnews. They have done about 100 interviews so far.

10. **GUIDE TO HEALTHY LIVING**



Miguel Lugo and Mark Starford talked about a project that Regional Center of East Bay is doing through a DDS wellness grant to help people learn how to live healthier lives. The people that are taking part in the project are paid to pick a health goal make, a plan and follow it through so they can share their experiences with someone that may share the same health goal.

11. **End Of Meeting**



Kim Rucker, Chairperson adjourned the meeting at 3:05 p.m.