

Department of Developmental Services  
Consumer Advisory Committee

Meeting Minutes  
February 20-21, 2008

Members Attended

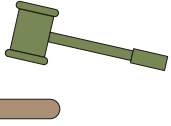
Bruce Thomas	Marilyn Smith	Paul Bucci
Ben Kelsch	Betty Pomeroy	Sandy Hansen
Sam Durbin	John Graber	Larry Prosser
Robert Taylor	Jesse Padilla	Brittney Sandahl
Cindy White	Clyde Pomeroy	Brian Marsh
Miguel Lugo	Tom Sardo	Eric Torres
Michelle Gordon	Janette Ledea	Chris Pratt
Danielle Knight	Krisi Franzone	Larry Landauer
Lisa Krueger	Jolene Bradford	Kim Rucker
Tommy Michaels	Edward White	Howard Wexler
Pattie Simpkins	Carol Risley	Marcia Orland
David Marcus	Tammy Evrard	
Amy Jesse	Nicole Patterson	
Sue Ann Hankensiefken	Sherry Beamer	
Joseph Flanagan	Mark Starford	

Others Attending

Liz Lyons	Orbelin Bautisa
Betty Killebrew	Nyron Battles
Gabriel Rogin	Kathleen Carlson
Gail Skirsky- Bohu	Carol Lopes
Charlene Jones	Lori Sloan
Jennifer Dwyer	Kathleen Ozeroff
Brooke Beers	Tommy Mestmaker
Linda Thompson	Donald Roberts
	Claudia Estrada
	Debra Beeter

February 20, 2008

1. **CALL TO ORDER**



Cindy White, Vice Chairperson, called the meeting to order at 9:25 a.m.



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

2. **REVIEW OF THE DAY'S AGENDA**



Mark Starford went over what the day was going to look like. He explained that it was going to be a day of talking about facilitation, goals and desires, professional image, wellness and leadership, finding a mentor, being a team player, reviewing the being safe and feeling safe materials and help in making decisions.



3. **FACILITATION AT CAC MEETING**

Mark Starford talked to the CAC about facilitation and what it means; he also talked with the group about the importance of creating their own plan with their facilitator to help their facilitator understand what their needs are, to better assist them in the meeting. The members took some time making plans with their facilitators.

4. **GOALS AND DREAMS**

Amanda Johnson talked to the CAC about the importance of having goals to help their desires happen in their life. She joined them by creating a DVD of herself talking and



answering questions about how members goals and desires can happen by following four steps to help reach each goal or a desire one might have. The four key steps are:

1. Think- set a goal
2. Plan- make a plan
3. Team- get support
4. Do- take action

Mark Starford asked the group if there ever was a time when they did something without thinking and if they did, what happened? The group gave some examples of what could happen. Amanda reminded the group about some of the goals and desires of people in the room. She asked them to begin thinking about the next steps.



## 5. **PROFESSIONAL IMAGE**

Eric Torres talked to the CAC about the importance having a professional image. He said a good professional image includes:

- Clothes that fit your taste and comfort
- Making sure you're neat and clean
- Keeping a positive and confident attitude
- Communicating in a way that is respectful and polite

Eric explained that the following actions a good first impression:

- Smile
- Shake hands
- Give 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  
Be prepared

Good tips to remember:

Different appearances make different statements about you. 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)

Michelle Gordon did a presentation about what she does to get prepared for a presentation, to make sure she shows her professional image by doing things like: making sure she has all the handouts she needs, that her transportation is set up to get her where she is going in time, getting out what she going to wear the night before and make sure it is ironed.



## 6. CAC LEADERSHIP MEMBERS' REPORTS

Debra Beeter, John Graber, Krisi Franzone, Donald Roberts, Nyron Battles, Lori Sloan, Betty Pomeroy and Kim Rucker gave their reports on what they have been doing toward their leadership goals.



## 7. BEING A HEALTHY LEADER

Beth Rubenstein talked about the importance of having a healthy living goal to go along with leadership goals to help them be better leaders by: eating healthy, exercising, and

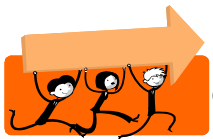
reducing stress. Beth reminded the CAC members that she is the Healthy Living Coach for the CAC. Beth and Lisa Krueger did role-played on how a healthy living coach helps you meet your goals. Beth will talk to each member about their goals and teach them new ways to exercise.



## 8. FINDING A MENTOR

Mark Starford talked about the importance of finding a mentor that is a professional in the same field as your goal. He gave two examples how members are working to find their mentor. The first person he talked about was Debbie Beeter and her goal of wanting to be an interview reporter that helps people tell their stories. Debbie has joined the Toastmasters Club in her community to improve her speaking skills. She also has been talking to someone at Toastmasters that may become her mentor. The next person was Sam Durbin, his goal is to get his book in the hands of more people. Sam wrote a letter to a successful author that he admires to get input on what his next step should be.

Mark also talked about the following important things that a mentor needs: experience in your field, willingness to help, and a wish to succeed.



## 9. BEING A TEAM PLAYER

Brian Marsh talked to the CAC about listening and asking questions; accepting advice; and tips and traps. Brian talked about why it was important to be a good listener, and what you should be doing when you are listening to someone. He talked about how to get advice, what to do when you don't like the advice

you get and how to accept advice on and off the job. Brian also talked about how being prepared for things like meetings, interviews, and presentations is a part of being a good team player.



## 10. **BEING SAFE, FEELING SAFE**

Mark Starford and Sam Durbin talked about the new consumer emergency preparedness tools to help people create their own emergency plan. Mark handed out a workbook and a magnet. Mark and Sam went over the workbook to show how people will use the workbook. A DVD is also being made to go with the workbook. The DVD will show people how to use the workbook and gather the personal information that people will need in an emergency so they are better able to get help or help themselves in time of need. The magnet is a tool for people to have posted in clear view with brief personal information. It should have the location of your kit (the workbook that helped you get ready), medications, and people to contact .



## 11. **MAKING A DECISION**

Mark Starford talked about the importance of people taking charge of making their own decisions, because when you make your own decisions it shows good leadership skills that you are setting your own goals, making your own plan, and taking steps to meet your goal. Cindy White, Danielle Knight, Thomas Michaels, Lori Sloan, and Lisa Krueger shared how they use “Think” “Plan” “Do” in making decisions.



## 12. COMMUNITY ASSIGNMENTS

The following assignments were made for the leadership project participants:


1. Being Safe, Feeling Safe
    - a. Complete your Being Safe, Feeling Safe Plan
    - b. Prepare your emergency kit
    - c. Tell us how it went at the May meeting
  
  2. Presentations  
NEW MEMBERS
    - a. Complete your “Making My Own Choices” book.
    - b. Give a presentation at a local People First or self advocacy group about the DDS CAC and the Leadership Project.
  
  3. MEMBERS AND LEADERSHIP
    - a. Continue showing the DVDs to advocacy groups
  
  4. Working with your Mentor
    - a. Finish your mentor plan.
    - b. Take action on your mentor plan.
    - c. Tell us how it went at the May CAC meeting.
  
  5. Healthy Leader
    - a. Think about your leadership goal and being healthy.
    - b. Ask for support - call Beth for new ideas.
    - c. Make your own healthy living plan.
13. The meeting adjourned for the day at 5:07 p.m.

February 21, 2008



1. CALL TO ORDER

Cindy White, Vice Chairperson, called the meeting to order at 8:33 a.m.

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- A. General announcements were made.
  - B. The agenda for the second day was reviewed. **It was moved (Pattie Simpkins), seconded (Michelle Gordon), and carried to approve the agenda.**
  - C. The minutes of the November 2007, CAC meeting were reviewed. **It was moved (David Marcus), seconded (Sam Durbin), and carried to approve the minutes as presented.**



2. COORDINATOR OF CONSUMER SERVICES REPORT

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

- She let the CAC know that the interviews with residents at Agnews DC were completed.
- She went to the People First of California meeting on February 1-2, 2008.
- She would like to visit each new CAC member in their own community and do a presentation with the member at one of their local day programs.
- She will be participating on a panel at Inland Regional Center on the topic, "What is holding back people with developmental disabilities from living their lives" on March 14, 2008.





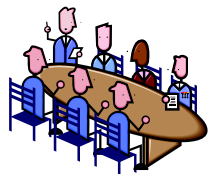
### 3. CAC MEMBERS' REPORTS

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 groups: Michelle Gordon, Tommy Michaels, Sam Durbin, Danielle Knight, Cindy White, Miguel Lugo, Lisa Krueger and Bruce Thomas.



### 4. INTEGRITY HOUSE PRESENTATION

Cathy Demello, Director and Melissa Galindo, member of Integrity House talked to the CAC members about the history and unique style of this clubhouse called Integrity House. The thing that makes Integrity House so different from other day programs is that they believe that members who attend the clubhouse are just as important to making Integrity House a success as the staff is, because they work side-by-side to make things happen from day-to-day no matter what the job is from cleaning the bathroom to developing a website. The members also choose the projects they work on, what hours they attend the clubhouse, and what activities they do.



### 5. NOMINATING COMMITTEE REPORT

The Nominating Committee Report was read by Nyron Battles. **It was moved (Sam Durbin), seconded (Michelle Gordon), and carried to accept the report as given.**



### 6. ELECTION OF OFFICERS

Election of Officers-

- The election was held for Chairperson and Vice-Chairperson.

- The CAC elected Cindy White as Chairperson and Sam Durbin Vice-Chairperson.



## 7. 2008-09 GOVERNOR'S BUDGET

Carol Risley talked about items in the Governor's Budget 2008-09 as follows:



- Total budget will go up from \$4.452 to \$4.505 billion.
- Number of consumers served by regional centers will go up from 221,655 to 232,125.



- Number of consumers living in state developmental centers will go down from 2,620 to 2,449.



- There will be more money for mental health services for consumers.

- Amount of money paid to many providers of services will not change.

- Supported employment services providers will get less money.

- No new money to start-up services except for the Community Placement Plan.

- Number of consumers served by a regional center service coordinators will go up.

- More families will pay for part of camping, respite and day care services.

- Less money for clients' right advocacy services.





- A limit on the number of consumers who can live at Porterville Developmental Center in the Secure Treatment Program.
- Less police officers at Porterville Developmental Center.
- Fewer people working in the Regional Resource Development Projects (RRDP).
- Less money to run regional centers and state developmental centers.
- Agnews Developmental Center to close by June 30, 2008.
- Less people and money to run the Department of Developmental Services.



## **DEPARTMENT OF SOCIAL SERVICES**

### **SUPPLEMENTAL SECURITY INCOME (SSI/SSP)**



- No state cost-of-living increases in June 2008 and June 2009. Federal cost-of-living increases will still be given.

### **IN-HOME SUPPORTIVE SERVICES (IHSS)**



- Less hours to help consumers with making meals, clean-up, laundry, food shopping and errands.



## DEPARTMENT OF HEALTH CARE SERVICES

### MEDI-CAL



- Less money paid to doctors and others for medical care to consumers.
- Medi-cal will not pay for some services such as adult dental, optometry, speech therapy, psychology, and others.



### 8. WHAT DOES THE CAC WANT TO DO NEXT

The CAC discussed topics that they would like to see the team work on in upcoming years. The list includes:

- Emergency Preparedness
- Self Directed Services
- Employment
- Health Care
- Political Issues
- Transportation
- End of Life
- Closure of more State Developmental Centers
- Independent Living
- Self Advocacy
- Affordable Housing

### 11. END OF MEETING

Cindy White, Chairperson adjourned the meeting at 3:02 p.m.