

**Department of Developmental Services  
Consumer Advisory Committee**

Meeting Minutes  
February 21 & 22, 2006

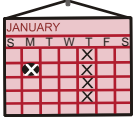
Members  
Attending

Nyron Battles  
Debra Beeter  
David Miller  
Tina Ewing-Wilson  
Colette Madore  
Lori Sloan  
Betty Pomeroy  
Sam Durbin  
Kim Rucker  
Thomas Michaels  
Bruce Thomas  
Michael Parr  
Cindy White  
Shannon Brockman

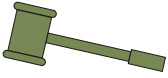
Others  
Attending

Barbara Mayer  
Sandy Hanson  
Kim Morris  
Jolynn Manwarren  
Angel Wilson (Dog)  
Devon Swedmark  
Clyde Pomeroy  
Scott Griego  
Marilyn Todd  
Jolene Bradford  
John Graber  
Carol Risley  
Kathleen Ozeroff  
Nicole Patterson  
Presley Clark  
Marcy Holbrook  
Sherry Beamer  
Ryan Kneubuhl  
Liz Lyons  
Mark Starford  
Daniel Dawkins  
Carol Lopez

Edward White  
Brian Marsh  
Wayne McHatton  
Alan Kerzin  
Lori Hoirup  
Bill Mullanix  
Ursula Bischoff  
Eileen Richey  
Richard Clark  
Jean Barawed



February 21, 2006



## 1. CALL TO ORDER



Tina Ewing - Wilson, Vice-Chairperson, called the meeting to order at 9:05 A.M.

A. Everyone introduced herself or himself.

B. General announcements were made.



C. The agenda was reviewed and no modifications were made. **It was moved (David Miller), seconded (Kim Rucker) and carried to approve the agenda.**

## 2. REVIEW OF LEADERSHIP FORM

Mark Starford started the training with a review of what the Leadership Training is going to cover based on the results of the needs survey the members did last year. The leadership training plan will include: good planning and decision making; listening and speaking well; risk taking; and taking good care of yourselves.

A. The following leadership characteristics were discussed:

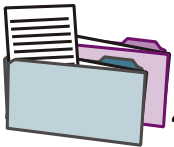
- What Is A Leader?- Leaders know 3 things:
  1. They know what they want to do
  2. They want to contribute
  3. They know what is important to them

- What does it mean to inspire?: to guide and influence to motivate to action; to affect or touch someone
- How a leader should act:
  - ❖ Inspire people;
  - ❖ Are confident;
  - ❖ Listen well;
  - ❖ Take care of themselves;
  - ❖ Take important risks;
  - ❖ Plan and organize;
  - ❖ Create teams to accomplish goals.

A. The members attending the training watched a video on people who have inspired people. After watching the video, members talked about the different people in the video and how they have inspired people. Then each member said who inspires them, what the person did, and why that was important to them.

B. The members answered 3 questions on a self-leadership worksheet:

- Something I have achieved as a self-leader and feel proud about
- A time I inspired someone to be their own self-leader
- A time I was a group leader



#### 4. Review Of Leadership Members Organization

The members discussed how being organized can help you in being prepared, how to be organized, and how to stay organized. The members did a worksheet called “Your Thoughts”. The worksheet was about what they do now to be organized and what they can do to be better at being organized. Each member will be provided with a budget to buy organizational materials that will work for them. Some

members had examples of the organizational tools like calendar books, electronic appointment calendars, and file storage boxes that they will use to get organized and to carry with them.



## 5. What Is A Mission Statement

Mark explained why it is important to have a personal mission statement. Your personal mission statement should state who you are or who you want to be; how you live your life or what you want to change about your life; and how you make a difference or plan to make a difference in what you believe. Mark walked people through how to make their own mission statement in steps.

Step 1: What is important to me?

Step 2: Why is it important to me?

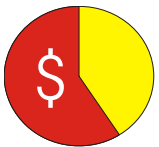
Step 3: Things I do that support what is important to me.

Step 4: Write your statement.



## 6. Personal Coaching

Brian Marsh talked about what a personal coach is, how they help people and when you have a coach why it is important to plan together. Brian showed an example of a conversation between a coach and their client using a role model.



## 7. Personal Budgeting

Betty Pomeroy and Wayne McHatton (also known as the Budget Doctor) did a mini-training on budgeting your money. Wayne talked about making good money choices, ideas for money management ideas like: pay your monthly bills first, do not carry a lot of money in your wallet, and do not buy on impulse. Make a money plan that has a goal of something

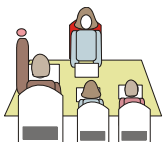
you want, when you want it by, how much it costs. He said you should start by saving all your receipts in a box for a month to see what you spend your money on and were you can save. Betty talked about how he has assisted her in achieving goals by helping her get their money in order. Betty and her husband have saved money by not doing impulse buying. They are now able to go on vacations, and have saved for a vacation in Hawaii. They have also paid for new bikes, new furniture, and a new car all in cash on a fixed income. Betty shared the ways that they reached their goals. Carol volunteered to do the three month money plan by giving up her cup of Starbucks that she buys five days a week before she comes to work. If she does this she will be able to buy an Ipod in the month of May to take with her to the gym when she works out.



## 8. **CAC ASSIGNMENTS AND NEXT STEPS**

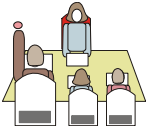
CAC Project Work:

1. The CAC members will try to do the three month money plan for something they want to buy in May 2006.
2. Plan to research or buy tools to help them get organized up to \$50.00.
3. The members that didn't finish their mission statement will finish them by the next meeting.



## 9. **CAC MEMBERS' CHECK-IN SESSION**

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



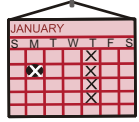
## 10. FACILITATORS' CHECK-IN SESSION

Mark Starford met the seasoned facilitators while Sherry Beamer met with the new facilitators and went over what is expected of them.

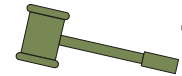


### ADJOURNMENT

The meeting adjourned at 4:50 PM.



**February 22, 2006**



### 1. CALL TO ORDER

Tina Ewing-Wilson, Vice-Chairperson called the meeting to order at 8:31 AM.

- A. Announcements were made.
- B. The minutes of the November 15 and 16, 2005, CAC meeting were reviewed. **It was moved (Kim Rucker), seconded (Nyron Battles), and carried to accept the minutes with corrections.**
- C. The Nominating Committee Report was read by Debra Beeter. **It was moved (Kim Rucker), seconded (David Miller), and carried to accept the report as given.**
- D. Election of Officers-
  - Nyron Battles took over the meeting as Chairperson until the elections were over, because Tina was running for Chairperson.
  - The election was held for Chairperson and Vice-Chairperson.



- The CAC elected Tina Ewing – Wilson as Chairperson and Kim Rucker Vice-Chairperson.



## **2. California State Developmental Disabilities Plan**

Alan Kerzin came to talk to the CAC about the 2007-2011 State plan for the State Council on Developmental Disabilities. He began by introducing the new Council Deputy Director Area Board Operations, Lori Hoirup. Alan told the CAC that \$200,000 will be used to fund self-advocacy leadership and to increase participation in policy making from advocates. He also talked about self-determination and how they are happy about this program because it gives people more control over their lives. Alan encouraged CAC members to give feed back on the plan because the council needs to hear from consumers throughout the state.



## **3. Update on Closure of Agnews Developmental Center**

Eileen Richey from DDS talked about the Agnews Developmental Centers closure. She started by telling the members the history of Agnews. Then she went over the plan for closure. She talked about how they came up with a plan including community involvement, advisory committees, planning teams, and public hearings.

She discussed the three Legislative bills that will assist with the closure plan.

1. SB 962- this bill gives money to help create homes for people that have a lot of health care needs.
2. AB 1378- This will allow state staff that worked at Agnews to work in the community programs.
3. AB 2100- This set-up family teaching homes.

These bills will help 294 people with developmental disabilities that are still residing at Agnews transition to appropriate community homes.

POLICY
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#### 4. Risk Management As Part Of A Quality Management System

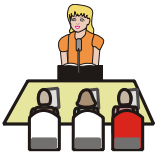
Bill Mullanix went over the DDS Quality Management System that focuses on individuals with developmental disabilities and seeks to improve their quality of life. It values:

- ❖ Choice
- ❖ Services that are individualized
- ❖ People being a part of community
- ❖ Dignity/respect/rights
- ❖ Health & well-being
- ❖ Opportunities to develop relationships
- ❖ Growth/development
- ❖ Satisfaction

Ursula Bischoft from Acumen, a consulting team working with DDS on the project, talked about a piece of the Quality Management System that deals with risk management. She explained what information 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 a team 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 as little harmful risk as possible.





## 5. Coordinator of Consumer Services Report

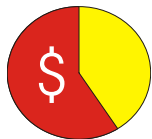
Nicole Patterson gave a report on what she has been doing for the past three months including:

- Several presentations to people first groups and organizations that deal with serving people with developmental disabilities like People First of CA, staff at Sonoma Developmental Center, and the regional self-advocacy meeting here in Sacramento that had 84 self-advocates in attendance.
- Working on a website for consumers to access from the DDS website in consumer friendly language called the Consumer Corner.
- Working with the consumer advocates from regional centers on a handbook of consumer advocates. They would like the CAC to look at it when it is in draft form.
- Spoke on the opening panel at the NASDDDS Conference in San Diego on Reinventing Quality in the Lives of People with Developmental Disabilities.



## 6. CAC Ground Rules

Tina went over the ground rules for the CAC meetings.



## 7. State Budget Update

Jean Barawed went over the Governor's proposed budget for DDS and said that overall it looks good for right now. There has been a raise in the general budget for different projects like the closure of Agnews Developmental Center, a cost-of-living for some providers, and to implement an Autistic Spectrum Disorder Initiative. The Department headquarters budget is proposed to decrease.



## 8. **CAC MEMBER REPORTS**

The following members gave their reports on what they have been doing on behalf of the committee Kim Rucker, Nyron Battles, Michael Parr, Colette Madore, Lori Sloan, David Miller, Betty Pomeroy, Debra Beeter and Shannon Brockman.



## 9. **END OF MEETING**

Tina Ewing –Wilson adjourned the meeting at 2:45 PM.