

Department of Developmental Services  
Consumer Advisory Committee

Meeting Minutes  
November 14 & 15, 2006

Members Attended

Others Attending

Nyron Battles  
Colette Madore  
Lori Sloan  
Betty Pomeroy  
Sam Durbin  
Kim Rucker  
Bruce Thomas  
Michael Parr  
Cindy White  
Thomas Michaels

Barbara Mayer  
Tania Von Allen  
Kim Morris  
Laura Martin  
Clyde Pomeroy  
Donald Roberts  
Krisi Franzone  
Scott Griego  
Jolene Bradford  
Marcy Holbrook  
Edward White  
John Graber  
Carol Riskey

Terri Delgadillo  
Antoinette Johnson  
Tammy Evrard  
Richard Clark  
Eric Torres  
Beth Rubenstein  
David Nieto  
Jesse Padilla

Members Absent

Debra Beeter

Donna Aikins  
Nicole Patterson  
Alan Kerzin  
Sherry Beamer  
Mark Starford  
Daniel Dawkins  
Dawn O'Connor Rowe  
Kathleen Ozeroff



**November 14, 2006**

1. **CALL TO ORDER**

Kim Rucker, Vice-Chairperson, called the meeting to order at 9:07 A.M.

A. Everyone introduced herself or himself.

B. General announcements were made.

C. The agenda for the first day was reviewed and no modifications were made. **It was moved (Nyron Battles), seconded (Sam Durbin), and carried to approve the agenda.**

2. **WHAT IS THE LEADERSHIP PROGRAM AND WHERE ARE WE GOING**

Mark Starford and Kim Rucker went over the purpose of why the CAC was created. Kim shared the history of the CAC and gave overview of what they have accomplished so far like:

A Vision Statement: "People With Developmental Disabilities In California Will Live Their Life The Way They Want"- and the following 10 CAC Publications:

- ❖ **Consumer's Guide to the Lanterman Act-** To help people know their rights;
- ❖ **Community Conversations with People With Developmental Disabilities In California** –What life was like for 400 people in California;

- ❖ **From Conversations to Actions Using the IPP-** Story about people using their IPP for success;
- ❖ **Speaking for a Better Tomorrow-** Making a great speech using your personal mission statement;
- ❖ **Making My Own Choices-** Making choices on how you want to live;
- ❖ **Satisfaction Guide and DVD-** Book and DVD uses Dan's story to help people judge how happy or unhappy they with their services and support;
- ❖ **Picture Sticker Book-** This book helps people that may have trouble communicating verbally or putting words down on paper work with the Making My Own Choices Book and Satisfaction Guide;
- ❖ **Recommendation Satisfaction Surveys-** Suggestions for people conducting interviews and surveys;
- ❖ **Ways to Make Complex Information Simple-** CD Rom with 160 graphics and ideas for plain words; and
- ❖ **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.



### 3. **THE CAC LOOK**

Donna Aikins came to talk to the CAC about their look and the importance of things like, logo, branding, tagline, color, text and graphics.

- What is a logo?- The combination of words and art work to make a symbol to represent a company or group.
- What is branding?- It using the same image all the time so people can recognize your product.
- What is a tag line?- A slogan or phrase that highlight the most important point that a company or group want to get across.
- It is important for color, text, and graphics to blend together in a way that it is easy for people to read and understand.



### 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
  - ❖ Kim (\$64), Sherry (\$50), Donna (\$64), and Dawn (\$49) showed the CAC how you could fully dress yourself in a professional manner under \$65 dollars



## 5. **“THINK, PLAN, DO”**

Dawn O'Connor Rowe showed the CAC how the think, plan, do, way of thinking can work on any kind of decision you will have to make. She used people making plans for lunch as an example. The example went as follows:

- Think –What do I want to do for lunch today?
  - ❖ What time will I have lunch?
  - ❖ How hungry am I?
  - ❖ What do I want to eat?
  - ❖ How much do I have to spend?
  - ❖ Do I want to eat with someone?
  - ❖ Where do I want to eat?
- Plan- Making arrangements
  - ❖ Answer the **THINKING** questions
- Do-Having my lunch



## 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 in showing the CAC how she plans to tell the story of Kim's makeover.

- Think: What story do I want to tell in the DVD?
  - ✓ Answer: Tell the story of Kim's makeover.
  - ❖ What ingredients do I need to tell the story?
    - ✓ Answer: Pictures, movie clips, interviews, titles, 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, End.
- Do: What needs to be done?
  - ❖ Things to do before the meeting
  - ❖ Things to do at the meeting

- ❖ Show the story



## 5. TAKING CARE OF YOURSELF

Beth Rubenstein came to talk about Wellness. Wellness means taking care of the whole you (physical, mind, emotional, social, work and spiritual). The idea is to feel good inside and out. This will make it easier to do the things you need to do during the day. Here are some ways for you to do that:

- 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
- Here are some ways to change an eating habits;
  - ❖ Plan ahead what you want to eat
  - ❖ Think food in-season
  - ❖ Variety
  - ❖ Know what you like
  - ❖ Shop simply
  - ❖ Try new foods
  - ❖ New ways to cook food
  - ❖ Avoid the “G” word (Guilt)
- Being aware of stress- Stress can occur when bad things happen, as well as good things
  - ❖ Some signs of stress include:
    - ✓ Pain
    - ✓ Jaw clenching

- ✓ Rapid breath
- ✓ Fatigue
- ✓ Increased energy
- ✓ Stomach ache
- ✓ Not able to eat
- ✓ Eat too much
- ❖ What can you do about stress
  - ✓ Exercise
  - ✓ Breathing
  - ✓ Talking it out
  - ✓ Taking quiet time
- Exercise and Feeling Good
  - ❖ Keep weight at the right amount
  - ❖ Keep the body working as designed
  - ❖ You have more energy
  - ❖ Fight diseases
  - ❖ Reduces stress
  - ❖ Helps you look good
  - ❖ Helps you feel good
- Why is movement important?
  - ❖ Movement is life
  - ❖ Movement makes everything possible
  - ❖ Comfortable movements allows us to be at ease

Beth showed the CAC how to check their heart rate and what to look for when checking their rate. Beth also shared more exercises to help them keep relaxed during the day.

## **COMMUNITY ASSIGNMENTS**



### **1. Community Presentations (with help)**



Please make one presentation before the February 2007 CAC meeting. Your facilitators will help you organize, plan and get materials from DDS that you need.



## **2. Think/Plan/DO**

### **A. Movement and feeling good: report back in February.**

Try (1) movement exercise that helps you feel good. Think about food you eat and how it makes you feel afterwards.

### **B. Organization your papers: report back in February.**

Tell us if the notebooks work better for you. Show your facilitator how you organize papers at home, how you know about appointments. They will be taking pictures.

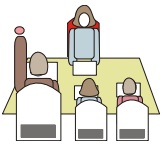
### **C. Professional Image: report back in February.**

Go shopping in your closet. See what clothes you have that are right for professional meeting.

### **D. Leadership Goal-** Think about your goal and talk to your facilitator about it. Think about your mission statement and what is important to you.

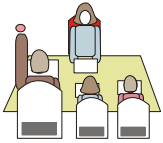
## **3. Facilitator and Coaching Appointments**

1. Coaching call with Brian every month.
2. Personal facilitator visits every month.
3. DDS facilitator (2 hours a month )
4. Mark will visit everyone at least one time before the next CAC meeting



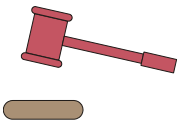
## 9. CAC MEMBERS' CHECK-IN SESSION

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

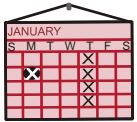


## 10. FACILITATORS' CHECK-IN SESSION

Mark Starford and Sherry Beamer met with the facilitators and gave the facilitator's a training on the role of facilitator.



11. The meeting adjourned for the day at 5:05 p.m..



**November 15, 2006**

### 1. CALL TO ORDER

Kim Rucker, Vice-Chairperson, called the meeting to order 8:45 a.m.

A. General announcements were made.

B. The agenda for the second day was reviewed and modifications were made. **It was moved (Michael Parr), seconded (Lori Slon), and carried to approve the agenda with corrections.**



C. The minutes of the August 15 and 16, 2006, CAC meeting were reviewed. **It was moved (Nyron Battles), seconded (Lori Slon), and carried to accept the minutes.**

### 2. Statewide Needs Assessment (Senate Bill 1270)

## **What does the bill do?**

Alan Kerzin, Executive Director, State Council on Developmental Disabilities came to talk to the CAC about a committee to help with the Senate Bill 1270 to:

- 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
- Have options after leave school other than workshops
- The first meeting will be January 9, 2007 and 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.

### **3. Presentation by Members Wanting to Run for CAC Officer Positions**

The following members gave candidate speeches to run for office. The election of a new chair and vice-chair will take place at the February 2007 meeting.

1. Sam Durbin- Chair
2. Kim Rucker- Chair and Vice-Chair
3. Nyron Battles- Chair and Vice-Chair
4. Lori Sloan- Chair
5. Cindy White- Vice-Chair
6. Michael Parr- Vice-Chair

### **4. CAC Member 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, Sam Durbin and Nyron Battles.

### **5. Presentation of Certificates of Appreciation**

Terri Delgadillo gave Certificates of Appreciation to the CAC members who's terms were ending with the CAC, Betty Pomeroy and Colette Madore. She thanked them for all their hard work on the committee. Tina Ewing-Wilson's certificate will be sent to her in mail.

Terri also introduced Antoinette Johnson, a new DDS employee. She is a Governor's appointee who will be the Emergency Preparedness Coordinator for DDS.

### **6. Coordinator of Consumer Services Report**



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

- On August 25-27, 2006, she was the keynote speaker at the Self-Advocacy Conference in Riverside using the “From Conversations to Actions Using the IPP book”;
- On September 7, 2006, she gave a presentation at Central Valley Regional Center to the Board of Directors on her job and CAC publications.
- On October 5-6, 2006 she gave a presentation, with Debra Beeter, on the “Making My Own Choices materials” at the Supported Life Conference.
- On October 12<sup>th</sup>, 2006 she gave a keynote speech at the Napa Mayor’s Committee breakfast on her experience of having a disability and being employed.
- On January 24, 2007, I will be presenting a session on the “Making My Own Choices” materials at the Taking Charge Of Transition Conference put on by Pride Industries at Sacramento State.
- January 25,- February 5, 2007, she will be in Japan with Julia Mullen. They will be visiting 6-7 different cities in Japan talking about the services we provide in California for people with developmental disabilities.
- Kathleen Ozeroff and Nicole have been participating in a statewide work group called California Coalition for Compassionate Care looking at issues that face persons with developmental disabilities at the end of their lives. The work group has people from many state agencies and other interested groups throughout California.

## 7. **You’re Not the Boss of Me**

Sam Durbin talked to the CAC about his book that was just published. The book is called “You’re Not Boss of Me.” The book is about stories of self-determination through the eyes of people with developmental disabilities like Sam and his friends at Integrity House. Sam read two passages out of his book. He wanted the CAC to realize that everyone has a story that needs to be shared with the world because every story that is shared can help someone else that needs to hear that story so they know they’re not alone. He showed a slide show of the CAC meeting of the day before, just showing how much we naturally support each other.

## 8. **Life-Long Choice Making**

Kathleen and Nicole did a hands-on discussion on the importance of planning for end-of-life and talking to your love ones and/ or circle of support about your wishes ahead of time. CAC members and facilitators did an exercise with 20 questions on the topic of end-of-life. The members rated how important each question was to them and their facilitators needed to rate how they thought the person they support would rate each question. After the exercise, they discussed the answers and heard from one of the CAC members what her family is experiencing.

The CAC told us they would like to take part in developing the end-of-life materials with the California Coalition for Compassionate Care Committee.

## 9. **End Of Meeting**

Kim Rucker adjourned the meeting at 3:10 p.m.

