

Department of Developmental Services
Consumer Advisory Committee

Meeting Minutes
November 13 &14, 2007

Members Attended

Nyron Battles
Lori Sloan
Sam Durbin
Kim Rucker
Cindy White
Debra Beeter
Miguel Lugo
Michelle Gordon
Danielle Knight
Lisa Krueger
Tommy Michaels

Members Absent

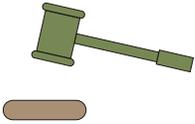
Bruce Thomas

Others Attending

Marilyn Smith	Paul Bucci
Betty Pomeroy	John Ragosta
John Graber	Daniel Dawkins
Jesse Padilla	Dane Allen
Clyde Pomeroy	Brian Marsh
Tom Sardo	Eric Torres
Janette Ledea	Chris Pratt
Krisi Franzone	Robin Rhodes
Jolene Bradford	
Edward White	
Carol Risley	
Tammy Evrard	
Nicole Patterson	
Sherry Beamer	
Mark Starford	
Beth Rubenstein	
Orbelin Bautisa	
Joe Meadours	
Kathleen Carlson	
Carol Lopes	
Amanda Johnson	
Kathleen Ozeroff	
Antoinette Johnson	
Mark Hutchinson	
Sarah Steenhausen	
Linda Thompson	

November 13, 2007

1. **CALL TO ORDER**



Kim Rucker, Chairperson, called the meeting to order at 9:11 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, explaining that it was going to be a day of talking about facilitation, how leadership starts at home, getting a job, the next steps in the project, speaking in large groups, how to be a team player, and more talk about personal dreams.



3. **FACILITATION AT CAC MEETING**

Sharon Fallis talked to the CAC about facilitation and what it means; she also talked with the group about the importance to 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 their plans with their facilitators.



4. **LEADERSHIP START AT HOME**

Kristi Franzone and Mark Starford talked about the importance of using all the things they are learning so far at home to improve their leadership skills. Krisi talked

about how she has used “think, plan, do,” in the leadership areas of: managing her money, being healthy, relaxation and fun, professional image, organization and planning, and mission at home. They also talked about the next steps of the leadership project (making decisions, having a mentor, accepting advice, listening and asking questions and speaking in large groups), and why they are important.



5. CAC LEADERSHIP MEMBERS’ REPORT

Debra Beeter, John Graber and Daniel Dawkins gave their reports on what they have been doing toward their leadership goals.

6. GETTING JOB: WHAT’S HAPPENING IN CALIFORNIA

Mark Starford talked about the presentation that was made to the CAC at the last meeting by DDS staff on employment. He talked about the following two main points that were brought out was during presentation:

1. Out of every 10 adults with developmental disabilities that are in supportive employment, one person actually has a job making a living wage or above.
2. Out of 1,400 students with developmental disabilities leaving high school, 40% go into a day program.

Cindy talked about how she was going to testify at a state hearing on November 16, 2007, in Campbell, CA to the Assembly Committee on Human Services regarding employment for people with developmental disabilities.

She plans on speaking about her goal to be employed in a real job with benefits.



7. **NEXT STEPS WITH THINK, PLAN, DO**

Mark and the CAC talked about the next steps in the leadership project, now that people have created a mission statement, made their own goal, and started to form their plan. The next step is finding a mentor that is a professional in the same field as your goal. Debbie Beeter talked about her goal of wanting to be an interview reporter that helps people tell their stories, how she has started her goal by narrating the CAC DVDs, and interviewing CAC members for the newsletter. Debbie's next step is to find a mentor, like a T.V. newsperson or college teacher. Mark and Debbie also talked about the following important things that a mentor needs to have: experience in your field, willingness to help, and a wish for you to succeed.

8. **LET'S ALL MOVE!**

Beth Rubenstein passed out plates with three sections to show healthy food portions. She talked about the importance of eating healthy, exercising, and reducing stress. She gave the members ideas about eating healthy including using the portion plate during the holidays and choosing healthy recipes. Beth also showed the members a few more exercises using the stretch band. She talked about how stress can affect your body and your health, and shared ways to reduce stress like, breathing exercises and talking to someone. Beth reminded the CAC members that she is the Healthy Living Coach for the CAC. As the coach, she will talk to each member about their goals and teach them new ways to exercise.





9. CAC LEADERSHIP MEMBERS' REPORT

The following leadership members gave their reports on what they have been doing toward their leadership goals: Krisi Franzone and Betty Pomeroy.

10. SPEAKING IN LARGE GROUPS

Tammy and Krisi talked about how to do a presentation using the DVDs and the guides. They said you need to use the following three things to do a good presentation:

1. **Introduction:** Tell people who you are, where you are from, why you want to speak with them, and maybe a short story.
2. **Main body:** Tell them what is important, what you want them to know, give them information and details, and for the leadership presentation, this is show the DVD
3. **Ending:** Summarize the main points; let them work through the guide, ask questions, give out evaluations to find out how they liked your presentation, and thank them for coming and listening to you.



11. COMMUNITY ASSIGNMENTS

The following assignments were made for the leadership project participants:

A. DVD Presentations

1. View the DVDs and complete the guides yourself
2. Prepare your talk on one of the leadership subjects
3. Do "Think, Plan, Do" presentations

B. Leadership Goal

1. Meet with your facilitator about your Leadership plan
2. Take one action on your plan
3. Meet with your service coordinator about your goal and plan
4. Get the support you need to be successful
5. Look for a mentor in your community
6. Tell us about it at the next CAC meeting

C. Healthy Leader

1. Continue healthy living plan
2. Ask for support - call Beth for new ideas
3. Take care of yourself - be a healthy leader



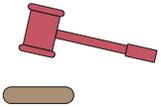
12. **BEING A TEAM PLAYER**

Brian Marsh came and talked to 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. Then he talked about how to get advice, what to do when you don't like the advice you get and how you accept advice on and off the job. Cindy (as consumer), Sam (as peer support), Sharon (as service coordinator), and Sherry (Rehab Counselor) did a role-play showing bad communication and an example of good communication. After the role-play Brian talked about tips and traps.

13. **GOALS AND DREAMS**

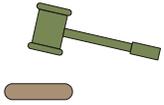


Amanda Johnson came and talked to the CAC about the importance having dreams of what you want in your life because it gives you something to work toward. She talked about how you should be willing to take risks for dreams and goals and that you can't allow others to stop you from trying to make your dream and goals come true. Amanda reminded people that they should continue talking about their dreams with the people who support them, to help them come true.



14. The meeting adjourned for the day at 5:00 p.m.

November 14, 2007



1. CALL TO ORDER

Kim Rucker, Chairperson, called the meeting to order at 8:33 a.m.

- A. General announcements were made.
- B. The agenda for the second day was reviewed and a change was made. **It was moved (Lori Sloan), seconded (Michelle Gordon), and carried to approve the agenda with the change.**
- C. The minutes of the May 2007, CAC meeting were reviewed. **It was moved (Sam Durbin), seconded (Danielle Knight), and carried to approve the minutes as presented.**
- D. Kim appointed Debra Beeter, Nyron Battles, and Kim Rucker as the 2007 nominating committee.



2. 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 and Nyron Battles.



3. **Senate BILL 1270 REPORT**

Cindy and Mark went over the purpose of the Senate Bill 1270 workgroup. The group was formed to come up with ideas on how the system can work to better the lives of people with developmental disabilities coming out school, outside of typical day programs. The group came up with the following ten recommendations to put in the proposal that is going to be presented to the Legislature and Governor:

#1 At IPP meetings, make sure people get information they need about their choices, especially about jobs, activities, and benefits.

#2 Start letting (and supporting) people to have their own service budgets, decide on services they want and buy their services.

#3 The State Council on Developmental Disabilities (SCDD) will ask state agencies like the DDS, Department of Education and Rehabilitation to put funding together to help people figure out what to do after high school.

#4 The SCDD will ask the State and all employers in California to hire more people with disabilities.

#5 Help fund people who have good ideas about work services and other community services, including people with developmental disabilities who want to start their own business.

#6 Make sure support staff get the training they need to do a good job, like putting together good trainers from across the state that will help teach staff to understand people's differences and support them better in communities.

#7 Get the word out in a media campaign about people with developmental disabilities as good employees, neighbors, and community members.

#8 Let people, who work and get Social Security benefits, keep more of the money and the health benefits.

#9 Let regional centers pay for more services that help people find and keep jobs, and do things in the community like everyone else.

#10 Keep track of the work situations of people and how they are getting into the community.

The workgroup is now meeting to come up with ways to make the 10 recommendations become a reality for people with developmental disabilities in California.

4. **COORDINATOR OF CONSUMER SERVICES REPORT**

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

- She went to the Supported Life Conference held October 3-5, 2007
- She has been working with Barbara Mayer interviewing the residents at Agnews with the Choices booklets. They have about 40 people remaining to interview.
- She went to the National Association Council on Developmental Disabilities Conference held on October 8-9, 2007.

- She went to the End-of-Life Conference for people with developmental disabilities held the October 29-30, 2007
- She went to the Self Advocacy Conference on November 1, 2007 in Fresno, CA and did a presentation on Survival in Your Home.
- She would like to visit each CAC member in their own community and do a presentation with the member at one of their local day programs.



5. **BEING SAFE - EMERGENCY PREPAREDNESS**

Antoinette Johnson and Nicole Patterson did a presentation on emergency preparedness. Here is a summary of things they talked about:

- Examples of what an emergency is and what that might look like.
- Four steps you should take to get prepared: get informed, make a plan, assemble a survival kit and maintain your plan and kit.
- The importance of knowing when to stay home and when to leave.
- The importance of having an evacuation plan and sharing that with people.
- Creating a communication plan, so if you get separated from family, you know who to contact to let them know you're ok.
- Having emergency buddies-someone to support you before and after an emergency.
- How to create your survival kit, what should go in it and how to maintain it.
- Learning how to operate the things in your home like: turning off the gas, keeping up the smoke alarm, how

to use a fire extinguisher, make copy of important records, etc.

- Planning for your pets.
- At the end of the presentation, they reminded the group that their plan had to fit their own unique and individual situation and gave them other resources.



6. **PRESENTATION OF CERTIFICATES OF APPRECIATION**

Mark Hutchinson gave Certificates of Appreciation to the CAC members whose terms were ending, Lori Sloan, Debra Beeter, Nyron Battles, and Kim Rucker. He thanked them for all their hard work on the committee.

Mark also introduced Sarah Steenhausen, a new DDS employee. She is a Governor's appointee who will be the Assistant Director of Strategic Planning.



7. **MEET JOE MEADOURS - EXECUTIVE DIRECTOR, PEOPLE FIRST CALIFORNIA**

Joe Meadours from people first of CA (PFCA) came to talk to the CAC members about how PFCA is supporting and promoting statewide self-advocacy through a grant they received from the State Council on Developmental Disabilities. Joe went over the seven goals that People First is working on to make sure that supporting and promoting statewide self-advocacy happens.

- Executive Director Responsibilities – what the role is.
- Increase Leadership thru Outreach- by getting the word out about people first groups.

- Board Members- making sure all regions are represented on their board.
- Increase Boardmanship- developing a board member training.
- Update Communication – working on their website
- Relationships and Funding- communicating with present and future funding sources.
- The Vision for Tomorrow – making sure that people with developmental disabilities are involved in decision making of policies that affected their life.



8. **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: Cindy White, Miguel Lugo, Lisa Krueger, Lori Sloan, and Kim Rucker.



9. **USING THE DDS SAFETY NET WEBSITE**

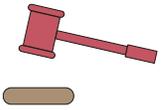
The CAC discussed the DDS Safety Net Website while one of the members actually tried going through the website in the meeting. The comments that were made on website by the members were:

- Lot more information
- Getting better
- Graphics need to be bigger
- More graphics
- Voice only reads feature article
- Voice is slow
- Voice cuts off too soon
- Too hard, not good instructions
- No audio on individual document
- Too complicated

- Need something on anxiety

10. **CAC NOMINATING COMMITTEE PROCESS**

Nicole had a discussion with the CAC members about why they have a nominating committee to recommend a slate of candidates to the members. She explained that they go over the candidates for chairperson and vice chairperson, and come up with a recommendation for chairperson and vice chairperson.



11. **END OF MEETING**

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