

Department of Developmental Services  
Consumer Advisory Committee (CAC)

Meeting Minutes  
November 18-19, 2008

Members Attended

Amy Jesse	Marcia Orland	Eric Torres
Eugenia Jones	Betty Pomeroy	Kim Rucker
Sam Durbin	John Graber	Howard Wexler
Robert Taylor	Jesse Padilla	Cynthia Quinton
Cindy White	Clyde Pomeroy	Ellen Lewis
Tracey Mensch	Tom Sardo	Debra Beeter
Michelle Gordon	Chris Pratt	Theresa Adame
Danielle Knight	Krisi Franzone	
Lisa Krueger	Jolene Bradford	
Tommy Michaels	Edward White	
Pattie Simpkins	Carol Risley	
David Marcus	Tammy Evrard	
Sue Ann Hankensiefken	Nicole Patterson	
	Mark Starford	
	Beth Rubenstein	

Member Absent

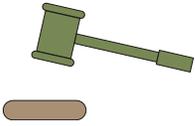
Joseph Flanagan

Others Attending

Tommy Mestmaker	Lori Sloan
Claudia Estrada	Victoria King
Linda Thompson	Paul Bucci
Debra Beeter	Sandy Hansen
Colleen Deck	Christina Jessee
	Darcy Jean Foddrill
	MaryLee Pennington

**November 18, 2008**

**1. CALL TO ORDER**



Cindy White, Chairperson, called the meeting to order at 9:09 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 reviewing Leadership Project DVDs on Making Decisions, Finding a Mentor, Public Speaking, Building a Career, Accepting Advice, Leading a Team Meeting, Having my Own Job, Finding a Job, Listening and Asking Questions, and that they will be voting on the DVDs as they watch them. The CAC will also be reviewing the finished products of the Being Safe, Feel Safe and also Thinking Ahead at end-of-life materials. They will take time to talk about why they have a life and a healthy living coach and how they help. Just like the last meeting they will be taking time to sample recipes from members of the group during the breaks.



**3. REVIEWING DVD MAKING DECISIONS**

The CAC reviewed the version of the DVD Making Decisions using “Think” “Plan” “Do” and Lori Sloan, Tommy Michaels, Lisa Krueger, Cindy White and Mark talked about the importance of using “Think” “Plan” “Do”

when making decisions and what happens when you don't. The CAC voted on the DVD to make it the final version.



#### 4. **REVIEWING DVDS FINDING A MENTOR, PUBLIC SPEAKING AND BUILDING A CAREER**

The CAC reviewed the version of the DVD Finding A Mentor. The DVD talked about how a mentor can support you with a goal that you are trying reach. The DVD also talked about the importance of your mentor having knowledge of the steps it takes to reach that goal. Kim Rucker talked to the CAC about her experience finding a mentor. The CAC voted on the DVD to make it the final version.

The CAC reviewed the version of the DVD Public Speaking. The DVD talked about different kinds of things people for get ready to do a presentation in front of a groups of people. Michelle Gordon shared with the CAC what she did to get ready for a presentation and then the CAC voted to make the DVD the final version.

The CAC reviewed the version of the DVD Building A Career. The DVD talked about the steps a person can take to build their own career. Michelle also talked to the CAC about what it was like for her trying to build a career as a massage therapist. The CAC voted to make the DVD the final version.



#### 5. **REVIEWING DVDS ACCEPTING ADVICE AND LEADING MY TEAM MEETING**

The CAC reviewed the version of the DVD Accepting Advice. The DVD talked about the steps you should take

when getting advice from a person you trust and how to accept the advice from the person. Tommy talked to the CAC about how getting advice from someone he really trusts helped him in him achieving his goal. The CAC voted on the DVD to make it the final version.

The CAC reviewed the newest version of the DVD Leading My Team Meeting. This DVD showed the importance of a person having people a part of their team, and have the team listen to them during their team meetings. Lori shared how she learned ways to have a successful meeting. CAC voted on the DVD to make it the final version.



## 6. Feeling Safe, Being Safe Report

Robert Taylor and Sam Durbin talked about the consumer emergency preparedness tools to help people create their own emergency plan. The final training DVD was shown to members. This DVD was used to train the peer-to-peer training in four locations in California. Robert talked about the importance of helping people prepare for emergencies and how to understand their emergency plans.



## 7. CAC MEMBERS' REPORTS

The following members gave reports on what they have been doing on behalf of the committee and their People First or local self-advocacy groups: Krisi Franzone, John Graber, Debra Beeter, Lori Sloan, and Kim Rucker.



## 8. REVIEWING DVDS FINDING A JOB, LISTEN/ASKING QUESTIONS AND HAVING A BUSINESS

The CAC reviewed the version of the DVD Finding A Job. This DVD talks you through the steps of how a person goes about getting a job. After viewing the DVD, Cindy was happy to share with the CAC that she now has a new job starting in January. She felt this DVD really helped her with her goal of getting her job. The CAC voted on the DVD to make it the final version.

The CAC reviewed the version of the DVD Listen/ Asking Questions. This DVD shows people how important it is to learn when to ask question and when to listen when a question is asked. Lisa talked about how hard this was for her in the beginning of this project and now she has learned a new way of communicating with people around her. The CAC voted on the DVD to make it the final version.

The CAC reviewed the version of the DVD Having A Business. The DVD shows how a person took steps in starting their own business. Danielle talked about her Jewelry business and working to get her jewelry placed in the stores within her community. CAC voted on the DVD to make it the final version.



## 9. CAC MEMBERS' REPORTS

The following members gave reports on what they had done on behalf of the committee and their People First or local self-advocacy groups: Betty Pomeroy and Nyron Battles



## 10. COACH TALK

Beth Rubenstein the Healthy Living Coach talked with the CAC about eating healthy. She talked about how

sometimes think you're eating healthy when you eat soups or salads, but you are not.

For example, New England clam chowder, Broccoli Cheddar and Onion soups are cream-based and are not as healthy as non-cream based soups. Examples of non-cream based soups are broth, vegetable, and bean soups. Also salads with cream-based dressings are not really good for people. However salads with light vinaigrette dressings are better for people's health.



## 11. **THINKING AHEAD**

Mark Starford and Eugenia Jones talked about a project they had been working on called My Way, My Choice, My Life at the End. The project includes:

**End of Life Advance Planning** - Workbook for people to think about advance planning in plain language.

**Self- Direction and Choice** - Advocate for your healthcare treatment at the end of life.

**Workbook and DVD** - Designed by and for persons with developmental disabilities.



## 12. **COMMUNITY ASSIGNMENTS**

The following assignments were made for the leadership project participants:

New CAC Members

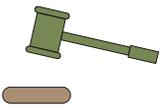
- a. Meet with your CAC facilitator to create your mission statement and leadership goal.
- b. Schedule a meeting with your service coordinator about your advocacy work and leadership goal.
- c. Make a presentation on the Making My Own Choices book.
- d. Show one DVD to a local People First or self advocacy group and tell them about the CAC leadership project.

### Members and Leadership Participates

- a. Continue working on your leadership goal with support.
- b. Meet with your mentor and report on the meeting at the February 2009 CAC meeting.
- c. Keep working on your healthy living plan.
- d. Continue showing the Leadership Project Think-Plan-Do DVDs.

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

### November 19, 2008



#### 1. CALL TO ORDER

Cindy White, Chairperson, called the meeting to order at 8:38 a.m.

- A. General announcements were made.
- B. The agenda was reviewed and a change was made to a date that was on the agenda. **It was moved (Pattie Simpkins), seconded (Michelle**



**Gordon), and carried to approve the agenda with the change.**

- C. The minutes of the February 2008, CAC meeting were reviewed. **It was moved (Pattie Simpkins), seconded (Lisa Krueger), and carried to approve the minutes as presented.**
- D. Cindy appointed Debra Beeter, Nyron Battles, and Betty Pomeroy as the 2008 nominating committee.

## **2. Self-Directed Services**

Cynthia Quinton, DDS went over the self-directed services project.

The difference in enrollment criteria is:

- Can not reside in a licensed residential service facility.
- Can not receive services in a typical day program.

Under self-directed services people will have:

- Supports broker
- Financial Management Services
- Housing Access Supports
- Participant Designated Goods and Services
- Integrative Therapies
- Community Living Supports
- Training and Education Transition Services

Please note this program is not for everybody and people have the option to stay with the traditional regional center services.

## **3. DDS Budget Update**

MaryLee Pennington talked about DDS's budget and gave a legislation update. The CAC had questions about the things they had been hearing about the budget. The CAC had fears about what they had been hearing about more budget cuts and what was going to happen when dealing with the topics of their services, like the regional center, Social Security, their medical insurance, and In-Home Supportive, Services if there are more cuts made.



#### 4. **CAC MEMBERS' REPORTS**

The following members gave reports on what they have been doing on behalf of the committee and their People First or local self-advocacy groups: Amy Jesse, Tommy Michaels, Michelle Gordon, Sue Ann Hankensiefken, Lisa Krueger, and Robert Taylor.



#### 5. **EMPLOYMENT**

Victoria King, DDS talked to the CAC about job application cover letters and the importance of references.

Victoria talked about cover letter and how they could be the very thing that set you apart from the rest of the applications to get the interview. She also talked about how a cover letter should talk about your skills dealing with the job and why you want to work for the employer. She reminded the CAC about employer friendly language because your cover could be put through a scanner (scanning for words that shows you have the skills they are looking for). She handed out a sample cover letter with a format that could be used, the type of writing, and color of paper to print it on.

Victoria took some time to talk about references and how important it is to keep in touch with the people that you use for references. When applying for a job you should stick to what the employer is asking for when it comes to references because they could be asking for professional references (people you have worked for), personal references (people that know you personally) or both.



## 6. **COORDINATOR OF CONSUMER SERVICES REPORT**

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

- October 9-10, 2008, she went to the Supported Life Conference to help with Being Safe, Feeling Safe workshop.
- October 16, 2008, she went to training on how to use an employment tool on the web that helps people understand how a job might or might not affect their benefits. This website is called Disability Benefits 101.
- October 24-25, 2008, she went to the People First of California.



## 7. **CAC MEMBERS' REPORTS**

The following members gave reports on what they have been doing on behalf of the committee and their People First or local self-advocacy groups: Sam Durbin, Cindy White Pattie Simpkins, and Danielle Knight.



## 8. **END OF MEETING**

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