

Department of Developmental Services  
Consumer Advisory Committee

Meeting Minutes  
September 25 & 26, 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

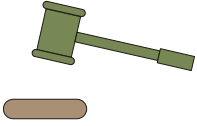
Joshua Watterson  
Bruce Thomas

Others Attending

Marilyn Smith	Paul Bucci
Betty Pomeroy	John Ragosta
John Graber	Daniel Dawkins
Eileen Castro	Dane Allen
Judy Citko	Brian Marsh
Jesse Padilla	Tom Sardo
Clyde Pomeroy	Janette Ledea
Krisi Franzone	
Andrea Schacht	
Edward White	
Carol Risley	
Tammy Evrard	
Nicole Patterson	
Sherry Beamer	
Mark Starford	
Beth Rubenstein	
Orbelin Bautisa	
Chris Pratt	
Kathleen Carlson	
Carol Lopes	
Amanda Johnson	
Marcia Orland	
Eric Torres	
Denyse Curtwright	
Mary Lee Pennington	
Linda Thompson	

**September 25, 2007**

1. **CALL TO ORDER**



Kim Rucker, Chairperson, called the meeting to order at 9:02 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 to look like, explaining that it was going to be a day of talking about the new leadership DVD, and doing a sample presentation with the DVD and handbook to assist the members with presenting and field testing the materials in their communities. Mark also let the CAC know that now the that first six are done, now it is time to start working on the next six planned leadership sections.



3. **VIEWING THE OLD DVD AND THE NEW LOOK DVD**

Mark Starford told the members after he received input about the DVD from the CAC at the last meeting, he knew some changes needed to happened, so he got some help from Marcia Orland to revise the DVD. First the CAC viewed the old Personal Image DVD and then viewed the new Personal Image DVD made over by Marcia. The CAC felt that the new DVD was a great improvement over the old DVD.



#### 4. **PRACTICE USING THE “MISSION STATEMENT” DVD GUIDE**

John Graber and Tammy Evrard gave a practice presentation on the mission statement guide and DVD. During the practice the CAC members worked on the handbook as if they were the people they will be giving the presentation to in the near future.



#### 5. **CAC LEADERSHIP MEMBERS’ REPORT**

Nyron Battles and Sam Durbin gave their reports on what they have been doing toward their leadership goals.



#### 6. **GUIDE TO HEALTHY LIVING**

Mark Starford and Miguel Lugo talked about the Wellness Project that East Los Angeles Regional Center completed. Mark talked to the CAC about the importance of food portions, what your plate should look like when you sit down to eat a meal. It should have a protein, vegetables, and a starch. Mark also showed the CAC the difference between the calories in one serving of fast food and a whole day of healthy food. There were more calories in one fast food meal, then a whole day of healthy food.

#### 7. **FEELING SAFE, BEING SAFE**

Mark and the CAC talked about a project that will help teach people with developmental disabilities how to prepare for an emergency so they can feel safe in their communities. The CAC helped develop an information card that will ask people questions. The information card would be in four parts:

- Being Safe at Home

- My Community Resources
- Personal Care and Safety
- People who Care About Me

The information card would be a magnet so people can put it some place safe.



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

Beth Rubenstein passed out a bag to each member with a plate and a stretch band in it. First Beth talked about the stretch band using two exercises. The two exercises were the seated crunch and shoulder diagonal. The plate had three sections to show food portions. Beth is going to become the Healthy Living Coach for the CAC. As the coach she will talk to each member about their goals and teach 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: John Graber, Krisi Franzone, Daniel Dawkins, Betty Pomeroy, Debra Beeter, and Michelle Gordon.

## 10. **COMMUNITY ASSIGNMENTS**

### A. DVD Presentations

1. View the DVDs and complete the guides yourself
2. Prepare your talk
3. Do Think, Plan, Do presentations

### B. Leadership Plan

1. Meet with your facilitator about your Leadership Plan

2. Take action on your plan
3. Meet with your service coordinator about your goal and plan
4. Get the support you need to be successful

C. Healthy Living

1. Make a healthy living plan
2. Take action, by trying one of the new exercises

D. DDS Safety Net

1. View the website and tell us what you think on your homework hand-out.



## 11. GIVING A SPEECH OR PRESENTATION

Tammy and John talked about how to do a presentation using the DVDs and the guides. You need three things to do a good presentation.

1. **Introduction** when you tell people who you are, where you are from, why you want to speak with them, and maybe a short story
2. **Main body** when you tell them what is important, what you want them to know, give them information and details, and this is where you show the DVD
3. **Ending** when you 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.



## 12. LISTENING AND ASKING QUESTIONS

Brian Marsh came and talked to CAC about listening and asking questions. Brian talked about why it was important to be a good listener, and what you should be doing when you are listening to someone. Nyron (as consumer) and Sharon (as service coordinator) did a role play showing bad communication and a example of good communication.

Betty (as consumer), Clyde (as support person) and Sharon (as service coordinator) did a role play showing bad communication and a example of how a support person can help communicate better with a person.



## 13. GOALS AND DREAMS

Amanda Johnson came and talked to the CAC about the importance having dreams for what you want in your life because it gives you something to work toward. When you have a dream and you want it to become a goal you need to start talking about it to other people so you're not only one that knows about your dream. Write down your dream and what it would take to make it happen, so you can go back to it and be reminded.

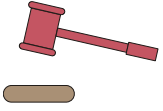
## 12. CAC MEMBERS' CHECK-IN SESSION

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



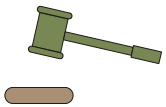
## FACILITATORS' CHECK-IN SESSION

Mark Starford and Tammy Evrard met with the facilitators and went over the homework.



13. The meeting adjourned for the day at 5:10 p.m.

## September 26, 2007



### 1. CALL TO ORDER

Kim Rucker, Chairperson, called the meeting to order at 8:34 a.m.

- A. General announcements were made.
- B. The agenda for the second day was reviewed and no changes were made. **It was moved (Lori Sloan), seconded (Danielle Knight), and carried to approve the agenda as presented.**
- C. The minutes of the May 2007, CAC meeting were reviewed. **It was moved (Michelle Gordon), seconded (Sam Durbin), and carried to approve the minutes as presented.**



### 2. CAC MEMBERS' REPORTS



The following members gave their reports on what they have been doing on behalf of the of the committee and their People First or local self-advocacy groups: Lisa Krueger, Tommy Michaels, Cindy White, Kim Rucker, Danielle Knight, Lori Sloan and Miguel Lugo.



### 3. EMPLOYMENT

Denyse Curtwright came to talk about what DDS has learned about employment and what they plan to do. The things they learned are:

- Many consumers want to work
- 1400 students with developmental disabilities leaving high school are going to day programs (over the last 5 years)
- Only 60 students per year are going to supported employment (over the last 5 years)
- The most recent DDS purchase-of-service data shows that there are 15,800 individuals with Developmental Disabilities receiving supported employment or work activity services in 2007 compared to 15,400 in 1998
- Employment development department data match for 2006 shows approximately 15,000 consumers with reportable income-some as low as 3 cents per week
- Less than 8% of people out of 226,000 served by our system are receiving employment services
- Only 3,500 are in supported employment individual placement

DDS plans to help increase employment opportunities for transition age consumers by building a bridge between high school graduation and work, also help increase communication between the regional centers and the California Department of Rehabilitation.





#### 4. Risk Management

John Ragosta from Acumen talked about a piece of the Quality Management System that deals with risk management. He explained about the information that 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

He explained how this information can help consumers when making decisions by knowing what is harmful, and working with your planning teams to find ways reduce risk, and by getting information about what you are planning to do and how it can be done with the least harmful risk as possible.

Eileen Castro from DDS showed and talked about the updated safety net website and asked the CAC members to look at the website with the new design and provide feedback.



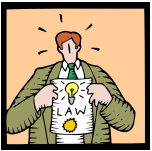
#### 5. COORDINATOR OF CONSUMER SERVICES REPORT

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

- She has been asked to do eight trainings to all the Service Coordinators and Managers at San Andreas

Regional Center on the Choices and Satisfaction materials. She has done 8 out of 8.

- She has been working with Barbara Mayer interviewing the residents at Agnews with the Choices booklets. They have done about 142 interviews so far.
- She went Statewide Self-Advocacy Conference on June 8-10, 2007.
- 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.



## 6. LEGISLATIVE UPDATE

Mary Lee Pennington the CAC gave a summary of the following legislation that has been identified as concerning people with developmental disabilities:

- AB18 (Blakeslee) Signature stamps- this would allow people with a physical disability who are unable to write to use a stamp with their signature on it and it would be legal.
- AB 1184 (Lieber) Closure of Agnews Developmental Center: advisory task force- this would allow the Director of DDS to put together a Agnews Developmental Center Transition Advisory Task Force, made up of family members of Agnews Developmental Center residents to help oversee the community placements of residents moving out and also give ideas to DDS, regional centers, and the Legislature.
- AB 1402 (Evens) IPP Meeting: Appeals Procedure Information- this would allow IPP meetings to be recorded upon request, and also all agencies

supporting people with developmental disabilities would required to post appeals procedure information.

- Assemblymember Jim Beall Pubic: is planning to hold two public information hearings - one on October 24, 2007 in Sacramento and a second one on November 16, 2007 in San Jose. The discussions will center on how to improve the delivery of services and support to persons with developmental disabilities and how to strengthen or modernize the Lanterman Act.

## **7. FEELING SAFE, BEING SAFE, CONTINUED**

Mark continued the discussion on feeling safe and being safe in case of an emergency. Mark asked the CAC about the four questions that will be asked on the information card, and what kinds of answers would they write in each of their four parts of the magnet. A sample of things that people came up with are:

Being Safe at Home- having an emergency kit

My Community Resources- where you would go if you had to leave home.

Personal Care and Safety- what medications you take

People who Care About Me- A contact list of people near you

## **8. END OF LIFE PLANNING PROJECT**

Mark Starford and Judy Citko talked to the CAC about the end of life project that ACRC, East Los Angeles Regional Center, Alta California Regional Center Golden Gate Regional Center, California Coalition for Compassionate Care, and Board Resource Center is working on it. The



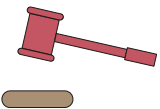
purpose for the project is to get people thinking ahead about the kind of things they would like to happen if they were to become ill to the point that they can't make choice for themselves. The project team will develop booklets with a DVD helping people with the booklet. Then they will field test the materials with group and have them tell the team what they think. The groups will be made up of people that receive services from one of the three regional centers involved and they will get a stipend for participating. The people that participate will have coaching available after the meeting to give them someone to talk to.



## 9. **IDENTIFY AGENDA ITEMS FOR FUTURE MEETING**

The CAC discussed items that they would to see at upcoming meetings. The items were:

- How to get prepared for an emergency
- Self Directed Services
- How to do a resume
- CPR



## 9. **END OF MEETING**

Kim Rucker, Chairperson adjourned the meeting at 3:02 p.m.