



VOICES of SSAN

September 2018 Volume 14

**California Wildfires
Devastating &
Possible Resources
By Robert Levy SSAN
Rep from the UCEDD
UCD MIND Institute**



This year the state had major wildfires. As of October 3rd, about 1.5 million acres have burned across the state. The fires began in the middle of August. In the North Coast office area almost 459,000 acres has burned. In the Sequoia office area, a little bit over 100,000 acres has burned. In the San Bernardino office area almost 23,000 acres has burned. That fire was intentionally set by a human who was arrested for starting that fire. In the North

State office area the wildfire has burned little over 211,000 acres. The wildfire in Shasta County has burned over 6,000 acres. This is a bad fire season for another year. It is like it is now the norm for year round fire season.

Here are some links to resources:

**California
Conservation Corps**
<https://ccc.ca.gov/>

**California Department
of Fish of Game and
Wildlife**
<https://www.wildlife.ca.gov/>

**California Department
of Forestry & Fire
protection**
<http://www.ca.gov/Agencies/Forestry-Fire-Protection-California-Department-of> .

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**In this edition of the
Voices of SSAN**

A Day on the Job

**Self-Advocacy &
Health**



Check out the Statewide Self Advocacy Network (SSAN) webpage at www.sccd.ca.gov/selfadvocacy



SSAN Newsletter
Editor -Robert Levy

**Contributors to
this edition:**

- Chen Curtiss
- Robert Levy
- Paul Mansell
- Teresa Moshier
- Nicole Patterson
- Regina Woodliff



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The California Park
(U.S National Parks.)
[https://www.nps.gov/
state/ca/index.htm](https://www.nps.gov/state/ca/index.htm).

American Red Cross
[https://www.redcross.
org](https://www.redcross.org).



**American
Red Cross**

The firefighters are hard workers and they risk their lives to put these fires out. This includes the Department of Corrections, which is also helping out the firefighters on the front lines. There are over 20,000 firefighters and prison inmates that are working hard to get these fire put out. There are at least over 1,000 homes other businesses has been effected.
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Dr. Oz By: Chen Curtiss



Do you like watching TV?

Do you like being healthy?

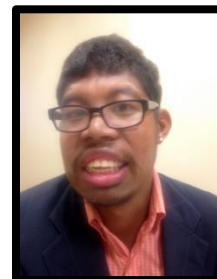
Then you will love watching Dr. Oz. He is a doctor who has a tv show on the NBC network. Dr. Oz shares with the public information about health that is good to learn.

Also he has a good sense of style, always well dressed with a suit and a watch. He has a good personality too - he makes people happy when he tells the truth about health topics. For example,

he suggested drinking raw apple cider vinegar and water dilution daily to help with food digestion. It's important not to follow medical advice without checking with your personal doctor beforehand. So, try to remember to ask your doctor about it first before trying some of Dr. Oz's suggestions.

He is on TV daily, Monday through Friday. He also has a website (<https://www.doctoroz.com/>) where you can find health tips. They have food recipes with videos to show you how to make them. You may also consider signing up for his newsletter while on the website. There is a phone app too.

Pictured: Chen Curtiss





A Day on the Job By Regina Woodliff

My job is working with people who have developmental disabilities. Some of the people need more help than others. There are about 40-42 individuals who attend the day program I work at.

To get to my job, I have to take an early bus to Concord. When I get to work, I have to sign in. I also check the daily log sheet to see what I am assigned to do that day.

Sometimes we start with exercise, or go out on outings, like going to a Farmer's Market, go bowling, go to the movies, go to

San Francisco and go to Art and Wellness. Art and Wellness is a program where people can do arts and crafts.

My job is to help people with what they need while we are out, like help to get onto the bus, help with their money transactions or anything else a person may need.



When we return to the day program, I help with any personal care needs or eating assistance.

I talk with the people at the day program to see what things they would like to do each month. They chose what they want to do

like eating lunch at a park, playing bingo or listening to music at Todos Santos Plaza. We mark the activities on the calendar.

I get off work about 3:30pm. I catch the bus to the Bart Station and then another bus to get home. I get home around 5:15 pm.

I have had this job for years. I started out as a participant at the day program myself and I became an aide in May 2007. I am classified as an aide now, but my goal is to be an attendant and then an instructor.

I enjoy my job and every morning I look forward to going to work because the people mean so much to me. I am very grateful to people who helped me. "I thank God for this job!"



Region 2 People First 2018 Conference

by Teresa Moshier
North State

We titled our Region 2 People First 2018 Conference as, “People First Comes Together, Stays Together Forever.” Our North State Region recently celebrated the Region 2 People First Conference on May 18-20, 2018 in Anderson, California at the Gaia Hotel. We had break-out sessions including: “Feeling Safe, Being Safe,” “Healthy Living,” “History of the Developmental Centers in California and How they are Closing” and more topics! We also had keynote speakers including Paradise People First Chapter

Officers, that facilitated a question and answer session related to the People First Organization. A member of the Chico People First Chapter and former President of People First of California shared her story on how she got involved in People First.

All 6 Region 2 People First Chapters helped plan the conference. As the first female President in the history of Paradise People First Chapter, it was really fun to organize the dance and our chapter decided on a “Prom” theme. Everyone came dressed in their favorite “Prom” outfits and it was a great dance!

Our conference was a success and about 150 self-advocates, helpers

and staff attended. The Chapters are planning to review the conference surveys to learn what went well and what to improve on for the next conference in 2020!



Self-Advocacy and Health

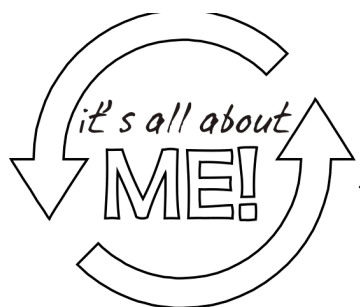
By Paul Mansell

Self-Advocacy is all about speaking up for ourselves, making choices, and being responsible for decisions and actions. Our health is an important part of Self-Advocacy. Health is more than being sick or injured. Health includes diet, exercise, sleep, and much, much more. **(Continued on Page 5)**



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It includes how our body and mind are working. When they are working well and in harmony, we feel more alive, capable, and positive. It is important to get a check in from a doctor or other health care professional for guidance to have the best possible health. Two people who have the same height, weight, and age may have dramatically different health care needs. Maintaining your health can be quite simple but it does require consistency and follow through.



SSAN member Highlights by Robert Levy SSAN Representative of the UCD MIND Institute UC/CEDD



Hello my name is Robert Levy and I represent the UCD MIND Institute UC /CEDD here in Sacramento. I have been involved with the Statewide Self Advocacy Network since the group began on April 11, 2012. Since I have been part of the group I have been helping out by getting the new members learning what we do at SSAN. I have done a lot of different presentations

in our community. In 2015, I attended to leadership training in Seattle Washington and I stayed in the dorms in Seattle Pacific University. I have let people know about self-advocacy at Progressive Employment Concepts, the UC Davis MIND Institute staff members and other people out in the community. I have been doing a lot of Audio Video recording interviews on the UCD MIND Institute website. I was just featured on the Progressive Employment Concepts website under the Participants page.

I also have been chosen to part of the panel with the State Council for Developmental **(Continued on page 6)**



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 Disabilities to talk about my part time jobs on Integrated Competitive Supported Employment at Target, UCD MIND Institute UC/CEDD and Progressive Employment Concepts.

Work can transform your life making it more exciting, fulfilling, and meaningful. Work doesn't come easily, but where there are challenges there are also rewards.

**Tailored Day Service Option
 Paid Internship
 By Paul Mansell**

Tailored Day Service option is for clients who don't fit into the traditional supported employment model. It includes employment,

volunteer, self-employment, and education options. This includes Vocational Assessments and Career Exploration (going to One-Stop Career Centers), resume development, job Development, interview preparation, job placement, volunteer placement with recognized non-profit entities, job coaching or volunteer supports (within maximum monthly hours), micro-business or self-employment, post-secondary education includes: adult Education, vocational certificates, GED, Community College (credit courses with educational plan) or non-credit courses, and four-year university degree. Leading an integrated and inclusive life

includes: mapping their community, becoming



a member of a group, club, or team (of non-disabled peers) sharing the same interests, enrollment in free or low-cost classes through local libraries (literacy classes) or park & recreation centers, membership in local fitness centers in order to maintain health and have regular exercise. Participants are fully engaged, as much as possible, in making decisions about their services. Participant choices, while highly valued, must result in specific measurable goals that fit the identified domain areas, and result in outcomes
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 that can be identified and measured. Paid Internship state law encourages competitive integrated employment (CIE) for individuals with intellectual and developmental disabilities. The goals of this program include the gaining experience and skills needed for future paid employment, typically in the same job field or industry. Internships can be traditional, or in the form of apprenticeships, including self-employment. The funds provided for the internship are used for wages (minimum wage or higher) as well as the related payroll costs. Each individual client is eligible for up to \$10,400.00 per year in an internship, and

could receive more than one internship. Any San Diego Regional Center client who is eligible for employment (18 and older) with eligibility to work, and expresses a desire to be employed (either part-time or full-time). Clients also need to be able to travel independently, or have some dependable transportation (ADA Paratransit, Uber/Lyft, family member, etc.) Regional Centers are now permitted to provide paid internships to transition-aged students 18-22 based on a need determined by both the Individual Education Plan (IEP) and Individual Program Plan (IPP) planning teams.

GOOD VIBRATIONS



By Paul Mansell

Fall is the time to breathe in and out and enjoy all the good things in your life. One way you can do it is take the StrengthFinder Survey Assessment. It is fun and doesn't take a whole lot of time. I took the survey and my top 5 themes were intellection, connectedness, input, strategic, and futuristic. My strengths may not be all that practical, but they do show I like to think. I have been told that I live in my head. I don't know about that,
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but I can't think of anything more exciting than to come across a new idea and sharing it with others.

At the June SSAN meeting, we talked about mental health disabilities and wellness. Some members identified they live with various issues of mental health disabilities. I report that I live with various forms of mental health issues and my goal is to achieve the maximum level of mental health possible for me in order to achieve wellness—mind, soul, and body balance.

Life can feel like a real grind sometimes and be exhausting. When faced with times like these, it is important to know what really excites you and energizes you. It may

be reading a good book, listening to good music, cooking a good meal, watching a good movie, or hanging out with family or friends. I have been told going out and buying a new pair of shoes can be very enjoyable. It is important to remember that life is to be enjoyed and savored like fine wine and cheese. Life is to be celebrated. It is more than to-do lists, duty or obligation. I find it tempting to think about all the problems in my life and to be very critical with myself and with others. When I find myself doing this, I challenge my criticalness with focusing on how much I have to be grateful and thankful for in my life. I have my job, my apartment, my bus pass, my iPhone, my

Mac, my TV, my health, family and friends, my education, my self-advocacy involvements, my books, and the Y. I confess that if I gave it more thought I could find a lot more to be thankful for in my life. With my education in political science, philosophy, and economics, I like to think about big thoughts. I am especially into fairness. My thoughts may not always be novel, but they are important to me and give my life meaning. For example, I feel strongly that goods, services, income and wealth, and opportunity should be allocated by talent and ability regardless of race and culture, gender or sexual orientation, language,
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 religion, or political affiliation. As far as disabilities, I feel a just, benevolent, and enlightened state provides supports and resources to empower individuals living with disabilities to reach their full potential. The state also has the obligation to ensure people have their basic needs met. People living with disabilities in turn have the challenge and opportunity to achieve their full potential. So this fall, let's claim and own all the good things in our life. It will make a big difference in our lives, in our friends and family, and the people we serve. The Beatle's song "Let it Be" comes to mind as does the saying "Stay calm and carry on".

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SELF-DETERMINATION PROGRAM (SDP) UPDATE



The Department is very pleased to have the application for federal funding, or Waiver, for the Self-Determination Program approved by the Centers for Medicare and Medicaid Services (CMS). While approval of the Waiver represents the key step towards the starting of the Self-Determination Program, the Department and the self-determination advisory workgroup must complete the following before the SDP can begin. The list below is not everything that needs

to be done, but includes the key parts and steps that are being worked on, also has the target dates for each one to be completed.

The Department will post updates on the progress.

- **Federal Funding Approval**
 Status: Completed. The application for federal funding, or Waiver, was approved by the Centers for Medicare and Medicaid Services on June 6, 2018.
- **Individual Budgets**
 - Target for completion: August 15, 2018
- **Financial Management Services (FMS)** -
 Target for completion: August 31, 2018.

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- **Independent Facilitators** – Target for completion: August 31, 2018.
- **Participant Selection** - Target for completion: October 1, 2018
It's important to note that only those individuals who have participated in an informational meeting and whose names have been received by the Department by September 17, 2018 at 5:00 PM will be considered for selection (by the Department)
- Of the first 2,500 participants in the SDP. Individuals whose names are received after September 17, 2018 will be considered

for subsequent selections of SDP participants. Subsequent participant selections will occur if some of the initial 2,500 participants choose not to enroll or they enroll, then decide not to continue in the SDP.

- Information for those who are interested on how they can be considered for participation in the SDP can be found at www.dds.ca.gov/SDP/sdpEnrollment.cfm.
- **Home and Community-Based "Settings" Requirements** - Target for completion: October 31, 2018.

- **Orientation Materials** - Target for completion: October 31, 2018.

Terms to remember in SDP:

Independent Facilitator – is a person who can help you make decisions about your individual budget as well as find and organize services and supports that are in your IPP. They can also help you lead, participate, or advocate for yourself in the person-centered planning process and help in creating your IPP.

Financial Management Service (FMS) – is a company or person who will help you with handling your money, paying your workers, and processing background
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 checks for your workers. The cost of the FMS comes out of your individual budget. The Financial Management Service manages the individual budget based on your plan.

If you want more information on SDP, please visit the Consumer Corner SDP page at <https://www.dds.ca.gov/ConsumerCorner/sdp.cfm> or if you have other questions about SDP, please email us at sdp@dds.ca.gov.

**The SCDD
 Employment Panel
 Presentation By
 Robert Levy UCD
 MIND Institute
 UC/CEDD SSAN Rep**

On 7/31/18 SCDD invited fellow SSAN Member Desiree

Boykin and myself to talk at their meeting at the Crowne Plaza Hotel in Sacramento. I talked about my part time jobs at Target, the UCD MIND Institute and Progressive Employment Concepts. I also talked about what I've learned about the job tasks that needed to be done on typical work day. Desiree also talked about her typical work day at the ARCA in South Central Los Angeles area. There were others who spoke on the Employment panel presentation. They all learned a lot from me and the others.



SSAN Members

- Vacant North Coast
- Teresa Moshier North State
- Lisa Cooley Sacramento
- Chen Curtiss North Bay
- Regina Woodliff Bay Area
- Robert Balderama North Valley Hills
- Vacant Central Coast
- Rebecca Donabed Sequoia
- Julie Gaona Los Angeles
- Sean Sullivan Orange County
- Daniel Fouste San Bernardino
- Paul Mansell San Diego Imperial
- Desiree Boykin ARCA



- Vacant CFILC
- Nicole Patterson
DDS
- Scott Barron
DRC
- Robert Levy
Mind Institute
- Kecia Weller
UCLA Tarjan
Center
- Wesley
Witherspoon
State Council on
Developmental
Disabilities and
USC Childrens'
Hospital

SAVE the DATES:

Check out the December issue for recaps on the **Supported Life Institute** which happened on October 4-5, 2018 in Sacramento

AND

Jobtoberfest

Job and Resource fair for People with DisABILITIES, Which happened on October 22, 2018
Balboa Park Club
2144 Pan American Rd
San Diego, CA 92101

Paul Mansell
Employment
San Diego People First
Quarterly Meeting
9:30-2:00, Nov 5th
4355 Ruffin Rd, Ste
100
San Diego, CA 92123

“Collaborating for Effective Services”
5th Annual Leading the Charge
Doubletree Hazard Center
7450 Hazard Center drive
San Diego, CA



As of Monday August 6, 2018, both Office location has just moved being the State Council for Developmental Disabilities headquarters and the Sacramento Regional office. The address is at 3831 North Freeway Blvd. Suite #125 Sacramento, CA 95834. Please contact Riana Hardin if you have any questions: riana.hardin@scdd.ca.gov and will be glad to answer all the questions too.