



# VOICES of SSAN

March 2020

Volume 20

## In this Edition:

**Article 1:** Recap of 2019 AUCD Conference

**Article 2:** Using Public Transportation for Work

**Article 3:** Personal Growth

**Article 4:** Educational Journey

**Article 5:** Progressive Employment Concepts Inclusion Celebration

**Article 6:** People First of San Diego Conference

**Article 7:** 20 Years at Target

**Article 8:** Kudos Corner

**Editor:** Robert Levy

## Contributors:

- Wesley Witherspoon
- Robert Levy
- Teresa Moshier
- Paul Mansell
- Lisa Cooley
- Desiree Boykin
- Nicole Patterson

## Recap of 2019 AUCD Conference

By Wesley Witherspoon, USC Children's Hospital  
Robert Levy, UC Davis MIND Institute



On November 19, 2019 Robert Levy, and Wesley Witherspoon represented our UCEDDs at the AUCD Conference in Washington D.C. Unfortunately, Kecia Weller, who represents the UCLA Tarjan Center was unable to attend this year. This was our second year presenting at the AUCD Conference. Our Presentation was titled: “How the California UCEDDs Contribute to the Statewide Self-Advocacy Network (SSAN)”. Our title fit well with this year’s Conference title: “Leading Change Together”. Our session talked about the importance of collaboration and networking as a part of advocating for people with disabilities. We encouraged other UCEDDs to participate in cross-disability networks in their states.

The Conference was attended by both professionals and self-advocates. Washington D.C. has very different weather than California, so it was cool to see the fall foliage.

Wesley’s thoughts on his experience: “I once had a tour guide in high school tell me that Washington D.C. was like the Las Vegas of politics. You are surrounded by some of the smartest people in the country. **(Continue on Page 2: “2019 AUCD Conference”)**



# VOICES of SSAN

March 2020

Volume 20

**(Continued from Page 1: “2019 AUCD Conference”)**

Even though Washington D.C. is only 10 miles long: there are a lot of transportation options available, making it very accessible for people who do not drive. My favorite part of the conference was the closing panel of a bipartisan group of Senators and U.S. Representatives. The panel was called: “Leading Change Together! Engaging with Congress on Pressing Issues Facing the Disability Community”.

Many of the panelists were family members of people with disabilities. One of the panelists talked about the importance of having a Cabinet level position with the US Government focusing on disability issues. I thought it was cool to hear about the continued work of Congress on disability awareness since the ADA was passed in 1990!”

Robert Levy’s thoughts on his experience: “I enjoyed attending the 2019 AUCD Conference and presenting with Wesley. About 12 people came to our session. There were people representing UCEDDs from all 50 states and US territories. It took a lot of hard work to get ready for the conference and I appreciated our support staff that helped us to get ready for the conference. Unfortunately, Kecia wasn’t able to make it to the conference, so Wesley was able to tell people about what she does for the UCLA Tarjan Center.

I enjoyed having the opportunity to testify on Capitol Hill. Conference attendees split up into different groups to talk to the legislators. My group went to the offices of Senator Harris, Senator Feinstein, and Congressman McClintock. We talked about bills related to employment, on issues like getting rid of subminimum wage, increasing the qualifying age from 26 to 46 on Cal ABLE Accounts and the importance of school safety. Having a CalABLE Account would help people with disabilities to have a good life. An ABLE account lets people with disabilities save more money to spend on disability related expenses later. We also talked about promoting safety for people with disabilities at their schools, along with other important issues.”

Unfortunately, the 2020 AUCD Conference is scheduled for December 6–9, 2020 and that is about the same time as the December SSAN meeting. Normally the AUCD Conference happens in November, but every four years, when there is a national election, they move the conference to December. We hope to be able to attend the 2021 AUCD Conference that will be held on November 14–17, 2021 and have the opportunity to present and take part in the visits on Capitol Hill again.



# VOICES of SSAN

March 2020

Volume 20

## Using Public Transportation for Work

**By Teresa Moshier, North State Regional SSAN Representative**

My day starts at 7:30 am. I get up and get ready for work. I catch the Glenn Ride at the Villa St bus stop. The bus comes at 8:58 am, it has stops in Artois and the Blue Gum also Orland, and Hamilton City. The Glen Ride also has bus stops in Chico too. I take the bus Chico Transit Center and from there, I take B-line bus #3 to work. I work at Amjamb Call Connection 4 days a week. The Glenn Ride has seven trips Mon. thru Fri and on Sat three trips. Trip 1 and 7, on weekdays, are express trips. Trips 2 thru 6, on the weekdays are regular trips. Trips on Saturdays are at 8 AM, 12 PM and 4 PM. Some of the holidays use the Sat schedule. Because of the Campfire that happened on Nov 8, 2018, Butte County Transit has limited service to Magalia and Paradise.

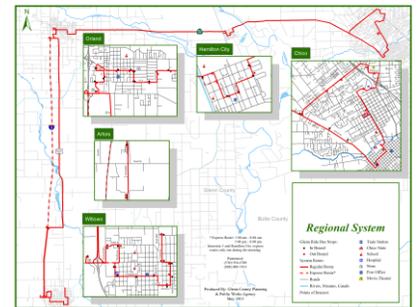
There are many different fare options. You can buy a single ride pass, a two-ride pass, a 10-ride pass, an all-day pass, or a 30-day pass. The All-day pass is \$5.00. All Day Passes can be purchased directly from the driver for unlimited access to the entire system for the day. Be sure to tell the driver the type of pass you want BEFORE putting your money in the farebox.

Most of the drivers for the Glenn Ride are nice. One driver will not use the lift at some of the stops. Far Northern Regional Center helps pay the fares for many different routes, which helps.

It is very important that I have transportation to get to work and home. I currently live in Willows due to the Campfire. The Glenn Ride and Butte Regional Transit are my only transportation to work. I really love my job. So, transportation is my only way around.



Check out the website for Glenn Ride for more information:  
<https://www.countyofglenn.net/Glenn-Tehama-schedule.pdf>



- What are the transportation options in your area?
- Check with your Regional Center if they can help with transportation





# VOICES of SSAN

March 2020

Volume 20

## Personal Growth

By Paul Mansell, San Diego Regional Representative

Spring is the time of sprouting new growth. Nature fresh, and green, illustrates the promise and potential that comes with new beginnings. In the air, there is a sense of hope renewed, people, and animals are energized; the days are growing longer as the chill and darkness of winter fades: yielding new life and promises. Growth is a part of life. Growth does not differentiate between the youth but affects people of all ages. It may seem that when we enter adult life with all the demands of work and family personal growth is not possible. All that is possible is living a routine, 9-5 existence full of responsibilities, obligations, deadlines, and to-do lists. Yet there is hope with life there is always the opportunity for growth and happiness.

How does this growth happen? First, you must be open to it and truly want it, for it to happen. Yet as in all-natural things, growth happens in its own time or season. It is my experience growth is active and not passive, I had to be motivated and really want it, to make it occur. People can grow in various directions, but what is important is to grow in positive, worthwhile, and loving directions. Growth that occurs through other means can be harmful and insincere.

Having a firm foundation for growth is a big help. For me my foundation is my faith, my friends, and my peers. This is not a fixed list. Others may have additional or different elements that make up their foundation, such as family.

Growing pains are a part of the process of achieving personal growth. Some people are intimidated by the pain and uncertainty that comes with personal growth and stay the same. I confess growth at times is uncomfortable and hurts, even stings, at time. At the first sign of adversity: my mental determination is tested. It takes courage, fortitude, and persistence to grow, and a commitment to the growth process because it is less an event but rather an on-going process.

In order to allow personal growth. When I was a youth, this meant buying new clothes, or going to high school or college. I must admit entering the workforce was a huge growing experience for me. I had to learn new skills, values, and attitudes. **(Continue on Page 5: "Personal Growth")**



# VOICES of SSAN

March 2020

Volume 20

**(Continued from Page 4: “Personal Growth”)**

It took more than a decade of trial and error to find a career that was right for me and I it. I had to deal with a lot of failure and setbacks, but I did my best to learn from all my jobs, even those that I was not well suited for. This takes persistence, discipline, a positive attitude, and hope. Hope is one of my most powerful motivating forces. It looks passed the present difficulties and focuses in on a better, brighter future where I realize my dreams.

Personal growth is more than an internal activity. It can be facilitated and nurtured by friends, family, teachers, supports, colleagues, and peers. I admit I have a deep loyalty, gratitude, and affection for those who helped me grow into the person I am. I must confess that I didn't see all the growth that was happening in my life, but only after I pause and reflect upon my life: the change becomes noticeable. So, I say yes to life and to growth. I invite you to do the same.



# VOICES of SSAN

March 2020

Volume 20

## My Educational Journey

**By Lisa Cooley, Sacramento Regional Representative**

I started school at three years old in Oakland California. I was in special education classes from preschool to fourth grade. I was mainstreamed (which is another word for inclusion) because my parents believed that I could do regular schoolwork and advocated for me to be in regular classes. I was in regular classes from fifth grade through high school and in special education classes for math because I have a learning disability that makes learning math concepts difficult. My special education math class also helped me keep up with my other classes because I could go into the class when I didn't have my math class and do other schoolwork or take tests in a quiet place.

In college I received help from the disabled student's program and services at American River college. The college helped me take college classes because I was given access to services such as note taking because my disability causes me to have slow handwriting that is difficult to read without concentrating. I also received extended time on exams for class exams. I used the computer lab for students who have disabilities on campus to complete class in my college classes. I was so successful using the disability services that I eventually received a college degree in liberal arts and a career certificate in human services from American River college.

## SSAN Members

- Nathaniel Florez – North Coast
- Teresa Moshier – North State
- Lisa Cooley – Sacramento
- Chen Curtiss – North Bay
- Regina Woodliff – Bay Area
- Robert Balderama – North Valley Hills
- David Forderer – 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
- Renee Wooten – CFILC
- Nicole Patterson – DDS
- Scott Barron – DRC
- Robert Levy – UC Davis Mind Institute
- Kecia Weller – UCLA Tarjan Center
- Wesley Witherspoon – SCDD and USC Children's Hospital



# VOICES of SSAN

March 2020

Volume 20

## Progressive Employment Concepts: Inclusion Celebration

By **Robert Levy**, UC Davis MIND Institute Representative

On Friday October 18, 2019 PEC/CES hosted the 4<sup>th</sup> Annual Inclusion Celebration. There were about almost 300 attendees at the WAL (Warehouse Artists and Lofts) here in Sacramento. There were numerous displays from clients either at PEC/CES clients or Micro Enterprise businesses like for myself and my dad and PEC Staff CDS Georgina Keir. We had our own display of homemade wine and store-bought whiskey. There was also some other store-bought wine too.

There were numerous businesses organizations and the community members that were a part of sponsoring the event by donating money and time to organize and fundraise for the 4th annual event. UCD MIND Institute UCEDD Staff member Steve Ruder was one of the people that got recognized at the event, and was the only UCD MIND Institute UCEDD, staff to get an Inclusion award. Carol Watilo and many other PEC/ CES staff members took part in organizing that event and I want to thank them for their hard work and taking time out of their busy schedules to work on planning this event.

PEC staff is currently working on a big project to redesign the PEC website and make it easier to use. David Nissan, PEC, Director of Personnel Rob Watilo, and Director of Development Rachel Palmer are all currently in charge of the website project to have new information for the community to see and check it out. Soon, I will be contributing to PEC's social media, by posting on twitter and writing the stories from the PEC/CES clients spotlight articles. **(Continue on Page 8: "Inclusion Celebration")**

### SSAN Mission Statement

The Statewide Self Advocacy Network (SSAN) promotes leadership and builds bridges that strengthen advocacy among disability communities by focusing on policy change.

SSAN past Newsletters, Annual Reports, and Meeting info, can be found at [www.scdd.ca.gov](http://www.scdd.ca.gov) under self-advocacy tab

Let us know if you want to see anything specific in future newsletters!

How do you contact the SSAN Newsletter Editor Robert Levy? Leave a message for him by contacting the SCDD Self-Advocacy Coordinator **Riana Hardin at (916) 263-8196**



# VOICES of SSAN

March 2020

Volume 20

**(Continued from Page 7: “Inclusion Celebration”)**

PEC created a series called “What’s Inclusive Sacramento”. You can check them out on the [PEC YouTube page](#). In episode 6, I interviewed PEC Community Development Specialist Georgina Keir on her job. Take a look at the [PEC Facebook](#) to learn more about other PEC projects and find out more about the Inclusion Celebration and the impact PEC has on the Sacramento Community.



# VOICES of SSAN

March 2020

Volume 20

## People First of San Diego Conference

By **Desiree Boykin**, ARCA SSAN Representative and **Paul Mansell**, San Diego SSAN Representative

The 28<sup>th</sup> Annual San Diego People First Conference was held on at the Crowne Plaza in Mission Valley. Thanks to the collaborative efforts of Creative Support Alternatives, Interwork Institute, and San Diego State Research Foundation, this year's "Blast to Our Future" conference had over 300 people in attendance.

The conference had a Keynote presentation featuring TedTalk self-advocate Jillian Parramore, who inspired attendees to define what they want, set goals, and achieve them on their terms. The conference included a display called "the Voter Experience" with the San Diego Registrar of Voters, Options for All Film & Media Documentary Screening, dancing with DJ Ned & Friends, adaptive yoga with Victoria Border, 11 workshops, and the Conference Street Fair. It was a memorable experience for all!

Paul Mansell and I had a session on "Strengthening the Statewide Self-Advocacy Network". We both talked about our roles on the SSAN as members. We also talked about how long you get to be a part of the SSAN. We both talked about our role as advocates for the regional centers. All who attended found this presentation very informative.

A huge thank you to all who made this year's conference a big success: we couldn't have done it without you! The next People First Conference of San Diego will be in December of 2021.

## Learn About SSAN Partners

- [Association of Regional Center Agencies](#)
- [California Foundation for Independent Living Centers](#)
- [Department of Developmental Services](#)
- [Disability Rights California](#)
- [University of California, Davis MIND Institute](#)
- [University of California, Los Angeles, Tarjan Center](#)
- [University of Southern California, Children's Hospital](#)

## Self-Determination Update

Check out the latest [DDS Self-Determination Newsletter](#) for the latest on California's Self-Determination Program.



# VOICES of SSAN

March 2020

Volume 20

## 20 Years at Target

By Robert Levy, UC Davis MIND Institute SSAN Representative

This year marks 20 years of employment at Target. I started at Target on January 19, 2000 which was on a Wednesday. I never thought I would be working over for that long. In the past I had numerous jobs that didn't work out because they never gave me enough support to help me learn the job. An example of this is I had a grocery store job working at Ralphs in Folsom, CA. I was there for a short amount of time and they had to let me go. I have had many other jobs too that ended because I didn't have enough support. I got the job at Target 20 years ago, there was an opening for a job position in the security department to tag the merchandise. I tagged items like CD's, DVD's, clothing like men's, women's, boys, girls, infants and toddlers. I worked 5 days a week and 4 hours each day being 20 hours a week with another person who was a PEC client at that time. A PEC Staff member got me that job. She now works in Eureka and Crescent City as an Executive Director of an agency like PEC.

Now we get our paychecks, our time off request and we also do our trainings online versus then I picked up my paycheck stubs every two weeks when I came in to work. Now I only work every Tuesday for only 3 hours a week. I enjoy my job over there. As a PEC client I'm the longest employee over at the same store. There is another PEC client who works every Saturday for only 3 hours a week pushing the carts and does some of the cleaning too, who has worked at the same Target as me for over 16 years. He also gets some support from his job coach. Now I don't need as much support because I know how to do the job. In the past I had asked to work more hours but there no openings to work more hours so I currently have two other employment sites like the UCD MIND Institute UCEDD where I represent the Statewide Self Advocacy Network for almost 8 years now, and I also work for Progressive Employment Concepts where I'm also a client too. In the last 20 years I have seen a lot of co-workers come and go through the years however there have been other co-workers that range for almost 30 years being the longest ones to new hires now.

My co-workers at Target enjoy working with me because I also help out with the guests who are looking for where they need to go. I also Help by putting the carts where they need to go. Putting the security tags on the phone supplies and the health beauty supplies to prevent theft. **(Continue on Page 11: "20 Years")**



# VOICES of SSAN

March 2020

Volume 20

**(Continued from Page 10: "20 Years")**

I also work in the market department by taking expired snack food away once in a while. I also rearrange the snack food by putting the food with the latest expiration date in the back and the snack food with the earliest expiration date goes in the front, so that the guests can buy them. I just learned a new task by using a price scanner and that tell us where the merchandise needs to go back where they belong.

I just received some extra money added on my paycheck from my 20-year award. When I need to go on vacations with my family or when I need to Washington DC or business events, they are flexible about it and including for an example in the past when I had changed my work hours, they were also flexible about it too. I enjoy getting along with all my co-workers because they are nice people to work with and they know that I take my work seriously. I hope that I will continue to at Target for many more years to come until I do decide to leave Target.

In one of my past ISP IPP meetings, my service Coordinator at Progressive Employment Concepts thought that that I should look for another job just in case I do decide to leave Target someday in the future. But right now, it would be too hard to find another job because I enjoy working at Target for now. I don't know what the future is going to hold just yet.



# VOICES of SSAN

March 2020

Volume 20

## Interview of Kecia Weller

**By Wesley Witherspoon, USC Children's Hospital**

On Monday January 13<sup>th</sup>, I had the chance to interview Kecia Weller about what it is like to be a national advocate for people with intellectual and developmental disabilities. Kecia was a keynote speaker at the 2019 Statewide Self-Advocacy Conference "Building Your Toolbox for Self-Advocacy" that took place May 3-4, 2019.



### **How do you feel about being a national advocate for people with disabilities?**

I feel that I am empowering other people with disabilities nationally to advocate for themselves. I love to help people with disabilities recognize abuse, report abuse, get help when victimized by an abuser, and start healing using Trauma Informed Care. I was appointed to the Arc's National Center of Criminal Justice & Disability. Currently, I Co-Chair the National Peer Support Network with National Adult Protective Services Association (NAPSA)

### **How did you get started as an abuse advocate?**

In 2012, I was serving on California State Council on Developmental Disabilities (SCDD) and was a member of the Self-Advocates Advisory Committee (SAAC). One meeting SAAC members talked about suspected abuse at one of the state's developmental centers. The then committee chair and I decided to work on the issue outside of the committee with an outside organization. My first project on the issue was a YouTube video: "Abuse of People with Disabilities: a Silent Epidemic": <https://youtu.be/yhLsATwO0o4> . The video currently has 19,500 views on it. Since that video, I have collaborated with many different agencies and advocates on different projects focusing on abuse prevention and awareness.

**(Continue on Page 13: "Interview")**



# VOICES of SSAN

March 2020

Volume 20

(Continued from Page 12: "Interview")

## **Tell me about your roles at the Tarjan Center and the Rehabilitation Council.**

I have been employed by the UCLA Tarjan Center since August 2012. One of my primary responsibilities at the Tarjan Center is to be the staff liaison to the Tarjan Center Advisory Committee. I'm responsible for recruiting a diverse representation onto the Tarjan Center Advisory Committee. I also help to mentor new TAC members, prepare my SSAN and SRC reports for the Tarjan Center Advisory Committee members. I represent the UCLA Tarjan Center at State and Local business meetings as requested by Dr. Olivia Raynor.

Some of the business groups I represent the UCLA Tarjan Center at are: California Statewide Self-Advocacy Network, Self-Advocacy Leadership Council of Los Angeles, USC UCEDD CAC, and California State Rehabilitation Council. For the State Rehabilitation Council, I discuss employment public policy that will enable the Department of Rehabilitation to get more people with disabilities employed throughout the State of California.



# VOICES of SSAN

March 2020

Volume 20

## Kudos Corner

By Nicole Patterson, DDS SSAN Representative

Teresa Moshier represents SCDD North State Office on the SSAN. She is the kind of member that is always willing to step up to help in any way to support the SSAN during meetings. She understands the important of sharing information. Even when she was experiencing her own emergency with losing her apartment in Paradise due to the Camp Fire. Teresa continued to show her commitment to educating people through her experiences to increase awareness of the importance of emergency preparedness with the SSAN. Teresa, thank you for showing us what strength and dedication looks like. The SSAN would not be the same without you. Kudos to you!!

## SAVE THE DATES Choices Conference

**Date:** April 3, 2020

**Location:** Stockton, CA

**More Information:**

[Choices Institute](#)

## 25<sup>th</sup> Annual Statewide Self-Advocacy Conference

**Date:** May 8–9, 2020

**Location:** Sacramento, CA

**More Information:**

[Supported Life Institute](#)

## 34<sup>th</sup> Annual Supported Life Conference

**Date:** October 8-9, 2020

**Location:** Sacramento, CA

**Apply to be a Speaker:**

[Supported Life Institute](#)

**Contact your regional office of the State Council on Developmental Disabilities for information on trainings and local self-advocacy meetings happening in your area.**

