

I SPEAK

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A Self-Advocacy Newsletter Brought to You by Self-Advocates and SCDD San Diego Imperial

Spring 2021



My Experience With the COVID-19 Vaccine

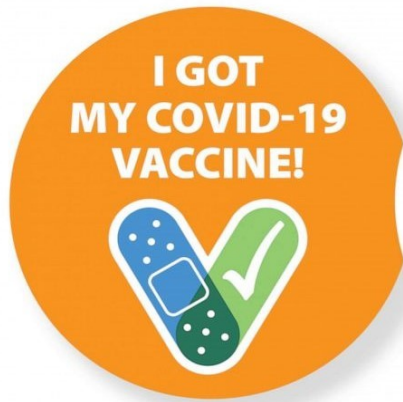
by Alex Tenorio

On Monday, February 1, I got my first COVID-19 vaccine. The next day, I had a light headache and a sore arm. I was feeling good, but very tired for the rest of the week. For a few days, I had a sore arm but no major problems.

My second vaccine was February 22. I got sick the next day and did not go to class. I was in bed all day drinking water. I couldn't even walk my dog, Peanut. I just ate dinner with my mom, but I was not vomiting. That was a good sign.

After I ate dinner, all my body hurt. I had a bad headache, so I took a nice shower. I was feeling a little better and just sleepy, but I am good. I can't wait for this thing to be over. We need to get back to normal soon. Please get your vaccine. It is important to have it to be safe.

Now that I have had both shots, the first thing I will do is visit my friend in Lake Elsinore, California. I need to take the Amtrak Coaster for that. That will be around the middle of March. I am so excited to have an adventure and have a little fun as well. Still alive.



My Experience Getting the COVID-19 Vaccine

by Viri Salgado

I was one of the first people to receive the COVID-19 vaccine through my employer. I got a letter stating that I qualified to get the vaccine because I'm an essential worker.

I scheduled my appointment online at the sandiegocounty.gov website. I booked my appointment at the UC San Diego – PETCO Park Super Station, a drive-thru site located in downtown San Diego.

After choosing the date and time, I filled out my general patient information, insurance information, and answered questions about my overall current health. I was then set for my first dose of the Moderna vaccine. It is recommended that you hydrate very well before and after receiving each dose.

On the day of my appointment, I created an account using the MyUCSDChart app on my phone to check in for my first vaccine dose and to schedule my second dose appointment. All COVID-19 vaccines are free whether or not you have insurance.

My uncle drove me to get both of my vaccine doses. When we arrived, I presented the letter from my employer, a copy of my recent paystub, and my California ID to a nurse who checked my information and then directed us where to go. The place was crowded with lines of cars, but they were moving at a steady pace.

When we got to the second nurse, she asked me if I was allergic to any medication and asked in which arm I preferred the shot. She moved to the right side of the car and—in less than two minutes—gave me my first vaccination and put a bandage on my arm. She asked me to remain at the location for a 15-minute observation period.

After my first vaccine, the only side effect I had was soreness on my right arm which lasted a few days. I had to wait 28 days to get my second vaccine. It was at the same location and a similar process, except that on my second visit, I only needed to show my California ID. The day or two following the second dose of the Moderna vaccine, I had side effects that included soreness in my right arm, body aches, tiredness, and cold chills. Plenty of rest and water helped my body recuperate quickly, though.

I've always worn a mask when I go out into the public, even after getting completely vaccinated I continue to social distance and wash my hands frequently. Getting the COVID-19 vaccine helps reinforce your immune system to better fight the virus. I strongly recommend everyone seek more information on the COVID-19 vaccines that are available now. Reach out to your family, facilitators, and care providers for help on getting vaccinated to protect yourself and your loved ones. The sooner the better.



Disaster Preparedness Training

by Erin Punzel



I learned a lot from the Red Cross Training.

- WILDFIRES
 - Important to have an evacuation plan.
- EARTHQUAKES
 - Have a plan
 - Go under the table
 - Have a flashlight
 - Plenty of food and water stored up
 - Emergency backpack
- COVID-19
 - Social distance 6 feet
 - Wear a mask (double is better)
 - Importance of vaccine

Thank you for inviting me to this training. I enjoyed all of it.

Cali Williams' Best Knock, Knock Jokes

Knock, knock.
Who's there?
Banana.
Banana who?
Banana split my pants.

Knock, knock.
Who's there?
Jam.
Jam who?
Stop saying jam, I'm right here.

Knock, knock.
Who's there?
Wine.
Wine who?
Don't you start to wine, I will pass the cheese to you.

Knock, knock.
Who's there?
Nacho.
Nacho who?
Nacho cheese man, get your own.

Knock, knock.
Who's there?
You.
You who?
Quit yodeling, it's just me.

Knock, knock.
Who's there?
Hot sauce.
Knock, knock.
Who's there?
Milk.
Milk who?
Hurry me some milk that hot sauce is spicy.

Knock, knock.
Who's there?
Doughnut.
Doughnut who?
Doughnut tell me another bad knock, knock joke ever again.

Join the *I Speak* newsletter team. This is an opportunity for readers such as yourself to share your ideas and stories or support self-advocates to contribute to the newsletter. *If you would like to join the team, please contact Debbie Marshall at (619) 913-8232 or debbie.marshall@scdd.ca.gov*



Spring Into Preparedness!

Let's Get Prepared

What: An opportunity for self-advocates to join in on Zoom classes to learn about a variety of preparedness topics and to share resources

Who: People with Disabilities/Self-Advocates

When: **TUESDAYS at 2 PM**

- May 18 @ 2:00 p.m. - COVID-19 Safety
- May 25 @ 2:00 p.m. - General Disaster Preparedness
- June 1 @ 2:00 p.m. - Home Fires
- June 8 @ 2:00 p.m. - Wildfires
- June 15 @ 2:00 p.m. - Earthquakes
- June 22 @ 2:00 p.m. - Review and Preparedness Kits

Click [here](#) to join Zoom meeting

(Please allow extra time to register for the meeting when you log in)

Meeting ID: 918 6939 3776 Passcode: 190336

Dial-in numbers: (888) 475-4499 or (877) 853-5257 both U.S. toll-free

For information or questions contact:

Debbie Marshall at (619) 913-8232 or debbie.marshall@scdd.ca.gov

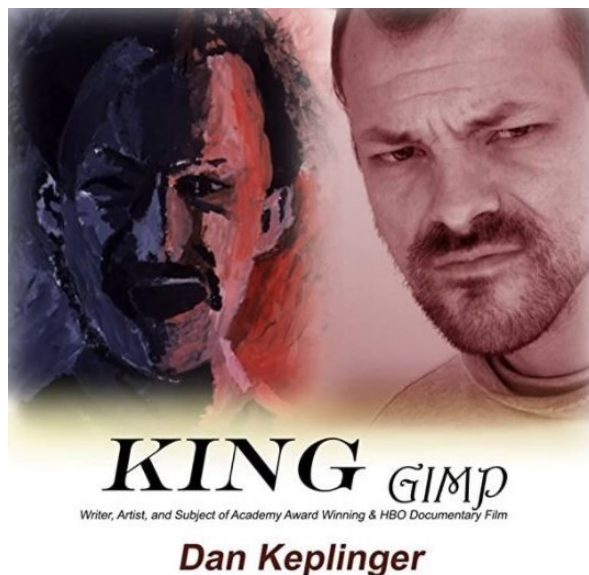


American Red Cross
Southern California Region



Afternoon at the Movies: *King Gimp*

by Rissa Chavez & Viri Salgado



On March 17th, in celebration of Cerebral Palsy Awareness Month, SCDD/UCP's *Afternoon at the Movies* presented "King Gimp." This Oscar-winning documentary showcases the life of Dan Keplinger, a man with cerebral palsy who found his voice through art.

We were honored to have him join the viewing and answer questions from participants. We highly recommend this movie to anyone.

Link to the film: https://www.youtube.com/watch?v=1mvP69g_Oak&t=54s

Also, be sure to check out his website: www.kinggimp.com



Taking the MTS Bus and Trolley by Ramon Golder

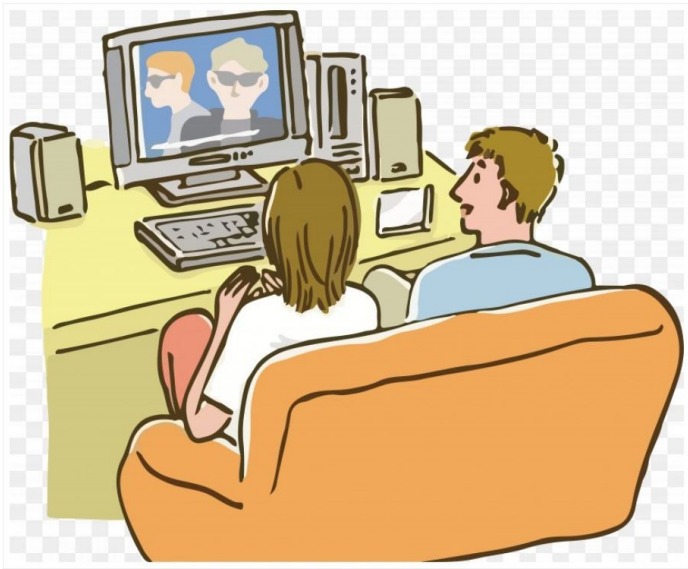
I enjoy being out, but during the pandemic it was hard because I had to stay in. Now I am able to ride the bus and trolley again, but there have been some changes.

The bus is usually half-way full and people sit in separate seats. I am most comfortable sitting in the back of the bus away from others. You also have to wear a mask when you get on. I am extra careful and wear 2 masks as recommended by the CDC. I also use hand sanitizer that is available at the trolley stations after each ride.

I can't wait until things get back to normal.



Above: Inside of almost empty MTS bus.



Afternoon at the Movies

by Alison Portner

Hello Readers,

If you enjoy watching movies—usually about people with disabilities—then please join us every Wednesday afternoon from 4 - 5 p.m. for “Afternoon at the Movies”.

My experience with *Afternoon at the Movies* is really good because I get to spend time with all of my friends from UCP Networks/Ready Stamps and Imperial Valley.

I like it a lot because we watch movies every week about people with disabilities. Some examples of movies we watched at are: *Peanut Butter Falcon*, *Riding the Bus With My Sister*, *I Am Me*, and *Dolphin Tale*.

I feel OK after we watch the movies because I know what to say and stay on topic!

Where: Zoom - [Click here](#)

When: Wednesdays at 4:00 p.m.

Meeting ID: 937 0215 8975

LEADERSHIP



**Our Names Are
Clark G., James S., and Jerome W.
and We Are the UCP Guys.**

**We enjoy being part of the
San Diego United Cerebral Palsy
Program.**

I, James, think leadership is to accommodate a person in need at a job. I think leadership helps you to develop a vision of where you want to be in your job and life.

I, Clark, have learned that we are more intelligent than what others may assume. No one should tell us what to do professionally. Leadership is about mutual trust and a good leader does not look down on people with disabilities.

I, Jerome, think leadership is to help people out. I have learned that listening is an important quality of a good leader.



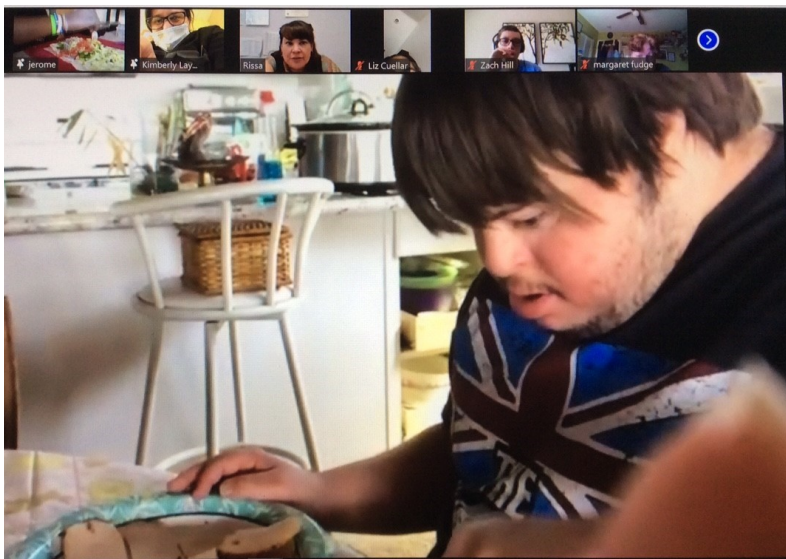
FOOD PREP CLASS

Hello, my name is Zach Hill. I am taking Food Prep Class through the SCDD and UCP with Debbie Marshall and Rissa Chavez. This food prep class is new and talks about food and cooking safety. The class started Tuesday, January 5th and continues Tuesdays at 11a.m. on Zoom.

I hope that by taking this class I will be able to eventually get more comfortable being independent so I can look up recipes that I can make on my own.

Our typical schedule for this class starts off with a recap from the week before, then we introduce ourselves and say if we tried a new food and what it was that we tried.

After the introductions, we watch a cooking demonstration from Debbie or someone else who will make a meal. Then we talk about our main topic. In the past we have talked about air fryers, stoves, ovens, and microwaves. We talked about what and what not to cook in them and whether we have gas or electric appliances.



Above: Clark G. shows how to make a sandwich wrap in Food Prep Class.



Chewy Chocolate Chip Cookies

by Cali Williams

Yield: 24 cookies

Prep time: 10 minutes

Cook time: 8 minutes

Total time: 18 minutes

Ingredients:

- ◇ 2 1/4 cups flour
- ◇ 1/2 teaspoon salt
- ◇ 1 1/2 teaspoons baking soda
- ◇ 1 cup butter
- ◇ 1/4 cup granulated sugar
- ◇ 1 cup firmly packed brown sugar
- ◇ 2 eggs slightly beaten
- ◇ 2 teaspoons vanilla
- ◇ 1 cup milk chocolate chips (or chocolate of your choice)

Directions:

1. Preheat oven to 375° F, line a baking sheet with parchment paper.
2. In a medium bowl, stir together flour, salt, and baking soda. Set aside
3. In a large bowl, beat butter until light and fluffy, about 3 to 4 minutes.
4. Add both kinds of sugar and beat well.
5. Beat in eggs and vanilla.
6. Add flour mixture to butter mixture and combine thoroughly.
7. Stir in chocolate chips.
8. Drop by heaping tablespoons onto prepared baking sheet about 2 inches apart.
9. Bake 7 to 9 minutes, until cookies are golden brown and set in the center.





VACCINATION DAY FOR PEOPLE WITH DISABILITIES

Tips for Family Advocates

The following tips may support you in preparing the person with a disability for their vaccination day. You know your loved one best, so please use the tips that make the most sense!

- Provide opportunities for the person to ask questions about the vaccination experience ahead of time.
- Consider writing a social story with the person. If you are unfamiliar with social stories, an online search will produce many resources.
- Write down phrases and/or words that may help the person feel safe and focus on the importance of why they are receiving the vaccine. For example, writing one of the following phrases on a notecard: “The vaccine will help me stay safe,” “Once I am vaccinated, I can go to more places and see my friends who have also been vaccinated,” “I can hold my sister’s hand while I get the vaccine,” or “I can take deep breaths and count to ten if I feel nervous.”
- Practice going through the vaccination steps on a visual schedule. If you are unfamiliar with visual schedules, an online search will produce many resources.
 - Have a trusted person role-play and pretend to “administer” the vaccine to the person. Switch roles and have the person “administer” the vaccine to a trusted person. If you plan on giving any information to the person administering the vaccine, do so when practicing the steps.
 - Review images and videos of other people receiving their vaccine and explain the process that they can expect. Refer to your visual schedule.
- Make a list of items and activities that may help the person remain calm. Take these items with you on the day of the vaccination.
 - Sensory items like playdough, weighted blankets, a photo album of preferred places and people or of favorite memories.
 - Earphones – noise cancellations or to play their favorite music
 - Electronics to engage with while waiting in line, during, or after receiving the vaccine.
 - Consider bringing a folding chair in case the wait is long.

- Have the person choose their favorite person to support them during the vaccination process. This may be a family member or trusted staff.
- If appropriate, support the person in choosing a preferred video to watch and use as a focal point during the vaccination procedure.
- If the person is motivated by taking pictures or being video recorded, consider creating a documentary of their experience to show to others. This may help them remain focused on their “performance.”
- On the day of, share any preferences for care with the medical staff when checking into the appointment. If possible, ask if you can briefly speak with the medical staff who will be vaccinating the person to provide information that may help the appointment run smoothly.
 - Evaluate if the person will benefit from verbal instructions or the use of gestures on the day of the vaccination. Share this with personnel at the vaccination site.
 - The site may have a quiet room to receive the vaccine that might work better.
- During vaccination, utilize the above-mentioned visual schedule to cross off steps as you go.
- Have a highly motivating activity planned for after the vaccination experience.