



NOTICE/AGENDA

North Bay, Serving Napa, Solano and Sonoma Counties

236 Georgia Street

Vallejo, CA 95490

REGIONAL ADVISORY COMMITTEE

POSTED AT: www.sccd.ca.gov

DATE: January 24, 2022

TIME: 11:30AM-1:30PM

MEETING LOCATION: <https://us02web.zoom.us/j/81894986580>

MEETING FACILITATOR: LISA HOOKS, MANAGER

Item 1. CALL TO ORDER

Item 2. WELCOME AND INTRODUCTION

Item 3. ESTABLISH QUORUM

Item 4. PUBLIC COMMENTS

This item is for members of the public to provide comments and/or present information to the Council on matters not on the agenda. Each person will be afforded up to three minutes to speak. Written requests, if any will be read aloud.

Item 5. APPROVAL OF MINUTES

VOTE **JULY 26, 2021 Minutes** ([Agenda](#)) **May 24, 2021 Minutes** ([Agenda](#))

Item 6. MINDFULNESS: Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. **The Basics of Mindfulness Practice:**
1. Set aside some time 2. Observe the present moment as it is. 3. Let your judgments roll by. 4. Return to observing the present moment as it is. 5. Be kind to your wandering mind. <https://www.mindful.org/meditation/mindfulness-getting-started/>

Item 7. STATE COUNCIL ON DEVELOPMENTAL DISABILITIES REPRESENTATIVE UPDATE

Item 8. STATEWIDE SELF-ADVOCACY NETWORK UPDATE

**Item 9. SELF DETERMINATION ADVISORY COMMITTEE UPDATE
PRESENTED BY LISA HOOKS, MANAGER**

Item 10. NORTH BAY OFFICE REPORT
TOPICS OF REVIEW AND DISCUSSION:
A. GOVERNOR NEWSOM'S BUDGET
B. STATE ISSUES AND TRENDS
C. Other

Item 11. RAC MEMBER REPORTS
COMMENTS, NEWS, OBSERVATIONS BY MEMBERS

**Item 12. NEXT RAC MEETING WILL BE HELD ON MARCH 28th 11:30AM-1:30PM
ADJOURNMENT**

Pursuant to Government code Sections 11123.1 & 11125(f), individuals with disabilities who require accessible alternative formats of the agenda & related meeting materials and/or auxiliary aids to participate in this meeting can contact Tobias Weare at 707-648-4073 or tobias.weare@scdd.ca.gov.

The agenda for this meeting is posted on <https://scdd.ca.gov/northbay/>