

I SPEAK

· INDEPENDENCE · SUCCESS · POWER ·
· EDUCATION · ADVOCACY · KNOWLEDGE ·

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

Summer 2023

The Vision Board Experience

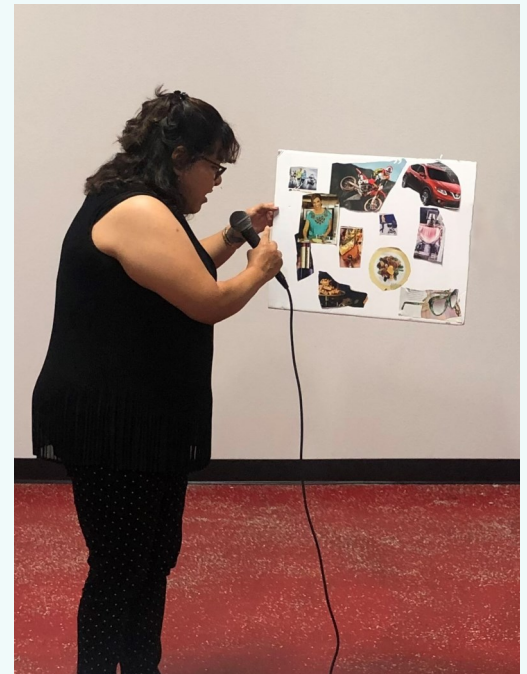
by
Josefina Ledesma

On June 26th I attended “The Vision Board Experience” in Imperial Valley. The Vision Board Experience was an event planned by Debbie Marshall from the State Council on Developmental Disabilities, Viri Salgado from the San Diego Regional Center, and Peter Salgado of Leaders Empowering Self-Advocates.

I really liked The Vision Board Experience. Before the Experience, I didn’t know what a vision board was or how to make one.

A vision board helps you know what you want in life and what to work on to get the things you want. Like the goals you want for yourself. We made boards of things we are interested in. We used pictures from magazines, stickers, and quotes.

At the event, I was able to meet new people and find out what they are interested in. It was fun to get together with other people who have the same interests as me. It was also fun to see people I hadn’t seen in a while due to COVID.



Above: Josefina presents her vision board to the group.
Left: Lizbeth Cuellar, Josefina Ledesma, Kitty Gay, and Greg Rascon work on vision boards.



At the end of the Experience, we shared our boards. By sharing your board, everyone gets to learn about your goals. I had so much fun and I am looking forward to making another board.

Come on everyone! It was an amazing experience for me. You should come to a Vision Board Experience and make a vision board, too!

Make a Goal, Create an Opportunity

by Viri Salgado

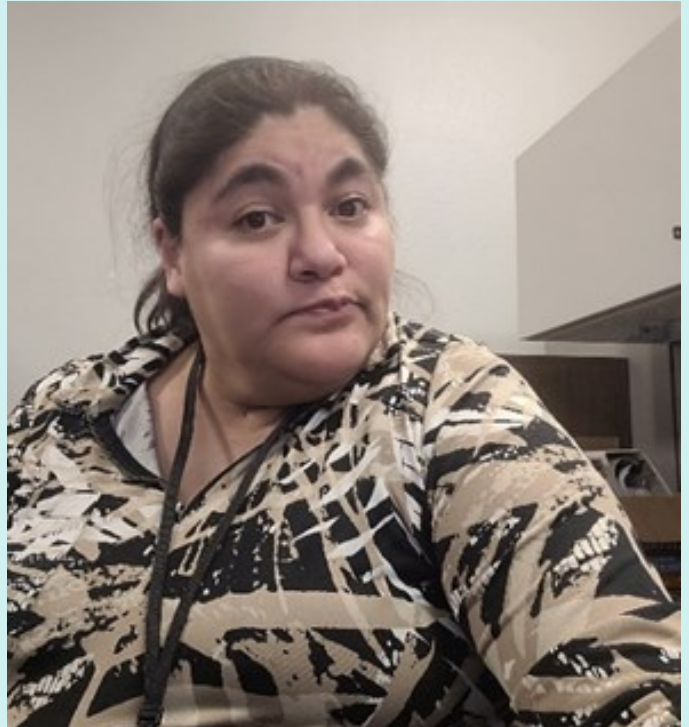
My name is Viri Salgado and I'm a self-advocate from San Diego, California. Self-advocacy is about building strong connections with your peers, learning from each other, building self-esteem, and inspiring others. An important piece of being a self-advocate is setting goals. Goals motivate you to grow and learn.

My initial goal was to pursue a full-time job doing administrative and accounting work. My end goal shifted as I acquired strong self-advocacy skills through my work experience.

My first job was as a Data Entry Clerk at Ready Stamps—a sheltered program and a division of United Cerebral Palsy (UCP). My second job was serving as a support facilitator for an individual with disabilities through an Independent Living Skills (ILS) agency.

I worked for about eight years in both jobs. Additionally, I worked as an Information and Outreach Intern for the State Council on Developmental Disabilities (SCDD) for three years.

The SCDD team offered me work through a Paid Internship Program (PIP). The PIP opened up a whole new world of opportunities and learning experiences. The experience, skills, and knowledge I gained at SCDD led me to take interest in working at San Diego Regional Center where I now have the role of Client Information Specialist. This is a huge achievement for me because this position not only brings relief and stability to my life, but is a chance to expand my connections and knowledge to better help others in the community.



I believe that the Paid Internship Program can be absolutely beneficial to both community businesses and self-advocates, for it can be a doorway to promote inclusion. Taking advantage of these work opportunities to utilize your own skills will allow you to build confidence, dignity, independence, and quality of life.

We all deserve an equal opportunity. We all deserve to be valued. My goal, now, is to provide self-advocates and family-advocates the necessary information to become leaders in the community.

To find out more about the Paid Internship Program or information on Regional Center services, contact your Service Coordinator or email me at viridiana.salgado@sdrc.org. I'm always available to help.

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*

My Interest in Fire Alarms

by James Stolerak



James Stolerak poses under one of the fire alarms at UCSD Medical Center.

My name is James. I love learning about fire alarms. I know how fire alarms work and sound.

I am interested in working for the American Red Cross because they teach safety skills. I practice the safety skills I learned at my workplace.

It is important to have an emergency plan ready. In an emergency, the first step is to evacuate to a safe place where everyone meets. If the fire department or medical emergency services come, you should follow their directions.

The Red Cross will install smoke alarms for free if you request them. To request your free smoke detector, contact your local Red Cross. You can also buy smoke detectors at Costco, Home Depot, Lowe's, or Dixieline. If a detector is more than 10 or 20 years old they should be replaced. Be sure to check them often for safety.

I usually watch videos on fire alarms on YouTube to learn more about how they work and sound when they go off. Where I work at UCSD Medical Center, they have a fancy model fire alarms that provide a higher level of safety. They have a loud chime sound when they go off.

It is important to know how to be safe and where to go in an emergency.

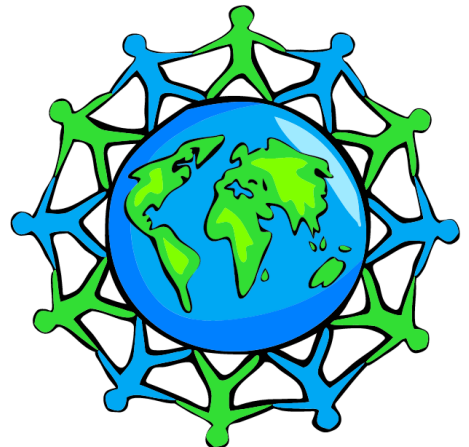
Unity and Self-Advocacy Make Us Stronger

by Clark Gurley

I believe we need to support all people, including people of the LGBTQ community. I also believe we are all equal.

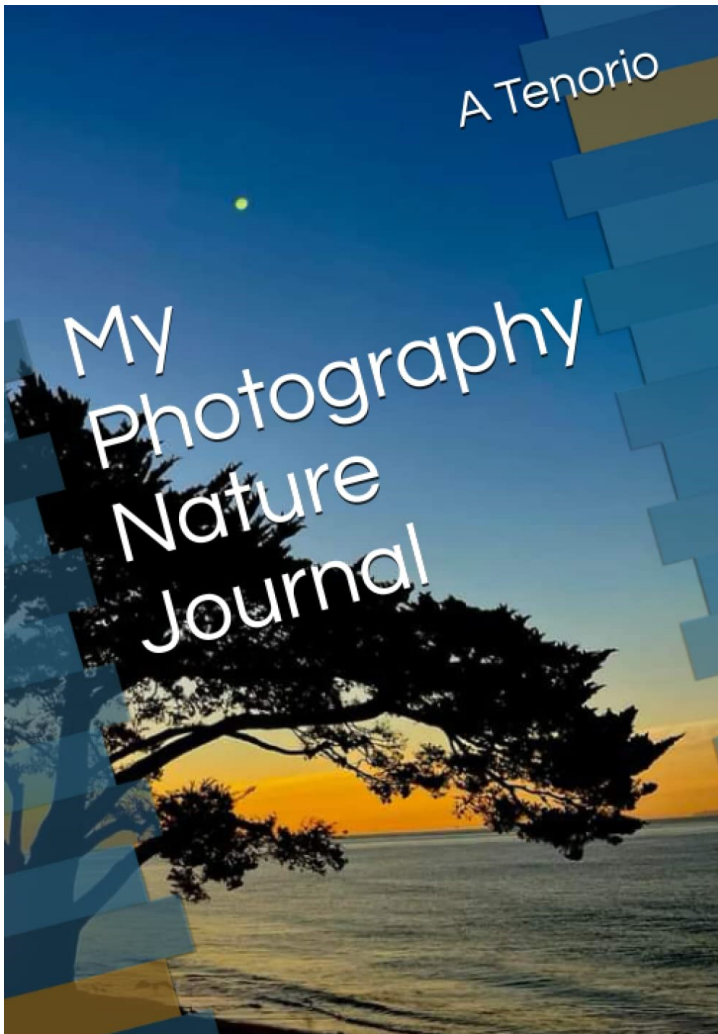
Unfortunately, not all people think the same and we become divided. We need to be done with dividing. It's time for unity!

A way to make us stronger is learning about what is going on in the world and making informed choices and to make the country better. Stand up for what you believe!



My New Book

by Alex Tenorio



I have a new book. It's all photography. I like to take pictures of the California sunrise and sunset when I walk my dog. All my photos are from places I've been. My new book is called "My Photography Nature Journal" and it can be purchased on [Amazon](#).

I have many other talents. One of my talents is that I am a writer. I enjoy writing about spooky things.

Books I have written include "All You Need for Halloween 1, 2, & 3" and "Poems for a Positive Life."

Here is a poem I wrote about myself:

Queen Nightmare

Quirky
Unique
Enthusiastic
Efficient
Normal

Nice
Imaginative
Gutsy
Hilarious
Tenacious
Motivated
Accomplished
Resilient
Enthusiastic

You can follow me on Instagram and Snapchat at [queen3nightmare](#) and YouTube at [a.tenorio.author.nightmares](#).

I Won!

by Jerome Williams

During the pandemic in 2021, I won an award called the Peter Horton award at United Cerebral Palsy San Diego.

I won this award because I work hard at my job at UCSD. I come to work on time and give my full attention. I have grown in my self-advocacy skills at work and in the community.

Winning this award made me feel good and proud of the accomplishments I made and will continue to make.

Healthy Living Tips

During a recent Healthy Living and Cooking Rap Session, John Brouwer shared two important food habits that contribute to a healthy lifestyle: meal planning and portion control.

In the images, John and his mom, Grace, prepare a variety of meats they will put in the freezer for future meals.



John is an expert at weighing out 100-gram portions!

If you would like to learn more about the Healthy Living and Cooking Rap Sessions, contact Debbie Marshall at debbie.marshall@scdd.ca.gov





About Me

by Zach Hill

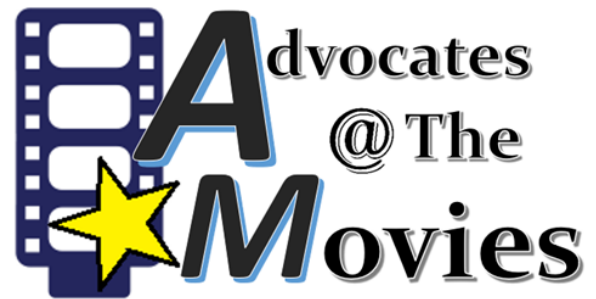
I was born on March 2nd 1999, in San Bernardino, California. The same day I was born, I got adopted by my forever parents, Alex and Lisa Hill.

I share the same birthday with Tua Tagovailoa, a football quarterback for the Miami Dolphins, and Dr. Seuss who wrote children's books.

My hobbies include going to Disneyland, watching and playing sports, traveling, hanging out with family or friends, going out to eat, and working out.

My dream is to become a youth athletics coach because I want to use my experience with playing sports to teach others about teamwork and making friends.

SCDD San Diego Imperial
& San Diego Regional Center present



What: Advocates at the Movies is an opportunity to get together with other self-advocates to watch movies about people with disabilities. After watching the movie, we will spend time talking about it.

When: Wednesdays 4:00 to 5:00 p.m.

Where: [Zoom](#)

Meeting ID: 937 0215 8975

Passcode: 1237

Why: Watching and talking about films that relate to various disabilities can help build your advocacy skills and increase your awareness and understanding of how a disability can impact your life.

Who: Self-advocates and support agencies.

For information contact:

[Debbie Marshall](#)

debbie.marshall@scdd.ca.gov or

[Viri Salgado](#)

viridiana.salgado@sdrc.org



San Diego People First announces its August Zoom Meeting Friday, August 18th at 2:00 PM

[Join here](#)

Meeting ID: 937 0215 8975 | Passcode: 123763

The Planning Committee is starting to plan for the 30th San Diego People First Self-Advocacy Conference! If you are interested in helping plan the conference, please email viridiana.salgado@sdrc.org or debbie.marshall@scdd.ca.gov.



What I Love

by Marie Kairuz

I love art. I love colors and my favorite colors are pink, yellow, and blue. Colors make me relax and help me with my coping skills.

I like to make cards to give to others on their birthday. I sell some of my cards for a dollar. I am better at my art now because I do it so much. I love art.

I also love self-advocacy. I have been involved in self-advocacy for a long time. I am a good self-advocate because I use my words to advocate. Speaking up is important.

Another thing I love is cooking and helping around the house. I like to figure out what I want to eat and then make it. One of my favorite foods is fish.

My Experience at the SDPF Conference

by Sherry Davis

I went to the San Diego People First (SDPF) Conference last August and had a very nice time. I went with my aunt and she enjoyed herself, too.

The workshops were good. I really liked the workshop on how to save lives. It taught me about calling 911 and how to give CPR. Learning about how to save lives is important so we can all be safe.

The street fair was fun. I liked seeing the things people were selling or giving away.

The food was pretty good. I enjoyed the breakfast buffet with all the choices.

The hotel rooms were nice. The beds were comfortable and the room was clean.

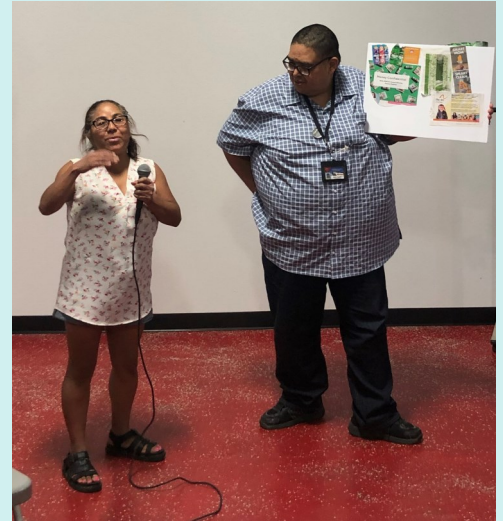
I had fun and plan to go to the Conference next year.



Heat & Summer Safety - Summer heatwaves can be dangerous, especially for people with disabilities. Find out tips for staying cool during extreme heat on the [California Department of Public Health's website](#).

Fun, Discovery, & Inspiration at Imperial Valley's Vision Board Experience!

Participants created a vision board using images, quotes, and pictures to design the life they want to live. This fun event was created to help self-advocates take action to reach their goals. Keep an eye out for upcoming Vision Board Experiences held in San Diego and Imperial Counties!



“Visionaries” pictured include: Kiana Garcia, Alma Orozco, and Sarah Benavidas (top left); Lizbeth Cuel- lar and Peter Salgado (top right); Erik Rascon (middle left); Sofia Salazar, Vanessa Flores, Erik Rascon, and Valeria Rodriguez (above); and Vanessa Flores and Andrea Avila (bottom left).

San Diego People First Conference Planning Meeting for the 30th Annual Self-Advocacy Conference 2024

Join us to learn how you can play a part in shaping the best possible conference for advocates with developmental disabilities.

When: 2nd Monday of each month

Time: 1 p.m. – 2 p.m.

Who can attend? Self-Advocates and their support agencies.

Where: Zoom

Meeting ID: 937 0215 8975

Passcode: 123763

Questions?

Debbie Marshall – debbie.marshall@scdd.ca.gov
or Viri Salgado – viridiana.salgado@sdrc.org



**Please mark your calendar for the next
conference planning meeting.**

**We need and want people on
the committee to be active!**

**Your ideas and support are needed to help
us make this a true community effort.**

Everyone is welcome!



SCDD Supported Self-Advocate Zoom Meetings

2nd Monday of the Month

1:00 p.m.

SDPF Conference Planning

Tuesday

11:00 a.m.

Healthy Living & Cooking Prep

Wednesday

4:00 p.m.

Advocates @ the Movies

4th Thursday of the Month

11:00 a.m.

I SPEAK Newsletter

3rd Friday of the Month

2:00 p.m.

San Diego People First (SDPF)

Zoom link for all meetings

bit.ly/421knkO

Meeting ID: 937 0215 8975

Passcode: 123763

Additional trainings will be scheduled.
Flyers will be sent out via email to let you know about them.

If meeting times or dates change, an email notification will be sent.

If you have questions or suggestions for future trainings or would like to be added to the email list, contact

Debbie.Marshall@scdd.ca.gov

or call (619) 913-8232



San Diego People First Logo Contest

We need **your** help to design a logo for our June 2024 conference!

Submit your best logo design for the chance to win a **FREE 1-night stay at the Marriott Hotel in Mission Valley for the June 2024 SDPF conference.**

The winning design will be used on T-shirts and other conference materials!

The Logo must be:

- Created by a SELF-ADVOCATE.
- Reflect the conference theme **"Self-Advocates Take The Charge and Be The Change"**. However, it does not have to include those words.
- Limited to three colors and fit on an 8.5" x 11" sheet of paper.
- Created on the computer or be hand drawn. No pencil, please.
- Original and not copied from another artist.

Entries must be received by Monday, July 31st, 2023. The Winner will be determined by vote at the SDPF Monthly Meeting on August 18th, 2023.

Send your entry to: debbie.marshall@scdd.ca.gov or

Debbie Marshall, SCDD
8880 Rio San Diego Drive, Suite 1015
San Diego, CA 92108

Questions? Contact:

Debbie Marshall at debbie.marshall@scdd.ca.gov or 619-913-8232 or
Viri Salgado at Viridiana.Salgado@sdrc.org