

Alta California Regional Center
Client Advisory Committee Meeting
Tuesday, January 9, 2018
Minutes

Present:

Austin Taylor, Chair
Michelle Rewerts, Design. Dir.
Cindy Benson
Lisa Cooley (via phone)
Tom Hopkins
Michelle Hulse
Monique Lozano
Steven Sanchez (via phone)
Robert Rogers
Kimberly Terrell
Karen Young

Absent: (* excused)

Romilda Jones*
Amy Lampe*
Patty Wallace*

Facilitators:

Amy Fulk
Larry Prosser

Staff:

Phil Bonnet, Executive Director
David Lopez, Client Advocate
Lisa West, Executive Secretary

Visitors:

Joel Rousso

The Client Advisory Committee (CAC) met at 2:10 p.m. on Tuesday, January 9, 2018, in the Brenda Smith Conference Room at Alta California Regional Center (Alta) to discuss: 1) Executive Director's Report; 2) Outreach/Collaboration Discussion; 3) Updates; and 4) Public Comments/Announcements. All present provided self-introductions.

- *Karen read aloud Alta's Mission & Vision statements*

Without objection, Austin Taylor made the motion to adopt the CAC meeting minutes of November 14, 2017 as submitted.

1. *Executive Director's Report*



- Phil just came from visiting Amy L.; he brought her some flowers and a teddy bear from everyone.
- Alta's Santa Day was a fun day for our clients and families.
- After another client moves out tomorrow, there will be only 15 Alta clients remaining at Sonoma Developmental Center (SDC). The plan is to have everyone moved out by the middle of April. The idea that this committee has been talking about is to have volunteers go out to visit with them and possibly become friends. The initial idea is to have us go to them; possibly, in the future, they can come and attend a CAC meeting. We need to start developing a plan. Phil believes that we should start with groups of two to three people when visiting a home; the group would be able to see more than one person at a time and also maybe bring food.
 - Austin suggested developing a questionnaire that can be given to the administrator of the homes so that we can coordinate the visits.

- Volunteers include: Austin, Karen, Kimberly, Lisa C., Michelle H., Michelle R., Robert and Tom
- The Tim Tebow Foundation is sponsoring a “Night to Shine” at the Viaggio Estate and Winery in Acampo on Friday, February 9th, from 6 to 9 p.m. Phil believes this will be wonderful opportunity for our clients to experience what could be their first prom.
- Governor Brown will be releasing his proposed 2018-19 fiscal year (FY) budget tomorrow. Committee members may be called on to advocate at the State Capitol.
 - SAVE THE DATE – The Association of Regional Center Agencies’ (ARCA’s) Grassroots Day is scheduled for Tuesday, March 20th.
 - Volunteers include: Austin, Cindy, Kimberly, Lisa C., Michelle H., Michelle R., Monique, Robert and Tom

**Steven Sanchez joined the meeting via phone*

- On Monday, January 15th, Alta will have a booth at the *2018 March for the Dream Diversity Expo* at the Sacramento Convention Center, from 10 a.m. to 2 p.m. Alta staff and volunteer Board members will be promoting all of the services that the regional center offers and recruiting for new Board members.

2. **Outreach/Collaboration Discussion**

Issue: Committee will discuss outreach and collaboration efforts.

Discussion and Action: Austin shared that this discussion is to generate some ideas. Everything will be reviewed by Phil and his team.

We want to make sure that every client/home is visited.

Suggested questions to include on the questionnaire:

- Is everyone in the home okay with visitors?
- Our teams of two to three people would like to visit you in your home. Would that be okay?
- What day of the week and time works best for everyone?
- How long would they like their visit to last?
- What is the best way we can support you?
- What would help them feel more comfortable?
- Are there special diets? What are their top two favorite meals? (list them out)
- Do they have their own room or do they share a room?
- Do they want their staff to assist with their communication during the visit?



- Are they comfortable with someone who is a different gender/ethnicity/age?
- What would they like to do during the visit? What are your top two activities? (list them out)
- What type of dress would be appropriate – informal or formal?
- Are there any requirements of volunteers in order to visit the clients?

We would like each home/administrator to complete the questionnaire for everyone who lives in the home.

Volunteers should keep in mind that some of the visits may be rather short until the individuals get to know you.

- **Committee will continue discussing this idea/plan at future meetings.**

3. **Updates**

◆ ARCA-CAC

- The next in-person meeting will be held on Friday, January 12th, in Sacramento.

◆ Alta Board

- Michelle R. shared that the Board met on November 16th.
 - The Board approved Alta's 2018 Performance Contract with the Department of Developmental Services (DDS).
 - The Board approved using some of Alta's contribution account money for start-up funding for two residential facilities in El Dorado County.
 - Phil talked about Alta's holiday season. The agency held Santa Day on December 15th, adopted many families and had the "Giving Tree" for individual clients so that they would receive some special holiday gifts.
 - Alta staff are continuing their efforts in moving clients out of SDC. The last client may be moved as early as the spring!
 - Phil shared that Austin spoke at DDS' All Staff Meeting in November. His moving message was met with a standing ovation from about 400 people.
- The next Board meeting is scheduled for Thursday, January 25th, at 4 p.m.

4. **Public Comments/Announcement**

- Please keep Amy L. in your prayers.
- Austin and David shared that Rick Hodgkins, who is a member of the DDS CAC, will be coming to the meeting in February to share information about what that group is doing.



- David, who is a member of ARCA's Employment Committee, will be asking this group questions and providing the committee feedback to assist job developers who are creating new employment opportunities for the clients that we serve. He would like to know what barriers you have experienced, what could have been done differently to make you more relaxed, etc. David will be reaching out to other advocacy groups, as well.
- Cindy shared that the Neighborhood Center of the Arts has developed a website on Etsy.com – look under "NCA Grass Valley" to view some of the art that is for sale.
 - Cindy will also be on Facebook Live on Monday to talk about the Neighborhood Center of the Arts.
- Lisa C. shared that the next Statewide Self-Advocacy Network meeting will be held on March 28th & 29th at the Crowne Plaza Hotel in Sacramento. The MIND Institute is doing something new, they are creating a Toastmasters Group for individuals with disabilities. This group will meet every Thursday, beginning on February 8th, from 6:30 to 8 p.m., in their Resource Room located at 2825 50th Street in Sacramento.

The next CAC meeting will be on **Tuesday, February 13, 2018**, from 2 to 4 p.m. The meeting adjourned at 3:55 p.m.

Lisa West
Executive Secretary

cc: ACRC Board of Directors
Phil Bonnet