

Watch Out!

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THIS NEWSLETTER IS WRITTEN, BY AND FOR CONSUMERS, WITH A GRANT FROM FAR NORTHERN REGIONAL CENTER. WE HOPE YOU ENJOY IT.

From the Editors

By Shelly Anderson, Mark Bazza, Cory Smith and Adell White

This issue of Watch Out! is about volunteer work. It was so much fun to hear all the great stories about how people are making a difference in their communities by volunteering their time and talent in jobs that they really enjoy. We were totally inspired!

Everyone we talked to loved their volunteer job. Most people said that the work got them out of the house and made them feel good about helping others. Best of all, everyone we interviewed agreed that they could decide when and how much they worked. We think volunteering opens your mind to people, places and things you didn't know, and it gives you the opportunity to meet people who live in your community.

And finally, hats off to **Cynthia Browley**. She turned a negative experience of addiction into a positive by giving back to her community through her volunteer work. She's awesome! (read her story on pages 4-5) —*The Editors*



Shelly Anderson, Mark Bazza, Adell White and Cory Smith

Kudos to Naomi Rose

By Adell White

Chico Art Center published a coloring book as a fundraiser for a local animal shelter. They asked artist **Naomi Rose** to do a drawing for the coloring book. Naomi said, "yes!" and drew *Cat With Flowers*. Naomi says, "This makes me feel kind of neat. Makes me feel good and smart. I never thought anyone would pick me to be in a coloring book!"

You can buy the coloring book at Chico Art Center (450 Orange Street). Coloring books sell for \$4.50 each, and the proceeds go to Butte Humane Society.

You can see more of Naomi's art at the regional center in Redding. You'll need an appointment though: call 221-9530.



Naomi Rose

On Your Mark, Get Set, ADVOCATE!

By Cory Smith

Theatre in the Now based their last show on real life situations which were experienced by the actors of the troupe. The goal of the play was to show how important it is to learn to ask for what you need! From sharing the importance of standing up to bullies on a bus, to speaking up at the doctor's office when they talk to your staff instead of you, to a mini-musical about personal hygiene, *On Your Mark, Get Set, Advocate*, had something for everyone. The play reminds us all to take a deeper look at ourselves, take responsibility for our lives and to treat everybody as human beings, regardless of what abilities they may or may not have. If you didn't get the chance to see it, the troupe hopes to sell it on DVD soon. We'll keep you posted!



Northstate Self-Advocates Speak at National Conference

By Mark Bazza

In August, **Shelly Anderson and I (Mark Bazza)** were invited to speak on issues concerning people with disabilities at the *Reinventing Quality Conference* in Baltimore, Maryland. Shelly and I represented two teams from our area: the Consumer Abuse Awareness Team and Respect Yourself. We shared our break-out session with people from Temple University in Pennsylvania. Our presentation definitely stirred up a lot of passionate debate. One man talked heartfully about males often being overlooked as victims of abuse.



Shelly Anderson and Mark Bazza

It wasn't all work though. We had time to tour some of the Smithsonian in Washington, DC!

Got Some Extra Time? VOLUNTEER in Your Community!

Pink Lady By Shelly Anderson

I liked interviewing **Katie Schultens** for Watchout! We talked about her volunteer work at Mercy Hospital, but I found out a lot more about her than her job.

Since July 2010, Katie has been a “Pink Lady” at Mercy Hospital. She started in high school as a Junior Volunteer. She really enjoys volunteering. While she is there, she delivers patient charts to different floors all over the hospital. She must know the hospital pretty well, because she also escorts people to different areas in the hospital to keep them from getting lost. She likes best taking patient charts to the maternity floor because she gets to see all the new babies.

Katie also volunteers at Kinderland, a child care center, three days a week. At Kinderland, she reads to the kids and does arts and crafts with them. Katie said she gets along great with everybody she works with at both places.

Katie told me she was a paid employee at St. Joseph’s preschool for seven years, but lost her position because of the budget cuts. She didn’t want to just sit around doing nothing. She likes being active, so that is when she found her volunteer jobs.



Katie Schultens

Busy Guy By Mark Bazza

Bill Hankensiefken is an impressive 17-year-old Junior at Oroville High



Bill Hankersiefken

School. Before he became a volunteer at Axiom, a local youth center, he was a participant at the program. Now he volunteers about 12 hours weekly cleaning, passing out video games and offering support to younger members.

Bill also volunteers at the Salvation Army by cleaning, lifting boxes, and rearranging things. He has been a chaperone for 5th and 6th graders from the Oroville area who spent a week at a camp in Nevada.

Bill says his main reason for volunteering in the community is the excitement of meeting new people. He also believes that his volunteer efforts will help him when he applies to college. It’s easy to root for someone like Bill. I can see why his mom is so proud of him!

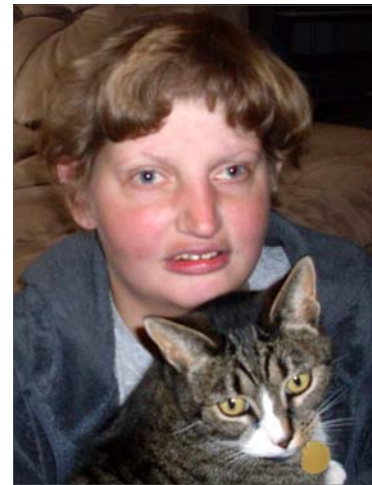
Got Some Extra Time? VOLUNTEER!

Volunteering is Fun! By Stephanie Anderson

My name is **Stephanie Anderson**, and I live in Quincy. I volunteer at a rest home on Monday mornings and have been going there for three years. My favorite people in the home are Margie and Walter. I sit by Margie, and we talk about what we have done during the week. Margie likes me and gives me hugs. I get Walter water sometimes, and we play games like getting a small ball through the big holes in the parachute. Margie and Walter are glad to see me visit but sad to see me go home.

I also started volunteering on Friday mornings at the animal shelter. Last week I got to walk a dog named Charlie. Charlie is a black lab with curly hair. I am happy when a dog goes to a new home. The animal shelter can be really noisy. I try to give the dogs lots of love and pets when I visit. This picture is me and my cat, Bella. I got Bella from the animal shelter where I volunteer.

I like to do sign language. I volunteered to teach signing to the preschool kids. I am also able to talk to my deaf friends, William and Elena, who visit my program. Volunteering is fun!!



Stephanie Anderson and Bella

Mother Raised Me to be Able, not Disabled By Adell White

Cynthia Bromley volunteers at several places: Second Home, Alano Club, Inner Group, Alcohol & Narcotics Anonymous, and Overeaters Anonymous. Quite a bit of volunteering for just one woman! She volunteers between six and eight hours weekly.

Cynthia's ambition started at a young age when she volunteered at a recreation program for United Cerebral Palsy which included day camp and bowling. She also volunteered for the senior day program doing art projects, serving lunches, and putting together field trips.

Currently, at Second Home, she gets the keys to open cupboards so people can do art work, and she is responsible for picking up the mess and making sure the rest of the room is cleaned. Once a month she attends classes to become a certified volunteer. At Inner Group, she answers the hotline phone for people who call to find out about AA meetings. She

loves to see people clean and sober, people who are trying to better themselves.

story continues on the next page



Cynthia Bromley

Volunteer in Your Community!

Being an addict herself is why volunteering for such places is such a drive for Cynthia. She had to hit rock bottom before her addiction with drugs and alcohol stopped. She lost her kids and family due to her addiction. It took her five years to gain back the trust she desperately yearned for from her family but, nonetheless, succeeded. She likes to share her experiences, strengths, and hope. She likes helping people who want help. She is very ambitious and ready to help make a difference.

Doing all this volunteer work takes time and dedication, and Cynthia does it with a smile. She has a lot of drive. She does not actually drive but takes the good old RABA bus from place to place. Though she is tired at the end of each day, she always seems to have a smile on her face. Cynthia says, "Mother raised me to be able, not disabled," and added, "I love it, just the satisfaction of helping people."

Will Work for Coffee By Shelly Anderson

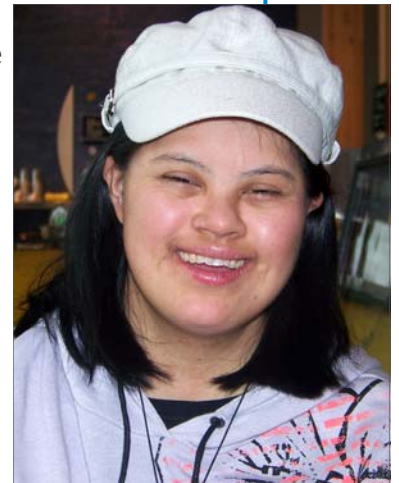
I am totally impressed with how much **Sarita Fang** of Redding gives back to her community. She volunteers at the Café at Turtle Bay and often bakes cookies for city firemen.

Sarita and her mom both have memberships at Turtle Bay, and she loves spending time there. About three years ago, she talked to the owner at the café about a volunteer job since she was always there anyway. Now, she volunteers three days a week and enjoys every minute of it. "I work for coffee," she said when I interviewed her about her job. Then she laughed!

Sarita took me around the café to show me what she does. She takes care of the inside and the outside eating areas. She keeps the tables clean, sweeps the floor, and she helps wrap pastries when the café is busy. Sarita likes tidying up the tables and chairs and washing the windows best. The one thing she doesn't like is all the spiders in the spring.

All of the people at Turtle Bay enjoy having Sarita around, especially Joe the owner. He spoils her and never lets her pay for coffee. Everyone there says that she "will work for coffee."

But that's not all! Sarita likes to bake. Two or three times a month she bakes, decorates, and delivers cookies to the firefighters at Redding Fire Station #1. They enjoy them so much, that one year, they took her with them on the fire engine in the Redding Christmas parade.



Sarita Fang

Got Some Extra Time? VOLUNTEER

Make a Difference By **Robbie V. Mayfield**



Robbie V. Mayfield

The Shasta Historical Society (SHS) in Redding is a great place to volunteer.

My name is **Robbie Mayfield**, and I have been volunteering for this organization since early July 2008. I volunteer every Tuesday and Thursday from 11 a.m. to closing. I have to say that this is some of the most rewarding work I have ever done. It is both rewarding and exciting.

The work gives me the chance to meet and help new people everyday. I enjoy helping people, and I enjoy researching the history of Shasta County. The SHS began in the 1930's keeping track of the growing city around them and providing a way for people to look up their own ancestry with little or no frustration.

I like to research the city directories and obituaries. In the city directories, I am able to research old businesses and the many historical buildings of the Shasta County area. I know that obituaries may seem like a morbid thing to be interested in, but there is a lot of information that can be learned from one's passing: for example, when one passes away, when and where they were born, their spouses and or children, what they did for a living and how long they resided in Redding. Another thing I enjoy is looking at old maps to find historical buildings and to see where the old buildings used to be.

I also research the Pioneer files. Pioneers are families that have been here for over a hundred years. The files include old family histories such as land deeds and newspaper articles on family members. Most newspaper information is on birth, marriage, or death. People can use this information for researching their family tree or researching for a business, or for finding old photos of property related to their current home or business.

In conclusion, this is a great place to volunteer or work if you enjoy history and interacting with people who enjoy Shasta County history.

Volunteer as a Presenter By **Cory Smith**

During the recent Americans with Disabilities (ADA) forum held in Paradise in November 2010, **Kelly McSpadden** was chosen to be a member of a 5 panel team. Kelly volunteered her time, yet she had the excitement and presence of a paid professional. Talking with other people who were there, Kelly's presentation was one of their favorites!!

story continues on the next page

NTTEER in Your Community!

Kelly talked about raising an understanding of people like herself who rely on wheelchairs to travel around town. For example, if you don't use a wheelchair, you may not realize how important curb cuts are to someone who does use a wheelchair. Without a curb cut you can't get on or off the sidewalk. She also shares the importance of listening and being patient to people who have a hard time putting their thoughts into words.

Kelly started public speaking a few years ago when she was privileged to speak in her Mom's class at Chico State. She was chosen to educate students who would be working with children with various disabilities.

"The ADA forum was the first time I spoke out of the class," Kelly said speaking of her recent assignment. A co-worker suggested her name to the organizers of the forum. Speaking of this honor Kelly said, "I was very touched that I was invited to be on the panel."

Kelly's ability to connect with her audience and the easy way she helps raise their awareness and understanding are two qualities that make her effective. "I like to meet and talk to new people," Kelly said. Presenting to people she's never met is when Kelly truly shines!



Kelly McSpadden

Furry Friends By Robyn Robinson

Hello, I am **Robyn Robinson**, and I have been a longtime volunteer at the



Robyn Robinson

Butte Humane Society in Chico. I have been working there over twenty years, and I really enjoy my work. My favorite part of volunteering there is the cleaning, but I do other jobs too.

The reason I chose the Butte Humane Society is that my dream is to work with animals and help them to get better. I sometimes give water to the animals, but mostly I sweep the hallways, organize the blankets and stack the dishes. My favorite thing of all is doing the laundry. My favorite person there is Trent Burnam because he is so helpful, and he knows all the rules.

The staff are nice. I like that they are there for the animals and to help people find a new furry friend. If you are looking for a furry friend, please come to the Butte Humane Society.

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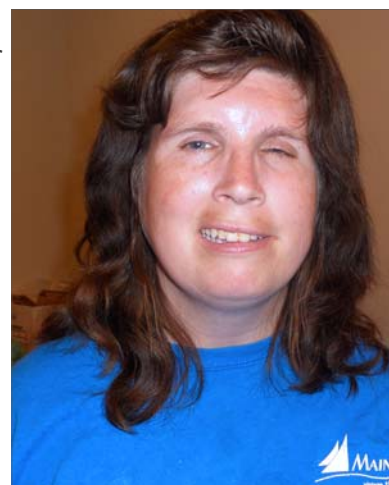
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By Mark Bazza

Michelle Rhyne has been a volunteer at a Chico pre-school for about a year. Michelle, who is very friendly and thoughtful, finds the work very rewarding. Her duties include pushing the children on the swings, playing with them and reading interesting stories that hold their attention. She also teaches the students about responsibility by telling them they have to put away the toys they were just playing with before they can play with new ones.

The class has circle time everyday. Michelle assists the teacher by making sure that the safety tips they discuss can be understood by everyone.

Michelle loves her volunteer work and hopes to turn it into a paid job in a daycare someday. To get ready for that job, she documents in a journal what she does each day so she can put it on her résumé. Good thinking, Michelle!



Michelle Rhyne