

Watch Out!

THIS NEWSLETTER IS WRITTEN FOR CONSUMERS BY STUDENTS IN THE SHASTA COLLEGE TRANSITION COMPUTER CLASSES WITH A GRANT FROM FAR NORTHERN REGIONAL CENTER. WE HOPE YOU ENJOY IT.

INSIDE THIS ISSUE:

Our Board Members	1
State Presenters	1
Bus me to the Stars	2
Take Back the Night	2
A New Book	3
People 1st Yreka	3
Students March	3
California People 1st	4
Abuse Team Speaks	4
Letter to the Gov.	5
More Team Speaks	6&7

MEET OUR BOARD MEMBERS



THESE ARE OUR BOARD MEMBERS WHO HELP LAURA LARSON AND THE OTHERS GUIDE THE FAR NORTHERN REGIONAL CENTER

Far Northern Regional Center Board members shown here with Laura Larson, Executive Director: From top row left, Steve Sharpe, Michelle Phillips, Steve King, Dyvonne Washington. Second row: Laura Larson, Julie Ralston. Front row: Carole Burch, Beth Banks, and Cindy Lauer.

Visit the Far northern regional center on your computer at www.farnorthernrc.org
Visit "My life, my choice"

STATE PEOPLE FIRST NAMES 2003 CONFERENCE SPEAKERS

Beth Banks and Michelle Phillips, both Far Northern Regional Center Board Members, have been invited to give a presentation at the Statewide People First Conference, June 6, 7, and 8 2003. Their presentation is about how to get a good job and keep it.



BETH BANKS AND MICHELLE PHILLIPS SHARE THE HONOR OF PRESENTING AT THE PEOPLE FIRST CONFERENCE COMING IN JUNE THIS YEAR

Read More About People First on the Move on Page 4.

Advocating for Improved Bus Transportation

"THE MEETING WAS PRETTY INTERESTING THIS YEAR BECAUSE EVERY SPEAKER, CONSUMER OR OTHERWISE, ASKED FOR THE SAME THING: BUS SERVICE ON SUNDAYS AND LONGER NIGHT HOURS. IT WAS PRETTY AMAZING."



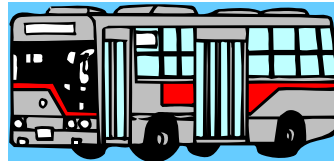
Shelly Anderson Advocates at the Unmet Transportation Needs hearing.

I went to the Unmet Transportation Needs Hearing in Redding to try and get better bus service in Shasta County. The meeting was pretty interesting this year because every speaker, consumer or otherwise, asked for the same thing: bus service on Sundays and longer night hours. It was pretty amazing.

After all the speakers finished, one of the City Council members, Mary Stegal, from the Shasta County Women's Refuge, said she agreed with us. "I don't use the bus because it's too inconvenient." She added that service ends too early in the day and there is no way to get to church on Sunday. Another council member asked the bus company to survey the bus riders to see if they were interested in service on Sunday or longer night hours.

There is going to be another meeting in April. By that time, the bus company will have the survey finished, and we will find out if they are going to give us better bus service or not. Wish us luck!

by Shelly Anderson, FNRC Consumer Advocate



Terry Morton, a self-advocate from Red Bluff, gave a presentation about abuse prevention at a community event called "Take Back the Night." Terry told the crowd that sometimes people who are being abuse need your help. She said to pay attention to how people act. They may be asking for help the only way they know how. If you are hearing about abuse, report it! Stop spending the

time trying to decide if the person is telling the truth or not. That's not your job. She also said that survivors of abuse need time to heal, need justice, and need support to speak up and end the abuse. Everyone needs to be able to say NO!

"Take Back the Night."



Terry Morton, Red Bluff

Community Advisory Committee Puts Out a New Book

Debra Beeter, a self-advocate from Tehama County, was invited to speak at a Far Northern Regional Center Board of Directors' meeting about the Consumer Advisory Committee (CAC). This group just produced a new booklet called, "Community Conversations with People with Developmental Disabilities in California." The CAC interviewed about 400 people about the choices they make in their life today and the choices they would like to make in the future.



DEBRA BEETER SHOWS A COPY OF COMMUNITY CONVERSATIONS WITH PEOPLE WITH DEVELOPMENTAL DISABILITIES

Shasta College Students March in Sacramento

By Christina Palmer—Watch Out Editor

Students and staff from 108 Community Colleges in California with a force of 10,000 Rallied on March 17 in Sacramento to show Governor Davis how budget cuts are affecting millions of people. This was the biggest rally so far. But one on April 5th was also held as this is an ongoing battle perhaps taking months

(Continued on page 8)

People First Groups on the Move—Yreka

The newest People First Chapter in Northern California is People First of Yreka. This chapter wants to help its members be stronger advocates for themselves and their friends, make new friends, have fun and make a difference in their community. The group meets the third Saturday of every month from 12:00 noon to 2:00 p.m. at Denny's in Yreka.



THE FOUNDING MEMBERS OF THE YREKA PEOPLE FIRST CHAPTER, PEGGY ENGLERT AND ANDRE ECONOMPOULOS.

People First of California had their quarterly board meeting in Sacramento.

On April 25, 26, and 27 People First of California had their quarterly board meeting in Sacramento. People First of California has 14 Board members who are from many regions in California. Here in Northern California, Benaye Cooke is our representative. Our region is Region 2. Roger Pulliam is the alternate from our region. Michael Cooke, Benaye's husband, is a Member-at-Large and the Vice President.

Right now People First of California is busy advocating for better transportation and stopping Governor Davis' proposed budget cuts to services that support people with developmental disabilities. They are also trying to raise enough money to help People First become bigger and better in California. They are also planning the June 2003 State-wide Conference in Sacramento and the May 2004 National Conference in Anaheim.



Letters to the Legislators and Governor

My family built a bridge for me, a bridge to the community, to success. Without the Lanterman Act the bridge for the people behind me might not be there. The younger ones behind me will have a harder time. I'm okay now, but what about the people after me? I've lived a good life, will they? One proposal ends the appeal process. How will this effect you? Can't have a service I really need? No appeal? I'd form a group to help write letters to talk to the State. I'd be more of an advocate. When my mom found out that I had CP she and some other people formed a group for support. We got a ramp for the school. We need to work together on this.

Sherri Douglas, Chico

Visit People First of California on your computer at

www.peoplefirstca.org

Abuse Team Tells Governor Davis What Budget Cuts Mean

Dear Governor Davis and California State Legislators,
We are writing this letter in support of people with developmental disabilities living in California. We want you to know how we feel about the proposed budget cuts and the suspension of the Lanterman Act. You need to know that our needs don't change just because there is less money in the budget.

We feel the State made a promise and people have built their lives around that promise. Please read our statements and think about how these budget cuts and the suspension of the Lanterman Act will impact our lives.

Sincerely,

Members of the Abuse Prevention Team
Redding, California



“My family built a bridge for me, a bridge to the community, to success. Without the Lanterman Act the bridge for the people behind me might not be there.” Sherri Douglas

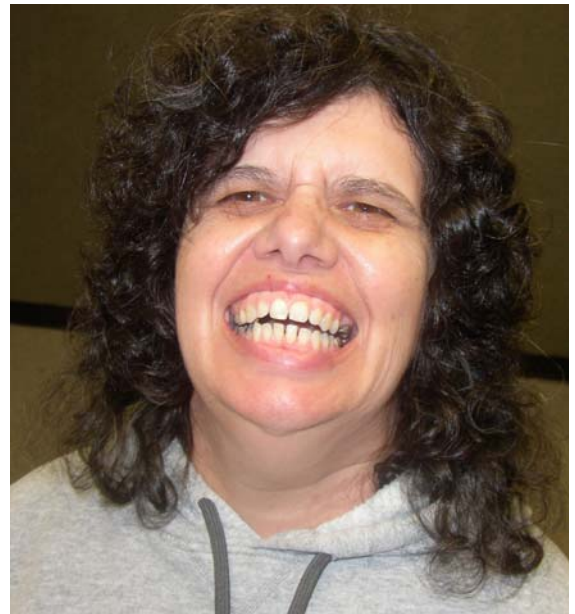


I had to learn to cook, and my ILS worker helped me. I need help cooking and shopping and keeping my house clean. Sometimes I need a ride to the doctor. I need these services to live okay. My service coordinator is very special. She noticed that my carpet was slippery, and she bought some stuff to make it safe.

Roger Pulliam, Corning

Abuse Team Members Share Their Concerns Over Budget Cuts

What concerns me about the budget cuts is that they could cut out the money we need to support self-advocacy groups. Self-advocacy is very important. At People First meetings, friends get together and see each other and talk about what's going on in our lives. It's a good feeling. I'm independent and don't need support to go out, but other people do. Sometimes this is their only time to see their friends. Maybe this is an extra service, but it is important to us. One of the proposed cuts ends the IPP process. How will this affect you? The IPP is important to me because whatever a consumer needs gets done if it is in the IPP. People will lose what they need. *Rosie Johansen of Redding*



Rosie Johansen Tells Her Concerns About What Budget Cuts Could Mean for her Independence and that of her friends.



Brenda McNabb is worried about MediCal and Her Glasses That She Needs to Live Her Independent Life

If MediCal was cut off, I couldn't pay for my glasses. I'm very sensitive to bright lights. My glasses are special, so they cost more. Glasses are an optional service. If I had to pay for my glasses, I'd have to cut back on expenses. I couldn't go out. Most of my money goes for rent. I don't know what I would do. *Brenda McNabb, Chico*

What will you do if your SSI/SSP is cut by \$50 a month? Right now with my life and my budget, I need every penny of my SSI and SSA money to get through the month. Eventually I want to do it myself, but now I need help balancing my check-book and to learn to get back on

(Continued on page 7)

Budget cuts to SSI would be awful

(Continued from page 6)

healthy meal recipes. Already I feel that life skills have been taken away from me. My house maintenance suffers because I need help cleaning. I'd hate to be in a worse place than I'm in now. I would feel out of control, out of place, out of money, out of my life, my skin. If I couldn't control how I wanted to live, I would lose my independence, and my independence is my control.

Danette Schons, Chico

If the Lanterman Act was suspended, they could do whatever they wanted to do with us. **(See KING, Next column)**

We have rights.

Danette Schons tells the Governor that she needs every penny of her SSI for her Independence.

"I'd hate to be in a worse place than I'm in now."



(KING) The Lanterman Act is a law, people have to do what it says. I don't think

they should take these rights from us. Right to medical care: Without Medi-Cal I couldn't get the medicine I need. I can't pay any more. I'm barely able to pay the \$15 for my teeth. Right to get services from the RC: My SC is easy to talk to, like a friend. She keeps stuff just between us. I don't like people knowing about my **(See KING, Next column)**



(KING) business. I really don't know what I would do without her help. Right to make choices: I wouldn't be able to make any choices like where to live or anything else.

Steven King, Red Bluff

Steven King tells the Governor, "If the Lanterman Act was suspended, they could do whatever they wanted to do with us."

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SPECIAL ANNOUNCEMENT

- *Do you have stories and pictures for the next WATCH OUT?*
- *Do you want to learn how to make newsletters on a computer?*
- *Let us know. You may contact the editor of WATCH OUT at Shasta College: Christine Palmer.*
- *Transition Services*

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(Continued from page 3)

to accomplish what we have to get done. So the government will hear the voice of the people across California. There were 45 marchers from Shasta College. A San Francisco Community College brought 37 buses alone. The buses were lined up for blocks. The marchers walked two miles to the Capitol.

In the picture is Watch Out Editor, Christiana Palmer. If you have stories you would like to be in the Watch Out, call Christiana at 225-4799 and leave a message on the Transition Phone.

sconcklin@shastacollege.edu

The man in charge of balancing the budget has put education on the back burner. Disabled Students Programs and Services, DSPS and EOPS have the greatest need of services. Class units might more than double from \$11.00 to \$24.00. The average person cannot afford a higher education. People with disabilities also need tutors and not takers. Some students use wheelchairs. Other students have hear-

ing or vision impairments. There are 600 to 800 students in DSPS at Shasta College. If college is gone, we will have to go to workshops.

