

The Chatter by SAC 6

June 2018



23rd Annual Statewide Self Advocacy Conference 2018



**"Advocacy
ROCKS"**



On April 28th a few Sac 6 members went to Sacramento to work with the Supported Life Institute by working with other advocates to collate papers together. We filled packets to be disbursed at the 23rd Annual Statewide Conference. After we had a meeting and discussed our responsibilities and roles we would have at the Statewide conference.

My responsibilities were working the sessions, ensuring speakers were aware of the time and assisting with filling out evaluation cards and giving instructions for each session I worked. It was a fun experience for the second year in a row. It's a great way for advocates



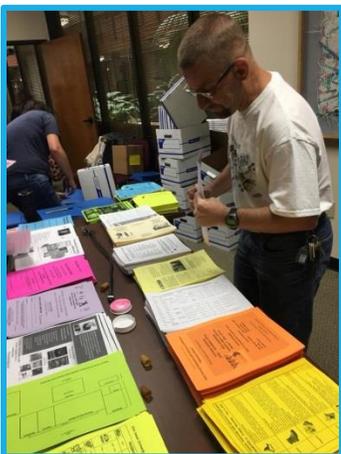
to come together and be able to tell their stories. I look forward to next year. By Lisa U.



By Crystal Eyneart- SCDD North Valley Hills Regional Advisory Committee & SAC 6 Representative from the Arc of Amador

- The Self Advocacy Council 6 participated and worked at the Statewide Self Advocacy Conference on Friday May 4 and Saturday May 5, 2018 in Sacramento.
- SAC6 members provided the Dating Game again. It was a lot of fun and a few love connections were made!
- SAC6 members also volunteered to be on the planning team, to help with putting the folders together, to help with registration, and to moderate sessions. It was hard work but we had fun!
- SAC6 supported a VMRC Board member, Mohamed Rashid by attending his session.

We all learned a lot at the different sessions and hope you enjoy hearing about the conference!

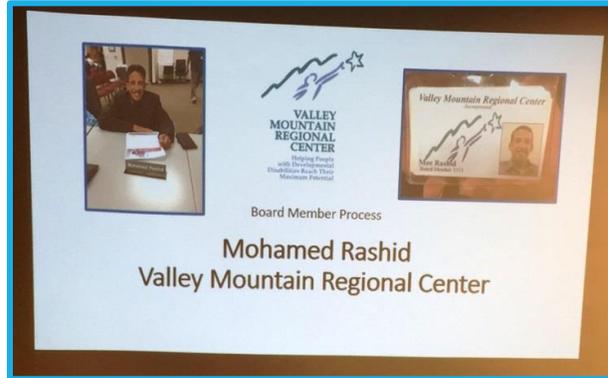


“I went to the Statewide Conference and I went to sessions on Friday May 4, 2018. The session I went to was called ‘For Life’, it was about a couple who have been married for about 20 years. Their names are Susan and Ted. They talked about how they met each other and how they worked out their problems. Their relationship is pretty much in common with me and my wife. I really enjoyed the session.”

By Tim Cabral.



“I liked the session ‘Who’s Life is it Anyway’. He was talking about support it was a very good session, it was helpful to learn more about support. It was session 2 and Peter Leidy was the presenter”. By Crystal Enyeart.



“At this session, Mohamed Rashid shared how he became a VMRC Board Member. He shared about his life and interests. He gave the steps on how a person can apply to be on the regional center where they live. There was 3 VMRC Board members who attended to support Mohamed they were Dena Phifer, Marianna San fillip and Robert Balderama and the VMRC Executive Director, Tony Anderson came to support Mohamed too. There was 32 people in this really good session!” by Mohamed Rashid.



“I went to the Statewide conference in Sacramento. It was very insightful and educational. I went to an emergency prevention seminar, that extended my knowledge of what to do in an emergency and how to do it.” By Marianna Sanfilliipo.

“I attended the keynote speaker Jason Freeman session on ‘Empowered By Our Differences’ Jason is a professional speaker, author and bravery coach and he does it with a pronounced speech impairment. Jason has written a book called ‘Awkwardly Awesome-Embracing My Imperfect Best (which is available at Amazon.com) and Jasonfreeman.com\book. Jason talked about people and their accomplishments. He also spoke about the importance of and following your dreams. He also encouraged us not to be afraid to ask for help whenever you



need it and to always be your best!" by Dena Pfeifer.



“At the conference I attended a session on Zumba, this session was fun and very intergenic. I danced and got my blood flowing. This session was hosted by Yulissa Aresurenaga from South San Francisco. She was the first certified Zumba instructor with a disability. She gets you moving for fun and is a good way to get health at the same time. It’s a great way to stay active. It was a fast-paced dance that was worth the try.” By Lisa U



“I attended a session on Relationships...A Happy and Loving One is Best. This was facilitated by Herb Hasting from Reginal Center of East Bay. This session was about a healthy way to meet new friends and how to build healthy relationships. I learned communication skills I can use when I meet someone for the first time. The session also discussed issues around going online to meet new people and what to look for in a person who would give you respect and support you when you get to know them. During this session we engaged in a role-playing



session on actually starting a conversation with someone we did not know. This was a really good session and having a hands-on activity was really nice.” By Lisa U.

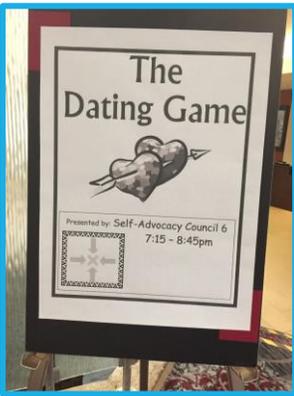


Good info at the resource fair! Thanks Katie and Christine!

SAC 6 Worked the Dating Game at the Statewide Conference



During the day individuals have the opportunity to file out a Dating Game form. On Friday evening after dinner SAC 6 host the Dating Game. This gives individuals a chance at a love connection. A bachelor or Bachelorette has the opportunity to ask 3 questions to their potential match. Based on the individuals answers a preferred person is chosen. They then meet the 2 individuals they did not chose before meeting their chosen person. Once they meet they are whisked away to have a delicious desert and hopefully a great conversation. At this years Dating Game a couple reported back that it was a match made and they are ready for the next level in their relationship.





I wear many hats....I am the chair of the Statewide Self Advocate Network (SSAN) and represent SSAN on the Self Advocacy Council 6 and I am a VMRC Board member. I participated in a session with the SCDD Self Advocacy Coordinator, Riana Hardin, at the conference. Two other SSAN members joined us, vice chair- Julie Gaona and past secretary, Desiree Boykin. We talked about SSAN and building self advocacy across California!

By Robert Balderama



Good Times Had by All at the Conference!



SAVE the DATE for the next SAC 6 Area Meeting!

More Details to follow!
Call SAC 6 at 209-594-1476



Friday, August 3, 2018
10:00am- 1:30pm
Turner Park in San Andreas
Topic: The Self Determination Program





HAPPY RETIREMENT to a FOUNDING FATHER of the Self Advocacy Council 6

Mr. Brad Putz



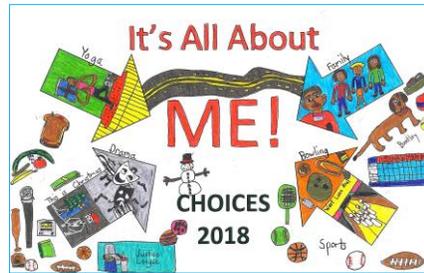
Brad has been involved in self advocacy for many, many, many years! During this time he wore too many hats to mention...but here are a few....He is a founding father of the Self Advocacy Council 6, a past People First of California President, a past member of Tuolumne County People First, a member of the VMRC Strategic Planning team, a past recipient of the VMRC Communitas` Award for his dedicated work in self advocacy, a past Governor appointee to the State Council on Developmental Disabilities (SCDD), a past chairperson of the Area Board 6 and now a retired Tuolumne County representative to SCDD North Valley Hills Office, retired consultant to the SAC6 and the Statewide Self Advocacy Conference Planning team... to name a few.

Brad tried to NEVER miss a meeting or a commitment! He mentored countless young self advocates on how to get involved, find their voice and speak up! People in Sonora knew Brad because he was always out and about! People statewide knew about his efforts and early in his career his efforts with his wife Anna before she passed away. Brad is a leader and we thank him for it!

In March of 2018, Brad moved to Santa Cruz to be closer to family. We hope to honor Brad at a future SAC6 and SCDD North Valley Hills event! His legacy will live in with SAC 6 and beyond!



CHOICES Conference 2018



I participated in the 31st Annual CHOICES Conference on April 5, 2018. The theme was "It's All About ME!". I was the co-M.C. for CHOICES. It isn't easy being the M.C. I met with Dena # 2 (SCDD North Valley Hills) to put together a speech. Then I practiced the speech before the CHOICES Conference. I was a little nervous at first but I had a little bit of help from Dena #2. I spoke in front of five hundred plus people. I was very honored to be the M.C. for CHOICES this year.

My advice to people who would like to be M.C. for CHOICES Conference- please don't be scared of being the M.C. Remember to practice your speech and if you need help don't be afraid to ask for help. By Tim Cabral

