

# SAC6 Chatter Letter

October 2022



## **DID YOU KNOW WE ARE THE VMRC CONSUMER ADVOCATES AND WE ARE HERE TO HELP??**

**Hi, my name is Lisa and I want to share some information about SAC6 with you.**

**CALL SAC6 IF YOU HAVE ANY QUESTIONS!!**

- SAC6 is the Valley Mountain Regional Center Consumer Advocates.
- We are a group of advocates who talk about what is going on at VMRC.
- We get together with self-advocates 4 times a year at area meetings. These are like mini conventions.
- We meet with self-advocates and have guest speakers that talk about important topics that are going on.
- We have people at the table on every VMRC committee to represent self-advocates.
- There are two representatives from each self-advocacy group from all 5 counties that sit on the SAC6 board.
- We have leadership meetings VMRC & SCDD North Valley Hills. The SAC6 officers run the meeting once a month. We meet with Tony Anderson, Christine Couch-VMRC and Dena#2 Hernandez from SCDD.
- We also have our representatives sitting on the VMRC board committees, like the Executive, Finance, Nominating, Consumer Services, ByLaws and Legislative committees.
- We have a representative on the DDS Consumer Advisory Committee.
- And I am on the ARCA committee, and I represent all 18,000 VMRC consumers! As a matter of fact, our ARCA committee is working on affordable housing for people with developmental disabilities. We are making a flyer to send out to all 21 regional centers. It's going to come out and get posted.



We had a wonderful time during the Monster Truck show...I thought it was spectacular with the trucks going over the hills and going around and around in a circle getting them dirty. First there was an Identity Theft monster truck which can do some amazing trips and tricks. They had big o'tires, and the loudness that comes with it once they start. This was my first experience going to a monster truck show. I will remember this day forever. I am so happy that I learn something new each day! By Cassandra Graham.





Hi my name is Minette and I like to work hard and play hard! This is a picture of me working and cleaning and another photo of me dressing up.

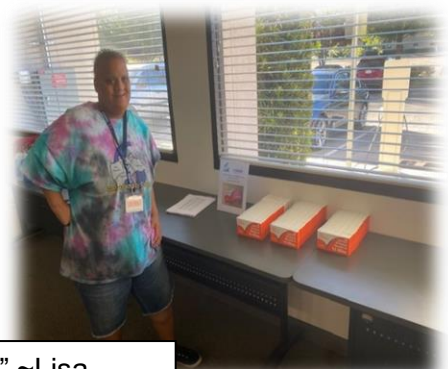


This is a picture of me and my best friend Dena at our Valley CAPS Prom for 2022! We really enjoy getting all dressed up!



Lodi grape festival table setting contest. This year my theme was "Lunch at the Airport" All American Hamburger with French Fries and Ice Cream! I look forward to this event every year.... Dena #1





"If I can do it, so can you!" ~Lisa



**VMRC Vaccination Clinic,**  
 was September 29, 2022, from  
 10:00 am - 1:00 pm

VMRC Vaccination Clinic Offered Vaccine: Flu, COVID-19 Vaccine (Pfizer & Moderna), COVID-19 Rapid Antigen Test Kits Shots administered by the Pharmacy Team at your neighborhood Safeway.

It was a WALK Thru Clinic at the VMRC Modesto Office in Modesto at 1820 Blue Gum Avenue, Modesto, CA 95358.

I, Lisa, was able to get my Flu shot and work the table that Sac 6 had handing out Rapid Antigen at Home Test Kits SAC6 got from SCDD North Valley Hills. This is just one way I can help keep myself safe and help others' keep safe also! Christine Couch also got her Flu shot and Dena Hernandez from the SCDD North Valley Hills Office was there helping hand out the Antigen at home tests . It was a great day!





Hi, my name is Lisa Utsey. I am a self-advocate. I am a consultant for the Self Advocacy Council 6, or SAC6 and I am on the VMRC board of directors. I have lived on my own since 2009. I was 23 years old when I moved out on my own. I always knew I wanted to live on my own.

There was a section 8 sign up, so me and my mom stood in line, I signed up for section 8. It took approximately 5 years to get approved for section 8. When the 5 years had passed. I finally got my letter approving that I did get section 8. That's where the big work started for me. I only had 60 days to look for a place. They usually give you 30 days and then if you don't find one, you get another 30 days. My first was in Modesto, I filled out the application and they approved me for my first apartment. I was there for 1 year. it was upstairs. I had some difficulties at that apartment. I asked my mom if I could move. I didn't feel comfortable at that apartment at that time. we had to go through the process again. Let section 8 know I wanted to move. They came to my house and did a move out inspection. When I moved, they had to do a move in inspection. I've been at that apartment for 10 years at the same apartment.

I want people to know I am independent. I speak up for myself. If I don't speak up nobody will know what I want and need. Even with my IPP, I speak up and say what I want and what I need. Over the years, I have learned to be very independent and speak up for myself. If it wasn't for self-advocacy, I would still be shy and not speak up, and not say what I want and when I didn't understand something I would be quiet. But with self-advocacy I've learned to speak up, to ask questions and to say what I want and what I need. I've learned. What I try to do with my peers at program, I tell them look at me and I'm doing self-advocacy and you can do what I can. if I can do it, you can do it. I tell myself advocacy group at program they can do it too.

Hi, my name is Crystal and I have been on the RAC Board (Regional Advisory Committee) since September 9, 2016. Each month one of my responsibilities was to give a report and take back notes to Sac 6 to let them know what the RAC board has been doing. I just got an award for being on the RAC Board. I also recently stepped down as my term was up. I know have a support animal and her name is Pixie. I spend my free time playing with Pixie now.



Check us out on Facebook; Sac 6 or on VMRC's website [www.vmrc.net](http://www.vmrc.net) then click. Consumers then click Self Advocacy.

Phone: 1-209-955-3306



**WANT TO BE IN AN UPCOMING CHATTER???**

**Contact us!!!**



This Chatter SAC6 letter has been brought to you by our members:

Technical support by SCDD North Valley Hills