

Alta California Regional Center  
Client Advisory Committee Meeting  
Tuesday, March 10, 2020  
Minutes

**Present:**

Kimberly Terrell, Chair  
Michelle Rewerts, Design. Dir. (via  
phone)  
Lisa Cooley  
Tom Hopkins  
Tiffany Johnson  
Amy Lampe  
Anthony Stone  
Patty Wallace  
Karen Young

**Absent:** (\* excused)

Michelle Hulse\*  
Romilda Jones\*  
Steven Sanchez\*

**Facilitators:**

Amy Fulk

**Visitors:**

Terry Ajuria  
Isaac Barnes  
Evelyn Bedoy  
Jerecho DeLaCruz  
Nick Kehm  
Amy Porter  
Sean Stone  
Jennifer Stratton  
Kevin Terrell  
Peggy Wakefield  
David Xiong  
Xiaoxi Xu

**Staff:**

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

The Client Advisory Committee (CAC) met at 2:06 p.m. on Tuesday, March 10, 2020, in the Brenda Smith Conference Room at Alta California Regional Center (Alta) to discuss: 1) Executive Director's Report; 2) Presentation – "Being a Better Advocate – How to Speak for Yourself....and others!"; 3) Updates; and 4) Public Comments/Announcements. All present provided self-introductions.

- Amy L. read aloud Alta's Mission & Vision

**Without objection, Kimberly Terrell made the motion to adopt the CAC meeting minutes of February 11, 2020 as submitted.**

*\*Kim announced Monique Lozano is no longer a CAC member – she can reapply if her schedule changes*

1. ***Executive Director's Report***

- Phil asked those present if they are worried about the COVID-19 virus.
  - Events around the area have been cancelled or postponed; Special Olympics has been rescheduled.
  - Individuals that are older or have an underlying health condition are more susceptible to this disease.
  - People that have the virus and those that are taking care of them should wear masks.



- The Centers for Disease Control (CDC) has been releasing their best possible advice.
- The **#1 thing** that you can do to prevent catching the virus is wash your hands with soap and water.
  - “Clean Hands = Good Health!” was distributed for reference.
- What message does this committee want to send to all of Alta’s clients?
  - Be safe and responsible.
  - Be aware of your surroundings.
  - Be clean and healthy.
  - Stop shaking hands and remember to give others their personal space.
- It might be smart to bring your own hand sanitizer when you are out in the community.
- Alta will be posting signs in all of our offices to say if you are sick, please stay home and reschedule your appointment.
- Following up on last month’s discussion, members provided their ideas for possible projects that the CAC can work on:
  - Hold a community job fair for clients. Also, have volunteer opportunities.
  - Hold a joint CAC meeting with Valley Mountain Regional Center (VMRC) utilizing technology.
  - Start a discussion about accessibility issues that clients may face in the community.
    - We will continue this discussion at the May CAC meeting.

## 2. ***Presentation – “Being a Better Advocate – How to Speak for Yourself....and others!”***



- Daniel Savino, with the Association of Regional Center Agencies (ARCA), shared information about being a legislative advocate. The most effective advocates know the topics that they are testifying about inside and out. You must:
  - Be prepared!
  - Dress the Part!
  - Know Your Team!
- Every conversation starts with a hello! Testifying at a hearing may seem intimidating, but think of it as a conversation you’re having with a few people. Be sure to say who you are, and if you are speaking on behalf of an organization, say that too.
- Always have key talking points:
  - What bill are you talking about? Do you support or oppose it?
  - What is your personal experience with this issue?
  - How does the bill affect you – and other people with disabilities?
  - Try to share your story in two minutes.

- Make sure to finish your testimony by thanking the committee for hearing your views. And don't forget to ask them to support (or oppose) the bill.

### 3. **Updates**



#### ◆ Peer Advocacy Network

- Amy L. shared that the group met today.
  - They worked on the final details for the March 21<sup>st</sup> Regional Meeting. There will be presentations about:
    - A Touch of Understanding
    - Employment
    - 2020 Census
  - The group also reviewed brochures that Chapters have created.

#### ◆ ARCA-CAC

- Michelle R. shared that the group held a teleconference on Friday, March 6<sup>th</sup>.
  - Committee members shared information about what has been happening at their individual regional centers.
- The next in-person meeting will be held on Friday, April 17<sup>th</sup>, in Sacramento.

### 4. **Public Comments/Announcement**



- David L. shared that due to the COVID-19 virus, Alta has decided to postpone any more visits with the "Friends Helping Friends" project until further notice.
- The Supported Life Conference (SLI) is scheduled for May and the People First Conference is scheduled for June. Those clients who are interested in attending either of these conferences should contact their Alta Service Coordinator (SC).

The next CAC meeting will be on **Tuesday, May 12, 2020**, 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