

SAC 6 Chatter Letter

Spring 2020



My name is Jessica Qusada and I am staying healthy by staying at home, drawing, listening to music and participating in the Sac 6 Zoom calls. I miss my friends and hope to see them soon.

My name is Cartina Castro and during this time, I been spending it with my family and been doing puzzles, games, diamonds painting art, watching movies with my family. Also grocery shopping and listening to music on my cellphone. Dying hair, like my moms hair, my sister hair and my hair. I am spending time with our three pets. They are pug dog, bearded dragons is a reptile. I have been checking on my family and friends to see how they are during this corona virus. They told me they are doing good and fine too. My friends miss our day program and being able to go there.





My Name is Lisa Utsey, during my shelter in place at my apartment, I have been busy with Self Advocacy on Zoom 2-3 times per week with VMRC and North Valley Hills Office. I really have fun doing Zoom with my fellow Advocates. Also, I have been spring cleaning my apartment. I have getting my exercise in and my vitamin D by sitting on my patio and also walking to my mailbox. I have been keeping up with my friends on Facebook. I try not to watch tv about Covid 19 virus a lot. I know one day soon we will be back to normal, and going to program again, so I can see all my friends.

Stay Safe, Stay Healthy!



My name is Suanne Jasper, I am just staying healthy and not doing much of any thing. I am only going out of my house to go shopping or to the bank and getting the mail. I'm still getting paid from my job. I have worked at the Resource Connection Preschool for 19 years now.



My name is Dena Pfeifer, I am a consultant for Sac 6. I started staying at home on March 17th. This day I went to program on the bus like normal and shortly after I arrived at program I was told someone had to pick me up. They also said program was closing for awhile because of Covid 19. I didn't really understand what was going on. I was very upset, luckily I had my mom and sisters who helped me understand what was going on. I try to stay happy and keep myself busy. I have been calling friends and seeing how they are doing. I have been making scarves, painting bird houses, exercising with Richard Simmons, and doing chores around the house and helping with cooking. I also have been busy with being on the VMRC Board and Chairperson for Consumers Services Committee doing Zoom meetings with my fellow Advocates. I also have been helping with Sac 6 Friday Chats. I hope everyone is healthy and staying safe. I can't wait to see everyone in person again.

Feeling Anxious?

During these uncertain times, we all might be feeling worried or stressed. People have different ways of dealing with stress. Below are a few ideas. Which way works best for you?

Get Your Groove On!

One good way to deal with stress is by moving your body. No need to go to the gym. Try listening to your favorite song, and dance and sing along. Living room dance party anyone? Turn up the volume or put on your headphones and jam! Don't worry about what you look like or sound like. Who cares? Just let it all go! You might find this is a great way to lift your spirits.

Don't be shy. Give it a try



Create Your Calm Zone

For some people, music does not help them de-stress. Creating a quiet zone might be the best. Here are some tips to create a quiet space:

- Tell anyone around you that you need to have some time to yourself
- Put on headphones to cancel out any noise
- Find a comfy way to sit or lay down
- Use a warm heavy blanket



Self-Advocacy Council 6

Lisa Utsey- Self Advocacy Council 6 chairperson invites you to join the SAC6 **Friday CHATS!**

With so much happening because of the virus SAC6 wants to hear how you are doing and share information so we can all get through this together!

Join us on a SAC6 ZOOM CHAT!!

Let's Check In with each other!

WHEN : Fridays **starting** April 24, 2020**TIME** : 11:00am-12:00pm

WHERE : ZOOM- computer, tablet, cell phone

Here is the DATES & TOPICS for the SAC6 CHATS

- **Friday, May 8, 2020**- Update on all things Corona. When does it look like we are going back to program? What will that look like? Can we all ride the bus? Do we need masks?

Join Zoom Meeting on your computer, tablet or phone

<https://zoom.us/j/91773944767?pwd=YXlFbS9Fek1VMFp1YUt6STIRVEhtdz09>

Meeting ID: 917 7394 4767

Password: 310725 You must enter the Password or you can call in:

TOLL FREE NUMBER TO CALL IN:

Stimulus

If you have questions about your situation and what that means for your payment, here's what you can do:

- Ask someone in your circle of support if you will get a payment and how you will get it
- Visit the **IRS Website** <https://www.irs.gov/coronavirus/get-my-payment-frequently-asked-questions> and look for the Frequently Asked Questions (FAQ) page.



Census

This year is the 2020 Census. Every ten years the Census counts the people who live in the United States. The results are used to decide how much funding cities, counties, and states should get for public programs. This can be important for people with disabilities.

Ready to be counted? Visit:

https://2020census.gov/?cid=20002:%2Bcensus:sem.ga:p:dm:en:&utm_source=sem.ga&utm_medium=p&utm_campaign=dm:en&utm_content=20002&utm_term=%2Bcensus



The CHOICES conference is for people with intellectual/developmental disabilities, families, educators, transition students, service providers, regional center staff, and many others.

CHOICES Conference 2020 has been cancelled. Due to COVID 19. For everyone's health and safety being the main priority we will see you all in 2021!

Join us for our next upcoming conference!

More details to follow. <https://www.choicesinstitute.org/>

Feeling stuck inside? Try a puzzle...

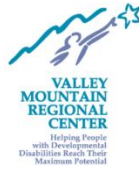
V	F	H	A	N	D	W	A	S	H	I	N	G	J	M
I	D	C	Q	T	I	P	X	N	Q	P	G	N	S	U
T	E	L	E	P	H	O	N	E	O	C	J	C	B	S
A	O	G	G	H	R	K	B	O	O	K	S	C	W	I
M	P	E	T	S	A	I	L	V	H	F	U	S	A	C
I	G	K	R	N	V	N	H	F	E	A	F	O	T	D
N	X	R	Y	B	Q	D	O	N	L	C	A	A	E	W
S	S	E	X	T	H	O	B	C	P	E	M	P	R	C
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G	O	Q	X	T	I	S	S	U	E	E	I	J	J	I
K	V	I	D	E	O	S	M	N	W	R	L	G	I	N
V	J	B	Q	X	X	G	A	R	D	E	N	I	N	G
O	P	D	S	O	C	I	A	L	M	E	D	I	A	X

Find these Words!

1. Handwashing
2. Facetime
3. Soap
4. Water
5. Tissue
6. Music
7. Vitamins
8. Telephone
9. Pets
10. Social media
11. Rest
12. Books
13. Videos
14. Gardening
15. Family
16. Learn
17. Indoors
18. Hobbies
19. Cooking
20. Helpful

Ways to Stay Busy at Home, By Lisa Utsey

1. Go for a walk
2. Ride a bike
3. Walk in Place for 15 minutes
4. Hop on one foot for 2 minutes
5. Practice Yoga
6. Start a Puzzle
7. Start a garden
8. Make a chalk drawing
9. Send a home card or letter to a family member or friend
10. Create a piece of art inspired by nature
11. Read a book



SAC 6 is YOUR VMRC Consumer Advocates!

WANT a SAC6 Member to come and speak to your group?? JUST CALL US!

Check us out on Facebook; Sac 6 or on VMRC's website www.vmrc.net then click Consumers then click Self Advocacy

Phone: 1-209-594-1476

1-888-960-2416



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

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