

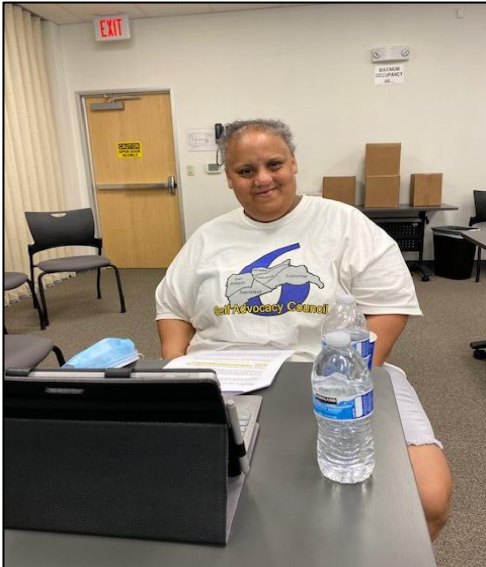
SAC 6 Chatter Letter

Summer 2020



My name is Catrina Castro and during this time, I been spending it with my family. On June 18, 2020 I volunteered to hand out Personal Protective Equipment (PPE). SAC6 partnered with VMRC and SCDD North Valley Hills office to provide individuals this much needed safety equipment. It is a very uncertain time and we are all in this together.





My Name is Lisa Utsey, Chairperson of SAC6- on June 5th I presented on the SAC6 Friday Zoom Chats. I shared about my experience being a member of the DDS (Department of Developmental Services) CAC (Consumer Advisory Committee). During my presentation I shared my role on the board and a few of the activities and different agencies I have worked with. I was sad to share that this November 2020 my term will be up, and we will be looking for another advocate in our area to take my place. This experience has taught me a lot over the last four years. I have made many new lifelong friends but have also gained some tools for my advocacy toolbox. I am incredibly grateful to have had this opportunity!



My name is Dena Pfeifer, I am a consultant for SAC6. I started staying at home on March 17th. Since then, I have been working with my day program weekly via Zoom chats. Attending SAC6 Board Meetings via Zoom. I have chaired meetings via Zoom. I think it is safe to say I am an official Zoomer! 😊 I have continued to reach out to my fellow friends to check in on them to make sure they are doing ok.



My name is Crystal Enyeart, I am a member of SAC6 and represent SCDD North Valley Hills Regional Advisory Committee. On June 11, 2020, I helped hand out PPE to families and care providers at the San Andreas VMRC Office. During this time, I kept my self-safe by wearing a mask and staying 6 feet apart from other volunteers.



Hello, my name is Jessica Quesada and I am secretary for SAC6 and represent Valley CAPS PLUS of Manteca. I enjoy drawing and talking to my friends on the phone. I love listening to Selena music. I have been staying mentally healthy by drawing and doing my homework. I miss my friends and will see them one day soon.

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, August 7th**-Self Determination by Kerstin Williams, and Elizabeth Diaz
- **Friday, August 14th**- Drail Presentation by Mohamed Rashid
- **Friday, August 21st**- VMRC (POS) Purchase of Services
- **Friday, August 28th**- DDS, Nicole Paterson- Feeling Safe Being Safe presentation.

Join Zoom Meeting on your computer, tablet or phone

<https://zoom.us/j/97062456372?pwd=aEVGTC9rZ2pxY1JIUENTUk9pQ1ZTZz09>
Meeting ID: 970-6245-6372

Password: 401415 You must enter the Password or you can call in:

TOLL FREE NUMBER TO CALL IN:1-877-853-5257



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 on May 14, 2021!

Join us for our next upcoming conference! Details available in February 2021.

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

...Be Kind to Your Mind...

Tips to cope with stress during COVID-19



1 PAUSE. Breathe.

Notice how you feel **Think before you speak**

In the heat of the moment, it's easy to say something you'll later regret. Take a few moments to collect your thoughts before saying anything — and allow others involved in the situation to do the same.



2, Once you're calm, express your anger

As soon as you're thinking clearly, express your frustration in an assertive but nonconfrontational way. State your concerns and needs clearly and directly, without hurting others or trying to control them.



3, TAKE BREAKS from COVID-19 content.

Turn off your TV, cell phone, computer.



4, MAKE TIME to sleep and exercise



5, REACH OUT and stay connected; phone a friend; join a zoom class, do Sac

6 zoom meetings.



- **6, Get some exercise**

Physical activity can help reduce stress that can cause you to become angry. If you feel your anger escalating, go for a brisk walk or run, or spend some time doing other enjoyable physical activities.



- **7, Take a timeout**

Timeouts aren't just for kids. Give yourself short breaks during times of the day that tend to be stressful. A few moments of quiet time might help you feel better prepared to handle what's ahead without getting irritated or angry.



- **8, Identify possible solutions**

Instead of focusing on what made you mad, work on resolving the issue at hand. What could you, or they, do that might work better? Call one of us for "idea help".



- **9, Stick with 'I' statements**

To avoid criticizing or placing blame — which might only increase tension — use "I" statements to describe the problem. Be respectful and specific. For example, say, "I'm upset that you said you were going to call me and you did not", try saying, "I really like it when you call, so if you cannot be sure try to not say you are going to call and then get to busy, OK?"



10, Let It Go!!!! Don't hold a grudge

Forgiveness is a powerful tool. If you allow anger and other negative feelings to crowd out positive feelings, you might find yourself swallowed up by your own bitterness or sense of injustice. But if you can forgive someone who angered you, you might both learn from the situation and strengthen your relationship.



11, Use humor to release tension

Lightening up can help diffuse tension. Use humor to help you face what's making you angry and, possibly, any unrealistic expectations you have for how things should go. Avoid sarcasm, though — it can hurt feelings and make things worse.



- **12, Practice relaxation skills**

When your temper flares, put relaxation skills to work. Practice deep-breathing exercises, imagine a relaxing scene, or repeat a calming word or phrase, such as "Take it easy." You might also listen to music, write in a journal or do a few yoga poses — whatever it takes to encourage relaxation.



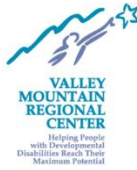
Know when to seek help

Learning to control anger is a challenge for everyone at times. Seek help for anger issues if your

anger seems out of control, causes you to do things you regret or hurts those around you. You all can call me at 209-623-7716, or call Rose, or Jazzie, Ed, or Devon and they will get ahold of me to contact you.

Feeling stuck inside? Try a sign...





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: 1-209-955-3306



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

Jessica Quesada, Catrina Castro, and Lisa Utsey, Crystal Enyeart and Dena Pfeifer.

Formatting & Printing by SCDD North Valley Hills 

Some pictures from SAC6 working during this Pandemic!

