

SAC 6 Chatter Letter



August 2021

On May 4, 2021 Valley Mountain Regional Center held its second Modesto vaccination clinic. I represented Sac 6 and I helped to direct the traffic. I stopped cars and talked with them while they waited for the vaccine. Then I told them which vaccination tent to drive to for their second Pfizer dose. It was a great day.

By Lisa Utsey



Sac 6 has done over 62 ZOOM CHATS and 62 practice chats. This is 124 zooms so far. On Friday Zoom Chats we have guest speakers and different topics to help everyone stay informed and updated about Covid. We even have Dr. Dave have a mental health tip of the day to help remind all of us that the emotions and feelings we are feeling are ok during this time. I am excited to continue bringing you more zoom chats in the future.

By Crystal Enyart



Hi, I am so excited and thrilled to tell you In October 2021 I get to go on my first cruise to Mexico. It will be a 4- day cruise I am excited and happy! I have never been on a cruise before I am going to Catalina Island in Ensenada. My mom and younger brother are going also. I had to be responsible and get my birth certificate and passport and my vaccines to take my vacation, but I am so excited and cannot wait.

Crystal Enyeart



Summer Safety Fun tips:

KEEP HYDRATED: Stay hydrated, drink plenty of fluids. Avoid sugar-sweetened and highly caffeinated beverages and alcohol since they can cause your body to get rid of fluids.

PROTECT YOUR SKIN: Seek shade between the hours of 10 a.m. and 4 p.m. when the sun's rays are the strongest. Apply a good amount of a sunscreen with sun protection factor (SPF) values of 30 or higher.

YOU are a STAR;
you can shine
even brighter if
you use STAR to
help you through
stressful
moments.



I was asked if I would like to be a representative on the ARCA Board. I was honored to be asked, I humbly accepted! During my second meeting it touched a very dear place in my heart and that was about the;

The Principles of Self Advocacy

Some of the key principles of self-advocacy are:

- **I am a person first A disability is just part of a person's life.** However, your intellectual disability can become your identity. Others fail to see the person you are. You lose your name and become a label.
- **I have the right to make my own choices and decisions.** We are unaware of our right to make our own choices and decisions until it is taken away from us. Most people with an intellectual disability lose this right at some stage in their life. Others make their decisions for them. They take control of the person's life.
- **My choices and decisions must be respected.** Like with other people the decisions people with an intellectual disability make may have good or bad outcomes for them. This is how we all learn. Protecting people from making decisions that may have a bad outcome controls their life. What is needed is support so the possible outcomes are understood.
- **I have the right to choose the support I need.** People often assume they have the right to support a person with an intellectual disability to make their choices and decisions. This leads to power and control over the person's life. We all have the right to decide who we will ask for support or advice.

• I am a full person; I have the same rights and responsibilities as others in my community. This includes the right to decide where and with whom I will live and work. We are all full citizens and therefore our rights must be protected both before and under the law. Along with this comes our responsibility as a member of the community.

What people with an intellectual disability can do;

There are many opportunities for you to become involved in self advocacy.

These include:

- **Become a self-advocate** Learning how to speak for your self is the first step in self advocacy. People who can do this are listened to and treated with respect. You can also help others to speak for themselves.
- **Join a self-advocacy group** Belonging to a self-advocacy group helps you to learn to speak for yourself. They also offer friendship and a sense of belonging. Groups are a very important part of the self-advocacy movement as it is where we feel safe to talk about issues.
- **Help others by helping others** we help ourselves. People may need a friend they can trust. By helping others, we learn together. We feel we belong.
- **Become a leader** Leadership is learning how to take responsibility and to help others. The self-advocacy movement must develop its own leaders by encouraging self-advocates to take leadership roles. Leadership can be both rewarding and hard work.
- **Become a helper** Groups need helpers or support people. When you become experienced you can start being a helper. At first you may help Taskforce on Self Advocacy 7 others to meet and talk about issues. As your experience grows you may support meetings or run workshops.

By Lisa Utsey

Some Resources for our Mental Health

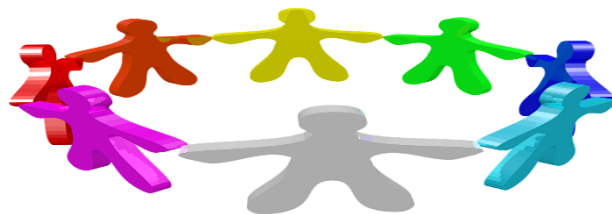


The Peer-Run Warm Line—which began operation in 2014—is a **non-emergency** resource for anyone in California seeking mental and emotional support. We provide assistance via phone and web chat on a nondiscriminatory basis to anyone in need. Some concerns callers share, are challenges with interpersonal relationships, anxiety, pain, depression, finances, alcohol/drug use, etc.

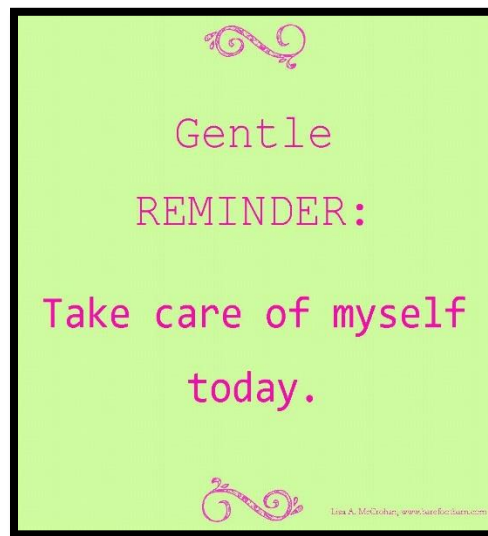
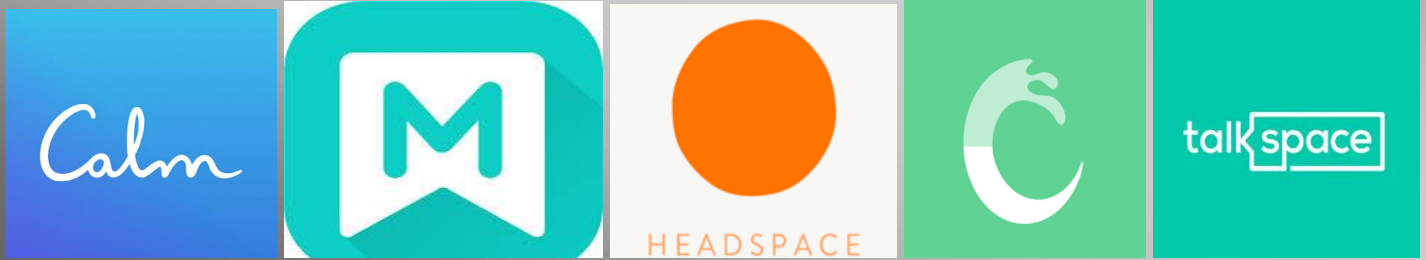
CALL 855-845-7415 TO SPEAK TO A COUNSELOR

How CalHOPE Connect Works

- CalHOPE Connect offers safe, secure, and culturally sensitive emotional support for all Californians who may need support relating to COVID-19. Wherever you are, whenever you need to talk with someone, **CalHOPE** is here. Connect with CalHOPE by chat or phone.
- **Live Chat (833) 317-HOPE (4673)** Go to **calhopeconnect.org** and start chatting now.



Mental health and wellness apps tend to focus on three key areas: mood, stress, and anxiety. Apps come and go, as you might expect, but the most popular apps include [Calm](#), [Moodnotes](#), [Headspace](#), [Pacifica](#), and [Talkspace](#). Look at those websites and download the apps to your phone.



1(855) 845-7415



Connection and hope we can share.
Call us. **We've been there.**

1 (800) 273-8255

NATIONAL

SUICIDE
PREVENTION
LIFELINE

1-800-273-TALK (8255)TM

suicidepreventionlifeline.org



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



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

