

Supported Living Service Summer Update

Consumer Activity Planning Committee 1st Meeting: June 28th

For consumers to learn and practice self advocacy, resource finding, activity planning, and Social skills.

One consumer from each apartment is encouraged to participate in the quarterly meeting and is in charge of bringing information back to the apartment.



1st meeting discussion

- Where do you look for activity ideas?

Many great answers from consumers: Library, AAA, FCSN case managers, staff, parents, Senior center, newspaper, internet, and activity fliers in stores

- Summer activity proposal and planning

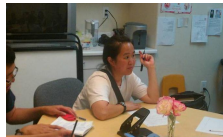
County Fair (June), water park (July-Sept), prom (August), Fremont festival (August)

SLS BBQ in a different local park (Sept date tbd) Theme park (Sept proposed date 9/15 9/16 9/22, and 9/23)

- Practice

Each consumer takes charge of bringing information back to their roommates and discusses which Summer activities to participate in and then invite CM to support planning.

Some consumers volunteer to look online/in the library/newspaper for ticket discount and event Fliers.



SLS Cooking and Nutrition Class- Olivia's kitchen

One of our case managers Olivia Chen has great passion in making cooking into a simple and Enjoyable event.



She has developed many delicious and easy to make dishes that ANYONE can Make WITHOUT FAILURE!! Now, she starts a cooking and nutrition class in SLS for consumers once a month. Consumers loved the class and the social gathering.

Learned Recipes



**** If you are interested in obtaining a recipe copy, please contact Olivia Chen @ kungfu1120@gmail.com or Rebecca Dao @ Rebecca@fcsn1996.org ****

Carlos Quintong Celebration of Self Advocacy August 31st 2012

Carlos Quintong*

Celebration

of

Self-Advocacy

DATE CHANGE!! Friday August 31, 2012
6:00 - 8:00 PM

Ed Roberts Campus
Ashby BART station
3075 Adeline St.
Berkeley

Music by
Dream Achievers

Dancing

Light dinner

Friends

FUN

Donation:
Self advocates \$5
All others \$15

*This celebration is to honor the memory of Carlos Quintong, a local leader in the self-advocacy movement. He was the founding member and president of South Alameda County People First and Bay Area People First, President of People First of California. Carlos spoke to many groups in Oakland and throughout the country. He participated in the President's Council on on Intellectual Disabilities. He encouraged self-advocacy.

Please **RSVP BY AUGUST 24, 2012** to Area Board 5, 1515 Clay Suite 300, Oakland, CA 94612
Make checks payable to Bay Area People First

Name _____
Phone _____
Email _____



Consumer who attended 2012 Capitol Action Day at Sacramento were all nominated to receive the self Advocacy reward. If you are interested in participating In this celebration, the RSVP deadline is 8/24 to

Area Board 5, 1515 clay suite 300, Oakland CA 94612.

Nominated consumers and accompanied staff are RSVP already and they join the event for Free. All other participants can donate \$15.

Summer Camp Fun



Summer Swim Camp

Consumer Mobility Training

On 6/16 All staff training day, staff received a lot of great mobility training strategy from VTA Mobility Options Travel Training. We start putting more focus on consumers learning to use public Transportation more effectively.

Fremont Bus Route Learning

Bus 242: Mowry-Paseo Padre Pkwy

Bus 242-251: Fremont Hub

99 Bus Route

210 Bus

217 Bus

** To get a RTC card, consumers need to apply
In person at the Lake Merritt BART Station
Most consumers have already applied and received
RTC card **



Teaching Strategies:

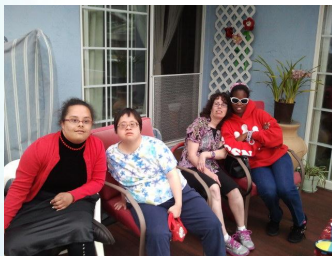
1. Explain the rationale for knowing how to use transportation.
2. Create a plan about what transportation routes they will take, when they will try them, with whom.
3. Create a crisis plan (specified below)
4. Model and role-play appropriate transportation behaviors including
 - a) Where to sit b) Letting people off prior to entering c) Appropriate greetings and limiting conversation d) How to explain talking to oneself or odd motor movements
5. Remind consumers to explore their transportation needs when considering plans to go somewhere
Local grocery stores, malls, library...etc
6. Practice and coach them on appropriate behaviors while using transportation

Crisis Plan strategies:

1. Consumer should have a cell phone and emergency contacts with them at all times
2. Don't eat or drink
3. Don't stare at strangers or start long conversations with them. Consumers need to learn strangers
Don't expect to be asked many questions and consumers should not tell strangers too much about
Themselves. (Stranger Awareness Training)
4. In door voice awareness.
5. Advise consumers to wear bracelet or badge that has emergency contact information so if they
have medical conditions or emergency people on the bus can get a hold of someone.

SLS Summer Fun

Square Dance Event/Birthday Parties/Dinner get together/Fair/BBQ/Karaoke night...



Summer Fun To Come

FCSN Prom 2012
Hollywood Glam

You are cordially invited
to an evening of elegance...

When: Saturday, August 25, 2012
6:00 pm - 9:00 pm
Where: 2300 Peralta Blvd.,
Fremont, CA 94536

\$30/Consumer; \$15/Family Member or Caregiver
(Refreshments, drinks, photos, and a chance at prize drawing included!)
Please wear formal attire. Costumes are welcome.

RSVP by: July 30, 2012

August FCSN Prom



September Summer BBQ in local park



September Weekend Theme Park Trip



Now until End of September Fremont Water Park