

SUPPORTED LIVING SERVICE

This season of the year is all about festivities and fun activities.

HOEDOWN SQUARE DANCE!

On Oct 27th, we went to the Harvest Hoedown Square Dancing event at Yuba City. It's 40 miles north of Sacramento. Every participant had a good time dancing and enjoyed dining with 20 folks! Big thanks to our parents Marie and Virginia! They put this thing together and provided care and ride for our clients.



THE MOON FESTIVAL

On Sep. 30th, D2 staff helped Raymond and Cindy arrange a special Moon Festival dinner with B2 boys. Everybody brought in delicious food to share. We enjoyed each other's company by talking about the life story of each person. Afterwards, Maria taught us a moon song, and Raymond told us several moon tales. Later, C1 and D1 girls joined us to admire the moon and eat the moon cake! They just had a BBQ at Jenny's house! Guess what? Tradition and holidays are highly esteemed here!



HALLOWEEN TIME!

“We had a party at the day program, after that we got dressed up at the apartment and I was princess Ariel. We went to my friend’s apartment (d1) and went trick or treating around the neighborhood with them and Hassan. After trick or treating we got lots of candies then we went to city beach for karaoke night. We were all in our costumes and it was fun. I met a friend from college and I danced and sang with my friends all night. It was a fun-filled day.”

- Kristin O’Rourke

“I dressed up as Cinderella last Halloween. My staff did my makeup and hair and I looked like a princess. We went trick or treating with my good friend Hassan and d1 girls. I got a lot of candies and I was very happy. My friends and I had dinner together after and went to city beach for karaoke. I made new friends and had fun. My favorite part is going to karaoke night in our costumes. I love karaoke night!”

-Shannon Caldwell



MOVIE IN THE PARK AT MEYER PARK 7-21

Every summer, Mayer Park

hosts its annual movie in the park and welcomes everyone to join. Kristin and Shannon went to one of the movie night with their staff on 7/21. We brought several blankets to keep us warm and some snacks to eat during the movie. It was very nice to lie on the grass and watch a movie from the projector. It was also a romantic event as well.



Cooking Class

Homemade pop tart:

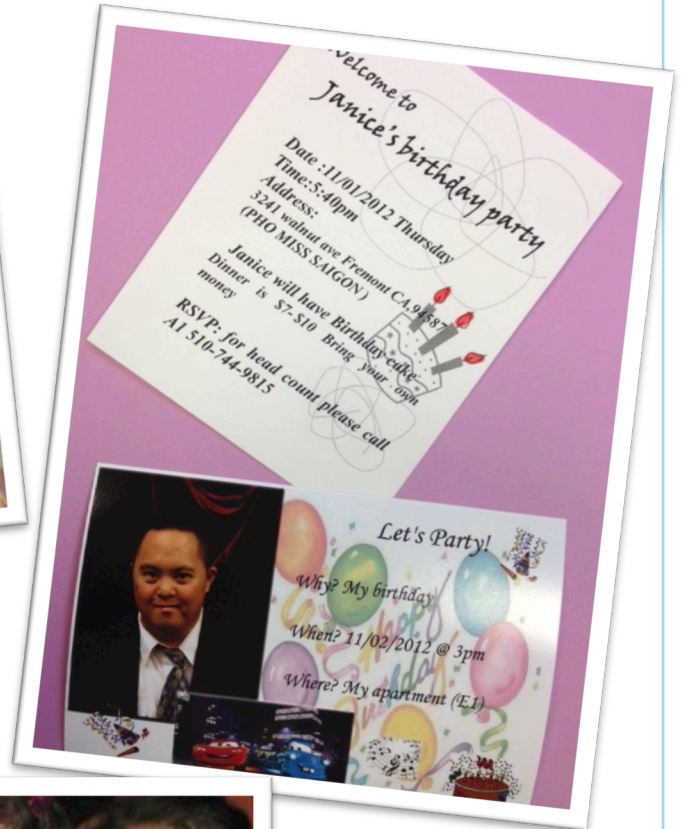
Ingredients

1 Egg
 $\frac{3}{4}$ cup of Jam
 1 Frozen piecrust
 1Tbs of cornstarch
 1 fork
 Water

Instructions:

Mix the jam with cornstarch and water. Bring the mixture to a boil and stirring for 2 minutes. Remove aside and chill for later.

IT'S YOUR BIRTHDAY!!!



Birthday parties are events that everyone in SLS looks forward to. We recently celebrated Laurie's, Janice and Gideon's birthdays. Our consumers were very involved in planning the parties.



Supported Life Institute

SUPPORTED LIFE 2012 CONFERENCE

RENEWING OUR COMMITMENT: PROFESSIONALISM...OPTIMISM...COMMUNITY

FCSN sent case managers to the supported life 2012 conference in Sacramento last October; it was a unique learning experience for the team.

Sharing our experience

“Thriving in the Community” is all about relationships! Direct Support Professionals have a great task to help consumers connect to the community. The job has to be done intentionally; otherwise, it’s easy to get isolated. The difference of being “in the community” and being “part of community” can be great. We need to find common ground with our community and take time to let relationships grow.

SLS itself is also a unique community. Clients thrive when they have good relationships with their roommate, staff and case manager. An “interdependent” living style has provided a strong foundation for building the community. After all, communities flourish when people are included.

-Maria Chang

The trip to Sacramento was a unique experience and opportunity to expand my current knowledge in the disabled community. Such conference promote growth, encourage learning and most of all, drive home the point that the word “disabled” does not mean “you cant do it” people w/ disability shouldn’t be frowned upon or pitied. Instead they should be looked at with admiration for all the challenges they overcome daily.

-Matthew Jouselin

“I was able to attend the last day of the conference and it was very interesting. The speakers were consumers, consumers' families and the care providers. It opened my mind and made me realize that there are endless possibilities for our "special" friends. Ryan Duncan wood (keynote speaker), was able to sky dive even with his condition. He said that life's too short to stop dreaming and I completely agree with him. It made me realize that there are many opportunities out there if we only look”

-Claire Martha Go Brady

Supported living training at Sacramento: I went to annual supported living conference with other SLS case manager in October. It was nice to meet new people at the conference and shared our experiences with each other. They put a lot of focus on "Direct Care Professional" and how we can make this job more professional in every aspect. I also enjoyed attending all the keynote speeches and it was able to give me new ideas that I can bring back to FCSN

-Olivia Chen

WHY IS 18 SUCH AN IMPORTANT AGE?

When any child, disabled or not, turns 18, their parents’ authority to make decisions for them ends. Parents can no longer demand medical records for their children, nor do they have legal authority to make medical decisions on their child’s behalf.

A diagnosis of a developmental disability alone is not enough to overcome the “rebuttable presumption... that all persons have the capacity to make decisions and to be responsible for their acts or decisions.” The “mere diagnosis of a mental or physical disorder” is not enough to establish “unsound mind” or “lack capacity” to make medical decisions.

For more information you can visit:

www.achievingindependence.com

Supported Living team wishes you a Merry Christmas and a Happy New Year!



Jane Balatbat, Claire Brady, Michelle Camera, Maria Chang, Olivia Chen, Rebecca Dao, Shannete Fee, Raymond Gaddis, Kira Gudjohsen, Nayeli Toto, Dawei Hong, Lowah Lu, Angela Huang, Lily Huo, Matthew Jouselin, Peter Kim, Crystal Lam, Lilian Li, Jenny Lin, Grace Lu, Jianfang Luo, Alyssa Ratte, Brenda Snell, Wendy Tang, Gigi Wang, Benny Wu, Sui Yip, Lanisha Adams, Maria Orozco, Theresa Yu.

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*Merry
Christmas*