



People First[®] of California, Inc.

Board of Directors Meeting

January 22nd – 23rd 2010

Courtyard by Marriott, 1782 Tribute Road
Sacramento, California 95815

MINUTES

BOARD MEMBERS PRESENT (region)

Gail Walters (1)
Roger Pulliam (2)
Cindy Lee Richards (3)
Cathy Daggett (4) (excused)
Carmen Quinones (5) (excused)
Krisi Franzone (6)
Robert Jacques (7)
Jody Barker (9) (Sargeant @ Arms)
Tom Frabro (10) Alternate
Hallie Long (11)
Ralph Skoner (12) (Treasurer)
Chris Pirino (13)
Penny Vinson (1) Alternate
Kecia Weller (10) (Vice Pres. - excused)
Scott Winfield (President)
Roy Rocha (8) (Member@ Large)
Deanna Brandon (Member@Large)

OTHERS PRESENT

Joe Meadours (Executive Director)
Robin Rhoades (Deputy Executive)
Carlos Palacios (Clerical Support)
Debbie Vinson (1) (Helper)
Petra Rocha (8) (Helper)
Wanda Henderson (Helper – 1)
Cindi Freshour (Region 2 - WCAF)
David Miklas (Helper-9)
Ed Plon (Region 3 – SACP)
Robin Ponciano (Support)
Jolene Bradford (Reg. 6 – Helper)
Linda Thompson (CMP)
Nicole Patterson (DDS)

Friday, January 22, 2010

Meeting called to order 1:00 p.m.

Self - Introductions

Sang Anthem (with CD accompaniment)

Minutes Approved: Roger 1st, Hallie 2nd

Deanna Brandon read her resignation to the Board of Directors. Roger Pulliam made a Motion to accept Deanna Brandon's resignation from the Board of Directors Roy Rocha 2nd the motion.

Treasurer's Report: Ralph Skoner gave the Treasurer's Report to the Board. Jody Barker made a motion to accept the report as given, Robert Jacques 2nd the motion.

The persons voted to the Board were Gail Walters, Region 1, Christopher Pirino, Region 13,

Closed Session

Action Taken: In this session the board voted to remove a Board Member from PFCA. A letter was sent to this board member notifying him of this action

New Grant: Starting October 2010 to 2011

Goals and Objectives (See Joe's Report entitled Concept Paper)

Cindy Richards, Region #3, wants to volunteer to serve on the committee to train youth on how to stand up for themselves.

(#2) add day programs to grant goal

Jody said he had an accident and hurt his rib, he asked to be excused from the Board Meeting to go to the hospital. Board approved his request.

Executive Directors Report:

The Executive Director read highlights from his monthly reports, that the board had copies of from their board packet, for the months of October

and November 2009.

Elections:

The Board reviewed the Roles of Officers and Board Members

Core Four Meeting:

Robert Jacques volunteered to serve on the Core Four Committee.

1. The theme of the Conference this year will be "Advocates Are Leaders, Teachers and Role Models"
2. All Board will greet the crowd on Friday night and wear their board Shirts. The Board members will be introduced to the attendees.
3. Have all Board Members bring their business Cards to the Friday night Conference and the Meet and Greet.
4. Email Sponsorship letter to Roy and Cindy Richards
5. Dance Theme: Reach for the Stars
6. Colors: Black folder with gold or silver stars on cover/cost effective
7. Try to print the logo on the conference packet

Saturday, January 23, 2010

Closed Session

Action to be Taken: Send a letter to Deanna Brandon accepting her resignation and thanking her for the many years of service to PFCA.

Core Four Report:

Sessions needed **19** Speakers chosen from Conference are: **Hallie Long** (i) Buying your own home, **Kimberly Fowell** (f) Talk about People First and How I advocate for Myself, **Maria Marquez** (f) The Lanterman Act Changed, Your Rights Didn't, **David Taylor Jr.** (b) Micro/Enterprise: The Job You Pick, **Nicole Patterson/David Lopez** (e) Convention on Rights of Persons with Disabilities, **Eric Ybarra** (a) How I Over came My Disability, **Drug and Alcohol Team** (d), Lending Works, Inc. (b) Helping You Start Your Own Business, **Daniel Meadows** (f) Self Esteem and

Understanding Your Rights, **Krisi Franzone** (d) Self-Esteem

Margie Garetz (a) Stand Up and Speak for Self-Advocacy, **Karen Gaffney** (a) Pathways for Your Future, **Maurissa Managin** (i) A Simple Monthly Budget Plan, **Kecia Weller** (f) If I Can Do It, You Can Do It: Tools to Improve Your Life, **Jerry Grace** (c) How to Catch the Bus & Train

DomunIQUE Young (d) Coping With Your Feelings Through Poetry and Journal Writing, **Karyn Kennedy** (b) Working in the Community, **Zachary Miller/Donald Spencer** (i) Life in an Institution,

We selected four MAYBE: **Donald Spencer** (f) The Rights for People With Disabilities, **Clay Hoffman** (d) Never Giving Up on Your Dreams – My Unicycle Story, **Shann Costello** (i) Personal Disability Voice Chat, **Donald Morris** (i) Donald's Happy Life

The Board selected 21 speakers

By Categories

- a. Self-Determination/Self-Directed Services – 4
- b. Microenterprises & Jobs – 5
- c. Transportation – 1
- d. Health and Wellness – 3
- e. Contacting Legislators - 1
- f. People First/Self-Advocacy – 5
- g. Serving on Boards/Facilitation - 0
- h. Relationships/Sexuality - 0
- i. Others - 2

Boardmanship Training

Joe Meadours/Mark Sarford, from the Board Resource Center gave a presentation about Board inclusion training.

Three areas that make Boards more successful is:

Accommodations, Support, Culture

Board members who volunteered to do three trainings to boards in their area are:

Region 7 – Robert Jacques

Region 8 – Roy Rocha

Region 13 – Chris Pirino

Educational/Training Committee

Helper/Advisor Handbook

- Guide to Becoming a Qualified People First Helper/Advisor was handed out to the board to look over and give their comments. Once all comments are in we will make copies of this book to be given out with the "PFCA Welcome Book".
- This book is to be used as a Guide.

California Memorial Project:

Linda Thompson – a lot going on. We are preparing to do a conference in Los Angeles sponsored by Dept of Mental Health. CMP is a State Committee and was asked to make a presentation at the conference. CMP continues to try and identify the names of people who lived and died in institutions and have a memorial plaque placed at each location. CMP is still actively looking to get – grant monies, but we were unable to get the grant we wanted. We have been surviving by personal donations.

Dates for 2010 Board Meetings

The Board approved the dates scheduled for future Board Meetings

- April 23rd -25th, 2010- Sacramento (Retreat),
- September 24th -25th, 2010 - Sacramento

The next Board Meeting on April 23, 24, 25, will be the Board Retreat, (Friday, Saturday and Sunday), in Sacramento.

Regional Reports from Board Meeting Saturday, January 23, 2010

Region 1 – Gail Walters

The Ukiah Chapter had a great Halloween Party. It was a potluck dinner and dance, with prizes for many costumes. We had over 150 in attendance, which caused us some thought to finding a new place to hold our dances and parties as we were only suppose to have 50 people by the fire marshal. In November with the holidays approaching we decided that our group would not hold any functions for November or December. Everyone attended the UVHA Christmas dance and enjoyed the time with special friends. January we held a Happy New Year 2010 dance. We also discussed more of the budget concerns. Our members are still bringing canned goods and socks for the homeless shelter and Food Bank. Our next meeting is for February 1st and I am sure we'll try to send a donation to help the people in need in Haiti.

Fort Bragg is still not holding PF Meetings, No reports from Eureka or Lake County. We did have people from all three chapters attend our 20th Year Celebration, so we are still hopeful that we will be able to be in contact with these groups and get reports from them.

Region 2 – Roger Pulliam

The main thing happening is that we are all working on our conference. We have a theme it is going to be:

“It’s About Us, By Us, For Us”

Because of budget cuts there is no money coming from our Regional Center. So, we decided at a Region 2 People First meeting that all chapters in our area would donate at least \$100.00 from their chapter accounts to help pay for the conference. We also decided that we would donate ½ of our Region 2 account to the conference. All of the chapters in our area are going to have a fundraiser and put all of the profits to the conference, also.

Three small chapters went together to have a See's candy sale. Other chapters want to help, so when all of the money is in we are going to buy a second batch. This fundraiser has been, so successful that we think we will do it every year as a regional fundraiser.

In the past we have planned our conference in 2 years. This time we are doing it in 1. There has been more work to do, but we are doing it. It will be a little different, but we are going to have a conference.

Region 3 – Cindy Lee Richards

Auburn Chapter: Reported they held elections for officers, and had a gift exchange at their Christmas Party. They also held a dinner and movie event to grow membership. Damon Mulford was accepted as a Consumer Advisory Committee member.

Captiol Chapter: Failed to report activities for this period

Grass Valley Chapter: Failed to report activities for this period

Lake Tahoe Chapter: Reported a successful Halloween Party, Christmas Party, and they held elections for their officers. They are involved in weekly activities, and have a full calendar of community events.

Marysville Chapter: Reported they held a spaghetti dinner and are hoping to raise enough funds to allow the chapter to sponsor six people to the June People First Conference.

Placerville Chapter: Reported that they held elections for officers, had a membership drive, Christmas Party, and donated gifts and clothing to three local families through the Adopt-A-Family Christmas event. We are also getting ready for our 10th Annual Valentine's Dance, and I can send flyers to anyone who would like to attend.

Yuba Chapter: Reported that they held dances and had a canned food drive. They also made \$100.00 selling See's Candy.

Region 4 – Cathy Daggett – no report given

Excused

Region 5 – Carmen Quinones

Bay Area People First had their election of officers, and Regina Woodliff was elected as President. She will also be the Alternate Representative to People First of California. Aldo Bernasconi is the new Vice President and Treasurer. V.J. Williamson is the Secretary, and Jay Neyenhouse is the Sergeant-at-Arms. The other members of the board are the local chapter Presidents and Carmen Quinones, the Rep to People First of California.

The Contra Costa Chapter has picked a new name. From now on, they will be called Mount Diablo People First. They meet in Concord every month. They were the first Bay Area chapter to complete the training to be certified as an official chapter of People First.

The Marin chapter will finish their training next month and apply for their certificate. The Southern Alameda chapter began their training in January, and the Northern Alameda chapter will start in February. The San Francisco and San Mateo chapters have not decided yet what they would like to do about becoming certified.

Chapter 6 – Krisi Franzone

Our 18 years of Self Advocacy Celebration is February 5, 2010. Our theme is "This Is It".

Our last Self-Advocacy meeting was in November 2009, we had about 200 people come. Our guest speaker was George – From Drail. He spoke on Legislation and Advocacy and what Area 6 self advocates can do to have their voices heard.

The Choices Institute will be holding its 23rd annual conference on Friday, April 16, 2010. The Theme is "Get Healthy, Stay Fit". Our keynote speaker will be Karen Gaffney.

Area 6 self advocates is working on helping self advocacy grows in Stanislaus County. We met with a group of self advocates in Turlock and did training on starting their own self advocacy group. We are working on helping some self advocates that attend day programs start their own self advocacy groups.

Region 7 – Robert Jacques

People First of SLO recently assessed our achievements for 2009 and set goals for 2010.

Some 2009 achievements we are proud of are:

1. A community service dance in which we donated proceeds to CDCAN scholarship.
2. We set a record number of members to the statewide People First Convention, and we helped one of our members attend by awarding her a PFSLO scholarship.
3. We participated in the nationwide telecast Conversations on Intimacy and Healthy Relations. We are participating in a mini-grant to the State Council on Developmental Disabilities to fund trainings for service providers, people who get services, and staff on how to support healthy relationships and sexuality for people who get services. This support would be offered according to needs identified by people receiving services.
4. Our membership has increased to 44 members who regularly attend meetings in SLO.
5. We have begun to attend SLO County Board of Supervisors meetings and intend to continue this.
6. We had first annual People First picnic. We invited people who aren't members so they could get familiar with our group.

Some of our goals for 2010 include:

1. Becoming more visible locally by attending board of Supervisors, City Council, and School Board meetings on a regular basis, so we can get to know them, and they can get to know us.
2. Making more community service contributions this year, such as an on-going food drive, Toys for Tots, and more community service dances to benefit local non-profit organizations.
3. Having some group recreational trips like a People First trip to Disneyland, another picnic, etc.
4. Making People First flags for wheelchairs and People First hats and wristbands as a fundraiser for our group.

Region 8 – Roy Rocha

People First of Bakersfield

- Last year two fundraisers, donated \$500 to Feed the Needy, sending twelve people to the 2010 PFCA Conference, Adopted two families for Christmas,

Region 9 – Jody Barker

Excused

Region 10 – Tom Fambro (Alternate)

The Self-Advocacy Board of L.A. County's one-day conference "Pathways to Successful Employment" will be taking place on February 5, 2010. Our keynote speaker is Sherry Beamer. We will have workshops on job-finding, job coaching, writing resumes and doing interviews, the effect of work on benefits, and others. There is still room for anyone interested.

The 2009 Partners in Policymaking class in Los Angeles recently graduated 36 participants who are already using their new knowledge as members of various boards.

Self-advocates are writing letters and expressing their dissatisfaction about the Governor's new proposed budget cuts, including to IHSS.

Region 11 – Hallie Long

People First of Fairview has a board meeting every other month in the afternoon. December the schedule was set up for the next 8 months. General meetings are every other month in the evening. We did "think, plan, do" last Thursday.

People First of Orange County had safety training in January. February we are having some helps to become a non-profit and we are trying to get scholarships for clients to go to Sacramento in June. (Campbell's, Safeway, Hershey) In December we had a party for Christmas. February we are electing new officers.

Region 12 – Ralph Skoner

No Report Given

Region 13 – Chris Pirino

San Diego People First just completed two community service projects. One was a personal care item project for a local Women's shelter, as a group we made 45 gift bags for the ladies. The other project was the annual Teddy Bear Dance and it was also a huge success with approximately 400 teddy bears collected and donated to Children's Hospital.

San Diego People First has been busy moving forward with their conference plans. This year the hotel is only available on the second weekend in June which is also the date of the statewide convention. It is unfortunate they are on the same day, but hopefully everyone who wants to attend a conference will be able to do so. The theme of this year's conference is Succeed and Be Your Best with San Diego People First and the request for speakers will be out soon. Information on the conference will be available on the SDPF website.

SDPF recently partnered with the Center for Emerging Leadership (CEL) and Area Board in putting on leadership training on Relationships. It was a great training and everyone really enjoyed themselves.

SDPF will be working with the local vendor community in planning the annual legislative breakfast.

We recently had an excellent training on Meaningfulness from our outgoing president, Paul Mansell at our monthly meeting.

SDPF just hosted their annual office retreat this past weekend. The goals will be posted on the SDPF website shortly.

Imperial Valley People First will be hosting their conference in March and their theme is Peace, Love and Power with Imperial Valley People First.