



Disabled Resources Center

INDEPENDENT

Living

Winter Newsletter 2012

Dear Reader

As we look forward to the new year of 2013 with excitement and anticipation, we are also grateful for the wonderful things that have happened in 2012.

Disabled Resources Center (DRC) is thrilled to share that we received the **2012 Alfred P. Sloan Awards for Excellence in Workplace Effectiveness and Flexibility**. That's not all that's been going on. DRC has two new Board Members. The Board was pleased to welcome **Zeke Alcalá**, a disabled veteran and full time student at Long Beach City College, and **Shelly Verrinder**, who is the current Executive Director of Access Services. Shelly has spent her entire career working to improve paratransit services for people with disabilities.

Furthermore, the next time you visit DRC be sure to take a short break to try out our snazzy new furniture. The lobby has a totally fresh look, with black leather waiting chairs, and the **Don Knabe** Board Room now has a matching set of plum leather director's chairs. More importantly, all of the staff are now sitting on new, ergonomically-contoured support chairs, fitted with lumbar foam for extra comfort.

We are happy to add two additional volunteers to our team. **Raymond Mattson** is working with **Grace Lopez** in Benefits Advocacy and **Bennie Oakley** is working with **Mario Rodriguez** in Housing Services. Volunteers are DRC's secret weapon and each one is very special to us.

For the addition of all of these people to help us provide better service, the furniture to provide additional seating and more comfort, and the special award that recognizes the hard work and dedication of our staff, we are truly thankful. Recently endowed grants that will help us continue our dedicated work include the Department of Education grant (IL Part C Program), discretionary funds from **Supervisor Knabe**, Department of Rehabilitation grant (AB204), Title VIIB Transitional Funding grant and a City of Long Beach Emergency Shelter/Solutions grant.

The staff is doing the necessary research and development to allow us to provide additional programs that will continue to meet the ever changing needs of our clients. In our continued effort to provide outstanding service to our clients, all of the staff members are receiving training in mental health and suicide prevention. This will be

the second part of our updated training in first aid and the staff will receive a Mental Health First Aid Certification upon completion. We are also continuing to improve our workforce training program, which, in conjunction with the Department of Rehabilitation, is helping to provide the tools and skills that will aid people with disabilities to meet their vocational goals.

Outreach to inform the public about the services offered at DRC for people with disabilities is a major and on-going program. All staff members participate in a minimum of three outreach opportunities each month, and we intend to increase this program in the coming year. Personally, I recently enjoyed attending the CFILC Annual Statewide Meeting in San Diego; the Annual US Vets Luncheon; Supervisor Knabe's Oktoberfest; the Annual Dinner of WCIL, with their recently selected Executive Director, **Alan Toy**; the LA County Commission on Disabilities 21st Annual Access Awards Luncheon; and the APTA Annual Meeting in Seattle, where **Larry Jackson**, President and CEO of Long Beach Transit, received the distinguished national "Outstanding Public Transportation Manager" award for his contributions to the Public Transportation industry.

Our own volunteer, Marriage & Family Therapist (MFT), **Rob Schlesinger**, was honored as one of the outstanding people in the community during "Make A Difference Day" by CSULB's Disabled Student Services and ARC. We were proud to attend this event because we know what a difference Rob is making at DRC.

Of course, at DRC we always adhere to the saying that "all work and no play" makes for a less-than-perfect work atmosphere, so we had a great time at our Halloween party. All of the staff and volunteers came dressed up and we even had a costume contest. As you will see from the enclosed picture, our longest serving volunteer, **Greg Kozlowski**, who is also a long time Ambassador for Special Olympics, won first prize of a gift card to Ralph's for his ghoulish outfit.

DRC is so blessed and we are so grateful for all that we have and all that we can do for those in need. It reminds us that this is a special time of giving thanks for all of us and for our individual, unique place in life. There, but for the grace of God, we too might be.... homeless? See Donation Article on page 2 in red.

Continued from *Dear Reader*

DRC has many loyal friends who help us to be successful; for each of them we give special thanks. **Shawn Gottlieb** and his father, **Art**, are just two of our good friends. Shawn helps keep me uplifted by sending me his poems. This one is not his own writing, but he shared it with me as we get ready for the start of a new year, looking forward to so many things:

"The chief beauty about time is that you cannot waste it in advance. The next year, the next day, the next hour, are ready for you, as perfect, as unspoiled as if you had never wasted or misapplied a single moment in all your life. You can turn over a new leaf every hour if you choose". Arnold Bennett

As we look forward to 2013 and all that it will bring, I send to each of you – from the entire DRC Staff and Board of Directors – warm wishes for a happy, joy-filled holiday season and a blessed new year.

Dolores Nason,

Executive Director



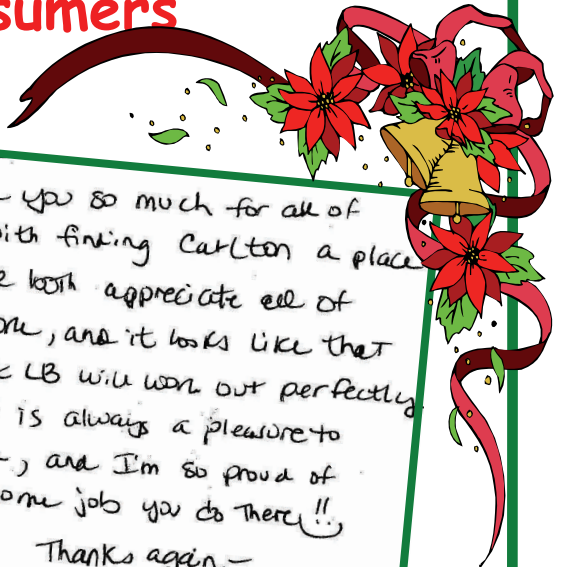
DRC Staff and Volunteer Halloween 2012



DRC'S ANNUAL DONATION REQUEST

ENCLOSED IS DRC'S ANNUAL DONATION REQUEST ENVELOPE. WITH ALL OF THE DEVASTATION ON THE EAST COAST FROM HURRICANE SANDY, IT SEEMS ALMOST INAPPROPRIATE TO BE ASKING FOR FUNDS, BUT PLEASE REMEMBER ALL OF THE GOOD YOUR DONATION CAN DO. WE KNOW THAT IN MANY EASTERN STATES PEOPLE'S HOMES HAVE BEEN FLOODED, BUT HERE MANY OF OUR CONSUMERS HAVE NO HOMES AND THUS DON'T QUALIFY FOR GOVERNMENT ASSISTANCE TO HELP THEM REBUILD. IT'S TRUE THAT OUR CONSUMERS DON'T HAVE TO WAIT IN LONG LINES TO BUY GAS FOR THEIR CARS; THEY HAVE NO CARS. WE ARE ASKING THAT YOU CONSIDER THE HUNDREDS OF PEOPLE LIVING LOCALLY WHO ARE DESPERATE FOR ASSISTANCE AND GIVE WHAT YOU CAN TO HELP THOSE WHO ARE NOT ABLE TO HELP THEMSELVES. THEY WILL BE SO GRATEFUL AND SO WILL WE.

Thank you letters from DRC consumers



September 18, 2012

Dear Friends,
I hope that this note finds you well.
Thank you for all of the help and kindness that you showed me before, during, and after the orientation meeting last Thursday.
I truly appreciate all of your efforts on my behalf.

Sincerely
Louise

Dear Mario

Thank you so much for all of your help with finding Carlton a place to live. We both appreciate all of your hard work, and it looks like that room in East LB will work out perfectly for him! It is always a pleasure to work with you, and I'm so proud of what an awesome job you do there!!

Thanks again -
Ann

Richard,

Thanks for helping your team with the Voter Reg Contest!

Best,
Ted

DRC won 2nd prize in the State ILC's for registering the most people to vote.



DRC BOARD OF DIRECTORS

- Lloyd Saposnek - President
- C. Timothy Lashlee - Vice President
- Shirley Hsiao - Treasurer
- Rev. C. Kit Wilke - Secretary
- Zeke Alcala
- Finola Campbell
- Dora Hogan
- Gail Morrison
- Katelyn Ramirez
- Ana Reyes
- Shelly Verrinder



DRC Awarded the 2012 Alfred P. Sloan Award

This award ranks DRC in the top 20% of employers nationally in terms of programs, policies, and culture for creating an effective and flexible workplace. The two-step selection process was a rigorous one, involving an evaluation of DRC's programs and practices and a confidential employee survey. You can see the logo of "When Work Works" at the top of our *DRC at a Glance*, as well as on our website. See if you can spot it in this newsletter.

Calendar of Events

DECEMBER 2012

- 4th-Peer Counseling Class 1:00pm-2:30pm
- 5th-Women's Peer Support Group 1:00pm-2:30pm
- 6th-Co-Ed Peer Support Group 1:00pm-2:30pm
- 7th-Cambodian Association Dinner 6:30pm in Long Beach
- 7th-Housing Workshop 9:00am
- 11th-Peer Counseling Class Graduation 2:00pm
- 12th-Women's Peer Support Group 1:00pm-2:30pm
- 12th-DRC Advocacy Group Meeting 3:00pm-5:00pm @ NRC
- 13th-Co-Ed Peer Support Group 1:00pm-2:30pm
- 14th-Housing Workshop 9:00am
- 14th-Volunteer Holiday Cookie & Dessert Exchange 3pm-4pm
- 19th-Women's Peer Support Group 1:00pm-2:30pm
- 20th-Co-Ed Peer Support Group 1:00pm-2:30pm
- 21st-Housing Workshop 9:00am
- 25th-Christmas Day Holiday (Center Closed)
- 26th-Women's Peer Support Group 1:00pm-2:30pm
- 27th-Co-Ed Peer Support Group 1:00pm-2:30pm
- 28th-Housing Workshop 9:00am



Disabled Resources Center
2750 E. Spring St Suite#100
Long Beach CA 90806

Phone: 562-427-1000
Fax: 562-427-2027
E-mail: www.drcinc.org

Non-Profit
U.S. POSTAGE
PAID
Long -Beach, CA
Permit No. 828

Return Service Requested

JANUARY 2013

- 1st- New Year's Day Holiday (Center Closed)
- 2nd-Women's Peer Support Group 1:00pm-2:30pm
- 3rd-Co-Ed Peer Support Group 1:00pm-2:30pm
- 4th-Housing Workshop 9:00am
- 9th-Women's Peer Support Group 1:00pm-2:30pm
- 9th-DRC Advocacy Group Meeting 3:00pm-5:00pm @ NRC
- 11th-Housing Workshop 9:00am
- 16th-Women's Peer Support Group 1:00pm-2:30pm
- 17th-Co-Ed Peer Support Group 1:00pm-2:30pm
- 18th-Housing Workshop 9:00am
- 23rd-Women's Peer Support Group 1:00pm-2:30pm
- 24th-Co-Ed Peer Support Group 1:00pm-2:30pm
- 24th-DRC Board of Directors Meeting 5:30pm
- 25th-Housing Workshop 9:00am
- 30th-Women's Peer Support Group 1:00pm-2:30pm
- 31st-Co-Ed Peer Support Group 1:00pm-2:30pm

FEBRUARY 2013

- 1st-Housing Workshop 9:00am
- 6th-Women's Peer Support Group 1:00pm-2:30pm
- 7th-Co-Ed Peer Support Group 1:00pm-2:30pm
- 8th-Housing Workshop 9:00am
- 13th-Women's Peer Support Group 1:00pm-2:30pm

- 13th-DRC Advocacy Group Meeting 3:00pm-5:00pm @ NRC
- 14th-Co-Ed Peer Support Group 1:00pm-2:30pm
- 15th-Housing Workshop 9:00am
- 18th-President's Day Holiday (Center Closed)
- 20th-Women's Peer Support Group 1:00pm-2:30pm
- 21st-Co-Ed Peer Support Group 1:00pm-2:30pm
- 22nd-Housing Workshop 9:00am
- 27th-Women's Peer Support Group 1:00pm-2:30pm
- 28th-Co-Ed Peer Support Group 1:00pm-2:30pm
- 28th-DRC Board of Directors Meeting 5:30pm



DRC Mission Statement:

To empower people with disabilities to live independently in the community, to make their own decisions about their lives and advocate on their own behalf.

