



Disabled Resources Center, Inc.

A Key to Independent Living

Summer Newsletter 2008

DEAR READERS

We are always touched by the notes we receive from our consumers that let us know when we are doing a good job.

This note from a man who had recently become disabled tells it all.

“Your staff has been wonderful to work with. Last year when my wife and I needed some extra support, you were there to help us. And you did it without making us feel like we were getting a handout. Thank you!”
JW (Lakewood)

Providing help and assistance at the right time meets our motto “A Key to Independent Living.”

One of the ways we are able to maintain a high level of assistance is through our annual awards dinner. Please read the following article about our 32nd Annual Award dinner that we'll be having this June. Your attendance at the dinner helps us honor

those in our community who are examples of “helping others,” and it also helps us obtain the funds we need to continue to do our work. This dinner is always lots of fun.

Another key to our success is our outstanding volunteers who do everything from file to teach others how to use the computer efficiently. We recently had a wonderful luncheon to honor those who helped us this year. We are especially thankful to one of our new volunteers, Tina FoaFoa, and her family's Panera's Restaurant who provided the delicious food for this event.

As always, we are particularly grateful to our generous donors whose wonderful gifts help us provide services to the community.

Remember, if you or your friends need support to help live more independently and fully, please call DRC.

Cordially,

Dolores Nason,
Executive Director



YOU ARE INVITED



DRC's 32nd ANNUAL AWARD DINNER JUNE 26TH 2008 at 6:30 p.m. Held at the Reef Restaurant, Long Beach.

“Success is to be measured not much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.”

Booker T. Washington

The awardees this year will be:

In honor of Jerry Stein, who was one of the founders of Disabled Resources Center, the Jerry Stein Independent Living Award will be given to **Theresa May De Vera**.

Theresa was a junior in college when a sudden breathing problem caused her to lose oxygen to the brain for seven minutes and put her in a three-month coma. After a seven year delay Theresa, now a wheelchair user, graduated in May 2008 with a Master of Arts, with a major in Pastoral Theology. She also serves as a member of several boards in the community including Board of Director for ACCESS Paratransit and as a Commissioner with the Los Angeles City-Commission on Disabilities.

Community Service Award this year goes to the First Lady of Long Beach, **Nancy Foster**, wife of Mayor Bob Foster. In accepting the honor in May, which is Mental Health Awareness Month, Mrs. Foster noted, “I am compassionate and I feel blessed to be in a position to help others. My suffering through spells of depression have made it easier for me to tap into the hurt of others.”

The Civic Leadership Award for 2008 is given to **David Sanfilippo**, who is the Director of Disabled Student Services at California State University, Long Beach. Mr. Sanfilippo is being specifically recognized for his unselfish, devoted work in assisting students with disabilities succeed in college.

Master of Ceremonies for the event will be **Rich Archbold**, Executive Editor of the Press Telegram. He has been active in community affairs in Long Beach since coming to Long Beach in 1978. He serves on the Board of Directors for the Long Beach Library Foundation *(continue on page 2)*

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Celebration of Volunteers

The Volunteer Recognition Luncheon, held in April, recognized the 21 dedicated DRC volunteers who devoted more than 2,645 hours to DRC in 2007. Inasmuch as the U.S. Department of Labor has declared each hour of volunteer time to be worth \$18.77, these committed volunteers gave more than \$49,688.88 in service to others last year.

This increase in volunteers is exciting because in 2002 DRC only had 10 volunteers. Much of the credit for the wonderful and successful volunteers goes to Cheryl Wilson, Peer Support and Independent Living Skills Program Coordinator and her assistant, Ernie Castano.

This dynamic duo teach the 8-week Peer Counseling Course that is required of each volunteer, staff member or intern before they begin their activities with DRC.

Each of the following volunteers was recognized at the 2007-2008 Volunteer Celebration and received a framed plaque.

They have chosen to live a life that matters.

Barbara Andrew
Shela Ellard
Menilva Lawrence
James Teahan
Ernie Castano
Priscilla Cisneros
Delores Roberts

Craig Cramer
Oscar Gomez
Camille Moffatt
Aie Wakasugi
Michael Hindman
Rehana Shah
Michael Dixon

Jane Cranda
Greg Kozlowski
William Peters
Cheryl Wilson
Rick Markowski
Autumn Boucher
Don Snow

We also want to welcome our newest volunteers who began giving service to DRC in 2008:

Theresa Alvarez
Evelyn Twyman
Kimber Commodore
Tina FoaFoa



Everyone at DRC is most appreciative of the time and energy these volunteers give to the staff. Their time and energy is PRICELESS.



William Peters
Volunteer of the Year 2008



Volunteer Luncheon at DRC 2008



Greg Kozlowski
Volunteer of the Year 2007

Continue from page 1 (You Are Invited)

and the National Conference for Community and Justice.

Guest speaker will be **Steven Peck**, who will speak on Iraq War Vets and their Disabilities. Mr. Peck is the Community Development Director of the United States Veterans Initiative. He will also present the Jerry Stein Memorial College Scholarship to a returning Iraq War Vet.

Finally, Volunteer of the Year Award will be given to **William Peters**. Bill volunteers in DRC's Assistive Technology Lab where he

helps consumers learn to use computer adaptive equipment and software. In 2007, Bill came to DRC weekly and volunteered more than 390 hours. He currently volunteers three days a week.

You are invited to join DRC in honoring these awardees; you can be assured you will have a great time. Tickets may be purchased through DRC at 562-427-1000 or if you are unable to attend, Opportunity Tickets for a 50/50 Drawing and many other surprise gifts may be purchased at DRC.

FOR TICKETS FOR DINNER AT THE REEF RESTAURANT AND THE OPPORTUNITY TO SUPPORT **THERESA MAY DE VERA, NANCY FOSTER, DAVID SANFILIPPO, BILL PETERS, AND A RETURNING IRAQ WAR VET, CALL DRC AT 562-427-1000.**

Dinner Tickets are \$65 per person

Opportunity Tickets are \$1.00 each.

Another Success Story...

OUR HEARTFELT CONGRATULATIONS TO KIMBER COMMODORE.

Kimber...

- ◆ Graduated with a BA in Interior Design from American Continental University in Los Angeles 2007
- ◆ Joined the DRC Women's Support Group in 2007 because she wanted to connect with other persons with disabilities and learn more about her diagnosis of M.S.
- ◆ Completed the DRC Peer Counseling Course in March 2008
Made a presentation on the Course to LA Service Inclusion Meeting
- ◆ April 2008 became a Interior Design Intern for Lesa Longstreet
- ◆ Mid-May 2008 married her sweet-

heart, Richard
Kimber's long term goal is to "design residential housing for the elderly and the developmentally disabled." She



Kimber Commodore

Cheryl Wilson

plans to do this using the creative part of the residential housing skills she is learning as an intern. The skills she learned in the Women's Support group have helped her gain the confidence to continue to work toward her goal of becoming a successful entrepreneur.

Her favorite part of the 8-week Peer Counseling training program was the "camaraderie I developed with the rest of my trainees while I learned how they handled their



Meet Cheryl Wilson

The Peer Support and Independent Living Skills Program Coordinator, Cheryl Wilson, works only part time for DRC, but the activities she leads make it seem like she is a full-time employee.

Her programs are designed to provide opportunities for individuals with disabilities to increase their independence.

Her duties range from assessing the independent living skills of new consumers to providing workshops in Peer Counseling and providing appropriate living skills training to individuals as well as through her two support groups.

Cheryl holds weekly support meetings for Women on Wednesday from 1:30 – 3:00 and a Co-Ed Support group on Thursday from 1:30 – 3:00. Both of these support groups meet year-around.

In the Support groups, individuals can discuss issues of concern to them regarding daily tasks and receive ideas for



Cheryl Wilson

solutions to the issues from the other members. Numerous presenters provide data regarding various aspects of independent living such as safety in the home, domestic violence, and good health. The group also has a great time playing and traveling together.

The Peer Counseling Course

meets for eight weeks of training on the skills needed to be a good volunteer and culminates with a graduation ceremony and the disbursement of Certificates of Completion. Among the important topics in the training is the value of good communication. This skill is needed no matter where the program graduates choose to volunteer.

The next 8-week Peer Counseling Course starts on July 8th, 2008 and there is no cost.

Additionally, Cheryl provides outreach to other groups and non-profit organizations to share information about DRC services in the community.

When she's not at work, Cheryl is an avid gardener. She refers to her backyard, which is filled with fragrant plants that attract both birds and bees as her "Sanctuary." It is also home to a pond, with fish, several turtles, and fruit trees. Her husband, Larry, whom she married in 2001 and moved from Monterey to Long Beach, likes to ride his two new motorcycles when he's not busy.

Cheryl also has three grown children and five grandchildren so she knows the joy of a busy life.

Save this Dates

(May 30, 31
and June 1) Abilities Expo at the Anaheim Convention Center

June 5	Health Fair at St Mary's Hospital	10:00am-2:00pm
June 9, 10	CFILC 2008 Spring Statewide conference in Sacramento	
June 12	SSA Workshop	1:00pm-3:30pm
June 26	32nd Annual DRC Award Dinner	6:30 pm
July 8	8-week Peer Counseling Class	1:30pm-3:00pm
July 10	SSA Workshop	1:00pm-3:30pm
July 22	Non-profit Partnership Meeting	12:00 noon
July 24	DRC's Support Group visits the Getty Villa – Contact Cheryl Wilson	1:30pm-3:00pm
August 14	SSA Workshop	1:00pm-3:00pm
August 28	Abuse Prevention Workshop	1:30pm-2:30pm



Non-Profit
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RETURN SERVICE REQUESTED

From a Consumer

“Thank you so much for paying attention to me.
Thank you for trying to help me be a better person.
Thank you DRC.” Ms. D. R.

SUPPORT THE GOOD WORK OF DRC

ATTEND THE 32ND ANNUAL AWARD DINNER
PURCHASE OPPORTUNITY TICKETS FOR
\$1.00 each

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

We're on the web! www.drcinc.org

Meet Our Staff

Dolores Nason–
Executive Director

Clyde Smith–
Bookkeeper

Richard Hernandez–
Systems Change Advocate

Vincent Johnson–
Assistive Technology Coordinator

Geoffrey Gaertner–
Assistive Technology Assistant

Khanny Ou–
Personal Assistant Specialist

Cheryl Wilson–
Independent Living and Peer Support
Coordinator

Mario Rodriguez–
Housing Services Coordinator

Felicita Moges–
Benefits Advocate Counselor

Ricardo Arena–
Front Office Assistant

James Alusick–
Service Assistant

DRC Board of Directors

Mark Matsui, MS - President
Director, Disabled Student Services, LB City
College.

Lloyd Saposnek, MS - Vice President
Counselor, Growth & Opportunities Project LBCC.

Al Morrison, MBA - Treasurer
Retired Inventor.

Rev. C. Kit Wilke, M. Div. - Secretary
Pastor, Woodruff & Cross Roads UCC Churches.

Judi Holmes, MSW
Disabled Student Programs Specialist, Cerritos
College.

Shirley Hsiao
Service Development Manager, Long Beach Transit.

Cathy R. Parsa, RN
Rehabilitation Case Manager
VA Long Beach Healthcare System.

Julie Seguin
Assistant Professor, CSU Dominguez Hills.

Don Westerland
Retired. Formerly Executive Director Family
Service of L.B. and CEO Community Hospital of
L.B. Foundation.