

Jenelle's

Art Portfolio



People Who Have Permission to Read My Plan:

- ♥ JC
- ♥ Patricia
- ♥ Adell
- ♥ Compass Staff
- ♥ Anyone I give permission to.
- ♥ Josh Stout, Service Coordinator
- ♥ Far Northern Regional Center
- ♥ WCALF can put my life plan on their website.



INSIDE THIS ISSUE:



Jenelle's Birthday!
April 15, 1979

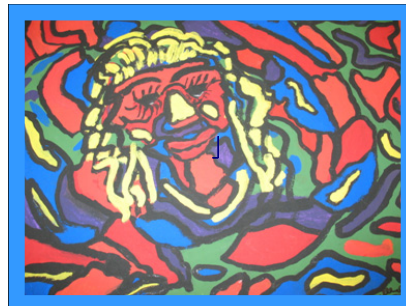
Table of Contents	2
Great Things About Me	3
Hobbies & Fun	3
A Day in the Life	4
My Life & Hopes and Dreams	5
Likes & Dislikes	6
Action Plan	7-10
Questions & Answers	12-13
Religious Beliefs	14
Nice Things People Say	16
Jenelle's People Map	17



Great Things About Me!

- ♥ I am kind.
- ♥ I am giving.
- ♥ I think of others before myself.
- ♥ I have a caring heart.
- ♥ I am helpful.
- ♥ I am a good artist.
- ♥ I love children.
- ♥ I am a good advocate.

- ♥ I am a good person.
- ♥ I am understanding.
- ♥ I am a good listener.
- ♥ I am smart.



Hobbies and Things I Do to Have Fun!

- ♥ I like to draw.
- ♥ Painting
- ♥ Sewing
- ♥ Baking
- ♥ Going to yard sales
- ♥ Going to the lake
- ♥ Shopping
- ♥ Play on the Wii
- ♥ Budgeting

- ♥ I like to go to amusement parks, Disneyland.
- ♥ Going to Oregon
- ♥ Spending time with my family in the Bay
- ♥ Fish, I need to renew my license.
- ♥ Singing and Dancing
- ♥ Listening to my iPod
- ♥ Hangout with my friends

A Day in the Life of

EMELLE



Copenhaver

I get up at 3:00 or 4:00 AM. When I can't sleep, I budget for awhile. I go back to bed. I get up to start my day around 8:00 AM. I take my meds, eat, shower, brush my teeth and get ready for work. If I don't work, I budget all day, sometimes, I go window shopping. I like to go shopping. After going window shopping, I can budget some more. I also spend my time doing my art, and dancing and singing. I also like to listen to my iPod. I like Christian music. Currently, my favorite song is "The Revelation Song".

My days vary; however, I go grocery shopping on Tuesdays. In the afternoons, I eat lunch; then I do various activities: I do my art, budget, window shop, sew, play board games or watch movies. I also have a Wii and Wii fitness.

In the evening, me and Patricia dance, sing and act silly. I am Patricia's room mate. I rent a room from her. Currently I am looking for a new place. I am planning on moving February 1, 2011. We eat dinner together around 6:00 PM. My bedtime varies. To get ready for bed, I brush my teeth, take my meds and I pray. To relax, I listen to soft music, sew and hang out in my room. When I am in my room, I like to lay on my bed and watch TV.

My favorite days of the week are when I work. I like working and I love my job. I want to work full-time so I can become self-sufficient. I don't care for the weekend because I don't have much to do. I become bored. I don't know how to keep myself occupied so I budget all day and that causes me to stress. Sometimes, I go to garage sales on the weekends. I like getting good deals or getting things for free. Recently, I got a king size bed for free. I do like the weekends that I go home to the Bay Area. My mom, family and boyfriend live in the Bay Area.

I like to receive compliments when I do a good job. I like being recognized for my hard work and achievements. Compliments encourage me to do better. I like to celebrate my birthday by having a party. I like spending time with friends, dancing and hanging out. Gifts are gladly accepted. On my birthday, I like to have a Red Velvet Cake with vanilla ice cream. Last year, I had a great birthday party.

My Life! Hopes and Dreams!



A lot of things make me happy. My family, friends, Compass and my pets make me happy. I love my job, it brings me joy. I work as a Life Guide for Pathfinders at We Care A Lot Foundation. Being stable makes me happy. I would like to have a steady mood that way I wouldn't stress about making people unhappy, angry, or disappointed. Some of these questions are hard for me to answer because my feelings and moods change. Making goals overwhelm me, because I feel I have too many goals and I don't want to disappoint people if I don't or can't achieve them right away. I am thankful that mom, Compass and Dr. Kumar rescued me. I was a bad case.



My family consists of my mom, Dyan, Uliy, my niece, Paige, my nephews, Jack, Ed, Nannie, Aunt Christina, my sister Trisha and my boyfriend, J.C. In addition, there is Ron, my dad, Sally, and Ronnie and Matt my brothers. I turn

to Compass, my mom and God when I need help. I spend most of my time with Compass staff, Patricia, Adell, and J.C.. I talk to J.C. on the phone. My pets are my cat, Coby, dog, Sasha, and fish, Jaws.



It is important to me to be independent one day. I want to marry J.C. and have children. He is a good guy. I love children. I have always wanted to have children. I am afraid I am not going to be allowed to have babies. I also want to be an advocate who speaks out for people who have or live in institutions. It is horrible there. I also feel it is important to become healthy. I would like to lose weight and become stable on my medication.

I have achieved many things. I am proud that I graduated high school. I am proud that I am starting my own art business. I did well at the art exhibit at Sue's Java Café. I have sold seven art pieces in the last month. I am also proud that I have a new king size bed. I have always wanted one. Lastly, I am proud of the good friendships I have made with Adell, Roger, Patricia, Jessica and J.C..



What's Working:

This is working in my life and I would like it to stay the same.

- ♥ Having J.C. as my boyfriend
- ♥ Looking for a new place.
- ♥ Adell and Patricia as my best friends
- ♥ Having my pets, Sasha, Coby and Jaws
- ♥ My family
- ♥ Compass - Supportive Living
- ♥ My job
- ♥ My friends



What's Not Working:

This is not working in my life and I would like it to change.

- ♥ My unstable moods
- ♥ I want to lose weight.
- ♥ I want to have a child.
- ♥ I want to attend People First meetings.
- ♥ I need to commit to attending church.
- ♥ I want to be an advocate for people in institutions.
- ♥ I need to quit playing scratcher lottery tickets.
- ♥ I need to learn how to save money.
- ♥ I need to get motivated to go back to school.

Action Plan:

What is not working? I want my moods to be stable.

What needs to happen? My meds need to be adjusted. I can't have too many goals because I feel overwhelmed. I stress over pleasing other people.

What I have tried? I am stable on meds. I am trying to work on 3 goals at a time. 1. Money management 2. Working on self care 3. Cooking and cleaning

Who I feel is responsible. I am

By when: Right away

What is not working? I want to lose weight. I want to lose 100 pounds.

What needs to happen? I need to go on a diet and exercise. I need to stick with a diet, exercise on a regular basis, walk 3 times a week, (every other day), for 15 minutes and walking gradually, moving up to an hour a day.

What I have tried? I have tried many diets. I don't follow through.

Who I feel is responsible. I am totally responsible

By when: I want to go slow and safe, I want to reach this goal by 2013.



What is not working? I love children. I want to have a child.

What needs to happen? I need to be financially stable and learn life skills: Manage money well, stick to a budget, learn to have more patience, not yell, learn and eat healthy, become stable with mental health, learn educational skills, be a positive role model, feel secure and safe and have staff support.

What I have tried? I have been learning personal skills, developing patience, working on money skills and working on a healthy relationship with J.C..

Who I feel is responsible. Me

By when: In 2 years, I want to revisit this goal.



What is not working? I want to attend People First meetings.

What needs to happen? I need to go and quit being afraid of groups.

What I have tried? I went to the December meeting

Who I feel is responsible. Me

By when: Now—ongoing

What is not working? I need to commit to going church.

What needs to happen? I need to find a church where I feel comfortable. Bethel is too big. I need to check out other churches.

What I have tried? I have attended Bethel and River City church.

Who I feel is responsible. I am responsible for being committed to going to and finding a church. I need to get out of my comfort zone.

By when: Next year



What is not working? I want to be an advocate for people who have been in institutions. I don't believe others should suffer like I did.

What needs to happen? I need to look for an advocacy group (Patients Rights & Advocacy), call them, and talk with them.

What I have tried? I am a success story. I have been out for ten years and have been successful with the supports I have.

Who I feel is responsible. I am

By when: Next year



What is not working? I need to cut down on playing the Lottery.

What needs to happen? I will buy only \$4.00 a week on lottery tickets.

What I have tried? I have been buying less lottery tickets.

Who I feel is responsible. Me

By when: Long-term goal, this will take me a few years.

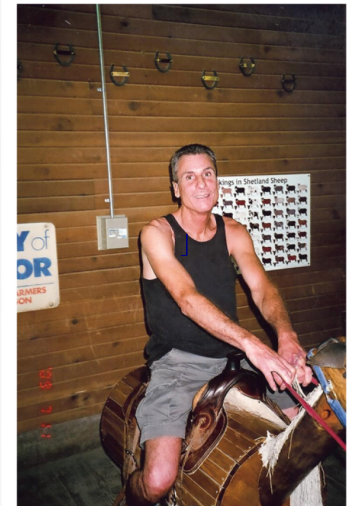
What is not working? I need to learn how to save money.

What needs to happen? I need to learn to not stress over money and to be satisfied with what I have. I need to be happy.

What I have tried? I am trying to save. I have had others try to hold and save my money for me.

Who I feel is responsible. Me

By when: A year or two



What is not working? I need to get motivated and go back to school.

What needs to happen? I will take this slowly.

What I have tried? I went to Shasta College and talked to the counselor. I have picked up the paper work but I have not filled it out and turned it in.

Who I feel is responsible. Me

By when: Long-term goal this will take me a few years. I would like to complete one class by the end of this year.



Likes:

Color: Purple/Pink/Sky Blue

Movie: "Twilight Saga"

Food: Indian Food "Nippas"

Candy: Snickers/Twix

Person: Co-workers, Patricia,
J.C. and Adell

Animal: Horses/Cats/Dogs

Music: Christian Rap, Classical and Enya

T.V. Show: Law & Order/CSI/70's Show

Season: Winter/Summer

Holiday: Christmas & Easter

Relative: Dyan, Foster Family

Activity: Horse Back Riding,
Swimming, Painting,
and Sewing

Snack: Cookies & Ice Cream

Political Party: Democrat



Dislikes:

Movie: "Exorcist"

Food: Radishes

Candy: Black Licorice

Person: People who are disrespectful

Animal: Spider

Music: Heavy Metal

TV Shows: Fear Factor/The Office

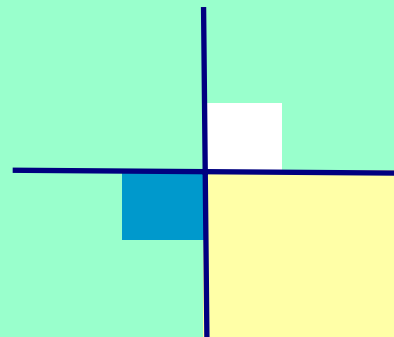
Season: Spring

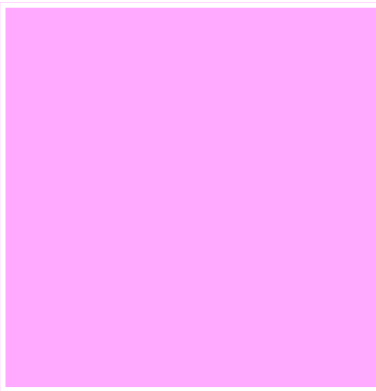
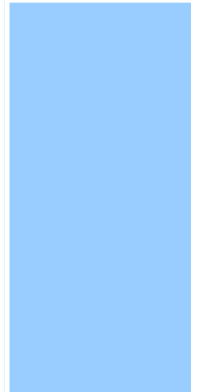
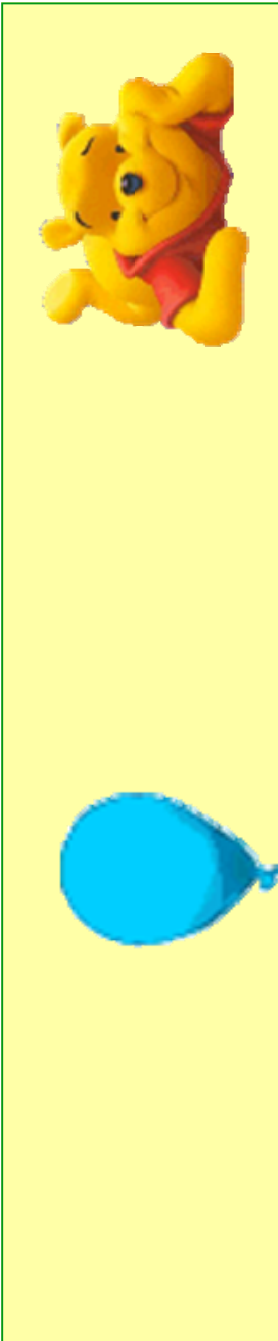
Holiday: Fourth of July

Activity: Cleaning

Snack: Carrots

Political Party: Republican

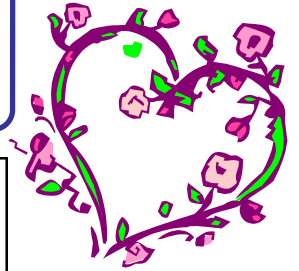




Questions & Answers

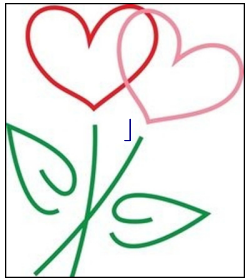


“My perfect staff would help me would be supportive and help me achieve my goals.”



Question: What do you do to stay healthy?

- ♥ I take my meds.
- ♥ I try to remember to dance. It relieves stress.



Question: What do you do to stay safe?

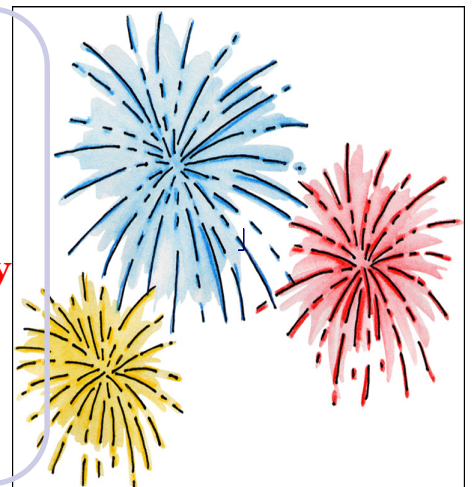
- ♥ I keep healthy boundaries with my staff.
- ♥ I don't talk to strangers.
- ♥ I lock my doors.

Question: How would you like to be helped at home?

- ♥ Remind me to be aware of my surroundings.
- ♥ Remind me to eat less and exercise more. Motivate me to be healthy.
- ♥ Remind me to eat three meals a day so I don't overeat at one time.
- ♥ Remind me to not be too friendly to people and not to give out my phone number and address.
- ♥ Help me to become independent by encouraging me to cook and clean.

Question: What bothers you about where you live?

- ♥ I feel this isn't my house and there is too much stress there. I am moving in February 2011.
- ♥ One day, I would like to live on my own or with my boyfriend, J.C. .
- ♥ J.C. is moving to Redding in April 2011.



Questions & Answers Continued



Question: *What makes you sad?*

- ♥ Not having very many friends
- ♥ When people don't understand me or my disabilities
- ♥ When people assume
- ♥ Being judged
- ♥ My grandma passing away made me very sad.



Question: *What do you do to make yourself feel better when you are sad?*

- ♥ I pray.
- ♥ I cry out.
- ♥ I try to look on the positive side.

Question: *What do you do when you are angry?*

- ♥ I try to keep my temper under control.
- ♥ I take deep breathes.
- ♥ I like to talk it out.



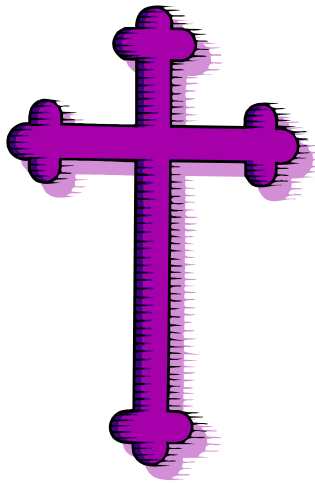
Question: *What do you want others to do when you are angry?*

- ♥ I would like people to be there for me.
- ♥ I want to talk it out.
- ♥ I want others to help me find solutions.





Religious Beliefs



I believe in Jesus Christ. Jesus died on the cross for our sins. I believe in God and that I am going to heaven because I have a kind and loving heart. I would like to learn more about religion and the Bible. I know Jesus is going to come back to earth to bring us heaven. I celebrate Christmas and Easter. On Christmas, I open gifts. Usually, I make Jesus a birthday card and put it out for him. I always sing "Happy Birthday" to Him.

When times are hard, I go to my room, I cry or call my mom. I also budget, shop compulsively and call people 100 million times a day. It is hard on me when I let people down. It is frustrating when people focus on what I do wrong. I want to please everyone but I can't. When times are hard, I turn to my mom Dyan and Sadie and Jennifer from Compass.

Sometimes, I attend Bethel church. I really like it there but it is too large. The crowds scare me. Eventually, I want to go to church every Sunday. I go with my staff or with Jessica and Arlen. My favorite part is the music. We sing and Rock Out. The people are loving, giving, caring and friendly. I wish it wasn't so big. It is too big! I would like to get into Bethel's school of ministry.

I would like it if staff would encourage me to go even if I am nervous. I would appreciate light reminders from staff to go to church but staff would let me make up my own mind. I would appreciate it if Adell would help study the word of God.

I would love to have an Advance Directive but my Service Coordinator, Josh Stoudt hasn't made the referral.

Do you have any needs that are not being addressed?

My meds and diagnosis is hard to figure out. I want to be fixed. I am tired of being the way I am. My medical needs are not being addressed fast enough. I need people/staff not to take things too personal. I am trying to be good. I have come so far. I don't want to be manipulating. I don't want people to focus on my negatives. When people are judging me or focusing on the negatives, it makes me feel bad, then, I beat myself up.

My Favorite Belongings

- ♥ Sasha, my dog
- ♥ Coby, my cat
- ♥ Jaws, my fish
- ♥ HD TV
- ♥ Karaoke Machine
- ♥ Computer
- ♥ King Size Bed
- ♥ Keyboard
- ♥ Wii, Nintendo DSI, iPod



Memories

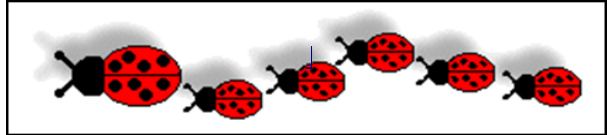


Nice things people say about Jenelle!

*Jenelle is an amazing woman. She can do anything she wants to do.
~ Jennifer ~*

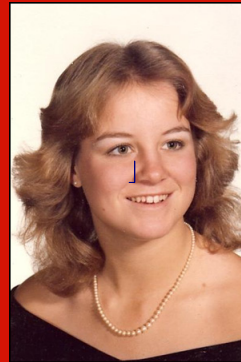
Jenelle has come so far in her life. She has overcome her disability and her history. The best way to support Jenelle is not to tell her what to do but to ask her what she thinks she should do.

- ♥ She is kind.
- ♥ She is artistic.
- ♥ She is compassionate.
- ♥ She loves animals and people.
- ♥ She is determined and she can do anything she sets her mind to.



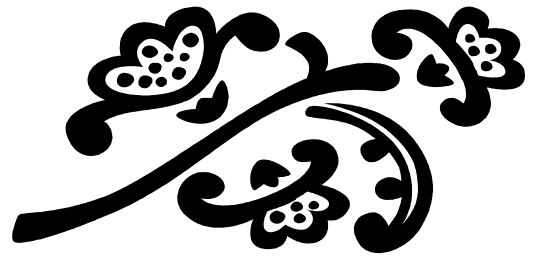
Are there people who are important to you that you no longer see?

My biological mother Debbie. She passed away. I don't even know where she is buried. My grandmother passed away recently. I miss her.



Jenelle's People Map

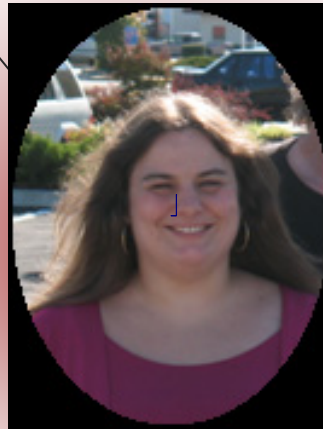
My Friends



Patricia
Izzy
Jamie
Ricky
Jessica
Arlen
BJ
Adell

Sasha, my dog
Coby, my cat
Paige
Trisha

We Care A Lot
Jennifer B.
Josh



My dad, Uliy
Janelle and her family
Jack

My grandma, Nannie
My brother-in-law, Ed
Aunt Mary Ann
Suzette
Uncle George
Monica and her family
My cousin, George and his wife
Dad, Ron and his family
Aunt Christine

Tarah
Tinna
Sherry
Courtney
Brook
Tammy
Holly
Jennifer B.

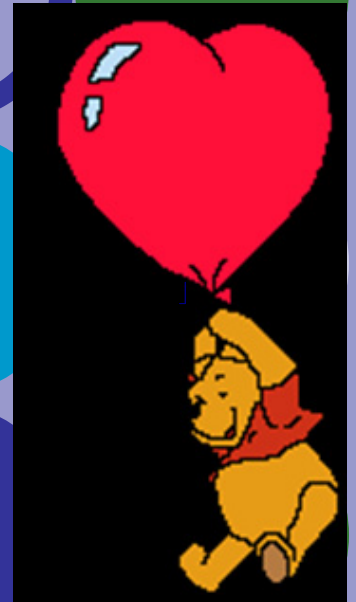
My Service Coordinator, Josh

People who support me at
work, school, and training.

People whose job it is to sup-
port me at home and other
places.

My Family





New things that have happened since my last plan:





Pathfinders

"Peace" by Gary Scott Mathis