

November 11, 2010



Smart Woman

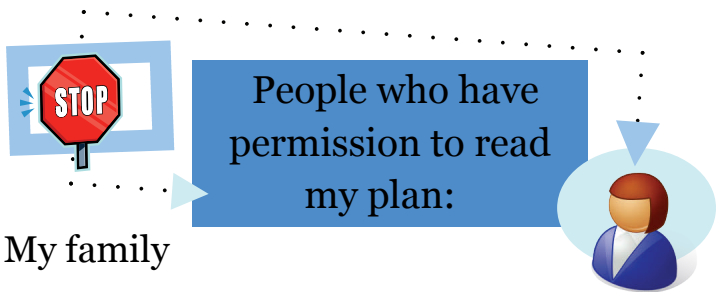
Volume 6



Dear Michelle...
Michelle's Approach
to Serious Questions
(pg 7)

Subscribers Only! Please Don't
Read Without My Permission!





My family

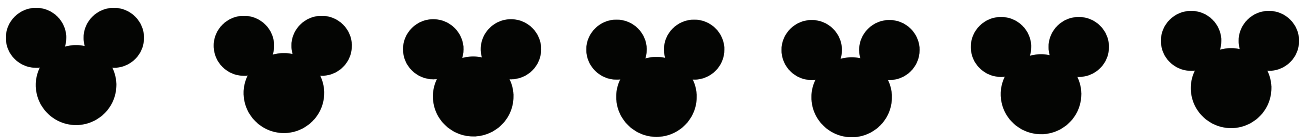
My friends

Far Northern Regional Center

We Care A Lot Foundation

WCALF can put my Life Plan on their website

If your name is not on this list, DO NOT read my Life Plan until you have written permission from me. Thank You!



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Great Things About Michelle

- People can depend on me.
- I am a kind, caring and nice to people.
- I have a car and I got my drivers license.
- People say I am funny and I have a good sense of humor.
- I am good at caring for my mom, bowling, singing and scrapbooking.

Michelle's Hopes & Dreams



- I wish I lived on my own.
- I wish I could go to Disneyland again.
- I wish I had enough money to go to Hawaii.
- I wish my mom had a good worker with enough hours and a car.

A day in the life of Michelle Phillips

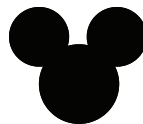
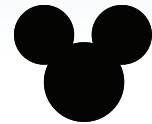
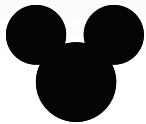


My favorite day of the week is Monday because I have choir practice.

I usually get up at 8:00AM no matter what. I go in and do the dishes before my mom's worker Margaret comes in. If I work, I have take a shower then I take care of my mom.

At work, I help people make person centered plans. My schedule varies.

At night I watch the Food Network with my mom. I get on my computer and go on Face Book. I make nachos or spaghetti for dinner, if I am home early enough. After dinner I talk with my boyfriend on the phone until I go to bed at about 11:00PM.



Places Michelle Loves to Go

- 🐭 Disneyland
- 🐭 Work
- 🐭 Bowling
- 🐭 Choir
- 🐭 Home
- 🐭 Anywhere with my friends

*What really matters to Michelle-
she shares what is important to her.*



The happiest days of my life were when I graduated from college, when I got my drivers license and the day I got my car "Daisy".

My family is very important to me. I love my mom and being able to go see my dad and grandparents. My cats Niner and Gracie are an important part of my family.

I like living with my mom, my neighborhood is pretty quiet and if I need help my neighbors are always there.

I enjoy participating in People First, Far Northern Regional Center, Special Olympics, Friendship Circle, D.O.G.F.I.T.E., and Glenn County Choral.

I collect snow babies. I enjoy doing scrap booking, working and singing in choir. I have a lot fun going bowling with Special Olympics and hanging out with my friends.



If I have done a good job tell me or treat me to a restaurant. I like to go out to Burger Hut if something good happens. For my birthday, my sister comes over and brings me some kind of chocolate cake and we eat roast with cream of mushroom soup, Lipton onion powder over noodles, it's my favorite.

I relax by watching T.V. or playing on my computer.

Michelle's Relationship With God

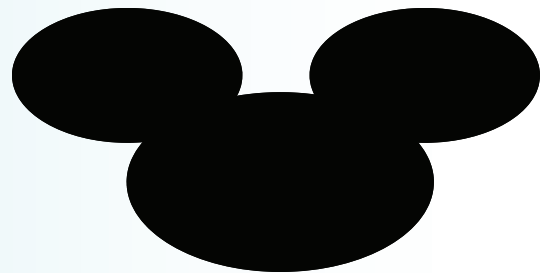
I believe that God died on the cross for us. I celebrate all Christian holidays. I don't eat meat on good Friday. I go to a Methodist or Presbyterian Christian Church once every couple of weeks. I sing, pray and listen to the sermon. I like that we have a woman pastor. They don't talk bad about people. My aunt goes to my church too. My church even brings my mom flowers after

service sometimes. I wish my mom could go with me. It makes me happy to help the director with Vacation Bible School. When times are hard for me, I turn to my mom and sister for help.

I would like to have an advance directive so my family and doctors know my medical wishes.



Michelle's **P**olitics



If I could change the world, I would change the budget so people with disabilities and the elderly would have more money. I vote absentee ballot every year. If I was the president of the United States I would give money to Medi-Cal, IHSS, disabled, elderly and I would make sure everyone had insurance.



Health & Safety

Question: What do you do to stay healthy?

Answer: I go to the doctor when I need to. I listen to what my doctor says and do the tests he asks me to do. I try to eat vegetables. I take my medication.

Question: What do you do to stay safe?

Answer: I drive safely. I wear my seat belt. I lock my door.

My perfect staff would be someone who is nice, friendly, punctual and call if they are going to be late and someone who has similar interests.

I make myself feel better when I am sad by going for a drive or I going to room.

How Michelle Likes to be Supported

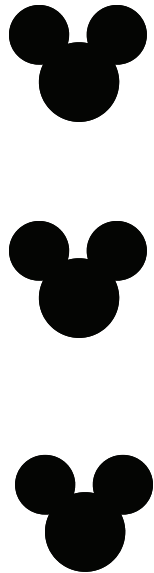
If I am angry leave me alone, I will let you know if I need help.

If I am angry, I leave or I go to my room. I sometimes call my friends to work it out. I go shopping if I can.

What Is Working

I love my job as a Life Guide for Pathfinders with We Care A Lot Foundation. We have fun and I like helping people set goals for their lives.

I am so happy I have a car and my drivers license. I can do more stuff on my own and I don't have to ask other people for rides.



- 1) My neighbors will not fight anymore.
- 2) I will go to Disneyland.
- 3) I will live on my own.

Michelle's Goals

Michelle's Goals

Goal: My neighbors will not fight anymore.

How?

- 1) The next time it gets bad, I will call the police.
- 2) Maybe, I could talk with my neighbor's mom and see if she can help.

Who I feel is responsible? Me, my mom, my neighbors and my neighbor's mom

By when? ASAP

Goal: I will go to Disneyland.

How?

- 1) I will save money to buy the tickets.
- 2) Ricky and I will go on my birthday next year.

Who I feel is responsible? Me and Ricky

By when? January 2012

Goal: I will live on my own.

How?

- 1) My mom will help me figure out if I can afford it.
- 2) We will look around and find a place that I can afford.
- 3) I will save money so I can move.

Who I feel is responsible? Me and my mom

By when? 2012

An Insiders Look at Michelle

Likes

Color– Baby blue

Food– Hamburger

Candy– Milk chocolate

Person– Mickey Mouse

Animal– Cats

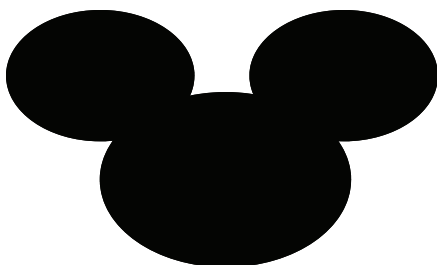
T.V. Show– Food Network

Season– Winter

Holiday- Christmas

Relative– Aunt Kathy

Activity– Choir



Dislikes

Movie– Horror bloody

Food– Fish

Person– Ted

Animal– Snakes

Music– Rap

Season– Summer

Activity– Cleaning litter box

Accomplishments

I got my driver's license.

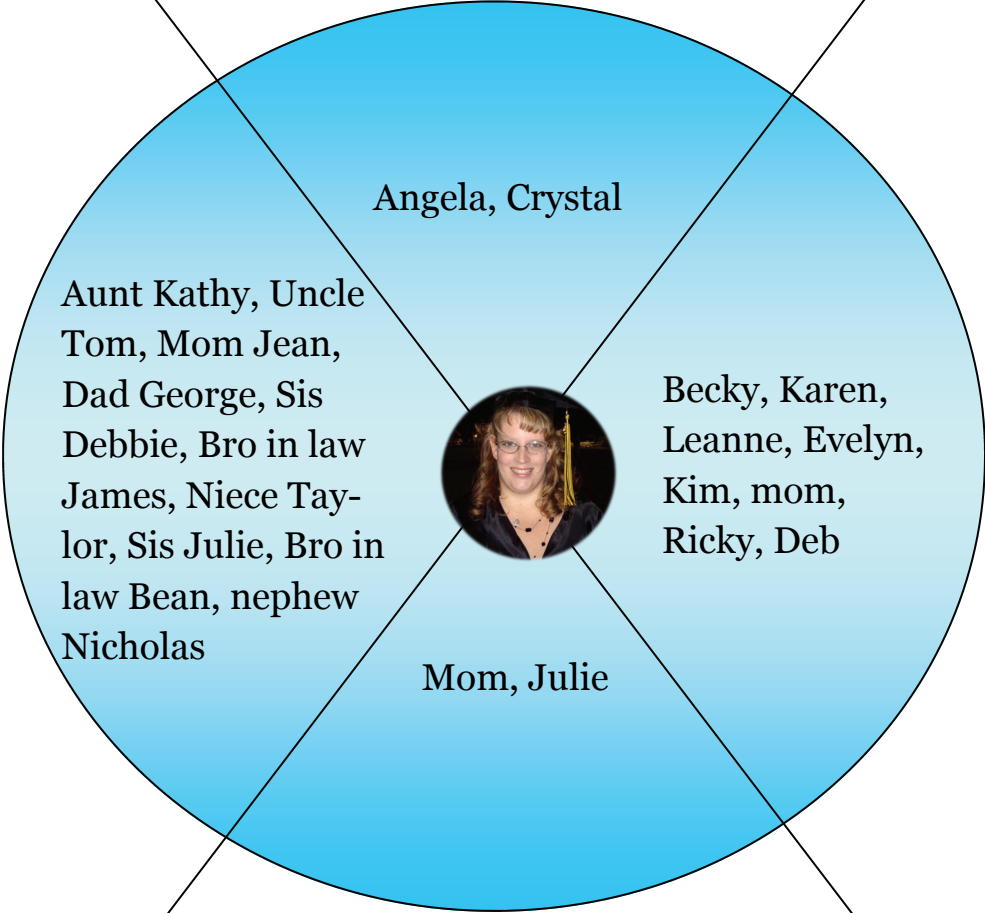
I got a car.

**Michelle's
People Map**

**People whose job it is to support
me at work and training**

My family

My friends



Becca, Cindi,
Brandi, Mark,
Kathy

Angela, Crystal

Aunt Kathy, Uncle
Tom, Mom Jean,
Dad George, Sis
Debbie, Bro in law
James, Niece Tay-
lor, Sis Julie, Bro in
law Bean, nephew
Nicholas

Becky, Karen,
Leanne, Evelyn,
Kim, mom,
Ricky, Deb

Melanie, Taz

Mom, Julie

Cindy Kosek

**People whose job it is to support
me at home and other places**

