

We Care A Lot
Foundation



Redding

2155 Larkspur Lane, Suite B
Redding, CA 96002
Phone (530) 223-7771
Fax (530) 223-7773

Chico

150 Amber Grove Drive, Suite 156
Chico, CA 95973
Phone (530) 893-8003
Fax (530) 893-8880

We Care a Lot Foundation Newsletter

News and Updates About Our Company

Greetings! enjoy the
issue!

Fall Issue, Volume 1

Program Updates

In This Issue

[Program Updates](#)

[Voting Project](#)

[WCaLF Programs](#)

Links We Find Useful!

[We Care a Lot Foundation](#)

[Far Northern Regional
Center \(FNRC\)](#)

[Disability is Natural](#)

[State Council on
Developmental
Disabilities- Consumer
Corner](#)

[Dave Hingsburger's blog](#)

[People First of California](#)

[Project Smart Vote](#)

Mark Your Calendar!

October 27-
December 1, 2011

Me and You community
series at the Redding
Library. Class will meet

Region 2 People First Chapters

The People First chapters of Region II have been busy! As a whole they are continuing their fundraising efforts for their conference May 4-6, 2012. Each chapter has taken on different parts of the conference planning which include a logo contest and selecting session speakers.

The chapters of Region II have also been busy in their individual communities. People First of Corning took part in an "adopt-a-soldier" program that led to an exciting meeting when the soldier visited them while on leave. People First of Paradise was inspired by their fellow chapter, and are now looking at writing letters to soldiers stationed overseas. People First of Oroville is raising money to help their members in paying for the fees of the Region II conference. This is just a small sampling of the way People First chapters in Region II are giving back.

Respect Yourself Program

The Respect Yourself program would like to announce that there are now openings in their calendar. The program offers 2 different series that teach adults how to have healthy relationships. *Me and You* is the first series that focuses on raising self-esteem, adults relationships, having privacy, and setting boundaries. *Respect Yourself* builds on what was learned in *Me and You* by teaching what we should know about our bodies, and how that helps us have a better relationship with ourselves and with a sweetheart. See this issue's Mark Your Calendar section for an upcoming community series, or you can call Rebecca Finn at (530) 893-8003 to sign up for the community series or to find out how to schedule a series in YOUR area or program.

each week for 5 weeks from 2:00-4:00 pm. Call or e-mail Rebecca Finn with questions or to sign up! (530) 893-8003
bfinn@wecarealot.org

May 4-6, 2012

Region 2 People First Conference in Anderson
More information will be in the Spring 2012 issue.

Free and Helpful Presentations Available to YOU!

Clean Teeth

The Clean Teeth presentation will show you how to keep your mouth clean and healthy! Corey Smith will use videos, models, and even the audience, to show proper dental care. Did you know that if you don't take care of your teeth now, you won't have them later? Did you know the foods we eat and what we drink can effect our teeth? They can! Having a healthy mouth with clean teeth is one part of being responsible about our health. Call Crystal Gertsch to schedule a presentation at (530) 893-8003.

Feeling Safe, Being Safe

Feeling Safe, Being Safe shows you how to be prepared for an

Changes and Improvements

The [We Care a Lot Foundation website](#) has been updated and improved! Destinee Dale will be keeping such things as pictures and links updated. You can also see examples of a Life Plan in the Pathfinders section.

Also, you may have noticed our logo has been changed! Thanks to Ernesto Bonetti for taking our ideas and turning them into a fresh and updated look for our logo.

The Voting Project is Underway

The Voting Project is off and running! The group recently began doing presentations at places such as People First of Paradise and Expressive Learning Center, and have been well received. There are two teams presenting to



different areas. The Redding team is made up of Jessica Noble, Jenelle Copenhaver and Shelley Anderson. To schedule the Redding team to do a presentation for your group, please call Brandi Seaters at (530) 223-7771. The Chico team is made up of Michelle Phillips, Meaghan Skinner and Kim Subia. To schedule the Chico team to do a presentation, please call Crystal Gertsch at (530) 893-8003.

To encourage more people with developmental disabilities to vote, the Life Guides of Pathfinders recently completed a training on how to be voting registrars. During the Life Planning process there are numerous questions regarding how the person feels about politics as well as if or how they vote. The Life Guides are now prepared and certified to help people register to vote, while keeping their own thoughts and opinions out of the process.

The Programs of We Care a Lot Foundation

People served in our programs receive services from a regional center unless otherwise noted.

The Abuse Prevention Team

teaches adults with disabilities how to be their own first line of defense against abuse. [Learn more about APT.](#)

The Consumer Abuse Awareness Team

emergency. This is especially important if you live on your own! Living in the North State we deal with everything from wildfires to snowstorms. Do you know how to be prepared? Do you have a "To-Go" bag packed and ready"? Do you know what to do in case of an emergency? Let the presenters show you how to be prepared by feeling safe and being safe! Call Cindi Freshour to schedule a presentation at (530) 223-7771.

[Join Our List](#)

[Join Our Mailing List!](#)

teaches staff and professionals about the culture of abuse in people with developmental disabilities. [Learn more about CAAT.](#)

Legacy Homes will house and support adults with developmental disabilities who want to live in their own homes, while planning for future needs such as increased cost of living and repairs. [Learn more about Legacy Homes.](#)

Pathfinders helps people create a Life Plan, which is a tool they may use in planning what services and supports they need to live a successful life. [Learn more about Pathfinders.](#)

People First chapters are local self-advocacy groups that are run by and for people with developmental disabilities. [Learn more about People First.](#)

Respect Yourself has two educational series: *Me and You* focuses on healthy relationships, while *Respect Yourself* goes deeper into learning about your body and healthy sexuality. [Learn more about Respect Yourself.](#)

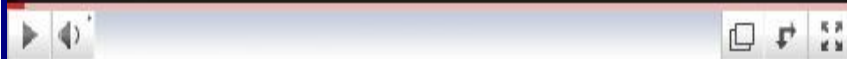
Same As You (SAY) teaches school-aged children about the effects of bullying and teasing. The message is clear- we are all the same as you. [Learn more about SAY.](#)

Watch Out! is a newsletter featuring positive stories about people with developmental disabilities in Northern California. [Learn more about Watch Out!](#)

Credo of Support

Written by Norman Kunc and Emma Van der Klift © 1995

Do Not teach me to be
obedient, submissive,
and polite.



A Credo For Support (Spoken Version)

[See the written version here as a PDF file.](#)