

Progress!

Parents & Friends Inc.

August 2013

Creatively Serving People with Developmental Disabilities Since 1955

Some new neighbors!

What's happening to the neighborhood?



Things have been happening along Cypress Street during this last year. The offices of Parents and Friends, have several new neighbors. The Redwood Health Club has been extensively remodeled and reincarnated as the Mendocino Sports Club. Accu-Tech Auto Repair has opened a beautiful new shop across the street. Danco Builders have begun a Senior Housing project right next door.

Especially exciting to us, is the opening of the Mendocino Coast Pharmacy in our former Furniture Annex Building.

The building was built by Joe Moura in the early 1970's and was dedicated to one of PFI's founders, Dolores Scott. It has housed many of our businesses including a recycling center and a bakery.

Pharmacist Kelly Brodetsky, along with her husband Gary, leased the building and did a beautiful job of remodeling it to suit the needs of their full service pharmacy.

The Brodetskys have operated the Mendocino Village Pharmacy for 11 years. It is now located in Harvest at Mendosas on Lansing Street in Mendocino.

In their new shop, they provide prescription and non-prescription drugs as well as home health medical equipment. They can order wheel chairs, walkers,

commodes, hospital beds and much more and in most cases have them delivered the next day. They offer free delivery of all purchases.

The Brodetskys believe in friendly, caring service and a commitment to their community. Gary has a background in non-profit finance and they have a heart for the non-profit organizations in our community.

Kelly and Gary believe that home owned businesses have the unique opportunity to support their community. Their dream, when they get the pharmacy established as a profitable business, is to start a foundation with the profits. They hope to be able share funds with local non-profit organizations. We wish them success!





A View from the Moon

by Rick Moon

Peter F. Drucker, in *Managing the Non-Profit Organization: Principles and Practices*, described the role of the non-profit: "The 'non-profit' institution neither supplies goods or services nor controls. Its *product* is neither a pair of shoes nor an effective regulation. Its product is a changed human being. The non-profit institutions are human-change agents. Their *product* is a cured patient, a child that learns, a young man or woman grown into a self-respecting adult; a changed human life altogether."

Wow! What a job ... and what a responsibility! Who could do that? How do you go about it? "A changed human being"? "...human change agents"? "A changed human life altogether"? I thought about that a lot, but then I had to get back to work.

I met with Leann, manager of the Community Connection and 24-7 Supported Living, about a new client for each of her programs. I then met with Printha, manager of the Job Connection, about two clients looking for jobs in the community and a successful placement of a client in a job at Safeway. Later I met with Amanda, manager of the Paul Bunyan Thrift Store, about the transition of new group employment clients at the store. The next morning I met with Kristie, L.I.F.E. program manager, about the passes to C.V. Starr Center which enable clients to exercise, swim and participate in the community, as

well as the Anime Club about to start meeting at a local bookstore, the Science Club, Empathy Training and the Money Matters class about budgeting, money handling, etc., and the progress made by one client in improving dexterity and communication through training and the use of an iPad. We also explored progress toward offering behavioral modification training through L.I.F.E. and the Community Connection, hopefully in the near future. Then I met with Sue Stever, the Supported Living manager, on how to manage the ever changing schedules of clients living in the community who rely on us for meals, medical appointments and supports, shopping, laundry and household upkeep, taxes, scheduling of IHSS services and so on.

I then returned to my office and on the computer screen was the Peter F. Drucker excerpt from *Managing the Non-Profit Organization: Principles and Practices*. I saw it in a new light. Yeah, that's what we do at Parents and Friends. We just don't think about it while we're doing it. I went back out to each program and just watched for a while, from the viewpoint of Mr. Drucker. I watched staff working with clients, and clients working with staff. It was clear both were learning something from the other, and that both felt that what they were learning was worthwhile. There was laughter; quiet, thoughtful discussion;

teasing; disagreement and negotiated resolution.

I tried not to interrupt and returned to my office thinking "We've got the best employees in the world, and the best clients."

I like to end the View with a few quotes, so here goes:

"Leaders are people who do the right thing; managers are people who do things right." *unattributed*

"If you think you are too small to be effective, you have never been in bed with a mosquito." *Betty Reese*

And my favorite for the month: "No! Try not. Do. Or do not. There is no try." *Yoda in The Empire Strikes Back, 1980*

That's our employees! They do not try, They Do!

Thank you all. It's you that make the difference and bring a dry, grandiose text book definition to life, and give it meaning.

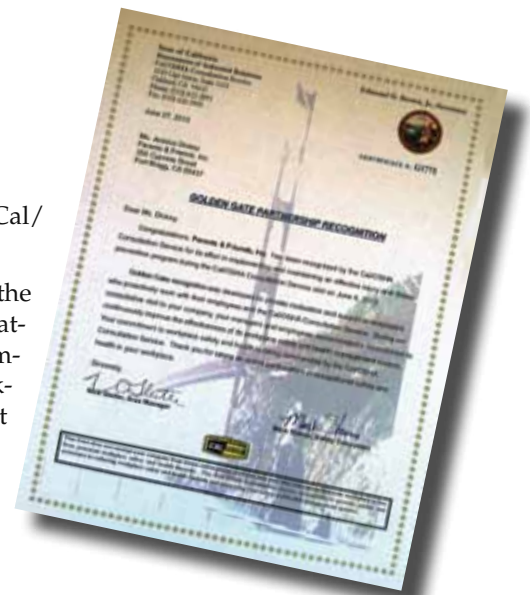
PFI receives Cal/OSHA Golden Gate Award

Parents and Friends Inc. has been recognized by the Cal/OSHA Consultation Service for its effort in implementing and maintaining an effective injury and illness prevention program during the Cal/OSHA Consultation Service visit on June 6, 2013 and has received Golden Gate Partnership Recognition.

Golden Gate recognition was developed to provide motivation and support to employers who proactively

work with their employees and the Cal/OSHA Consultation Service.

During the consultative visit to PFI the managers and employees demonstrated a commitment to continuously improve the effectiveness of the workplace safety and health management system. PFI's commitment to workplace safety and health has been commended by the Cal/OSHA Consultation Service.



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With Developmental Disabilities Since 1955*

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PROGRESS! Betty Gross

PROGRAMS & BUSINESSES IN SUPPORT OF COMMUNITY

Coastal Support Services
Program Manager, Susan Stever
The Community Connection & 24/7
Program Manager, Leann Pill
L.I.F.E. on the Coast
Program Manager, Kristy Tanguay
The Job Connection
Program Manager, Printha Worthen

OUR MISSION

The mission of Parents & Friends, Inc. is to provide opportunities for persons with developmental challenges and similar needs to participate fully in our community.

Thanks to our most recent donors!

Anne & James Blanton
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T.M. Jim Holmes, D.C.
Thanksgiving Coffee Company
Tony Apolioni



JBar S Bison Ranch in Ukiah is generously donating the bison burger for our October 12th event at the Caspar Community Center.

Bison meat is leaner than beef, pork or even chicken. The Bison on J-Bar-S Ranch are handled and bred far above California livestock standards.

J-Bar-S Ranch is the highest quality Bison ranch in California. They are exclu-

sively grass-fed on the ranch land with no hormones or other additives.

We are looking forward to a delicious bison burger BBQ! The event will also feature several Blue Grass Bands and micro-brew tasting.

You might enjoy a visit to J-Bar-S. The ranch offers tours and a beautiful lake side venue for weddings and celebrations.

Beer, Bison & Bluegrass
October 12th
SAVE THE DATE

Traveling broadens your horizons ... and is also lots of fun!

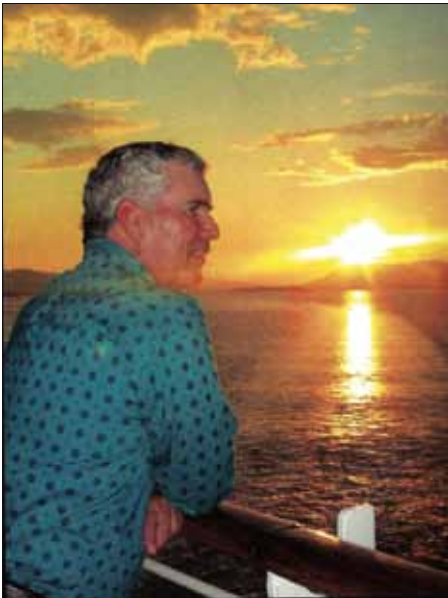
For many years Dodie Scott, planned and took PFI clients on wonderful trips. Dodie was one of the founders of PFI, the teacher at the old Paul Bunyan School, first director of the Cypress Street Center and, also, a travel agent. She is an experienced traveler and knows the value of travel both as a way to learn and also as just plain fun. She made countless trips to Disney Land, Disney World, Hawaii, Mexico, the Bahamas. She took cruises, and train, plane and road trips. Many clients went on these wonderful adventures and, now, truly miss traveling with Dodie. She opened up the world to many people.

Twenty years ago if you weren't fortunate enough to live in a community with someone like Dodie Scott, the chances to travel were few and far between for those with disabilities.

There was little opportunity to experience the wide world of travel. And there was little inspiration or encouragement to travel beyond one's on back yard.

Today there are several companies that offer vacation packages for adults with developmental disabilities. Quite a few

Michael Barnes recently took a Disney Cruise to Alaska.



of our PFI clients have gone on these trips.

Many of our clients have traveled with Trips, Inc. Their travel planners, program coordinators, tour group leaders and chaperones carefully evaluate every detail of the trip with particular attention to individual needs to create a worry-free and fun-filled vacation. All of their tour leaders and chaperones have training and experience in special education, first aid and travel. They are attentive to details involved in traveling with those with developmental disabilities.

When one of our PFI clients decides that he or she would like to go on a trip, PFI Coastal support staff goes into action. Staff assists the client with picking out a destination, registering with the company, and coordinating their financial involvement. They communicate with the trip staff regarding any particular special needs of the client. Coastal support staff assists clients in packing for the trip and escorts them back and forth from the airport.

Exploring the world changes lives.

Here's what some of our traveling clients say about their experiences.

Mark Jepson about his trip to Paris: *It was everything. It was seeing new people and getting out into the world. I love to travel and try to take a trip every year.*

Bob Gastoni about his trip to Hawaii: *I made new friends. I liked flying in two planes. I liked going to the Hawaiian church in their nice lodge.*

Chris Freitas about his trip to Disneyland: *I got autographs from all the Disney characters. Minnie Mouse kissed me on the cheek! The counselors were great and I met a lot of new people. The rides were really fun!*

Mike Barnes about his Disney Cruise to Alaska: *I liked the ship and looking through the ice and seeing the snow. I liked watching all the wildlife, especially the dolphins.*

What wonderful experiences and treasured memories they have.

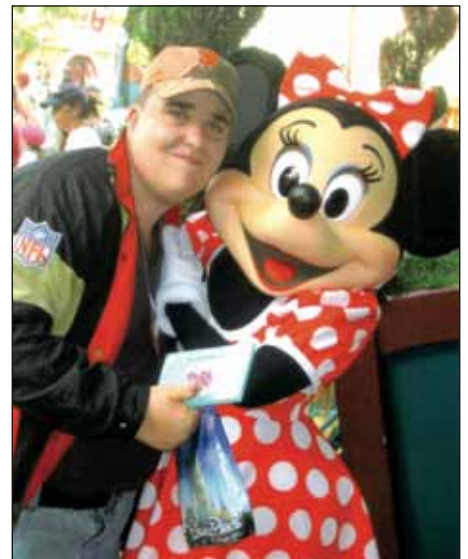


Bob Gastoni swam with the dolphins in Hawaii.

Mark Jepson saw the sights in Paris.



Chris Freitas gave Minnie a hug at Disneyland.



Let the good times roll

Mike Casteel planned and hosted a well-attended dance



The dance lasted from 6 to 9 p.m. with dancers not missing a beat until the very end.

Mike's goal is to host at least one dance each year. He already has one in the planning stage!

A number of PFI clients really enjoy music and dancing. There are weekly opportunities for both. Meadow hosts a music group weekly at the Trinity Lutheran Church. A dance group called *Just Dance* meets weekly at the Cypress Street Center.

Thanks to Mike Casteel, revelers had a great time at the dance on June 7th at the Trinity Lutheran Church. Mike planned every detail with the help of the support staff in PFI's L.I.F.E program.

Mike booked the church hall for the event, put together the music to play and provided refreshments. He chose the Eighties as a theme. Some attendees dressed in 80's regalia including cool Andy Peterson!



Ashley Talcott Employee of the Quarter

Although Ashley has worked at the Paul Bunyan Thrift Shop for less than a year, he has proven himself to be a valued employee. He started as a volunteer when the shop moved to the new location on Main Street. He did such a good job volunteering, he was offered a job.

Ashley schedules and makes pick-ups and deliveries for our customers. He also cleans and stocks furniture and substitutes for group supervisors in their absence.

Ashley moved to California from Virginia in March of 2011 and has made this his new home. In Ashley's free time he enjoys talking with his kids on the phone, participating in Footlighters, and softball and spending time at the ocean. He loves California but misses his kids terribly.

Congratulations, Ashley, for a job well done!



THE PAUL BUNYAN THRIFT SHOP

Open Monday thru Saturday 10:00 AM to 5:30 PM

FREE Pick Up of Donated Furniture

964-4471

*Creatively Serving People
With Developmental Disabilities for 50 Years*

Parents & Friends Inc.

Post Office Box 656 Fort Bragg, CA 95437

Beer, Bison & Bluegrass



**Saturday, October 12th
Noon to 4 PM
Caspar Community Center**



The Dirt Floor Band



Harmony Grls



Parsons and Hayes

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