

Progress!

Parents & Friends Inc.

July 2012

Creatively Serving People with Developmental Disabilities Since 1955

Twelfth Annual Hoity Toity Fashion Show

The Hoity Toity Fashion Show and Tea was once again an entertaining afternoon. Thanks to chairperson Jackie Bazor, MC Steve Weingarten and over 50 volunteers for putting on the event. Donors included Corners of the Mouth,

Harvest Market, Safeway, Little River Inn, Mendocino Chocolate Company and the Tip Top Lounge.

Over three thousand dollars was earned for the programs and services of PFI.



PFI employees Jeanmarie Todd, Shirley Hunt and Jessica Dickey were fashionably attired.

Georgia Frey tries on a hat in the Boutique.

Marion Roden and Dodie Scott enjoyed lunch while watching the fashion show.



High Technology has come to PFI

We've printed this newsletter ourselves using our new Xerox color copier. This copier also prints in a large format, folds, staples and punches holes. This is a very nice upgrade for our office.

In addition, we now have a computerized time and attendance system. This system will track staff and client activities and work hours. We will be switching over from paper time sheets and using a *clock in and out* system that can be called into from any phone. The system will eliminate some paper costs, some time proofing for addition mistakes and improperly filled out forms, and will give us protection in case of an audit. Our funding is largely based on time spent serving our clients. Accurate reporting of time is very important.

PFI board member Sage Statham of Sage's Computer, provides us with invaluable tech support as we join the 21st century!

A reminder about our new phone system

964-4940

We would like to mention once more, that we have a new phone system. For all offices at our 350 Cypress Street location, you can now call 964-4940. The extensions numbers are:

Rick Moon
Executive Director, ex.101
Kathy Connell
Bookkeeper, ex. 102
Jessica Dickey
Community Integration, ex. 103
Harry Rosensteel
L.I.F.E. Manager, ex. 104
Gisele Reaney
JOB Connection Manager, ex. 105
Terry Hinkle
Coastal Support, Manager, ex. 106
Ann Bauer
Coastal Support, Asst. Manager, ex. 107



A View from the Moon

by Rick Moon

"The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed."

Carl Jung, Swiss psychologist, on Friendship.

Friendship and friends are complex concepts that are difficult to define or quantify. Like Love, they are often over-used or used in offhand ways, diluting their true meaning. For example, friends help us when we need it and accept help when offered in kind. Friends tell us what we need to know about ourselves, even when we don't want to know, and accept what they need to know in return, thanking each other for the honesty afterwards...eventually. And everyone, of course has a shirt they just love. But thankfully, the true, deep, unselfish and devotional feelings inherent in those words surfaces occasionally and reminds us of their true meaning.

A case in point: Judy and Ray Brooks retired to the Coast in 1971 and became active in the community in a number of areas. Also very active in the community at the time was Lotte Moise, founding member of Parents and Friends, and the Cypress Street school. The coastal community being even smaller and tighter then than it is now, they soon happened upon each other and, as Jung said, there was a chemical reaction and both were transformed into what became a very long and close friendship. Unfortunately, a few years ago we lost Lotte, then Ray and now Judy. Evidence of the friendship, however, remains. PFI received a donation from the Raymond and Judy Brooks trust in

May. The trust specified "The Cypress St. School" at 350 Cypress St. The school has since disbanded, but obviously not the very special friendship.

Another case in point: One rainy day last winter a man came into the Thrift Store soaking wet and said he was homeless, living under a bridge, eating at the church soup kitchen and asked Amanda Venett, our manager, if we could help him. Amanda took him around the store and outfitted him with dry, warm clothes and wished him well. This happens fairly frequently, especially in winter, and we supply free clothes to the Food Bank, churches and other charities as well. The man thanked Amanda warmly and said he'd be back to make a donation. Well, last week the man was back and asked for Amanda. He obviously had regained stability, was dressed well and didn't appear homeless. He thanked Amanda again, telling her he was doing well now and laid ten fifty dollar bills on the counter as a donation. Amanda thanked him profusely, this time, and he said he'd be back.

While friendship and friends are complex concepts, these examples also prove what Winston Churchill said, "Out of intense complexities, intense simplicities emerge".

We all have Parents and we all have Friends. And we all are parents and we all are also Friends. And may the circle be unbroken.

PFI & Mendocino Coast Clinics co-sponsored behavioral psychology seminar

Dr. Klein, the head of Mendocino Coast Clinics Behavioral Medicine Department, and Rick Moon, from PFI, collaborated on how we could better serve the behavioral and physiological needs of the developmentally disabled within our coastal community. Dr. Klein suggested a seminar inviting interested parties and clinicians on the coast to meet each other and learn about the challenges being faced daily and the opportunities of working cooperatively within this community. Continuing education units were available for those attending the seminar as well as a free lunch.

Dr. Holden of the Redwood Coast Regional Center presented a wealth of information and background as well as problem solving techniques and advice in navigating the system to bring needed supports for clients. Dr. Holden spoke of separating behavioral issues from de-

velopmental issues. He explained that staff working with those with developmental disabilities must understand behavioral issues should not be automatically expected and if they do arise, they can be treated. The seminar was well attended and lively discussions before, during and after the presentation promise to bring more collaborative efforts in the future. Attendees included clinical staff, Regional Center service coordinators, behaviorists, PFI program managers, and the director of Northstar Services.

PFI and Mendocino Coast Clinics Behavioral Medicine will continue to explore ways to support the clinician and direct support organizations in working seamlessly and effectively in supporting clients who need and can benefit from these type of collaborative services.

Keeping fit and healthy

Research shows that a healthy diet and exercise can improve the quality and length of most individuals' lives. Poor diet is related to obesity and various illnesses. As our clients mature and make more independent choices and decisions, it is important that they are armed with information

L.I.F.E. on the Coast program assistant Pamela Hunter has formed a group to study various nutrition topics. Hunter, as she is affectionately called, worked with the hospital's Addiction Counselor, Sallie L. Werson, to set up weekly meetings. Sallie provides information and support to help individuals make good food and exercise choices.

PFI clients interested in improving their diets and health meet in one of the hospital's conference rooms on Tuesdays. Currently three people are enrolled. They are working on keeping food journals and developing exercise plans. There is a \$10 fee for each session. To reach Sallie for further information, call 937-2082.

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www.parentsandfriends.org

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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.

Jessica Dickey finishes Leadership Mendocino



Having completed the year long course, Jessica graduated with the Class of 2012 Leadership Mendocino. She also has recently been named PFI's Director of Community Integration. In this new role, Jessica oversees the L.I.F.E. and Job Connection programs.

The Leadership Mendocino program trains 30 individuals from throughout Mendocino County each year. Program facilitator Anne Cole uses networking, knowledge of communities and county, and the latest information about leadership skills development to foster leadership for the benefit of our county and our businesses. Participants in the program meet once a month in a different region of the County. They learn about resources and leadership challenges from the community, business and county leaders who are confronting those challenges. The program emphasizes participative learning. It is thought to be the most effective way for adults to practice interpersonal skills, develop relationships with our community leaders and understand the complexity of local issues.

The year began with a class retreat in Philo. Subsequent monthly weekends included the study of issues of rural communities, agriculture, business and community development, education, health and human services, government and natural resources, and arts and tourism.

As a graduate, Jessica will help to plan the workshop in Covelo this year

Employee of the Quarter Stacie Smith



Congratulations to Stacie Smith, our Employee of the quarter. Stacie came to Fort Bragg from Texas and has been employed with the L.I.F.E. program for just over one year. She is a wonderful problem solver, is full of good ideas, and relates very well with our clients in the program. Stacie does a great job in her role as Assistant Manager of the L.I.F.E. program.

Amanda Venett Director of Retail Sales



Amanda Venett has been with Parents and Friends for over eleven years. She was director of the Harrison Street House for five years, managed Places to Go and currently manages the Paul Bunyan Thrift Shop and the Furniture Annex. She has just been given the new title of Director of Retail Sales.

Amanda will continue to manage the thrift shop and furniture annex. In addition, she will be exploring ideas for a new retail venture at our Cypress Street location.

Athletic opportunities that can change lives

Participation in sports is healthy for mind and body and helps to build self-confidence. In Fort Bragg, our clients join exercise programs, play Special Olympic Basketball and will soon be swimming again at the CV Starr Center.

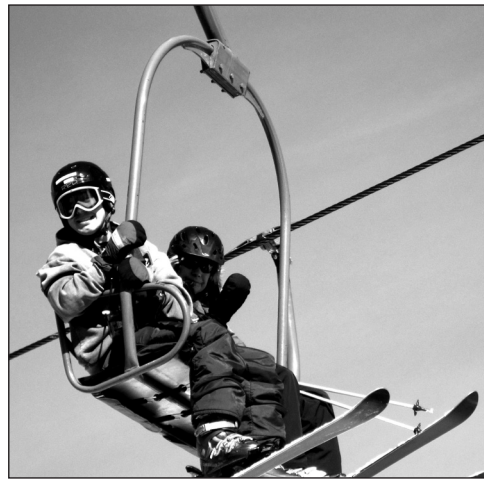
Those who venture a little further from home might participate in programs of Disabled Sports USA or the Ride A Wave Foundation. Both of these organizations provide opportunities for those with various disabilities to have real life

sports adventures. Both groups operate with dedicated and well trained volunteers. They accommodate people with disabilities ranging from paraplegia to blindness.

Recently, teacher Laurel Ellen of the Transition Learning Center, took her students to Lake Tahoe where they had a great time skiing with the help of volunteers with the Disabled Sports USA. This group also does snow boarding, water skiing and white water rafting.

Peter Gross went to Santa Cruz for a family visit. His surfing cousins volunteer for the Ride a Wave Foundation and encouraged him to try the waves. He had a great day!

For more information, check out their websites:
www.rideawave.org
www.dsusafw.org
www.sonc.org.



Maricruz Gomez skiing at Alpine Meadows while Chris and Brenda travel up the slopes!



Ride a Wave



Peter Gross surfs at Cowell's Beach, Santa Cruz

Seagull basketball:

Left to right:

Row 1: Riley Connelly, Antony Gage, Kelly Ward, Allan Watters, Pati Martinez, Vicki Dominion.
 Row 2: John Tone, Kyle White, Michael Casteel, Chris Freitas.
 Row 3: Bob Gaston, Lee Soria, Chris Bryant, Larry Piver, Mike Price



Judy and Ray Brooks' generous bequest to PFI



Judy and Ray Brooks pressing apples at their home on Little Lake Road, Mendocino circa 1975.

A bequest of \$18,500 has been received from the trust of Judy and Ray Brooks. The Brooks had a long and close friendship with PFI founder Lotte Moise.

Retirement brought Ray and Judy Brooks to Mendocino in 1971 and they quickly became integral parts of the community. Ray went from public personnel administration to carpentry, gardening and photography. Judy was a freelance court reporter and continued to work periodically while pursuing other avocations such as calligraphy, paper making and beekeeping.

They were both active in the Mendocino Art Center. Ray volunteered at the Mendocino Community Library and delivered Meals on Wheels, Judy was an active participant in the Big Brothers Big Sisters program and the League of Women Voters. She also served on the Board of Directors of College of the Redwoods.

The Brooks referred to their 32 years in Mendocino, as their Golden Years. They added so much to our community.

Peter Kafin earns law degree



Peter Kafin completed a Law Degree in December with Concord Law School a division of Kaplan University. He has a busy life studying for the bar exam while continuing to work with Parents and Friends. He will take the California Bar exam in July.

Along with his wife and two children, Peter moved to Fort Bragg about four years ago and has worked with programs of Parents and Friends for most of that time. He has worked with the Community Connection, Places to Go and now with 24/7 that provides around the clock assistance to those with more serious disabilities.

Peter has a varied and unique background: a degree from UC Berkeley in Conservation and Resource Management, studies in Music Therapy and work as a Rehabilitation Therapist at Langley Porter UCSF Psychiatric Hospital.

When he passes the Bar, Peter hopes for an internship in the community. Congratulations, Peter!

Many thanks to all of our recent donors...

Benjamin and Pamela Graham
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*Creatively Serving People
With Developmental Disabilities for 50 Years*
Parents & Friends Inc.
Post Office Box 656 Fort Bragg, CA 95437

Labor Day BBQ

Monday, September 3

Join us on Todd's Point after the parade!

Parade Awards will be presented!

Serving 4-H raised meat!

Pork, Lamb & Beef with all the trimmings!

Soft drinks, beer, wine and Margaritas!

Activities for the kids!

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