

Progress!

Parents & Friends Inc.

May, 2014

Creatively Serving People with Developmental Disabilities Since 1955

A team approach to good health

by Kristy Tanguay
Program Manager L.I.F.E. on the Coast

Good health means different things to different people. For some it means being able to enjoy everything that life has to offer, for others it means living independently and with minimal interventions. By achieving a proper balance between exercise, food intake, hobbies, work, rest and social interactions, we all want to feel good inside and out.

At Parents and Friends, we serve our clients from an agency perspective, that is to say that we have various programs in place that can be customized to meet the needs and desires of individuals in different areas of their lives.

Last year, Julie went to her annual screening appointment with Dr. Tara McCleer at the Mendocino Coast Clinics here in Fort Bragg. It was noted that in addition to her high blood pressure, which was being managed through medication, that Julie was also overweight, feeling fatigued, and sometimes grumpy. Dr. McCleer immediately ordered lab tests and the results indicated that Julie's blood sugar was too high and that she was diabetic. Julie was scared that she would end up having to take medication for the rest of her life because of her diabetes.

Based on these results, Dr. McCleer then



Julie Braga with her new and improved lifestyle!!

interviewed Julie to learn more about her diet, exercise, hereditary health conditions and her lifestyle in general. She learned that Julie was experiencing a great deal of change in her life, starting with her living situation. Now living independently, Julie was in charge of her meal planning and she chose foods that were simple to prepare, economical and brought her comfort. A typical packed lunch from home consisted of four sandwiches and 2 cans of soda. For exercise, Julie would walk her dog around the block. She had a hard time talking to people about things that bothered her.



Julie went from packing 4 sandwiches a day with 2 sodas to this!

Working together with L.I.F.E. on the Coast staff and with monthly check-ins with Dr. McCleer, Julie learned about how to better select foods that make her feel more energetic, offer more nourishment without breaking the bank and how to better manage her stress. Julie found a professional to help her work through her stressors by acquiring new communication skills through her therapist.

Julie increased her exercise by walking just a little bit further with her dog each day and learning to use the recumbent bikes at CV Starr. Working with her L.I.F.E. and 24/7 supported living staff, she began to select healthier foods from the Food Bank, and made better meal planning choices through improved food selections at the grocery store. Through L.I.F.E. on the Coast, Julie was provided with a paid membership to C.V. Starr Center, along with support, scheduling, transportation, training and logging activities. We also accompany Julie to her medical appointments as she desires, and help to communicate with her home team as to her current needs. Her 24/7 supported living staff assists her with grocery shopping, transportation and food preparation, as well as reminding her of her commitment to exercise for better health.

After 12 months of these many changes, multiple lab tests and Julie's unwavering commitment to feeling better and living healthy, she has achieved her goal of a healthy blood sugar level — no medication required.

As I have closed each report from her medical appointments, Go team Julie!



A View from the Moon

by Rick Moon

I've written many articles about the issues facing organizations like Parents and Friends in working with funders to provide needed services for developmentally disabled individuals. Often those writings have focused on State and Federal budgets and the lack of sufficient funds to provide mandated services and the hardships it causes both our clients and employees when funding cuts are made and not restored for years or even decades. These, of course, are important issues and must be addressed diligently and often if the overall system is to survive.

There is another aspect of service, however, which doesn't get written about as much. This is on the individual level. Originally, Parents and Friends, and other agencies, like UVAH in Ukiah, didn't have government funders. They looked inward and asked themselves "what is needed by our children and our community members?" They then worked diligently to find a way to provide for those needs. In the case of Parents and Friends, that was a school to teach them to read and write and develop life skills and inclusion in the community. This led to yard and bake sales to finance the school, which led to the Paul Bunyan Thrift Store, which led to the Adirondack chair business and bakery, which led to community job development as the kids grew up and needed jobs, which eventually, leads to — today.

2014-2015 seems to have developed, unintentionally, into the year of looking inward for Parents and Friends. A series of events and specialized needs has acutely focused us on looking at the individual needs and aspirations of our clients, regardless of funding considerations.

Case in point is the article in this Progress about Julie Braga's successful campaign against diabetes. Way to go Julie! Her success was supported by the collaboration and coordination of the L.I.F.E. program, through which Julie has a membership at the C.V. Starr center and with L.I.F.E. support has developed an exercise routine which has helped her get into a wellness regimen. Julie has also decided to make healthy diet decisions and is supported in this by the Supported Living Program (Coastal Support Services) which helps her make healthy dietary decisions through meal planning, meal preparation, shopping and healthy lunch preparation. Support extends beyond Parents and Friends and includes her doctor, who coordinates with Julie and the rest of the team with menu and exercise suggestions and regular monitoring to measure progress, and Coemella Cronin at the Redwood Coast Regional Center who meets with and encourages Julie regularly, documents her needs and aspirations in her IPP and authorizes Regional Center services to further Julie's goal and of course Julie's family's unwavering support.

Julie's example reinforces the universal and ageless truism that the founders of Parents and Friends knew. Need is defined by the people who have the need, individually, not those who legislate or administer the resources or define their needs from afar. We are well

versed in all the rules and regulations attached to receiving funding from government agencies. We have passed stringent CARF and Department of Developmental Services surveys measuring our compliance with currently accepted practices and procedures in providing funded services. While we are dependent on government funding for about 75% of our budget, we still can and do make independent choices on where and how to apply our self funded 25% portion of revenue (through donations, fund raising and Paul Bunyan Thrift Store). For example, the C.V. Starr memberships for clients in L.I.F.E. and the Community Connection are paid by us, not government funding, because it's a need of a number of our clients which is not eligible for funding otherwise.

We are looking within all our programs and measuring the effectiveness of what we do and how we do it against the specific needs of specific clients we're supporting in the program. When we find gaps where a need is not being addressed we are making plans to find a way to fill it.

We are moving forward by looking inside for answers and inspiration. It feels good. As Yogi Berra said, "It feels like déjà-vu all over again". Welcome to spring training!

Soren Kierkegaard, a Danish Philosopher from the early 1800's said: "A man who as a physical being is always turned toward the outside, thinking that his happiness lies outside him, finally turns inward and discovers that the source is within him."

THE PAUL BUNYAN THRIFT SHOP

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

FREE Pick Up of Donated Furniture 964-4471

Progress!

Parents & Friends Inc.
Creatively Serving People
With Developmental Disabilities Since 1955

Post Office Box 656
Fort Bragg, CA 95437
707-964-4940
www.parentsandfriends.org

BOARD OF DIRECTORS

President, Sage Statham
Vice President, Jacqueline Bazor
Secretary, Betty Gross
Treasurer, Dan Godeke
Bradley Gardner
Mike Hall
Laurel Ellen
Melissa Schlafer
Michael Barnes
Daphne Haney

EMERITUS MEMBERS

Dolores Scott
Marion Roden
George Griffith

IN MEMORIAM

Lotte Moise

ADMINISTRATION

Executive Director, Rick Moon
Executive Assistant & Licensing and Accreditation Specialist, Jessica Dickey
Bookkeeper, Kathy Connell

PROGRESS! Betty Gross

PROGRAMS & BUSINESSES IN SUPPORT OF COMMUNITY

Coastal Support Services
Program Manager, Lanita Henderson
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
Paul Bunyan Thrift Shop and Furniture Annex
& Vocational Services
Program Manager, Amanda Venett

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.

Lanita Henderson new Program Director of Coastal Support Services

by Lanita Henderson
Program Manager, Coastal Support Services

I have recently relocated to Fort Bragg to be near my son and his family. My husband and I have previously lived in Yuma, Arizona for almost 23 years. I have worked in the health care industry for over 20 years in long-term care as an activities director, business office manager, and most recently a unit manager for 2 dementia units focusing on behavioral training. In addition I have served as the executive director for Yuma's largest assisted living community and owned and operated my own care management (non-skilled home health) agency for 7 years. I have also had the opportunity to work with a non-profit organization partnering with child protective services offering support to families and children in conflict.

I currently have a Bachelor of Science degree in Health Care Management and a Masters of Arts degree in Human Resources. I am pursuing a second graduate degree in Clinical Psychology. In addition



to my most recent work with dementia patients and staff I recently obtained my license as a skilled nursing home administrator.

It is my absolute pleasure to be a part of the supported living team and I look forward to all the good work that lies ahead for our department and our clients. I believe that together we can accomplish great things; in fact I trust that we will exceed all expectations. Here's to rolling up our sleeves and creating positive outcomes.

Thank you to these recent donors!

Dixie Shipp
Larry & Shirley Gurnett
George Moss
Holly Rawlins
Anne Blanton
Sally Welty
Marian Roden
Johnny & Carolyn Sutherland
Jay & Terri Hudson
Edward Schnaubelt
Marcus Bibbens
Johleen Haagen-Smit
Sandra E. McGinnis
Patricia Applegate
Britta Krenov
Myra Figueiredo
Don Baroni
Charles & Patricia Bidgood
Stephanie Hoy
Ruth Green
James A. Jackson

Wilma Tucker
Leona Walden
Mina Cohen
Chris Williams
Edwin Branscomb
Marjorie Wilson
Thomas & Nancy Riley
Paul & Nancy Kemp
Shirley Lewis
Roy Arneson

A Big THANK YOU to
Brian Galletti Construction of Fort
Bragg for donating
construction labor for our wheel
chair ramp at Cypress Street!

...

& thanks to Flo Beds of Fort Bragg for
donating a piece of custom cut latex
for our customized transport van!

Employees of the Quarter



Mike Berry has been an employee with Parents and Friends for over 15 years. He is familiar with so many of our clients and the various aspects of their lives, communication styles and goals across various programs. Program Director Kristy Tanguay refers to him as “my decoder ring” when it comes to all about caring for others and helping them to succeed. Whether it’s a family member, a friend, a client or a member of the community at large, this man cares and has made a life in Fort Bragg centered around supporting efforts toward “the greater good.”

When Mike is not working or serving others, you’ll find him enjoying our beautiful area from atop his Harley, or fussing over his Chihuahua named Coco.



Dawn Kirwin has been with Parents and Friends since July of 2012. She started working as a Program Assistant for our 24/7 program. In August of 2013, Dawn was promoted to supervisor of one of our 24/7 clients, as well as supervising all of the staff. It was clear in the beginning that Dawn had what it takes to become a valuable asset to our clients as well as to Parents and Friends. Dawn never shies away from a challenges and always gets the job done, often without her supervisor having to step in. She is appreciated for all of the hard work that she does. In her spare time Dawn enjoys gardening and the outdoors.



Julie Smith has worked at the Thrift Shop for the past three years. She survived the big move and transition into the new building. She is considered to be a very valuable employee.

In her spare time, Julie enjoys spending time going on walks with her son checking out bugs and all the things nature has to offer. She also enjoys gardening and going to the MacKerricher pond. She has been involved in Footlighters for the last 15 years.

Beer, Bison & Bluegrass

Beer, Bison & Bluegrass is back again this year! This popular event will be held at a larger venue to better accommodate the crowd. Mark your calendars!

**Saturday, September
27th, noon to 4 p.m.
in Our Lady of Good
Council Church Hall,
605 Maple Street,
Fort Bragg**

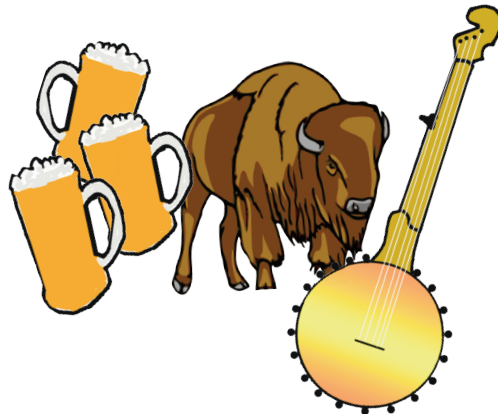
We’re excited that J Bar S Ranch in Ukiah is once again donating bison for our bar-b-que! The price will be the same as last year. Adults are \$45, those under 21 are

\$25 and children are \$15. The price of admission provides a full course meal of bison, beans, salads and dessert plus an afternoon of incredible bluegrass music! Those over 21 who purchase the \$45 ticket, also may sample beer donated by local brewers such as North Coast, Sierra Nevada, Lost Coast and Mad River.

Sponsorships are available at the \$1,000, \$500, and \$250 levels. Our sponsors will appear in our event brochure that will come out at least one month before the event. We also need volunteers the day of the event.

If you or your business is interested in being a sponsor, if you would like to place an ad in our brochure, if you would like

to donate an item for our silent auction or if you just want general information, contact Jessica Dickey at 964-4940 at extension #103.



Thrift has a new dumb waiter — thanks to Dennis & Shirley

by Amanda Venett
Manager, Paul, Bunyan Thrift Shop

Shirley Hunt raises money every year for the Thrift Shop. She is somewhat of an expert on jewelry. For the last 4 years Shirley Hunt has held a jewelry sale so the Paul Bunyan Thrift Shop and Furniture Annex could purchase items needed in the store. This year we needed a way to conveniently move items into storage upstairs in the new Thrift Shop.

Dennis Bazor, a man who can build anything, built a dumb waiter for the Thrift Shop. There is a large storage area upstairs where holiday and seasonal items are stored. Employees were required to carry large totes of items up and down the stairs. Well not anymore due to Dennis's handy work! We have been using the dumb waiter with great success. Thank you to Dennis for building us such a wonderful tool to have around and thanks to Shirley Hunt for spending her free time to earn enough money to have the dumb waiter built!



Mendocino Coast Chamber mixer a success

by Printha Worthen
Program Manager, The Job Connection

In everything we do, Parents and Friends is dedicated to supporting adults with developmental disabilities by providing opportunities for them to participate fully in our community. Working in a job in our community is an important goal for many!



Maricruz Gomez is now employed by Living Light

On February 20th, Parents and Friends hosted the Fort Bragg-Mendocino Chamber of Commerce Member Mixer in our downtown location. We dressed up the offices and served delicious treats to introduce these local business leaders to the services of The Job Connection and the many skills performed by the talented people currently holding jobs in our community through this program. The evening directly inspired Living Light International to become a Community Employment Partner by hiring one of our very capable employment candidates! They join all these others who realize the mutual benefit in hiring employees and work crews through The Job Connection:

Art Explorers, Berenson Medical office, Coast Clinics Crab Cake Cook Off, Cowlicks Ice Cream, Fort Bragg Farmers Market, Fort Bragg Unified School District, Harvest Market, McDonald's, Mendo Mill, Mendocino Coast Pharmacy, Mendocino Solar Service, MPJ Enterprises Apartment Complexes, Rite Aid, Paul Bunyan Thrift Store, Safeway, St. Michael's Episcopal Church, Thanksgiving Coffee, White-Out Shredding Service.



Printha Worthen is standing with Shelly McConnell of Mendocino Caregivers, who won one of the drawing prizes donated by our community employment partners.

For more information about
The Job Connection, please contact
Printha Worthen at 357-4951
or pworthen@parentandfriends.org

Presort Standard
Nonprofit
Postage Paid
Permit No. 75
Fort Bragg, CA
95437

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

PFI receives maximum three year accreditation

Jessica Dickey

Program Manager, Accreditation

Parents and Friends, Inc. is proud to announce the renewal of our CARF accreditation as of October 2013. The accreditation process involves extensive review of the employment services offered to our clients and also administrative procedures including accessibility, safety, human resources, leadership, budgeting and financial practices, and the outcomes management system. The CARF Accreditation Organization sends two surveyors out for a two day survey of all required areas and provides their findings in a report which is shared with our funding agencies. PFI completed the survey with minimal recommendations for improvement made in the administrative section, and no recommendations made regarding services provided to clients.

The surveyors commented: "PFI has an excellent reputation for the outstand-

ing services it provides to the clients. The organization has developed a well-deserved reputation for creativity and innovation. It appears to have ably navigated through the recent fiscal crisis. The Leadership and staff members have worked hard and accomplished great deal in addressing the CARF standards."

In addition to the very successful CARF survey, the Department of Developmental Services visited because of a new requirement that they perform regular program audits. The auditors spent two days reviewing program and administrative documentation and procedures, interviewing stakeholders, and touring program locations, and were very impressed with Parents and Friends' administrative practices and supports provided to clients and found very few areas needing improvement. PFI was commended

especially for collaborating with each of the various funding agencies to design a smooth transition for clients from the sheltered workshop program into group employment services.

PFI is very grateful for the continued support of the Redwood Coast Regional Center and the Department of Rehabilitation, especially Cindy Claus-John, Community Resource Manager; Coemella Cronin, Service Coordinator; and also Chris Canevari, Resource Specialist with the Department of Rehabilitation. Many thanks also to all of the clients, family members, board members, and agency representatives who participated in both surveys and for the hard work of staff members that produced such successful results.