



North Los Angeles County Regional Center

Main 818-778-1900 • Fax 818-756-6140 | 9200 Oakdale Avenue #100, Chatsworth, CA 91311 | www.nlacrc.org

MEMORANDUM

Date: August 30, 2024

To: **Consumer Advisory Committee**
(George Alvarado (chair), Pam Aiona, Bill Abramson, Suzanne Paggi, Destry Walker, Juan Hernandez)

From: Kimberly Visokey, Executive Administrative Assistant

Subject: The next CAC Meeting: Wednesday, September 4, 2024, at 3:00pm

.....

Hello everyone!

Attached is information for this week's CAC meeting. Please review this information prior to the meeting and bring it with you to the meeting.

If you have any questions or if you are unable to attend the meeting, please let me know. I can be reached at (818) 778-4404 or at BoardSupport@nlacrc.org.

Thank you!

Join Zoom Meeting

<https://us06web.zoom.us/j/87280164927?pwd=d7rGgXtQqF7o3ZEeVfgAb306sApRFT.1>

Meeting ID: 872 8016 4927

Passcode: 480150

Dial by your location

669 444 9171

Attachments



North Los Angeles County Regional Center

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CONSUMER ADVISORY COMMITTEE

Wednesday, September 4, 2024

3:00 p.m.

~ AGENDA ~

- 1. Call to Order & Introductions**
- 2. Agenda (Page 2)**
- 3. Consent Items**
 - A. Approval of minutes August 7, 2024 meeting (**Page 3**)
- 4. Committee Business**
 - A. CAC Chair Report – *Juan Hernandez*
 - B. Meeting Priorities (**Page 5**)
 - C. In-Person Meeting update
 - D. CAC Meeting in Sacramento (**Page 6**)
 - E. OCRA Voting Rights Presentation – *Erica Rodriguez*
- 5. Identify agenda Items for the Next Board Meeting**
 - A. Minutes from the August 7, 2024 Meeting
 - B. Minutes from the September 4, 2024 Meeting (**Deferred pending Committee approval**)
- 6. Announcements / Information / Public Input**
 - A. Consumer Advisory Committee Flyer (**Page 9**)
 - B. Community Learning Forums (**Page 11**)
 - C. Self-Advocacy Academy Calendar (**Page 12**)
 - D. Fiesta De las Americas September 12, 2024 (**Page 14**)
 - E. Next meeting October 2, 2024
 - F. Attendance sheet (**Page 16**)
- 7. Adjournment**

North Los Angeles County Regional Center
Consumer Advisory Committee Meeting Minutes (Via Zoom)
August 7, 2024

Present: George Alvarado, Bill Abramson, Juan Hernandez, Jennifer Koster, Pam Aiona – Committee Members

Alyssa Mazur, Nicholas Mendoza, Marianita Mendezl, Elana T. - Guests

Cristina Preuss, Santos Rodriguez, Kimberly Visokey – Staff

Absent: Destry Walker

1. Call to Order & Introductions

A. G. Alvarado called the meeting to order at 3:11 pm

2. Consent Items

A. Approval of Minutes from June 6, 2024 Meeting

M/S/C Juan Hernandez / Jennifer Koster

To approve the June 6, 2024 minutes as amended. Motion **passed**.

3. Committee Business

A. 2024-25 Consumer Advisory Chair Selection

1. Cristina Preuss invited volunteers to take on the role of chair for the upcoming fiscal year 2024-25. George Alvarado and Juan Hernandez both volunteered. A vote was taken and Juan Hernandez was selected by majority vote.

B. Committee Orientation – Cristina Pruess

1. Policies and Procedures

i. Cristina outlined the policies and procedures for the Consumer Advisory Committee, emphasizing its role in providing recommendations to the Board.

2. Priority Activities

i. The committee's priority activities for the new fiscal year will be determined later.

3. Critical Calendar and Meeting Schedule

i. The Committee reviewed the Critical Calendar and Meeting Schedule for the upcoming year, with the understanding that the December fair hearings would likely be moved to another month.

Identify Agenda Items for the Next Board Meeting

- A. Minutes from the June 6, 2024, meeting

V. Announcements/Information/Public Input

- A. Flyers Attached
 - a. Consumer Advisory Committee Flyer
 - b. Community Learning Forums
 - c. Self-Advocacy Academy Calendar
 - d. Self-Advocacy Academy -Travel Safety
 - e. Arleta Community Health Fair
- B. Next meeting September 4, 2024
- C. Attendance sheet

VI. Adjournment

Juan Hernandez adjourned the meeting at 4:00 pm.

Submitted by:

Kimberly Visokey

Executive Administrative Assistant

(The majority of these minutes are taken from the Minutes Service submission and reviewed/edited as presented herein by NLACRC staff.*



North Los Angeles County Regional Center

Consumer Advisory Committee

DRAFT 2023-24 Priority Activities

1. CAC members will promote and support efforts for meaningful employment opportunities for people with disabilities.
2. CAC members will regularly attend various transportation meetings in order to keep current on any changing trends.
3. CAC members will work together to share information about current consumer issues at CAC meetings (like employment, transportation, legislation, and housing). Any information that the committee thinks is really important will be posted on their web page.
4. CAC members will educate other consumers about the CAC to promote involvement and membership.



George H. Alvarado
ARCA Delegate - NLACRC

ARCA CAC Meeting Summary
(07/26/2024)

During the Association for Regional Center Agencies (ARCA) Consumer Advisory Committee (CAC) meeting held on 07/26/2024; a presentation was given by **Sidney Jackson**, Senior Program Analyst (ARCA) and **Tony Anderson**, Associate Director (ARCA), where numerous topics were discussed among the CAC committee members.



George Alvarado & Tony Anderson (ARCA) - tanderson@arcenet.org

A training topic discussed was the “Partners in policy making” program, which offers participants opportunities to learn on advocating for systematic and policy changes for the developmentally disabled community. The program helps to develop partnerships and relationships with government representatives within political structures. The program may begin new training sessions as early as January 2025. Areas of competency within the program are centered on the following; history, communication with legislators and representatives, education, employment, self-determination and the importance of networking.



George Alvarado & Sidney Jackson (ARCA) - sjackson@arcnet.org

Additional meeting topics discussed were funding sources and budgeting for different service programs, such as “Partners in policy making” and the “Early start program”. There were also discussions on the State of California rate study / reformed budget and program funding sources, such as “Service access grants”. Following these discussions, was a video presentation on the “HCBS final rule” (Home and Community Based Services), originally created by Tri-Counties Regional Center and is available to view on their YouTube platform (Link Below).

https://www.youtube.com/watch?v=_9dvW4gXyW0&list=PL2sVu_Vi1tqX4cuLZ-PBXa0vufTYDcseT

CAC committee members were able to share information on affordable / accessible housing needs in their areas and will prioritize these needs as a committee, which may include future collaboration projects (Webinar, etc.). Committee members also discussed what is called a “Label free approach”, which is focused on continuing to develop the proper and acceptable wording when referencing developmental disabilities. Terms have constantly changed throughout time and this may become a new approach to increase understanding, as well as improve relationships throughout the community.

I would like to close by giving thanks to the ARCA CAC members who were in attendance for the meeting, which was very productive and provided great information. I would also like to thank North Los Angeles County Regional Center for their support, in arranging for me to attend the meeting and for supporting me in registering for the event. I hope to continue my advocacy work throughout the community.

Sincerely,

George H. Alvarado

Email - georgealvarado290@gmail.com



George Alvarado on the Sacramento River

— COME AND JOIN THE —



Consumer Advisory Committee (CAC)

Be the change. Your voice matters.

Connect with other adult consumers and share experiences

Meetings are open. Come listen, learn, and participate

Discuss important topics that affect you

Make a difference by providing input to NLACRC leadership



People who come to 5 meetings during a 12-month period become CAC members!

3:00 - 4:30 PM | First Wednesday of the month

August 7, 2024 - Orientation

February 5, 2025

September 4, 2024

March 5, 2025

October 2, 2024

April 2, 2025

November 6, 2024

May 7, 2025

NO MEETING: July and December 2024, January, June, and July 2025

Meeting ID: 872 8016 4927

Passcode: 480150

If you are an adult NLACRC consumer and would like to attend, please contact email boardsupport@nlacrc.org or jrodriguez@nlacrc.org for translation services and/or additional accommodation you may need. **Requests must be made five (5) business days before the meeting.**



Scan/Click

— VEN Y ÚNETE AL —



Comité Asesor del Consumidor (CAC)

Sé el cambio. Tu voz importa.

Conéctate con otros consumidores adultos y comparte experiencias.

Las reuniones están abiertas. Ven a escuchar, aprender y participar.

Discute temas importantes que te afectan.

Marqua la diferencia brindando aportes al liderazgo del NLACRC.



3:00 - 4:30pm | Primer Miércoles del mes

7 de Agosto de 2024 - Orientación

4 de Septiembre de 2024

2 de Octubre de 2024

6 de Noviembre de 2024

5 de Febrero de 2025

5 de Marzo de 2025

2 de Abril de 2025

7 de Mayo de 2025

NO REUNIÓN: Julio y Diciembre de 2024, Enero, Junio, y Julio de 2025

ID de reunión: 872 8016 4927

Contra seña: 480150

Si es un consumidor adulto del NLACRC y desea asistir, comuníquese con boardsupport@nlacrc.org o jrodriguez@nlacrc.org. Para obtener información sobre los servicios de traducción y/o las adaptaciones que pueda necesitar. **Las solicitudes deben hacerse al menos cinco días hábiles antes de la reunión.**



Escanear/Hacer clic



2024 COMMUNITY LEARNING FORUMS

JANUARY 11

**TRANSITION
TO
SECONDARY
EDUCATION**

FEBRUARY 8

**COLLEGE
SUPPORT**

MARCH 14

EMPLOYMENT

APRIL 11

**DAY
PROGRAMS**

MAY 9

**RESIDENTIAL
SERVICES**

JUNE 13

**CONSERVA-
TORSHIP**

JULY

**NO
SESSION**

AUGUST 8

**OPTIONS
FOR
AGING
PARENTS**

SEPTEMBER 12

**TRANSPORT-
ATION WITHIN
GENERIC
RESOURCES**

OCTOBER 10

**IN
HOME
SUPPORTIVE
SERVICES**

NOVEMBER 14

**MENTAL
HEALTH
SERVICES**

DECEMBER

NO SESSION

EVERY SECOND THURSDAY
09:30 AM TO 11:00AM
VIA ZOOM



SCAN TO JOIN



Self Advocacy Academy

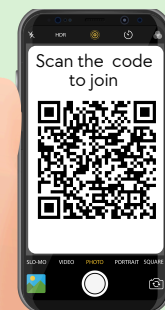
LOSING A LOVED ONE

Explore healthy ways to cope with loss and navigate difficult emotions.



SEPTEMBER 17, 2024
TUESDAY
11AM TO 12:30PM

A series of virtual classes to build skills and gain knowledge for everyday life through interactive sessions.



MEETING ID: 894 0943 0403

PASSWORD: 232284

For more information and language interpretation request:
Jose Rodriguez | (818) 756-6289 | jrodriguez@nlacrc.org

Academia de autodefensa



PERDER A UN SER QUERIDO

Explore formas saludables de afrontar la pérdida de un ser querido y afrontar emociones difíciles



17 DE SEPTIEMBRE DE 2024
MARTES
11:00AM-12:30PM

Una serie de clases virtuales para adquirir, desarrollar conocimientos y habilidades para la vida cotidiana a través de sesiones interactivas.



ID DE REUNIÓN: 894 0943 0403

CONTRA SEÑA: 232284

Para obtener más información y interpretación en su idioma, comuníquese con
José Rodríguez | (818) 756-6289 | jrodriguez@nlarc.org

BIENESTAR

presents

Fiesta De Las Americas

Thursday, September 12, 2024

**Come and Celebrate with us the
Independence of Central
America.**

From 5pm to 8 pm

**Come and learn about all the
free resources
Panorama City offers.**

**There will be performances,
music, and food from Central
America and Mexico.**



BIENESTAR

(866) 590-6411
8551 Vesper Ave.
Panorama City, CA 91402

BIENESTAR

presenta

Fiesta De Las Americas

Jueves, 12 de septiembre, 2024

Ven y Celebra con Nosotros

Las Fiestas Patrias

de 5pm -8 pm

**Diviertete e Informate en la
Feria de Recursos Comunitarios,
Presentaciones de Baile,
Música y Comida tipica de
México y Centro América.**



BIENESTAR

**(866) 590-6411
8551 Vesper Ave.
Panorama City, CA 91402**

North Los Angeles County Regional Center

Consumer Advisory Committee

FY24-25 Meeting Attendance

| Consumer Attendee <i>*Committee Members</i> | July 2024 DARK | August 2024 | Sep 2024 | Oct 2024 | Nov 2024 | Dec 2024 DARK | Jan 2025 DARK | Feb 2025 | Mar 2025 | Apr 2025 | May 2025 | Jun 2025 | TOTALS Absences | TOTALS Attended (<i>Non-CM</i>) |
|--|----------------------|----------------|-------------|-------------|-------------|---------------------|---------------------|-------------|-------------|-------------|-------------|-------------|--------------------|---|
| Meeting Length | | | | | | | | | | | | | | |
| *Juan Hernandez, Chair | | P | | | | | | | | | | | 0 | |
| *Bill Abramson | | P | | | | | | | | | | | 0 | |
| *Pam Aiona | | P | | | | | | | | | | | 0 | |
| *George Alvarado | | P | | | | | | | | | | | 0 | |
| *Jennifer Koster | | P | | | | | | | | | | | 0 | |
| *Destry Walker | | | | | | | | | | | | | 0 | |
| Andrew Garcia | | | | | | | | | | | | | | 0 |
| Alyssa Mazur | | P | | | | | | | | | | | | 1 |
| Y. Parvool | | P | | | | | | | | | | | | 1 |
| Elena Tiffany | | P | | | | | | | | | | | | 1 |

Membership: Consumers who attend 5 meetings in a 12-month period can become a CAC Member.