

Creative Support Alternatives

DECEMBER
NEWSLETTER
2013



A New Author Shines!

After more than a year of hard work, K. Dale Campos has achieved the title of published Author! Dale's first-ever book, "Digger's Adventures: Friends", is finally a reality! Dale and BizCircles (our micro-business support service) walked the path together, learning all about finding an Illustrator, developing and refining his story, researching publishing sites, and learning the technical aspects of online publishing and ordering.

Dale held his first Author Book Signing event on a recent Saturday afternoon...a huge success! Special thanks to local coffeehouse Schnoog's for providing the cozy and fun location for this special event! He even had an article and picture of himself featured in a local newspaper. When asked what it means to him to reach his dream of becoming an Author, Dale replied "I feel like I have a different role in society now. People look at me different. I have more confidence". Jessica (BizSupport Facilitator) shared "It's inspiring to see someone take on the unknown, give it 100%, and succeed"! Mary Ellen (Director) agreed, saying "Dale stuck with it through all the up's and down's, refusing to give up on his dream. It's been an honor to be a part of his journey". Congratulations Dale, we're all proud of you!

Mary Ellen Sousa-Hiner
Director

Kristoffel van de Burgt
Associate Director

Samantha Elsea
Coordinator

Melissa Hough
Coordinator



Creative Support Alternatives believes that all individuals share the basic right to live in a real home, which reflects personal choice and control as to lease/ownership, location, and potential occupants, as well as to work at a real job in the community which offers meaningful work, fair compensation, and dignity. Central to the agency's core values are the themes of inclusion and interdependence. We believe that the quality of life experienced by the individual, as well as others in the community, is enhanced when support services are focused on the individual's active participation in community activities, events, and routines, including the building of personal social networks.

South in Review

It's hard to believe that 2013 is quickly coming to a close. We would like to take the opportunity to reflect on the major accomplishments and events that made this year a memorable year. Brenda was able to fulfill her lifelong dream of traveling to Washington DC by traveling there in September with her friends Kathy and Tammy. Luckily they went a week before the government shutdown. Nita had a roommate for six months and is looking for another roommate. Spread the word if you know of someone who might be interested.

Connie and Taheen made it to Sin City for their nine-year anniversary. Demra also made it to Las Vegas with her roommate. Teri made it to Arizona to visit her sister. Kalen, Angela, and Andy all were afforded the opportunity to move into new homes this year. Rob welcomed a niece into the world. Autumn has explored several new extracurricular activities and has been checking out her community. Chris is thoroughly enjoying ceramics, as well as going to the SDSU fitness clinic. Kari is still doing an awesome job at the Original Pancake House. We started providing services to Chris H. this year and Justin still enjoys working at the UCSD Price Center. Kyle sat on the interview panel to assist the CSA team to identify a new Coordinator. We look forward to the Coordinator starting. Stefanie had a baby and has moved on from CSA. We are grateful for her dedication and efforts with CSA for the past nine years.

This year we also saw a major change at Interwork Institute, as the ARPE program moved from the Interwork building to the SDSU campus. We are looking forward to 2014, embracing the change and welcoming the opportunities for growth. Thank you to all of the individuals who make up the CSA family.

Employee Recognition

Linda Rupe & Emilie Cuneo-Travis: Special recognition is deserved by this dynamic duo! Assisting both Jenny and Amanda, Linda and Emilie provided lots of extra guidance encouragement, and problem-solving before, during, and after their actual move. They worked closely and creatively (and continue to do so!) with Jenny, Amanda, their families, Mary Ellen, Joy, and our VMRC colleagues to provide excellent support. Thanks for all you do!

Richard Mhlanga: With a positive frame of reference, Richard consistently provides quality Supported Living Services for the people we support throughout his two tenures with CSA. Richard truly understands the person he supports and takes the time to listen to him which makes the person he supports feel empowered. He has gone above and beyond by accompanying people on vacations and by volunteering to cover multiple shifts while the team has been in transition over the last three months. We appreciate all of your efforts, Richard!

Kowthar Ismail: Kowthar has been "The Rock" on Angela's team for the last 6 months. She continually looks for new strategies in order to provide better support while maintaining a good relationship with Angela. She is always the first to volunteer to help her fellow team members and is invested in Angela's success. We are very appreciative of everything she has done and are fortunate to have her involved with our organization. Thank you, Kowthar!

Northern CA Team Reflects

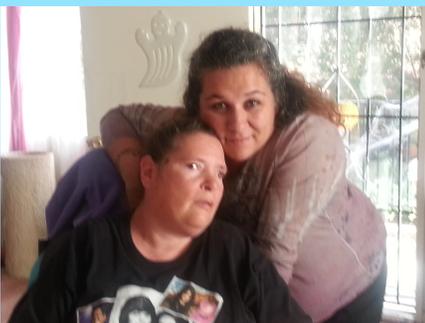
With lots of memories made along the way, the Creative Support Alternatives family in Northern CA recalls some highlights of the seasons of 2013:

Spring: **Tyler** moved into his very first apartment! **Ericka, Jenny, James, and Bev** learned about the “Road to Independence” at the 26th annual CHOICES Conference; Creative Support Alternatives continues to be an active member of the conference planning committee. **Emilie** (Calaveras/Amador) and **Travis** (Tuolumne) came on board as Support Facilitators and quickly became valued members of our Team. **Lori** explored her community a lot more and put self-advocacy to work in new ways. **Bev, Ericka, Dale, and Mike**, assisted by **Joy and Mary Ellen**, shared “Micro-Business in the Foothills”, their presentation at the Statewide Self-Advocacy Conference in Sacramento.

Summer: **Ted** moved into his first-ever apartment and adopted Millie, his (lovingly spoiled!) cat. The Self-Advocacy Council 6 Jamestown event was an amazing event and many of us participated: **Mike, Ericka, and Dale, Jon, Jenny, Amanda, and James** enjoyed friends, micro-businesses, live music, BBQ, and the day’s speakers, assisted by **Emilie, Anna, Joy, and Mary Ellen**. **Jessica** joined our Team, too, bringing some great business experience to our BizCircles efforts, and now to ILS, too. Loving life in his own bachelor pad, **Tim** learned how to make some amazing new meals, while **Joshua and David** spruced up their bachelor pad with new furnishings. **Will** moved to a new place with his girlfriend, and **Bryan** used our ILS when faced with new challenges.

Fall: The **Transition2Life Project** concluded training sessions across all 3 Foothills counties, sharing our T2L Resource Guide and person-centered planning tools, as well as our first-ever Transition2Life Expo attended by over 180 people! Special thanks to Peer Consultants **Lily and Kevin**, and **Jayne, Jerry, Kevan, and Dave**, as well as Support Facilitators **Linda, Joy, and Anna** for being a huge part of the success of T2L! **Diana**, with support from Anna, won her IHSS appeal, getting access to services that had previously been denied. **Jon** began volunteering at the Senior Center and **Dale’s** long-awaited book was published (see this Newsletter). And **Mike** gave a Keynote presentation at a San Francisco Self-Advocacy Conference!

Winter: We completed 8 person-centered ILS Assessments throughout the year and have two more in process, assisting folks to identify their hopes and dreams, strengths and needs. **Andrew** began using our ILS for the first time, joining his long-time partner **Christine** who continues using our ILS, too. **Kathleen** is getting re-settled in the Foothills after choosing rural life over her recent San Diego experience. We’re preparing for our annual Holiday Open House and want to wish everyone a Happy Holiday! Here’s to another exciting year ahead!



Special Announcements

Welcome New Employees

Neiman Hatcher

Upcoming Events

2014 International Music & Arts Festival,
January 14th, 2014

Where: Poway Center for the Performing Arts



Creative Support Alternatives functions as a small, grass-roots agency committed to empowering people to live full and included lives as members of their chosen communities.

We accomplish this by:

Developing unique patterns of support with people with developmental disabilities who live in homes of their own.

Promoting individual choice and control through person-centered planning.

Engaging resources available through SDSU's Center for Community Living/ Interwork Institute to research, demonstrate,

and evaluate support services that promote best practices in the field.

Facilitating the discovery and pursuit of people's dreams and visions for their future.

Supporting people to build positive reputations and become valued members of their communities.

Assisting people to develop and maintain relationships.

Standing with people throughout the challenges and celebrations of life.

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