



# Eldridge Press

Message from the Executive Director

by Karen Faria

## Respect

**R**espect: Defined in the dictionary as “a feeling of admiration for someone elicited by their value, contributions, abilities, qualities, or achievements.”

Respect: as addressed in SDC’s Policy 102 Code of Conduct states, “Employees will strive to fulfill the mission of the Center by modeling exemplary behavior in the workplace. Exemplary behavior demonstrates respect and dignity for the people who live and work at Sonoma Developmental Center.”

All of us are under a great deal of stress as we try to change our procedures, practices and culture, to not only meet our re-certification Action Plan, but to also do the *right thing* for the people who live here, for the people who work here and for the taxpayers of California. We have a huge task to accomplish in an extremely short period of time. But, thankfully, so much progress has already been achieved. Yet, we still have much more to do. Thus, the stress is still with us and will be with us for some time to come.

When people are stressed, one of the first behaviors that gets short changed is the behavior of respect for others. Disrespect comes in many forms: uses of demeaning language, intimidating tone of voice, and body language with an aggressive edge, are just few of unacceptable behaviors. This disrespect serves no one, not the person on the receiving side, nor the person on the sending side. Disrespect, in every instance, only serves to make matters worse, to add stress, and to devalue the workplace experience.

SDC will be implementing a campaign of “SDC Demonstrates Respect Every Day in Every Way.” This campaign will begin with each one of us having a serious review of our own behaviors. We need to ask ourselves the following questions:

- Have I devalued any employee or resident today?
- Have I let stress influence my behavior in any way?
- Was I unprofessional, discourteous or disrespectful today?

If the answer is not 100% NO to all three questions, then all of us have some work to do. A simpler way to review one’s behavior is to ask the single question: “Am I 100% certain that I treated everyone with respect, no matter what the circumstances?”

Every person who works at SDC, starting with the Executive Director and working through the Executive Team, Managers, Supervisors and Lead Staff must demonstrate the appropriate behavior per the Code of Conduct policy (#102); the greater the authority, the greater the responsibility. This policy also applies to every other person at Sonoma, whether interacting with a peer, a supervisor, a member of the public or the men and women we serve. There are *no* exceptions.

One of the most important contributing factors for SDC’s success in the near and the not so near future, for certification, for licensing and for support from the public is our ability to maintain respectful relationships. So please, let’s make *respect* a key element of our work culture, a culture of which we all can be proud of.



Karen Faria

# Did You Know?

## Progress on the Action Plan from the Executive Director

I thought I would take this opportunity to say **THANK YOU** for all that you are doing on behalf of the men and women who live here, and to commend you on the progress we are making in a variety of areas at Sonoma Developmental Center (SDC). I returned to Sonoma last April and have seen tremendous growth. At the first town hall meeting that was held on April 5, 2013, I shared that we had challenging, creative and difficult work to do to get SDC back to being the exceptional developmental center that it can be, that it had been, and that it should be.

As we continue to move forward, I thought I would remind us all of the original eight things discussed at the first town hall meeting. These are the things that if we do correctly we won't have to worry about re-certification, licensing, surveys or the press, because certification and our reputation will be restored as the natural consequence of our hard, state-of-the-art work. Those eight things were:

- We have to improve our hiring process, and hire more qualified staff to fill the vacant positions in order to create a well-rounded and consistent team. **(We are doing that.)**
  - The allocation for Level of Care Nursing is 517 positions. Out of those, 508.5 are filled and more are in the hiring process. A huge debt of gratitude is owed to the folks in the Human Resources Department for their many, many hours of detailed and tedious work.
- We need to train and retrain and even re-retrain ourselves, so that everyone individually and all of us collectively feel completely confident that we have the right knowledge to do the right job absolutely correctly. **(We are doing that.)**
  - A rough estimate of the number of training hours provided since April 1<sup>st</sup> is about 15,000 training hours. This would not have been possible without the dedication of the expanded training office staff, the supervisors, department heads and discipline specific specialists, who provided training at all hours of the day, in all locations possible. Also, we need to thank the many staff who volunteered and worked overtime to fill behind the staff being trained.

- We need to repair, clean and maintain the best state of our environment and our equipment. This demonstrates our respect for the dignity of those who live here. **(We are doing that.)**
  - The things we have accomplished thus far include but are not limited to three surplus sales, painting the inside of residences, completing equipment checks and databases, butler pool repair, daily environmental rounds and new furniture that is just arriving. Thanks to so many staff in all the various programs and departments for making these things happen.

• We need to provide premium health services from all primary and ancillary health care staff. It is the foundation for all other programming. **(We are doing that.)**

◦ We are thankful for the support in hiring Clinical Registered Nurses (RN) for Intermediate Care Facility residences, Supervising RN on some Nursing Facility residences, approximately 120 Registered Nurses across SDC, the hiring of every eligible Psychiatric Technician, and most importantly, thanks to all the medical and nursing staff for their collaboration.

• We need to increase the number of opportunities that our citizens have for growth: socially, recreation-ally, vocationally and emo-

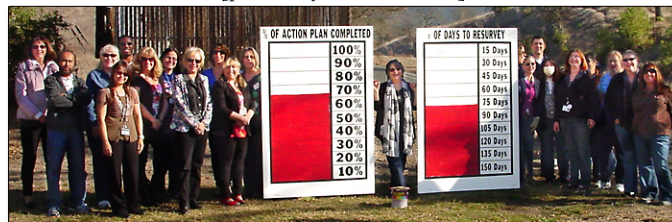
tionally. We have to provide more jobs, more outings, and more training for the people who live here. **(We are doing that.)**

◦ SDC staff have facilitated an increased number of community outings, increased hours and quality of work being offered to the people we serve, the trust office has increased access to personal funds by working seven days a week, and we have new Recreational Therapist staff increasing recreational opportunities at REACH (Community Center). The expression of “thank you” can be seen in the faces of the people who deserve and enjoy these opportunities.

- We need to improve how we document all that we do, not just because it is a licensing mandate, but because it is the key instrument for providing every single person who works at SDC with the critical and timely



Above: Executive Director Karen Faria explains, “This is what we have to go; we’re almost there!”  
Below: Staff pose with the updated Action Plan posters. [photos by JJ Fernandez]



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# Did You Know?

*Progress on the Action Plan, continued from previous page*

information about the people we serve. It is the information that enables us to do our jobs more appropriately, more accurately and much more professionally. **(We are doing that.)**

- Thank you to staff as they update their assessments, as they put thought into noting orders, medications, and dietary changes, to staff who review and define risks and rights issues, and work *with* our people to plan and document the important information for their current and future lives. Thanks to the IT staff who is working many overtime hours to convert IT systems so that every single staff member of SDC will have an email account before summer. Thanks to the clinical records staff who work beyond their resources to implement the huge project of decreasing the clinical record size and scan more of our documents into Web-extender.
- We need to change our approach from “Caring” to “Enabling.” Everything thing we do, every word we say, every decision we make must be about enabling the people who live here to grow as individuals in order to make their lives worth living. **(We are doing that.)**
  - Thanks to staff who have embraced and implemented Active Treatment strategies and techniques, who are learning, and incorporating Person Centered Planning into the daily lives of our folks, to staff who understand, appreciate and work to increase the exercising of all the rights of the people we serve; by training people, by redesigning their environments, by reducing the use of restrictives, and by listening and observing each person for what is important. We also thank the people who live here, the staff, and the community who are members of our Human Rights Committees and their advice on how SDC can provide full rights opportunities.
- Finally, each of us has to take complete responsibility and accountability for our own professional work performance and behavior. Everyone one of us needs to work every moment of every day at the highest standards of our jobs. **(We are doing that.)**
  - Thanks to staff that have stepped up and said “I can do more and I can do better.” It is evident in the Individual Development Plans, in the promotions that are occurring, in the collaboration of teams and stakeholders, and in the professional problem solving—it has improved the lives of our folks.

We have met almost all of our 30- and 60-day Action Items and we have started many of our 90- and 120-day items. However, it is important to make clear that SDC is at a pivotal point in the Action Plan. The first half is done, the half that incorporated vast amounts of change. ***The sec-***

***ond half of the Action Plan is even more important; the second half is about improving the changes and sustaining them for the future.*** Every staff is empowered, capable and responsible for making things better. Every staff is needed to observe, verify, communicate and cooperate with the implementation of the changes. Without YOU, it can't be done. So, THANK YOU!

## Historical

**W**right Cottage was named for Charles A. Wright of Santa Rosa, member of the Board of Managers, Sonoma State Home—May 2, 1921 to May 2, 1924. Currently the Wright Cottage is known as Impressions clothing store to the people who live and work at the Center. What some might not know is that the new items in the store is known as 1<sup>st</sup> Impressions, while 2<sup>nd</sup> Impressions offers a variety of used clothing items. Impressions clothing store has been operational for over 15 years.



*Above: Wright Cottage  
ca 1930*



*Right: Impressions at  
Wright Cottage*

## Departments

### Medical Services:

- Medical Services proudly announces that Dr. Carol Castillo took over as the new Medical Director as of January 1, 2014. We want to graciously thank Dr. Wymore for his significant contributions over the past year. Dr. Wymore will continue on as the Public Health Officer and helping with Whole Person Review until he retires on January 24, 2014.
- Dr. Traci Stevenson is now the unit doctor for the Smith residence.
- Brenda Albertz, Nurse Practitioner, is now the primary care provider on the Regamey C residence.
- A warm welcome to:
  - Lab Assistant, Janethe Ramos
  - Clinical Lab Tech, Maria DeSouza
  - Pharmacist, Rachel Przyborowski
  - Employee Health Nurse, Chris Abitan

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# Did You Know?

*Did You Know, Departments, continued from previous page*

- Public Health Office Technician, Colleen Deck

## Nursing Services:

- The Clinical RNs are in the process of developing an Individualized Medication Side Effect Profile for each person living in the ICF. This form will reside with the MTRs and provide staff with information at a glance on the key side effects to watch for.
- The CNS Department and the Training Department are developing an 8-hour RN level competency class that will be offered every other month beginning in March 2014. All RNs will be required to attend this class every two years and CEUs will be available. Ask your US/SRN to sign you up!
- Central Supply is moving to Bane/Thompson on February 3, 2014. All electric beds and lifts will also move to Bane/Thompson for improved inventory and disbursement.
- The CNS Department has grown! Welcome and congratulations to the following staff:
  - Ramon Carlo Cabal, RN from Bentley, is now the CRN for Brent!
  - Jarrica Davis, RN Shift Lead from Regamy C, is now an HSS.
  - Joy Sanchez, RN from Johnson B, is now a GAC RN.
  - Susanna Ritter, RN from Ordahl B, is now a GAC RN.
  - Vanessa Oats, RN from Regamy C, will be an HSS beginning February 1, 2014.



*McDougall Training Center*

## Psychology Services:

- A Zumba Fitness class is now being offered every Friday at 3:30 PM at REACH in The Wagner Building. The class is open to residents of Sonoma Developmental Center and staff supporting them. Dr. Robert Hutchins, Psychologist, is a certified instructor in Zumba and Zumba Gold and will be facilitating the class.

## Administrative Services:

- Cooking Classes taught by SDC cooks are available to all residents. Training opportunities are available at the Main Kitchen or the cooks will come to you! Watch for fliers with contact information.
- Nutrition Services Department continues to offer Main Kitchen Tours!
- Welcome to new employees:

- Seth Moorman, Drafting Services Aid
- Maria Theresa Buta, Food Service Technician I
- Erin Dunross, Material Store Specialist
- Melanie Smith, Food Service Technician I

- Administrative Services would like to congratulate the following employees on their promotions and new assignments:

- Jason Howard, Building Maintenance Worker
- Julie Alley, Food Service Technician II
- Brandon Baughman, Food Service Technician II
- Josh Dofelmire, Food Service Technician II
- Denise Wagoner, Food Service Technician II
- Ryan Fulkerson, Food Service Supervisor I
- Mike Poshepny, Food Service Supervisor I
- Josh Jovanovich, Staff Information Systems (spec)
- Theresa Serna, Property Controller II



*Part of the Main Kitchen*

## Clinical Services:

- The Brent Residence will be opening January 2014. It will be the eleventh ICF residence and will be a part of Program Six. Fifteen people will be moving in together as a group and more are scheduled for later dates. (See description of the Brent Residence in the article below).

## Brent Residence Description

**B**rent provides services for individuals with profound to moderate intellectual developmental disabilities and need for sensory integration and social skills treatment. Residents have low to moderate amount of nursing intervention and support needs, with some individuals needing wheelchair and gait assistance. Brent serves individuals with psychiatric conditions that include autism spectrum disorder and mood disorders with low to moderate severity of target behaviors. Most individuals receive training on initiation and maintenance of positive social interactions. Skills



*The Brent residence*

*continued next page*

# Did You Know?

*Brent residence, continued from previous page*  
training in self-care skills, sensory integration, social and communication skills are provided to residents for positive personal growth. Brent provides full access to individuals.

## NF Prep Has Begun!

*By Mary Antone Program Director, NF Services and  
Jeanette Ramirez, MDS Coordinator*

Licensing prep has started in NF. The first Facility-wide meeting occurred on January 8<sup>th</sup>. The Committee consists of Program management, the Clinical Director, staff from the Quality Assurance department, a Minimum Data Set Coordinator (a nurse who coordinates and oversees the interdisciplinary team (IDT) assessment and care planning process), the Medical Director and the Coordinator of Nursing Services.

We know that Licensing uses many documents that contain client information to prepare for the survey. Fortunately, we have access to this information also. This information can be about each individual specifically (ie. a client has a GT, takes psychotropic meds and has had a significant weight loss); or it could be overall client needs for a specific unit (ie. all of the clients are fed by a GT, require breathing treatments and are dependent on staff to take care of their daily activities of living—eating, dressing, bathing, etc.).

We use all of this information to assess the client's physical and clinical conditions, abilities and preferences, as well as to determine how well we are caring for the client's physical, emotional and clinical needs.

What is the purpose of NF looking at this information? It gives us:

- Information about the quality of care that we are providing in general.
- Information about the care a specific client receives.
- Information to facilitate discussions with staff regarding quality of care.
- Data to help in our quality improvement efforts.

The Committee will meet every two weeks and then weekly as we get nearer to our survey date. Our survey window is June through August.



*Jeanette Ramirez (L) and  
Mary Antone  
[photo by JJ Fernandez]*

## Public Health Corner

*by Barbara Simbulan, PHN*

A Message from the Interim Sonoma County Health Officer, Dr. Karen Holbrook:

Influenza is on the rise across the county and, in this case, the strain of influenza was identified as H1N1. Seasonal H1N1 is the leading strain this year which is covered in this year's flu vaccine. Getting the annual flu vaccine is the first and most important step in protecting yourself against the flu. **It is not too late to get a flu vaccine.** Everyone should take the following steps to avoid becoming ill with the flu passing it on to others.



*Barbara Simbulan*

- Get your flu vaccine. It is still widely available at health care facilities and local pharmacies. At SDC, Public Health still has some flu vaccines available.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective. Parents should set a good example by washing their own hands frequently.
- Cover your cough, nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Avoid spreading germs by not touching your eyes, nose or mouth. Try to avoid close contact with anyone who is sick.
- Do not go to work or send children to school while ill. If sick, stay home at least 24 hours after being free of fever (100° F [37.8°C]), or signs of a fever, without the use of fever-reducing medications like Tylenol or Advil.

For more information and locations where flu vaccinations are available, please visit the Sonoma County Department of Health's influenza website at <http://www.sonoma-county.org/health/topics/influenza.asp>.

For SDC employees and volunteers, the Employee Health Clinic is open Monday–Friday 7:00 AM–noon and 1:00 pm–3:30 PM. Please remember to bring your SDC ID with you.

## Napa Valley College Psychiatric Technician Program Graduation

On Wednesday, December 18, eighteen students, two of which are employees at Sonoma Developmental Center, graduated from the Napa Valley College Psychiatric Technician Program during an evening ceremony held in the Performing Arts Center at the College. A catered reception followed the ceremony.

Sonoma Developmental Center would like to acknowl-

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# Recognition

*Psych Tech Graduation, continued from previous page*

edge the following employees for their accomplishment: Maureen Hayes and Boniface Rerai. Ms. Hayes was not only valedictorian of her class, but was also recognized for having perfect attendance. Mr. Rerai was recognized for having excellent attendance.

The students enrolled in an eighteen-month program that teaches them pertinent skills that are used in the care, treatment, and rehabilitation of mentally ill, emotionally disturbed, or developmentally disabled individuals. Upon graduation the students are eligible to take the state board exam and become psychiatric technicians licensed by the State of California.



*Boniface Rerai (L) and Maureen Hayes at the Psych Tech graduation*

## New Hires

Maria Abeja, Registered Nurse  
Rhonda Baoy, Registered Nurse  
Maria Theresa Buta, Food Service Technician I  
Kattleya Carvajal, Registered Nurse  
Grace De Chavez, Registered Nurse  
Maria De Souza, Clinical Lab Technician  
Erin Dunross, Management Services Technician  
Richard Flores, Registered Nurse  
Aileen Hinlo, Registered Nurse  
Robustiano Jose, Registered Nurse  
Emily Moore, Psychiatric Technician  
Usiwoma Okumo, Registered Nurse  
Jade Sanchez, Registered Nurse  
Minnie Samson, Registered Nurse  
Melanie Smith, Food Service Technician I  
Vivian Vann, Psychiatric Technician I  
Elizabeth Venegas, Registered Nurse

## Take Pride Moments at SDC

- To Danielle, from the Bemis residence who, by attending a clinic appointment with a resident, has resulted in this person not requiring sedation. The individual giggled and had fun with her at the appointment, making the exam pleasant for all. Way to go!
- To Dave, Program Assistant, for doing so much for NF services. He was an integral part of all the moves including attending logistic meetings, assisting with packing and unpacking, so the environment was clean and home-like as fast as possible for all concerned. Nice job!

- To all involved with the coordination of the Hanna Boys caroling in NF services. Becky, Volunteer Coordinator for coordinating; Melissa, Music Therapist for making hot chocolate; Beth, Supervising RN for making cookies; and Laura, Supervising RN for making buffalo jerky. Everyone had a wonderful morning filled with festive music!
- To the many departments and programs who coordinated holiday parties for their employees during the holiday season. Way to show your pride!
- To the Lux staff for all their hard work in setting up the new day program. Everyone did an awesome job!
- Kudos to the Human Resources Department for all the hard work they are doing in the hiring process. You are doing an amazing job. There are over 100 people in the hiring process. Keep up the good work!
- To the Pharmacy Department for completing Drug Regimen Reviews for every resident at the center for the month of December. Way to go!



- To Stacey, Supervising RN, who filled in when there was a desperate need for help during a marathon day of RN interviews. Way to show your pride!
- To Catrina, Unit Supervisor, for the excellent discussion of Rights Restoration at the Smith Residence's weekly Client Protection and Prevention meeting. Way to go!
- To the Program Directors for all their hard work and long hours involved in supporting the Action Plan! Way to show your pride in SDC!
- To Kris and Becky from Central Program Services who set up the Christmas Winter Wonderland store for purchasing presents for the residents who live here. There were refreshments, music, and a gift wrap counter with everything you needed to get ready for Christmas. Way to go, ladies!
- The week before Christmas many of the Recreation Therapists and staff from Central Program Services came and caroled on the Cromwell residence and other residences for the people who live and work at SDC. It was so celebratory, uplifting and cheerful. Everyone had a great time!

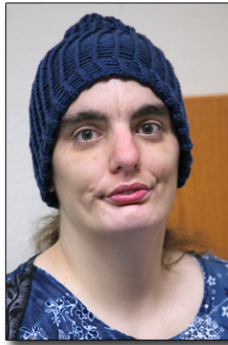
# Advocacy

## Take Pride Spotlight

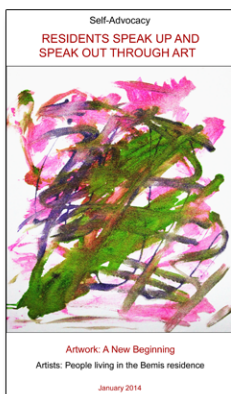
by Donna Shields

Corcoran (Residence) is slowly improving by little steps. There are more choices of activities offered like van rides to Camp Via and walking around up there. Walks up to the farm and more activities are offered at home, too. More people go to the movies each time.

Because there are fewer GERs, staff spend more time socializing with clients. It is helpful when I get frustrated that I can talk with staff easier. Then I can be more open, trust people more and my frustration goes away. I feel happier and am succeeding in life.



Donna Shields



## January Advocacy Poster

## Human Rights Committee

by Dr. Ellen Faryna, PhD

Happy New Year to everyone at SDC! December's meeting of the Human Rights Committee (HRC) had even more resident voices and presence. Those participating were David, James, Pamela, Marcia, Myra, Jimmy, Mary, and Donna. This is more than ever before, and more people mean more news!

The pool repair was delayed by the cold weather, so it is taking longer than expected. Your patience is much appreciated!

Administration is still trying to get someone to teach American Sign Language. That would include having someone at HRC meetings and court to interpret for folks who have trouble hearing and know sign.

Signs that say "Slow Down!" have been ordered. There will be 10 that can be moved so people keep getting surprised and notice them better. Sidewalk lines need painting to Sunrise and in the Meadows area so people know to walk safely on the side of the road. Folks reported sidewalk repairs needed by Malone (these are marked by orange paint), by Powers, and behind Smith. Plant Opera-

Eldridge Press

tions is on it.

More cooking classes were asked for and approved (and are available for sign-ups). All we have to do is ask and wait for the word to get around. Nutrition Services can do cooking classes at the main kitchen or at home; just call Sallie Welles at ext. 6515 or email her to ask for a class. Now we know. Thank-you to Joan MacDonald for answering that question! There are cooking classes at Sifford and on some residences/homes.

Computer and internet access is still in the works. This issue may need some patience. HRC asked that this issue be given "special priority," so the process of getting money, places to put the computers, how to keep them from getting broken or lost, and other concerns can be worked out. This does not sound easy, does it?

The idea of an exercise center was brought up. HRC members agreed to recommend to the Executive Committee that a work group be set up to create this. Donna and Marcia volunteered to be on the work group. What good examples of getting involved in their community!

HRC is one way for people to speak up about how SDC can do better. Listening to each other, we all learn to share and build better ideas. Then we try to get the ideas moving to the people who can help make them happen. Sometimes things happen fast and sometimes things take longer. Even if things take a while, it is important to keep speaking up.

You have an open invitation to come to SDC's Human Rights Committee. If you want to come check it out, let your staff or US know. You can talk to JJ at self-advocacy. You can email, phone (6834,) or ask for help to contact me, Dr. Ellen.

Our next HRC meeting is January 27, 2014 from 10 AM to noon in the PAB conference room. You are very welcome to come!

## Rights Corner

by Tobias Weare

*Writ of Habeas Corpus (request for release)*

The United States inherited habeas corpus from the English common law. In England the writ was issued in the name of the monarch. When the original thirteen American colonies declared independence, and became a republic based on popular sovereignty, any person, in the name of the people, acquired authority to initiate such writs.

Many are unaware that the people that reside in developmental centers have the right to file a writ to request a release. But in fact, in the state of California developmen-

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# Advocacy

*Rights Corner, continued from previous page*

tal centers are considered the highest level of restriction for people with developmental disabilities and historically this population did not receive the same judicial reviews as other citizens were afforded. This all changed after the Lanterman-Petris-Short (LPS) Act was signed into law by then-Governor Ronald Reagan in 1967. The Act went into full effect on July 1, 1972. It cited seven articles of intent, one of which was to safeguard individual rights through judicial review.

Here at Sonoma Developmental Center there are internal policies that address this.

SDC Policy 433 states: It is the belief of Sonoma Developmental Center (SDC) that each client residing at the facility has, at all times, the right to seek his/her own release by either verbal or nonverbal (acted-out) request. In order to assure this right, it is the responsibility of SDC staff to act upon all such requests expeditiously, in accordance with the following procedures.

*Definitions:*

- Nonverbal Requests for Release: Nonverbal requests for release are assumed to have occurred when a client leaves his/her home unit or off-unit activities without authorization, with intent not to return. However, when staff is uncertain whether a person is making a request for release, an interpretive conference will be held.
- Verbal Requests for Release: Verbal requests for release are generally assumed to have occurred when a resident verbalizes, signs, or otherwise communicates (i.e., writing, communication boards, etc.) a desire to leave Sonoma Developmental Center and go elsewhere to live on a permanent basis.
- A parent or guardian of a minor or the conservator of an adult may also request release on behalf of a person at a Developmental Center. The request will either be honored or responded to in the same manner as if the person at the facility had made the request. Some forms of communication, verbal or not, are not clear as to intent. Therefore, when staff is uncertain, an Interpretive Conference should be held.

*Process:*

- The Clients Rights Advocate should be notified to aid the team in setting up the interpretive conference in con-



*Tobias Weare*



*Court occurs in the King Building (above) on the 2nd Friday of every month.*

junction with the residential social worker. The purpose of the Interpretive Conference is to determine if the client is making a request to leave Sonoma Developmental Center and live elsewhere on a permanent basis. When the request is clear and unequivocal, an Interpretive Conference is not required.

- The advantages and disadvantages of the move/request will be discussed with the client or family, conservator, and/or advocate. However, the client is not required to understand the consequences of such a move/request in order for it to be considered valid. The mere desire to live elsewhere is sufficient to initiate the procedures. The advisability or appropriateness of release is to be determined by the Due Process procedures of a court hearing and not by the Interpretive Conference.
- If it is clear that a person is requesting release, or an Interpretive Conference has decided that a request for release has been made, the client will be assisted to complete the Request for Release form (DS-5227). All request forms must be delivered to the Executive Director or designee by the end of the first business day after the request has been received or the Interpretive Conference held.

- This Request for Release by a Writ of Habeas Corpus will be filed with the Superior Court of Sonoma County as specified by the law. Clients leaving Sonoma Developmental Center as a result of a Writ of Habeas Corpus or a request to leave will be discharged and not placed on provisional placement.

If you have any questions regarding the writ process please feel free to call Tobias Weare, the Clients' Rights Advocate assigned to SDC; office phone (707) 938-6501.

## Holiday Cooking at Sifford

*by Diane Kane, Teacher*

**H**oliday Cooking activity happened at the Sifford Center! Cooking class is a popular, well-attended program activity. Each cooking activity begins with a shopping list, a reusable shopping bag and together, we make the bus trip to the Glen Ellen Market, where everyone knows our name.

Shopping participants have multiple learning opportunities; holding, touching, pointing, asking questions, safety awareness, pushing the shopping cart in



*Diane Kane*

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# Community Happenings

*Holiday Cooking, continued from previous page*

the store, carrying items back to the bus for the ride home and unloading the bags at Sifford.

In the past two months, students prepared several nutritious dishes;

- Pumpkin muffins
- Apple pies
- Apple sauce
- Dried persimmons
- Dried apples

Cooking is an opportunity for staff and students to share experiences, talents and gifts, learn about fresh foods, making choices, cleaning fruits and vegetables, proper use of tools, following directions and taking turns. Developing life-skills in a meaningful context, allows each person to discover new skills and talents. Who knew that Mark loved to scoop apple slices from a bowl to the pie!?

Looking at the faces of Mark, Alana, Randy and Danny (below), working together at the cooking circle, one easily observes joy and happiness.



*Above: Randy  
Below: Danny*



*Above: Mark  
Below: Alana*



*[Photos by Diane Kane]*



## Hanna Boys Center Performs at SDC

On Wednesday December 11<sup>th</sup> the Hanna Boys caroled their way throughout the Nursing Facility (NF) residences for all to enjoy. The residents enjoyed listening and participating in the festive occasion. The students made their way through the Nelson Building, Regameys, Johnsons and Ordahls to the delight of everyone! Afterwards everyone was treated to hot chocolate, homemade cookies and buffalo jerky. Hanna Boys Center has been coming to Sonoma Developmental Center for

many years. It was obvious from the smiles and laughter, that the 200+ individuals living in the NF residences were having a grand time.



*Right: Hanna Boys  
sing Christmas  
carols to residents  
[photo by  
Becky Zyskowski]*

## Handmade Ornaments Make Their Way to Sacramento

Residents from Sonoma Developmental Center (SDC) created over twenty ornaments for the annual State Capital Tree Lighting Ceremony in Sacramento. The 82<sup>nd</sup> Annual Capitol Christmas Tree Lighting Ceremony was held on Wednesday, December 12<sup>th</sup> on the West Steps of the State Capitol.

The tree was decorated with hundreds of hand-crafted ornaments created by children and adults with developmental disabilities who receive services and support from the state's development centers and 21 nonprofit regional centers. It was illuminated by 10,000 ultra-low-wattage LED lights. Sonoma Developmental Center has participated in creating ornaments for the State tree for more than 20 years. The ornaments submitted were featured as the December Advocacy Poster at SDC.



*Some of the handmade ornaments sent to Sacramento*

## Note:

If you would like to receive the *Eldridge Press* electronically, please e-mail your request to [Jorge.Fernandez@sonoma.dds.ca.gov](mailto:Jorge.Fernandez@sonoma.dds.ca.gov).

# Community Happenings...

## Holiday Craft Fair

Sonoma Developmental Center held its annual Holiday Craft Fair on December 4 and 5, 2013 at the facility's gymnasium. The Annual Holiday Craft Fair occurred between the hours of 10:00 AM and 4:00 PM. The Center has held a Craft Fair for over 20 years, to raise funds for client activities that are not funded by the state.

Items available for purchase included knitted hats, pottery, beauty products, ornaments, handmade jewelry, jewelry repair, children books, handmade toys, potholders, body lotions, candles, ceramics, one-of-a-kind gifts, and much, much more. There were a lot of great holiday gifts and decorations and with twenty-plus vendors from Sonoma County each day, you were sure to find that perfect item! During the Craft Fair, \$360.00 was raised from the raffle and was donated to Handicap International to help people with disabilities who were impacted by the typhoon in the Philippines.

Handicap International supports people with disabilities and vulnerable populations in situations of poverty, conflict and disaster. The group has been working in the Philippines since 1985 and has been preparing emergency aid for the hard-hit city of Tacloban.

## Tree Lighting Ceremony

Sonoma Developmental Center held the 5<sup>th</sup> annual Tree Lighting Ceremony on December 12, 2013 outside the facility's gymnasium. The Annual Tree Lighting Ceremony occurred between the hours of 3:30 PM and 5:00 PM. The large tree on the lawn outside the gymna-

sium was adorned with lights that were lit at 4:30 PM. The Peace on Earth Sign that has been a tradition at the Center for many years was also lit and could be seen from Arnold Drive at the four-way stop sign.

There were 25 smaller trees lining the sidewalk on Harney Circle, which were decorated by various programs and departments throughout the facility for all to enjoy during the month of December. The atmosphere was indeed festive, as Christmas carolers sang holiday favorites. There were photo opportunities with Santa and warm refreshments and pumpkin pie were served. Those in attendance voted for their favorite tree, with the top three winners receiving trophies from Santa. And the winners were:

- 1st place: Sunrise Industries (Central Program Services)
- 2nd place: Program 4
- 3rd place: Human Resources



*SDC staff buy gifts at the Holiday Craft Fair*



*Above: The Peace on Earth sign  
Below: Getting a photo with Santa*



*Left: 1st place  
Above: 2nd place  
Right: 3rd place*

## Submitting articles to the Eldridge Press:

The *Eldridge Press* gladly accepts submissions of articles about events at Sonoma Developmental Center, news about the Center's departments and programs, employee recognition, and other information of interest to the Center's employees, consumers and other stakeholders. Articles may be edited for grammar, punctuation, and clarity. To submit your article, send it to the Office of Planning and Communications, Room 102, Sonoma Developmental Center, P.O. Box 1493, Eldridge, CA 95431. Deadlines are the 25th of the month prior to the publication date (for instance, January 25 is the deadline for the February 2014 issue).

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