



Eldridge Press

Message from the Executive Director

by Karen Faria

The following is what Ms Faria shared at the Town Hall meetings that were held the first week of July:

- “There will be a series of meetings to address the issues and concerns around the power bar usage. Currently it is acceptable to use power bars on a temporary basis. For example, if you plug in a radio, it is important to unplug the power bar when the person is done listening to the radio. Power bars may never be left plugged into the wall after temporary use. Please contact your Program Management or Department head if you have any questions.
- As of January 1 to June 17, there has been a net gain of twenty-eight employees. This is due to many employees retiring or separating from the facility. Currently the center employs 1236.4 people.
- There was an overall decrease in mandatory overtime noted from January 2013, compared to the end of May 2013, even with the addition of a second med cart of the ICF residences.
- The NF survey went very well. There were no med errors or substandard care noted.
- The Taskforce meeting occurred in June. The history, current operations and future meetings were discussed. The next meeting is scheduled to occur in August.
- On behalf of the people who live here, I would like to thank everyone involved with the NF Services moves during the month of June. It was a great Take Pride moment by all.
- Individual Development Plan’s (IDPs) will be addressed and will be made current. It is important to provide staff with information about what their strengths are, and what their needs are for trainings, supports and skills development.
- Progress continues to be made on Active Treatment. Staff are engaging residents and activities are starting to happen. However, more training is needed. There will be two Active Treatment trainers assigned to Programs Four and Six, with a concentrated effort for several weeks on each residence.
- Staff appreciation picnic is still on target for August 2 with a barbeque for both the AM and PM staff and appreciation baskets for the NOC (overnight) shift staff.
- New indoor and outdoor furniture and supplies have been ordered and will be arriving soon.
- Sick leave and call-in data will be reviewed closely. Data on undelivered staff is also being reviewed, because we need to depend on one another. Reduction of undelivered staff will take time.
- The Department of Developmental Services (DDS) announces a contract for the Independent Consultative Review Expert (ICRE) with the Delmarva Foundation. The ICRE contract, which was effective, June 26, 2013, is a critical element of the Improvement Agreement with the California Department of Public Health (CDPH).”



Karen Faria

Members of the ICRE came up and made introductions and answered questions from the audience members. Project Director, Diane McComb agreed to write an article on the ICRE (see page 2), including a link to a survey soliciting input from all employees.

Have You Heard?

Who are these people running around SDC?

by Diane McComb, Project Coordinator

Who are those people running around Sonoma Developmental Center? DDS has contracted with the Delmarva Foundation, a nonprofit quality improvement organization as an Independent Consultative Review Expert (ICRE) to assist SDC with some changes to improve the lives of individuals living here and staff who support them.

Their first week was met with enthusiasm by staff and management alike as they blanketed the campus loaded with good ideas to look at what we do differently. Over the next month they will have about 20 folks collecting data and talking with individuals and staff to provide information resulting in an updated strategic plan. Once written, we'll have a road map to get us all on the same page.

While most of the Delmarva personnel will be gone by the end of July, one person will remain on site full time to help us navigate the plan and resolve issues that impede our progress. Matt Mason, PhD is a clinical psychologist and certified in applied behavioral analysis. He will be with us through the end of April next year.

In order to make sure everyone who wants to give input has a chance to do so, we've asked Delmarva to conduct an online survey. All staff are invited to click on this link to take the survey: <https://www.surveymonkey.com/s/SCGN36M>

Only Delmarva will see your answers. They will provide feedback to us based on a summary of responses, and if you want to speak with one of them directly, you will be given a chance to do that. We would like as many SDC staff as possible to take the survey, so please click on the link above or paste it into your browser at work or home today.

Did You Know?

Administrative Services

- Nutrition Services serves approximately 1200 meals daily at 16 units and 10 off-sites; "Special Occasion" meals twice per week per unit; hors d'oeuvres at events such as the Fashion Show; and holiday meals every month, complete with Santa Claus in December!

Sonoma Regional Project

- Former SDC clients living in the community spend



Diane McComb
[submitted photo]

their leisure time at various locales and events such as rodeos, Giants and A's games, hockey games, SPCA ball games, Yukon basketball games, local and state fairs, farmers' markets, San Francisco/Monterey Bay Aquarium(s), Reptile Museum, Lodi Grape Festival, Strawberry Festival, Auto Museums, jazz concerts, and beading classes. They have also participated by singing in a choir; visiting San Francisco, Reno and Las Vegas; flying kites at the beach; attending dances monthly; visiting other consumers' homes; and taking trips to the snow.

- Sonoma Regional Project Community Program Specialists traveled approximately 21,000 miles over the last fiscal year for transition activities for consumers going to the community or to other developmental centers.
- Sonoma Regional Project by the numbers from July 2012 to June 2013:
 - 146—Provider Visits at SDC
 - 91—Follow-up Meetings
 - 63—Home and/or Day Program Visits
 - 32—TSM (Transition Support Meetings)
 - 27—Community Placements
 - 27—Confirmation Meetings
 - 7—Special Meetings
 - 2—Transfers to another DC

Central Nursing Services (CNS) Department

- CNS Department has hired two new HSSs: Kathleen Cabugao, RN and Nayeli Hidalgo, RN.

New Hires

Sonoma Developmental Center would like to welcome its newest employees that were hired during the month of June:

- Ebenezer Ampah, EEO Coordinator
- Lindsay Byers, Nurse Instructor
- Tarsiano Castro, Registered Nurse
- Sheryl De La Cruz, Registered Nurse
- Kellie Furia, Psychiatric Technician
- Andrew Gatchalian, Psychiatric Technician
- Gaetana Grasso, Psychiatric Technician
- Joscelyne Guidry, Registered Nurse
- Patricia Spivey, Psychologist
- Loretta Wilkinson, Nurse Instructor
- Miriam Coates, Registered Nurse
- Ceasar Cortez, Respiratory Care Therapist
- Maria DeBernardi, Senior Personnel Specialist
- Jared Eakins, Office Technician
- Steven Heidorn, Psychologist

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New Hires, continued from previous page

- Glenda Major, Psychiatric Technician
- Victor McWilliams, Pharmacy Services Manager
- Christina Torres, Registered Nurse
- Eileen Underwood, Office Technician

Summertime in QA

by Eileen Garrison-Castelli

It's summertime in Quality Assurance (QA)! Things are changing in QA and we are getting bigger and better. Quality Assurance had a "Welcome to Summer" 2013 potluck party on June 28, 2013 at McDougall. It was a great time for all of the seasoned QA staff to meet and visit with the new staff recently joining our ranks. A great time and plenty of eating was had by all. A giveaway raffle of a beach bag and summer items was held as well as one for a Giants gift basket! It was, after all, "Wear Your Giants Shirt to Work Friday"!

It was so fun to just relax and meet and greet each other for a little while. Special thanks to Becky Zyskowski for the lending of the table cloths and decorations, as well as everyone who brought the yummy dishes to share. It really does feel like a new day in QA and the staff are coming together to meet the needs of the clients at the same time as having some fun with each other! We plan on getting together during the year, making sure that we honor each other, with a little lunchtime fun.



Gail Mouille (left) and Eileen Garrison-Castelli working a photo booth at the 4th of July event

Happy Nurses Week!

by Chris Gephart

Coordinator of Nursing Services

An ice cream social Nurses Appreciation Event took place on June 26, 2013 at Sonoma House to celebrate and honor all the Nurses working at the center. Coordinator of Nursing Services Chris Gephart had this to say:

To the amazing nurses at SDC in so many different roles—Assistant Coordinators of Nursing Services, Supervising Registered Nurses, Health Services Specialists, RN Shift Leads, Minimum Data Set Coordinators, Central Supply RN, Anesthesia RN, Community Medical Services Coordinator RN, Discharge Planner RN, Public Health Nurse, Wound Care RN, RN Instructor (acting), Quality Assurance RNs, Nursing Coordinator RN (acting), LOC Registered Nurses and Licensed Vocational

Nurses—Happy Nurses Week!!

The service you provide contributes significantly to the well-being of the people who live here and is an essential component of health care delivery at Sonoma Developmental Center.

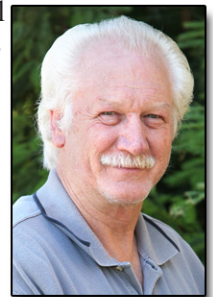
Please know that you are seen and appreciated. Every day you care, you assess, you problem solve, you triage, you advocate, and you teach—you are nurses. I am both privileged and proud to work with you.



Chris Gephart

Supervisor of Excellence

In June 2013, Bill Seehuber, Supervisor Cook I from Nutrition Services, was recognized as Supervisor of Excellence. His nominator says, "Bill has worked at SDC in Nutrition Services for 35 years. He handles employee issues in a calm, even, and fair manner. He treats everyone fairly, equally and respectfully. In return, he has his employees' respect." This is a reflection of his dedication, skills and knowledge. When opportunities arise for employees to learn new skills, "he is very good at advocating and matching employees with those opportunities." His nominator goes on to say, "His extended period of exemplary attendance (32 months without unscheduled time off) has also helped provide consistency and role-modeling for our employees." Way to go, Bill!



Bill Seehuber

Take Pride Moments at SDC

- To all who worked so hard in the reorganization of the Sifford environment into an Activity Center, including the housekeeping crew, which stripped, waxed and buffed the large floor area that had not been done in quite some time.
- George Cabato, housekeeper in the administration building. He is always smiling, pleasant, and positive when he cleans. He knows everyone's name and is always engaging. He brightens my day and it is hard to be in a bad mood when he is around. Everyone in QA appreciates the job that he does!
- Susan Albrecht, Health and Safety Officer, brought the fit testing to NF (nursing facility) residences because everyone was in the midst of the NF licensing

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Recognition

Take Pride Moments, continued from previous page

survey. They made themselves available in various locations at various times. This allowed all the staff to leave the unit, get tested and return quickly.

- On Easter Sunday, for brunch, Charlotte Daly, Food Service, went to the Dollar Store and bought disposable dinnerware in pretty Easter colors to minimize the impact for the Nelson residents because they had no water and no dishes with the exception of adaptive equipment. She has also donated pretty salad and vegetable bowls for family-style dining on the Corcoran residence. She has enhanced dining and encouraged independent dining skills and choice through family dining options.
- To Rodney Thompson who at the last minute was asked to take an individual's bed (she was leaving in 45 minutes) to her community placement, as the provider did not have the correct bed. As always, Rodney said yes, and the bed and a recliner were brought to the home later that afternoon. The individual is doing well, thanks to having her bed and recliner.
- Idalia Sullivan, Elizabeth Costa and Charlotte Daly for providing NF services several big containers to chill bottled water and store popsicles in the kitchen freezers for the day of the big moves. Having cold water and something fun to eat, made a long and busy day better.
- I've really enjoyed the recent editions of the *Eldridge Press* particularly the "Did you Know" and the history of SDC. I also enjoy reading about the different departments and people. Thank you for shining a light and reminding us and teaching us about the great people we work with and make such contributions daily to SDC.
- Kate Klarkowski, IPC on the Malone residence, has been helping clients get to work when staff need help in translocating, even in the pouring rain and with a smile on her face. This helps out staff when they are busy, and makes sure clients get to work on time and in good spirits.
- Neil Lomboy, Joe White and Cheryl Carton, Food

Service staff, have been helping out in the dining room, providing great service above and beyond their duties. This assists the level of care staff with providing the individuals a more meaningful and engaging dining experience.

- While making rounds on Sunday, Rachel Cronk, Unit Supervisor, volunteered to work the Cohen residence for four hours. This helped prevent an overtime situation.
- Abraham Hill, Training Department, created a training video with Road ruck staff during mealtimes for them to play back and watch. This assisted staff with brainstorming areas that needed improvement.
- Karen Koelle, Adaptive Technology Resource Services, modified recreation items for better access. This allowed many individuals to participate in a more independent fashion.
- During the NF Fire Life Safety Survey the Quality Assurance Department, Program 4 and Program 6 assisted the NF Program in ensuring compliance with power bar use. These areas stepped up at a moment's notice to ensure the safety and well-being of the residents.
- Kudos to motor pool staff Richard, Ray and Randy for assisting Central Program Services with on- and off-campus trips. This allowed the residents and staff opportunities for more meaningful and engaging activities in the greater community.



Take Pride Spotlight: The Nursing Facility (NF) Sprinkler Project

by Mary Antone

At the end of 2012, Program 2 began the transition for the Sprinkler Renovation Project. Emparan A and Regamey B moved to Thompson and Bane, while Regamey A moved to Johnson A and then in early 2013, Nelson B moved to King. Next, Cromwell, Nelson C and Nelson D moved to new temporary locations. In a two week period in June 2013 Cromwell, Ordahl A and B, Johnson A, Johnson B and Johnson C packed up and moved to facilitate building renovations.

Due to the extraordinary efforts of all involved, every client had a positive experience, all are doing well in their

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Take Pride Spotlight, continued from previous page

new areas, and many appear to enjoy exploring their new home with increased interest! In August the renovations will be completed and NF Services is anticipating that we will be moving seven residential areas into permanent locations.

We would like to send out a heartfelt thank you to the following individuals for all of their hard work and efforts on the behalf of the clients in NF Services:

- **All of the staff and supervisors** on all of the NF residences—everyone has done a fabulous job. These were difficult moves, done in a short period of time.
- **The staff from Motor Pool and Plant Ops**—not only did you put in extra hours, but you did it with a smile!
- Also, **Janitorial Services, IT, Switchboard, Nutrition Services, Clinical Records, SCOE (CPS), RTs, Clinic staff, Mobility Dining Aides, the Fire Department and the CNS Department** were also, tremendously helpful during all these moves. **Teresa Murphy**, who was our “general” and oversaw the entire process, continues to monitor for the final phase. **Paula Prideaux**, for internal focus and organization. Because of you, all the moves went very well.

The list could go on, and should, but everyone who had a hand in this did an outstanding job. Thank you again.

People First Gathering

Savaing Sok attended the 2nd Annual People First of California Statewide Gathering, “People First... The Next Generation,” that occurred June 28 through June 30 at the Holiday Inn in San Jose, California. As a Board Member for People First of California, Mr. Sok was assigned many tasks during the three-day event, as were all his fellow Board Members.

On the first night Mr. Sok assisted with registration, selling raffle tickets and was the announcer during the evening’s event, includ-



Mary Antone chats with a client at the Sock Hop February 2013



Savaing selling raffle tickets at the People First Gathering [photo by JJ Fernandez]

ing introducing the guest speakers. Late into the evening, he assisted with blowing up balloons and decorating the main room for the dance that would be held the following night. On June 29th, Mr. Sok and the fellow Board Members spent the day assisting with registration, greeting, selling raffle tickets and preparing for their presentations during the open sessions in the early afternoon. Mr. Sok and fellow member Dan, presented “Passing the Torch to the Next Generation,” which was well-received by many.

Saturday evening, he participated in the Speed Dating event and eventually made his way to the outdoor pool, but quickly had to come back in for the evening’s events, including a scrumptious dinner with guest speakers and award presentations. This was followed by an evening dance. On Sunday, Mr. Sok assisted his fellow Board Members in announcing and presenting the winners of the gift baskets. He had this to say about the event, “I had a lot of fun helping everyone and enjoyed meeting a lot of new people who are my friends now. I really admire Roy our President because he works really hard and thanked me for helping him. I can’t wait for next year’s gathering.”

Consumer Advisory Committee

Marcia Dinkelspiel attended the Consumer Advisory Meeting at the Hawthorne Suites, in Sacramento on May 7 and 8. She was so excited to spend the night and visit with the other members.

During the two day meeting a variety of topics were discussed including:

- Olmstead report
- Self-Advocates “Becoming Empowered” report
- CAC members report
- “Feeling Safe Being Safe” webcast
- Coordinator of Consumer Services report
- National Core Indicators report
- Supported Living Services presentation
- Sonoma Developmental Center update
- Nominations, speeches and election of officers
- Certificate presentations



Marcia Dinkelspiel

Ms Dinkelspiel enjoyed sharing her CAC report and decided to run for the seat of Vice President. Although Ms Dinkelspiel did not get elected she said, “It’s okay, I had fun and got to do a speech with Heather (her support staff).” Ms. Dinkelspiel enjoyed spending time with the other members and looked forward to the next meeting in the fall.

Advocacy

Volunteer Advocacy Services Project

by Ross Long, VAS Project Coordinator

The legislature in the 1990s created the Volunteer Advocacy Services (VAS) Project for the developmental centers. The purpose of the VAS Project was to provide advocacy services for residents that do not have any family involvement or an advocate. It was found that residents with little or no family involvement were not receiving needed services and supports. The VAS projects are administered through the State Council on Developmental Disabilities and the Area Boards. The VAS Project at SDC is through the Area Board 4.

I have been the VAS Coordinator since November of 2008. When I started there were six advocates. Currently there are 16 advocates serving 110 residents of SDC. For residents that do not have a volunteer advocate, I am their advocate. Also I recruit, train, and consult with volunteer advocates. It is great working with the advocates, residents, and SDC staff.

The volunteer advocates visit their consumers at least four hours a month. The advocates attend Individual Program Plan (IPP) meetings as well as special meetings. The volunteer advocates help consumers advocate for what they need. Advocates assist interdisciplinary team members in identifying their consumer's needs. Advocates make sure that their consumer's rights are being protected. In addition to being advocates, the volunteer advocates are friends of the consumers.

Examples of advocate activities are:

- Advocates encourage consumers in making choices by asking them (for instance) what nail polish they want, what kind of music, movies, or stories they like.
- When consumers are shopping, advocates offer different choices of clothing or items to purchase.
- Advocates assist consumers in attending SDC and community events.
- Advocates advocate assessments for equipment that their consumer may need.
- Advocates help some of their consumers to exercise their right to vote.
- When a consumer is in the process of community placement, often their advocate visits the community home and day program. Also advocates help with the transition process.



Ross Long

- When a consumer is at GAC (our on-grounds acute hospital) or a hospital in the community, their advocate visits them to provide emotional support.

The Area Board 4 along with SDC sponsors the Opportunity Fair is for residents and staff, to gain information on what services are available in the community. This year's Opportunity Fair was on June 6th from 10:30–2:30 at the Meadows.

Feel free to contact me at (707) 938-6757, email: ross.long@sonoma.dds.ca.gov

Opportunity Fair

On Thursday June 6, 2013 Sonoma Developmental Center (SDC) and the State Council on Developmental Disabilities, Area Board Four co-hosted an Opportunity Fair from 10:30 AM to 2:30 PM on the SDC campus. The Opportunity Fair featured several vendors that provide services and supports to individuals with developmental disabilities and showcased a wide spectrum of work, leisure, and living opportunities within the Center as well as out in the greater community.

The event included presentations and performances by the SDC Bell Choir and Redwood Cloggers. The SDC Wellness Committee also sold lunch, including a variety of healthy and hearty lunch options to choose from. The event was a huge success at its new venue by the Meadows and the Opportunity Fair Committee members are already looking forward to planning next year's event.



Opportunity Fair



Opportunity Fair

Community Happenings

Annual Horse Show

The 32nd Annual Horse Show for the residents at Sonoma Developmental Center (SDC) took place on Saturday, June 15 from 9:30 AM to 12:30 PM at the outdoor equestrian arena at the facility. There were approximately 50 people from the center who participated in the Horse Show (also called the Equestrian Sporting Event). All the riders participating in the event won ribbons, with their families and friends cheering them on. The individuals were judged on how they mount the horse as well as equitation (the practice of riding a horse). However, the judge does take into consideration the developmental limitations of each rider.



This year's Horse Show



Ken Woodle presents a ribbon to a Horse Show participant

SDC's Equestrian Program has been in existence since the early 1980s. The Equestrian Program Coordinator, Nancy Sessi-Tallent, has provided the individuals who reside at SDC with skills that increase the students' confidence and pride, as well as instilling a sense of accomplishment. Nancy is also the coordinator of the Annual Horse Show.

The program offers riding on Tuesday afternoons, as well as every other Friday and Saturday mornings,

and is offered all year round. Students in the program also learn skills in horse care, such as grooming and feeding. All horses have been specially trained to be familiar with physical and/or emotional limitations, wheelchairs, special mounting ramps and the ability to be mounted from either side. Only horses thoroughly tested for reliability are used for recreational riding.

4th of July Sneak Peak

We will tell you all about our 4th of July festivities in the August *Eldridge Press*. In the meantime, here's a photo of the fireworks we enjoyed the evening of July 2.



Note:

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

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 15th of the month prior to the publication date (for instance, July 15 is the deadline for the August 2013 issue).

Eldridge Press
Volume 9, Number 6, © July 2013

Edited by: Jorge (JJ) Fernandez
Office of Planning & Communications

Published by:
Sonoma Developmental Center
P.O. Box 1493
Eldridge, CA 95431

Photography & layout: Nancy Flack
Central Program Services