

Creative Support Alternatives

AUGUST
NEWSLETTER
2013



Annual Picnic a Big Hit!

The Creative Support Alternatives Annual Picnic, held each year in San Diego's beautiful Balboa Park, provides the perfect opportunity to come together to appreciate and celebrate one another.

There are so many who contributed to the picnic's success this year, making the 2013 picnic the best event ever, according to many! John Filley once-again transported his BBQ grill to and from Pepper Grove Picnic Area in Balboa Park. Kalen and Felix perfected their grillin' skills, barbecuing all of the meat and veggie burgers to feed the masses! Chris's Dad, Rikio, graciously donated one of his beautiful original art pieces, raffling it off to the picnic attendees. Sam, Kristoffel, and Melissa did all the food shopping, which they've perfected right down to the cookies! It was wonderful to

have Mary Ellen here in San Diego and to finally have the whole San Diego group meet the infamous John, her husband. Stefanie and Jeremy also stopped by with their new baby daughter, Juniper.

We are grateful to everyone who came to the picnic: people served, people providing support, friends, and families. The picnic allows us to take time in the middle of the year, during the gorgeous San Diego summer, to enjoy the company of all the members that make up the CSA Family. We are already looking forward to next year with each and every one 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.

Summertime in the South

Summertime in San Diego has brought with it some changes for Creative Support Alternatives. If you've stopped by the Interwork Institute building recently, you will have noticed that the professors and classes for the Administration, Rehabilitation, and Post-Secondary Education (ARPE) have moved to SDSU's main campus. These changes, along with the additional 4.4% cut experienced by IHSS providers that began on July 1, 2013 will have some impact on our administrative structure, but we can assure you that the quality services Creative Support Alternatives is known for will continue to be our focus, as always.

Summer 2013 highlights include: both Angela and Kalen moved into new apartments. Angela has settled into her new neighborhood since moving in May, while Kalen has enjoyed his new apartment's location near the Lemon Grove trolley station since August. Rob went on two trips, visiting his grandmother in Iowa and attending his niece's baptism in Oregon. Justin and Kyle had a blast together at the San Diego County Fair in June. Kathleen, who moved to San Diego recently after being served in the little town of Angels Camp by our Northern CA Team, had her husband visiting for a week. Teri traveled to visit with her sister in sunny Arizona for four days. Andy has been out and about in his community, going to local stores as well as the Challenge Center, independently with his scooter! In his 17th year working for Interwork, Taheen is transitioning to working in two locations: both the SDSU campus and the Interwork office building. Autumn has been participating in a swim and exercise class offered through the Challenge Center, while Nita is exploring her community by joining the Independence Club and participating in a number of Parks and Recreation Department events. Finally, rumor has it that three of the people we support have purchased airline tickets to make their dream of visiting Washington, DC a reality this Fall! We are very proud of all of you!



Ted's Big Move!

A big Creative Support Alternatives "Congratulations!" goes out to Ted, who moved into his very first apartment in July! Ted began partnering with Creative Support Alternatives earlier this year, spending time with Joy (Support Facilitator) to complete an Independent Living Assessment. The Assessment process helped us to get to know Ted, his hopes and dreams for his new home and life on his own, and his support needs. After lots of hard work, Ted moved into his big and bright apartment in the little town of Jackson. Now Ted can walk everywhere he wants to go!

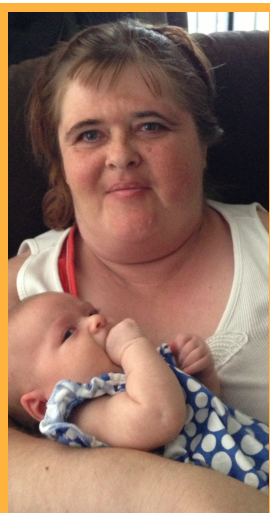
Ted also has a "roommate" of sorts: he recently rescued Millie from the local Shelter, a large 7-year-old cat in need of a forever-home! Ted and Millie make an amazing pair and are having a great time together in their new home! Congratulations, Ted!

News from the North

Our Northern CA team started summer at full-speed and hasn't slowed down since! We completed four Independent Living Assessments, resulting in Ted moving out, Amanda beginning the journey toward her own place, and two others deciding to wait for awhile. Two additional Assessments are in progress, with two young women also planning on moving out on their own. Our Transition2Life Project provided numerous training sessions across all 3 counties, highlighting our T2L Resource Guide, including two project-developed person-centered planning tools and the all-original T2L DVD. We're also excited to welcome BizSupport Facilitator Jessica Moore to our team! Jessica comes to BizCircles with lots of creative, hands-on business experience. BizCircles recently sponsored the launching of a new group called The BizClub. With the first meeting facilitated by Mary Ellen, five budding micro-business owners got together, along with Jessica and Support Facilitators Anna and Joy. The group developed a framework for the BizClub, identifying goals such as supporting each other's business efforts, inviting new members and special-topic speakers, and networking via Skype and in-person with micro-business friends and colleagues. Early August saw CSA well-represented at the amazing summer Self-Advocacy Council 6 event held at historic Jamestown Railtown Park. Featured speakers, as well as live music, dancing, BBQ lunch, and time for catching up with friends, made for a great day! Micro-business owners Dale, Ericka, and Mike J., hosted tables highlighting their micro-businesses. Also participating were Jon H., Amanda, Sara, Jenny, and Kevin (from our Independent Living Services), along with Mary Ellen and Facilitators Anna, Joy, Emilie, and Jessica. Kevin, who has served as a grant Peer Consultant, hosted our Transition2Life Project information table. As summer starts to wind-down, we're already looking forward to Fall!

Connie: A Pioneer

In July of 2003, a twenty-something young woman named Connie began utilizing Independent Living Services with Creative Support Alternatives. She made plans and worked hard, leaving behind a group home and moving in with her long-time love, Taheen. From living with a large unrelated group of people into a shared home with the man she loves, Connie thrived with the positive changes in her life. In September 2004, Taheen and Connie married, honeymooned on a little cruise to Mexico, and are currently looking forward to celebrating their 9th anniversary in Las Vegas! The past ten years have included pets (such as birds, fish, turtles, hamsters, and a guinea pig), eight anniversary-trip destinations (typically near a body of water), and several interesting jobs. Connie has accomplished much over the years, including her current job working at MCRD from 4:00 a.m. - 12:00 p.m., five days per week, for nearly a year! Thank you for partnering with Creative Support Alternatives over the past decade, Connie. We look forward to assisting you in the coming years with excitement!



Special Announcements

Welcome New Employees

Farhia Gelle
Adrea Mack-Solis
Jessica Moore
Tameka Salgado-Williams

Upcoming Events

2013 Harvest Ball
September 21, 2013
Crowne Plaza San Diego
619-525-8247 for info

Supported Life Conference 2013:
Wellness for All
October 9-11, 2013
Lions Gate Hotel
Sacramento, CA



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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