

Creative Support Alternatives

JUNE
NEWSLETTER
2013



Welcome Kathleen!

She has arrived! After months and months of hard work, along with assistance and support from her family, Mary Ellen, Melissa, Kristoffel, VMRC Service Coordinator Karen Cloyd and Program Manager Patricia Green, Kathleen has made her long-awaited dream come true: she can now call San Diego her home!

Kathleen and Bandit (her blonde Chihuahua!) are busy getting to know her new housemate Nita, along with Nita's team. She's also working with Melissa to hire her own new Support Facilitator. There are so many details when making a big move: packing (and packing!), finding a moving company, unpacking (and

unpacking!), learning bus routes and places such as where her family members live, her new Weight Watchers group, her local shopping center, and much, much more.

Kathleen has plans to get a job soon, join a Literacy program, do more advocacy presentations, and (so we've heard) learn how to surf! Be sure to say hello and welcome to Kathleen when you see her! Here's a sunny San Diego welcome from all of us in the Creative Support Alternatives family!

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.

Self-Advocacy Shines this Conference Season

Creative Support Alternatives has been well-represented at some amazing events recently! At the CHOICES Institute/Stockton: Jenny, Ericka, James, and Bev, along with Support Facilitators Anna and Linda, and Mary Ellen, participated in this sold-out 26th Annual conference. As members of the Conference Planning Committee, we know first-hand the excitement this event generates. We learned about the "Roads to Independence" shared by featured speakers, networked with friends new and old, and walked away inspired and energized once again!

At the Statewide Self-Advocacy Conference/Sacramento: Mike, Dale, Ericka, and Bev gave a panel presentation titled "Mountain Micro-Business: Our Stories". Mike (bicycle-based mobile recycling), Dale (children's book author), Ericka (original art and digital photography greeting cards) and Bev (handmade beaded jewelry) captivated the audience with their developing stories and Power Point presentations. A special thanks to Support Facilitator Joy, Mary Ellen, and especially Area Board 6/SCDD for their support of our conference participation.

Events such as these not only build important self-advocacy skills and knowledge, they connect people in new ways, empowering and inspiring them to take charge of their lives! We celebrate and congratulate these Self-Advocates and Leaders!

Kathy, Demra, Tammy, Chris, Brenda, Justin, Kyle, and Kalen all attended the 23rd Annual San Diego People First Self Advocacy Conference held in sunny San Diego's Mission Valley Marriott on May 11& 12. This year's conference theme, "San Diego People First - Then, Now and Forever". Everyone shared they had a good time, going to the various workshops, watching our Mayor Bob Filner present awards, enjoying People First Idol Season 5, checking out the people First Boutique, dancing, and listening to the keynote speaker, Andreas Economopoulos. Demra continues to work hard preparing her bake goods for her business, Demra's Delights, and selling them at the boutique. We are so proud to have so many active participants, not only attending but also planning, the Self Advocacy Conference that over 400 people attend every year!



Welcome Samantha!



We are excited to warmly welcome Samantha Elsea (also known as "Sam") as our newest Community Living Coordinator. She comes to us with a wealth of experience that includes working with Disabled Students Programs and Services (DSPS), College 2 Career, Educational Cultural Complex (ECC), along with experiences providing direct support and collaborating with people with disabilities and stakeholders. After graduating from UCSD with a Bachelor degree in Human Development, Sam began the SDSU Masters in Vocational Rehabilitation Counseling program, located right here at Interwork Institute. Please join us in welcoming Sam as she becomes acquainted with the people we support and their team members. We are thrilled to have you on board, Sam, and look forward to collaborating and working together in the CSA Family!

Employee Recognition

Linda Rupe: Linda first partnered with us during her time as a Service Coordinator and when she retired, we weren't about to let her go! She joined our NoCA team and brought with her the creativity, flexibility, and passion for providing truly person-centered supports that we had come to expect from her. She not only assists Lori, Jenny, and now Shawn, but also provides assistance on our Transition2Life project. We appreciate you and all your efforts, Linda!

Pam Camp: Pam has been with Creative Support Alternatives almost since its inception. She is incredibly resourceful, witty, and dedicated to the mission, philosophies, and values that are the foundation of CSA. Pam is always a "go to" team member and happily will go above and beyond her role in providing support to Chris. Thanks for all you do, Pam!

Welcome to the World!

Juniper Carlyn Kurtz-Harris, born on May 30, 2013!
Congratulations Stefanie and Jeremy!



We would like to congratulate Rissa Chavez, an employee who has been with CSA since 2003, on her degree. In May 2013, she graduated from San Diego State University with her Masters in Rehabilitation Counseling, along with her certificate in Cognitive Disabilities! Congratulations Rissa!

Special Announcements

Welcome New Employees

Emilie Cuneo-Travis
Janet Estrada
Jessica Garcia
Ismail Kowthar
Annette Letourneau
Angel Reed
Travis Sepulveda
Sarah Tribble

Upcoming Events

Summer Autism Institute
June 13-15, 2013 (free event!)

At: California State University San
Marcos
ARTS Building, Room 111

[http://www.csusm.edu/el/
teachereducation/ASD/
summerautisminstitute.html](http://www.csusm.edu/el/teachereducation/ASD/summerautisminstitute.html)



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.

CREATIVE SUPPORT ALTERNATIVES
3590 CAMINO DEL RIO NORTH SUITE 121
SAN DIEGO, CA 92108