

CSDS Winter Newsletter

A CSDS Newsletter of People, Inspiration and Facts

December 2013

Vol. 2, Issue 1



Coastal Clean-up
Sept. 2013

Director's Itinerary, by Richard Sochel

In our last newsletter, we visited CSDS' core value of authority. This time, we are taking a closer look at **support**. The dictionary says that support is both a noun and a verb, a thing AND an action. If you are a person receiving services, support means that CSDS comes along side you, not from above you. Therefore support means having an equal footing in how we relate to one another. Support means listening

well to a person's wants and needs, then finding creative ways to meet those wants and needs. Each of us has goals for our lives and usually that means reaching out for support from another person. (Continued on page 3, [Director's Itinerary](#))

New Life Coaches 2013

Be sure to welcome these wonderful Life Coaches to CSDS hired in 2013: Jonathan Mize, Liliana Avila, Rebecca Caldwell, Jaszmyrn Bell, Isabel Camacho, Nichole Larios, Luke Madrid, Jessica Martinez, Roxanna Martinez, Craig Reed, Vincent Resendez, Robert Romero, Martin Villegas, and Yvonne Walker.

Speaking of 2013, look at all the **wonderful events** you attended: Bowling, Valentine's Gathering, Easter Picnic, Game Night, Garden



Festival, Beach BBQ, Santa Barbara Zoo, Night on the Town at Chicago Ribs, Coastal Clean-Up, Halloween Party the Hollywood Wax Museum, and the CSDS Holiday Party!

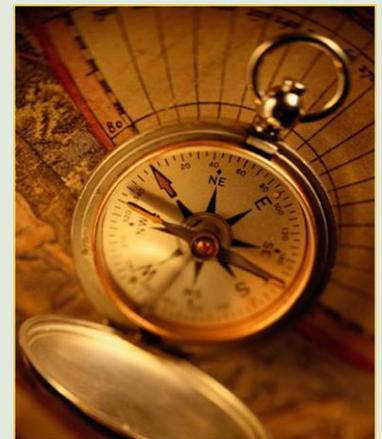
If you have any ideas for events for 2014, contact Kathy Sochel by telephone at 888.598.2737 or by email at kathysochel@aol.com.

Next CSDS Event

Creative Arts Eve.
Free event! Friday Feb. 28, 5 pm - 7pm. Invite your family and friends! Arts, crafts, games, music and more at the CSDS offices! Note the change of day and location.

"Without courage we cannot practice any other virtue with consistency. We can't be kind, true, merciful, generous, or honest."

— Maya Angelou



"Set your compass to beauty, humor... stay the course no matter what, and I'll support you with everything I've got."

- Chris Jordan

Featured Life Coach: Martin Villegas



Martin Villegas with his mom, Yvonne (Bonnie) Walker, also a CSDS Life Coach.

"Service to a just cause rewards the worker with more real happiness and satisfaction than any other venture of life."

*Carrie Chapman Catt
(1859-1947);
American Women's Rights Activist*

We are proud to feature Martin Villegas, Life Coach. Martin, CSDS thanks you for your dedication and hard work! Martin is from Oxnard and has lived there his entire life. He has been working with CSDS for a little more than a year. He has grown into a trusted and valuable employee, coach, and friend!

Martin has shown again and again commitment, heart, and flexibility. Maureen DunnVasquez, HR Administrator, when asked about Martin stated, "He has been flexible and willing to be coachable. It's amazing that he has attended all 12 CSDS events this year." Kathy Navarro Sochel, CSDS General Manager said, "I have been so impressed with Martin's openness to learning

and growing in his role. He is probably one of the most adaptable people I know." Martin was able to attend the Supported Life Conference in Sacramento in October 2013 while supporting a participant.

On his days off, he likes to spend time with his nieces and nephews. Asked about his favorite parts of working at CSDS he stated, "I like going to the CSDS Men's Group and working with new clients. Everyone at CSDS is so friendly." Martin Villegas, way to go and thanks for all you do!

Food for thought regarding support:

"If you give a man a fish he is hungry again in an hour. If you teach him to catch a fish you do him a good turn."

- **Anne Thackeray Ritchie** (1837-1919) in her novel, *Mrs. Dymond* (1885).

Featured Participant: Joe R.

CSDS is very happy to feature Joe R. Joe has been supported by CSDS since June 2012. He is an amazing person with an enduring personality. Despite struggling with significant health issues, he has remained positive and upbeat about his situation. Nothing keeps Joe down for long! Joe lives his own apartment and CSDS staff provide daily support so he can live independently. He participated eagerly in many CSDS events and enjoyed the CSDS Men's Group weekly. Some of Joe's favorite things to do are to go bowling, attend car shows, and take trips. He loves being active in the community and meeting new people. One of his long term goals is to someday "retire" and move to the Bay Area. For now, he is simply happy being successful in his own home, staying healthy, and being with his CSDS friends. Joe, it is truly a pleasure to know and support you!



Joe R. receiving an award with Katrina Villegas at the CSDS Beach BBQ, June 8, 2013.

Quick Quiz Question: What are the five principles of Self-Determination?
Answer on page 3.

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"The best way to help someone is to get them to see how they can help themselves."

- **Author unknown**

Have an event or activity idea for 2014? We want to hear from you!

Quick Quiz Answers:
Quiz on page 2.

1. Freedom
2. Authority
3. Support
4. Responsibility
5. Community



Director's Itinerary, continued from page 1

Thus in order to achieve our goals the support process almost always involves a relationship with someone else, someone we trust. That is why at CSDS support matters deeply! It is inherently human and personal. We consider it a great privilege to provide support to our participants and families. Our administration and leadership team also strive daily to help assure that our staff feel supported as well.

Life Coach Section

LiSTO (Life Skills Training Opportunities): Not sure what to do now that that all the bills are paid and the laundry is done? Check out the LiSTO. Located in the coach binder, you'll find over a hundred great ideas. Tasks are sorted by week, month, quarter, and year.

Required Annual Staff Training: New segment: "Setting Effective Limits?" It's not *what* you say, but *how* you say it. This training will focus on interpersonal communication

Pick your day for the **Annual Staff Training:** Sat., Feb. 8, 10 a.m. - 4 p.m., Tues. Feb. 11, 9 a.m. - 2:30 p.m., Thurs., or Feb. 13, 4 p.m. - 9:30 p.m. These training segments will be fun, useful and engaging. Lunch or

don't look for someone who will solve all your problems, but instead look for someone who won't let you face them alone.

asdfghjkllove.tumblr.com

dinner provided depending on which day you choose.

To reserve your day sign up at the office, email maureen@californiasds.com or call ext. 711.



CSDS
1757 Mesa Verde Ave., Ste. 230
Ventura, CA 93003





Rebecca Caldwell, provides important office support for CSDS, and she is also a Life Coach for people served by CSDS. She's a friendly, dedicated person with a big heart.

Introducing Rebecca Caldwell: Office Support and Coach

Rebecca Caldwell is an office support person and a Life Coach. She joined our team in April, 2013. She contributes to the smooth operation of the office including Human Resources. She also provides support to two of our wonderful participants, Daniel A., and Jeremy E. Rebecca was raised in Oxnard and she has lived in Ventura for more than 24 years. Rebecca has only worked formally in this field since she started with CSDS, but has years of personal experience as a parent of children with special needs. Supporting adults with disabilities is something close to her heart because her teen-aged son

is on the Autism spectrum. Outside of work, Rebecca likes to exercise, hike, bake and read a good book. Her goals for the future are to keep working and advocating for individuals, young and old, who have developmental disabilities. If you are someone supported by CSDS, a staff member, or family member, don't be surprised if you get a call from Rebecca. She is always friendly, helpful and organized! When asked what her favorite things are about working at CSDS, she said, "I really enjoy the people I work with in the office and enjoy working with our participants."



"When we are motivated by goals that have deep meaning, by dreams that need completion, by pure love that needs expressing, then we truly live life."

- **Greg Anderson**

At the Santa Barbara Zoo with Mara, Nick, Tom, Sharlene, and Pam.

CSDS Zoo Adventure, July 20, 2013.

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