

# Welcome to the GGRC HCBS Newsletter

## Virtual Training for Self-Advocates!

Children's Hospital Los Angeles UCEDD

Join host Wesley Witherspoon, the Consumer Advocate, for a series of online training for adults and youth self-advocates and their families.

All training sessions are free, and you can attend as many as you would like.

**May 29th, 2024**

Mental Health & Talking to Your Doctor

**June 11th, 2024**

Voting & Self-Advocacy

**August 27th, 2024**

Voting & Self-Advocacy

For more information: Contact Wesley Witherspoon

Phone: 323-361-6688 Email: [wwitherspoon@chla.usc.edu](mailto:wwitherspoon@chla.usc.edu)

Below are some of the workshops and trainings provided for free from GGRC and community partners.

## Learning From Lived Experiences Workshops

With Educators and Advocates

These presentations are accessible to everyone.

Thursdays, 12pm-1pm PT on Zoom

- May 9: Intersectionality
- May 23: "No One is 'Special'" - Equity in Support
- Jun 13: Disability Pride

Registration required at

[www.EducatorsAndAdvocates.com/workshops](http://www.EducatorsAndAdvocates.com/workshops)

## HCBS Training #2: Assessments

With Beyond Compliance

May 6, 7, or 28<sup>th</sup> online sessions, 9:00am to 12:00pm

To provide creative ways to ensure assessments capture things that are IMPORTANT TO a person receiving HCBS Supports.

Register at [www.beyondcompliancesupports.com](http://www.beyondcompliancesupports.com)

## Person-Centered Thinking Training

with Annette and Claudia

3 Saturdays, May 18, 25, and 6/1

OR

3 Saturdays, August 10, 17 and 24

8:00am - 2:00pm PST on Zoom

To register email: [acpctrainers@gmail.com](mailto:acpctrainers@gmail.com)

## Person-Centered Thinking Training

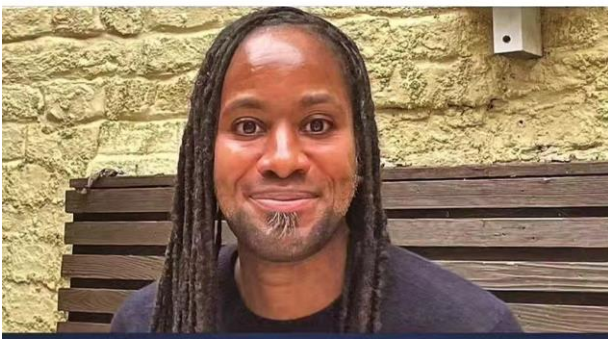
with Helen Sanderson Associates

Monday, June 3 and Tuesday, June 4, 9:00am – 5:00pm PST in person at GGRC's San Mateo office

For more information click the links below or contact [juliei@helensandersonassociates.com](mailto:juliei@helensandersonassociates.com)



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"Diagnosed with autism and global development delay in his early years, Jason Arday was unable to speak until he was 11 years old and could not read or write until he was 18. Now aged 37, he is about to become the youngest black person ever appointed to a professorship at the University of Cambridge."

-BBC News

### Tips for Success in Academia When You are Different



I received a lot of reading my student evaluations of my writing. There are two kinds of critical evaluations. They are 1) One that provides constructive suggestions on how to improve my teaching and 2) Nasty comments. I learned that I had to disregard the nasty comments and learn from the constructive criticism. Early in my career a student who was in more than one of my classes commented that I always gave the same lecture. The mistake I had made was using the same introductory slide for two different lectures in the two classes. I immediately made the introductory slides different.

It was just as important to keep copies of all your annual evaluations. Building your portfolio in education is as essential as publishing scientific papers in a major part of your work but these are often published in scientific journals. If you have been a really mean other piece of equipment, make sure you photograph it. Other work you should keep copies of are grant proposals, computer code, scientific data, scientific programs, artwork, and drawings. Since I was worried I had to do my work and not myself, I had to do my work and not myself. In my consulting work, I could



sometimes make mistakes. I learned never call these notes to them by calling them "right". I worked on one project where I quickly corrected the mistakes that others had made. One jointly authored scientific paper was successful. One year remember that the goal was to produce a good public article. In getting along with colleagues, you have to make a decision about where your life is going to lead. In a political advisory year you may find it to be a professional success. Being successful in both is almost impossible. You have to make a decision as to what is most important to you. In conclusion, you must always do your job with integrity. ■

Temple is an internationally recognized speaker on understanding brain's handling systems. She is also the co-author on a science program with autism in the world today. She is the subject of the History Channel's award winning PBS TV show, Temple Grandin: The Intensely Different and the World of the Different, during her personal appearances.



**Publications That May Be Helpful**  
Grandin, T. (2006) Thinking in Pictures, Free Press, Random House, New York.  
Grandin, T. and Schultz, S. (2008) The Mind of Autism, MIT Press, Cambridge, MA.  
Grandin, T. and Baron-Cohen, S. (2005) The Unwritten Rules of Social Interaction, MIT Press, Cambridge, MA.  
My colleagues on a jointly written report

### IN THE KITCHEN WITH CHEF CHY



Step into the kitchen as we as we watch Chef Chy, whip up her delightful dishes and showcase her unique creativity.



**RICE KRISPY TREATS**  
1 Stick of Margarine  
1/2 Cup of Marshmallows  
6 Cups Rice Krispy cereal  
Melt margarine on low to large pot.  
Add the marshmallows continuously stirring until melted.  
Mix in Rice Krispy cereal and mix well.  
Put into a pan and let cool, then roll into squares or shape of your choice.

In this special cooking feature of Autism Digest, we introduce Chyenne Owens, a remarkable 10-year-old from Tallahassee, Florida, affectionately as "Chef Chy". Chyenne has learned her diagnosis of being speaking Autistic from a journey of imagination and creativity in the culinary world. With her family's support, she has navigated through her challenges and become her passion for cooking, creating a powerful form of expression. This young chef's ability to create in the kitchen has made her a source of hope and an example of the potential for children with autism everywhere.

Chyenne's culinary achievements are compiled in her book, "Today's Menu" by Chef Chy, where her love for cooking and her favorite recipes come to life. This is often a testament to her journey, showcasing the children that have made it a social media sensation and beloved figure in the culinary community. Available for free, Chyenne aims to spread awareness about autism through ChefChy.com LLC, earned in honor of her and her abilities, reinforcing the message that every child has unique talents waiting to be discovered and nurtured. The experience of Chef Chy's culinary creation firsthand, readers are invited to scan the interactive QR code featured in our story. With digital literacy skills an essential book from Chef Chy's kitchen, where her passion for cooking and her love for life are on full display. Through her book and this interactive experience, Chyenne continues to inspire and remind us all of the remarkable possibilities that lie within dedication and love. ■



Have you checked out **Autism Digest**? The magazine addresses all issues involving autism from birth to adulthood, from education to jobs, focusing on all components, so parents, teachers, professionals, and anyone with autism can live and support them. [Click here to view on online version of the magazine.](#)

### A Night in the Whimsical Woods

Pomeroy Children & Youth Services cordially invites all high school and transition age students with developmental disabilities and currently have an active IEP to Pomeroy's Prom! The event will be held on May 17th, 2024, from 6 pm to 9 pm. Enjoy dinner, dancing, dessert, a photo booth, limo rides, and a live DJ RXNE performance! Pick-up by 9:20 pm.

[Click here for more information and tickets.](#)

### Le Tusa



PASSION is a VENDORED service through GGRC. It consists of 12 in-person group classes and weekly virtual 1:1 sessions with a Le Tusa Relationship Skills Coach.

[Click here or ask a social worker for more information.](#)

Kevin Carlson, with nurse Joshua Lee (right) and respiratory therapist Eric Mathewson (left), watches a WWE match on October 2, 2023 in San Jose, Calif.

[Click here to read article.](#)



### Picture books featuring autistic children from @maistorybooklibrary

- \*How Are You Verity?\*
- \*A Day with No Words\*
- \*Next Level\*
- \*Masterpiece\*
- \*It Was Supposed to be Sunny\*
- \*Too Sticky!\*
- \*I am Odd, I am New\*
- \*Bitsy Bat School Star\*
- \*Flap Your Hands\*
- \*Remarkable Remy\*
- \*My Brother Otto\* & \*My Brother Otto and the Birthday Party\*
- \*My Brother Charlie\* & \*Charlie Makes a Splash\*
- \*Benji the Bad Day and Me\*
- \*Henry, Like Always\* (Chapter Book)



**A CHILD WHO IS AUTISTIC SPENDS HOURS BEING TAUGHT HOW TO INTERACT WITH OTHERS.**

**WHY DON'T WE SPEND TIME TEACHING OTHERS HOW TO INTERACT WITH THEM?**

**GGRC's Rights Advocate, Elizabeth Grigsby holds a Self-Advocacy Class on Wednesdays from 3:00 - 4:00pm.**

To reach Elizabeth:  
415-832-5742  
Egrigsby@GGRC.ORG

**MILL VALLEY MUSIC FESTIVAL**

May 11<sup>th</sup> and 12<sup>th</sup>, 2024

[Click here to learn more and get tickets.](#)

**FREE AND CHEAP EVENTS IN THE BAY AREA**

[Click here for a listing of all of our upcoming fun & cheap events for the entire Bay Area including San Francisco, East Bay, Peninsula, South Bay and North Bay.](#)

Assume that I can, so I will

A video in honor of World Down Syndrome Day

[Click here to watch!](#)

[Bay Area Free Museum List](#)

[Dog-Friend Event List](#)

[Free San Mateo Cultural Events in February](#)

[Free SF Cultural Events in February](#)

[Free Marin Cultural Events in February](#)

[Click here for ASL and Deaf Events in the SF Bay Area](#)



### Grant Opportunity!

California State Council on Developmental Disabilities is awarding Program Development Grants to community-based organizations to research, develop and/or implement innovative programs and promising or best practices throughout the state and its local communities.

**Submission Deadline: May 10th, 2024**

[Click here for more information.](#)

For questions regarding the application process, applicants may email: [grantscontracts@scdd.ca.gov](mailto:grantscontracts@scdd.ca.gov)



The series has 20 videos, in two ten-episode sets. There's a version for service providers, and a version for people receiving services. [Each ten-episode playlist](#) covers the same topics, to help ensure everyone can understand their obligations (as providers) and their rights (as individuals).

For additional accessibility, versions in 20 languages are coming soon!

There are also [ASL versions](#) of all available, and a special behind-the-scenes video about the making of this series!

[Click here to access the videos.](#)

DDS has created a [plain language](#) document for HCBS rights to share with our community.

[Click here to access it online.](#)

Please share this document with the people in your program, their family and friends, and your staff.



The National Council on Disability provides community and government resources. [Click here to access their website.](#)

Alternative Communication Video:

[Click here to watch this video where Rachel Kripke-Ludwig explains what Augmentative and Alternative Communication \(AAC\) is and why it is important.](#)