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We Care a Lot Foundation Newsletter

News and Updates About Our Company

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Current Events

Are YOU Voting?

With the ever present California state budget crisis, we would like to encourage everyone to get out and VOTE!

The votes of California

Spring Issue, Volume 1

Welcome to We Care A Lot's first newsletter! A few months ago we realized that we need to do a better job of telling our story. This story is about adults with developmental disabilities in the far northern counties of California who learned to speak for themselves, and then began to help others do the same. In finding their own voice they found the power to change their lives. When they joined their voices and power together, they learned they could change the world. And that is exactly what people with developmental disabilities are doing through the programs of We Care A Lot Foundation funded through Far Northern Regional Center: People First, SAY, Abuse Prevention, CAAT, Respect Yourself, Pathfinders, Feeling Safe/Being Safe, Clean Hands and Teeth, Adventures in Business and Watch Out!

Through these programs self-advocates are doing world-changing work that makes all of our lives better. We hope that by telling our story you will hear their story and be inspired and encouraged by the work that they do, just as we have been.

Program Updates

Respect Yourself in the News

Recently the Respect Yourself program was featured in a local newspaper, [Chico News and Review](#). It was an incredible opportunity to let the general public know that in the end, people with disabilities are the same as everyone else- we all want loving relationships, whether that is with friends or a sweetheart. [Learn more about this program.](#)

Adventures in Business Sales Have Gone National

This past month artist Naomi Rose, a business owner with

citizens are what decide who is elected to local and state offices, as well as what measures are passed. As more and more services to people with disabilities are cut each year, our system is facing a huge strain.

Daniel Meadows, of Disability Rights California came to speak about voting at a recent Region II People First meeting. Daniel is a self-advocate that travels around California teaching people with developmental disabilities about the importance of voting, and taught us a few things about our voting rights.

Did you know ANY California citizen 18 years or older can register to vote? The only people who can NOT vote are people in prison, people on probation for a felony, or people who have had a judge decide they are "mentally incompetent". However, even if you are conserved you can still vote! Only a judge has the right to decide if you are NOT able to vote while conserved. If you have questions about your voting rights, you can call Disability Rights California toll-free

Adventures in Business, had her first sale of artwork to the East Coast. An art lover from Massachusetts contacted [Far Northern Regional Center](#) through their website when the work of [Naomi Rose](#) caught her eye. The regional center was able to put her directly in contact with Naomi and the order was placed successfully.

We Care a Lot Employees Speaking at PFCA Conference

Several employees in programs of the We Care a Lot Foundation will be speaking in different sessions at the [People First of California](#) conference June 10-12 in Sacramento. Speakers will be Cory Smith of Clean Teeth; Angela Agostino and Mark Bazza of Respect Yourself; Kim Subia, Michelle Phillips, Rosie Johansen and Ricky Sedillos of SAY (Same As You). Region II self-advocate Andreas Economopoulos of Yreka will also be featured as a keynote speaker. Good luck to everyone!

The Programs of We Care a Lot Foundation

People served in our programs receive services from a regional center unless otherwise noted.

Adventures in Business

supports participants in starting their own micro-business, based on their interests and talents.

[Learn more about AiB.](#)

The Abuse Prevention Team

teaches adults with disabilities how to be their own first line of defense against abuse.

[Learn more about APT.](#)

The Consumer Abuse Awareness Team

teaches staff and professionals about the culture of abuse in people with developmental disabilities.

[Learn more about CAAT.](#)

Legacy Homes will house and support adults with developmental disabilities who want to live in their own homes, while planning for future needs such as increased cost of living and repairs.

[Learn more about Legacy Homes.](#)

Pathfinders helps people create a Life Plan, which is a tool people may use in planning what services and supports they need to live a successful life.

[Learn more about Pathfinders.](#)



"Peace" by Naomi Rose

number 1-800-776-5746 and ask for Daniel Meadows, or [visit their website](#).

Far Northern Regional Center and the We Care a Lot Foundation are working together to make voting easier to understand and more accessible to people with disabilities. Watch out for more information on this in the future.

[Follow this link](#) to learn more about voting in California.

People First chapters are local self-advocacy groups that are run by and for people with developmental disabilities. [Learn more about People First](#).

Respect Yourself has two educational series: *Me and You* focuses on healthy relationships, while *Respect Yourself* goes deeper into learning about your body and healthy sexuality. [Learn more about Respect Yourself](#).

Same As You (SAY) teaches school-aged children about the effects of bullying and teasing. The message is clear—we are all the same as you. [Learn more about SAY](#).

Watch Out! is a newsletter featuring positive stories about people with developmental disabilities in Northern California. [Learn more about Watch Out!](#)

Credo of Support

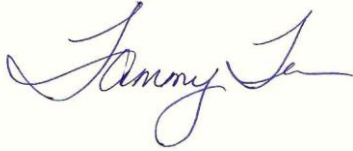
Written by Norman Kunc and Emma Van der Klift © 1995



[See the written version here as a PDF file.](#)

I truly hope that you have learned something new about the exciting work happening through We Care a Lot. It has been incredible to see the changes in the people we serve, from speaking up for themselves, to finding the courage to follow their dreams, to gaining independence and staying free from abuse. We look forward to now sharing these changes with all of you.

Sincerely,

A handwritten signature in blue ink, appearing to read "Tammy Torum", is centered on a light yellow rectangular background.

Tammy Torum
Executive Director,
We Care a Lot Foundation