



The
Here And Now

The Here and Now

Volume 24: June 2023

Who has permission to read my Life Plan?



My birthday is May 24, 1992

Pathfinders

My Service Coordinator, Cory Oller

My Family

Impact Solutions

Curtis Homes

My Friend Jennifer

We Care A Lot Foundation

At My IPP I want :

Cory Oller, my Service Coordinator

We Care A Lot Foundation, Pathfinders

Curtis Homes

About Me

I'm really caring, loving and affectionate. Not everyone gets to see that side of me. If you have ever listen to the song "Take You Home," by Cassadee Pope", it describes me exactly. It is how I am. People say I'm determined, a family person, hard working and a person that tries to keep his head in the positive. Days that are special to me are birthday and anniversaries. When something that is a big deal happens, I hang out and celebrate with my

friends and family. At the moment I'm not a part of any groups, but a group that I want to be a part of, is People First. To be healthier I have been going to body pump twice a week. If the weather permits I like to go hiking. I have weight goals that I want to achieve. Right now I'm exercising and working on endurance. I am working on getting a health coach for body pump. I've been walking and hiking whenever I can. I am trying to get up to a 15 incline on the treadmill. I am in Self Determination program and I no longer have to do status checks. My FMS is Aveanna. I would like to go to Lassen National Park. I like to drive and go to the movies. I also like to drive to Chico and Susanville. I work at Holiday 15 hours a week. On Wednesdays I go to impact solutions for social coaching.



To relax I spend time talking to my best friend Jennifer. On the weekends if I can, I watch movies or play video games. The weekend is for relaxing, but I do wish I could be walking or hiking more. It makes me happy to talk with Jennifer and my family and friends.

My co-workers also make me happy. I enjoy coming to work. When I'm in a bad mood and others are being positive, I can make a complete 180. When I'm at work and I'm around my coworkers, I start to feel more comfortable even when I am having a bad day. I always feel better when I'm at work. I'm surrounded by positivity and it can carry my attitude 100%.

Right now I am really happy. I'm being treated better than I was before. When people show positivity through action it is better than just using words. It proves to me that they are working hard on the relationship. Actions speak louder than words. Good friends and staff would protect me if something was a bad idea, especially if it resembles a mistake I have made before. I have hope now. I'm working my butt off to better myself. It would bother me if someone laughed at me especially when I'm klutzy or do something to the car. These types of things can be embarrassing, but they happen.

For fun I work out, or play Division 2 with my dad. I play other games as well. I like to go on hikes with Impact Solutions. I enjoy being with the Impact Solutions crew. I go to the gym twice a week on Monday and Wednesday. I take meds to help with my ADHD. My favorite belonging is my car. I love driving it. I also cherish my friendship with Jennifer. I cherish things I am given and take care of them. People like the fact that I am relaxed. I tend to really believe

in others and I am not an overbearing person. I believe in free will and I believe that you can make your own choices. Sometimes people misunderstand me by thinking that I am not listening, when I actually am. ADHD makes things more difficult, but I am getting help for it. I want people to know that I am a friendly person. I'm also a talkative and a hard-working family man. I want a family someday. I'm working towards that slowly, my friends are helping me.

In Lak'ech
(I Am You/You Are Me)

You are my other me.

If I do harm to you,

I do harm to myself.

If I love & respect you,

I love & respect myself.

-Mayan Inspired Poetry



Relationships

The people in my family are my grandma Shirley, my aunt Janet, my dad Ric and my friend Jennifer. Outside work, these are about the only people I talk to these days.

My friends are Michelle, Amy, Jennifer and Meg. Michelle and Amy are my coworkers, I have gotten to know them through We Care A Lot Foundation. I am getting to know to know Jennifer, both mentally and physically. Michelle keeps me motivated during work. Michelle and Amy help me go with the flow. I wouldn't be able to do my job with out them. Impact helps me out in community life. Angel from Curtis homes help me at home. At home Angel always has my back.

A good relationship with a sweetheart should be a caring one. We protect one another and look out for each other. We put each other first and have similar goals in mind.

A good relationship with a friend is one where we hang out and spend time together. It includes a lot of positivity and encouragement as well as equal give and take. Michelle is a positive force in my life. Jennifer is also a positive friend in my life. These types of people are good for my soul.

A good relationship with a staff is like the one I have with my staff, Angel. She is my ideal staff. We talk things out. She is much like a mom figure in the house. She is always there for me.

Working with Michelle and Amy and the We Care A Lot team has caused me to change for the better. I have matured a lot and continue my growth everyday. Working as a pathfinders life guide has been life changing. I learned so much at the advocacy conference and through many other trainings that I've done.

"I Just want the world to see
how lucky I am"

-Jason Aldean

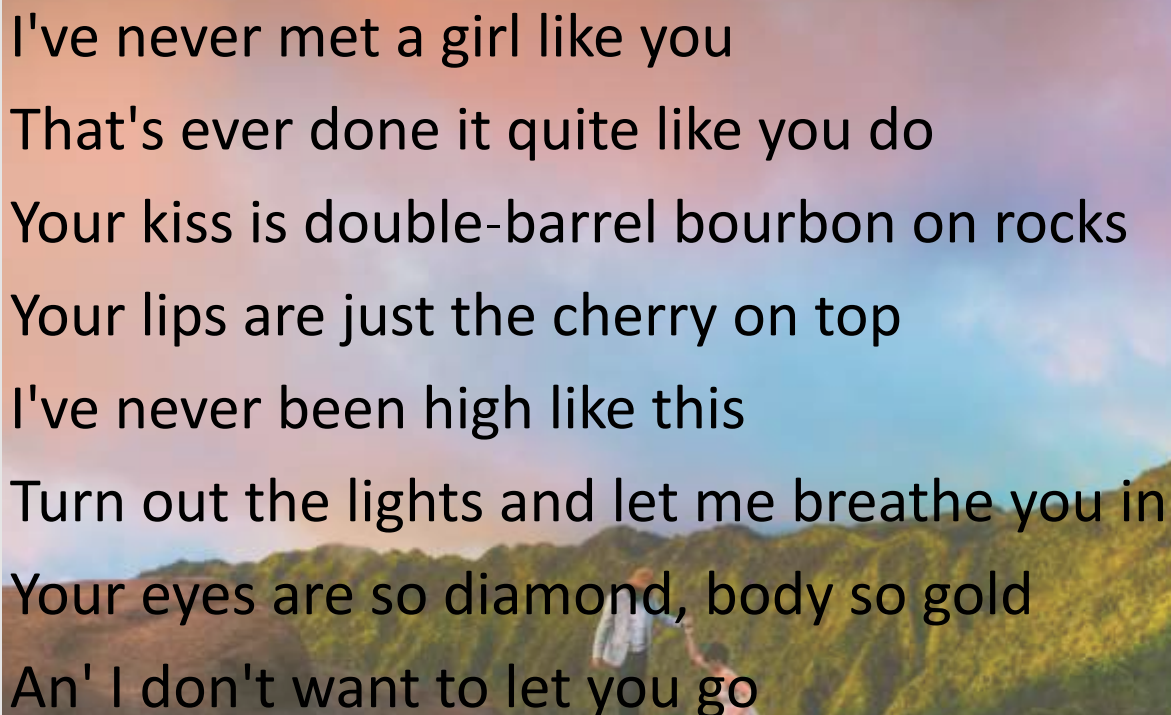


What's working

When times are hard I talk to Jennifer or my Grandma. They are helpful and I know they are listening to me. My friend Jennifer is important to me, my family, my cat Chelsea, and my cats that have passed on are also very dear to me. I like where I live. I like having a supportive staff. Angel is an amazing staff. I want certain things to stay the same, like working at We Care A Lot.

My Future

In the future I hope to do more at We Care A Lot. I'm working toward fixing my debt and making and saving more money. In order to be a better person I will continue to talk to my doctor and continue to get better at communicating. I will try to get out more often and experience new people. I have healed a lot from my past. I feel like I've matured and the people in my life right now have done a lot in helping me heal. I feel like my life has gotten better. I am a lot more open. I'm learning to take things one step at a time and not let my emotions get the better of me. I'm trying to be a lot more patient in all areas of my life. I am finally learning to relax.

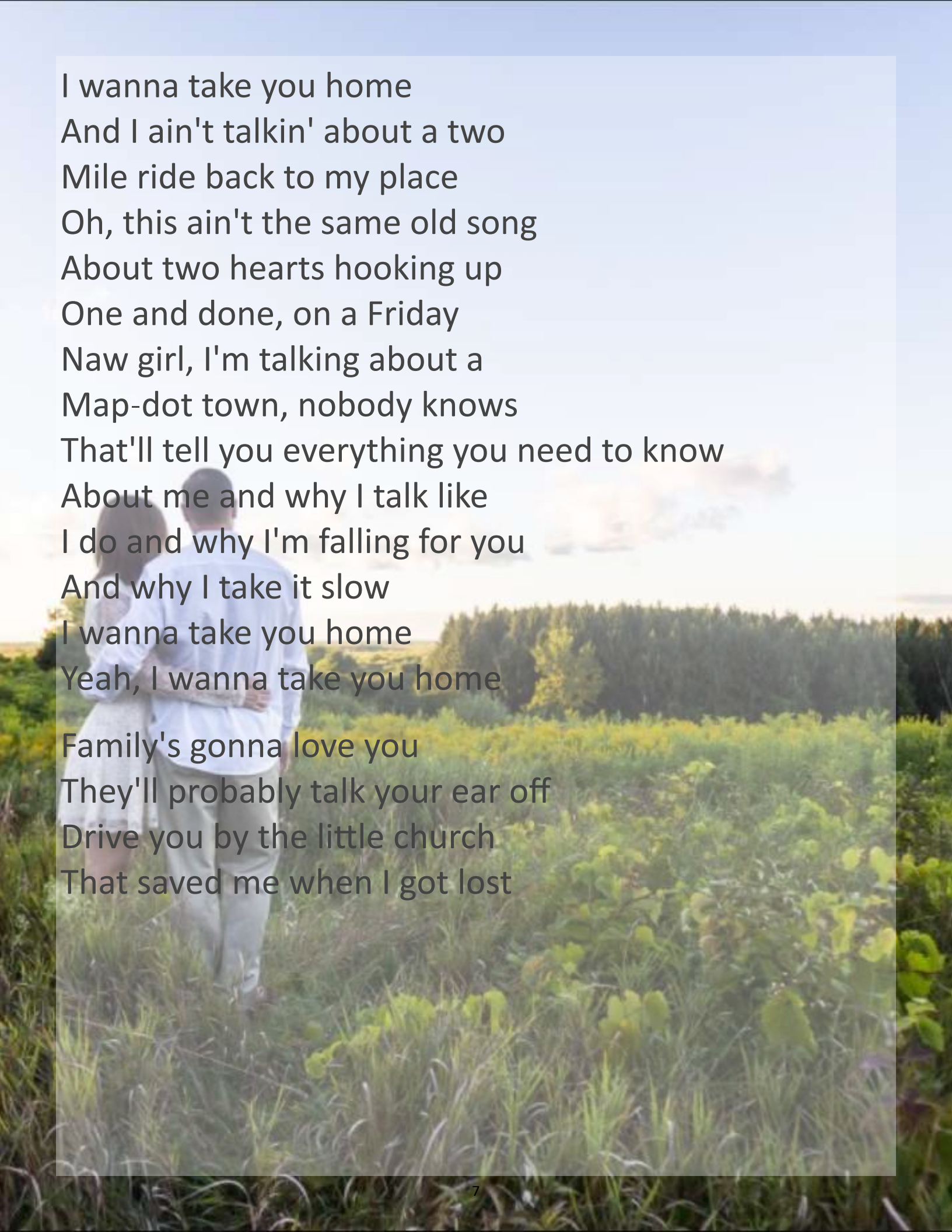


I've never met a girl like you
That's ever done it quite like you do
Your kiss is double-barrel bourbon on rocks
Your lips are just the cherry on top
I've never been high like this
Turn out the lights and let me breathe you in
Your eyes are so diamond, body so gold
An' I don't want to let you go

Likes

Color	Silver, Blue, Grey, Pink
Movie	Marvel, Romance, Comedy and Action
Food	American Food
Candy	Reese's and Milky Way
Person	Family, Friends, Michelle, Jennifer
Animal	Gray Wolves, Wolves
Music	All types
Book	Paranormal, Real Life Romance
TV Show	Daredevil, Punisher, Moon Knight
Season	Winter, Fall
Holiday	Birthday, Thanksgiving, Valentine's Day, Christmas
Relative	All
Activity	Video games, Hiking, Walking, going to the gym
Snack	String Cheese, Peanut Butter, Sweet/Salty Nature Valley Granola Bars, Popcorn
Character	Keanu Reeves, Wolverine, Winter Soldier, Sam Wilson Captain America, Avril Lavigne, Mod Sun, Daredevil, Ghost Spider, Gwen Stacy, and Wonder Woman
Sport/Teams	Steelers, Buccaneers. Chiefs
Object/Things	My cats collar



A romantic couple is seen from behind, walking away through a field of tall green grass and wildflowers. The man is wearing a white long-sleeved shirt and light-colored pants, and the woman is wearing a white dress. They are walking towards a dense line of trees in the distance under a soft, hazy sunset sky with warm orange and yellow tones. The overall mood is peaceful and nostalgic.

I wanna take you home
And I ain't talkin' about a two
Mile ride back to my place
Oh, this ain't the same old song
About two hearts hooking up
One and done, on a Friday
Naw girl, I'm talking about a
Map-dot town, nobody knows
That'll tell you everything you need to know
About me and why I talk like
I do and why I'm falling for you
And why I take it slow
I wanna take you home
Yeah, I wanna take you home
Family's gonna love you
They'll probably talk your ear off
Drive you by the little church
That saved me when I got lost

Far Northern Regional Center



Towards the Future

My life goals are to walk and hike more often. I also want to continue to manage my weight. In the future I see myself living in Cottonwood or Anderson. I also want to live in a house. I'd like to get a Honda HRV with Turbo in White or Light Blue. I am doing what I've always wanted to do. I have a career job. I am also enjoying my second job at Holiday Market. Everyone is nice and is always complementing my work, which lets me know I'm making a difference. I would like to work full time and make more money. Just doing a job that I enjoy is a reward in itself. I continue to work hard. If someone tells me I've done a good job that's all that matters. I love doing my best. When someone appreciates my work, it makes me happy and makes me want to continue working hard and performing to my best ability.

Having a car is a huge achievement in my life, It has allowed me to get though college and has made my life so much easier. I am extremely proud of myself for getting rid of a toxic person in my life and moving into SLS.



My Day

My morning goes as follows: I'm up between 3 am and 5am so that I'm ready by 7:00 am. Sometimes I go back to sleep. I get dressed and leave for work. I like to leave early so I can be on time. A lot of times I get to work early, but I don't mind. Tuesdays and Thursdays I work at Holiday from 8:00am-1:00pm. This might be changing soon. I go to We Care A Lot on Mondays and Fridays. Sometimes I run errands on the weekend or on my days off. I am hoping to get the janitor position at Redding Rancheria. I will still be working at We Care A Lot. I am learning to go with the flow and try to take opportunities as they come. My goal is to make more money so I am able to pay off some of my debts. I love working and also enjoy the money I make, it gives me the ability to do more things and have more freedom.

Goal 1

Maintain Weight of 220 and loose more if I can

How do I make it happen?

Keep exercising/hiking and going to the gym
and walk when I can

Find a lifestyle of eating that works for me

Who is responsible? Me

By When? On Going

Goal 2

Pay off Debt to T-Mobile, Mechanic and
Grandma

How do I make it happen?

Keep saving money

Who is responsible? Me

By When? Ongoing

Goal 3

Keep saving money to work on getting a
new car

How do I make it happen?

Get a second job

Keep saving

Who is responsible? Me, Curtis Homes,
Shasta Money, and Impact

By When? May 23rd 2024

What I believe

I am Christian and was baptized at Anderson community church with family and friends around. I never push my faith on anyone. If they ask I will tell them. There are times when I will give my opinion. Pathfinders has made me stronger. I not only stick up for myself but now I am also advocating for others. I celebrate Christmas, Thanksgiving and Halloween. I decorate the house for Halloween and put up fall colors around the house. I don't usually dress up unless I am going to a party. Traditions that are important to me include; Anniversary's, Christmas, Thanksgiving, and Valentine's day. I am a romantic. If I had someone special in my life on a day to day basis, I would shower them with love and flowers and just spend time together. I attend Anderson Community church. I usually go by myself, but my cousin goes there as well. I try to go every Sunday. When Jennifer comes to town she will go there with me. Everyone is friendly and welcoming, Pastor Les is the best. One day I hope he will preform the ceremony when I am ready to get married to my love. I don't want anything to change about my church. Anderson Community church is home to me and always will be. I want my doctor to know my grandma has first say if something happens to me, if she is unable then my aunt, then my dad. My grandma knows everything about my childhood, even things I don't know. I have talked to my Service coordinator about this and would like to create an advanced care plan.

My world Views

I would like to get rid of all the politicians and let the people decide what they want. I don't think the government should decide at all. I also wouldn't make voting so strict. I would make all the parties, Republican and Democrat equal. I have voted before and my voting experience was okay. I have gone to vote in person, but now I vote by mail. If I have questions about voting I can talk to the Vote Project or my Grandma. If I could make this Country a better place I would let the people speak and let them be able to decide and rule etc.



Finances

Work is very important to me. Working makes me happy because I can do what I enjoy and provide for the family. Sou from Impact Solutions helped me choose the job I have and I have never regretted that decision. The people we serve and my coworkers makes my job worth it. My payee is Shasta Money Management. My budget is \$50 a week for food, but I add a little bit of money throughout the week from my other earnings. I have a good handle on my food budget. The bills I pay are my cell phone, internet, rent, and utilities. Often times I have to skip on fun stuff to pay bills. I used to spend an extra money I have on games, but I have been getting better at saving. I am slowly paying my mechanic the money for oil changes and previous work he has done. I also need to pay my Grandma back for what she has lent me. I have a checking and savings account. I don't have credit card debt. I don't use advanced checking places. I know that these types of services are traps. If I had extra money and someone asked to borrow from me, I would only lend to my family. If it's a family member, I don't expect to be paid back. I have been taken advantage of before. Now my family and my house staff help to protect me from that sort of thing ever happening again.



Words that describe
me:

Funny

Caring/Loving

Hard Working

Determined

Family Man

Motivated

Positive

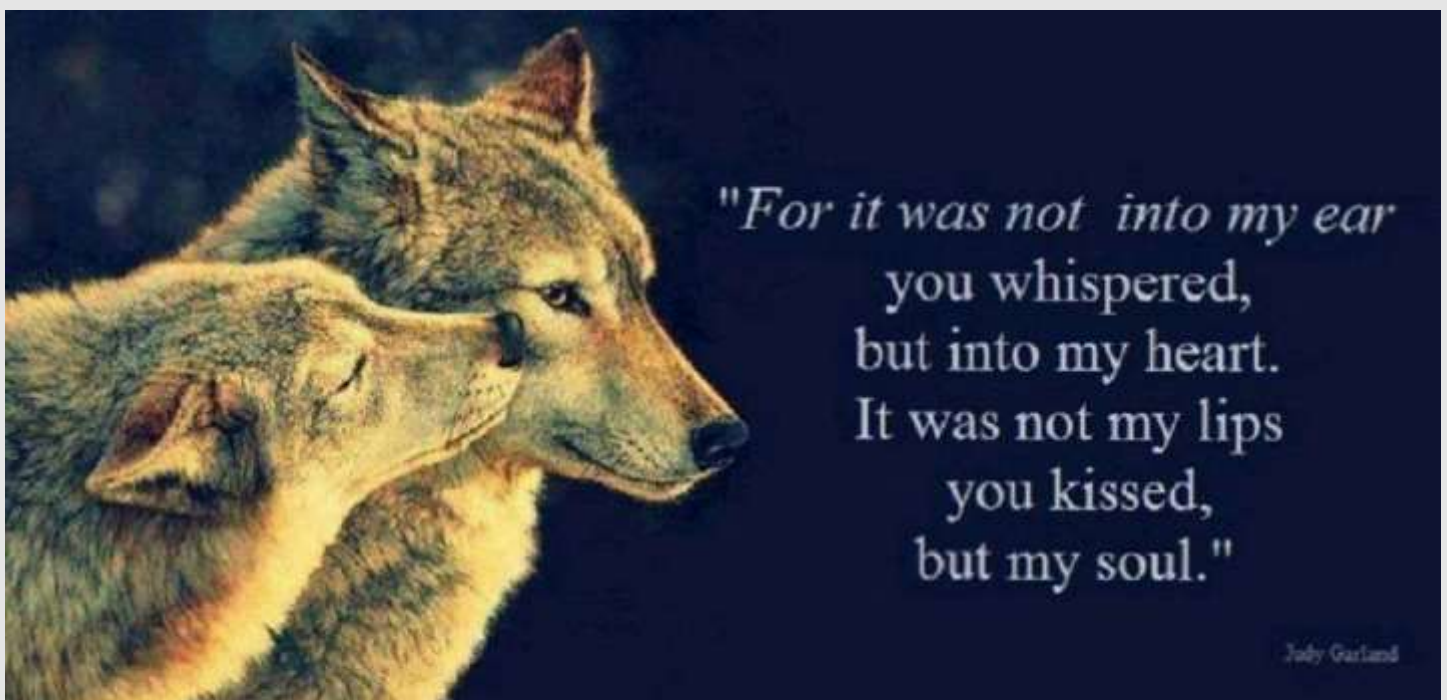


I have Asperger's syndrome which is a form of Autism. I have ADHD and an enlarged spleen and liver. I have been taking steps to improve my health and weight. I have been eating better. I can see results in my pictures. It has been about a few months since I've started these changes. I have seasonal allergies and I am allergic to Depakote and Sulfa. To stay healthy, I try to drink a protein shake every day, and I eat healthy chips. I also drink silk vanilla milk, eat salad and walk a lot. I go to the gym twice a week. To keep me motivated, you can just continue to encourage me. I didn't think there was anything else I could do to become healthier, but recently I have been learning more and more about nutrition. I am doing what I need to do and have others advising me. To stay safe in the community I watch for traffic and pedestrians. I am a very cautious driver.

If my house was on fire, I would call 911. If Angel wasn't there I would call her and get to a safe location. If I had a cooking fire, I would suffocate it and take it off the burner. If I was being abused, I would tell Angel. If there was an earthquake I would stay near a bed and or get under something sturdy. If I need to evacuate the house, it depends if there's a fire close, I'd go the opposite way, and talk to house staff once I got to safety. My emergency evacuation plan is to get to safety, call 911 and then call my support staff. To stay safe while I'm out in the community I keep my staff and family informed. I normally text people to let them know where I am and I update them when I'm able.

Supporting Me

My coworkers and bosses help me at work. My house staff helps me at home and other places. Work keeps me on task and keeps me going. Home staff helps with anything I may need. Angel is also there if there I need help or just need to talk. The perfect support staff is Angel, she cares for me even though I act like a jerk sometimes, she still helps. She's like a mom figure to me. Sometimes I'm a little grumpy, but getting rid of toxicity has helped me to be in a better mood. I like people to be supportive and spend time with me. To motivate me to learn something, show me and have me do it, it's easier for me to learn that way. Sometimes I still get frustrated, but if I take a moment to chill I can get back on track. The people I can count on the most are Jennifer, Angel, my Grandma and my Aunt. I'm always talking to them. I know they are listening because they respond and give me feedback. Sometimes I get frustrated, my work friends just let me chill and I forget about the situation. It also helps to talk it out with someone I trust. When I am sad I need people to be supportive. I also prefer to be around friends and family. I enjoy their presence and positive vibes.



Love Is Life



New Things about Me



Pathfinders

"Peace" by Gary Scott Mathis