



People who have permission to read my Life Plan:

- My Family
- My Friends
- FNRC
- We Care A Lot
- COMPASS

Who Do I want at my IPP?

- Jacob Thonrton, my Service Coordinator
- COMPASS



MY BIRTHDAY IS JANUARY 15TH



I have 2 baby girls, Ashley Marie and Maggie May. They are beautiful. I love them so much.

I love my job with We Care A Lot Foundation. We have lots of fun. I like that I help people set their goals for their lives. I am happy to be independent, to have my own car and drivers license. I can do more stuff on my own and I don't have to ask for permission or ask other people for rides.

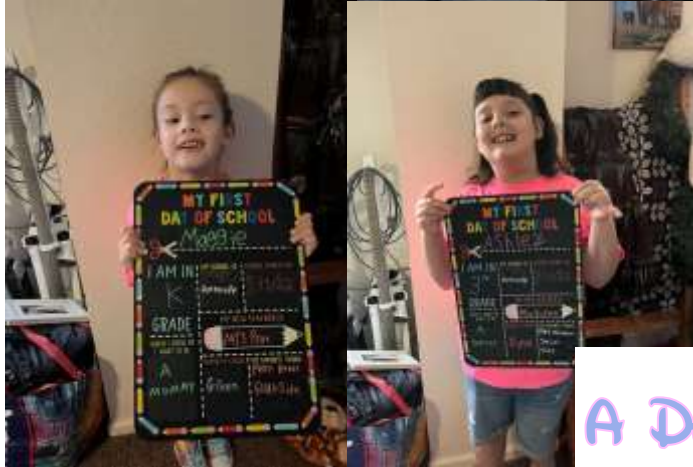
NEW BEGINNINGS

Volume 16

**WORDS THAT BEST
DESCRIBE ME:**

November 17, 2022

Good Mom ~ Friend ~ Talented ~
Smart



A DAY IN THE LIFE OF MICHELLE

My schedule revolves around my kids. When I have the kids I usually get up at 6:15 AM and get the girls ready. We leave at 7:10 or 7:15 to take the kids to school. They have breakfast at school at 7:30. Ashley's school runs from 8:00 to 2:25, except Mondays, when she gets out at 1:15. Maggie's school days are from 8:00 AM to 1:20, Tuesday through Friday. On Monday, she gets out at 12:20.

On the Wednesdays that the girl's dad picks them up, he picks up them up from school at 2:15. When I pick up the girls on Fridays, I pick up them up at 2:15 from school.

I am amazed at how fast they are growing. Ashley and Maggie are busy and everywhere. I try to put them to bed around 7:00 PM. Afterwards, I watch Food Network or movies on TV. Then, I get on my iPad and go on Facebook. I make dinner, usually I make nachos or spaghetti. I watch Netflix. I talk to my mommy every night. I go to bed at about 10:00 PM.

My favorite day of the week is Monday because I get my girls and Tuesday because I go to choir practice. I have been in the Glenn Chorale for years. We put on two concerts every year. I go to practice every week. While I am at practice my sister watches the girls. Holidays and birthdays are important to me. Days that I spend with my Dad are special to me too.

If I have done a good job, tell me or treat me to a restaurant. I like to go out to Burger Hut in Chico. On my birthday, I used to go to my mom's and my sisters would come over. My mom made roast with cream of mushroom soup and Lipton onion soup. It's my favorite meal. My sisters brought me some kind of chocolate cake. To relax, I watch TV or play on my iPad. To reward myself when something good happens, I go to Starbucks.

WHAT'S IMPORTANT

Great Things About Michelle:

- ♥ People can depend on me.
- ♥ I am kind and caring.
- ♥ I am a nice person.
- ♥ I am a funny person.
- ♥ I am a good singer.
- ♥ I am a great mother.



A LOOK AT A FEW OF MICHELLE'S FAVORITE THINGS!

Relative:
Aunt Kathy

Object:
Snowbabies

Animal:
Cats

TV Show:
Food Network

Sport/Team:
49ers &
Giants

Holiday:
Christmas

Food:
Hamburger

Activity:
Choir

Color:
Baby Blue

Person:
Ashley
And Maggie

Candy:
Milk
Chocolate

Music:
Country

Snack:
Starbucks



Character:
Sloth & Owls

Season:
Fall

WHAT IS WORKING!



The happiest days of my life is when I graduated from college, the day I got my drivers license and the days my kids were born. I love my kids. My family is very important to me. I love my mom. I love being able to go see my dad. My cat, Niner, is an important part of my family. I like going to the movies and out to eat. I think people like that I am a nice person. I am a good listener, easy to talk to and I am a good coworker. Sometimes, people think I can do more than I can, because they don't know I have a disability. I would like people to know I do good work, but sometimes, I just need a little more time. I also want people to know that I am a good person.

I used to go to People First, but its on the same night as choir practice, right now I cant. I also enjoy being a part of the Glenn County Chorale.

I collect Snowbabies. I enjoy scrap booking, working and singing in choir. I have a lot of fun hanging out with my friends and family. If I could gain one ability, I would be able to turn back time and see in the future.

Places I Like to Go:

- ♥ Work
- ♥ Choir
- ♥ Disneyland
- ♥ Home

- ♥ To my Sisters
- ♥ Dads
- ♥ Anywhere with friends
- ♥ To the Park with My Daughters



GOOD DAY/BAD DAY

Good Days: A good day is when I am not sick. I don't like to be sick. It is also when I am with my family. Ashley and Maggie are always there on a good day. For me to have a good day, I need to spend time with family. It is important that my car runs.

Bad Days: A bad day is when my car isn't running right or I am sick.



RELATIONSHIP WITH GOD

I believe that God died on the cross for us. I celebrate all Christian holidays. I don't eat meat on Good Friday. I go to a Methodist or Presbyterian Church once every couple of weeks. I sing, pray and listen to the sermon. They don't talk bad about people. My aunt goes to my church too. When times are hard, I turn to my sisters, Amy or Kim for help.





If I could change the world, I would change the budget so people with disabilities and the elderly would have more money. I vote; and I believe it is important to vote. I mail in my ballot every year. If I was the President of the United States, I would give money to Medi-Cal, IHSS, disabled and the elderly. I would make sure everyone had insurance.



DISLIKES

Candy:

Black Licorice

Object:

Cleaning

Movie:

Horror or
Bloody

Music:

Rap

Person:

Ricky & His
Family

Season:

Summer

Snack:

Spicy

Animal:

Snakes

Color:

Black

Food:

Fish



ASHLEY MARIE





MAGGIE MAY





TAKING CARE OF MYSELF

If my house was on fire, I would grab Ashley, Maggie and my cat, Niner, and get out. I would call 911. If I had a cooking fire, I would put it out with baking soda. If I was abused, I would call the police. If there was an earthquake, I would get under a table or doorway. If there was a flood, I would get out!

I have an emergency evacuation plan. I would grab Ashley and Maggie, Niner and get out ASAP. Then, I would call my sister Julie.

To stay safe in the community, I look out for my surroundings. During an emergency, I would call my sister and 911, if I needed to. I don't believe I need supports to be safe, but others can support me by telling me if I am unsafe.

I have some health concerns. I have diabetes and Glaucoma. I also want to continue losing weight. I lost a lot of weight after having my girls. Right now, my diabetes is under control.

I have headaches, back aches and jaw pain. I take ibuprofen for it. I also have bone spurs and I take an anti-inflammatory. I go to the doctor when I need to. I listen to what my doctor says. I do the tests he asks me to do. I try to eat vegetables. I take medication. When the weather is nice, I walk with the girls. I need to walk everyday that I can. It would be good if me, Maggie and Ashley went for a walk.

It makes me angry or sad when others put me down and call me names. If I am angry or sad, leave me alone, don't add to the fire. I will let you know if I need help. To make myself feel better when I am sad, I go for a drive or I go to my room. Sometimes, I call my friends to work it out. I also go shopping if I can.

My perfect staff would be someone who is nice, friendly, punctual and calls if they are going to be late. I also would like someone who has similar interests. I have support from COMPASS, who helps me with the house, and with Ashley and Maggie. When I find something challenging, let me try it first. If I need help, I will ask for help.

my MONEY



It is important to me to work. I pay the rent, cable, internet and my cell phone bill.

I don't have a budget, but if I did, I would have a hard time sticking to it, because I spend a lot of money on gas. However, I do know where my money goes every month.

I would like to be better at saving money. In order to save money, I have stopped eating out so much. I am cooking at home more. I make things like chicken or tamale pie. I am working at it. I try to plan ahead for emergencies by having some money saved. I do try and set aside money for vacations. If my cat, Niner, gets sick, I make arrangements with the vet to make payments. In the past, I have gone without getting my hair cut or getting my nails done. To make ends meet, I do have a checking and savings account. I do know how to use my ATM card, "all too well".

I would loan money to a family member, but not a friend. If they didn't pay me back, I would keep talking to them until they paid me back. I have been financially taken advantage of before. I loaned someone money on my credit card and I never got the money back.



RELATIONSHIPS



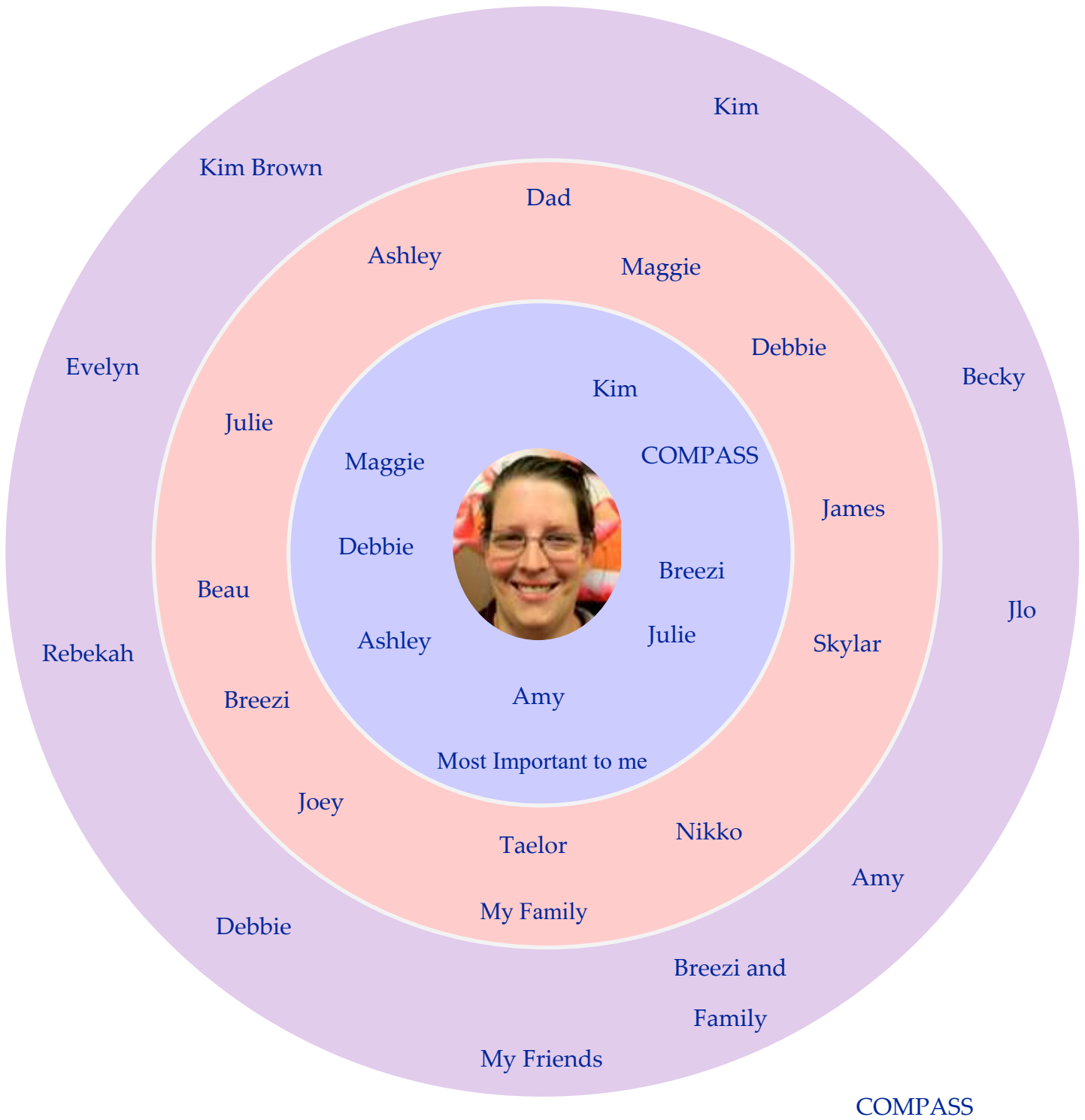
My relationships with my family are important. I love Ashley and Maggie. I strive to be a good mother. I want to be there for them as they grow up. Ashley inspires me, because she is not afraid to learn new things. She keeps trying until she gets it. The best gift I have ever received was my car. My dad financed it for me. He financed it so I could have my Uncle Tom's car after he passed away. It was very special to me. It was totaled in an accident. Now I have my own car that I saved up for.

I like to celebrate special days with my family. Special days are Christmas, Thanksgiving, Ashley's Birthday and Maggie's birthday. I usually don't mind if others laugh, if I do something ridiculous; however, sometimes it is hurtful if people laugh.

I can talk to Amy, Kim and my sisters and know that they are listening. Good listeners pay attention to the person speaking. Bad listeners are people who play on their cell phones. I believe I am a good listener because I pay attention to what others say.

A good relationship with a sweetheart is when they have similar interests, they don't argue or take advantage of each other. A good relationship with a friend is when they are there for each other. They don't argue or gossip behind your back. A bad relationship with a friend is when they are bossy and argumentative and when they spread rumors. A good relationship with staff is when they don't boss you around. A bad relationship with staff is when they are too bossy. To avoid a bad relationship, I don't talk to them.

We Care A Lot Foundation



FNRC

People who are paid to be in my life





- ♥ I hope I am a good mom.
- ♥ I want to go to Hawaii.
- ♥ I want to go on another Disney Cruise.
- ♥ It's important to me that I keep family traditions that my mommy started. If I don't have Ashley and Maggie; my sisters, Julie and Debbie will do those traditional things with me and the girls, as close to the holidays as possible.

Goal: Cook Healthier Meals.

How:

- ♥ Look for healthier versions of foods we like.
- ♥ I will eat more fruits and vegetables.
- ♥ Try low calorie, low fat or low sugar replacements.
- ♥ Keep healthy snacks on hand.
- ♥ I have been walking with the girls.

Who Is Responsible:

Me, my COMPASS worker and the girls

By When: the end of 2023

- ♥ I had a baby. Ashley Marie, August 30, 2014.
- ♥ I had my second baby, Maggie May, February 16th 2017.
- ♥ I am a good mom.
- ♥ I graduated college with a Associates Degree in Child Development.
- ♥ I have lots of friends.
- ♥ I have a great family. I love my family.
- ♥ I have a drivers license.
- ♥ I am independent.

Disneyland



Always
my Mother
Forever
my Friend



In Loving Memory





PATHFINDERS

“Peace” By Gary Scott Mathis