VOL. 7 ISSUE 6 • JUNE 2026

REDWOOD COAST REGIONAL CENTER

Serving Del Norte, Humboldt, Lake, and Mendocino County

Butterfly and Stripes, Acrylic on canvas. *Cindy Tirsbeck*

Art Show at the Regional Center in Eureka

By Cindy Tirsbeck

My name is Cindy Tirsbeck. I was born and raised in Eureka, California. I have a brother who I am close with. I do art for the memory of our mom, because she is very close to my heart. I started painting at Trajectory, and I feel very lucky to be doing art. When I paint it makes me feel

Continued on next page

Days to Remember

June is Pride Month

June is Deafblind Awareness Month

June 18th
Autistic Pride Day

June 19th
Juneteenth
RCRC offices will be closed

June 21st
Father's Day

June 21st
Summer Begins

RCRC Art Show

Continued from previous page

Cindy with a bouquet of flowers..

happy, and it is a goal of mine to make other people happy when they see it. I like to paint butterflies and flowers. My favorite flowers are roses because they smell pretty. ★

If you are interested in purchasing Cindy's work, please contact Allen Cassidy at 707-798-0357.

Happy Flowers, acrylic on canvas. *Cindy Tirsbeck*

Trajectory is a career development program for visual, literary and performing arts in Humboldt County, CA and a program of The Ink People Center for the Arts.

Big Flowers, acrylic on canvas. *Cindy Tirsbeck*

Artist Spotlight!

Redwood Coast Regional Center Newsletter would like to celebrate client artists and their artwork in our Artist Spotlight page.

Do you know a client who would like to share their artwork with our community?
If so, please email rsocial@redwoodcoastrc.org

- Your name
- A JPG of your artwork
- Title of artwork
- Materials you like to use
- Your favorite themes
- A signed consent form

Redwood Coast Regional Center
Respecting Choice in the Redwood Community

RCRC Newsletter

To include your story in our newsletter, contact rsocial@redwoodcoastrc.org

DDS Department of Developmental Services

Wildfire Preparedness Week

Governor Gavin Newsom declared May 3-9, 2026, as Wildfire Preparedness Week. As wildfire season approaches, we encourage Californians with intellectual and developmental disabilities and their families to take simple steps now to stay safe and ready.

Sign up for Alerts

Get local emergency alerts directly to your phone and email so you can act quickly if a wildfire happens near you.

Make a Plan

Talk to your family, housemates, and support team about where you will go, how you will get there, and who to contact during an emergency.

- **Pack a Go-Bag:** Keep important items ready in one place, including medications, medical supplies, chargers, identification cars, important papers, snacks, water, and comfort items.
- **Prepare for Power Outages:** Charge devices ahead of time and make a plan for medical equipment, refrigerated medications, or communications needs if the power goes out.
- **Make a Stay-Box:** You may have to shelter in place during an emergency, even while the power is out. Prepare a box that includes basic supplies like food that won't spoil, water, medications, and flashlight.

Don't Wait to Evacuate

If local officials tell you to leave, leave as early as possible. Evacuating early can give you more time and help reduce stress during an emergency. If you need support during evacuations or emergencies, contact your regional center.

Stay Connected

Stay informed through local emergency alerts, trusted news sources and community groups.

Preparing ahead of time can help you act more quickly when every minute matters. Check out these resources to stay ready and confident:

ReadyforWildfire.org

Disaster Preparedness in ASL: Wildfires

Wildfires – Listos California

You can also visit Fire.ca.gov for updates and information about active wildfires in California.

Let's be prepared and take care of one another this wildfire season. ★

Please contact Redwood Coast Regional Center Emergency Management Coordinator Ron Lee if you have any questions or would like assistance with emergency preparedness.

Ronald Lee, (707) 445-0893 x383
rlee@redwoodcoastrc.org

Getting to know our community

LISA NELSON

What is your position at RCRC?

I work as the Unit Assistant in Crescent City for the Children, Adult and Enhanced Services Units.

What inspired you to get into this field of work?

I have been working in this service system for approximately 20 years, as I find the work both meaningful and rewarding. I began my career with RCRC in Ukiah in 2003, initially serving as Support Staff and later advancing to the role of Administrative Assistant to the Clinical Director. During my time there, I loved my work and the staff, some of whom remain with RCRC today!

I ultimately made the difficult decision to leave my position due to a relocation to Santa Rosa, as the commute became challenging. A couple of years later, upon returning to Ukiah, I joined the then Area Board (now the State Council of Developmental Disabilities – North Coast Office), where I worked for five years before relocating to Crescent City.

For the past 10 years, I have been based in the Crescent City office, where I continue to thoroughly enjoy my work and supporting my Units and our clients.

Tell us about an inspirational experience working with RCRC?

There have been several over the years, but client related is seeing children grow into adults with wonderful independent lives that thrive in the community. This long-term perspective is truly one of the benefits of working in this field for so many years. I must also include the amazing staff that have been an inspiration to me and have supported me in my journey within the RCRC family where, "humor is appreciated and everyone participates fully in teamwork" (my favorite part of the Vision).

What do you like to do in your spare time?

I of course love spending time with my family, traveling and experiencing new places, foods and cultures and I will always be up for a concert. I also live by the Smith River and enjoy spending time there and catching a sunset or two at the beach in Crescent City. ★

"...seeing children grow into adults with wonderful independent lives that thrive in the community... is truly one of the benefits of working in this field for so many years."

LISA NELSON

JUNE 2026 CALENDAR OF EVENTS

Del Norte | Humboldt | Mendocino | Lake | Virtual

Please enjoy the following events hosted, sponsored or tabled by Redwood Coast Regional Center. (Click on flyer to enlarge)
Additional events hosted by community partners can be found on our Instagram and Facebook platforms.

REDWOOD COAST REGIONAL CENTER

Disaster Preparedness Event
Wednesday, June 3rd, 3:00-6:00pm
Family Resource Center of the Redwoods, Crescent City

HUMBOLDT & DEL NORTE SELPA

8th Annual Deaf Community BBQ
Saturday, June 6th, 12:00-3:00pm
Sequoia Park, Eureka

RIO DELL COMMUNITY RESOURCE CENTER

Bike Rodeo
Saturday, June 13th, 1:00-3:00pm
Rio Dell Fire Department, 50 Center Street, Rio Dell

CALIFORNIA TRIBAL FAMILIES COALITION & TWO FEATHERS

Humboldt Area Youth Justice Gathering
Tuesday, June 16th, 10:00am-2:00pm
Arcata Community Center Gymnasium, 312 Dr. Martin Luther King Jr. Pkwy, Arcata
Register at: https://forms.gle/XB8SB52raeyfNT897

JUNE 2026 CALENDAR OF EVENTS

Del Norte | **Humboldt** | **Mendocino** | **Lake** | **Virtual**

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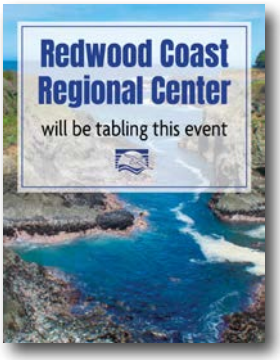
HUMBOLDT NAACP

Juneteenth Day Festival
Saturday, June 20th, 12:00pm-7:00pm
Halvorsen Park, Eureka

BRIGHTER FUTURES

Parent Support Group
Sunday, June 28th, 12:00-2:00pm
Hoopa Valley Community Pool, 11860 CA Highway 96 Hoopa
For more information, contact Isabell Rodrigues: (415) 519-8691 or Dean Shearer (415) 309-0534



REDWOOD COAST REGIONAL CENTER AND ABC DAY PROGRAM

Speed Friending
Monday, June 22, 1:00pm-3:00pm
New Life Community Church, 750 Yosemite Dr., Ukiah

REDWOOD COAST REGIONAL CENTER

Spanish Listening Session
Thursday, June 25th, 6:00-8:00pm
Mendo Leap, 2146 S. State Street Ukiah
For more information, contact Alma al 707-462-3832 ext. 284
This event is in Spanish.

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PEOPLE FIRST OF UKIAH

Barbeque
Saturday, June 27th, 11:00am-1:00pm
Todd Grove Park (North side)
People First members and guests who are 18 years and older, please bring a side dish or dessert to share. Please arrange your own transportation.
For more information, contact 707-462-3832, Jesus ext 521, Jordan ext 224, or Renee ext. 208.

MENDO LEAP

Neurodiversity Night!
Last Saturday of each month, 5:00-7:00pm
June 27th
2146 S. State St., Ukiah
RCRC families play for FREE!
For more information call 707-671-4536.

RCRC PUBLIC MEETING

For Fiscal Year 2026/2027 Community Resource and Development Plan
Tuesday, June 29th, 5:30-6:30pm
Redwood Coast Regional Center, 1116 Airport Park Blvd., Ukiah
Light refreshements will be provided.

COUNTY OF LAKE HEALTH SERVICES

LGBTQIA2S + Pride Fair
Sunday, June 28th, 10:00am-3:00pm
Austin Park, 14077 Lakeshore Drive, Clearlake
For more information call 707-513-9796.

JUNE 2026 CALENDAR OF EVENTS

Del Norte | **Humboldt** | **Mendocino** | **Lake** | **Virtual**

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REDWOOD COAST REGIONAL CENTER

Learning Series Featuring PG&E
Wednesday, June 10th, 12:00-12:30pm
Dial-in: 888-673-9784
Conference ID: 10008889
Please submit all accommodation requests to Duty.Officer1@dds.ca.gov.

REDWOOD COAST REGIONAL CENTER

Behavioral Training for Caregivers
Mondays 6:00-8:00pm
June 15th, June 22nd, June 29th
Zoom Meeting ID: 995 9235 1260
Passcode: 456857
For more information contact rbt@rcrcdei.org.

RCRC CLIENT ADVISORY COMMITTEE MEETING

Client run public meeting
Wednesday, June 17th, 6:00-7:00pm
Zoom - Meeting ID: 882 2141 5395
Passcode: 413432 or Dial: 1 669 900 6833 (US)
Call your Service Coordinator for more information.

RCRC PUBLIC MEETING

For Fiscal Year 2026/2027 Community Resource and Development Plan
Tuesday, June 23rd, 5:00-6:00pm
Zoom - Meeting ID: 959 5571 4480
Passcode: 789778 or Dial: 1 669 444 9171 (US)

REDWOOD COAST REGIONAL CENTER

Become a Registered Behavior Technician

Start your career in the rewarding field of Applied Behavior Analysis and help persons on the autism spectrum or with other developmental disabilities gain functional social and life skills.

Register on the waitlist to be notified when new classes are available. Visit here.

CALIFORNIA SCDD

6th Annual There Should Be a Law Contest

SCDD's annual There Should Be a Law contest is a great opportunity to share your ideas on how to improve our laws and ultimately our service system to better serve the individuals we support. This is a chance for you to contribute your knowledge and experience to those advocacy efforts.

The contest is open to everyone with ideas to improve our system on the legislative level and is open through Tuesday, June 30, 2026.

Department of Developmental Services

INDIVIDUAL PROGRAM PLAN (IPP) SURVEY

We invite you to participate in the IPP survey, which is designed to gather your insights and opinions. Your feedback is incredibly important, as it will provide valuable information that will help guide and improve future initiatives.

The IPP survey is brief and confidential. By taking a few moments to share your thoughts, you will play a crucial role in improving the IPP experience for everyone.

Please take a moment to share your insights.

SCDD NATIONAL CORE INDICATORS

Family Surveys

To participate in the survey, email QAProject@SCDD.ca.gov

Families will have until the end of June 2026 to complete the surveys and send them back to SCDD.

For more information, email NCIHelp@dds.ca.gov.

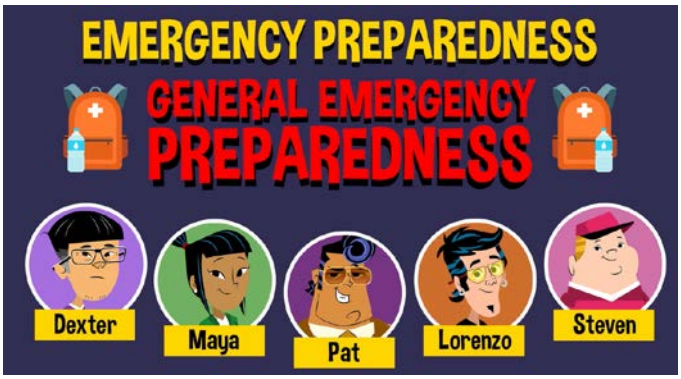
ARCA'S VOTER VOICE CAMPAIGN

ARCA has launched a new system designed to make it easier for our community to engage and take action on state and federal issues that affect the developmental disabilities system. Personal stories significantly influence the shaping and impact policy. We recognize the power our community holds when we unite for a common cause. ARCA's positions are representative of the needs identified by the regional centers and the communities they serve.

ARCA has introduced Voter Voice, a platform that will allow our community to engage in various campaigns benefiting California's developmental services system. This includes activities such as phone banking, writing letters, connecting with representatives, attending rallies, or simply remaining informed about legislative and budgetary issues.

To get involved, sign up for ARCA's Voter Voice System.

Sign up here: https://votervoice.net/ARCA/Register



LANTERMAN & FRIENDS

Emergency Preparedness Animations

Launching in March 2026, in honor of Intellectual and Developmental Disabilities Awareness Month, the latest Lanterman and Friends series brings Mark Hamill (Luke Sywalder, The Joker) into the cast.

The award-winning Lanterman and Friends (L&F) video shorts provide essential information and resources to the more than 525,000 people with I/DD served by California's Regional Centers, and to the million-plus family members and direct service professionals who support them.

The newest L&F 10-episode series focuses on emergency preparation and public safety.

To view the new Lanterman and Friends Animation visit: Emergency Preparedness

To view all the Lanterman and Friends animated videos visit: Video Portal

To view the entire Press Release, visit: Press Release

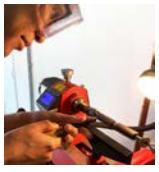
STATEWIDE SELF-DETERMINATION ORIENTATION

Join Us to Learn...

- What is SDP*
- How SDP Works
- The Principles of SDP
- Steps to Enroll in SDP
- Key Roles in SDP
- Your Next Steps

* Self-Determination Program

For more Information and Registration Click the link below:
https://scdd.ca.gov/sdp-orientation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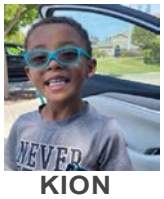

KION

...Are Self-Determined!
Learn if the Self-Determination Program is Right for You!

A CERTIFICATE OF COMPLETION WILL BE PROVIDED.
AN SDP ORIENTATION IS REQUIRED TO ENROLL IN SDP.

SCDD AND DDS STATEWIDE SELF-DETERMINATION ORIENTATION

Want to learn more?

Contact your Service Coordinator at RCRC or a Participant Choice Manager.

Participant Choice Managers

Humboldt & Del Norte Counties:
Alex Ostell
(707) 445-0893, ext. 317 or aostell@redwoodcoastrc.org

Mendocino & Lake Counties:
Sheila Keys
(707) 462-3832, ext. 254 or SKeys@redwoodcoastrc.org

LOCAL & REGIONAL RESOURCES

Find these and many more on our website at:
https://redwoodcoastrc.org/resources-hub/local-resources/

Redwood Coast Regional Center believes that access to information, supports, and learning is necessary for all people to achieve their life goals.

Contact Us

Learn more about our services and programs reach out to an office near you.

Redwood Coast Regional Center Offices

CONTACT YOUR NEAREST OFFICE FOR ASSISTANCE

Ukiah Office | Corporate Office
1116 Airport Park Blvd.
Ukiah, CA 95482
Phone: (707) 462-3832
Fax: (707) 462-3314
Mendocino County

Fort Bragg Office
121-A Boatyard Drive
Fort Bragg, CA 95437
Phone: (707) 964-6387
Fax: (707) 964-0226
Mendocino County

Lakeport Office
180 3rd Street
Lakeport, CA 95453
Phone: (707) 262-0470
Fax: (707) 264-6537
Lake County

Clearlake Office
14888 Olympic Dr.
Clearlake, CA 95422
Phone: (707) 621-6169
Fax: (707) 264-6537
Lake County

Eureka Office
525 2nd Street, Suite 300
Eureka, CA 95501
Phone: (707) 445-0893
Fax: (707) 444-3409
Humboldt County

Crescent City Office
1301-A Northcrest Drive
Crescent City, CA 95531
Phone: (707) 464-7488
Fax: (707) 465-4230
Del Norte County

Visit us online

WWW.REDWOODCOASTRC.ORG
@REDWOODCOASTREGIONALCENTER
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@REDWOODCOASTRC.BSKY.SOCIAL

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