



S.T.E.P. News

Building on a Foundation of Quality News

www.stepagency.com

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We invite editorial submissions of all kinds. Stories, pictures, milestones, events, art, poems! Send your materials to the address above, or via e-mail to melanieb@stepagency.com

Copy deadlines: We try to follow these deadlines for receiving your stories for the next issue.

Spring – February 1

Summer – April 15

Fall – July 15

Winter – October 15

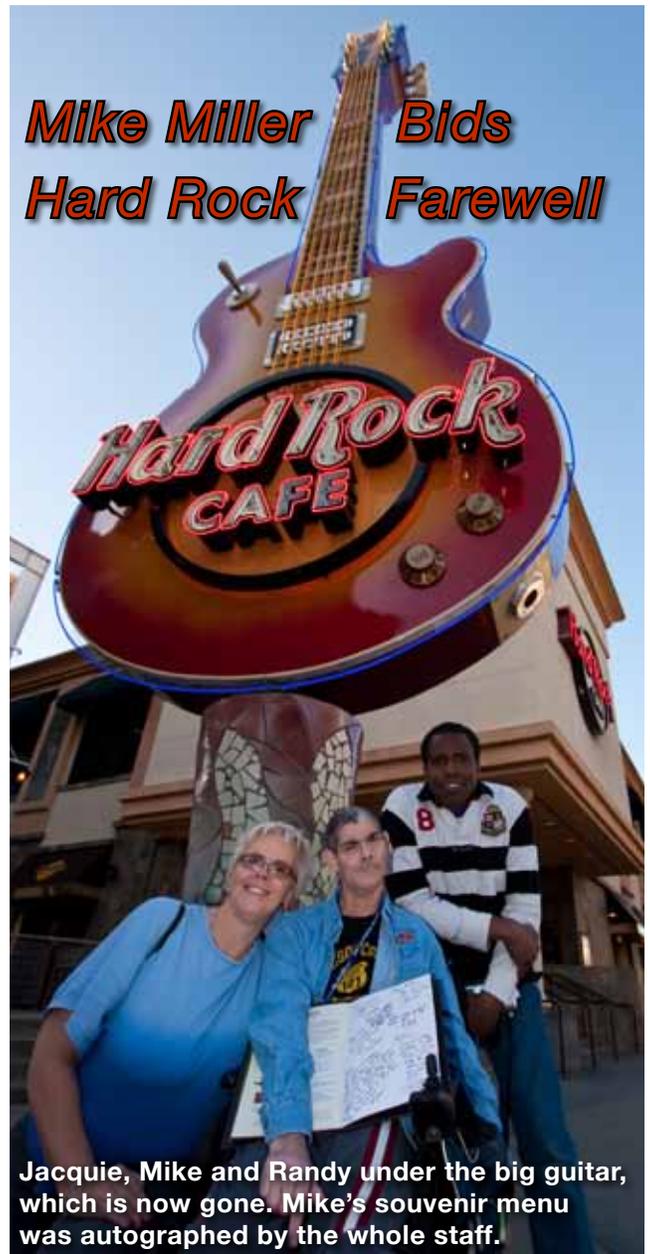
My name is Mike Miller. My friends call me Mike. I've been a fixture at Sacramento's Hard Rock Café for 12 years, since the day they opened on August 13, 1997. Sadly, they closed their doors forever on March 27, 2010.

From their early years until the day they closed I would go there after Day Program (Discovery Options) on my own by taking the bus and Light Rail. I knew the staff; they would all greet me when I came in, remove a chair at my table so I could fit my power chair under it and bring me my coffee with milk, tons of sugar and a cube of ice to cool it down.

I would spend a couple of hours people watching, talking with the staff as they worked and drinking my coffee.

Later on when I started to have support staff working with me (2004) and quit going to Day Program, I would sometimes allow them to go with me so I could have lunch or dinner. It was also my escape from them. The Hard Rock was my church; it gave me peace of mind, made me

Mike Miller Bids Hard Rock Farewell



Jacquie, Mike and Randy under the big guitar, which is now gone. Mike's souvenir menu was autographed by the whole staff.

feel independent, safe, part of something special and where I could go and think about whatever I was thinking about at the time.

On March 22 I went for my last dinner there with Jacquie and John Foss, and Randy

Continued on next page

Cobb for our last Cheeseburger, fries and ice tea. That's right, can't a guy change up on his drinks from time to time?

While we were having dinner the staff all signed a menu for me as a souvenir. After we finished eating we all took group pictures and we said our good byes. I really miss the place and the people who worked there. I'm now looking for a cool place to hang out that I can call home.

— Written with Randy Cobb



Mike and the whole Hard Rock gang

Letters

Just to let you know that I think your newsletter is one of the best around. Always look forward to reading it and appreciate what might seem like a silly little thing, but I appreciate that fact you use consumer's whole names, just like the rest of us. Good work.



— Cheryl Potts,
Community Services Specialist
Alta California Regional Center

S.T.E.P. Stars

In each issue of STEP News we want to recognize individuals or teams that support the Five Principles in outstanding ways. The people below are "Star-worthy" and we would like to express our appreciation. Keep up the great work!

Our featured Principle for this issue is **Flexible and Tailored**.

Here are some of the people who really personified this in a big way and were recognized for it:

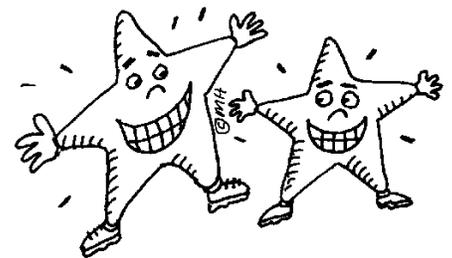
Liz Brunton—Thank you for actually reading peoples' ELPs and paying special attention to what people hope, wish and dream for. You have put effort into helping people achieve their dreams and that is HeartRight Always!

Personalized Employment Team—A special recognition goes out to the Employment Department and its management for all the work on the Board Resource Center Community Steps project. You have shown up and learned and contributed and we all benefit as a result.

Ayren Gabrielson—Thank you for all your input and patience during the Filemaker update. Your feedback has been invaluable and you have become the resident expert. Thanks for your assistance and leadership.

Michelle Czocher—You are newer to STEP but it feels like

you have been part of the STEP family for a very long time. You have embraced our philosophy and principles and are a terrific advocate for the people you support. You have a great energy and you have followed through with your promises. Please keep up the great work!



Colleen Fernandez and Pat Turner—Thank you for loving your daughters unconditionally and for all you are doing to help them be successful. We appreciate the opportunity to work together with your families to make Kelli and Katrina's dream a reality.

June Klock—Thank you for pushing yourself to excel and for putting so much effort into Supervisor Training. Your attitude was positive and you

assisted others in the class as well. You have been a joy!

Looking to the Future

By Jacquie Dillard-Foss

“When it comes to the future, there are three kinds of people: those who let it happen, those who make it happen, and those who wonder what happened.”

—John M. Richardson, Jr.

This quote has always been the way I’ve looked at ensuring that each person who has chosen STEP to support them, the families who are part of each person’s circle of support, and those chosen to be employed by STEP have long-term stability. As I look to the future and take into consideration all the trends, the budget, and changes in service delivery I take the responsibility of guiding STEP through all these challenges as my main priority.

From our beginning on April 1st, 1994 through today, what we as a team have always done is adjust and realign ourselves to ensure that the focus on quality is who we are and what we do every day. Many of the changes in supports I do not agree with, and I will continue to advocate on behalf of individuals’ choice to live independently.

With all these considerations in mind, I’ve done some restructuring at STEP. There are now two departments within STEP:

Inclusive Community Living:

Within this department there are 3 units: The Hearing Unit, The Deaf Unit, and the Yuba Unit. What distinguishes each person that has chosen to be supported by STEP within the Inclusive Living Department is the amount of support and the focus of the support each Employer receives.

Employment Department:

This department has gone through an intensive 6-month training program and is now developing training DVDs. These will not only support and train the employment specialist, but will also be utilized within the community for job development. The individuals that have chosen the Employment Department and the employment specialist focus on economic security and basically earning money.

Bridge Unit:

Another very exciting addition to this restructuring is what I call the Bridge Unit. All employees in this department support both Departments. Two new additions within the Bridge Unit are the Health and Wellness Liaison, Lynn Frampton, and the Quality of Life Liaison, Anna Shands. Both of these positions are focused on the Employer and ensuring that the Circles of Support are guided by the five principles, and ensuring that each person that has chosen STEP has support that is HeartRight and driven by the values of STEP. Our web site will show the new organizational setup, so visit stepagency.com/what/staff.html.

I am excited to lead such

a dynamic team focused on meeting and exceeding the principles of those who have chosen STEP. We exemplify the 5th principle: Flexible and Tailored, and that foundation has always been our strength.

A Home of One’s Own Realized

Jan Sumka (in the red poncho) and Eulogio “Lizzy” Lizarraga signing the lease on their new apartment in February!



Unit Updates

Deaf Community Living

The Deaf Community Living department has been unbelievably busy, and is excited to expand their team to include all Deaf employers at STEP. Personalized Community Support Managers Diana Miller and Tim Fischer, spent a week in Las Vegas at the Deaf Expo advertising the great services and employment at STEP.

There were over 20,000 people signed up to attend the Expo! Thanks to Michelle Noschese for holding down the fort while they were in Vegas.

The Deaf unit would like to welcome Michelle Czoher, our newest PCSF (previously called SLS Coordinator). Michelle comes to us from Southern California with great experience and energy.

The Deaf unit is now accepting applications for the Personalized Community Support Facilitator. If interested, please see the HR department.

Our next Personal Support Attendant Training is August 26th, from 5:30pm to 7:30pm at a location to be announced.

Hearing Community Living

As STEP is restructuring the units, we are getting to know new co-workers and seeing the possibilities multiply. We have many people to welcome to STEP:

We are happy to now support Lisa Desart. Lisa lives in Granite Bay and loves action movies

and cute guys—don't those two usually go together? We have enjoyed getting to know Lisa and we feel blessed to work with such a supportive and generous family.

Anthony Mack chose STEP to support him and will have full support in September. Anthony loves sports and plays wheelchair basketball. Anthony is very active in advocacy events and has many causes he is interested in.

Daniel Harrold just moved into a great duplex in North Highlands and is getting all settled in. Daniel loves to swim, watch movies, and go on long drives. He is also a fan of Dr. Seuss and of cruising Country Club mall.

Katrina Turner is sharing a house with her sister Kelli in Gold River. Can you just hear "We are family" playing in the background? Katrina loves Michael Jackson music and jewelry and is assertive and a whole lot of fun.

Our next Personal Support Attendant Training is August 26th, 2010 from 5:30pm to 7:30pm at the Carmichael Presbyterian Church.

Personalized Employment

As Lynn Frampton transitions into her full time role as Health and Wellness Liaison, the capable management team of Jude de la Concepción, Debbie Waters, and newest manager Stephanie Tate are in high gear.

The employment department has been participating in a project with the Board Resource Center

on community connections and job development and has begun filming a training video. Look out for our soon-to-be movie stars—hope they will remember us when they are famous!

The employment department has several openings at this time for Personalized Employment Specialists (formerly known as Vocational Coaches). If you are interested in applying, please see Human Resources.

Have you taken advantage of Noe's Farmers Market delivery service? Noe takes your order and brings you the goods—what more can you ask for? For more information, see Debbie Waters.

Program Support Request

We are attempting to update face sheets for all people supported by STEP. We want to make sure that the information we have is accurate in case of an emergency. Please take the time to review face sheets for the people you support and be sure to include family information.

Action Item—We Need Your Help!

We are asking that every person receiving services, every employee and every family member write a letter that explains to our public servants why services to people with developmental disabilities matter. Write a letter from your heart that explains how you are connected to services and why the services are needed. Try to imagine what life would be like without services. We have to speak up and communicate

to those that represent us that services make a difference.

Please send you letters to Lisa Barrows or Stacy Sisson at STEP as soon as possible. Include a picture if you can; we want to connect stories to a face. Thanks for your help.

Yuba City Corner

Yuba City is currently supporting 24 Individuals in SLS and 10 in ILS.

We would like to welcome aboard our new Personalized Support Attendants starting in early 2010: Carolyn Lester, Rachel Supnet, Pamela Jory, Shandie Souza, Michael Williams, Amy Zamagni, Jennifer Roberts & Vikki Gilley.

We would also like to acknowledge and Congratulate Robin Ponciano & Charles Morse on their new positions as Personalized Community Support Facilitators.

Kelly Ware has recently been hired to decorate the poster boards for the ELPs and is doing a fantastic job. She says she

“enjoys the work very much”. She is a wonderful addition to the office and we look forward to seeing her posters.

We are a busy bunch here in Yuba City. A group went to San Francisco visiting the street performers, shopping at the Pier, and even made a stop off to eat at Bubba Gump’s Restaurant. There was a trip to the roller rink in Chico, and several individuals meet up at Butchie’s pool weekly to cool off in the pool. Steven Beales has game night every Tuesday night, which is always a success. They have even done a tie-dye night. We had a small get-together here at the office to celebrate Tracy turning the



Debbie with a Pier 39 street performer



Hangin' out in San Fran



Sharon enjoying Butchie's pool

big 5-0. She received a wonderful poem written by Monique Cook and staff pitched in to get her a locket with a picture of her daughter. Tracy had a good time and lots of happy tears were shed that day. In August some of the individuals we support and staff will be relaxing on the beach in Fort Bragg (pictures to follow in the next issue)!

Until next time.....

“Hey Lynn... What do I do with old or unused medications and personal care products?”



The United States Geological Survey conducted a study in 2002 sampling 139 streams across 30 states and found that 80 percent had measurable concentrations of prescription and nonprescription drugs, steroids, and reproductive hormones. Exposure, even to low levels of pharmaceuticals, has been shown to have negative effects on fish and other aquatic species and may have negative effects on human health.

Without a safe and effective method for disposal, prescription drugs may be left indefinitely in medicine cabinets where they pose a threat of potential prescription drug misuse or abuse.

In recognition of this problem, in February the White House Office of National Drug Control Policy, the Health and Human Services Agency and the Environmental Protection Agency released new Federal prescription drug disposal

guidelines urging Americans to utilize pharmaceutical take-back locations.

Proper Disposal of Unwanted Medications

One of the more popular methods for proper disposal of pharmaceuticals is the *Take-Back Program*. This is usually sponsored by agencies such as STEP and accepts items including:

- Over-the-counter drugs
- Personal care products
- Prescription drugs, including [controlled substances](#)

The first step is to *remove labels* with personal information and shred them. Don't risk *identity theft* by leaving personal information at the recycling center.

Next, bring them to STEP where the café staff will assist you with logging in your items and then placing them in the secured “Take It Back” receptacle located in the “North of the Line Café.”

Twice a week a STEP Vocational Employer will empty the container and transfer the materials to Sacramento County North Area Recovery Station. There will be an identical secured container in the Yuba City office to be disposed of in Yuba/Sutter County.

What About Personal Care Products?

Personal care products are a growing concern in the recycling/disposal community. This category covers a range of products, including:

- Prescription and over-

the-counter (OTC) medications for humans/animals

- Cleaning agents
- Cosmetics
- Nutritional supplements
- Skin care products

These products are produced and used in larger volumes every year.

Proper Storage of Medications

It's important to *safely store* all medicine in your house and manage your medicine inventory. This includes:

- Being aware of expiration dates
- Looking for discolored, dried out or otherwise degraded



Introducing Take Back Express, a one-stop solution for compliance with law SB 966, which provides for the proper disposal of unused and expired pharmaceuticals.

To be located in the North of the Line Café at STEP and the Yuba City Office!

medicine

- Storing your meds in a cool and dry location
- Putting unwanted medicines in a separate place from currently used medication
- Always keeping medicines in areas where children cannot reach (if possible, in a locked cabinet)
- Always keeping medicine in the bottle in which it came

Remember, that improperly stored medication can be harmful to children and animals. Storage is also important until you are ready to dispose of pharmaceuticals.



What Happens to Pharmaceuticals?

Typically, pharmaceuticals are not entirely consumed for one of four reasons:

1. Change in prescription
2. Improvement in the patient's health
3. Death of a patient
4. Expiration date passed

So where are all these unused medications going? Of 500 patients surveyed in 2004:

- 54% disposed of medications in the trash
- 35.4% flushed drugs down the toilet or sink

- 7.2% did not dispose of medications
- 2.0% used all medication prior to expiration
- 1.4% returned medications to the pharmacy

It's important to remember that many Medicines are *biologically active*. Simply put, that means the ingredients can cause problems in humans and animals.

For this reason, *flushing or tossing unwanted medications is dangerous!* Unwanted medications can contaminate water supplies and harm wildlife. Consider the following:



Unwanted medicine disposed in the trash can be *stolen and used*, potentially resulting in death or illness.

Drugs tossed in the trash and taken to a landfill can also *leach into groundwater supplies*.

Leaving unwanted medications around the home presents a *danger to children, guests and pets*.



The Employer Advisory Committee in Yuba City was created by People supported by S.T.E.P. The goal of this committee is to share and help STEP improve the way they support us. Originally known as the Consumer Advisory Committee it was decided among the attendees to change the name because it made it more personalized to what we as individuals are.

Our first meeting was May 5th 2010. Rights, budgets, and the Disability Action Day were discussed. We decided the very next month to discuss the proposals for the new budget.

We are now working on nominations for a representative to go between the committee and the STEP Agency with new ideas and concerns. The committee also wants to start having training workshops on different disabilities. The representative will bring up to STEP that we as a group would like to have these workshops at the different PA/Client trainings. Our next meeting will be Sept. 9th at 4:00 pm at the Yuba City office. We hope many will attend!

Thanks for the Memories...

By Michelle B. Meek

Due to recent changes here at S.T.E.P., the former ILS Team was recently transferred into the two existing support services units. Our Deaf team members will now be joining the SLS Deaf team, while our hearing team members have joined the SLS Hearing team. So, as a tribute to our ILS Team, we look back on our 12 years together and celebrate the accomplishments and adventures of our team.

Over the years our team has seen many changes and shared in many new adventures, the first of which, was a combining of what had previously been separate deaf and hearing ILS teams. That first meeting of the deaf and hearing ILS team members took place 10 years ago in a little back corner office on Howe Avenue. We sat quietly, curiously staring



Look at that fine group of youngsters, circa 2003!

at those unfamiliar faces that sat across from us, wondering how we could take two such different cultures and make them into one cohesive team. With each subsequent meeting, team members attempted to communicate through basic ASL signs taught to us by June Klock, writing on paper and the never misunderstood translation of the human smile.

Since that first integrated meeting, we have worked

together to create an amazing team and launch various programs and projects. The Parenting Program (Little STEPs) was created over 10 years ago and became a much-needed resource, allowing current ILS clients with children to receive additional support in the area of parenting. We provided training and education in the areas of

- Positive discipline
- Accessing community family resources
- Ensuring healthy families by attending all needed medical appointments
- Assistance with maneuvering through the school districts
- Advocating for needed therapies for the children of the individuals we serve
- Any other Parent related area, as needed

From this program sprang the idea that eventually became our STEP Annual Toy & Food Drive, which was launched 6 years ago and became a huge success. It not only provided toys and much needed food to



ILS Parenting Group, 2004

families we serve, but to single individuals we currently support, who would otherwise go without a holiday celebration.

In the summer of 2005, our ILS Team was asked to assist in starting what is now the Yuba City office. Our team provided the foundation to create a much-needed services resource in the Yuba City area, providing both ILS and SLS services. Today, the Yuba team exemplifies the meaning of “team” in their day-to-day commitment to the work they do.

During that same time, our Sacramento ILS team created what would later be referred to as SLS-7. This additional support was created for individuals who required greater support than what ILS could provide and yet, did not require 24-hour support services. Our first SLS client was Jason Austin and the first of our team members to step into the role of an SLS Coordinator was Doug Findlay. Since that time, we have taken on 25 SLS arrangements, (a mix of both SLS 7 and 24-hour support) and our Instructors now act as both ILS Instructors and SLS Coordinators, many of whom work with a diverse group of individuals with varying support needs.

The last 12 years have been an amazing adventure and we want to take a moment to say “*THANK YOU*” to each of our team members—for your commitment, dedication, willingness to always roll with the punches and amazing ability to keep your sense of humor through it all. Let us never forget

our Christmas Motto: “Sweet Love”!

May each of you continue to celebrate the amazing support you provide to the individuals we serve as you join your new teams.

Remembering Kristin

By Leigh Penny

It has been said that love is friendship set to music. Kristin Hart was the personification of both love and friendship in my life. Her smile was warm and endearing and she gave it freely to stranger and friend alike.

Kristen was a gentle person and she used her gentility to reach out to others. Her gentle touch enlightened those who’s paths she crossed. Her engaging personality was a

magnet to those around her.

Kristin’s warmth came from her heart and her soul. It penetrated every fiber of her very being. This inner warmth radiated around her unceasingly and she warmed the hearts of all of us who had the privilege of calling her friend.

Kristin showed unbelievable patience when most people would have lost theirs. Throughout her life, and particularly when she was ill, her patience was phenomenal.

Although Kristin was in pain much of the time, she never gave up. She seemed to take it all in stride. Her unyielding courage was an inspiration to all of us who knew her.

When she was at my house for Christmas and Thanksgiving dinners she was gracious and never complained about what she couldn’t eat. Instead, she

just rolled with the punches and she brought a sugar-free desert we could all share.

Being with Kristin in the last moments of her earthly life was the most special privilege I think I have ever had. Thank you for letting me share both your life and your death.



Kristin Hart

Meet Matthew Keyson

By Kelly McGurran

Matthew is a new guy with STEP's Deaf Community Living Unit, who recently moved into his own home! He's a pretty popular guy in Roseville, where he's lived since he was young, and had a huge crowd of friends and family members show up for the housewarming party at his new place.

Matthew has a cool roommate Bethany, who he likes a lot and who is one of his old friends. He likes the outdoors and bugs of all kinds, and has a huge appreciation for nature. He also likes to bowl; some of you may have already met him at the Tuesday bowling group at Country Club. He loves a special lemon pudding that his family members have been making for him for years.

He does volunteer work at some different places in Roseville, through his work program. Matthew has a very supportive family, who also live in Roseville, so he's lucky enough to spend plenty of time with them. His dad Wes, and sister Lisa have been a great source of

support and encouragement for him all of his life, and have been incredibly helpful to him and the support team working with him at his new place.

He's a pretty social guy. So if you see Matthew around, make sure to stop and say "Hi".



Cooking With Chef Willis

By Willis Abney



Simple Fruit Tart

What you need:

- 1 ready-to-use refrigerated pie crust (1/2 of 15-oz. pkg.)
- 1 tsp. Cinnamon sugar (3/4 tsp. sugar and 1/4 tsp. cinnamon)
- 1-1/4 cups half-and-half
- 1 pkg. (4-serving size) JELL-O Vanilla Flavor Instant Pudding
- 1 cup thawed COOL WHIP Whipped Topping
- 1 large fresh peach, sliced
- 1/2 cup blueberries
- 1/2 cup raspberries



Making It

PREHEAT oven to 450°F. Unroll pie crust onto baking sheet; sprinkle with cinnamon sugar. Bake 8 to 10 min. or until lightly browned; cool completely.

MEANWHILE, pour half-and-half into medium bowl. Add dry pudding mix. Beat with wire whisk 2 min. or until well blended. Gently stir in whipped topping; cover. Refrigerate until ready to use.

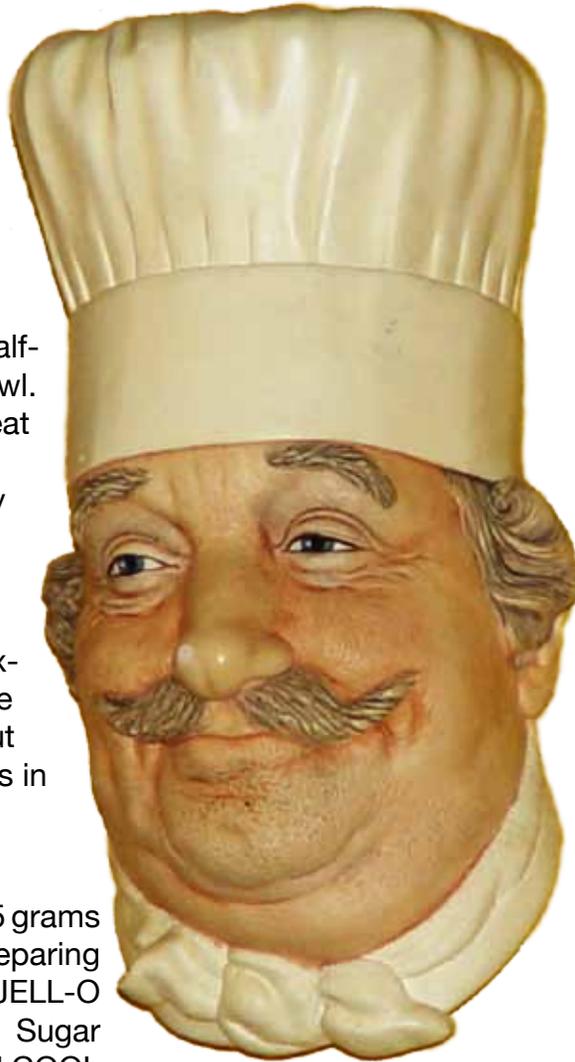
SPREAD pudding mixture over crust just before serving; top with fruit. Cut into slices. Store leftovers in refrigerator.

Healthy Living

Save 80 calories and 5 grams of fat per serving by preparing with fat-free milk, JELL-O Vanilla Flavor Fat Free Sugar Free Instant Pudding and COOL WHIP LITE Whipped Topping.

Substitute

Substitute milk for the half-and-half. Buy whatever fruit is in



season or on sale. This versatile dessert works well with almost any fruit combination.

Chiropractor Find

By Des Malone

I found a really good chiropractor through our work medical benefits. His office is near the STEP office. They also offer massage at an affordable rate.

Dr. Marc Siemens accepts WHA insurance; \$15 co-payments up to 20 visits per year.

5705 Marconi Ave STE B
Carmichael CA 95608
916-487-5555

Community Resource Corner

By Lisa Barrows

With all of the changes occurring with IHSS I realize it can be a bit confusing. There have also been changes to the IHSS process at STEP. I'm taking this moment to clarify these questions and or concerns.

If you have not completed all of your required IHSS paperwork and process you MUST contact the IHSS Public Authority.

All STEP Employees are required to submit their IHSS time sheets to the Community Resources Department for every pay period for verification of hours.

All IHSS timesheets received daily are dropped off at the P.O. at the end of each day.

Failure to follow these procedures will result in feedback.

IHSS estimated assigned hours can and will change at any time, based on staffing and hours worked per pay period. (This is our effort to utilize ALL IHSS hours).

Consistency and good communication are key to this process. Because of these major efforts made by everyone, the STEP Program has had a significant increase in IHSS hours captured. WE ROCK!!!

Keep up the GREAT work!!!

As always, if you have any questions regarding your IHSS or any of the process please contact myself or Stacy.

This is Jackson Schram

By Des Malone

Jackson Schram joined STEP in May 2009. Mr. Schram is in the Deaf Community Living Unit, he currently resides in Carmichael with his roommates.

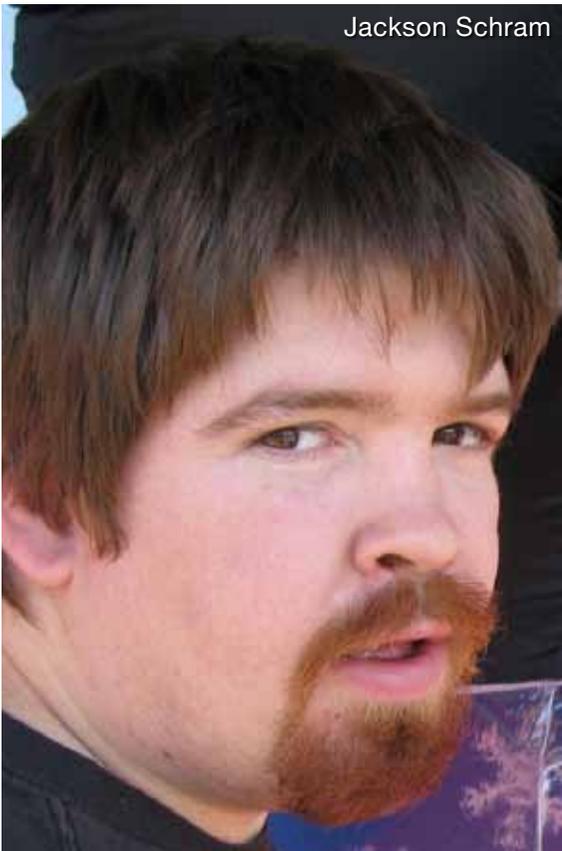
Jackson and his support team want to recognize Toni Schram for continuous effort with his medical needs and strong advocacy for her son. Toni truly shows her commitments are in parallel with the STEP philosophy. She is always there for him and commutes from Santa Rosa once a month to take him home and be with his family. When she speaks for him, she is always “GEM”

Thanks so much and welcome to STEP!



Toni Schram

Jackson Schram



Tyze Network for STEP

By Melanie Bazile

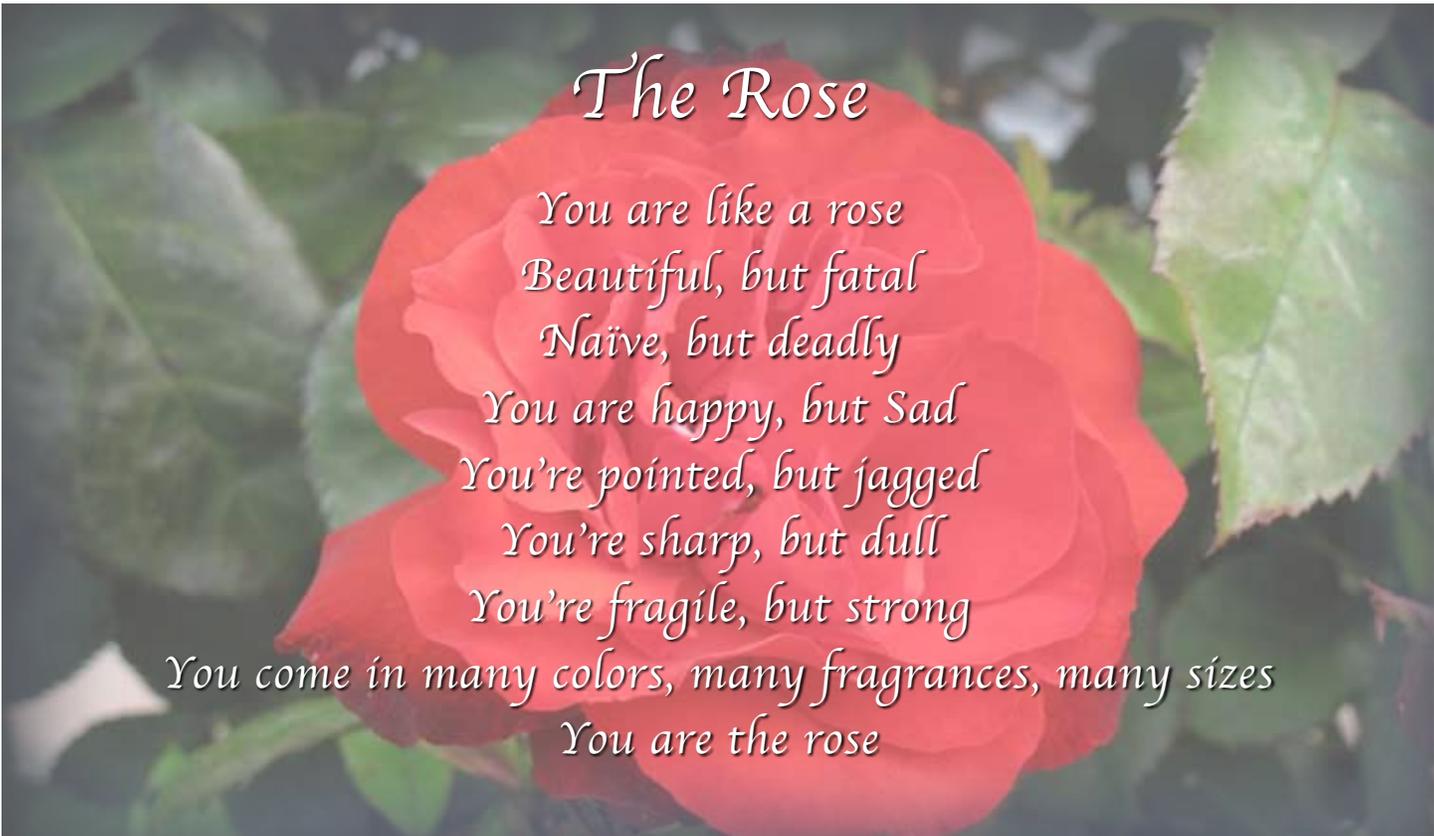
We are pleased to announce that STEP has been selected as one of the organizations to receive a complete, customized Tyze site in California. Tyze will be helping us to set up online personal networks for 20 people supported by STEP.



tyze
Better Together

Tyze provides secure, personal networks for people who are experiencing life challenges and those who support them. Our networks coordinate community involvement and provide practical tools for friends, families, and neighbors to care for one another.

Continued on next page



The Rose

*You are like a rose
Beautiful, but fatal
Naïve, but deadly
You are happy, but Sad
You're pointed, but jagged
You're sharp, but dull
You're fragile, but strong
You come in many colors, many fragrances, many sizes
You are the rose*

Tyze helps organizations to provide online support networks that are:

- Personal
- Private
- Proven
- Ad-free
- A key to improved health outcomes
- Cost-effective

It's kind of like Facebook, only more secure and with features designed to increase circles of support. If you want to suggest someone be considered for this project, please contact Melanie at STEP as soon as possible!

Congratulations to Mike Miller, Julie Henry and Daniel Harrold for getting their networks started.

Family Advisory Committee

The next Family Advisory Committee is scheduled for Wednesday August 18, 6:00pm to 8:00pm at the STEP office. Please join us for a light dinner and great discussion. Thanks to Roberta Hinchman for providing tasty treats!

Special FFAC Gathering

Sept. 8, 6:00pm to 8:00pm family members will have an opportunity to discuss the unfortunate instances where frustration becomes physical with people we support. We will have a great facilitator. Contact Melanie Bazile for more information.

Poetry by Monique Cook

Monique has offered us two of her wonderful poems. One is above. Look for the other one in our next issue. We would love to see more of peoples' artistic talents in future issues of STEP News!



STEP Hawaiian Cruise

In February, this group took a cruise around several of the Hawaiian islands, posed with Maori warriors, stood on rocks, busted coconuts and had loads of fun!



Photos by Wendy Spanton



The Art of Kelly Ware

Up in Yuba City, Kelly Ware is a maestro of the magic marker! You may have wondered about that unlabeled piece of art on page 10? Her work. She is also now working wonders with ELP flip charts. We hope we'll see more in future issues. Wow Kelly, keep those creative juices flowing!



Kelly Ware creating marker magic





Road Smarts

By John Foss

Years ago, John Foss worked for a driving school in New York. Now he's teaching the Driving Skills class here at STEP. This article is the first of a regular column here. If there are any driving topics you would like to see addressed please let him know.

Move Over!

Did you know about this law?

"The cost of the ticket was \$754, with 3 points on your license and a mandatory court appearance. Please tell everyone you know that drives about this new law!"

This "scare" e-mail circulated

earlier this year, and told of a mom whose son got a ticket because he passed a stopped pair of police cars on the side of the road without moving over. The son had never heard of the law, and neither had I.

The law in question is generally known as the "Move Over Law", has been around since 2006, but only became permanent in California in 2010. All but three states now have similar laws. You can read about it at www.moveoveramerica.com. The fine for violations is approximately \$146 so in the story above, it was either exaggerated, or that driver had additional violations.

The purpose of this law is to protect people at the side of the road during an emergency, traffic stop or road work. It applies to police cars, fire engines, ambulances, tow trucks and Cal-Trans vehicles. If you see an emergency vehicle on the side of a highway with lights flashing, you must slow down and move into an adjacent lane if it is safe to do so.

The law basically extends the "emergency incident zone". That is, the space immediately around an emergency or certain road work in progress. By being so close to moving traffic, these zones are at risk and accidents are all too common. Be very careful around such scenes whenever you see their lights flashing. When possible, move out of the lane closest to the authorized emergency vehicle or tow truck with due regard for safety and traffic conditions. If this is not possible, slow to a reasonable and prudent speed that is safe for existing weather, road, and vehicular or pedestrian traffic conditions.

It's common sense stuff. You know, that stuff that's only common if you think about it? Thousands of police, drivers and road workers are injured every year from vehicles driving by as if nothing is going on. As always, keep your wits about you, and be ready for someone to step into the road. How? By not being there.



Jen's Sizzling Summer Word Search!

P	Q	F	H	V	I	G	I	G	Y	S	I	Z	C	H	V	I	S	Q
S	P	C	I	W	X	F	K	T	W	Q	S	Q	M	G	X	V	P	T
G	N	K	N	S	H	N	O	I	L	E	D	N	A	D	V	N	O	U
N	O	D	D	Z	H	N	I	B	V	T	B	O	S	J	A	X	L	R
I	L	U	E	W	B	I	G	Z	J	I	J	R	O	S	V	C	F	O
R	E	F	P	S	K	K	N	I	I	S	C	I	C	Y	A	I	P	U
E	M	R	E	U	W	B	I	G	G	H	J	A	I	L	C	N	I	M
H	R	I	N	N	B	A	K	I	N	X	N	F	A	B	A	C	L	Q
T	E	S	D	G	A	R	E	C	I	D	G	E	L	A	T	I	F	T
A	T	B	E	L	R	B	P	C	M	I	S	T	I	W	I	P	T	A
G	A	E	N	A	P	E	A	G	M	M	D	A	Z	R	O	T	D	G
E	W	E	C	S	E	C	M	Q	I	U	S	T	E	H	N	A	H	E
V	Q	J	E	S	D	U	P	M	W	H	G	S	Y	G	C	C	G	L
N	M	Q	D	E	S	E	K	M	S	C	B	K	K	O	Z	A	H	B
N	O	H	A	S	Y	G	N	I	P	M	A	C	F	U	M	C	E	R
A	A	R	Y	S	E	I	R	R	E	B	W	A	R	T	S	J	I	B
H	Q	D	Y	F	M	Z	P	X	E	X	T	W	H	A	Q	L	C	I
P	V	C	J	Q	I	U	B	Z	P	Y	F	N	U	F	J	J	Y	W
K	L	T	M	M	A	E	R	C	E	C	I	D	J	N	A	E	C	O

BARBECUE
 FUN
 SOCIALIZE
 BEACH
 GATHERINGS
 STATE FAIR
 CAMPING
 HUMID
 STRAWBERRIES
 DANDELION
 ICE CREAM
 SUNGLASSES
 FISHING
 INDEPENDENCE DAY
 SWIMMING
 FLIP FLOPS
 OCEAN
 VACATION
 FRISBEE
 PICNIC
 WATERMELON



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