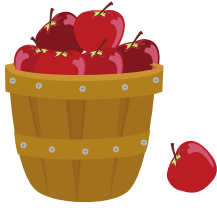


HELPING HANDS ADULT DAY PROGRAM

September 2022 Newsletter



Announcements

- Please remember to have your temperature checked before entering the builder each program day. Clients are asked to wear masks are not required if unable to comply.
- Register for the 2022 FREE Falls Prevention Fall Summit at the GV Vet's Hall by calling 530-274-6739 or at sierranevadasupport/fallsevent.

Sharon's Antique Roadshow

Whether you are sitting at home, in a booth at your local dine, or in a fancy restaurant, chances are there is a pair of Salt and Pepper Shakers within reach. The earliest known Salt and Pepper Shakers debuted in 1858, according to The Intelligencer. It still took more than 60 years for Salt Shakers to break into mainstream and become a kitchen staple. Join us on Tuesday, September 13th for a special presentation of these fun little shakers.



Save the Date

- September 5th - CLOSED for Labor Day
- September 22nd - Falls Prevention Fall Summit

September Birthdays

- September 2nd - Alfredo
- September 25th - Shauna
- September 28th - Rose

Caregiver Counseling

Are you or the loved one you care for feeling stressed?

Tired of feeling like no one listens to you?

Just need to get things off of your chest?

Stop by the HH Social Worker office (located upstairs at Helping Hands) at any time on Tuesdays 10am to 4pm!

Tuesday's don't work for you?

Send us an e-mail

(socialworker@nchelpinghands.com)

or call us and we can schedule a time that works for you. Video and phone appointments available as well.



Facebook.com/
[HelpingHandsAdultDayCenter](https://www.facebook.com/HelpingHandsAdultDayCenter)



[NCHELPINGHANDS.COM](https://www.nchelpinghands.com)

(530) 432-2540

socialworker@nchelpinghands.com



Family Orientation Update

Thank you for attending the Self-Determination Family Training this week. Here are some links that we have talked about today:

ACRC Online Orientation:

<https://www.altaregional.org/self-determination-program>

For SDP Coaching Assistance from Boot Camp Coaches, (only for ACRC families): Email us at leapoffaithfamily@gmail.com

People have been asking for templates. A great Person Centered Plan Workbook (English, Spanish, Tagalog)

<https://www.tri-counties.org/living-well-in-my-community/>

“It’s my Choice“

<https://mn.gov/mnddc/extra/publications/Its-My-Choice.pdf>

Self Determination Guide - \$15

<https://disabilityvoicesunited.org/resources/publications/>

Upcoming Events you may want to attend:

Join this Facebook Group for the latest SDP Information and to connect with other families & professionals:

<https://www.facebook.com/groups/CA.SDP.Forum>

Monthly SDP Advisory Committee Meetings

2nd Wednesday of the month from 1:00-3:00 pm

<https://www.altaregional.org/alta-sponsored-event/self-determination-advisory-committee-meeting>

SDP Bootcamp starts soon!