

## OCTOBER WAS

# DISABILITY AWARENESS MONTH!

As October is Disability Awareness Month, *On My Own* reached out to one of its Independent Living Services (ILS) clients to learn more about his personal experiences as a person with a disability while striving to live independently.

Christian has been receiving ILS services for just over a year and he's made significantly positive changes. With the help of long-term OMO ILS Facilitator Sara Liston, Christian is successfully renting his first apartment, exploring the job market, and managing his own finances with the help of a payee. Additionally, for the first time in his life, he's aware of how much money he has coming in and where it goes.

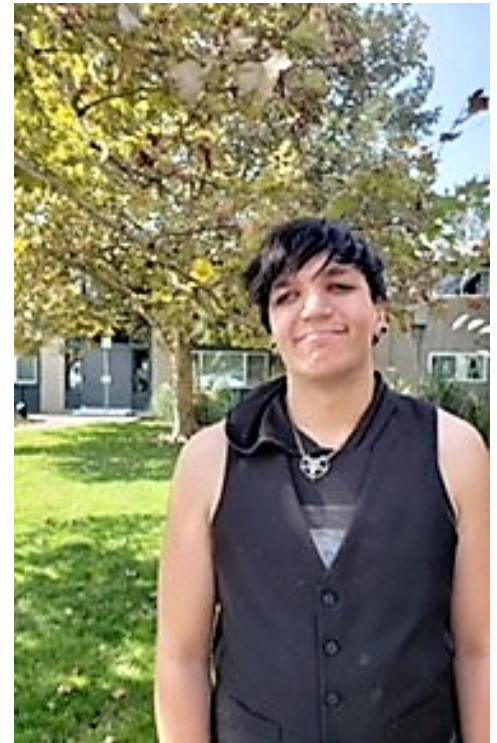
Christian said, *"My disability hasn't really stopped me from doing anything. The problem was I didn't learn to do things on my own because I had someone in my life who was stopping me."* With a lot of training, Christian is learning to accomplish more and more. As a result, his future is more than bright.

Christian is someone who doesn't like being defined by his disability. He feels the judgement that comes with having a disability has been challenging. He said people judge him when they "hear" he has a disability but if they talk to him first, he says *"... they don't even notice I have one. Surrounding myself with people who treat me as an equal is what I concentrate on."* While he doesn't have children, he thinks it's important for parents who have a disability to teach their children as much as possible about all disabilities, including the importance of respect versus judgement.

OMO is extremely proud of the work Christian has done and his excitement to continue moving forward. He said, *"ILS has given me the confidence I needed to live on my own like everybody else"*. Currently, he continues to search for that one perfect job, to build a solid relationship with his roommate, date and explore the world not as a disabled person but as person who has overcome the stigma of disability.

## On My Own Newsletter

November 2018



## HAPPY 25 YEARS SLS!



This is a very special year for Supported Living Services (SLS)! On September 21, 2018 SLS agencies came together to host a picnic, celebrating its 25th year anniversary of SLS!! There were more than 400 individuals in attendance. Both the clients and agencies had a great time. There was a lot of food, music, dancing, and prizes. A special thank you to all who worked so hard to make this such a success. What a great opportunity to celebrate these wonderful individuals, who through hard work and support, now live in their own homes! GO SLS!!!!!!

## QUOTE CORNER

*"I do not have a disability, I have a gift! Others may see it as a disability, but I see it as a challenge. This challenge is a gift because I have to become stronger to get around it, and smarter to figure out how to use it; others should be so lucky."*

~ Shane E. Byran, Published Author

## ANNIVERSARY DINNER CELEBRATION

*On My Own* recognized our employees celebrating their 5<sup>th</sup>, 10<sup>th</sup> and 15<sup>th</sup> year of employment with a recognition and appreciation dinner at the Cliff House of Folsom.

The employees recognized for their tenure with *On My Own* and their dedicated care for our clients were Shelia McElvane (15 years), Alexis Krueger (10 years), Marquette Hunter (10 years), Sara Liston (5 years), Sandra Heassan (5 years), Mary Nolasco (5 years), Jazma Jefferson (5 years) and Maria Robertson (5 years).

The employees, their invited guest and the management team joined to recognize our employees' dedication to our clients' care and to express their appreciation for their hard work.

Congratulations to the employees recognized for this significant accomplishment!



## FREE HOLIDAY EVENTS

### Halloween Extravaganza & Costume Parade

<http://www.nhrpd.org>

When: Oct. 27 at 10 am – 12 pm

Parade Sign-Ups: 10– 10:50 am

Costume Parade: 11 am

Where: 6040 Watt Ave., North Highlands

### Antelope Crossing Spooktacular

Live entertainment, costume contest, carnival games, raffles, face painting, etc.

When: 11 am to 3 pm Saturday, Oct. 13

Where: 7825 Lichen Dr. Citrus Heights

### Halloween Fair at Southgate Plaza

Live performances, DJ, magic show, face painting, bounce houses, carnival.

When: Oct. 27 at 12 to 4 pm

Where: 4242 Florin Rd, Sacramento

Redeem ticket through Facebook or Eventbrite for raffle.

### Run To Feed The Hungry

Sac Food Bank 25<sup>th</sup> Annual walk/run on Thanksgiving Day to support families.

<http://www.runtofeedthehungry.com>

When: Thursday, Nov. 22 at 8 to 10 am

Where: 6000 J Street, Sac, 95819

Adult Cost: Early Bird \$25, Reg. \$40

### Christmas Tree Grove

Trees are officially lit. There will be stories, crafts, food and Santa!

When: Friday, Nov. 28 at 6 to 7:30 pm

Where: 311 Vernon St, Roseville, CA 95678

### Christmas Tree Lighting

Live entertainment, costume contest, carnival games, raffles, face painting, etc.

When: Saturday, Nov. 29 at 6 to 8 pm

Where: 311 Vernon St, Roseville, CA 95678

### PJ Party Christmas Eve

Free Admission to the Sac Zoo! Come in your pajamas!

<https://www.saczoo.org/event/pajama-party-christmas-eve/>

When: Saturday, Dec. 24

at 9 to 1:30 pm

Where: 3939 W. Land Park Dr. Sac, 95822

### PJ Fairy Tale Town Free!

When: Saturday, Dec. 24

at 10 to 2 pm

Where: 3901 W. Land Park Dr. Sac, 95822

### A Christmas Carol

<https://dmtc.org/>

Treat yourself to musical theater!

When: Nov. 10 – Dec. 2

Where: 607 Pena Dr., Davis 95618

Price: \$8

Contact: (530) 756-3682

