

## My Contact Information:

Ellen Sweigert, Consumer Advocate

Phone: (707) 256-1208

600 Airpark Road Napa  
94558

[Ellens@nbrc.net](mailto:Ellens@nbrc.net)

Summer issue 2023

*Like a lighthouse that guides ships, The ADVOCATOR Newsletter guides our NBRC Community together.*

## **A Message to all Consumers**

This newsletter is an opportunity for all consumers to be aware of multiple ways to become active in your day-to-day life and community. I want to emphasize that this newsletter is for YOU, the consumer. So, if you have any suggestions that you want me to share, please feel free to contact me and share those ideas. As the Consumer Advocate for North Bay Regional Center, it is important to share resources and information about all the exciting things happening in the North Bay area. I hope this newsletter will provide you with information that will help you learn more about how things work at North Bay Regional Center, but also how things work in our community. Just remember you are a vital part of NBRC in your community.

## **How do I choose the right type of Day or Work Program?**

The first step is to think about what things you want to learn, or do you want to make friends? Do you want to earn money. Talking with your service Coordinator and learning of options available, maybe help you decide what fits your current needs. Then I would decide if the people and location are what I'm looking for.

## **Do you want to know more about our Vendors?**

Did you know that NBRC has multiple vendors that we provide services throughout Napa, Solano, and Sonoma Counties? I have been scheduling visits out in our communities and visiting them and meeting with consumers, to get to know more about them

and what is important to them. It is fun for me to learn and hear from our fellow consumers about how much they really enjoy these programs and even hearing things about could be better.



*Ellen Sweigert, Consumer Advocate*

---

*“No one can make you feel inferior without your consent.”*

*Eleanor Roosevelt*

---

### **Who's Who at the North Bay Regional Center**

**Do you know who our vendors reach out to at NBRC?**

**This month's "Spotlight" is on our Quality Assurance Supervisor Katy Vanzant. The QA Unit at NBRC works with all of the NBRC vendors and provides support to them. They monitor all programs in the NB Area to make the services they provide are person centered and goal oriented. Vendors must comply with state and federal regulations and also work with community care licensing. All of these organizations work together to make sure programs are safe and are offering the best services possible.**



### **Here are some fun facts about Katy**

- **Katy's first job was at Jo-mar Diftwood gift shop in Ocean City Maryland**
- **She has worked in Disability Advocacy for 32 years**
- **Her favorite tv shows are Golden Girls and Midsomer Murders**
- **Her favorite food is any seafood**
- **She relaxes by hiking, gardening, camping and doing yoga**
- **Her primary responsibility is to promote quality improvement within our NBRC Community.**

### **Words of advice from Katy**

**“Be Kind”**



### **Closing Thoughts and Ideas**

- Its rather impressive that some of our vendors have joined the Monthly Consumer Chats. Working it in during program hours allows consumers to join in and have conversations regarding the given topics for each month.
- The next Consumer chat is June 28<sup>th</sup> at 1:00 Pm  
<https://us02web.zoom.us/j/86024731268?pwd=OHJnL3BZUm1mTk8xNVI5Y3h2eWx3dz09>
- The next Clients Advisory Committee is June 23<sup>rd</sup> the Zoom link included  
( <https://us02web.zoom.us/j/81748294894?pwd=3wf5xDwb3FXUtEqwhTJFLlailCu59C.1>)
- Login information for the Meeting ID: 817 4829 4894 Passcode: 062299

Have a wonderful Summer and enjoy the warm weather!

Your Advocate,

*Ellen*