



THE ADVOCATOR

A newsletter for the North Bay Community

Like a lighthouse that guides ships, The Advocate Newsletter guides our NBRC Community together

Ellen Sweigert Ext. 1208 Consumer Advocate

A Message to our NBRC Community & Clients

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Fall 2025

Autumn is in the air,

As we are ending fall and entering the winter season, I want to keep our NBRC community informed about the different ways to stay active in their daily lives and within our community. This newsletter is specifically for individuals affiliated with NBRC and our community vendors.

I hope this newsletter serves as a valuable resource for client advocacy through some of my projects and presentations, including the different types of Advocates and Advocacy Avenues for you within our NBRC Community. Both you and our vendors are essential for enhancing the vitality of NBRC within our community.

If you have any suggestions or ideas you would like to share with others in our NBRC community, please don't hesitate to reach out to me at Ellens@nbrc.net and share your thoughts. As the Client Advocate for North Bay Regional Center, I intend to facilitate the exchange of resources and information about exciting developments and events in the North Bay area.



Ellen Sweigert, Client Advocate

“Winter is an etching, spring a watercolor; summer an oil painting, and autumn a mosaic of them all”

-Stanley Horowitz

“This Autumn Feeling”

Autumn is a beautiful season, A feast for the eyes. There are many aspects of it that one can write poetically. The enchanting colors of nature, the falling leaves, the pumpkins, the crisp nip in the air. Autumn is a symbol of change. Change is inevitable. Autumn tells you to let go of grudges and ego issues, like the leaves shed by trees. Autumn teaches us to preserve not only pies and pickles but also the feeling of thanksgiving that lingers in each of us. It's that time of year when all living things start preparing for the long, cold winter months. It's a period of comfort and protection. If compared to life, autumn is a step away from the end. It could signify ripening, happiness, or even grief. Different perspectives depending on personal experiences



NBRC Community

Spotlight

By ALIFT Staff

Alift's Leadership Academy Graduation

On November 4th, members of Cohort II proudly graduated from the alift Leadership Academy!

The Leadership Academy is a part of alift's mission to build educated and empowered leaders who positively impact the disability service system.

During the program, participants learned about leadership and advocacy skills in seven online sessions. The sessions covered the following topics:

- How to use Zoom
- Self Advocacy and Mentorship
- How to be a Leader
- Presentation and Facilitation Skills
- How to make an Impact in your Community
- Understanding the Disability System
- Understanding Home and Community-Based Services (HCBS)

These skills help people with disabilities become stronger leaders in their own lives and communities. As part of the program, graduates will have opportunities to mentor future cohort members, help lead future trainings, and work in paid leadership roles.

ALIFT insight of the Leadership Academy

Elvializ Ramos, Outreach Coordinator for alift, shared, “We are so proud of our graduates and can’t wait to see how they continue to make a difference in their communities!”

“It was a good experience, and I would like to continue being present as a Cohort Leader,” Kim Stevens





Upcoming Advocacy Events & Updates

If you want to engage more with your community, here are some opportunities to participate! Please check the dates and times below.

ALIFT is hosting a Leadership Academy for Spanish and English throughout 2026. If anyone is interested in learning more about this program, they should contact Elvializ at elvializ@aliftllc.com.

We regret to inform you that the Mary Ida Art & Crafts Sale will not take place this December due to ongoing renovations in the 610 Building at NBRC. We are currently collaborating with management to explore potential alternative dates for the craft fair in the future. Many factors are involved, and a specific date has yet to be determined. We will provide updates as soon as we have more information. Thank you for your understanding.

It's that time of year for Better Together Dance. It's time to start registering and get ready for a night to remember! This is for dance registration. <https://forms.gle/tT66e4GZYyx4npM47>.

The second link is for individuals interested in volunteering at the dance.. <https://forms.gle/hTch2jEcJ8tQdXPF8> (Volunteer form)

Happy Holidays

Your Advocate,

Ellen