

# Developmental Disabilities and Special Needs Roundtable

## Meeting Notes for Sept. 6, 2019

**Date:** Friday, Sept. 6, 2019

**Location:** All Individuals First, Inc., 2101 Trinity Dr. Suite A-3, Los Alamos, NM 87544

**Attendees:** Diana Martinez, Margi Harrach, Ali Harper, Kristin Tobias, Abigail Campbell, Susan Williams, Melissa Arias, Doris Roberts

Melissa Arias called the meeting to order at 1:02 p.m.

**Family Strengths Network** (Ali Harper) Oct. 15 estimated date to be back in FSN facility at 3540 Orange St.

### **Gifted Horse** (Kristin Tobias)

- Exciting summer of camps, Region Rise Kids project and Girls Circle project.
- Have scholarships for the fall and trying a new schedule: T/Th afterschool therapies, EAL (Equestrian Assisted Horseriding) lessons on Saturday
- Miranda scheduled to earn certification end of October
- An inclusive Wednesday after-school camp includes five special needs kids. It is working out very well.
- Abigail is board secretary and administrator for the business, working on PATH certification.

### **Lemonade Living** (Melissa Arias)

- Cowboy breakfast this past Sunday, Sept. 1 went well.
- Fall dance is scheduled for Oct. 5. More information will be coming out.
- Lemonade Living will have a table at Sept. 28 Los Alamos Health Fair. We will put out your information that you get to us a week before the fair.
- They are working on the Farm to Kitchen Job Training program. The kitchen schedule has been accelerated to this month at Rose Chocolatier. The kitchen will have a case for lunch items and an area for small business sales (like the arts and crafts made by All Individuals First clients).
- They are looking for loaner goats for the health fair. Kristin Tobias suggested Wendy at the stables and offered her own goat, Ginger. She is willing to attend the fair to help with the goats. Melissa hopes to include educational information about goats such as the digestibility of their milk.
- A new possible location of several acres for a Lemonade Living campus has been identified. The vision is for a campus with space for people to come to Los Alamos to give workshops, a place for therapy services, a core activity center, sensory gardens and residential housing according to need.

### **All Individuals First (Doris Roberts)**

- Passed out copies of their new brochure.
- Their main focus is a day program for adults open 8 a.m. to 5 p.m. Monday through Thursday. Clients come anywhere from 2 to 9 hours a day. After school program is also available for clients who are 18 or older. They are out in the community 50 percent of the day. The rest of the day is spent eating lunch and doing arts and crafts which they sell online and at bazaars. Melissa Arias said there will be space for them to also sell at Rose Chocolatier.
- Golf Tournament hosted by Bathtub Row Brewing was extremely successful bringing in \$11,000 from which they have been able to start a scholarship program and offer a sliding fee scale for clients not on the state waiver system which has a 13.5 year wait. (It was noted that Doris and Kristin Tobias could do a presentation of the state's developmental disabilities waiver program at a future meeting)

### **The Family YMCA (Diana Martinez)**

- Diana reports that she met Melissa Arias at Discovery Action Team meetings. She does grant writing and marketing for the YMCA.
- She has an idea for little vendors to sell.

### **Guest Speaker Susan Williams**

- Certified Professional Coach (CPC) Energy Leadership Index Master Practitioner (ELI-MP) and PTSD Specialist.
- In Los Alamos 12 years and coaching for 4 or 5 years.
- Teaches drug-free neurokinesis techniques to help eliminate symptoms of trauma. Will meet with clients once a week for 6 weeks to allow the brain the five weeks it takes to incorporate new habits. Brain stimulated wellness also works with depression and anxiety.
- [www.yesUcanCoaching.com](http://www.yesUcanCoaching.com), [susancoaching@hotmail.com](mailto:susancoaching@hotmail.com) , 505-205-4126
- Has condensed a 6-week empowered self-awareness program she developed for lab parents to a 2-hour introductory program she can offer once a month for the community. It is a fun class with 30 to 40 minutes on nine communications rules and a key time-out word.

### **Roundtable Update (Melissa Arias)**

- Will start emailing grant information to allow more timely response and to be able to set up meetings outside of Roundtable.

### **Community Health Council announcements (Margi Harrach)**

- Jenn Bartram said that the LA Daily Post would like to highlight local nonprofits. If you send in a highlight of your organization, 100 to 200 words in length, it will be posted on the LA Daily Post for free.
- New Mexico Workforce Connection is hosting a Northern New Mexico Regional Job Fair 10 a.m. to 3 p.m., Wednesday, Sept. 18 at Ohkay Hotel Casino Ballroom, 68 NM-291, Ohkay Owingeh in Espanola.

For more information contact New Mexico Workforce Connection at 505-753-2285. There is room for more employers.

The meeting was adjourned at 2:10 p.m.

The next Roundtable meeting will be 1 p.m. Friday, Oct. 4. Location is yet to be determined.

*These notes represent the author's understanding of the items discussed in the referenced meeting.*

*Please notify Margi Harrach of any discrepancies within five (5) working days of receipt of this document.*