

CONFERENCE: RALLY FOR SUCCESS

Yolo County held its first conference for In-Home-Support Services consumers and providers on September 13, 2006. A small but devoted audience attended. We all had fun, learned from each other, and shared our experiences and insights with each other about what is working in In-Home-Support Services (IHSS) and the Public Authority (PA) and what needs improvements.

The keynote speaker Frances Gracechild, Executive Director of Resources for Independent Living (RIL), gave a very exciting talk about the history of IHSS and the Public Authority. Our lunchtime speaker Supervisor Mariko Yamada spoke about the past and the future and how great it would be if the consumers could become organized one day and speak as one voice. These two speakers provided a rich background of IHSS and the PA.

Richard Marmer facilitated two groups throughout the day. The purpose of the groups was for both consumers and providers to provide their insights and feedback to the Yolo County IHSS Advisory Committee. We are still analyzing the information of the days outcome that identifies improvements needed and areas for the IHSS Advisory Committee to address.

A dynamic Resource Panel brought us a wealth of information on various resources in Yolo County. Participants included Anson Houghton, Program Manager of RIL. He highlighted the core services of RIL and discussed the effects of working on benefits. Lucinda Talkington started the OutA Sight Group 23 years ago, a volunteer based agency. She showed useful gadgets for the blind and visually impaired from ways to writing checks to using Velcro to mark things such as 350 degrees on an oven because the difference in texture can easily be felt. She brought a textured quilt made specifically for someone who is blind that was created by Diane Moore, a quiltmaker in Davis. Clare Childers, facilitator, shared information about Hear Hear. For the person with a hearing loss, communication with others becomes increasingly difficult. A person's natural response is to withdraw from society into isolation. She covered a wide range of topics about how to live with a hearing impairment. Ms. Childers shared a device she uses to help her hear a conversation.

A lively cooking demonstration by Sherry Kaufman, her provider Page, and Peter Thy was a great success! The purpose of the demonstration was to demonstrate a consumer and provider working together with the consumer directing the outcome of several easy-to-make delicious and nutritious dishes that were concocted in a time efficient way. As Peter, the chef chopped, several participants were newly introduced to tofu and leeks. The recipes are listed below for your use.

Yolo Tofu Stir-Fry

From the kitchen of Peter Thy

- 1 pound firm tofu, cut into $\frac{1}{2}$ -inch cubes
- 1 tablespoon vegetable oil
- $\frac{1}{2}$ teaspoon salt
- 1 small onion, sliced and separated into rings
- 3 small zucchini, cut into thin slices
- 1 medium green pepper, cut into thin slices
- 1 small leek, cut into thin slices
- 3 medium carrots, cut into thin slices
- 1 tablespoon soy sauce
- 1 clove garlic, minced
- 2 tablespoons natto miso (or similar) if available

Instructions: Heat oil and soy sauce in wok or large skillet (with lid). Add tofu, onion, leek, carrot, zucchini, and green pepper and cook over medium heat 5-6 minutes while stirring occasionally. Add salt, garlic, and miso and cook under lid until done to taste. Serve with or without steamed rice.

Substitute all ingredients to your personal taste.

Time 15 minutes.

Servings 4.