



Connecting Point

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Welcome from the Executive Director

by *Connie Chan Robison, Executive Director*

Greetings to our friends and colleagues! All of us at the Center for Collaborative Planning are eager to continue the important work of building healthier communities for all of our children and families. This newsletter is intended to be a voice and a place where people with good intentions and good ideas can connect. The launching of *Connecting Point* will serve as an important communications vehicle for dialogue, sharing, and problem-solving. We invite your input and ideas as we explore ways to continue learning about and sharing with others who hold similar values and concerns.

The work you do in community and the leadership you demonstrate in this work inspire our commitment and inform our work for equity and justice. As we move forward individually and collectively to define, promote, and sustain social justice in communities throughout California, it is important for us to

recall the faces, voices, and stories of those who are the true she(oes) of our communities and to remind ourselves that despite setbacks, we must find ways to continue the movement. We wish to dedicate this first issue of *Connecting Point* to your thoughtful and inspirational leadership, and to the authentic, collective leadership that is critical for meaningful change.

We went through a tremendous period of change and transition this past year, and we are indebted to each of you for your continued commitment, support, and passion. Change is rarely easy, so how we acknowledge and handle change is especially significant. Some of our major initiatives came to a successful close in 2004. Our ten-year journey with the Community Partnerships for Healthy Children's (CPHC) Initiative supported by Sierra Health Foundation resulted in the development and implementation of the CPHC Council that continues to represent and mobilize community leadership for children's health and wellbeing in Northern California.

CCP staff determination coupled with support from our donor community, the California HealthCare Foundation, and Sierra Health Foundation, contributed to our launch of WHL-Sacramento, a pilot local replication of the statewide program. Graduation of the WHL-Sacramento Peer Leaders took place in March 2005, and these local leaders became a part of the 300 + WHL Alumni Network.

We are also grateful to members of our WHL Alumni Network who contributed so much to the work and success of the Women's Choices (WC) project, a three-year effort to promote and bring about consumer and community voice into the dialogue and policies of quality in health care. Women's Choices provided an opportunity to engage local communities in the ongoing and sometimes ambiguous nature of how quality is defined in health care. Our partnership with the California HealthCare Foundation on WC resulted in the development of policy recommendations and *continued on page 2*

ABC Award & Open House

by *Heather Hutcheson, Program Coordinator*

Center for Collaborative Planning hosted an open house in December. We were pleased to visit with our neighbors, friends, and colleagues. We had the opportunity to show off our beautiful Women's Health Leadership quilts, our new office space, and our spacious training room. During the Open House, we honored outstanding Community Builders: Sierra Health Foundation (represented by Dorothy Meehan, pictured below left), Cathy LeBlanc (middle), and Tahoe/Colonial Collaborative (represented by Holly Schlumpf, right) with an Award for Building Community to honor their commitment to our communities.



Welcome cont.

subsequent dissemination of these recommendations as well as project outcomes through community forums/roundtables throughout California. Participants of WC are now working these recommendations at the local level and helping to shape quality health care in their regions.

While we continue to revitalize the statewide WHL program, our commitment to the peer sharing and communications of the Women's Health Leadership Alumni Network remains steadfast. Although resources have changed, we will be exploring creative ways to continue the important relationship we have with the Network and to support the communications systems that are now in place to share information, problem-solve, and network with each other.

With these successes in tow, we will continue to look to our circle of friends and supporters to help guide and lend their wisdom as we begin our work this year with the Children and Families Commission of Sacramento County in their new Community Building Initiative (CBI). CBI will allow us to tap into the network of community builders and community development tools and assets to improve the development and lives of children and families throughout the County. The opportunity to draw from the successes and lessons learned of the CPHC initiative will help to grow the community building movement and contribute to the connections between health and social capital.

The growing success of CCP's leadership retreats creates opportunities for different sectors within our communities to explore the issues of leadership in a society where the "minority" is quickly becoming the majority. The retreats have provided a means to more broadly share the tools and processes

used in the core Women's Health Leadership program and have been an important vehicle to promote and support community leadership development.

Our ongoing attempts to connect and bridge the multiple networks and communities that we have worked with has resulted in the development of the Grassroots Policy and Advocacy in Health (GPAH) project, a partnership with the California Pan-Ethnic Health Network (CPEHN), to identify and pilot tools and processes to bridge the work of statewide policy and advocacy with local grassroots advocacy and leadership. GPAH, as further detailed on page 3, hopes to create a venue to bring together friends and colleagues from WHL, CPHC, and other CCP networks around a central goal of creating community-responsive policy. We

invite you to stay tuned to GPAH's development and our unique collaboration with our friends and colleagues at CPEHN.

CCP's mission to promote health and social justice by supporting and bridging grassroots leadership and actions through community building, leadership development, and capacity building will guide us through the coming year. As you continue to do the work in your communities, we hope that you will be reminded of your experiences with CCP and be inspired to invest in the current and future work of CCP. I welcome your ideas and curiosity as we move forward with creative intent and passion.

Thank you!

Connie



The CCP Staff: Stephanie, Faye, Heather, Emily, Sarah, and Connie

Leadership in a Multicultural Society: Creating Space for Change

Center for Collaborative Planning will host an upcoming retreat on May 12-13, 2005. The retreat will be held at our home in Midtown Sacramento.

Among the various techniques and tools, participants will:

- Actively participate in story circles designed to surface leadership lessons.
- Creatively express leadership vision and style.
- Willingly engage in authentic dialogue.
- Comfortably connect with new friends and peers.
- Naturally relax and reenergize in a retreat setting.



The cost of this retreat is only \$100 and includes meals, materials, and activities. Visit the Center for Collaborative Planning's website at www.connectccp.org/workshops/index.shtml for more information or call us at 916-498-6960.

CCP & CPEHN Collaborate on Pilot Project

by Sarah Newton, Program Associate

The Center for Collaborative Planning (CCP) and the California Pan-Ethnic Health Network (CPEHN) are collaborating on a pilot project to create linkages and strengthen relationships between statewide policy organizations and grassroots advocates. The overarching goal of this collaboration, *Grassroots Policy and Advocacy in Health* (GPAH), is to ensure California's public policies are responsive to the needs of communities of color and address the broad social determinants of health.

CPEHN is a health advocacy organization dedicated to increasing access and eliminating disparities for communities of color in California. The purpose of our unique partnership will be to develop processes and tools promoting community interaction and the involvement of grassroots leaders in statewide policy efforts. Community members will have the opportunity to participate in health advocacy from the "inside;" providing input into

CPEHN's policy agenda and advocating on behalf of these issues. Lessons from this experience can then be shared with other statewide advocacy groups to produce community-driven and responsive policymaking.

On December 9, 2004, we convened an advisory committee of Women's Health Leadership Alumni and Community Partnerships for Healthy Children collaborative members. The purpose of this committee is to help us identify the best possible ways grassroots advocates and statewide advocacy organizations can partner.

From the information gathered at advisory committee meetings, we hope to develop a year-long agenda for the pilot project. This may include community trainings, forums, and advocacy events at the Capitol.

Please watch for further information about this project, as we are hoping many members of our networks will want to be involved in this important work. If you want to support this project, please contact us with information about the resources you have to provide, or about ways you can help.

Contact Sarah at sarah@connectccp.org.

Our Wish List

- Frequent Flyer Miles
- Meeting Space (throughout CA for 20 people)
- Food and Beverage Sponsorship
- Overnight Accommodations Sponsorship



Have you moved? Changed jobs?

Please indicate your **CURRENT** name, mailing address, organization (where applicable), and other contact information. Please take a moment to ensure that your information is accurate! You may mail, fax, or e-mail your corrections to the attention of Emily Newton at Center for Collaborative Planning, 1401 -21st Street, Suite 360, Sacramento, CA 95814. Phone: 916-498-6960, fax: 916-443-7767 or e-mail: emily@connectccp.org. Thank You!

Primary Address/Information

City _____ State _____

Zip Code: _____

Phone: (____) _____

Fax: (____) _____

E-Mail: _____

Other Address/Information

City _____ State _____

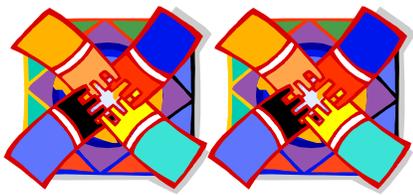
Zip Code: _____

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MY PRIMARY ADDRESS/INFORMATION IS: Home Work



Wins & Brags

We Read

Genoa Barrow, parent, co-founder and chairperson of We Read offered the following success:

Babies with library cards. It was a beautiful sight as one by one youngsters and their parents showed that they already had library cards and won prizes for making reading important. The first annual We Read Children's Literacy Fair (*funded in part by First Five Sacramento*) was held at the Oak Park Community Center on Saturday, December 4, 2004.



We Read!, a coalition of parents and educators, was formed to ensure that every child, regardless of race and economics, has the opportunity to be a confident and competent reader and has access to the resources needed to make that happen. Hundreds of new books and book bags were given away to area children. One author, Tom Watson, drove two hours from Paradise, California to participate. Davis-based writer Sandy L. Holman praised organizers for taking on such a task. Parents amazed that someone cared enough to give them new books, thanked organizers for presenting an event like none

other they had seen before in the Oak Park area. They were also amazed at the number of authors of color that we have in Sacramento. Local poet Terry Moore, who is also a new father, donated his lunch hour to read during story time. African American magician Forrest Barnes kept audience members of all ages enthralled while driving home the point that "books are magic."

Totally unexpected, but totally welcome, were community members volunteering to read at next year's event. Thanks to everyone for making the event a success!

WHL Brags

Through the Los Angeles County Area Agency on Aging with federal funding, **Eleanor Brown** (WHL 2001) has been contracted to develop and conduct professional training workshops and supply technical assistance to agencies that provide health and social services to older adults. The project's goal is to promote cultural competence in the delivery of services to ethnic elders in Los Angeles County. Eleanor's WHL learning project addressed women and aging in the African American community. After her WHL year, she obtained a master of arts degree in gerontology.

Susanna Concha-Garcia (WHL 2000 Faculty Advisor) has just accepted a new position as Volunteer Manager at Paradise Valley Adventist Hospital in National City, CA, which is in south San Diego County. Susanna has been working in

regional and international public health for 25+ yrs. The new position has a human resource emphasis. With a focus on people, it's going to be fast paced, lots of personal interaction, community outreach, recruitment of individuals and corporate volunteers, and administrative duties, e.g. creating volunteer policy & procedures. Susanna may be reached at s.concha-garcia@cox.net, and welcomes contact by WHL Alumni.

Claudia Epperson (WHL 2001) shares: "My very first song has been published and was just released in November 2004. It's entitled: 'It's Exciting' and can be found on Rene Patterson's CD, 'I'm Sorry,' at the website: CD Baby. Here's the address if you want to check it out: <http://www.cdbaby.com/cd/renetune>."

Dr. Sonia Gaemi EdD, RD, (WHL FA 99-00), Founder and President of Women for Cultural Wisdom and Author of *Eating Wisely for Hormonal Balance* is a registered dietitian with a residency at UC Berkeley and appears weekly on her TV show, one of the most popular programs among the Farsi-speaking populations of the world. She is called "Mother Sonia" by the children of Bam and is remembered for helping lead people toward health through her teachings of Chinese Medical Qigong, energy-enhancing exercises, teas, and messages of self-healing through integrated

nutritional medicine and eating hormonally. She has been a tireless proponent of global peace, tranquility, and compassion.

Joey Garcia (WHL 1999) produced a successful teacher education training program in her birthplace of Belize, Central America in 2004 and is planning two training programs for June 2005. Joey recruits U.S. elementary school teachers to volunteer to provide a three-day workshop that gives Belizean teachers fresh ideas to upgrade their classroom skills. Forty-five teachers attended the free training in Belize City and the host school received free art and school supplies, science equipment and their first ever science and math resource library from Joey's program. The 2004 program was featured on two national news programs in Belize. Joey also writes a popular relationship advice column for a Sacramento newspaper and was recently a featured guest on Capital Public Radio's "Insight" talk show and Channel 31's Good Day Sacramento television show about her work as a relationship coach.

Shelley Mitchell (WHL 1998) informs us: "**Fox Olson** (WHL 1998) is also participating in The Women's Foundation of California Women's Policy Institute (with Lisa Tobe). Fox is working on reforms for women prisoners. She's busy managing two programs for homeless people here in Arcata, or she'd let you know herself."

Continued on page 5

More Wins & Brags

Toni Mosley (WHL 1996, FA 98-01) reports: “My brag is that I am part of an advisory council for the State Department of Alcohol and Drugs, Kathy Jett the Director. Our Women’s Constituency Committee held a Women’s Forum in Sacramento that I believe was productive and generated some constructive feedback to provide to the department. Every little bit helps!”

Amy Pendergast (WHL 1999) delivered a boy, Jason John, on November 5th. She is very excited to welcome him into her family. In addition, Amy was recently appointed to the First 5 Shasta Advisory Committee (to guide programs and funding for children 0 to 5 in Shasta County).

Toni Colley Perry (WHL 2004) shares: “I just completed my first Cultural Diversity Training at Elder Creek Elementary for 40 teachers in the school district. The evaluations were very

positive. Since the workshop I have been asked to do two more at Washington Elementary and Oakridge Elementary School in Sacramento Unified School District. Moreover, I am currently attending Pacific Oaks College for my second semester working on a Masters in Human Development. Last month I received my Child Development Supervisors Credential from the California Teachers Credentialing Department. I am currently teaching a seven week parenting education course call Parent Project Jr., PS7 elementary school. I am also taking a course to prepare me to take the state CLAD test.”

Lisa Tobe (WHL 2000) has been selected to participate in The Women’s Foundation of California Women’s Policy Institute. This program, which began in October 2004, selected 24 women from across the state to learn how to develop and advocate for state-level advocacy changes.



Trinity Kids First

Gerry Dee Maxey recently was honored by Trinity Kids First for her service to the children and families of Trinity County. She is seated at left, surrounded clockwise by Kids First members Susan Hazard, Sally Aldinger, Caligney Hoffmann, and Carol Bethke. Maxey has worked primarily as a volunteer with Trinity Kids First for ten years. Most recently, she has developed their website, www.trinitykidsfirst.org, and managed three newsletters for the organization: The Trinity Parents’ E-Letter, The School Readiness E-Letter, and Trinity Kids 1st E-Letter. Trinity Kids First was previously funded by Sierra Health Foundation’s Community Partnerships for Healthy Children Initiative, and currently receives operational funds from First Five Trinity.

Tahoe/Colonial Collaborative

Tahoe/Colonial Collaborative continues to work at developing new and exciting opportunities for children and families to bond with each other, strengthen relationships and learn about how to live healthier, safer and more fulfilling lives, with the Wellness Education Camps series being one venue for doing so. The Wellness Education Camps are offered free to the community, and they provide children with organized group activities focused on health, safety and overall wellness topics. The three camps in the series - Spring Into Health Camp, Summertime at the Center and WinterFun Camp - are offered during school breaks. Two years of parent and participant feedback have shown that TCC’s Wellness Education Camps are a great source for parents seeking a safe place for their children to be. For more information about this successful program, visit www.tcc4healthykids.org. Please send your Wins & Brags to emily@connectccp.org

Spotlight on our Friends: Belma González

by Heather Hutcheson, Program Coordinator

Belma González, former Program Coordinator at the Center for Collaborative Planning and WHL Alumni Network Coordinator, has announced the launch of her coaching and consulting business, B Coaching and Consulting, showcased through her web site: www.bcoachingandconsulting.com.

Through B Coaching and Consulting, Belma utilizes all the experiences and skills she has honed over the more than twenty-five years she has worked in nonprofits, including five as an Executive Director and six providing technical assistance and support to WHL Alumni throughout California. Belma is actively recruiting new clients for coaching – people who want to be more

effective and balanced, who may be feeling isolated, overwhelmed or stuck, and who are ready for a change. If you or anyone



you know might be interested in receiving coaching, consider contacting Belma. She will happily answer any questions and can

provide a free “sample session” of coaching, so you/they can get a feel for the powerful potential of coaching. Belma’s fees are very economical and negotiable. This can be a wonderful opportunity to work with a coach at a rate much lower than the market rate for coaches.

Currently, Belma is working with several coaching clients who in a short time have made dramatic changes in their careers and personal lives to more effectively achieve their goals. Belma has been passionate about assisting diverse community leaders and activists lead, succeed and achieve fulfillment in all areas of their lives. Through B Coaching and Consulting she is fully focusing on that mission.

Our Recent Donors

We'd like to thank the following donors for their generous contributions:

Ana Mendoza
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 Councilmember Ray Trettheway
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 Hewlett-Packard Employee Charitable Giving Program
 Kim Smith
 Sandy Holman
 Sheila Tarbet
 Shelley Mitchell
 Sumedha Khanna
 Wenonah Valentine

Upcoming Events

May 12-13

Leadership in a Multicultural Society Retreat

Sacramento, CA

916-498-6960

heather@connectccp.org

May 16, 7:30pm

Women's Health Month Poetry Reading

Sacramento, CA

916-498-6960

heather@connectccp.org

TBA

CPHC Legislative Day

Sacramento, CA

916-498-6969

We can bring our workshops to your community! Visit our website at www.connectccp.org for more information on our host model workshops and for details on these upcoming events.

Connecting Point

Contact us!

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