



# SCLARC Consumer Advisory Committee's 2013 Health & Information Fair

# SCLARC's Consumer Advisory Committee

SCLARC holds a Consumer Advisory Committee (CAC) meeting every month. The purpose of the CAC is to help consumers, staff and the community members become more aware of the issues that affect persons with developmental disabilities. The CAC members are comprised of SCLARC consumers and we identify topics that are important to us and invite speakers to our meetings to address these topics. The President of the CAC, currently Alan, then shares this information with the SCLARC Board of Directors at their bi-monthly meeting. Some of the topics include:

- How to enroll in community college
- Independent living and how to find accessible housing
- The public transportation system and services for persons with disabilities
- How to make friends and access social/recreational activities.

The SCLARC CAC Meetings are held:

**WHERE:** South Central Los Angeles Regional Center, 650 West Adams Blvd., Los Angeles, CA 90007.

**WHEN:** The Consumer Advisory Committee meeting is held on the fourth Monday of each

--Domonique Young



## SCLARC Consumer Advisory Committee Health & Information Fair

**BY DESIREE BOYKIN**  
Consumer Advocate

South Central Los Angeles Regional Center (SCLARC) welcomed its consumers to the SCLARC Consumer Advisory Committee (CAC) Health and Information Fair on May 16, 2013. The Health Fair was the brainchild of the CAC. A well-attended event with more than 200 participants, the day was filled with excitement and information.

Members of SCLARC's staff presented on a variety of topics. Dr. Ehsan Safaie, Physician Consultant spoke on cancer. Dr. Dwight Lee, SCLARC Medical Consultant

talked to those in attendance on diabetes. Dr. Ehab Yacoub, Psychiatrist Consultant, presented on mental health and Ms. Terri Lewis, Substance Abuse Counselor for His Sheltering Arms talk to the crowd about overcoming substance abuse. Lastly, Wesley Witherspoon, from USC's University Center for Excellence in Developmental Disabilities at Children's Hospital Los Angeles talked about safety tips. It is the goal of SCLARC to meet all the needs of consumers. Topics were chosen in order to help consumers live fuller, healthier lives, both physically and mentally.

Staff members across the agency assisted in facilitating the program. and Dexter A. Henderson, Executive Director at SCLARC, gave the welcome. The panel portion of the day began with a presentation by Dr. Safaie regarding the difference between malignancy

# how's your health?

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## KNOWLEDGE IS POWER!



be aware

***DID YOU KNOW?*** 90% of persons with developmental disabilities will be physically or sexually abused in their lifetime.

Persons with physical and developmental disabilities face an extremely elevated risk of becoming victims of crime and abuse, with pronounced difference in the rates of victimization to those of the general populations: 3 times higher in instances of assault, 11 times higher in sexual assault, and 13 times higher in cases of robbery. Given the frequency with which assaults occur among persons with developmental disabilities, it is important to understand how awareness and prevention education is of the utmost importance in empowering persons with disabilities to live safer, healthier, and more independent lives.

# SCLARC's CAC Health & Information Fair 2013



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Above, Dr. Lee talks to SCLARC Consumers about diabetes.



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and benignity, most prevalent cancers, signs and symptoms of cancer, diagnosis, types of treatment, risk factors, preventive measures, screening, and risk reductions.

Among the types of cancers discussed were brain, breast, prostate, colorectal, skin, and lung cancers. He stressed the importance of responding early to the signs of cancer.

Dr. Lee explained the difference between Type I and Type II diabetes. He encouraged participants to regularly check their blood sugar and have exams, which indicates how diabetes is progressing over a period of months. Dr. Lee emphasized that untreated diabetes can

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**SCLARC STAFF IN THE HOUSE**--ABOVE, LEFT, SCLARC employees smile for the cameras as they take part in the 2013 CAC Health & Information Fair. MIDDLE, LEFT--Consumers and providers sign in and sign up for health stations and presentations. BOTTOM, LEFT--Service Coordinator Monique smiles brightly with CAC president Alan as festivities get underway.



ALL PICTURES BY CRYSTAL SMITH



**A HEALTHY SMILE**--Above, SCLARC Consumer Advocate Desiree L. Boykin smiles brightly as she surveys the room of consumers, providers and care givers in attendance at the Consumer Advisory Committee's first Health & Information Fair. **AT LEFT:** Participants visit at the various health stations to get more information on diabetes, breast cancer awareness and more.

## HEALTH FAIR ... continued from page 4

result in numerous complications; among them are amputations, blindness, and kidney failure. Repeatedly, he encouraged consumers to be diligent, through diet and exercise, in their care of diabetes. The next speaker was Dr. Yacoub. He reminded the audience that while there are certain stressors that are just a part of life—giving

a speech, feeling anxious about a job project, for example. There are other types of anxiety that require professional assistance. He encouraged participants to seek assistance when stress or anxiety occurs over a period of time. Ms. Lewis, now a substance abuse counselor, shared her triumph over her own addiction. She encouraged others to overcome abuse, as she had done, and, like her, find a meaningful purpose in life. The final presenter, Wesley Witherspoon, reminded the group that often times the disabled are more vulnerable to abuse than the general population. He reminded the group to tell people whom they trust where they will be going, who they are going with, and what time to be expected back home. He also told consumers that if they are going to be late coming home, they should call the person they trust and let that person know how late they will be.

# healthy

## CONSUMER SPOTLIGHT

**“Wrestling teaches you [that] nothing comes easy. Nothing in life comes easy, so you have to work at it.”**

**—Mike Sullivan, American professional wrestler.**



**By DESIREE L. BOYKIN**  
SCLARC Consumer Advocate

Jesus Zavala did have a challenge though, Jesus weighed 350 pounds. To compete, Jesus had to lose weight. Using technology, he looked up diet and exercise videos. He eliminated most of the carbohydrates from his diet, not an easy feat for a bread lover. He cut back on his visits at fast food restaurants. He developed exercise routine—lifting weights, running, and daily visits to LA Fitness. After a lot of hard work, Jesus has lost 60 pounds.

Jesus was motivated by the death of his friend Kevin Fredrick, a fellow student at East Los

Ever since his middle school years, Jesus Zavala has liked wrestling. Among his favorites are Mick Foley, Jake the Snake Roberts, and the Undertaker. Their different looks and styles of performance intrigue Jesus. During high-school, Jesus began to dream of becoming a wrestler. A 2005 graduate of John C. Fremont High School, he began wrestling competitively after graduating.

Angeles College. Kevin, who weighed 400 pounds, became an inspiration to Jesus.

“He would tell me, ‘I am very proud of you, Jesus. Don’t let your disability define you.’”

Kevin died in 2008 as a result of complications caused by his obesity. “Kevin is the reason why I put forth my best efforts in wrestling,” Jesus says.

Besides Southern California, Kevin has wrestled in Nevada, Arizona, and Northern California. To improve his skills, Jesus attends wrestling camps. His trainer pushes him to refine his skills so that he can become more competitive. But his mother Lourdes Ocampo also stands behind Jesus’ accomplishments. When she found out that Jesus had an interest in wrestling, she paid for camps and attended his

matches. Ms. Ocampo says Jesus is her role model.

“Jesus is really focused. When he chooses a goal, he sticks to it,” she says.

For the past five years, Jesus has been employed as a security guard at Complimentary Services Corporation. He enjoys his work even as he pursues his long-term goal of wrestling. In addition to wrestling, he also hopes to become a fiction writer. As he continues in his journey to be successful at staying fit and becoming a professional wrestler, Jesus says his secret has been simple, “I have always tried to do the right thing at the right time.”

SCLARC’s Consumer Advocate Committee (CAC) wishes him continued success in all of his endeavors.

# Regular Visits to a Dentist Provide Early Detection of Oral Cancer

This year in the United States, approximately 42,000 people will be told they have cancer of the mouth or throat. Studies show that one person dies from this kind of cancer every hour each day. The good news is that dentists are trained to detect signs of oral cancer during routine examinations.

Finding out if you have mouth or throat cancer early on helps to give a person the best chance for a cure.

## Signs to Look For When Checking for Oral Cancer

- White or red patches or a mix of both on the gum, tongue, tonsils or linings of the mouth.
- White patches are the most common. White patches sometimes become malignant.
- Red patches are brightly colored, smooth areas that often become malignant.
- A sore on your lip or in your mouth that won't heal.
- Pain, tenderness, or loss of feeling anywhere in the mouth or on the lips.
- A sore inside the mouth that bleeds easily and does not heal.
- A lump in your neck.
- Difficulty and/or pain when chewing swallowing speaking or moving the jaw or tongue.
- Certain parts of your face feel numb suddenly.
- Ear ache that won't go away.
- Swelling of the jaw.
- A lump, thickening of the skin, a rough spot, or crusty area on the lips, gums or in the neck or mouth.
- A hoarseness or change in voice.
- Dramatic weight loss.
- Irritation from dentures: (Poorly fitting dentures irritates the lining of the mouth which can increase a person's risk of Oral Cancer).

## Risk Factors for Oral Cancer

**Tobacco** (90% of people with Oral Cancer use tobacco in one form or another).

**Alcohol** (75–80% of people with oral cancer use alcohol frequently).

**Smoking and Drinking** (people who drink and smoke increase the risk even more).

**Sun Exposure** (prolonged exposure to the sun can increase the risk of lip cancer).

**Gender** (The ratio now is two men to one woman).

**Age** (Oral Cancer is more likely to strike after age 40).

**Previous Oral Cancer** increases the risk of a second.

**Diet:** Lack of fruits and vegetables.



# LET'S TALK



SCLARC

## South Central Los Angeles Regional Center

*for persons with developmental disabilities, inc.*

**When:** 6/13/13

**Location:** Keck Lecture Hall  
Charles Drew University  
731 E. 120th St.  
Los Angeles, CA 90059

**Time:** 6-8 p.m.

**Questions:** 213-744-8402

Join the Leadership Team and Staff of South Central Los Angeles Regional Center to talk about how services are purchased for our consumers and their families (Purchase of Services--POS). We will look at how SCLARC decides what services are purchased and how those choices impact you. Topics will include customer service, intake and assessment, service provision and quality of services. Do not miss your opportunity to provide input on this very important issue!