



March 2026

# Quarterly Newsletter

March 19, 2026

As spring approaches, it brings new opportunities for growth, connection, and community. At SequoiaSD, we remain committed to supporting you every step of the way on your self-determination journey.

Self-determination is built on choice, collaboration, and the shared goal of helping individuals live meaningful and independent lives. Whether you're managing supports, building your team, or working toward personal goals, access to the right information and resources can make a meaningful difference.

We're grateful for the trust you place in us and for the opportunity to support this community. Thank you for being part of the SequoiaSD family.

— Tony Venzor, *SequoiaSD Regional Growth Director*

## In today's email:

- Upcoming Awareness Days/Months
- Planning for Warmer Weather & Outdoor Accessibility
- Stuck With Your Regional Center? DAN helps SDP Families Move Forward
- Working With Your Regional Center and Care Team
- Participant Spotlight: Benjamin Marches to His Own Beat
- March is Developmental Disabilities Awareness Month
- "Existing as a Disabled Woman Is a Radical Act"
- Self-Determination Resources
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## Upcoming Awareness Days/Months

March 2026 — Developmental Disabilities Awareness Month

March 2026 — Women's History Month

March 21 — World Down Syndrome Day

April 2026 — Autism Acceptance Month

April 2 — World Autism Awareness Day

April 5 — Easter Sunday

April 22 — Earth Day

May 2026 — Mental Health Awareness Month

May 5 — Cinco de Mayo

May 10 — Mother's Day

May 21 — Global Accessibility Awareness Day (GAAD)

May 25 — Memorial Day

## Planning for Warmer Weather & Outdoor Accessibility

As the weather gets warmer, many people look forward to spending more time outside. Outdoor activities can support physical health, social connection, and overall well-being.

### 1. Check Accessibility Ahead of Time

Before heading out, consider:

- Are paths paved or smooth enough for mobility devices?
- Are accessible restrooms available?
- Is there shaded seating?
- How far is parking from the entrance?

Many parks and community spaces list accessibility features online. A quick check can help avoid surprises.

### 2. Prepare for Heat and Sun

Warmer weather can increase health risks, especially for individuals with medical conditions.

Plan to:

- Bring water and stay hydrated
- Use sunscreen and wear hats
- Take breaks in shaded or cool areas
- Avoid the hottest part of the day

### 3. Check Equipment

Before heading out:

- Make sure wheelchairs, walkers, or adaptive equipment are in good working order
- Charge batteries for powered devices
- Bring any needed supports or backup supplies

Small checks ahead of time can prevent bigger problems later.

### 4. Have a Backup Plan

Weather can change quickly. Have an alternative plan in case of:

- Extreme heat
- Storms
- Transportation issues

Indoor community spaces, libraries, or accessible recreation centers can be great options.

## Stuck With Your Regional Center? DAN helps SDP Families Move Forward

**Disability Access Navigator (DAN)** is a free navigation program that helps Self-Determination Program (SDP) families in California figure out what to do when they hit a wall with their Regional Center.

[See how it works](#)

Whether they're stuck on a spending plan, waiting on an approval, or not sure what they're entitled to under the Lanterman Act, DAN walks them through it step by step — and drafts the emails and talking points they need to take action. No login, no cost, available now.

DAN is a product of Self Determination Tech Alliance, and created by a mom with an adult son in his 5th year of SDP.

[Sign up to try DAN \(takes 2 mins\)](#)

## Working With Your Regional Center and Care Team

Your Regional Center and care team play an important role in your self-determination journey. Working together helps make sure your services match your needs and goals.

Your Regional Center service coordinator helps develop your Individual Program Plan (IPP), review your needs, and approve the services and supports that help you live the life you choose. They also meet with you regularly to make sure your plan continues to reflect your current needs and goals.

In addition to your service coordinator, your team may include family members, trusted supporters, and Direct Care Workers. Each person has a different responsibility, but everyone is working toward the same goal: making sure you receive the right support.

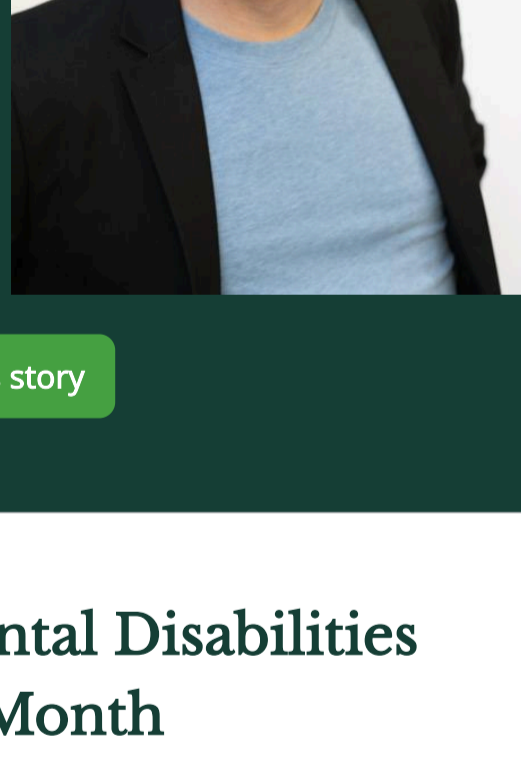
Self-determination works best when everyone stays connected and informed. If you're never unsure in who to contact, SequoiaSD is here to help guide you in the right direction.

## Participant Spotlight Benjamin Marches to His Own Beat

Some people follow the crowd. Others create their own rhythm.

When you meet Benjamin Golden, you quickly learn he isn't interested in fitting into anyone else's mold. As his mom Kristi says, "He definitely has his own drumbeat going."

And in Benjamin's case, that's true in more ways than one—he literally plays the drums.



[Read Benjamin's story](#)

## March is Developmental Disabilities Awareness Month

This year's national theme, "We're Here: Then, Now, Always," highlights a simple but powerful truth: people with developmental disabilities have always been part of our communities and will continue to shape them in the future.

Explore resources, stories, and ways to get involved in building more inclusive communities.

[Learn more](#)

## "Existing as a Disabled Woman Is a Radical Act"

March is Women's History Month. In this powerful essay, disability rights activist Emily Ladau reflects on the expectations, stereotypes, and resilience that shape her experience, writing that existing as a disabled woman can itself be an act of resistance.

It's a thoughtful read on identity, visibility, and why disabled women's voices matter in conversations about gender and equality.

[Read the full essay](#)

## Self-Determination Resources for Participants and Direct Care Workers

Find more information and additional support for every aspect of your self-determination journey, including enrollment, payroll, and government resources.

[Stay informed](#)

## Share Your Story

If you know someone who has used self-determination to build a life of independence, whether through employment, community engagement, or personal growth, we'd love to share it. Your story could be the next spotlight that inspires others to dream big.

[Share your story](#)

