



# HELPING HANDS

## Fall 2017 Events



**7th Annual Back to School**



**2nd Annual Disability Pride Parade**



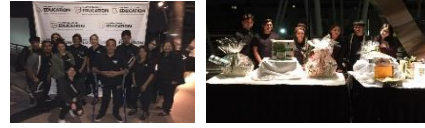
**Fall 2017 Mixer**



**Cane Quest 2017**



**Midnight Mission**



**2017 Distinguished Educators Award Dinner**



**APIDC Walk n Roll**



**Blanket Making Project**



**2017 Career Fair**



**Operations Warm Winter 2017**



**Centro de Ninos Graduation**



**Veteran's Winter Clothes Drive**



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### RCA Spring Mixer

Friday- March 16, 2018

USU- Los Angeles Room ABC

5:00pm - 8:00pm

RCA invites you to come and network with professors, students, employers and internship site supervisors at our Spring 2018 Mixer. We look forward to seeing you there. Don't miss our Silent Auction!

# RCA Members in the Spotlight



Meet **Sean Cutting**, class of Spring 2018! Growing up with a disability, Sean was told throughout middle and high school that he should not bother to pursue a higher education and that he should stay on disability benefits for the rest of his life. Graduating with a Bachelor of Science degree in Rehabilitation Services is not only a great accomplishment but a surprise to many within his social circle. When he was not battling with people's attempts to break his spirit, Sean studied diligently and found love in statistics and measurement. This "kid" who was labeled unfit for college completed all his stats and measurement courses with flying colors. Consequently, Sean has been hired to tutor students who struggle with statistics at Cal State LA and, by the end of the Spring semester, he will receive his undergraduate degree. If all goes right, Sean will begin his Master of Science degree in Counseling, option in Rehabilitation Counseling in the Fall. His career goal is to work as a college counselor helping students with disabilities. In addition, he hopes to pursue a professional career in a high school ministry. Besides his work and studies, Sean loves music and enjoys dancing. He looks forward to continue to be a part of the wonderful RCA family. Like Sean, we cannot wait to see what is in store for him in the future. Until then, let's celebrate the achievement of his current milestone!



**Alexander Tamayo** graduated with a B.S. in Rehabilitation Services degree in Spring 2017. He has been an RCA member for three years. Like many of our loyal members, Alex continues to actively volunteer his time after graduation. Raised by a single mother who does not speak English, working long hours of hard labor to provide for him, Alex strived hard to improve himself. Thus, he became one of the most improved students in the Rehabilitation Services program. "As soon as I entered the program, I was given many opportunities to succeed." said Alex. He recalled his struggles with school work at the beginning of his academic career due to lack of resources. Finding learning styles and acquiring skills in the areas of strategic planning and time management were all on his own and self-taught. Alex's passion in working with at-risk youth and desire to become a high school guidance counselor, has led him to pursue a graduate degree in counseling. What tickled him the most was becoming his mother's pride and joy; she has been excited about his Bachelor degree and his pursuit for a Master's degree. Thank you and good luck, Alex!



# 7<sup>th</sup> Annual Back-to-School Project



We had our 7<sup>th</sup> Annual Back-to-School event on July 15, 2017. It was a day filled with lots of fun activities and educational presentations organized for nearly a hundred underprivileged youths ages 9-14 and their families. We kicked off the event with a warm welcome and a healthy breakfast. With the help of current and former RCA student veterans facilitating actual military exercises, our guests experienced a mini-boot camp and commented that it is the most fun activity of the day. Dr. Rebecca Joseph talked to the adolescents on *Why College* as our keynote speaker. In addition, we had a Probation Officer from the Los Angeles County Probation Department, a Police Officer from California State University, Los Angeles Police and a U.S. Marine talked about their struggles in school and the hard work they had to do in order to reach their goals. Each youth left our campus with a brand new backpack filled with school supplies, a reading book, toiletries and a \$10 gift card. It was an inspiring event, where the entire RCA community came together for this event. Thank you, everyone!



On Saturday, September 23, 2017, RCA had an incredible time at the Los Angeles Midnight Mission on Skid Row in Downtown Los Angeles. We came together and served the homeless population by collecting and distribution donated toiletries, clothes, socks, shoes and non-perishable food/canned goods. We also had the opportunity to prepare and serve food. All RCA member there thought it was a fulfilling experience. Thanks to Los Angeles Midnight Mission for allowing us to be of service. This event prompted us to reflect on our blessings. It reminded us that volunteering our time for common good is the right thing to do!



## Midnight Mission



# 2<sup>nd</sup> Annual Blanket Making Project



RCA volunteers, and the Nursing Student Association got together on Saturday November 4<sup>th</sup> and Saturday November 18<sup>th</sup> to hand make 130 fleece blankets for the veterans from the VA Long Beach Hospital. RCA provided breakfast and lunch to all the volunteers. Thank you to all the volunteers and the Nursing Student Association for taking the time to help RCA. RCA is truly grateful for your service.



## Operations Warm Winter 2017

On Friday, December 15<sup>th</sup>, 2017, RCA had the immense privilege of visiting veterans with spinal cord injuries at the VA Hospital in Long Beach, California. RCA was able to host a delicious BBQ, which was funded by the Associated Students, Inc. (ASI) from California State University, Los Angeles. RCA donated 140 handmade blankets and 140 handmade scarves to those who served our nation. Our veterans were grateful and appreciative of our student organization; each veteran received a blanket and a scarf along with a serving of either: chicken or tri-tip. In addition, we had a DJ for our guests of honor. RCA was truly honored to serve those who have served our country, to put a smile on their faces, and to be able to show them our gratitude for their service. RCA would like to thank the Girls Scouts for donating ten handmade blankets and four wonderful women that helped with knitting 140 scarves. RCA is honored and grateful to have such amazing people that support us



# Meet our Fall 2017 most Active Members



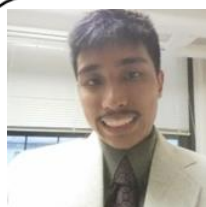
**Jonathan Chan**  
**Graduation:** Spring 2020  
**Goal:** Be a career counselor at community college.  
**Fun fact:** Enjoys running, yoga, and volunteering.



**Shantel Cordon**  
**Graduation:** Fall 2018  
**Goal:** Become a mentor for at risk youth.  
**Fun fact:** Takes film Photography



**Machele Jones**  
**Graduation:** Spring 2020  
**Goal:** Become a rehabilitation counselor.  
**Fun fact:** Loves to dance and listen to music.



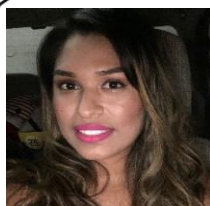
**Kevin Phung**  
**Graduation:** Fall 2018  
**Goal:** Become a rehabilitation counselor.  
**Fun fact:** Loves to play video games



**Mayra Carrasco**  
**Graduation:** Spring 2019  
**Goal:** Become a Counselor  
**Fun fact:** Loves to help.



**Michelle Rodriguez**  
**Graduation:** Spring 2020  
**Goal:** Become an academic counselor.  
**Fun fact:** I have a chihuahua named Luna; we go almost everywhere together. She is my best friend



**Sarah Lujan**  
**Graduation:** Spring 2019  
**Goal:** coordinate a facility for at risk youth.  
**Fun fact:** Loves running marathons.

## Holiday Member Appreciation Lunch

**HOLIDAY LUNCH WITH THE FAMILY**

Date: Friday, December 1, 2017  
 Time: 12:00 – 1:30 p.m.  
 Place: King Hall B4017  
 RSVP by 11/27: [rehabservices@calstateta.edu](mailto:rehabservices@calstateta.edu)

Optional:  
 Bring a gift of \$10 or less

On Friday December 1, 2017, Dr. Siu hosted a Holiday Luncheon in appreciation for all the hard work and dedication that her RCA and CaPROMISE family members have done throughout the Fall semester. It was a fun-filled event with good food and great company.





**SPRING 2018 CALENDAR OF EVENTS**

Membership meetings: 1<sup>st</sup> Thursday of the month – 2/1, 3/1, 4/5 and 5/3  
 3:05-4:05 p.m., Room KH- C4077

Notihin' But Sand Beach Cleanup by Heal the Bay	February 17 <sup>th</sup> - Saturday 10:00 a.m.- 12:00 p.m. Dockweiler State Beach - Tower 54 11999 Vista Del Mar Playa Del Rey, CA 90203 At the end of Imperial Hwy
Midnight Mission	February 24 <sup>th</sup> - Saturday 2:00 p.m. - 6:00 p.m. 601 South San Pedro Street, Los Angeles, CA 90014
Five Acres Orphanage Visit	March 3 <sup>rd</sup> - Saturday 10:30 a.m. - 1:00 p.m. 760 W. Mountain View St., Altadena, CA 91001
Spring Mixer	March 16 <sup>th</sup> - Friday 5:00 p.m. - 8:00 p.m. USU Los Angeles Room ABC
RCA Board Elections	April 2018
3 <sup>rd</sup> Annual Cal State LA Conference on Reintegration of Formerly Incarcerated Populations	April 6 <sup>th</sup> Friday 8:30 a.m. - 3:00 p.m. Cal State LA Golden Eagle Ballrooms 1&2
2 <sup>nd</sup> Annual Mental & Behavioral Health Conference: Disability, Equality, & Advocacy	April 28 <sup>th</sup> - Saturday 8:00 a.m. - 2:00 p.m. Cal State LA Golden Eagle Ballrooms
RCA Graduation Mixer	May 18 <sup>th</sup> - Friday 5:00 p.m. - 8:30p.m. USU Los Angeles Room ABC
8 <sup>th</sup> Annual Back-to-School Project	August 11 <sup>th</sup> - Saturday 9:00 a.m. - 2:00 p.m. USU Los Angeles Room ABC

**Fundraisers:**  
 Please check Facebook: [RCA at CSULA](#) or Instagram: [RCACSLA](#) for updates.  
**Contact Information:** [rcacsula@gmail.com](mailto:rcacsula@gmail.com)  
 If you would like to volunteer for any events feel free to contact us through this email. Everyone is welcome!



Rehabilitation Counseling Association  
 2017-2018 Board



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Vice President  
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President  
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Ways and Means  
 Committee Chair  
 Anthony Houston



Recruitment  
 Committee Chair  
 Amalia Moreno Banda



Club Events  
 Committee Chair  
 Omar Saldivar

**TBA: 2018-2019 RCA Board Elections for *President, Vice President, Secretary, Treasurer, Event Coordinator, Public Relations Chair, Veterans Affairs Liaison.***

**Message from the President**



**President  
 Monica Casas**

Serving as the president of RCA has positively impacted my career aspirations and student experience. I am honored and privileged to serve as your President and yet, humbled to be of service to you. I would like to thank my superb board for the exceptional job they have done. They are my rock, and I'm blessed to have them on my team. My sincere gratitude goes to all the RCA volunteers. Without you, RCA would not have such great success. I am proud of what we have done so far and excited to take part in the Spring activities.