

Shoot for the Stars

NEWSLETTER



CAPC EXPLORES THE LOS ANGELES COUNTY NATURAL HISTORY MUSEUM



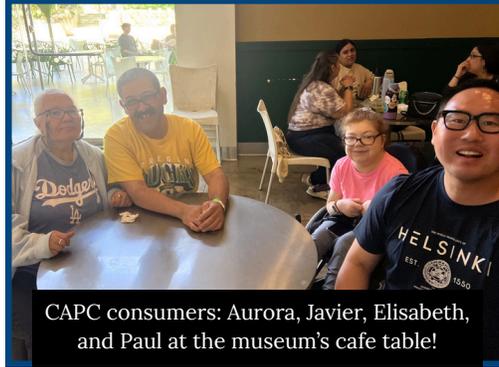
On February 27, 2026, CAPC consumers, families and staff had an opportunity to engage with their community and experience hands on learning at the Los Angeles County Natural History Museum! Throughout the day, participants explored fascinating exhibits featuring towering dinosaur skeletons, dazzling gemstones, and the incredible biodiversity of our planet. Many individuals were especially excited to see the museum's iconic Dinosaur and Mammal Exhibit, where they stood face-to-face with fossils that date back millions of year. Trips like this highlight the importance of lifelong learning.



CAPC Consumers and staff pictured in front of the dinosaur skeleton.



CAPC consumer Jennifer is pictured with staff discovery the mammal exhibit.



CAPC consumers: Aurora, Javier, Elisabeth, and Paul at the museum's cafe table!



CAPC consumer Patricia admiring the gemstone exhibit hall.

CAPC OPENS IT'S DOOR TO CONSUMERS, FAMILIES, AND THE COMMUNITY AT OUR OPEN HOUSE



On February 19, CAPC welcomed the community to our annual Open House, where guests were able to connect, learn, and catch up with all things CAPC. Guests heard updates about our Employment Program, signed up for upcoming opportunities like our Adaptive Art Studio, self-advocacy group, and progress on our housing initiative. Highlight of the event was where attendees drew their favorite places in the community on a large mural wall. The activity help celebrate the spaces that make our communities feel like home.



Group photo at the Open House: pictured is Johann, Danna, Luzy, Debbie, and Miguel



CAPC staff and consumer Cindy pictured drawing their favorite place in the community.



CAPC, INC. PRESENTS

ADAPTIVE ART STUDIO



CREATE. CONNECT. EXPRESS



SPRING SESSION STARTING MARCH 19

THURSDAYS | 2 PM - 4 PM

LA MIRADA ACTIVITY CENTER

Made in partnership with City of La mirada



Explore painting, mixed media and collaborative art projects. designed to meet each artist where they are, the class fosters creatvitiy, independence and meaningful community connection.



REGISTRATION REQUIRED. SPACE IS LIMITED. \$20 PER PERSON. ALL SUPPLIES PROVIDED.

SCAN THE QR TO READ MORE DETAILS AND REGISTER



THE PEOPLE'S PANTRY HAS MOVED!



The People's Pantry is now available in CAPC's Resource Center!

The pantry offers confidential grocery assistance for individuals within the CAPC community who may need support between grocery trips.

WHAT'S AVAILABLE: Rice • Pasta • Pasta Sauce • Canned goods • Peanut Butter Snacks • Chips & More

Located at: CAPC's Whittier Office **Open during:** regular business hours

NOW OPEN



Questions? Call the front office at (562) 693-8826

In Partnership with: **STATER BROS. markets** Superior Management and Realty Services Inc.



The People's Pantry

Essential Care for Essential Needs

INDIVIDUAL ADVISORY COMMITTEES NEXT MEETING: FRIDAY, APRIL 17

The **Individual Advisory Committee** brings together individuals who represent the voices of CAPC Consumers. Together, members will:

- Meet every other month
- Share ideas & feedback
- Help shape programs & services
- Advocate for improvements across CAPC



Interested in joining?

Talk to your Case Manager to learn how to get involved!



WHITTIER'S NEW DIAL-A-RIDE APP: RIDE PINGO TRAINING RECAP

Last month, CAPC hosted a Ride Pingo information session led by Case Manager Shany. Individuals learned how the app could be used to request accessible transportation.

If you're interested in learning how to use the app or accessing transportation services, Shany is now offering one-on-one support sessions to walk you through the process.



CAPC VISITS THE CAPITOL FOR ADVOCACY DAY



CAPC staff and consumers pictured on the steps of the Capitol at Advocacy Day 2025.

In April of 2025, CAPC and individuals flew to the **California State Capitol** to advocate for Disability Rights as they talked to local legislators and attended DisCo at the Capitol.

This year, on **May 19th of 2026**, CAPC will return to the **State Capitol** to repeat last year's visit! Staff members and individuals will be making a 1 day round trip to advocate and speak up for **the rights of individuals with developmental disabilities** - specifically when it comes to access to basic needs, the workforce, and education!

Because it doesn't stop with just one visit - a pattern makes things happen!

Your Voices Matter: Celebrating Developmental Disabilities Awareness Month

March is **National Developmental Disabilities Awareness Month (NDDAM)**—a time to celebrate the inclusion and contributions of individuals with developmental disabilities (DD). It's also an opportunity to raise awareness and break down barriers in employment, housing, and community participation.



CAPC staff and consumers taking a group photo at the Abilities Expo 2024.



This month's theme is #WeAreHereAllYear
This campaign serves as a reminder that inclusion and contributions towards developmental disabilities advocacy extends to year-round not just March.

Join  at the

Abilities EXPO

**March 27
11 AM - 5 PM
Long Beach
Convention Center**



Explore various disability products, tech and resources! Attend info-packed workshops and more. It's an epic day out and FREE, so scan the QR code and register today.



CAPC staff and consumers taking a group photo at the Abilities Expo 2025.



2026 CAPC EVENTS CALENDAR

Adaptive Art Studio Sessions
March 19, 2026

Abilities Expo -
March 27, 2026

Individual Advisory Committee -
April 17, 2026

Advocacy Day at State Capitol -
May 18-19, 2026

Knott's Berry Farm Trip -
May 6, 2026

Founder's Luncheon -
June 3, 2026



Happy Birthday

- Betty R. - 3/5
- Ana B. - 3/8
- Cindy P. - 3/7
- Lauro F. - 3/21
- Angela H. - 3/24



FOLLOW US ON SOCIAL MEDIA AND STAY UPDATED:

FACEBOOK: @CAPCINC
INSTAGRAM: @CAPCINC
X: @CAPCINC



OR VISIT OUR WEBSITE:
WWW.CAPCINC.ORG



DID YOU KNOW?

These tools are available in CAPC's **Individual Resource Center**



Assistive Hand Devices

Helps with limited hand mobility to:

- Write
- Paint
- Draw
- Access technology through touch-screen devices



ICON DIRECTORY



Community Resource



Events



CAPC Highlight



Community Support

2 Work Spaces with Computer Access



Fill out applications online

- Employment applications
- Access transportation
- HUD packets
- Online Workshops
- Educational Use



Contact the front desk about using the Individual Resource Center tools at CAPC's Whittier Office and we will help you get started!

