



Another Way Newsy

A division of Central Valley Training, Inc. Center, Inc.

March 2011

Consumer Spotlight: Alex Rosas

Alex Rosas receives Supportive Living Services from Another Way and for years has been suffering from seizures. For years, Alex's neurologist proposed a cutting edge surgical technique to help potentially eliminate Alex's seizures.

With the assistance from Another Way staff, Alex went to several consultation appointments to research how to receive a Vagus Nerve Stimulator or VNS. This device, once surgically implanted, stimulates the vagus nerve at predetermined intervals. The vagus nerve, one of the cranial nerves, can impact an individual's seizure activity. Alex was approved and assisted by Another Way staff and eventually underwent surgery in October at Sutter Gold Pacific Hospital in San Francisco. The surgery was performed outpatient and Alex went home that night.

Alex was back to his normal routine quickly, only staying home from day program for a week. Initially, Alex did suffer from mild balance and coordination issues. Alex is now 5 months from the surgery date. Another Way staff and Alex have been to several follow up appointments where the VNS has been calibrated. Further, Alex has been able to discontinue a variety of his seizure medications.

The change in Alex is substantial! Alex reports being more alert, his speech is more clear, and his balance stable. Further, Alex has had *no seizures* since the VNS surgery in October!

Alex is back to his hobbies of dancing, singing, and even lifting weights. Alex stated, "I am feeling much better and not falling very much." Staff at his day program also see the change and are very happy with Alex's amazing turn around! Observing Alex now is like seeing a whole new person. We are thrilled that Another Way staff could be such a support to Alex and assist him with this life-changing process.



Alex Rosas showing his magnetic wand off. With this device, he can wave it over his chest when he feels a seizure coming on. It will then reprogram the VNS and potentially stop a seizure!

Community Highlight:

Since the 2010 holidays, Another Way consumers with financial hardships have been receiving *weekly boxes* of donated foods from gracious San Joaquin community members. What started as a holiday gesture has become a wonderful generic community resource for those needing assistance during these difficult economical times. A local Church member delivers donated food to the Another Way Office and then staff distribute the food boxes to consumers in need of food for the month. This program has greatly helped many Another Way consumers with grocery needs, especially at a time of economic burden and budget cuts.

Another Way hopes to highlight many more successful community gatherings and resources that have assisted our consumers with living independently in the San Joaquin surrounding areas!

Upcoming Events!

April 8: CHOICES Conference
This years theme is WORK=CHOICES.
For more information please go to:
www.wix.com/choices2011/sg

April 15: Stockton Asparagus Festival
Advocate show on De Carli Stage at 12:30pm!!! Buy advocate bracelets for \$1 at the festival. Bring lots of water and a hat as it is always HOT out there!



For referrals and services please contact us at 209-951-1515, we would like to hear from you!