



## Spring 2026

Hello California FMS Community, here are some updates and information about what is happening at Mains'!

### Our Team, Our Commitment to You

In the past several months, you may have noticed some changes within our team, including increased staff movement. As we continue to strengthen our program, these changes are intentional and focused on building a team that is fully aligned with our service expectations and the level of support you deserve.

#### What Hasn't Changed

- ✓ Dedicated Support Specialist as your main point of contact
- ✓ Full team working behind the scenes to support you
- ✓ You are never on your own—we are always here to help

### WHAT TO EXPECT MOVING FORWARD

#### Regional Center Alignment

Support Specialists will begin working more closely with specific Regional Centers.

What this means for you:

- Deeper expertise from your specialist
- Stronger relationships with Regional Centers
- More efficient and informed support

#### Updated Phone System & Contact Directory

We are transitioning to new phone numbers as part of our technology improvements.

What this means for you:

- You may see updated contact information

- We encourage you to begin using the new numbers
- A full directory is included below for easy reference

## WHO TO CONTACT

### Support Specialist Team

Your primary point of contact for ongoing support

#### Scott Kaplan, Senior Manager

[sekaplan@mainsl.com](mailto:sekaplan@mainsl.com) |  (530) 433-0625

- Jordan Pearson (Lead) – [jhpearson@mainsl.com](mailto:jhpearson@mainsl.com) | (530) 433-0633
- Connie Kuehn – [cekuehn@mainsl.com](mailto:cekuehn@mainsl.com) | (530) 433-0640
- Laura Prust – [laprust@mainsl.com](mailto:laprust@mainsl.com) | (530) 433-0641
- Angel Lee – [aalee@mainsl.com](mailto:aalee@mainsl.com) | (530) 433-0827
- Ajha Poirier – [aapoirier@mainsl.com](mailto:aapoirier@mainsl.com) | (530) 433-0837

#### Christina Hall, Senior Manager

[cmahll@mainsl.com](mailto:cmahll@mainsl.com) |  (530) 433-0504

- Cathy Gallo (Lead) – [cjgallo@mainsl.com](mailto:cjgallo@mainsl.com) | (530) 433-0516
- Alexis Negrete (Bi-Lingual) – [anegrete@mainsl.com](mailto:anegrete@mainsl.com) | (530) 433-0519
- Matthew Moczynski – [mgmoczynski@mainsl.com](mailto:mgmoczynski@mainsl.com) | (530) 433-0528
- Linda Musa – [lfmusa@mainsl.com](mailto:lfmusa@mainsl.com) | (530) 433-0544

### Onboarding & Credentialing Team

Support with onboarding new employees and vendors

[CAFMSOnboard@mainsl.com](mailto:CAFMSOnboard@mainsl.com)

Alexandra Piasecki, Senior Manager

[ajpiasecki@mainsl.com](mailto:ajpiasecki@mainsl.com) |  (530) 433-0312

- Desarae Olson – [dmolson@mainsl.com](mailto:dmolson@mainsl.com) | (530) 433-0499
- Nikki Wendt – [njwendt@mainsl.com](mailto:njwendt@mainsl.com) | (530) 433-0357

### Vendor Payment Team

Processing vendor invoices and employee mileage


[CAFMSPayments@mainsl.com](mailto:CAFMSPayments@mainsl.com)

Lisa Alger, Senior Manager

- Matt Villnow (Lead) – [mtvillnow@mainsl.com](mailto:mtvillnow@mainsl.com) | (530) 433-0221
- Angela Marinello – [aemarinello@mainsl.com](mailto:aemarinello@mainsl.com) | (530) 433-0275
- Julia Erickson – [jaerickson@mainsl.com](mailto:jaerickson@mainsl.com) | (530) 433-0281
- Sandy Isaackson – [sjisaackson@mainsl.com](mailto:sjisaackson@mainsl.com) | (530) 433-0289
- Michelle Thomas – [mdthomas@mainsl.com](mailto:mdthomas@mainsl.com) | (530) 433-0298

Stephanie Burggraff  
Director, California FMS

 [SBurggraff@mainsl.com](mailto:SBurggraff@mainsl.com)

 (763) 416-9179 | (530) 443-0152

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**Mileage Update: Faster Payments & Clearer Tracking!**

We're excited to share an improvement to how mileage is processed- making things faster, clearer, and easier to track for everyone!

### **What's new?**

While nothing is changing about how you submit mileage, we've made internal updates to improve your experience:

✨ **More frequent payments**- Approved mileage will now be paid on a more consistent, weekly schedule

✨ **Clear, separate pay stubs**- Mileage payments will have their own pay stub, making it easier to track

✨ **Improved spending summaries**- You'll see more detailed mileage information reflected in your reports

### **How to submit (same as before):**

Send approved mileage forms to CAFMSPayments@mainsl.com

### **Payment Timeline:**

Mileage submitted by Friday at 5:00 PM PST will be processed and paid the following Friday, following our Accounts Payable/Invoices schedule.

**Need the mileage form? Click the button below.**

[Mileage Form](#)

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## **Out-of-State Service Providers-What You Need to Know**



In November 2025, the California Department of Developmental Services (DDS) released a directive that impacts all Regional Center services, including the Self-Determination Program (SDP).

This guidance is focused on services provided by out-of-state providers, whether those services are delivered in person or virtually, and outlines when additional approval is needed.

**A few key things to know:**

- When services are provided by a provider located and operating outside of California, the Regional Center must request DDS review and approval before funding can be used.
- There is an exception for services provided in border areas of neighboring states. In these situations, the Regional Center Executive Director may approve the service.

**What this means for you:**

- Mains'l is building these requirements into how we onboard all new providers moving forward.
- We are also reviewing current providers with out-of-state addresses.
- If any of your providers are impacted, our team will connect with you directly to walk through next steps.

We know changes like this can bring questions, and we're here to help navigate them with you.

**You can read the full DDS directive by clicking the button below:**

[Out of State Services](#)

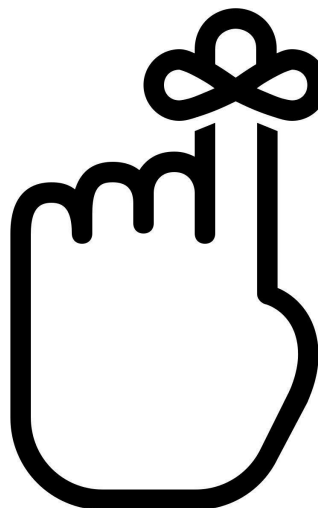
## Overtime Reminders

We want to provide a quick refresher on how overtime works for employees in the Self-Determination Program.

All employees are classified as domestic workers under California Wage Order 15, which outlines how overtime must be paid.

Overtime is required when:

- An employee works more than 8 hours in a single day
- An employee works more than 40 hours in a workweek.
- An employee works 7 consecutive days in a workweek



For employees working more than 8 hours, overtime applies as follows:

- Any hours over 8 are paid at 1.5x the regular rate
- Any hours over 12 are paid at 2x the regular rate

For employees working 7 consecutive days, overtime applies as follows:

- The first 8 hours on the 7th day are paid at 1.5x the regular rate
- Any hours over 8 on the 7th day are paid at 2x the regular rate

Employees who work 30 hours or less in a week and no more than 6 hours in a day are not subject to the 7th day overtime rule.

Overtime requirements are based on state labor laws and must be followed for all employees. Planning schedules in advance can help manage overtime while still meeting service needs.

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## Employer Burden Rate Update



Mains'I has completed a review of the employer burden rate and will be updating it to **18.03%**. This is the first adjustment since August 2024 and reflects updates to the current workers' compensation rates and paid sick leave calculations.

There is no requirement for participants to update their employer burden rate mid-plan year. Participants may continue using their current rate and can apply the updated 18.03% rate at the time of their next spending plan renewal.

If you have any questions about what this means for your budget, your Mains'I Support Specialist is here to help.

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## Resources & Workers' Compensation Reminders

Mains'I provides workers' compensation coverage for all employers we support through FMS. If an employee is ever injured while working, it's important to notify Mains'I as soon as possible.

**There are required forms that must be completed and submitted** to the workers' compensation company within 24 hours of the incident. Even if the injury seems minor, reporting it right away is always the best approach.

All forms and resources can be found on our website under the Employee Management Section.



**If you have not signed up to receive timesheet text message reminders, simply text CAFMS to 844-846-6269**

In addition, our Resources Page includes helpful tools such as forms and the Participant Handbook. Pages 4-5 of the handbook include quick links and information to support you with:

- being an employer
- hiring and managing vendors
- understanding your role in directing services

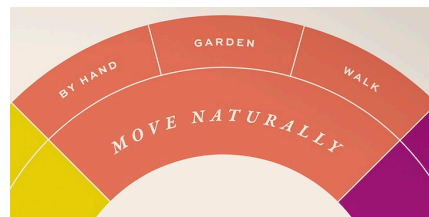
You can explore these resources by clicking the button below:

[FMS Resources](#)



### Take Charge Wellness Campaign: Moving Naturally through Spring!

“The world’s longest-lived people don’t pump iron, run marathons or join gyms. Instead, they live in environments that constantly nudge them into moving without thinking about it. They grow gardens and don’t have mechanical conveniences for house and yard work.”  
– Dan Buettner



- Find out more about this month's highlight here: [Power 9 - Reverse Engineering Longevity](#)
- You can also learn more by reading: [The Power of Walkability](#)

### This Month's Recipe: Fresh Spring Rolls

*These fresh spring rolls are perfect for a light Spring meal!*

*Customize as you please and have fun!*



## INGREDIENTS

- 2 ounces rice vermicelli noodles
- Shrimp or protein of choice
- 1 cup torn butter lettuce
- 1 cup thinly sliced red cabbage
- 2 medium carrots peeled and cut into matchsticks / julienne
- 1 cucumber thinly sliced
- ¼ cup fresh cilantro
- ¼ cup thinly sliced green onion
- 8 sheets rice paper (spring roll wrappers)

### Peanut Sauce (optional)

- ½ cup creamy peanut butter
- 3 tablespoons hoisin sauce
- ½ cup water (or more for thin)
- 1 tsp rice vinegar or regular vinegar (to balance the sweetness)
- Sriracha or chili sauce (optional)

# Fresh Spring Rolls w/ Peanut Sauce



15 servings



30 minutes



## DIRECTIONS

1. Boil a pot of water and add in noodles, cook until al dente (about 4-5 minutes). Drain and rinse with cold water
2. Cook shrimp or protein of choice and slice
3. Prep all veggies by washing, peeling, and slicing/ julienning
4. Get a bowl big enough to dip rice paper sheets in - dip rice paper sheet just to get it wet and remove
5. Build your springroll- add lettuce, noodles, veggies, then protein to the center
6. Wrap it up - fold the bottom to the top tightly, then roll up once, fold the sides in and finish rolling
7. In a pot, turn the burner on low, add peanut sauce, hoisin sauce, water and vinegar. Stir until all is melted together.



## Give Us a Follow on Social Media

Did you know that you can find us on several different channels?

You can find us on [Facebook](#), [LinkedIn](#), [YouTube](#), and [Instagram](#). Follow us to see what's happening across Mains'l, including photos, event reminders, and more.



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