

The Arc of Benton
County
Administration Office
414 NW Fourth Street
Corvallis, Oregon
97330

Phone: 541-753-1711
Fax: 541-758-1354
www.arcbenton.org

A not-for-profit
organization
advocating for
and providing services,
as needed,
to enhance the lives of
individuals
with developmental
disabilities and their
families.

**The Arc Board
of Directors** 7:30
PM

1st Thursday
Even numbered months:
Full Board of Directors

Odd numbered months:
Executive Committee
ONLY

Finance Comm. 6:30
PM

The Arc Office
1st Thursday

**Membership
Committee** 9:00
AM

Louise Teater's
Home
1st Monday

**Resale
Committee** 10:00
AM

The Arc Office
1st Monday

Bingo 10:00
AM

Springfield
3rd Wednesday

Safety Committee 10:30
AM

The Arc Office
4th Wednesday

Horse Club 10:30
AM

The Arc Office
4th Thursday

The
Arc

Advocate

April/May 2008

Volunteers Float the Arc



As The Arc of Benton County celebrates its 50th anniversary, we also must recognize our thrift stores and the incredible volunteers who have made this program a major source of income for the activities of The Arc. Our Philomath store will celebrate 29 years of operation in May. We anticipate an income of approximately \$100,000 this year from our stores before deducting administrative costs and while that may seem like a lot, it is less than previous years. Our expenses have risen at a greater pace than our income and due to a new interpretation of the law our property tax exemption is at risk at both stores. Also, our loyal volunteers are "aging out," for example Margaret Woods who put in 28 years before "retiring" last year.

We need to replace those fantastic volunteers to avoid greater personnel costs. Several of you have been approached to volunteer and are studying your calendars for a commitment of 2 hours per week on a specific day. After making a commitment and 20 hours of service, volunteers receive a 20% discount on non-consigned items. It's fun and fulfilling.

--Barbara Sackett

The Arc of Benton County's 2008 Awards Ceremony

Sunday, May 18th

5:30--6:30pm No host Bar • 6:30pm Dinner •

7:15-ish Presentation of Awards

*Please fill out and submit the nomination form inside
so we can celebrate those who have given
much to The Arc community.*

Your gift of time

*will be transformed at The Arc
into services for individuals
with developmental disabilities
and for their families.*

Cashier with Friendly Greeting is the featured volunteer opportunity at The Arc Resale Center, Philomath. This volunteer is expected to offer two to four hours per week (or more) at the cash register, ringing up sales and recognizing customers as they enter the store. You greet them cheerfully and make them feel “at home.” These people hold the cash and/ or used goods we convert into cash. They pay our way. These people deserve an enthusiastic welcome!



Receive Donations and Greet All Customers Specialist is the volunteer opportunity at The Arc Resale Corner, Corvallis. This will require an agile, moderately healthy body with a big smile and positive attitude. For four hours per week (or more) this volunteer watches the parking lot for the donor preparing to bring a donation into the store. You will assist with a cart or your arms. All this while, you will be talking, giving a warm greeting and expressing appreciation for the gift of used goods The Arc can transform into local social service for people with DD.

If these opportunities don't quite suit you, please ask us about others. There are many different opportunities to use your skills and interests. *Call Karin at the office, 753-1711 or Barbara Sackett at home, 752-1711.*

Your Resalable Items

The Arc stores need used household items. We provide pick up service for furniture. Consignment of furniture is also available at both stores—a win/win for the donor and The Arc. And finally, you can help by spreading the word to all of your friends that we need their used goods, that we need volunteers, and that The Arc is essential to persons with developmental disabilities and their families.

Community Calendar

The (Current Scoop) on Autism presented by Dr. Michael Marcin
Thursday, May 8, 2008 • 4:30 pm--5:30 pm • Children's Farm Home Chapel
4455 NE Highway 20, Corvallis • Call (541)758-5953 to reserve a space.

Oregon Disability MegaConference presented by The Arc of Oregon
Over 50 workshops on many topics • Full conference \$75; one day \$30.
Friday--Sunday, May 29--31 • Riverhouse Resort in Bend, Oregon
Call Angela 1-877-581-2726 to register or ask about scholarships or go
online to www.oregonmegaconference.org

Corvallis Capital Improvement Program (CIP) Commission invites you to
send in ideas for projects about public facilities. This is an opportunity to
share your ideas about making our city more livable via transportation,
library, park and other services. Deadline for community input is Friday,
May 2, 2008. Visit City Hall 501 SW Madison or www.ci.corvallis.or.us/cip
to get a form.

APRIL 15TH TAXES DUE! People with disabilities and seniors: This is
the year to file even if your income is SSDI or SSI. **File Form 1040A (2007)!**
This will make you eligible for President Bush's "Economic Stimulus Plan"--a tax
rebate, even if you didn't pay any taxes. Don't miss out!

Advocacy Training for Nonprofits

Nonprofits are on the front line of today's most pressing issues --
poverty, housing and global warming, to name a few. Nonprofits can
greatly inform the debate . . . if they advocate. Learn how by attending
OCCP's FREE Advocacy Training for Nonprofits.

Date: May 13, 2008

Time: 1:00 p.m. - 5:00 p.m.

Place: First United Methodist Church, 1376 Olive St., Eugene

Sponsored by Oregon Center for Public Policy the Center for Lobbying in
the Public Interest, Nonprofit Association of Oregon, and Technical
Assistance for Community Services through a grant from the Northwest
Area Foundation. For information and/or registration ocpp.org or
(503) 873-1201

Writing Our Way Out

Writings by Self-Advocates

From the Augmentative and Alternative Communication website, an excerpt by Sharon Price

Due to a birth injury, I have cerebral palsy. Even though I have been disabled from birth, it hasn't stopped me from leading a (somewhat) normal life.

Speaking has always been a hassle. Even though I spent a lot of time in speech therapy as a child, I still have difficulty being understood, especially when I'm tired. So few people can understand me. I don't make phone calls to anyone but close friends and family. If I need to do business, I have someone call for me.

The best way for me to communicate with people is through email. It has been a God-send for me. I have many friends and family on email, and most important of all, I have all my doctors on email.

When I go somewhere and I know no one will understand me, I type a note before I leave the house. My favorite saying is "Never mind." Most people understand that.

Sharon lived in Oregon. She is the author of Just Being Sharon (1996), a personal essay in Speaking Up and Spelling It Out, and Sharing More Sharon!

The poem, *Ode to ears*, in the right column is by **Sarah Stup** from her book--a collection of poetry and epigrams--*are your eyes listening?* She emailed us at The Arc: "A time I love is typing messages of hope and understanding from my world of silence and confusion to your world of normal people." Interested readers can find out more about Sarah's work and autism on her website: www.SarahStup.com.

Submit your writing to nancy@arcbenton.org or deliver it to the Fourth Street office.

Ode to ears

Pleased to have you
with me,
Ears,
when I travel about
wishing to keep
my balance.

You have
super
semicircular canals
that allow me to stand
erect.
No others support me
the way you do.
Proud
am I
to travel about
with
stable companions.

Pleased to have you
with me,
Ears,
when I journey through
environments
wishing to
hear.

You have sensational
tympanic membranes
that receive waves
of sound.
You transmit vibrations,
acting
without interpretation
or emotion.
What is received
is conveyed,
welcome
or not,
too loud
or faint.

Proud
am I
to roam about
with
reliable associates.

Ears,
reach out to bring
the world
to me.



The Nominating Committee
presents the following slate
to be elected at the
Annual Meeting on April 30, 2008:

President	Mike Hoffman
Vice President	Verlene Melero
Secretary	Julia Newman
Treasurer	Jack Mykrantz
Director 3yr term	Jeff McCubbin Rosemary Ayres
Director 1yr term	TBA

*When: April 30th
Wednesday
7:30--9 pm*

*Where: The Arc
Resale Store
10th & Beca, Corvallis*

*Who: All members,
self-advocates, employees,
and interested parties*

*What: A dynamic event
in honor of our
50 years of service!*

*7:30 pm--Meet & talk shop
in the comfort of our
store.*

*8:00 pm--Browse displays
by the departments of The
Arc.*

*8:45 pm--Vote in new Officers
and Directors of The Arc's
Board of Directors*

← (Nomination slate in box)

*Enjoy our Anniversary Party
& treats!*

sunnier weather (sometimes), longer days...
TIME TO GET GOING

Here is information which has come our way about opportunities and events that focus on our physical well-being.

- One-on-One Fitness Training by Dean MacInnis. Dean offers an individually tailored fitness and exercise program called Functional Fitness. He has been a familiar face at The Arc of Benton County since Spring 2007 when he served us in many capacities as an OSU intern. He subsequently completed his B.S. in Exercise and Sports Science and was hired as an activities leader in the Socialization Program and Leisure Weekend Program. He is also a trainer at Fitness Over 50. Dean does in-home training as well as meeting clients at their local gym. For more information, email him at *macinnid@yahoo.com* or call (541)601-6711.

- The Corvallis Parks and Recreation Spring/Summer Activities Guide was recently published and mailed to homes in Corvallis. There are many enticing activities scheduled. Some people noted in their surveys that the cost of activities is beyond what their budgets can bear. Please notice that very near the front of the booklet, Parks and Rec. has featured the "Family Assistance Program Application" which, when completed, will provide financial assistance for families and individuals. If you need help with the form or other assistance to participate in the programs, please don't hesitate to call The Arc, 753-1711. We will work with you and Parks and Recreation to try to make it happen.

- Celebrate Wellness VIII Conference: Get Physical!
When: Friday, May 9 (Pre-conference)
 Saturday, May 10 (Conference)
Where: Double Tree Hotel--Lloyd Center, Portland, Oregon
Who's invited: You and your friends! Register now!
 May 9th *Pre-conference*--Adaptive recreation activities...tennis, rock climbing, walking, swimming, drumming, cycling, or dancing. Annual Celebrate Wellness Dance with DJ Lamar.
 May 10th *Conference*--Learn about physical activities, set physical activity goals and receive information for ongoing support. Other topics include healthy eating, stress reduction...

For more information, visit: <http://www.oidd.org/cc/cwc> or call Bethany at (503)494-3331.

DIRECT SUPPORTS TRAINING SERIES

The Oregon DD Coalition is hosting *2008 Oregon Trainings Series on Direct Supports* with funding support from the Oregon Department of Human Services, Seniors & People with Disabilities Division. The six-part series will replace the annual *Oregon Conference on Direct Supports* which has been held at the Oregon State University campus in Corvallis for the past three summers. By switching over to a "series" format which is spread throughout the year, the Oregon DD Coalition hopes to reach and train more people than it does in the single annual conference.

The trainings are 4-hour teleconferences from 8:30 am—12:30pm. On April 25, 2008 the second of five presenters, Norm Kunc, will speak. Norm is described on the Oregon Direct Supports website, www.directsupports.com, as a well known disability rights advocate, who now thinks of himself as a storyteller, continuing the long held tradition of using humor and narrative to initiate self-reflection and social change. Born with cerebral palsy, Norman attended a segregated school for children with physical disabilities; then, at the age 13, he was integrated into a regular school. From there, he went on to complete a Bachelor's degree in Humanities and a Master of Science degree in Family Therapy.

In June, David Pitonyak is slated to present. To see a complete list of dates and topics of future presenters, visit the website above.

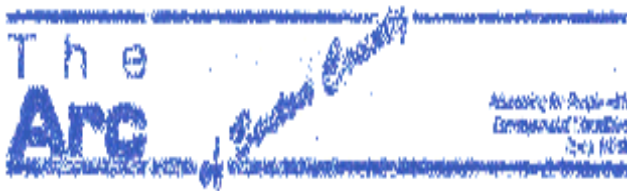
"The Importance of Belonging"

David Pitonyak, Ph.D.

June 20, 2008



David Pitonyak, Ph.D., is interested in positive approaches to difficult behaviors. He believes that difficult behaviors are "messages" which can tell us important things about a person and his or her surroundings. Understanding the "meaning" of an individual's difficult behaviors is the first step in supporting the person (and the person's supporters) to change. <http://www.dimage.com/>



414 NW Fourth Street
Corvallis, OR 97330

50th Annual Meeting of the Membership

will be a dynamic event in honor of our 50 years of service. We cordially invite all members, self-advocates, employees, & interested parties to join us to talk shop, browse displays by the departments of The Arc and elect the new Board of Directors...

Wednesday Evening • April 30th • 7:30--9:00 pm

at the

The Arc Resale Store • 10th & Beca, Corvallis

2008 AWARDS CEREMONY

SUNDAY, MAY 18TH

ADAIR CLUBHOUSE

5:30 NO-HOST BAR • 6:30 DINNER • 7:15 AWARDS PRESENTATION

REMEMBER TO SEND IN YOUR NOMINATIONS BY APRIL 18TH.

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