

THE ARC OF BENTON
 COUNTY
 ADMINISTRATION
 OFFICE
 1885 NW 9TH STREET
 CORVALLIS, OREGON
 97330
 PHONE:
 541-753-1711
 FAX:
 541-758-1354
 WEBSITE:
 WWW.ARCBENTON.ORG

The Arc Advocate

March 2003

A NON-PROFIT ORGANIZATION ADVOCATING FOR AND PROVIDING SERVICES, AS NEEDED, TO INDIVIDUALS WITH DEVELOPEMNTAL DISABILITIES AND THEIR FAMILIES.

Regular Meetings

Membership Committee 9 AM
 Louise Teater's Home
 1st Tuesday

The Arc Board Meeting 7:30 PM
 Senior Center
 1st Thursday

Resale Committee 10 AM
 Arc Office
 3rd Monday

Safety Committee 10 AM
 Arc Office
 3rd Tuesday

Bingo Committee 11:30 AM
 Springfield
 3rd Monday

Finance Committee Noon
 Arc Office
 1st Tuesday

People With Disabilities and Communities That Care

On Wednesday, March 5, The Cross-Disability Coalition of Oregon will sponsor a Rally and Legislative Action Day in Salem. Training and briefing will be held from 9:30 until 10:30 a.m. in room 50 of the Capitol. The Rally will begin at 11:30 am and end at 1 pm.

People with disabilities, families and service providers have been hit extremely hard by the State budget crisis. Thousands of us have lost, or face losing, our caregivers and other support services, our homes, our healthcare, our jobs, and more.

The legislature and the media need to believe that people with disabilities

and our friends are a significant part of Oregon's communities. It is time to raise our collective voice and make our presence very visible. Bring your friends, families, caregivers and neighbors to the rally.

We have political power. It is time to use it.

The Arc of Benton County is offering transportation for fourteen of you who have no other way to attend the "People with Disabilities and Communities that Care" Rally. Our bus has a lift and safety accommodations for two wheel chair users and 12 more. Please call, 753-1711, to sign up by Tuesday at 5PM.

Benton County DD Office Report to the Benton County Local Council of the Integrated Services Network

Criteria Changes for the Oregon Health Plan and Mental Health Services

Almost all clients in DD will continue as Oregon Health Plan “Plus” participants. Counseling services for person with DD will not be affected in type or duration, however, there has been a loss of counseling staff.

Personnel in DD office

DD office has experienced losses in clerical support, counseling and a case manager assistant position due to budget shortfalls. Union “bumping” of persons in DD positions may occur as Mental Health has given out a total of 11 pink slips so far.

Stone Soup

Stone Soup, a community meal program, is now available five days a week at Westminster House on Tuesday and at the St Mary’s Church gym the other four-week days. They are currently serving about 50 people per day

including 6 persons with developmental disabilities.

State Requests

The State has requested updated lists for clients receiving Semi Independent Living Services, Family Support, and Vocational Only Services to be ready to send letters if these programs are cut. Benton DD office will follow up with assistance to clients and families to explore options.

Vocational Only

The state is also considering moving those clients who receive only vocational services to brokerages early in July.

“Express” System

The state has developed a new billing/tracking system for DD that will start in July and will replace the old CPMS, which had many problems.

Long Term Diversion

The State criteria for accessing this funding is

drifting toward homelessness or civil commitment.

Brokerage and Case Management

Gaps and gray areas have been identified between case management and brokerage responsibilities. DD Managers are developing a draft paper to share with Brokerage Directors.

Senate Bill 18

This bill adds “neglect” into the definition of Protective Service investigations.

Other ISN News:

The Benton County Integrated Services Network Council has been awarded a \$3000 grant to develop our local ability to respond to the dental and housing needs of individuals with developmental disabilities.



Oregon Tax and Budget Change Needed

Citizens for Oregon's Future is a new coalition that is working to raise the level of public discussion on taxes and budgets in Oregon. Our mission is simply to assist Oregonians advocating for a tax system that is fair, stable, and adequate to meet Oregon's needs. We are training presenters to offer illustrated talks of varying lengths to organizations and meetings large and small around the state. We are preparing fact sheets and other materials. We will share basic information and point people toward the wealth of facts and figures that are available but not widely discussed or understood.

You can be part of the solution

Speakers, organizers, researchers, fundraisers, writers, and more are needed. Organizations can join Citizen's for Oregon's Future to support our mission, make a financial contribution or organize presentations and discussions. Individuals can volunteer, contribute, and reach out to new communities. Call, write, or email.

Citizen's for Oregon's Future PO Box 14459, Portland, Oregon 97293
Phone: 503-232-8808 Fax: 503-232-0180 Email: info@foreregon.org

The Arc of Oregon 2003
State Convention
Eugene Hilton
May 2nd and 3rd

Attendees at The Arc of Oregon Convention have repeatedly told us how much they enjoy the basket raffle each year, as well as the silent auction!

In our desire to continue this tradition we must ask for your help.

- The Arc Office serves as the drop off point for baskets and auction items in our area.
- The baskets will be separated into two categories - those valued under \$25 and those valued over \$25.
- Baskets should include a list of the enclosed items.
- Baskets should include a "Donated By" sticker, label, or some means of knowing who or where they came from.

Our Deadline is April 15th

FOR SALE

Electronic Wheelchair

This is a Quickie, Model # P120, approximately 3 years old, excellent condition, single owner, green and black. Original purchase price was \$4,000.

If you are interested or know of someone else that may be interested, the contact person is Linda Elder, Dial-A-Bus Director, at 753-5746.

Scooter Lift for Car

This lift is made to attach to the back of a car and carry a motorized scooter. It is available to see at The Arc Resale Center on Main Street in Philomath. They are asking \$250.

Water Conditioner

This is a like new system for conditioning hard water. It comes with manuals. Available to see at The Arc Resale Center on Main Street in Philomath. Cost \$1,500 new, asking \$300.

IEP Partners Training

Parents supporting parents in the IEP process

This intensive 2-day training is for people who would like to help support other parents with their IEP meetings.

Training Includes:

- *IDEA
- *IFSP/IEP components
 - Transition
 - Behavior
- *Principles of communication
- *Parent/Professional Partnership
- *And more....

Once trained the IEP Partners will be matched with parents wanting support at their IEP meeting. The IEP Partner will receive a stipend for every IEP meeting they attend on behalf of Oregon Parent Training & Information Center

March 14th & 15th
Eugene, Oregon

Call (541)-753-1711
for registration
information.

Did you know....?

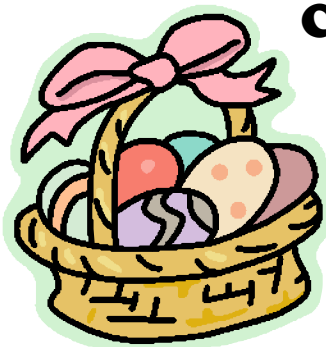
- The Arc of Benton County has two resale stores, The Resale Corner at 928 NW Beca in Corvallis and The Resale Center at 936 Main Street in Philomath?
- Both stores are open seven days a week?
- Both stores take consignments on furniture and related items and the split is 60% for the consignee and 40% for The Arc?
- That as an Arc member you get a 10% discount on your purchases excluding consignments and sale items?
- That the profit from The Resale Stores last year was \$103,304, our largest budget revenue item?
- Profits would be far less if we didn't have over fifty marvelous volunteers in our stores?
- As a volunteer on a regular schedule of a few hours a week you are entitled to a 20% discount on purchases excluding consignments or sale items?
- The stores could not function without the quantities of donated items received from our customers?
- We have several avenues for continuing the recycling process so that very few of our donations find their way to the landfill?
- We contract for services from vocational providers of DD services and we have persons with developmental disabilities volunteering in the stores?
- We have regular shoppers from all of the surrounding counties and even from out of state, our customers come from all walks of life? Last week we had three Mercedes in The Resale Center parking lot at one time!
- We receive countless compliments from our customers on the layout of the stores, the cleanliness, and to quote one customer, "It smells good."?
- We have a few full time, and several part-time fantastic staff who are truly committed to The Arc's programs and advocacy for people with developmental disabilities and their families?

The Arc Leisure Program's Wednesday Art Workshop Presents an

ART SHOW!

Participants of the Wednesday Art Workshop have been putting together a display of artwork to be seen at the 2nd Street Beanery the entire month of March.

There will be an opening party Saturday, March 8th, from 1-4 PM at the Beanery to enjoy the beautiful artwork and celebrate with the artists.



Children's Easter Egg Hunt at Adair

Saturday, April 19th, 2003

Benton County Park in Adair

The Fun Starts at 9:30 AM

Call The Arc for All the Details at 753-1711

**What Parents Need to Know about
STATEWIDE ASSESMENTS
for Students with Disabilities**

This training is sponsored by the Oregon
Department of Education

This trainings will provided information
and techniques for educators and parents
to consider when selecting the appropri-
ate Oregon Statewide
Assessment.

March 11, 2003

From 6:30—8:30 PM
At the Linn-Benton-Lincoln
ESD in Albany

Limited Childcare stipends are available.
Please call Judy at 541-928-3611 for
more details.

**"I Don't Hear What You Are Saying...
A study of communication skills**

Geri Newton

March 28, 2003
9:00 a.m.—4:00 p.m.
Registration at 8:30 a.m.

At

Roth's Hospitality Center
Oregon Room
1130 Wallace Road NW
Salem, Oregon 97304

For registration information contact:
The Arc of Lane County
45 West Broadway, Suite 205
Eugene, OR 97401
(541)-343-5256

Staley Agreement UPDATE

Don Myers,
Executive Director
The Arc of Oregon

The Staley team continues to meet with representatives from DHS, the Attorney General's Office, and the Governor's legal counsel. The pressure to resolve the Staley issue continues to grow and we expect to have something more definite soon. DHS continues to tell us that it is business as usual until further notice.

To help illustrate the importance of the services that Oregonians receive through the Staley Agreement, we will distribute a "Staley Story" to every House and Senate member. We will provide these reminders daily. If you have a personal story to share, please email it to Cynthia Owens at cynleeowe@aol.com.

Please make personal phone calls to your

legislative representatives today! Explain how important these supports are to you and your family. Also, please plan to attend the Wednesday, March 5, 2003, People With Disabilities and Communities that Care Rally and Legislative Action Day in Salem. A pre-briefing and training will be held from 9:30 - 10:30 AM in Room 50 at the Capitol. We need thousands of people to attend the Rally at the steps of the Capitol from 11:30 am to 1:00 pm. These activities are sponsored by the Oregon Cross-Disability Coalition and for more information please email the Oregon Council on Developmental Disabilities at oddc@aol.com.

We will continue to provide the latest information as it unfolds.

20th Annual Family Resource Fair *Celebrating Families*

With Special Guest,
Scott Perry

Linn-Benton
Community College
Saturday, March 8, 2003

Registration 8-9AM
Scott Perry 9-9:30AM
Parenting Workshops
9:45AM to 12:30PM
Lunch and Community
Resource Booths
12:30 to 1:30PM
Musical Celebration
1:30 to 2:30PM

Admission: \$1
Lunch: \$2
Child Care: \$2 per child
(ages 6 months—10 years)

Note: There will be no
child care after 12:45PM

**For more
information call
917-4897**

LBCC is an equal
opportunity institution.

Study Volunteers Wanted

—Are you 18 years of age or older?—

—Do you have cerebral palsy, multiple sclerosis, spinal cord injury, amputation, or any other type of physical disability?—

—Do you have Internet access?—

—Are you interested in finding ways to increase your health and well being?—

Then...we want to hear from YOU!

To participate in the study, please go to the following web page

<http://www.disability-health.info>

If you face any difficulties opening the website above please contact Maria Kosma at maria.kosma@disability-health.info

Some Health Notes from Steve Schuetz

The winter season reminds us to be mindful of health concerns for the people we serve. We all experience the rain and cold of Oregon but for some of us a helpful reminder may go a long way in keeping us from getting sick. As a community, we can be aware of:

Dehydration: The chilly and wet weather can trick us into not feeling thirsty. We should all drink plenty of liquids. Be aware that coffees, colas and some teas contain caffeine, which can actually reduce our body's water, and work against being adequately hydrated. Dehydration can cause disorientation, memory difficulties, and affect seizure syndromes.

Food Selection: Seasonal celebrations and indoor living contribute to gaining extra pounds. Reportedly Americans gain as much as 10-15 pounds over the winter. Selecting a balanced diet certainly helps in our health. More specifically, limiting carbohydrates and watching sugar intake is important. Poor food selection can lead to: upset and anger, feeling tired or edgy, or disorientation. Our growing

population of persons with diabetes is an additional concern.

Body Warmth: As we age, coldness affects us more, so we bundle up to go outside. Citizens with developmental disabilities can benefit from reminders not only to dress warmly, but also delay when coming into a room. The head area in particular is a large source of heat loss, so hats and hoods provide needed protection. (Again, caffeinated hot drinks may actually decrease body water by causing increased urination).

Medications: Some medications actually can suppress pain. Zyprexa, Depakote, Tegretol, Dilantin, Neurontin, and Allegra as well as some other anti-psychotics, anti-seizure, and anti-histamines, may dull the person's ability to recognize pain or a painful situation. There might not be the "uncomfortable" feeling that cues us to stop and seek help, such as our hands getting cold or having a fever. For some persons with self-injurious behaviors, some medications may actually facilitate more self-injury.

The
Arc *of Benton County*

Advocating for People with
Developmental Disabilities
Since 1958

1885 NW 9th Street
Corvallis, OR 97330