

THE ARC OF BENTON  
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**The  
Arc**

# Advocate

March 2004

## Congratulations, Sara Gelser!

Sara Gelser, Immediate Past President of The Arc of Benton County, was named Junior First Citizen of Corvallis. Though The Arc claims her as their own, Sara is very involved in our community.

Sara Gelser currently serves as Vice Chair of the Corvallis School Board, Immediate Past President of The Arc of Benton County, and President of the FG Syndrome Family Alliance, Inc.

Sara's demonstrated commitment to the community is seen through an excellent record of public service and community leadership. She has spear-headed projects to address issues of hunger, inequality and social justice. She worked with fellow church members to fully welcome all people into the congregation, served as a mentor for the Parent Enhancement Program, and she regularly volunteers in local public school classrooms.

Sara's professional history includes work as an instructor for Linn-Benton Community College, as Regional Coordinator for the Oregon COPE Project, as Youth Minister of Grace Lutheran Church, and as a substitute teacher for Richmond Community Schools. Sara also founded the FG Syndrome Family Alliance, Inc. This non-profit organization serves hundreds of families around the world faced with this rare disorder. In addition to leading the organization through incorporation as a 501(c)3, Sara planned, implemented and obtained funding for a dynamic medical conference which drew patients and scientist to Salt Lake City, Utah from five different continents. She is currently co-authoring a standard of care document for pediatricians with two high profile medical geneticists.

As a school board member, Sara stood for fair labor practices when she opposed contracting out custodial services. She protected the district's non-discrimination policy by refusing to allow groups that discriminate on the basis of religion or sexual orientation to recruit members on school property. She demonstrated a commitment to vulnerable children by supporting the dual-immersion program at Garfield Elementary School and through her fervent advocacy for alternative and special education programs. She practiced wise fiscal stewardship by insisting on conservative budgeting in this time of ongoing economic insecurity for public schools.

See "Sara" on Page 4

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

### Regular Meetings

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

The Arc Board  
Meeting  
1st Thursday 7:30 PM

Resale  
Committee  
Arc Office  
3rd Monday 10 AM

Safety  
Committee  
Arc Office  
3rd Tuesday 10 AM

Bingo  
Committee  
Springfield  
4th Monday 11:30 AM

Finance  
Committee  
Arc Office  
1st Monday Noon

# Advocates! Families! Friends!

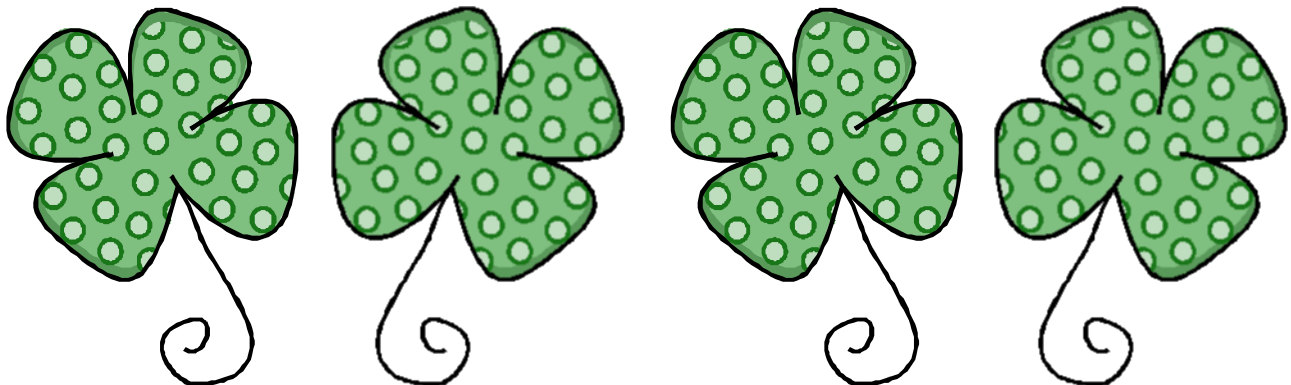
## Developmental Disabilities Awareness Month

You are invited to the Capitol on March 15<sup>th</sup> to help Oregon celebrate **“Developmental Disabilities Awareness Month.”** This event, sponsored by the Oregon Council on Developmental Disabilities, will be held in the Governor’s ceremonial office at the Capitol on March 15<sup>th</sup> promptly at 2:00 p.m. A reception will follow.

Secretary of State Bill Bradbury will host the event again this year. The Secretary will read a proclamation from Governor Kulongoski, declaring March “Developmental Disabilities Awareness Month.” He will also assist in presenting Community Partnerships awards and officially unveil the new awareness poster.

Please put this day of celebration on your calendar and spread the word!

Oregon Council on Developmental Disabilities  
540 24th Place NE  
Salem Oregon 97301-4517  
www.ocdd.org  
Phone: 503-945-9941  
Fax: 503-945-9947  
Email: ocdd@ocdd.org



## 2004 National Youth Leadership Conference

The National Youth Leadership Network (NYLN) is currently seeking young adults with disabilities between the ages of 16 and 24 to apply for an upcoming leadership opportunity. The 2004 National Youth Leadership Conference Participants will have the opportunity to learn leadership skills, share their ideas and experiences, and network with national disability leaders. Transportation, lodging, and meals will be provided.

When: July 24-27, 2004  
Where: Washington, D.C.

To Apply for the conference online,  
Visit the Conference Page  
[www.nyln.org/apply/2004conference.html](http://www.nyln.org/apply/2004conference.html)  
or visit the National Youth Leadership Network website  
<http://www.nyln.org/index.html>  
for additional information.

Application deadline is  
March 17, 2004.



Matt Gentle of Stover,  
Evey, & Jackson for the  
donation of a dishwasher  
to the newly expanded  
Arc Resale Corner !

**Friday, April 2, 2004**  
**Aspergers and Strategies for the Classroom** Presented by Marietta Van Eekeren, M.Ed

*Marietta will provide and overview of Aspergere Syndrome and share strategies for helping students with Asperger Syndrome succeed in the classroom.*

**Friday, April 9, 2004**  
**Understanding Autism Spectrum Disorder** Presented by Dawn Stahlberg, M.Ed  
*Dawn will cover topics relating to under-*

### Autism Training & Support

*standing the unique nature of Autism Spectrum Disorder, including autism and Asperger Syndrome.*

**Friday, April 16, 2004**  
**Strategies for Sensory Processing Problems** Presented by Kay Monroe  
*In this hands-on workshop, Kay will demonstrate activities and equipment for helping the student with Autism Spectrum Disorder cope with sensory processing problems.*

**541-689-2327 or**  
**[info@autismtraining.com](mailto:info@autismtraining.com)**  
**for more information.**

## Sara...Continued from Page 1

Her strong leadership led to dramatically improved evaluation services for young children and reduced these program costs by 40%. Her unyielding advocacy during the CHS design process led to a blueprint for a school which will be physically and socially inclusive of all students and community members, regardless of physical or cognitive ability.

Sara's dedicated service on the school board reaches beyond her active, consistent work at regular board meetings. As a Board member, Sara served on the Long Range Facilities Plan Committee, the Long Range Finance Committee, The CHS Design Team, and the Equity Committee. She frequently visits schools at every grade level in order to better understand the needs in the buildings. An accessible leader, she was invited by the Corvallis Education Association to sit in on their review of the Corvallis School District budget in 2002. She represents the Corvallis School District on the Linn-Benton-Lincoln ESD Budget Committee, and served as secretary of the Corvallis School District Budget Committee. She served as co-chair of the speaker's bureau during the campaign for the 2002 facilities bond as well as working on the phone banking and canvassing activities. She sat on the steering committee of the Benton County Yes on 30 campaign.

An excellent communicator, Sara is frequently invited to speak at local, regional, and national conferences. Her oral testimony is invited by lobbyists and department leaders in Salem. Her effective, vocal advocacy at the legislature led to her appointment as chair of an interim senate working group on special education in 2000. She was also appointed to the State Interagency Coordinating Council by Governor John Kitzhaber. She is recruited nationally to serve on federal research grant advisory panels. Currently, she is on the advisory board for the National Early Childhood Transition Research and Training Center based in Lexington, KY. She received awards and recognition from the Benton County Commission on Children and Families, Zonta, and The Arc of Benton County for her advocacy on behalf of children and people with disabilities.

Sara received an MAIS with a concentration in history and women studies from Oregon State University in 1998. She received a Bachelor of the Arts degree from Earlham College in 1994, with a major in History and a minor in Education.

Sara lives in Corvallis with her husband of ten years, Peter, and their four children.

Happy  St. Patrick's Day

# Explore Space!

March 20th, 2004  
Grand Expansion



The  
**Arc**<sup>®</sup>

*Resale Corner*

10th & Beca, Corvallis

2004 People First Convention

*Mark your calendars and save your money...*

*Registration forms coming in June...*

WHEN: September 4-5, 2004

WHERE: Portland Marriott Hotel

COST: \$85-----Shared Bed

\$100-----Single Bed; shared room

\$145-----Single Bed: single room

The above costs include workshops, Saturday banquet dinner, dance, hotel room, and Sunday breakfast

\$40-----Saturday Only (workshops, dinner, dance)

\$15-----Parking Fee (paid upon arrival)

For more information, call Bill West (503)-223-7279 or Larry Johnson (541)-343-1401

# Breaking Barriers

## Breaking Barriers

Your passport to understanding

Saturday March 13, 2004  
10:00 am – 3:30 pm  
Gateway Mall in Springfield

*Learning about one another is the first step to understanding.*

March is developmental disabilities awareness month. In appreciation of this month The Arc of Lane County and a collaboration of agencies are hosting a diversity fair at the Gateway Mall in Springfield. This event is intended to raise awareness and acceptance of people who experience developmental disabilities.

Activity tables geared at youth will be used to simulate what it is like to experience a developmental disability. The goal of this event is to increase awareness and understanding.

Some examples include:

- Visit the hearing station and listen to a tape that simulates varying degrees of hearing loss.
- Read a book in Braille
- Try out adaptive equipment used by people with disabilities
- Find out what it is like to experience a developmental disability

And much, much more!

Questions? Call Angela at 343-5256.  
For more information logon to: [www.arclane.org](http://www.arclane.org)

Participating Agencies:

Alvord Taylor, Albertina Kerr, The Arc of Lane County, AKTION Team of Cottage Grove, Alternative Work Concepts, Direction Services, Easter Seals—Steward Aquatic Center, Full Access Brokerage, Goodwill Industries, Specialized Recreation, Oregon Supported living Program, Pearl Buck Center, People First, Specialized Employment Services—LCC, McKenzie Personnel, Trips, Inc, Lane County Developmental Disabilities Services, Supported Employment Services, Inc.

# ADHD, Aspergers, OCD and Tourettes

Wednesday, May 05, 2004  
Doubletree Hotel Lloyd Center  
Portland, Oregon

Thursday, May 06, 2004  
Hilton Hotel & Conference Center  
Eugene, Oregon

Call The Arc for the registration  
form at 541-753-1711 or log on  
to [www.meds-pdn.com](http://www.meds-pdn.com)

Registration Begins: 8:00 AM  
Seminar Begins: 8:30 AM  
Adjournment 4:00 PM

Individual registration ON or BEFORE Sunday, April 25, 2004: \$135.00 (USD) per person  
Group registration ON or BEFORE Sunday, April 25, 2004: \$125.00 (USD) per person  
All registrations AFTER Sunday, April 25, 2004: \$165.00 (USD) per person

**EMILY L. STEVENS, PhD** - is a psychotherapist with a specialty in neurophysiology who has treated several hundred children, adolescents and adults. Her areas of clinical expertise include QEEG Neurometric analysis, cognitive-behavioral therapy and treatment for Attention Deficit Disorder, OCD, Aspergers, Tourettes, Oppositional Defiant Disorder, Anxiety, and Depression. She has worked as a consultant with companies, schools and educators assisting in developing comprehensive programs. Learning Disabilities that has been recognized nationally. She is a frequent speaker and has presented to over 100 audiences, which include frequent television news appearances and educational and radio programs. Her work has been featured on NBC throughout the United States and Canada.

***At the end of this seminar, the participant will be able to:***

- Describe the latest research as it applies to ADHD, Aspergers, OCD and Tourettes disorders
- Discuss the differences in assessment and the information it provides
- Describe various treatment strategies that can be used in the therapeutic process
- Develop clinical and educational interventions and how they are applied



1885 NW 9th Street  
Corvallis, OR 97330

### **Important Information Inside!!!**

- Sara Gelser is Junior First Citizen
- March is DD Awareness Month, celebrate at the Capitol
- National Youth Leadership Conference
- Autism Trainings
- The Resale Corner Expands
- People First Convention
- Diversity Fair at the Gateway Mall
- Learn more about ADHD, Aspergers, OCD and Tourettes