

THE ARC OF BENTON  
COUNTY  
ADMINISTRATION  
OFFICE  
1885 NW 9TH STREET  
CORVALLIS, OREGON  
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WWW.ARCBENTON.ORG



# Advocate

October 2004

## Jay Dixon Responds

It seems to me that important rights and valued programs are eroding in America at a fast pace. People need to participate in their government, even those who cannot spell or are intimidated by perceived status. My clumsily approached goal in the previous *Advocate* was to free people from some of the concerns they have expressed to me about why they don't share their needs and opinions. My fears and disappointment took over my message. I will be more thoughtful in the future. Thank you, Commissioner Dixon, for your response.

*I agree with your message that folks need to tell elected officials what is expected (or not expected) of them. Frankly, we get surprisingly little input from the general populace. However, it is not true, at least in the case of Benton County commissioners, that staff reads letters, takes calls and conducts a tally. Any letter written to one of us goes to the addressee, not to staff. Letters written to all of us are circulated to all of us. Responses are either from an individual commissioner or from the board chair. We actually get very few telephone calls, but lots of emails. All deserving a response receive one from one of us. Other elected officials undoubtedly operate differently, but if you write or call one of us, you'll get us.*

Commissioner Jay Dixon  
541-766-6800  
Jay.Dixon@co.benton.or.us

Yes, Benton County, City of Corvallis, elected official and their employees with whom I've had any interaction, have always treated me with respect. They have listened and responded comprehensively.

Staff of our Federal elected officials have informed me that interest tallies and filed letters are their usual system. The number of voters who care is an important statistic that is kept by tally. I've known our Oregon legislators to resort to tallies when the interest level of constituents has been exceptionally high. Forgive my generalization.

Karin Frederick, Executive Director

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 Comm. Arc Office Monday before BOD Meeting	Noon

## **Linn-Benton Community College Disability Services Classes 2004-2005**

**Classes are free!**

### ***Living Skills***

***Wednesdays 4:30—5:50PM***

***Benton Center, Corvallis, BC-236***

Students with physical and developmental disabilities develop reading, writing and mathematics skills through functional living activities related to menu planning, budget development, money management, peer mediation/conflict resolution, and social planning. Varied weekly activities emphasize ongoing development of academic skills.

### ***Skill Building for Successful Living***

***Mondays & Fridays 9-11:30AM***

***LBCC Campus, Albany, IA-233A***

Students progress at their own pace through academic study (reading, writing, and mathematics) and life skill development (menu planning, budget development, money management, time management and social activity planning).

### ***Art for Life 1***

***Tuesdays & Wednesdays 6-7:50PM***

***LBCC Campus, Albany, AHSS-209***

This class, taught by local artist Elizabeth Black, focuses on basic art skills. Introduces basic media, language and form. Students progress at their own pace with new media introduced based on their own interests and needs. Students who want to draw and explore the creative arts should register for this class.

Questions? Call (541)-917-4789

TTY: (541)-917-4703

## ***Meals Made Easy For Diabetes***

Class sponsored by Benton  
County Developmental Disabilities

Tues. – Nov. 16, 23, 30 and Dec. 7  
1:00 -- 3:00PM

Benton County Health  
Department, 530 NW 27<sup>th</sup> St.

Hands-on class designed to help people with diabetes and their family members make healthier food choices.

- \* What you Eat Makes A Difference – food choices and serving sizes impact blood glucose (sugar)
- \* Planning Healthy Meals – practice in planning meals
- \* Shopping Smart - how to buy healthy foods
- \* In the Kitchen – Techniques for evaluation recipes and making healthy recipe alterations.

To register call Patty Parsons at  
Benton County Health  
Department (541) 766-6659 or  
email:

[patricia.d.parsons@co.benton.or.us](mailto:patricia.d.parsons@co.benton.or.us)

(Registration is limited to 20  
participants)

## Welcome Kathryn Collins, The Arc of Benton County's Public Policy Director!

Kathryn has twenty-five years of experience working directly with persons with developmental disabilities as a parent, teacher, and volunteer, serving on and leading committees, advisory groups, and boards of directors that address the needs of persons with developmental disabilities. She is effective at organizing, analyzing, creative problem solving, leading, collaborating, facilitating meetings, communicating, implementing and evaluating. Those of you who already know these things about Kathryn, also know how pleasant she is to be around. Kathryn has strength of conviction coupled with graciousness.

The Public Policy Committee will be meeting on September 22nd to identify the focus of activities for our new Public Policy Director. These ideas will be brought to the Board for decision making on October 7th. You are encouraged to propose issues, NOW, for the focus of advocacy action by the Public Policy Committee and Kathryn. Your input is wanted and needed. Several people have discovered that talking to The Arc's voice mail, after hours, is an effective way to couple their quiet time to think about issues with a comfortable communication tool. We write down phone messages every morning.

Congratulations are due Kathryn and The Arc. We will all be well served by this relationship!

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## Self-Advocate Ladies...

Are you interested in living independently, with just a little bit of help?

Would you be safe with only 4 hours per week of self-determined assistance from staff?

Does a beautiful, 3-bedroom home in Corvallis shared with a young lady roommate appeal to you?

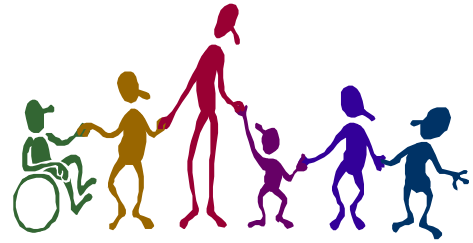
The rent is reasonable and Section 8 housing is in place.

Very low income individuals CAN afford to live in dignity at Access Corvallis. In fact, very low income is a requirement along with experiencing a developmental disability.

For more information about Access Corvallis contact Karin at The Arc of Benton County.

Call (541)-753-1711 or email at [kf@arcbenton.org](mailto:kf@arcbenton.org).

The Oregon Advocacy Center, Benton County  
Developmental Disabilities Department,  
Integrated Services Network Support  
Services Brokerage, and Catholic Community  
Services, & The Arc of Benton County



Invite you to a Community Forum  
On available services for Latino  
adults and children with disabilities

Saturday, October 23<sup>rd</sup>, 2004  
St. Mary's Catholic Church  
501 NW 25th, Corvallis, Oregon 97330  
From 11:00 a.m. to 2:30 p.m.

Topics will include:

OAC Special Education Guide, what is Special Education? How to understand the IEP process, what do civil rights mean for minority families?, how to organize all those medical and special education papers, interpretations and translations, available health and human services for adults and children with disabilities, information about immigration legal services, and public benefits.

Lunch will be provided and  
there will be recreational activities for all the children

Limited space, please call to RSVP including childcare needs by calling:  
(541) 766-6847, (541) 757-1988 ext. 116; 1-866-287-7073,  
Or (503) 362-3834

This Community Forum is in Spanish and free of charge. We will provide interpretation from Spanish to English.  
There will be special needs childcare available

Oregon Rehabilitation Association  
Invites you to the

**Team Rehab conference 2004  
October 27-29, 2004**

*Breaking Tradition*

Hilton Eugene & Conference Center,  
Eugene, Oregon  
The Premier Regional Conference for  
Executive, Managers, & Emerging  
Leaders!

For More Information Call: The Arc of  
Benton County (541) 753-1711

## Call to all Artists

Benton County Developmental  
Disabilities office is looking for artists  
who would like to display their art in  
our office.

If you are an individual with a  
developmental disability and have a  
piece of artwork that you would like  
to share with others, we would love  
to hear from you.

Paintings, drawings, ceramics,  
fiber arts, beading, woodworking, po-  
etry, model building, the possibilities  
are endless!

Our goal is to showcase as many  
artists' work as possible throughout  
the year on a rotating basis. No artist  
will be turned away.

Interested artists call Susie Peters  
at 766-6196.

## *Doughnuts, Coffee, Conversation, and a Candidate*

Dean and Leah Skipworth of House Dis-  
trict 15 will be hosting an open house for  
Wes Price, Candidate for State Represen-  
tative.

The coffee will take place on October 2,  
10-11:30AM. This is your opportunity to  
meet Wes and share your concerns and  
comments for our community. Please  
join us! Bring a friend!

Dean & Leah Skipworth  
2180 Barker Ct. NE  
Millersburg, OR 97321  
541-924-0481

Please R.S.V.P. by phone or email.  
leahrsk@yahoo.com

## American Diabetes Association's America's Walk for Diabetes

fundraising  
event, to be held at Avery Park,  
Corvallis, OR on Saturday, October  
9th, 2004.

Information on how to join the Cor-  
vallis walk or form a team can be  
found by selecting Oregon and  
Corvallis on the America's Walk for  
Diabetes web site:

<http://walk.diabetes.org/>

## Fairview Housing Trust Funds

In 1999 the Oregon legislature made a law that said when Fairview had no more residents, the property was to be sold and the money used to create a Trust Fund for housing for persons with developmental disabilities.

The available Trust money can be used for housing for persons with developmental disabilities. People living in their own home, a family home, or an apartment qualify, but modifications cannot be made to group homes or foster homes with these funds. The rules also say that the housing modifications or equipment must contribute to the health, welfare or safety of the person, or increase his or her independence.

What kinds of things qualify for a grant award? All kinds of housing modifications and equipment qualify that will help you be more independent, or contribute to your health, safety and welfare. Here are a few examples: a ramp, modifications to a bathroom so it works better for you, assistive technology to help you use the telephone or schedule appointments, installing an alarm or intercom system, making doorways wider, making a kitchen more accessible, and installing specialized play equipment. There are many, many possibilities.

What kinds of things do not qualify for a grant award? Help with rent, normal maintenance and repair, and things that do not contribute to health, welfare, safety or independence of the person applying are not eligible.

What is the maximum dollar limit of a grant? The current maximum amount of a single grant would be \$5,000.

Can I get help designing the work I'm requesting or getting required information? Yes. If they have time available, the Housing Section at Seniors and People with Disabilities can help you make decisions about exactly what to do, writing a detailed plan for the work, drawing plans, writing specifications and obtaining a cost estimate from a contractor. There is no cost for this help.

Modification must be part of a support plan. Grant can be combined with other funds to do a larger project. A licensed contractor must do the work.

The Arc office can give you a copy of the application form for the second offering of grants from the Fairview Community Housing Trust Fund. Applications will be received between September 15 and October 15, 2004.

# Mark Your Calendars!

October 7th, 8th, & 9th, 2004—Celebrate Wellness V: A Conference Promoting the Health and Wellness of Oregonians with disabilities. Embassy Suites, Portland Airport. For more information call Angela Weaver at 503-494-1205.

October 12, 2004—Parent Professional Partnerships in Albany at the Fairmont Building from 6:30 to 8:30 PM. For information or to register call Judy Rinkin at 541-928-3611.

November 20, 2004—"Reflections from a Different Journey" Hearing from people who have lived the disability experience and providing parents with a new perspective about the future. This event will be at the Jantzen Beach Doubletree in Portland from 9AM to 5PM. Ticket price is \$75 (students \$60). To purchase tickets call Lin Rapp or Laura Eng at 1-888-505-2673.

November 20, 2004—Oregon Parent Training and Information (formerly COPE) would like to invite you to their 20th Anniversary event, "Looking Back, Moving Forward." Jantzen Beach Doubletree in Portland from 6:30PM to 9:30 PM. Dinner tickets are \$50. To purchase tickets call Lin Rapp or Laura Eng at 1-888-505-2673.

## **VOR ANNOUNCES ITS NEW AND IMPROVED WEBSITE: VOR.NET**

VOR's new and improved website, <http://www.vor.net>, will prove to be a leading, web-based resource library for individuals with mental retardation and their families advocating to preserve choice and quality in all services and supports for persons with mental retardation.

The new VOR website includes:

- \* Contact information for VOR's Board Members, State Coordinators and Staff
- \* A Resource and Activities Center that will take visitors to information on Olmstead and other legal tools relating to choice, the cost comparison study; Medicaid; community resource centers; VOR's abuse and neglect document; the New Freedom Initiative; special education; and estate planning.
- \* An Action Center which includes VOR's positions and past action alerts relating to a variety of issues.



1885 NW 9th Street  
Corvallis, OR 97330



Visit our website and click on Action Center to learn about current issues of importance to people with disabilities. Tell your own story or join voices across the nation to influence the lawmakers in Washington, D.C.

[www.arcbenton.org](http://www.arcbenton.org)