

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



Advocate

January 2005

Social Security and Medicaid Targeted

Sweeping changes are being proposed to Social Security and Medicaid, programs of significant importance to people with disabilities and senior citizens, right now, in the 109th Congress. **YOU CAN INFLUENCE THE OUTCOMES.** Please take these easy steps to let your policy makers know what is important to you and the people you care about.

1. Go to www.arcbenton.org.
2. Click on the box with the capitol drawn inside, with the words *Action Alert*.
3. You will see the Home Page of The Arc of the United States' Legislative Action Alert site. These Action Alerts are prepared by The Arc's 30-year Capitol Hill veteran, Paul Marchand, and a coalition of developmental disability agencies based in Washington, D.C.
4. Federal Action Alerts will be listed by topic. Each has a red [Click Here](#) for more information. When the time is right, you will, after the information is presented, be offered a sample letter to sign on to or to use to create your own correspondence. E-mail is the most efficient way to correspond, since there is no envelope to hide dangerous substances. Regular mail has to be impounded and scanned. It takes many weeks to clear a paper letter.
5. Unless you have a particularly compelling story of the impact of the legislation on you or your loved one, or identify a serious missed point, I recommend that you sign on to the letter created by the experts. It should cover the salient points.
6. You will be asked for your contact information. From your zip code, the website will decide which Representatives and Senators should receive your letter.
7. As the names of your Congressmen are displayed, you choose to send the letter to some or all of them. You may also be asked, by your representative's e-mail site, to identify a general topic from a drop-down menu.

The whole process takes only a few minutes. The Arc of Benton County has extreme concerns about the impact of the proposed direction of Federal legislation on Medicaid and Social Security, and on the future of those living with disabilities. We implore you to become an active voice for needed supports. Not only CAN you influence outcomes, it can be easy and efficient.

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

The Arc Board
1st Thursday

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

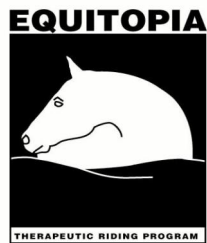
Resale Committee 10 AM
Arc Office
3rd Monday

Safety Committee 10 AM
Arc Office
3rd Tuesday

Bingo Committee 11:30 AM
Springfield
4th Monday

Public Policy 11:45
Arc Office
1st Monday

Finance Comm. 12:30
Arc Office
1st Monday



Equitopia Wish List

The following is a wish list of supplies and equipment that would be used in the Equitopia Therapeutic Riding Program:

- * 8 -16 rings, such as for playing quoits, or tossing or placing onto a stake or peg. The rings like those with the Fisher-Price stacking ring set would work well. Any graspable size, various textures would be ideal.
- * Many foam "pool noodles." At least four, but 16 would be great.
- * A basketball backboard and net. One that can be mounted onto a wall and folded up when not in use. A foam basketball with it would make a nice set.
- * One or two huge foam dice
- * Duplo building blocks
- * 1 - 3 "Boppy" Pillows
- * 1 - 2 Pommel bags. Ideally, the type that can be used with Western or English saddles or with a bareback pad. But we would work with whatever we could be given.
- * 2 - 4 "flags" -- for use in the flag race. (These are brightly colored pennant-shaped flags on dowels that can be stuck in a can of sand during a horse-back game.) Home-made would be just fine. A few coffee cans full of

sand would make a wonderful gift set!

- * 2 - 4 small dry-erase boards
- * 4 - 6 Velcro-covered ping-pong-type paddles. Even better, one side would be Velcro-covered, and one side would be smooth.

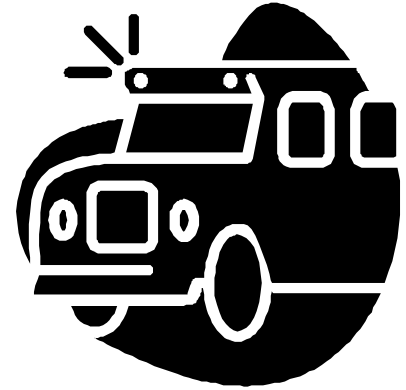
If you are able to donate any of these items, please contact The Arc at 753-1711.

Annual Food Drive 2004

The 3rd annual Holiday Food Drive was a success. The food drive ran from November 15th through December 15th. Organizations that participated this year included The Arc of Benton County, Home Life Inc., Cornerstone Associates, and Work Unlimited. With everyone's combined efforts, over 500 pounds of food were donated. The Arc collected the most food at 305 pounds. Work Unlimited collected 115 pounds and contributed a large quantity of the most needed food items. Cornerstone Associates and Home Life Inc. each collected close to 50 pounds of food.

The food was delivered to the Benton County Fairgrounds on December 15th where volunteers from Vina Moses sorted the food into categories. Then Linn Benton Food Share used the food to make holiday food baskets that were delivered to people in our community. Thank you to all who participated in the food drive this year. We plan to do it again next year and hope to get even more people involved.

Corvallis and Albany Linked



When Dial-A-Bus began running a new Corvallis-Albany route on October 26, it was a big upgrade for seniors and people with disabilities who can not use regular fixed route bus service.

How Do I Get a Ride?

Rides are provided first-come, first-served, on a reservation, shared-ride basis. Riders may request a ride one to seven days in advance.

Days and Hours of Service

Tuesday and Thursday

7:30 a.m. – 4:35 p.m.

| Corvallis | Albany |
|---------------------------------|-----------------|
| 7:30 - 8:00am | 8:20 - 9:00am |
| 9:20 - 9:55am | 10:15 - 10:55am |
| 11:15 - 11:50am (drop off only) | |
| 12:20 - 12:50pm (pick up only) | 1:10 - 1:50pm |
| 2:10 - 2:45pm | 3:05 - 3:45pm |
| 4:05 - 4:35pm | |

Service Area

The service area is within Corvallis city limits and within Albany city limits. Some locations en route between Corvallis and Albany, such as Tangent or Adair, will be served as time permits. Interested citizens should call if they would like to schedule a ride to or from a location between Corvallis and Albany, and Dial-a-Bus will do its best to accommodate.

Fares

\$3 per one-way ride. Exact fares are required. (Drivers do not carry change.) The fare covers only a small portion of the actual cost of the ride. The remaining funding is provided through the Benton County Special Transportation Program and the State of Oregon .



In memory of, Al Soenneker, an extraordinary advocate, provider and friend in the D.D. community, who left us on November 21, 2004, at the age of 60. Tim Kral composed the following poem.

After the symphony and before the sermon you were to deliver for the death of a friend
 your big heart burst—
 worn thin in spots
 from so much love
 for us
 for all of us
 our flag bearer has fallen.

We will no longer hear
 your cheerful bombast puncture
 sanctimony with sacred wit

We will no longer see ourselves bet-
 tered by your pudgy gallantry

Yet we can best our fear
 of death by your example:
 True passion for what's right
 with, and for, and of
 the world
 without stint, spending the best
 NOW, trying your damndest
 ALWAYS, working your hardest
 FOREVER.

Al, our circle is as greatly diminished
 by your absence
 as it was greatly enhance by your
 presence.

Our tears are for ourselves, you
 we have no worries about, buried
 in the bedrock of your faith, but we
 will need a sign from time to time:
 Drop us a one-liner when we are
 speechless
 in the docket, a vision when we falter
 in the trenches
 and cups and buckets and barrels and
 rafts
 of hope to keep us afloat til
 we reach that other shore where, even
 now
 we have no doubt, you
 stoutly debate with several deities
 Divinity's finer points.



State Budget Shortfall Predicted; Advocacy for Services Critical

The state of Oregon faces a \$1 billion budget shortfall during the next biennium. The harsh reality is that tax revenue will not be sufficient to meet current levels of operating expenses. "We are not going to have enough money to continue all the programs we now provide," said Senate President Peter Courtney, D-Salem in an Associated Press interview reported on November 11th in the Corvallis Gazette-Times.

What does this mean for our citizens with developmental disabilities?

In order to participate in our society fully, as is their right, many persons with developmental disabilities require support. Some supports are natural, such as a neighbor providing a weekly ride to church. Many supports, however, come in the form of services that are wholly or partially state funded. Family respite, personal support through Integrated Services Network, job development through Vocational Rehabilitation, and transportation by Dial-a-Bus are examples of services funded by the state. Some persons with developmental disabilities have significant supports needs. They receive state-funded residential, vocational, transportation, and medical services, and service coordination through Benton County Developmental Disabilities Program. For these citizens, the state budget shortfall has the potential to negatively impact almost every aspect of their lives.

Senator Avel Gordly, D-Portland, predicts in the same AP article, "There will be some Oregonians, and some vulnerable Oregonians, left behind." Our citizens with developmental disabilities are vulnerable, so we must raise our voices to protect them from being left behind.

The Arc, the Developmental Disabilities Coalition, and other advocacy groups will be monitoring the budget situation during the Legislative session, which begins in January. They will fight to maintain funding for critical services needed by persons with developmental disabilities. It will be a tough fight. Senator Ben Westlund, R-Bend, stated at Advocacy Days training in October, "There will be no winners and losers in this legislative session. There will only be those who lose less."

How can you help?

Join The Oregon Network. A registration form is included in this newsletter. You will be kept informed of issues and legislative activity that affects persons with developmental disabilities.

Respond to Action Alerts sent through The Oregon Network. Advocate for services funding and policies that support persons with developmental disabilities by sending emails, writing letters, phoning, or visiting legislators.

Tell your story. Stories are powerful advocacy tools. If you are a person with a developmental disability or a family member who receives critical, state-funded services and you are willing to tell your story, please contact The Arc Office 753-1711 or email info@arcbenton.org. We could use your story in our advocacy work.

Call The Arc of Benton County and tell us how you want to be involved in advocacy activities (eg., writing letters, phoning, visiting legislators, providing transportation to Salem for self-advocates). We can let you know when action is critical.

Raising our voices is our right ...and our responsibility.

FITNESS CLASS BEING OFFERED!

Who: All invited to a community-wide Fitness Class
for 20 adults

What: Weekly Fitness Class for one term

When: 3:15-4:15pm each Tuesday & Thursday
January 11 – March 10, 2005

Where: Corvallis Fitness Center
327 SW 3rd St.

Cost: \$1.00 per person per class

Registration Required: Call Art Koebel
at Home Life

753-9015 or email at koebel@peak.org to register



Sponsors: The Movement Studies in Disability
Program at OSU, Home Life, and The Arc.

BENTON COMMUNITY HEALTH CENTER

The Benton Community Health Center serves uninsured persons, those with Medicaid (Oregon Health Plan) or Medicare, as well as low income elderly persons, students, migrant and seasonal farm workers. Language translation services are provided.

Services are not free, but no one will be turned away because they cannot pay. Health Center users must verify their income. We accept insurance, Medicare and Medicaid (Oregon Health Plan). The cost of services is based on income (i.e. on a sliding fee scale), or a payment plan can be arranged. The required deductible is waived for clients with Medicare. Low cost pharmacy services are available to clients of the Health Center.

For more information about services that The Benton Community Health Center provides please contact one of these three locations.

Benton Health Center
530 NW 27th St.
P.O. Box 579
Corvallis, OR 97339-0579
(541) 754-4926

Lincoln Health Center
110 SE Alexander Ave.
Corvallis, OR 97330
(541) 766-3546
(541) 847-5143

Monroe Health Center
600 Dragon Dr
Monroe, OR 97456
FAX (541) 766-6175 FAX
FAX (541) 847-5144

Dental Appointments (541) 766-6835



Equitopia Class Dates

Winter Term 2005

First Class: Monday, January 17 & Saturday, January 22, 2005

Last Class: Monday, March 7 & Saturday, March 12, 2005

Spring Term 2005

First Class: Monday, April 11, 2005

Last Class: Monday, May 30, 2005

Summer Term 2005

First Class: Monday, July 11, 2005

Last Class: Monday, August 29, 2005

Fall Term 2005

First Class: Monday, October 10, 2005

Last Class: Monday, November 28, 2005

2005 Arc of Benton County Full Board of Directors Meetings

| | |
|--------------|--------------------------|
| February 3rd | Senior Center, Cline Rm. |
| April 7th | Senior Center, Cline Rm. |
| June 2nd | Senior Center, Cline Rm. |
| August 4th | Senior Center, Cline Rm. |
| October 6th | Senior Center, Cline Rm. |
| December 8th | Senior Center, Cline Rm. |

Executive Committee of the Board meets on alternating months.

BENTON COUNTY DEVELOPMENTAL DISABILITIES INVITES YOU TO *ISP Implementation* OPEN MEETING

We will review the rules, expectations of participants, what works and what needs improvement, how to set goals, and make the process successful for all that are involved.

When: January 20, 2005

Time: 3:00 PM

Where: Benton County Health
Department
530 NW 27th St. Corvallis
Columbia Room (basement)

No pre-registration required. For more information call Susie at 766-6196.

MetDESK News
Information and Support for the
Special Needs Community
What Happens if You Ever Need
Long Term Care?
Tying it all Together to Protect You and
Your Child

For more information on MetDESK
Division of Estate Planning for Special
Kids...

Please Visit the MerDESK web site at
www.metlife.com/desk or call
1-877-METDESK (1-877-638-3375)



The Sibling Support Project of The Arc of the United States

The Sibling Support Project, believing that disabilities, illness, and mental health issues affect the lives of *all* family members, seeks to increase the peer support and information opportunities for brothers and sisters of people with special needs and to increase parents' and providers' understanding of sibling issues.

Our mission is accomplished by training local service providers on how to create community-based peer support programs for young siblings; hosting workshops, listservs, and websites for young and adult siblings; and increasing parents' and providers' awareness of siblings' unique, life-long, and ever changing concerns through workshops, websites, and written materials.

Visit the Sibling Support Project Web Page for more information
www.thearc.org/siblingsupport

Save The Dates!

June 15th-18th, 2005

Plan to attend the combined
Direct Supports Conference of the DD Coalition
and
The Arc of Oregon Convention

In the LaSells Stewart and the Alumni Centers of
OSU in Corvallis, Oregon



1030 S. W. 3rd, Corvallis
757-2727

We are hosting a PIZZA NIGHT at
PAPA'S PIZZA PARLOR
CORVALLIS
FOR

THE ARC OF BENTON COUNTY

Bring this flyer into Papa's Pizza on **March 2nd** and the group will receive **50%** of the value of the food you purchase! Buy a pizza, salad, soup, breadstick or fundraiser bucks and Papa's will donate 50% of your order.

Please come into Papa's and help us out!
With your support on **March 2, 2005**
we can have a really successful fundraiser!

Not valid on delivery
These flyers cannot be distributed at Papa's
This fundraiser flyer is valid only on specified date.

Total Order \$ _____

Oregon Parent Training and Information Center UP-COMING WORKSHOP

January 11, 2005 – Behavior in the IEP in Albany at the Fairmont Building from 6:30 to 8:30pm. Registration is required, please contact Shelley Joyce, (503) 581-0018, or email sjoyce@orpti.org.

January 18, 2005 – Behaviors That Interfere with Learning from 6:30 to 8:30pm, Cascade District Offices Boardroom, 10226 Marion Rd. SE, in Turner,. Sponsored by the Cascade School District. Registration is required, please contact Shelley Joyce, (503) 581-0018, or email, sjoyce@orpti.org.

February 8, 2005 – Transition from High School/Age of Majority Issues in Albany at the Fairmont Building from 6:00 to 8:30pm. Registration is required, please contact Shelley Joyce, (503) 581-0018, or email sjoyce@orpti.org.

February 28, 2005 High School Transition –in Klamath Falls at the Lucille O’Niell Education Center from 1:00 to 3:30pm. Hosted by Klamath City Schools. Reservations are required. Please call Kirsten Thompson at (541) 608-8586, or kthompson@orpti.org to register or for more information.

March 8, 2005 –IDEA/Section 504 in Albany at The Fairmont Building from 6:30 to 8:30pm. Registration is required, please contact Shelley Joyce, (503) 581-0018, or email sjoyce@orpti.org.

March 31, 2005: Transition: Postsecondary Options for Education and employment, 6:00 to 9:00pm, Newberg School District Offices, 714 East 6th St., Newberg. Sponsored by the Newberg SD. Registration is required, please contact Shelley Joyce at (503) 581-0018 or email sjoyce@orpti.org.

April 12, 2005 – Statewide Assessment in Albany at the Fairmont Building from 6:30 to 8:30pm. Registration is required, please contact Shelley Joyce, (503) 581-0018, or email sjoyce@orpti.org.

OTHER WORKSHOPS AVAILABLE: Fetal Alcohol Syndrome, Is Your Child a Target of Bullying?, How to Address Behavior in an IEP, Transition to Kindergarten, Working with the Professionals in your child’s life, “Life After High School” Transition Issues for Students with Disabilities, Becoming an Adult; Rights and Responsibilities after turning 18, Disability Awareness, Alternative Dispute Resolution, Statewide Assessment and Students with Disabilities, What Parents Need to Know About the IEP Process, Partnerships in Special Education

SAVE THE DATES...

BENTON COUNTY DEVELOPMENTAL DISABILITIES

FORUM FOCUS GROUP SCHEDULE

2004-2005

OPEN MEETINGS

Benton County Health Dept.
530 NW 27th St. Corvallis, OR

| | | | |
|---------------------------|----------|-------------------------------|---------------|
| January 20 th | 3:00 PM | ISP Implementation | Columbia Room |
| February 17 th | 7:00 PM | Family support Program | Main Lobby |
| March 31 st | 11:30 AM | Direct Care (Brown Bag Lunch) | Columbia Room |

For additional information regarding any of the above forums please contact Jasper Smith at 766-6158 or Susie Peters at 766-6196.

Developmental Disabilities Advocacy Day 2005
Wednesday, January 19
9:00am - 2:30pm
Oregon State Capitol Room 167A

Whether you are a concerned citizen who wants to learn more about our legislative process OR a veteran advocate who wants a “refresher”, join us for one of our popular Salem Advocacy Days trainings. We will talk about how to participate in the policy process, meet with legislators, testify at hearings, write letters, and speak up for ourselves and the people we care about. We will review current issues including funding and policies concerning Family Support, County DD services, Brokerage services, Early Intervention/ Early Childhood Special Education, K-12 Education, and the state budget.

Lunch will be provided.

Limited financial assistance for childcare and mileage, as well as parking permits, are available for pre-registered self-advocates and family members.

To register, or for more information, please contact:

Sharon Lewis, The Arc of Oregon

toll free 1-877-581-2726 or Salem 503-581-2726

slewis@oregonddcoalition.org or 503-756-1214 (direct)



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

Board of Directors Retreat, 5PM to 9PM, February 3rd, Senior Center, Cline Room