

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



Advocate

August 2005

Strengthening Leadership in Oregon

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

The Arc Board 7:30 PM
1st Thursday

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

Resale 10 AM
Committee
Arc Office
3rd Monday

Safety 10 AM
Committee
Arc Office
3rd Tuesday

Bingo 11:30 AM
Committee
Springfield
4th Monday

Public Policy 8:30 AM
Arc Office
3rd Thursday

Finance 12 PM
Comm.
Arc Office
Monday before
BOD Meeting

What are our demands as self-advocates?

We want to be able to have more money in savings accounts and assets without losing services and benefits.

We want the right to marry without losing the money, supports and benefits we need.

We want to keep our money we earn from our jobs and not lose vital services, such as our health insurance and housing assistance.

We want to live in a safe, affordable, and accessible home.

We want to see improvements in the availability, accessibility, and safety of public transportation.

What needs to change in Oregon to get what we want and need?

The maximum amount of money we have in savings and our assets needs to be raised to be more realistic for our economy.

Oregonians should not lose their benefits and services when they get married. The rules need to change. (One plus one equals two)

We need to raise the threshold so we are able to benefit from the work we do.

We need to change the rules regarding housing assistance so they are fair for everyone. Housing assistance programs need better funding.

There needs to be a law in place to include wheelchair lifts and seatbelts on public transportation. There needs to be sustainable funding for transportation. There needs to be sustainable funding for transportation services.

(continued on page 2)

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How can we, self-advocates, work together with parents and professionals to get our needs met?

We will advocate for others and ourselves.

We will educate taxpayers and decision-makers about our issues.

We will share personal stories of our experiences.

We will make connections, build allies and raise public awareness.

We will write letters to our legislators about issues that are important to us.

We will reach out to agencies and individuals supporting people with developmental disabilities and those supporting housing for all.

We will pay an affordable fare for public transportation in an effort to sustain it.

Results of CDS Workshop

By: Self-Advocates as Leaders

CORVALLIS ROTARY SPECIAL NEEDS PICNIC

Where: Avery Park Lyons Shelter

When: Thursday, August 11, 2005
5:30pm - 7:00pm

BBQ Burgers,
Sausages,
Games,
and More!!



Chronic Disease Training

August 17-18, 2005

OTAC is providing an SPD-sponsored Chronic Disease Training Series around the State for the remainder of 2005 and again in 2006. In this 2-day training, participants will learn to identify signs and symptoms, manage care, and work with medical professionals while caring for the individual with diabetes, stroke, heart disease, or arthritis. This training addresses diet, pain detection and management, depression and more.

The presenter will be Lola Olson, RN. With more than 40 years in nursing and 28 years working with individuals with developmental disabilities, Lola has abundant experience addressing issues specific to this population. Her work with the State of Oregon and her work in the community have given her knowledge of the local system and local issues.

Upon completion, participants should be able to monitor and respond to behavior and mood changes, understand the disease process, better understand how to read the individual's behavior as it relates to medical symptoms, and work efficiently with doctors and other medical professionals. Participants will also receive a certificate upon completion.

The Salem training will be held at the Willamette ESD building, Pine Room, August 17th and 18th. For more information and registration instructions call The Arc of Benton County, 753-1711. We can e-mail or snail mail the information.

LOCAL TEEN WINS DOVE PHOTO AWARD

Katy Trotter knows what beauty looks like. She has seen it her whole life. When she looks into the face of her mother and the people her mother loves and works with, she sees beauty reflected back at her.

Katy Trotter, 17, is an aspiring photographer with big dreams for the future. When she submitted a photo of her mother and Kris Calaba laughing



(The winning photograph)

to Dove's Campaign for real beauty contest, she never dreamed her photo would be chosen. Surprise! Along with the picture she included an essay on what true beauty is. She wrote, "Real beauty is accepting and loving yourself and your friends, because the truth is, every person is a perfectly 'imperfect' being." Katy's mom, Kathy, and Kris Calaba have worked together for close to 30 years. Beginning with Bonnie Enterprises/Open Door which merged into Cornerstone Associates in 2001.

Opportunity Knocks

Learn about volunteer and internship opportunities on The Arc of Benton County's website, www.arcbenton.org. There we have an extensive list of opportunities. However, it is not to be used to limit your imagination! Your talents, skills, and hobbies can enrich the lives of others. We can help you figure out how to share your special contribution.

Please consider giving 2-4 hours per week to the success of The Arc's fund raising ventures. The Arc Resale Corner in Corvallis and The Arc Resale Center in Philomath need volunteers. Just now, we are especially in need of extroverts with lifting strength at the Corvallis store. We need several people-persons to greet customers cheerfully and respond quickly to donors and their need for help getting their donations, particularly furniture, into the store.

High School students may apply to help in the stores. Because our stores serve the needs of people with disabilities, working with The Arc counts as community service. RSVP-affiliated volunteers have made a huge contribution to our operations for 20 + years. We welcome more Senior Citizens. OSU Students can earn HDFS internship credits or special projects credit with The Arc. Everyone is invited to respond, we need you!



SPECIAL OLYMPICS FALL SESSION

Bowling, Swimming,
Volleyball, Soccer

Sign-Up: Corvallis Public Library

Tuesday August 2, 2005

6:30pm

Questions? Contact Kanani Bowden @ 754-0388



Using Horses to Benefit People

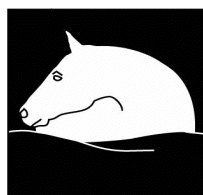
Equitopia is a Therapeutic Riding Program of The Arc of Benton County, that is dedicated to improving the lives of individuals of all ages with disabilities by offering this life-enhancing program. Riding and the loving interaction between horse, student and volunteer, foster self-confidence, trust and the pride that comes from mastering a new skill. For many riders, the success, freedom and dignity they experience act as bridges to accomplishments in other areas of their lives. And it's fun!

YOU CAN GET INVOLVED

We have just the right opportunity for you! Riders, there are eight lessons per session, concurrent with the OSU quarters. Classes are held at Riverbottom Stables in Corvallis. Several time slots are available and are scheduled according to your needs. Program fees may be offset by scholarships to participants in need.

Are you interested in volunteering? Positions are available immediately as side-walker, leader, fundraiser, steering committee. For more information on how you can get involved, contact:

Lynn Honey
Riverbottom Stable
(541) 752-2883



Kelley Richardson
Volunteer Coordinator
(541) 760-3972

Roommate/Companion Needed

(For Adult Male with Developmental Disabilities)

We will provide: Up to 8 hours per week of pay, shared apartment located near campus, personal bedroom, free rent, most weekends off, utilities paid (cable/local phone/power), and parking.

Suggested Qualifications: Over 21, CPR/First -Aid Certified, experience working with adults with developmental disabilities, non-smoking preferred.

Duties: Provide supervision between 6:00pm-7:30am Monday thru Friday, help with bedtime routine, help with laundry, help shop and prepare healthy meals, offer weekly recreational support, assist with maintaining an organized, clean home.

For more information contact Stella Gallagher 541-754-1108 or Robin de La Mora 541-754-6027

COUNTRY HOME FOR RENT/CHILD CARE POSITION

Beautiful 3 bedroom, 2 bath with laundry room, carport, garage, covered porch, large yard on wooded family farm SW of Philomath. \$800.00 Month. Half of rent to be credited for 10 hours/week care of happy 15 year old boy with multiple disabilities and his active 2 year old brother. Care giving experience, excellent references and deposit required. No Smoking. Please Inquire to 929-4033.

Available July 15, 2005.

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 contact Karin Frederick at The Arc 753-1711

Oregon Legislative Session by: George Grosch

By the time you read this it is likely that the 2005 Session of the Oregon Legislature will have come to a close and may well be remembered as one of the longest sessions in the 146 year history of the state. I am intrigued by how this session will be evaluated. Will it be categorized as one of intense partisan bickering, or as the turning point leading to significant change in how the body conducts its business?

For people with developmental disabilities and their families the 2005 session has done little to improve a system that at best marginally meets the needs of our most vulnerable citizens. Self advocates and their community partners have done well to prevent major roll-backs in services and benefits. We have successfully preserved important services provided by Oregon Health Sciences University through the CDRC. The Oregon Health Plan will provide dental and vision services to the neediest groups. Direct care providers will likely see a small increase in wages phased in over the next two years. State rules and laws will be amended to include respectful language relating to people with developmental disabilities. People who once resided in state facilities who have lost contact with their families will be able to reconnect with each other, and hopefully any savings generated in the Staley Settlement funds will be redirected to providing additional services to people with developmental disabilities and their families.

Unfortunately major policy objectives relating to people with developmental disabilities have failed to move forward. HB 3049 which would have allowed people to keep more of the income they earn died in the Senate. Efforts to increase state revenue have lost out to even greater tax cuts to corporations and on the incomes of the wealthiest Oregonians. Until the Legislature decides to take the lead and address the seriously flawed tax system in the state it seems clear that advocates will need to continue to be reactive to preserve existing services rather than looking at how to improve the lives of the people we care about.

PPC Goals

Locally the PPC of The Arc of Benton County is moving forward with their work plan. The committee has adopted two goals and are developing action steps to reach them. Our goals are:

1. Increase community capacity to provide meaningful daily activities for people with developmental disabilities;
2. Support activities in schools that improve and enhance services provided to students with developmental disabilities. To reach these goals the PPC is currently working on projects to increase opportunities for transitional services for students seeking work and developing Community Inclusion Vision Statement for Benton County. These projects have the potential to increase opportunities for people with developmental disabilities and to increase the community's knowledge and understanding of the needs of people with developmental disabilities. Self-advocates will take a Leadership role in developing the Community Inclusion Vision Statement and will also have the opportunity to have the statement adopted by local government as a tool to guide future policy decisions.

What has become very clear is that any effort to increase community awareness and enact policies that improve the lives of people with developmental disabilities must begin at the local level. We must continue to encourage self-advocates to use their voices for change and empower families to take a proactive role in creating change. Together we can create a community that is inclusive and responsive to the needs of all of it's citizens.

George Grosch
Public Policy Director

Coming Thursday, September 1, 2005

The Arc of Benton County's

Art Careers Program

Make your creative expression more than a leisure-time hobby! Make marketable art to sell in The Arc Gallery and other art venues.

- Jewelry -

- Handmade Note Cards -

- Printed T-shirts, Aprons, and Scarves -

Any fresh ideas for creating art objects to sell are welcome!

Thursdays

2:30-3:30 pm & 3:30-4:30 pm

\$5 per hour

For more information & registration

Call Elizabeth at 753-1711



**The
Arc**

of Benton County

Advocating for People with
Developmental Disabilities
Since 1958

1885 NW 9th Street
Corvallis, OR 97330

I WANT TO JOIN THE ARC!

Name, Address, &
Phone _____

Do you have a relative with developmental disabilities? _____ If yes, name & relationship _____

If this is a gift membership, your name _____

Please Check One:

- | | |
|--|------------------------------------|
| <input type="radio"/> \$10 Self-Advocate | <input type="radio"/> \$20 Regular |
| <input type="radio"/> \$10 Senior | <input type="radio"/> \$10 Student |
| <input type="radio"/> \$35 Family | <input type="radio"/> \$50 Patron |

Make Checks Payable to:
The Arc of Benton County
1885 NW 9th Street
Corvallis, Oregon 97330
541-753-1711
www.arcbenton.org

I would like to be active as:

- an advocate
- a resale volunteer
- an advisor on a committee