

THE ARC OF BENTON
COUNTY
ADMINISTRATION
OFFICE
1885 NW 9TH STREET
CORVALLIS, OREGON
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Advocate

September 2005

Katrina's Only Gift

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 9:00 AM
Committee
Louise Teater's
Home
1st Tuesday

Resale 10:00 AM
Committee
Arc Office
3rd Monday

Equitopia 6:00 PM
Committee
Arc Office
1st Thursday

Bingo 11:30 AM
Committee
Springfield
4th Monday

Public Policy 8:30 AM
Arc Office
3rd Thursday

Finance NOON
Comm.
Arc Office
Monday before
BOD Meeting

Congress is discovering that cuts to Medicaid, Food Stamps, WIC, housing and education coupled with tax breaks for the very wealthy are more difficult to follow through on when the poor are as undeniably real and visible as they are in the wake of hurricane Katrina. The flooding of New Orleans has washed away some of the ignorance and a few of the calluses in Washington, D.C. This is Katrina's gift.

For now, the Congress has changed its agenda. That does not mean that Social Security benefits are safe from privatization or that the proposed cuts to Medicaid won't happen. Advocates, we cannot allow ourselves to trust that amid the urgent responses needed to disaster and war, that Congress won't try to quietly pass budget cuts to entitlements needed by America's youth, elderly, disabled and the poor.

Please, call Senator Smith's office and talk to the intern answering the phone. Call 1-877-762-8762. The intern will get your message to the Senator.

Janet Bauer of the Oregon Center for Public Policy suggests you tell Senator Smith:

1. Thank you for taking immediate steps to set the right national priorities by calling for the delay of cuts to entitlement programs. I applaud you for shining a spotlight on the importance of safety net programs in addressing the survival and basic needs of millions of Americans. Your leadership in this matter is critical and appreciated.

2. In the same way that this is not the time to cut entitlement programs, neither is it the right time to provide tax breaks to wealthy Americans. Doing so will certainly continue to force harmful cuts to safety net programs now needed by millions of Americans, limit our nation's ability to afford immense reconstruction costs in the aftermath of Katrina, and will dangerously increase our nation's budget deficit. Therefore I urge you to oppose tax cuts to wealthy Americans in any upcoming budget reconciliation legislation.

Although there is much discussion in Congress at the moment about extending the deadlines for committees to report their budget reconciliation legislation, no decisions have been made to date. The existing deadlines are September 16th for committees assigned to provide tax cuts.

Special Needs Trust

The Arc of Benton County will host an Information night with Mitch Teal and Alan Lanker to discuss special needs trusts and ways to manage extra income for people who no longer pay offsets.

The event will be held on **Tuesday, October 4th at 6:30 pm** at The Arc Office (1885 NW 9th St.)

For more information, please contact Karin at 753-1711.

R.S.V.P.

A.S.A.P.



2005-2006 Arc of Benton County Full Board of Directors Meetings

October 6th	Senior Center, Cline Rm.
December 1st	Senior Center, Cline Rm.
February 2nd	Senior Center, Cline Rm.
April 6th	Senior Center, Cline Rm.
June 1st	Senior Center, Cline Rm.
August 3rd	Senior Center, Cline Rm.

*Executive Committee of the Board meets on alternating months.

MORNING CHURCH CLASS

First Presbyterian Church
Starts up again Sunday Oct. 2, 2005
11:00 a.m. to noon

Call Betty Olleman
with questions
752-3667



What Parents Need to Know About the IEP

Wednesday
September 14, 2005
6:30-8:30 PM
Clemens Primary School
535 S. 19th Street
Philomath, OR 97370

Please Pre-register for this
FREE Workshop

You may register prior to the workshop by phone or email. Please contact Leah Skipworth at: (503) 581-8156 x214; (503) 580-1252 or lskipworth@orpti.org.

Please leave your name, address and phone number and a place will be reserved for you.

CONGRATULATIONS TO...

ArtFocus Members
Recognized at the 2005 Benton County Fair

Joe Miner won
Premium First Place & the Creative Crafts Award
For his paper mosaic horseman,
“The Getaway”
&
Amber Fuller won *Third Place*
For her abstract acrylic painting

The
Arc
Gallery

Clay Experience
Exhibit

OPENING PARTY



Tuesday, September 20, 2005

4:00-5:30 PM

The Arc Gallery, 1885 NW 9th Street

OSU Research Efforts Need You

If you are a healthy adult and interested in participating in any of these research projects, please contact:

Dr. Jeff McCubbin at (541) 737-5921,
e-mail: jeff.mccubbin@oregonstate.edu or

Dr. J.K. Yun at (541) 737-8584,
e-mail: jk.yun@oregonstate.edu

The Movement Studies in Disability program at Oregon State University is conducting two research studies. These studies will make important contributions toward understanding the fitness characteristics and movement behavior of adults with Developmental Disabilities.

The first study will examine the accuracy of muscular strength and muscular endurance assessment methods. These aspects of fitness are very important in work and recreational settings. However, few studies have focused on individuals with Developmental Disabilities. The scientists expect to contribute to the search of the most precise method of measuring strength.

The second study will look at how people switch from walking to running and from running to walking. This project will help researchers understand the unique ways in which persons with Developmental Disabilities coordinate their movements. This knowledge may help in the development of effective intervention strategies.

New Business Friends

The Arc of Benton County welcomed the Chamber of Commerce Greeters on August 23rd. Over coffee and a light breakfast, nearly 40 greeters representing businesses in the area and The Arc's Executive Director, Karin Frederick, talked about how each can work to make Corvallis more inclusive of people with developmental disabilities.

Many of the Greeters came to discover what The Arc does with the thrift shop proceeds and found themselves experiencing, first hand, what The Arc does. We help people overcome misinformation and lack of information about people with DD. We encourage people to think about the abilities and the challenges of those with disabilities. We point out that every citizen can contribute to improving the experience of being a person with a disability.

The Greeters each responded to the question, "What can you do personally and/or through your business to be more inclusive of people with disabilities?" The responses displayed genuine engagement in the problem of building inclusiveness. The business leaders' thoughtfulness and commitment makes them each a valued friend of The Arc and our membership.

**The Arc
Thanks Each of You!**

Marc McRae	Aflac
Todd Gowans	American Family Insurance
Chad Anderson	Anderson Janitorial
Andrea Thornberry	Boys & Girls Club
Jason Henson	Clear Channel Radio
Mark Oldham	Corvallis Caring Place
Laurie Vinton	Country Bunny
Aaron Dean	County Insurance
Ken Himes	Friends of the Family Ministries
Matt Webb	Global Communications
Josefine Fleetwood	Heritage Mall
Ingeborg Kolar	Ingeborg's Beauty Therapy
Trish Reinert	Keller-Wlms Realty
Dan Allen	Keller-Wlms Realty
Kitty's Mom	Kitty's Self-Defense
Kitty Renshaw	Kitty's Self-Defense
Wilma VanSchelven	Love Inc.
Ginger Gunnell	Main Auto Body
Luoise-Annette	Mary Kay
Clare Rollings	New Business Generation
Luke	Now Town
Noah	Now Towns
Tami Anderson	NW Graphic Imaging
Gabe Ritter	Oregon Telecom
Paul Workinger	Rainbow Carpet Cleaning
Joe Raia	Regent Court
Jay Peek	Security Alarm Corporation
Julie Shuttleworth	Shuttleworth Video Services
Matt Andreson	Smith Barney
Rigel Barlow	Sylvan Learning Center
Nancy Lach	Timberhill Chiropractic
Bob Wright & Karen Wright	Tool Box Conference Management
Todd Washington	CPR Works
Paul Shih	Total Merchant Services
Dave Fredricks	WAMU
Sonja Clodfelter	We the People
Marc Oldham	Corvallis Caring Place

OTTER KIDS SWIM LESSONS

Osborn Aquatic Center is proud to present a new developmental swim lesson program specifically designed for children with special needs.

This new swimming program is designed to provide a fun and motivating experience for children with special needs. The pool is a great place for children to learn new life long skills of swimming, following directions and playing with other children. Our program is individually designed so each child has the opportunity to excel at swimming. We are asking that a parent or guardian is in the water with their child to expand their learning and help make each lesson fun and exciting. The class will be 45 minutes long. Thirty minutes will be used for instruction and the final fifteen minutes will be for play and exploration.

Please register early at the front desk of Osborn. If you have any questions please feel free to call Osborn Aquatic Center at 766-SWIM (7946)

START DATE: October 1, 2005

DURATION: Saturdays from October 1st until December 10th
(except 10/8, 10/15, 11/5 and 11/26)

TIME: 10:45am until 11:30am

COST: \$42.00

CERTIFICATE OF MEDICAL NECESSITY NO LONGER REQUIRED

The Center for Medicare & Medicaid Services (CMS) today took another step to streamline commonly called "scooters" – and power wheelchairs.

"This interim final rule is a critical step in ensuring that people with Medicare have access to appropriate technology to assist them with mobility," said CMS Administrator Mark B. McClellan, M.D., Ph.D.

In early September, CMS will hold a special Open Door Forum to address power wheelchair and power scooter issues. Open door Forums offer physicians, suppliers and other stakeholders the opportunity to participate in person or by conference call in a discussion with senior staff about Medicare policies.

The interim final rule will be published in the August 26 Federal Register, and will become effective for services on or after October 25. Comments will be accepted until November 25, and a final rule will be published at a later date.



Basic Conversation Skills

What is it?

This is a fun group designed to provide you with tools to learn or improve your skills.

Starting friendly conversations, keeping conversations going, and ending conversations pleasantly.

When is it?

It runs for 8 weeks: Monday, September 26 through Monday, November 14.
4:00 -- 5:00 PM

Where is it?

Benton County Developmental Disabilities Office, 530 NW 27th Street.

How do I sign up?

Call Susie Peters at 766-6196.

News from the Family Support Network

Summer ended with a big splash as families and their children with DD enjoyed Otter Park on September 1st. Those 60-70 at the pool got to know one another better and strengthened the developing network of young families. For this event, the City of Corvallis waived the fees for the pool, The Arc paid for the lifeguards, and the Benton County DD Office provided the grant that currently supports the personnel costs of the Family Support Network. Coordinator Andrea Rogers thanks everyone who helped make this a wonderful last day of summer. And, for Andrea's played-out children, a good nights sleep before the first day of school.

The Steering Committee of the Family Support Network plans events and trainings that bring together people for mutual support, celebration of successes, and problem solving for the challenges they face. More events of value to young families will be planned. Send Andrea you e-mail address if you would like to be notified of coming events that way. She can be reached at andrea@arcbenton.org.



1885 NW 9th Street
Corvallis, OR 97330

ADVOCACY 101/Homework

Do you feel the need to improve disability inclusiveness in your community?
Tell The Arc what needs to change to positively impact your life or the lives of those you care about. Take a moment to share your story with The Arc. Call Karin, 753-1711, or call that number after business hours, if that is more convenient, and leave a voice mail message. E-mail The Arc at info@arcbenton.org if you wish, or write to us at The Arc of Benton County, 1885 NW 9th Street, Corvallis, OR 97330.