

THE ARC OF BENTON
COUNTY
ADMINISTRATION
OFFICE
1885 NW 9TH STREET
CORVALLIS, OREGON
97330
PHONE:
541-753-1711
FAX:
541-758-1354
WEBSITE:
WWW.ARCBENTON.ORG



Advocate

October 2005

Loyal Treasure Hunters Wanted

The Arc of Benton County:

- Owns and maintains 8 homes for people with DD,
- Extends supported recreation and art career development opportunities
- Hosts a family support network for parents of young children
- Offers emergency direct supports and scholarships for selected activities
- Assists through information and referral and resource development
- Oversees a therapeutic horseback riding program
- Actively advocates at the local, state and federal levels on disability issues
- Provides training for individuals, for direct support staff, and for family members.

We support these activities with our thrift stores, The Arc Resale Corner in Corvallis and The Arc Resale Center in Philomath. We share a Bingo hall with The Arc of Lane County in Springfield. These are the two business opportunities a not-for-profit entity is allowed by the government. We work to earn our way in every way we can.

The solicitation of used goods you get by phone or postcard benefits The Arc of Multnomah, a separate corporation. The annual appeals for cash donations you receive are for the benefit of our important affiliate, The Arc of Oregon, a separate corporation. The programs of The Arc of Oregon, such as the Special Needs Trust and the Guardianship, Advocacy, and Planning Services, benefit Benton County residents and the entire state DD Community. The Arc of Benton County does not in any way want to discourage you from participating in these activities of our sister agencies. We simply hope to clarify the destinations of your generosity.

We need to ask our Benton County Arc supporters to be loyal to us when you go thrift shopping. We offer only the very best of our donations to you in clean and friendly shops. Because of the limitations on business opportunities of not-for-profit agencies, there is a myriad of second hand shops in Benton County. The competition is being felt in our bottom line. Please, shop The Arc first. If we don't have what you need, then look elsewhere. Money you spend at The Arc's shops supports people with developmental disabilities and their families *in Benton County*. If you are not a thrift shopper, why not? Vintage items are often constructed to last. And, a thrift shop is full of delightful and inexpensive surprises. It is a treasure hunt!

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

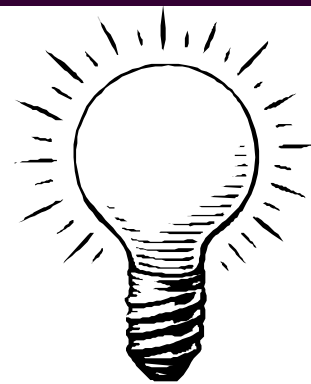
Equitopia 6:00 PM
Committee
Arc Office
1st Thursday

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

Opportunities for Learning



Oregon Partners in Policymaking Class

Partners in Policymaking is an intensive leadership training for individuals with developmental disabilities and parents of children with developmental disabilities.

The two-day session covers topics such as whole-life planning, self-determination and self-advocacy, policy and legislative issues, and community organizing.

Applications can be picked up at the Arc of Benton County office or downloaded at www.oregonpartners.org. Deadline for applying is October 21.

IEP Partner Training

Nov. 4 & 5, 9am-4pm Corvallis.
For information or to register, contact Karen Ripplinger at kriplinger@orpti.org.

Transitions: Post Secondary Education & Employment Options

Nov. 10, 6:30pm-9pm Woodburn
Contact Shelley Joyce, sjoyce@orpti.org.

Oregon Rehabilitation Association presents.....

Violence: Mental Illness or "Acting Out"

Nov. 14th, 9am –4pm Cost: \$50 Salem

Violence and other disruptive behaviors are more common in individuals diagnosed with MR/DD. When violence happens, staff and family are not always sure of the cause. This makes it hard to figure out a plan for violence prevention. Dr. James Clay will discuss this challenge and offer suggestions for dealing with this issue.

Call Oregon Rehabilitation for registration information

503-585-3337

10th Annual Family Conference on Cerebral Palsy & related disabilities.

Nov. 4 & 5, Wilsonville

Sponsored by UCP of Oregon and SW Wash., the featured speaker will be John Kemp, author of Reflections From a Different Journey. This will be a great chance to learn more about raising children with CP and the resources that are available. Registration deadline is October 21. For more information, or to obtain a registration form, contact the Arc office, 753-1711. (Continuing Ed. credits are available)

Celebrate Wellness VI

Saturday, Oct. 22, 8:30am-5:15pm,
Embassy Suites Portland Airport Hotel

The conference will offer information on a variety of health and wellness topics such as physical fitness, nutrition, healthy relationships, recreation and leisure, stress reduction, and motivation. Classes are offered for both teens and adults. For more information, contact Angel Weaver, Oregon Office on Disability and Health, 1-800-452-3563, ext. 1205 or weaverro@ohsu.edu.

Upcoming Events

Benton County DD Open Advisory Meeting
Community Agencies and Schools
November 10th, 3 pm-4:30 pm
Benton County Health Dept, Columbia Room

Special Olympics State Competition
November 19th & 20th
Beaverton and Portland

Times and locations to be announced.
For more information, Contact Kanani Bowden, 754-0388.

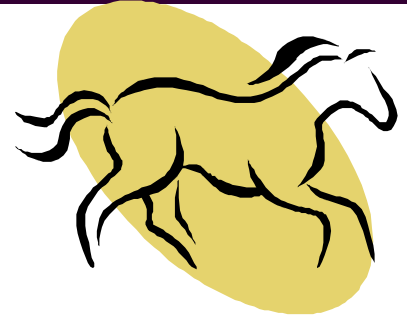


Direct Care Worker
Support Groups Forming!
Morning and afternoon times
planned. For more
information, contact Steve
Yellan at BC DD, 766-6140.



*Are you a poet? Or an Artist?
Benton County Developmental Disabilities Office is looking for poets and artists who would like to display their work in the DD office. If you are an individual with a developmental disability and would like to share your work with others, please call Susie Peters, 766-6196.*

Personal Ponies



Founded in 1986, Personal Ponies, Ltd. places small ponies with children who are differently able. Shetland Ponies, with their kind and gentle disposition become special friends to these young people.

Each child can visit their pony at the farm or the pony can go to visit the child or stay at the child's home. Sponsors are involved to care for the ponies and arrange visits with the child.

The Personal Ponies Oregon is based at a farm a few miles west of Salem. For more information about this program contact:

Personal Ponies, Ltd.
PO Box 442
Independence, Oregon 97351
503-930-1224
www.personalponies-or.org

Upward Bound Camp

Camp Dates

Valentines and Presidents, February 13-16
Spring Break, March 25-28
Easter, April 9-12
Memorial Camp, May 29-31
First Fall Leaves, Contact Office
Harvest Camp, October 29-November 1
Thanksgiving, November 24-27
Christmas, December 24-26
Summer Camp, July 1–September 11
(Sign up for 7, 5, 4, or 3 days)

Purpose: To provide on-going Christian based recreational & educational camp experiences for persons with disabilities, twelve years of age and over in an environment which presents opportunities for growth outside the individuals usual routine or habitat.

Year Round Respite Care is offered upon advanced reservation. Caring, well-trained staff provide a safe, healthy and personal "home away from home" experience. There is no better bargain for fun, personal attention and activities; learning, sharing with others, and being totally indulged.

Pre-registration form available at the Arc office, or:
Camp Office, PO BOX C, Stayton, Oregon 97383. Phone: 503-897-2447 Fax: 503-897-4116
www.upwardboundcamp.org, ubc@open.org

**2nd Annual Benton County Special Olympics
Holiday Silent Auction & Dinner**

Silent Auction & Musical Entertainment 6:00 pm-7:00 pm
Dinner and Music 7:00 pm

Thursday November 10th, 2005
Valley Catering at the Club House
6097 NE Ebony Lane, Adair Village

Tickets available at
Citizens Bank Main Office, 275 SW Third St., Corvallis
&
Dar's Barbershop - 693 SW 15th St., Corvallis

Cost: \$35 per person or \$250 per table (8 seats per table).
Seating is limited, reserve your place today!

All proceeds benefit Benton County Special Olympics program

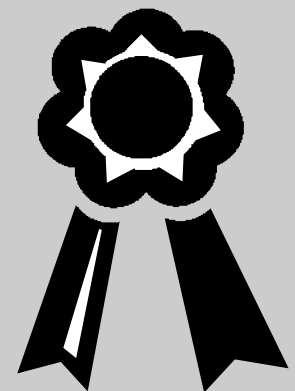
For more information please call Susie Peters at 754-8765



Yeah!

OSU has been awarded a four year grant to support the Adapted Physical Education Masters Training Program. This program is geared toward providing specialized training to physical education teachers to prepare them for teaching children with disabilities. Upon completion of this program, graduates will meet Oregon's Teacher Standards and Practices Endorsement in Adapted Physical Education. There are also opportunities for current teachers to take summer coursework. This grant is part of a government funded program titled "Preparing Quality Personnel in Adapted Physical Education".

Not only will this improve the quality of education offered to children with disabilities in Oregon, it guarantees that there will be graduate students available to facilitate IMPACT and OSU's fitness program for adults with developmental disabilities.





Agenda for Full Participation in America

On September 22 and 23, 2005, in the midst of urgent natural disasters and war, 2,400 Americans who live with lifelong disabilities, their family members, and the people who work along side them, came together in partnership to participate in a ground breaking event. Sponsored by eleven national organizations, the Alliance for Full Participation's 2005 Summit's purpose was to bring together many voices from every state and every walk of life and to conclude the meeting with one vision:

We want dignity and respect for all. We want full participation for all.

Self Advocates Becoming Empowered (SABE) challenged us and together we rose to their challenge.

This is what was heard from the attendees at the Summit: People with developmental disabilities want our fellow Americans to know that we have much to contribute and we want some things from American society:

- We are Americans too! We want to be included in all communities in our great nation and to have all the rights and responsibilities of full citizenship. We need to be safe and free at the same time. We know how to do this. Few American communities are listening.
- We belong in schools, neighborhoods, businesses, government and churches, synagogues and mosques.
- We do not belong in segregated institutions, sheltered workshops, special schools or nursing homes. Those places must close, to be replaced by houses, apartments and condos in regular neighborhoods, and neighborhood schools that have the tools they need to include us. We can all live, work and learn in the community. We invite our fellow citizens to support the Community Imperative with us. It says that no one should live in an institution because of disability. http://thechp.syr.edu/community_imperative.htm.
- We can work in worthwhile jobs. We know how to help each other do this. It is being done in some places, just not all places. We hope to be welcomed to work for the American dream alongside other Americans.

Here is what the diverse group of American leaders at the Summit believes must happen to make our vision a reality:

- For states that still fund public and private institutions, we want to see a plan to close them over the next few years, and people with lifelong disabilities helped to live in communities, in regular houses and regular neighborhoods. Starting today we expect all states to stop placing children in institutions and segregated residential schools.
- People want real jobs with real pay, real businesses and volunteer opportunities, not sheltered workshops and day programs. Just because a person has a disability does not mean that person cannot contribute to our communities.

- Families with sons and daughters with lifelong disabilities often need some support to have equal access to full and rich family lives. Having a child (who may be an adult now) with a disability must not force a family into poverty or constant, lifelong worry. While some have support to lead decent lives, others have not and are isolated and feel abandoned by America. Everyone who needs it must get the support they need.
- People with disabilities must be part of all planning, governance, leadership and implementation of the programs that affect us. As SABE has so aptly stated, "Nothing about us without us."
- The term mental retardation has become hurtful. Stop using it! Words hurt and labels limit human potential. It is un-American. Try calling people by their name.
- Public funds expended on behalf of people with developmental disabilities must be under their control and direction and, for children and others who need it, their families and trusted friends.
- People who have chosen to work in this field directly with people with developmental disabilities should be paid a decent wage with benefits; they should not have to work two or three jobs just to support their families. This is important work that must be respected.
- Medicaid is the vital lifeline for people with developmental disabilities. Medicaid reform must protect access to this program, promote inclusion for people in their communities and empower citizens to control the funds spent on their behalf.
- Inclusive communities are part of the solution. Inclusive communities support all people, and make limited public funds go farther, to help those in need.
- America is changing and becoming more diverse. We must understand and honor this diversity, and include all people in planning, governing and participating in communities.
- Poverty limits human potential. Jobs, opportunities to start businesses, build assets, and be a part of communities, help all Americans.
- People with intellectual and developmental disabilities and their families are often pitted against people with other severe, chronic and lifelong disabilities in American politics at all levels. We want to work toward the same ends as other people with disabilities. Together. We speak for ourselves and welcome positive coalitions with others.

Teams are working in each state to implement our vision and goals. Citizens, governors, state legislators and policymakers must help all of us reach this vision. If you want to join with us to create a more inclusive America, we welcome you at:

www.AllianceForFullParticipation.org

It's time to get it done!

Brothers and Sisters of People With Autism

Brothers and sisters of children with autism share many of the concerns experienced by their parents. Because the sibling relationship is the longest-lasting relations in the family, brothers and sisters are likely to experience concerns through their lives. Despite their importance, siblings' concerns are too often ignored.

The Autism Society of Oregon (ASO) is sponsoring a two-day workshop conducted by Don Meyer, director of the Sibling Support Project and creator of the Sibshop model. ASO will be starting a Sibshop in the Portland metro area in 2006. Anyone wishing to be a volunteer or facilitator for the Portland Sibshop should attend these presentations to learn how to implement the Sibshop model for school age siblings. These presentations are free to the public due to a grant from the Ed and Rommel Ackley Foundation.

All presentations will take place at Portland State University, Conference Room PCAT 160.

Day 1, Saturday, October 22, 9:00 am–2:30 pm

Day 2: Sunday, October 23, 9:00 am-3:30 pm

To register, please call ASO's office, (503) 636-1676. When leaving a message at this number, please include your name, telephone number, and which day(s) you plan to attend. Also specify whether you are a parent or from a local agency.

Family Support Network

Monday, October 3rd, we had Peggy from Personal Ponies bring Eagle, one of her ponies to share with the Family Support Network. Only three families braved the rain and cold to see the pony, but those who came really enjoyed their time with Eagle. My son, John, was really excited to be able to ride Eagle several times around the Barns.

Looking ahead:

Saturday, November 12th, from 10:00 am-1:00 pm, we are having an Adaptive Art Equipment Day to have some fun with new art tools. We will meet at the First United Methodist Church on the corner of 11th and Monroe.

Reminder: We have a Parent Support Time from 7:00pm-8:00 pm on the second Monday of the month at the First United Methodist Church. Childcare is provided. Please RSVP at andrea@arcbenton.org or 740-7906 if you plan on bringing your children so I can assure adequate childcare coverage.

Andrea Rogers
Family Support Network Coordinator

Emergency Preparedness for Families with Young Children

By Melia Boyer

1. The Bare Necessities (WATER-FOOD-SHELTER)
 - Full tank of gas in the car
 - Cash (large and small bills) and roll of quarters
 - Wallet including driver's license and/or proof of residence.
 - Cell phone and charger and/or extra battery.
 - Photocopies of important documents sealed in plastic
 - Prescription medicines (30 day supply)
 - Eye-glasses, contact lens supplies
 - Bottled water 2 gallons/person/day (3 days minimum)
 - Pre-packaged foods (lots of little stuff)
 - Anti-bacterial hand gel
 - Disposable diapers (in larger size) and wipes
 - Change of underwear, shoes, clothes for everyone
 - Sling or Snugli and/or stroller/wagon
 - Baby's favorite blanket or toy
 - Variety of small toys, deck of cards
 - Battery-powered radio (plus extra batteries)
 - Flashlight (plus extra batteries)
 - Feminine hygiene supplies (meds and chocolate too!)
 - Camp chairs, large tarp and blanket,
 - Tent/sleeping bags/camp stove/lantern (extra fuel, mantels and matches)
 - Jacket or sweatshirt, rain ponchos, travel umbrella
 - Toilet paper, paper towels, trash bags
 - Insect repellent/sunscreen
 - First aid kit and manual
 - Pet carrier, leash, food/water bowls, food
2. Make a Plan (and test it out before you need it!)
 - Where would you go?
 - When would you leave?
 - How would you get there? (Draw a map)
 - What would you take?
 - Who will you call? (Phone List)
 - What would you do if you get separated?
3. Start early
 - Assemble your supplies ahead of time.
 - Store them near an exit.
 - Make it manageable and portable (Wheeled duffel, footlocker, trash can, backpack)
 - Check/update and/or replace supplies every six months—Time Change (When Daylight Savings Time begins in April and ends in October)

HELPFUL WEBSITES FOR MORE INFORMATION

Specific List of Items to assemble:

www.ready.com

Red Cross: http://www.redcross.org/services/prepare/0,1082,0_239_00.html

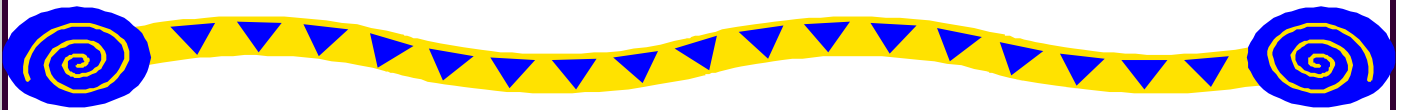
What to do with/for your pets: <http://www.tmsdancer.com/Dog/evacuate.htm>

Evacuation Checklist: http://www.flylady.com/pages/FLYingLessons_Prepare_red.asp

Emergency Financial First Aid Kit: <http://www.ready.gov/eefak.pdf>

Personal Checklist of Important Documents: <http://www.ext.vt.edu/pubs/family/354-141/354-141.pdf>

Printable phone list: <http://www.organizedhome.com/printable/showgallery.php/cat/504>



October Safety Tips

Safe sleeping arrangements are often a challenge for parents as children grow. A regular review of your child's physical and behavioral abilities can be a good way to keep him or her safe as they grow and develop.

Basics:

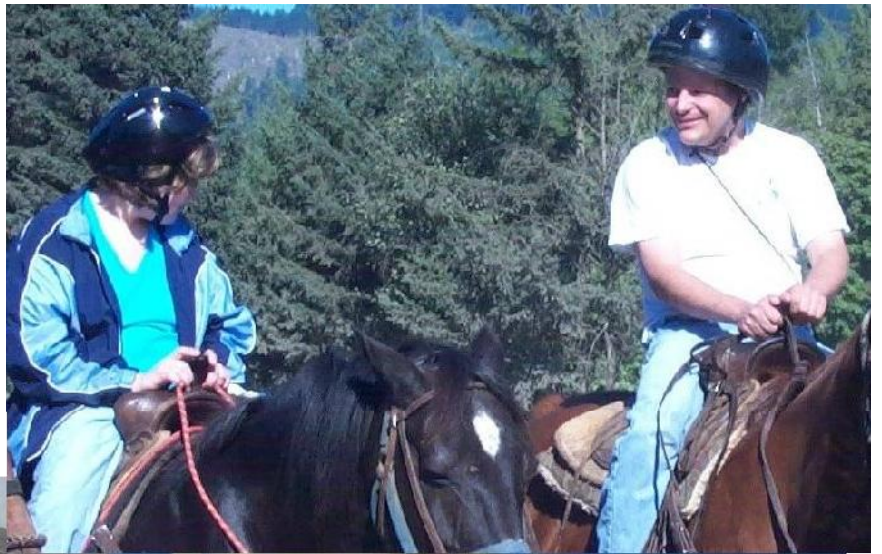
- Place crib or bed away from windows.
- Crib slats should be no more than 2 3/8 inches apart. (If a 12 ounce soda can will fit through the slats on the crib, they are too far apart to be safe.)
- Use a baby monitor so you can hear if the child awakens.
- Place babies to sleep on their backs, unless a medical professional advises otherwise.
- Limit blankets, sheets and padding and use only tight fitting linens.
- Use mesh side rails on both sides of a bed; pushing the bed against the wall can create an entrapment hazard.

Have questions about education in Oregon Schools? The Special Education Help-Line offers answers to your questions.

Call toll free, 1-888-891-6784 or email, orpti@open.org. Get answers about IEPs, placement, IFSPs, and much more.

Useful Link:
Medicaid Modernization Act
www.oregon.gov/DHS.mma

Good Times





The Arc Resale Needs Volunteers

There are soooooooooo many choices! What do you enjoy?
Decorating? Merchandising? Furniture to jewelry and more!

Books? Sort, price, and display them.

People? Greet customers, offer assistance

Vintage Linens? Prepare them for resale

Minor mending? Button replacement? Doll clothes design?

Cash register operation? We will train you.

Minor furniture repair, polishing, or spot cleaning?

How much time can you offer?

2 hours to 40 hours per week,

we'll keep you busy.

Which store is more convenient?

Corvallis, 754-9011 or Philomath, 929-3946

Call the manager of the store of your choice

and offer your time and skills

for people with DD in Benton County.