

THE ARC OF BENTON
 COUNTY
 ADMINISTRATION
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 CORVALLIS, OREGON
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 WWW.ARCBENTON.ORG



Advocate

December 2005

OUR OREGON BALLOT WATCH*

Two measures, TABOR and Federal Substitution, have been placed on the Do Not Sign list. According to media reports, both measures are being circulated for the November 2006 ballot by FreedomWorks, a Washington, D.C. front group backed by major corporations. The mechanics of the measures are different, but their goals are similar. That is, to force deep cuts to education, health care, public safety, and other vital services.

TABOR (Could be circulated as Initiative Petitions 6 or 42)

TABOR is unnecessary. It is a so-called “spending limit” that amends the state constitution and imposes a rigid and arbitrary cap on funding for public services such as education, health care, transportation, and public safety.

TABOR is the wrong solution for our state. The real problems are the corporate tax loopholes that shift the tax burden to hard working families. We need to make big business pay more of their fair share rather than slash needed services.

TABOR has unintended consequences. This proposal limits state spending to inflation rates but some costs are rising faster than the inflation rate. For instance, health care costs are rising far faster. The state provides a lot of healthcare services to Oregonians through the Oregon Health Plan. With one in six Oregonians already living without health insurance, now is not the time to deny more people medical care.

TABOR is a proven failure. That’s why Colorado recently voted to roll back TABOR after 13 years. TABOR put a chokehold on the state. Leading conservatives who had earlier supported TABOR joined the business community and led the fight to suspend the measure. Colorado dropped from 35th to 47th in the nation in K-12 education spending as a percentage of personal income and in-state college tuition increased 21 percent over the last four years. Childhood vaccination rates plummeted and today Colorado ranks 44th in the nation on upgrading roads and bridges. In California, voters recently rejected a similar measure.

TABOR will hurt seniors and other vulnerable people in our state. While it would be nice to send a message to our state leaders that we are fed up with how they prioritize projects, this is the wrong way to do it. If we are upset with our elected officials, we should replace them, not punish school children, seniors and other vulnerable populations.

-continued on page 2-

* Information provided by:



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 Committee 9:00 AM
Louise Teater's Home
1st Tuesday
- Resale Committee 10:00 AM
Arc Office
3rd Monday
In January-5th Monday
- Equitopia Committee 6:00 PM
Arc Office
1st Monday
- Bingo Committee 11:30 AM
Springfield
4th Monday
- Public Policy 8:30 AM
Arc Office
3rd Thursday
- Finance Comm. NOON
Arc Office
Monday before
BOD Meeting

OUR OREGON BALLOT WATCH, continued from page 1:

Federal Substitution (Initiative Petition 14)

The Federal Substitution measure has a confusing ballot title that doesn't tell the real story: "Allows Income Tax Deduction Equal To Federal Exemptions Deduction To Substitute For State Exemption Credit." This doesn't begin to describe what will happen if Initiative 14 were to pass.

The Federal Substitution measure would force deep and permanent cuts to the services that Oregonians count on most. For example, it would eliminate \$835 million from the state general fund in 2007-2009. If the legislature made the cuts proportionally, that's \$357 million from K-12 education funding, \$111 million from universities and community colleges, \$181 million from human services and \$135 million from public safety.

For more information, log onto www.ouregoncoalition.org

Have you any concerns, ideas, or suggestions you would like to contact your state legislators about?
The following is a list provided as a convenience to our readers:

Representative Sara Gelser, 900 Court St. NE, Suite H-479, Salem, OR 97301
503-986-1416, rep.saragelser@state.or.us

Representative Andy Olson, 900 Court St. NE, Suite H-491, Salem, OR 97301
503-986-1415, rep.andyolson@state.or.us

Senator Frank Morse, 900 Court St. NE, Suite S-215, Salem, OR 97301
503-986-1708, sen.frankmorse@state.or.us

Governor Ted Kulongoski, State Capitol, Room 160, 900 Court Street NE, Salem OR 97301-4047
Office: 503-378-6827

The Conference on Direct Supports wants your input!

What sessions do you want? What do you, your family members or provider need to learn? Call The Arc if you have any suggestions, 753-1711.

The Conference on Direct Supports extends a Call To Photographers:

Please use your camera to share your vision as you interpret the theme, *In Our Shoes*. We would like to see photographers produce compelling images to document reality and beauty in the DD community and beyond. However, subject matter is not restricted to the theme. Selected images will be on display at the Conference on Direct Supports, La Sells Stewart Conference Center, Oregon State University, Corvallis Oregon, July 19, 20 and 21, 2006.

The show is open to photographers with a developmental disability, a family member or friend of a person with DD, or a professional serving the DD Community. Works will be selected based on their ability to convey emotional intensity, individual artistic vision and the composition of the work.

For more information, call The Arc, 753-1711.

DanceAbility Classes in Corvallis



*Saturdays, 10 a.m. to noon
January 21- March 18
\$150, Scholarships available*



Instructors: Wendy Peterman & Lisa Wells

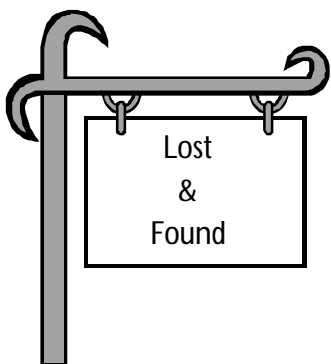
For more information, call 541-231-6091

*If you can breathe
You can dance,
If you can dance
You can breathe.*



Asperger's Syndrome Seminar
January 11, 2006-Eugene;
January 12, 2006-Portland

Geared for professionals in the medical and social/therapeutic fields, the purpose of this seminar is to provide participants with an understanding of how Asperger's Syndrome impacts children and adolescents. Participants will acquire practical assessment and extensive treatment strategies that can be applied immediately in their professional practice. Timothy P. Kowalski, M.A., C.C.C. will be the presenter. He is a consultant for private and public schools and specializes in psychiatric and behavioral issues. Participants are eligible for continuing education credits. For more information, call The Arc office, 753-1711.



Please contact The Arc office, 753-1711, if you have lost:

- A pair of eyeglasses (lost during the Halloween Dance)
- A coat (one was left on the bus, one in the office)
- A hat (left in the office)

We may have what you are looking for.



VOLUNTEER SPOLIGHT on... ..

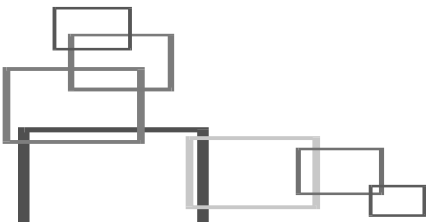
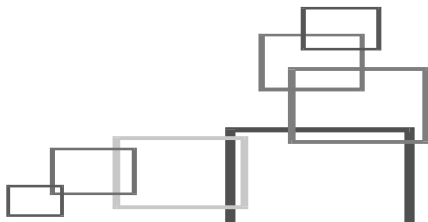
Andrea Mykrantz



Andrea Mykrantz, originally from Massachusetts, has lived in Corvallis for eight years. For seven of those years, she has volunteered at the Resale Corner. During this time she has made herself indispensable to The Corner staff. Her responsibilities include receiving donations, ringing up customers, and most things that happen in between.

Andrea's hobbies include collecting miniatures, horse back riding, and spending time with her family. She likes working with people, which is one reason why she is such a great volunteer for The Corner.

Andrea, who just celebrated a birthday this month, is engaged to be married. Congratulations, Andrea! The Arc of Benton County is very grateful for the work of Andrea Mykrantz!

An invitation from Oprah...

Are you unhappy with your child's public school? Does your child attend a public school that is over- crowded, under- funded or falling apart? Has the school been declared a "failing" school because of low test scores or high drop- out rates? If so, have you tried to transfer your child to a different school? What options have you been offered? Have you and other parents tried to "fix" the problems at school? Do you believe your child is going to have problems getting into college because of the education he/she received in a public school? We hope to hear from you, but please email us only if you are interested in discussing your frustrations on The Oprah Winfrey Show. Log on to www.oprah.com, select "Be on the show", select "We want your show ideas", and fill in the blanks.

EQUITOPIA

Equitopia Therapeutic Riding Program (Schedule subject to change)

January 2, 2006	Registration and payment for Winter Session due
January 17	Winter Session begins this week
February 9	Registration for Spring Session begins
February 23	Scholarship requests for Spring Session due
March 7	Final lesson of Winter Session this week
March 17	Registration and payment due for Spring Session
April 11	Spring Session begins this week (tentative)

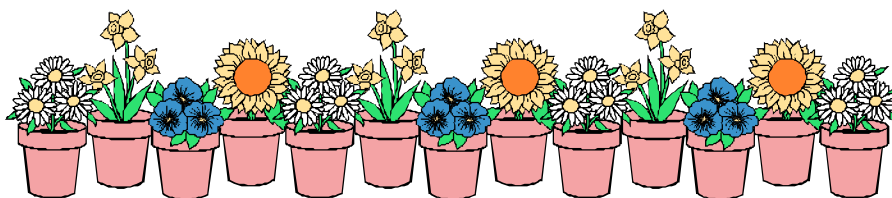
THERAPEUTIC RIDING PROGRAM

Family Support Network

The Family Support Network had several things happen in the month of December. On the 9th we had Parents Night Out. We had games and snacks set up as well as a small gift exchange. It was really relaxing and fun for those who were able to come. On the 13th we had a speech therapy demonstration with Rosemary Ayers in Philomath. It was a great time for the parents in attendance to ask questions about therapy as well as participate in a mini therapy session. We learned why certain strategies were used and how they help our kids' speech. It really opened our eyes and allowed us to better understand the work our kids do each time they go to speech therapy. On the 16th and 17th the Arc Resale Corner was very gracious and opened an area in their store so that we might sell some items as a fundraiser. While there, we held a raffle and gave away gift baskets, a blanket and a candle holder. Thank you so much Arc Resale!

The Network decided to have advisory meetings quarterly instead of monthly and has expanded the parent support time from one hour to one and a half hours. We are also hoping to move our meetings to Wednesday nights. We are excited about starting a new year and hope that 2006 sees growth and support.

Andrea Rogers, FSN Coordinator, 740-7906, andrea@arcbenton.org





December Safety Tip

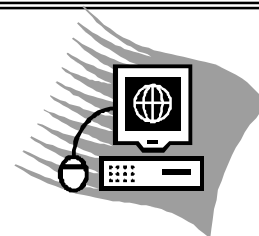
Burn Prevention

All parents and caregivers should recognize the importance of pre-planning for fire-related emergencies. Early warning and quick action can save lives.

Specific considerations for children with special needs:

- Contact your local fire department and explain any special circumstances you may have. They are often very happy to come to your home and check for fire hazards and discuss precautions that are needed.
- Have available a bag of any medicine or special equipment your child may need in an emergency.
- Obtain a medical alert device that is attached to your child's clothing.
- If your child cannot speak or communicate in an emergency, keep a whistle or bell by the bed for your child to alert others to danger.
- If your child is visually impaired, have them practice escape techniques using feel. Consider a buddy system with a sibling. Use smoke detectors with a strobe light for hearing impaired children. Practice safety messages in sign language.
- If your child cannot escape a room without assistance, keep a blanket, mechanic's creeper, or scooter board near your child's bed to facilitate evacuation. Place your child securely on the blanket or board and drag him or her to safety.

Helpful Websites



www.disabilityisnatural.org Disability Is Natural website

www.dhs.state.or.us/seniors/publications/opi.htm Oregon Project Independence (OPI)

www.mentalhealthpartd.org Medicare's New Prescription Drug Benefit website. Easy to understand, top-line information tailored specifically to psychiatrists and other physicians, providers at community health centers, and consumers and their families.

www.thearc.org The Arc of the United States can assist you in participating in the democratic process through the Action Center.

www.arcbenton.org The Arc of Benton County website has a list of books purchased specifically for the DD Community that are housed in the Corvallis Library.

You are invited
to
The Arc Gallery

Holiday Art Exhibit

Featuring ArtFocus & Art Careers

Come see the beautiful paintings and jewelry.
The Gallery is open Monday-Friday, 8:30 a.m.-5:00 p.m.

Fitness Class Being Offered for Adults

When: Tues. & Thurs., 3:15-4:15 p.m.
January 17-March 9, 2006

Where: WOW! Fitness, 327 SW 3rd St.

Cost: \$10.00 per person per class

To register: Call Raina at Home Life, 753-9015, ext. 12 or email, wickham@peak.org

Sponsored by The Movement Studies in Disability Program at OSU, Home Life, and The Arc.



Free Street Safety Course!

Come join Officer Voll of the Corvallis Police Department at My Club on January 4th for some helpful street safety tips. With the dark and cold nights it is essential that we prepare ourselves so that our trips around town are done safely. My Club is held every Wednesday at 4pm in Harding Elementary School. If you have any questions or suggestions please call Ashley Spence of Home Life (753-9015).

The
Arc

of Benton County

Advocating for People with
Developmental Disabilities
Since 1958

1885 NW 9th Street
Corvallis, OR 97330

Oprah Wants To Hear From You!

Details on page 4.

CDS Call To Photographers

Turn to page 2 for more information.