

THE ARC OF BENTON
COUNTY
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Advocate

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 Comm. NOON
Arc Office
Monday before BOD
Meeting

Whose IDEA is this?

Despite concentrated advocacy efforts against the change, the Federal Government altered allowable discipline responses under IDEA for children with disabilities in our public schools. The Oregon Department of Education, in response, worked with the State Advisory Council on Special Education (SACSE), the Oregon Advocacy Center and other stakeholders to develop an administrative rule that would address the need for training and consistent policies on the use of physical restraint.

To read the draft rules on the Use of Physical Restraint and Seclusion, type "OAR 581-021-0062" into your favorite Internet search engine. Alternately, you may call The Arc, 753-1711, and ask that a paper copy be mailed to you.

Oregon Parent Training & Information Center 19th Annual Conference May 5-7, 2006 Salishan Resort, Lincoln City

Cost: \$99 if registered before March 21; \$125 after.

Limited Scholarships available, contact OrPTI

Four Tracks: Medical, Legal, Community and Education
(EI/ECSE and school age)

The Oregon PTI Annual Conference on children with disabilities is designed to bring together parents, educators, and health professionals in an atmosphere of cooperation and exploration. The program addresses issues related to nurturing and advocating for children, youth and young adults with disabilities, with a positive focus on their abilities. The conference seeks to model and facilitate effective relationships between families and service providers.

Presented in partnership with the Oregon Department of Education
&

the Jean Baton Swindells Resource Center for Children and Families

For more information call:

Oregon Parent Training and Information Center
1-888-505-2673



VOLUNTEER SPOLIGHT on... .. *Alice Moore*

Alice Moore was born on June 30, 1915 in her family home on Brooklane in Corvallis. Twenty-two years later, after graduating from OSU, she married Spencer T. Moore, who had been a forestry student. During the next fifty years they moved from one assignment to another in the Pacific Northwest.

Having graduated in Home Economics, Alice was well prepared to raise their eight children, adding a few more in each community by establishing a pre-school program in her home. Alice first worked with The Arc at the Episcopal church as a teacher of pre-schoolers who were not then enrolled in the public schools. Upon returning to Corvallis after her husband's death, she immediately signed on to help at The Arc Resale Center. She also worked with Betty Olleman in the Christian Education program at First Presbyterian.

Alice has now retired to Stoneybrook Assisted Living, after years of volunteering in every community that was lucky enough to be her home. Thanks for being a part of ours, Alice.

-Contributed by Ramona Stover

The Arc of Benton County would not be able to function properly without volunteers. We have people who donate their time in every one of our programs: art, recreation, weekday socialization activities, Equitopia, resale stores, our bingo hall, committees... the list goes on. If you would like to volunteer, we can find a place for you. Just call. 753-1711

Visit the Equitopia Therapeutic Riding Program booth at the Northwest Horse Expo at the Linn County Fair and Expo Center in Albany. The event takes place March 17-19th.

March 17 also marks the start of registration for Equitopia's Spring Session.

Call Lynn Honey, 752-2883, for more information or to sign up for this great program!



Call for Photographers

The 2006 Oregon Conference on Direct Supports is seeking submissions to the Photography Contest and Exhibit.

To those who have walked a million miles and to those who have not walked at all... this year's conference is designed to challenge us all. A better understanding of life in each other's shoes will empower us all to support each other with the same vigor in which we would support ourselves.

Please use your camera to share your vision. You may interpret the theme, *In Our Shoes*, visually in a photo or photos that capture the essence of the theme. We would like to see photographers produce compelling images to document reality and beauty in the developmental disability community and beyond. The show is open to photographers with a developmental disability, a family member or friend of a person with a developmental disability, or a professional service the developmental disability community.

Works will be selected based on their ability to convey emotional intensity, individual artistic vision and the composition of the work. A photographer may submit up to three images. Each image must include his/her name, address, phone number, e-mail, and a short artist biography.

Deadline for submissions is May 15, 2006.

For more information, please contact The Arc office, 753-1711.

The Family Support Network (FSN), also known as the Fun Families Network, schedule is full of fun events! March is Developmental Disabilities Awareness Month, and wanting to make the most of that fact, we have several activities planned.

FSN and the IMPACT program are hosting a parent advocacy evening on March 3. Sara Gelser will be the featured speaker. We will meet from 5:40-6:40 pm on the OSU campus in the Women's Building, Room 205. March 6th is FSN day at Papa's Pizza. Just take the flyer from this newsletter into Papa's with you. Support FSN while getting to eat wonderful pizza! March 18th we will be taking the Zots Adaptive Art equipment up to the A.C. Gilbert's Discovery Village to raise awareness. We will be at the Village from 11 am to 3 pm. General admission is \$5.50, but members of the Oregon Health Plan can receive a discount at the door. We will wrap up the month on the 25th with a Parent's Pampering Spa Day. Several massage therapists in the community are willing to share their time and resources to give the parents an opportunity to relax.

Remember that the 2nd Monday of each month is Parent Support Time. We meet from 6-7:30 pm at the First United Methodist Church. If you would like more information on the Family Support Network, please contact Andrea Rogers at 740-7906 or andrea@arcbenton.org.

An Invitation from the Membership Committee

The Arc of Benton County extends an invitation to our members to contribute to a special membership program with the sole purpose of aiding families, with children who are developmentally disabled, to become members of The Arc. With the cost of raising children with disabilities increasing, there are numerous families unable to support the advocacy work of The Arc through a membership.

There are a number of avenues financial may take:

1. Contribute a full membership of \$20.00 or a family membership of \$35.00.
2. Pay in full a membership of \$20.00 naming the person for whom it applies.
3. Contribute a portion of a membership to be deposited in The Arc's designated Membership Assistance Fund.

Please note any such contribution is tax deductible. The Officers, Directors, and Membership Committee feel strongly that our members are the heart of our organization's strength. The number of members do keep us in beat with our advocacy efforts and legislative influence. We do not want families to miss the opportunity to share in the support of our advocacy due to the lack of funds. Thank you for your consideration.

Sincerely,

Membership Assistance Fund

I/We wish to contribute...

- \$20.00 membership
- \$35.00 family membership
- \$_____ to Membership Assistance Fund
- The amount shown is membership for: _____
(please print name and address)

Make checks payable to: The Arc of Benton County
For tax deductible credit, please print your name and address:

Class Opportunities

Christian Education

Sunday Morning Classes are for those who do not have a church home of their own or who choose to join their friends in these classes. Currently, the classes meet from 11am-12 noon at First Presbyterian Church, 8th & Monroe streets. The class joins the congregation for the first part of the worship service and then goes to their own meeting space. The Sunday morning class also prepares and presents a Christmas pageant in November and December each year. Friends from other churches are invited to participate in this special presentation for The Arc of Benton County Christmas meeting, usually the first Wednesday evening in December.

Christian Fellowship Nights are held once a month on the third Thursday of each month at Calvin Presbyterian Church, 1736 NW Dixon, 7:30 pm-8:45 pm in the Fireside Room. Sponsoring churches provide refreshments.

Vacation Church Workshop will be held once again in June this year, meeting in the evenings from the 19th to the 23rd. It will be held at St. Mary's Church in their school building. The classes will include folk dancing, Bible stories, crafts, and dramas. Included in the evenings will be worship and a time for refreshments.

For more information or to get involved in any way, call Betty Olleman, Coordinator, 752-3667.

Becoming Assertive

- Do you have trouble expressing your feelings?
- Do you often feel hurt or anxious as a result of your ineffective behavior?
- Do you allow others to choose for you and seldom get what you want?

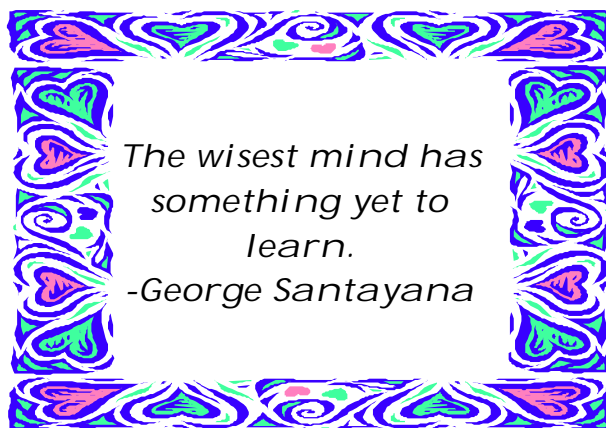
Beginning March 27th, the Benton County DD office will be hosting an Assertiveness Training Group, 4-5 pm on Mondays for 6 weeks.

For more information or to register, call Susie Peters, 766-6196

Mars- DD Class

Beginning February 23, 2006, Benton County DD will be starting an 8- week class for individuals with developmental disabilities to learn about sexuality and relationship skills.

For more information or to register for the class, call Susie Peters, 766- 6196.



3rd Annual Closing the Achievement Gap Conference.

April 28 & 29, 2006 Portland

The Closing the Achievement Gap Conference is a series of professional training workshops on strategies for narrowing the achievement gap. All are invited to learn how to strengthen staff training and implement effective accountability models, community resources, and research-based classroom practices in their school improvement plans to increase achievement for all student populations.

For more information go to: <http://www.ode.state.or.us/search/results/?id=187>



Building Futures
Secondary Transition Conference 2006
(formerly known as *Avoiding Future Shock*)

Save the Date!
April 12 & 13, 2006
Red Lion Hotel
Salem, Oregon

Sponsored by Oregon Department of Education,
Office of Student Learning and Partnerships
and
Oregon Parent Training and Information Center

Who should attend: students and young adults with
disabilities, parents and professionals

For more information as it develops, please visit OrPTI's
web site at: www.orpti.org or call OrPTI toll free at:
1-888-505-2673



Throughout this two day event there will be presentations by regional and national experts on issues surrounding secondary transition and assistive technology.



February Safety Tip Passenger Safety

- All children should ride in the back seat of the vehicle with an appropriate restraint on every trip.
- Infants should ride facing the rear of the car until they are least 1 year old and weigh at least 20 pounds. Special needs children may need to ride rear facing longer due to poor head of trunk control or low muscle tone.
- Never place a rear-facing car seat in front of an active airbag.
- Once a child can ride forward facing, they should stay in a seat with a harness for as long as possible.
- Many children with special needs can use conventional car seats. It is recommended that you seek the advice of a certified child passenger safety technician before purchasing a special restraint.

Techniques and tips for specific challenges related to transporting children with special needs can be found in the book *Transporting Children with Special Health Care Needs Training and Resource Manual (2004)*.

AUTISM Super Conference March 24, 2006 Portland Oregon

Sponsored by Future Horizons, this important conference brings to Portland four leading authorities on Autism.

Temple Grandin, Ph.D. One of the most noted high-functioning individuals with autism in the world, Dr. Grandin will offer a unique look at the autism continuum. Her topics will include early intervention, educational strategies, visual thinking, social skills and unwritten rules, medications, mentoring, and more in this highly educational and personal look at autism.

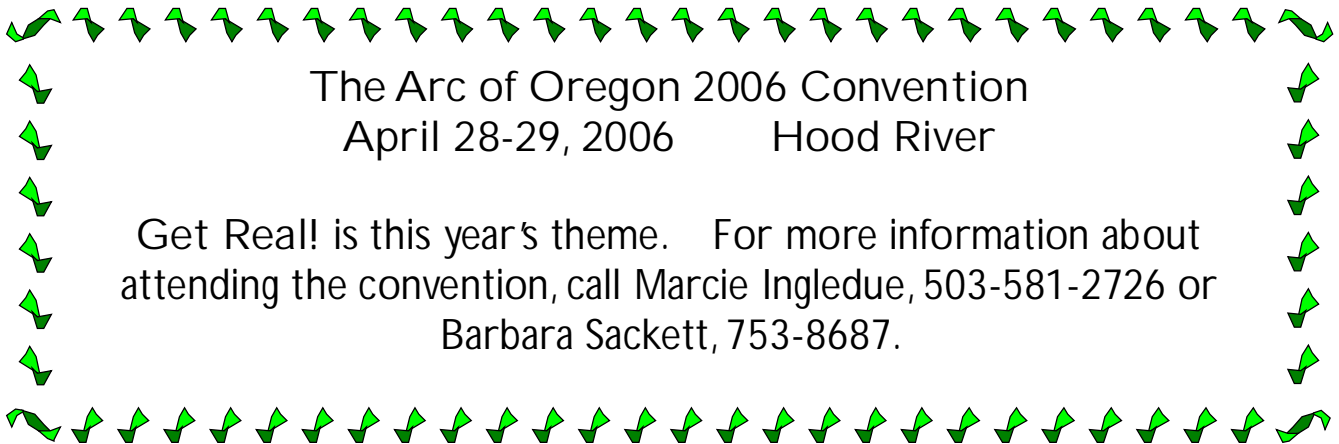
Dr. Andrew Wakefield, Perhaps one of the most recognized authorities on childhood development disorders, Dr. Wakefield will present information and provide updates to the on-going investigation into the causes of GI symptoms in some children with developmental disorders.

Lori Ernsperger, Ph.D., This workshop will provide practical strategies for managing problem behaviors in a variety of settings, including home and school. Dr. Ernsperger will present techniques to effectively deal with maladaptive and challenging behaviors that interfere with learning.

Lisa Lewis, Ph.D., Dr. Lewis will explain a complex yet intriguing intervention strategy for helping children and adults with autism. Drawing upon her own success with removing gluten and casein from her son's diet, she answers the many questions parents and professionals might have about choosing a dietary intervention.

For registration information log on to www.fhautism.com or call The Arc, 753-1711.

1885 NW 9th Street
Corvallis, OR 97330



The Arc of Oregon 2006 Convention
April 28-29, 2006 Hood River

Get Real! is this year's theme. For more information about attending the convention, call Marcie Ingledue, 503-581-2726 or Barbara Sackett, 753-8687.