

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

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

Finance 6:30 PM
Committee
Arc Office
1st Thursday

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

Resale 10:00
Committee AM
Arc Office
3rd Monday

Public Policy 8:30
Arc Office AM
3rd Thursday

Bingo 11:30
Committee AM
Springfield
4th Monday

The Arc Advocate

May 2007

MEANINGFUL ACTIVITY

The ArtFocus and Art for Careers programs of The Arc have captured the imaginations of many of us associated with The Arc. Forty artists participate regularly in our supported art activities. Elizabeth Black, facilitator of the program, shares her expertise and education with her fellow artists. The Arc clients are fortunate to have such an experienced teacher with a Masters Degree in Fine Arts from U.C., Berkeley. Elizabeth has worked with individuals with disabilities for eleven years.

Elizabeth and her very carefully trained assistants move quietly among the artists offering clean water, additional paint and paper, and a few words on the work in progress. Bit by bit, she imparts the principles of composition and color to aid her students in expressing themselves within the tradition of the larger art community. The intense concentration by the artists is inspiring. The products of our artists are multi-layered works, rich with color, unique and purposeful, created over many weeks to express the vision of the inner artist.

Come to The Arc Gallery on 9th Street any time to view the artwork on display. Watch for announcements of new show openings to meet the artists and to witness firsthand how art has enriched their lives. Self-esteem and pure joy of expression are among the products on display. Families, staff, friends, and passers-by can feel the positive energy of these events.

The Arc is working to expand its Art programs that provide recreation, products for sale, and valuable opportunities to practice job skills such as attention to detail, care of tools, scheduling, and appropriate level of socialization in a work environment.

WHAT MATTERS MOST



2007 OREGON CONFERENCE ON DIRECT SUPPORTS

This unique gathering of experts will teach best practices in the care of others and yourself. The physical, emotional, and financial health of direct support providers and consumers will be addressed. Over 40, 90-minute presentations give you opportunity for personal and professional growth.

Direct supports providers, strengthen your skills and your enjoyment of life. Network with others in your field, and have fun participating the Art Show, Photo Contest, and One-Eyed Jack Casino. The 2007 Conference on Direct Supports could change your life.

Got to www.directsupports.com for details to register.

ART SHOW

Honoring the creative talent of the DD Community and highlighting the theme of What Matters Most

PHOTO CONTEST

Photographers with a connection to the DD community will share their photos. Winning photos will convey emotional intensity, individual artistic vision, and composition of the work

ONE EYED JACK CASINO NIGHT

Wednesday July 25th 6:00 - 9:00pm
Open to the general public...

EXHIBIT AT OUR CONFERENCE

Come join us and Exhibit at our Conference
July 24 - 26 Includes 8' skirted exhibit table and outlet



Annual Corporate Meeting
of
The Arc of Benton County

May 17, 2007 at 5 p.m.

Benton County Club House
Adair Village

For all friends and members of The Arc of Benton County
State of The Arc Reports
Election of Officers and Directors to the Board

May 17, 2007

Following the Annual Corporate Meeting
The Arc of Benton County 2007

AWARDS BANQUET

6:00 No host social

7:00 Plated dinner

Also In May...

Many members are due for membership renewal. Please continue your valuable support! The Membership Committee is changing its meeting day to Mondays starting this month. The meeting will be May 7th at 9am.

Participants Needed

Parents or foster parents of a child 16 years or older with intellectual disabilities who is living at home are invited to participate in a study run by Iris Media, Inc. in Eugene. The study is a weight management program funded by a grant from the National Institutes of Health. It addresses issues such as changing your child's eating habits and getting him or her interested in weight management and exercise.

Involvement in the study includes completing a questionnaire, an interview (at your home or in their office), watching the video and using the activity book with your child.

\$100 for completing the activities. Call Kim at 877-343-4747
Email: kspencer@lookiris.com



Autism Blog: Join the Conversation

A new interactive blog was launched at the beginning of April, Autism Awareness Month. You can reach it via Easter Seals website, www.easterseals.com. The site is a place for individuals and families living with autism to connect with each other and find help, hope, and answers.

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Wildcat Park Work Party May 30-June 3

Join us in creating a great community playground designed to be accessible. Sign-up: www.newwildcatpark.org. And show up... all of our community is invited to celebrate the park's completion on Sunday, June 3.

Life Skills Class

Ongoing Mondays 4-5pm (except holidays)

Offered by the Benton County Developmental Disabilities Program

The current class topic is nutrition; other class topics will be:
stress management • problem solving • relationships • becoming a couple •
conversations skills • assertiveness • exercise • safety • addictions • sleep.

MAY 2007 FAMILY DO-IT-YOURSELF CALENDAR

Events for May 13th-31st on the other side

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|--|--|---|---|
| | <p>Shop @ The Arc Resale Corner 10th & Beca in Corvallis or The Arc Resale Center 10th & Main in Philomath</p> | <p>1 Terrific Tuesday Supper First United Methodist Church Community Center 5:15pm \$2.50 (Every Tuesday)</p> | <p>2 Adaptive Families Whole Family Socialization Papa's Pizza 5—8pm</p> | <p>3 Music a La Carte OSU Memorial Union 12 noon—1pm</p> | <p>4 Tour of Trees: Central Park Meet @ Gazebo in Central Park 4—5pm Free</p> <p>Live Music First Alternative Co-op South Store 4—6pm</p> | <p>5 Master Gardener's Annual Plant Sale and Clinics Benton County Fairgrounds 9—2pm</p> <p>Arts Festival: Shop @ OSU Memorial Union 10am—5pm</p> <p>Corvallis Waldorf School May Faire Corvallis Waldorf School 12 noon—4pm</p> |
| <p>6 Tour of Trees: Central Park Meet @ Gazebo in Central Park (Central Park & lower campus) 1—3pm Free</p> <p>International Dance Chintimini Senior Center 7—9pm Adults: \$2.50 Children: \$1.25</p> | <p>7 Teen Game Night Corvallis Library 5pm</p> <p>Bedtime Story Time Corvallis Library 7pm</p> | <p>8 Physical Fitness & Movement Benton Center 757 NW Polk 3:15—4pm \$1 (Every Tuesday)</p> | <p>9 Random Book Reviews Corvallis Library 12 noon—1pm</p> <p>Downtown Rocks: A Geology Walking Tour Jackson & 1st St. 2—4pm</p> <p>Adaptive Families Whole Family Socialization Papa's Pizza 5—8pm</p> | <p>10 Ragtime— the musical Majestic Theatre 7:30pm Adults: \$12 Children: \$6</p> | <p>11 Live Music First Alternative Co-op South Store 4—6pm</p> <p>Ragtime— the musical Majestic Theatre 7:30pm Adults: \$12 Children: \$6</p> | <p>12 CARDV Mother's Day Run/Walk for Safe Families \$20 pre-registration (before May 4) \$25 late/day of registration Parking lot @ 2nd St. and Western Blvd. 9am Walk Start 9:15am Run Start</p> <p>Family Climbing Time Dixon Rec Center Adults: \$8 Children: \$3 per child 1—5pm</p> |

MAY 2007 FAMILY DO-IT-YOURSELF CALENDAR

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|--|--|---|
| 13 Boxes, Boxes, Boxes Osborn Aquatic Center Ages 8+ 1—3pm \$5 | 14 Bedtime Story Time Corvallis Library 7pm | 15 Terrific Tuesday Supper First United Methodist Church Community Center 5:15pm \$2.50 (Every Tuesday) | 16 Health Lecture Series Parent Care & Family Relationships Senior Center 1:30pm—3pm | 17 Ragtime— the musical Majestic Theatre 7:30pm Adults: \$12 Children: \$6 | 18 Live Music First Alternative Co-op South Store 4—6pm Discover the Night Skies Chintimini Senior Center 7—9pm \$5 | 19 Let It Flow 2007: Festival of music & fun! Wren Community Hall—Hwy 223 Philomath, OR 4—11pm |
| 20 International Dance Chintimini Senior Center 7—9pm Adults: \$2.50 Children: \$1.25 | 21 Bedtime Story Time Corvallis Library 7pm | 22 Physical Fitness & Movement Benton Center 757 NW Polk 3:15—4pm \$1 (Every Tuesday) | 23 Adaptive Families Whole Family Socialization Papa's Pizza 5—8pm (Every Wednesday) | 24 Ragtime— the musical Majestic Theatre 7:30pm Adults: \$12 Children: \$6 | 25 Illusions of Reality: Entertaining Illusions of the Mind CHS Main Stage Theatre 7:30pm | 26 Hawaiian Lights @ Night on Bikes Parade Benton County Fairgrounds Must pre-register \$30 per person 9:30—10:30pm |
| 27 Ragtime— the musical Majestic Theatre 2:30pm Adults: \$12 Children: \$6 | 28 Memorial Day Holiday | 29 Terrific Tuesday Supper First United Methodist Church Community Center 5:15pm \$2.50 (Every Tuesday) | 30 Farmer's Market Benton County Fairgrounds 8am—1pm | 31 | <p>May 25 The Arc Gallery Spring Exhibit Opening Night 6-7:30pm ArtFocus & Art Careers Programs</p> | |

Upward Bound Camp Overnight Camps • Day Camps • Respite Care



☀ For campers twelve years old and up with developmental disabilities.

☀ To provide opportunities for respite and growth outside the person's usual routine or habitat.

For info about schedules & fees: ubc@open.org or (503)897-2447 in Stayton, OR

Speech Camp, Summer 2007

With Speech Pathologists Rosemary Ayres, M.S., C.C.C.—SLP & Anne Hommes, M.S., C.C.C.—SLP

- All summer Monday through Friday, except for the 4th of July.
- Sessions begin Monday June 18 and end on Friday August 31.
- Two daily sessions: 9:00-11:00 and 11:15-1:15.
- Open to children age 2 and up.
- Private speech therapy camp at 138 S. 12th Street, Philomath.

Now is a great time to sign up, get evaluations and insurance pre-authorizations. We bill Medicaid and most major insurance companies. Family discount payment plans are also available. Every year we have students who cannot begin camp on time because paper work has not been completed. To make sure your child is ready, register now with Teresa Bodwell at 929-4568.

Planned group and individual activities include: social play, language and reading activities, singing, auditory training on the computer, snack with oral-motor activities to improve speech, language and communication. Treatment plans and schedules are completely individualized; families may choose sessions as they wish. However, attending two or more sessions per week for part of the summer promotes greater progress than attending once a week for the whole summer.

All Stars, Inc., our group for teens and adults with developmental disabilities, will be scheduled after 1:30pm. Other special teen and adult groups such as Aspergers will be scheduled as interest for such a group is expressed.

Use the contact information below to let us know your needs.

Telephone: 541-929-4568 Email: rayres@alyrica.net



Lose the Training Wheels Bike Camp June 18 - 22 and 25 - 29, 2007, Portland OR

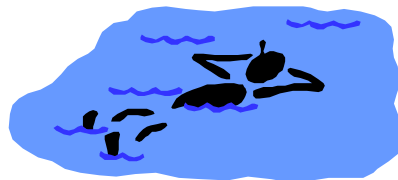
Riding a two-wheeled bike is no longer out of reach for many children with disabilities with the approach of Lose the Training Wheels bike camps. Studies have shown that children with disabilities who learn to ride a bike experience improved mental and physical health, are less fearful and gain confidence and self esteem.

Lose the Training Wheels Easter Seals Oregon is pleased to again partner with Lose the Training Wheels to bring the camp to Portland for the second year in a row. Tuition for the week-long clinic is \$100. Information about the 2007 sessions can be found at www.losetrainingwheelspdx.blogspot.com.



**Do You Remember the Physical Activities
That You Do Each Week?
If So, You Can Receive a Gift Card**

Researchers at Oregon State University are trying to learn more about how well people with intellectual disabilities answer questions about physical activity and how active they are during the week. The study involves us coming to the participant's home to get answers to questions about diet and physical activity, to take height, weight, and waist measurements, and to monitor activity level. The study requires a minimum of 16 days of participation. Participants who complete the study will be compensated for their time and efforts (\$20 gift card). Care providers will also be compensated for their time if they assist with questions (\$10 gift card).



If you are interested in participating, contact:
Marquell Johnson (541)737-3402 or email: johnmarq@onid.orst.edu.