

The Arc of Benton
County
Administration Office
414 NW Fourth Street
Corvallis, Oregon
97330
Phone: 541-753-1711
Fax: 541-758-1354
www.arcbenton.org

*A not-for-profit
organization
advocating for and
providing services,
as needed,
to enhance the lives of
individuals
with developmental
disabilities and their
families.*

The Arc Board 7:30
1st Thursday PM

Even numbered months:
Full Board of Directors
(Officers and Directors)

Odd numbered months:
Executive Committee
only

Finance Comm. 6:30
The Arc Office PM
1st Thursday

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

**Resale
Committee** 10:00
The Arc Office AM
3rd Monday

Public Policy 8:30
The Arc Office AM
3rd Thursday

**Bingo
Committee** 10:00
Springfield AM
3rd Wednesday

The Arc Advocate

December 2007

RECREATION NEEDS SURVEY

The survey included in this issue of The Advocate was created by The Arc's Public Policy Committee over the course of a few months. As a starting point, the committee used a survey written in 2003 by the City of Corvallis Parks and Recreation Department which was sent to people in the community. The Arc's new survey is intended to be used by everyone. It has been streamlined for readability. New questions have been added to find out about people's recreational experiences and their expectations. We hope you will give the survey your attention as the data returned to us will be feedback to the City of Corvallis. It will give us information about possible barriers to service and may help all of us focus on providing a more inclusive recreation community. If you care about someone with a developmental disability, please fill out the survey and return it to us or assist someone who might need help filling it out. Your input will shape The Arc's advocacy.

To all our members (new and renewed), volunteers, interns, donors, shoppers, bingo players, advocates, community business owners, churches, direct care providers, testers, legislators, artists, committee members, officers and directors of the Board, self-advocates, personal agents, and family members...

**THANK YOU FOR YOUR SUPPORT AND CONTRIBUTIONS
THROUGHOUT 2007**

The Arc of Benton County couldn't accomplish its mission without you.

A Holiday Gift Idea: Give Experiences Instead of Stuff!

Corvallis Parks and Recreation offers gift certificates for many of its programs and services.

A Few Ideas:

- ✓ Give an older friend or relative a great day trip, a Yoga class, or computer class (see pages 48-54). LBCC Classes are not eligible.
- ✓ Give a three month membership to Osborn Aquatic Center (see page 42).
- ✓ Give a set of swimming lessons (see page 38).
- ✓ Give a cooking class (see page 27).
- ✓ Give snowshoe lessons (see page 36).
- ✓ Give a session of dance classes (see pages 30-31).

Interested?

Follow these easy steps:

1. Come into the Administration office located at 1310 SW Avery Park Drive;
2. Choose a program or activity;
3. Pay in full by check, cash or credit card;
4. Leave with a gift certificate!

This year, give experiences — instead of stuff!



This page is taken from the *Corvallis Parks & Recreation Activity Guide—Fall/Winter 2007/08* which can be viewed online at www.ci.corvallis.or.us. Financial assistance is available through their Family Assistance Program. Information and application is on the website.

Resources of the 2007 Conference on Direct Supports

Couldn't attend the conference? Connect online to www.directsupports.com where session materials are posted under "Conference Info." Also, under "Resources," are useful links—job links, links to programs for assistance (like energy assistance), and general links to agencies whose mission is to enhance the lives of individuals with developmental disabilities and their families.

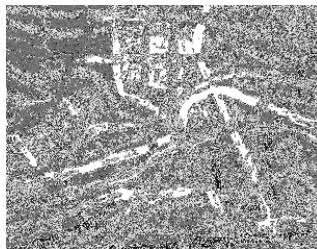
Dates to Save

February 14 *Love Trash Day*. Join The Arc of Benton County's volunteer crew on the Adopt-a-Highway detail. Spend up to four hours with friends in the fresh air of Highway 99 (aka Fourth Street) making our community more beautiful by picking up roadside trash. Our participation in this Oregon Department of Transportation program is coordinated by Sally Kalal. Call Sally 753-1711 to sign up for the Valentine's Day pick-up. 9 am—1 pm.

May 18 *Awards Banquet*. Place and time to be announced.

Date to be Announced

When the dust settles...the Art Gallery opening. Interior construction/remodeling will begin at 414 NW Fourth Street, new home of the administrative office and soon-to-be gallery, probably in the winter months. By the time of the opening we will have a ramp leading to a new front entrance, fewer interior walls, and track lights to show off the work of the ArtFocus artists.



All Stars, Inc.—the speech group facilitated by speech pathologist Rosemary Ayers for adults and teens with developmental disabilities—recently elected officers. Incumbent president, Daniel McKay, was re-elected. Newly elected Ruth Olleman will serve as secretary/treasurer. The officers hold two year terms and are responsible for signing and filing paper work for a non-profit organization with Oregon's Secretary of State and Justice Department.

414 NW Fourth Street
Corvallis, OR 97330

Administrative Office has moved!

The Arc Giving Tree

To participate is to bring joy to someone with a developmental disability.
Visit The Resale Corner at 10th & Beca in Corvallis!



Here's how it works:

Remove a tag from the tree and
follow the directions.

Santa will pick up your gift
on December 16, 2007 and
make sure they are delivered.

The Arc greatly appreciates your generosity during the holidays.

The Arc's Recreation Needs Survey

January 2008

1. Did you go in any Corvallis Parks & Recreation Department building or park last year?

yes no

2. Which Corvallis Parks & Recreation (P&R) places did you go to last year?

Check all that you went to, how it was, and who offered the activity.

Place	How was it?	With The Arc	Special "O"	Program of P&R	On your own
	☺ ☹ ☹				
<input type="checkbox"/> pool					
<input type="checkbox"/> Senior Center					
<input type="checkbox"/> Corl House					
<input type="checkbox"/> Tunison Community Room					
<input type="checkbox"/> Avery Park					
<input type="checkbox"/> Bald Hill					
<input type="checkbox"/> Central Park					
<input type="checkbox"/> Chintimini Park					
<input type="checkbox"/> Chip Ross Park					
<input type="checkbox"/> Cloverland Park					
<input type="checkbox"/> Crystal Lake Sports Fields					
<input type="checkbox"/> Martin Luther King, Jr. Park					
<input type="checkbox"/> Pioneer Park					
<input type="checkbox"/> Riverfront Park					
<input type="checkbox"/> Starker Arts Park					
<input type="checkbox"/> Tunison Park					
<input type="checkbox"/> Wildcat Park					
<input type="checkbox"/> Willamette Park					
<input type="checkbox"/> Woodland Meadow Park					
<input type="checkbox"/> other city parks					
<input type="checkbox"/> other natural areas or open space land					
<input type="checkbox"/> walking or jogging trails					
<input type="checkbox"/> bike paths (off street)					
<input type="checkbox"/> other					

3. Did you do any activity with Corvallis Parks & Recreation Department last year

- yes no

4. Which Corvallis Parks & Recreation (P&R) activities did you go to?

Check all that you did, how it was, and who offered it.

If your experience was good, why?

Activity	How was it? ☺ ☹ ☹	With The Arc	Special "O"	Program of P&R	On your own
<input type="checkbox"/> pool classes					
<input type="checkbox"/> adult sports leagues					
<input type="checkbox"/> adult recreation classes					
<input type="checkbox"/> youth recreation classes					
<input type="checkbox"/> youth sports league or sports camp					
<input type="checkbox"/> summer field trips					
<input type="checkbox"/> teen activities					
<input type="checkbox"/> summer day camp					
<input type="checkbox"/> senior center programs					
<input type="checkbox"/> young children programs					
<input type="checkbox"/> other					

5. If your experience was good, why?

- place people (staff or teachers) activity

other _____

6. If your experience was not good, why?

- place people (staff or teachers) activity

other _____

7. If your experience was good, would you do it again? yes no

If no, why not? _____

8. If you didn't do anything in Corvallis Parks & Recreation Department in the last year, when was the last time you did? _____

9. If you didn't do anything, why not? _____

10. What would get you to participate _____

11. Do you need accommodations? Check all that you need.

- wheelchair access
- visual aids
- sound/voice amplification
- extra time to accomplish activity
- lower cost activities
- behavioral support
- support staff
- partial participation schedule

other _____

12. Why do you use Corvallis Parks & Recreation Department activities or places? Check all your reasons.

- easy to use times
- easy to use place
- practice old skills
- learn new skills
- show others I could do it
- enjoy competition
- enjoy nature
- be with family
- for fun
- to make things
- meet new people
- be with friends
- to relax
- for a hobby
- for excitement
- exercise the dog
- have enough money to do it
- something to do
- keeps me healthy
- good staff
- nice places
- good things to do

other _____

13. Did you know the city offers financial help to families to pay part of the participation fees? yes no

14. Choose **five** of the most important things Corvallis Parks & Recreation Department can do in the future.

___ more accessibility Where? _____

___ more parks Where? _____

___ improve and take care of old parks

___ get more land for natural areas or open space

___ make more hiking trails and bike paths (off street)

___ offer more programs for people with disabilities

___ offer more programs for seniors

___ offer more recreation programs for adults

___ more sports fields

___ more swimming pools

___ more indoor recreation or meeting places

___ offer cultural or ethnic programs

___ offer more programs for children

15. Please tell what you think is the most important thing about parks and in the community.

Don't know

16. What kinds of indoor places does Corvallis need (gym, meeting place, recreation center)?

17. Corvallis Parks & Recreation Department helps other community groups provide activities. Did you know that Corvallis Parks & Recreation Department helps with the following activities?

- | | | |
|-----------------------------------|---------------------------------|--|
| Fall Festival | <input type="checkbox"/> I know | <input type="checkbox"/> I didn't know |
| Da Vinci Days | <input type="checkbox"/> I know | <input type="checkbox"/> I didn't know |
| Festival of Lights | <input type="checkbox"/> I know | <input type="checkbox"/> I didn't know |
| Red, White & Blues Music Festival | <input type="checkbox"/> I know | <input type="checkbox"/> I didn't know |

18. How old are you? _____

19. What kind of work do you do _____

20. Are you person with a disability family member support staff?
 other _____

21. Are you low income middle income higher income?

22. Do you live in Corvallis? yes no

23. Are you _____ female _____ male

24. Do you have any suggestions or thoughts to share with The Arc about the City of Corvallis Parks & Recreation Department?

If you want to, you may write your name or initials here _____

Thank you!
Please return survey by January 28, 2008 to

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This page—front and back— is a list of things to do made from the *Corvallis Parks and Recreation Activity Guide*. If you would enjoy doing the activity, put a check next to it.

Preschooler

- Parent and Child Soccer
- Creative Movement, Tap or Ballet lessons
- Music and Rhythm
- Creative Flower Power
- Learn to Draw

Youth

- Basic Sports Skills
- Creative Movement, Tap or Ballet lessons
- Hoolyeh Performing Group
- Music and Rhythm
- Team sports: basketball, football volley ball, soccer
- Sports on School In-service Days
- Climbing Wall at OSU
- Safety
- Wrestling or Martial Arts

Teen

- Safety
- Wrestling or Martial Arts
- Learn to Draw, Color and Design, Art as Meditation; Mandala Art
- Big Puppet Design and construction
- Catnip Camp; helping Heartland Humane Society)
- Learn Japanese
- Beginning Guitar, Intermediate Guitar, or Latin Guitar
- Song Writing
- Solving the Mysteries of Musical Theory
- Hoolyeh Performing Group
- Sports: Basketball Fundamentals, Girls Basketball Academy, Boys Basketball Academy, Boys and Girls Basketball Camp, High School Basketball, Climbing Walls, Fencing French Style, Standard Fencing I, Standard Fencing II, Self Defense, Martial Arts
- Tai Chi, Meditation

Family Fun and Skills

- Climbing Class
- Stargazing
- Geo Caching (Learn to use GPS treasure hunt)
- Bike Maintenance
- Big Puppet Design

Adult

Adult

Culinary Arts and Nutrition: David's Vegetarian Kitchen, Vegetarian Adventures with Tofu, Vegetarian Cooks with Greens, Vegetarian Adventures with Tempeh
Arts And Creativity: Digital Photography I,II,III,
Painting a Mandala, Harmonic Colors while Painting a Mandala,
Learn to Draw
Joy of Creative Writing
(Re) Design Your Yard
Beginning, Intermediate or Latin Guitar
Songwriting
Solving the Mysteries of Musical Theory
Hilltop Big Band or Corvallis Community Band
Adult dance lessons: Cha cha Round Dance, Square Dance Pt 1, Mainstream Square Dance Pt 2, Waltz and two step round Dance Phase 2/3, International Dance, Belly Dance, Ecstatic Dance/Mindful Movement
Social Dancing with Dave Feinberg: latin Sampler, Salsa I & II, Basic Swing, West Coast Swing, I & II, Ballroom Sampler
Team Sports: City League Basketball, Soccer, Volleyball, Dodge ball, Coaching Skills
Individual sports/ recreation: Fencing, standard I & II, French-style Fencing, Beginning Golf, Climbing Class, Stargazing, Martial Arts, Tai Chi, or Pilates
Canoe or Kayak classes and trips

Osborn Aquatic Center

Daily Aquatic Exercise options, Hydro Fit Academy
Swim Lessons, Scuba Diving, Springboard Diving
Parent-Tot, Water Babies or Water Kids
Red Cross Lifeguard classes; Swim Team; Triathlon Clinic
Kayak roll lessons
Polar Bear Swim, New Years Day
Underwater Hockey, Water Polo
No School Day Special Swim Schedule

Adult 55 +

Holiday Dinner, Dec. 25, Super Bowl Party, Boo Ball
Computer Classes, beginner and intermediate, windows, Word, Power Point, Digital Cameras photos ad images, Introduction to the Internet and e-mail
Travel and outdoor hiking; AARP Driver Safety class
Calligraphy, China Painting, Chintimini Artists
Write you life story, Creative Writing, Book Group
Sing along, Kazoo Band
Ballroom Dance, Line Dance
Enjoy Senior Center Video Library

Adult Adaptive Recreation

The Arc Weekend or weekday small group activities in the community
The Arc's Art Focus, primarily painting
Julie Hardenburger's Pottery classes
Julie Hardenburger's Aquatic Movements class
Special Olympics
Otter Kids Adaptive Swim Lessons (a volunteer opportunity)