

THE SAAL CONNECTION



The Voice of Self-Advocacy in Oregon

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Spring 2011 #63

Experience with Horses

By Anna Rodriquez, Astoria

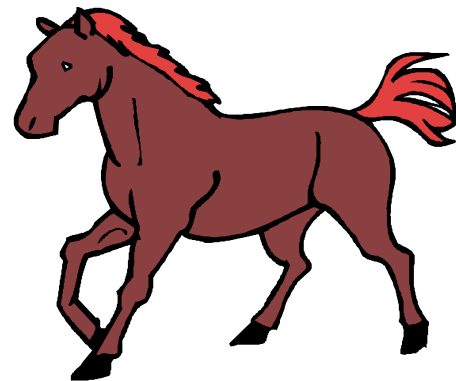
Two years ago, I started seeing Renee. She does therapy with horses. Before I started to see Renee, I didn't talk much and did not have a lot of friends. After two years of seeing Renee, I started talking more and even met new people and made new friends

The first incident I had was with a horse named Desiree. When I was feeding the horses, Desiree slid and fell into me, but that didn't keep me from continuing my work with horses.

Another experience that I had was the day I went down on Lady. I was on a trail ride and the trail was really narrow. There was a turn on the trail and the dirt was soft and we both went down together.

I didn't want to but, I jumped back on and rode the rest of the way home. The most recent learning experience was when I fell off of Pee Wee. I tried to get on bare back by myself and he started walking away.

Now I am helping out during groups with little kids.



Do you have a new email address?

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**ONE VISION!
MANY VOICES!**
By Judy Cunio, Editor

When it comes to Self Advocacy, it seems like no matter where I go, we are all working on most of the same issues. The Administration on Developmental Disabilities, (ADD) at the Federal level is beginning to realize more and more how important Self Advocacy is to everyone. As many of you may know, The ADD Commissioner is from Oregon. Her name is Sharon Lewis. ADD is in the process of holding 5 Self Advocacy Summits throughout the United States. This past March, 13 people from Oregon went to Los Angeles to the Envisioning the Future Allies, Self Advocacy Summit and worked with people from New Mexico, California, Nevada, Utah and Arizona.

The purpose of the summits is to talk about what each state is doing to make self advocacy stronger. What kind of support structures they have, and what some of the accomplishments and challenges are.

Each state team made a presentation about what they are doing with Self Advocacy. They talked about what worked and what hasn't worked so well. That makes it easier to work together on a National level.

We made some recommendations for the national ADD. While we were there, we developed a state plan to bring home and work on ways to make the self advocacy movement stronger in our own state.

The Oregon team decided that the best way to help make the Self Advocacy movement stronger in our state would be to develop a statewide Self Advocacy coalition in Oregon. We will start by holding a self advocacy summit in our state.

Some of the steps that we need to take, to get started include:

1. The Oregon team will develop and send a letter out to all of the self advocacy groups throughout the state, inviting them to participate in a video conference. If there is interest, then we will hold a statewide video conference and talk and get buy in from each self advocacy group. So if this sounds like something that you might be interested in, be sure to keep your ears and eyes open for more information that will be coming later
2. Our hope is that out of the summit we will be able to develop a statewide Self Advocacy Coalition. We can bring Oregon back on top with Self Advocacy!!

*Remember! No one can do everything
Everyone can do something,
But as a TEAM! TOGETHER WE CAN
ACHIEVE MORE!!*

My life as a Provider

By: Bryant Ray, St. Helens

I've been a provider for 20 years. I enjoy doing what I do. I've met some wonderful people from all over. Far and near. I've seen a lot of developmental disabilities which people overcome. It's wonderful watching the people do what others say they can't do and how they feel about what they can do. It's exciting to see them laugh and be happy go lucky.

Cutting services due to budget cuts for People with Disabilities

By: Ashley Rose Johnson, The Dalles

I am writing this as I was watching the news the other night. There was a town on the news that is closing their doors and turning clients away and denying services to people with disabilities. I find it wrong that the government is cutting services to the certain town. Being a person with a disability and having worked with Agencies that work with people with disabilities, most of them love their services as I much as I do (where we all get out in the community and look forward to staying active). Most people don't want to support these services. Some of the folks that I hear in my own community don't even want people with disabilities to be a part of their own hometowns.

Being a Self Advocate and having worked in the fields of the services provided by the State of Oregon, I think they should not have the right to cut the services to those who officially need the services and need to be supported.

For Example:

I, myself, with my own disability that I have, don't like being shut in my own home and being claustrophobic. I want to be in the community to help my own fellow friends. I know that having disabilities means needing support to keep these services open. I find them very useful.

If my services were cut totally, I would not have my Supported Living or Vocational Services to be able to volunteer at the jobs that I love so much, the skills for cooking, and living in my own home as I do need the help with these things. I also need help with my bill paying as I can't handle my own finances. I have to have a state rep-payee provided as long as needed. But for those folks that I heard about, I support them to keep their services open.

These Services are very important to us all.

Please don't let these be cut for those who need services!

What I Like

By: Earl Jegglie, Newport

I like to play games.
I like to talk to people.
I like to go places.
I like to go shopping.
I like to play with my dog.
I like to talk to my family at home and with friends in Washington.
I like to cook.

Getting a Job

By: Marlon Strobel, St. Helens

I am thinking about getting a job.
I think that maybe I'll work in retail. I want a good job so I can pay my bills.

Maybe I could get a car. I would drive my car to work. I could do my own grocery shopping. I could pick up my friends and go out of town and go to the coast.



If I had a job, I would feel better about myself. I would be able to go off of Social Security. It is important to me to work. I like Social Security too but they have rules.

Being Thankful

By: Francisco Bustamante, Lincoln City

My name is Francisco and I am 23 years old.
It all started when I was six years old, in 1994, I was lying on a hospital bed in Hermosillo, Sonora, Mexico. I found out that I was in a coma three months. The doctor at Hermosillo's Hospital said that I would be a vegetable. So my mother had me transferred to one of the best hospitals in Sonora. When we got over to Sonora, my mom saw I was getting weaker and weaker. She decided to go to the nearest church. When she got there the doors were closed, but my mom didn't care she got on her knees and started praying outside telling God to give me more time to live and she would take care of me.

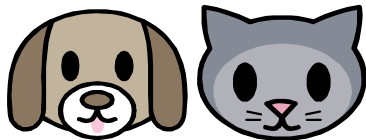
When I was 11 years old, my mom decided to come to the United States to try to get help for me. My family thought I would be able to walk and talk once again, through some type of surgery or medical procedure. Even though this never happened, I believe, I have been helped a lot. Many people and organizations have been very generous and supportive. I thank God I'm alive and have a loving, caring family.



My Family Vacation

By: Frank Perdue, Newport

Last year, I went to Arizona to visit my grandkids and spend Thanksgiving and Christmas. I came back this year. I am planning another vacation to Arizona this year, and I am leaving in November, and coming back December, to spend time with my grandkids, and great grandkids. I have six grandkids and six great grandkids and I sure enjoy spending time with them and having fun with them. We all love to do things together. And go to a wedding. Next event, I'm planning on a trip to Disneyland in California. I've never been there before to enjoy the fun of seeing new things.



Pets: I have a boxer dog and bobtail cat. I enjoy taking them places and having fun with them. My dog he is six years old and he is smart and he is tan with a white chest. My dog is very loving, he likes to play around with the ball, go swimming and he likes to go for rides and running. He likes kids and other animals, and he gets along with the cat very good and is the boss over the cat. He tells the cat off. My bobtail cat is a Manx. If you don't know what a Manx is, it's a cat with a short tail. He likes to bring animals to get praised for, to show and play with, and for me to catch. Other animals that my cat chases are birds, snakes, grasshoppers, centipedes, and dragon flies. My cat also scratches the furniture.

My life story is about myself. I was born with a speech impairment and a loss of hearing in my right ear. I was a little kid when my dad was kicking me. I grew up with two brothers, two sisters, a half brother, and a half sister. My mom was very hard to work with, but she didn't mean any harm. We love her and try to help her out.

I met my wife a long time ago. She had a crush on me when I was 18. She was married to my uncle and we were very close. They were married for 12 years. Then we were married for 12 years. She was a very dependable person and enjoyed doing stuff for other people and for herself. She was a very giving person. She told me that she was very happy and that she was very lucky to have me as her husband. My wife passed away last year. She was very sick. I took care of her; I almost gave up on her, but she wanted me to be happy. She said that she wanted me to find someone to be with. I miss her very much. I thank the Lord for helping me through this past year and I am very happy to come and tell you about myself. I tell about how come my life is very different from other people. There comes a time when we need help and need to be there for each other.

My wife always told me to reach out to other people. We need to teach and help them. There are a lot of people who need help. And thank God he helps all of us.



My Puppet

By: Jonathon S. Dickson, St. Helens

I have a puppet named Robert and he's a good long time buddy. I also have my stuffed white tiger named Silvia. They help out with me drawing in my adventure book.

My favorite characters are: Python Lady and Black Panther Woman.

I also volunteer at the food bank in St. Helens on Tuesday, Wednesday, and Thursday.

One other thing, my Granny likes this one group of ladies made as black panther woman's Arch rival named Junk Yard lady. Their leader is Black Panther woman's nemesis, Vanessa, and I also have some other characters. I like Insight Man, Tigress Nighthawk man, Nighthawk woman, and Nighthawk girl.

And I like watching Trail Blazer games on TV, along with the Seattle Seahawks.

Three or four summers ago, I went to the Rose Garden to watch the Portland Fire Basketball Game and the Portland Fire was in the WNBA for two summers.



How I'm Involved

By: Mark Knecht, Salem

Hi there, my name is Mark. I am an advocate for people with disabilities and veterans issues. I am a bulk mail clerk for the Oregon Paralyzed Veteran's Association (OPVA.) I also have served on the ARC of Oregon Board of Directors for the past seven years. Prior to that, I served on the Marion County ARC board. I'm also involved in several Veterans organizations. I am involved in prison fellowship.

I am a member of a Moose Care Lodge. I received an honorable discharge from the Army on July 14, 1979. I only served for two months. The point I am trying to make is that we can't all wear a military uniform, but regardless of our ability we all can serve our nation and our community in different ways.

We all know the American flag did not come without bloodshed. My hat goes off to all men and women who serve or have served, in the armed forces, who protect our Nation. For all Veterans, the VA Hospital takes care of Veterans of war. We as a nation owe this to our Veterans. May God bless America. May God save the common wealth of the USA.

I really enjoy public speaking.



What I Like

By: Sandy Lancaster, Newport

I like to play games.
I like to talk to people.
I like to go places.
I like to go shopping.
I like to play with my dog.
I like to talk to family at home.
I like to eat a lot of food.
I used to work with kids with disabilities
in the islands.

Baby Boy

By: Gina McGregor

My life story is I had a baby in the hospital. I had a boy named William Jr. He is a cute little boy. Mother Grandma thought he was an alien when he came out. My husband thought he looked like an alien too.

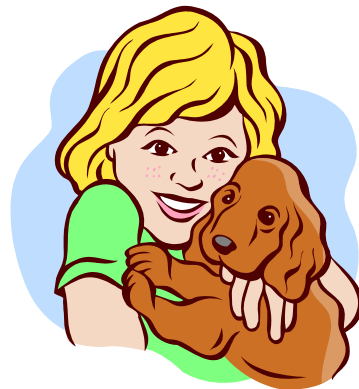
The doctor said he is a handsome boy. The doctor said the mother was happy and dad was too. Mother Grandma and the whole family were also happy.



My Dog Terry

By: Walter Marrical

Terry has been with me for a long time. He had been my companion and made me happy. I was very sad when he died. Terry did not like his vet. He had his own mind. He knew that the doctor took all his teeth out. If anybody touched him, Terry would growl at them. He did not like people teasing him. Terry slept with me. He was going blind in both eyes. He liked to play with other dogs. He was a good dog. Terry was picky about the dog food. He liked people food best. He would stand there watching me eat. He begged, I'd give him some. He didn't make any messes. He didn't want to take his pills. He always liked to go for car rides. Terry didn't see the new dog. Terry might have liked the new dog and the new dog might have liked Terry.



I Like...

By: Alberta Morton

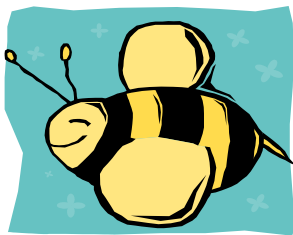
I like stories.
I like art, and
I like music on the radio.
I also have CD's and cassette tapes.

What it's like being an autistic child

By: Holly Fryer

Two of my family members who have a disability of autism like me, are my nephew, Patrick, and my niece, Sophie. When I was a kid with a disability of autism, I rocked around in a rocking chair. I used to have fits when plans got changed and it didn't work out and plans were cancelled.

When I was small, I was mad and lonely when my parents were away. They were on a long trip in the Spring of 1972. I thought my parents wouldn't come back. While my parents were gone, my musical bumblebee toy broke. I got upset and angry and my grandmother from Texas, who stayed with me and my older sister, Heather, she fixed my musical bumblebee toy!



I liked my musical bumblebee toy when I was little. My nephew hits his cheek when he gets mad and can't talk.

The best Special Ed. teacher that I, and my younger sister Steph's twins had, was Ms. Ruzete. She's a cheerful teacher. My niece, Sophie, loves to jump around. I think Sophie and Patrick might enjoy doing Special Olympics sports like me.

I think Sophie and Patrick would like Arc dances like me. Sophie and Patrick act so much more impatient during traffic jams and other problems.

My Life Now

By: Jessie Schipper

I worked at Riverside Training Center and I enjoy it. I live with a roommate.

I work with Bryant on Wednesday. He is a nice person to work with.

I lived with my aunt for seven years.

I am from Massachusetts and then I moved to Oregon in 2003.

I was abused by my family. I was in three fires and hurt badly.

I was taken away from my family and I am glad to be here.

I am very lucky to be here because I would be in a foster home, and now I am happy where I am at.

I had loved ones pass away.



My Life Story

By: Renae Murry, Clatsop County

To ask me to write this quickly is not good. I must think this through. My cerebral palsy is a part of me that I can't get rid of. It is because of how I am that I enjoy being with others that are different. Those who are different are still human too. Not many people see what we can be. Learning how to read and walk was a big chore, but it was worth it. I feel like when I read or walk I can soar.

My education was a big chore, but it was having the right to learn that I have become me.

The road I have taken has not always been fun nor fair, but I am still here. The future I cannot see. I don't know what it holds for me. I just hope that I can keep my future in mind.

My Life

By: Donna L Muller

My life story is I worked in laundry. I fold towels and wash clothes at the laundry. Donna has a grand baby named Hannah. I am cooking at home in my house. I love Hannah. She is cute and smart. I also want to thank ISN. I receive services from ISN. Where would we be without ISN? We need our supports and need more services. We can advocate!

My Family

By: Corrie Evilsizer

I was born in Muncie, Indiana, on November 12, 1974. I lived in Indiana until I was five years old. Then I moved to Missouri where my parents turned into two different people and got divorced when I was six years old. We lived in a small apartment until my mom met a man named Dennis and was transferred to Oregon. My mom wanted to marry him, so we moved to Oregon too. They were married at the courthouse in town. My Dad moved and met a woman named Marge. They have two kids.

My Story

By: Greg Wouf

My story is about my life. It is good. I live by myself in an apartment. Better for me is I like to go places. I got a family to love me. I live in Seaside.

I've been out of a job for a year. I love my mom.

My birthday is in September.





KRISTIN NICHOLS
is our
Advocate of the Quarter

Kristin is the Vice-chair of SAAL's Public Policy Committee.
This year, she has been very active at the state legislature.
She advocated that hate crimes law include people with disabilities.
She testified in front of legislative committees, and was even invited
by her

Senator (Verger) to sit on the Senate floor.
Kristin advocated for brokerage services, and other community supports.
She was the only person to complete all Adopt-a-Legislator campaign
activities through the Oregon DD Coalition!

For this reason and many more, we are pleased to feature
KRISTIN NICHOLS
as our Advocate of the Quarter!

Keep up the awesome advocacy work, Kristin! Kudos!

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