



Oregon Independent Living

***News from the Oregon State Independent Living Council (SILC)
Issue # 36 ~ November, 2008***

WHAT IS THE SILC? WHAT IS INDEPENDENT LIVING PHILOSOPHY?

The State Independent Living Council (SILC) is established by Executive Order of the Governor and consists of up to twenty-one voting members, the majority of whom are persons with disabilities. Along with the Office of Vocational Rehabilitation Services and Oregon Commission for the Blind, the SILC develops and monitors implementation of a 3-year State Plan for Independent Living (SPIL).

The SPIL establishes priorities for services, collaborations, networking, systems and policy change, and funding levels for the state's network of Centers for Independent Living (CILs). To help guide this plan, the SILC solicits public input about independent living services and the changing needs of people with disabilities throughout Oregon. SPIL work is done via collaboration with other disability related organizations whenever possible, with a focus on increasing opportunities for Oregonians with disabilities to live independently.

Independent Living (IL) philosophy promotes informed choice, equal access, and full inclusion ~ contributing to increasing independence of people with disabilities, and ensuring that they can actively participate in families, communities, careers, and recreation as peers.

One of the SILC's primary partners are Centers for Independent Living (CILs) ~ non-profit organizations, run by people with disabilities, for people with disabilities. CILs provides four core IL Services: 1) individual and systems advocacy, 2) information and referral, 3) independent living skills training, and 4) peer counseling. Oregon has eight Centers for Independent Living.

EXECUTIVE DIRECTOR UPDATE ~ TINA TREASURE

In reflecting on this year's accomplishments and upcoming work, some things come to mind relating to advocacy accomplishments in various areas. One example is disability advocates celebrating the success of passing the ADA Amendments Act that will go into effect in January. These amendments, while not perfect, and even criticized by some advocates, make some substantial improvements in restoring the Act's intent.

Regardless of where you may stand politically, the recent elections were a reminder of the years of risk, struggles, bravery, and tireless work of countless leaders and advocates that resulted in women and black individuals finally being able to exercise their right to vote and indeed be full citizens in our glorious country.

At a recent conference, two presenters compared their experiences as students with disabilities. One presenter was a student before disability laws were in place, and the other presenter recently graduated from college. Although both individuals advocated for themselves during their school years, one presenter's experience and advocacy was easier because there were laws, supports, resources, and technology in place, along with a higher degree of disability awareness. Those things were the result of years of work by disability advocates who successfully paved the way for opportunity, choice, and inclusion to be more equitable for people with disabilities now and in the future.

***The Mission of the SILC is to promote choice, equal access, and full inclusion
of people with disabilities, throughout the state of Oregon.***

Although a lot of progress has been made, new advocates and leaders are needed to insure that positive changes continue without backsliding. We have to find ways to ignite passion that was the driving force of the advocates that got us where we are. Without passion and advocacy, loss can occur in the blink of an eye. We may be at a different stage in our history, where a different approach and advocacy is needed, but the ever-present existence of passion and advocacy is vital. With a new year, an upcoming legislative session, and other opportunities to learn and to make a difference on the horizon, the theme of this newsletter is "get involved"! Vote, educate, lead, advocate, volunteer ~ get involved so that your voice and stories can be heard. Because every person, every voice, every story matters. **Tina**

STATE INDEPENDENT LIVING NEWS

Oregon 2008 Elections ~ Some results for the November 4th election are listed below. For more info:
<http://egov.sos.state.or.us/division/elections/results/2008G/index.html>

Elections Results as of November 10, 2008:
 Number of Registered Voters: 2,166,866 • Ballots Cast: 1,790,356 • Voter Turnout: 82.62%

UNITED STATES PRESIDENT AND VICE PRESIDENT

Barack Obama/Joe Biden

UNITED STATES SENATOR

Jeff Merkley

REPRESENTATIVE IN CONGRESS, 1ST DISTRICT

David Wu

REPRESENTATIVE IN CONGRESS, 2ND DISTRICT

Greg Walden

REPRESENTATIVE IN CONGRESS, 3RD DISTRICT

Earl Blumenauer

REPRESENTATIVE IN CONGRESS, 4TH DISTRICT

Peter A DeFazio

REPRESENTATIVE IN CONGRESS, 5TH DISTRICT

Kurt Schrader

The Department of Human Services (DHS) has spent the last two months developing potential reduction scenarios for review by the Department of Administrative Services (DAS) and the Governor for production of the Governor's Recommended Budget (GRB). This process has gained urgency due to the dramatic downturn in the economy and the resulting decrease in revenues to the state.

Seniors and People with Disabilities (SPD) is inviting stakeholders to attend an interactive forum on December 12 to discuss the GRB and how to move forward. They chose December 12 because the GRB is due out December 1st and this provides time for everyone interested to review and be prepared to discuss the impacts.

Two forums will be held - one geared towards seniors and people with physical disabilities (APD) populations and one geared towards people with developmental disabilities (DD). Your input is critical to SPD and they hope you can attend.

Date: December 12, 2008

Where: Oregon State Fairgrounds - Hart of the Garden (Floral) Building

When: APD specific issues - 9:30 am - 11:30 am
 DD specific issues - 1:00 pm - 3:00 pm

Directions: Enter Fairgrounds through "Red Gate" on 17th Street. Drive to parking area at end of Columbia Hall Building (#5). The Hart of the Garden (Floral) Building (#4) is located northwest (to the left) of the parking area. For additional information, please contact Karen Mainzer at 503-945-6444.

We can never get a re-creation of community and heal our society without giving our citizens a sense of belonging. ~ Patch Adams

STUDY NEEDS VOLUNTEERS!

Are you a woman with a physical disability who also experiences depression? If so, you may be eligible to participate in a research study.

The purpose of the study is to test a peer-implemented group therapy program designed to meet the needs of women with physical disabilities who require some form of accommodation.

ELIGIBILITY: You may be eligible if you:

- 1) have a physical disability that requires some form of accommodation
- 2) are 18 years of age or older
- 3) have no history of psychosis or cognitive disability
- 4) are not receiving DD services
- 5) are not actively suicidal
- 6) are not receiving psychotherapy elsewhere
- 7) have not recently initiated or discontinued an antidepressant medication within 6 weeks.
- 8) can travel to Eugene or Portland to participate

Contact Dr. Hassouneh in Portland at 503-494-2489 or phillide@ohsu.edu, or Roxie Mayfield in Eugene at 541-688-8388 or rdmayfield@yahoo.com

NATIONAL INDEPENDENT LIVING NEWS

- **ADA AMENDMENTS ACT OF 2008** ~ On September 25, 2008, the ADA Amendment Act (ADAAA) was signed into law. It was supported by more than 220 national disability and business organizations. The bill passed the House on a vote of 402 to 17, and unanimously passed the Senate. The ADAA gives people with a wide range of disabilities more tools for asserting civil rights protections than they have under current law.
- **SOCIAL SECURITY COST OF LIVING ADJUSTMENT** ~ Social Security announced a 5.8% benefit increase for 2009. The 5.8 percent Cost-of-Living Adjustment (COLA) is the largest since 1982. It will increase payments to 50 million Social Security beneficiaries, and increase payments to more than 7 million Supplemental Security Income beneficiaries.

AWARDS AND RECOGNITION

SILC Executive Director Receives Making a Difference in Community Award!

On October 21, 2008, the Portland Citizens Disability Advisory Committee (PCDAC) celebrated its second annual "Making a Difference in Community Awards." Recipients of the award were people whose peers selected them on the basis of their contributions in the field of disability. Tina Treasure, the SILC's Executive Director, was one of this year's recipients.



Tina has always been a tireless disability advocate and as a result, she has received many accolades from her colleagues and from the many people who have personally benefited from her efforts on their behalf. We are proud that Tina's successes in this field are noted not only in the work she does for the SILC and other organizations, but also that her efforts have impacted the Portland area, the State of Oregon, and beyond.

Congratulations to HASL for the tremendous work they did to help coordinate the October 2008 "Options for Success" conference. This two day conference brought together agencies, vendors, and consumers to share information, resources, and opportunities. Almost 500 people attended this event, including Senator Alan Bates, Representative Peter Buckley, and other elected officials. During the conference, Vocational Rehabilitation presented HASL with an award to recognize the close HASL/VR partnership.

Way to go HASL!



History Flash ~ Votes for women were first seriously proposed in the United States in July, 1848, at the Seneca Falls Woman's Rights Convention organized by Elizabeth Cady Stanton and Lucretia Mott. One woman who attended that convention was Charlotte Woodward. She was nineteen at the time. In 1920, when women finally won the vote throughout the nation, Charlotte Woodward was the only participant in the 1848 Convention who was still alive to cast her vote. Eighty-one years old, she cast her vote proudly.

HIGHLIGHTS OF SILC ACCOMPLISHMENTS FOR FY 2007-08

ADVOCACY

- **Deinstitutionalization (DI)** • Coordinated connection between Oregon Centers for Independent Living (CILs) and Oregon's On the Move Project to partner in transitioning people out of nursing homes.
- **ADA** • Coordinated CIL connections for ADA resources and training; supported passage of the ADA Amendments Act.
- **Medicaid and Durable Medical Equipment (DME) rule changes** • Joined with partners in opposing a CMS rule change that reduces reimbursement for expenses associated with transitioning individuals from institutions to a community setting to 60 days from previous 180 days. The federal rule change is currently on hold as a result of input of advocates.
- **Disaster preparedness** • Coordinated disability representation in statewide disaster preparedness work. Posted disaster preparedness information and resources on the SILC website and shared materials with CILs.

MEMBERSHIP

- **Recruiting** • Developed/implemented a survey to assess council demographics and expertise; identified gaps and conducted targeted recruitment; successfully recruited SILC candidates to fill representation gaps and develop a more diverse council.
- **Training** • Identified SILC training needs and established a knowledge baseline to be used as an outcome measure for pre and post SPIL period knowledge levels. Conducted exit interviews to identify areas to improve. Coordinated quarterly SILC trainings to address knowledge gaps.
- **Mentoring** • Improved SILC mentoring; coordinated development of new SILC member orientation materials in a modular style that enables a self-paced style in various formats to insure cross-disability accessibility.

EDUCATION/OUTREACH

- **Mega Conference** • Co-sponsored and worked with partner agencies to coordinate a statewide disability conference.
- **Conferences/presentations** • Coordinated SILC presentations and involvement in various conferences throughout the year, via SILC representation, conference planning, a SILC display table, and/or an IL presentation.
- **Disability Mentoring Day** • Coordinated CIL participation in Disability Mentoring Day to promote employment of people with disabilities and leadership development.

LEADERSHIP DEVELOPMENT

- **Leadership opportunities** • Developed and shared a Young Adult Leadership presentation; developed a Leadership Training; coordinating development of a Young Adult IL Advisory Group for individuals to brainstorm, peer-mentor, and share advocacy successes and challenges.

SILC MEMBERS AS OF 9/30/08

<u>Name</u>	<u>Location/Representing</u>
1) Brad Collins	Eugene
2) Sharon Coverstone	Salem
3) Sharon Ely	White City
4) Angel Hale	Salem
5) Wendy Howard	CIL-Klamath Falls
6) Dodie McKenzie	Section 121
7) Jack Oliver	White City
8) Randy Samuelson	CIL-Grants Pass
9) Tracy Schaffer	Portland
10) Martha Simpson ~ Chair	Portland
11) Frank Synoground	Ex-officio ~ OCB
12) Stephaine Taylor	Ex-officio ~ OVRS
13) Glenn Van Cise	CIL-Bend
14) Dean Westwood	Portland
15) Ulee Yanok	Huntington



Thanks to EACH of you for your time, work, and involvement in your work to improve the lives of Oregonians with disabilities! We couldn't have accomplished these tasks without you!

The good we secure for ourselves is precarious and uncertain until it is secured for all of us and incorporated into our common life. ~ Jane Addams

ADVOCACY COALITION OF SENIORS AND PEOPLE WITH DISABILITIES

This group initiates and reviews legislation regarding seniors and people with disabilities, with a goal to promote individual empowerment and independence. Annual individual dues are \$5; agency dues vary; but no one is turned away based on inability to submit dues. Members receive regular email updates including legislative updates and action alerts, and have the opportunity to submit input to create a strong unified voice to build a better future for Oregon seniors and people with disabilities.

Involvement in this group is an easy way to stay in the loop about Oregon disability and senior issues, as well as providing an avenue for your voice to be heard and counted! Complete and submit the form below if you'd like to join, or contact Bill Olson, Disabilities Co-Chair, to learn more: 503-316-9844 fwolson@comcast.net

Advocacy Coalition of Seniors and People with Disabilities 2009 Membership Application

Advocacy Coalition of Seniors and People with Disabilities
Advocating for Services Oregonians Can't Live Without.



Name: _____

Organization: _____

Address: _____

Email: _____

Phone: _____

I am interested in working on the following issues: _____

I am able to volunteer in the following ways:

- Telephone Tree
- Mailing
- Legislative Advocacy
- Grassroots Organization
- Help with Meeting Space
- Other

Attached are my dues:

- \$5.00 Individual
- \$25-\$100 Local Organization
- \$50-\$500 Statewide Organization
- Other

Please make your checks payable to:

Advocacy Coalition

PO Box 5970

Salem, OR 97304

(No exclusions for lack of dues)

Never doubt that a small, group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has. ~ Margaret Mead

ARE YOU READY TO MAKE A DIFFERENCE IN OREGON?

If YES... Find out more about the Independent Living Movement!

The Independent Living Movement works to insure that people with disabilities have equal opportunities as people without disabilities to: control decisions about their lives, pursue activities of their choosing, assume full citizenship and inclusion, and have all the responsibilities and risks that come with these rights.

The State Independent Living Council (SILC) promotes Independent Living (IL) in Oregon. The SILC partners with Centers for Independent Living (CILs) ~ organizations run BY people with disabilities, FOR people with disabilities, each providing **FREE** Independent Living services that empower individuals to increase their independence.

Will you become involved in the Independent Living Movement to promote the **INDEPENDENCE, CHOICE & DIGNITY** of People with Disabilities?

Contact the SILC to get involved in any of these ways:

- ★ **SILC MEMBERSHIP** ~ Inquire about joining the SILC
- ★ **EMAIL LIST** ~ Join our email list to receive disability info and news
- ★ **COMMITTEES** ~ Inquire about involvement in our Advocacy or Education, Outreach, Leadership Development committees
- ★ **IL SERVICES** ~ Find out about IL services that might be available in your area
- ★ **"STEPS"** ~ Inquire about free training on "being an employer of a Homecare Worker" for eligible individuals who use in-home personal services
- ★ **WEBSITE** ~ Visit our website for additional info, resources, and links • www.orsilc.org

YOUNG ADULT IL ADVISORY GROUP

If you are a young adult with a disability, between the ages of 18 to 26
Or...If you are a parent of a young adult with a disability in that age range
Or... if you are a teacher who works with students with disabilities in that age range

Consider joining our **YOUNG ADULT IL ADVISORY GROUP**. This group offers peer support and mentoring via toll-free conference call meetings, so you may participate easily from wherever you might be!

What's in it for Young Adults with Disabilities?

- ★ Shared mission ~ working with peers to change the world ~ step by step
- ★ Skills training ~ Opportunity to develop your leadership and advocacy skills
- ★ Peer mentoring and support ~ opportunity to for your stories and life experiences to be a model for each other and others
- ★ Resume! ~ Participation in a statewide advisory group is valuable experience that looks great on your resumé!
- ★ Potential opportunities for training scholarships, workshops, or school/community volunteer credit



What's in it for parents and teachers of Young Adults with Disabilities?

- ★ The calls can **help YOU** in educating students with disabilities about resources, philosophy, and services that will be useful for their transition to college, careers, and living more independently! A speaker phone enables group participation of yourself and your student(s), so you may all benefit from the calls.

**Please join us for the next Young Adult IL Advisory Group call
Friday, December 12, 2008 • noon to 1:00 p.m.**

How to participate: Contact Lynelle to RSVP and obtain dial-in numbers:
email: Lynellex@comcast.net • phone: 503-370-8157

OREGON CENTERS FOR INDEPENDENT LIVING

Centers for Independent Living are non-profit organizations, run by people with disabilities, for people with disabilities. CILs serve all ages and all disability groups. Every CIL provides four core Independent Living Services: 1) individual and systems advocacy, 2) information and referral, 3) independent living skills training, and 4) peer counseling. Oregon has eight Centers for Independent Living.

Note: These CILs meet Rehabilitation Act Section 725 standards. Only those CILs that meet all Section 725 Standards & Assurances are considered part of what is known as the "Network" of CILs.

CORIL (Central Oregon Resources for Independent Living)
Bend • 541-388-8103 • www.coril.org • Service Area: Deschutes, Crook & Jefferson Counties

EOCIL (Eastern Oregon Center for Independent Living)
Ontario • 541-889-3119 • www.eocil.org • EOCIL Pendleton Satellite Office • 541-235-2224
Service Area: Baker, Gilliam, Grant, Harney, Malheur, Morrow, Umatilla, Union, Wallowa, Wheeler Counties

HASL (Independent Abilities Center)
Grants Pass • 541-479-4275 • www.haslonline.org • Service Area: Josephine and Jackson Counties

ILR
(Independent Living Resources)
Portland • 503-232-7411(V); 503-232-8408(TTY) • www.ilr.org
Service Area: Multnomah, Washington & Clackamas Counties



LILA (Lane Independent Living Alliance)
Eugene • 541-607-7020 • www.lilaoregon.org • Service Area: Lane County

SCILS (South Coast Independent Living Services)
Brookings • 541-247-6766 • Service Area: Coos & Curry Counties

SPOKES Unlimited
Klamath Falls • 541-883-7547 • www.spokesunlimited.org • Service Area: Klamath & Lake Counties

UVdN (Umpqua Valley disAbilities Network)
Roseburg • 541-672-6336(V); 541-440-2882 (TTY) • Service Area: Douglas County

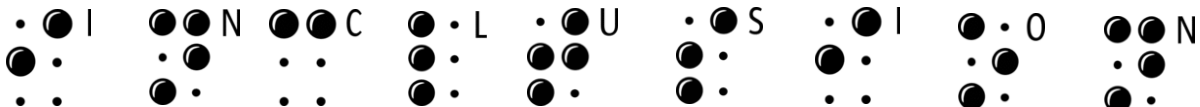
**Remember there's no such thing as a small act of kindness.
Every act creates a ripple with no logical end. ~ Scott Adams**

**The life I touch for good or ill will touch another life, and that in turn another,
until who knows where the trembling stops or in what far place my touch will be felt.
~ Frederick Buechner**

RESOURCES

• **Resources for people who are blind** ~ info on computers, hardware, software, and tips, tricks, tutorials, training, and software downloads • www.blind-computing.com

• **100 Web Tools for learning with a disability** ~ http://www.collegedegree.com/library/college-life/100_web_tools_for_learning_with_disability



YOUNG ADULT LEADERSHIP OPPORTUNITY

**Are you a Young Adult with a disability
Between 18-26
Ready for your leadership skills to take flight...?**



**Are you available to attend a FREE Leadership Training
in Salem, January 9th and 10th with expenses paid?**

Applicable to approved expenses, based on state travel rules. Approved expenses are also covered for a parent, chaperone, or personal service attendant to travel with you if you wish.

If interested, please complete and submit the following information via mail or email.

Applications must be received by Wednesday, December 10th, 2008

Name: _____

Street Address: _____

City, State, Zip: _____

Age: _____ **Phone Number:** _____

Email address: _____

Disability: _____

Accommodations (if any): _____

Application Requirements

1. One brief recommendation paragraph or letter

(From someone who has seen your self-advocacy and/or leadership potential.)

2. Name and contact information of the person who is recommending you:

Reference Name: _____

Reference Phone Number: _____

Reference E-mail or postal mailing address: _____

3. Additional Reference:

Reference Name: _____

Reference Phone Number: _____

Reference E-mail or postal mailing address: _____

4. Describe why Leadership Training interests you

Please write two or more paragraphs describing why you are interested in leadership training ~ for example, what do you hope to learn? How might you use the skills you may gain from the training?

Assistance and accommodations for completing this application are available upon request.

To learn more or request additional assistance, contact Lynelle at lynelle@comcast.net or 503-370-8157.

Application Submissions are due by December 10th. Submission options:

1. Mail: ~ Oregon SILC • 500 Summer Street NE E-87 • Salem, OR 97301-1120
2. Email: lynelle@comcast.net

1st QUARTER SILC MEETINGS**Renaissance Inn ~ 5188 Wittenberg Lane ~ Keizer, OR ~ 503-390-4733****➤ Thursday December 4, 2008**

4:30 to 6:00 p.m. ~ Executive Committee meeting

➤ Friday December 5, 2008

8:30 a.m. to 4:00 p.m. ~ Quarterly SILC meeting

SILC MEETINGS ~ GENERAL INFORMATION

The SILC meets quarterly, on the first Friday in March, June, September, and December, with occasional shifts to avoid holidays. SILC meetings are usually from 8:30 a.m. to 4:00 p.m. except in September where the meeting day is divided to accommodate a short SILC meeting and an Annual SILC Retreat.

GUESTS ~ Guests are welcome to attend SILC meetings. You may speak or share materials during the Public Input section of the meeting; materials must be available in alternate formats.

ACCOMMODATIONS ~ Accommodations, including provision of interpreters, assistive listening devices, and materials in alternate formats, are available upon request. Although efforts will be made to arrange accommodations with 48 hours notice, the SILC requests 2 weeks notice to ensure accommodations.

INCLUSION ~ In support of the SILC mission of inclusion, we request that people refrain from wearing perfumes or other scents at the meetings so that people with chemical sensitivities may attend and participate comfortably. All service and companion animals must be in control throughout the meetings. Thank you in advance for your cooperation.

SILC STANDING COMMITTEE MEETINGS

Individuals interested in attending committee meetings must contact staff in advance to confirm meeting time and to coordinate logistics, if applicable. SILC committee meetings are via conference call unless indicated otherwise, and are all subject to change based on the availability of committee members.

- **Advocacy Committee** (AC) ~ 2nd Monday of each month ~ 9:00 a.m.
- **Education, Outreach, Leadership Development Committee** (EOLDC) ~ 4th Monday each month ~ 1:00 to 2:00 p.m.
- **Executive Committee** (EC) ~ 4th Friday each month ~ 1:30 p.m. 1st Thursday each quarter, 4:30 p.m. (in-person meeting)
- **Membership, Development and Training Committee** (MDTC) ~ 3rd Friday of non-SILC meeting months at 9:00 a.m. In person meetings quarterly, if needed.

DRAFT SILC QUARTERLY MEETING AGENDA**Friday, December 5, 2008**

8:30	WELCOME/INTRODUCTIONS	1:00	APPLICANT RECOMMENDATIONS
8:40	SILC APPLICANT INTRODUCTIONS	1:15	AGENCY REPORTS
8:50	AGENDA REVIEW	1:30	SRC
9:00	CIL PRESENTATION	1:45	MFP UPDATE
9:15	ADA PRESENTATION	2:00	WIN UPDATE
9:45	ACTION ITEMS	2:15	STEPS
10:30	PUBLIC COMMENT	3:00	PROJECT/ACTIVITY UPDATES
10:45	RSA REVIEW UPDATE	3:30	2009 LEGISLATIVE SESSION
11:00	DHS BUDGET REDUCTIONS	3:50	SILC MARCH MEETING PLANNING
11:45	SPIL PROGRESS REPORTS	4:00	WRAP-UP/ADJOURN
12:00	NETWORKING LUNCH		

OREGON SILC

500 Summer Street NE E-87
Salem, OR 97301-1120

*When you do nothing, you feel overwhelmed and powerless.
But when you get involved, you feel the sense of hope and accomplishment
that comes from knowing you are working to make things better.*

Newsletter Subscription Info

OIL News is a quarterly publication of the SILC.
For a free on-line subscription, send a request with
your email address to: oregon.silc@state.or.us.

If you receive this newsletter in print and would like
to receive it via e-mail or alternate format, please let
us know. We encourage people to consider the on-
line option as a way to reduce printing/mailing costs.

SILC Contact Information

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TTY: 1-866-813-3526

Email • oregon.silc@state.or.us
Website: www.orsilc.org