

## **Summer ends, Fall begins. Message from Rob Honan**

Hello again. There are many exciting things going on with the SILC and the CILs here in WA. This edition of the newsletter highlights some recent past events and provides insight into what will transpire in the next two months. Here's a sampling:

- ☑ SPIL update.
- ☑ Local candidates forums
- ☑ Updates from the Centers for Independent Living, including Summer Youth Programs.
- ☑ A feature on the adoptive telephone equipment distribution program.
- ☑ Other CIL updates
- ☑ Photos from the National Council on Independent Living Conference in Washington DC

### SILC Membership

- ☑ Romel Mackelprang, Chair, Spokane
- ☑ Jana Finkbonner, Vice-Chair, Bellingham
- ☑ Sandra Carr, Member at Large, Spokane
- ☑ Gilbert Garza, Sunnyside
- ☑ Linda McClain, Spokane
- ☑ Trina Forest, Lakewood
- ☑ Devin Beach, Ellensburg
- ☑ Al Neely, Yakima
- ☑ Debbie Cook (ex-officio), Seattle
- ☑ Andres Aguirre (ex-officio) Lacey
- ☑ Barbara Hathaway, Executive Assistant, Lacey
- ☑ Rob Honan, Executive Director, Lacey

**Inside this Edition/ Table of Contents Note: First set of numbers are page numbers of graphic edition and the second set of numbers correspond to the TEXT only (this edition)version**

Director’s Message	1/ 1
List of SILC members	1/ 1
SPIL	1/ 2
Candidates Forums	2-4 / 3-5
CapTel	5/ 5-6
CIL/SILC news	6-14
dARSW Youth	6-8/ 6-8
dARSW: Megan Timothy	8-9/ 8-9
CWDR news	10-11/ 9-10
Alliance Open House	12/ 10
CFI News	12-13/ 10-11
SILC Public Forum/ Mtg	13/11
dARSW Open House	14/ 12
NCIL/National Council on Independent Living Photos	15/ 12-13

**State Plan for Independent Living (SPIL)**

As most of our readers know, the SPIL is the driving force behind the federal mandate of the SILC. The SILC submitted the SPIL to Rehabilitation Services Administration (RSA) on June 30th.

The current status of the document is that it is “not yet approved,” but members of the SILC, CILs, and the SILC executive director are actively streamlining and improving the document so that it will soon be approved.

RSA is pleased with what has been presented, but wanted clarification on the who would be

responsible for certain goals and activities of the SPIL.

We are appreciative of all the effort from those who provided public input into the SPIL. It is a document that we can all be proud of.

Look for the approved SPIL soon at [www.wasilc.org](http://www.wasilc.org)

Page 2

## **CILs and Allies to host Candidates Forums**

With the 2010 elections less than two months away, the SILC has learned that there will be four different candidates forums across the state.

These forums are designed to do several different things. First, these opportunities are a great way for persons with disabilities, their families and their allies to ask candidates where they stand on disability- related issues. As a large minority constituency, we are a group that future legislators need to understand.

Second, these forums are also designed so that candidates themselves will learn more about disability issues. With public policy affecting the lives of persons with disabilities, it is critical that we ask questions on to approach health and disability. And we most hold the candidates, once elected, accountable. It is our duty to educate candidates.

In order to make this happen, there will be four candidates forums held throughout the state, in Lakewood, Seattle, Spokane, and Vancouver.

Please attend a forum in your area.

(Clip art: Voting box)

**QUOTE FROM JUSTIN DART: GET INVOLVED IN POLITICS AS IF YOUR LIFE DEPENDED ON IT. BECAUSE IT DOES."**

Candidates Forums: Announcements (Seattle, Spokane, Vancouver, Lakewood)

### **Disability Community Candidate's Forum: SEATTLE**

Sponsored by: Governor's Committee on Disability Issues and Employment (GCDE) and The Alliance of People with Disabilities, WA State Independent Living Council

Date: Wednesday, **October 6, 2010**, 6 pm to 9 pm

Place: University Heights Community Center, Room 209

Address: 5031 University Way NE, Seattle, WA 98105

Parking: Free on-street or off-street; available in center's south lot from University Way NE.  
Access: Available with lift from southern west entrance up to and including 2nd floor;  
additional free parking available from Brooklyn Ave NE for north lot and accessible  
entrance. Staff will be available for lift assistance.

Bus lines: Proximate to Metro Bus Routes 70-74 on University Way NE, 66 and 67 on 11th  
Ave NE, among others.

RSVP to Event. Contact Julian Wheeler, at [julianfwheeler@aol.com](mailto:julianfwheeler@aol.com).

Page 3

---

**What: Candidate's Forum: SPOKANE**

*With focused discussion on issues affecting people with disabilities, healthcare, and  
Independent Living*

**When: October 20<sup>th</sup>, 2010 5pm-7pm**

**Where: WSU / EWU**

**Riverpoint Campus**

**Downtown Spokane Washington**

Sponsored by: *CORD (Coalition of Responsible Disabled)*

*Lighthouse for the Blind*

*Brain Injury Network*

*State Independent Living Council*

*Disability Rights of Washington*

*More information to follow or contact: Mara Kamstra [maraleekamstra@hotmail.com](mailto:maraleekamstra@hotmail.com)*

*509-710-6520 CORD Board Member or CORD 326-6355 [cheryl@cordwa.info](mailto:cheryl@cordwa.info)*

---

**2010 Candidates' Forum: VANCOUVER**

Sponsored by the Clark County Disability Coalition

**Tuesday, October 26, 2010**

**6:00 - 8:00 pm**

**Luepke Center Community Room**

1009 E. McLoughlin Blvd, Vancouver, Wa 98663

**Questions or accommodation request call 360-694-6790**

Page 4

---

You are invited to a  
Public Voting Forum  
**September 29, 2010**  
**4:30 - 8:00 p.m.**

TACID

6315 S 19th St  
Tacoma, WA 98466

Space is limited.

Reserve your place by  
September 27, 2010

Call Christina or Alonzo

CFI (253) 582-1253

TTY/VP (253) 474-1748

This forum is sponsored by:

- I. Navigating the Election
- II. Candidates Speak & Answer Questions
- I. Voter Registration Activities

Register to Vote

Political Party Information

- II. Accessible Voting Activities

Learn Where to go to Vote

Practice Voting Machines

- III. Meet & Greet Candidates

- IV. Information on Disability Organizations

Accommodations: Requests for all accommodations including sign language interpreters and assistive listening devices must be made by September 20, 2010. Call the above TTY/VP or email [christinam@centerforindependence.org](mailto:christinam@centerforindependence.org)

(TACID logo, CFI Logo, Pierce County Auditor's Office Logo)

Page 5

CapTel Program: A Way Towards Independence

**Housed** in the Department of Social and Health Services, the Office of Deaf and Hard of Hearing offers several programs useful to persons who are hard of hearing and Deaf. One such program is the Telecommunication Equipment Distribution Program, which provides CapTel phones to those who need it.

**What is CapTel?** As the name indicates, this is a phone that provides users with the option of captioned words. Operating much in the same manner as traditional TTY relay, a hearing caller can call (and vice versa) a Deaf or Hard of Hearing caller, but the call must go through an operator who will either voice (to the hearing person) or type (to the Deaf or Hard of Hearing person) the conversation. The hearing person will use the same phone as they normally use, but the CapTel phone is equipped with a small screen so that Deaf and Hard of Hearing users will “read” the conversation.

Eligibility for obtaining the devices consists of the following:

- ☑ Resident of WA
- ☑ Ages: 4 and up
- ☑ Fill out application with relevant information (audiologist) or someone who is a Deaf Professional.
- ☑ Fee is sliding scale and is based on several factors (possible to get the equipment free of charge based on income and family size).

For more information about the Office of Deaf and Haring of Hearing, please to go to: <http://www.dshs.wa.gov/hrsa/odhh/>. You can also contact several of the state-contracted Trainers who may of assistance, too. The SILC’s very own Sandra Carr is a Trainer and can provide technical assistance. She can be reached at: 509-475-3430 text message only, or toll free at 888-552-3113 and extension #4. Leave a message and she will return your call. or email at [carr779@comcast.net](mailto:carr779@comcast.net)

(Clip art graphic of a telephone)

Page 6-8

dARSW Youth in Transition

By dARSW staff

The second annual Take Charge Summer Leadership Program took place in August at Disability Resources of Southwest Washington in Vancouver with 14 participants experiencing skill-training practices and events that will help prepare them to meet the challenges of independent living.

This year’s program was divided into two weeks and then culminated when both groups

came together on Aug. 28 for a trip to Seattle aboard Amtrak to see a Mariners baseball game.

Emphasis throughout the two weeks again was focused on self advocacy, self confidence and youth leadership ,while learning skills such as public transportation, budgeting, involvement in community projects, the voting process and emergency preparedness.

The program kicked off Aug. 2 with nine students, ages 17 to 23. Two students who participated in last year's summer leadership week returned and served as mentors to the new students. We also had a recent high-school graduate join the group as a mentor. Young people with disabilities between the ages of 15-24 were eligible to enroll.

The five-day program covered public transportation and budgeting skills each day as well as specific independent living skills training and field trips on individual days. The first day was directed at riding public transportation. Based on a need we discovered from the group, a field trip to the local library by bus was planned. Only two of the nine students had library cards so those who wanted were able to get cards to check out books.

Subsequent days included classroom activities on nutrition and activities followed by a trip to the county fitness center as well as an emergency preparedness classroom lesson followed by a trip to a fire station where firefighters discussed the safety issues and gave the students a tour of the station.

Disability Resources also gave each student an emergency backpack filled with every item they would need to live for three days following an emergency or disaster. Each student also filled out an emergency plan to keep in their kits and post at locations throughout the house.

One day was devoted to community involvement and self-awareness. The conversation also dealt with how each student could help shape the public image of people with disabilities through words and image.

Then everyone boarded the bus for a trip to the bowling alley where they bowled and had pizza for lunch.

(Photo of 12 individuals at fire station in front of fire truck)

The final day was spent at the Clark County Fair where each student was given money and had to manage their expenses to stay within budget as they experienced rides, games, vendors and food booths.

The budgeting training from the first year's program was used again during both weeks this year. Each student was given \$20 a day and at the end of the day had to deduct their expenses to determine how much money they had left that day. At the end of the week, the students were given the remaining money. Knowing they were going to receive money at the end of the week was a great encouragement to participate in the budgeting process.

The second week had five students and incorporated most of the same skills training. An

addition was a trip to the county registrar's office to allow two students to sign up to vote. Students from both weeks were then invited to travel by train to Seattle from Vancouver, Wa., to attend a Mariners baseball game on Aug. 28. The train trip and seeing a major league baseball game was a first for most of the students.

(Photo of youth participant wheelchair user talking at fire station)

The outline of the youth leadership program is from the "Take Charge" program, a course of educational and fun activities that allow students to empower themselves to make decisions based on their needs and goals. It was written by Laurie Powers, PhD through the Center on Self Determination, Oregon Institute on Disability and Development, Oregon Health and Sciences University through a grant from the U.S. Department of Education, Office of Special Education and Rehabilitative Services.

The four steps are Dream (plan your future), Set Goals (decide what you are going to do now), Problem Solve (how are you going to do it) and Do It! (take action).

Page 8-9

### **dARSW: Megan Timothy Presentation**

**By Elton Busby**

We here at disAbility Resources of Southwest Washington continue to strive to provide the information, resources and education the disability community needs to live happy, strong, healthy and independent lives. Recently we hosted an afternoon of laughs and inspiration with Megan Timothy, author, motivational speaker and stroke survivor. Megan survived her stroke at age 60; having been an actress, adventurer and world explorer before her bleed she wasn't going to be told no by a silly little stroke. Megan finished her rehab and decided that the information and support she had received was insufficient; she grabbed her bicycle and trusty helmet and took the highways. 12,000 miles and 27 states later Megan found the answers, community and support she was after.

We started off the afternoon by having a panel of 5 medical professionals from Southwest Washington Medical Center, join us for an informal discussion on what stroke is, the signs of having a stroke and what to expect after having survived one. It was educational and even entertaining. We are grateful to have a wonderful working relationship with the compassionate staff of SW Washington Medical Center.

(Photo of group leader and meeting participants engaging in dialogue)

After the roundtable discussion with our experts, Megan began a humorous and heart warming recounting of her life and experiences with stroke. Our invited audience was hanging on every word, eagerly asking question of Megan and sharing laughs and tears at her answers. One participant was quoted saying "Megan's story is empowering and

reminds us that regardless of our circumstances, we are given a choice to either be done in by stroke/TBI or we can use it as fuel to charge forward with life appreciating every day that we are given.

This event is indicative of the new levels of education and support we are providing to our community here in SW Washington. As the disability community grows and evolves so will the questions and answers that surround our community. disAbility Resources of Southwest Washington takes it's role in the community very seriously and will continue to do what is necessary to meet the ever changing needs of our friends and family!"

**(Quote: *One participant was quoted saying "Megan's story is empowering and reminds us that regardless of our circumstances, we are given a choice to either be done in by stroke/TBI or we can use it as fuel to charge forward with life appreciating every day that we are given."* )**

Page 10-11

### **News from Central Washington Disability Resources, Ellensburg. By CWDR Staff**

- Alley Cats Arts Gallery is becoming a huge success within the community; it is attracting persons with disabilities and without. It is becoming a venue for nurturing serious artists.
- Additionally, through the collaborative efforts of summer interns, CWDR has been providing a weekly Arts & Crafts, Healthy Relationships Class, Weekly Nutritional Classes and Fitness Walks (weather permitting Tillicum trip: approximately ( 20 persons attending a traditional Native American experience on Blake Island), and a daytime camping trip to Lake Easton, hiking, water activities and a day in the sun!
- CWDR accompanied nine youth with disabilities on a weekend camping excursion to Leavenworth. Participants had the opportunity to build a stronger sense of efficacy, and overcome anxiety associated with trying new activities, and being around new people. Participants were able to try activities like rock climbing and rafting with adaptive equipment. There was something for everyone regardless of skill level or disability:
- Assisted individuals to develop goals centered on trying new activities and conquering fears. One individual felt that her willingness to try adaptive rock climbing would help her to overcome her fear of heights. Another wanted to start trying more activities outside her comfort zone. Both individuals felt that a willingness to conquer fears would leave them more open for unexpected adventures in life.
  - Three individual set goals to overcome social barriers and begin making new friends

in the community. Each consumer came up with ways that they could be more actively engaged in social activities. Examples include: making introductions, helping other campers during activities, participating in group games, and socially interacting outside of one's comfort zone.

- Two individuals with visual impairments set goals to be peer mentors for this year's summer youth program. Both individuals have visual impairments and provided inspiration to their peers by trying rock climbing and rafting entirely overcoming the challenge of not being able to see. It has been an exciting, active, and healthy summer for all of those involved at CWDR.

Page 12

Alliance's Seattle Office has moved!

To: 1120 East Terrace Street, Suite 100  
Seattle, WA 98122

Please come to our Open House on September 29, 2010 from 4PM to 7PM

Directions: From either I-5 (North or South), take James Street. Turn Right at Broadway. Take Second Left onto East Terrace St. Destination is on left. By BUS: Metro 3, 4, and 9

If you want to see or bid on auction items early, sign up on our Facebook Page!  
<http://www.facebook.com/pages/Alliance-of-people-with-disAbilities/262267482198>

Have an item to donate? Contact us at: 206-545-7055 or [events@disabilitypride.org](mailto:events@disabilitypride.org)

Page 12-13

From Center for Independence: Lakewood

- ☑ CFI signed a lease to move to a new 3,000 sq. ft. office on the corner of Bridgeport and Custer in Lakewood. The move date will be announced once the building is ready for occupancy.
- In August, CFI completed a five-day workshop for youth in transition ages 14-24. The Youth Transition Program Manager and the Youth Transition Program

- Public transportation, budgeting, nutrition, and physical activity were also discussed. The participants also received peer counseling. In addition, guest speakers addressed a variety of IL issues ranging from employment/vocational services, community resources, empowerment, accommodations, accessibility, and much more. A trip to Northwest Trek provided a break from the classroom and an opportunity to learn about ecosystems and to see buffalo, elk, moose, deer, mountain goats
- The Out & About Support Group will be making the annual trip to Mt Rainier on September 22<sup>nd</sup>. It is expected that 40 people with disabilities will participate. Beyond Borders will provide transportation.
- Assistant, along with most other CFI staff, put a lot of effort into this workshop. Each day of the workshop ran for six hours. Nineteen young people participated. This workshop increased training for youth with significant disabilities to promote self-awareness and self-esteem, develop self-advocacy, and explore career options. The participants received information to help them to be successful living and working with a disability. The young people learned about life values, managing time, benefits planning, emergency planning, and managing

Page 13

**SILC  
Public Forum (hosted by the WASILC and Central WA Disability Resources) and  
Regular SILC meeting: Ellensburg**

**When: Thursday, October 7, 2010 6-8 PM (Pubic Forum) and  
Oct. 8, 2010, 9 AM-2PM (Regular Meeting)**

**Where: Alley Cats Artist (both events)  
414 N Main (Behind Sazon)**

Both events will be available via streamtext:

**<http://www.streamtext.net/text.aspx?event=SILC> and by conference call  
877-216-1555, Passcode: 815648 # (Pound Sign)**

*ASL Interpreters and Real-Time Captioning will be provided. For foreign speaking interpreters, please contact Barbara Hathaway: 360-725-3695 (voice), 866-890-4539 (VP – (Video Phone)), 360-725-3693 (TTY/TDD) or by email: [hathab@dshs.wa.gov](mailto:hathab@dshs.wa.gov) OR [honanrw@dshs.wa.gov](mailto:honanrw@dshs.wa.gov), 360-725-3695 (v) for additional accommodation requests or information.*

Page 14

disAbility Resources of Southwest Washington  
**Thursday, October 21<sup>st</sup> from 4:00 - 7:00pm**

OPEN HOUSE

**-refreshments and light  
snacks**

**-meet the board and the staff**

**-get information on our new  
services and programs:**

~Social Security Advocate

~Community Advocate

~Mental Health Rights Support

~Social Security Benefits Planning

**ALL WELCOME!**

Conveniently located at:  
2700 NE Andresen Rd,  
Ste D-5  
Vancouver, Wa 98661

(graphic of dARSW logo)  
(Two graphics of autumn leaves for effect)

Page 15

Going to the Other Washington! CILs and SILC visit Congressional Delegation, attend NCIL conference, July 18-23, 2010

Five photos on page

(1) Group shot of dARSW staff and board in front of building  
Caption: dARSW (Vancouver) staff and board enjoying themselves

(2) Photo of three individuals: Interpreter (name was not provided), Robert Blumenfeld and Kevin Cline  
Caption: Small, but mighty: Robert Blumenfeld and Kevin Cline represent King County

(3) Photo of Linda McClain, Rob Honan, Representative Cathy McMorris-Rodgers, and Brenda Devine at ADA Celebration (inside)

CAPTION: L to R. Linda McClain, Rob Honan, Representative Cathy McMorris-Rodgers (R-WA), Brenda Devine

(4) Photo of SILC members/ staff: Trina Forest, Rob Honan, Linda McClain, and Sandra Carr standing outside before the march to the capitol.

Caption: L to R: Trina Forest (SILC member, CFI Executive Director), Rob Honan (SILC Executive Director), Linda McClain (SILC member, CORD Executive Director, Sandra Carr (SILC member, CORD board)

(5) Photo of large group of Washingtonians waiting to start the march to the capitol. Man holding "Washington Sign" in front.

Caption: Washingtonians before the march to the Capitol

