

THE SAAL CONNECTION



The Voice of Self-Advocacy in Oregon
Published by Self Advocates As Leaders

Spring 2010 #60



Welcome to the Spring 2010 Edition of the SAAL Connection. In addition to reading stories written by self-advocates, you will find a special tribute to Art Honeyman. He was a true pioneer in the advocacy movement! - Jerry Pattee

How I Got Involved!

By: Eddie Plourde, Salem, OR

My care provider, Buddy, took me to a My Voice, My Choice seminar in 2003. That is when I got involved in Self Advocates As Leaders. I asked how to be a self-advocate and people told me how. I met Dayna, Jill, Bruce, and Glenda from SAAL. I signed up for the Outreach & Training Committee. I was a member of Outreach & Training, and



Gayle was the Chair at that time. Then, I moved up to Salem from Coos Bay and took Partners in Policymaking in 2004. I Graduated from Partners! I ran against Linda, and she got the Chair position, so she asked me to be her Vice-Chair in 2004. I became Vice-Chair of SAAL. Then, I ran for Chair in 2006 and I got it!

I'm very involved in advocating for people with developmental disabilities. I just recently got selected to be on the Oregon Council on Developmental Disabilities. Someday, I would like to be a part of the legislature in the State of Oregon. I hope I have a chance to be a legislator. I want to be a Representative.

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2010 - A YEAR OF CELEBRATION!!

By: Judy Cunio, Editor

Can you believe that we have passed the first of decade on the new century? **WOW, it is 2010!** Where did the time go? There have been many changes in the last 10 years. Some great, some not so great. For the most part, all we hear about are the problems and the things that go wrong. We get discouraged and worry about what's going to happen in the future. As we start a brand new decade, I would like to take time to reflect on what has been accomplished over the last 10 years.

Our most important and biggest accomplishment came in February of 2000 when the State of Oregon closed Fairview Training Center. Fairview was Oregon's largest institution from 1908 up until 2000. At one point, over 3,000 people with developmental disabilities lived at Fairview. It was like a warehouse for people with disabilities.

For those of you who may not be familiar with an institution like Fairview, people with developmental disabilities were put away from society. In some cases they were completely forgotten about. Institutions, such as Fairview, are like prisons. In some cases they can be worse.

Could you imagine going to prison, maybe for life and your only crime was being born with a disability?

For millions of people with developmental disabilities around the world, this was and still is a fact of life.

Today, everyone in Oregon with a developmental disability lives in the community.

As of October 2009, Oregon's last Institution, Eastern Oregon Training Center, closed. This makes Oregon and Alaska the only two states in the country that have no institution for people with developmental disabilities.

NOW THAT IS SOMETHING TO CELEBRATE!

It took a lot of work from many people throughout the State of Oregon to make this happen, as well as the many other accomplishments that have come to pass in the last 10 years. Many of you who are reading this have had a part in the progress. We want to thank everyone for all of the hard work and dedication that it has taken for these many years.

People in Oregon have a right to be proud!

Many people are able to live in their own homes and have the support they need and want through the brokerage system. As a result of the Staley Settlement, Oregon is now an entitlement state. That means that many more people with a developmental disability have the right to services.

We Need Respect and Support, Not Exclusion and Stigma

By Dora Raymaker, Portland, OR

In October, over 60 local, national and international disability rights organizations including Self Advocates Becoming Empowered signed a



letter to the sponsors, donors, and supporters of the organization Autism Speaks. The letter was in protest of unethical advertising from Autism Speaks. The advertising spreads a message of fear, stigma, misinformation, and prejudice toward individuals on the autistic spectrum. A link to the letter can be found on the Autistic Self Advocacy Network's (ASAN) home page or type in <http://autisticadvocacy.org>

Closer to home, self-advocates from ASAN-Portland and our allies from the Portland disability community spoke out against Autism Speaks' horrific and dehumanizing video "I Am Autism." There was a civil protest on the Park Blocks on Saturday October 26th. FOX-12 and KOIN-6 TV stations covered the protest and included interviews with ASAN-Portland Director Elesia Ashkenazy. Elesia spoke about how stigmatizing people with disabilities makes it harder for us to have good lives and live in the community.

Autism Speaks has removed the offensive video, which we are all very happy about. I am very proud of what

the self-advocacy community has accomplished. But we still have a lot of work to do to ensure that people with disabilities are treated with respect and support, not exclusion and stigma.

In Memory of Barbara Langer,

By: Ashley Johnson, The Dalles, OR

Friend, Family Member, Hard Worker,
Advocate for People.

On December 27th, 2009

I learned of my friends passing and it was hard to hear of her passing, when I received the news, I just cried.



I have many memories of my friend Barbara. Her voice, her personality and her helpfulness it kept me going and learning how to help others out there in the world.

I wish that Barbara was still with us all in our lives and still be helping with Special Olympics in Hood River but by her sudden going it will be hard on us.

Barbara has inspired a lot of us athletes and friends. When around her and her family and her daughter we all had good humor and great friendships together.

My memories are of a happy Barbara who always hung out when I could come over and spend time with her and her daughter. We would do some cooking and watch movies and I would assist in the swimming in Hood River.

Barbara you will be missed and you will always be in my heart!

How I got my Dog Princess

By: Cathy Davis, Lebanon OR

I asked my landlord if I could have a dog. She said, "Yes". I looked up a newspaper ad for someone who had dogs. Out of the litter between her two sisters, she was the last dog to go. When she got bigger I noticed she had a white tip on her tail and looked like she was wearing four white socks. So I expanded her name to Princess Tippy Socks.



Health Issues

By, Kelly McCauley, Corvallis, OR

My name is Kelly. I would like to talk about my health issues. It started about five years ago. I had a lot of things going on at the time. Things weren't going well at home. I won't talk much about that. But I had my first real bad panic attack. I was taken to the hospital, where I had a few tests done. I was told that my thyroid was acting up.

Growing up, I never had any of these medical issues. When I have panic attacks, I get really scared and I don't feel safe enough to go outside. I isolate myself from the outside world. I could probably go on forever about everything that's wrong with me. I have epilepsy, but not the severe kind. I have little seizures in my eyes.

If the healthcare system went away...I would be lost without any doctors. I hope that someday everyone has the opportunity to get health care.

CAT THE CAT

By: Keith Marker, Lebanon, OR

My name is Keith. I have a cat. It's name is Cat. I feed my cat.



Flying to Vancouver B.C.

By: Dan Weise, Lebanon, OR

I flew on an airplane from Portland to Vancouver, British Columbia in October, to visit my sister. I like to fly. I have flown to Canada to see my sister four times. We went to the A & W in Canada.

GOOD DINNER!

By: Margaret Powell, Lebanon, OR

On Saturday November 21st at noon, I went to my sister's house for turkey, mashed potatoes, stove top stuffing, dinner rolls, cranberry sauce, and pumpkin pie for me. I love my sister, she's great. She loves me. She's a good cook.

Send your story to
The SAAL Connection
540 24th Place NE
Salem, OR 97301

I'M HAPPY!

By: Mitzi Forson, Albany, OR

I do well at work. I take staples out of the papers. I work at the Center.



I love my mom and dad. I like Akela the dog. I live at Chamberlain House. I like Chamberlain.

ABOUT ME!

By: Patricia O'Donnell, Beaverton, OR

My name is Patricia. My birthday is February 12, 1965. I was born in Oakland California. I went to preschool in California. I was born in the hospital in California. When I was six years old, I came to Oregon.

I have a sister who is older than me. I have a brother who is older than me. I'm still the youngest baby in my family. I have three nieces and two nephews.

I have a job at the Kaiser enclave. I've been there for 16 years. I'm going to Kiwanis Camp in the summer.

My social life is being with my family. We do things together, like going to church, out to breakfast, and on holidays, we always get together with the family.

I have Down syndrome and that's why I'm special. Everything in my life is wonderful.

What I Do

By: Tess Rice, Albany, OR

I'm going to the movies this weekend. My boyfriend does well at work. I do well at work. I shred papers. I work at the Center. I love my dad.

What I like!

By: Yvonne Turner, Albany, OR

I would like to go to the coast. I would like to go camping. I love meetings. The reason why I like the coast is I used to live there, a long time ago, all over. My dad lives at Depoe Bay. My brother lives at Seal Rock.

Sometime when it is a hot day I would love to go to the beach. I like to find shells and agates and watch the waves and have our picnic there.



I would love to camp at Yellow Bottom River, at Sweet Home. I would like to go to Klamath Falls. I like to go shopping and buy some new clothes. I like to go swimming at YMCA and sit in the hot tub.

Do you have a new email address?

Tell the Oregon Disability Network

www.oregonnetwork.org

Disagreement

By: Steve Kramer, Portland, OR

Sally and I met in March 6, 1984. Sally and myself dated other people before we started dating in May of 1992. A good friend introduced us. We started to date. We went to my dad and announced that we were going to get married in two years. My aunt loved the idea. My aunt asked Sally what her dad did. Sally told her that her dad raised dairy cows. After Sally said that my dad said, "You're getting married over my dead body." My dad didn't think that I could handle marriage. I thought I could. Sally and I got married on June 18th, 1994. We have been married now for 15 years.

Regional Tournament

By: Justin Connolly, Corvallis, OR

My Team and I took 3rd place and the Sportsmanship award in the Special Olympics soccer Regional Tournament.

My Girlfriend Melissa took 3rd in volleyball. It was a great weekend for Special Olympics. We were playing in memory of Greg.



Spring is in the air

Independence

By: Levi Copple, Albany, OR

I take care of myself. I try to help take care of other people. I moved into my own apartment about a year after I finished high school. I like my freedom. I like making my own decisions.

Mary the Artist

By: Mary Debock, Mt. Angel, OR

I work in Mt. Angel. I like our art teacher.

I like going across the street to art class. We do stitching, painting and we make fish out of paper and needles. But my



favorite thing we do is stitching on plastic. I like it because it is neat and tiny work. I like seeing the needle pull the yarn through the holes. I would like to do more art.

The word is Make a Difference

By: Bertha Spinning, Portland, OR

I want to help and experience relationships. Friends and family, our disabilities come second in our lives. Advocacy is very strong and important.

1. I am a Self Advocate, I stand up for myself and others.
2. I am on the Arc Board and also People First of Multnomah Chapter.

Self Advocates As Leaders News

Advocate of the Quarter



We are pleased to honor

Rosella Samuelson

For her dedication and advocacy to help those with developmental disabilities.

Rosella is a former member of Self Advocates As Leaders, where she spent many years on the Public Policy Committee. She was also one of the founding members.

Rosella serves on local boards and committees in her home town. She's active with People First of Multnomah County, and brings warmth to the meetings with her witty sense of humor and great smile. She serves on the Board of Directors for the Self-Determination Resources, Inc. support services brokerage, and attends monthly meetings for the Police Advisory Council, which educates law enforcement in the metro area about people with developmental disabilities and mental health concerns.

Rosella has won numerous awards, and truly deserves them all. Keep up the awesome advocacy work, Rosella!

Kudos!

In Memory of Art Honeyman



Arthur "Art" Honeyman was a wonderful man, and we want to honor him by sharing our stories and memories.

Art was an advocate, poet, author, friend...and that is just for starters.

Art passed away in 2009. He is missed. His years of advocacy for people with disabilities will carry on forever.

He was honored with the Silver Star award from Connecting Communities, through the City of Portland.

"I met Art a couple of times. The first time, I was at Kinko's on SW 5th in downtown Portland. I couldn't figure out what he was doing there, and then spotted him interacting with one of the staff. They were good friends, I could tell. When Art left, the staff said, 'That's my friend. He comes and visits me a lot.' I smiled and said that I work with people with disabilities, so I was intrigued by Art, as he navigated his way around and served coffee off the

back of his wheelchair. Art's friend told me about the book Art wrote called *Sam and his Cart*. I am curious and will see if I can order a copy of it.."

"The second time I met Art, I had just gotten out of the hospital, and I wasn't in very good shape. I was downtown doing a bit of shopping and ran into Art outside Saks Fifth Avenue. I said 'Hi' and asked him if he remembered me. He smiled that super cute smile and nodded. I didn't know that would be the last time I would see him. I will miss his bright, sparkly blue eyes and the way they lit up when he smiled."

- Marcie Tedlow, SAAL support

"During my days at Portland State University, I remember Art's four-wheeled walker with a built-in seat. He remained seated while using his legs to propel it. Along the front of the walker was a board that read 'Crip Power'. In the radical times of the 1960-70's, he was at the forefront of challenging the system and advocating for the rights of people with disabilities."

-Jerry Pattee, SAAL Editorial Board Chairperson



"I'm not that courageous. I do what I do because I'm afraid to not do what I do.

That's not courage."

"I shudder to think of what I might have been if I had not been born with cerebral palsy." Arthur Honeyman

To read an interesting article online about Art Honeyman, visit:
http://blog.oregonlive.com/oregonianextra/2008/01/profile_art_honeyman_hits_the.html

SAAL Calendar of Up Coming Events

NWDSA - Northwest Down Syndrome Association

All Born "In" Inclusion Conference
April 17, 2010 in Portland

For more information, visit the web site
www.nwdsa.org

Email: Angela at the address below:
ajarvis-holland@nwdsa.org

Oregon Disability
MEGA CONFERENCE
June 3 - 5, 2010 Eugene, Hilton
For more information, visit
www.oregonmegaconference.org
Contact the Arc of Oregon at
503-581-2726 or info@arcoregon.org

To host training in your area,
call Marcie Tedlow:
503-725-8219 (Portland) or
1-866-835-0659 (Outside of Portland)

Self Advocates As Leaders
3886 Beverly Ave. NE, I-21
Salem, OR 97305

www.asksaal.org



SAAL offers training in the following areas, and can also design training based on the needs of individual groups:

- Self-Advocacy 101
- Self-Determination for Everyone
- Supporting Independence (How staff can better support people)
- Violence Awareness: How to Protect Ourselves from Abuse
- My Voice, My Choice (How to advocate at local, state & federal levels)
- Communication Styles and Effectiveness
- Sexuality 101
- And more

Life Stories Workshop

SAAL and The Arc of the Mid-Columbia are hosting a...

Life Stories Workshop in The Dalles!

What: Come write your story & have it published in the SAAL Connection

When: Tuesday, May 11th (10am to noon)

Where: Opportunity Connections, CGC

RSVP: Call Marcie 503-367-2106 / alvarezm@pdx.edu

SABE

Self Advocates Becoming Empowered
National Self-Advocacy Conference

2010 Conference is scheduled for the Weekend of September 23 - 26, 2010

Visit

www.sabeusa.org

Life Stories Workshop

Coming to Medford
April 28th 2010

Call Marcie for more information at:
503-367-2106
or email her at alvarezm@pdx.edu



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