



Full Access Brokerage

Assisting Individuals with Developmental Disabilities to Pursue a Quality of Life That is Consistent With Their Preferences and Choices.

VOLUME 8, ISSUE 2

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A New President; A New Agenda

As of January 20th, we have a newly elected president of the United States; Barack Obama. Here are some highlights of the Comprehensive Agenda for People with Disabilities developed by President Obama and his newly elected Vice President, Joe Biden. It is important to get to know each point of agenda so that you understand how the new president's goals will affect you, your family and your friends. The full details can be read at <http://www.whitehouse.gov/agenda/disabilities/> The following highlights are quoted from this web-link.



"We must build a world free of unnecessary barriers, stereotypes, and discrimination.... policies must be developed, attitudes must be shaped, and buildings and organizations must be designed to ensure that everyone has a chance to get the education they need and live independently as full citizens in their communities."

-- Barack Obama, April 11, 2008

Barack Obama and Joe Biden have a comprehensive agenda to empower individuals with disabilities in order to equalize opportunities for all Americans.

The plan has four parts, designed to provide lifelong support and resources to Americans with disabilities. They are as follows:

First, provide Americans with disabilities with the **educational opportunities they need to succeed** by funding the Individuals with Disabilities Education Act, supporting early intervention for children with disabilities and universal screening, improving college opportunities for high school graduates with disabilities, and making college more affordable. Obama and Biden will also authorize a comprehensive study of students with disabilities and issues relating to transition to work and higher education.

Second, **end discrimination and promote equal opportunity** by restoring the Americans with Disabilities Act, increasing funding for enforcement, supporting the Genetic Information Nondiscrimination Act, ensuring affordable, accessible health care for all and improving mental health care.

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A New President; A New Agenda Cont.

Third, **increase the employment rate** of workers with disabilities by effectively implementing regulations that require the federal government and its contractors to employ people with disabilities, providing private-sector employers with resources to accommodate employees with disabilities, and encouraging those employers to use existing tax benefits to hire more workers with disabilities and supporting small businesses owned by people with disabilities.

And fourth, **support independent, community-based living** for Americans with disabilities by enforcing the Community Choice Act, which would allow Americans with significant disabilities the choice of living in their community rather than having to live in a nursing home or other institution, creating a voluntary, budget-neutral national insurance program to help adults who have or develop functional disabilities to remain independent and in their communities, and streamline the Social Security approval process .

Health Action Tip: Walk Your Way to a Healthier Life

Are you interested in improving your fitness, reducing stress and losing weight? Then walking might be just the ticket for you!



Pick a place to walk, whether it's around your home or work and walk at a comfortable and steady pace. You can do it before or after work, or even on your lunch break. Be sure the area that you choose to walk is safe. As you walk, observe the sensation of your breath flowing through your nostrils. Take in all the sites and sounds of the environment and you will feel stress leaving your body. Walking clears the mind, and you will feel like you've exercised without being overworked. You will feel refreshed and revitalized. If you are just beginning to exercise, a 10-minute walk once a day is a good place to start and then work up to 2-3 times per day. Studies have shown that the benefit of three 10 minute walks per day are similar to those of a 30 minute walk. So if you don't have that 30 minute block of time, you can always do shorter walks 3 times per day. Try varying the terrain by walking up a slight incline to keep your body challenged. You will feel yourself getting stronger and stronger with each step!

Studies show that 30 minutes of brisk walking, can greatly reduce the risk of heart disease, type 2 diabetes and certain cancers including colon cancer. Also lowers blood pressure and cholesterol levels, eases symptoms of anxiety and depression, and reduces the risk for osteoporosis. All good reasons to walk!

Recipe: Oven BBQ Chicken

Ingredients:

- 4 skinless chicken pieces (breasts, legs or thighs)
- 1 cup barbecue sauce
- 1 green pepper, sliced
- 2 carrots, sliced
- 2 potatoes, thinly sliced
- Salt and pepper to taste



Steps:

- Preheat oven to 350 degrees
- Put aluminum foil on a baking sheet
- Pour half of barbecue sauce onto middle of foil.
- Place chicken on sauce. Pour remaining sauce over chicken.
- Top chicken with vegetables.
- Cover chicken-vegetable mixture with another sheet of foil. Roll or fold edges of top and bottom sheets of foil together.
- Bake for about 40 minutes.

Staff Spotlight: Sarah Fields

Healthy eating and regular exercise of the body and mind are key components to how Sarah Fields lives her life. A native Oregonian, born in Ashland, Sarah began speaking and reading at an unusually young age. A graduate of the University of Oregon with a degree in Psychology, Sarah has spent most of her life working in Social Services with many of the prominent agencies in and around Eugene. Sarah is married, loves animals, especially her two cats, and prefers to listen to music rather than watch television (although she has a passion for old movies!). Sarah relaxes by taking long walks (or runs), practicing Yoga and perusing the internet for nutritional guidance, the latest fashions, and natural health and beauty options. She has a sister that lives in Portland and parents that live on the coast. Her preferred vacation must include warm waters, beautiful scenery and places to explore. Sarah approaches life from a philosophical perspective and a current favorite quote is “Temporary disability illuminates our effort.” Sarah will have her 5th year anniversary with FAB in August and we hope that she will be with us for many more.



The Hospital Emergency Room: When Should You Go?

By Seth Czarnecki,
QualityHealth News

You have trouble breathing, or shortness of breath. Breathing difficulty-whether sudden or chronic-should always be taken seriously. Any situation in which you experience shortness of breath should be evaluated by a medical professional. The majority of cases are harmless and easily treated. However, if the symptom comes on suddenly, you should go to the ER. This is especially so if any of the following symptoms accompany breathlessness: chest pain, if shortness of breath continues despite rest or wakes you while sleeping, fever, or throat tightness.

You have severe chest pain. Although chest pain can be as insignificant as a mild inconvenience, it can also be life threatening. Chest pain can be indicative of asthma, pneumonia, anxiety, excessive strain, or digestive problems. You should call 911 if the chest pain is crushing or debilitating; if chest pain is accompanied by shortness of breath or nausea; or if the pain radiates upward toward your shoulders and jaw. Also it is helpful to be aware if you're at risk for heart disease. If your family has history of heart attack, if you have high cholesterol or blood pressure, or if you smoke, you should take chest pain seriously.

Take caution when you experience these symptoms:

You have a fever over 105°F (40°C). Normally, if a fever is mild and there are no other serious symptoms present, drinking extra fluids and getting rest should do the trick. But when a fever lasts for more than 48 hours in adults or older children or when a fever is over 105°F (40°C), a trip to the hospital is in store. Many worry that brain damage will occur with fever; however, this does not happen until the body reaches a temperature of 107°F. Still, an extended fever is not something to wait on.

You have a severe broken bone. Broken bones happen all the time-about 6.8 million each year in the United States. Every broken bone deserves medical attention; however, most are not medical emergencies. If you suspect that a bone is broken, contact your health care provider and find out where and when to be seen. You should call 911 if there is a bone projecting out of the skin, if there is severe bleeding, if there is a broken bone suspected in the head, neck, back, hip, pelvis, or upper leg, or if an area below the injury is pale, cold and blue.

You are having a severe allergic reaction. Allergic reactions can happen for many reasons and can have symptoms spanning from a simple rash to anaphylaxis, a potentially deadly occurrence. You should call for immediate medical attention when a person is having a severe allergic reaction of any kind. DO NOT wait for symptoms to worsen. If you have a history of allergic reactions, you should treat them as emergencies every time.

Upcoming Community Events

First Saturday Park Walk

Saturday, February 7, 2009

Time: 9 - 11 a.m.

www.eugene-or.gov/parks

Location: Skinner Butte Park, Eugene

Phone: (541) 682-5329

Admission: Free

Join local experts for a two-hour walk and learn about Skinner Butte Park. Great for family and friends.

21st Annual Eugene Record Convention

Sunday, February 8, 2009

Time: 10 a.m. - 5 p.m.

Location: Eugene Hilton

Phone: (541) 342-2000

Admission: \$3

Thousand of records, tapes, CDs and music memorabilia for sale to the general public. The West Coast's largest annual show.

Affair of the Heart

Wednesday, February 11, 2009

Time: 4 p.m. - 9 p.m.

Location: Lane Events Center, Eugene

Phone: (541) 682-4292

Admission: Free

6th annual free evening for women that's all about you. There are plenty of vendors and booths with information for women.

Oregon's 150th Birthday!!!

Saturday, February 14, 2009

Visit <http://www.oregon150.org/> for a list of celebration events all over Oregon all year long!

Barn Dance

Saturday, February 21, 2009

Time: 7 p.m.

www.eugene-or.gov/receenroll

Location: Peterson Barn Community Center

Phone: (541) 682-5521

Admission: \$2

Come with a partner or by yourself and dance to the classic country sounds of the Country Club Band. Refreshments served.

Oregon Logging Conference Family Day

Saturday, February 21, 2009

Time: 9 a.m. - 2 p.m.

www.oregonloggingconference.com

Location: Lane Events Center, Eugene

Phone: (541) 686-9191

Admission: Free

Meet forestry mascots Smokey the Bear and Connie Fir and explore millions of dollars in logging equipment.

Symphonic Safari

Tuesday, February 24, 2009

Time: 7:30 p.m.

www.artsumbrellausa.org

Location: South Eugene High School Auditorium

Phone: (541) 484-0473

Admission: Free

The Eugene Youth Symphony introduces audience members to each instrument and section of the orchestra through fun and engaging tunes.

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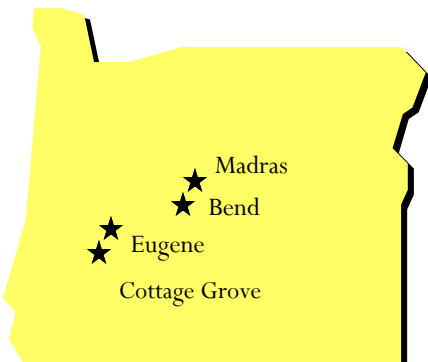
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Developmental Disabilities to
Pursue a Quality of Life that
is Consistent with Their
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Happy Birthday To:



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|----------|----------|-----------|-----------|------------|
| Adrian L | Earl S | Jerlynn P | Robert A | Sophie N |
| Amber M | Eric B | Jill V | Robin L | Tancy M |
| Cindy S | George H | Julie B | Ronaele L | Terry H |
| Danny K | Jake D | Leslie R | Sandra W | Thomas J |
| David F | Jamie H | Lisa G | Scott E | Tim T |
| Dawn M | Jay N | Liza L | Sherlyn D | Travis G |
| Donald F | Jeremy M | Mark L | Sherry G | Troy R |
| Doug T | | | | Veronica L |



And anyone we may have missed!

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