

Creating opportunities for
people with developmental disabilities



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Aging and End of Life

by Julie Rychard

I recently viewed a presentation on this topic by Leigh Ann Creaney Kingsbury, MPA and Gerontologist. She was able to bring to light the importance and some of the barriers of preplanning for care during a critical, chronic or terminal illness. According to Ms. Kingsbury, future healthcare and planning for end of life care can be very emotional topics and 80% of physicians do not engage patients in this conversation. People’s capacity and skill levels are often topics of discussion.

Important Points:

- We have this conversation because people with developmental disabilities are living longer, self determination is about all of life, and since we help people plan their lives—why not help with end of life planning? It makes sense to have plenty of time for planning.
- It is best to remember that we must not consider that death is always “an incident” only to be investigated and documented on a form. Death is the final passage of one’s life.
- Rituals have power in our lives. Having rituals that may bring comfort to someone who is dying or grieving is very important.

Barriers/Concerns:

- Does the person have the ability to understand there is a choice to make; does the person have the ability to understand the information; does the person have the ability to communicate the decision; does the person have the ability to make decisions consistent with their values and goals?
- Having a cognitive disability does not mean decisions cannot be made.
- Identifying a support person to help make decisions or a substitute decision maker is important.

Living Will vs. Advance Directive:

- Living will: Identifies preferred treatment during critical illness or end of life.
- Advance Directive: Identifies preferred treatment during critical illness or end of life; identifies healthcare representative or power of attorney.

If you need to talk about this more, please contact your PA!

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Client Spotlight on Sarah Brittingham



Too Much To Do, Too Little Time – The Gift of a ‘Full’ Life

Sarah Brittingham is a Full Access client and participates in The Arc of Lane County’s Stepping Out program. In the Program Sarah makes clothing and accessories in the Sewing Club and enjoys going out with the group to movies, music in the parks, and many other fun community activities. She has been an Arc member for about 15 years, starting in the AfterSchool Respite programs and growing up in The Arc

“family,” where she has had the support needed to learn social skills and make friends. Sarah is well liked by The Arc’s clients and staff alike and loves getting to and from The Arc using RideSource.

Sarah lives with her mother, Carol Brittingham-Clay, and step father, Danny Clay, in Eugene. Pride and joy clearly ring in Carol’s voice when she talks about Sarah and the progress she has made over the years, “Sarah used to have a variety of behavioral challenges but she has learned to be thoughtful of others and patient over the years. It didn’t come easy and has been a lot of work at times, but with the on-going support of The Arc and the 4-J school system when Sarah was in school, it sure has paid off. She’s the light of my life and a joy”.

Sarah and Carol make jewelry together at home and in the weekly Hilyard Community Center’s City of Eugene Adaptive Recreation Art Careers Jewelry class. They even have an on-line site, www.wiresNpliers.etsy.com, where they offer their diverse and beautiful jewelry for good prices. The money generated is minimal but the fun they have together making their unique offerings is huge.

When she’s not busy creating works of art, Sarah loves just snuggling up on the couch with her parents to enjoy a movie or going out to eat at her favorite restaurant, Red Robin. Sarah and her family are well-liked by the Red Robin staff and they do their best to reserve Sarah’s favorite booth when they know she’s coming in to enjoy her favorite meal, a burger and fries.

As for Sarah’s future, it’s sure to be bright with the eternal optimism and dedication Carol and Danny share—you go girl!!

Fundraising Opportunities

Lipa / Trillium is offering their business parking lot to local non-profits to sell, and manage, parking spaces for \$10 to people attending the UO football games. This year, Full Access has been offered the opportunity to take part in this fundraiser. We will be managing the parking lot for the UO vs. ASU football game on Saturday, Nov 14th, time to be determined. In addition, we have two Papa’s Pizza fund raisers the week after that, Nov 16th at 1700 W. 11th & Nov 19th at 1577 Coburg Rd.

How You Can Help

- Volunteer to help with managing the parking lot on November 14th and buy Papa’s Pizza the following week!
- If you are attending the game, come park at the Lipa Lot, 1800 Millrace and support Full Access.

Staff Spotlight on Lisa Laing

Lisa Laing is the newest member of the East Side team. She started working at Full Access on June 16, 2009 as our Clerical Assistant. Lisa grew up in Portland and graduated from high school in Lake Oswego. She attended Western Business College in down town Portland. In 2004 Lisa ventured out of Portland to Bend, Oregon where she continues to live. Lisa loves living in Bend. She loves the weather, how it's stormy one minute and then sunny the next...that's Bend for you! Lisa lives with her two cats Collin and Colby. She is very close to her family and spends a lot of time with them. In Bend she has her mom, brother, aunt, nieces, nephews and two great nephews that keep her busy. In Lisa's spare time she enjoys baking and reality TV. She also travels to the beach as much as possible. Lisa enjoys being a part of our team and we enjoy having her. She has been a great addition!



Provider Spotlight

Ted Barker worked with young children as an educator and coach prior to seeing a public service announcement (PSA) on television calling for volunteers to help out with the local Special Olympics. Ted volunteered for the Special Olympics for 14 years prior to becoming the Field Director of local programs. As a Field Director, Ted trained volunteer managers and assured local programs operated within the rules and regulations. What he liked best about the Special Olympics was "working with the volunteers and having a direct connection to the athletes."



Like many people, Ted was laid off late last year due to cutbacks. Someone suggested Ted look into becoming a domestic employee for clients of Full Access. Ted thought it was a "neat idea" and enjoyed the fact that he would get to work with a population he enjoys. What Ted likes best about working with Full Access clients is "...being able to work with a variety of people, with all different abilities, doing a variety of different things."

Ted provides inclusion support for people to access the community and to support individuals with being as independent as possible.

Health Action Tip

Health experts say every person should eat at least five servings of fruits and vegetables every day. The importance of fruits and vegetables to a healthy diet has been known for years. Studies have shown that very few people eat the amount of fruits and vegetables recommended for a healthy diet. Eating enough fruits and vegetables may be the most effective thing you can do to improve your health and give you an overall healthier lifestyle.

With flu and cold season upon us be sure to **PROTECT YOURSELF AND OTHERS!**

Do this by washing your hands completely and regularly; cover your coughs and sneezes, use tissues and be sure to stay away from work and group activities if you are sick!

Honey Crunch Cookies

- 2 Cups all-purpose flour
- 2 t. baking powder
- ½ t. salt
- 1 Cup butter, softened
- 1 Cup honey
- 2 eggs
- 1 Cup flaked coconut
- 1 Cup butterscotch chips
- 4 Cups crisp rice cereal



- Sift together the flour, baking powder and salt, set aside. In a large mixing bowl, cream butter until light and fluffy. Add honey, a little at a time, beating well after each addition.
- Add eggs, one at a time, beating well after each addition. (Mixture will appear to separate.) Gradually add dry ingredients; mix until moistened. Fold in the coconut, chips and cereal. Drop by teaspoonfuls 2” apart onto greased baking sheets.

Bake at 350 F for 12-14 minutes or until golden brown. Remove to wire racks to cool.

Yield: about 5 dozen

Trainings

Oregon Rehabilitation Association Presents The NW Conference on Professional Development in Disability Services

This is a great opportunity to learn new skills and network with other professionals throughout the state!

Breakout session Tracks include:

- Supporting Individuals with complex needs;
- Management and Leadership;
- Customized & Supported Employment; and
- Cool things I want to steal (from great organizations).

The conference will be October 14-16 at the Red Lion Hotel on the River in Portland, OR.

For more information, visit: <http://oregonrehabilitation.org/> Remember that Full Access has scholarships available for domestic employees of our clients! If you want a scholarship, just write to Margaret Theisen at the Eugene office!

Events

Although Summer outdoor activities and events are winding down there are still free or low cost opportunities available.

Eugene / Springfield

Saturday Market

Saturdays 10:00-5:00pm, corner of Oak and 8th in Eugene (Rain or Shine).

Continues through November 14th

Tuesdays in the Garden (Volunteer activity)

9:00am-12:00 (Continues through November)

Meet at the Hendricks Park office (below the restrooms in the main garden). Dress for the weather and be prepared to work “sprucing up” Hendricks Park.



Public Library 2009 Author & Music Series Presents

Tuesdays 6:00 or 7:00pm (Many events are free)

Willamalane Park & Recreation (Adaptive Recreation)

Bowling

Mini Golf and Pizza

Call (541) 736-4544 for schedule

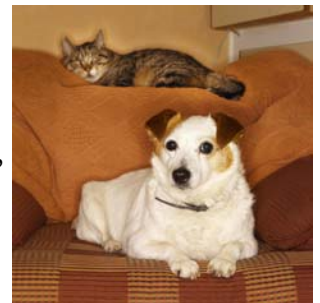


Bend

Oregon Pet Expo

October 17th , 9AM-5PM

More than 50 exhibitor booths, microchip & vaccination clinic, entertainment, pet workshops and more; pet friendly, bring your dog! North Sister Building Deschutes County Fairgrounds Expo Center.



Buddy Walk

Central Oregon Down Syndrome Network, October 3rd,

Old Mill District-West Lawn-Bend

The Buddy Walk® was developed by the National Down Syndrome Society in 1995 to bring together a wide range of concerned individuals to reach out to friends, family and co-workers to promote awareness and inclusion for people with Down syndrome and to raise funds for education, research and advocacy programs.

For registration and more info, email codsn1@yahoo.com.





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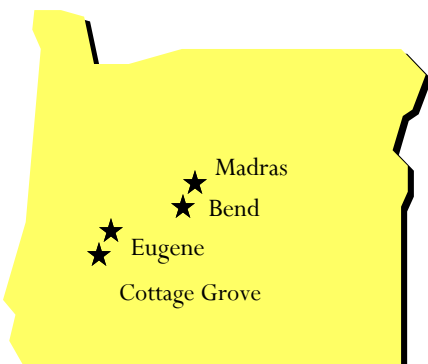
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<http://fullaccess.org>



Happy Birthday to:

Amanda N	Charles H	Gary A	LaDonna G	Rick J
Andrew C	Chris W	Henry M	Layna S	Ricky A
Andrew H	Christopher F	Houston H	Marc S	Robert G
Angela F	Clinton M	Jason J	Maria R	Robert R
Anita C	Cody J	Jennifer B	Mark A	Ryan C
Benjamin O	Darin K	Joel S	Michael M	Sally E
Beverly S	David F	John G	Omar A	Terry L
Bob S	Eda W	Joshua S	Paul B	Terry L
Bryon Y	Edward B	Kathleen I	Renae K	Travis F
Chad G	Elizabeth K	Kim V	Renee T	Victor C

And to anyone we may have missed!!

Full Access

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