



CLALLAM CONNECTION

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HAPPY NEW YEAR EVERYONE!

Welcome to the year 2011.

The Connection wishes everyone a year filled with good health and much happiness. And let's do some laughing!

Cheers to a new year and another chance for us to get it right.
~ Oprah

GUESS WHO HAS A NEW WEBSITE? SNAP!

Get on the internet and check out: Snapforall.org.

On this site you can find out all the latest Snap news.

You can find the Winter program schedule, legislative news, activities and ways to be involved in Snap.



DON'T FORGET



DDAC Meeting - Thursday January 6th 2011 at 5:30 P.M. in the Commissioners Meeting Room in the Clallam County Courthouse. The meeting is teleconferenced with Forks.

DATO Meeting – Monday January 10th 2011 at 2:00 P.M. at 114 E. 6th in the Terrace Room

YOUR OWN SHOW ON OPRAH'S NETWORK

Have people heard that Oprah from T.V. is retiring? Well she is. She took time this summer to search for the next T.V. star.

A Texas man with cerebral palsy turned into a sensation as one of the top vote-getters in Oprah's contest. He even got support from superstar singer John Mayer who saw his video.

Zach Anner entered Oprah's contest with a fun video pitching his idea for a travel show. In the audition tape Zach tells Oprah that he wants to "make a travel show for people who never thought they could travel". He hopes to inspire people to go on an adventure.



The video was loved by a lot of viewers bringing his votes to over 2.6 million.

Zach thanked John Mayer for his help in boosting his video's popularity. Mayer returned the favor and praised Zach's humor. He offered to write and sing a theme song if Zach wins.

We don't know if Zach won yet. We have to wait for the premier of Your Own Show on **OWN: The Oprah Winfrey Network** which is January 7th, 2011 at 9:00 P.M. We do know the winner was selected from both the online votes and those picked from a series of open casting calls across the country.

[See Zach's Oprah Deal Here](#)

CHECK OUT THIS SELF EMPLOYMENT STORY FROM MONTANA!

When Lissie Clark graduated from high school, she knew 3 things:

- She didn't want to work in Fast Food
- She liked animals
- She wanted to tell people about Fetal Alcohol Syndrome and Prevention

So Lissie started a dog walking service. She was walking three dogs and liking it but felt she could do more.

She wanted to give the dogs treats but she wanted them to be healthy. She talked to her mom and a friend about it and they decided to come up with their own recipe. They would use the friend's dog as the official taste tester.

The family kitchen became the test kitchen. The dog treats were made from healthy ingredients and decorated with hearts made from beet juice. The dog loved them! "Lissie's Luv Yums" were born.

Lissie started thinking about growing her business. She went around to groups to talk about her business and about her disability. Lissie expanded her business and now sells her Luv Yums in 16 states. She has included different products like buttons advertising her Luv Yums.

Just as important to Lissie is the Public Service announcement she did which airs on Montana T.V. It advertises Lissie's dog treats but it also encourages women to stay away from alcohol while pregnant.

We love Lissie's Luv Yums!

READY, SET, GOSAFETY NOTES

STAYING HEALTHY THIS WINTER



KEEP YOURSELF HEALTHY...

- Layer when you dress to go outside by wearing hats, scarves, sweaters, & rain coats to stay warm & dry.
- Drink plenty of water during the day.
- Eat lots of fruits and vegetables to keep your immune system healthy.
- Remember to get eight hours of sleep at night.
- Exercise by walking, or working out.

KEEP THE GERMS AWAY...

- Wash your hands often.
- Use hand sanitizer after you shake somebody's hand, or touch shared items like stair rails, cross walk buttons, doors to buildings AND before you eat.
- Don't share things like towels, lipstick, toys, or anything else that might be contaminated with respiratory germs.
- Don't share food, utensils, or beverage containers with others.

KEEP YOUR GERMS TO YOURSELF...

- Cover your nose and mouth with a tissue when sneezing, coughing, or blowing your nose. Discard used tissues in the trash as soon as you can.
- Wash your hands or use hand sanitizer EVERYTIME after sneezing, blowing your nose, or coughing.
- Use hand sanitizers.
- Stay home if you have a cough and fever.

IF YOU DO GET SICK...

- See the doctor if you have a cough and fever. And take your medicine as prescribed.
- Use a face mask while waiting in the doctor's office.
- Stay at home after your doctor's visit.
- Drink more liquids (up to 12 glasses per day) of water, drinks with electrolyte replacement, like Gatorade, and snacks like Jell-O.
- Get plenty of rest.

*Discuss the underlined words with a friend or family member.
Or, use the internet to learn more about these health words.*

ROSA'S LAW

President Obama recently signed a law called "Rosa's Law" which takes the term 'Mentally Retarded' out of most federal laws. 'Individuals with intellectual disabilities' will be used now.

The law is named after 9 year old Rosa Marcellino of Maryland. In her paperwork, Rosa's school put down that she was mentally retarded. Rosa's mom didn't like this and neither did Rosa's brothers and sisters. They started a petition at their elementary school that read "we the kids at Central Elementary think it is unfair to call kids in special education 'mentally retarded'".

Rosa's mom got busy too and called her state lawmakers. She asked them to change the state's laws and to start changing the federal laws.

For a long time, people have tried to stop folks from using the term mentally retarded to describe people with developmental disabilities. People feel it is hurtful and doesn't really describe a person or their abilities. Don't forget the Special Olympics campaign: "Spread the Word to End the Word". We can do it in our own lives too!



WHO WATCHES THE T.V. SHOW GLEE?

Actresses Lauren Potter and Robin Trocki who are on the Fox T.V hit series Glee have received awards! They each received The Arc's **Inclusion & Image Award** for breaking down barriers with their T.V. roles and with their employment as actresses. They increase our awareness and challenge our ideas about people with developmental disabilities.

Actress Robin Trocki plays Jean, the sister of Coach Sue Sylvester on the show. Robin's character Jean lives in a residential home for people with disabilities. Robin's role as Jean is important to the show's storyline because Sue seems nicer when she is with her sister. People who watch Glee see a person with a developmental disability living independently.

In the July August edition of The Connection, we learned about the other actress, Lauren Potter, who plays Becky the cheerleader on Glee. Glee shows that inclusion works for everyone. Coach Sue Sylvester treats Becky like she treats every other cheerleader. She never goes easy on Becky because she has a disability.



CHANGES

December brought lots of information from Olympia and from Governor Gregoire about budget cuts and changes in Medicaid services. A lot of folks have been confused and a lot of folks are worried. There are some things you can do to learn about the changes and how they may affect you.

- You can go to the DSHS DDD website and read about them at www.dshs.wa.gov/ddd.
- Go to Snap's new web site www.snapforall.org and click on the Legislative News.
- You can talk with your case manager.

CYBERSPACE CHANGES FOR EVERYONE

When the Americans with Disabilities Act (ADA) was adopted, its rules focused mainly on issues like wheelchair ramps, accessible elevators and other improvements to public space.

Now, 20 years later, the ADA is going to be updated. They want to make some changes to "Cyberspace". Cyberspace is the name for our technology world.

Some of the ideas include:

- Emergency 911 centers to offer communication by text message.
- Requiring websites to be programmed to speak to blind users.
- Movie theaters installing small screens to the seats so people can read captions.



ANOTHER CHANGE!

www.disability.gov

"Disability.gov" is the redesigned web site of DisabilityInfo.gov. This website connects people with disabilities to thousands of trusted resources on disability-related issues. The site has been completely redone and updated. Now there is a blog and a Twitter feed. Check it out! Self Advocates, parents, employers, educators and caregivers will find Disability.gov useful.

SPECIAL OLYMPICS

Who? The Orcas!

What? Clallam County's Special Olympics Team!

How? Call Wendy Bonham at 360-477-4134

If anyone is interested and hasn't been involved with Special Olympics in the past OR if it has been over 3 years since they have been involved - please call Wendy at 360-477-4134.

Athletes MUST have a current Application for Participating on file to practice with the team.



Special Olympics

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Got a Story? Got News? Contact Aimee Barton at
360-417-2407 or TheConnection@co.clallam.wa.us

SPREAD THE WORD
TO END THE WORD
www.r-word.org