



YLF NEWS

Hi everyone! The office is busy with processing blue cards that are pouring in, recruiting new delegates, writing newsletters, working on the 2010 YLF schedule, arranging speakers...Speaking of speakers, guess who's coming back?! **LeDerick** and **Michael!** YEP! Both will be back next summer! Great news, eh? I am so pumped that they will both be back to Oklahoma. They were both happy to come back! So you graduates...Get busy and get those blue cards in! We won't determine who will return as YLF Mentors until next year, so you have loads of time to get out in your community and volunteer! **MAKE A DIFFERENCE!**

Pictures are from the Alumni "Back 2 School Bash in August! We had a blast visiting! Thanks to David for being a wonderful host!



LOOK!

<http://okylf.pbworks.com/FrontPage>

BE A VOLUNTEER

As a volunteer, you will be able to develop new skills, such as:

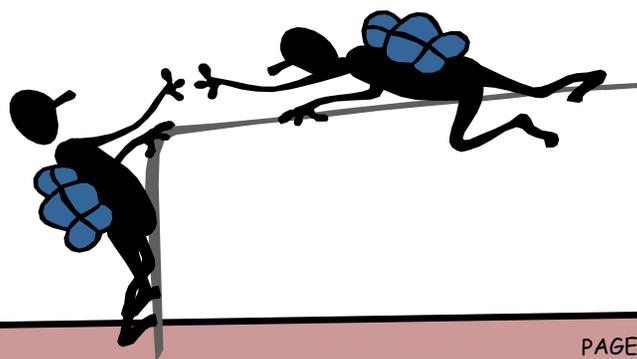
- ❖ **DEVELOPING YOUR CREATIVITY** and expertise in areas that you have a personal interest in. Volunteers have many special abilities and skills they can use to help solve problems.
- ❖ **MEETING NEW PEOPLE** in interesting and different settings. Volunteering will increase your own network of professional acquaintances and friends. You will get a chance to interact with other adults, peers, or children.
- ❖ **EXPLORING NEW CAREERS** and better your skills. Many skills learned by volunteers—such as working effectively with others or teaching a skill—can be transferred to the job market.
- ❖ **MAKING A DIFFERENCE** by helping an important service. Many people will get a special source of personal satisfaction when helping others.
- ❖ **GROWING PERSONALLY** in the process of learning new skills, gaining new insights, and achieving a sense of accomplishment.
- ❖ **Many employers today will accept your volunteer experience as part of your work history.**

VOLUNTEER IDEAS

1. Assist your local Youth Club with activities being organized.
2. Contact your local school to see if they need assistance running a project.
3. Pay a visit to a local elderly person and ask is there anything you can do for them.
4. Visit senior citizens at a nursing home.
5. Help cook and/or serve a meal at a homeless shelter or church.
6. Walk dogs for your local animal shelter.
7. Participate in a marathon for your favorite charity.
8. Volunteer for a sports club.

9. Contact your local branch of Meals on Wheels and offer to help.
10. Donate unwanted clothing and/or toys to a local charity shop.
11. Get a green and a brown bin and set up a recycling system for your home.
12. Donate unwanted books to your local library.
13. Clean up rubbish along a river, beach, or in a park.
14. Create a habitat for wildlife in your garden.
15. Start a local group that will plant trees in your locality.
16. Become active in your local political party.
17. Write a letter to the editor of your local newspaper about an issue you care about.
18. Organize a public issues forum for your community.
19. Vote in all local and national elections.
20. Take a friend to the polling booth to vote who would not vote otherwise.
21. Give blood.
22. Clean graffiti off your local community buildings.
23. Plant flowers in public areas that could use some color.
24. Start a youth club in your area.
25. Look after a neighbor's pet while they are on holiday.
26. Organize a social event in your area to get to know your neighbor.
27. Get involved in your church's youth program.
28. Help a neighbor rake fall leaves.
29. If you see someone doing something good for the community be sure to thank them for doing some great work.

Lend a hand to someone!



ALUMNI SPOTLIGHT

Time Stop written by HANNAH FIELDS

Everyone is moving on in life
And I don't know what to do to make time stop,
So I don't have to cry at my own graduation.
I can't forget the brother that's changed my world.
He can't help but follow what his heart wants him to do in
life.
I just wish that I could go back to our childhood,
So I can stop us from growing up.
I know it's selfish of me,
But I wish I could make time stop



MEREDITH OLIVER graduated from Bartlesville High School in May, 2009, with the assistance of an I.E.P. Her Grade Point Average was 4.0, in her Senior year!

Meredith was born with global developmental challenges which effected all areas of her life. She worked hard on her challenges over the years, attending therapies for speech and language, occupational therapy, physical therapy, and vision therapy. Meredith had an I.E.P. since Kindergarten, with a modified program. With the accommodations, she has learned to compensate for many of her challenges, and has been successful.

While in fifth grade, Meredith had a wonderful art teacher who coached her into using her artistic talents. By the time Meredith was in Junior High, she had been named the youngest "Artist of The Month" by the Bartlesville Art Association. Then, while in Bartlesville High School, she earned the honor again!

Meredith attended most of her I.E.P. meetings, and learned to come prepared with an agenda to keep everyone on track. Meredith learned how to

advocate, negotiate, and compromise for her needs. While in High School, she became very aware of her classmates and their needs. Some of her classmates were unable to speak up for themselves, and she would notice a few crying from frustration. Meredith made a personal decision to spend her life advocating for the students who were unable to speak up for themselves. She attended the yearly Governor's Conference, listening intently to the workshops, learning about advocacy, leadership, and networking.

As Meredith matured, she noticed there were many people with "Invisible Disabilities," just like her. In her senior year, she made a personal decision to become a motivational speaker on "invisible disabilities."

Meredith was chosen as a delegate for the Youth Leadership Forum held in June, 2009. She learned a great deal regarding advocacy, leadership, networking, and team work.

Meredith was missing many college-track classes when she graduated from H.S. She visited a state college, and her assertiveness, advocacy, leadership, and listening skills led to an enrollment for this fall. Despite needing to take some remedial courses with accommodations, this was a quite an achievement! She was assertive during the enrollment process requesting a 504 Plan, and received everything she will need to be successful. Meredith credits the lessons she has learned, through the Youth Leadership Forum, staff and family to advocate at the College.

Meredith has been volunteering over the summer for the ASPCA and in the art department at Eldercare. She has continued her love of art, and has her personal goals in place to become a motivational speaker for people with invisible disabilities.



Send Jen your biographies, photos, stories, articles, cartoons, recipes, drawings, poems for the next YLF News Edition! Let everyone know what you're doing!

E-mail: jenifer.randle@okdhs.org

Call: 521-4964 OR 800-836-4470

ANNOUNCEMENTS...

JAMIE BREWER, YLF 2004 Graduate and YLF Mentor 2005, 2006, 2009 and part of the YLF Nursing staff in 2009, is engaged to Richard Wheatley. They will be married Saturday, October 10, in Henryetta. After their ceremony, they will



be off to Arizona, where the two of them will live. We hate to see Jamie move away from Oklahoma, but she's told me she is planning on returning to YLF as one of our nurses once again! That's great news Jamie! Congratulations to you both! Jamie has also assured me that she would send wedding photos, so once I get them, I'll share with you.

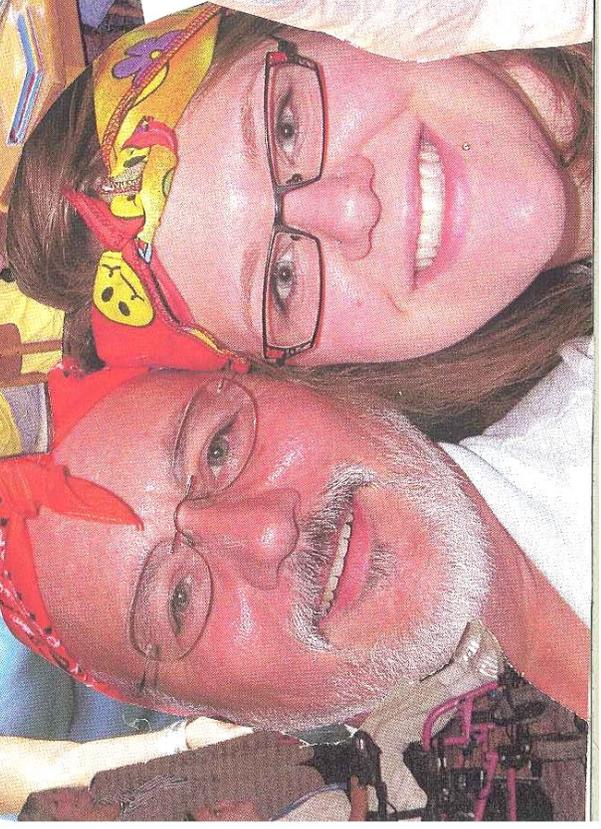


PATRICIA HURLBURT, YLF Graduate of 2004 and YLF Mentor 2005 and 2006 is engaged to Donald Keeth. Patricia and Donald were married Saturday, October 3 in Bristow. Hopefully Patricia will send some wedding photos so we can see the two of them! Congratulations to the both of you!



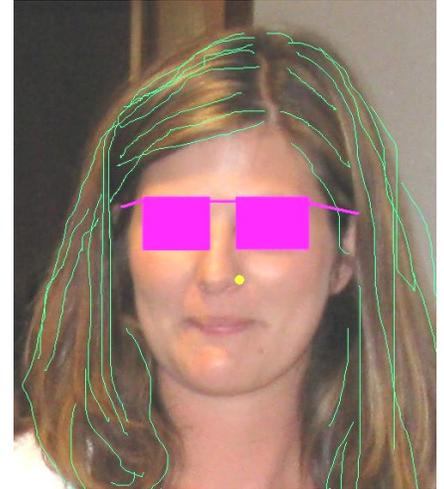


Helped her find her way to the board. Thank you! Look out guys. Anteblogging Resources. Comments. Being on another board really is exciting. See you on the board!



NEWSLETTER CONTEST!

Can you be the first person to name the three people below?
Call or e-mail me your answers! 405-521-4964, 1-800-836-4470, or jenifer.randle@okdhs.org.



HAPPY BIRTHDAY!!

OCTOBER BIRTHDAYS

Jessica Baker - YLF'08
Jessica Craft - YLF'08
Dylan Drury - YLF'08
Kim Hoang - YLF'08
Truly Pettijohn - YLF'07
Cristina Craig - YLF'09
Prince Gould - YLF'09
Aaron Ramos - YLF'09
Rachel Hall - STAFF

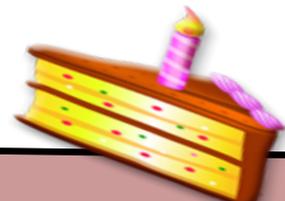
NOVEMBER BIRTHDAYS

Kedrian Glazier - YLF'08
James Estes - YLF'06
Chris Borden - YLF'05

Andrew Rains - YLF'05
Kylie McFeeters - YLF'04
Tiffany Priddy - YLF'04
Julie Evans - STAFF
Cristina Anderson - STAFF

DECEMBER BIRTHDAYS

Jenny Olson - YLF'06
Kami Hayslip - YLF'05
Allison Jones - YLF'05
Joy Johnson - YLF'04
Meredith Oliver - YLF'09
Dusty Teague - STAFF
Bob "the Builder" Heinemann - STAFF



CONGRATULATIONS!

MINDY BLASER, YLF 2009 Graduate, was selected as her high school football homecoming queen!

TREVIN LAWSON, YLF 2005 Graduate, was appointed by Governor Henry to the Oklahoma Developmental Disabilities Council!

LAUREN MORRISON, YLF 2009 Graduate, has earned her black belt in Karate!

MATTHEW WOOD, YLF 2009 Graduate, has volunteered over 100 hours from the middle of June through September!



CODY SWORD, YLF 2008 Graduate, spoke about YLF at the Green Country People First Chapter meeting last month. Representative Ben Sherrer came to hear Cody speak and even showed those in attendance a proclamation that had been given to Cody by the Oklahoma House of Representatives.



RODERICK ("SMILES") HALPAINY II, YLF 2009 Graduate, decided to get active in politics and was found at the 4th of July parade in Bethany handing out brochures for Mike Thompson, who is running for the United States Congress. Here's a picture of Roderick chilling out with Mike Thompson.

It's YOUR I.E.P. Meeting!

TIPS TO REMEMBER FROM MICHAEL BEERS

1. YOU are in charge of YOUR meeting!
2. Only YOU have to live with the decisions made at the I.E.P. meeting! Be active in the process!
3. People who will be at your I.E.P. meeting could include You, your parent(s), a special education teacher, your regular education teacher(s), an administrator, a school counselor, a vocational rehabilitation counselor. You may invite others to attend with you; some one that can help you in the decisions!
4. You can have an I.E.P. meeting when YOU feel it necessary, but there must be one at least once a year!



YLF ALUMNI INVOLVEMENT & ACHIEVEMENT CARDS "BLUE CARDS"

Congratulations to all the Alumni who sent in one or many "BLUE CARDS" last year! It's important for you to remember to fill these out and mail in! It helps us know what you are doing with the training you received during YLF. We also use the number of blue cards as one of the determiners in choosing our YLF Alumni Mentors!

Since we have a new class of YLF graduates, every class restarts at 0 blue cards for the year. You guys better watch out though...Check out our most recent class (2009)! Only 4 months since June, and check out how many they've turned in as a class! Keep those Blue Cards coming!

YLF 2004: 1 blue cards
YLF 2005: 10 blue cards
YLF 2006: 26 blue cards
YLF 2007: 13 blue cards
YLF 2008: 5 blue cards
YLF 2009: 121 blue cards

***Remember: If you need more blue cards, write us a letter, e-mail me, call me! We'll send them to you!**

Jenifer.randle@okdhs.org

521-4964

1-800-836-4470 (outside OKC metro)