

JANUARY
2011

YLF NEWS



Face Your Passion in 2011!

In 2011, a year long journey of change begins...and it begins with you. Do you ever ask yourself how are things going in your life? Do you like where it is, where it's going? If you continue what you're doing, will you be happy with it in 5 years? What about 10 years or even 20 years? I usually check in with myself every week or so, asking those questions. My answers to these questions helps me get or stay on track with my passion...

If you're not sure what your passion is, ask yourself what your dream is. Yes, I said dream! What is it that you LOVE to do? What is it that really sets you on fire? What makes you smile? What sparks your creativity? What would you do for free? What do you like to talk about?

At the beginning of the 2011 calendar there are 5 steps for you to get started on setting goals. I wouldn't say it if it weren't true — **GOAL SETTING WORKS!** It's your road map to get you what you want!

See the example of using the steps from your calendar to set goals.

Remember, once you achieve one dream, REPEAT the steps!

MY DREAM: I want to be a photographer.

WHY I WANT IT: I enjoy taking pictures.

STEPS TO MY DREAM:

1. Talk to a photographer.
2. Contact a Counselor at a Career Tech center or an Advisor at a College.
3. Enroll in classes.
4. Purchase a camera.

PEOPLE WHO CAN HELP ME: local photographer, friends, family, counselor or advisor, DRS

THINGS I NEED:
Camera, tripod,
transportation

HOW I WILL FEEL WHEN THIS IS DONE:
I will be happy. I will take myself to my favorite restaurant and order what I wish when I graduate.

Mark your calendars now!

GOVERNOR'S CONFERENCE ON
DEVELOPMENTAL DISABILITIES

“UNITED WE STAND”

March 21-22, 2011

Norman Embassy Suites Hotel &

Conference Center

2501 Conference Drive

Norman, Oklahoma

You may register online for this conference starting February 1 at
www.OKGOVCONFDD.com or www.okdhs.org

* registration is \$50.00

I look forward to seeing you at Oklahoma's 2011 Governor's Conference on Developmental Disabilities.

Why come to the Governor's Conference?

These are some of the topics that will be offered:

Essential Lifestyle Planning	Tax Credits & Deductions
Employment Opportunities	Service Dogs
Stress Management	Family Support Network
Emergency Planning	Guardianship
Recreation & Integration	Self-Directed Services
Social Security Benefits	Integrating Childcare

Did you know that Scarlett O'Hara, the heroine of Gone With The Wind was originally named Pansy?

HAPPY BIRTHDAY TO YOU!

January Birthdays

Megan Hopkins (YLF10)
 Adam Kaney (YLF10)
 Joey King (YLF10)
 Matthew Wood (YLF09)
 John Paul Reyes (YLF08)
 Loren Drake (YLF07)
 Brett Cunningham (YLF05)
 Trevin Lawson (YLF05)
 Jamie Brewer (YLF04)
 Patricia (Hurlburt) Keeth (YLF04)

February Birthdays

Weston Jenkins(YLF10)
 Josh Thompson(YLF10)
 Diamond Jones(YLF10)
 Ashley Snyder (YLF08)
 Rachel Ware (YLF08)
 Rikney Johnson (YLF06)
 Jody Kiddy (YLF05)
 Shanda Moody (Staff)
 Chauncey Goff (Staff)
 Krissy Garrett (Staff)

March Birthdays

Brenda Marrufo(YLF10)
 Jelisa Sullivan (YLF10)
 Luke Thomas (YLF10)
 Hannah Fields (YLF09)
 Andy Simms (YLF09)
 David Goodwin (YLF05)
 Dara Austin (YLF05)
 David Smith (YLF04)



GUESS WHO!

Congratulations to Andria, Katy, and Rikney who answered the last issue's Guess Who correctly with a guess of Trevin Lawson.

This issue's "Guess Who" is a YLF Staff Member! Need a hint? One of her hobbies is knitting!

Any one have any guesses? Who can be the first to give me the correct answer? You may call, e-mail, or mail your answer to:

Ok Developmental Disabilities Council
 2401 NW 23rd St, Suite 74
 Oklahoma City, OK 73107
 - OR -
 Jenifer.randle@okddc.ok.gov
 - OR -
 405-521-4964 800-836-4470



Did you know that the life of an eyelash is about 6 weeks?

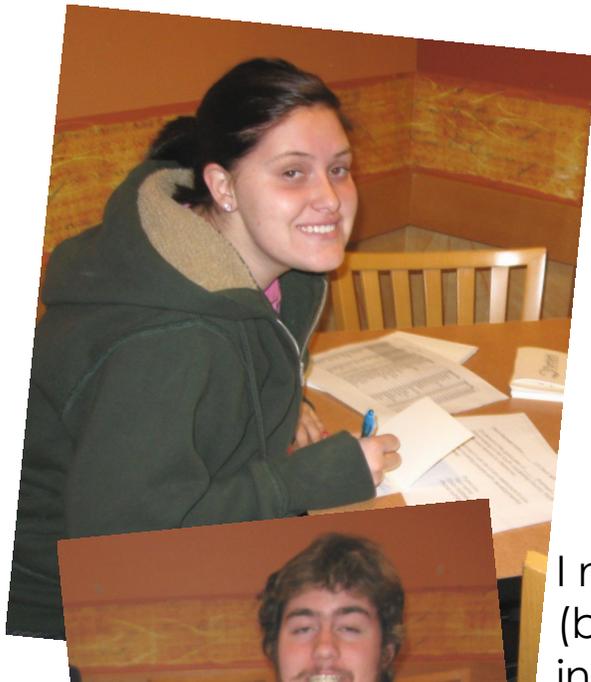
Look who I ran into the other day...



I caught **Andria Lewis** (YLF10) playing for her soccer team...Of course they won! Andria has kept busy with soccer and helping collect pop tops for dialysis. **Great job!**



Chris Borden (YLF05) was heard presenting to a group of people about service dogs at the Statewide Autism Conference. He was also spotted at the T.A.R.C. Awards Banquet, accepting the Self-Advocate of the Year Award!



I met up with **Katy Young** and **Adam Kaney** (both YLF10) at the Partners in Advocacy meeting in Tulsa! I also caught **Aaron Bullock** (YLF10), **Jennifer Karner** (YLF09), and **Trevin Lawson** (YLF05) at the meeting in Oklahoma City, but forgot my camera! All of these alumni gathered with graduates of our adult leadership program and wrote to Oklahoma State Legislators! **Excellent job Alumni!**

Did you know that Mercury is the second smallest planet in the solar system?

WEBSITES 2 CHECK OUT

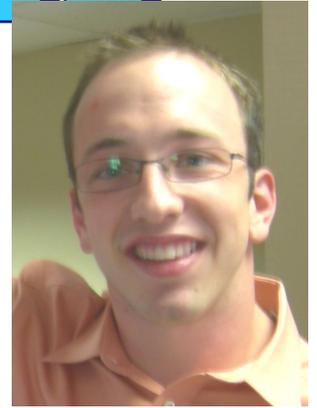
- **ADA Accessibility Guidelines:** <http://www.access-board.gov/adaag/html/adaag.htm>
- **AlgeBasics** - Step by step algebra tutorials: <http://www.algebasics.com/>
- **Animoto** - Create slideshows easily: <http://animoto.com/>
- **Aplusmath** - Want to improve your math: <http://www.aplusmath.com/>
- **Check Your Credit Report:** <https://www.annualcreditreport.com/cra/index.jsp>
- **College Prep 101:** <http://www.collegeprep101.com/>
- **FYI Transition:** <http://www.fyitransition.org/>
- **Karen Gaffney:** <http://69.89.31.193/~eastban1/dev/>
- **Kids As Self Advocates:** <http://www.fvkasa.org/index.php>
- **Kids Against Bullying:** <http://www.pacerkidsagainstbullying.org/html/>
- **LeDerick Horne:** <http://www.horneonline.com/poet/>
- **National Collaborative on Workforce & Disability:** <http://www.ncwd-youth.info/>
- **National Dissemination Center for Children with Disabilities:** <http://www.nichcy.org/Pages/Home.aspx>
- **Oklahoma ABLE Tech:** <http://www.ok.gov/abletech/>
- **Oklahoma Assistive Technology Center:** <http://www.theoatc.org/>
- **Oklahoma Yellow Pages for Kids:** <http://www.yellowpagesforkids.com/help/ok.htm>
- **Online Periodic Table:** <http://ptable.com/>
- **President's Volunteer Service Award:** <https://www.presidentialserviceawards.gov/tgact/login/dspLoginAll.cfm>
- **Snag Learning - Online documentary videos:** <http://learning.snagfilms.com/>
- **Volunteer Match:** <http://www.dnet.org/>
- **Vote 411 Information:** <http://www.dnet.org/>
- **Wordle** - Auto summarizes your text into graphics: <http://www.wordle.net/>

Ask Brian

Dear Brian,

My disability keeps me from doing things I want to do like playing sports or going to places like other kids. People make fun of me and laugh at me because I have to do things differently. My teachers act mad all the time because I have accommodations. One teacher said it wasn't fair for me to get special help. What do I do?

Signed, *Frustrated*



Dear Frustrated,

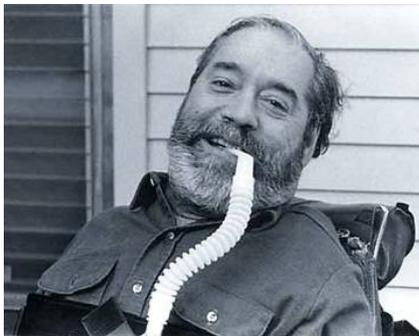
I think we can all relate to your struggles. Having physical limitations is very frustrating when you see others around you that “don't have limitations”. I remember everyone has limitations. You need to focus on your strengths. I understand that doing this is easier said than done. I think you have courage. It takes courage to express your feelings and frustrations with a large audience of people. I encourage you to use that same courage and share your feelings with your teacher. I would get with someone you trust whether that is a family member, friend, or pastor and have them help you call an IEP meeting, (YOU CAN CALL THE MEETING) and explain to your teacher that the “special help” helps you show what you really know. It is also important that **you** take responsibility for the accommodations. This means that you should try to do everything you possibly can to take care of it yourself. This also means reminding your teacher about what you need at least a week before the test or paper is due. If it is an everyday accommodation you need, I might suggest that you get a teachers aid or outside to help you. Teachers have a lot of stress with their day to day job, so the more you can do the better. They are willing to help you, just present your needs in an under-whelming fashion. The key is providing them with possible solutions, so they don't have to do all work.

Now, for those people who make fun of you, I know this is easier said than done, but ignore them. You have gifts and things that you are good at, focus on those. Get out in your community and do things that will allow you to demonstrate your strengths. Go out there and do it over and over until people recognize your ability. I went away from home for college, which was the first time outside of my true comfort zone. I did get made fun of at first and I wanted to come home, but I realized with friends help that everyone meets people that aren't nice and you have to keep putting yourself out there and you will eventually

change various people's perceptions. I kept going to parties and events staying involved the best way I possibly could and when people saw my true personality they started to accept me and my interaction with others increased. I understand you said transportation issues. While that is difficult issue, I would suggest that you try and see if there is a bus that could offer assistance in taking you places. If that is not available I would either ask a parent or a friend's parent for assistance. You could always have your friends or bring the event to you. If it is a situation where you need wheelchair access call the place and see if they could help provide assistance in helping you get in the facility. Playing sports is always difficult, but if there isn't a league that provides you an opportunity to participant, you can start research leagues for people with disabilities. I would try calling Jen, she could probably give you direction on where to look. Here is a quote for you by Scott Hamilton, an American figure skater and Olympic gold medalist, "The only disability in life, is a bad attitude." I believe that you have the confidence, it is clear in reading the letter, to make a change. Go believe in yourself—you can do it.

Sincerely *Brian H. Smith*

CELEBRATE ED ROBERTS DAY!



The California Foundation for Independent Living centers applauded the overwhelming passage of legislation honoring pioneering disability rights advocate Ed Roberts in the House of Representatives. Authored by Rep. George Miller (D-Martinez), House Resolution 1759 declares the House's support for a national "Ed Roberts Day" to be held on January 23.

"Ed Roberts was a ground breaking leader who helped galvanize the disability rights movement around the fundamental idea that all people should have the opportunity to pursue education, go to work, and live in the community," said Sheri Burns, Chair of the California Foundation for Independent Living Centers.

Roberts founded the Independent Living Center in Berkeley, directed the California Department of Rehabilitation and was a key leader in the national disability rights movement. Roberts later co-founded and became the President of the World Institute on Disability.

Did you know that a scallop has 35 eyes and they are all blue.



ATTENTION YLF ALUMNI - YOUR EXPERTISE IS NEEDED ON A BOARD / COMMITTEE

Boards and committees are made to help organizations and agencies.

For example, the Oklahoma Developmental Disabilities Council is made up of 28 individuals who make decisions in regards to how our Council money is spent on various projects that are proposed to them. One such project that they have voted to fund is the Youth Leadership Forum. Currently, ODDC has 2 YLF graduates on the Council.

There are many **State** Boards, Committees, Advisory Panels, etc that you may have a particular interest, such as the ODDC, Tourism and Recreation, Youth Suicide Prevention Council, to name a few. There are also many **Local** Boards, Committees, etc that you may have an interest too. Check out the City Council where you live...or nonprofit organizations!

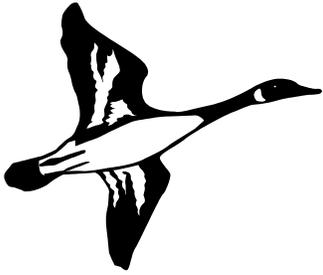
I hope each of you are interested in being on a board or committee. We need YOU to help organizations remember EVERYONE when making decisions.

A list of State Boards and Commissions is enclosed for you...check them out, or check your local community. If you need help, call me - that's what I'm here for!



Brett Cunningham (YLF05) says this about serving on a State board. "I like serving on a board, because when I figured out that I want to work with people with disabilities and disability policy, I needed to know everything about the state government and state agencies. I really enjoy it, I wish I had more time to serve on more but my last year of college is hindering me from that."

What can GEESE teach us about working together?

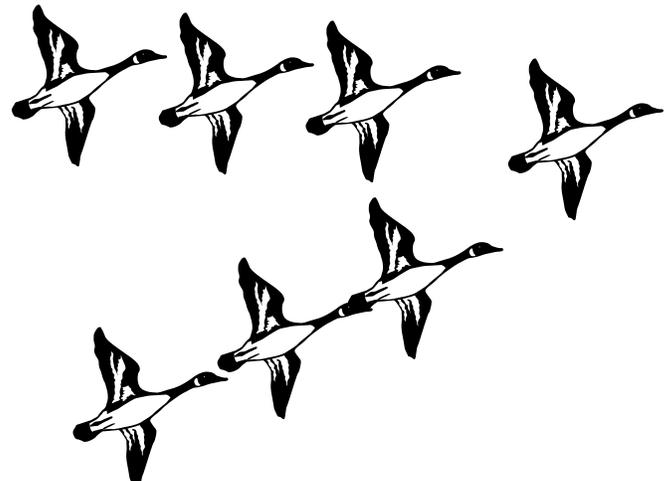


- A flock of geese can be easily identified by the way they fly. You've seen them before, they fly in a "V" formation. Did you know that as each bird flaps its wings it creates an 'uplift' for the bird behind him or her? By flying in this "V" formation, the group of geese can fly much faster than if they flew alone.

- Whenever one goose stops flying in the "V," it is slowed down because it is trying to fly alone. The goose will usually get back in the "V" so it can be helped by the 'uplift' of the bird in front of it.



- When the lead goose gets tired, it goes to the back of the "V" and lets another goose lead for a while.
- It pays to take turns doing the hard work in a group. It is important to share leadership with other people in a group; as with geese, we are interdependent on each other.
- When flying in the "V," geese honk to the geese in front of them to encourage them to keep up their speed.
- In a group, we should encourage and praise each other for our hard work.
- When a goose gets sick, becomes wounded, or is shot down, two geese drop out of formation and follow it down to help and protect it. They stand with it until it is able to fly again or dies. They then launch in a small group, in their own "V" until they catch up with the flock.
- Groups of people who are working together need to stand by each other in difficult times as well as good times.



THANKS FOR THE LESSONS, GEESE!

YLF ALUMNI INVOLVEMENT & ACHIEVEMENT CARDS

“BLUE CARDS”

Congratulations and Thank you to the Alumni who have sent in one or many “BLUE CARDS”! Since the latest reminder, the number of blue cards increased huge. You guys are doing AMAZING stuff in your communities! Please remember to continue to share! Here are the number of blue cards turned in by YLF graduation years as of June '10:

YLF 2004: **3** Blue Cards

YLF 2005: **10** Blue Cards

YLF 2006: **3** Blue Cards

YLF 2007: **8** Blue Cards

YLF 2008: **0** Blue Cards

YLF 2009: **29** Blue Cards

YLF 2010: **126** Blue Cards

You never know who is watching or who you are touching by your actions. Keep up the hard work!



Are you ready to improve your leadership skills even further? Partners in Policymaking, our adult leadership training program is an opportunity for you. **Trevin Lawson**, YLF05, is taking Partners now. Trevin says, “It gives you more of an opportunity to learn about the things that were brought to your attention at camp.” Call Herb: 1-800-836-4470 for more info.



YLF wants to hear great things about YOU!

- Have you been accepted into or successfully completed an educational program?
- Have you received a nomination or an award for your work in the community?
- Have you been hired for a new job or gotten a recent promotion?

Send your good news and pictures to: jenifer.randle@okddc.ok.gov and I'll make sure to get it in the next issue of the YLF News!

You can call me at 405-521-4964 or 1-800-836-4470 -OR-

send it through the US Mail to me at:

ODDC, 2401 NW 23rd St, Suite 74, Oklahoma City, OK 73107

If you need anything, give me a call! -JEN