

YLF NEWS

April
2012

YLF 2012

The 9th summer for the Oklahoma Youth Leadership Forum is just around the corner! Things are moving fast in the office as we make arrangements with the University in

Chickasha (USAO), order supplies (including our wonderful bright yellow shirts!), plan activities (anyone remember how long it took you to save the world by removing toxic waste from the circle?), hire our incredible staff (making sure they're able to throw flour off a balcony, load water guns quickly and handle silly string), and get only the best presenters in the world for the delegates!

YLF 2012
Theme:
Oh! The Places
You CAN Go!



LeDerick Horne

Speaking of presenters, I'm very excited to tell you that *LeDerick Horne* will be returning to YLF for his 3rd summer! LeDerick will be staying with us all week this year too! When LeDerick was a child, he believed he didn't have much of a future. Despite being identified with a disability, he has become a successful spoken poet, playwright, motivational speaker, entrepreneur, and advocate.

Michael Beers will also be returning to YLF this summer! Michael has been performing as a stand up comic for several years. A large portion of Michael's act is based on his own life growing up in

Montana with his mother and three his sisters, their dogs, and a disability. He also ventures into some social and political commentary.



Michael Beers

Dr. Jamie VanDycke will be joining us again this year, helping us understand our roles with personal and systems advocacy and how we can become systems change agents. Our delegates will create two leadership plans this year, one plan will be focused on personal goals while the other will be focused on their individual community. *Dr. Jim Martin* and graduate students from the *University of Oklahoma* will also be joining us, helping us understand the importance of being involved in our "I.E.P" meetings. We'll be learning more about the *Department of Rehabilitation Services* this year and of course, the legislative process from *Representative Ben Sherrer*. We'll be enjoying our etiquette lesson from *Carey Sue Vega* and dancing the night away with *Sweet-n-Lo*. It's another jammed pack week of learning and fun! I can't wait until June!

If you'd like to come to YLF and hear a presenter, call Jen ASAP!

Do you have a 1-page profile?

What is a one-page profile?

Simply put, a one-page profile is a summary of what matters to **YOU** and how others may support you.

Why should you have a one-page profile?

Having a one-page profile can share important information such as your strengths, interests and specific support needs you have. For example, on my one-page profile, I've shared that if you see me doodling, it's not that I'm not interested in what's going on... Doodling is a way to help me concentrate on what is going on. If I don't share that with someone, they may think I'm uninterested and not paying attention to them.

One-page profiles offer a way for you to have a voice in how you're supported in school or work and to have your strengths and what is important to you acknowledged.

One-page profiles offer a way for your family to share their knowledge and expertise on how best to support you.

How are one-page profiles created?

A one-page profile is made by bringing together information from you, your family, friends, etc. With this information, a well-rounded picture of you can be made that tells your interests, strengths, and views. One-page profiles can be made for different situations too, such as one for school, one for work, one for a hospital, etc.

Jen, this sounds great, but how do I do this?

Making a one-page profile does not have to be a lot of work. It's a matter of thinking about yourself and what you like to do, how and when you like to do things. For example, are you a morning person? I like to wake up early...but some people may like to hit their snooze bar 5 times (I've met a person that hits her snooze bar 7 times before waking up!) It's all about understanding your preferences and how you support those preferences! Doodling is my preference to concentrate in class or a meeting. What's yours? You also want to understand the supports you need. It's important for me to take iron supplements every day. What needs to be done to support me in taking my iron supplements? If something happens that I cannot take my supplements, then I need someone to know!

Are you interested in making a one-page profile? Call or email Jen! I'd love to help you get started!

Places you can use a one-page profile:

Keep a copy of your one-page profile in a notebook to share with others as needed.

Share your one-page profile to your vocational rehabilitation counselor.

Share your one-page profile with your doctor. Ask them for input about your supports.

Don't forget to review and update your one-page profile as your preferences and supports change!

For additional information, one page samples or training in one-page profiles:

Contact Jen, jenifer.randle@okddc.ok.gov, 405-521-4964 or 1-800-836-4470.

Don't forget Great Poetry Reading Day is April 28!



Make snacks work for you by choosing nutrient-rich foods from the grains, fruit, vegetable, dairy and protein food groups. Snacks can boost your energy between meals and supply essential vitamins and minerals. There is a place for snacks in a healthy eating plan. Just choose wisely!

- Think of snacks as mini-meals that contribute nutrient-rich foods. You can fit snack calories into your personal healthy eating plan without overspending your day's calorie budget.
- Snack only when you're hungry. Skip the urge to nibble when you're bored, frustrated or stressed. Do something like walking the dog or working in the garden.
- Keep portion control in mind. Have a single-serve container of yogurt or put a small serving of nuts in a bowl.
- Plan snacks ahead of time. Keep a variety of nutritious ready-to-eat supplies on hand, such as whole-grain crackers and low-fat cheese.

Ideas for snacks with 200 calories or less:

- One tablespoon peanut butter spread on slices of a medium apple
- One cup tomato soup with five whole-grain crackers
- Three cups air-popped popcorn sprinkled with three tablespoons grated parmesan cheese
- Tri-color veggie snack: 6 baby carrots, 10 sugar snap peas (or green pepper strips), 6 cherry tomatoes and 2 tablespoons reduced-fat ranch dressing for dipping
- Small baked potato topped with salsa and 1 ounce low-fat cheese
- Toaster waffle topped with ½ cup blueberries and 2 tablespoons low-fat yogurt
- Six whole-wheat crackers and one slice low-fat Colby cheese
- Fruit smoothie: Blend 1 cup fat-free milk, ½ cup frozen strawberries and ½ banana
- One 6-inch flour tortilla with ¼ cup black beans and 2 tablespoons fresh salsa
- Quick-to-fix salad: 2 cups mixed greens with ½ cup mandarin oranges, 1 tablespoon sliced almonds and 2 tablespoons reduced-fat dressing
- Mini-sandwich: Whole-grain dinner roll with 1 slice deli turkey, 1 slice low-fat cheese and mustard

Have you volunteered lately?

Snacks with 200 to 300 calories *(Watch serving sizes to stay within the range of 200 to 300 calories):*

- Whole wheat pita cut into wedges with 2 tablespoons hummus for a dip
- Yogurt parfait: Layer 6 ounces fat-free yogurt, ½ cup berries and ¼ cup granola
- Trail mix: Mix 20 almonds, miniature box of raisins, and ¼ cup sunflower seeds
- Instant oatmeal made with fat-free milk with 1 tablespoon honey, ½ cup sliced peaches and dash of cinnamon
- One 4-ounce fat-free, ready-to-eat vanilla pudding with ½ cup fresh fruit and 5 vanilla wafers
- Veggie pizzas: Split whole wheat English muffin. Top with 2 tablespoons low-fat cream cheese, ½ cup diced fresh veggies and one ounce low-fat mozzarella cheese
- Cinnamon-raisin mini-bagel spread with one tablespoon peanut butter
- Hot chocolate made with low-fat or fat-free milk and a small oatmeal cookie
- Whole-grain toaster waffle with 1 ½ tablespoons chocolate-flavored hazelnut spread
- Banana split: banana sliced length-wise topped with ½ cup frozen yogurt and a tablespoon of chopped nuts

For more healthy eating tips, visit www.eatright.org or choosemyplate.gov.

Need some sample menu or recipe ideas?

- Sample Menus at 2000 calorie level - This 7-day menu gives an example of how all of the recommendations for food group and nutrient intake can be put into a weekly menu.
- Food Groups Recipes - Fifteen recipes (3 from each food group) show ways to use foods from each food group. They are complete with basic nutritional analyses and food group amounts.
- SNAP-Ed Connection Recipe Finder - Search this database of recipes by various categories, including ingredients, recipe type, or cost per serving. Recipes include those submitted by nutrition educators in the Supplemental Nutrition Assistance Program (SNAP), or from government agencies or other health professionals and organizations.



Kara's Joke Corner



Question: When a duck has no money, what does it tell the waiter?

Answer: Put it on my Bill!

Question: Why don't you tell jokes to an egg?

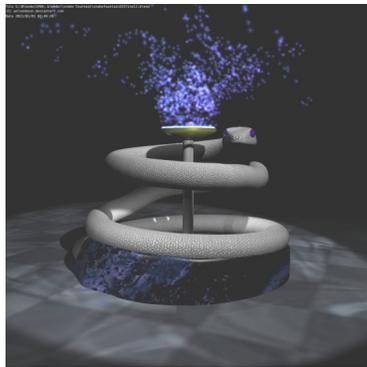
Answer: Because it will always crack up.



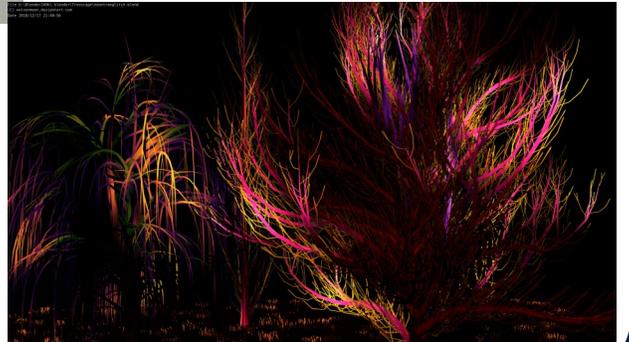
Congratulations to several YLF Alumni who submitted artwork to the Expressions Gallery @ the Governor's Conference! We had more than 80 pieces of work to review. The works below are only a sample of what alumni David Blose, Chris Borden, Hannah Fields, Keith Smith, Matthew Wade, and Zachary Wilder submitted. There will be a reception for the gallery on Wednesday, April 25 from 5 to 6:30pm at the Embassy Suites in Norman.

Join us! All are welcome!

My Soul



My soul lives in my body
My soul wants to get away
But my soul knows it's stuck for a reason
That time only knows
But no one told my soul how to stay still
Because I am breaking out of the mold
Of my people
And my soul is coming to the ranks
Of your people
Because that's my soul's way of breaking
Off the chains all over my body
So my soul can set other souls free
So they can live a real life with love





The Importance of Universal Healthcare for All by Benjamin Snow

I am a 22-year-old college junior, earning good grades and working hard to build a foundation for a bright future. But my future may be in jeopardy because of our nation's healthcare situation.

I have a disability—a “pre-existing condition” in insurance jargon. I use a power wheelchair and other assistive technology devices. I've enjoyed good health all my life, but because I have cerebral palsy, health insurance companies say I am “uninsurable.” Fortunately, my state provides an “uninsurable pool” for people like myself.

My wheelchair is customized for my body and my needs, allowing me to attend college, take care of myself, and be more independent. I'm grateful for the technology that allows me to live a life of my own choosing, just like people who do not have disabilities.

But when insurance companies get involved with my life, I lose control of my independence. The technology in my wheelchair is life-saving, and it's expensive. Two years ago, my state-sponsored insurance paid for my wheelchair. But the state recently changed its plan, reducing coverage for “durable medical equipment”—like my wheelchair—to \$3,000 per year. That's less than the cost of replacing one of my wheelchair's motors!

I depend on my power wheelchair to help me be productive and independent; I'm unable to push myself in a manual wheelchair. I intend to have a professional career and be a responsible, self-reliant, tax-paying citizen. But right now, as a student, there is no way I could pay for the wheelchair that I need. There is no other insurance possibility for me. When this wheelchair needs replacing (they usually last five to seven years), I don't know how I'm going to pay for it.

There is currently only one alternative for people with disabilities who are denied “normal” health insurance, and it's a frightening alternative to me: becoming dependent on government entitlements via Supplemental Security Income (SSI), based on having a low income, which, in turn, qualifies a person for Medicaid. There are many children and adults with disabilities who may not actually need the approximately \$600 per month in SSI, but they do need Medicaid, so they (or their parents, in the case of children) may choose to be unemployed or underemployed just so they can qualify for Medicaid. Most adult SSI recipients live below the poverty line, and under SSI regulations, they're unable to maintain more than \$2,000 in assets. This is not the path I want to take.

If I no longer had coverage from my state's “uninsurable pool” and/or if it no longer paid for wheelchairs, I might be “forced” into becoming an SSI recipient, just so that I could get Medicaid coverage. Medicaid would probably pay for a manual wheelchair, but since I cannot push myself and/or take care of myself like I do now, I would most likely become dependent on disability human services. In addition, because of the “unemployable” criteria of SSI, I would not qualify for college loans and my education would come to a screeching halt. My life would change overnight: instead of living up to my potential of being a hard-working, tax-paying employee, I would become an unemployed tax-user, dependent on government entitlements. This is a dismal situation, but it's the norm for many. I don't want it to become the norm for me.

Universal healthcare for all can do more than simply provide insurance. It can enable people with disabilities to move from poverty and dependence on government entitlements to greater independence as productive members of society . . . to live their American Dream!

APPS FOR ANDROID & IPHONE USERS



Stuck in a new city without a clue as to where to eat? No worries. Yelp can locate all the nearby eateries, then browse by proximity, neighborhood, price, or what's open now. There's also customer reviews, so you can avoid any clunkers. Not hungry? The app lets you find a whole host of other on-the-road necessities, such as banks, drugstores, and gas stations. Available for Android and iPhone!



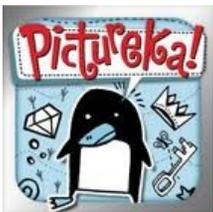
If you want more than just the current temperature and the daily highs and lows, The Weather Channel's free app is a great alternative. Not only does it have all the basics, it includes tabs for hourly, 36-hour and 10-day forecasts. You can also read the latest severe weather warnings or check the radar for any dark clouds that might be headed your way. Available for Android and iPhone!



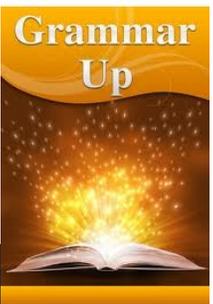
The Calorie Counter is the essential app for people who want to keep track of their food, exercise and weight and be able to sync and access all their information online. Available for Android and iPhone!



Google Translate translates words and phrases between more than 60 languages. For most languages, you can speak your phrases and hear the corresponding translations. Available for Android and iPhone!



Pictureka presents players with a screen cluttered with objects, and a list of things they must find (think five pieces of fruit, or six objects from space). Find them all before the clock runs out and get rewarded with... a new list. Be careful, it's addictive! Available for Android and iPhone!



Grammar Up can help improve your grammar, word selection and vocabulary with games and real-time feedback. This app provides you with an opportunity to improve strategies for grammar success. Available for Android and iPhone!

Do you have a favorite app you'd like to share?

Happy Birthday

April Birthdays

Brooke Haddad YLF11
Nick Clemmons YLF11
Kyle Brannon YLF09
Smiles Halpainy YLF09
Shelbi Lonkerd YLF09
David Blose YLF07
Ben McFarland YLF07
Jack Minor YLF07
Jamie Bugg YLF06
Julia Brown YLF04
Glen Adamson Staff

May Birthdays

Matthew Wade YLF11
Mindy Blaser YLF09
Steven Bay YLF09
Shay Adams YLF08
Cody Sword YLF07
Brooke Kerr YLF05
Kim Peter YLF06
Cory Higgins YLF05
Dustin Edwards YLF04
Jesse Marquez YLF04
Heather Caram Staff
Kiley Smith Staff
Hillary Allen Staff
Mary Rachel Fenrick Staff
Micheline Wijtenburg Staff

June Birthdays

Jessica Watson YLF10
Marta Seitz YLF09
Andrew Webb YLF08
Ty Loftis YLF07
Jeri Hubble YLF05
Candice Russell YLF05
Melissa Langley YLF04
Sharon King YLF04
John Barton YLF04
Dustin Caram Staff
Haley Evans Staff
Shelia Mize Staff

NEWSLETTER CONTEST!

JANUARY NEWSLETTER FIND THE ERROR CONTEST:

There were no winners for our contest in January. The answers were: Dr. Martin Luther King's holiday was incorrect in our calendar. It should have been Monday, January 16. You'll find another error in September, as there are only 29 days! OOPS!

APRIL CONTEST!

WHO AM I?

Answers can be emailed jenifer.randle@okdhs.org or send by US Mail to the:
Oklahoma Developmental Disabilities Council

Attention: YLF Newsletter Contest
2401 NW 23rd Street, Suite 74, Oklahoma City, OK 73107



Alumni Highlight



After graduating from YLF in 2009, **Roderick Tyler Halpainy II** (better known as **Smiles** by his friends), returned to YLF in 2010 and 2011 as an Alumni Mentor. Roderick is an incredible role model and why we chose to highlight him this month.

Instead of sitting around, griping about frustrations he had about not having a job, Roderick took matters into his own hands. He (with support from his parents) applied and interviewed for jobs himself. He's now working at Wal-Mart as a Maintenance Associate. You can find him keeping the store clean and in order as well as helping out wherever they need him. Roderick says the best part of his job is helping the customers and co-workers when he can.

When Roderick has time off, he enjoys running. He'll be running the 400-meter run in the area Special Olympics as well as the State games in Stillwater.

He's an avid Oklahoma City Barons fan, cheering on the team at the home games. If that wasn't enough, Roderick continues his community involvement, volunteering before the hockey games at the Kids Zone, helping run the different games provided.

Roderick has set and started work on a new goal: getting his driver's license!

*"I just want to help where I can."
- Roderick*

SAVE THE DATE!!



For more information on Autism Awareness, visit the [Autism Society website](#).

The [Governor's Conference on Developmental Disabilities](#) - April 25 & 26

The [Joining Forces Conference](#) - May 6-7 at the Metro Techn Center, OKC.

[Autism Piece Walk](#) in Downtown Oklahoma City will be Saturday, May 5.

[Dreamnight at the Zoo!](#) - June 1 If you need a ticket, call Jen ASAP!

[YLF 2012](#) will be June 12-16 on the USAO campus in Chickasha!

If you're interested in attending one of these events, call or email Jen for sign-up information.

2012 Developmental Disability Awareness Day at the Oklahoma State Capitol

April 11 was a great day to be at the Oklahoma State Capitol! Advocates for disability issues filled the east wing of the first floor! Several YLF Alumni were in attendance, participating in the rally and to speak with their legislators. YLF supporter Representative Jason Nelson was in attendance and spoke to the crowd. It was great seeing them come to the capitol to speak to their legislators about the issues that matter to them. Have you contacted yours yet? What are you waiting for?



Ellie Williams, YLF 2010



John Paul Reyes,
YLF 2009



Lauren Allison, YLF 2005



Brett Cunningham,
YLF 2005



Brian Smith, YLF
2004



Representative
Jason Nelson

Thoughts from YLF Alumni

Have you ever wanted to express your thoughts or ideas, but didn't have a place to do so? Grab your pen or keyboard, because now

you do! "Thoughts from YLF Alumni" is a new blog that will allow you to share your thoughts and ideas with others online! Submit your thoughts to Jen (jenifer.randle@okddc.ok.gov). Written submissions should be no more than 1500 words. Video submissions should be in mp3 format and no longer than 5 minutes. Once received, submissions may be edited for formatting, etc.

Your submissions may include:

1. Things you wish you would have known in high school
2. A short story or poem you have written,
3. Photos of you participating at a conference, volunteering in the community,
4. Your thoughts about an article in a newspaper, or
5. A movie review

You can visit the blog here: <http://thoughtsfromylfalumni.blogspot.com/>

Until next time! - Jen