

YLF NEWS

Jan
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President Bush is shown signing the A.D.A. with Justin Dart, advocate.

CIVIL RIGHTS, HUMAN RIGHTS, DISABILITY RIGHTS: SAME STRUGGLE: *Join the Civil Rights Movement for People with Developmental and Other Disabilities*

Is self-advocacy really a civil rights movement? It sure is! Self-advocacy is changing how society looks at disability. No longer hidden away in institutions, individuals with disabilities are now advocating for themselves, demanding freedom, equality, and justice for all people. The United States has come a long way advocating for policies that improve the lives of people with disabilities.

In 1990 the Americans with Disabilities Act (A.D.A.) was passed. This law provides basic rights to people with disabilities: equal access to public places, prohibits discrimination in employment, and equal access to public transportation.

"Without the A.D.A., I would not have been able to join my High School swim or water polo team, because of the able-body vs. adaptive sports segregation that used to be okay. I would not have been able to ride the local bus to the mall or beach because they would not have to be equipped with lifts for wheelchair users. I would not have been able to get into most public places because the door of the business would not have had to be widened for my wheelchair. Most importantly, I would not have been able to write this article because we would not have such willing agencies working with person that have disabilities. There are so many other great things that the A.D.A. has done for persons with disabilities. It is important to remember the value of A.D.A. as we continue our work in the disability movement." - Christina Mills, Deputy Director California Foundation for Independent Living Centers.

In 1990, reauthorization of the Education for All Handicapped Children was passed and renamed as the Individuals with Disabilities Education Act (I.D.E.A.). The purpose of I.D.E.A. is that students with a disability must be provided a Free Appropriate Public Education (FAPE) that prepares children for further education, employment, and independent living.

In 2001, the New Freedom Initiative was passed to promote the full participation of people with disabilities in all areas of society by increasing access to assistive technologies, expanding educational and employment opportunities, and access to daily community life.

The passage of these acts and the advocates behind them show how the disability civil rights movement has improved life for others. Advocates across the world are still joining together, to assure there is freedom and access or all. Will **YOU** help continue the efforts for disability rights?

We should all stand proud of our disabilities and even prouder of the history that got us all here. - Mills

Learn more about the A.D.A. - Check out <http://www.ada.gov/>



Ed Roberts

“The Father of Independent Living”

Born Jan. 23, 1939 and died on March 14, 1995.

In 1962, **Ed Roberts** applied to attend the University of California at Berkeley. The university hesitated to admit Ed because of his disability from polio. Reluctantly, Ed was admitted in 1962. The university arranged for Ed to live in the campus medical facility, Cowell Hall. His brother, also a student, served as an on campus personal assistant, often pushing Ed from class to class in an old manual wheelchair.

Ed was accustomed to rejection, a year earlier in 1961 the state vocational rehabilitation agency refused to serve him as he was labeled, “unemployable.” That decision was later overturned. One of the many ironies of Ed's life was that fourteen years later in 1975, Governor Jerry Brown appointed Ed as state Director of the same agency that deemed him too severely disabled to ever work.

The following year, 1962, John Hessler, who had a spinal cord injury, began attending Berkeley and living in Cowell Hall. Others followed, and evening and late night talks evolved to developing advocacy strategies to live independently on campus and in the surrounding community with necessary supports.

Ed's leadership skills emerged and he took lessons from other campus movements to start the independent living and disability rights movements for persons with disabilities. Ed was quick to grasp that the struggle for independence was not a medical or functional issue, but rather a sociological, political, and civil rights struggle. Additionally, the roots of the independent living model can clearly be traced to influences from the civil rights movement and the peer support model associated with Gini Laurie's Rehabilitation Gazette.

In the late 60's and early 70's Berkeley students with severe disabilities organized into a group known as “The Rolling Quads.” Led by Ed, they began exerting pressure on the university to become more accessible. They began looking for funding to develop a student organization to work for barrier removal and support services, including personal attendant services for students with disabilities to live independently while attending school.

Ed Roberts was starting a self help movement that would radicalize how people with disabilities perceived themselves. He did it for himself, and then began laying the groundwork for the rest of us. Independence and rehabilitation have not been the same since, and will never return to the archaic notions which perceived people with disabilities as passive recipients of charity, unable to self direct their lives.

After establishing the campus organization, Ed and others realized the need for an off campus,

Don't forget National Kazoo Day on January 28!

community based organization. In 1972, with minimal funding, the Berkeley Center for Independent Living (CIL) was started. The core values of the Berkeley CIL, **dignity, peer support, consumer control, civil rights, integration, equal access, and advocacy**, remain at the heart of the independent living and disability rights movements. Today, as many as 400 CILs exist throughout the country, funded with a mix of federal, state, local, fee for service, and private money.

In the early 80's Ed and others established the World Institute on Disability in Oakland, a progressive think tank focusing on independence and civil rights for people with disabilities. Ed travelled the country and the world influencing the lives of people with disabilities. He was featured on a variety of news shows, including 60 Minutes. As is true of far too many leaders with disabilities in the independent living/disability rights movement, Ed died at a far too young an age in March 1995. He was 55 years old.

Article from: *ILUSA*. Ed Roberts The Father of Independent Living. <http://www.ilusa.com/>



Learn more: Knowledge is Power!

The Independent Living Movement

<http://www.mncdd.org/parallels/six/6b/1.html>

Ed Roberts: A Remembrance and Leadership GPS

<http://www.mnddc.org/ed-roberts/essay.html>

Photo Gallery <http://www.mnddc.org/ed-roberts/gallery.html>

60 Minutes Segment <http://www.mnddc.org/ed-roberts/sixtyMinutes.html>

Effective Strategies for Social Change by Ed Roberts
http://www.mncdd.org/parallels2/one/video/ed_roberts-pipm.html

The Disability Right and Independent Living Movements
<http://www.ncil.org/about/WhatIsIndependentLiving.html>

"We have to get out there and change the old attitudes." -Ed Roberts

Celebrate Ed Roberts Day January 23, 2012

Have you volunteered lately?



Thinking before you speak...

Use Person First Language

Have you ever been called names? Names like LD, handicapped, stupid, retarded, autistic, cripple or CP? People don't think before using words like these and end up hurting people they like without thinking through what they're saying. So what do you call a person with a disability?

Many people who have a disability prefer what is called "*people first language*." But what exactly is it?

People First Language is a respectful way of speaking about a person with a disability. Simply put, it uses words to identify a person before their disability. Doing this creates a positive perception about a person. Just as a person may be short or tall, it's just one part of what makes up an individual, only one attribute. It's using a person's name instead of labeling them with a disability.

For example, if you saw a person using a wheelchair unable to negotiate the stairs of a building, would you say "There is a disabled person unable to find a ramp" or would you say "There is a person using a wheelchair who cannot access the building"? Learning to use people first language does take time. Here are some other examples for you.

INSTEAD OF THIS...

She is handicapped or disabled.

He's retarded.

She's confined to a wheelchair.

He's brain damaged.

She's a victim of CP.

He's learning disabled.

She is an epileptic.

He is able-bodied.

She suffers a hearing loss or from being deaf.

SAY OR WRITE THIS...

She is a person with a disability.

He is an individual with a cognitive disability.

She uses a wheelchair.

He has a brain injury.

She is a person with cerebral palsy.

He is a person with a learning disability.

She is an individual with epilepsy.

He is an individual without a disability.

What can YOU do to help spread the word about using people first language? First and foremost, we must practice using it ourselves. If we want others to use it they must see and hear it used. Secondly, pass along this article or even ask for the Oklahoma Developmental Disabilities Council "Watch Your Words" brochures. Email or call Jen - she'd love to send you some! Leave a few here and there (i.e. your local library, doctor's offices). Also, be sure to send in a blue card when you talk to others about using people first language or where you left brochures!

HAPPY NEW YEAR

Now that 2012 is here, I hope you are thinking about what is possible! If you're having trouble, try spending a little time to answer these simple, yet powerful questions to help get you started.

- What's My Purpose?
- Where's My Passion?
- What Am I Naturally Great At?
- How Has My Past Prepared Me For In The Future?

Remember, achieving your personal and career goals will take some hard work and effort. But if you're willing to put that work and effort into it, *anything is possible*. Make sure your goals are "S.M.A.R.T." too! If you don't remember what that is, check out the introduction to our calendar or call or email Jen!



Participate in the Piece Walk on Saturday, May 5, 2012!

The Oklahoma YLF has their own team for the Piece Walk event! What a great way to hang out with each other again, meet new alumni and help out an organization! I'm so excited to do this, I've already started getting in shape by walking every day!

Location: AT&T Bricktown Ballpark (2 S. Mickey Mantel Dr. OKC, OK 73104)

Walk/5K Schedule:

Registration: 7:30am

Resource Fair: 7:30am

Opening Ceremony: 8:00am

Piece Walk: 8:30am

5K: 9am

Closing Ceremony: 10:00am

There's much more information on our team page and you can access that online while you're signing up for our team! Visit our team page <https://www.piecewalk.org/TeamStats.aspx?TeamID=313> and click the yellow run/walk button on the bottom of the page.

I'm hopeful that we'll have many that want to walk (or run the 5K). So hurry and sign up! After we finish, maybe we can all grab lunch!

Call if you have any questions!





Hello 2012!

The start of the New Year brings hope and chance to make yourself better. We all have goals and dreams some of which were met last year, but others weren't. Regardless of your situation, I bet we all have certain things we want to accomplish this year. These goals could be anything from getting an good grade in a class, graduating from high school or college, finding a job (or a better one), living on our own, building better relationships with someone, or developing a new skill.

I recently accepted a position at the Center for Learning and Leadership (housed at the OU Health Science Center) to help coordinate various self-advocacy events. As you know, the term self-advocacy means speaking on one's own behalf or in other words, if you need or want something to happen, you take responsibility and figure out how to get it done. This does not mean you have to get it done by yourself, but you take the steps necessary to get it done. For example, if you want to go to college, it is your responsibility to go to your counselor and tell them what you want. They can help you figure out a plan to get you what you want (where you want to go, what you study, and help finding resources). Once your plan is developed, it is your responsibility to complete the steps you need to go to college or find someone that will help you help get those things done. The key words here are **help you**.

You are responsible for your life and you have complete control of the choices you make.

I took this position at the Center for Learning and Leadership because I want to be part of that help. I want people with disabilities to have successful careers and lives in whatever they choose. I want to give them the tools they need to excel in a fast-paced but exciting world. I have been blessed with opportunities in my life and it is important for me to share those experiences with others and make lives better. I don't have all the answers, but if I don't know something, I will figure out the right answer or how to make it work. I want to build trust with people. We all come from different experiences and we can all learn from each other based on those experiences and make the world better for each and every person with the disability. I'll let you in on a little secret: *Every person in this world has some limitation*. There are many business people and CEOs of companies that can't interact with people very well. They may be great with numbers, but when it comes to relating to people they stink. In turn, we all have gifts. One of our greatest presidents, Franklin Delano Roosevelt (FDR) had polio and was in a wheelchair. It didn't stop him from leading our country out of the Great Depression and getting elected to four terms (The only president to do so). He figured out ways to overcome the challenges he faced and achieve his goals. I challenge each and every one to work hard at achieving those goals.

Every person in this world may have some limitations, but everyone has gifts too.

If I can help you in anyway, please feel free to contact me. My job is to help make lives better for individuals with disabilities. Let me help you make 2012 your best year yet! You can reach me by email: brian-smith@ouhsc.edu.

APPS FOR ANDROID USERS



Evernote keeps track of text notes, web pages, photographs, and voice memos, which can then be accessed anywhere, anytime. It works in conjunction with a web app and the desktop program. So if you take a note using your phone (text, voice recording or snapshot) it will sync to both your online Evernote account and your PC. (FREE)



Droid Scan lets you to take pictures using your phone's camera and save them as high resolution documents (mostly PDFs). The app automatically corrects whatever angle you took the photo at and uses contrast enhancing technology to eliminate unwanted aspects of the photo so you get a crisp, clean 'scan'. (FREE or \$6.99)



Recordoid turns your phone into a Dictaphone. Record notes from class with this app and then listen it to later to help you learn the course material. (FREE or \$1.99)



Do course assignment due dates sneak up on you? Let **Course Pro** track your assignments. It will let you know when your work is due as well as track your progress. (FREE TRIAL / \$2.99)

APPS FOR I-PHONE USERS



myHomework is an easy-to-use tool for tracking homework. Assignments are tracked by due date and assigned a color—red, orange, or blue—depending on their priority. (FREE)



Evernote keeps track of text notes, web pages, photographs, and voice memos, which can then be accessed anywhere, anytime. (FREE)



Pageonce organizes your accounts, including online shopping, banking, Netflix and more. It also tracks cell phone minutes, frequent flyer miles, travel itineraries and more. (FREE)



Driver's Ed Oklahoma is a study companion to help prepare you for your permit test. Has a quiz feature as well as flash card feature. (FREE from DriversEd.com)

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



Would you like to change things, but not sure how to go about making these changes? Community activism helps but there is one simple way for us to make changes: Get involved in the political process! To be more informed:

Look up the candidates' (local or national) policies online to see where they stand on the different issues. Being informed is key in you being involved.

Don't be afraid to contact the candidates or their campaign headquarters. If you let them know you are out there and are interested in learning about them, they may send you information. You can usually find their contact information online on their campaign website.

Make sure you are registered to vote! Voter identification cards cannot be issued 24 days before an election! After you've registered and brushed up on the candidates, it's time for you to find out what voting accommodations your state offers before you vote. Be sure to check with your county election board to learn about local accommodations.

After you've researched the candidates and their issues, registered to vote and identified your local polling place and any accommodations with your local election board, make your decision and Vote!

After elections, you may think the hard work is over...but it's only begun. Don't stop being involved! Even if the person you voted for was not elected, introduce yourself to your state and federal legislators! Remember, don't be afraid of them. Show an interest in them. Teach them the issues that are important to you. Some of the greatest advocates like Justin Dart and Martin Luther King Jr. got their start as citizens like you who wanted change.

For more info on your voting rights, check out:

Voting in Oklahoma: A Guide for Citizens with Disabilities
http://www.okddc.ok.gov/pdf/ODDC_Voting_Brochure_2010.pdf

Vote as if your life depends on it. Because it does. - Justin Dart

Article from: KASA. Voting to Voice OUR Opinions for Change. <http://fvkasa.org/resources/files/civil-voting.php>



LEADERSHIP TIPS

Leadership is inspiring and helping others work towards a common goal. To be a leader doesn't mean you have to "take charge" of the group. There are many different ways to be a leader in a group.

Being an example for others to follow, in both what you say and what you do. For example, using people first language sets an example for others.

Introduce ideas to your group to help solve a problem.

Help settle disagreements by encouraging cooperation and compromise. You may have to make a decision for the group, so be ready.

Being friendly is important to being a leader. People will be more willing to share if you're interested in them as a person.

Your ability to be understanding is important. Everyone makes mistakes.

Encourage others through showing appreciation of ideas and efforts.

Remind your group what its purpose and goals are from time to time. We all can get sidetracked with details.

Be willing to accept responsibility. Offer to set up the meeting room, be an officer of your group, volunteer for a task.

Communicate effectively with your group.

Communication is the key to working in a group. Communication skills include speaking and writing. When you're speaking to your group, give only information that is associated with the topic. Communication also involves being a good, active listener. Pay attention to others when they are speaking. Take a few notes of what they say so you can remember what they've said. Tell them what you agree or disagree with what they've said and why. If you don't understand what they've said, ASK questions!

Have you been in the position of being a leader of a group? Why not share?

Happy Birthday

January Birthdays

Loren Drake YLF07
John Paul Reyes YLF08
Easton Crow YLF11
Brett Cunningham YLF05
Megan Hopkins YLF10
Adam Kaney YLF10
Jamie Brewer YLF04
Trevin Lawson YLF05
Matthew Wood YLF09
Joey King YLF10
Patricia Hurlburg YLF04

February Birthdays

Jody Kiddy YLF05
Ashley Snyder YLF08
Zach Wilder YLF11
Josh Thompson YLF10
Krissy Garrett Staff
Weston Jenkins YLF10
Rachel Ware YLF08
Chauncey Goff Staff
Shanda Moody Staff
Katelyn Nathan YLF11
Rikney Johnson YLF06
Breylan Delehanty YLF11
Diamond Jones YLF10

March Birthdays

David Goodwin YLF05
Dara Austin YLF05
Brenda Marrufo YLF10
Jelisa Sullivan YLF10
Luke Thomas YLF10
Daniel Stevenson YLF10
Andrew Simms YLF09
Brent McKinney YLF11
David Smith YLF04
Hannah Fields YLF09

NEWSLETTER CONTEST!



OCTOBER 2011 WHO AM I CONTEST WINNERS!

Cody Sword, Tiffany Roe, Keith Smith and Matthew Wade all sent in correct answers for our last contest. For those who didn't know, our contest was Oklahoma's Governor, Mary Fallin!

JANUARY CONTEST!

*** CAN YOU FIND AN ERROR INSIDE OUR 2012 YLF CALENDAR? ***

Answers can be emailed jenifer.randle@okdhs.org

or

US Mail:

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

JANUARY 25 IS OPPOSITE DAY!!

Announcements

SAVE THE DATE!!

Alumni Applications for YLF are due Feb. 15, 2012! Staff applications are due Mar. 1, 2012.

Disability Awareness Day will be on Wednesday, April 11, 2012 at the Oklahoma State Capitol!

The **Annual Governor's Conference on Developmental Disabilities** will be April 25 and 26 at the Embassy Suites in Norman.

The **Annual Joining Forces Conference** will be May 6-7 at the Metro Technology Center, Springlake campus in Oklahoma City.

Person Centered Thinking 2-day Trainings: February 16-17 and March 10-11.

Autism Piece Walk in Downtown Oklahoma City will be Saturday, May 5.

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



JUST ANOTHER DAY AT THE OKLAHOMA STATE CAPITOL

In today's job market, you can find many recent college graduates in limbo. Many of these graduates are even applying for jobs that don't match what they spent four to five years studying.

Being unemployed was not what recent UCO college graduate and YLF graduate (2005) Brett Cunningham had in mind however. Brett made a conscious and calculated decision to take another step towards his dream by applying for a legislative assistant position. This move paid off as he has been hired as a Legislative Assistant for State Representative Jason Nelson.

Legislative Assistants should have a basic knowledge in state government and the legislative process, something that Brett has been able to study through his attendance at YLF and Partners in Policymaking, as well as his participation on two governor-appointed committees and serving as secretary on a national board. With this experience and Brett's desire (*and dream*) to be involved in government, it seemed to be a natural fit for him to apply for this position.

On any given day at the Capitol, you can find Brett in Office 301 at the State Capitol returning phone calls, writing correspondence and memos, maintaining Representative Nelson's calendar, reserving conference rooms for meetings, preparing citations, working with constituents and assisting them with their issues, as well as working with other Legislator Assistants, House Staff, and other State Representatives and Senators.

"I'm living my dream." - Brett

~ **Congratulations Brett!** ~

You Lead For U

YLF ALUMNI INVOLVEMENT & ACHIEVEMENT CARDS

“BLUE CARDS”

Congratulations to those Alumni who have sent in one or many “BLUE CARDS”! Since the last newsletter, the number of blue cards continues to increase! Continue to share! I love bragging on the things you’re doing! Here are our blue cards turned in by YLF Alumni, as of June ‘11

YLF 2004: **2** Blue Cards
YLF 2005: **2** Blue Cards
YLF 2006: **0** Blue Cards
YLF 2007: **3** Blue Cards
YLF 2008: **0** Blue Cards
YLF 2009: **18** Blue Cards
YLF 2010: **37** Blue Cards
YLF 2011: **89** Blue Cards

Remember: If you need more blue cards, let me know! I'll send them to you!

**You never know who you may touch by your actions.
Get involved...Make a difference!**

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 or review

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

Until next time, I hope to see many submissions for the blog! - Jen