

YLF NEWS

18 Alumni Added to our Network!



Oklahoma YLF Graduates 18 in 2012!

It didn't matter that 18 young adults hadn't met each other before June 2012. This group bonded together and participated in small and large group sessions as a team, supporting and encouraging each other along the way. We also had a record 10 alumni return this past summer to support the 2012 class along their journey. This year's delegates, alumni and staff are pictured above with Oklahoma's Lieutenant Governor, Todd Lamb.

Front Row (L-R): Cody Parrick, LeDerick Horne, Heather Caram, Chauncey Goff, Kelby Staley, Kameron Stark, Caleb Mihelic, Briar Lostlen; **Second Row:** Roderick Halpainy II, Andria Lewis, Kyleigh Smith, Kara Patterson, Alejandra Saldana, Railee Creech, Sabrina Suarez, Carley Booher, Sheila Mize; **Third Row:** Rodney Parish, Nathan Highfill, Porsha Ellis, Chase Miller, Jake Spencer, Keith Smith, David Morrison, Ben Jewell; **Fourth & Back Rows:** Dylan Kozar, Shawn Sheehan, Rachel Hall, Brett Cunningham, Shanda Moody, Mary Rachel Fenrick, Breanne Bell, Katy Young, Jamie Woolman, Morgan Davis, Lt. Gov. Lamb, Mary Cronquist, Bart, Dustin Caram, Aaron Bullock, Kiley Smith, James Fisher, Dustin Adamo, and Kevin Earnest.

Keeping a Resource file

What is a resource file?

A resource file can be a notebook or file folders that keep helpful hints, brochures, lists of useful information you learn about that could be helpful for you at a later date as well as helpful for others. It's a great way to keep resources you learn about organized so you can find them when you need them.

Why should you have a resource notebook?

Throughout your life you will learn about a variety of resources, ideas, tips, etc. These resources may be for your own use or may be to share with others. What if a friend mentions that he wished he had money to buy an Alphasmart for class (an Alphasmart is a word processing machine). You look at your friend and ask, "What about a loan? There are customized loan programs* available for people with disabilities!" Then you rush home, grab your resource file and rush back to your friend. You pull out a brochure you have that explains this loan program and encourage your friend to call them up!

How do I make a resource file?

- 1) Start with getting an accordion file or file box with file folders.
- 2) As you put a resource into a folder, label that folder with a category.
- 3) Continue adding resources as you learn about them. Check out the brochures that you received in this mailing.
- 4) Organize your resources into groups or categories. These are some sample categories for your folders (not necessarily in order of importance):

Advocacy, Assistive Technology, Getting a Job, Education, Fitness, Health, Housing, Medical, Finances, Legislation, Recreation, Transportation, and Volunteering



Once you have your resource file made, take a photo and send it to Jen (like the one to the left). Better yet, post it on the YLF fan page! Take the time to share what you have done and learned, it will only makes everyone better at advocating.

Helen Keller once said "Alone we can do so little...but together we can do so much." A resource file can help you help others.



Need help? Call Jen! 405-521-4964 or 1-800-836-4470.

* For more information on the alternative lending programs mentioned above, see the brochure sent with this newsletter.

Something to think about...

The Pencil ~ *Author Unknown*

The pencil maker took the pencil aside, just before putting it into the box.

"There are five things you need to know before I send you out into the world," he said.
"Always remember these five things, and you'll be a great pencil.

"One: You are capable of many great things, but only if you allow yourself to be held in someone's hand.

"Two: You will experience a painful sharpening from time to time, but you'll need it to become a better pencil.

"Three: You have the ability to correct the mistakes you make.

"Four: The most important part of you will always be what's inside.

"And Five: On every surface where you are used, regardless of its condition, you must leave your mark."

The pencil understood and promised to remember.



Kara Patterson,
YLF 2010

Kara's Joke Corner

Question: Why did the golfer wear two pairs of pants?

Answer: *In case he made a hole in one.*

Question: Why did the toilet paper roll down the hill?

Answer: *It wanted to get to the bottom.*

Paralympics 2012



In charge of the Paralympics is **Sir Philip Craven**, president of the International Paralympic Committee (IPC), member of the International Olympic Committee (IOC), and a **five-time** Paralympian in wheelchair basketball. He earned the title *Order of the British Empire* in 1991 in recognition of his work for wheelchair basketball.

At the age of 16, Craven broke his back in a climbing accident. "After the accident I went to the spinal unit, and a few days later I saw some people in wheelchairs playing basketball," he recalled in a recent interview. "Something registered in my head." Within ten years he'd been made captain of the British wheelchair basketball team in the International Stoke Mandeville Games. He went on to win gold medals at the Commonwealth Games in 1970, the World Championships/Gold Cup in 1973, and the European Championship in 1971 and 1974. In 2001 Craven, who for many years led the Great Britain Wheelchair Basketball Association as chairman and the International Wheelchair Basketball Federation as president, was elected president of the IPC — a post from which he has overseen Paralympic Games in cities from Beijing to Salt Lake City. Here are few thoughts about the games from Craven.



James Singleton Oscar Pistorius

What can we expect from this year's Paralympics? Are there athletes we should be sure to watch? *Jerome Singleton. He's an engineer, a single-leg amputee, and one of the nicest blokes you could ever wish to meet. Oscar Pistorius could be under real threat from Jerome Singleton in the 100- or 200-meter sprint. That's one big event I'd encourage people to see. Also, there's my own sport, wheelchair basketball. Men's and women's.*

You competed in wheelchair basketball five times, from 1972 to 1988. What was it like? *Your abilities are just the same—it's just what you use to achieve. One of the greatest quotes I ever heard was from Donna Ritchie, captain of the Australian women's wheelchair basketball team in 2000 in Sydney. She said, "Paralympians don't worry about what doesn't work. They don't have time to worry about what doesn't work. They just get at maximizing what does work." That, in essence, puts what a Paralympian is about. But we're no different; we're sports people. Simple as that.*

Several months ago you told reporters that the word "disabled" should be banned. What term do you think is a better fit? Differently abled? Para-athletes? *I am against the d word, as it marginalizes a section of society, which is wrong. It's a negative word, so why do we have to look for a replacement? Why not just get rid of the word altogether? Why can't we talk about athletes taking*

Tune into Paralympics 2012 - Aug 29 - Sept 9

Local Athlete in Paralympics



Jeremy Campbell became a member of the U.S. Paralympics Track & Field Resident Program in 2007, moving from his hometown of Perryton, Texas to the Chula Vista Olympic Training Center in Calif., to live and train full time.

In 2008, Jeremy entered his first Paralympic Games in Beijing as the favorite in his best event, the pentathlon. Not surprisingly, he blew away his competition by setting a World Record and beating the rest of the field by almost 400 points.

He also beat the three-time defending Paralympic champion by four seconds in the 400m. In addition to his success in the pentathlon, he won gold in the men's discus F44.

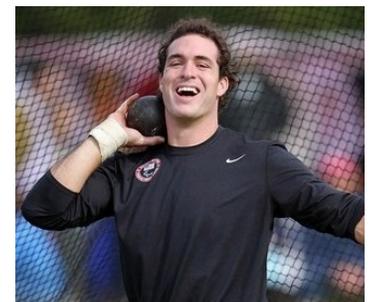
Jeremy was born without a right fibula and was very active in sports growing up. In high school, he was All-District in basketball, track and football.

In addition to track and field, Jeremy enjoys reading and watching movies in his spare time.



Jeremy's Major Achievements:

- 2011: Silver medal, discus (F44) - 2011 IPC Athletics World Championships, Christchurch, New Zealand
- 2010: First place, discus (F44) – U.S. Paralympics Track & Field National Championships, Miramar, Florida
- 2008: Gold medal, discus (F44); Gold medal and World Record, pentathlon (P44) – Paralympic Games, Beijing, China
- 2008: Two gold medals, pentathlon and discus – U.S. Paralympic Nationals, Tempe, Arizona
- 2007: Gold medal, long jump – Parapan American Games, Rio de Janeiro, Brazil
- 2007: Gold medal, long jump – Paralympic World Cup, Manchester, England
 - 2006: Silver medal, pentathlon; Fourth place, 100m – IPC World Championships, Assen, The Netherlands
 - 2006: Pete Peterson Award for Overcoming All Odds-Football
 - All-District in basketball, track and football for three years.



Cheer Jeremy on during his quest for gold!

Physical Relaxation Techniques: Deep Breathing, PMR and the Relaxation Response

Relaxation is so important in our lives as it helps keep our stress levels down and consequently improves our health. Too much work and not enough time out for ourselves can result in mental health problems, memory failure and even a heart attack. So, it's important that everyone should take at least 10 minutes a day to wind down. Here are some relaxation techniques for you to try out.

1. **Deep Breathing** is a simple and effective method of relaxation. It is a core component of everything from the "take ten deep breaths" approach to calming someone down, right through to yoga relaxation and Zen meditation. It works well with other relaxation techniques such as Progressive Muscular Relaxation, relaxation imagery and meditation to reduce stress. To use this technique, take a number of deep breaths and relax your body further with each breath. That's all there is to it!
2. **Progressive Muscular Relaxation (PMR)** is useful for relaxing your body when your muscles are tense. To use PMR start by tensing up a group of muscles so that they are as tight as possible. Hold them tightly for a few seconds, then, relax the muscles normally. Next, relax the muscles even further so that you are as relaxed as possible. Try it! First, form a fist. Clench your hand as tightly as you can and hold for a few seconds. Then, relax your hand to its previous tension and finally relax it again so that it is as loose as possible. You should feel deep relaxation in your hand muscles.
3. **The Relaxation Response** uses various popular meditation techniques to reduce the effects of stress. Effects of doing this technique includes deep relaxation, slowed heartbeat and breathing, reduced oxygen consumption and increased skin resistance. This technique can be done by yourself with the following steps.
 - Sit quietly and comfortably.
 - Close your eyes.
 - Start by relaxing the muscles of your feet and work up your body relaxing muscles.
 - Focus your attention on your breathing.
 - Breathe in deeply and then let your breath out. Count your breaths, and say the number of the breath as you let it out (this gives you something to do with your mind, helping you to avoid distraction). Do this for 10 or 20 minutes.

Other ways to relax:

Drink some green tea	Take a nap	Go outside	Get fresh air
Get some sunlight	Watch some TV	Take a bubble bath	Listen to classical music
Go to the gym	Eat more fruit	Go for a walk	Get a fruit milkshake
Call a friend	Drink some water	Go for a swim	Walk around the office
Clean your desk/room	Go to bed early	Sleep in	Plant a tree/flowers

YLF Poll: What are your favorite ways to relax? Email Jen!

AWESOME AARON'S FAVORITE APPS



[Daily Audio Bible App](#) (.99) -

Aaron's comments: I like getting to wake up and listen to God's Word. This app reads through the Bible in a year. Everyday you hear a passage from the Old Testament, New Testament, Psalms and Proverbs.

Available on iPhone, iPad and Android.



[Gardenscapes HD](#) by Playrix (free or 4.99 for full version) -

Aaron's comments: I play this every day. You look for hidden things in an old mansion. It is like a yard sale, and you get money to fix up the garden.

Available on iPhone or iPad only.



Dexteria (9.99) - Dexteria is a set of therapeutic hand exercises (not games) that improves fine motor skills and handwriting readiness in children and adults.

Aaron's comments: This is an app I use for therapy. It has three parts, but I like pinching the crabs. Available on iPhone, iPad, or Android.



Eye Movement Training (Free) - A training App that made for Low Vision designed and maintained by the Ebenezer School & Home for the Visually Impaired.

Aaron's comments: These help me with my hand-eye coordination and tracking and scanning with my eyes. Available on iPhone and iPad.



Shapes in Complex (Free) - A training App that made for Low Vision designed and maintained by the Ebenezer School & Home for the Visually Impaired.

Aaron's comments: These help me with my hand-eye coordination and tracking and scanning with my eyes. Available on iPhone and iPad.

OTHER COOL APPS...



Most Addicting Game (Free) - See how long you can survive as your hands-eye coordination is put to the test in what is considered the most addictive game ever online.

Available on Android.



American Red Cross First Aid App (Free) - This app puts expert advice for everyday emergencies in your hand. Be prepared for what life brings. Has videos, interactive quizzes and simple step-by-step advice it's never been easier to know first aid. Available on iPhone, iPad or Android.

Do you have a favorite app you'd like to share? Email it to Jen!

Happy Birthday

July Birthdays

Railee Creech YLF12
Briar Lostlen YLF12
Morgan Davis YLF12
Ellie Williams YLF11
Bijan Ghassemi YLF10
Chase Miller YLF10
Patrick Lueker YLF10
Shyenne Nicholas YLF09
Joey Keller YLF08
Rosy McCann YLF07
Heather McCracken YLF06
Derrick Gant YLF06
Lauren Allison YLF05
Brittany Elrod YLF05
Jennifer Baker YLF04
Sarah Brown Staff
Amanda Yuen Staff

Martin Kennedy Staff

Shawn Sheehan Staff

August Birthdays

Jake Spencer YLF12
Austin Razor YLF11
Kara Patterson YLF10
Andria Lewis YLF10
Sarah Murrell YLF10
Aaron Bullock YLF10
Hubie Graham YLF10
Justin Goldsberry YLF09
Lauren Morrison YLF09
Rachael Crist YLF08
Tiffany Roe YLF07
Kay Heffron YLF07
Michelle Oakley YLF06
Billie Schoonover YLF04
Chad Beery Staff
Kethzia Martinez Staff

September Birthdays

Dylan Kozar YLF12
Caleb Mihelic YLF12
Brittney Ducre YLF11
Asher Ward YLF11
Holly Davis YLF11
Alejandra Saldana YLF11
Carly Barnes YLF11
Nakea Stovall YLF11
Ciara Murphy YLF11
Jamie Woolman YLF10
Duane Stephens YLF10
Nikolas Mihelic YLF09
Jacob Lindsey YLF08
Anthony Taylor YLF08
Sarah Martin YLF07
Justin Freeze YLF05
Brian Smith YLF04

NEWSLETTER CONTEST!



April Newsletter Contest: Did you know that those in the picture have been to YLF over 5 years? Keith Smith (YLF 2011) did! They are (from left to right): Kiley Smith, Brett Cunningham and Kethzia Martinez.

August Newsletter Contest

Can you name the person to the right and his title?
Email your answer to jenifer.randle@okdhs.org.

Hint: You should know this Oklahoma official.



Making A Difference



Hey Sooners!

My name is Jacob Lesner-Buxton and I am a person with a disability who has my masters in social work. In 2001 I attended the Youth Leadership Forum in California. One of the most amazing things about YLF was that it was the first time I learned about the history of my community.

I grew up in Oakland, California, which is considered by many to be the birthplace of the disability rights movement. As you learned at YLF, Ed Roberts fought to be admitted to the University of California. After that, he began the first independent living center. Ten years later, people with disabilities staged a sit-in, winning the right to have federal buildings and schools be accessible (Thanks to the legislation Section 504 of the Rehabilitation Act). Although I heard a sampling of these stories before, it was at YLF that my peers and I heard these powerful tales of struggles for independence.

The story of Ed Roberts and the 504 sit-ins have been told around the world. As I visited Siberia and Japan, I found they even knew who Ed Roberts was. However, our movement's successes are largely unknown in U.S. cities. For example, in Berkeley, California, where the Ed Roberts Campus opened, I've often heard people pass the building and comment "Who the heck is Ed Roberts?"

In California, a group of young people made it possible for students who might not have the opportunity to attend YLF learn about this history. In 2009 over 50 youth with disabilities crafted a resolution that designated the second week of October as Disability History Week. Around our state teachers were encouraged to teach about the history of people with disabilities. Following that resolution, a law was passed that required textbooks and teachers to include disability history in the school curriculum. Youth and I are helping teachers follow this law by making presentations about disability history in classrooms statewide. So far we have reached over 100,000 students with our lessons!

While the teaching of disability history is a great accomplishment, I still battle with discrimination every day. Although I've been graduated from college for a year, I still have not found a job. Although the economy is bad, I have heard from employers that they don't want to hire me because of my speech impairment. However, I keep myself busy volunteering at five nonprofits, taking adaptive dance and yoga and hosting a disability themed radio show. I also would happy to assist individuals and agencies on disability related issues.

If you have questions, feel free to shoot me an e-mail at jlesner@aol.com.

There are many YLF Graduates across the U.S!
Check out www.aylf.net.

CONGRATULATIONS

Congratulations to Alumni (2009) **Lauren Morrison** on the birth of her daughter **Cherryse Ann!**



Congratulations to Alumni (2004) **Jamie (Brewer) Magby** on the birth of her son **Riley!**

Congratulations to **Julie Evans** and her husband Tyler on the birth of their son **Daxton**. Julie was a teacher at the YLF for several years.



Dustin and Heather Caram on the birth of their daughter **Ellery Cate!** Dustin and Heather are teachers at YLF for several years too!



Carey Sue, author of the weekly Manner Monday email needs our help with writing some tips for her Manner Monday email concerning people with disabilities and etiquette. We need you to write the experiences you've had with others. This is your chance to educate others by helping them understand things such as asking if you need help. Some people may just assume people who use a wheelchair need help. Some folks may not know they shouldn't pet a service dog while they're working.



This is a great opportunity for all of us to write one experience you've had with someone and what you taught them. Just think, instead of teaching one person disability etiquette - we could teach many! Have you ever been in a restaurant and the waiter asked who you were with what YOU wanted? What should have that waiter done instead? I am challenging every YLF alumni to send in at least ONE experience and the etiquette that one should know. Email these to Jen today! (jenifer.randle@okddc.ok.gov)

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, stories, poems and ideas with others online! Submit your thoughts to Jen via email: jenifer.randle@okddc.ok.gov.

Stay cool in the heat! Until next time - Jen