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## *Congratulations to the 2016 YLF Graduating Class!*

This summer, 23 young men and women attended and graduated from the Oklahoma YLF. Many are on Facebook and members of the YLF Group Page. Be sure to take a moment to stop by the Group Page and welcome them!



### ~ 2016 YLF Class ~

Axel Barrett, Curtnissia Berry, Mason Blakenship, Everett Burk, Chris Chow, Cole Emmons, Ashley Fast, Josh Gasper, Patrick Hamblin, Ricky Jacobo, Tanner Jensen, Dysten Koon, Sarah Lamb, Jack Linholm, Curran McGuire, Justin Palmer, Va'Lecia Penney, Davis Perri, Dearra Ransom, Lindsey Spoon, Ty Stahlbusch, Gracen Stanek, Khalil Woods

### ~ Graduates & Staff ~

Glen Adamson, Heather Caram, Andy Conlon, Shanda Danielson, Ian Dewey, Natalia Dhrberg, Krissy Garrett, Kelly Harris, Camden High, Andria Lewis, Chase Miller, Sheila Mize, Sarah Parrack, Talena Phillips, Brittany Stewart, Malorie Tackett, Uche Ukuku, Kiley Smith, Danielle Soliz, Gwyn Weathers, Kelly Wilson, Stephanie Womack, Katy Young



## Healthy Living: Terry Talk



Hi everyone!

At YLF, we barely have time to scratch the surface of all the questions

and concerns that people expressed. To keep this conversation going, and to help you become “sexperts,” Jen has invited me to write an article for each alumni newsletter.

This issue, we are going to talk about the topic of **unplanned pregnancy**. Pregnancy can be a happy time in a couple’s life – if they have good jobs, a stable home, the time and interest needed to be a good parent, and the maturity to be a responsible parent. On the other hand, pregnancy can be bad news if it is not a part of a couple’s current plans. It can prevent them from reaching their education or career goals. It can change a relationship. It can be especially hard if one or both people in the relationship have a disability of some sort because it seems like everyone around them will have an opinion about it.

The first thing to know, and I’m sure that you do, is that the most basic way to prevent an unplanned pregnancy is to explore and express yourself and your affection in ways that don’t involve vaginal intercourse. That’s why many parents and teachers talk so much about abstinence – or not having sex in the first place. It may be easier for some people than for others, but it is true that not having sex will prevent pregnancy.

For people who share themselves through vaginal intercourse, pregnancy *doesn’t* happen every time. In fact, when a couple uses an effective type of contraception or birth control, unplanned

pregnancy does not happen very often. That’s why some people call it “birth control” – not only do we have a lot of control over our actions, but we also have a lot of control over what happens because of our actions!

Some types of birth control are easier to use than others, and some do great things in addition to preventing unplanned pregnancy. Some have risks, and some are no trouble at all. It is important that couples plan together ahead of time so they don’t feel rushed. Fortunately, there are plenty of people who can help you sort through all the information about birth control.

I could write about this all day, but I doubt if you would like to read about it all day. So, I am going to end this first article with three bits of advice.

To prevent unplanned pregnancy, you must learn the **TRUTH** about getting pregnant. If a male and a female have vaginal sex together:

- They **CAN** get pregnant the first time they have sex!
- They **CAN** get pregnant if they do it standing up, they do it sitting down, they do it with their clothes on, they do it in the swimming pool....
- They **CAN** get pregnant even if they have done it many times before without getting pregnant.
- They **CAN** get pregnant if they pee or wash out the vagina after sex.
- They **CAN** get pregnant whether or not the girl is on her period.
- All it takes is for sperm to get into

the vagina. Vaginal intercourse is by far the most **COMMON** way, but not the only way.

- They can choose to **NOT** have vaginal intercourse at any point in your relationship, but they can **STILL** be prepared as long as they have condoms (and/or emergency contraception/EC) handy in case they change their minds.

**Next**, learn everything you can about the different birth control choices you have. Even if you don’t plan on having sex for a long, long time, or ever, it is still important information to know so you can share it with people you know who might be at risk for an unplanned pregnancy. A great resource on the internet is [www.bedsider.org](http://www.bedsider.org). It is a fun, interactive site that can help answer all your questions.

**And last**, know that there are folks in your life who care about you, who respect your privacy, and who can help you find whatever services you need to stay healthy, happy, and safe from unplanned pregnancy.

Until next time, take care of yourselves!

Terry

If you have questions or would like to contact Terry privately, email and phone are listed. Email works best for him.

[terry.dennison@ppgreatplains.org](mailto:terry.dennison@ppgreatplains.org).

(405) 528-0221 x319.



## Advocacy: Create Change!

Did you know YOU can bring social change? Youth and young adults have advocated for child labor laws, voting rights, immigration reform, and LGBT rights. The world has changed because youth and young adults involved. **YOU** can be an extremely powerful agent for change...but how?

**Teach others!** As you learn about an issue you care about, SHARE and EDUCATE others! You can do this many ways: emails, blogs, vlogs, school assemblies, publish an article or letter to the editor in the local newspaper, talk to the local radio broadcast, social media, etc.



**Advocate for Legislation!** One way change can come is through legislative change. For example, the advocates for the Americans with Disabilities Act educated others on what it would do for others. The advocates educated legislators, community members, family, friends... Talk with your policymakers, whether that is a state or federal legislator, a city council member, mayor, or school board member... Talk with them and help them understand your issue and a possible solution. Make sure you have a solution!

**March!** Individuals marching in the streets is an opportunity to be with others who feel the same way about an issue.

**Write!** If you feel like a company or organization has done something unfair, reach out to them. For example, if a building is not accessible, reach out to the manager. Explain to them (nicely) how you are unable to access something. Help find a solution to the problem. If you are uncomfortable with speaking up, then write the manager when you are able. In your letter, explain what was wrong and how they could change it. Letters to the editor are good ways to educate people in the community to be aware of the situation.

**Run for Office!** If you're still in school, run for student government. Whether you're in high school or college, run for office. This can give you a great opportunity to understand more how government works.



**Volunteer!** Get involved in community organizations that have the same values as you. For example, if you are concerned with homelessness, maybe you volunteer your time in a homeless shelter or soup kitchen.

**Get Press!** Getting media (newspapers, local TV, etc.) involved in your issue will help spread your message and help more people understand the concerns of the issue. This could bring a bigger impact. Media coverage could include: write a press release, do an interview, write a letter to the editor, or invite reporters to your event

**Use social media!** Educate others about an issue online. Social media can help raise awareness of issues. Create signs, posters, photos, and even videos for your cause. If you're unsure about how fast things travel online, think about the memes, videos, and such you see on social media sites.



**Apply to be a Page with your State Representative!** Unfortunately, this opportunity is only for high school students, but it's a great one! During a week in the spring, you work in the House Chamber, run errands for Representatives, and participate in a Mock Legislature. If you're interested, contact your State Representative at 405.521.2711.



**Advocacy: People First Conference: Oct 14 - 16, 2016**



October 14 - 16, 2016

At the Double Tree  
Warren Place  
6110 S. Yale Avenue  
Tulsa, OK  
(918) 495-1000



**To register for the conference, visit  
<http://www.okpeoplefirst.org/OPFconf2016.html>  
and download the registration packet.**

**The Members of Oklahoma People First  
believe every person:**

- Should live in the community of their choice;*
- Should have the right to a good quality of life;*
- Should have the right to pursue employment opportunities; and*
- Should be able to vote,*  
*including easy access for people with disabilities.*



More information and state chapters can be found online:  
[www.okpeoplefirst.org](http://www.okpeoplefirst.org)



## Expressions Gallery: Oct 14 - 16, 2016



Oklahoma has incredible artists with disabilities and it's time to showcase their masterpieces! The Oklahoma People First Annual Conference is an educational and advocacy event by and for Oklahomans with disabilities. The Expressions Gallery looks forward to partnering with the People First Conference.

Artwork may include: painting, drawing, sculpture, pottery, poetry, photography, quilting, etc. (Sorry, no performing arts at this time!)

### Submission Instructions:

- Artists may submit up to 5 works of art. The Selection Committee will select no more than 2 from each artist due to space limitations.
- Photos of your original pieces **must** be emailed to [jenifer.randle@okddc.ok.gov](mailto:jenifer.randle@okddc.ok.gov) by **September 1, 2016** in the form of a jpg, jpeg, png, gif, pdf or a word file **WITH an attached art entry form**.
- All artwork, including sculpture, must not exceed 20 pounds. Unfired clay sculptures will not be accepted.

### Display Requirements:

Artists should plan on bringing their artwork to the Oklahoma People First Conference, which is at the Double Tree Hotel, Tulsa, OK between **4:00 - 6:00 p.m. on Friday, October 14**. Artwork will be displayed during the length of the conference. Artwork can be picked up between **9:30 - 11:00 a.m. on Sunday, October 16**.

Each piece of art must have the artist's first and last name and the name of the piece on the back.

Artists are responsible for preparing artwork to be placed on an easel. Please remember that a piece of paper cannot stand on an easel. Work should be mounted on foam board or framed. This includes poetry too.

*While we will do our very best to protect your works of art, we cannot guarantee against damage or loss. Artists assume risk for damage to or loss of works submitted for presentation.*



## ***Social & Spirituality: Friendships***

### **Good friends are good for your health!**

Did you know friendships can make your life better and improve your health? They help you celebrate good times and can give support during bad times. There's no magic number of friends someone should have. You should build a network of friends and acquaintances and develop a few good, close friends who you know will be with you through thick and thin.

### **How do you meet new people?**

You have to go to places where people are gathered. The more places, events, meetings, conferences, etc. you go, the more success you will have.

Try these ideas to help you build your network:

- **Go to community events** - Attend an event with a group of people working towards a goal you believe in too. Find a group for your interests, such as gardening, movies, making crafts, or even auto racing.
- **Volunteer** - Volunteering at places like a museum, community center, nonprofit, or church can help you build connections.
- **Try a new interest** - Take a class from a community education center, arts center, career technology center, or a local gym.
- **Take a walk** - Go for a walk in your neighborhood or local park. This not only helps you meet others but gives you a health and fitness benefit too!

## **Handwritten letters**



While you are out and about, meeting new people, don't forget about writing letters! Writing letters is a great way to not only follow up on conversations you have had with new people, but also a way to keep in touch with people you have met and want to stay in contact. Keeping friendships takes work. In the age of email and texting, writing a handwritten letter is a thoughtful way to show someone you're thinking about them. It takes a little more effort to mail a letter than it does to press send, the benefits of "snail mail" are huge.

What do you write about in a letter? There are numerous opportunities for someone to send a letter in the mail. Birthday greetings, thank you notes, and thinking of you notes are just a few reasons. When I write a letter, all my attention is on that person. I think about what they have been doing since we last spoke and questions I want to ask them.

So, what are you waiting for? Get a pad of paper, post card, note pad, or cards, envelopes, pen or pencil and stamps and get writing!



## ***Social & Spirituality: Celebrating Birthdays!***



### **July Birthdays**

Railee Creech 7/1 (12)  
 Malorie Tackett 7/3 (staff)  
 James Acquaviva 7/4 (14)  
 Heather McCracken 7/5 (06)  
 Andy Conlon 7/5 (staff)  
 Glenda McCallister 7/6 (14)  
 Brittany Stewart 7/7 (staff)  
 Hope Warfel 7/9 (15)  
 Jerran Amos 7/13 (13)  
 Chase Miller 7/15 (10)  
 Joey Keller 7/15 (08)  
 Patrick Lueker 7/18 (10)  
 Mary Ann Callaway 7/19 (14)  
 Jennifer Baker 7/20 (04)  
 Lauren Allison 7/22 (05)  
 Briar Lostlen 7/22 (12)  
 M'ya Washington 7/22 (15)  
 Morgan Davis 7/24 (12)  
 Uche Ukuku 7/25 (staff)  
 Ellie Williams 7/27 (11)  
 Ian Dewey 7/30 (Staff)

### **August Birthdays**

Rachael Crist 8/6 (08)  
 Kara Patterson 8/6 (10)  
 Justin Goldsberry 8/7 (09)  
 Michelle Oakley 8/8 (06)  
 Keyaira Rosson 8/9 (15)  
 Jake Spencer 8/10 (12)  
 Hubie Graham 8/12 (10)  
 Tiffany Roe 8/13 (07)  
 Andria Lewis 8/14 (10)  
 Sarah Murrell 8/16 (10)  
 Aaron Bullock 8/17 (10)  
 Kay Heffron 8/19 (07)  
 Kethzia Martinez 8/25 (staff)  
 Devin Williams 8/26 (15)  
 Sarah Parrack 8/26 (15)  
 Austin Rasor 8/29 (11)  
 Lauren Morrison 8/30 (09)

### **September Birthdays**

Kelly Harris 9/2 (15)  
 Brittney Ducre 9/3 (11)  
 Asher Ward 9/6 (11)  
 Brad Mays 9/6 (staff)  
 Steven Butner 9/6 (13)  
 Nikolas Mihelic 9/7 (09)  
 Caitlyn Mainord 9/7 (15)  
 Zach Atkinson 9/8 (14)

Griffin Hart 9/8 (15)  
 Caleb Mihelic 9/9 (12)  
 Brian Smith 9/9 (04)  
 Jack Linholm 9/9 (16)  
 Jacob Lindsey 9/10 (08)  
 Axel Barrett 9/11 (16)  
 Nakea Stovall 9/11 (11)  
 Anthony Taylor 9/14 (08)  
 Savannah Schlegel 9/14 (15)  
 Duane Stephens 9/20 (10)  
 Ciara Murphy 9/22 (11)  
 Jon Hart 9/22 (staff)  
 Holly Davis 9/24 (11)  
 Dawson Sorrels 9/26 (15)  
 Alejandra Saldana 9/27 (11)  
 Carly Barnes 9/28 (11)  
 Jamie Woolman 9/29 (10)  
 Dylan Kozar 9/29 (12)  
 Gwyn Weathers 9/30 (volunteer)



***Send a birthday card  
to your friends!***



## Healthy Living: Are you drinking enough water?

A BETTER YOU

### 4 Ways to

# Sneak More Water into Your Diet

As the temperature rises outside, so does your risk for dehydration. A good rule of thumb is to consume about eight 8-ounce glasses of water a day—more if it's hot outside or if you're active, says **Amy Williams, M.D.**, a pediatrician at University of Utah Health Care. Here are four ways to sneak more water into your diet:

#### 1 GET A WATER BUDDY

Fill up a reusable water bottle and carry it with you throughout the day. You'll sip more often if it's readily available.

#### 2 EAT WATER-RICH FOODS

"Twenty percent of your water needs can be met through food," Williams says, "and fruits and veggies are a great source." It might not surprise you that watermelon, grapefruit, cucumbers and tomatoes top the list, each containing more than 90% water. Broccoli, cauliflower and milk are also rich in water.

#### 3 JAZZ UP YOUR DRINK

Instead of reaching for a cola, add some pizzazz to your water. Carbonated water with a splash of fruit juice, or ice-cold water with lemon, lime and fresh ginger will do the trick.

#### 4 TRACK YOUR PROGRESS

Keep track of your progress and know when you hit your daily goal. Free apps are available to help you track; some even send you reminders during the day to drink more water!



## Social & Spirituality: Calendar of Events

The following events are great ways for you to continue your learning to be a strong advocate for yourself and others. Even better, we usually have a table at the conferences and resource fairs! So come out, learn about resources for yourself AND others, and visit with us!

### August is Children's Vision & Learning Month; Don't Be A Bully Month; Admit You're Happy Month

- August 1: National Raspberry Cream Pie Day
- August 3-6: Star Trek National Convention in Las Vegas
- August 5-21: Summer Olympics in Rio
- August 7: Friendship Day - **Write your friends from YLF today!**
- August 15: Relaxation Day
- **August 20: No Boundaries Expo**, 9am-2pm in Oklahoma City [www.neuroresourcesoutreach.org](http://www.neuroresourcesoutreach.org)
- August 26: National Dog Day
- August 27: Just Because Day



### September is Emergency Preparedness Month; National Blueberry Popsicle Month; Baby Safety Month

- September 1: **Expressions Gallery Artwork submissions due**
- September 5: Cheese Pizza Day
- September 11: 911 Remembrance Day
- **September 11: Day of Service** <https://911day.org/>
- September 27: National Crush A Can Day



### October is Disability Employment Awareness Month; Computer Learning Month; Cookie Month

- **October 1: Down Syndrome Association of Central Oklahoma Festival & 5K** in Oklahoma City
- October 3: Techies Day
- October 5: World Teacher's Day
- October 3-5: 11th Annual **Oklahoma Transition Institute**, Marriott Conference Center at NCED in Norman
- **October 14: Last day to register to vote in the November 8 Elections**
- October 14-15: **Oklahoma People First Conference & Expressions Gallery** in Tulsa
- October 24: Make a Difference Day



### November is Diabetes Awareness Month; Epilepsy Month; Good Nutrition Month;

- November 3: Sandwich Day
- **November 8: Election Day**
- November 11: Veteran's Day
- November 17: World Peace Day
- November 21: World Hello Day
- November 28: French Toast Day



## Safety & Security: Avoiding Identify Theft



Every year, about 17 million people have their identities stolen. Identity theft happens when someone gets access to your personal information. Here are some tips to help lower the risks of having your identity stolen.

**Guard your personal information:** Never give personal information to anyone unless you have contacted the person. This includes not giving your Social Security number and bank information. NOTE: It's a good idea NOT to carry your Social Security card.

**Get off mailing lists:** Stop preapproved credit card offers at [optoutprescreen.com](http://optoutprescreen.com). You can stop junk mail at [dmachoice.org](http://dmachoice.org). Get rid of telemarketers at [donotcall.gov](http://donotcall.gov).

**Use strong passwords:** Create good, strong passwords for your smartphone, tablet, and computer. The longer the password the better, at least 8 characters long. Mix upper and lower case letters and throw in a symbol or two. If it's hard to remember all your passwords, you can use a password manager service, such as [truekey.com](http://truekey.com).

**Watch out for unknown emails:** Don't click on links from people you do not know including people who say they are from banks, Social Security, IRS, credit card companies, etc. This is called phishing, said "fishing." Individuals will pretend to be a company or agency they are not in order to get access to your personal information. Deleting these emails is best. It also protects your computer from getting a virus. Installing an anti-virus software can help too. There are free anti-virus software at [avg.com](http://avg.com).



**Secure your U.S. mail:** Empty your mailbox quickly or even buy a locked mail box. Mail any payments from a U.S. Postal Service mailbox.

**Get safer credit cards:** If you must have a credit card, get one with a chip. These are harder for people to hack than magnetic strips.

**Shred, shred, shred:** Shred any unneeded documents, receipts, credit offers, or other papers that could have personal information.

**Review accounts and credit:** You can request a free credit report every year from each of the three major credit bureaus: Equifax, Experian, or TransUnion. Review your bank account and credit card statements closely for charges you don't recognize. Your bank or credit card company may offer a free alert system, which will let you know if there are unusual charges.



## Healthy Living: Cooking With Fara

### Tasty Chili Cheese Dip

#### Ingredients you will need:

- 1 (8 ounce) package cream cheese, softened
- 1 cup shredded cheddar cheese
- 1 (15 ounce) can chili without beans
- Optional: 2 green onions and 1 Roma tomato*



#### Directions:

Spread the cream cheese on the bottom of a microwave-safe dish. Spread a layer of chili over the cream cheese. Finish with a layer of shredded cheddar cheese. Microwave for 5 minutes or until the cheese melts. Serve with tortilla chips.



*Optional: Add chopped tomato and green onion on the top for a little extra **WOW!***

## HEALTH BENEFITS OF LAUGHTER

HELPS TREAT  
INSOMNIA

IMPROVES  
IMMUNITY

ENHANCES  
CREATIVITY  
&  
PROBLEM SOLVING  
SKILLS

IMPROVES  
HEART HEALTH

BOOSTS  
MEMORY

HELPS TREAT  
DEPRESSION AND  
ANXIETY

### Kara's Joke Corner

**Question:** What did the pig say when he was in the sun too long?

*Answer: I'm bacon.*

#### Knock Knock Joke

Knock, Knock.

*Who's there?*

Broken pencils.

*Broken pencils who?*

Forget it. It's pointless.



*Kara is an #OKYLF graduate from 2010.*

# Donate to YLF!

Take a moment and think about the week you spent at YLF and think about where you are now. You can help the ODDC continue the YLF for the next year by donating to their Community Foundation account. Remember, donating is one way to help the YLF and your community!

- \$5 pays for a case of bottled water (we need at least 8)
- \$20 pays for 6 cans of silly string
- \$30 pays for new cotton ropes for Toxic Waste
- \$50 pays laundry (towels, sheets, and emergency washes)
- \$50 pays for supplies for Amazing Race
- \$75 pays for nursing supplies
- \$80 pays for 4 t-shirts and 1 polo for 1 delegate
- \$100 pays for poster board, markers, and other craft supplies
- \$100 helps pay transportation costs
- \$100 pays for housing costs for 1 delegate for the week
- \$400 pays for lunch on Capitol Day
- \$500 pays for our DJ on our last night
- \$1000 pays for our Formal Dinner Keynote

Make your check out to:  
**Communities Foundation  
 of OK  
 (or CFOK)**  
 And mail to:

Oklahoma Developmental  
 Disabilities Council  
 c/o Ann Trudgeon  
 2401 NW 23rd St., Suite 74  
 Oklahoma City, OK 73107

## What do those symbols mean?



### Daily Life & Employment

What you do as part of everyday life- school, employment, volunteering, communication, routines, life skills.



### Healthy Living

Managing and accessing health care and staying well- medical, mental health, behavior, developmental, wellness and nutrition.



### Community Living

Where and how you live- housing and living options, community access, transportation, home modifications.



### Safety & Security

Staying safe and secure- emergencies, well-being, guardianship options, legal rights and issues.



### Social & Spirituality

Building friendships and relationships, leisure activities, personal networks, faith community.



### Self-Determination & Advocacy

Support for families/individuals- peer support, self-advocacy.