



NW Independent Living Matters

Newsletter of Independent Living Resources

Spring 2012 · Volume 20, Number 1

Stability, Peer Support & Access!

“Nothing About Us Without Us!”

By Barry Fox-Quamme
ILR Executive Director



The Independent Living Movement rose from The Civil Rights Movement and lives on more than 40 years later as “people with disabilities serving people with disabilities.” We are peer-based organizations spread across the country (more than 450) and at seven sites around Oregon. We value personal growth and self-determination in all aspects of life, for people experiencing all types of disability at all stages in life. “Nothing about us without us!” is a motto we embrace.

In 2012, our voice continues to grow across Oregon as the seven Centers for Independent Living in Oregon work to collaborate more effectively. We have recently renewed our State Association (Oregon Association of Centers for Independent Living—AOCIL). In May we will hold our second annual staff Independent Living Conference and continue to support the growth of the Disabilities Mega Conference, scheduled for late September this year in Salem.

As we anticipate the next legislative session in 2013, AOCIL recently hired its first executive director. Sally Lawson has worked with seniors and people with disabilities in Marion, Polk & Yamhill counties for years. She joins us in May as AOCIL’s first executive director and promises to help us all find our individual and shared voices in the years to come! Over the next year, Sally will work out of Salem and be affiliated with ILR as she helps AOCIL secure matching funds to launch a 3—5 year development plan for AOCIL. We look forward to good things together!

ILR and AOCIL are committed to helping us all achieve in life stability, peer support and equal community access for all people who experience disability. Join us!

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NW Independent Living Matters is the newsletter of Independent Living Resources and is distributed to consumers, families, friends and professionals. The newsletter is published three times a year and we welcome comments and articles. Please send submissions to
NWILM Editor at:

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Independent Living Resources

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Cathy's Corner

By Cathy Blahut, ILR Services
Coordinator and Resources Guru!



Spring has arrived! It is time to get outside and enjoy the sunshine and there are many fun and affordable ways to do this. Many of our area parks are accessible, with some having covered areas in case of bad weather. For those who are interested in indoor physical fun there are recreation centers with various activities to fit individual needs, which can be free or low cost for residents of that district. Please contact the following people to get information about inclusive activities.

PORTLAND PARKS – ADAPTIVE & INCLUSIVE RECREATION (AIR)

Debbie Timmons, Program Director, 426 NE 12th St., Portland, OR 97232, 503-4328, www.PortlandParks.org

TUALITAN HILLS SPECIALIZED RECREATION – ELSIE STUHR CENTER

Leilani Galanto, Program Coordinator, 5550 S.W. Hall Blvd., Beaverton, OR, 97005, www.thprd.com

For those who are interested in volunteering this summer, there are many social service organizations needing volunteers! You should call them to do an informational interview in order to find out more about the organization and see if you have skills that match their need. If you are involved in a faith community, that is also an excellent way to meet people and volunteer.

Using the internet, Volunteer Match is a great way to learn about current volunteer opportunities at local non-profits. <http://www.volunteermatch.org/> You can also look into the resources at The Oregon Inclusive Volunteerism Collaborative <http://www.oregonvolunteers.org/american/ivc/> and Easter Seals http://or.easterseals.com/site/PageServer?pagename=ORDR_volunteering

If you are just wanting to get out and relax the Portland Saturday Market is now open on the weekends, you can go see local artists and craft booths, free music and entertainment on Saturday from 10-5pm and on Sunday 11am to 4:30pm at North Waterfront and Ankeny plaza. <http://www.portlandsaturdaymarket.com/>

Volunteers Needed

ILR is seeking volunteers to train Consumers in our computer lab in basic computer skills like using Word or the internet. Please be patient, reliable, and willing to assist people in a one on one setting. If this sounds like something you might be interested in, please contact our volunteer coordinator, Barbara Norris at (503) 232-7411 or Barbara@ilr.org

Calling Artists for our A Roll In the Park Event

We are excited to announce an Art Display as a new feature at our A Roll In the Park event this year! Are you an Artist with a disability? Would you like to showcase your artwork at an event celebrating individuals with disabilities and the wide variety of resources promoting access, inclusion and awareness? If so, we'd like to hear from you! We are accepting a variety of mediums and will accept up to two art pieces per individual. A Roll In the Park is scheduled for September 21st at Independent Living Resources. This will be a great opportunity for you to showcase and promote your artwork.

For more information, please contact Jaime Head at (503) 232-7411 x332 or jaime@ilr.org.

New Staff!



WIN Coming on board in October 2011, Josh Goller has joined ILR as part of our Work Incentive's Network staff. He comes from a corporate and legal background, which, he said, "Always left me feeling like the focus was on policy over people, so I'm thrilled with the Work Incentives Coordinator position I now hold and the chance to use my skills to help educate people with disabilities on ways they can get financially ahead."

Originally from the Midwest, Josh has lived in Oregon for about four years and has been in Portland for a little under a year. After escaping decades of bitterly cold winters, you won't hear him complain about the weather too often, no matter how much it rains. "My office is tucked away by the conference room, so if you ever make it back to my neck of the woods, be sure to stop in to say 'hello.'"



ADMIN Carolyn Newman comes to ILR with over 20 years experience in administrative support. After volunteering for a little over a year she was excited to be offered a position here. "It is an honor to work with a group of such dedicated and caring professionals and to witness the positive impact made on the lives of the people that are counseled here."

New Positions!

ILR is very pleased to announce the promotion of Barbara Norris to the Office Coordinator position. Barbara has been with ILR for almost four years now and we are all very excited to see her in her new role. She's been doing a wonderful job for ILR in the past and we know she will continue to demonstrate the fantastic capabilities she has been known for.

ILR is also pleased to announce the promotion of Dan May to Operations Coordinator. He will continue to fulfill his role as Database Manager but will also be working with Barbara Norris to ensure that ILR has a smoothly running office.



Preventing Evictions

By Lina Bensel,
Independent Living and Housing Specialist



This can be a scary topic. No one who rents a place to live wants to be evicted but they can face this situation, so I want to provide some information to help take some of the fear out of it.

There are two types of evictions: For Cause and No Cause. No Cause evictions are most commonly used when a building is being sold or new management is taking over. This is called a No Cause eviction because the tenant/s have done nothing to cause it.

For Cause evictions are a court process. They begin with a letter to the tenant on the tenant's door and in the tenant's mailbox, stating a date and time to meet the landlord in court and the reason for the eviction. The most common eviction is the "72 hour notice" due to non-payment of rent. The court proceeding is about who has custody of the housing unit.

This is common because of high rents, loss of income and sometimes, failure to discuss possibilities with landlords. Occasionally landlords will accept partial payments and not evict the tenant.

Some evictions are about violations of the rental contract or lease. Usually a 30 day notice is given, with ten days at the end to remedy the circumstance. Issues here could include: loud noise, fighting with neighbors, bringing in an animal that is not a service animal, or having a messy or dirty dwelling. If the issue is not resolved within the last ten days of the month the person could be evicted.

The best prevention is to talk to the landlord. Explaining circumstances may go a long way towards fixing situations. Sometimes making even a partial payment on a 72 hour notice can change the way things turn out.

If you are given an eviction notice go to court on the required date. If you show up and the landlord does not, you will automatically win. If he shows up and you do not, he automatically wins. If neither of you shows up your case will be rescheduled. If both of you show up you will be given a chance to negotiate your case. If you have reasons for your actions, you may put them in writing and that may alter the way the court looks at your case.

If you do have to leave, it is possible to ask for a reasonable accommodation during the eviction process. For example, you may be given 7 days to move out, but if you have physical disabilities that make that impossible, you may ask for 21 days instead.

Finally if you can't avoid being evicted, you can do two things that will help you as you look for the next place you live. First: start looking early. Second: keep a positive attitude—a good mood goes a long way toward helping you with the next place you live.

LIFT Tips-The Ride Begins With A Phone Call

If you ride LIFT, your ride begins with a telephone call. The more accurate this telephone call is, the better experience you will have with the ride.

When you make that call, have the addresses and information about what is at the address at your fingertips. The first thing the Reservationist will ask you is your own address and telephone number and then ask: Are we picking you up from home? Do not be shy about saying no if your ride originates somewhere other than your own address.

Next they will ask; ‘Where are you going?’ and, ‘What time do you want to be picked up?’ If you would rather schedule a ride according to when you want to be there, be sure and tell your Reservationist that. It is called an “Appointment time” although it does not mean any kind of a special appointment. The rides scheduled with Appointment Times will usually be much earlier than the times you schedule with just a pickup time. They may even seem incredibly early. You can try to change a time but they will have to cancel what you had in order to put a new ride in.

Sometimes they forget to cancel if you try to get a new ride and then crucial information may be lost.

Rides are scheduled in 30-minute-windows. If, for example, you are given a window of 9 to 9:30 am, the ride will be on time from any point between those times. You want to be ready by 9 and if it is not there by 9:30 you may want to call Dispatch to see why it is late.

About 90% of LIFT rides are inside their stated windows, with a majority being near the beginning of the window.

Happy traveling!

Cooking With Mike

By Mike Burwell, ILR Volunteer



This time we have a recipe for Cheese Enchiladas!

You will need these ingredients:

1 can (28oz) of enchilada sauce
 1 medium onion, diced
 4 cups grated Cheddar cheese
 1 can (4oz) of sliced black olives, drained
 2 cups grated Monterey Jack cheese
 1 package (12 count) tortillas

Directions:

Spread 1 cup enchilada sauce in a 9” x 13” dish. Combine the onion, Cheddar cheese and half of the olives in a bowl. Place a heaping 1/3rd cup of this mixture on each tortilla. Roll the tortilla up to enclose filling and place the tortilla seam side down in the prepared dish. Pour the remaining enchilada sauce over the tortillas, then sprinkle the remaining olives and Monterey Jack cheese over the top. Cover with foil and bake at 350 degrees for 30 minutes. Makes six servings.

A Model That Matters

By May Altman, Associate Director



One of the fun parts of my job is the opportunity to orient and train students. They learn from us and we learn from them. They add energy, variety and new skills to our program. We have 3 students this year, Adrianna Richard, Dan Currin and Katie Lynett all from Portland State University.

These students have worked on information and referral, helped run groups, taught skills to our consumers, and carried a caseload of consumers. Dan organized a men's group, a music group (see his article on page nine) and our container gardening day. Adrianna has added to our knowledge of resources and helped teach Assertiveness. Katie had experience at 211 and has been very helpful with Information and Referral as well as bringing her knowledge of Vocational Rehabilitation to consumers, helping with resumes etc.

One of the important things about having to train students, is that it forces me to clarify my own thinking about what we do and why we do it. I have spent a lot of time thinking about what I like about the Independent Living Movement and why it is so helpful to so many people.

IL is a strength based model that looks at the whole person, who they are, what they want and need. It helps the consumer find his or her inner strength, recognize their talents and develop new ones. It helps the consumer have hope for the future. The consumer can see what others who have had similar problems have been able to do and learn what worked the past that might benefit them. We provide information on where to go, what they need and how to get access to these things. Rather than do for the person, we try to give them the skills and tools they need now and in the future to accomplish what they want.

We want to help you recognize the many possibilities out there and then choose for yourself what you want to accomplish in how you live, learn, work or play. We help you develop your knowledge and abilities. We will help you learn to negotiate systems and work towards system change when needed. And we can help you to add your voice to the changes that are needed so together we can change the system not only for us but for people in the future.

STEPS to Success with Your Homecare Worker

STEPS is a program funded by the Homecare Commission (HCC) and implemented across the state under contracts with community agencies like ILR. Recently the HCC announced a new service model for STEPS and ILR competed with other potential contractors to provide services to STEPS consumers.

**We are happy to Announce
ILR Staff will continue to offer STEPS to eligible consumers
living in Multnomah and Clackamas Counties!**

The new STEPS services model will expand upon consumer choice and allow us to customize services even more to better serve the needs of consumers in the program!

Resources from the WIN Corner: Getting Financially Ahead When You Work

By Jaime Head, Work Incentives Coordinator



There are many misperceptions and myths regarding what happens to your benefits when you work. We're here to bust another myth and show you how you can get ahead financially and plan for the future when you work and receive Housing Assistance!

Let us introduce you to the Earned Income Disregard or EID. If you are an individual with a disability and receive housing assistance through HUD, you may be able to utilize EID. Depending on the type of assistance you receive, HUD may exclude increases in income that result from employment from the calculation of annual income. For example:

- During the first twelve (12) months after work has begun, 100% of earned income will be disregarded when calculating rent. This means that rent will not increase because of new earnings for the first twelve months of work.
- During the second 12-month period (Months 13 – 24), 50% of earned income will be disregarded when calculating rent. Rent will increase, but only 50% of earnings will be used in the calculation

To learn more about how you can financially get ahead when you work, contact us at ILR and ask to speak with the Work Incentives Network or visit us at www.win-oregon.com.



A Call For Volunteers

ILR is looking for volunteers to help staff positions at “A Roll In The Park” on Friday, September 21st.

We'll need plenty of help on the day of the event, registering people, handing out t-shirts, showing people around and assisting anyone who needs help.

If this sounds like something you would like to do, please let us know!
It's looking like we'll need all the help we can get.

Contact Barbara Norris at 503-232-7411 or Barbara@ilr.org to sign up!



Tech Corner

By Dan May, Database Specialist



One of the more frequent questions I get asked is: Can I open this email?

Because email is so critical to our communication with the world now, it should come as no surprise that there are less scrupulous people who are willing to take advantage of that tool to try and scam you or do some kind of damage to your computer. As a result, it is probably wise to be careful when using your email so that you can get the most out of it!

First, unwanted email is called ‘spam’. Spam is a blanket term for any kind of email that you get that you have not signed up for. This can include messages that are trying to sell you something, emails that want you to click on a link to run a program that will infect your computer with a virus, or emails that want to get your personal information, usually by offering some kind of prize.

This last form of email is called ‘phishing’ and it can create huge difficulties for people through identity theft crimes, because victims are often taken to a site where they enter their full name, address, phone number and even credit card numbers. It may seem silly but the criminals can be very, very crafty and people get duped into giving out information all the time.

So the answer to: Can I open this email? Starts with another question: Do I know who sent this to me? If the answer is yes, then one more question needs to be asked: Does anything seem weird about the subject? Unfortunately, email accounts do get broken into, or ‘hacked’, and can be used to try and spam others. It gives the appearance of a real account while having misleading contents. But a tell tale sign of something being wrong is a subject line that doesn’t sound right.

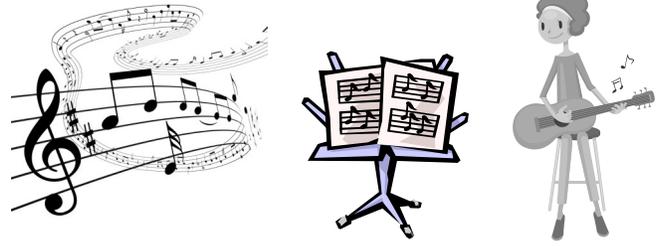
This isn’t to say that you should never open an email that is from a stranger; use your best judgment, of course. However, there is no reason you should give your personal information out online to a strange email contact or through a link they sent. There is also no reason you should ever run a program that an email from a stranger is providing you. Programs like these are frequently viruses which can disrupt your computer, erase your data or worse. Fortunately, they almost always have to get approval to run, which means that you are the most important element to keeping your computer and your data safe.

The good news is, most email programs have ways to help you manage your spam. Services such as Gmail can be so good, you may see spam email as little as once a year. Other programs, such as Outlook, require a bit more effort but the more you identify email as junk and establish rules telling the program what you don’t want to see, the less spam you will see.

You can mark an email as junk in Outlook under the Actions menu, selecting ‘Junk email’ and then ‘Add sender to blocked list’. You can create rules for email under the Tools menu and selecting “Rules and Alerts”. The program will then walk you through the steps it takes to create any rule you like and have it applied to the subject, sender or even the body of the email. Be sure to check your Junk folder every so often though! Sometimes the system can be too good and you’ll miss email you want.

ILR's Music Group

By Dan Currin, IL Intern



Over the last few months, ILR's music group has been picking up steam! Monday afternoons at ILR, about a half hour before the music group starts, it is common to hear the sound of a piano echoing from the Training Center. If you follow the sound, you will find the dynamic Jim Jackson tickling the ivories.

The piano is a recent addition to the ILR Training Center, donated by Helen Hill, transported by Jim Jackson and friends using a bike-pulled cart! Our reception desk staff was shocked to see a piano rolling up on a bike cart. Jim was all smiles as he and the other movers pushed the piano through the back door to its resting place in the Training Center. The piano has inspired ILR to devote a corner of the Training Center to only musical instruments!



Along with myself, Jim is the co-facilitator of the music group. He is just one of several inspired people responsible for creating and sustaining the group over the last few months. His piano playing welcomes the arriving participants. Some, like Nicki Sinner and Colleen Utter, bring their instruments to class each week. Nicki plays a bass guitar that she recently acquired after a persistent search; Colleen was given a keyboard by another class participant. Both Nicki and Colleen have been steadily improving on their newfound instruments.

Music group participants vary greatly in musical experience, but all are welcome and everyone has a good time regardless of their skill level. Some participants, like volunteer and multi-instrumentalist Todd Ray, have been playing music for many years and are able to teach less experienced musicians some of the basics. Others, like Samm McCrary, lack formal music experience but pick things up quickly. Samm is not only a talented singer, she also recently wrote lyrics to an original song! The group ended up writing some music to go with the lyrics, much to everyone's enjoyment.

We start each meeting with a check-in where people share how they are doing, what has been going on for them the last week and anything else on their minds. After the check-in, we have another go around when people may choose to share something musical; usually a song they sing or play on an instrument. Then we do some sort of warm-up exercise before focusing on one song as a group. We try to close the two hour event with a jam session!

We were recently able to get a few songs together to perform at the May 4th Open Mic Night at ILR. It can be a challenge to learn a song together but it sounded great when we pulled it off. Group participants were excited for the opportunity to perform in front of a crowd and it was great to have our practice pay off. There is also talk of taking our act on the road and performing at an event or two outside of ILR. We'll keep you posted!

Program Updates!

By Sarah Gerth, IL Specialist



Crossroads Traumatic Brain Injury Support Group

The Crossroads Group offers support to individuals living with traumatic brain injury. We have a program presentation for one hour and during the second hour people share their progress in recovery from brain injury. The program content is decided upon by the group. Future presentations will be:

Friday, May 25: Liz Halperin will present on the reading technology Bookshare

Friday, June 8: Fern Wilgus: BISC Brain Injury Support Community

Friday, June 22: Tom Keating: Picture Planner

Friday, July 13: Jill Keeney: "I Am" DVD

Friday, July 27: Pam Griffith of Kampfe Management Services

Crossroads meets the second and fourth Friday of the month from 1-3pm. Please contact Sarah Gerth at 503-232-7411 x325 or sarah@ilr.org if you are interested in joining our group.

Recent events

ILR recently hosted a container gardening class! The turnout was great despite it being a windy and rainy Monday morning. Participants learned some new techniques from an Oregon Food Bank volunteer instructor. Many of the participants also shared their gardening expertise during the class, which concluded with everyone taking home their very own portable garden!



Students pack soil into containers



Teacher instructing the class

ILR's Upcoming Recreation Events

By Patricia Kepler, IL Specialist & ILR's Recreation Maven!



Many thanks go out to New Seasons, Resers Fine Foods, Blitz Ladd Pub, the Delta ZI Sorority, and Barbara Surber for making our annual holiday party a tremendous success. The staff at ILR also sends out thanks to the Oregon Symphony, Oregon Ballet, Portland Revels and the Singing Christmas Tree for helping to keep the holidays special for ILR consumers.

Please RSVP to Patricia for all events.

Wednesday, May 23-Seattle Mariners Day Trip! Limited tickets & spots on the bus. RSVP

Thursday, June 7-Rose Festival.

This year's theme is the Spirit of Rock & Roses. Join the ILR recreation group as we enjoy the sights and sounds of the 100th Anniversary of the Portland Rose Festival.

Wednesday, August 15-ILR Annual Summer Picnic: 11:00 am to 2:00 pm
Colonel Summers Park, SE 17th & SE Belmont ~ RSVP to Patricia please

Thursday, August 23-Oregon Zoo.

Join us for a day at the zoo. Consumers should bring their own lunch or money for concessions. We will be departing ILR at 10:30am and should return by 3pm.

Friday, September 21- ILR A Roll In the Park.

Register with the front desk for this event.

Recreation ideas? Please contact Patricia. (503) 232-7411 ext: 312 or by email patricia@ilr.org.



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ILR Summer Picnic

August 15th 2012

**Colonel Summers Park!
SE 17th & Belmont**

Friday, September 21st

A Roll In The Park!

**Contact Barbara Norris to volunteer
barbara@ilr.org or (503) 232-7411**