

CLALLAM CONNECTION

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HAPPY 7TH ANNIVERSARY PATRICK!



Congratulations on working 7 years for Wal-Mart Patrick. You may recognize this handsome man as the greeter in the garden section of the Port Angeles Wal-Mart. Patrick got his job 7 years ago with some help from Ramona out of West End Outreach. Patrick is now supported by Morningside. His coach is Jennifer and he looks forward to her visits and helping him with computer things.

One of Patrick's favorite parts of his job is helping people find what they are looking for in the store. He is also really excited about the new Super Wal-Mart coming soon. The people who work Wal-Mart are nice and Patrick has fun at work. His advice for people looking for a job is to be neat and clean and to keep at it! Patrick feels good about his job and likes to go to work.

Patrick takes the bus to work and walks all over town. He participates in Special Olympics. He attends the Developmental Disability Advisory Council meetings. He does fun things with family and friends and he enjoys the social activities at work too. Patrick knows he has a good life.

Way to go Patrick!

Three things in human life are important:

- **The 1st is to be kind**
- **The 2nd is to be kind**
- **The 3rd is to be kind**

~ Henry James ~

INFORMING FAMILIES

Good News!

www.informingfamilies.org is a web site from the Developmental Disabilities Council and the Division of Developmental Disabilities. Now you can get information about changes in 'The System' before the changes happen. This is for families and for self advocates. You will find resources, information and the latest government updates.

GUESS WHO WAS JUST ON “GOOD MORNING AMERICA”? REMEMBER “FLAME, THE BAND” FROM THE LAST CONNECTION?

By MARY PFLUM and SUZAN CLARKE

Many start-up bands dream of achieving worldwide fame one day.

The band Flame has achieved a remarkable dream with its fame. But the band is extraordinary in another respect: each musician has a disability. Flame is the only touring band in the world to be wholly composed of people with different abilities. The upstate New York band members experience Down Syndrome, autism, cerebral palsy and blindness.

Dream Come True

Band member David LaGrange is blind. He grew up in an institution and had a passion for rock 'n' roll. LaGrange studied music and earned a master's degree, but he was told to give up his dreams of becoming a rock star. He kept at it though, and for him, the band's success is a dream come true.

Flame was formed six years ago in Gloversville, N.Y., after a talent contest for people with disabilities turned up several accomplished musicians.

"Flame is a group of musicians that produce unbelievably great music who just happen to have a disability," says Paul Nigra, the band's manager.

What started out as an experiment has quickly blossomed. The band has T-shirts, CDs and a tour bus, and plays to cheering crowds.

They've already been on world tour, including to Athens to play at the Parthenon. They performed at Eunice Kennedy Shriver's funeral this summer, drawing compliments from talk show host Oprah Winfrey.

Band Has Changed Woman's Life

Mary King says Flame has been a lifesaver for her daughter, lead singer Michelle King.

King's daughter is autistic and used to be unable to take care of herself. Her mother says involvement in the group has changed her daughter's life, although mother and daughter still live together.

"Oh gosh, they have done so much for her, brought her out so much, I just don't know how to explain." King said.

More Than Just a Band

LaGrange and other band members live in a group home in Gloversville, upstate New York. He said Flame has given him the kind of family he never had.

"It's fantastic, being able to meet new people, make new friends," he said.

The musicians' goal is have their music played on radio stations everywhere and to demonstrate what the disabled can do if they're given the opportunity.

"Our disability will not stop us," LaGrange said. "We will keep going, we want more people to see what we do."



www.FlameTheBand.com

Flu and Cold Season

This flu season, there may be more illness because of the new H1N1 flu virus (also known as "swine flu"). Be prepared to stay home if you get sick.

Why it's important to stay home with flu

When you've got the flu, you can pass it to others when you cough or sneeze. You are most contagious while you've got a fever AND also for the 24 hours after the fever has gone.

MOST CONTAGIOUS

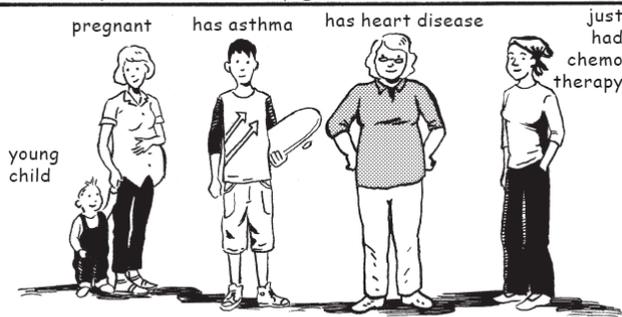


during fever



one full day after fever has gone

Some people are at much greater risk of serious health problems if they get the flu.



Many people who are at higher risk look healthy.

If you go to school or other gatherings when you are still spreading the virus, you will put others at risk.



Check to make sure you are well before school or work each day

Do you have:

fever

above 100° F



AND one of the following:

cough



OR

sore throat



If so, you may have the flu. Other symptoms can include runny nose, body aches, diarrhea, and vomiting.

If possible, find ways to work from home.



Know when to talk to a health care provider

Most people with the flu can be cared for at home. Before going to a doctor or clinic, call to see if an appointment is really needed, or go to the public health web site for more information.



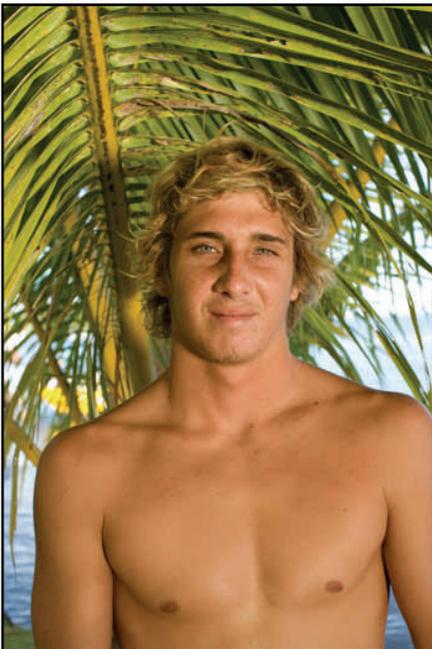
Thanks, Doctor!

CLAY MARZO



Check out this Job!

Clay Marzo, 20 years old is a professional surfer. Yes, Clay surfs for a job. He gets paid to do what he loves. Clay surfs around the world in competitions. Surfing professionally is like being self employed. If Clay wins, he makes money. Plus he makes money from companies who want to sponsor him.



Two years ago, Clay was diagnosed with Aspergers Syndrome which is a form of Autism. Until then, Clay knew he was different but didn't know in what way. Crowds or groups gave him headaches and stomach aches. It was hard for him to make friends. He would flap his arms when he got nervous and rub his hands together when he was excited.

Clay may be clumsy on land and knock things over but it's a whole different world in the water and on his surfboard. Clay has been swimming and surfing his whole life and it is in the water where he is comfortable and confident. Clay surfs like no other person in the world and he calls it his gift. When he's surfing he goes into a zone. Clay calls an eight hour day surfing with no breaks for food or water, "the perfect day".

Clay and his family were relieved when he was finally diagnosed with Aspergers Syndrome. He now understands how he is different and why. He goes to therapy twice a week to work on his social anxiety. People who work and surf with Clay are also helped by learning about his Asperger's. They are able to understand his actions much easier. Meanwhile, Clay continues to do what brings him peace and joy, surfing.



WHAT WOULD YOU DO? LAST MONTHS' ANSWER



Last month in the Connection the following story was printed and you were asked for advice.

Sara has been chatting on line and has made friends with a boy. He lives in another town but they talk all the time on the computer. Last week the boy told Sara he would like to meet her. He would like to come visit her. He does not want her to tell anyone. What should Sara do?

Here is what readers say Sara should do:

- Sara should tell someone.
- Sara should NOT meet him at her home.
- Sara should ask a friend to come when they meet.
- Make him buy her dinner at Jack in the Box!

WHAT WOULD YOU DO? NEW PROBLEM

Read the following story. Then write and tell us what you would do. The best answer will be printed in the next newsletter along with a new problem.

Andrea is waiting for the bus. Some people she knows from school come along. They tell Andrea that she needs to give them her cell phone. What should she do?

Got a Problem?
Want Advice?

Send questions to The Connection and watch for your letter to be chosen.

Email:

TheConnection@co.clallam.wa.us

ANNOUNCEMENTS

Hey, Don't Forget : January and February Dates to Remember

- **DDAC Meeting**
Thursday, January 7th
5:30 in the Commissioners' Meeting Room
Clallam County Courthouse Port Angeles
- **DDAC Meeting**
Thursday, January 7th
5:30 in the Commissioners' Meeting Room
Clallam County Courthouse Port Angeles
- **And Guess What?**
You can now join in from the West End without driving in to Port Angeles. Yep, thanks to Bill Plumley and Clallam County, you can now attend through video conferencing from Forks! Come on and participate!
Bill is the contact person for information on room/place. 360-374-9727.
- **DATO Meeting**
Monday, January 11th
2:00 in the Terrace Community Room
114 East 6th Port Angeles
- **New Year's Day**
Holiday (State and Federal)
Friday, January 1st
- **Martin Luther King Jr. Day**
Holiday (State and Federal)
Monday, January 18th
- **President's Day**
Holiday (State and Federal)
Monday, February 15

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Got a Story? Got News? Contact Aimee Barton at
360-417-2407 or TheConnection@co.clallam.wa.us

SPREAD THE WORD
TO END THE WORD
www.r-word.org