

# CLALLAM CONNECTION

Volume 2, Issue 2  
March—April 2010

## SPARTAN SPARKLES



What do Oprah, Miley Cyrus and the Jonas Brothers all have in common?

The Spartan Sparkles!

This is a for real cheerleading team with cheerleaders who have a range of disabilities from autism to Down's syndrome. This team is lead by "The Two Sarahs", namely Sarah Crunk and Sarah Herr.

Both Sarahs' loved working with the Special Olympics. They wanted to do more to connect with the wonderful girls

they met. So they went to their coach and "The Spartan Sparkles" were born.

The Spartan Sparkles went on the Oprah Winfrey show and did a routine. After the routine, Miley Cyrus popped in for a surprise visit, and invited all of the girls to her show in Indianapolis.

The girls were V.I.P. Guests at Miley's concert. Not only did Miley hang out with the girls back stage, but they were also invited onstage to sing the last show of her performance "The Climb".

The Jonas Brothers were so excited when they found out about the Spartan Sparkles they have them on their website "Change for the Children". Check it out at [www.changeforthechildren.org](http://www.changeforthechildren.org).

"Find a job that you love and you'll never work a day in your life."

~ Confucious ~

## NO WRONG DOOR

Hey everybody, DSHS has another website, "[No Wrong Door](#)". It is a resource guide on line. It assists users to get information and help with different problems. Some of the areas include disabilities.

## INTERNET DATING



Remember a couple of months ago when the "What Would You Do?" problem was about a girl meeting a guy over the internet. He wanted to meet her in person but he didn't want her to tell anyone. Most of you said she shouldn't meet him alone or meet him at all.

Well, here is what the police say about talking to people over the internet:

- Do not believe everything you read online
- Never, ever, give out any personal details which might identify who you are.
- Never offer or give money to anyone on line.
- Take your time - do not rush into things.

If you do get to know someone and do chose to meet them, make it on YOUR terms.

1. Start with a phone call
2. Meet in a public place.
3. Arrange your own transportation to and from the meeting.
4. Bring a friend along for security; consider a "double-date" the first time.
5. Set your conditions for the meeting, and don't let your new friend change them.
6. Stay near other people and in lighted areas throughout the meeting.
7. Never leave or go home with them



If anyone asks you to take pictures of yourself which you wouldn't want to show to your mom and dad then don't do it, they could put them on the internet to embarrass you."

## WHAT'S UP AT SNAP?

Get on SNAP's mailing list! Check out their **Spring Brochure** for classes, dances & events—contact Jenell DeMatteo at [dematteo@olympen.com](mailto:dematteo@olympen.com) or 360-681-8642.

**Hold the Date!** **October 16, 2010** Snap will be offering the **Sprout Film Festival** for Disability Awareness Month.

**Time for Camp** — SNAP is offering a four day resident camp on **August 19-22, 2010** at Camp Robbinswold on the Hood Canal. Registration forms available from SNAP. 681-8642.

## WHAT WOULD YOU DO? LAST MONTHS' ANSWER



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

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?

Here's what Readers say:

- Don't give them your phone!!!!
- Use your phone to call someone and then the kids will go away.

### Got a Problem? Want Advice?

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

Email: [TheConnection@co.clallam.wa.us](mailto:TheConnection@co.clallam.wa.us)

## WHAT WOULD YOU DO? NEW PROBLEM

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



Julie and Mike have been dating for two years. Julie tells Mike what to do all the time. She picks out his clothes, decides what they will eat and chooses what they will do. When Mike tells Julie he doesn't want to do something she gets angry and yells at him. She will call him "stupid" and tell him he is "too dumb" to know what he wants. Sometimes when she is mad at him she will hit him. What should Mike do?

## ANNOUNCEMENTS

Hey, Don't Forget : March and April Dates to Remember

- **March 4**  
DDAC Meeting  
5:30 in the Commissioners' Meeting Room  
Clallam County Courthouse Port Angeles
- **March 14**  
Daylight Savings begins – Set your clocks ahead one hour!
- **March 17**  
St. Patrick's Day – Wear Green!
- **March 20**  
First Day of Spring!!!! Yippee!
- **March 20**  
Snap Dance 2:30-4:30
- **April 15**  
Income Tax Day

## DOGGIE DAY CARE



A three-legged cat and lots of friendly dogs at “Constant Companions” are helping adults with disabilities learn life skills in a Midwest state. In addition, there is a Doggie Day Care & Boarding program. It offers boarding and day-care services for dogs. This program is a different approach to employment for people with disabilities as it teaches social and life skills through contact with pets.

“Constant Companions looks at the mutual benefit between people with disabilities and pets,” said manager Rick Parson. “People learn responsibility by caring for cats, rabbits, birds and fish.”

Parson explained the program has 30 adults ranging in age from 22 to 71 with abilities including those unable to speak to people who drive. The average daily attendance at Constant Companions is between 20 and 22. Learning to care for animals housed at Constant Companions is a part of the daily routine.

One manager Deb Harless said folks discover a lot from the animals, but they also enjoy the social time with each other.

“My daughter Emily is enrolled in this program, and it is having a profound and positive effect on her. This improves her quality of life,” said her mom, Susan.

“It is a beautiful thing to watch the adults’ blossom as they interact with animals and each other,” said Parson. “This is bringing out the best in everybody.”

In addition to caring for pets at Constant Companions, the adults can work at Doggie Day Care & Boarding. With the help of a job coach they earn minimum wage and learn employment skills. “It is wonderful to see the smile on their faces when they get a paycheck,” said Parson.

Employees in the program walk the dogs and feed, water and play with them. They also clean up after them. Parson said the employees working at Doggie Day Care work about 14,000 hours annually.

Doggie Day Care has become popular with the public. It even has waiting lists for boarding services, according to Parson. It also gets rave reviews by adults with disabilities working there. “I love it here,” said Abby Wheeler, who has been with the program for one year. “This is like my heaven.”



## TEXTING UNLOCKS A WORLD

A mom knows a miracle when she sees one. Especially when it concerns her son.

Two months ago, Vera Word penetrated the autistic world of her 15-year-old son, Jonathon, using — of all things — a cell phone.

The phone's text messaging capabilities have opened up a new method of communication with her son that is working better than anything she's tried before.

Many communication strategies have been tried with Jonathon all the way back to the first time his mom began noticing some problems when he was two years old.

Back then, the toddler wasn't talking. He wasn't running. When she dropped him off at a day care and then returned to pick him up, he wouldn't realize she had returned until he saw her. Even if she called his name. Over the years, Jonathon never learned to talk.



Vera used many of the tools parents use with hearing-impaired children. For years, she carried a key-chain of pictures with photos of stairs or a bathroom or food; Jonathon could point to a picture of what he needed.

A smart little guy, Jonathon knew the meanings of words. But could he read? She was never sure, since he couldn't speak and read aloud to her.

The family started him on a touch-screen computer about 10 years ago. He learned how to use the computer and then eventually to use a mouse.

Vera wasn't satisfied. She was always guessing at what he was saying, taking the clues he gave her and filling in the blanks. Even if showing pictures worked, she feared that not everyone in his life — such as a future employer — would be willing to accept a pictures-only communication style. There must be a better way, she thought.

But what?

...To Be Continued in the next *Connection*...

## ADULT FOSTER HOME

There are different ways to live our lives as independently as possible. Some people live with their families and some people live in their own houses or apartments. Some people live on their own but with other people or with help. We're going to take some time and explore the options in the next few newsletters. This issue looks at Adult Family Homes.

Six adults with developmental disabilities live in an Adult Family home in Forks. Each person has their own bedroom and their own schedule. Two bedrooms have a bathroom attached and four bedrooms share two bathrooms. The kitchen and living room are social areas for everyone.

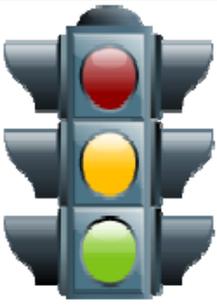
Lunch and dinner are usually eaten together with food chosen by the people living there. Breakfast is at your own speed. It is available for the early risers and for the folks who prefer to sleep in a bit.

Showers and bath times are by choice. Some people like to wake up with a shower. Some people like to bathe at night.

Folks living here have busy schedules. Several people are working, some are looking for jobs and a number of the folks are active in the community.

This particular provider is Concerned Citizens. There are other providers in the Port Angeles area including Clallam County Hostelries and Frichettes.

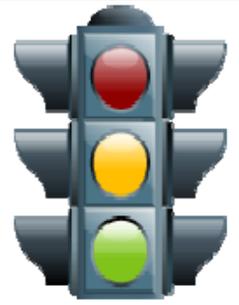




## **Ready Set Go!**

\*Learn how to take care of yourself and others in an emergency!

\*Receive a 10 day survival kit after all classes are completed!



# **EMERGENCY PREPAREDNESS**



**When:** Classes will begin on March 10th, and will be held every Wednesday through March 31st, 2010.

**Time:** 1:00 pm to 4:00 pm

**Where:** Pierce Jones & Associates LLC  
210 Center Park Way  
Sequim, WA 98382

**Please register by contacting  
Randi Jones of Pierce, Jones & Associates at (360) 582-9965.  
Class space is limited to 15 people**

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Got a Story? Got News? Contact Aimee Barton at  
360-417-2407 or [TheConnection@co.clallam.wa.us](mailto:TheConnection@co.clallam.wa.us)

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