

CLALLAM CONNECTION

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March—April 2011

EVER THINK OF HAVING YOUR OWN BUSINESS?



Jeff McNary and sister Sherry shred documents for Doc Destruction.

Jeffery McNary of Doc Destruction, is a man with a developmental disability. Jeff is also a man who loves to shred. Jeff loves to shred so much he worked himself out of three jobs. That's when Jeff and his team decided to check out self employment.

Jeff spent 30 years working in a sheltered workshop in Seattle. Early on Jeff did some shredding and the staff at the workshop noticed that he really liked this task. But then the workshop bought a new bigger

shredding machine and staff thought it wouldn't be safe for Jeff. He tried all sorts of different tasks but never found one he enjoyed so much.

Eventually Jeff left the workshop and did do some shredding at different job sites. Jeff, with the help of his family and team came up with the idea of a shredding business. This idea came from thinking about what Jeff really liked and wanted to do. Doc Destruction was born in 2001!

Originally located in downtown Seattle, Doc Destruction is now in the Ballard neighborhood. They serve small businesses and individuals.

Jeff needs and has support to do his business. He has a job coach who assists with the actual shredding part and a Business Manager who helps the business run and grow. Jeff's sister Sherry is the Business manager for Doc Destruction. The job coach opens boxes of paper that need to be shredded and loads up bins next to Jeff. Jeff then takes the papers and puts them on a conveyor belt which feeds the shredder. When the shredder is full, the job coach empties it.

"Sometimes just a smile on your face can help to make this world a better place. Stand up for the things that are right. Try to talk things out instead of fight. Lend a hand when you can, get involved this is good. You can help to make a difference in your neighborhood."

~ Robert Allan

WELCOME LORRAINE ECKARD

Let's give a big welcome to Lorraine Eckard! Lorraine is the new Administrative Assistant for the County's Developmental Disabilities Planner. She comes to us from Peninsula College in Port Angeles where she worked in the Services for Students with Disabilities department.

She's moved around the country a little bit with her husband, Chris—who works as a Park Ranger—and her nine year-old son Drew. Lorraine just moved to Port Angeles from St. Louis, Missouri last year. Her favorite part of living here is that she's just a short drive to the mountains or the beach!



Lorraine and Drew act silly in front of the camera!

She's originally from Philadelphia, Pennsylvania, and she misses her home town that's famous for the Liberty Bell and cheese steaks. "I'm really excited about working here and I can't wait to meet everyone!"

DON'T FORGET



DDAC Meeting - Thursday, May 5th 2011 at 5:30 p.m. at Sequim Prairie Garden Club at 387 East Washington Street in Sequim. The meeting is teleconferenced with Forks.



Thursday March 17th is St. Patrick's Day ~ Don't forget to wear green.

Irish Blessing~
Like the warmth of the sun
And the light of the day,
May the luck of the Irish
shine bright on your way.



Spring Forward Fall Back! Sunday March 13th ~ Daylight Savings Time is here – don't forget to turn your clocks **FORWARD**. Yes, forward by one hour.

THE CLALLAM COUNTY ORCAS DO IT AGAIN – THEY BRING HOME THE MEDAL!

Two teams from the Clallam County Orcas Special Olympics program competed at the Southwest Regional Basketball Tournament February 12 and 13 in Bremerton.

One team (The Masters 6 Division) came home with the bronze medal and the other (The Seniors Unified) team took home the gold. Both teams qualify for the Winter Games for a chance to compete for a state title.



The Seniors Unified team is new to the Orcas. They are made up of Special Olympics athletes who are younger than 22 and attend or have attended Sequim or Port Angeles High School. The program coordinator, Wendy Bonham, was quoted in the Sequim Gazette, "It is a great opportunity for athletes who do not have disabilities to associate with and play with athletes who do have some disabilities. They all had a great time and obviously played well together and were successful."



Special Olympics

People who are interested in participating with the Clallam County Orcas as an athlete, volunteer, or partner are urged to call Bonham at 477-4134.

THESE BOY SCOUTS KEPT AT IT



BOY SCOUTS OF AMERICA

On a Thursday night in February in Philadelphia, a 49 year-old man raised his right hand, extended three fingers and began to recite the Boy Scout Law.

"A scout is trustworthy . . . loyal . . . helpful," he said. He began to struggle to remember the next of 12 qualities. Then his scoutmaster stepped in. "Everyone else will join you here," he said. "So it won't matter if you mess up."

But after more than 30 years of saying the same oath every Thursday night the members of Boy Scout Troop 254 were determined to get it right. This night was a big deal because four members of the troop were awarded scouting's highest honor—the rank of Eagle.

Did you know that fewer than 6 percent of boy scouts earn the rank of Eagle? Twenty-one merit badges have to be completed in fields such as emergency preparedness, sports, and camping. A community-service project must be carried out too. All this must be done before the age of 18. While the members of Troop 254—many now in their early 50s—got a pass on the age requirement, they took every other step themselves.

They camped and cooked with limited supervision. They earned merit badges in areas like basketry and leatherwork. And together they organized a food drive for their Eagle project, gathering more than 1,400 canned-food donations. Congratulations to these Eagle Scouts!

BEING ACCEPTional FOR THE JOB

North in Canada, a young woman named Erinn Bursey was busy this Christmas season—with job training.

Erinn who is 25 and has Down syndrome, worked with Evelyn Duffy in the Kuku Hut Corner, a small import store. She had finished school and was struggling to find a job—not just for the pay check, but for the feeling of self worth.

That's where Evelyn comes in. She's providing on-the-job training. Working side-by-side, Erinn is learning the skills and getting the experience that will help her in her job search.



Erinn and Evelyn look over beadwork and have some fun, too.

Erinn's brother Matthew is also busy. Last year he started the ACCEPTional Foundation. The goal is to bring together jobs and people with intellectual disabilities and make onsite job training possible. He gives his sister Erinn credit for his inspiration.



The ACCEPTional Foundation is all about inclusion in the workplace. They believe everyone should be able to find paid meaningful jobs in the job market. To do this, the foundation is partnering with businesses who feel the same way.

Matthew believes that employing people with developmental disabilities is good for everyone. Individuals with disabilities are skilled, capable, talented and eager to contribute. That is a win-win for everyone.

UPDATES

DATO is changing! It is now called **Ripley Enterprises** and it is a for-profit business, not a non-profit organization. Peter Ripley is heading it up. Peter says he will still provide the same assistance to people. Peter will continue to sell candy bars and collect cell phone and ink cartridges. Peter will also be selling collectible items on eBay for people. Contact Peter at pripley1981@gmail.com

Snap's **Camp YakaKoda** has a date! August 18 through August 21, 2011. It will be held in the amazingly beautiful Camp Robbinswold on the Hood Canal. Programs include art, music, swimming, boating, salmon bake, beach walks, talent show and so much more! Contact Jenell DeMatteo for information at dematteo@olypen.com or 360-379-8934.



EVEN MORE UPDATES

The **Sprout Film Festival** is coming back this year. It will be held October 15, 2011. This year the festival will be held in Sequim at the Olympic Theatre Arts, 414 N. Sequim Ave. There will be two showings in the afternoon which are free and an evening event with an auction and films.



Join Snap for **Advocacy Days** in Olympia. Meet with your legislators and go to the briefings for Arc and DDC. There are two field trips left – March 9th and April 6th. For more information call Tracy Wilson at 360-809-3799.

Want to know what happened during the 2011 legislative Session? Snap will have a debriefing session on May 17, 2011 at the Snap office and classroom from 4:00 to 6:00 p.m. Dinner will be provided and there is no charge. Make sure to let Snap know you are going to come by calling Tracy Wilson at 360-809-3799 or Jenell DeMatteo at 360-379-8934.

TRAVELING MAN

A man in Kennewick, Washington with developmental disabilities recently added "International Travel" to his list of accomplishments. Larry Seifert says he is proof that people with disabilities can do the same things as anyone else. Larry has been to college and has his college degree. Larry has been employed and now he is traveling.



Larry on his international travels to Jerusalem, France, and Egypt.

Larry toured with a group through Jerusalem, France and even Cairo, Egypt. "I had to really pay attention and be sure to stay with the tour group. I had to walk faster than normal." says Larry. Being with a tour group let Larry be independent but still enjoy the safety of his group.

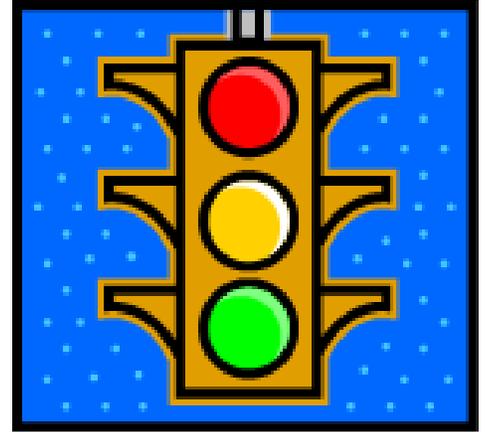
Larry wants to show the community that people with disabilities can get out and travel and do things if they put their mind to it.

Next Larry is going to be working on a book about his life. Stay tuned for more.

READY, SET, GO...SAFETY NOTES

Be Prepared to Travel by Auto or Air

- Plan ahead by researching with a friend through books from the library, or the Internet.
- Create a traveling “passport” that you can have signed by businesses and travel guides you meet along the way.
- Look for interesting historical sites that are located in the places you plan to visit.
- Take a picture of yourself with one of your favorite stuffed toy animals, or a “Flat Stanley” drawing at each of the different sites you stop at during your travels. This is a fun way to build your photo album, or scrap book about your travels.



Traveling by Auto...

Remind Your Family & Friends to Keep an Emergency Kit in the Car...



- Space blanket
- Extra bottle of water
- Extra Crackers, or Trail Mix
- Whistle
- Flashlight
- Work, or leather gloves
- Deck of cards
- Book, or drawing journal
- Glow sticks for light
- First Aid kit
- Duct tape
- Jumper cables
- Extra blanket
- Emergency Help sign
- Waterproof poncho
- Hand sanitizer
- Fire extinguisher for cars
- Protein bar (2400 calories)
- Solar sleeping bag
- Tow rope
- Hand/toe warmers

Traveling by Air...

- Plan ahead and call the airlines before you make your flight reservations to learn how they are available to address your specific needs. Be specific about any needs or concerns you have in order for the customer service representative to be educated about situations he or she may not have ever worked with to date. This is especially important if you will be bringing along equipment and when you have specific dietary needs.
- Inform the airlines when you purchase your ticket and again at check-in that you will have someone assisting you that is not going to be flying with you. The ticket check-in counter can then provide your assistant with a “pass” that allows them to go through the screener checkpoint without a ticket. Always ask about this before you buy your flight tickets as not all airlines allow this type of assistance beyond the security check-points.
- Inform the airlines when you arrive at the check-in counter and again before you leave the plane of any assistance you will need such as help with mobility equipment, oxygen, and even specific eating schedules.
- Have a self-care plan ready before you leave to help you work through any health or care issues that might arise. Your plan should have directions on how folks can help you out if need be by having a sentence such as, “Sometimes what happens to me is this, and what helps me at those times is this”...
- Be flexible, but do not compromise on accommodations or services you feel are important to your travels being successful and relaxing.
- Remember the 3-1-1 luggage rules. You can carry liquids and gels in your carry-on luggage if they are limited to 3.4 oz plastic containers. All of your 3.4 oz plastic containers must fit into ONE quart size Ziploc bag. You can only bring along ONE quart size Ziploc bags. Take out your gel/liquid bag and set it in one of the plastic tubs that is going through the scanner device with your carry-on luggage.
- Remember to keep all of your medications together in one Ziploc bag in your carry-on luggage. Take out your medicine bag and set it in one of the plastic tubs that is going through the scanner device with your carry-on luggage.
- Transportation Security Agents are the folks who check through your carry-on luggage and ask you questions about the materials in your carry-on luggage.



AND...keep joy in your journey!

*Discuss the underlined words with a friend or family member.
Or, use the Internet to learn more about these emergency preparedness words.*

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Got a Story? Got News? Contact Aimee Barton at
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