

CLALLAM CONNECTION

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November—December 2011

TICKET TO WORK WORKS FOR YOU!

Many people with disabilities want to work. To help them, Social Security has a variety of work incentives, including the Ticket to Work Program. Some of the work incentives include keeping your cash benefits and medical coverage while you transition to the work place.

And, if you find that you cannot work, it is easy to start your payments again. Once you receive your Ticket to Work, you can use your ticket to get the services and support you need to go work or to earn more money. The goal is to help you earn enough money so that you can become financially independent.



The Ticket to Work program helps you obtain vocational rehabilitation, training, job referrals and other employment support services free of charge.

When you use your Ticket, you can get help finding a job, vocational rehabilitation or other assistance. These services are provided by employment networks, which are private organizations or government agencies that have agreed to work with Social Security to provide employment services and other support to beneficiaries with disabilities and state vocational rehabilitation agencies.

In addition to the Ticket, Social Security has other special rules called “work incentives” that help serve as a bridge between disability benefits and financial independence. These work incentives include:

- Cash benefits while you work;
- Medicare or Medicaid while you work; and
- Help with any extra work expenses you may have as a result of your disability.

A lot of people worry if they get a job, they will lose their public benefits such as SSI, SSA and Medicare/Medicaid benefits. Social Security work incentives (including the Ticket to Work program) are programs designed to assist individuals in bettering themselves financially if they want to get a job. Most people realize they can earn more money if they work, even if they are still receiving monthly SSI or SSA benefits.

If you are interested in using the Ticket to Work program to go to work or get vocational services, you should call the Ticket Call Center, at **1-866-968-7842**, toll-free (TTY **1-866-833-2967**).

We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called “Opportunity” and its first chapter is New Year’s Day.

- Edith L. Pierce

HOLIDAY HEALTH AND SAFETY TIPS

1 Wash your hands often.

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water for at least 20 seconds. If soap and clean water are not available, use an alcohol-based product.

2 Stay warm.

Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers of loose-fitting, tightly woven clothing.

3 Manage stress.

The holidays don't need to take a toll on your health. Keep a check on over-commitment and over-spending. Balance work, home, and play. Get support from family and friends. Practice time management. Keep a relaxed and positive outlook.

4 Travel safely.

Whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive, and don't let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age.

5 Be smoke-free.

Avoid smoking and breathing other people's smoke. If you smoke, quit today! Call 1-800-QUIT-NOW, or talk to your health care provider for help.

6 Get check-ups and vaccinations.

Exams and screenings can help find problems before they start. They can also help find problems early, when the chances for treatment are better. Vaccinations help prevent diseases and save lives. Schedule a visit with your health care provider for a yearly exam. Ask what vaccinations and tests you should get based on your age, lifestyle, travel plans, medical history, and family health history.

7 Watch the kids.

Children are at high risk for injuries that can lead to death or disability. Keep a watchful eye on your kids when they're eating and playing. Keep potentially dangerous toys, food, drinks, household items, choking hazards (like coins and hard candy), and other objects out of kids' reach. Learn how to provide early treatment for children who are choking. Make sure toys are used properly.

8 Prevent injuries.

Injuries from falls and fireworks often occur around the holidays. Use step stools instead of furniture when hanging decorations. Leave the fireworks to the professionals. Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees, and curtains. Never leave fireplaces, stoves, or candles unattended. Don't use generators, grills, or other gasoline- or charcoal-burning devices inside your home or garage. Install a smoke detector and carbon monoxide detector in your home. Test and change the batteries regularly.

9 Handle and prepare food safely.

As you prepare holiday meals, keep you and your family safe from food-related illness. Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.

10 Eat healthy, and be active.

With balance and moderation, you can enjoy the holidays the healthy way. Choose fresh fruit as a festive and sweet substitute or candy. Select just one or two of your favorites from the host of tempting foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2½ hours a week. Help kids and teens be active for at least 1 hour a day.

To learn more, including the holiday song

The 12 Ways to Health, visit

www.cdc.gov/family/holiday

Centers for Disease Control and Prevention

DON'T FORGET

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DDAC Meeting — Thursday, November 3, 2011; 5:30 - 7:30 p.m. at the Board of Commissioners Meeting Room, Clallam County Courthouse and Videoconferencing: District Court, Forks.
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Snap Classes and Events — Snap offers a wonderful collection of classes and events this Fall and Winter for adults with intellectual and developmental disabilities. Classes are open to everyone in Clallam and Jefferson Counties. Fall catalogs are available now. Sign up early. Classes include: Theater, Recreation Club, Drumming, Movement and Voyagers. What are you doing this fall? Holiday Party/Dance will be held on 12/10 from 11:00 a.m. - 1:00 p.m. at the Olympic Vineyard Christian Fellowship in Port Angeles—come on and dance! Please check out our website at www.snapforall.org for more information. Or contact Jenell DeMatteo, Executive Director at dematteo@olympen.com or 360-379-8934.
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Red Cross Classes—The Olympic Peninsula Chapter of the American Red Cross has online registration for classes in First Aid/CPR/AED, Lifeguarding and Swimming, Caregiving and Babysitting, plus much more. Visit them at: www.peninsularedcross.org.



AND AROUND TOWN

Angelic Festival and Holiday Bazaar — November 11 & 12 from 9:00am to 3:00pm at Queen of Angeles Gym (209 W. 11th Street, Port Angeles). Free admission.



Festival of Trees — Presented by Olympic Medical Center. November 25-27 at the Vern Burton Community Center, 308 E. 4th Street, Port Angeles. On Friday the 25th, in the morning and the afternoon, are the Teddy Bear Teas. Purchase tickets early. Friday evening is the gala event and auction. Family Days for viewing of decorated trees, musical entertainment, raffles, games, crafts, pictures with Santa and a puppet show are 1:00pm—4:00pm Saturday and 11:00am —3:00pm Sunday.

Community Tree Lighting — November 26th at the fountain in downtown Port Angeles. Enjoy holiday music and warm goodies.



Christmas Fair — December 3rd, 9:00am —5:00pm and December 4th 10:00am—4:00pm at Vern Burton Community Center.

Holiday Concert — Presented by the Port Angeles Symphony. December 10th, 10:00am and 7:30pm at the Port Angeles High School Auditorium, 304 E. Park Ave, Port Angeles. Tickets are available through the Symphony office at 360-457-5579 or email pasymphony@olympen.com. Online order forms and a seating chart is available at www.portangelessymphony.org for review before purchasing your tickets.



NEW FACES - WELCOME!



Nancy Wiltshire

Nancy comes from Peninsula Community Mental Health where she was a Clinical Case Manager and fills the long vacant position of Developmental Disabilities Case Manager as the new Vendor Selection Coordinator. Nancy will be out in the community, visiting individuals, providers, businesses and organizations.

Nan Furford

Nan takes over Lorraine's vacant position as the Administrative Specialist for the Developmental Disabilities Planner.



DAYLIGHT SAVINGS TIME ENDS



Daylight Savings Time ends November 6th! Please turn your clocks back one hour before you go to bed on November 5th.

Daylight Savings Time will start again March 11, 2012.

NEW WEBSITE AS A GUIDE TO DISABILITY SERVICES

The Arc and the Administration on Developmental Disabilities have developed **The Medicaid Reference Desk** website. It is a tool to help people with intellectual and developmental disabilities find out what Medicaid can offer them.

www.thedesk.info



Look not mournfully into the past. It comes not back again. Wisely improve the present. It is thine. Go forth to meet the shadowy future, without fear, and with a manly heart.

- Henry Wadsworth Longfellow

COPING WITH GRIEF AND LOSS DURING THE HOLIDAY SEASON

Autumn is the time of year for holidays. This is supposed to be a festive time as we anticipate spending these special days with our beloved family members and friends. When we experience a serious illness or someone important to us dies or moves away, it makes it hard to enjoy the holiday things we usually look forward to. Memory triggers, such as the smell of turkey roasting and freshly baked pies; the holiday songs playing on the radio; the sound of laughter from our loved ones who have gathered together, etc., usually bring us joy. But for those of us who are experiencing illness, grief, or the loss of a loved one, the holidays can be a time of sadness, pain, anger, or dread.

When someone we love dies, we can be overwhelmed with memories of spending time with the beloved person during the holidays. This is part of the normal grieving process. Here are some tips on how to take care of ourselves during the holidays when we are grieving. These tips will help to fill the emptiness we feel when it seems everyone else is overflowing with joy.

Be Kind to Yourself: The best thing you can do this holiday season is be kind to yourself. Give yourself permission to feel whatever it is your feeling. Don't believe that you have to feel a certain way or do certain things for your holiday to be "normal." If you feel sad, allow the tears to come; if you feel angry, allow yourself to vent some steam.

Get the rest and nourishment you need. Don't take on any more than you can handle. If you need to be alone, honor that. If you crave the company and affection of others, seek it out. Do whatever it is that feels right to you.

Ask For and Accept Help: The holiday season is no time to pretend you are not hurting or are not feeling sad. You will need the help and support of others to get through. Don't feel as though you are a burden. People get immense satisfaction and joy from helping those they care about.

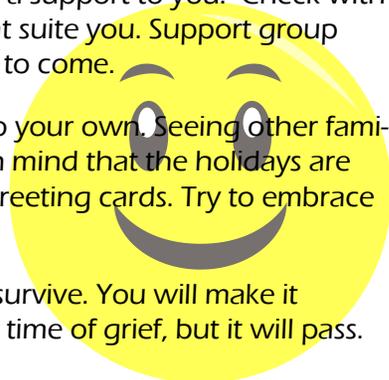
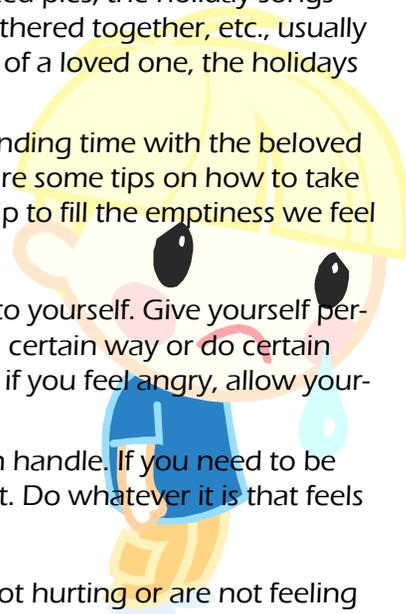
In times of need, other people desire to help but often don't know how. This is the time for you to speak up and make your needs known. If you need someone to help you with meals, shopping, or decorating, let them know. They will be delighted to feel like they are helping you in some way.

The same holds true for your emotional needs. Friends and family may feel uncomfortable when it comes to talking about your grief. They may think that you don't want to talk about it and don't want to remind you of your pain. Again, you will have to direct them in the best way to help you. If you want to talk about what you're going through or just want a shoulder to cry on, let your loved ones know.

Find Support: Sharing your feelings is the best way to get through them. You need people you can talk to. Friends and relatives can be a great support to us during times of grief, but they are sometimes full of their own grief or so immersed in the business of the holidays that they cannot be a support to you. Check with local churches, community centers, and hospice agencies to find a group that suite you. Support group members often make friends that end up being a source of support for years to come.

Stop the Comparisons: It's easy to watch other families and compare them to your own. Seeing other families together and enjoying the festivities may make you feel deprived. Keep in mind that the holidays are stressful for most families and are rarely the magical gatherings depicted in greeting cards. Try to embrace what you have rather than compare it to what you think others have.

Remember That You Will Survive: As hard as it is for you right now, you will survive. You will make it through the holidays in one piece. It may be the most difficult season in your time of grief, but it will pass. And when it does, you will come out on the other side stronger than before.



EXERCISE YOUR RIGHTS



A Voters Guide and information on changing your address to receive ballots are available online at www.clallam.net on the "Current Issues" tab.

It's voting time again. Please do not forget to vote on Tuesday, November 8th or submit your absentee ballot by mail, or by dropping off in the box outside the Clallam County Courthouse.



Accessible Voting Center

Beginning 20 days before an election there is an electronic Accessible Voting Unit available for voters in the Auditor's Office lobby.

Clallam County Courthouse
Auditor's Office
223 E 4th St, Suite 1, Port Angeles

Hours

Monday - Friday: 8:30 a.m. - 4:30 p.m.
Election Day: 7:00 a.m. - 8:00 p.m.

Questions?

Phone: 360-417-2221

Email: jridgway@co.clallam.wa.us

If you still need to register to vote or change your address and need assistance please contact the voter registrar at: 360-417-2221.

GET CONNECTED AT THE LIBRARY

Don't have Internet access? Try the library!

The North Olympic Library system has computers with Internet access for public use. Computers are available for 30 or more minutes at a time. All you need is a library card. For more information on using computers at the library, or how to get a library card, call your local branch at the numbers below.

Port Angeles — (360) 417-8500
Forks — (360) 374-6402
Sequim — (360) 683-1161
Clallam Bay — (360) 963-2414

SPAGHETTI SOCIAL



Snap invites you to a Spaghetti Social

Friday,
November 11, 2011
Sunland Golf & Country Club
109 Hilltop Drive
Sequim
Cost is \$8.00
6:00 p.m.

Call Janell DeMatteo for Reservations at 360-379-8934 or email: dematteo@olypen.com

FROM TIM'S DESK

These are interesting financial times in our country and throughout the world. In our state we also are having difficult financial times at all levels of government. Beginning on November 28 our legislators will meet in special session to consider another shortfall in state revenue. Governor Gregoire and DSHS have both provided ideas for ways to cut spending and balance our state budget. These ideas may involve the loss of eligibility for many people with developmental disabilities, the loss of dental care, the loss of family supports, the loss of job supports and many other options. Some people are working on ideas to increase revenue. Some options may greatly affect programs that help individuals here in Clallam County while others may have less effect. Regardless, change will continue to come. It is very important that we all learn about the changes that may occur and talk with our legislators to let them know what is important to us, our families and our loved ones so that they make choices that are in the best interest of the people they represent.

You may read about options for budget reductions here:

http://www.ofm.wa.gov/reductions/alternatives/Social_Human_Services.pdf



Please educate yourself and speak up so that others may know of the needs that exist.

You may contact your representatives in Olympia by following the link below and then clicking on their name. This will give you their e-mails, phone numbers and addresses.

Senator James Hargrove:

Representative Kevin Van De Wege:

Representative Steve Tharinger:

<http://apps.leg.wa.gov/DistrictFinder/Default.aspx>:

- Tim Bruce—Clallam County Health and Human Services Developmental Disabilities Planner

DDAC BOARD MEMBERSHIP

Are you interested in becoming a DDAC (Development Disabilities Advisory Committee) Board member? The Board's goals are;

- 1) To assure that the focus of all service decisions is on increasing the amount and quality of individualized, community employment for people with developmental disabilities.
- 2) To enhance the inclusion of people with developmental disabilities in all aspects of community life.

If you are interested in serving a 3-year term on the DDAC Board, please contact Tim Bruce at (360) 417-2428 or email: tbruce@co.clallam.wa.us

Meetings are every other first Thursday of the month and are open to the public.



Clallam Connection
223 East 4th Street, Suite 14
Port Angeles, WA 98362

Got a Story? Got News? Contact Tim Bruce at
360-417-2428 or tbruce@co.clallam.wa.us

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