ILR Helps Launch Metro ADRC!

Aging & Disability Resource Connection Opens New Doors

By Barry Fox-Quamme
ILR Executive Director

Often it seems we need the talents of Sherlock Holmes and Dr. Watson to make our way through a web of providers in the Portland Metro Area serving People with Disabilities and Seniors. Fortunately, ILR in collaboration with Metro Area partners from the Area Agencies on Aging, Info 211 and other providers are working closely together thanks to a federal grant awarded to Oregon. The Metro Aging & Disabilities Resource Connection (ADRC) Region covers Clackamas, Columbia, Multnomah & Washington counties.

Oregon is one of eight states to receive a grant to pilot a system of enhanced collaboration between diverse service providers so that consumers experience smoother access to resources no matter who they call in the community. In the Portland Metro Area, this means that leaders have been meeting at ILR to develop strategies for working together more effectively. ILR staff have become certified as Information & Referral Specialists and Options Counselors, training modules that are more common to staff within an Area Agency on Aging (AAA). At the same time, Metro ADRC is funding training for AAA staff to learn more about the Independent Living Movement and peer counseling.

When cultures come together, new ideas abound and open doors for understanding the unique contributions that are made by each system. As a result of our successful collaboration, opportunities are arising in 2014 to use newly allocated State General Funds to expand Options Counseling Services across the State of Oregon, along with other new service initiatives in Mental Health.

ILR staff are helping to pilot the development of Options Counseling Training in Oregon and providing important insight into the development of a national certification model. I’ve been privileged to be part of that conversation on the national level as a member of a federal workgroup on the topic, while also being invited to present workshops at the national level on the growth of ADRC in Oregon. We are proud of the ILR volunteers and staff who are part of this important effort to enhance services for all!
NW Independent Living Matters is the newsletter of Independent Living Resources and is distributed to consumers, families, friends and professionals. The newsletter is published twice a year in the Spring and Fall and we welcome comments and articles.

Please send submissions to NWILM Editor at:

E-mail: info@ilr.org
Mail: Independent Living Resources
1839 NE Couch St.
Portland, OR 97232

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Cathy’s Corner
By Cathy Wenberg, ILR Services Coordinator and Resources Guru!

With the Affordable Care Act taking effect in 2014, many of our consumers have questions about signing up for coverage, or how their OHP or Medicare benefits may change. To help answer these questions and more, ILR has requested a speaker from Cover Oregon to give a presentation on the Affordable Care Act and do a Q&A. The date and time are soon to be determined, but we will keep you updated on ILR’s website and Facebook: https://www.facebook.com/pages/Independent-Living-Resources-of-Portland-Oregon/108919475801602?ref=hl

Financial Resources and Holiday Budgeting

A non-profit organization in Portland called Innovative Changes can assist with financial coaching, budgeting, and rebuilding credit. You can meet with someone who will assist you, but they also offer workshops and seminars which are free or low cost depending on income. You can learn more about their services at their website http://www.innovativechanges.org or call them at (503) 249-5205

For many people, the holidays are a wonderful time to visit family and friends and share in the spirit of giving. The holidays can also strain even the best of budgets, though. Here are some useful tips:

1) Spread the holiday shopping throughout the year rather than waiting until the last minute. This allows you to take advantage of sales, and not spend your money all at once.

2) Decide on a spending limit before you go.

3) For those who travel, open a savings account to which you have no easy access. Put away a little each month. Use the budgeting calculator at http://www.calculatorweb.com/calculators/budgetcalc/ which automatically gives you percentages of where your money goes and how much you have left after the bills are paid.

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Tax Filing Assistance

Cash Oregon in partnership with the AARP provides volunteer certified tax professionals to assist most low and moderate income individuals with free tax preparation. They can offer assistance with filing up to 3 years of past returns. Cash Oregon has sites all over the state; some are walk-in and others require an appointment. For more information, go to their website http://www.cashoregon.org/ or call (503) 243-7765.

Cooking with Mike

By Mike Burwell, ILR Volunteer

The holidays are almost upon us, so what could be better than making up a turkey dinner for yourself, your friends and family?

**Ingredients for the turkey:**
- 8 tablespoons butter, softened
- 1 tablespoon House Seasoning, recipe follows
- 2 tablespoons chopped fresh parsley leaves
- 2 tablespoons minced shallots
- 2 tablespoons minced garlic cloves
- 1 (15-pound) turkey
- Stuffing, if desired

**Ingredients for the glaze:**
- 3 tablespoons butter
- 1 (12-ounce bag) cranberries
- 1/2 cup maple syrup
- 3/4 cup cranberry juice
- 2 teaspoons apple cider vinegar
- 3/4 cup apple cider
- 1/4 cup brown sugar
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- House Seasoning:

**Ingredients for house seasoning**
- 1 cup salt
- 1/4 cup black pepper

**Directions for the turkey:**
- Preheat oven to 375 degrees F.
- In a small mixing bowl combine the butter, House Seasoning, parsley, shallots, and garlic. Thoroughly rinse and dry the turkey. Tuck the wings underneath the body and place the turkey in a roasting pan. Rub the butter mixture all over the turkey. Stuff, if desired.
- Roast for 18 minutes per pound (including stuffing weight, if using). The turkey is done when an instant-read thermometer is inserted into the thickest part of the thigh (and deep into the stuffing) and registers 165 degrees F. and the juices run clear. Remove from the oven and loosely tent with foil. Let rest for 20 minutes before carving.

**Directions for the glaze:**
- Combine all ingredients in a small saucepan over medium-high heat. Bring to a boil and reduce heat to medium-low. Let simmer until the cranberries burst, about 8 to 10 minutes. Strain the mixture through a sieve and let cool. Reserve for turkey.
New Staff!

We have an abundance of new staff at ILR to introduce!

Amy Haecker has been working as a temporary, part-time employee at ILR since April. She is very excited to be transitioning into half-time employment at ILR through her new position as Intake Coordinator. Amy has a Master’s degree in Counseling Psychology, and speaks fluent German. She also talks constantly about her incredibly cute 3 and 6 year-old sons. We hope to have her here for a long time!

Carol Van Atta is our newest Work Incentives Coordinator. She brings over 15 years of social service experience to ILR, including work at: a drug and alcohol treatment facility, a maternity program for homeless, pregnant women and their children, a housing authority, and a local employer/training site that provides work opportunities for adults with disabilities. When she’s not encouraging and empowering others, she writes books, speaks to women’s groups and spends time with her fifteen-year-old daughter, her son, her mother, and her dog Stryder, the adorable American Eskimo that has invaded her home and heart. She loves ice cream and popcorn and more often than not may be found with a can of Fresca in her hand.

Next, we have a whole bunch of new interns! Kathleen Martin is a student in the Rehabilitation track of the Counselor Education graduate program at Portland State University. She is married, has a golden retriever guide dog named Maya, and loves to read and knit in her free time. She will be in on Mondays, Wednesdays and Fridays and says, “I'm very excited to be here, and look forward to the next several months of working with the wonderful staff and the clients we serve.”

Brian Barnes comes to us from the Master of Social Work Program at Portland State University. Originally from the San Francisco Bay Area, he earned his CADCI (Certified Alcohol and Drug Counselor) certification in 2009. After two years as a counselor in an outpatient treatment center, he realized that many individuals need help with more than one problem. He has gone back to school for a graduate degree in social work to develop more skills and credentials to assist people with a broader range of goals.

Jeri Darr is a BSW Student at Portland State University. She has two children, a girl and a boy, along with three cats! She loves the outdoors and takes every opportunity possible to get outside, rain or shine. She is very excited to be of part of Independent Living Resources.

Whitney Loey is also from San Francisco and hopes to return after getting her MWS. She started off working and volunteering for seven years in social services to help her discover her goals, including work with adjudicated teens in a foster care treatment program, coordinating transitional housing, child welfare for a very intensive intervention program, supporting people experiencing homelessness, and working with people living with severe mental illness. When not at school or working, she enjoys cooking, exercise, watching movies, hiking and spending time with her cats, Blane and Hamilton.

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Our final student from Portland State University’s Masters in Social Work Program is Sarah Wolff. She is a transfer from University of Illinois Urbana-Champaign and is almost half way done with her MSW. She received her Bachelors Degree in Psychology from Columbia College and has experience working in mental health, with military families, and youth. She’s an Oregon native but has also spent time in Hawaii, New York, and Illinois. Some of her favorite hobbies include: playing with her dog, running, hiking, camping, and swimming.

Wrapping up, we have a new face at reception: Rebecca Keen. Coming to Portland by way of New Mexico, she has recently transitioned to Oregon and is thrilled to join the ILR staff via the Experience Works project. She enjoys gardening and the outdoors, and is very happy to be living somewhere that is so close to the coast.

Getting Out Of My Comfort Zone
By Colleen Utter

I love getting out and being active and for years I have wanted to go to the Rose Festival fun center. Sadly, I didn’t attempt it because I do not have help with the wheelchair or walker I sometimes need to get around, due to osteoarthritis and other issues.

This year, I finally decided to sign up and try it out. So off I went with my driver and my walker. We left Independent Living Resources on our way to our drop-off point on Yamhill street. We were led across the street to where the Lift would meet me.

I was still a little nervous, because I have never been to the Fun Center before. I seriously doubted being able to make it with the walker, since I had no idea how large the place actually was. Despite those fears, I was still excited. I stood with the security guards and awaited the group coming in on TriMet Lift. This gave me a chance to ask a few questions, because I didn’t know what to expect but having some answers helped a lot.

At last, we headed through the gates and into the carnival ground. There were booths and rides everywhere and of course music and food. Two other consumers from ILR walked with me for awhile before they had to go do other things. From then on I walked with Patricia and Cathy and had a wonderful time.

Despite the heat, I managed fairly well until I reached the point where I couldn’t go any further. So we stopped, ate and listened to the high school bands. I also got to try the apple fries, which were totally delicious!

So everything worked out great in the end. I definitely learned that stepping out of my comfort zone can be fun sometimes.

Now is a great time to curl up with a good book. ILR has a huge selection of books and books on tape that you can borrow. So the next time you’re here, come and check out our selections.
One of the challenges of success is you have to spend money to make money and serve people effectively.

Your support for our work at ILR is an investment that produces social capital in the form of healthier, more independent people with disabilities and results in more stable communities.

Over the past eight years, I have been honored to help lead the transformation of ILR from our offices by the SE Division RR Tracks to our new home here on NE Couch St. We have twice the space and a much more open and welcoming environment for consumers with disabilities as we pursue more stable and creative lives of independence.

ILR is poised to take on new service contracts that will greatly enhance the lives of people with disabilities in the region. These grants and contracts require ILR to first pay staff to work and then wait for 6 to 8 weeks before we are paid. In order to offer these services, ILR needs to have additional cash-on-hand.

Here is a sampling of some of the new grants and contracts that ILR hopes to take on soon.

- Expanded Independent Living Grant as a result of successful expansion of State General Funds (SGF) $89,518 annually ($14,919 in operational reserves needed to meet expanded cash flow needs)
- Aging & Disabilities Resource Connection (ADRC) Options Counseling with Metro ADRC $63,412 annualized ($10,568 needed to meet expanded cash flow needs)
- Expanded Work Incentives Network (WIN) added a third position at ILR this past year $62,400 annually ($10,400 needed to meet expanded cash flow needs)
- Future Potential Program Expansion in 2014 $62,400 annually ($10,400 needed to meet expanded cash flow needs)
- ADRC “Gatekeeper” Program with Metro ADRC—Potential New 2014 Project $40,000—$60,000 projected annually ($3,300—$5,000 needed to meet expanded cash flow needs)
- ADRC Mental Health Program with Metro ADRC—Potential New 2014 Project $40,000—$60,000 projected annually ($3,300—$5,000 needed to meet expanded cash flow needs)

ILR needs to build its operational reserve funds so that we can take advantage of these new funding opportunities to expand our services. We need your financial help in investing in people!

2013-2014 Operational Reserve Fund Raising Goal: $50,000

2013-2018 Operational Reserve Fund Raising Goal: $250,000 (Continued on page 7)
**ILR Programs Growing - Vision for Upgrading Space Brings Capital Expenses**

As ILR has grown our Experience Works Senior Training Program and our Graduate and Undergraduate Field Placement Programs, we have found new and creative leaders. Our Music Program has produced The ILR Music Collective that is performing around town on a regular basis. Our advocacy at the state level has led to new funding for Centers for Independent Living (CILs) around the state. The ADRC partnership also creates new opportunities to provide enhanced services for people with disabilities.

The opportunity to grow and enhance our services comes with the challenge of using our space effectively. As we look to the future, ILR is exploring Capital Improvements to improve our center. We are looking at a new HVAC System down the road ($100,000+/-) and the possibility of adding solar panels to the roof, as well as the option of using the basement for activities by adding an elevator. As we look to these needs, ILR is also seeking partnerships to fund $250,000 in capital improvements.

2013-2014 Capital Reserve Fund Raising Goal: $50,000

2013-2018 Capital Reserve Fund Raising Goal: $250,000

Please make a donation to support expansion of ILR’s excellent, peer-based services in the region by completing the enclosed Campaign Donation Pledge Form and returning it in the enclosed envelope.

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**Resources from the Work Incentives Network Corner**

Do you receive benefits such as SSI, SSDI, Oregon Health Plan, Food Stamps or Housing Subsidies? Are you interested in working but concerned how earned income will affect these benefits?

The Work Incentives Network is a great resource to help you learn about work incentives and work rules available for you. These incentives may assist you in getting ahead financially while you work. The good news is that there are many incentives and safety nets in place through Social Security and the State of Oregon that may help you get ahead financially when you work! The key is finding out how these work incentives may personally help you in your specific situation.

To find out more about the Work Incentives Network, you may visit www.win-oregon.com or call Josh, Katie or Carol at (503) 232-7411.

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**Sign Up for Rent Well at ILR**

If you have low income, past evictions, criminal history or other significant barriers to finding and keeping stable, safe housing, ask your IL Specialist if Rent Well can help.

In Rent Well, we will work with you to create a series of small steps that will address these barriers and empower you as you search for your new home. At graduation you will be eligible for the Rent Well Landlord Guarantee which will make you a more attractive tenant!

Rent Well is a series of 7 classes offered several times a year. Please contact ILR for the time and availability of the next one; we can put you on a waiting list to be notified when the next one starts.
On the morning September 27th, ILR staff and volunteers quickly moved the last tents, tables and chairs into place, preparing the parking lot and street for the community partners, performers and attendees who would soon arrive. Tents were held down by buckets of water, the street was closed off and decorated with balloons and we were confident that this A Roll In The Park would be a great outdoor experience, highlighting how people with disabilities can get out and be more active in their community.

Nature had different plans, however. The first sign of trouble occurred when the canopy that was covering the food table caught the wind! It didn’t move much at first but suddenly it was starting to topple and blow away and all the efforts of staff and volunteers couldn’t save it. The metal twisted and broke and we were forced to throw the cover away. The sacrifice of this canopy was a minor setback however and we continued to direct people to their display tables and try to work out how to shift the leftover canopies so that the food tables would have shelter.

The rain came next, though. It came lightly at first, just as we were disposing of the canopy that the wind had destroyed, but it wasn’t letting up either. Some of the community partners were having to adjust their displays to protect them from the elements as the rain intensified and that was when we knew we were going to have to do something drastic.

“Move everything inside,” we said and a new flurry of activity began to take place, as ILR staff, volunteers and thankfully our community partners, pitched in to relocate ARIP from the outside to the inside. The lobby was repurposed into a stage for our performers, the back rooms filled with tables and chairs for community partners to display at and the food was served from ILRs now very crowded kitchen.

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Fortunately, everything worked out great! Consumers were able to get into the back conference rooms to do arts and crafts, meet seeing-eye-dogs in training and talk to people about opportunities to engage in more activities.

The Back Strokes and ILR Music Collective both had great music to sing and the Disability Art and Culture project was able to perform in the center lobby. Artists were able to engage with a whole host of interested people and promote their work. ILR staff and volunteers were all on hand to make sure everyone enjoyed themselves, and we’re pleased to say they did. See you next year!

A Roll In The Park 2013 was a great success thanks to:

**ARIP Sponsors**

- Ben & Jerry’s
- Big Town Hero
- Broadway Rose Theater
- Burgerville
- Cheesecake Factory
- Delphina’s Bakery
- Dinkie’s Cakes
- Fressen Artisan Bakery
- Heart Café
- Helen Bernhard Bakery
- Hot Lips Pizza
- Ingallina’s
- Mad Greek Deli
- Meats for Cats & Dogs
- Ole’ Ole’
- Sean Ray Jewelry

**A Special Thanks to our Grand Prize Providers:**

- The Disney Company and Spirit Mountain Casino

**ILR Community Partners**

- Access Recreation
- Backstrokes
- Bird Song
- Coreshadow
- Disability Art & Culture
- The Interfaith Disabilities Network of Oregon
- Off the Couch
- SCRAP
- Sight Masters
- Write Around Portland

**And of course, our volunteers!**

- Jay B
- Barbara B
- Mike B
- Natalie C
- Jennifer D
- Rosanna E
- John G
- Holly H
- Lavaun H
- The ILR Music Collective
- Jill K
- Dianna K
- Todd R
- Paulette S
- Kris T
- Robert V
- Fern W
- Allen W

**With a special thanks to the Delta XI Chapter Epsilon Sigma Alpha Sorority**
Crossroads is a support group for individuals with brain injury, their families and their caregivers. We meet twice a month and share the journey in recovery from brain injury. The group is well established and welcomes new members. If you are interested in joining our group, please contact Amy Haecker for an intake appointment at 503-232-7411 x324. We meet on the second and fourth Fridays of the month from 1pm to 3pm. The first hour we have a guest speaker and the second hour is discussion, sharing and support. A schedule of the meetings and speakers follows:

November 8: Fern Wilgus, brain injury survivor: Gratefulness
November 22: Fern Wilgus: Gratefulness Part 2
December 13: NO GROUP: ILR Holiday Party from 11am to 2pm.
December 27: Pizza Party and Movie
January 10: Pat Murray: BIAOR: Brain Injury Support Group
January 24: Pam Griffith, Kampfe Management Services: Setting boundaries in relationships
February 14: Sherry Stock: BIAOR: NW Brain Injury conference information
February 28: Jacek Haciak Psyc D: Wellness & Recovery

We hope you will join us in a meeting! If you have any questions about the group, please contact Sarah Gerth at 503-2232-7411 x325.

STEPS is a program for seniors and people with physical disabilities whose in-home services are provided through state programs. It promotes successful working relationships between consumer employers and homecare workers. ILR provides this service to those residing in Multnomah, Clackamas, Washington, and Columbia Counties.

Learn more about:
- What it means to be the employer * Your rights and responsibilities
- Tasks a worker can perform * Hiring best homecare worker for YOU.

TAKE THE FIRST STEPS TODAY! - Contact Amy Camp at (503) 232-7411 or Amy@ILR.org
ILR’s Upcoming Recreation Events

By Patricia Kepler,
IL Specialist & Recreation Maven!

**Tuesday December 10—Safe Travels**
Tri-Met Transit Officer Eric Schober will lead a discussion on how to be a safer, wiser pedestrian while navigating our streets. Workshop begins at 10 AM.

**Friday December 13—ILR Holiday Party**
‘Tis the season! Come share a meal with us at our annual holiday celebration. Enjoy food, friends, music, and games. Event runs from 11-2. Please RSVP by December 5.

**Holiday Concerts**—Don’t forget to check with Patricia for holiday concert tickets.
We have tickets for the Nutcracker, and for Christmas Revels tickets for December 5 at the Scottish Rite center so please contact her for details and tickets!

**Thursday January 16, 2014—Oregon Jewish Museum**
This trip is still tentative with no time set. Below is a description of their current exhibit.

“To mark the 90th anniversary of the very first bat mitzvah, the Oregon Jewish Museum is hosting a traveling exhibition, "Bat Mitzvah Comes of Age," featuring the remarkable story of how, in less than a century, individual girls, their parents and their rabbis challenged and changed communal values and practice to institute this now widely practiced Jewish ritual. The exhibit was organized by the National Museum of American Jewish History and Moving Traditions.”

**Tuesday February 11—An Afternoon At the Movies**
Join the recreation group for a matinee showing at the Regal. Bring money for snacks. Movie and departure time will be announced closer to event, but should be approximately 10:30-2:30 pm.

Do you have recreation ideas?

Please contact Patricia: (503) 232-7411 or via email patricia@ilr.org
Want to be added or removed from our mailing list?
Have a change of address?
Please call us at 503-232-7411
or e-mail ilrdb@ilr.org.

NWILM is on-line! To e-subscribe go to www.ilr.org. Please help save our trees – let us know if you’d like to be taken off the print mailing list after subscribing on-line.

Just a Friendly Reminder:
The weather is changing and people are wearing coats and hats and bringing umbrellas, so please make sure that you leave with everything you came in with and that it’s yours.

ILR HOLIDAY PARTY
Friday, December 13th from 11 AM – 2 PM
Come share the holidays with us!
Please RSVP to Patricia at 503-232-7411
or patricia@ilr.org