



# NW Independent Living Matters

*Newsletter of Independent Living Resources*

Spring 2010 • Volume 18, Number 1

## ILR Celebrates Changes for 2010

By Barry Fox-Quamme, ILR Executive Director



### ILR Welcomes New Associate Director for IL Programs: May Altman, LCSW

We are pleased to announce that ILR has hired a new Associate Director for IL Programs. May Altman, LCSW comes to us with more than 25 years experience of leadership in the fields of social work and mental health. May will be responsible for supervising and training Independent Living Specialists and key volunteers. She will also be available to serve consumers directly by managing a caseload of consumers working to achieve goals in their independent living plans. She will be a key part of ILR’s management team and is expected to begin work at ILR in late April.

### ILR Explores Opportunity for Expanded Operations at New Building

ILR has been operating out of its current location since 2001. While this site has many advantages, we have been aware for a few years that space is very tight and the right opportunity could improve services.

For much of 2009 ILR explored the benefits of moving to a new location on the eastside of Portland. A popular option for an extended period was to purchase a building with much more space but this was eventually ruled out. During the process, consumers were consulted to gain feedback and perspective on the potential benefits of a move.

ILR has recently found a space that could fit our needs well for years to come. It is about 60% larger than our current offices. As this newsletter goes to print, we are in the final stages of determining how to pursue necessary improvements to the new site with the City of Portland. The new building is only about 1 ½ miles away, is on a quieter street and also has more available parking. If we decide to move, ILR will have a firm Summer moving date by late-April and will notify consumer and partners of our specific plans.

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**NW Independent Living Matters**

is published three times a year and is the newsletter of Independent Living Resources distributed to consumers, families, professionals, and friends.

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Please send submissions to NWILM Editor, at:

E-mail: [info@ilr.org](mailto:info@ilr.org), or

Mail: Independent Living Resources  
2410 SE 11<sup>th</sup> Ave.  
Portland, OR 97214-5308  
[www.ilr.org](http://www.ilr.org)

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**Cathy's Corner**

By Cathy Blahut

IL Services Coordinator  
Our Resource Guru!

As we move into Spring and may be spending more time outdoors with our service animals and pets, there are some important things to remember to keep everyone safe and happy. While dogs must be kept under control and on a leash while outdoors, there are many parks in the Portland area where dogs may be unleashed and roam free once they reach the designated area. A list of 'Off Leash' areas and hours can be found at the Portland Parks and Recreation website, <http://www.portlandonline.com/parks/index.cfm?c=39523> or by calling 503-823-2223.

With any outdoor activities, it is important to remember spring plants such as Buttercup, Easter Lily, Chrysanthemum, Jessamine, Tulip bulbs, Morning Glory, Narcissus and Daffodil bulbs may be harmful to your cat or dog. For a complete listing of toxic and non toxic plants and foods check the Animal Poison Control Center of the ASPCA website <http://www.asPCA.org/pet-care/poison-control/>. You can also find a list of common poisonous plants and view their Frequently Asked Questions (FAQ), which has an extensive list of common questions you can find answers for in a hurry. There is also an Animal Poison Control number but be advised that fees up to \$65 may be charged for its use.

For veterinary care, Oregon has some low cost resources such as Animal Aid, Inc which can offer assistance through their Vet Bill Fund, as well as through their Spay and Neutering assistance. You can reach them at their website, <http://www.animalaidpdx.org/> or by phone at 503-292-6628 or 503-292-6628 which is a message phone. Select Option 1 for Emergency Medical Loans or Option 2 for Spay/Neuter Assistance. You can find the Animal Aid Fund FAQ online here: <http://www.animalaidpdx.org/library/questions.php#medicalLoan>

Finally, the Oregon Humane Society, <http://www.oregonhumane.org/> offers a spay and neuter coupon as well as a free program for cats for people with low income or no income. Information for both spay and neuter assistance programs and loan applications can be found online: [http://www.oregonhumane.org/services/assistance\\_options.asp](http://www.oregonhumane.org/services/assistance_options.asp) or you can call them for further information at 503-285-7722.

## Last Minute Tax Season Resources!

With tax season upon us, some of you may welcome assistance with preparing and filing your taxes. April 15<sup>th</sup> is coming up soon, so now is an excellent time to begin working on your taxes. The following is a list of resources where you can go to find help with what can sometimes be a very confusing experience. In addition, be sure to check them out if you need to file an extension.

### **CASH Oregon**

2013 Lloyd Center Mall  
Portland, OR 97232  
(503) 243-7765

**Fax number:** (503) 284-2140

**Website:** <http://www.cashoregon.org>

**Area served:** Multnomah, Clackamas and Washington Counties

CASH Oregon is a community-based nonprofit that provides free tax preparation. Service is on a first come first serve basis though, so contact them to schedule a time.

### **Hollywood Senior Center**

1820 NE 40th  
Portland, OR 97212  
(503) 288-8303 Office

**Fax number:** (503) 288-8305

**Website:** [www.hollywoodseniorcenter.org](http://www.hollywoodseniorcenter.org)

The Hollywood Senior Center, promoting independence for adults 55 and older, provides an annual Income Tax Form preparation service. Contact their office for further details.

### **Taxpayer Advocate Service**

1220 SW Third Avenue  
Portland, OR 97204  
(503) 326-2333 Tax Payer Advocate  
(877) 777-4778 National Taxpayer Advocate Service  
**TTY:** (800) 829-4059 National Monday-Friday 8am-6pm  
**Fax number:** (503) 326-5453

**Website:** <http://www.irs.gov/advocate/>

The Taxpayer Advocate Service is an IRS program that provides an independent review to try and resolve tax problems which have not been resolved through normal channels. They can assist in cases where taxpayers are facing hardships and can identify issues regarding taxpayer rights. Most issues handled by mail, phone and fax.

### **Native American Youth & Family Center**

5135 NE Columbia Blvd. Portland, OR 97218  
(503) 288-8177

**Fax Number:** (503) 288-1620

**Website:** <http://www.nayapdx.org/>

NAYA helps prepare and file taxes and asks that you make an appointment for their services. Contact Irena Solomon at (503) 288-8177 ext. 319 or [irenas@nayapdx.org](mailto:irenas@nayapdx.org) to find out more.

Finally, if you just need your tax forms and cannot find them, you can acquire them online:

Federal tax forms can be found here: <http://www.irs.gov/app/picklist/list/formsInstructions.html>

State tax forms are here: <http://www.oregon.gov/DOR/PERTAX/formspit.shtml>

## Making a Difference!

By Suzanne Huffman, IL Training Coordinator



The full name of this project, “STEPS to Success with Homecare Workers” is very descriptive. Sometimes however, those not relying on in-home services to help maintain their independence don’t realize how much success with providers means to consumers.

We’ve served nearly 800 consumers and representatives through STEPS, many of these memorable. Consumers who’ve participated in STEPS often make comments about how empowering, helpful, insightful and freeing it is. They feel more confident and likely to succeed after taking STEPS.

Here are two instances of STEPS supporting consumers in very meaningful ways:

Mary\* had had an unfortunate experience with a Homecare Worker and even after an initial STEPS consultation, she kept putting off hiring a new provider. Mary got farther and farther behind with the housework, which she could not do on her own. Things got to a crisis point when she failed her housing inspection and was at risk of losing her apartment. Her case manager called for STEPS follow-up services “Guide on the Side”, and we were able to coach Mary through the interview process. She found a wonderful Homecare Worker who helped her get through the inspection and they are still working successfully together.

Joel has come a long way since his stroke but still needs significant in-home services, including help setting and remembering appointments. His wife Lucy can’t physically help him with services like transfers and she has an anxiety disorder that makes other tasks, including hiring Homecare Workers challenging. Beyond the initial STEPS presentation, we were able to provide support for Lucy and reduce her anxiety by sitting with her and Joel while she made calls. She found someone with whom she felt so comfortable during the telephone interview that she was able to schedule the face-to-face interview on her own and hired the provider. Joel and his wife are both pleased with the Homecare Worker and Lucy is able to relax and pay more attention to her own self-care.

Whether consumers need basic information on their rights and responsibilities with tips for being successful employers of Homecare Workers or more intensive support and coaching, STEPS makes a difference!

If you or a loved one receives in-home services through an eligible program, call today to schedule a STEPS consultation, or email [STEPS@ilr.org](mailto:STEPS@ilr.org). In addition to empowering information, we’ll provide a comprehensive handbook and a \$25 gift card.

Eligible programs are:

- Medicaid Client-Employer Provider
- Oregon Project Independence
- State Plan Personal Care (for seniors and people with physical disabilities)
- Spousal Pay

\* All names have been changed.

## Lifts Tips: A Refresher on LIFT Policies and Procedures

By Lina Bensel, Independent Living and Housing Specialist



### What to say to reservationists

Nowadays people who call LIFT are asked for their home address. This may or may not be where you want to be picked up for your first ride of the day. If your home is not where you will be for your first ride it is *very important* to say where you will be for your first ride.

If you have several rides on LIFT in the same day, be sure and tell them where each pick up and drop off is.

### Check your location

Verify the NE/SE/SW/NW of your location and destination and other details. If you are going from a place that is a Court to a place that is a Street, mention it so the driver knows exactly where to go because there's a difference between 33<sup>rd</sup> Court and 33<sup>rd</sup> Street, even if it's only a block. Specifics matter!

If you need to cancel a ride, make sure the reservationist or the dispatcher asks you "Is it both ways?" Or tell them yourself that it is both ways, if that is the case, or only one way—as in I want to keep the going trip.

It's not necessary to tell them why you do not need a trip, unless you want to. Regardless of the reason, whether you're not feeling well or you have another ride, your privacy is your right!

### Fixed Route: Courtesy Stops

When night comes early, you can ask for a Courtesy Stop and your bus driver will drop you closer to your stop than the marked bus stop. This service is offered only after dark or before dawn and is only at the driver's discretion. If the place you ask for is not safe for the driver to pull over, the Courtesy Stop cannot be given. As daylight hours stretch into the evening, Courtesy Stops will be tucked away for the Winter again.

## New to Renting? Records Management is the Key to Success!

Whether you are ready to rent a new place, you have questions about your current rental or if, heaven forbid, you are ever evicted, there are some important records you should be able to produce when asked questions such as the following:

- When did you move in?
- What was the condition of the place when you moved in?
- Did you live alone or with others?
- How much did you pay in fees? Fees might include application fees or credit checks. These are not refundable.

- How much was your deposit? A deposit might be a pet or security deposit, which can be refunded if there is no damage.
- Did you pay the first month's rent?
- Did you pay the last month's rent?

You may need to contact your landlord or property management company to obtain some of these documents. Make sure to keep these records in writing and with receipts. You also need to keep information like this together, in a folder or box.

If you paid the first and last month's rent when you moved in, check with the property manager to see what their move out policy is. Some places would like the last month's rent paid even though you did so when you moved in, so they can refund that payment after move out. Every place is different, so ask to avoid surprises.

Many buildings have both a site manager living on the property, and a property owner who may manage several properties. The site manager may or may not collect the rent but it is the property owner who sets the rent. You might have to contact both for the information you want for your records. If you follow these guidelines, your rental experience is sure to be a happier one!



## Welcome to Tech Corner

By Dan May, Database Specialist

Greetings! My name is Dan May and I am a new employee at Independent Living Resources. My official title is Database Specialist but I've already been called upon to assist staff with computers, newsletters, manuals and the web. I am honored to be involved with many tasks and am learning a

great deal. Although most of my work is behind the scenes, I hope to contribute to the success of ILR's public side as well in the days to come.

One arena I'm hoping to expand upon is ILR's web presence. With A Roll in the Park coming up, our website is an excellent way to distribute up-to-date information to our community, as well as to highlight last year's celebration. Providing more information and links to community partners can help everyone get the information they need and identify new and existing resources. We can even tell readers about upcoming events that we were unable to include in the newsletter or which arrived after our publishing date.

In addition, I'm hoping that we can engage our community in more ways by having a presence on a social networking site, such as Facebook. Not only could this raise the profile of ILR, it would give us all an easy way to interact with some of the millions of other Facebook users. Plus, we will be able to connect and follow some of the other Independent Living Centers in the state and see what they're doing.

Keep an eye out for upcoming newsletters: I'll have some exciting things to reveal to you so you can go online and try them out for yourself!

## SMS Corner: Meet SMS Staff Member Helen Stavrackis



Helen is a cherished SMS staff member who has been at ILR for nearly a year. She is eager to learn and is always looking for new ways to take on additional responsibilities. Helen is enthusiastic in building her skill set while helping others at Independent Living Resources and genuinely enjoys seeking out new challenges. Although she came to ILR with limited software skills, she is proud of her accomplishments in learning Excel, Word, and Outlook. Most of all, she lends a cheerful demeanor and a friendly voice to the front office team. Thanks for all you do, Helen!

“Independent Living Resources, reception, how may I direct your call?” Every morning, rain or shine, I start my day the same way: answering calls and helping to connect callers with the right person who can assist them. I’m one of the lucky ones, because I’m able to start each morning, Monday through Friday, with the opportunity to help incoming callers connect with staff. I actually get up each morning and look forward to go to work!

Since coming to work at Independent Living Resources, I’ve seen how people living with disabilities have been helped in so many ways. Working with the ILR staff has been one of the greatest experiences of my professional career.

ILR is a very special non profit agency, and I am proud to be a contributing member of the team. Its purpose is to support members of the disability community who contact us in pursuing an independent lifestyle.

I also enjoy working with our fabulous volunteers who offer their services to help consumers learn new skills. They offer classes in computing, art and even wonderful cooking classes, amongst others! ILR also provides year round events, such as the Roll in the Park, the summer picnic, the holiday party and the list goes on. A Roll in the Park was the first event that I attended and I really enjoyed the experience. The enthusiasm shown by all who attended was phenomenal. Each day is an adventure for me, here at ILR! I can’t wait to see where the adventure will take me.

## Interested in Volunteering? Explore Tips to Help You on Your Way!

Here at Independent Living Resources, we are fortunate to have a group of very dedicated volunteers. If you are interested in volunteering, there are a few tips which may help you on the journey.

The first step should be a visit to our website, <http://www.ilr.org>, where you can learn about the many programs we offer folks. This is a very important step, as it will allow you to learn more about who we are, what we do and how you can help us support the Independent Living community!

Once you’ve had a chance to explore our mission and our programs, feel free to submit a volunteer application to Sarah Naomi at [sarahnaomi@ilr.org](mailto:sarahnaomi@ilr.org). We’ll make sure to contact you for an interview, if there’s a volunteer opportunity available which matches your interests. Thank you for your time and support!



## 5<sup>th</sup> Annual “A Roll in the Park”

Nominate Someone Today!  
For the “Scott A. Lay Disability Advocacy Award”

### Exciting Changes – “A Roll in the Park” September 10<sup>th</sup>, 2010!

We thank everyone who helped make our last “A Roll in the Park” so special. As we head into Spring, now is the perfect time to start planning our next “A Roll in the Park” 2010. We have two very important and exciting changes to announce, including a beautiful new location and a brand new date!



#### New Location and Date

We have moved the location of A Roll in the Park from the OMSI area along the waterfront to the **Tualatin Hills Nature Park**, located at 15655 SW Millikan Way in Beaverton, OR, 97006. The date has also changed: ARIP will be held on **Friday, September 10<sup>th</sup>**, starting during the afternoon and ending around 7 p.m. Tualatin Hills Nature Park is an absolutely gorgeous location, with so much to offer. Our new site offers a lovely view of vibrant forest, plants, and wildlife. We cannot wait to share the natural beauty and scenery with each of you!

#### Special Memories

Last year, volunteer Carol Cooper wrote to tell us; “I had a wonderful time at Roll in the Park...ILR is a special place with great people that help each other.” We couldn’t agree more. This is our opportunity to honor the volunteers, supporters and community partners who make our mission possible by bringing them together for a day of fun, entertainment and delicious food! We hope to make this year even more exciting!

#### Nominations for the Scott A. Lay Disability Advocacy Award

You’re invited to nominate someone for the “2010 Scott A. Lay Disability Advocacy Award.” In recognizing the efforts of community advocates working to improve opportunities for people with disabilities, this award honors Scott A. Lay’s spirit and community contributions. Scott was a tireless advocate for people with disabilities who passed on last summer and he is dearly missed. Please visit ILR’s website for a nomination form or pick one up at the ILR Office. Deadline: August 15, 2010 Questions: Contact Sarah Naomi Campbell

#### Volunteer Opportunities

Are you filled to the brim with exciting new ideas? Looking for a fun way to get involved? If you’d like to volunteer for this year’s A Roll in the Park, please contact Sarah Naomi Campbell at [sarahnaomi@ilr.org](mailto:sarahnaomi@ilr.org) or (503) 232-7411. We look forward to seeing each of you in September!

## Program Updates!

### Rent Well Class (Formerly Ready-to-Rent) Resumes April 2010.

To register, please contact Lina for an appointment at 503-232-7411 or via email at [lina@ilr.org](mailto:lina@ilr.org).

### Write Around Portland Reading & Anthology Release Party

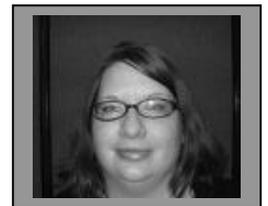
Add the “Write Around Portland Spring Anthology Reading & Release Party” to your calendar! Hear persons from the workshop share their writings with a packed house. The event will be held Wednesday, May 26th from 6:30-8:30pm at the First United Methodist Church located at 1838 SW Jefferson. Come out to support your community and enjoy some beautiful writing! The event is free so bring your friends and family! Call ahead if you need childcare (503-796-9224) with number of children and their ages. ADA- accessible: Please let us know if you need other special accommodations. Light snacks and drinks will be provided. Each workshop participant receives a **free copy** of the anthology at the reading. Participants can purchase additional copies for \$6 each at the reading or through our office. (General public/bookstore price is \$12.)

### Crossroads: TBI Support Group – Share Your Stories and Make New Friends

Crossroads, the Traumatic Brain Injury Support Group meets the second and fourth Fridays of the month at Independent Living Resources. We cover a wide range of topics of interest to brain injury survivors, coupled with an hour of sharing stories about injury, recovery and support. Topics have included: memory and organizational techniques, advocacy and accessing services, the WIN or Work Incentives Network Program, recreational opportunities at ILR, emergency preparedness for people with disabilities, answers to medication questions, and the Adults with Disabilities Act and employment, just to name a few! Our student intern from Portland State University, Shane Evans has been a fantastic addition to the group. He recently gave a presentation called Overcoming Adversity: Overcoming life changing injuries (TBI). In February, Sherry Stock from the Brain Injury Association of Oregon gave a presentation on Aging and Traumatic Brain Injury. If you are interested in joining the group, please contact Sarah Gerth at 503-232-7411 or via email; [sarah@ilr.org](mailto:sarah@ilr.org).

**ILR Women’s Group Resumes Summer 2010** Contact Sarah Gerth to sign up at 503-232-7411

**New “On the Move” IL Specialist** ILR is pleased to welcome Amy Camp as our newest addition to the IL Programs team. Amy brings years of valuable experience working one on one with consumers and is excited to start her position as an OTM Peer Support & Counseling Services Specialist. Take a moment to say hello and welcome!



## EXCITING NEW & ONGOING ILR ACTIVITIES!

<b>Advocacy Committee.....</b>	<b>1<sup>st</sup> Monday</b>	<b>1:00-3:00 pm</b>
<b>Board of Directors Meeting.....</b>	<b>4<sup>th</sup> Thursday</b>	<b>4:00-6:00 pm</b>
<b>Crossroads: TBI Support Group.....</b>	<b>2<sup>nd</sup> &amp; 4<sup>th</sup> Friday</b>	<b>1:00-3:00 pm</b>
<b>STEPS Workshops.....</b>	<b>3<sup>rd</sup> Monday</b>	<b>10:00-3:00 pm</b>
<b>Vision Impairment Support Group.....</b>	<b>2<sup>nd</sup> Monday</b>	<b>10:00-12:00 pm</b>
<b>Women’s Group.....</b>	<b>Stay Tuned...Resumes Summer 2010</b>	

## Happy Spring from Independent Living Resources!

By Sarah Naomi Campbell, Executive Assistant/Office Manager

Springtime in Portland is beautiful to experience. The scent of newly mowed grass wafts gently in the breeze as small eddies of cherry blossoms drift down in showers around us. It is a time for renewal, rebirth and rejuvenation. As we emerge from the quiet stillness of winter to enjoy the warm breezes and fresh growth, it's a perfect time to look back at the recent accomplishments embodied by athletes participating in the recent 2010 Winter Paralympic Games.

The Paralympic Games bring about 650 athletes from 45 countries to compete in events ranging from alpine skiing to ice sledge hockey to wheelchair curling. Among those competing for gold in Vancouver were 50 U.S. athletes, including cross-country skier Greg Mallory of Portland, in his second Paralympics and alpine skier Carl Burnett of Bend, in his third. If you missed the opportunity to experience the sheer drama and beauty of their performances live, we won't spoil it here! UniversalSports.com will offer on-demand re-airs of the Universal Sports television coverage, plus full-length event "rewinds." For more information and to share in their accomplishments, visit their link at: <http://www.universalsports.com/paralympics/index.html>. The official site of the U.S. Paralympic Team, [www.usparalympics.org](http://www.usparalympics.org), will also offer daily video and news highlights of the competition from Vancouver.

### History of the games

The history of the Paralympics is a long and interesting one. We begin in 1948, when a gentleman by the name of Sir Ludwig Guttmann organized a sports competition in England for World War II veterans who had experienced spinal cord injuries. Adaptive skiing was particularly popular in these first competitions, but it wasn't until Toronto in 1976 that athletes experiencing a diverse spectrum of disabilities joined in the competition. In the same year, the first Paralympic Winter Games took place in Sweden.



Today, the Paralympics are elite sport events for athletes experiencing disability and emphasize each participant's athletic achievements. The movement has grown dramatically since its first days. Indeed, the number of athletes participating in the Summer Paralympic Games has increased from 400 athletes from 23 countries in Rome in 1960 to 3,951 athletes from 146 countries in Beijing in 2008!

### Did you know?

The Paralympic Games have always been held in the same year as the Olympic Games. Since the Seoul 1988 Paralympic Games and the Albertville 1992 Winter Paralympic Games, they have also taken place at the same venues as the Olympics! From the 2012 bid process onwards, the host city chosen for the Olympic Games will also be honored to host the Paralympics.

Mark your calendars! The Canadian city of [Vancouver](#) hosted the Paralympic Winter Games in 2010, but look to [London](#) to host the Paralympics in 2012 and [Sochi](#) to host the 2014 Winter Paralympics.

Information reprinted in part from [www.universalsports.com](http://www.universalsports.com) and [www.paralympic.org](http://www.paralympic.org)



## ILR's Spring Recreation Events

By Patricia Kepler, IL Specialist & ILR's Recreation Maven!

Please RSVP to Patricia 1 week in advance for all events.

Spring Newsletter Recreation 2010

I want to begin the recreation column with a tremendous thank you to all of the organizations that have so very generously supported Independent Living Resources, and in so doing, make the recreation program possible. Special thanks goes out to Blitz Ladd, Costco, the Delta Sorority, Fred Meyer, and New Seasons for making our parties possible. I also want to thank Barbara Surber and the Mighty Women Dragon Boat Team for putting together our delightful holiday gift boxes. This year, I have some new adventures planned as well as traditional outings like the Rose Festival. I hope to see all of you at ILR in the days and weeks to come!

**April 2010-Hearing Voices Story Tellers Festival**—Thursday April 15 7pm at Garden Home Community Library, 7475 SW Oleson Road, Portland, OR 97223-7474. Willy Claflin, an award winning storyteller, will present *There's a Truck in the Living Room*.

**May 5-Cinco De Mayo!**—Hola! Come join us at ILR in celebrating Cinco De Mayo. There will be delectable food and fabulous entertainment to make this day very special. Join in the fun with us as we celebrate with delightful festivities, while making new friends and enjoying the old. If you would like to attend, please RSVP to Patricia by April 28.

**Wednesday June 2—Rose Festival Fun Center**—ILR will once again take a group to the Rose Festival fun center. Come be with the crowds, enjoy the booths, the music and the ships. This is tentatively planned as an evening event, leaving ILR at 5:30 pm. This may change however, so please make sure to check with Patricia.

**August 11—Annual Summer Picnic**—We haven't decided on a location yet but save the date for our summer picnic!

Do you have recreation ideas for the recreation group? Please contact Patricia with your ideas. Call her at (503) 232-7411 or by email [patricia@ilr.org](mailto:patricia@ilr.org)



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**Cinco De Mayo**

**Wednesday, May 5<sup>th</sup>**

**Contact Patricia to Register!**

**A Roll in the Park 2010**

**Friday, September 10<sup>th</sup>**

**Contact Sarah Naomi to Volunteer**

**Celebrate ILR Volunteers & Community Partnerships!**