

THE HAPPENING

September 2014

VALERIE KASHUBARA – STRIVING FOR MORE EVERYDAY



Valerie Kashubara is a lovely young lady who lives in West Bloomfield with her mother. Valerie loves animals, especially dogs; someday she hopes to qualify for a service dog to help her with her gait and balance issues (related to Cerebral Palsy) while in the community.

Valerie has a beautiful singing voice. She has

taken voice lessons for several years at Cameron Music. Valerie has achieved an Associates Degree in Fine Arts at Oakland Community College. Valerie's dream job would be to become a professional singer. She is considering pursuing a Bachelor's degree in vocal performance in the future.

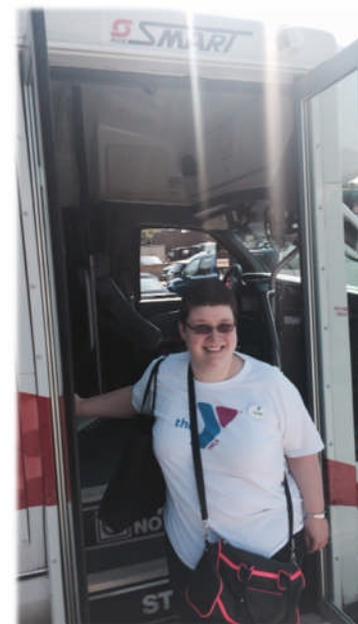
Professionally, Valerie currently works as an Avon sales consultant. She sells Avon merchandise and has hosted a vendor table at community events, including the OCCMHA and Oakland Schools Transition event at the Troy Community Center this past year. Valerie and her assistant, hired through her Self-Determination arrangement, promote her business, take orders, collect payments, and deliver her books and products. Valerie has been working on her Avon business for three years now. Her sales continue to increase

as she becomes better and better at promoting sales and gaining more clientele. If you are interested in ordering Avon from Valerie give her a call at 248-862-2365 or go to www.youravon.com/valeriekashubara.

This summer, Valerie decided to push herself to try something new. She applied and was accepted as a volunteer at the Birmingham YMCA. She volunteers there ten hours per week and has quickly worked her way to the

top of the YMCA Volunteer List. Valerie indicates she enjoys volunteering, the people are friendly and it is an enjoyable work environment. Her favorite role is greeting visitors and working at the front desk, but she also helps with behind the scene tasks such as washing towels, making coffee, and highlighting forms.

When Valerie first started this volunteer job, she didn't have transportation to get there. With the help of her support circle and her eagerness to learn new things, Valerie quickly learned how to master the SMART transportation system so she could get to and from her volunteer job by herself. She indicates these accomplishments in her life have really helped increase her confidence and it gives her motivation to continue pushing herself to try new things.



Valerie's co-workers at the YMCA value her help and they note that their guests often ask where she is when she has a day off, as she is so adored there. Valerie indicates she is also more popular in her community now, as people recognize her from the YMCA when she is out and about running errands or going shopping. This recognition obviously makes Valerie feel good, as it should. Valerie is getting herself out there, finding ways to contribute, and making a difference in our community. Thank you Valerie!

QUOTE OF THE MONTH

You need to associate with people that inspire you, people that challenge you to rise higher, people that make you better. Don't waste your valuable time with people that are not adding to your growth. Your destiny is too important.

- Joel Osteen



NEW YORK SIGNS LEGISLATION UPDATING THEIR ACCESSIBILITY SIGNAGE AND LOGOS

On July 24, 2014, the governor of New York, Andrew Cuomo, signed legislation that will require the removal of the word “handicapped” from new or replaced state signage, as well as update and de-stigmatize the accessibility logo.



Governor Cuomo said, “This bill is an important step toward correcting society’s understanding of accessibility and eliminating a stigma for more than one million New Yorkers, and I am proud to sign it into law today.”

As indicated in the governor’s press release, one of the largest concerns is that existing signage and language emphasizes the disability itself, rather than the person. The current universal symbol for a person with a disability represents an individual with a wheelchair, which will be updated on all new signage to portray a more active image. Additionally, the word “handicapped” will be removed from signs, or any other communication, now using only the word “accessible.”

The revamped symbol, known as the “Accessible Icon,” gained momentum through a Greater Boston non-profit, The Accessible Icon Project. The Accessible Icon Project described how the old symbol compared with the new, describing the new image with words such as: active, abled, engaged, ready-for-action, determined, and motivated helps provoke discussion on how we view disabilities and people with disabilities in our culture. The symbol does not “represent” people with disabilities, but symbolizes the idea that all people with disabilities can be active and engaged in their lived environment.

The Museum of Modern Art, in New York City is now showcasing the icon as part of its exhibit titled “A Collection of Ideas” which will be on display through February 2015.

To learn more about the Accessible Icon Project visit their website at www.accessibleicon.org.

BUDGET UPDATE

As our newsletter readers are aware, Oakland County Community Mental Health Authority (OCCMHA) received significant funding cuts from the state after a “rebasings” methodology of rates state-wide was completed for fiscal year 2014 (FY14). This rebasing resulted in a formula that cut \$14 million in funding to OCCMHA for FY14 that will also continue into FY15. Portions of this funding cut were then passed on to all of the Core Provider Agencies that serve people with developmental disabilities in Oakland County, including Community Living Services Oakland County (CLS/OC).

We have been discussing the budget situation for some time now, and now we have no choice but to lower rates as OCCMHA will be continuing our cuts into the next Fiscal Year (it is also anticipated that our cuts will be greater after October 1st, but OCCMHA does not know yet as they haven’t gotten their budget from DCH yet).

In response to these funding allocation reductions, we have begun moving forward with the implementation of a budget reduction plan. We have reduced our Admin costs by not back filling positions, re-assigning existing staff to new roles, and eliminating multiple other Admin costs over the last 6+ months. We have taken a critical look at how all services are being provided, and how those services are currently being reimbursed. Over the next couple of months, providers will begin receiving notifications of changes in our rate structures for the next fiscal year.

As the reductions get implemented, we know things will be stressful for all of our stakeholders. Our goal is to be fair, transparent, consistent, supportive and collaborative during these tough fiscal times. If anyone has recommended areas of efficiency please send an email to clsoaklandnewsletter@gmail.com. Continue to check the OCCMHA website (www.occmha.org) for the most current budget information.

DID YOU KNOW

- September 5th - National Cheese Pizza Day.
- September 9th - National Teddy Bear Day.
- September 16th - National Play-Doh Day.
- September 19th - "Talk Like A Pirate Day" around the world... an International event.
- September 12th-National Chocolate Milkshake Day.
- 4th week of September is National Dog Week.

What can YOU do? The Campaign for Disability Employment

The Campaign for Disability Employment is a collaborative effort between several disability and business organizations that seek to promote positive employment outcomes for people with disabilities by encouraging employers and others to recognize the value and talent they bring to the workplace. People with disabilities can and do make important contributions to America's businesses every day.

On the "What can YOU Do?" website employers can access resources to assist in recruiting, retaining and advancing skilled, qualified employees and share the message "At work, it's what people CAN do that matters." Individuals with disabilities and their advocates will also find a number of resources to assist them with their job seeking. Also Folks can share their experiences, information, job skills and talents.

Plus, you can check out the Campaign's Public Service Announcements (PSA) that challenge assumptions about people with disabilities and employment. Included in the video library is the Campaign's new "Because" PSA and the award-winning "I Can" PSA, which has aired on thousands of television, cable, and radio stations nationwide. Visitors can also view the winning videos from the "What can YOU do?" Video Contests, which invited aspiring filmmakers to produce their own videos in support of the Campaign's goals.

Check them out at <http://www.whatcanyoudocampaign.org>

October is National Disability Employment Awareness Month



SELF-DETERMINATION - REAL LIFE QUALITY STANDARDS

INCOME GENERATION



Self-Determination for individuals with disabilities is all about Freedom; Freedom to decide how one wants to live their life while having an active and meaningful life in their community. Real Life Quality Standards are universal human aspirations that can direct a person with disabilities to real freedom, the cornerstone of Self-Determination. Universal human aspirations include: health and safety, having a place of one's own, community membership, long-term relationships, control over transportation issues, and this month's topic, Income Generation.

Often, when introduced to new people, one of the first questions asked in basic conversation is, "So, what do you do?" What a person with a disability does during the day can have a large impact toward increasing self-esteem, beginning relationships, and being a significant part of one's community. Having a self-determined life with a good future may be more difficult to accomplish without a means of earning an income.

At Community Living Services, we are all about the freedom of Self-Determination. Earning an income contributes to an individual's freedom, plus, it gives a person added confidence and independence to stay connected to their community and accomplish their dreams and ambitions. We hold strong to the belief that everyone is capable of earning income with the proper support. Consider customized employment or starting your own small business (Microenterprise)...What is right for you? What matches your unique set of interests, skills, and contributions? If you and your support circle haven't already been working on plans to help you achieve, or maintain, a steady income and productive work, then start now....it is never too late!



ANYONE can earn income with the right kind of creativity and thoughtful planning. With the right supports, customized employment and creative small business development, ALL people with disabilities CAN work.

Watch for future newsletter articles as we explore all of the Real Life Quality Standards and ways supports based on Self-Determination can help people achieve success related to Universal Human Aspirations.

OCCMHA COMMUNITY FORUM



The second Oakland County Community Mental Health Authority leadership panel community discussions on the new “Service Wait

List” is scheduled for September 11, 2014. Audience members will be given an opportunity to ask questions and learn more about key topics concerning the public mental health system and the people it serves.

Thursday, September 11
6-8 p.m.
OCCMHA Administrative Offices
2011 Executive Hills Blvd.
Auburn Hills, MI 48326

Who should attend:

- Persons receiving services, their families, advocates, and friends
- OCCMHA staff, core and direct service providers, others who serve people with mental illness and disabilities.
- Community service organizations, faith-based representatives
- Local and state legislators.

OCCMHA Leadership Panel

- Willie Brooks, Executive Director
- Kathleen Kovach, Deputy Executive Director & COO
- Anya Eliassen, Chief Financial Officer
- Cathie Yunker, Manager, Access, and Community Integration

SPEECHCRAFT CLASS



New sessions have been scheduled, so sign up for this great eight week class and increase your confidence speaking in front of a group or in public. Learn in a small group setting how to effectively “tell your story” and “wow” the audience with your speeches, while having fun! The classes take place every Tuesday, 1:30-3:30pm at the Oakland County Community Mental Health Authority office, 2011 Executive Hills Blvd in Auburn Hills. The next Speechcraft Session is: September 16–November 4. For more information and to register for a class, contact Sherri Rushman at 248-975-9531.

MI SIBS 2014 STATE CONFERENCE – FACING THE FUTURE TOGETHER.

The Michigan Supporting and Including Brothers and Sisters’ (MI SIBS) 2014 State Conference, Facing the Future Together will take place on Saturday, October 18, 2014, 8:30am-4:30pm at the Crowne Plaza Lansing West Hotel in Lansing.



Michigan SIBS exists to provide adult siblings of individuals with disabilities with the information, resources and support to advocate with and/or for their brothers and sisters to promote leadership roles of siblings within the disability community. Their purpose is to establish a network of siblings who share the common experience of having a sibling with a disability and to connect them to social, emotional, governmental and provisional supports across their lifespan so siblings can be better advocates with their brothers and sisters with disabilities.

For more information about MI SIBS, the MI SIBS State Conference visit their website at www.misibs.org or you can contact Diann Dudash at 734-729-9100 or diann@thearcww.org.

THE NEXT CAC MEETING



Monday, October 27
2:00-4:00pm
the CLS/OC office
642 E. Nine Mile
in Ferndale

Everyone is Welcome!

COMMUNITY
Living SERVICES

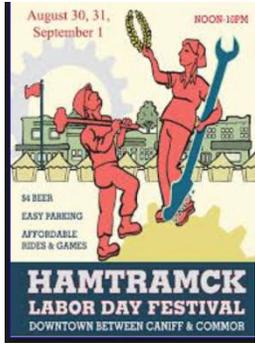
Oakland County Division

642 E. Nine Mile Road
Ferndale, MI 48220
Phone: 248-547-2668
Fax: 248-547-3052

HAPPY
LABOR
DAY

THINGS TO DO IN YOUR COMMUNITY

Hamtramck Labor Day Festival



The Hamtramck Labor Day Festival will take place August 30th - September 1st. The streets of Hamtown come alive with tons of music, food, and drinks for the 34th annual Labor Day Festival. This year's celebration, sponsored by HATCH, features the revival of yacht races down Jos. Campau (a Hamtramck tradition), the

Golab-K 5K run, and an assortment of crowd-pleasing events for kids and adults of all ages. For details visit their website at www.hamtownfest.com or call (313) 875-7877.

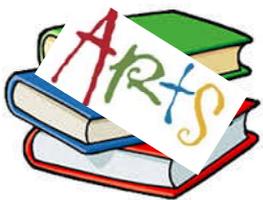
Brighton's Smokin' Jazz & Barbecue Blues Festival



Brighton's 9th Annual Smokin' Jazz & Barbeque Blues Festival will take place September 5 & 6, Friday 5pm-12am and Saturday 12pm-12am. This event will feature talented musicians and food

vendors smokin' up the streets of Downtown Brighton! Each year, thousands of people come to experience the tastiest of barbecue, the smoothest of jazz and the bluest of blues. Admission is free before 6pm and for those under the age of 18 and just \$5 after 6pm for adults over the age of 18. For more information about this event visit their website at www.brightonsmokinjazz.com or call (810) 227-5086.

Arts & Authors Festival



The Arts & Authors Festival in Clawson will take place on September 6th, 10am-2pm just outside the Blair Memorial Library. This third annual festival is a family

friendly and free event, and will have something for everyone, including special appearances by some of your favorite Star Wars characters, as well as a gamut of local authors, crafters, artisans, and more. For more information about this event visit their website link at <http://elevatethearts.vpweb.com/?prefix=www> or call (248) 224-7608

Art & Apples Festival



The Art & Apples Festival will take place September 5th - 7th at Rochester Park, 400 6th St. in Rochester. This huge festival event showcases artists from across the country, local entertainment acts, a free Kids Art Zone, three food courts and more. The Art & Apples Festival ranks the #13 art

festival in the nation as determined by Sunshine Artist Magazine. Make sure to plan on visiting the 30-acre Rochester Park this year where fine art, performances and homemade apple pies can be enjoyed by all. For more information visit their website at www.artandapples.com or call 248-651-4110.

Funky Ferndale Art Fair & DIY Street Fair

Both events will take place the weekend of September 12-14.



The Funky Ferndale Art Fair will take place, on Nine Mile Road, west of Woodward. This art fair is twice as funky as the average fine art fair. For more information visit their website at <http://integrityshows.wix.com/ferndale#>

DIY Street Fair take over the east side of Downtown Ferndale with more than 100 artists, food tents, activities and musical entertainment. For more information about this event, visit their website at www.ferndalediy.com



South Lyon Area Pumpkinfest

This year South Lyon's much anticipated community event, the Pumpkinfest, celebrates its 30th anniversary. Over the years, the event grew from a craft and antique show to a weekend-long celebration of crafts, music, community, and of course, everyone's favorite fall product; the pumpkin. This event will provide wholesome entertainment for all ages. The Pumpkinfest will take place in downtown South Lyon, September 26th - 28th. For more information about this event visit their website at www.southlyonpumpkinfest.com or call 248-444-9425.



PATH

Personal Action Towards Health



Class dates:

Wednesday 9/17/14

Thursday 9/25/14

Wednesday 10/1/14

Thursday 10/9/14

Wednesday 10/15/14

Thursday 10/23/14

2:00-4:30 p.m.

Resource & Crisis
Center

1200 N. Telegraph
Road Building 32E
Pontiac, MI, 48341

Learn self-management skills that may ease the day to day symptoms of living with a chronic health condition, including:

Mental Illness
Arthritis Heart
Disease Diabetes
Emphysema
Asthma Bronchitis

Family members, friends, and care providers are also encouraged to attend the six-week community workshop. PATH meets 2.5 hours, one day per week.

Trainers: Sherri Rushman OCCMHA & Lisa Marinelli CNS

Presented by: Oakland Community
Mental Health Authority
& Community Network Services

To register, contact Sherri Rushman
• at (248) 975-9531



Inspiring hope, empowering people,
strengthening communities.

2011 Executive Hills Boulevard, Auburn Hills, MI 48326 | Telephone: (248) 858.1210 | Fax: (248) 975-9768