



# THE HUB

Spring 2015

## Hello!

Spring has sprung in the Klamath Basin. With the passing of the New Year, new changes have also happened in the SPOKES office.

SPOKES Unlimited has a new Executive Director, Curtis Raines. When asked how Curtis felt about being at SPOKES he replied “I am happy to be part of an organization that supports the Independent Living Philosophy and feel lucky that Klamath Falls has an organization that can help so many different people to live more independently!”. Curtis joins us at SPOKES after 10 years in Transportation and Community Services, where he worked with many different grant types and requirements giving him the knowledge needed to help SPOKES maintain and expand its services as we move forward. He looks forward to meeting you as we celebrate our 31st anniversary of SPOKES Unlimited on May 11, 2015.

(See more about our open house on page 3).

*“A center advocating independent living for individuals with disabilities to help increase accessibility at home, work, and in the community...”*

**SPOKES UNLIMITED**  
**Klamath Falls, Oregon**

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From Left to right: Karen, Beth, Jackie, Dawn, and Curtis the SPOKES Unlimited staff.

# Meet the SPOKES Staff....

## Dawn

Most of you know Dawn but for people who do not, here is a little about her. She has worked for SPOKES Unlimited for 13+ years. She provides core services, Senior Medicare Patrol, oversees Oasis Drop in center, facilitates the Traumatic Brain Injury/ Illness group, and the MS group. If you have never been to SPOKES unlimited come on in and say Hi to Dawn, she would love to meet you!

## Jackie

Jackie has been working at SPOKES for the past year and a half as one of our Independent Living Specialists, providing direct services to consumers. She also provides ADA information to the community. She was a Speech/Language Technician for several years and although a native Oregonian, she and her husband owned and operated a coffee roasting business and bed and breakfast in Alaska “just for fun”.

## Karen

Karen has been the Office Coordinator with SPOKES for almost 2 years, and loves helping clients. No doubt, if you have called or come into the office you have spoken with her. If you haven't, she invites you in to see what we are all about.

## Elizabeth (Beth)

Beth is the Work Incentives Coordinator (WIN). She assists individuals understand how paid employment affects their benefits. Beth has been with SPOKES for 2 years. Her previous employment includes positions in Student Services Administration at KCC and Student Financial Aid at OIT and OSU. She holds a Certificate in WIN Counseling from Virginia Commonwealth University; B.S. in Marketing and B.S. in Small Business Development from Oregon Institute of Technology and a M.Ed in Student Services Administration and Adult Education from OSU.

## Judy

Judy is our Lake County representative. The SPOKES office is open part-time in Lakeview, but Judy is happy to set appointments for a time that is convenient for everyone.

Judy has many years experience finding resources for individuals with disabilities so they may become as independent as possible in their home and community.

Prior to working for Spokes Unlimited Judy has over 35 years of experience working in specialized Human Services with County and State Agencies.

## Car Wash Fundraiser

Starting May 2015, SPOKES will start selling booklets containing 5 car washes for \$30 each, to be used at Everclean Soft Cloth Car Wash on South 6th street. Half of all proceeds will benefit SPOKES Unlimited!

For more information, contact SPOKES Unlimited.



# Oasis

## Drop-in Center

Did you know that Oasis offers life skills classes, craft projects, movies, karaoke and lunch 3 times a week? For the reasonable monthly fee of \$5, persons living with mental illnesses can drop-in Monday, Thursday, and Fridays from 10:30AM-2:00PM and enjoy various activities! If you are interested in donating craft supplies, Wii games, or anything else to this program please contact SPOKES at 541-883-7547.

Oasis Drop In-Center  
917 East Main Street  
Klamath Falls, OR 97601

### SPOKES UNLIMITED OPEN HOUSE

When: May 11, 2015  
Where: 1006 Main Street  
Time: 2:30 pm—5:00 pm

Come and meet our new Executive Director, Curtis Raines, and the rest of the SPOKES staff to learn about all of the services that we provide. Have all your ADA questions answered and enjoy light refreshments!



## Gardening for Persons with Disabilities

By Dawn Lytle, ILS

Horticulture therapy (gardening), has been used for centuries in treatment for psychological and physical disability rehabilitation. Some of the benefits are stress reduction, building self-esteem, increased problem solving, development of nurturing relationships, increased social interaction, responsibility, sensory stimulation, and lessening of physical and emotional pain. There are several things to consider when planning an accessible garden, here are some examples:

- Look at providing a place to sit and shelter from the sun and weather
- Bushes and trees provide structure and direct movement
- Place herbs, lavender and other aromatic plants where if brushed while walking by they will release their wonderful fragrance
- Provide a source of water that is easy to access and use.
- Drip irrigation or soaker hoses work well and make watering an easier task
- Adding mulch around plants will reduce the amount of water needed and helps with weed control
- Garden paths should be made out of hard surface. For example, stones of at least three feet wide for the use of wheel chairs and walkers

## Traumatic Brain Injury / Illness Support Group

It is often from others in like situations that the best solutions to problems can be found. Difficulties and emotions can be discussed freely without judgment and new friendships can be forged.

Often after an illness or injury, getting on with life is not simple, especially if that injury or illness leaves the individual with life-long impairments. This is especially true with a brain injury or illness. Both the individual and the family often struggle to adjust to the life changes that result from the brain injury or illness. Getting information and services can often be confusing and frustrating.

It is common for friends and family to disengage, making the individual become isolated. As the social contacts dwindle, so does the opportunity to interact with others. There are few outlets for dealing with the emotional aspects of lifestyle changes created by the injury or illness. Questions often remain unanswered and the feeling of being alone intensifies. **If this is you and/or your family, you may benefit from a support group.**

The TBI support group meets on the 2nd Tuesday of every month at 1:00 pm at our office, check it out!



## Did you Know?

You can use SNAP benefits to purchase vegetable seeds and plants at local retail stores and farmers markets? For a list of retailers that participate in this program, go to: <http://www.snapretailerlocator.com>.

Photo From Google Images



## Is that really a service animal?

By Jackie Reed, ILS

As disability rights advocates, we would like to provide some clarification to businesses and dog owners on service dogs under the Service Dog provisions of titles II & III of the Americans with Disabilities Act.

**The ADA now defines service animals as “any DOG that is individually trained to do work or perform tasks for the benefit of an individual with a disability.”**

Animals that provide **only** comfort or emotional support for their owners but are **not individually trained** to do a specific task related to a person’s disability do not qualify as a service animal. However, these types of animals can be permitted in housing under the Fair Housing Act.

The ADA laws require businesses to allow service animals onto the premises in whatever areas the public is generally allowed.

When it is not obvious what service an animal provides staff may ask two questions:

- (1) Is the dog a service animal required because of a disability? and**
- (2) What work or task has the dog been trained to perform?**

Staff cannot ask about the person’s disability, require medical documentation, require a special identification card or training documentation for the dog, or ask that the dog demonstrate its ability to perform the work or task.

Service dogs must be under control at all times. They must be harnessed, leashed or tethered, unless it would interfere with the animal’s work or if the individual’s disability prevents using these devices. A person with a disability cannot be asked to remove their service animal from the premises unless (1) the dog is out of control and the handler does not take effective action to control it or (2) the dog is not housebroken.

For more information on service dogs, visit: [http://www.ada.gov/service\\_animals\\_2010.htm](http://www.ada.gov/service_animals_2010.htm)

### SPOKES Unlimited Volunteer Opportunities

Are you interested in becoming more involved in your community? Are you passionate about accessibility and rights for individuals with disabilities? There are a variety of opportunities for becoming involved with your local Center for Independent Living:

- Join the Board of Directors or become a community representative on one of the committees
- Become a support group facilitator
- Become a peer counselor
- Assist with fundraisers, community education presentations and outreach
- Help with the daily operations of the office and administrative needs.

For more information, contact **SPOKES Unlimited**

## Seasonal Blues?

Changing seasons in the Basin usually means cold and rainy weather. Don't allow yourself to just sit around being bored and inactive. Here are a few ideas for keeping your mind and body moving in any weather.

**Pelican Cinemas:** BTS stops directly in front of the theatre at 2626 Biehn St. For current information on ticket pricing and show times call 541-884-5000.

**Next of Kiln:** Feeling crafty? Put your own stamp on a piece of pottery. Located at 719 Main, it is a short walk from the BTS stop on 9<sup>th</sup> and Main (Medical/Dental Building). For information on pricing and hours call 541-885-5568.

**Klamath County Library:** A wide variety of books and periodicals for a variety of interests and age groups. Materials are available in many accessible formats including large print, digital and audio. Located at 126 S. 3<sup>rd</sup>, it is a short walk from BTS's downtown transfer center.

**Epicenter:** Route #6 stops at The Epicenter (3901 Brooke). The complex features bowling, an arcade, and a sport's bar. For information on pricing and events call 541-273-0700, or visit their website at [www.epicenterbowl.com](http://www.epicenterbowl.com).

**YMCA:** At 1221 S. Alameda, the YMCA is just a few blocks up from the BTS stop at Fred Meyer. Join a class, go for a swim, or workout on the equipment. Visit their website ([www.kfallsymca.org](http://www.kfallsymca.org)) for information on hours, fees, events, etc. You could also give them a call at 541-884-4149 or pop in and have a look around.

### Cheap or free ideas that can improve health

- Organize walking meetings
- Compete in community events
- Serve fruits and veggies for snacks
- Spend times outdoors enjoying nature
- Drink plenty of water, at least 32-ounces-a-day
- Bike or walk to work
- Grow your own vegetables



### Heart Healthy Chicken Salad Stuffed Tomatoes

2 TBS Nonfat Plain Yogurt  
 2 TBS Light Mayonnaise  
 1/3 Cup Chopped Celery  
 1/2 Small Onion, finely chopped (about 2 TBS)

1 12.5 ounce can Chicken Breast in Water, drained  
 4 Medium Tomatoes  
 6 Cups Shredded Lettuce

1. Stir the yogurt, mayo, celery, onion, and chicken in a medium bowl.
2. Cut each tomato into wedges, cutting down to about 1/2" of the bottom, without cutting all the way through the tomato
3. Place 1 1/2 cups lettuce and 1 tomato onto each of 4 serving plates. Top each tomato with 1/2 cup of chicken mixture. Garnish with pickles, celery sticks, or crackers.



To receive further information, check where appropriate and return to SPOKES. If your address does not appear on reverse, please include it with your request.

YOUR COMMENTS AND SUGGESTIONS ARE ALWAYS APPRECIATED!

\_\_\_ Send information on **SPOKES Unlimited**.

\_\_\_ large print?

\_\_\_ e-mail?



Donation Form

1006 Main Street  
Klamath Falls, OR 97601  
541-883-7547 v/tty  
541-885-2469 fax

I want to help SPOKES enable people with disabilities to live independently.

Enclosed is my tax deductible gift of:

\_\_\_\$10    \_\_\_\$25    \_\_\_\$35    \_\_\_\$50    \_\_\_\$100    \_\_\_Other

Please make checks payable to **SPOKES Unlimited**.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number \_\_\_\_\_

I grant permission for my name to be used in publications.

## Senior Medicare Patrol

The Senior Medicare Patrol (SMP) is a program that educates people on how to recognize and report instances or patterns of health care fraud. People receiving Medicare have been victims of identity theft and other financially detrimental scams. The SMP program empowers people receiving Medicare through increased awareness and understanding of healthcare programs. This knowledge helps them to protect themselves from the economic and health-related consequences of Medicare and Medicaid fraud, error and abuse. SMP projects also work to resolve beneficiary complaints of potential fraud in partnership with state and national fraud control/consumer protection entities.

- **Protect** yourself from Medicare errors, fraud and abuse
- Learn to **detect** potential errors, fraud and abuse.
- **Report** it if you suspect you have been a target of errors, fraud or abuse.

**For more information, contact SPOKES Unlimited**

### Contact Us:

For more information about our services or if you have any questions contact

### SPOKES UNLIMITED

1006 Main Street  
Klamath Falls, OR. 97601  
v/ tty: (541)-883-7547

100 North D Street  
Lakeview, OR 97630  
(541) 947-2078

Visit us on the web at:  
[www.spokesunlimited.org](http://www.spokesunlimited.org)

## SPOKES Unlimited

1006 Main St.  
Klamath Falls, OR 97601

