

Asotin County Community Services Employment Newsletter

Serving the Lewis-Clark Valley since 1973

All people living, working, learning and playing in a community based on abilities, not disabilities.

Our phone number: (509) 758-8349; Our website: www.asotincommunityservices.com

January 2017 Edition Designed by Vanessa Lombard; Edited by Cynthia Tierney

TIPS TO AVOID SLIPPING AND FALLING IN WINTER WEATHER.

- * Walk slowly and deliberately and wear boots or other slip-resistant footwear.
 - * Be prepared for black-ice formation after melting occurs.
 - * Exercise caution when getting in and out of vehicles.
 - * Watch for slippery floors when entering buildings.
 - * Avoid carrying items. Keep hands empty so arms are free to move for stabilization. Use backpacks if possible.
 - * We need to wear appropriate clothing when outside working in snow and ice. That means:
 - ⇒ Warm coat and hat;
 - ⇒ Thermal under layers;
 - ⇒ Appropriate Shoes (high heels, sneakers/ tennis shoes, fashion boots with slick soles are not appropriate)!
 - * Wear shoes designed for walking in treacherous conditions, like snow boots;
 - * Look ahead at the surface of the road or sidewalk, if slick, go the longer route on a drier surface;
- Don't take shortcuts—accidents happen more often when people are in a hurry;**



http://www.huffingtonpost.com/robert-slayton/disability-humor_b_845059.html

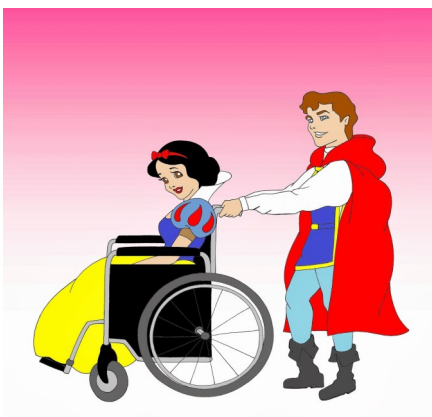
The standard stereotype of the disabled is that we're all angry. Of course, we have to be mad at life, because of what it's done to us. In movies, in books, the image presented over and over again is of someone who ranges from perpetual rage to a more modest yet constant state of simply being a curmudgeon.

After that comes what I refer to as the "Helen Keller" model. If you're disabled, you are bound to be heroic. It goes without saying that you must be noble and have done incredible things to overcome your ailment, in order to become what you are today. It helps even more if you are a motivational figure, an inspiration to others. No one else could have done what you do. As someone in a wheelchair, let me give you the inside scoop. Are you ready for this incredible news?

We're normal. We laugh, we are employed, we have kids, our marriages are successful (or not — just like everyone else). We play sports, and at times don't want to play sports and prefer to watch old movies on television. We like ice cream and we eat hamburgers.

And the second image? Here's what most of us know. While the original adjustment was a struggle, it was not impossible. The vast majority of you, if you had to, could do the same thing. We're not wishing this on anybody, and for some the story of what they had to overcome really is the stuff of great literature. But for me and so many others, after a painful adjustment, I'm living a regular life, and enjoying it. So like all well-balanced people, we can laugh at ourselves. As in all good humor, what makes it so funny is how close to the truth it is.

Thus, believe it or not, the disabled do have a sense of humor. We can enjoy a joke, even one aimed at ourselves. Which is more than you can say for most corporate heads, or most politicians.



Staff Feature

Kari Smith with Aiden



Kari Smith is our safety specialist, and also serves as a job coach. She was born in Tacoma Washington. When she was 2 years old, her family moved to Pacifica California. Her new house was only a few blocks from the ocean. From the vastness of the ocean her family moved to the rugged rivers of Riggins Idaho. She went to school there and participated in t-ball and dance. In the summer of 1997 Kari moved to Clarkston where she attended grade school from the 4th grade on, graduating from Clarkston High School in 2006. She involved herself in many activities from marching band to theater. She particularly loved the arts and playing the flute.

In 2012 Kari went to school to become a Certified Nursing Assistant. Soon after starting school she was hired by Asotin County to work for Supported Living. Kari enjoyed working with the clients, and thought it would be fun to volunteer with Special Olympics. She coached the ice skating team in winter of 2013, and went on to distinguish herself as the go-to coach for ice skating, swimming, skiing, and softball.

In 2008, Kari's son Aiden was born. Her eyes light up when she talks about Aiden. She is a single mother and cherishes every minute she gets to spend with him.

New Minimum WAGE is \$11 per hour

- As of January 1, 2017 minimum wage is \$11.00 per hour.
- Your time sheet will reflect the change as of the first of the year. Check your timesheet carefully. If you believe you've found an error call us at (509) 758-8349 by noon on the 27th of each month. Errors called in later than noon on the 27th of each month will be corrected in the next payroll period.

The advisory Board Informational Meeting is Wednesday, January 25 from 4:30 to 5:30 at our offices on 5th Street. If you are interested in becoming a board member please call Cynthia Tierney or Stephanie Carson at 758-8349 for details.

Safety Meeting: 1:30PM until 2:30PM on the 3rd Wednesday of every month (February 15). The Safety meeting is mandatory for anyone working on the levee, social security, or at the Corps.

Our staff is studying 7 habits of highly effective people by Stephen Covey, a great set of suggestions for anyone wishing for success and happiness at home or at work. Habit 1: Be proactive! Read more at <https://www.stephencovey.com/7habits/7habits-habit1.php>

If you or your family member has a developmental disability and you live together in your family home, you may be eligible to receive many services, such as:

- Respite care
- Person Centered Planning Facilitation
- Nursing services
- Specialized Medical Equipment and Supplies
- Assistive Technology
- Behavior Support
- Community Engagement Support
- Environmental and Vehicular Modifications
- Staff/Family Consultation and Training
- Supported Parenting Services
- Person Centered Planning Facilitation
- Peer Mentoring
- Therapeutic Equipment and Supplies
- Physical, Occupational, and Speech Therapy
- Transportation

Request IFS Waiver online at:

www.dshs.wa.gov/dda/service-and-information-request

- Or call 1-800-319-7116