



JUNE AFTERNOON



SAND RUN SCOOP

SAND RUN SUPPORTS STAFF NEWSLETTER

JUNE 2010



HAPPY BIRTHDAY!

Kelli Toth
Dustin Barnes



Robert Chech – 1 year

Dustin Barnes – 7 years



WELCOME ABOARD

Amanda Atkins
Jen Mc Court
Becka Friend

“Be content with what you have, rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you.” --Lao Tzu

Independent living disabilities programs assist people with disabilities to take control of their lives by having the same choices as non-disabled individuals. Disabled people want to continue living with their family, attend the neighborhood school, use public transit, and work in jobs that are in line with their education and interests. They do not want to be pitied nor ashamed.

Private programs have a comprehensive range of services to meet the needs of individuals of all ages with mental retardation, learning disabilities, autism, Asperger's Syndrome, emotional problems, brain injury, behavioral health, physical handicaps, and other developmental disabilities.

Independent living disabilities programs offer an optimum environment for self-worth, social acceptance, and growth. To make independence a reality requires accessible housing, accessible transport, as well as employment, training, and leisure.

There are numerous services, which assist with dressing, housework, cooking, getting to work, and even visiting friends and family.

Advocacy

Advocates resolve discrimination and denial of services through mediation with the government, business, and service providers.

They also recommend system changes to reflect the needs of people with disabilities. They assist with helping the disabled with interacting with appropriate social services.

Independent Living Skills

Classes are developed to help individuals learn basic and advanced skills to achieve self-reliance. Some classes include credit counseling, homemaking, education opportunities, communication skills, assertiveness training, adaptive cooking, mobility training, nutrition and more.

Peer Counseling

One-on-one counseling, group counseling, and peer support assists individuals with disabilities to help each other on a cross-disability basis. Peers provide assistance and support to increase skills and knowledge that will overcome interpersonal, family, social, financial, interagency and other disability-related challenges.

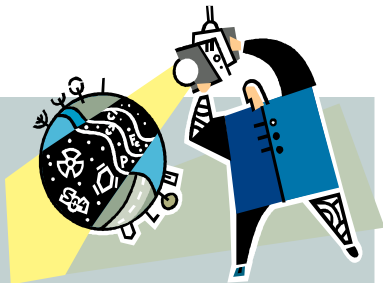
Independent living disabilities programs assist in supporting individuals with disabilities in attaining independent living and the right to select their personal degree of independence.

This letter was recently sent by the brother of a consumer. We have recently been practicing with the training of people with Autism, anxiety and other behavior issues in the regular practice of mindfulness meditation...

T.J.'s Method

TRAINING COLLABORATIVE
schedule is being revised. Please
contact Ruth Bailey at 330-749-
0299 to inquire about any training
you need

"T.J.'s Method" is named after my autistic brother, Tim, who, along with me, discovered this powerful technique for controlling anxiety-provoked aggression. Before T.J. started to meditate, he had issues of aggression toward himself and others, O.C.D. and an great deal of anxiety. All of this gave him the appearance of being unhappy and uneasy. He rarely had a smile on his face.



When my brother and I discovered this technique, it was quite by accident. T.J. usually could be expected to have an aggressive episode while visiting our family. He often needed to be restrained to some extent, depending on the severity of the anxiety. After some time, I discovered he was using the pressure of my restraint for relief, and he was "venting" through me. At this point, I learned how to re-route his anxiety back to him until we reached a point where he learned how "export" it.

"Great people talk about ideas,
average people talk about things,
small people talk about people."

Incorporating experience from my own 27-year Transcendental Meditation practice, T.J. and I have perfected this approach. At this point, after 15 years working together, I feel I can generalize about this method of joint meditation and reach out to others with autism and help them. I would expect only positive results due to the feeling of total relaxation and bliss achieved by practicing this form of meditation. Over a period of time, the autistic person would learn to follow the "path" of meditation and relaxation and would gradually have the strength to handle their anxiety. The goal would be for the autistic person to learn to meditate daily, then be able to access this meditative state whenever feelings of anxiety arise.

June 14th is
Flag Day

T.J. is, at this point, basically episode free and is still getting stronger. He usually has a smile on his face. He is clearly a very different person than he was in the past, when meditation was not in his life.

July 4th is
Independence Day



IF you are a person or know of someone who suffers from the high anxiety and strong symptoms of autism, this may be able to help.

"I have discovered that all human evil comes from this : man's being unable to sit still in a room."
-Blaise Pascal

If you recommend a staff person who is
hired and is in good standing after a 90 day
evaluation,
you earn a \$75.00 bonus. There is no limit to
this offer.

Report ALL UIR's.

Millions long for immortality who do not know what to do with themselves on a rainy Sunday afternoon." -
-Susan Ertz

