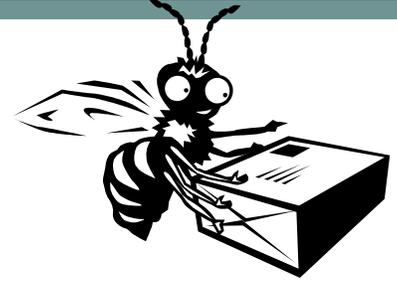


Newsletter Date: August 31,  
2010

# THE BUZZ



Issue # 2 Volume 2

## Joke of the Quarter:

## What do you find inside a clean nose?



## Finger-prints!

By : Lori Shapiro

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## Advocacy in Action: By Mr. James Burney



Richard Edge is a man who is not afraid to stand up for what he believes in. I wanted to share his story of self advocacy. Richard has been receiving support from Hope House Foundation for three years and recently made a stand for something he believes in that has affected all of us. I am delighted to share my interview with Richard about his courageous stance.

JB- Hi Richard, can you tell us about what got you upset lately and what you did about it?

RE- Sure James, like every year I was asked to sign the Hope House Foundation Review of Rights. I saw the word "retardation" was used in this official document and I think the use of the "R" word is just plain wrong. It makes me feel bad and mad when people label me.

JB- So what did you do?

RE- I talked with my parents and with staff at Afton about how this made me feel. My parents agreed that it was

"offensive" and told me, "They raised me to be the man that I could be." I realized this was my chance to "Go for it!"

So I told Kimmy and Tasia (staff at my team) that the "R" word had to go!

JB- Wow Richard that is really something. Then what happened?

RE- Well we came up with some alternative language and I refused to sign the document until they changed it. Within 30 days the "R" word was taken out of every official Hope House Foundation document!

JB- Richard that is amazing! How did that make you feel?

RE- I was like, "Oh my God, I really did this. I was so excited and proud of myself" One of the really cool things is that once you do something like this you feel like you can do anything. I mean, what else can I do?

JB- That is so inspiring. I know that I helped change Hope House Foundation for the good. People need to express themselves. Lots of others should break out of their shell and "Go for it!"

JB- What a great lesson in standing up for yourself. I thank you for being brave.

If you have any comments, opinions, or just want to contribute, contact the Hope House Foundation Administrative Offices at 625-6161.



## Fins, Feathers, and Paws: By Jeremy Norman

Fins, Feathers, and Paws  
By Jeremy Norman

It's Jeremy again. I am now going to teach you all how to bathe a hamster. First of all, there are a couple options on how to bathe them. If you notice that your hamster doesn't stink, you can sprinkle a few drops of water on their fur and they will clean themselves the rest of the way with their tongue. If they do stink you can buy some small pet Instant Shampoo that costs six dollars at Petsmart. The Instant Shampoo smells just like baby powder. It's made so that once you spray a little on them, the dirt will just fall off their coat. Just don't spray them in the eye's because it can blind them. If you want their coat to smell good and look beautiful, give them a bath in the sink.

Now I will tell you how to bathe them because it's so easy. First you fill up the sink with just a little

bit of water so it just touches the middle of their legs. Please remember that hamsters don't hold their breath and that they constantly breathe and if you put them in water over their heads they will drown in a moment. So fill it up carefully. Just splash a little water on their coat until their full coat is wet. Then you take them out and wrap a little rag around them. You might feel some vibration. This vibration is a good thing. It could mean that they are happy or feel good that they have been bathed. After you dry them off with the rag, you take the Instant Shampoo and spray some on them. After letting them dry a few minutes, you can comb then with any type of small rodent brush. Hamsters love being brushed because all of the rest of the hair that they were shedding would finally come off on the brush. Then after that, once your hamster is totally

cleaned, you can hold it for a minute. The smell of the shampoo will cause the hamster to smell just like a real baby. And then you put him in the cage and tell him good night.

Well! I hope you all have learned something from this article. Please keep reading. Got to go. Over and out.

If you have questions, concerns, or even a cool experience you want to share please e-mail me at

[s n o w - ball0758@yahoo.com](mailto:snoball0758@yahoo.com).





## Dealing with Staff: By Brenda

My name is Brenda. I'm 45 years old and until about 15 years ago I lived in an institution. Living in an institution was horrible. Sometimes I was tied to a chair or to a bed. Staff there hurt people sometimes. Once I was hit by a staff person, it left a handprint, and the staff person that hit me was fired. A lot of the staff talked mean. Once I was tied down and staff and some of the other residents teased me. In the institution you are treated like you don't have sense. There is not much to do, everyday is pretty much the same, you have no choices, no control over your life.

I kept telling people I didn't want to be there. Finally Mark, a case worker at the institution and Paula who worked for a community provider listened to me and helped me get out.

Living in the community is better, soooo much better than living in a institution.

Now staff help me with a lot of things, but it is nice to live my own life. Staff help me with cooking and cleaning, shopping, budgeting, and doctors appointments.

It's much better and if I don't like the way staff are treating me I can tell them to get out. I can tell them to get out because it is my apartment.

Attitude is the most important thing when it comes to staff. I

can tell staff's attitude by the sound of their voice, the way they talk, and the words they use when they talk to me. I don't like staff that come in and tell me what to do, they are acting like this isn't my apartment. I like when staff come in and talk to me, ask me how things are going and what I want them to help me with. If I don't like the way staff are acting I ask them to leave. When you aren't being treated right you have to talk to someone you trust and keep talking about it until someone helps you get that changed. You have to stick up for yourself and tell everyone what you want. You have to make people listen. My favorite staff make me feel good about myself, they laugh and joke with me instead of treating me like I am a job.

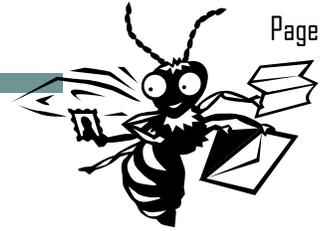
Trust both ways is important too. Nobody is perfect, but it is hard when staff forget they have told me they are going to do something and then I have to go find them and remind them I need their help. I am good at forgiving but if it happens too many times then I get upset. I need staff to treat me like I have sense. Mostly people do that now. When they don't I try to overlook it but if I think too much about it, it really makes me mad. I think it is the way I carry myself that makes some people think I can't make my own choices.

One of the worst things that has happened to me is I have a

public guardian. I like the person who is my caseworker right now, she's nice and she listens to me, but this service is not for me. It happened when I was in the hospital and really sick, too sick to make choices. When I got better the judge wouldn't give me my rights back even though two psychiatrists said I could make my own decisions. Why would a judge do something like that? He wouldn't even let me speak, I think he just thought because of the way I carry myself and the way I talk that I didn't have any sense. What is wrong with someone like that? I don't know. I wish I could get another judge to give me a chance. I think I need permission from my guardian to do this article, I don't know if they would let me or not. That's why I'm not using my last name.

I would tell anyone out there that you have to keep talking about what you want, don't stop, talk to everyone about what you want. Don't give up, it is the only chance you have that someone will listen. Tell the supervisors, the staff, case managers, tell everyone what you want. That's what helped me get put of the institution.





## Sports Corner BY Timothy Howard



I am a movie lover , a music listener, and I am a sports fan. Not only am I fan but I love to play sports. My new column is going to be purely dedicated to sports. Sometimes I will write about a good game or event or just give out some awesome information.

My all time favorite sport is bowling. I used to go and bowl at the bowling alley for special Olympics. I bowl strike and spares a lot!! I am a great bowler. I also can get a high score at bowling. I yell, scream and shout when I make a strike or a spare. I am so pleased by myself I am almost unstoppable. I enjoy the sport. I feel very happy when I bowl and feel even better when I make a strike or spare. I used to bowl every Friday night at AMF lanes on Indian River in Virginia beach. I will definitely be bowling again next year.

I enjoy other sports as well. Besides bowling I am a huge baseball fan. I like to go and watch the Norfolk Tides. I am also a Mets fan.

With special Olympics you can play a sport you are interested in. This year alone I have played basketball, baseball, golf, and of course went bowling. If you are interested in joining a sports team try special Olympics. Below is their website. [http://](http://www.specialolympicsva.org/)

[www.specialolympicsva.org/](http://www.specialolympicsva.org/)

The website is really useful. It has schedules and sport seasons. Also it has phone numbers of the people you need to call to register. If you need more information about it I would call.

If you are interested in talking about sports with me please feel free to contact me at [buzz.connections@yahoo.com](mailto:buzz.connections@yahoo.com) .



## My Story- By Jeremy Norman

Hello fellow people that read my articles. Working in this day and age can be hard for most. For me finding a job that fits me is the biggest problem I have. Just recently I've been picked for two other jobs other than I do at the warehouse. The new supervisor Chris always picks me for HRT buss cleaning in Norfolk. I don't only clean busses there. I do all of the clean up in the bathrooms there and I sweep the hall ways. To clean the busses, we have to go inside and clean the floor, windows, and seats. On the outside we have to clean all four sides of the bus and the tires. After were done on the way home we get to have fun talking to each other and laughing with friends. I like it because I am able to get wet a lot. We do this job, Monday, Wednesday and Friday. It is lots of fun.

Now I will tell you all about the second job I got picked for. We had a

small contract for like two weeks where a couple of the hard working people like me would go down to this lake in Suffolk and help set up this new fishing lure shop. We all took turns cutting grass. They also had huge alligator grass that was very hard to get up. So we took big rakes and started raking the alligator grass up. Out of everybody I think I got the most alligator grass up. Then we had to pick up the alligator grass and throw it into the woods. I myself also swept the lure. We also picked up trash around the entire lake. It's very peaceful out there, but it is hard work. It was a total work out for every body. The shop is now open and we don't have to work out there any more.

Another quick thing that I would like to share with you all is that I had just got an promotion at my job for all of the hard work I've been doing. Pretty soon I will be

working evenings and I will be paid very well for it. I will be making \$7.25 an hour. But, I'm not familiar with the name of the place yet. I have been there though. I will be cleaning buildings again. Alright I have shared what good news I wanted to share this time with how I've been doing. I will tell you all more great news about me next time if I could do an article on myself again. I have to go for now. Thank you all for reading. Over and out.



## *HEART TO HART*

*...AN ADVICE COLUMN ON RELATIONSHIPS*



Relationships are hard but can be really great. I would like to share with you all a little bit about my relationship. I am in a relationship with a cute girl. We first met in high school. We have been together a long time. We would like to move in together so we can always be together and not be separated. We have a good relationship, but sometimes it is hard. We don't get to see each other a lot and I get upset. We try to make time to see each other, but sometimes we can't. We don't always get to spend a lot of time together. I miss my girlfriend when we are not together. When we do spend time together, we hang out at our houses or go out to lunch. We call each other every night and say we love each other. She came with me to the annual dinner and we had a good time. I would like to spend Christmas with my girlfriend and my mom, so we can have a good Christmas together and have a good time. It is important to do these things together to make our relationship better and stay together. And staying together is what relationships are all about.

Trust me, I'm a doctor. Once again, if you have question's about love, life, and relationships, send them to me at the Hope House Foundation Administrative Office.

Always on Call,  
Dr. Hart



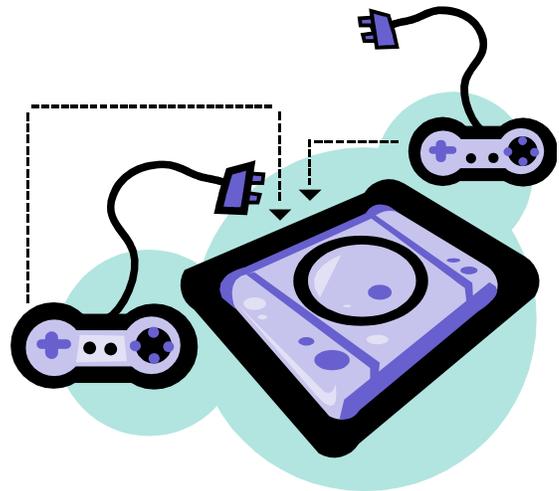
## This Is What I Think... A Critique Column by Blake Thomas



Let me introduce myself once again. My name is Blake Thomas. My interests are video games and movies. I like to play games on Xbox, Playstation 1 and 2, and Nintendo. I enjoy playing old games as well as the new releases.

Today I would like to tell you about LEGENDS OF WRESTLE MANIA. This is one of my favorite games to play. Each level has a different type of wrestling match. There is the Iron Man match (which is a 60 min time match), the Triple Threat Match and Hell in the Cell Match. You get to choose who you want to wrestle. Some of the choices are Hulk Hogan, King Kong Buddy, The Rock, Andre the Giant and Stone Cold Steve Austin. All of these wrestlers can do

their well- known moves, such as Hulk Hogan's body slam with his feet. The Undertaker is usually the character I choose because he can do the Face Slam. This is when he grounds his opponents face into the mat and wins the match. Just like on TV, you get to climb the ladder to get money. You get to use chairs, trash cans, steps, and sometimes weapons will appear such as hammers and bats. Once you start using these items the matches can get bloody and violent. This game is not for everyone. If you don't like fighting and seeing people get hurt and bleed, this game is not for you. However, for those of us who like action and fighting, I give this game a "2 THUMBS UP."



## Events/ Classifieds

Have any events coming up you want to share? Do you have items you just don't need and want to sell? E-mail [buzz.connections@yahoo.com](mailto:buzz.connections@yahoo.com) .



John Waff is looking for someone to learn to Ballroom Dance with. He is a beginner who has only taken classes a few times, but would like to keep learning. If interested please contact him at 757-622-8595.

The Buzz is looking for contributors. If you have an opinion or story to tell please call 757-625-6161. .

“People for People” is an advocacy group open to service users. The group meets every 1st Wednesday of the month. The meeting takes place from 6 pm- 8 pm at Eggleston Services on Ingleside Drive. Starting at 5:30 there is a dinner available. Due are \$10 a year.



The Able Gamers Foundation has unveiled a groundbreaking area of accessible web games on their website, [AbleGamers.com](http://AbleGamers.com). The accessible games are an unprecedented development in the area of gaming for people with disabilities. The new games on [AbleGamers.com](http://AbleGamers.com) are sorted by what devices are needed to play (mouse, keyboard, both, etc).

If you have any comments, opinions, or just want to contribute contact the Hope House Foundation Administrative Offices at 625-6161.