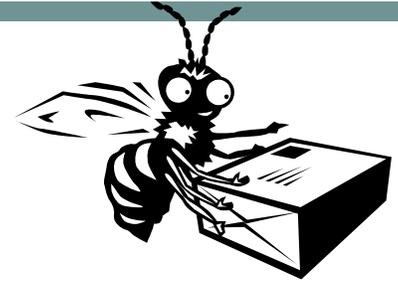


Newsletter Date:  
Dec. 30, 2015

# THE BUZZ



Issue # 6 Volume 2

## Joke of the Quarter

by Lori Shapiro  
What do you get when you cross an elephant with a fish ?

Swimming trunks.



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**Health Challenge:**  
Fresh Air is Good for you. Spend

at least 1 hour each day outside—weather permitting. The Sun is a natural source of Vitamin D. Remember to use Sun Screen.

**Health Tip:** Fruits and Vegetables are a Natural Source of Fiber. Eat more to stay regular.



## Segregation & Integration By Mr. James Burney



The beautiful thing about integration is how people can come together and don't feel left out. There are still many changes that are needed for individuals with disabilities. The changes that are needed with employment, recreation, and community involvement. Many places welcome people with disabilities but they are separated from others. Integration in employment, recreation, and community builds relationships and awareness. Integrated employment is important because it allows individuals to work for a fair wages and to be treated equal. Joining together for a community events or activity with people from all over with and without disabilities build relationships. Not only does this bring our community together but it also brings diversity. Eliminating segregation for people with disabilities has come a long way but there are still changes that need to be made. Thank you for reading my article. Please feel free to contact me via email at [James-burney20@yahoo.com](mailto:James-burney20@yahoo.com)

## Communication Tip: Don't Offend By Kevin Benton

Sometimes it is easy to say things that will offend others. *Be aware of words other people find offensive and just don't use them EVER, ANYWHERE.* People should always speak in a normal and respectful tone. Do not scream or sound like you have an attitude. You should also wait until the person has finished talking. It is very rude to interrupt or cut someone off who is talking. You should also make eye contact to let the person know that you are listening. You should not judge or put people down. Being rude is a sure way to offend other people. Say 'please', 'thank you' and 'I'm sorry'. Treat others how you want to be treated. If you have offended someone, here's a few tips on what to do: Go to them ASAP and apologize. Admit that you were wrong to offend them and ask their forgiveness. If you are unsure if they are offended, explain what you are saying in case there is any confusion. Remember, your goal is to communicate and connect with others. That's how you get your voice truly heard.





## My Week at Cherrystone By Elvi Goldschmidt



My week at Cherrystone was very fun! It is a Campground located on the Eastern Shore of Virginia. Four people from the Granby team came and two staff went with us. We stayed inside a cabin with two bunk beds and a single bed. It was a pretty tight in the cabin. We all had so many bags and our electronics that made our cabin so crowded.

Throughout the week at Cherrystone there were so many activities to do like fishing, swimming, candy bingo, mechanical bull riding, crab racing and paddle boating. Of course there was also arts and crafts. While being there, we did a lot of grilling. We grilled hot dogs, hamburgers, chicken, sausages, pork chops, and made S'mores. The food tasted so delicious!

I helped cook and clean-up throughout the trip. At the same time I had so much fun! Throughout our stay there the weather was wacky – some days were rainy and some days were sunny. It mostly stayed sunny which was great.

My most memorable part of this trip is when I rode the mechanical bull. It was so much fun! You should try to go to Cherrystone and make your own memories like I did.

## ♪ What is Folk Music? By Lori Shapiro ♪

Folk Music is music of the common people. It includes ballads, old-time music and ethnic pieces. Folk songs can also be based on current events and topical issues. Folk music is often played on

guitars,



banjos,



dulcimers,



fiddles  
(violins)



and



mandolins.



These instruments also accompany folk singing.

Folk music and songs can be traditional, that is, passed down from generation to generation, or newly-composed. Tidewater Friends of Acoustic Music hosts an annual get together late in the summer as well as concerts throughout the year. These are held at the Virginia Beach Central Library on Va Beach Blvd. For more information, visit <http://tidewateracoustic.org/>

# Cirque de Soleil—Spectacular Theatre

Review By Daniel Gunn



Cirque du Soleil It is a theatrical show combining circus styles from around the world. It was started by two Canadian former street performers. The Kooza show was in Virginia Beach earlier this year. It was about a boy who became a king.

There was a kite and there were people doing dangerous stunts on tight ropes. There were

people doing the spinning wheels and people doing There were people doing the spinning wheels and people doing catapult stuns. I had fun. I recommend you go see it if it comes back.



m y s g n o v e m b e r m t k n m t g k  
 a a n y k y a d i l o h h n p r f t r v  
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 k p u m p k i n p i e y e y t t d r h b  
 t t q h t u o m y l p b n t t e e m g t



## Holiday Word Search

### Word List:

- Autumn
- Gratitude
- New world
- Sail
- Blessings
- Holiday
- November
- Stuffing
- Celebrate
- Indians
- Pilgrims
- Thanksgiving
- Cornbread
- Maize
- Plymouth
- Thursday
- Massachusetts
- Pumpkin pie
- Turkey
- Family
- Wampanoag
- Puritans
- Mayflower

**Diabetes Tip of the Quarter:** Engaging in regular exercise can lower your diabetes risk. Even if you have never exercised, you can still find some sort of physical activity to do. You do not need to start a structured exercise program. You just need to GET UP AND START MOVING. Try going for a short walk or simply get up and mover around several times during the day. Chose the stairs rather than the elevator. New habits become old habits if you stick around long enough.





## Employee of the Year—a Rags to Riches Tale By Reginald (Reggie) Cray



In 2011, I was put on a plan to improve my work performance. I was not the model employee that I am now. I did not want to go to work, and I did not go to work. I was not at work like I should be or not on time. One thing I would tell people is do not miss any days of work, and I try to tell people that every day.

On that same year, my supervisor told me I needed to call transportation if there were problems, or if I needed to take a day off. I was also told that I need to work hard to make more money at work. And, they also told me that I had to be at work for me to able to keep my job. There is a chart that my supervisor keeps in a binder, where he writes down what I have done. I have all A's on it, and am proud of that. What has really motivated me a lot was my supervisor at work, Richard Scharff. I did not like the job I had before, and they put me in detailing cars and I like

it a lot. In 2012, I was nominated but I made it in third place. I was happy, but sad because I wanted to be Employee of the Year. I am happy I am Employee of the Year this year.

I enjoy working on cars, and know a lot about cars. This is what makes me happy. I enjoy taking things apart and putting it back together the most. I also enjoy finding hidden treasures that we are sometimes allowed to keep, you know, if it's not bad to keep or against the law. What we do is collect all the coins and money we find, put it in a jar, and my co-workers and I treat ourselves to lunch. What I least like about my job are consoles in the middle of the seats. You find all types of things in those consoles. I have found a sword, fireworks, bullets, and illegal substances. My supervisor, Richard Scharff, is happy that I turn these things to him, I don't want nothing to do with that stuff. One time, I found a check that was written out for a Church. I turned it in to my supervisor and I was awarded and given money for turning it in. In January 2015, I was awarded the "Above and Beyond" award and they paid me for turning in that money. That money wasn't mine, but I enjoyed the money they Eggleston gave me for the award. ➡



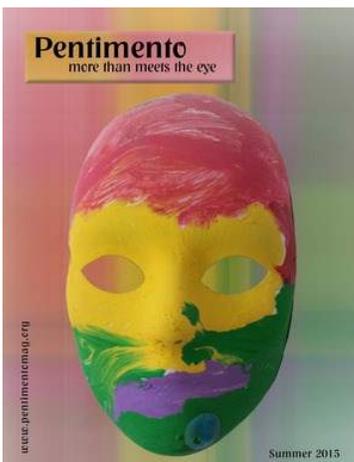
➔ I love working at Eggleston, and I let people know they should work at Eggleston. Camp Civitan is a lot of fun, and they have given me camp scholarships to attend. I tell people all the time that they should go. I have volunteered in Eggleston’s car auctions, because I love working with cars and doing things with cars. I love working at the car shows. I get to set up where they park, and direct them where to park.

I tell people that it is important to go to work to, and they can make more money that way. It is important to show people how a job works. It is also important to find a job that you like. The job will maybe pay you more, but not every job pays more. It is important to like your job, and I love my job. I am learning everything from Eggleston, and one day own a detailing business. See, once I retire, I can prepare and open up my own business.

Two important things to remember: don’t miss any days at work, and tell people ‘I love my job.’ I tell people that every day.

## Toby Keith, My First Concert —Music Review By Kevin Latham

It was nice to get tickets to Toby Keith. I like Toby Keith. That was my first concert. Chris Janson and Eli Young Band played too. My favorite song was “Who’s your daddy?” I had a pretzel and a soda while at the concert. Toby Keith had fireworks. It was noisy out there! I am looking forward to another concert if he has another in Virginia.



Calling all poets, writers, illustrators, artists, photographers...



**Pentimento Magazine Needs Written and Visual art work on Disability Topics:**

The contributing editors are reviewing essays, short stories, poetry, interviews pictures and photos created by people with disabilities. The work should convey important, genuine themes that others can relate to. [Go to http://www.pentimentomag.org/](http://www.pentimentomag.org/) for more information and submission guidelines.

**S.A.F.E. Tip of the Quarter:** A healthy relationship helps you feel better about yourself and who you are. Figure out what you *want* and what you can *give*. This balance will help keep the relationship healthy.





# ADVOCACY IN ACTION— Getting Our Voices Heard

This year, people have been active locally and far afield. They demonstrated at a Rally in Richmond and attended Arc Conferences in Virginia Beach & Indiana. The pictures & remarks below tell their stories.



The Walk to End the Wait in Richmond went pretty well. 8,000 people still on the waiting list: Not very helpful. They didn't tell us why, or tell us what they tried to do this year to reduce the waiting list. We just have to keep voting to end the Wait List. A lot more people are still up there on the waiting list. More people are getting up on the waiting list: Not very good. Jesse Owen



I enjoyed my time at the rally. I learned that there are too many people on the waiting list and that the wait needs to end. I hope to encourage more people with disabilities to advocate for themselves to make this happen. Daniel Gunn



At the National Arc Conference in Indiana, one of the sessions I attended was on self-advocacy. The speaker showed a video of self advocacy. She spoke about telling your own personal story about advocacy. I went to another session that showed how Comcast has technology to help people who are visually impaired, hearing impaired, and people who can't read. I enjoyed sightseeing. We walked around the city and enjoyed eating at new restaurants. I hope to get other people to go next year. Daniel Gunn



What I took home from the walk was history from the time Rosa didn't move to the back of the bus to where history is today in the civil rights movement in the disability community today. Dorothy Clark



## Getting the Life you want...by Jessica Owen

The new ID waiver is designed to promote a life like yours. It promotes individuals with disabilities being fully involved in the community.



**Community:** Integration and access to the community: I am able to walk around my community and shop at various stores. Everywhere I go I have the chance to meet new people. I'm a member of a church where I have been able to build bonds and friendships with other members. I also go home yearly where I can visit with my family and I enjoy the bond that I have with them.

**Choice:** I choose to live in my apartment and the community I live in. I have a good relationship with all of my neighbors. I make decisions about what I eat, what church I attend, even the doctors I visit. I love my independence.

**Individual rights:** I enjoy my privacy. I can lock my apartment door and go anywhere in the community that I like and feel good that my things in my apartment are safe. I can invite people over for dinner or just for companionship. I invite my boyfriend over for visits as well.

**Independence:** Being independent is very important. I shop for and cook meals I want to eat. I wear the clothes I want to wear. I participate very successfully with Special Olympics. I am also a member of a local women fitness center. I set my own schedule and I stay busy. My boyfriend and I go out to eat and to the movies. Being independent gives me the best life that I want.

## Advocating through Letters by Keisha Turner

You can advocate to the Department of Justice ("DOJ") about many issues. Some of the issues we can write letters regarding are: transportation, access to services, adult or child crisis assistance, criminal justice, integrated employment, family support housing, waivers and waitlists, and more! Just pick one or more issue that interests you and write about them.

Then ask yourself some questions. Even write them down if it helps. For example:

What have your experiences been?

What is working or not working for me?

What are the barriers I encounter or areas of concern?

What changes or actions would help improve our experiences?

You can mail it or email it to:

**U.S. Department of Justice**

**950 Pennsylvania Avenue, NW**

**Washington, DC 20530-0001 OR [webmaster@usdoj.gov](mailto:webmaster@usdoj.gov)**





## New Lives in New Places for Grace & Donna

My name is Grace Feazelle. I am 25 years old and I recently moved into Hope House from living at home. I like Hope House because they let me be more independent. I can be more independent with what I wear and what I buy. My decisions are up to me.



Something that has been easier is that I can say what I feel and be more myself. I can be responsible for more things. With this responsibility, though, it is challenging on the financial part and handling my money. Additionally, with my responsibility, I have to learn how to live with a roommate. It is difficult because I have to learn what they like and how to handle our differences.

Now that I'm in Hope House, my goals are to get a job and go to school. I want to accomplish these in the near future. Also, I want to meet people both in and out of Hope House. Since I've moved in to Hope House, I have had to teach more people that I am both cognitively and physically able. In Hope House, more people talk to me like I'm an adult.

Being treated like an adult is nice because many times having a disability causes some people to treat you like you're five and don't understand. This can get annoying. I like the freedom and independence I am gaining from being at Hope House.



My name is Donna Smith. I live at Speedy Avenue now. I have a new apartment and I love it. It is nice and spacey. I love my staff. They help me where I need it. I like Hope House and I want to live in my apartment for the rest of my life. My home is a blessing to me.

I want to come up with a *Donna's Crafts Corner* for the Buzz. Here's a craft for this time: Trace your hand on a blank paper. Then draw or write five good things about your home. Then color it and hang it up in your home so your friends can see it.

## Events 2016

Hogs for Hope – Friday, January 1

VEER Music Awards – Wednesday, February 10

Feather the Nest – Thursday, February 18

Shamrockin' In Ghent – Friday, March 11

Contact [Donovan@hope-house.org](mailto:Donovan@hope-house.org) for more info.



The Buzz is looking for contributors. If you are interested in writing a one time feature article or in being a part of our regularly contributing staff writers please contact Angela Stevens at 757-625-6161 ext. 513 or [astevens@hope-house.org](mailto:astevens@hope-house.org). We look forward to reading new and exciting articles!

