

DREAMWEAVER

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SOUTH DAKOTA ADVOCATES FOR CHANGE MEET IN PIERRE

South Dakota Advocates for Change (SDAC) is a group of self advocates whose role is to spread self-advocacy throughout the state of South Dakota. A group of eight people from BHSSC recently traveled to Pierre for the first SDAC conference.

Held at the Ramkota September 10th and 11th, the conference featured a keynote speaker and four different break out sessions. Topics included Self Advocates Talking about Self Advocacy in Their Lives, Employment and Developing Your Own Business, Accessibility and the Community and Rule Changes for Developmental Disabilities Services. Participants also learned more about the vision of SDAC, which is one of South Dakota self advocates living in and being part of their communities with support to have a full life. Their mission statement includes:

- Learn to be stronger self advocates
- Promote self advocacy around the state
- Take action on issues that are important to SD self-advocates .



Correna Willuweit at the SDAC Conference

The self advocates worked hard during the conference, but they also took time for fun and relaxation! Thursday evening's agenda highlights were a Welcome Mixer and Pro-

gram followed by a dance and Karaoke. Attending this year's conference (and looking forward to next year's!) were Mary Bandy, Art Butcher, Toni Feist, Bill Ghost Dog, Jason Paland, June Shneider, Correna Willuweit, and support persons Leah Lawrence, Bob Markve and Joe Spray.

To view more info about SDAC and to read their newsletter, go to: <http://dhs.sd.gov/ddc/> and click on *Advocates for Change*.

NEW CLASSROOM MEETS PRESCHOOLERS' NEEDS

BHSSC has a new preschool classroom in Sturgis this fall. According to BHSSC Division Director Shirley Halverson, the class was initially developed as the result of a specific request from a local school district. "As we considered it, we realized that several other we support could classroom as well." education teacher and classroom Laughlin, the class has six very busy are just very ex- to offer this class- nity. It's working out quite well".



young children benefit from the Staffed by special Dani Van Sickle assistant Audra room currently students. "We cited to be able room opportu-

"Autumn is a second Spring when every leaf is a flower."

Albert Calmus



UPCOMING Dates

- October 9—All Staff Inservice—Northern Hills
- October 12th—Native American Day
- November 6—All Staff Inservice—Northern Hills
- November 11th - Veterans Day
- November 26-27th - Thanksgiving Break

Fitness News

BHSSC UNIFIED SOFTBALL TEAM GOES TO STATE

Huron hosted this year's softball Special Olympics, and BHSSC's unified softball team was ready to play! Boasting a total of 12 players, the state unified team is comprised of BHSSC and local high school and college athletes. They have practiced faithfully and given their all in 16 games played over the summer. BHSSC DD Division Assistant Director Ronda Feterl attended several games and has been impressed with the team on several levels. "The obvious friendships that have developed are wonderful. The laughter and spon-



taneous fun, the team support, the confidence of the players—it's all amazing to see." Games last for an hour or seven innings, whichever comes first. At the start of the season they kept score, but as the summer progressed, final scores mattered less and less. People just had fun playing, and often nobody even knew who won. According to coach Angel Foster, there were actually two teams of 12 athletes that played over the summer. The state team is a blend of the people interested in traveling to the state games from those two teams. Everyone has helped raise money. A soup and pie supper in Sturgis netted a good profit, and a "What Color Will we Dye Shirley's Hair?" contest brought them to the total needed for the trip. Way to go, athletes!!!!



BHSSC RUMBLERS' FIRST SEASON COMES TO A CLOSE

Another BHSSC softball team made a name for itself this summer in Sturgis. The Rumlbers, made up of BHSSC staff young and more mature, showed themselves to be an enthusiastic team, willing to go the distance. Coached by production manager Taylor Carlson, the Rumlbers played in a Sturgis league. Teams were sponsored by local businesses with games played at Fort Meade. Transportation Coordinator Donna Pleinis was the senior member of the team, yet her performance on the field could only be described as stellar! She leaped and dove for balls and slid into bases, prompting cheers and ad-

miring comments from the audience. The Rumlbers finished the season in high spirits, despite no wins and several significant injuries. When asked if they will return for another season, players responded an enthusiastic "you bet!"



PRIMAL QUEST ENDURANCE RACE

BHSSC Occupational Therapist Lisa Gustin participated in the 2009 Primal Quest, held this summer in the Badlands and Black Hills. As part of Team South Dakota, Lisa and her partners ran, swam, biked, spelunked, kayaked, climbed, rappelled and navigated for ten days over 600 miles of rugged terrain. Primal quest is reputed to be the worlds most challenging human endurance competition. Team South Dakota is the first state team to complete the challenge course in the history of Primal Quest and it's predecessor, Eco Challenge.



To learn more about Primal Quest, check out their website: www.ecoprimalquest.com

Special Olympics Bowling Practice Begins

Practice has begun for upcoming Special Olympics bowling! BHSSC expects 30-40 people to participate this year, and has nine coaches! According to coach Tina Smith, some of the athletes have recently begun practice, while others have been at it for up to four weeks already. "It's really a good time. On the actual day, there are so many people! It's just packed, and we look forward to meeting up with people we don't really get to see that often."

The Special Olympics Bowling event will take place October 23rd in Rapid City at Meadowood Lanes.



What are the top ten ways to spread germs?????

They're right at your fingertips!!

WASH YOUR HANDS!!!!



Spotlight ON: BHSSC Direct Support Professionals

Governor Rounds proclaimed the week of September 14-19th to be Direct Support Professionals Week in South Dakota. Citing the fact that DSP's provide support to thousands of people in South Dakota, Governor Rounds called on the people of the state to observe appropriate programs and activities in recognition of Direct Support Professionals and of their contributions.

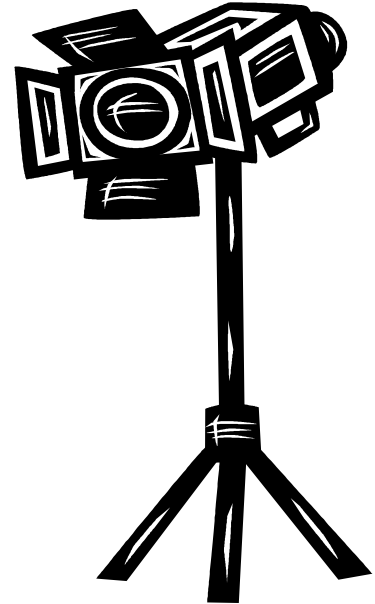
BHSSC employs over 100 Direct Support Professionals. They provide transportation, they work in people's homes, their work places and classrooms. As Governor Rounds noted in his proclamation, Direct Support Professionals provide es-

sential support to help people live in their communities and to stay connected to families and friends.

In response to the governor's proclamation, BHSSC Executive Director Ron Rosenboom issued a statement of appreciation to the agency's DSP's. Each will receive a t-shirt with the BHSSC logo on the front and "DSP's ROCK!" on the back.

Congratulations on your recognition, BHSSC Direct Support Professionals. Thank you for your work and dedication. You are appreciated!!

DSP's ROCK!



GROUP PROMOTES HEALTHY LIFESTYLE CHANGES

Have fun while losing weight and getting healthier? While it's not the usual attitude, it is the prevailing one at the meetings of the weight management group at BHSSC. Eight people have been meeting since late spring, weekly at first and then monthly, with nutritionist Helen Nichols. The first step was to take eating and exercise surveys. The surveys helped group members identify eating and snacking habits and barriers to exercise, and to determine BMI and

weight goals. Using the book "The Eating Well Diet" as a basis, participants began to make small, realistic changes in eating and small increases in exercise and movement. One person has lost nearly 20 pounds, and several have lost 10 or more. Everyone has made some positive changes. According to one of the participants, the best part is having people who understand and can encourage healthy choices. "I was in a meeting a few weeks ago, and some-

one brought these gooey cookies. Another person from the group was in the meeting, and we just smiled at each other and didn't eat any of the cookies!" Group members have discovered that exercise doesn't have to be expensive. People have been exercising at home with videos, walking with friends, and getting together for group exercise. The final group meeting is in October, when participants will bring a healthy dish to share.

HOT SPRINGS ARTISTS PARTICIPATE IN LOCAL ART FAIR

Hot Springs artists from BHSSC made an impressive showing at the Hot Springs Art Festival this summer. They displayed pottery creations from Dove Creek Designs, wire art by Bill Ghost Dog and paintings by Steve Dallman.

Dove Creek Designs has steadily grown in popularity in the years it has been in Hot Springs, and is continuing to grow since being purchased by BHSSC in May. The pottery pieces are beautiful, and people supported take part in all phases of production.

Bill Ghost Dog's wire art is a collection of unique pieces he fashions from colored wire. Bill makes very complex figures, such as stage coaches, motorcycles, horses and people.

Steve Dallman's paintings are inspired by things he sees, both around the area and in his mind. Brightly colored, with beautiful contrasts, Steve's painting style has changed and developed over the years,

according to fan Bob Markve.

While the three day time frame was a little long, and the weather a bit hot, the festival was a success. The artists



The BHSSC artists at their booth in the Hot Springs Art Festival

got great exposure for their work, made some new connections in the community of Hot Springs and sold some pieces of art. Congratulations artists! Thanks to the staff who provided the support that made it possible!

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Date Set for Spring CQL review

March 9th through the 11th, 2010 will be the BHSSC Quality Measures review, conducted by the Council on Quality and Leadership (CQL).

This is our first review using CQL's Quality Measures 2005. There will be three focus areas: Shared Values, Personal Outcome Measures and Basic Assurances. *Shared Values* relates to the values BHSSC exhibits in the areas of people, community and our organization. *Personal Outcome Measures* are the things that people consider important in their lives, that they want and need to lead a full and meaningful life. People who receive services have a Personal Outcomes Interview at least once a year to see if their priority outcomes are in place. *Basic Assurances* are non-

negotiable aspects of services that must be in place for certification to be given, Rights protection, safety, being treated with dignity and respect, and freedom from abuse and neglect are examples of Basic Assurances. Many people throughout the agency have served in Basic Assurances workgroups, helping to make sure that all of the required factors are and continue to be in place.

The spring review will consist of interviews with people supported, families and/or legal representatives, various organizational and community focus groups with CQL staff, interviews with BHSSC employees and observations of typical life and work as people go about their days. Watch for more information as we move closer to the review!

Freedom to Work Project Sponsors Training Series

Mike Walling, a nationally known speaker respected for his ability to clearly explain how benefit programs operate, will present a series of workshops on SSI/Medicaid and SSDI/Medicare in October. Dates and locations are:

October 19th—Ft. Pierre,

October 20 and 21st—Rapid City

October 22nd—Winner

October 23rd—Huron

Registration is required. Parents/guardians/advocates/legal representatives who are interested are encouraged to contact the Individual Program Coordinator of the person you represent for more information. (605) 423-4444.