

I Linå'la-ta OUR LIFE



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Administration on Developmental Disabilities Tri-Agency



Make Working Out Work For You

Like most of the general population, people with disabilities need physical exercise to promote and maintain good health. And like most of the general population, going to a gym to workout is an available option for people with disabilities, too.

For Evelyn Duenas, a 40-year old disabilities advocate and former Department of Education employee, working out is definitely “a need.” Increasing pain and discomfort in her legs and back were signals that she needed to attend to her physical health. As an individual with cerebral palsy, a condition that affects her ability to move, she knows that she needs to work on her flexibility and build strength to keep her mobility. Because of this need, Evelyn decided to take advantage of the free gym access provided by her health insurance.

Deciding which gym to join was easy for her. “I went to Kontenda’s gym and immediately knew that it was

the place for me. The owner, Brant McCreedy, personally gave me a tour and was very welcoming. He provided me with the assistance I needed and made me feel very comfortable,” said Evelyn. Traveling via the paratransit, usually with her nephew or a friend, Evelyn has been going to Kontenda’s twice a week for the last three months. Commenting about how the workouts have helped her, she said, “I feel a difference. I actually lost some weight over the holidays and I don’t feel the aches and pains like before.”

Just like Evelyn, Jason Cruz, a young man in his 30’s, began working out to regain his health after a serious illness almost took his life. “When I first became disabled and blind, life was kind of hard, but my Mom was there every day, my brothers were there every day pushing me. I thank God for that.”

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Working Out...continued from cover



"I just love the sport! I love the challenge, knowing that I can do it..."

- Jason Cruz



Working out also helped tremendously. In fact, for Jason, regular visits to the gym have turned into a passion for competing in the sport of bodybuilding. The inspiration for Jason to enter the world of bodybuilding came from world-class bodybuilder Joe Duenas.

"When Joe started working with me, I thought he was just another guy in the gym who offered help when I needed it, but come to find out, that guy was a world-class bodybuilder. I asked him if I could ever be a bodybuilder, and he said I could do whatever I want. Joe is actually the one who gave me the drive to try to compete."

Jason, who uses crutches to walk, is indeed, driven. He is able to balance the demands of being a health teacher at Simon Sanchez High School with the rigor of training. He works out about 20 hours a week at Paradise Fitness Center. He has been a participant in body building competitions since 2001 and loves the lifestyle and thrill of competition.

Jason began training in 1999. He explains that bodybuilding is a lifestyle of dedicated sacrifice, passion-driven commitment, physical discipline, and mental focus.

In his 10 years of bodybuilding, Jason has competed in five different weight classes, steadily moving up in weight. "This year was the best because I weighed in at 191 pounds, which was the heaviest out of the whole show. No steroids; no drugs; just hard work."

When asked why he does it, Jason says, "I just love the sport! I love the challenge, knowing that I can do it. That helps me through even more, to actually know that I can do something that everybody else in the gym can do,"

For both Evelyn and Jason, working out at a gym has produced many side benefits. They both shared that they have met many new people who are very friendly and helpful. They both encourage people with disabilities of all ages to get out and work out. Evelyn sums up the experience by saying, "Individuals with disabilities need to work on their physical fitness and explore what's available out there. It's fun and good for you!"

On the Air: The Power of Self-Advocacy



Lynn Tydingco, Self Advocacy Trainer, explains to “Women in Business” host Denise Hertslet at the K-57 radio studio in Hagåtña that her self-advocacy group has become a group of “Super Friends” for Self-Advocacy.

New Self Advocate and trainer, Erlinda “Lynn” Tydingco, took to the radio waves with ease and pitched the benefits of being a good Self Advocate. Lynn and Ginger Porter, Guam CEDDERS Consumer Leadership & Systems Change Initiative Area Coordinator, recently joined K-57’s “Women and Business” Radio Show with Denise Hertslet on Friday, February 5 to talk about Self Advocacy.

After a general discussion about the skills of effectively speaking up for one’s self, Lynn took the forefront and related how her self-advocacy group had bonded together to become a group of “super friends,” who continue to network socially for advocacy and other issues. Recently, with the assistance of Tango Theaters management and staff, the group successfully advocated for wheelchair seating amenities and accessible menus and schedules.

Frank, a listener who was motivated to call in during the show, had recently become blind and related the difficulty he was having in obtaining support services to manage some of his daily living needs. After having worked for many years and having paid his taxes, he wondered, “Where did all of the money for services go?”

Although the duo could not answer Frank’s question, they advised him that by participating in a Self Advocacy training session, he could prepare himself



Ginger Porter (L), Guam CEDDERS Consumer Leadership & Systems Change Initiative Area Coordinator and **Lynn Tydingco (R)**, discuss the importance of Self Advocacy and “speaking up” for one’s self.

with information and skills to become more effective in obtaining the services he needs. A follow-up call from Ginger resulted in Frank’s participation in Self Advocacy training the next day!

The interview concluded with advice from both Lynn and Ginger urging listeners to “never give up:”

- *Never give up the pursuit of improving services, which should rightfully be delivered to you on a timely basis.*
- *Never give up on your efforts to learn more about your rights and the basis for supporting your requests.*
- *Never give up on the idea that you have value in our community and when provided the right supports, will be able to contribute in a way that adds value to every citizen.*

Lynn hopes the success she and her group have experienced as Self Advocates will motivate others to pursue the support services they need. One person’s voice has the power to improve services and the power to change practice and policy.

For more information about Self Advocacy Training, contact Ginger Porter at 735-2369 or email ginger.porter@guamcedders.org.

AT MOVING US FORWARD



Guam Developmental
Disabilities Council



Guam Legal Services Corporation
Disability Law Center



16TH ANNUAL ASSISTIVE TECHNOLOGY CONFERENCE March 6, 2010, 8:00am - 3:30pm, at the Westin Resort Guam

Featuring conference sessions and device demonstrations that offer:

- Phone accessibility for individuals with hearing, visual, physical, and cognitive impairments
- The first moveable picture communication system that actually talks
- Computer accessibility and free web tools
- Reading supports for students with print disabilities
- Accommodations in the workplace for individuals with disabilities
- Home supports to build & maintain independence and physical strength

16TH ANNUAL ASSISTIVE TECHNOLOGY FAIR March 13, 2010, 10:00am - 3:00pm, at the Micronesia Mall

Showcasing:

- Vendors of assistive technology and durable medical equipment
- Disability-related public and private organizations
- Disability-related service providers

To register, for more information, or to request for reasonable accommodations, contact:

Guam System for Assistive Technology (GSAT)

Tel: 735-2490 TTY: 735-2491

Email: gsat@guamcedders.org

This conference is funded by the U.S. Department of Health and Human Services, Administration on Developmental Disabilities, Tri-Agency: Guam Developmental Disabilities Council, Guam Center for Excellence in Developmental Disabilities Education, Research, and Service (Guam CEDDERS), and Guam Legal Services Corporation.

MARCH is Developmental Disabilities Awareness Month

During the month of March, Guam, along with the rest of the nation, is observing "Developmental Disabilities Awareness Month." The theme "Just Like You," encourages people to bring diversity to their communities by welcoming people with disabilities. The goal of this observance is to offer island residents a chance to learn about developmental disabilities, increase their understanding of issues affecting people with what is also referred to as "DD," in addition to hearing about their unique contributions to our community.

Several activities have been planned, beginning with the Proclamation Signing by Governor Felix P. Camacho, designating March as "Developmental Disabilities Awareness Month" that took place on February 18. Other activities include a Film Festival that features documentaries that focus on the lives of several individuals with developmental disabilities, the Guam System for Assistive Technology Conference and Fair, as well as other events listed below. For more information, call the Guam Developmental Disabilities Council at 735-9127, TTY: 735-9130.

DD Awareness Month Events

Proclamation Signing

Governor's Office - Large Conference Room
February 18, 2010, Thursday, 10:00am

Mass at Agana

Dulce Nombre de Maria Cathedral-Basilica
February 28, 2010, Sunday, 9:30am

Assistive Technology Conference

Westin Resort Guam
March 6, 2010, Saturday, 8:00am-3:30pm

Assistive Technology Fair

Micronesia Mall
March 13, 2010, Saturday, 10:00am-3:00pm

2010 Bowling Bash

Central Lanes
March 20, 2010, Saturday, 9:00am-1:00pm

March is Developmental Disabilities Awareness Month.
The Guam Tri-Agency on Developmental Disabilities is proud to
present the FIRST EVER Developmental Disabilities Film Festival!

DEVELOPMENTAL DISABILITIES AWARENESS FILM FESTIVAL

All films will air Wednesdays &
Saturdays this March on
PBS Guam KGTF Channel 12

Including Samuel

7pm, Wednesday, March 10
5pm, Saturday, March 13

Body & Soul

7pm, Wednesday, March 17
5pm, Saturday, March 20

The Key of G

7pm, Wednesday, March 24
5pm, Saturday, March 27



For more information, call
735-2477 or 477-9811.



New Business Hopes to Shine



“Fun in the sun” immediately came to mind when Cathleen Santos set out to start a new business that suited her need to work in a “people” environment. She is now the owner of “Del Sol,” a brand known for high-quality products that change color in the sun, and she did it with a package of financial supports, which included a Get Guam Teleworking (GGT) Loan.

Cathleen relates that she had a good support system in place to motivate and encourage her. Denise Mendiola Hertslet, a counselor at the Small Business Development Center (SBDC), helped Cathleen walk through the development of several business plans (for the same business) with focus on different audiences. Denise provided advocacy in coordinating financial supports through the Division of Vocational Rehabilitation (DVR) and the GGT loan program. With her personal savings, DVR financial assistance, and the GGT loan, Cathleen secured enough start up funds to open her retail outlet.

Established in 1994, the first Del Sol store set out to show the world that a little sunshine goes a long way, creating a technology that allows products to change color in sunlight. The products that Cathleen’s Del Sol store will carry consist of a variety of novelty and souvenir items for the entire family, such as T-shirts, tank tops, board shorts, hats, caps and visors, sunglasses, watches, island style jewelry, nail polish, flip flops, rings, key chains, and hair accessories.

Can’t wait to check out these products? Cathleen will be opening her doors soon at the new Macy’s wing in the Micronesia Mall. Stop by and talk to her about how she brought her business dreams to reality and of course buy some of the merchandise!

DEL SOL Opening Soon!

Owner: Cathleen (Cat) Santos

Location: Micronesia Mall 2nd flr.

(next to the food court in the new Macy’s wing)

Contact No: (671) 637-1769

Website: www.delsol.com

Email: delsolguam@live.com

**Will you be the next
GGT
supported entrepreneur?**

If you are a person with a disability and are interested in starting a business, a Get Guam Teleworking (GGT) Loan may be right for you!

With a GGT Loan, qualifying residents with a disability can purchase assistive technology devices and services, or employment-related equipment, supplies, and inventory at a **LOW interest rate of 2.25%***.

“Employment-related equipment” may include mechanical or electronic devices, telecommunication systems, equipment training costs, computer hardware, software, and peripherals, fax machines, office machines, high-speed internet, office furniture, home modifications, motor vehicles, or any other tangible items related to the operation of your business.



For more information contact the Guam System for Assistive Technology (GSAT) office at **735-2490** or email at gsat@guamcedders.org.

*Some conditions apply.

Transit Operators Gain a Different Perspective



Larry Nelson is guided off a bus by his seeing guide, **Teddy Saguilla**, during a simulation activity.

"It's pretty hard to do this stuff." That was the response of a seasoned transit operator after he had taken a 20 minute, rough-ride field trip without his visual senses. He was one of thirty-five drivers who participated in four hours of required annual Passenger Assistance refresher training in January 2010. Although

most of the operators have served individuals with disabilities as customers for many years, they had a re-awakening experience by stepping into the shoes of individuals who have a disability. After a short ride at 20 mph over bumps, around curves, up and down hills, and with halting stops, the participants, who traveled blindfolded or seated in a wheelchair in the back securement area, related the following:

- "...going too fast on a bus is very uncomfortable and a little scary. Not being able to see anything makes you confused and scared."
- "...the bus driver must drive the bus smooth 'cause I can feel all the bumps and the speed of the bus."
- "...made me realize how the riders felt when I'm in the driver's seat."

In addition to building their sensitivity through the field trip, drivers had the opportunity to review ADA requirements for fixed route service, view emergency evacuation techniques, review passenger securement, and solve a set of sticky situations based on recent passenger problems. At the completion of the refresher training, one driver related, (I have) "a far better understanding of the way I should be driving and how fast we should all be traveling."



Operator Greg Taisague takes wheelchair user **Felipe Babauta** up on the lift, in preparation for the field trip.



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Comments may be sent to:

Guam CEDDERS

Office of Academic & Student Affairs

University of Guam,

UOG Station Mangilao, Guam 96923

Phone: 735-2480/1 Fax: 734-5709 TTY: 734-6531

Email: terrie.fejarang@guamcedders.org

Guam DDC Executive Director: Manuel Cruz

GLS-DLC Director: Harold Parker, Esquire

Guam CEDDERS Director: Heidi San Nicolas, Ph.D.

Editor: Terrie Fejarang

Layout & Design: Sean Lizama

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Alternative formats (e.g. Braille, large print, or audio tapes) of *I Linå'lå-ta* will be made available upon request. Please contact Margaret Johnson at 735-2477 (v), 734-6531 (TTY), or 734-5709 (fax) for more information.

The University of Guam is an equal opportunity employer and provider.

DID YOU KNOW THAT?

Citizens with Disabilities, Head of Household of Dependent with Disabilities, or Senior Citizens may qualify for a

80% REAL PROPERTY TAX CREDIT

Application must be filed **on or before March 15, 2010**

BASIC ELIGIBILITY REQUIREMENTS

Applicant must be Head of Household

Applicant is owner/occupant

Applicant must have lived on Guam for the preceding five (5) years

*Disabled Individuals must meet the definition of "*Permanent Disability*" as established by the Department of Integrated Services for Individuals with Disabilities (DISID). *A Confirmation Letter from DISID must be attached to the property tax application.*

For more information go to www.guamtax.com or contact the Real Property Tax Division at: Appraisal Branch (671) 635-1895, Assessment Branch (671) 635-1763.

Real Property Tax Credit/Exemption applications are available online at www.govguamdocs.com.

Upcoming Events

FEBRUARY 2010

Feb 18 Proclamation Signing
(Governor's Office - Large Conference Room, 10:00am)

Feb 28 Mass at Agana
(Dulce Nombre de Maria Cathedral-Basilica, 9:30am)

MARCH 2010

Mar 3, 10, 17, 24 Parent Workshops for Military Families, 6:00pm-7:00pm, Call Guam Family Supports 360° at 735-2560 for more information

Mar 5 Guam CEDDERS Advisory Council Meeting
(GSAT Training Center, House 19 Dean Circle, 3:30-5:00pm)

Mar 6 Developmental Disabilities Awareness Month
(16th Annual Assistive Technology Conference, Westin Resort Guam, 8:00-3:30pm)

Mar 10 Guam DD Council Membership Meeting
(Holiday Resort & Spa, 11:00-2:00pm)

Mar 10 & 13 Film Festival: *Including Samuel*, PBS ch.12, Wednesday, 7:00pm & Saturday, 5:00pm

Mar 13 16th Annual Assistive Technology Fair
(Micronesia Mall, 10:00-3:00pm)

Mar 17 & 20 Film Festival: *Body & Soul*, PBS ch.12, Wednesday, 7:00pm & Saturday, 5:00pm

Mar 20 2010 Bowling Bash
(Central Lanes, 9:00-1:00pm)

Mar 24 & 27 Film Festival: *The Key of G*, PBS ch.12, Wednesday, 7:00pm & Saturday, 5:00pm

Mar 25 Family Support 360 Advisory Council Meeting
(GSAT Training Center, House 19 Dean Circle, 4:00pm)

**Got a story or event related to Developmental Disabilities you would like to share?
Contact Guam CEDDERS
at 735-2477**

The 2010 Guam Directory of Services & Resources for Individuals with Disabilities

**Now available online at
www.guamcedders.org**

**For a hard copy
contact Margaret Johnson
at 735-2477**

