

I Linå'la-ta OUR LIFE

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Administration on Intellectual Developmental Disabilities Tri-Agency



Let's Put Bullies Out of Business By Maria Bontogon



Maria Bontogon, the author of this article, was a guest presenter during the recent Employment for Youth with Developmental Disabilities Conference held on September 28 at the University of Guam. Maria, a senior at Simon Sanchez High School, is an emerging leader in Guam's self-advocacy efforts.

Bullying has no universal accepted definition, but most agree with these core elements: deliberately or willfully aggressive, exercise of power over another with hostile and malicious intent between individuals.

Bullying can be verbal, physical, written or digital. It involves teasing, name calling, insulting, threatening, humiliating, and abusing physically, verbally, and emotionally. In a less direct form, it is referred to as "psychological bullying" such as spreading rumors, gossiping and shunning or exclusion. Because it affects the health and well-being of a person, it is also considered a public health issue. Those who get bullied face difficulties, and the heartbreak is all the more poignant when it involves children with special needs who are particularly susceptible to this unacceptable behavior. This may adversely affect the ability of an individual to participate in or benefit from school programs or activities. The targets usually have difficulty stopping the unwanted behavior directed at them and struggle to defend themselves. Parents, friends or school personnel may see noticeable changes in the individual's behavior, such as isolating self from others or peers, expressing feelings of mood problems and physical symptoms related to stress, anxiety, and depression.

People can take steps towards bullying prevention like advocating for themselves. Learn social skills and exercise them. Keep a group of supportive friends and social networks. When in public, be in a group of trusted friends. Bullies usually prey on people who are alone and avoid groups of happy people. Talk to those in authority to learn ways to cope with and stop unwanted conduct. Get trusted people involved to stop misconduct. Document the incident if any exists and report it immediately to parents, school authorities, or public safety officials. They would know what to do from there.

Keep in mind— never physically fight back with a bully. Doing so might make things worse. Instead, be assertive. Let the bully know that he/she is making you uncomfortable. Assertiveness is like perfume: everyone knows when you're wearing it!

Educational institutions have legal responsibilities to ensure children are safe, secure, and free from harassment or any discrimination. Schools, colleges, or universities quash bullying by enforcing school-wide anti-bullying policies. They help empower students by teaching them social skills, character education, conflict resolution, and anger management strategies. The increase of adult presence and supervision is also implemented in school facilities where bullying typically occurs when no one is around. Schools teach positive behavior through coaching, modeling, and praise, creating a greater sense of connection among peers offered through mentoring, mediation, and counseling.

Every child has the right to equal educational opportunities including students with disabilities based on Section 504 of the Rehabilitation Act of 1973 and Title II of the Americans with Disabilities Act (ADA) of 1990, which are enforced by the Office of Civil Rights (OCR). OCR has stated that bullying may also be considered harassment when based on student's race, color,

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Bullying and Individuals with Disabilities

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national origin, sex or disability. A disability harassment is unacceptable. When it occurs, it is a violation of federal law and will result in a disciplinary action for those who are found responsible.

Some Ideas on Eliminating Disability Harassment:

- Learn to advocate for yourself. Take a stand and speak up. If anyone makes you feel uncomfortable, talk calmly with the bully to stop. If the comment or joke is tolerable, try to laugh it off. You might catch the bully off guard. If speaking up doesn't work, walk away and stay away. Bring it out in the open with trusted adults. They need to know when bullying occurs so they can help end it. Write the incident in detail as early as possible for accurate reporting later. Get involved, voice out your feelings and share ideas.
- Develop social skills that promote respect, understanding, positive action, empathy and kindness. Stop, think, and try to divert your attention to something else before you comment, offend, or hurt anyone. Always treat everyone with respect. Keep in mind that every individual is unique and different. Nobody is better or worse, just plain different. Remember the golden rule: "Do unto others what you would want them to do unto you."
- Incorporate disability awareness, concerns, and sensitivity in the school curriculum, programs, or activities and the community at large.
- Provide appropriate training and support for school personnel, students, and parents to recognize, handle and prevent potential disability harassment.
- Encourage everyone (teachers, students, school faculty, parents and the community) to discuss disability harassment, and to report it immediately upon awareness if any exists.
- To prevent reoccurrence, advise and provide effective reinforcement for students and individuals who have been involved in the harassment including those who have been harmed and who have been responsible.
- Implement monitoring programs on resolved issues of disability harassment.
- Regularly assess or modify the existing disability harassment statements to ensure effectiveness.

No one has the right to harass anyone or put them in harm's way. Nobody can learn and function appropriately in an environment of intimidation and ridicule. The reality is...bullying is a choice. We all can and must fight the apathy in this world!

By Maria Bontogon

My Life In Middle School

By Gian Magana

Hello this is Gian, I am a typical teenager who has autism.
I have many challenges along my life.

It all started in seventh grade.
This was my most desperate time.
During a biology class
We were in a group doing criminal research.

I put my name as "Butters*"
When someone presented in front of the class
called me "guilty"
And I threw a fit.

After this class
some of my classmates still called me guilty
and it really hurt me in a heart!
Why do they want to call me guilty?

During 8th grade some students didn't treat me the right way.
In some classes these guys would ignore,
Intimidate me, or even assault me.
I didn't understand!

I somehow made it onto the soccer team in middle school
I thought I was safe in our team,
But no, the guys who picked on me
didn't give me the respect.

Who says shut up when I was yelling?
Who intends to kick me in the legs?
Why is this happening to me?
Now I kindly need RESPECT and the kindness you gave to me.

I was bullied or picked on
all like many other students in school
I didn't want this to happen,
yet why did it happen all the time?

However in High school I wasn't really picked on.
Yet I was still lonely.
But then many students approached me.
I thank you for that.

When you're hurt, please don't fall down.
But please have respect for others even when you're hurt.
Calm down, relax, don't think of anything,
and focus on your actions but nothing but your mind.

But now, hey I am still lonely
Yet I could be depressed when a certain student doesn't
approach me.
I believe I was bullied even though they didn't bully me
because I am somewhat shy
And please, you need to also give respect to my attitude.

*Leopold "Butters" Stotch is a fictional character in the animated television series South Park. http://en.wikipedia.org/wiki/Butters_Stotch

SiñA Earns Governor's Award for Innovative Sports/Fitness Event



Photo (L-R): Ginger Porter, SiñA Advisor, and SiñA members Steph Madarang, Chris Madarang, Norma Boswell, Erlinda "Lynn" Tydingco, SiñA President, Jean Quitugua, and Gian Magana accept the Governor's Award for Innovative Sports/Fitness Event or Program. On stage to present the award are (Back row) Bill Bennett, Member of the Governor's Council on Physical Fitness and Sports, Katarina Martinez, Miss Earth Guam 2013, and David Nelson, Member of the Governor's Council on Physical Fitness and Sports.

SiñA, Guam's Self-Advocates in Action, recently received an award in recognition of the organization's dual efforts to promote physical fitness and increase public awareness of disabilities on our island. Erlinda Tydingco, SiñA President, and other members of the organization, graciously received the 2013 Governor's Award for Innovative Sports/Fitness Event or Program for organizing and sponsoring the White Cane Safety Day Relay over the last two years during the September 21st awards banquet and ceremony.

As part of the nomination process, Terrie Fejarang, Guam CEDDERS Associate Director, summarized SiñA's initiative in organizing this event, stating, "the promotion of health and wellness activities cuts across all age levels and more importantly, ability levels. Unfortunately, people with disabilities are oftentimes overlooked when it comes to physical activity. Rare is the case where an organization of individuals with disabilities takes the lead in coordinating a relay event to promote health and increase awareness of the abilities of people with disabilities."

The nomination statement continued by saying, "Approaching their third year for the White Cane Safety

Day Relay, Self-Advocates in Action, better known as SiñA, offers a unique inclusive walking event to educate our community in the accessibility needs of individuals with disabilities and asks them to "walk in their shoes," doing so without vision and with a white cane as a navigational guide. This physical activity provides the awareness needed to ensure proper design, construction, and most challenging of all, positive attitudes. SiñA also sponsors a 5K power walk event that targets every body to participate in a fitness activity. This event promotes community inclusion, a concept embracing the value that encourages all people to engage in activities along with individuals with all levels of abilities. For these reasons, we nominate SiñA for the 2013 Governor's Award for Innovative Sports/Fitness Event or Program."

Upon accepting the award on behalf of the SiñA organization, President Tydingco thanked all members, supporters, and the Governor's Council on Physical Fitness and Sports.

A special "Lifetime Achievement Award" was also given during the banquet to Patrick Wolff, J.D., for his over 30 years of service in promoting sports and physical fitness on our island. Attorney Wolff is the longtime Chairperson of the Governor's Council on Physical Fitness and Sports.

Young Adults Attend Employment Conference



Top photo (L-R): Brian San Nicolas, Senior Health Advisor and the Honorable Eddie Baza Calvo are greeted by UOG Professional and International Program staff Carlos Taitano and Russell Ocampo. Bottom photo (L-R): Catherine Cruz and Dometila "Del" Aquilizan, both from the Job Corps Program under the Department of Labor, provide information on employment programs while Ginger Porter, Guam CEDDERS Initiative Area Coordinator and Diamond Iriarte, Self-Advocate look on.

The Guam Developmental Disabilities Council sponsored the Conference for Employment for Youth with Developmental Disabilities on September 28 at the University of Guam campus. The doors to opportunity and information were opened by the Honorable Eddie Calvo, Governor of Guam and Cathleen Moore-Linn, Director of the UOG Professional & International Programs.

Scores of UOG students from Americorps Volunteers and the International Friendship Club helped the youth participants get settled in the Lecture Hall for an inspirational and mesmerizing personal journey facilitated by Ginger Porter, Guam CEDDERS Initiative Area Coordinator and told by Diamond Iriarte. As a young self-advocate, Diamond, 24, fully understood

his strengths and knew how to talk about his hidden disabilities. He was supported by a network of family and friends who connected him to resources within Vocational Rehabilitation (VR) and the Guam Department of Labor, Job Corps. Representatives of these two employment resources were on hand to answer questions from the audience about their services.

As Diamond continued to unfold his story, he talked about his choice to get training within the Hawaii Job Corps and the experiences he had. Like a college student, he lived with roommates in a dorm for the 21 months of training, ate in the campus cafeteria, studied in classes, had access to counseling and assistance in career planning. He was also given a small allowance for spending on personal needs, and gained a new

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Young Adults Attend Employment Conference *...continued from page 4.*

network of friends. He emerged at the conclusion of the training experience with certified skills and training in Landscaping, OSHA Safety, Safe Work Practices, First Aid, CPR, Customer Service, Renewable Resources and Energy, Career Preparation, Business Planning, and Money Smart topics of Banking, Checks, Loans, and Paying Yourself First. Academic skills in language and math were also provided by the program.

Upon returning to Guam, Diamond got a job handling baggage and servicing planes at the airport, and his OSHA certifications from the Job Corps gave him better pay opportunities. This is his immediate job, but he is also preparing for his dream job: to own his own landscaping business, a plan put together during his Hawaii Job Corps training. Through VR and the Get Guam Tele-working (GGT) loan program facilitated by the GSAT Center, he now has funding to start up his business.

Diamond's personal journey was much like taking a diamond in the rough and polishing it into a brilliant and valuable gem. His story provided a great entrée to Leone Rohr's keynote presentation message of how to map your dreams and take action for successful transition from high school to adulthood.

After taking lunch with college students at the student center, conference participants were oriented to the University campus on a student-conducted tour. Then the afternoon consisted of four workshops: On the Job, Self Awareness, Time Management, and Effective Communication, each presented by different instructors. Closing comments for the day's events were provided by Simon Sanchez High School senior, Maria Bontogon, a youth self-advocate, who provided information and related personal success stories of the benefit gained by using assistive technology.

Annual Election Period for Medicare Part D

OCTOBER 15, 2013 – DECEMBER 7, 2013 By Joleen Almandres



The Annual Election Period for Medicare's prescription drug program, nationally known as Medicare Part D, is from October 15, 2013 through December 7, 2013. During this period, Medicare beneficiaries may enroll or cancel in this voluntary prescription drug program.

For 2014, United HealthCare is offering a Medicare Part D plan, called the AARP MedicareRX Preferred Plan, to the island's Medicare beneficiaries with a monthly premium of \$20.50 effective January 1, 2014 provided the beneficiary enrolls before or by December 7, 2013. A higher monthly

premium may be assessed for beneficiaries who delayed their Part D enrollment when they were first eligible, and were without

creditable prescription drug coverage from another health insurance.

The Guam Medicare Assistance Program (Guam MAP) within the Division of Senior Citizens (DSC) under the Department of Public Health and Social Services provides free informational presentations on the 2014 Part D Plan every Tuesday and Thursday at 9:00 a.m. and 2:00 p.m. through December 5, 2013 at DSC's office located at 130 University Drive, Suite 8, in Mangilao.

Medicare beneficiaries and their families interested in obtaining more information are encouraged to contact Guam MAP at 735-7421 or 735-7415.



GSAT Council Elects New Officers for FY 2013-2014



The Guam System for Assistive Technology (GSAT) Advisory Council meets for its first general membership meeting of the new fiscal year, 2013-2014. The Assistive Technology Act which funds GSAT requires that it maintain a consumer-majority Advisory Council that provides consumer-driven advice for planning of, implementation of, and evaluation of activities carried out through the grant, including setting measurable goals. Exceeding the requirements of the grant, this great group of individuals goes beyond their advisory capacity and takes leadership roles in making things happen for our island community. Photo above: 2013 GSAT Advisory Council, seated from (L-R): Lou Mesa, Evelyn Duenas (Vice Chairperson), Roy Rosario (member-at-large), Lisa Ogo (Chairperson), Josie Cortez (Secretary). Standing from (L-R): Kirsten Bamba (interpreter), Barbara Johnson (member-at-large), Ben Servino (DISID/DVR Rep.), Michelle Cruz (GLSC Rep.), Tavita Faasualalie (member-at-large), Dawn Maka (GCIL), Vedalema Valencia (member-at-large), Carina Raguindin (DOL/AHRD Rep.), Carla Torres (GSAT Coordinator). Other members not in photo: Rosanne Ada (GDCC Rep.), Terese Crisostomo (DOE Rep.), Rudy Ignacio (member), John Kimmons (member).



Do you ride fixed route and/or paratransit?

The Guam Regional Transit Authority ADVISORY COMMITTEE

Seeks 8 interested transit riders to become members of the committee

- Attend monthly meetings, beginning December 2013
- Receive FREE transit passes for members

Contact Nicole at 475-4686 for information and application procedures



Adult Protective Services Law Updated

By Carol Cabiles



Front Row (L-R): Public Guardian Marcelene C. Santos, Esquire; Senator Aline A. Yamashita, 32nd Guam Legislature; Evelyn Cruz, Social Worker, Bureau of Adult Protective Services, Division of Senior Citizens, Department of Public Health and Social Services (DSC/DPHSS); Benito Servino, Director, Department of Integrated Services for Individuals with Disabilities; Marilyn Miral, Social Worker, Guam Behavioral Health and Wellness Center; Bernadita Grajek, Executive Director, Guma' Mami Inc.; Second Row (L-R): Timothy Santos, Social Worker, Guam Memorial Hospital; Carol D. Cabiles, Program Coordinator, Guam Legal Services Corporation - Disability Law Center; Evelyn S.A. Claros, Family Liaison, Office of Senator Yamashita; Jesse Catahay, Deputy Director, Catholic Social Service; Captain Daren Burrier, Guam Fire Department; Jirrah Cabrales, Program Coordinator, Guma' Mami Inc.; Third Row: Jared Ada, Case Manager, Guam Medical Transport; Francisco V.G. Limtiaco, Social Worker, Bureau of Adult Protective Services, DSC/DPHSS; Philip J. Tydingco, Chief Deputy Attorney General, Office of the Attorney General; PeterJohn D. Camacho, Project Director, Guam Coalition Against Sexual Assault and Family Violence (GCASAFV), Arthur U. San Agustin, Senior Citizens Administrator, Division of Senior Citizens, DPHSS. Collaborators not present for the photo: Diana Calvo, Executive Director, Catholic Social Service; Jocelynn Cruz, Supervisor, Bureau of Adult Protective Services, DSC/DPHSS; Yvonne Flores, Guam Housing and Urban Renewal Authority; Brian Torres, St. Joseph's Medical Transport; Vice Mayor Louise Rivera, Mayors' Council of Guam; Cynthia Cabot, Executive Director, GCASAFV.

Last April, the Department of Public Health and Social Services (DPHSS), Bureau of Adult Protective Services, Division of Senior Citizens, together with the Office of Senator Aline Yamashita, brought together various agencies and service providers to work on updating the Adult Protective Services (APS) Act, Public Law 19-54 as amended by Public Law 21-33. The 15-member work group collaborated on improving the APS mandate to update and strengthen the law to protect vulnerable senior citizens and adults with a disability from abuse, neglect and exploitation.

Last December, the act to amend the APS mandates became Public Law 31-278. Updates relate to the process of reporting incidents of an elderly person or adult with a disability abuse; appointment of a Multi-Disciplinary Team (MDT) to provide case consultation, interagency treatment strategies and collaborative planning to address complex cases and services gaps involving an elderly individual or adult with a disability who is a victim of abuse and/or neglect.

This past August, the National Adult Protective Services Association (NAPSA) selected this working group as the receiver of the NAPSA Collaboration Award in recognition of significant contributions to improve services and supports in the field of abuse of elders and persons with disabilities protective services. James Gillan, DPHSS Director paid tribute to the group by saying "I extend my congratulations and gratitude to all members of the

work group for their commitment and dedication in undertaking this task to protect and serve our seniors and adults with a disability and who are now being recognized on a national level."



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Guam DDC Executive Director: Rosanne Ada
GLSC-DLC Director: Harold Parker, Esq.
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Alternative formats (e.g., Braille, large print, audio tapes, or electronic file) of **I Linå'lå-ta** will be made available upon request. Please contact Margaret Johnson at 735-2477 (v) or 734-6531 (TTY), or email: margie.johnson@guamcedders.org for more information.

Yes You Can!

SiñA: Self-Advocates in Action, is a nonprofit organization consisting of individuals with all types of disabilities and their allies who believe in the purpose of SiñA: to promote self-advocacy for people with disabilities by assisting, educating, forming alliances, and participating together to further strengthen efforts to accomplish individual and group goals to improve our quality of life.

Annual dues: \$10.00

General membership meetings:
Bi-monthly, every 3rd Saturday

Contact:

President Lynn Tydingco: 685-7807
or email her at: sinaguam@gmail.com



"The other kids were just jealous they didn't have a cool helmet like I did!"

Molliann Campos,
JFK Junior,
speaking at
Self-Advocacy Conference

Join SiñA today

Self-Advocates in Action



Save the Dates!

March 1, 2014:

Guam System for Assistive
Technology Annual
Assistive Technology Fair

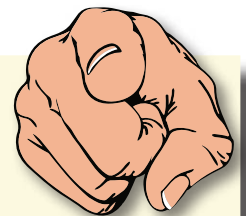
March 28, 2014:

Guam System for Assistive
Technology Annual
Assistive Technology
Conference

Venues to be announced.



PADD



Advisory Council Wants You!

Guam Legal Services Corporation - Disability Law Center (GLSC-DLC) is seeking your help in nominating individuals to serve as members to the PADD (Protection and Advocacy for Individuals with Developmental Disabilities) Advisory Council. As a council member you will have the opportunity to guide the PADD Program in advocating for the needs of individuals with Developmental Disabilities. If you or anyone you know may be interested, please contact Leslie or Michelle at GLSC-DLC 477-9811.