

Please Clip This Reminder!

### Wendell Foster's Campus

# 7th Annual Benefit Auction & Dinner

Saturday, September 11, 2010  
Owensboro Sportscenter

Mark Your Calendars Now For This Festive  
Evening of Fine Food, Fun, and Generosity!

Reservations: 270-683-4517  
www.wfcampus.org

Phone or Email Lindsey Mattingly With Your Donated Items:  
270-852-1458 or lmattingly@wfcampus.org

## We Spread The Word To End The Word

### Won't You Help Us?

"Spread The Word To End The Word" T-shirts are available for purchase at the Wendell Foster's Campus reception desk in our Administration Building. Only \$10 each. Won't you help us end the use of the "R-Word?"



### Pre-order New "Acceptance" Shirt

We are also accepting pre-orders for our newest t-shirt design: "Acceptance unites us all in the circle of life." Only \$10 each and the message is universal. Visit the WFC reception desk, call us at 270-683-4517, or email connect@wfcampus.org.



## Education, Stepping Up, Taking Chances Are Keys to WFC

**I**t's amazing to me how often myself and other employees are asked "what we do" here at Wendell Foster's Campus. Sometimes I forget that not everyone is touched by a person with developmental disabilities, and even some that have yet to be introduced to our services.

We could regale you with statistics, goals and objectives, long-range plans and other operational matters, but it's really about the people we serve... the heart and soul of what we do each day... the babies, teens and adults whose very life blesses so many people.

So we are kicking off a campaign to share with you who we really are... a story of sorts that will help you understand *What We Do!* These vignettes will feature people in their everyday lives doing what they do. People in our community: your family, neighbors, and friends. These are the people we look up to...

people whose courage, strength, and deep rooted faith radiate from their smiles, even amidst the daily struggle of independence, belonging and most of all acceptance.

We're telling stories about people who have been asked to leave restaurants, been denied service for manicures and pedicures, had rocks thrown at them, and still manage to see the brighter side of life. One guy told me that, "we need to pray for those little boys throwing rocks at us. They just don't understand." He's right... and I don't understand either.



We are kicking off a campaign to share with you who we really are.

I hope you will get to know these folks and the next time you see them in the mall, or at your favorite diner, introduce yourself. Get to know them a

little bit. They might be your new best friend.

*Maggie P...*

Vice President of Development and Community Education



# It's What We Do.



**Wendell Foster's**  
Campus For Developmental Disabilities

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We Believe In Equality.

## WFC "R-Word" Essay Contest Winners



### Abolishing the "R-Word"

By Emily Holland  
7th Grade  
Collegeview Middle School

Just like "cool", "dumb", "awesome", or any other "slang" word, people use the "r-word", (aka - retard) in everyday conversations and never think twice

about it. What people don't realize is that using the "r-word" is offensive to people who have developmental disabilities, particularly those who are intellectually disabled. People have dismissed and mistreated those with disabilities for centuries. Using the "r-word" is cruel and demeaning. It should stop.

One of the reasons people dismiss people with disabilities is that they don't understand them. Most people don't know what it means to have a "disability". A disability is simply a condition that makes someone require assistance in parts of daily life or in gaining independence. An intellectual disability means a person with lower than average abilities to learn, mature, or gain independence. There are about 2.5 million people in the world with an intellectual disability. However, people with intellectual disabilities can still learn, have fun, and live a normal life.

Cerebral palsy and autism are two other kinds of developmental disabilities. Some symptoms of cerebral palsy are problems with muscle control, speech, or hearing. Autism can cause someone to be resistant to change, be unaware of others' feelings, or have impaired communications skills. Remember, people with autism or cerebral palsy do not always have an intellectual disability.

Why would you make jokes about someone who speaks differently or doesn't act the same as you? The truth is that there is no real reason. People do this because they don't like things to be different. Because the world refuses to accept people with disabilities, these people have been excluded from society throughout history. In the past, people with disabilities, especially those with intellectual disabilities, have been abused, institutionalized, mistreated, and have even been used as "guinea pigs" to test out new products. They have been subjected to jokes and scorn. You may think you take no part in this, but it is unlikely that you are completely innocent. When you use the "r-word", you help drive home the idea that people with disabilities are unwanted and undeserving

of a normal, happy life.

We need to learn the art of acceptance. Yes, people with disabilities are different, but aren't we all unique in our own way? The first step towards acceptance is to abolish the use of the "r-word". If everyone would stop using it, we would start on a path away from prejudice and mistreatment. People with disabilities are just that, people, and should be treated as such.

# It's Wha

### Acceptance as a Path to Unity

By Jordan Haire  
10th Grade  
Owensboro High School



"We must hang together or else we shall all hang separately." These brilliant words were spoken by none other than Benjamin Franklin, and they truly speak wonders about a path to unity. Accordingly so, I would like to take you down my path.

My journey toward unity began with a single step, when I first realized the difference between looking and seeing. Initially, I only looked at the diversity of people, but one miraculous event changed my path forever. In February 2010, I traveled to Bowling Green, Kentucky to watch my friend's brother participate in basketball for the Special Olympics. There I witnessed "special" people who didn't dwell on winning, losing, or scoring twenty points. That Saturday afternoon I realized how blinded I had been and for the first time in my life, I could see, rather than look, at all of the beautiful people through their various disabilities. The Special Olympics allowed me to witness how each person is a gift, despite their physical, mental, or emotional handicaps. Watching the players play with a continuous smile on their faces helped me come to this realization. I am forever indebted to the

We Believe In Everyone's Right To The Best Health Care.



### Lindsey Overby

Lindsey is a Case Manager for Supports for Community Living (SCL) here at Wendell Foster. She is also a Program Coordinator for the Michelle P. Waiver. Here at WFC, she has also worked as a Direct Support Professional (DSP) in SCL and as an Assistant Program Director in our Intermediate Care Facility (ICF). She just graduated from Brescia University this past December with a BA in Psychology. Congratulations, Lindsey!

### Beth Shepherd

Beth recently passed her CPA exam and has been promoted to Assistant Controller in the Wendell Foster Business Office. Way to go, Beth and congratulations!

### Ryan Kizer

An Owensboro native, Ryan is a new Physical Therapist here at WFC. He has a BA from Transylvania University in Exercise Science, and a Doctorate in Physical Therapy from the University of Evansville. Locally, he has worked at Orthopedic Sports Medicine and in Acute Care at OMHS. He also has experience in the Brain Injury Unit at Cardinal Hill Rehabilitation Hospital in Lexington. Ryan has been married for almost two years and recently discovered that he is going to be a dad. Welcome, Ryan, and congratulations on your many skills! It's great to have you with us.

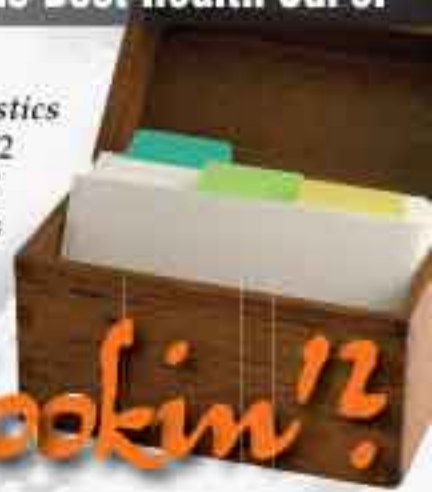
### Kerri Price

Congratulations, Kerri, on your May graduation from Western Kentucky University with a Master of Science degree in Nursing Administration! As a Clinical Nurse Manager, she has coordinated the healthcare for the 16 individuals in Cottage D since 2007. Kerri also has a Bachelor of Science degree in Nursing from the University of Kentucky, and has been involved here at WFC since elementary school when she started volunteering. Kerri will be forming a family in August when she marries Nathan Booker, and becomes step-mother to his daughter, Kate. Good luck, Kerri and Nathan!

### Kim Trainer

Kim is WFC's Clinical Director. She received her Master of Science degree in Nursing Education and is currently working on her MBA and is due to graduate in 2011. A native of Scotland, Kim has lived in Kentucky since 2007 and started at WFC in 2008. She is married with two children and one grandchild. Keep up the great work, Kim, and congratulations on your recent degree!

Originally published in "The Calico Cookbook" series compiled by the Spastics Guild. These recipes come from the 1972 edition that featured recipes submitted by the "Governors of the United States and/or Their First Ladies."



## What's Cookin'?

### Georgia Chicken Supreme

- 4 boned chicken breasts
- 1/4 cup milk
- cardamom (a cooking spice)
- chervil (a cooking herb)
- 2 ounces burgundy wine
- 1 pint chicken stock
- 1 egg
- bread crumbs
- oleo
- salt and pepper
- 2 ounces brandy

- Season chicken breasts with cardamom, chervil, salt and pepper; dip into egg and milk (beaten together; then dip into fine bread crumbs.
- Brown on both sides in oleo until tender.
- Place chicken in baking dish; pour the following over chicken: brandy, burgundy, chicken stock.
- Bake in moderate oven (about 350 degrees) until tender.

### "Plains Special" Cheese Ring

- 1-lb. grated cheese
- 1 cup mayonnaise
- black pepper to taste
- 1 cup chopped nuts
- 1 small onion grated
- dash of cayenne
- Mix: mold with hands into desired shape (I mold into ring); place in refrigerator until chilled.
- When ready to serve, fill center with strawberry preserves.
- Good also as a cheese spread without preserves.



Rosalynn Carter

### Coming Soon!

WFC is in the process of reworking the great cookbooks compiled by the Spastics Guild in the 1970s with

recipes from the likes of Ronald Reagan, Carol Burnett, Valerie Harper, Betty Ford, Cloris Leachman, and Owensboro's own PB Band, to name but a few. Don't miss out on these limited reissue copies. Watch this space!



We Believe Everyone Deserves A Chance At a Real Life.

# Why Don't We All Volunteer?

Get Involved! Volunteer! The Obama administration has issued a passionate call to service. The "United We Serve" campaign challenges all Americans to make a difference by doing "good" in their communities for 81 days, from June 22 through September 11 and beyond.

"Make Volunteerism and community service part of your daily life, and part of the life of this nation," invites President Obama, "And I mean everyone."

Here's some of what the President had to say:

"It sounds good, right? But wait! I can hear the excuses buzzing already: "Well, umm, ahh, you know, the new episodes of Wipeout are coming on, work is so busy, summer is hectic, and money is tight - I just can't get involved." Sound familiar? Why don't we volunteer?"

Here are some of the top reasons:

- Not feeling qualified.
- Worried you will be sucked into paying a lot of money.
- Afraid it will take too much time.
- I have small kids and can't get away.
- Not knowing where to go or what cause moves you.

Maybe we don't volunteer because of the WIIFM (What's In It For Me?) factor. Does feeling happier, more content and satisfied with your life intrigue you at all?

Plenty of studies have shown that those who volunteer actually have improved health, and it triggers dopamine pleasure. But to put ourselves out there, most have to have a calling. We have to be



pulled. We have to care. Give time to someone or something that needs help this summer. No more excuses.

Here are some of the WIIFY (What's In It For You) in volunteering:

- Meeting people you never would have met. Volunteering offers a vital experience of putting roots in the ground. Feeling a part of something larger than ourselves can transcend the heavy emotions of isolation and loneliness – even once a month makes a difference.
- Gaining Perspective on Your Own Troubles. No matter how hard life can be, there is always someone worse off than you are.

Getting out of our personal mire for a while is healthy and therapeutic.

• Having Fun!

Or how about applying the President's challenge toward our families, friends, neighbors and co-workers? Make each day an opportunity to connect with someone in pain, lend a hand before being asked, or spread some joy in the daily doldrums.

Here at Wendell Foster's Campus, we are always in need of volunteers for everything from sending cards to our residents to holding Sunday worship services; from decorating for our annual fundraising auction in September to becoming a one-on-one buddy to our residents, so many of whom don't have family or outside friends; from data entry to planning arts and crafts events on a regular basis for residents. We know that to an outsider, our Campus can be an intimidating place. But once you make the commitment to our family of people with disabilities, you will find there are probably few more rewarding places to give of yourself. Contact Jim Payne, Volunteer Coordinator, to find your place with us. Accept the President's challenge and call or email today: 270-852-1457; jpayne@wfcampus.org. At Wendell Foster's Campus, we are helping to make the world a better place for everyone.

**Volunteer Opportunities:**  
[www.wfcampus.org](http://www.wfcampus.org)  
[www.weserve.gov](http://www.weserve.gov)  
[www.allforgood.org](http://www.allforgood.org)

We Believe Everyone Has Talent.

# "R-Word" Poster Contest Winners



**Accepted Is Expected**  
By Tabor Shadowen  
4th Grade, Burns Elementary School

**No R Word Essay 3rd Place Winner**  
Lauren Tucker,  
Freshman,  
Apollo High School



**No R Word Robot**  
By Logan Severs  
3rd Grade,  
Sorgho Elementary School

fact that I was able to see how, even if the athletes didn't win on the scoreboard, they won inside their hearts and were exceedingly brave in their attempt at victory.

After my heartfelt experience, I continued my journey. Suddenly, I saw things in an entirely new light. I began to see different members of my friend's basketball team around the community and I found myself interacting with them as if they

# t We Do.

were not handicapped. It was then that the question "Why are people so afraid to accept different people?," started to bother me. Was I one of the people that singled out someone out who had a disability? Or if someone else did, did I ever speak up? To think how malicious and cruel it would be for anyone to mock or to not accept people who were not as advantaged as others made me ill.

And this is where my path has led me today. To be honest, I have been ignorant of the crippling effect that the "r-word" has on individuals with special needs. But, after experiencing the wonder and awe of the Special Olympics, I encourage everyone to ban the "r-word". My path has led me to embrace all, and steer away from the stigma that individuals with special needs are not able to contribute to a world that is sometimes uninviting. My path ends at this destination, where unity and acceptance work synonymously to bring all individuals together. Henry Ford says it best: "Coming together is a beginning. Keeping together is a progress. Working together is a success." No one deserves to hang alone. Everyone's path can unite as one.



We Believe Everyone Needs to Laugh.



# And What A Grand Day It Was!

Snapshots of the WFC Sensory Park Opening, May 15, 2010



It's What We Do.

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94.7 FM

Proud Mom  
of my Son  
Autism

Owensboro's Newest Park With A Difference Offering Fun For All Area Residents! On The WFC Campus • Open Daily During Daylight Hours