



# REPORTS

SPRING 2009

**President**  
Mark Herring, M.D.

**Vice President**  
Jim Lakebomer

**Secretary**  
Carol Knobbe

Eduardo Dawson  
Peter Davidson  
Rhonda Busek  
Nancy Hart  
Alicia Hays  
Alana Holmes  
Tom Kelly  
Donna Koechig  
Dean Korige, Ph.D.  
Linda Lewis  
Ellen Nation  
David Nelkin  
Cindy Roane  
Gary Stevenson

**Executive Director**  
Marshall Peter

■ **Family Support and Service Coordination**

■ **Information Services**

■ **Consortium for Appropriate Dispute Resolution in Special Education (CADRE)**

■ **Administration**  
3411-A Willamette Street  
Eugene, Oregon

Mailing Address  
P.O. Box 51360  
Eugene, Oregon 97405-0906

Voice: 541-686-5060  
TDD / Fax: 541-686-5063  
www.directionservice.org

■ **Counseling Center**  
576 Olive Street  
(The Heron Building)  
Suite 307  
Eugene, Oregon 97401  
Voice: 541-344-7303  
Fax: 541-686-6283



## From The Executive Director

*“God grant me the serenity to accept the things I cannot change; the courage to change the things I can; and the wisdom to know the difference.”*

Human and educational services are being devastated. The magnitude of what’s occurring is unprecedented in my 32 years of working with children who have disabilities and their families. Across the board, people who are poor, disenfranchised and disabled in our community are in a terrifying struggle to survive and maintain a bare-bones quality of life. Programs that have been taken for granted are on the brink of closure, and many others must contend with sharply decreased resources.

At the same time that the service “system” fights to maintain services to existing clients, we see a daily increase in the number of folks who are, in many cases for the first time, finding themselves in need of help. Our friends, our neighbors — people who take fierce pride in their independence — are finding themselves in such dire straits that they are seeking help that they once would have considered unthinkable. Enrollment in public and private human service agency programs is skyrocketing with increases of 20%-35% common.

Sadly, the confluence of sharp reductions in funding alongside sharp increases in demand sets the stage for a perfect storm with devastating impact on elders, children, people with disabilities and others who depend on us for their well-being. These problems are likely to increase, at least for the next year or two.

Under these circumstances, it’s not surprising that I would open with a prayer, although I wrestled with the appropriateness of including it, as we are not a religious organization. I decided to proceed because I believe that the prayer’s components can offer important grounding and focus in a time that has the capacity to be debilitatingly discouraging. These are times when serenity — not to be confused with complacency — can be hard to come by. The prayer invites us to not spend large amounts of time focused on those aspects of the current fiscal crisis that are outside of our ability to meaningfully affect. Instead, we ask for the courage to *change the things we can*.

Sorting out what’s within our ability to change can be a demanding exercise. We’re not likely on an individual basis to alter the course of the world’s economy. We can, however, share with local, state and national officials what we believe their priorities should be. And, we can look for opportunities within our immediate reach to ratchet up our own personal commitment to helping those who struggle. It might mean taking extra time to volunteer for an organization we value or increasing our charitable giving at a time when we experience ourselves as having less to give. It could be as simple as helping out a neighbor or friend in need.

Perhaps the biggest danger we face is that the problems we confront seem so insurmountable that they breed hopelessness and paralysis. More than ever we need to build a powerful and compassionate community that embraces and lifts up those who are getting knocked down. Let’s try to change the things we can.

**Marshall Peter**

## *Perfect Salad: or Tossing in a Little Mindfulness*

Buzz Uckley was a baker. Buzz liked being a baker. He enjoyed the solitude in the kitchen in the early morning. He took pleasure in the motions that went into baking 32 loaves of bread each day: mixing the sponges, kneading the dough, and shaping the loaves. He even liked cleaning up while the bread baked in the ovens.

But baking was finished by about ten in the morning. By that time the kitchen was humming. His co-workers were busy: chopping, peeling, grating, simmering, measuring, boiling, asking and answering questions. Buzz didn't like this part of the workday so much. He liked the people — they were his friends — and he liked the idea that together they would produce a delicious meal made completely from scratch with fresh, natural, and locally produced goods.

But from ten until lunch was served — at 11:30 — Buzz felt slightly disconnected. He was no longer the baker. The kitchen was not his and his alone. He was one of them and he was supposed to do some other little job — something that needed to be done.

One day Buzz studied the schedule board — only one task was unaccounted for: the green salad. “*Sheesh,*” Buzz thought to himself. He grabbed some greens from the fridge, rinsed them quickly, plopped them down on a stretch of unoccupied counter-top, and began chopping. “*I hate making salad,*” he said out loud—to his own surprise. “*Well, that’s easy to fix,*” Mark Sommers replied. Mark just happened to be standing nearby whipping up some fresh mayonnaise. “*Just make a perfect salad.*” “*A perfect salad?*” Buzz asked. “*Yes, a perfect salad,*” Mark said. “*Do every step in the process as perfectly as you can again.*”

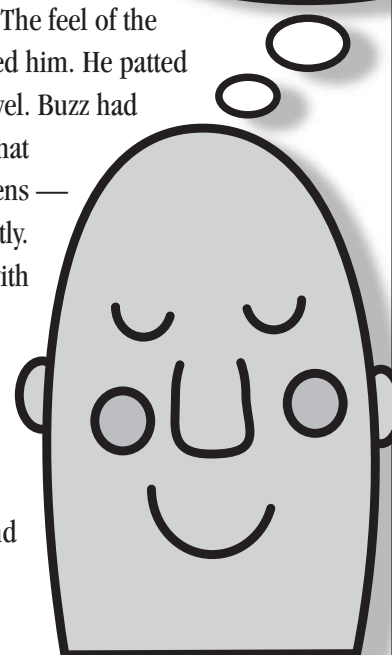
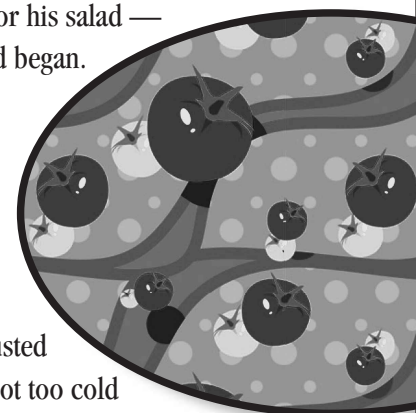
The salad that Buzz was in the process of finishing up was not perfect. It was probably a fine salad. Nobody would complain about it. It was unlikely, Buzz was willing to admit, that anyone would really notice it.

A perfect salad? What did that mean? Mark was one of those serious and serene, gentle but powerful, Zen-like guys you didn't meet in Jersey. A perfect salad. Buzz didn't know what it meant but he signed up for salad for the next day.

He thought about salad all afternoon. He asked people he knew about salads. What do you like in salad? What's the best salad you had ever had? Buzz was astounded. People seemed to get pretty excited about salad. They liked to talk about salad. “*Who knew that people cared so much about salad,*” Buzz marveled.

The next morning Buzz got to work at four o'clock — a half hour earlier than normal. Before he began baking he looked for and found a variety of ingredients he had decided to use in his salad. As soon as he finished cleaning up his mixing bowls, wooden spoon, spatulae, and loaf pans, Buzz hurried off to enter into the universe of salad making. He was a little excited. He laid out the fixings for his salad — his perfect salad — and began.

He started with three heads of romaine lettuce. He carefully chopped off the stems and laid the leaves in a metal colander. He adjusted the water — cold but not too cold — and rinsed the leaves. The feel of the cool damp leaves surprised him. He patted them dry with a paper towel. Buzz had learned the night before that you never chop salad greens — you tear them ever so gently. He repeated these steps with his other greens — butterhead lettuce, a little bit of spinach, some beet greens. Buzz stopped and looked at the colors — all green — but varied and complementary. Next?



Carrots and purple cabbage. Color, crunch, and taste. “Welcome aboard, boys,” he said. And now bean sprouts. Buzz didn’t quite get bean sprouts but he knew salad people loved them. And they would have them. He chuckled. Pumpkin seeds — Buzz had roasted these while he was baking. He had never heard of roasted pumpkin seeds in a salad but he knew — this is a bit of perfection. And now a little chopping — filberts, dried apricots. The last step — croutons from his very own and widely acclaimed whole-wheat sour dough bread. He was finished.

“Buzz, are you going to get that out into the dining room?” someone said. “We’re filling up.” “Sure, oh yeah, of course,” Buzz said. He took the bowl into the dining room and placed it on the serving table. He placed the serving tongs gently on top. He stood there with the giant bowl brimming with healthy, fresh, carefully prepared salad. “That was perfect,” he thought to himself.

What had Buzz done? He made a salad. What did he learn? Buzz learned that he had an option with any task he found himself dreading or disliking. He could exercise that option. “I could make a perfect salad.” Over the years Buzz has turned a number of less-than-preferred activities into perfect salads. He is pretty sure that this has something to do with whatever success he has found in his life.

Does Buzz always remember to turn undesirable tasks into perfect salads? Assuredly not — just ask his wife. Sometimes he does not remember at all. Sometimes he remembers too late. But often enough he remembers. And it works.

*Tasks that could become perfect salads: washing windows, vacuuming the car, wrapping presents, cleaning out gutters, clinical paper-work, washing pots and pans, doing your taxes, cleaning the bird cage, putting away the CDs that everyone else in the family leaves out...*

*Jay Buckley, Ph.D.*

Clinical Co-Director, Direction Service Counseling Center

## ***People at Direction Service***

Farewell to longtime Direction Service supporters and Board members, **Sue Wickizer**, **Barb Mollahan** and **Mike Vermillion**. Each has been a passionate advocate for the organization in the community and a continuing source of sage advice. They will all be missed!

We’re delighted to welcome two new members to the Direction Service Board of Directors.

**Peter Davidson** is Executive Vice-President and CFO at PacificSource Health Plans. Prior to joining PacificSource, he was the CEO of Oregon Medical Group. **David Nelkin**, a long-time generous supporter of our work, is the owner of Eugene Coin and Jewelry. David and Peter are both very enthusiastic about Direction Service. In the short time they have been on the board they have already made significant contributions to the organization.

**Cara Bohon**, a therapist at the Counseling Center, has been accepted to an internship at UCLA. Cara is in the final stages of completing her Ph.D. in Clinical psychology at the University of Oregon. She has gained national attention for research she has conducted at the Oregon Research Institute in the area of eating disorders. Best of luck, Cara.

Congratulations to **Aimee Taylor-Walsh** on her marriage to David Walsh.

**Kat Alexander** recently joined the staff at the Family Support and Service Coordination Program. Kat has a degree in Family and Human Services and Special Education and more than twelve years of experience working in the field of special education. She is a former client (parent of child with a disability), volunteer, and intern with Direction Service. Kat is proving to be a terrific addition to our staff.

## ***Find the Information You Need!***

*Three community resources can be invaluable sources of information and assistance as you look for advice related to your children and resources that can help:*

### **The Parent HelpLine**

is a FREE, CONFIDENTIAL telephone resource in Lane County for parents and caregivers of children ages 0 to 6 on topics including parenting, behavior and services in your neighborhood. The Parent HelpLine number is 485-5211, six days a week, Sunday through Friday, 9 a.m. to 4 p.m. The toll-free number is 1-888-485-5211 for areas in Western Lane County.

### **Direction Service Summer Program Directory**

contains a wide range of information on summer programs (educational, recreational, employment, etc.) aimed at children and youth with disabilities. Call Direction Service at 686-5060 for referrals and contact numbers or visit the Direction Service website for the Summer Directory at [www.directionservice.org](http://www.directionservice.org).

### **211Lane**

provides online information about local social services and volunteer opportunities in Lane County. [www.211lane.net](http://www.211lane.net). Users can locate agencies that provide disability information, food relief, crisis intervention, and other services. Users can also find opportunities to assist in the community.

*As always, call Direction Service with questions about programs, resources and supports for your family.*

## ***Quack!!!!***

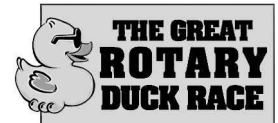
We were thrilled to be notified that Direction Service's Family Support and Service Coordination Program was selected as one of five participating agencies in this year's Rotary Duck Race which will occur on October 10, 2009.

Funds were committed to help us stabilize, strengthen and empower families who have children with disabilities, helping them meet their basic needs and reducing the risk of child abuse and other negative outcomes. We join four other organizations that are making a big difference in our community:

Willamette Family Treatment;  
Family Relief Nursery in Cottage Grove;  
Committed Partners for Youth, and  
A Family For Every Child-Heart Gallery.

Please be sure to say yes if offered a chance to buy Duck Race tickets. Prizes are great and the funds that are raised are very well spent. Look for more information in the future.

*Thanks Rotarians!*



## ***CADRE Refunded***

The Office of Special Education Programs at the U.S. Department of Education officially announced on Thursday, September 25, 2008, that the National Center on Dispute Resolution was again awarded to Direction Service. The grant period for this project will begin October 1, 2008 and end September 30, 2013. This project, under the directorship of Marshall Peter, will draw on ten years of accomplishments as the Consortium for Appropriate Dispute Resolution in Special Education (CADRE). Since 1998, CADRE activities have facilitated increased and effective use of mediation, IEP facilitation, and other alternative dispute resolution processes. In the next five years, CADRE will deliver technical assistance and information support to State educational agencies, State early intervention lead agencies, and the National and Regional Parent Technical Assistance Centers in order to improve effective management of state dispute resolution systems, assist states in adopting effective dispute resolution approaches, and improve dispute resolution skills of practitioners, parents, and school/provider staff, ultimately resulting in more collaborative partnerships between family members and educators and less use of expensive and adversarial dispute resolution processes.

More information on CADRE, including streaming video resources, can be found at [www.directionservice.org/cadre](http://www.directionservice.org/cadre).

*Join us for an elegant meal  
followed by some hilarious fun  
as we celebrate our*

## **2009 CELEBRITY ROAST!**



*Presenting Event Host **LIPA** and Major Sponsors **Eagles View Management** and **Umpqua Bank** look forward to a fun-filled evening as we roast and celebrate **Bob Bury** (*Euphoria Chocolate*) and **Stephanie Pearl Kimmel** (*Marché*)*

**THE ROAST**

**BOB BURY**

**STEPHANIE PEARL KIMMEL**

**THURSDAY · APRIL 2, 2009**  
**LANE COMMUNITY COLLEGE**  
**CENTER FOR MEETING & LEARNING**

*All Star Roasters are:  
Bill Barrett, James Cloutier, Dave Jewett  
Don Kahle, Mike Lambert, Colleen Stangeland*

*Call Direction Service at (541) 686-5060  
or visit [www.directionservice.org](http://www.directionservice.org)  
for information on tickets*

Thanks to all of those who gave generously to help support the important work we do throughout Lane County.

**Individual Gifts made directly or through United Way Donor Designations:**

|                                    |                                      |                                  |
|------------------------------------|--------------------------------------|----------------------------------|
| Bruce Abel                         | John & Kathy Gartland                | Laramie & Theodore Palmer        |
| Larry Abel & Susan Sutton          | Michael & Nancy George               | Jerry & Diane Pergamit           |
| Aggie Agapito                      | David & Laury Girt                   | Marshall & Susan Peter           |
| Kathleen Alexander                 | Betsy Halpern                        | Mary Beth Powell                 |
| Steve Allan                        | Nancy Hart                           | Floyd & Susan Prozanski          |
| Carol Bakkensen                    | Penny Havlovick                      | Faye Richards                    |
| Susan Ban & Robert Rutledge        | Alicia Hays & Adelka Shawn           | Thomas & Linda Roe               |
| Tom & Patti Barkin                 | Richard Heinzkill                    | Connie Rose                      |
| Sue Barnhart                       | Mark Herring, M.D. & Leslie Hildreth | Linda Runyan                     |
| Barbara Bateman                    | Ruth Hughes                          | Ralph Saltus                     |
| Carol & Marvin Berkman, M.D.       | Pacific Continental Bank             | Emily Schue                      |
| Lou Bradley                        | Larry Irvin                          | Eric Schulz & Barbara Robertson  |
| James Buckley                      | Blair & Barbara Irvine               | Herbert & Bonnie Severson        |
| Doug & Linda Carmine               | Karen & Dennis Johnston              | William Silvey                   |
| James Casby, Jr.                   | Gail & Munir Katul, M.D.             | Jill Simmons                     |
| Suzanne & Breeze Chanti            | Joan Kelly                           | Ruth Simon                       |
| Ron Chase & Arna Shaw              | Chip Kiger                           | Craig & Mary Smith               |
| Laurie Clark & Brett Rogers        | Jim Lakehomer & Jean Duffett         | Gary Still                       |
| Joan & James Coulombe              | Donna & Walter Libby                 | Jean & Wayne Tate                |
| Stella Dadson                      | Kathleen & John McNamee              | Harold & Annette Thompson        |
| Gayle Davies                       | Darmel & Raymond Meduna              | Larry Trachtenberg               |
| Tucker & Melissa Davies            | Katie Menard                         | Maurice & Maron Van              |
| Patricia Dawson                    | Timothy Mercer                       | John Vanlandingham               |
| John Dunphy Jr., M.D.              | R.S. & Claire Miller                 | James & Barbara Walker           |
| Roger Durant                       | Alison Miller                        | Aimee Taylor-Walsh & David Walsh |
| Donna Espeseth                     | Marilyn Milne                        | Bill & Joy VanVactor             |
| Philip Ferguson                    | Philip Moses & Serafina Clarke       | Melinda Wray Grier & Jerry Lidz  |
| Bob & Sybil Ford                   | David Nelkin & Linda Gourlay-Nelkin  | Richard & Charlotte Zeller       |
| Fran & Eldon Ford                  | Robert & Linda Nelson                | Greg Zochowski & Ellen Frances   |
| Dave & Lynn Frohnmayer             | Robert Nickel                        |                                  |
| Deborah Fuerth, M.D. & Rand Kaplan | T & Craig Norris                     |                                  |

**Thanks to those of you who contribute through eScrip, iGive.com, and the Albertson's Community Partners Program!**

*(For more information on these programs or if you are interested in how you or your company can support the work of Direction Service, please contact Roger G. Durant, Development Director at (541) 686-5060.)*

**Special thanks to these businesses and individuals for their contributions to this newsletter:**

**Bourland Printing**

545 Monroe Street, Eugene, Oregon 97402  
(541) 485-8022 [www.bourlandprinting.com](http://www.bourlandprinting.com)

**Phase II**

P.O. Box 5768, Eugene, Oregon 97405  
(541) 465-1515 [tkelly@cm-spring.com](mailto:tkelly@cm-spring.com)

**Direction Service**

P. O. Box 51360  
Eugene, Oregon 97405

Please let us know if you would prefer not to receive this newsletter.

**MOVING?**

Please give us your new address. The post office will not forward.

NON PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
EUGENE, OREGON  
PERMIT NO. 421