

THE EXCHANGE

*Published for parents, family members, and guardians
of individuals served by Black Hills Workshop*

November/December 2008

Holiday/vacation time

Holidays and vacations are a time to be with family and friends. Please consider the following when planning leave for persons receiving services with Black Hills Workshop: State regulation requires that a person may not be absent from services for more than 15 consecutive days before funding will stop. In order to assure that no disruption in service occurs, please contact the Service Coordinator to make advanced arrangements prior to scheduling leave.

People First members speak out

The following article is a collaborative effort by members of the local People First organization: President Chuck Henrie, Vice President Kandie Ronfeldt, and self-advocate Kelli Blosmo.

Everyone has rights, even people with disabilities, no matter if it is physical or developmental. Some of the rights we have are the right to vote, to live where we want, to speak our minds, etc. Some of the rights I exercise are voting, choosing my own doctor, using public transportation. I think it's important that people with disabilities are respected and that people listen to us. It's also important to tell people how you feel.

I think I should still work on speaking up for my self and exercising my rights such as choosing where I spend my weekends, speaking up when I want to, having fun. I am very independent and it makes me feel good to speak up for myself. I'm getting better at it all the time.

As people with disabilities, we need to stand up for our rights when someone tries to take them

away from us. We also need to use our rights and ask for help when we need help to exercise our rights. The United States Congress has given everyone rights when they passed the Constitution and the Bill of Rights and improved our rights when they passed the Americans with Disabilities Act.

So I challenge you to use your rights and if you need help exercising your rights that is what your parents, support coordinator and any other staff are here for. If it is a work problem you can always talk to your boss or your service coordinator. If you think your rights are being violated, you have a responsibility to talk to that person or someone you trust about it.

For information about People First, call President Chuck Henrie, 355-9105.

Black Hills Workshop

Pancake Feed

Sunday, February 22

8 a.m. - 2 p.m.

At the Black Hills Workshop
Sponsored and hosted by the
Rushmore Lions Club

Admission \$5.00

Children 8 and under eat free

The Exchange is published bimonthly by the Black Hills Workshop for parents, family members, and guardians of the individuals we serve. Comments and questions are encouraged and may be addressed to Dorothy Rosby, Editor, Black Hills Workshop, Box 2104, Rapid City, SD 57709; call (605) 718-6205; or email drosby@bhws.com. We also appreciate your keeping us up to date on your address changes, corrections, or duplicate mailings.

Every day is rewarding!

Julie Bryant has been with Black Hills Workshop for eight years. She is currently a community living instructor. “What I like about working with people with disabilities and with the Black Hills Workshop would be the hugs I get daily, the smiles I see when goals have been met or are being met, the whooping and high fives I hear and see when challenges are conquered, and the laughter at a good deed or a fun day. These are not the things I experience once in a while. These are daily happenings and make the day and every day very rewarding.”



Black Hills Workshop is a great place to work. Our employees receive an excellent benefit package, opportunities to learn new skills, and the knowledge that they make a difference. If you or someone you know is interested in employment with our agency, call our job line at 343-4581 or see www.bhws.com.

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If you would prefer to receive your Exchange by e-mail, please send your address to drosby@bhws.com. Note that while we are assembling the e-mail list, there may be some duplication.

Mark your calendar

January 19: Basketball begins in the BHW gym every Monday through March. Two sessions, 10 a.m. and 5 p.m.

February 13: Regional Basketball Tournament, Black Hills Workshop gymnasium.

February 15: Valentines Dance, BHW gym, 2-4:30. There will be door prizes and dancing to music by Yo Vinnie.

March 13-14: State Basketball Tournament, Corn Palace in Mitchell.

March 16: Track and Field every Monday, two choices 10 a.m. and 5 p.m.

For information on any of these events, contact Bill Clucas at 718-6288.