



NewsNotes

A quarterly Publication of the Virginia Rehabilitation Association
2011 First Quarter, January-March No. 41

Presidential Pondering by Jennifer McDonough

I want to thank you all for electing me to the position of President of VRA. I am truly honored and extremely excited to work with the wonderful members of this organization. I thought I would share a little about myself for those of you whom I haven't had the opportunity to meet and for those who may not know me very well yet!

I have worked in the field of rehabilitation counseling for almost 20 years. Most of this time has been spent at VCU's Rehabilitation Research and Training Center. I began at the center as an employment specialist, moved into our training division and now straddle both our training and research divisions. Our center is grant funded and so I have had an opportunity to work on a variety of national projects. I spent many years training on Social Security disability benefits and work incentives, and now I am the Associate Director of Training here at the center. My time now is spent on two projects related to the employment of individuals with Autism Spectrum Disorders as well as serving as the Virginia Project SEARCH Statewide Coordinator.

When I am not working, I spend time with my husband and 2 boys (ages 6 and 8) playing any sport that includes a ball! You can find me on the weekends beside the little league baseball field, cheering for my babies! I am also a graduate of East Carolina University and a die-hard "Pirate" fan.

I am looking forward to a wonderful 2011 with VRA! We have a great team heading up our training committee, and we will be announcing our trainings shortly.



We also have a great legislative committee that is working hard over the winter months to look at the general assembly and how its decisions will affect the employment of individuals with disabilities. Our membership committee is working overtime and we will be announcing some statewide and regional events to bring the VRA members together in a more social setting – that is always fun! And as always we will be holding our VRA Benjy Burnett Memorial Golf Classic – mark your calendar's for September 13th!

If you would like to be more involved with VRA, please contact me or any other Board member. There is plenty to do for everyone to participate!

--Submitted by Jennifer McDonough, VRA President



Past Presidential Ponderings

2010 sure went by fast and what an exciting year for our Virginia Rehabilitation Association! Thanks to all for your support this past year and for all the hard work done by so many to support this wonderful Association. It was a pleasure to serve as President and to work with such a committed, creative, and hard working Board who are so dedicated to ensuring that VRA continues to be a strong association committed to Virginians with disabilities and our membership.

I want to wish Jennifer McDonough much luck in her role as VRA President—she is going to do a great job and will lead the association towards another successful year. As Past-President, I will be serving as the Chair of the 2011 Collaborations Conference, which will be returning to Virginia Beach in the Fall. Stay tuned for what will surely be an informative and fun few days.

See you all in 2011!

--Submitted by Liz Smith

VRA News

VRA Membership Testimonial: Shirley Lyons

WHY AM I A MEMBER OF VRA?

That question was posed to me several times at the latest Collaborations Conference and it was not an easy answer to quantify. There are all kinds of benefits that VRA offers, such as liability insurance, training and easy ways to pay your dues, but these don't really capture the reasons why I pay my \$170 dues each year. And each year, I do have to think about that since it does come out of my pocket and is not paid by my agency.

So why? Without a doubt and with little hesitation, I can say it is because of the people in the organization who have taught me to be a better professional. And who have taught me how to be a better person. It sounds corny, but the benefits of belonging to any professional organization begin and end with the people. And to fully get those benefits, I had to give something too.

I have been a member of NRA since the early eighties when I was a very young professional in Oregon. I did not keep up my membership when I moved to Ohio until I had been there for a few years. I rejoined in 1988 and have been a member ever since. I have learned many things by being in VRA since my move here in 1990 that has helped me personally and professionally. I have been able to practice my leadership skills. I have

learned how to navigate a room filled with people I didn't know and how to network. I still remember the first conference I attended and was intimidated by the vast number of people who all seemed to know each other. But those same people welcomed me in and encouraged me to become involved, first with the division and then with the larger organization.

Over the years, I have stayed involved and gotten to know people on different levels. Some people I only see once a year at the conference. Others I see more often at meetings. But in all of those cases, I gain from their knowledge and work to be better at what I do. For someone who does not work for the state DRS, it is a way to stay in tune with the field at large. I also help those who aren't in my section of the field (working with individuals with developmental disabilities at a CSB) to understand that rehabilitation is about more than just DRS.

VRA is a vibrant organization that at its best is about professionals being people and it is filled with people who want to do the best for their clients and themselves. I definitely feel that I have gotten more than I have given, both monetarily and personally.

--Submitted by Shirley Lyons



Save the Date for Collaborations 2011!



Next year's Collaborations Conference has been scheduled for September 25th-27th, 2011 at the Virginia Beach Wyndham Oceanfront Hotel. More information will be available in the next NewsNotes!

Updates on 2011 Golf Tournament

Exciting news!

Mark your calendars and get ready to play some GOLF! The 2011 VRA Benjy Burnett Memorial Golf Classic is scheduled for **Tuesday, September 13, 2011** at the Hunting Hawk Golf Course. Registration is at 8:00 am with a tee time of 8:30. This is a Captain Choice event. The information will be posted on the web site in early February. So your job is to sign up a team as well as secure one hole sponsor for this fun event. The cost to play golf which includes cart, practice balls, snacks, lunch and opportunity to win a door prize, is \$75.00 per person or \$300.00 per team. Organizations or individuals wishing to purchase a sign to be placed on the tee boxes will be only \$125.00. Please help make this another successful golf tournament for VRA.

Call (804-305-3999) or email (jgreen1949@verizon.net) Howard Green with your sign up or questions.

--Submitted by Howard Green

VRA Division and Committee News

Membership/Communications Committee Update

Membership

VRA had 157 full members as of January 2010. In September, the latest figures available, we had 184 members. This is a 17% increase. Our challenge for the upcoming year will be to involve (and/or keep) our current members and to increase membership overall.

2010 Accomplishments:

- Participation in two national NRA membership teleconferences where we exchanged ideas and participated in a cross-fertilization amongst states. For example, one idea we adopted from Iowa was the lapsed member letter.
- A member Fish Fry, hosted by Kim and Barclay Shepherd at their home.
- Won a free NRA membership through our successful participation in national's membership drive.
- The chairs have developed (or revived) a system to track renewing and new members and to send out a welcome packet to new members.



Communications

2010 Accomplishments:

- Revival of Archiving project with some good progress made. Decision made to contract out the rest of this chore in the future.
- With the assistance of Mary Kaye Johnston & Ned Campbell, made a successful transition from Steve Sommer to Kristina Blough as NewsNotes editor.

Action Plan for Upcoming Year

A discussion was initiated regarding outreach to newer members (those who we may want to “reach out and touch” to ensure continued membership). This discussion blended with another one regarding more social events as a way to engage newer and old... ah, longer-term members. The following ideas were put forth as ways to facilitate further “brushings” amongst us as well as to increase recruitment: 1) get together a VRA regional lunch group on a quarterly basis; 2) continue activities such as the Fish Fry and encourage other like-spirited social events; 3) bring a friend/colleague to a social activity, board meeting, training, or other event.

Kim Shepard wants to continue with Fish Fry2 and Kim and Susan Bohache want to work together in their area on the lunch group. Larry Overbay is willing to explore the idea of a social event in SWVA with other area VRA members. With these two activities, there may be a request for “seed money” to be provided by the Board. Andrew Stowe and Mary Kaye Johnston are going to continue outreach to individual members.

A brief discussion was held VRA decals, and the consensus was for the purchase of a small round decal that could be purchased by members for a nominal fee and given to new members. Further discussion from the Board will be solicited in the future.

Andrew Stowe will continue to serve as Chair of the Membership/Communications Committee for 2011. Mary Kaye Johnston, Kim Shepard, Larry Overbay, and Susan Bohache will all serve as committee members for 2011.

Next Meeting: To be held within 6 weeks of the January board meeting.

--Submitted by Andrew Stowe

VRA Foundation News

One of the benefits of your membership in the Virginia Rehabilitation Association (VRA) is access to educational awards given by the VRA Foundation. Through an application process, the Foundation awards scholarships to VRA members and/or their family members. The Foundation is committed to the education, personal development and opportunity for its membership. Please click on this link to find out more about the VRA Foundation and how you can apply for assistance:

<http://www.vra.org/ngw/foundation.shtml>

The Grant In Aid Program began in 1985 with only \$1,000. Since that time, the investments have steadily grown to more than \$22,000. These investments

provide a small secure yield which is given each year in scholarships and to date, the Foundation has awarded \$14,850 in scholarships.

We embarked on a capital campaign at the Collaborations Conference Exhibit Reception, with music gratis Bill Burnside and Roxie Wilkerson, followed by a letter request in December. The goal for this year’s campaign is \$1,500. Please help us grow the investments so that we can do more to help in scholarship awards. Your contributions to the VRA Foundation, a 501(c)3 organization, are tax deductible. Contributions are accepted at any time and can be for any amount; however, this time of year we make a special plea.

--Submitted by Howard Green



Virginia Association of Rehabilitation Leadership (VARL)

Greetings and Happy New Year!

The VARL Board met on December 8th and Naomi Aitken passed the presidential gavel to me, Teri Bertsch. I anticipate that 2011 will be a year of many opportunities for each of us to choose to be leaders. I know that this will be a year of learning, sharing and nurturing new relationships for me and I hope for you as well.



Mark your calendars! The VARL Board Meetings have been scheduled for February 8th, April 5th, June 8th (annual/training), August 9th and December 13th. At each of these meetings a board member has committed to facilitating a Leadership "Board Chat."

We are also scheduling a minimum of four (4) trainings this year with one scheduled for our June 8th meeting. We will send information about these as details are known.

Please join me in welcoming our 2011 board:

Executive Committee:

President – Teri Bertsch
President-Elect – Ralph Figaro
Past-President – Naomi Aitken
Education – Susan Green
Membership – Bill Burnside
Treasurer – Eleana Boyer
Secretary – Robin Metcalf
Awards – Doug James

Board of Directors:

Student Member – David Gitlin
Members At Large:
Jane Bennett
Kem Kirby
Sharon Cheek
Doug James
Cindy Roberts

I want to end with a quote that I discovered a few years ago: *"Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did. So throw off the bowlines, sail away from the safe harbor, catch the trade winds in your sails. Explore. Dream. Discover."* – Mark Twain

Let's make 2011 that kind of year.

--Submitted by Teri Bertsch

Virginia Rehabilitation Counselors and Educators Association (VRCEA)

In 2010, VRCEA met as a full board on five occasions to conduct business and work on the goals identified during our 2009 annual meeting, which included:

- Develop training opportunities for rehabilitation professionals
- Support VRCEA board member education on and participation in legislative activities related to the rehabilitation professionals
- Develop award criteria for VRCEA
- Recruit board members to fill existing vacancies and increase division membership



In 2010, VRCEA offered two training sessions on vocational services and supports for ex-offenders and persons with autism spectrum disorders. These trainings, both held in the DRS central region, had approximately 130 rehabilitation professionals in attendance and generated approximately \$1,045.00 in income for the Association. The Association also sponsored a session at the 2010 Collaboration Conference titled, "The Virginia Brain Injury Model." These training outputs met our targeted goals for number of trainings and exceeded our income projections for the year.

VRCEA did not sponsor a participant for the 2010 Legislative Affairs Summit but hopes to sponsor 3-year board member Susan Bohache's participation in the 2011 summit. In 2010, Susan Cianfaglione served as the lead for VRCEA legislative activity to include participation in the 2010 VRA Legislative Affairs Summit and acting as our liaison to RCEA. In 2011, VRCEA will strive to develop more opportunities to educate its members on policy issues that affect rehabilitation counselors.

Also in 2010, VRCEA awarded Kathleen Shifflett the first ever VRCEA Sprit Award for her commitment to advancing the profession of rehabilitation counseling and rehabilitation education, and her work to develop innovative programs and services for DRS consumers in Northern Virginia. This new award is one way that VRCEA will seek to recognize and spotlight the works of our outstanding rehabilitation counselors around the Commonwealth.

VRCEA has also been involved with outreach activities with two rehabilitation counselor training programs, Virginia Commonwealth University and George Washington University, to engage and recruit rehabilitation counseling students. Strategies used in 2010 include on campus face-to-face meetings and coordinated email distribution. The goals of these activities are to recruit new student members, identify association services that student members want, and explore the possibility of establishing formal student liaison positions within our three rehabilitation counselor training programs.

The 2011 VRCEA Board will consist of the following officers:

President – Emily West
President-Elect – Sandra Mottesheard
Past-President – Richard Kriner
Secretary – Mary Kaye Johnston
Treasurer – Lori Schultz
Board Members: Debbie Veale
Dale S. Batten
Karen Backus
Margaret Gillispie
Bonnie Hawley
Susan Bohache

--Submitted by Richard Kriner

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NRA News

NRA Legislative Summit: March 20-22

The NRA Legislative Summit will be held March 20th-22nd, 2011 in Alexandria, Virginia. The conference includes two days of training by nationally recognized experts, a day of visits to Congressional leaders and an awards ceremony. Last year the conference was held during the national debate over health care reform. This year it may still be a debate over health care reform! For information on the Summit go to www.nationalrehab.org.

Pictured at the Capitol building during the 2010 Summit are Carol Thacker (2010 Legislative Chair), Bonnie Hawley (NRA 2010 President), Eleanor Williams (Treasurer) and Ned Campbell (Board Member).



Virginia Legislative News

Legislative Advocacy Day, January 19

During the day, VRA members made visits to their delegates and senators to provide handouts and discuss the need to support these programs. VRA members support the vaACCSES priorities including restoration of severe cuts to long-term employment supports, personal assistant services, and community based services for citizens with mental health disabilities. VRA also supports several measures that have a direct impact on public vocational rehabilitative services including funding to support the additional 6,000 individuals with disabilities seeking employment that were added to caseloads in the last year alone due to the economic down turn. This is required to help the Commonwealth avoid going back to Order of Selection, or long wait lists for citizens with disabilities not to mention the significant costs to the state to keep these individuals out of employment. Many thanks especially to Board Member Susan Cianfaglione who drove from Hampton Roads and tirelessly trudged the halls of the Old Capitol building talking with her legislators and handing out flyers on disability priorities for vaACCSES and VRA. Thank you! Those who missed this opportunity can still make their support heard by calling elected officials to let them know the benefit of these vital programs for Virginians with disabilities.

Legislative reception

The Advocacy day ended with the traditional reception for legislators and their staff sponsored by vaACCSES. The event was well attended by Board members including Bonnie Hawley, 2010 NRA President. This year we were also pleased to introduce Aaron Goldmann (pictured on the right with Bonnie Hawley) who joined members advocating for disability services. Aaron is working with the DRS Small Business Enterprise program exploring entrepreneurial potentials in the specialty baking industry. To see pictures for this year's event please visit the VRA Event page: <http://picasaweb.google.com/vraorg/>



Becky's " Blog "

To follow the status of budget initiatives and legislative priorities of interest to you, please read the weekly news distribution sent by our VRA Legislative Consultant, Becky Bowers-Lanier. She has been doing a wonderful job trying to keep up with the many priorities in this year's short legislative session. We are very thankful to have her helping the VRA in the absence of our longtime friend and advocate, David Williams, who retired this past year. If you have a question or suggestion, please respond to Becky, send me a note or give me a call, or contact anyone on the Board to discuss policies and priorities. If you want to follow specific bills on your own here are online sources you can use:

Sunlight: <http://www.richmondsunlight.com/>

Virginia Legislative Information System: <http://lis.virginia.gov/>

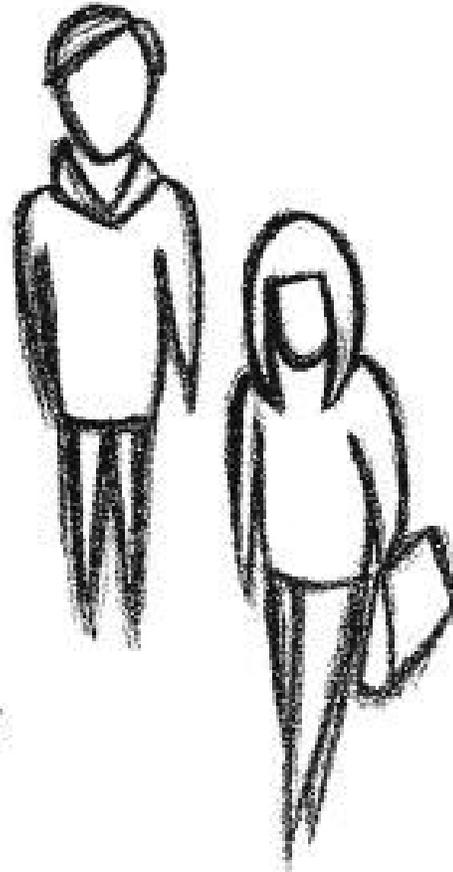
Washington Post Virginia Politics Blog: <http://voices.washingtonpost.com/virginiapolitics/>

--Submitted by Ned Campbell



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Other News & Notes

Show Your Love for VRA!

Please join us for our first annual VRA luncheon! The luncheon is open to all VRA members as well as those who may be interested in becoming VRA members.

Show Your Love for VRA

Friday, February 11th, 2011
11:30AM – 1:00PM

PF Chang's Restaurant
4551 Virginia Beach Blvd
Virginia Beach, VA 23642

Please RSVP to Kim Shepard (kim.shepard@drs.virginia.gov)
by Thursday, February 10th.

The cost of lunch will not be covered by VRA.

Updates from GWU TACE Center

Rapid Courses

The George Washington University Region 3 TACE Center is pleased to announce a new method of providing online continuing education: Rapid courses. In addition to our 6-week blackboard offerings, rapid courses are another way for the Region 3 TACE Center to provide rehabilitation professionals with tutorials that address contemporary issues within the field. Topics will rotate on a quarterly basis. We are currently offering: 2010 Updates to CRC Ethics Code, An Introduction to Case Management, and Issues in Job Placement and Retention. Those interested in finding out more can do so www.gwcrcre.org or contact Matthew Siblo at 202-973-1557 or msiblo@gwmail.gwu.edu.

COMING SOON: Motivational Interviewing Training

The TACE center will offer Motivational Interviewing (MI) Training for Vocational Rehabilitation Professionals!

Motivational interviewing (MI) has become a widely used client-centered, counseling style that uses directive methods to promote intrinsic motivation and support behavior change. The TACE center MI trainings will cover the following core MI concepts:

- Practicing OARS (Open questions, Affirming, Reflective listening, Summarizing) strategies,
- Using OARS strategies to ensure you are supporting your client's exploration of values and experiences,
- Defining your counseling style incorporating MI techniques such as supportive listening and encouraging 'change talk' and
- Demonstrating counseling strategies that are: Collaborative, Non-judgmental, Strengths based and Positive, and Respectful.

William R. Miller first described and demonstrated motivational interviewing (MI) as a result of his clinical experiences and dissertation research in the treatment of problem drinking (see Miller & Rose, 2009). After three decades of research and more than 200 published clinical trials MI has become a counseling style and technique applicable to a wide range of target behavior changes and can be learned and practiced by varied counseling professions.

The MI approach and technique, is comprised of four principle strategies that entail: therapist expression of empathy, the development of discrepancy, rolling with



resistance, and supportive self-efficacy. The client's ability to recognize and resolve his or her ambivalence plays a central role in MI. The therapist's balance of a non-persuasive and supportive stance, coupled with a directive stance acts as an agent promoting client change. The client is guided by the counselor, to uncover and clarify personal motivation(s) for change.

The TACE center training will offer an overview of MI philosophies and incorporating the principles into your counseling practices.

Motivational Interviewing Resources for clinicians and professionals are available at:

<http://www.motivationalinterview.org/>

For more information please contact: Carrie E. Barone, CRC, LPC cebarone@gwu.edu.

--Submitted by Rob Froehlich

GWU Receives Funding for Certificate, Master's Degree Programs

The George Washington University Rehabilitation Counseling Program has been awarded three (3) grants from the US Department of Education, Rehabilitation Services Administration to support tuition funding for students in the following programs:

(1) Job Development/Job Placement Certificate Program (12 credits; online)

(2) CSPD On-line Master's Degree in Rehabilitation Counseling (48 credits)

(3) Hybrid On-Campus and On-Line master's degree program in rehabilitation counseling (48 credits)

Both certificate and master's degree programs prepare students to become skilled professional practitioners to help person with disabilities become empowered and

fully included in society. The certificate program courses can be transferred into any accredited rehabilitation counseling degree program. All programs are accredited by the Council on Rehabilitation Education (CORE). GW's rehabilitation counseling program is ranked 6th in the nation by *U.S. News and World Report*. Courses are offered at the Foggy Bottom Campus and online.

For additional information please contact:

Carrie Barone, CRC
Program Coordinator
The George Washington University
202-973-1543
cebarone@gwu.edu

Or visit:

<http://gsehd.gwu.edu/Rehab+Counseling+Programs>.

--Submitted by Maureen McGuire-Kuletz

LinkedIn: Join with other members of VRA and VARL!

Do you have a story to share? Go to the VRA member LinkedIn discussion board. This is a secure, professional networking site devoted to issues and interests of our members. VARL also has a site for leadership topics.

VRA LinkedIn Network: <http://www.linkedin.com/groups?mostPopular=&gid=2114298>

VARL LinkedIn Network: <http://www.linkedin.com/groups?mostPopular=&gid=2613703>

Please visit VRA.org

Please be sure to visit the VRA website at www.vra.org for important information about NRA and VRA news, updates on trainings and events, access to NewsNotes online, and photos of past VRA events!



National Network

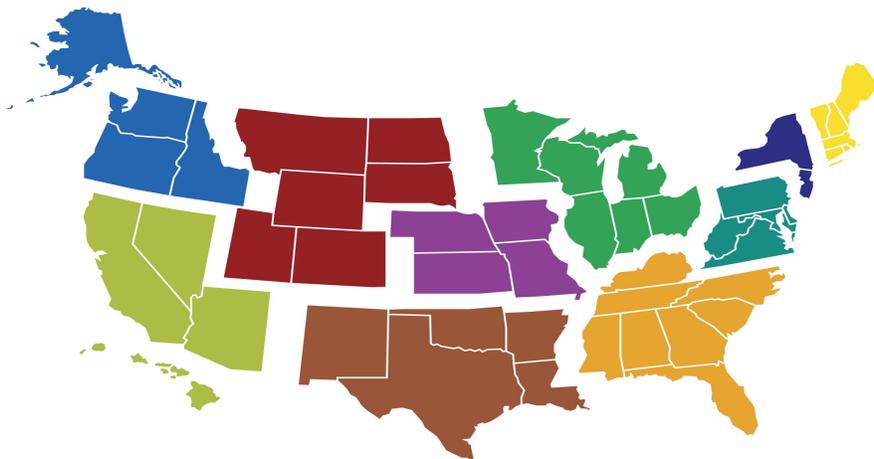
Information, Guidance and Training on the Americans with Disabilities Act by DBTAC

The ADA National Network provides information, guidance and training on the Americans with Disabilities Act (ADA), tailored to meet the needs of business, government and individuals at local, regional and national levels.

The ADA National Network consists of ten Regional ADA National Network Centers located throughout the United States that provides personalized, local assistance to ensure that the ADA is implemented wherever possible. We are not an enforcement or regulatory agency, but a helpful resource supporting the ADA's mission to "make it possible for everyone with a disability to live a life of freedom and equality."

Contact Your Regional ADA Center:

- Confidential ADA Call Center
- Customized and Local Training
- Webinars and Podcasts
- ADA Resources and Documents
- Regional and State Conferences
- Web-based Training & Resources





VOCAL 2010 Year Review

2010 was a banner year for VOCAL. We held our largest conference ever, in Northern Virginia, which close to 400 members attended. We've established VOCAL Reps to help communicate about recovery issues throughout the state, and our membership has increased by 32%. We have helped those living in mental health recovery communicate with one another and advocate on their own behalf like never before! If you know of someone who might want to become a VOCAL member, direct them to our website (www.vocalvirginia.org). Thanks to our generous donors, membership is still free.

Here are some outstanding numbers from 2010:

- Our website has had 11,152 visitors this past year (an average 30 hits a day)
- There are now 35 programs as part of the CO-OP (Consumer Owned and Operated Programs)
- We now have a total of 130 trained WRAP (Wellness Recovery Action Plan) facilitators across the state
- 425 people were graduated with a WRAP plan, giving them the tools to prevent a major mental-health crisis
- 1200 copies of FIREWALKERS are now in circulation
- Our Facebook page has 223 "fans," who help introduce many more people to the idea of *recovery*
- VOCAL received 97 contributions from 71 individuals (so far)

As part of our Network survey, we discovered that the number one issue our members want to work on is the *stigma* of mental illness. In 2010, VOCAL addressed that in many ways--- we had over a dozen Firewalker presentations where we spoke openly and honestly about the emotional turbulence some of us have faced, overcome, and which has helped us grow as human beings. Media coverage in the newspaper and on NPR has helped further our message. When we speak out, others will, too.



2011 marks our ten-year anniversary. It's a great time to take stock of where we've been and where we're going. It's time to look at what's working well, and where we need to improve. We welcome your input on how we can better serve. We'll be having our official anniversary celebration at our annual conference in May.

Please visit www.vocalvirginia.org if you are interested in making a pledge to support us in 2011. As a 501-c-3 nonprofit organization, your gifts are tax-deductible.

Between our membership roster, the number of individuals who complete a WRAP plan led by a VOCAL facilitator, and the number of people who participate in our CO-OP programs, we easily touch 10,000 lives per year. And our advocacy efforts have an impact on *anyone* who comes in contact with Virginia's public mental health system.

There's still so much more we need to do. Many people have not even heard about the idea of recovery from mental illness, and need the HOPE we have to offer. The list of future projects and dreams for VOCAL is long.

Contact VOCAL Virginia at 434-243-7878, network@vocalvirginia.org or by visiting our website at <http://www.vocalvirginia.org/>.



New Three-Year State Plan for Independent Living

The Statewide Independent Living Council (SILC) was notified by the Rehabilitation Services Administration that Virginia's three year State Plan for Independent Living has been approved. The Plan covers federal fiscal years 2011 – 2013, and addresses issues that are vital for the equal access, integration and independence of Virginians with disabilities. Using input and survey responses from consumers with disabilities and other stakeholders, the SILC established four major goals to be addressed during the next three years:

- State and federal funding is utilized to sustain and expand the network of the Centers for Independent Living (CILs), with continued nurturing of the consumer groups in areas that are unserved and underserved in Virginia;
- The efforts of the CILs, in partnership with the Virginia Olmstead Plan, are increased and supported, specifically in the areas of housing, transportation, and personal assistance services (PAS) support, as well as other options that increase community living;
- Virginians with disabilities have increased inclusion and greater access to their communities including State and local government through tracking of the Americans with Disabilities Act (ADA) and the Rehabilitation Act of 1973, as amended; and

- The lives of Virginians with disabilities are directly or indirectly affected through collaboration with and monitoring of State agencies and other systems providing services or interfacing with persons with disabilities.

The SILC is responsible for monitoring the implementation of the Plan and tracking outcomes, as well as planning for a comprehensive independent living system in Virginia.

Chairperson Jack Brandt said: "The collaboration between the 16 Centers for Independent Living, the Virginia Association for Centers for Independent Living, SILC, and DRS has strengthened independent living services through our Statewide Plan for Independent Living for Virginians with disabilities and their family members. Collaboration between these various groups has led to a positive working relationship and mutual trust which enables the SILC to develop a plan to maximize resources so individuals with disabilities can choose to live their lives independently as they see fit."

For information about the SILC or the State Plan, contact Rhonda Jeter (rhonda.jeter@drs.virginia.gov).

--Submitted by Rhonda Jeter

VRA Events Calendar

Mark your calendars for these important dates for your state and national associations

- Mar 20-22 NRA Legislative Summit, Washington, DC
- April 8 VRA Board Meeting, DRS Central Office Conference Room
- April 9 Deadline for submitting articles for NewsNotes
- July 9 Deadline for submitting articles for NewsNotes
- Sept 13 Benjy Burnett Memorial Golf Classic
- Sept 25 Collaborations Conference, September 25th-27th, Wyndham Virginia Beach Oceanfront Hotel
- Oct 8 Deadline for submitting articles for NewsNotes

Events and training programs also available on the VRA and NRA web sites

Deadline for next issue's NewsNotes articles is April 9th, 2011.

Send to newsnotes@vra.org

Virginia Rehabilitation Association
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Henrico, VA 23255
<http://www.vra.org>



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	Doug Eads
	Rob Froehlich
	Kim Shepard
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	Naomi Aitken
	Sandra Mottesheard
	Debbie Veale
VRCEA President	Emily West
VARL President	Teri Bertsch
NewsNotes Editor	Kristina Blough

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\$ 15 / issue : \$ 50 / year
1/2 PAGE
\$ 24 / issue : \$ 90 / year
Full Page
\$ 50 / issue : \$ 175 / year

Next Deadline for NewsNotes: April 9th.

Please Submit NewsNotes articles to
Kristina Blough by Email at:

newsnotes@vra.org

Or send by US Mail to:

VRA NewsNotes c/o Mary Kaye Johnston
DRS Central Office
8004 Franklin Farms Drive
Richmond, Virginia 23299
Phone 804-662-9968