Presidential Pondering by Robin Metcalf

As we celebrate the 20th Anniversary of the Virginians with Disabilities Act, even if you were unable to actively participate in the events on June 28th, I hope everyone of you will take the time to reflect on the positive impact the Act has had on persons with disabilities in Virginia and further reflect on the challenges we still face. We were a sponsor of the event and were officially represented by David Williams and Sherman Gifford. Thanks to both David and Sherman for their contributions to the event. We are always reminded of the stress of our profession, as well as the importance, as we celebrated Rehabilitation Counselors Day, which we did in May, thanks to the efforts of VRCA and specifically the hard work of Marie Worley. We recently joined in the celebration of the grand opening of the Positive Vibe Café, an extraordinary effort on the part of one man and his advocacy for his son, an effort seen as so extraordinary it has received attention on the national level. On the federal level we have also seen the resignation of Joanne Wilson as well as the closing of many RSA offices. Many of us were able to attend the training session in Charlottesville where we learned about the plans and issues for veterans returning from Iraq. Many of these issues are brand new for veterans and to the field of rehabilitation. Our upcoming board meeting will be held on July 22nd at Woodrow Wilson Rehabilitation Center will be serving a dual purpose of a board meeting and a recruiting effort for new members. VRA continues to be the easiest and most cost effective way to keep up with changes and events in the field of rehabilitation and secure much needed continuing education credits. As a friendly reminder both Collabo-

VRA Legislative Update
June 15, 2005

VOPA Needs Your Help
The Virginia Office for Protection and Advocacy (VOPA) is in the process of setting their goals for the coming year and since that can’t do everything they want to do because of limited dollars, they’re asking for our input.

Please take minute and go to their web site www.vopa.state.va.us and click on public input survey. You’ll be guided to provide them with information as to what you think are the critical issues they should focus on. If computers aren’t your thing and would prefer a hard copy, one can be sent to you by calling 1-800-552-3962.

Medicaid: Hard Choices Ahead
Medicaid, like social security, is under the microscope these days with nearly all in agreement that something has to be done. The problem is no one can agree on what.

Most advocates believe reform by way of simply cutting programs is not the answer. Rather reform should be focused on how the program can be shaped to meet the needs of the people it was intended to serve. Most would say our health care system is broken and needs to re-built from the ground up so that a viable, affordable long term health care can become a reality.

Secretary Leavitt of the U.S. Department of Health and Human Resources is currently assembling a Medicaid Commission. The Commission will be charged with coming up with recommendations on how to make 10 billion dollars in program savings.

VRA Legislative Update (Continued on page 3)

The next VRA Meeting will be July 22nd at WWRC.
Presidential Pondering
(Continued from page 1)

The layoffs and our golf tournament are coming up very soon and I encourage you to participate in both of these events. These two events are our only fund raisers for the year and we need the support of every member. As you can see by my previous comments we have made progress in the field, but we have also realized setbacks and some stagnation. I encourage each one of you to be an active member in your organization because together we can make more of a difference than we can as individuals. In the words of Natasha Jasefowitz, “We’re not yet where we’re going, but we’re not still where we were.”

Submitted by Robin Metcalf, President

2005 NRA Membership Drive

To: All Chapter Presidents, President-Elects, Membership Chairs, and the NRA Board of Directors
From: Tami Coltrane and John Lui, 2005 NRA Membership Committee Co-Chairs
Greetings from the NRA Membership Committee!!
It’s here! We are proud to announce the kickoff of the 2005 NRA National Membership Drive!! The NRA Executive Committee has approved the criteria for this special event and is endorsing the efforts of the Membership Committee to further grow our Association.
This is a very exciting opportunity for your State Chapter and its members ~ we ask that you encourage and promote participation across your membership.
Please find attached the specifics regarding this drive to be held July 1, 2005 through Au-

NRA Memberssship Drive (continued on page 5)
### Join Us In Some Golf

The 6th Annual VRA Golf Tournament has been scheduled for Tuesday, September 13th, 2005 at the Hunting Hawk Golf Course. Tee off time is 8:45 am. So, please plan on getting a foursome for the tournament. The cost is $67.50 per person or $270.00 for a team. It will be fun! You will love the course. Please visit the VRA web site for more details.

Your help is needed. We need hole sponsors and donations for prizes. If you know of a company who would like to sponsor a hole the fee is $125.00 for a 2’ x 3’ sign.

Please contact Howard Green at jgreen18aol.com to offer your assistance.

**Submitted by Howard Green**

### VRA Legislative Update (Continued from page 1)

If you skipped over last sentence, please note again – 10 billion dollars in program savings.

The commission will submit two reports. The first, due September 1, will outline recommendations as to how the 10 billion dollars in savings can be achieved over the next five years as well as ways to begin long-term enhancements that will better serve beneficiaries.

On December 31, 2006, the commission will provide a second report focusing in recommendations to help ensure the long-term sustainability of Medicaid. To be addressed are:

- How to expand coverage to more Americans while still being fiscally responsible,
- Ways to provide long-term care to those who need it,
- A review of eligibility, benefit design and delivery, and
- Improved quality of care, choice and beneficiary satisfaction

From advocate standpoint, many are conflicted about participating on the commission. Goal number one is the sticky point – expanding coverage to more Americans while still being fiscally responsible. That’s a tough one, no doubt.

More telling might be who’s asked to serve on the commission and how much influence they’ll have on the overall committee recommendations. Democrats have refused to participate or nominate people because they can’t vote. Likewise, the National Governors Association has declined to participate.

Many advocacy groups have sounded the alarm in recent months expressing concern about the future of Medicaid. Make no mistake; the stakes are huge for people with disabilities.

**What Primaries Tell Us**

The people spoke Tuesday – or did they.

Both parties held statewide primary elections for Governor, Lt. Governor and Attorney General and only 6.6 percent of the state’s voters showed up to vote. Truth is, most people don’t bother to vote in primaries. But that

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*Check out this site today on your computer!!*  
www.vra.org
doesn’t stop the press and political pundits from trying to draw conclusions about what happened. Let’s look at the Republican (GOP) primary as an example.

Going into Tuesday, the media focused a great deal of attention on the GOP candidates. It was widely believed the outcome would provide insight as to who would gain the upper hand in the party over the issue of taxes. Would the anti-tax folks prevail or would the party move more to the center and embrace candidates such as the legislators who crossed party lines two years ago and voted for Governor Warner’s tax increase?

The truth is elections are generally complex and many factors – not just one - come into play. Based on Tuesday’s results, it’s going to be difficult to establish a clear pattern as to what’s going on. Jerry Kilgore was supposed to win the nomination in the GOP gubernatorial contest and did. His opponent, Warrenton Mayor George Fitch received 18 percent of the vote. Both sides of the tax issue use that number to support their case. You decide.

In the Lt. Governor race, Senator Bill Bolling, a staunch pro-business, anti-tax conservative, defeated Sean Connaughton, Chairman of the Prince William Board of Supervisors, 57 – 43. Connaughton was strongly backed by businessmen who supported the 2004 tax increase. Bolling was endorsed by majority of the GOP congressional delegation and former Governor James Gilmore. Remember car tax relief? Bolling supports finishing the phase-out of the car tax initiated under the Gilmore administration.

Steve Baril ran with the support of Senator John Watkins, member of the Senate Finance Committee and supporter of the 2004 tax increase, but lost the nomination for attorney general to Delegate Bob McDonnell of Virginia Beach. McDonnell checked in with a whopping 65 percent of the vote.

Media attention for months focused on races where the anti-tax folks targeted incumbents who supported the 2004 tax increase. Six were targeted for defeat. Guess what? Five won.

Little attention was given to the races where pro-tax candidates challenged incumbent anti-tax. Interestingly, none of the pro-tax challengers prevailed. In the race to fill the seat of retiring Delegate James Dillard, anti-tax candidate Michael Golden prevailed.

Making sense of the primary results becomes even more difficult when the issue of crossover voting is taken into account. Many figured that since the Democrats and Republicans were holding a statewide primary election on the same day, there wouldn’t be the typical crossover voting. Maybe yes, maybe no.

Take a look at Lynchburg. Governor Warner carried the city in 2001 by 54 percent. Delegate Preston Bryant had been targeted by the anti-tax folks for crossing party lines to support Governor Warner’s tax increase. Result: Bryant won easily. But what’s interesting is that only 567 bothered to vote in the Democratic primary yet 6,607 checked in to vote in the Republican contest.

I’ll leave it to you to decide what happened. Better yet, I’ll leave it to you to figure out what’s going on.

Submitted by David Williams
NRA Membership Drive
(Continued from page 2)

August 31, 2005.
For a one page printable membership brochure, visit the NRA website at:
For information on the benefits of being an NRA Member visit the NRA Membership page at:
http://www.nationalrehab.org/website/mem/index.html
If you have further questions or would like to request printed brochures, please contact the NRA Office at:
National Rehabilitation Association
633 S. Washington Street
Alexandria, VA 22314
1-888-258-4295
703-836-0848 FAX
703-836-0849 TDD
e-mail: info@nationalrehab.org
2005 NRA Membership Contest
Rules and How to Enter:
1. Only current members of NRA in good standing (hereafter referred to as "contestant") may participate in the contest.
2. The contest is based on the recruitment of new members into NRA between July 1, 2005 and August 31, 2005. For the purposes of this contest, a new member is defined as someone who has never been a NRA member OR whose membership has been lapsed for 6 months or more prior to rejoining.

3. Send the membership form/payment (or a copy thereof) to the NRA National Office for processing (address listed above). Contestant's name must be entered beside "Who introduced you to NRA?" If no copy of the form is available, then contestant may send (1) the new member's name, (2) the type of membership purchased, and (3) contestant's name/address/contact information and payment to the NRA National Office. Send a separate form or sheet for each member recruited (do not send a composite list). To be valid, all entries must be RECEIVED by the NRA National Office by Friday, September 2, 2005.
4. Membership purchase and verification of affiliation with NRA must be verified through NRA office before points can be awarded to the contestant.
5. Prizes will be drawn at the NRA Annual Conference this October. Prizes entries are earned as follows:
   * ONE (1) $500 Prize Drawing:
     - For each Member ($110) recruited = ONE (1) entry
     - For each Organization Member ($500) recruited = FOUR (4) entries
   * ONE (1) $100 Prize Drawing:
     - For each Student Member ($20) recruited = ONE (1) entry
   * NO entries are awarded for non-member categories
   * Bonus Prize Drawing - TWO (2) free membership renewals (does not include division renewal) - ALL of above entries will be placed in the drawing
   * $100 New Member Prize Drawing: Names of each new member recruited through this contest will be placed in a drawing for ONE (1) $100 prize. New member does not have to be present to win.

"The National Rehabilitation Association (NRA) is a member organization whose mission is to promote ethical and excellent practice in rehabilitation."

Submitted by Shirley Lyons
“I made a difference in someone’s life today.”

...When was the last time you said that at your job?

A career in Vocational Rehabilitation (VR) has many rewards, both professionally and to the lives of people with disabilities.

As a VR counselor, you can benefit from:

- Flexible / Alternate Work Scheduling
- Teamwork Environment
- Community Outreach
- Long-term Career Growth Potential
- A Family-friendly Employer

Visit the “Career Center” today at www.vadrs.org

Department of Rehabilitative Services
1-800-552-5019 Voice • 1-800-464-9950 TTY
LEADERS EMERGE!

The VARL mission is to develop, improve, and strengthen leadership skills and practices in both public and private rehabilitation organizations.

Wow! About 45 participants from a large variety of rehabilitation organizations participated in a great workshop with Amy Armstrong on June 9 on the topic of "Setting Yourself Up for Success: Achieving your Personal and Professional Best". Amy covered the waterfront of considerations for success such as choosing your attitude, knowing your passion in life, balancing stress, teamwork, adapting to change, lifelong learning, optimism, and so much more. A pertinent quote shared in the training, said by Henry Ford was "Whether you think you can or whether you think you can’t, your right.” Amy went on to say that as leaders, our job is to make them think they can. This applies to us all whether we are managers, counselors, parents, or just individuals interacting with everyone who comes in contact with us. The one way that every individual can be a leader is to lead others to believe in themselves and achieve success. This goes to the very heart of our mission in VARL.

Following the training, about 15 members and interested others stayed for a membership meeting. Ideas were shared for how VARL could attract more individuals to join us and could provide more benefits to members. These ideas included such things as VARL becoming a resource for other groups to have training workshops; providing training on topics pertinent to being a leader such as effective public speaking; recruiting Transition professionals from the school systems; reaching out more to non-managers for membership; and offering mentoring opportunities for Rehabilitation Counseling and Social Work students at Universities. The VARL Board will further discuss these ideas at their next Board meeting and develop strategies and timelines for implementation.

Speaking of success and optimism, you will want to attend VARL’s session at the Collaborations Conference this year. We are very excited to have Dr. Shannon Peters, from George Washington University, for a concurrent session on “Learned Optimism”. This promises to be excellent so come early to get a seat! VARL will also sponsor what has become its annual Conference Leadership Chat. Don’t miss it!

There was a leadership brown bag chat at Goodwill Industries of the Valleys on June 23. The topic was ‘Responsibility for Relationships’ from Peter Drucker’s work, “Managing Oneself” about accepting the fact that other people are as much individuals as you are and how each of us must take responsibility for work relationships and communication. Nineteen participants discussed this as it related to themselves as well as to our consumers.

There is another chat scheduled for Wednesday, July 20 at 12:30, DRS Fairfax Office, 11150 Main Street, Suite 300, Fairfax, VA. For information, Doug James 703-277-3562. If you would like a chat in your area, contact a VARL member and let them know. Still in the planning stages is a VARL workshop at the NRA Conference in Alexandria in October.

Please consider joining VARL and coming to our Board meetings. They are open to everyone and several people join us who are not on the Board. It’s a great way to get to know your division members, get involved if you choose, and its fun! The remaining 2005 Board meetings are on August 11 and November 17. All Board meetings run from 10 a.m. to about noon and are held in the Dept. of Forestry offices in Charlottesville.

Submitted by Susan Green, 804-674-2326, susan.green@drs.virginia.gov

VARL 2005: President - Margaret Gillispie, President Elect - Susan Green, Past President - Mark Fletcher, Treasurer - Eleana Boyer, Secretary - Alice Berman, Board Members – Janet Davies, John Phelps, Karen Stevens, Jim Hall, Sharon Harrup, Carol Thacker
THE CHOICE GROUP

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- Situational Assessments
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- Support Employment
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- Educational Services
- Individual and Group Counseling
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VRA Nominations and Elections

**VRA is looking for YOU!!!** We need creative, energetic and dedicated members to help our organization. So far, a few people have said they would think about running for an office or the board. However, what is an election when you don’t have more than one person running for a vacant position? We are looking for members who are interested in running for President-Elect, Secretary, Treasurer, and three Board Members.

**Now** is the time to get involved in “your” organization. Please contract Eleanor Williams and let her know you would like to get involved. Do this quick because ballots will be mailed out in early August. Her contact information is 804-662-7075 and e-mail is Eleanor.Williams@drs.virginia.gov

Submitted by Eleanor Williams

Call for VRA Award Nominations

It is that time again to recognize your colleagues and businesses for award winning EXCELLENCE! The Virginia Rehabilitation Association is seeking nominations for each of its association awards. The award categories, descriptions of each, nomination form, and information can be found on the VRA website: www.vra.org

**Nominations will be accepted through August 15, 2005** and can be submitted by email/fax/mail to:

Eleanor Williams  
c/o DRS – IL Unit  
8004 Franklin Farms Drive  
Richmond, Virginia 23294  
Phone: 804-662-7075  
Fax: 804-662-7663  
Email: Eleanor.Williams@drs.virginia.gov

The 2005 VRA Awards celebration will held in conjunction with the Collaborations Conference again this in Virginia Beach from September 25-27. Be sure to take time NOW to acknowledge outstanding individuals and businesses!

The Nomination Forms are on Page 11

Run An Ad in the VRA NEWNOTES

**1/4 PAGE**  
$ 15 / issue : $ 50 / year  
**1/2 PAGE**  
$ 24 / issue : $ 90 / year  
**Full Page**  
$ 50 / issue : $ 175 / year

Send VRA News for the Oct. 2005 issue by 9/18/05. Please send all the VRA articles by email to Steven Sommer at steve.sommer@drs.virginia.gov.

Please visit [www.vra.org](http://www.vra.org) for up to date information on what is happening in VRA!

This Ad Space Could Be Yours

Call Steve Sommer at 804-662-7159, and your ad will be seen by 250 leaders in the field of Rehabilitation, starting July 2005.

Tell a friend!
Empowerment of Diverse Clients and Families

Learn how to positively empower culturally diverse clients and their families. Participate in activities to gain awareness of discrimination and need for cross cultural communication. Apply your findings to case studies to explore ways to break down the uncertain boundaries and feelings of inequality that can occur when service providers and diverse families come together.

Co-Sponsored by
Virginia Rehabilitation Association
Virginia’s Training and Technical Assistance at Radford University
College of Education and Human Development at Radford University

Presenters
Dr. Alice Anderson, Professor and Co-Director of Virginia’s Training and Technical Assistance Center at Radford University (TTAC) at Radford University
Ms. Vanessa Haskins, Instructor and Coordinator, U. S. Department of Education Personnel Preparation Project at Radford University

Tuesday, August 2, 2005
10:00 – 3:00
Registration to begin at 9:30

Heth Hall, Lounge B
Radford University

Directions and campus map available at
http://www.radford.edu/visitrust/index.html
Parking will be available ??????
CRC Credit Provided

To make reservations and to request accommodations contact
Margaret Gillispie at Margaret.gillispie@drs.virginia.gov or call her at (434) 947-6721

VRA Members $10.00 Non Members $20.00 Make checks payable to VRA
Lunch will be provided
VIRGINIA REHABILITATION ASSOCIATION

AWARDS NOMINATION FORM

Award ________________________________________________________________

Nominee ____________________________________________________________

Nominee’s Address ___________________________________________________

=================================================================

SUPPORT FOR NOMINEE

(1) On a separate page, please submit a statement detailing why the nominee is deserving of the award. Please provide historical information that supports the nomination. The nominee’s resume or curriculum vita may also be included.

(2) Please include supporting documents from others knowledgeable of the nominee’s outstanding accomplishments.

================================================================

Nominator Name ____________________________________________________

Nominator’s Address ________________________________________________

Telephone Number (H)___________ (W)_______________________________

e-mail_____________________________________________________________

Signature___________________________________________________________

Date_____________________________

Nominations and supporting documents must be received by Eleanor Williams, 8004 Franklin Farms Drive, Richmond, Virginia 23229 or eleanor.williams@drs.virginia.gov, Phone (W) 804-662-7075, FAX 804-662-7663

Deadline for nominations is August 15, 2005