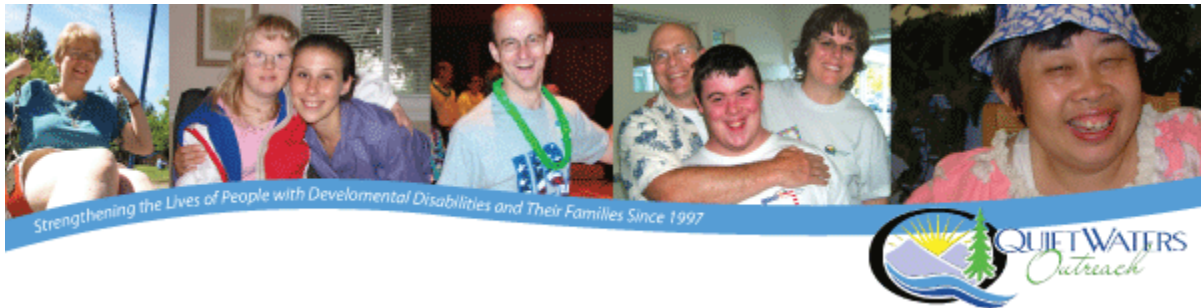


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## QUIET WATERS HAPPENINGS

### Website Makeover!

A million thanks to Kelli Sussman of [Consistent Image Web Design](#) for completely remodeling our ministry's website. Sporting new features like e-newsletter sign up, website search, video features, and our new logo, the website is fully transformed. Please go to [our website](#) and check out the changes for yourself.



### Sarah Palin - Advocate for People with DD

Just last week, Republican Presidential Candidate, John McCain announced his fellow runningmate, Alaskan Governor, [Sarah Palin](#). Politics aside, did you know that Sarah is the mother of a 6-month old son with Down's Syndrome? Days after his birth in April, Sarah released the following statement: "Trig is beautiful and already adored by us. We knew through early testing he would face special challenges, and we feel privileged that God would entrust us with this gift and allow us unspeakable joy as he entered our lives. We have faith that every baby is created for good purpose and has potential to make this world a better place. We are truly blessed." In light of the recent trend of aborting babies when diagnosed with developmental disabilities, Sarah said, "We've both been very vocal about being pro-life, we understand that every innocent life has wonderful potential." Of course, depending on the results of the race, we could have one of the biggest advocates for promulgating the value of people with Developmental



Disabilities in the second most powerful position in the world. Pretty amazing!

## Volunteers Needed At Martha's Place

Fishing excursions, the Oregon State Fair, farms, pumpkin patches, and more. These are all activities our Martha's Place guests participate in during their weekend stays. Would you like to help make these events more fun for our guests? We would love to have a group of volunteers we could periodically call on to help our staff with these outings. If you are interested, please contact [Erin Jordan](#), 503-217-5140 for more information.



## Did you know...Cerebral Palsy

Cerebral means brain, and palsy is defined as a loss of control or weakness in movement. Putting the two words together, cerebral palsy (CP) is a loose term which is given to a number of central nervous system (CNS) motor disorders which are characterized by impairment of voluntary muscle movement. In individuals who have cerebral palsy, the parts of the body that provide for movement, such as the muscles, nerves, and the spinal cord are normal. However, the brain, which is the command center for sending messages to those parts of the body that coordinate movement, is unable to do so in its usual manner. There are a number of conditions that may be associated with cerebral palsy. Mental retardation is commonly associated with cerebral palsy. The percentage of individuals experiencing mental retardation in some form ranges from 25 to 75 percent. Some individuals with cerebral palsy may have seizure disorders. Others may experience problems with vision, such as Strabismus. In some instances, individuals with cerebral palsy may experience difficulty swallowing (dysphasia). Learning disabilities are also a possibility. Problems may arise in bowel and bladder control, as well as in hearing or speech, and in gross or fine motor control.

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