



**LEWIS COUNTY
PEOPLE FIRST
Est. 2005**

The purpose/mission of People First of Washington is ‘to assist people of disability to realize and appreciate that we are PEOPLE FIRST and our disabilities are secondary and that we are equal citizens in our communities’.

PEOPLE FIRST OF LEWIS COUNTY CHAPTER MEETING GROUND

RULES

- *Be on time*
- *Come prepared*
- *Attend 8 meetings a year*
- *Be polite*
- *Respect each other suggestions*
- *Leave personal business at home*
- *Raise your hand to talk don't interrupt other*
- *Practice self control*
- *Don't speak out of turn*
- *Act as a team*



WE MEET
MONTHLY 3RD
SAT. 2-4PM YARD
BIRDS #204

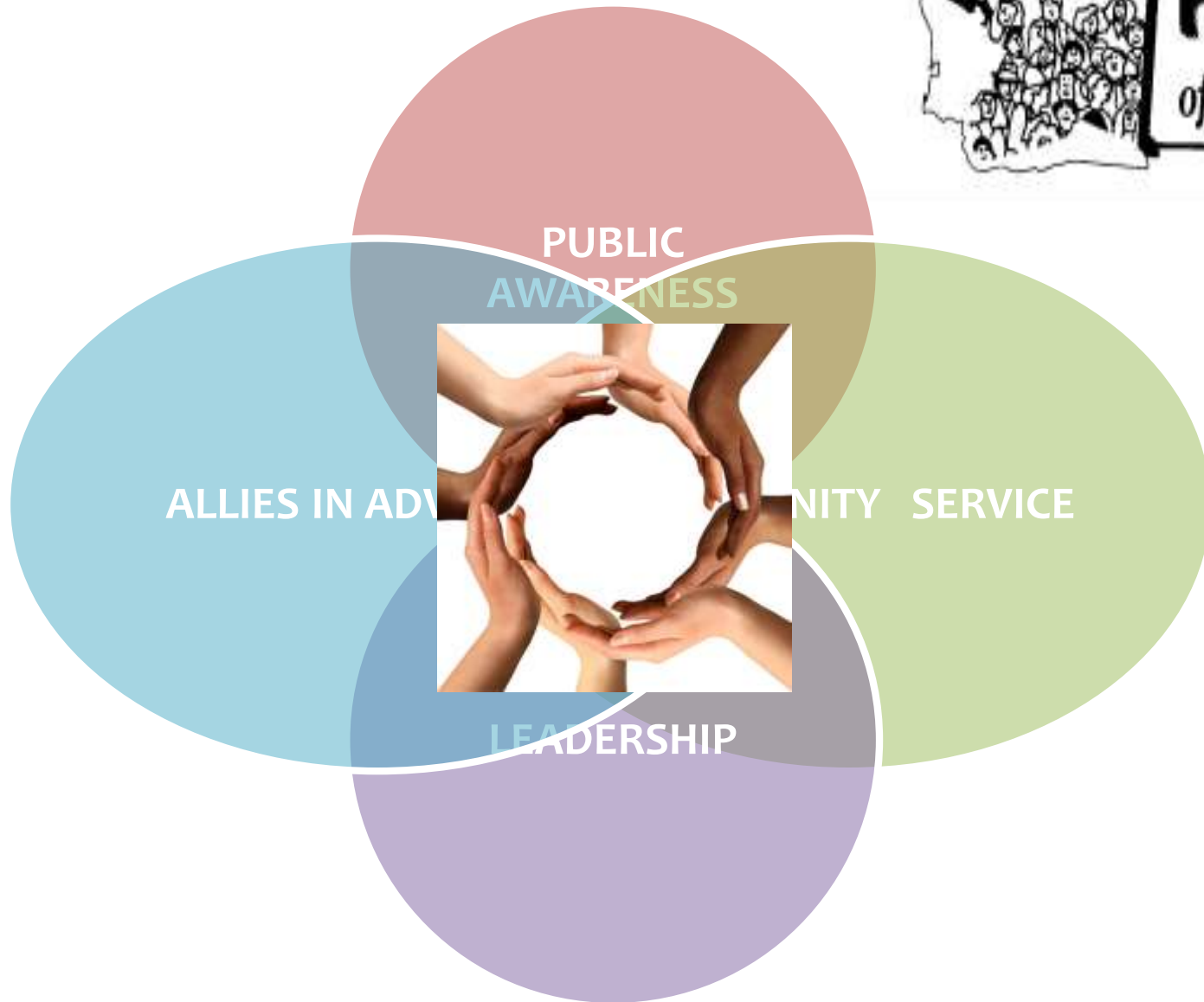
WE OPERATE BY
ROBERTS RULES
OF ORDER

WE ELECT
OFFICERS
EVERY 2 YEARS
2018 NEW
OFFICERS

WE HAVE 14
MEMBERS AND
4 ADVISORS

WHAT WE DO IN OUR MEETINGS

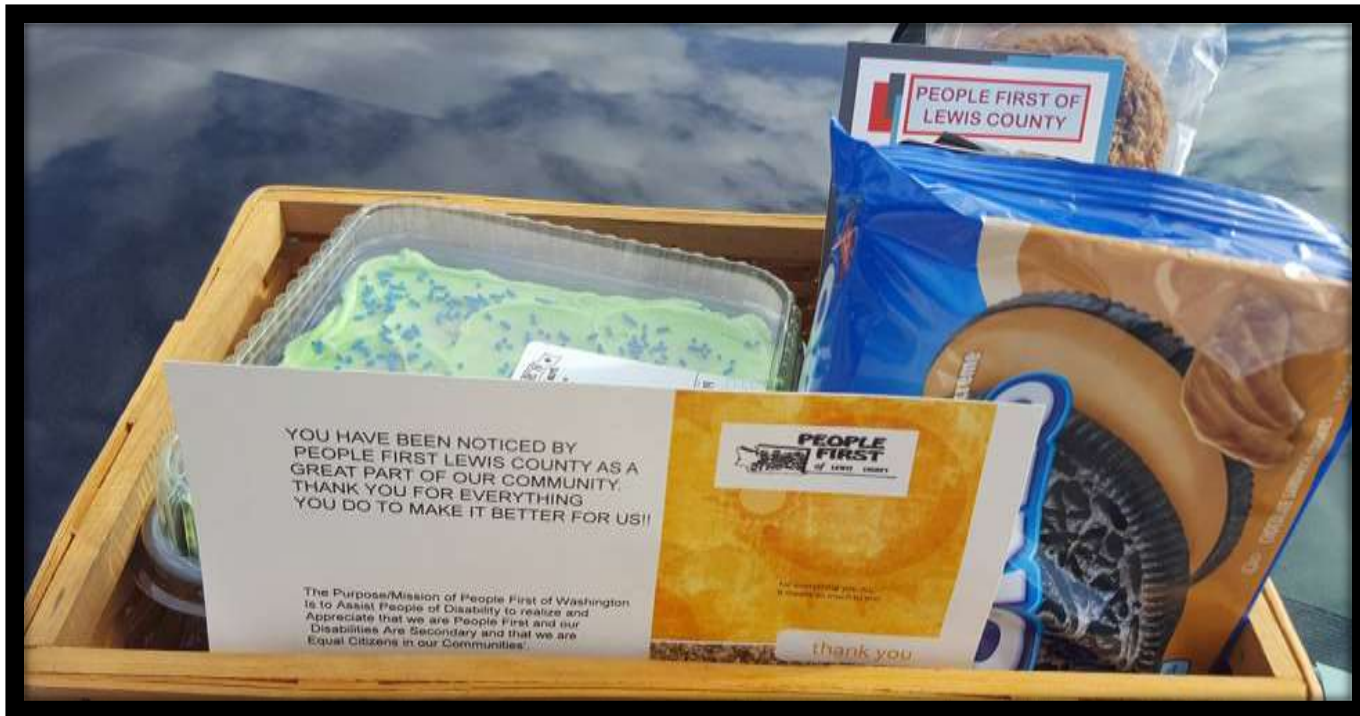
- *We learn how to communicate in a positive way with people*
- *We learn how to deal with discrimination by examples*
- *We learn how to speak up for ourselves*
- *We work on ways to be active citizens in our communities by working with other service groups.*
- *We help where help is needed.*
- **WE ACT AS A TEAM AND WORK TOGETHER**



WHAT DO WE DO IN THE COMMUNITY?

- FROM OUR WORDS
- *We volunteer for set up, sign in, clean up of Sparc Activities*
- *We show people that we are able to be leaders in the community and promote public awareness about People First*
- *Its fun at meetings! You get to make decisions and be a part of a group.*
- *We have helped with Mobile Ministry, Halloween costumes from the Link, we manned a Coffee Stop at a rest area and do fundraising like the Spaghetti Feed and selling Willamette Valley Pies.*

COMMUNITY APPRECIATION



EDUCATE OURSELVES



PLAY
TOGETHER

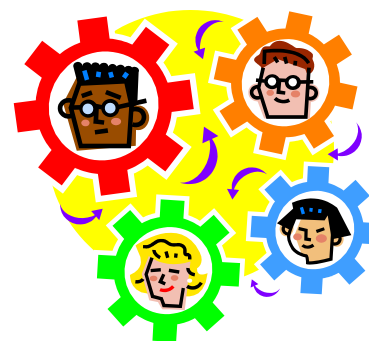
COFFEE STOP

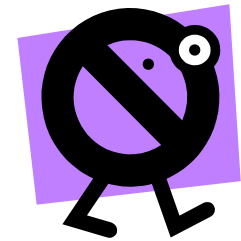


2018-2020 OFFICERS



PEOPLE FIRST LANGUAGE





*Moms and dads
Sons and daughters
Employees and employers
Friends and neighbors
Students and teachers
Scientists, reporters, doctors, actors, presidents, and
more.*



People with disabilities are people, FIRST.

PEOPLE FIRST LANGUAGE PLEDGE

Words matter! For too long, hurtful words have been used about people who have disabilities. So I pledge to make changes in how I think and talk, and will use PEOPLE FIRST LANGUAGE, to put the person first, not the disability. The examples below will be my guide. Using PEOPLE FIRST LANGUAGE is about having respect and following the Golden Rule.

I WILL SAY:

People with disabilities

Cognitive disability

Mike has autism.

JoAnn uses a wheelchair.

Steve has a physical disability.

Maria has a mental health condition.

Tyrone communicates with...

Accessible Parking

INSTEAD OF:

Handicapped/disabled

Mental retardation

Mike is autistic.

JoAnn is wheelchair-bound.

Steve is crippled.

Maria is mentally ill.

Tyrone is non-verbal.

Handicapped Parking

I also pledge not to use the "R-Word" (retard) or terms like idiot, imbecile, moron, psycho, lame, sped kid, special needs, and other disability labels that are used as insults or that may be hurtful. I will treat others as I want to be treated.

I make this pledge on _____ 20____. Signed _____

Like gender and ethnicity, disability is a natural part of life. One in five Americans is a person with a disability. One of the five apples in the bowl is green. The green apple is more like red apples than different, and a person with a disability is more like people without disabilities than different.



Visit www.disabilityisnatural.com to see People First Language articles and bookmarks, and other new ways of thinking about disability! You may copy and distribute this Pledge.

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**Thank you for letting us
share our story with you!!**