

Pathways for the Future, dba  
Western Alliance  
108 New Leicester Hwy  
Asheville NC 28806

Place label here



## DISABILITY PARTNERS EXPRESS



### EVENTS AT DISABILITY PARTNERS

(Please let us know if you wish to attend a class or potluck so we have food and supplies for all. 828-298-1977)

**Friday, March 10, 2017– Beginners' Knitting/Crochet Class 2:00-4:00** Supplies will be provided.

FREE

**Friday, March 10, 2017– Ham Dinner Potluck 4:00** We will provide the ham. Vegetarian options will be available. Suggested items to bring: Scalloped potatoes, potato salad, green beans, baked beans, corn, sweet potato casserole, rolls, dessert, drinks.

**Friday, April 7, 2017- Gardening Class 2:00-4:00** Roll up your sleeves and begin your spring planting. Learn tips and information about the do's and don'ts when planting. Planting supplies will be provided. FREE

**Friday, April 7, 2017– Make Your Own Subs 4:00** We will provide the deli meat. Vegetarian options will be available. Suggested items: Shredded lettuce, tomatoes, sliced cheeses, potato chips, potato salad, drinks, dessert.

**Friday, May 12, 2017– Self-Advocacy with a Twist 2:00** — Hint: If you like playing charades, you will love this class. We are going to have fun! FREE

**Friday, May 12, 2017– Fajitas 4:00** - We will provide the meat and veggies: Suggested items: Yellow rice, black beans or pinto beans, jalapenos, sour cream, shredded cheese, tomatoes, salsa, drinks, desserts.

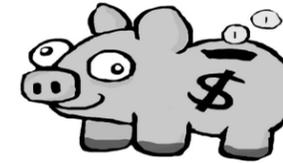
Happy  
Spring!

DP EXPRESS

SPRING 2017



DISABILITY  
PARTNERS  
Your Pathway to Independent Living



### THE NC ABLE PROGRAM



On January 26, 2017, the NC ABLE Program became available to individuals with disabilities who can now save and invest without jeopardizing means-tested benefits. The NC ABLE Program launched nationwide at [www.NC.SaveWithABLE.com](http://www.NC.SaveWithABLE.com). These affordable, tax-advantaged accounts allow eligible individuals, with either physical or cognitive disabilities, to save up to \$14,000 a year without endangering eligibility for certain means tested federal and state benefit programs, including Medicaid and Supplemental Security Income (SSI). Parents of children with disabilities and their guardians can open accounts on behalf of those who qualify. NC ABLE account funds can be used to pay for a wide variety of qualified disability expenses (QDEs) including those related to rent and housing, transportation, educational needs, employment training and supports, assistive technology and many other approved expenses. "NC ABLE accounts allow people with disabilities and those who love and care for them, the chance to save and invest their own money - something that, before now, meant giving up critically needed benefits," said State Treasurer Dale R. Folwell, CPA. "Along with the ABLE Board of Trustees and disability advocates across the state, we are dedicated to providing a program that serves the often forgotten needs of many North Carolinians.

North Carolina is a member of the National ABLE Alliance, a consortium of 13 states that have joined forces to leverage economies of scale and offer high-quality ABLE accounts. By joining with other states, North Carolina receives the most desired features and benefits, while keeping costs as low as possible. NC ABLE accounts are open to eligible individuals across the country and will offer competitive costs (\$45 per year), no enrollment fee and no minimum start-up balance, as well as an online portal to manage money that includes electronic bill paying capabilities. This spring, NC ABLE will offer a NC ABLE program debit card providing account holders a quick and easy way to pay for qualified disability expenses directly from funds in a NC ABLE account. NC ABLE accounts are opened online only. Enrollment takes just a few minutes. To enroll or for more information, visit [NC.SaveWithABLE.com](http://NC.SaveWithABLE.com). NC ABLE plans a spring kick-off event and informational events throughout the year. Visit the NC Treasurer website for a list of upcoming events. Follow them @NCABLEProgram on Twitter, Facebook and Instagram.



## How to Get the Most Out of a Doctor's Visit

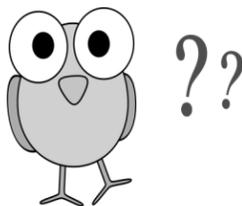
By SUMATHI REDDY, *The Wall Street Journal*



Having just 15 to 20 minutes with a doctor might seem awfully short, but that's how long most physicians' visits last. Doctors might not get all the information they need to fully understand a patient's condition. And there are few things more frustrating for a patient than to leave the doctor's office and suddenly remember something you forgot to ask. To get the most out of the limited time in a doctor's office and perhaps have a healthier outcome, here are tips that doctors recommend.

### Ask questions

Doctors suggest writing out a list of your questions before a visit to ensure you remember them. "Asking questions and resolving doubts is really important in moving forward as a patient," says Richard Ryan, a psychology professor at University of Rochester in New York who has studied patient adherence and motivation. Rank the questions in order of importance in case you can't get to everything in one visit.



### Mind the time

Stay focused on why you're there. "I like a little chitchat, I like to know my patients' stories and personally interact with them," says Shannon Dowler, a family physician in Asheville, N.C. "But if you spend 10 minutes showing me pictures of your beautiful grandchildren then that's half of our office visit." Call ahead if you're running a few minutes late for your appointment or need to cancel, she says. And to minimize waiting time, book the first morning appointment or the one right after lunch.



### Bring your meds

That includes herbal and over-the-counter medicines and prescriptions you've gotten from another doctor. "I have patients seeing a cardiologist, a nephrologist, a lung specialist all at the same time," says Dr. Albani. "Somebody can make one change which makes a difference." And bring the actual bottles with the original labels. "We can double check the dosing and make sure we haven't made an error or the pharmacy didn't make an error," adds Dr. Dowler.



Continued on page 3



Doctor's Visit (continued)



### Take notes

Writing down what the doctor says can help jog your memory after the visit is over. "We know patients forget most of what a physician says as soon as they walk out," says Bryan Murphey, chairman of NCH Physicians Group, an internal medicine practice in Naples, Florida. "We try to write things down for them. But they can read their handwriting better than they can read mine."

### Tell the truth

Uncomfortable topics, such as poor eating habits and medication adherence or risky sexual practices, can cause patients to avoid or sugarcoat the subject. And don't leave things out, such as symptoms that may or may not be important. "It's really hard to surprise us," says Dr. Dowler. "If you're not being truthful then we can't do the best job of taking care of you."



### Bring a friend

Going to an appointment accompanied by a spouse, a grown child or a friend is particularly important if, for example, you're expecting important test results. Older people, who may have trouble understanding or remembering things, can especially benefit. "If it's a test result that shows a cancer, a lot of people will just stop hearing what you say after the word 'cancer' and that's all they will remember. Having somebody else there can help with that," says Dr. Albani.



### Be realistic

Having a hard time getting more exercise like the doctor told you to? Don't skip your follow-up appointment. Instead, discuss with your doctor whether the goal is set too high. It's important to develop a treatment plan that you know you can follow, so let your doctor know what's realistic. And ask the doctor to repeat instructions if you need to. "Don't feel embarrassed to ask a question if you don't understand something," says Michael Rabovsky, chairman of the family medicine department at Cleveland Clinic.

**By the way...**When a health concern provokes anxiety, some patients need to work up the nerve to ask about it, sometimes when the doctor is about to walk out the door. "This happens more often than you'd think" says Dr. Dowler. "Delaying the most difficult issue can mean that gets the least amount of time in the visit." Bring up the most important issues first, she suggests. Having a list that you share with the doctor can help with this.