

DP Connections



Fig. 1. ADA Icon

We are dedicated to . . .

Partnering with individuals and the community to enhance, advocate for and support personal choices, independent living and community inclusion.

www.disabilitypartners.org

Winter 2019-2020



Fig. 2. Disability Partners Logo

*****NOTICE*****

DHHS Suspends Implementation of Managed Care

The Department of Health and Human Services has suspended the implementation of managed care and open enrollment. Managed care WILL NOT go live on February 1, 2020 after all. The General Assembly adjourned without providing necessary spending and program authority for the transition to managed care to move forward.

NC Medicaid's **current fee-for-service** model will continue as is. Medicaid beneficiaries will continue to receive services as currently provided. Beneficiaries may call the Medicaid contact center at 888-245-0179 for more information.

The Medicaid Managed Care Call Center 833-870-5500 will remain open through the scheduled open enrollment period to answer questions but will no longer enroll beneficiaries.

This article has been paraphrased.

To read the full version go to:

<https://www.ncdhhs.gov/news/press-releases/legislators-adjourn-without-taking-actions-required-medicare-managed-care-dhhs>

Office Hours

8:30 am—5:00 pm

Phone:

828-631-1167

Fax:

828-631-1169

Happy Winter Y'all

Stay Safe and Warm



Fig. 3. Drawing of a Snowman.



Like us on Facebook: www.facebook.com/DisabilityPartners-Sylva

Fig. 4. Facebook Icon

Centers for Independent Living & CyberPals Computer Program

Chuck Oaks,
Program Coordinator/
CyberPals Coordinator

Cindi Hall,
Independent Living
Specialist

Eddie Maney,
Independent Living
Specialist

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What is a Center for Independent Living?

The term "center for independent living" are consumer-controlled, community-based, cross-disability, nonresidential, private, nonprofit agency that is designed and operated within a local community by individuals with all types of disabilities with the goal of maintaining civil rights options, controlling choices and the freedom to participate fully in our communities.

Centers provide an array of independent living services, such as: Advocacy, Employment Network, Home Care, Peer Support, Information & Referral, Independent Living Skills Training, Nursing Home Transition, Youth Transition into Adulthood, Person First Day Program through Innovations Waiver, and CyberPals.

DisAbility Partners is such a place. We provide these services to the seven (7) western most counties in North Carolina including: Cherokee, Clay, Graham, Swain, Jackson, Macon, and Haywood.

Contact us today at 828-631-1167 to find out how we can help you reach your goals, *whatever they may be!*

CyberPals — What's it all about?

Our CyberPals Program places affordable, donated and refurbished computers in homes of people with disabilities. These computers are refurbished by a Microsoft Certified Refurbisher. They are sold at the low cost of \$65. For those who cannot afford the \$65, we offer the option to volunteer at a local community-based organization for 10 hours. This gives the recipient of the computer the opportunity to give back to the community. We offer a 60-day warranty for those who take our *ESSENTIAL COMPUTER SKILLS (ESC)* class.



Fig. 5. Picture of a Laptop Computer.



Fig. 6. Picture of a Desktop Computer, Monitor & Keyboard.

For more information call: Chuck, Eddie, or Cindi at 828-631-1167.

NOTE: DisAbility Partners has a computer lab (*with internet access*) available for consumers to use during our regular business hours: Monday—Friday, 8:30 AM to 5:00 PM.

Low Income Energy Assistance

The Low Income Energy Assistance Program (LIEAP) is a federally-funded program that provides for a one-time vendor payment to help eligible households pay their heating bills.

Households including a person 60 or older or an individual receiving disability benefits and services through the NC Division of Aging and Adult Services are eligible to sign up for assistance from December 1 — 31.

All other households may apply from January 1—March 31 or until funds are exhausted.

To APPLY...

**Contact your local county
Department of Social Services**

Tax Season is coming up quickly...

Jackson County
Department on Aging

will again host

AARP Tax Preparation
during tax season

For more information call:

828-586-5494

This service is open to anyone!

Did You Know?

******Low Cost Internet or Phone Service— Available to qualified households!******

Lifeline is a federal benefit that lowers the monthly cost of phone or internet service in three steps.

1. Qualifying is the first step to getting your Lifeline Benefit. Use the Lifeline National Verifier to enter your information, create an account, and see if you qualify. checklifeline.org
2. Choose a phone company **or** internet company. If you qualify, you will have 90 days to choose a service provider and sign up with them. NOTE: You can also ask your current company to apply your Lifeline benefit to a service you are already getting.
3. Sign up! Start getting your phone **or** internet service with your Lifeline benefit.

Disclaimer: This service is not to be confused with any lifeline medical alert or fall detection system.

Duke Energy customers may qualify for FREE LED light bulbs.*

CHECK YOUR ELIGIBILITY AT:

<https://www.duke-energy.com/home/products/free-leds>

Or call:

800-943-7585

PLEASE NOTE: You will have to verify that you have an account with Duke Energy by entering your Phone Number or Account Number and the last four digits of the account holder's Social Security Number or Federal Tax ID.*

FOR CONSUMERS OF OTHER ENERGY PROVIDER SERVICES:

PLEASE CONTACT YOUR ENERGY PROVIDER
TO INQUIRE ABOUT SERVICES THEY MAY HAVE AVAILABLE.

Duke Energy—Medical Alert Program

A medical alert may be assigned to a customer's account if a member of the customer's household is:

- Chronically or seriously ill
- Handicapped
- On a life-support system

Duke Power has in place sensitive handling of Medical Alert customers. It means that an indicator will be placed on the customer's account and meter. This doesn't mean that power will remain on that is subject to disconnection for nonpayment or that you will be the first to have power restored in a power outage. Duke Power encourages customers with medical needs to make preparations in advance for extended outages.

For more information about this service, please call Duke Power at: **800-943-6914**.

PLEASE NOTE: Customers of other power providers are encouraged to **contact YOUR provider** to ask if they provide these types of services.

Are you **ReadyNC** ... for Old Man Winter

Fig. 7. ReadyNC logo.

In light of our recent experience with inclement weather, here are some tips on personal, home, vehicle, and pet safety.

* * *

Contact DisAbility Partners for local shelters or help with "your" personalized emergency plan.

Be Prepared! Follow These Winter Safety Tips

- Keep alternative heating sources ready to use. Keep fire extinguishers on hand and be sure your family knows how to use them.
- Use a National Oceanic and Atmospheric Administration weather radio. Monitor it for changing weather conditions.
- Dress warmly. Wear multiple layers of thin clothing instead of a single layer of thick clothing to stay warm. Wear hats, gloves, scarves and heavy coats.
- Properly vent kerosene heaters and keep ANY electric generators OUTSIDE and away from any open windows or doors to prevent carbon monoxide poisoning. **DO NOT** burn charcoal or gas grills indoors or your garage.
- Keep fresh batteries on hand to use with flashlights and weather radios.
- Always keep at least a three-day supply of non-perishable food in your home and a manual can opener.

Know the Terms

Planning ahead helps to keep your family safe.

Know the terms, so you know what to expect and what to do.

- **Watch**: severe winter conditions could occur but don't know when.
- **Warning**: severe weather is occurring now.
- **Advisories**: winter weather conditions are expected to cause delays and problems.



Fig. 8. Safety Items for your car.

Do you have enough of the following items to last a few days, should the roads become unsafe for travel or the veterinary office is closed.

- **pet food**
- **litter**
- **fresh water supply**
- **soft warm bedding**
- **any medications your pet takes on a regular basis**

Check it out!

Publix has a selection of FREE prescription antibiotics and very low cost medications for common health problems. Check with your local Publix Pharmacy for more information.

NOTE: *You must have a prescription from your doctor.*

Other pharmacies may have the same medications FREE or very low priced. Check with **YOUR** local pharmacy to see what they may have.

Disclaimer: This is not an advertisement for Publix. This is provided for informational purposes only.

DisAbility Partners offers ADA Consulting

DisAbility Partners is proud to announce that we now have a Certified Americans with Disabilities Act (ADA) Coordinator on staff. We offer services ranging from simple ADA consultation to full accessibility surveys determining compliance with the Americans with Disabilities Act.

For questions regarding the Americans with Disabilities Act or a no cost estimate for an accessibility survey, contact Chuck at 828-631-1167.

CapTel 2400i

(Requires telephone service and high-speed Internet access)

Telephone calls can be challenging for people with hearing loss. The CapTel 2400i makes it easy to enjoy **phone conversations, confident you'll catch every word.**

- Shows word-for-word captions during your calls
- Large easy touch-screen display
- Powerful amplification — up to 40dB
- Traditional telephone keypad — for comfortable, familiar dialing

See more at: www.captel.com

This system is available for use at:
DisAbility Partners' office, Sylva, NC

It's Recipe Fun Time!

What's your favorite recipe?

Send us your tried and true recipes. We may just print it in the newsletter! Be sure to put your name and contact information with it so we can give you credit and let you know when it is going to be printed.

**Here's a quick one
for you on a sick day!**



7-MINUTE SICK DAY SOUP

Ingredients

3 cups vegetable broth
1/2 cup egg noodles
1/2 cup canned white beans, drained and rinsed
1 cup fresh baby spinach packed
Seasoning to taste - garlic, pepper, etc.

Instructions

In a medium-sized pot, bring the broth to a boil on high heat. Add in the noodles and cook for 5 minutes.

Add in the beans. Boil for another 2 minutes or until the noodles are tender.

Remove the pot from the heat and stir in the spinach. Cover the pot until the spinach is wilted. Season it up your way!

Serve warm!

Home Care Partners

Julie VanHook, RN
Aide Supervisor

Susan Hunter
Scheduler

Marqueta Owen, CNA
Administrative Assistant

Our staff are professionally trained under the supervision of a Registered Nurse

Do you or someone you know
need assistance with
Daily Living Activities?
WE CAN HELP! CALL US TODAY!
828-586-1570



Like us on Facebook:
www.facebook.com/hcpartners

Fig. 9. Facebook icon.

Join Our Team
WE ARE HIRING
Caregivers and CNAs
Training Provided
Call:
Julie, Susan, or Marqueta
@
828-586-1570

*** Check out our Loan Closet! ***

DisAbility Partners accepts donations of medical equipment. We loan them to individuals in the community as long as needed.

Our supply changes frequently.

Equipment may include: hospital beds, wheel chairs, toilet chairs, shower chairs, rollators, canes, walkers with and without wheels, crutches, and other items that have been donated.

Call Chuck, Eddie, or Cindi to see if we have what you need!

828-631-1167



Fig. 10. Picture of a Walker no background.



Fig. 11. Picture of a bedside commode.



Fig. 12. Picture of a shower chair, shower stool, and a toilet riser.



Fig. 13 . Picture of a cane.



Fig. 14. Picture of a walker with a potted plant and white carpet background.

Pathways Thrift Store

Monica Parton, Store Manager
828-631-5533

Looking for a bargain?
Shop our Thrift Store.

Furniture, household items, vintage collectibles, baby items, clothing, shoes, and much, much more.

We accept *clean*, re-sellable items. We do pick-ups for large items on Tuesdays and Thursdays.

**Please call us to schedule a pick-up.
All donations are Tax Deductible.**

Store Hours:

Monday – Thursday
10 am – 5 pm

Friday & Saturday
10 am – 4 pm

828-631-5533

329 Jackson Plaza, Sylva, NC 28779

Email: thriftstore@disabilitypartners.org



Fig. 15. Reduce Re-use Recycle.

Veterans

20% off
Total Purchase
1st day
of the month!

Volunteers are always needed!!

If you would like to volunteer or know someone
who would like to volunteer...

Please call Monica at 828-631-5533.

Like us on Facebook: www.facebook.com/pathways.thrift



Fig. 16. Facebook Icon.

******Don't Forget******

EVERY THURSDAY & SATURDAY!

\$5 Bag Sale

Western NC Alert Systems Keeping Citizens Informed

Sign up with the system your county uses!



Fig. 17. CodeRED logo.

The following counties utilize the CodeRED system...

TO SIGN UP:

Jackson — jacksonnc.org

If you don't have internet call Elaine at 828-586-7508 to register.



Macon — maconnc.org/emergency-management

If you don't have internet call: 828-349-2067 to register.



Swain — swaincountync.gov

If you don't have internet call: Misty at 828-488-6021 to register.



Fig. 18. Everbridge NIXLE logo.

The following counties utilize a different system...

Cherokee, Clay, Graham, Haywood

Text your ZIP CODE to: 888777 to OPT-IN

Text your ZIP CODE again to 888777 to OPT-OUT if you move.

For assistance or questions:
Please call Cindi at: 828-631-1167

THIS ORGANIZATION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER.



From our Family to Yours!
Have a Safe & Happy Holiday Season!



STANDARD MAIL
NON-PROFIT ORG.
U.S. POSTAGE PAID
PERMIT NO.22

DisAbility Partners
525 Mineral Springs
Sylva, NC. 28779

