



DP CONNECTION

Offices hours

Mon thru Fri

8:30 am

to

5:00 pm

828-631-1167

828-631-1169 fax

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The Employment Network

DisAbility Partners works with people with disabilities between the ages of 18 and 64 receiving Social Security DisAbility (SSDI) or Supplemental Social Security (SSI) benefits to become employed. We will provide comprehensive employment services that include resume building, interviewing skills and job search and placement assistance through the Ticket to Work Program. Employment Partners reaches to all 14 most Western counties in North Carolina. This partnership works closely with you and the employer to help you attain successful employment. Call Eva Reynolds at

Social Security Alert!!!!

To avoid any delay in receiving social security benefits, you must sign up for direct deposit payment through the banking institution of your choice by March 1, 2013. Social Security Administration will no longer pay social security benefits with a paper check. If you receive SSI you have the choice of having your benefit loaded onto a Direct Express MasterCard or deposited directly in your bank account. You can obtain

Ms. Wheelchair Pageant to be Held on April 6, 2013

Ms. Wheelchair North Carolina will be crowned on April 6, 2013 at the Crowne Plaza Hotel in Asheville. This is a very important honor to represent North Carolina at the National level later in the year. Ms. Wheelchair North Carolina will be a spokeswoman for all people with disabilities in North Carolina while working with policy makers and elected officials to increase opportunities in housing, employment, education and

Special Olympics

The 2013 winter Special Olympics has just concluded with athletes from North Carolina, South Carolina and Virginia competing in Alpine Skiing and Snowboarding hosted by French Swiss Ski College at Appalachian Ski Mountain between Blowing Rock and Boone. For results visit www.sonc.net/wp-content/uploads/2013-SONC-Winter-Games-Alpine-results-for-media.pdf

The summer Special Olympics will be held the weekend of May 31 through June 2 in Raleigh. This is an inspiring program for all who participate; from coaches, sports officials, event organizers to

Smartphone App Available to Help Children with Autism

Keith Allen, Ph.D, professor of psychology at the University of Nebraska Medical Center and BehaviorApp, LLC have developed an app for smartphones that uses naturalistic teaching providing pictures of objects and prompts for parents to work at home with children diagnosed with autism. Per Dr. Allen, this app is to supplement not a substitute for treating speech and communication problems in children with autism. The app retails for \$24.99 and there are a limited number

MedWest offers Care Assistance Program

MedWest is offering financial assistance to low income or uninsured/ underinsured patients when treatment is inpatient or outpatient at the MedWest hospital in Haywood, Jackson and Swain counties. The assistance does not include physician, anesthesiologist, surgeons and most professional charges. Financial assistance provided is based on specific percentages of the Federal Poverty Guideline compared to your income. For more information visit www.haymed.org then choose the Patients and Visitors tab at the top, then select Billing and Patient information from the drop down box. Scroll down until you find Care Assistance Program. There you will find information on who to call based on your location.

Information Forum for People with Disabilities

Haywood County Senior Resource Center, February 20, 2013 2 pm to 4 pm. This is your opportunity to express your ideas and hear from others on living with a disability . Program designed around you.

Disability Partners Services

- **Information and Referral**
- **Independent Living Skills Training**
- **Peer Support**
- **Advocacy**
- **Home Care Partners**
- **CyberPals**
- **Smoky**

National Forests in North Carolina recognized for Accessible Fishing areas

In 2012, The US Forest Service recognized all four of North Carolina's National Forests for their accessibility accomplishments in constructing 20 accessible fishing sites in the Nantahala, Pisgah, Uwharrie and Croatan National Forests in our state. Since the Nantahala and Pisgah National Forests are in Western North Carolina, we encourage all fishermen to check out these facilities and give your comments to the National Forests office in Asheville. Please call 828-257-4200 with your thoughts and ideas. A complete list of accessible fishing piers is available at www.fs.usda.gov/activity/nfsnc/

Breaking New Ground For Students With Disabilities

The Obama administration is directing all school districts across the United States they must include students with disabilities in sports programs or provide equal alternative options. All schools received a letter in January 2013 stating this directive. Schools must make reasonable modifications for students with disabilities or create parallel athletic programs that have comparable standing as a mainstream program. This clearly means that schools can not exclude students with disabilities if they can keep up with their classmates. Establishing students' need will be the first step, followed by training for educators and coaches. There is no deadline for schools to comply with the new disability directive. However, schools who do not comply risk losing federal funding. Contact the schools in your area to learn more about how they plan to implement the new guidelines.

Did you know?

There are an estimated 1,336,000 people in North Carolina over the age of five with a disability.

Approximately 242,000 people or 3.1% of the state's population experience difficulties with performing activities of daily living such as dressing, bathing, ambulating in and outside the home.

ATTENTION ALL YOUTH!!!!

YOUTH LEADERSHIP PROGRAM COMING

North Carolina Youth with Disabilities between ages 15-28 who want to be leaders in their communities are invited to join other youth leaders on July 8-12-2013 at NC State University in Raleigh. This is a- FREE state wide week long seminar filled with food, games, speakers, activities & training for YOUTH. For more information please contact: Krista Hunsuck @ 828-507-2125 or check out the YLF website: www.ncylf.org.

Inaugural Ball

On January 19 the National Press Club, Disability Power & Pride and the American Association of People with Disabilities hosted the second Disability Inaugural Ball. Those attending the ball represented government, non-profit and for-profit organizations and others. The anticipated 400 in attendance included Congress Senator Tom Harkin (D-IA), Congresswoman Tammy Duckworth (D-IL) and former Congressman Tony Coelho. The evening's entertainment was Ski Johnson and Juke-Boxx. Those in attendance represented the diversity of people with disabilities that reflects the ability to work together with legislators in reaching equal opportunity in independent living in all aspects of the American way of life. Other supporters of the event are The Arc, United Cerebral Palsy and the National Council on Independent Living.



WHAT'S COOKING

Almond Broccoli Salad

6 cups small broccoli floret
 10 slices bacon, cooked and crushed
 3 green onions sliced
 2/3 cup mayonnaise
 ¼ cup honey
 1 teaspoon fresh lemon juice
 1 (3.75) ounce package honey roasted sliced Almonds

Directions

In a medium bowl, combine first 3 ingredients.

In a small bowl stir together mayonnaise, honey and lemon juice.

Pour over broccoli mixture, tossing gently to coat. Stir in almonds just before serving.

Makes 8 to 10 servings. Paula Deen Recipe .

If you are interest in having a cooking class call Billie at 828-631-1167

Cooking Tip

If you have a cooking fire:

- Just get out! When you leave, close the door behind you to help contain the fire.
- Call **9-1-1** or the local emergency number after you leave.
- If you try to fight the fire, be sure others are getting out and you have a clear way out.
- Keep a lid nearby when you're cooking to smother small grease fires. Smother the fire by sliding the lid over the pan and turn off the stovetop. Leave the pan covered until it is completely cooled.
- For an oven fire turn off the heat and keep the door closed.

VetsFirst

VetsFirst has a new employment and education resource on their website to help veterans with disabilities understand the protections and opportunities available to them not only as veterans but also as people with a disability. The resource: Disabled Veterans Employment and Education: Gearing Up For Your Future, offers a variety of tools to realize academic and career goals, step by step outline to find employment and covers needs for workplace accommodations, adjustments and modifications. For more information visit :
www.vetsfirst.org/veterans-employment.

Home Care Partners

If you or a loved one needs help with activities of daily living such as bathing, dressing, meal preparation, walking, our trained CNA's and In Home Aides can provide the care you need for more independence. We work with CAP and IHCA Medicaid programs, private pay, VA and respite. Our proven 12 year experience in providing services can give you peace of mind that you or your loved one will get the best qualified care possible. Please call 828-586-1570 or 828-631-1167 for more information.

VIEW FROM MY PORCH

By: Gale Anglin

From my porch I see mountain ranges with barren trees standing at attention as the cold winter wind blows through the empty branches. The frost bitten grassy fields reveal colorless ground that show ravages left by icy deposits and washed away from heavy rains. It appears that the challenges of spring are hidden and may never appear.

Each of us faces challenges on a daily basis that seem to have endless resolutions. Some time our approach to these challenges admits defeat before we even try. People with disabilities have to decide does my disability define me or do I put my disability in perspective as to who I am or want to be. Some times a disability is temporary and other times it will remain a life long partner. No matter what the situation, life goes on in the manner in which we choose to deal with the disability. We can choose to withdraw from the world and say “why me” or we can turn that disability into many other abilities. The abilities are there; you need the desire to cultivate these talents to your potential. Other people including friends and family will react to your disability based on your attitude toward your disability.

In today’s world, a person with a disability can live a full and rewarding life with the many opportunities that are available. You can further your education, get a job, be part of a support group, participate in community activities and volunteer at local charities to name a few. In giving and participating you will receive much more than you can image.

The staff at DisAbility Partners is here to help you set goals and will be here to support you in your journey toward achieving those goals. Staff members who provide support to you have experience in

daily living with a disability and have found ways to make life meaningful and rewarding. You can make that choice also. Let us assist you in attaining independence in your daily life.

From my porch I see the heavy drape of winter but I know the fresh breath of spring is waiting to burst through. The trees will boast fresh growth, the grass will carpet the landscape with a blanket of green and flowers will push there way up through

UNSCRAMBLE THESE WORDS

I B L A Y T I

T I O M T E N D E N I A R

S C S L E E A I B C

Pathways Thrift Store

Donations of clothing, household items, furniture, books, linens, etc. are needed. Donations are tax deductible. Volunteers are needed and appreciated. We will also pick up your unwanted items. Call Kisha Donlea, Manager

What is the Benefit Bank of NC?

The Benefit Bank is a free simple easy path to getting help for food assistance, medical benefits, veteran’s education, completing tax returns or completing a financial application to name a few. Community and Faith Based Organizations use The Benefit Bank to help connect low-and-moderate income individuals and families. For more information call Billie at 828-631-1167.

DISABILITY PARTNERS STAFF

- Barbara Davis, Executive Director
- Gale Anglin, General Manager
- Loretta Womack, Executive Assistant
- Becky Jones, Bookkeeper
- Billie Rich, IL Specialist/Cyberpals
- Eddie Maney, IL Specialist
- Shelly Stephens IL Specialist (Andrews)
- Doug Schwark, CyberPals
- Lynda Cowan, First in Families Coordinator
- Sheila Phillips, First in Families Resource Coordinator
- Krista Hunsuck, Program Coordinator

Center Activities

DisAbility Partners is “your” center and we want to have activities and events that are of interest to you. We can schedule classes from budgeting to crafts and social events such as pot luck dinners or luncheons, bingo, and movies. We can establish supports groups for a specific disability. This is a center of learning and socializing. Let us know how “your” center can better serve you. Call any staff member at 828-631-1167 or email

bdavis@disabilitypartners.org You make the call!!

Computer Class

*1st Tuesday of every month for
2 hours starting at 1:00 pm.
Call 828-631-1167 to register*



Mailing address

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

Disability Partners
525 Mineral Springs
Sylva, NC. 28779