

DP Connections



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 2016-2017



Office Hours

8:30 am—5:00 pm

Office: 828-631-1167

Fax: 828-631-1169

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Services

- ♦ Advocacy
- ♦ CyberPals Program
- ♦ Employment Network
- ♦ Home Care Partners
- ♦ Peer Support
- ♦ Information & Referral
- ♦ Independent Living Skills Training
- ♦ Person First Day Program
- ♦ Nursing Home Transition

Centers for Independent Living are private, non-profit, consumer-controlled, community-based organizations by and for people with all types of disabilities with the goals of maintaining civil rights options, controlling choices, and the freedom to participate fully in our communities.

This wheel chair belonged to Ed Roberts “lovingly” referred to as the Father of

Independent Living, a disability activist, and the first severely disabled student to attend the University of California at Berkeley. He studied political science and earned his BA in 1964 and his MA in 1966. There he also nurtured an emergent revolution for people with disabilities.

Read more at:

<http://www.smithsonianmag.com/smithsonian-institution/ed-roberts-wheelchair-records-story-obstacles-overcome>



NC ABLE
National ABLE Alliance Member

North Carolina Achieving a Better Life Experience (ABLE) Program

The North Carolina Achieving a Better Life Experience (ABLE) Act, signed into law in 2015, means people with disabilities can save money in a tax-deferred account for some of their expenses related to health and wellness, employment supports, education, housing, and other costs not covered by Medicaid.

This new type of account allows people with disabilities to save up to and including \$100,000, which will not be counted toward a person's eligibility for SSI or other federal means-tested programs. A total of \$14,000 a year can be contributed to this account from various sources such as friends, family and employment earnings.

The North Carolina Department of State Treasurer is coordinating the implementation, administration and outreach of this important new program.

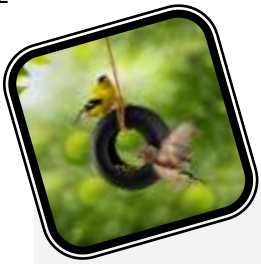
Article from: <https://www.nctreasurer.com/able/Pages/default.aspx>

*Our troops are special
here at
DisAbility Partners.
The **Person First Program**
individuals and staff created
bracelets made out of Para-cord
for soldiers to use
when needed in the field.*

See page 3
for more information
and pictures!



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



THE VIEW FROM MY PORCH



As I step onto the porch, the birds flutter off quickly from their perches on six feeders placed around the edge of the deck and the porch overhang. It is amazing how hungry feathered friends are and they always remind me when the levels of seeds in the feeders become difficult to retrieve. Observing the feeders, I see that seeds fill about half the capacity of the feeders. Now are they HALF-FULL or HALF EMPTY? So at this point, I need to make a decision. If I fill them up at this level, I will be filling them more frequently than if I waited until all the seeds are gone. If I fill them at the time they become empty, only half as many birds can eat at a time due to the location of the perches on the feeder. This can cause confrontation between members of the winged species and some will not get to partake of what food is available. Now I must stop and think, why do I have the bird feeders?

It doesn't take but a second to remember that I have the feeders to attract these colorful friends of nature and to help them in their search for food and to enjoy the array of beauty they bring to our daily lives. If I fill the feeders more frequently, there will be more birds around to admire and watch as they go about their daily routines. If I watch closely, I may see activities that suggest a nest is being built to prepare for a new family.



How do you see your surroundings, HALF FULL or HALF EMPTY? It is all a mind set and this can make a difference in how we handle the things in our lives. What do you think when you see a bird sitting on a perch at an empty feeder?

From my porch, I see that the feeders are HALF FULL and I know that not letting them get below that level will bring encouragement for all who see the feeders, produce a healthier outlook for all who partake of the feeders and bring hope for brighter **outcomes to all who observe the daily results of the activities around the feeders. Don't** let your feeders get empty. Keep them at a minimum, HALF FULL.

What do you see from your porch?

By: Gale Anglin
February 2002



Home Care Partners

Julie VanHook, RN
Aide Supervisor

Susan Hunter
Scheduler/Office Manager

Marqueta Owen, CNA
Administrative Assistant

Home Care Partners
is currently taking applications...

for
In-home Aides and
CNAs.

Off evenings and
weekends.

Call:
Julie, Susan, or Marqueta
@
828-586-1570



All of our
professionally
trained CNAs and
In-Home Aides
are supervised
by a Licensed RN



Do you or someone you know
need assistance with
Daily Living Activities?



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

Person First Services a division of DisAbility Partners in Sylva, NC is a day program that serves individuals with intellectual and developmental disabilities in the surrounding WNC counties and provides them with an environment they can use daily to work on a variety of goals, including the importance of community and giving back. The Day Program celebrated National Send a Card to a Friend Day on February 7th 2017. Instead of sending a traditional card to family members and loved ones, the day program collected items and sent care packages along with cards to service **members of our nation's troops overseas.**

Each care package included a variety of toiletry items, small snacks, hard candy, and a handmade Para-cord bracelet created by one of our individuals in the program. A Para-cord bracelet is extremely useful to a soldier that can be used for a variety of purposes. The bracelets can be unraveled and then used to repair items that break (like shoe laces), hang things, and even make a tourniquet or splint in emergency situations.

If anyone is interested in learning more about the day program and the activities we provide, please contact. . .

Lynda Beck-Cowan at:

828-631-1167.



Pathways Thrift Store

Shirley Wilson, Store Manager

Our Grand Re-Opening was a HUGE success!

Come visit us at our new location:
(Between Roses and the Bowling Alley)
329 Jackson Plaza, Sylva, NC 28779

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 unwanted and large items on Tuesdays and
Thursdays. Please call us to schedule a pick-up
at 828-631-5533.

All donations are Tax Deductible

Store Hours:

Monday— Saturday
10 am — 4 pm

828-631-5533



Volunteers are always needed at Pathways.

If you would like to volunteer or know someone who would like to volunteer,
please call or have them call Shirley at 828-631-5533.

DisAbility Partners and Pathways Thrift Store

would like to give a big shout out to our volunteers that helped with our big move!

THANK YOU!! ❤️ THANK YOU!! ❤️ THANK YOU!!

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





While we don't **"NORMALLY"** get this much snow in our area, we have received some pretty large amounts in recent years.

BE PREPARED!!!

Before winter approaches, add the following supplies to your emergency kit:

- Prescription medications and glasses.
- Infant formula and diapers.
- Pet food and extra water for your pet.
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container.
- Cash or traveler's checks and change.
- Emergency reference material such as a first aid book or information—www.ready.gov.
- Sleeping bag or warm blanket for each person.
- Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant.
- Or in an emergency, you can use it to treat water by using 16 drops of "regular household liquid bleach" per gallon of water. *(Do not use scented, color safe or bleaches with added cleaners.)*
- Fire Extinguisher Matches in a waterproof container.
- Feminine supplies and personal hygiene items.
- Mess kits, paper cups, plates and plastic utensils, paper towels.
- Paper and pencil Books, games, puzzles or other activities for children.
- Rock salt or more environmentally safe products to melt ice on walkways.
- Sand to improve traction.
- Snow shovels and other snow removal equipment.
- Sufficient heating fuel. You may become isolated in your home and regular fuel sources may be cut off.
- Store a good supply of dry, seasoned wood for your fireplace or wood-burning stove.
- Adequate clothing and blankets to keep you warm.

For those who use social media, try the following hashtags...

#GetReady and #WinterSafety for more information.

Stay safe & warm this winter!

Centers for Independent Living & CyberPals Computer Program

Della Sue Bryson,
IL Specialist/CyberPals Coordinator
dbryson@disabilitypartners.org

Eddie Maney,
IL Specialist

Doug Schwark,
CyberPals Technician

What is a Center for Independent Living?

The term "center for independent living" means a consumer-controlled, community-based, cross-disability, nonresidential private nonprofit agency that is designed and operated within a local community by individuals with disabilities and provides an array of independent living services.

DisAbility Partners is such a place. We provide services to the seven (7) western most counties in North Carolina including Clay, Cherokee, Graham, Swain, Jackson, Macon, and Haywood out of the Sylva office. Our Asheville office provides services to the next set of seven (7) counties; including Transylvania, Madison, Buncombe, Henderson, McDowell, Rutherford, and Polk.

Contact us to ask questions and find answers for yourself or someone you may know for services we can provide.



To enhance the lives of individuals with
Alzheimer's disease or other
dementia

Caregiver Telephone Support Group

The Alzheimer's Association Western Carolina Chapter offers a telephone support group for caregivers of persons with Alzheimer's disease or dementia. This group is designed to provide caregivers opportunities for sharing, education, and support through a telephone conference. Support group participants and a support group facilitator connect each month for one-hour confidential sessions.

1st Tuesday of the month
12:30 - 1:30 PM

For more information or to sign up, contact
Margaret White
1.800.272.3900 or Mwhite@alz.org

alzheimer's association
THE BRAINS BEHIND SAVING YOURS™

Awesome Support Group Experience!

This telephone support group was an awesome experience. I sat through the February meeting. If you have ever participated in a support group, then you know of the benefits one receives from them.

A facilitator provides guidance based on topics participants share from their experiences with a loved one suffering with **dementia or Alzheimer's disease**.

A few tips that I took away from the meeting, I thought would be beneficial to share.

1. Take a deep breath and disengage from the situation.
2. Remember! **It's the disease, not the person.**
3. Make activity level equal to their cognitive level.
4. Address the emotional needs rather than the task at hand. Approach it gently.
5. Get them off of the subject they are worrying on.
6. Self-care is very important! **Manage "my" stress level.** Use available respite grants!

For more information or to register, call the number on the flyer to the left.

By: Cindi Hall
February 2017

Did You Know?

Interesting Fact:

Putting sugar on a cut or wound reduces pain and speeds up the healing process.

From the Circle of Useful
Knowledge
For
Farmers
Mechanics
Merchants
ETC.
© 1874



*Do you need help
finding services?*

The first step in finding help is knowing
who to call.

9-1-1 is for emergencies.

4-1-1 is for directory assistance.

2-1-1 is for finding community health and human service resources.

To access our information and referral line. . .

Dial 2-1-1 or 888-892-1162.

NC AgrAbility

Tip: Place your emergency contact in your phone under the word **ICE—Contact Name** in case you are ever in a situation where you can't tell emergency responders who to call. They may look in your phone for someone to call.

ICE = In Case of Emergency.

The contact name after tells who you want called in case you are unable to tell them.

For those of us with smart phones, Google Play store and the Apple iTunes Store has apps for this purpose. Check them out to see the various apps that are available to give emergency workers the information they need to provide appropriate care for you should an emergency ever arise.

We hope one never does!

This information could save your life!

ASSISTING
NORTH CAROLINA
FARMERS & FARMWORKERS
with DISABILITIES

The North Carolina AgrAbility Partnership is a statewide consortium that serves and supports farmers, ranchers, farmworkers and their family members who have disabilities.

DisAbility Partners has an opportunity available for an individual interested in working with this program.

For more information, call:

828-631-1167

What is SHIIP?

Seniors' Health Insurance Information Program (SHIIP)

SHIIP is a free health benefits counseling service for Medicare beneficiaries and their families or caregivers. SHIIPs mission is to educate, advocate, counsel and empower people to make informed healthcare benefit decisions.

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

DisAbility Partners accepts donations of medical equipment. We then store them for individuals in the community to request on a loan basis. Our supply changes frequently.

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

Call Della or Eddie to see if we have what you need!
828-631-1167

Mark Your Calendar!!!

June 6th

12:00-2:30 pm

@ Pathways Thrift Store

329 Jackson Plaza

Sylva, NC

Diane Parker from the Jackson County Aging Center will have a booth/table set up to provide information to the public about the
SHIIP Program.



Alternative formats of our newsletter are available.

Please call Cindi at 828-631-1167 or email: chall@disabilitypartners.org to discuss what works best for you.

Created by: Cindi Hall

Mailing address label

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DisAbility Partners
525 Mineral Springs
Sylva, NC. 28779