DisAbility Partners

# WINTER ADDITION 2026

## COMMUNITY NEWSLETTER



Hello All,

Winter is on its way in the mountains of Western North Carolina! As temperatures drop and the days grow shorter, we're reminded that even during the coldest months, warmth can be found in the connections we share, the support we offer, and the strength of our community.

At DisAbility Partners, our mission remains strong through every season: empowering people with disabilities to live independently, make their own choices, and pursue the lives they envision.

This winter, we're sharing helpful community resources, tips for staying safe and healthy, and ways to stay connected. Whether you're looking for assistance with heating costs, support during the winter blues, or simply a little encouragement, we hope you'll find something useful in these pages.

**HERE'S TO A SEASON OF WARMTH, INDEPENDENCE, AND COMMUNITY!**

Inside: heating assistance • winter wellness • essential needs • accessible emergency preparedness

# DISABILITY PARTNERS HOLIDAY EVENT 2026



**Join us Friday, December 11th, 2026, at 2pm for a festive Holiday Meal!**

The holiday season is a wonderful time to come together, share a delicious meal, and celebrate the friendships that make our community special. We invite you to join us for an afternoon filled with good food, warm conversations, and holiday cheer!

**We look forward to celebrating the season with you!**



Please join us in welcoming **Philip Wayne Yon** and **Angelica Thompson**, the newest members of the DisAbility Partners team!



Hi, I'm Angelica Thompson, but most people call me Angel. My background includes peer support, administrative services, and working with individuals with disabilities. I am passionate about helping people access resources and support that improve their quality of life. Outside of work, I enjoy spending time with my family, volunteering as an animal rescue adoption coordinator, exploring local waterfalls, and making crafts. I'm thrilled to join the team and look forward to serving our community.




My name is Philip Wayne Yon, but most people call me Wayne. I bring a diverse background in software development, technology, simulation, and creative design. As a former Senior Software Developer and founder of QUBESHIFT, I have spent much of my career developing interactive applications, virtual reality experiences, and artificial intelligence technologies. I have a passion for learning, creating, and solving problems, and I am continuing my education in Artificial Intelligence Technology. Outside of work, I enjoy composing music, developing creative projects, and exploring new ideas. Joining Disability Partners has given me the opportunity to combine my technical and administrative skills with something equally important to me—helping others. I am proud to be part of a team dedicated to empowering people with disabilities to live independently and have greater choice and control over their lives.



# Winter Wellness & Community Resources

## Heating & Utility Assistance

Cold weather can make heating costs harder to manage. These local programs may be able to help eligible households stay warm and safe. Reach out to your county, LIEAP.

### Buncombe County Health & Human Services — LIEAP & CIP

828-250-5500 | 40 Coxe Avenue, Asheville

### Henderson County Social Services — LIEAP & CIP

1200 Spartanburg Hwy Ste 300, Hendersonville, NC 28792, United States · 828-697-5500

Provides heating assistance through LIEAP and emergency utility assistance through CIP for eligible households. Applications may be submitted by phone, in person, or online through NC ePASS.

### Interfaith Assistance Ministry (IAM)

310 Freeman St, Hendersonville, NC 28792, United States · 828-697-7029

Offers emergency financial assistance, including help with utility bills, depending on eligibility and available funding.

Interfaith Assistance Ministry

### Transylvania Social Services Department — LIEAP & CIP

106 E Morgan St, Brevard, NC 28712, United States · 828-884-3174

Assists eligible households with heating costs and qualifying energy emergencies. Contact DSS for application requirements and available assistance.

### Sharing House — Emergency Assistance

164 Duckworth Ave, Brevard, NC 28712, United States · 828-884-2866

Provides assistance with utilities, heating expenses, and other emergency needs, subject to eligibility and funding.

The Low Income Energy Assistance Program (LIEAP) offers a one-time heating payment to eligible households. The Crisis Intervention Program (CIP) helps with qualifying heating emergencies, including threatened utility disconnection.

**APPLICATION TIMING**

LIEAP application windows and available funding can change. Contact the county to confirm the Winter 2026–27 dates and eligibility before applying.

**December 1–31** for households with someone age 60+ or qualifying people with disabilities receiving designated aging services; other households can apply **January 1–March 31**, while funds last.

**Crisis Intervention Program** can help eligible households experiencing a heating emergency. For questions, contact Kimberly Fullerton @ 828-250-5592

### Community Action Opportunities — Home Weatherization

828-252-2495 | 25 Gaston Street, Asheville

Weatherization services may include insulation, air sealing, and heating improvements for qualifying households. The Heating/Air Repair and Replacement Program (HARRP) may help with faulty heating systems.

### Eblen Charities — Emergency Financial Assistance

828-255-3066 | 23 Hamilton Street, Asheville

May provide help with utilities and other essential expenses, subject to eligibility and funding.

Tip: When calling, ask what documents you need, whether funds are available, and how to apply.

## Safe Shelter for Dangerous Weather

When temperatures drop, having a warm, safe place to stay can be lifesaving. Code Purple is Asheville and Buncombe County's coordinated effort to expand emergency shelter during dangerously cold weather for people experiencing homelessness.

Code Purple sites include:

**ABCCM: Transformation Village** (30 Olin Haven Way - Transit Route: W2)

- 35 beds for women and women with children

**Homeward Bound: Center of Hope** (204 Haywood Street - Transit Routes: W6, WE1 West, WE2 West)

- 90 beds for men, couples, and people with pets

Referral only and overflow sites include:

**Haywood Street Respite**

- referral only

**Safe Shelter Overflow - activated only when other sites are full** (95 New Leicester Highway - Transit Routes: WE1 West)

- 40 beds for me



# When Winter Affects Your Mood

## Seasonal Depression & Emotional Wellness

As daylight hours become shorter, some people notice changes in their mood, energy, or motivation. For some, these changes may be signs of Seasonal Affective Disorder (SAD), a form of depression linked to seasonal changes.

A few manageable steps may help: spend time in natural daylight, when possible, keep a regular sleep schedule, enjoy accessible movement or hobbies, and stay in touch with friends, family, or peers. If symptoms persist or interfere with daily life, talk with a healthcare professional.

**FIVE WAYS TO BRIGHTEN A WINTER DAY**

1. Let in natural light by opening the curtains.
2. Connect with someone you enjoy talking to.
3. Set aside time for favorite indoor activities.
4. Follow a comfortable daily routine.
5. Seek support when you need it.

## Need Someone to Talk To?

NC Peer Warmline: 1-855-733-7762 — peer emotional support.
988 Suicide & Crisis Lifeline: Call or text 988 — confidential crisis support.

### RHA Health Services — Asheville Comprehensive Care Center

356 Biltmore Avenue, Asheville | 828-254-2700

Offers mental health assessments, outpatient care, and crisis support. Behavioral Health Urgent Care is available for walk-in crisis assistance. Call 828-210-2651 for urgent care information, or 1-888-573-1006 for 24/7 mobile crisis support in Buncombe County.

### Clarvida — Mental Health & Behavioral Health Services

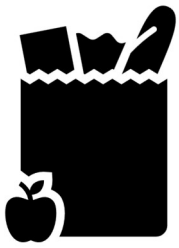
120 Chadwick Square Court, Suite A, Hendersonville · 828-697-4187

Offers mental health counseling, substance use treatment, and walk-in behavioral health services. Call for availability and intake information.

### Blue Ridge Health - Behavioral Health (North Broad Street)

69 N Broad St, Brevard, NC 28712, United States · 828-883-2708

Provides outpatient behavioral health services, including counseling and support for mental health concerns.



## Food, Clothing & Essential Needs

Winter can bring additional challenges for individuals and families, especially when it comes to staying warm, putting food on the table, and meeting everyday needs. Several organizations throughout Buncombe County offer help with food, warm clothing, utilities, and other essentials. No one should have to face the cold winter months alone.

### Where to Find Help

### ABCCM Downtown Crisis Ministry

828-259-5300 | 24 Cumberland Avenue, Asheville

Emergency food, clothing, basic necessities, and limited financial assistance for qualifying residents. Other Crisis Ministry locations serve additional parts of Buncombe County.

### Swannanoa Valley Christian Ministry

828-669-9404 | 101 N Ridgeway Avenue, Black Mountain

Food, clothing, limited utility assistance, and seasonal firewood support for qualifying households in the Swannanoa Valley.

### Interfaith Assistance Ministry

310 Freeman St, Hendersonville, NC 28792, United States · 828-697-7029

Provides emergency food, personal hygiene supplies, clothing, coats, and limited financial assistance to individuals and families in need.

### The Salvation Army — Hendersonville

239 3rd Avenue East, Hendersonville · 828-693-4181

Offers food assistance, emergency rent and utility assistance, and disaster-related support, depending on availability.

### Sharing House

164 Duckworth Ave, Brevard, NC 28712, United States · 828-884-2866

Provides food and fresh produce, clothing, household necessities, showers, and limited emergency financial assistance.

### Outreach Choice Pantry

134 White Drive, P.O. Box 834, Columbus, NC 28722 828-894-2988

### Yokefellow Service Center

132 Blanton St., Spindale,NC  828-287-0776 EXT. 201 BETWEEN THE HOURS OF 11 AM - 4 PM EACH MONDAY – FRIDAY

### NC 211

Dial 2-1-1 | nc211.org

Free referrals to community resources for food, housing, utility assistance, winter clothing, and other essential needs.

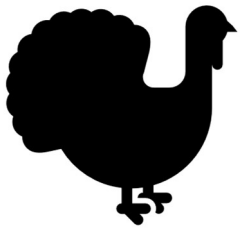
### MANNA Food Bank

Dial 2-1-1 | nc211.org

**A QUICK REMINDER**

Services, hours, eligibility, and available funding may change.

Call an organization before visiting to confirm assistance and accessibility.



## Free Thanksgiving Meals & Turkey Giveaways in WNC

**Buncombe County**

**Turkey and Fixings Giveaway**
**Friday, Nov. 20 at 9 a.m.**, per the local listing
Ingles, 780 Hendersonville Road, Asheville
Call **828-255-3066** to confirm pickup and registration. Event listing

**Racing to Feed America**
**Saturday, Nov. 21, noon–6 p.m.**
Arthur R. Edington Education & Career Center, 133 Livingston St., Asheville
Organizers will give away 250 turkeys and serve 1,000 hot meals. Open to the public, first come, first served. Event details

**Blue Mountain Pizza**
**Thursday, Nov. 26, noon–3 p.m.**
55 N. Main St., Weaverville
Free community Thanksgiving dinner. Restaurant website

**Henderson County**

**Interfaith Assistance Ministry**
**Call for Thanksgiving pickup dates**
310 Freeman St., Hendersonville
The free pantry offers Thanksgiving food items. Call **828-697-7029** to ask what's available, including whether they have turkeys. Program details

**McDowell County**

**Community Thanksgiving Meal**
**Saturday, Nov. 14, 11 a.m. until food runs out**
115 E. Wilhemenia St., Marion
Free meal. Everyone is welcome. Event listing

**Polk County**

**Outreach Thanksgiving Meal Packages**
**Nov. 2–25**
134 White Drive, Columbus
The application deadline was **Oct. 31**. Call **828-894-2988** to ask about late openings or extra boxes. Holiday program

**Rutherford County**

**St. Francis Episcopal Church**
**Wednesday, Nov. 25 (tentative)**
395 N. Main St., Rutherfordton
The church lists an annual community Thanksgiving meal. Call **828-287-3888, ext. 4** to confirm this year's event and serving hours. Church program

**Transylvania County**

**The Bread of Life**
**Thursday, Nov. 26, 11:30 a.m.–2 p.m.**
238 S. Caldwell St., Brevard
Free traditional Thanksgiving dinner. Call **828-877-3577** for more information. Event details



# Winter Ready

## Did You Know? Winter Accessibility

Snow and ice can create additional barriers for people using wheelchairs, walkers, or other mobility devices. Clearing sidewalks, ramps, accessible parking spaces, and entrances helps everyone travel safely and independently. Accessibility matters in every season!

## A Disability Preparedness Checklist

Stay Safe. Stay Prepared. Stay Independent. Winter weather in Western North Carolina can bring freezing temperatures, icy roads, and power outages. For people who rely on powered mobility devices, oxygen equipment, or other medical devices, preparing ahead can make a big difference.

☐ **Power & charging:** Charge mobility and communication devices. Ask equipment providers about safe backup power options.

☐ **Essential supplies:** Keep several days of food, water, medications, and medical supplies when possible.

☐ **Medical equipment:** Know battery run times and discuss safe emergency alternatives with your healthcare provider.

☐ **Your support network:** Keep emergency contacts accessible and arrange check-ins with a trusted person.

☐ **Accessible transportation:** Identify transportation and accessible shelter options before a storm.

☐ **Heating safety:** Keep warm clothing and blankets ready. Never heat a home with a grill, generator, or gas oven.

### My Emergency Plan

Emergency contact: _____

Medical equipment provider: _____

Backup power / safe destination: _____

Accessible transportation contact: _____

**IMPORTANT CONTACTS**

**911** — Immediate emergencies

**211** — Community resources and shelter referrals

**Buncombe County Emergency Management:** 828-250-6600

**Henderson County Emergency Management:** 828-697-4728

**Transylvania County Emergency Management:** 828-884-3188

**Madison County Emergency Management:** 828-649-3602

**ReadyNC:** readync.gov — Emergency preparedness information and resources.

Being prepared isn't about doing everything yourself. It's about having the resources, support, and choices you need to stay safe and independent.

## Here at Disability Partners

DISABILITY PARTNERS
Your Pathway to Independent Living

## Staying Connected This Winter

Community connection is an important part of independent living. We look forward to sharing opportunities to learn, socialize, and support one another throughout the winter season.




## A Season of Connection

Winter reminds us that even when the world slows down, kindness and connection continue to grow. A warm conversation, a helping hand, or a moment spent together can brighten even the coldest day. At DisAbility Partners, we believe independence and community go hand in hand.

Thank you for being part of our community. We wish you a safe, healthy, and connected winter season!

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| November 13th | Skills and Social with Bingo and Chili! | 2 p.m. |
| December 11th | Holiday Celebration Event<br>Join us for food and festivities | 2 p.m. |

**WINTER WEATHER NOTICE**

Severe winter weather may affect office hours or in-person events. Please call 828-298-1977 to confirm that the office is open before visiting.

***TO REQUEST A PRINTED COPY PLEASE MAKE CALL US AT (828)298-1977***

DISABILITY PARTNERS
Your Pathway to Independent Living

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