

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

Summer 2018



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.



Celebrate ADA 28

Anniversary of the Americans with Disabilities Act

July 26, 2018 marks the 28th Anniversary of the Americans with Disabilities Act (ADA) signed by President George H.W. Bush on July 26, 1990.

The ADA and the ADA Amendments Act (ADAAA) of 2008 give civil rights protections to individuals with disabilities similar to those provided to individuals on the basis of race, color, sex, national origin, age, and religion. The ADA and ADAAA also assure equal opportunity for individuals with disabilities for access to businesses, employment, transportation, state and local government programs and services, and telecommunications.

In 2008, the Americans with Disabilities Act Amendments Act (ADAAA) was signed into law and became effective on January 1, 2009. The ADAAA made a number of significant changes to the **definition of “disability.”** The changes in the definition of disability in the ADAAA apply to all titles of the ADA, including Title I (*employment practices of private employers with 15 or more employees, state and local governments, employment agencies, labor unions, agents of the employer and joint management labor committees*); Title II (*programs and activities of state and local government entities*); and Title III (*private entities that are considered places of public accommodation*).

Nearly 37 million people in our country have a disability and nearly 25% of today’s 20 year olds will experience disability in their lifetime.

For more information!

Call: 828-631-1167

See What You Can Do Online!

<https://www.ssa.gov/>

Click on: See What You Can Do Online

- ◆ Request a replacement Social Security card
- ◆ Apply for Social Security benefits
- ◆ Get your Social Security Statement
- ◆ Appeal a decision
- ◆ Find out if you qualify for benefits
- ◆ Estimate your future benefits
- ◆ **If you get Social Security benefits or have Medicare you can...**

Create a **my Social Security account** to:

Get your benefit verification letter (*includes Medicare and SSI*);

Check your information, benefits, and earnings record;

Change your address and telephone number;

Start or change your direct deposit;

Get a replacement Medicare card;

Get a replacement SSA-1099 or SSA-1042S for tax season; and

[New] Report your wages if you work and receive Disability Insurance benefits

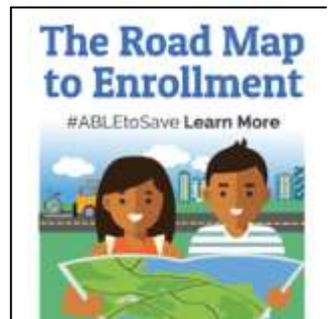
- ◆ **If you get Supplemental Security Income (SSI) benefits you can...**

Create a **my Social Security account** to:

Get your benefit verification letter (*includes Social Security and Medicare*); and

Check your information, benefits, and earnings record.

- ◆ Get a letter saying you don't receive benefits
- ◆ Block electronic access to your information
- ◆ Services for businesses, governments, payees and third parties



What is an ABLE account?

ABLE Accounts, which are tax-advantaged savings accounts for individuals with disabilities and their families, were created as a result of the passage of the Stephen Beck Jr., Achieving a Better Life Experience Act of 2014 or better known as the ABLE Act. The beneficiary of the account is the account owner, and income earned by the accounts will not be taxed. Contributions to the account, which can be made by any person (the account beneficiary, family and friends), must be made using post-taxed dollars and will not be tax deductible for purposes of federal taxes, however some states may allow for state income tax deductions for contribution made to an ABLE account.

Why the need for ABLE accounts?

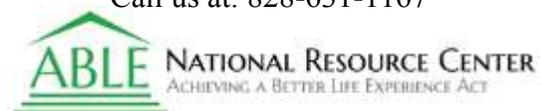
Millions of individuals with disabilities and their families depend on a wide variety of public benefits for income, health care and food and housing assistance.

Eligibility for these public benefits (SSI, SNAP, Medicaid) require meeting a means or resource test that limits eligibility to individuals to report more than \$2,000 in cash savings, retirement funds and other items of significant value. To remain eligible for these public benefits, an individual must remain below Federal poverty level. For the first time in public policy, the ABLE Act recognizes the extra and significant costs of living with a disability. These include costs, related to raising a child with significant disabilities or a working age adult with disabilities, for accessible housing and transportation, personal assistance services, assistive technology and health care not covered by insurance, Medicaid or Medicare.

For more information:

<http://ablenrc.org/> OR

Call us at: 828-631-1167



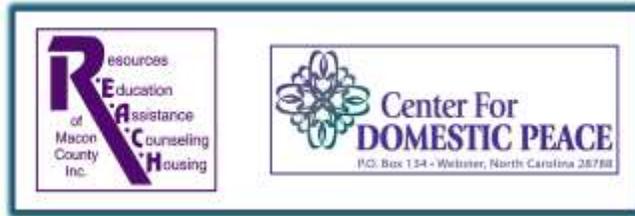
Protect yourself on Facebook

Run the privacy checkup. You can do this by clicking on the question mark at the top of your FB page. Select **Privacy Checkup**. **Make sure only your friends can see your posts. Now check your profile settings. Choose "only me" or Friends for everything. Avoid using "public" for settings.**

Avoid Facebook games and apps. Games and apps can require your name, your email and names of your friends. Avoid these settings. If you are using games and apps on FB, go to the Facebook Apps page. Click the X next to anything you want to remove.

Tighten other privacy settings also. On your Facebook Privacy Settings and Tools page, make sure only friends **can see your posts. Choose "Only Me" or "Friends" to allow whom you want to see your friends list, email address, and phone number.** Also ensure that no search engines outside of Facebook can link to your profile.

Control ads and advertisers. To stop getting ads generated by your browsing interests and activity, go to your Ad settings section. Turn off "Ads based on your use of websites and apps" option and "Ads on apps and websites off of the Facebook Companies" option. Check Facebook's news feed for updates and keep yourself safe.



The R.E.A.C.H. Office in Jackson County is **NOW OPEN!**

The re-opening of the Sylva office has become a reality thanks to a collaborative effort between R.E.A.C.H. of Macon County and the Center for Domestic Peace in Jackson County!

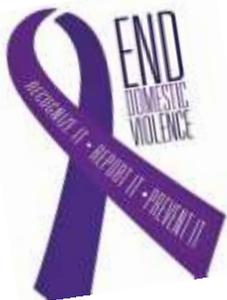
These two local non-profit organizations have joined forces with one goal in mind...*eradicate Domestic Violence in our community* through prevention, intervention, and education.

Come by and check out our newly renovated office!

The Sylva office is located at:
26 Ridgeway Street
Sylva, NC 28779

NEW Office Hours:

Monday 9am—5pm
Tuesday 9am—5pm
Wednesday 9am - 1pm
Thursday 9am—5pm
Friday 9am—5pm



For more information, please call...

Michele Hawes at 828-586-8969

<https://www.reachofmaconcounty.org/jackson-county-domestic-violence-services/>

Try Your Hand at Sudoku

Answer on P. 7

9	3				2		6	
8								1
				9	5	2	8	
		9				5		
5	1		9		4		2	3
		3				4		
	9	7	5	6				
4								6
	2		4				5	7

How To Solve a Sudoku Puzzle

There is only one valid solution to each Sudoku puzzle. The only way the puzzle can be considered solved correctly is when all 81 boxes contain numbers and the other Sudoku rules have been followed.

When you start a game of Sudoku, some blocks will be pre-filled for you. You cannot change these numbers in the course of the game.

Each row must contain all of the numbers 1 through 9 and no two numbers in the same row of a Sudoku puzzle can be the same.

Each column must contain all of the numbers 1 through 9 and no two numbers in the same column of a Sudoku puzzle can be the same.

Each block must contain all of the numbers 1 through 9 and no two numbers in the same block of a Sudoku puzzle can be the same.

Use a pencil in case you have to erase!

Spinal Cord Injury (SCI) Facts

- ◆ Approximately 11,000 new spinal cord injuries occur each year in the U.S.
- ◆ A person in the U.S. sustains a spinal cord injury (SCI) every 41 minutes.
- ◆ Highest per capita rate of injury occurs between the ages of 16 and 30.
- ◆ The total number of people in the United States with SCI in the U.S. is estimated to be 222,000 - 285,000.
- ◆ There are 1 in 50 people living with paralysis.
- ◆ Alcohol is a factor in 25% of incidents resulting in a spinal cord injury.

Lifetime Costs of living with SCI:

High Quadriplegia (C1-C4) = \$2,185,667 (injured at 25)
 Low Quadriplegia (C5-C8) = \$1,235,841 (injured at 25)
 Paraplegia = \$730,277 (injured at 25)
 Incomplete at any level = \$487,150 (injured at 25)

Vehicle Crashes

- ◆ The number one cause of SCI is motor vehicle crashes (MVC) (38.5%).
- ◆ People who text while driving are 23% more likely to get into a car accident.
- ◆ Talking on the phone while driving is the cause of 25% of all MVCs.
- ◆ Driving while talking on a cell phone – handheld or hands-free – increases the risk of injury and property damage crashes fourfold.

Prevention Tips

All children age 12 and under should ride properly restrained in the backseat.

Children who have outgrown child safety seats should be properly restrained in a booster seat until they are at least 8 years of age or 4'9" tall.

Avoid distractions while driving! Distractions include talking on the phone (including headset, earpiece, or speaker phone), texting, emailing, reading, eating, arguing with passengers, loud music, loose pets...

Sports Injuries

- ◆ 7.2% of spinal cord injuries are caused by sport related activities.
- ◆ High school athletes account for 2 million various injuries each year. 500,000 doctor visits 30,000 hospitalizations.

- ◆ Football and wrestling have the highest incidence of injury: Football is 4.36 injuries per 1000 exposures, wrestling is 2.5 injuries per 1000 exposures. 92% of sports injuries result in quadriplegia.

Prevention Tip

Wear proper safety gear when playing sports.

Diving

- ◆ 1,000 recreational diving accidents occur each year.
- ◆ 90% of diving accidents result in quadriplegia.
- ◆ 90% of diving accidents are in six feet of water or less.

Prevention Tips

Always check the depth of water before diving in. Never dive into a pool unless it is 9 feet deep or deeper.

Never dive into an above-ground pool.

Falls

- ◆ Falls account for 21.8% of spinal cord injuries.
- ◆ After age of 45, falls are the leading cause of SCI.

For this list and more visit: <https://www.shepherd.org/>



Shepherd Center

2020 Peachtree Road, NW
 Atlanta, GA 30309-1465
 404-352-2020 [shepherd.org](https://www.shepherd.org)

For more information and a wealth of resources go to:

<https://www.christopherreeve.org/>

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636 Morris Turnpike Suite 3A

Short Hills, NJ 07078

1-800-225-0292

The Christopher & Dana Reeve Foundation
 is a registered 501(c)(3) tax-exempt organization.

Jackson County Home and Community Care Block Grant

Disability Partners has provided service through the Jackson County Home and Community Care Block Grant since July 1, 2016 and has been awarded the grant for the new year beginning July 1, 2018 through June 30, 2019. Services under this grant are for residents of Jackson County who are 60 years old and older. We assist the individual, their family, or both with essential home management tasks, personal care tasks, and respite for the primary caregiver. The goal of this program is to enable the individual to function effectively at home as long as possible.

Call Home Care Partners at 828-586-1570 or 828-631-1167 for more information.

Home Care Partners is now accepting *NEW* clients!

We offer services through CAP, PCS, VA, Private Pay,
and Jackson County Home Supportive Program Services!

DO you or someone you love
need help with personal care,
light house keeping, or cooking meals?

For more information call: 828-586-1570.

We also provide services to help you or a loved one
transition back into the community from a nursing home!



Home Care Partners

NOW HIRING

CNAs and In-Home Aides

Call us: 828-586-1570

or come by the office at:

525 Mineral Springs Drive, Sylva, NC 28779

Pathways Thrift Store

*Your Donations Help Us
Provide Services
to People with Disabilities!*

◆
*Your Donations Help Us
Reduce, Reuse, and Recycle
to help save our planet.
Thank you!*



\$5.00
Bag Sale the 3rd
Saturday of the
every month!

**Veteran's get a
20% Discount**
The 1st day of
every month!

Store Hours:

Monday — Thursday
10 am — 7 pm

Friday & Saturday
10 am — 4 pm

828-631-5533

329 Jackson Plaza, Sylva, NC 28779

Email: thriftstore@disabilitypartners.org

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.

Call Today to Schedule a Pick-up
at 828-631-5533.

We accept:



Sudoku answers

9	3	4	8	1	2	7	6	5
8	5	2	7	4	6	9	3	1
6	7	1	3	9	5	2	8	4
7	4	9	6	2	3	5	1	8
5	1	8	9	7	4	6	2	3
2	6	3	1	5	8	4	7	9
3	9	7	5	6	1	8	4	2
4	8	5	2	3	7	1	9	6
1	2	6	4	8	9	3	5	7

Volunteers are always needed at Pathways.

Call today for volunteer opportunities!

828-631-5533

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





Strawberry Shortcake in a Mug

Place **2 T. butter** in an ungreased mug and microwave at 40% power until melted, about, 30 seconds. Swirl the mug to coat the sides with butter.

Add **2 T. sugar** and stir well. Add $\frac{1}{4}$ C. flour, $\frac{1}{4}$ tsp. baking powder, **2 T. of a whisked egg** (or egg substitute), and **1 T. milk**; whisk together until smooth and creamy.

Cover mug tightly with plastic wrap, leaving a small section unsealed to vent. Microwave on high for 60 seconds or until cake tests done with a toothpick. Uncover and let cool slightly.

Invert mug to remove the warm cake. Top with sliced berries and whipped topping.

ANNOUNCING!

PATHWAYS THRIFT STORE

Is now selling



You can NOW order online through us!

<https://radafundraising.com/?rfsn=1331428.6432e2>

Alternative formats of our newsletter are available upon request.

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

Created by: Cindi Hall

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Disability Partners
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