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
What Can You Do?

1. Be involved with your family and friends by building a foundation of your trusted relationships. **Do not become isolated** or let anyone else isolate you.
2. Seek out the trusted people in your life to help and/or advise you when you have problems doing things for yourself.
3. Visit your doctor regularly to discuss any physical or emotional problems you are having. Get referrals for help or services that you need. **Get your financial affairs in order now** before you experience declining health or memory loss.
4. Be actively involved in your finances and know how to manage your money yourself, or appoint a trusted advisor.
5. Always assert your right to be treated with dignity and respect. Be clear about what you will and will not tolerate. Set boundaries.

1. Funds are vanishing from accounts, belongings are vanishing from the house, and bills go unpaid. Or, your loved one is confused about financial transactions.
2. Spending habits have changed and all of a sudden she’s secretive about money or says she needs more. Or there are unexplained credit card charges.
3. A family member is not forthcoming about Mom or Dad’s finances.
4. A new person has befriended your parent, a friend, or you to the point of weirdness. This person’s name has been added on a joint account and/or has power of attorney. Property titles, refinanced mortgages, deeds, wills, trusts or other documents have inexplicable changes.
5. There are no checks and balances for a professional caregiver who has access to a loved one’s money.

Remember, law enforcement and social service agencies cannot be everywhere. It takes all of us to help make sure that those who need protection are safe. If you see abuse or suspect abuse report it! All abuse can be reported in confidence and all of the complaints are investigated.

Intervention can often save the assets, health, dignity, or even the life of an older adult. Report fraud or financial exploitation at 1-800-222-4444.

**Information provided by: AARP**

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/

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**Try Your Hand at Sudoku**

*Answer on P. 7*

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**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/
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!
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!

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.

Volunteers are always needed at Pathways. Call today for volunteer opportunities! 828-631-5533

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

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

Veteran’s get a 20% Discount The 1st day of every month!
ANNOUNCING!
PATHWAYS THRIFT STORE
Is now selling

RADA CUTLERY
100% American Made

You can NOW order online through us!
https://radafundraising.com/?rfsn=1331428.6432e2

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 ¼ C. flour, ¼ 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.

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