



DP EXPRESS

SUMMER 2020



Logo source: ADA National Network

On July 26, 1990, George H.W. Bush signed a legislative bill to become the world's first comprehensive civil rights law for people with disabilities. In other words, the Americans with Disabilities Act (ADA) was created to level the playing field to all citizens giving people with disabilities the rights to obtain full and equal opportunities.

The ADA signified the adoption of a public policy committed to the removal of a broad range of impediments to the integration of people with disabilities into society. In colonial times, families were responsible for a family member with a disability and due to fear, shame and lack of understanding, some families would hide or disown their member with a disability or allow he or she to die.

In the early 1800's, institutionalization or referred to at the time as "warehousing" was on the rise. People with disabilities were under custodial care and services which isolated them from society.

From the return of veterans starting from World War I and industrial accidents leading up to World War II and the Korean War, rehabilitation services increased along with the advancement of medical technology. This in turn increased the ability for a person with a disability to return to work. Work and recreational programs increased but these programs were usually sheltered and segregated. Years later, the Rehabilitation Act of 1973 came into play prohibiting discrimination in employment and monitoring access to

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(ADA Continued)

public buildings and transportation.

Throughout the years came an emergence of cross disability groups including leaders and spokespersons with disabilities. The outcome of their advocacy efforts is the elimination of attitudinal, communication, transportation, policy and physical barriers which will result in a substantial enhancement in the integration of people with disabilities into our society.

Changes throughout history led society to have a different perspective about people with disabilities and with the ADA becoming law, the lives of many people with disabilities improved. Still the fight is not over. There will always be some type of barrier to break down whether it is physical or attitudinal, but now there is more strength to break down those barriers. Thank you to all the advocates who fought to get the ADA into law and for those who continue to advocate for people with disabilities.

Celebrating 30 years of the ADA

The anniversary of the Americans with Disabilities Act (ADA) is celebrated each year throughout our nation. Celebrating the 30th anniversary of the ADA will be different for many locations due to the Covid-19 pandemic. Many of the events may be cancelled, rescheduled for a later date or celebrated virtually. DisAbility Partners made the decision to cancel this year's event, but the anniversary of the ADA can still be celebrated while staying safe.

On a social media platform of your choosing use #ThanksToTheADA to share what the ADA means to you — a moment when you were thankful for the ADA. This will look different for everyone, so have fun and be creative! Share any media of your choosing, (video, picture, written word or other) and include #ThanksToTheADA.

The logo for the 30th anniversary of the Americans with Disabilities Act, with "ADA" in red and "30" in blue.



Signing of the ADA



Eva's no-sugar added Banana Nut Muffins

I love these muffins because they are quick, delicious and easy to make. They freeze well and are delicious and wholesome. Best of all, I use 1 bowl.

Ingredients:

5 very ripe bananas - this by the way is the case for any banana bread or muffin recipe. I buy bananas when they are marked down and freeze them to use later.

- 1 egg
- 1 tsp of vanilla extract
- 1 ½ cups of flour (I prefer unbleached white flour for this recipe). You may use all-purpose or whole wheat pastry flour - whatever you prefer.
- 1 tsp baking soda
- ½ tsp ground cinnamon
- 1/8 tsp sea salt
- ½ cup chopped walnuts (or any nut you would prefer—sometimes I add ½ cup of chocolate chips)
- ½ tsp of coconut oil or whatever you prefer to oil your muffin pan with.

I have found a grapeseed oil spray that works wonderfully without the chemical additives that come with some products. Or I use cupcake liners.

Preheat your oven to 350 degrees. Oil or line your muffin pan or your loaf pan.

In a large mixing bowl mash bananas with a fork. Add egg (beaten) and vanilla stir to combine.

Use a mesh strainer place it over the bowl with your banana mixture. Pour in flour, salt, baking soda and cinnamon. Sift into your wet mixture and then stir only enough to combine your ingredients. Over mixing will create a “tougher” muffin or bread. Stir in your nuts or whatever add in you prefer. I save a few to put on the top of the muffins or loaf.

I use an ice-cream scoop to divide the batter evenly into the 12 muffin wells in my pan. Or if making a loaf, pour batter into loaf pan - making sure batter is evenly distributed.

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Muffin Recipe (continued)

Bake muffins at 350 degrees for 20-25 minutes or loaf for 50 minutes. The muffins are done when they spring back to the touch as is a loaf. If you prefer, insert toothpick and check to see if it's dry.

Muffins can be left out and remain fresh for 2 days. They can be stored in the refrigerator for a week or frozen for 4—6 weeks.



Photo: Kiel Baumbach with
Robin Roberts



THE REEVE SUMMIT 2020

By Kiel Baumbach

In February of this year, I was extremely fortunate to attend the Reeve Summit 2020. The Reeve Summit is a conference that was held in Washington, DC and attended by several individuals interested in and/or working in the field of spinal cord injury research. This is the first-ever summit launched by the Christopher and Dana Reeve Foundation. Most of the attendees were individuals with spinal cord injuries who are wheelchair users. I am also a wheelchair user due to a spinal cord injury I acquired almost 8 years ago from an accident. For the past 5 years, I have been an Independent Living Specialist at DisAbility Partners. Until this conference, I have never been around so many individuals with the same or very similar injury as myself. It was such an amazing experience for me! I gained an immense amount of information from the keynote speakers and the presenters of the outbreak sessions, as well as from the attendees themselves. The keynote speakers included retired Senator Tom Harkin from Iowa, Christopher Reeve's son, William Reeve and Good Morning America's Robin Roberts. It was an unforgettable experience and I gained so much knowledge and new insights about the resources and services of the Christopher and Dana Reeve Foundation and their service center. I am very thankful to DisAbility Partners for providing me the opportunity to attend.



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MEDITATION

By Susan Ragsdale

Even during the best of times, I utilize meditation as a practice for alleviating anxiety, calming my “monkey brain” and to promote a sense of well-being. Whether your goal is a spiritual one or simply to relax, meditation can play a key role in easing depression, anxiety, insomnia, high blood-pressure and chronic pain. For those of you who already enjoy precious moments of quietude, bravo! For those of you who’ve never considered a meditation practice, now may be the ideal time to give it a try.

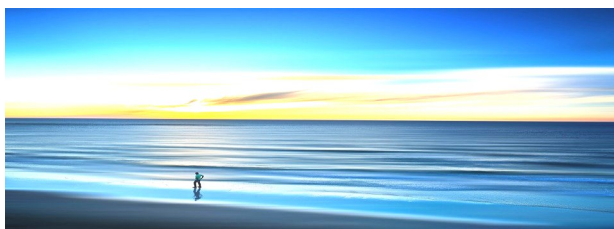
In the midst of this pandemic, our stress levels are heightened whether we’re aware or not. Isolation, health & financial concerns and our subconscious response to worldwide suffering takes a toll on our minds and bodies. Especially for those of us with physical and/or mental disabilities, self-care **MUST** be at the top of our list.

My advice for anyone new to meditation is Keep it Simple. Be gentle with yourself. Begin by intentionally creating a quiet moment, even if it’s only 5 to 10 minutes, to simply BE. That’s it. Sit or lie comfortably, close your eyes, focus on your breath.

Regulating inhales and exhales, to the count of three or four, will sync your mind and body. Maybe your mind is racing but your body is tired or just the opposite, you're mentally exhausted but have restless energy. Timing breaths will attune your mind and body. Turn off the bright lights. Play soothing music or nature sounds. Create a mantra, a positive phrase you can repeat to yourself that’s in rhythm with your breath. Begin at the top of your head, working your way down your body, consciously relaxing each muscle group. You may be surprised to find areas of tension you didn’t realize were there!

Meditation is a self-kindness. It can be a moment of reprieve, no matter how brief, from the stressors that surround us. Give this gift to yourself. Disconnect. You may find that it’s helpful during this time. You may even develop a habit that continues even into the best of times!

Namaste.



**Pathways for the Future dba
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We are a non-profit organization



DISABILITY PARTNERS EXPRESS



Due to the Covid-19 pandemic, DisAbility Partners' building will remain closed until further notice. Staff continues to work from home providing services on a remote basis. If you need to contact staff, please leave a message at 828-298-1977. Your call will be returned by a staff member as soon as possible.

As soon as we feel it is safe for both consumers and staff, we will re-open our building. We are not sure when this is going to happen and when we do re-open, we will take the precautionary measures to make the building a safe environment.

For updates about DisAbility Partners, go to our Facebook page. We are looking forward to the day we can get together again!