

# 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](http://www.disabilitypartners.org)

Spring 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.**

## !!!ANNOUNCING!!!

**The Good Samaritan Clinic**

is now

**BLUE RIDGE HEALTH - JACKSON**

## SERVICES

- Family Medicine
- Pediatrics - Welcome Dr. Judy Seago!
- Counseling
- Psychiatry
- Nutrition
- Medication Assistance
- With convenient access to dentistry, lab and radiology services, as well as a discount pharmacy

## HOURS

**Monday, Wednesday, Thursday: 8:00am - 5:00pm**

**Tuesday: 8:00am - 8:00pm**

**Friday: 8:00am - 1:00pm**

## ADDRESS

Blue Ridge Health  
293 Hospital Rd  
Sylva, NC 28779

## PHONE

Clinic — 828-477-4334  
Fax — 828-586-7170

## 9th Annual HEALTHY LIVING FESTIVAL

@ Cullowhee Rec Center

Saturday, March 24th, 2018 9 am—12 pm

FREE Screenings, Children's Bounce House, Medication Take Back, Hands-On Activities, Interactive Displays, Giveaways, and Door Prizes

For more info:

Janelle Messer—828-587-8238

[janellemesser@jacksonnc.org](mailto:janellemesser@jacksonnc.org)



## 2 The View from My Porch

By: Gale Anglin

I step out onto the porch and feel spring in the air. The birds are seeking places to build new nests and start new families. Soon the gray barren tree limbs will be producing a fresh new green growth of leaves and the deep mile views of winter will give way to the mysterious facade of full tree-lined horizons.

This is time of renewal and refreshing of our perspective on life, living, ambitions, people, and direction. Take time to see where you have been over the past year and if your journey has brought you to a satisfactory outcome. Chances are we all need to regroup and refocus on where we need to be.

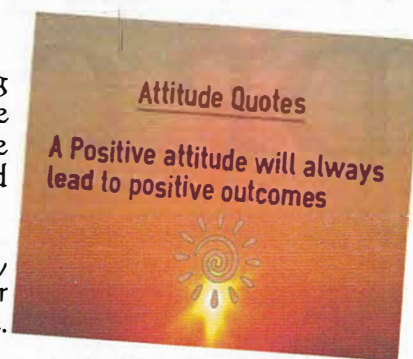
Circumstances afford the opportunity to make decisions for our place in life. We can choose to exist on a day to day basis or embrace living with a good attitude of changing the things we can. Our ambitions, whether great or small, can bring a sense of self-determination to achieve the goals we set. It is important to set goals that are reasonable so we can enjoy success when they are reached and then aim higher next time.

The people in our lives can encourage us to be achievers or spread gloom and doom to allow defeat to reign and deter our motivation for success. Don't let your direction follow a path of negativity. The people in your circle of family, friends, coworkers, and acquaintances will follow your lead and respond to your attitude.

At the end of the day do you want to say, "I didn't try and I don't want to" or, "I did try and I will continue to do my best each day." The choice is yours.

Standing on my porch, I feel invigorated and full of promise. The birds I see are starting a new life with a new focus and the environment will soon be lush and full bringing brighter more positive thoughts for the future.

What do you see from your porch?



**Are you or someone you know at risk  
for ISOLATION?**

**<https://connect2affect.org/>**



### **"Leaving the Couch"**

Spring is just around the corner and the weather is changing to allow all of us to "get off the couch" and go outside and enjoy the wonders of the fresh air. The birds are singing. The Forsythias, Redbud, and Bradford Pear trees are blooming indicating signs of renewal.

This is a time to start planning outings and events for the spring and summer months. As you research what adventures you and your family would like to pursue, be aware of accessibility to these activities. People with disabilities have the right to enjoy and participate in day trips and vacations at any time.

Access North Carolina is a vacation and travel guide for people with disabilities. This guide profiles many destinations of interest throughout the state. Access North Carolina is available on line at [www.ncdhhs.gov/dvrs/pdf/ACCESS-NC.pdf](http://www.ncdhhs.gov/dvrs/pdf/ACCESS-NC.pdf) or [www.ncdhhs.gov/dvrs/pdf/ACCESS-NC.txt](http://www.ncdhhs.gov/dvrs/pdf/ACCESS-NC.txt). Information is also available through the N.C. Division of Travel and Tourism at 800-VISIT NC (800-847-4862) and N.C. Division of Vocational Rehabilitation Services (DVRS) at 800-689-9090.

[Wheelchairtraveling.com](http://Wheelchairtraveling.com) will give you an opportunity to learn about accessibility in other states.

**Please do your research to avoid disappointment. Know before you go!!**

### What is the flu?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year.

### How does the flu spread?

Most experts believe that flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose, or possibly their eyes.

### How long can a person with the flu spread the virus to other people?

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Although people with the flu are most contagious in the first 3-4 days after their illness begins, some otherwise healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others with flu viruses for an even longer time.

### Signs of the Flu

1. Fever
2. Cough
3. Sore throat
4. Runny or stuffy nose
5. Feeling weak or more tired than usual
6. Headache
7. Chills
8. Body aches



### Two Less Common Signs

1. Vomiting
2. Diarrhea

### Best Way to Wash Hands to Avoid Germs!

Washing your hands often will help protect you from germs.

When you wash your hands:

- Use soap and warm water.
- Wash for 15 to 20 seconds.

When soap and water are not available, use an alcohol-based hand rub. If using a hand rub, rub your hands with the sanitizer until they are dry.

### If you or someone you know gets sick and shows any of the following warning signs, get

### **EMERGENCY** medical care:

#### In Children:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Serious or constant vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough



#### In Infants:

You should also look for these warning signs: being unable to eat, having no tears when crying, and having far fewer wet diapers than normal.

#### In adults:

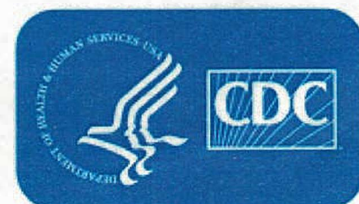
- Hard time breathing or shortness of breath
- Pain or pressure in the chest or stomach
- Sudden dizziness
- Confusion
- Serious or constant vomiting
- Flu-like symptoms improve but the return with fever and worse cough

### Prevention & Treatment of the Flu

1. Vaccination.
2. Stay away from sick people who are sick.
3. Wash hands often with warm water and soap.  
Or use alcohol-based hand rub.
4. Use medication the way your doctor recommends.
5. Cover your nose and mouth with a tissue or your arm when your cough or sneeze. Throw the tissue in the trash after you use it.
6. Do not touch your eyes, nose, or mouth because germs spread this way.
7. If you are sick with flu-like symptoms, stay home for at least 24 hours after your fever is gone.

**THIS INFORMATION AND MORE CAN BE FOUND AT THE CENTER FOR DISEASE AND CONTROL WEBSITE:**

<https://www.cdc.gov/flu/keyfacts.htm>





## Services through Jackson County Home and Community Care Block Grant

Home Care Partners is working with the Jackson County Home and Community Care Block Grant to provide personal care and household task services to Jackson County residents age 60 and older. Respite care is also available to give permanent caregivers an opportunity to rest and run errands. Our nurse will meet with you to determine what services best meet your needs. Services are paid through the grant for those eligible. Please let us help you make daily living a little easier. Some services have a waiting list so please call us today for more information.



**828-586-1570**



### MILITARY VETERANS and FARMERS

SAVE THE DATE

ATTEND A FREE WORKSHOP TO LEARN ABOUT

#### FARMING RESOURCES FOR MILITARY VETERANS

HOSTED BY

THE N.C. ASSISTIVE TECHNOLOGY PROGRAM AND N.C. A&T UNIVERSITY

#### WESTERN REGIONAL WORKSHOP



**APRIL 26, 2018 from 8:30 AM—1 PM**

\*Registration between 8:30—9:00 am



**MOUNTAIN HORTICULTURAL CROPS RESEARCH & EXTENSION CENTER**

455 Research Drive, Mills River, NC 28759



**For more information or to RSVP, call 919-855-3545**

-Light refreshments provided

#### EASTERN REGIONAL WORKSHOP



**MAY 16, 2018 from 8:30 AM—1 PM**

\*Registration between 8:30—9:00 am



**NC COOPERATIVE EXTENSION**

301 East Mountain Drive, Fayetteville, NC 28306



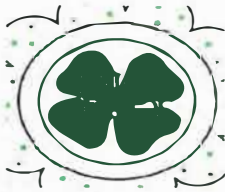
**For more information or to RSVP, call 919-855-3545**

-Light refreshments provided

**Talk to other veterans, learn how veteran farmers have found success in the field of agriculture and get more information on:**

- farming programs & resources
- assistive technology
- farm assessments/tools
- entrepreneurship programs
- disability & medical resources

ARE  
YOU



## MADE IN THE USA GREEN ON ST. PATRICK'S DAY, MARCH 17TH OR ELSE?

Better Homes and Gardens states...

Wearing green shirts and leprechaun costumes on St. Patrick's Day are traditions that started in the 17th century, when people wore green ribbons and shamrocks on March 17 to honor Ireland's patron saint. The tradition was popularized by Irish immigrants in the United States, who believed that wearing green made them invisible to leprechauns (*fairy creatures*) who would pinch anyone they could see. Pinching people who didn't wear green reminded them that leprechauns could sneak up on them at any time. Still, today only about half of Americans choose to deck out in green on March 17.

<https://www.bhg.com/holidays/st-patricks-day/traditions/how-to-wear-green-for-st-patricks-day/>

## HAVE YOU EVER FOUND A 4-LEAF CLOVER?

Today, four-leaf clovers are associated with St. Patrick's Day, but they appear in centuries-old legends as symbols of good luck. The Druids (Celtic priests), in the early days of Ireland, believed that when they carried a three-leaf clover or shamrock, they could see evil spirits coming and have a chance to escape in time. Four-leaf clovers were Celtic charms, presumed to offer magical protection and ward off bad luck. Children in the Middle Ages believed if they carried a four-leaf clover, they would be able to see fairies, and the first literary reference to suggest their good fortune was made in 1620 by Sir John Melton.

### FACTS ABOUT 4-LEAF CLOVERS:

- There are approximately 10,000 three-leaf clovers for every "lucky" four-leaf clover.
- There are no clover plants that naturally produce four leaves, which is why four-leaf clovers are so rare.
- The leaves of four-leaf clovers are said to stand for faith, hope, love, and luck.
- It's often said that Ireland is home to more four-leaf clovers than any other place, giving meaning to the phrase "the luck of the Irish."

<https://www.bhg.com/holidays/st-patricks-day/traditions/fun-facts-about-four-leaf-clovers/>

## NOW YOU KNOW!

## Gardening With Arthritis: Helpful Tips.

For gardeners with arthritis, it is essential to do tasks in the safest way possible, while minimizing the physical impact on the back, knees, shoulders, arms, wrists, and hands. **Ergonomic garden tools** have features designed to keep one's body in a natural, neutral, and comfortable position. The term "ergonomic" simply means that a tool is designed to minimize physical effort and discomfort while maximizing efficiency. These tools should be carefully selected to meet the physical limitations and abilities of the user.

Tools should fit the individual user. Consider such things as the tool's weight, handle size, shape, overall length, and gripping surface. Choose one that is the lightest weight option yet is sturdy enough to do the job. Although a fatter handle perhaps feels comfortable to the wrist, it may fatigue the hand more quickly; the thumb and forefinger should meet when wrapped around the handle. A tool with a curved handle may help reduce the amount of wrist bending during a gardening task. The handle should have a textured, non-slip surface to minimize the gripping strength or should be covered with a soft, pliable material to provide cushion for comfort, firmer grip, and minimal slippage.

For More Information:

Call: Chuck @ 828-631-1167





# Person First Services Day Program

Pathways for the Future dba DisAbility Partners has moved its Person First Services Day Program into a new location at 2775 US 74E in Sylva next to the Quality Inn. The program is geared toward individuals with Developmental Disabilities. We are excited to offer a variety of services in a larger facility that can meet the specific needs of the individuals.



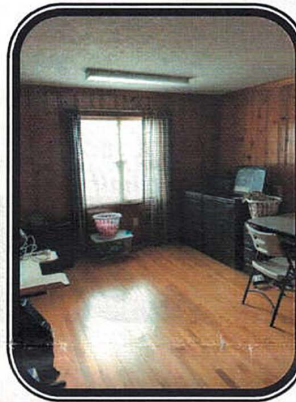
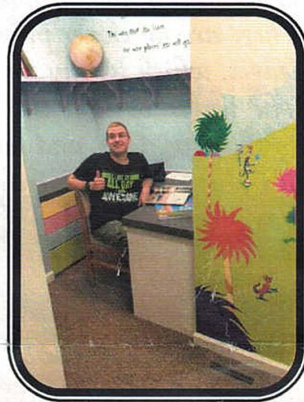
Our art and craft room is used for painting, designing, and creating all kinds of crafts and other projects.



We have a computer lab for learning skills and researching projects as well as playing games.



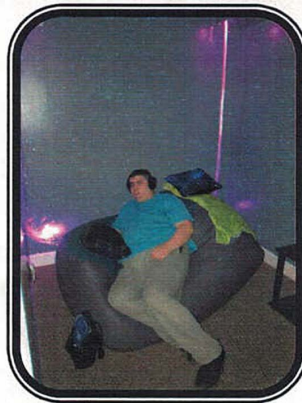
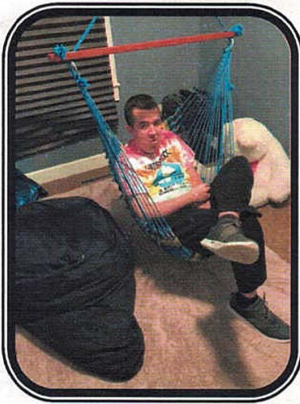
A reading room is equipped with books and board games.



We also have a skills room equipped with washer/dryer; for teaching how to wash and dry clothes. Tables are provided for folding clothes.

We have a sewing machine for those who would like to learn basic sewing skills.

And a commercial shredder for those who want to learn this skill.



A sensory room has been designed to offer a quiet space for relaxation with sensory equipment to assist in calming individuals with anxiety or autism. Along with the sensory room we have a space where individuals can use tactile articles for stimulation of touch.

We have a new kitchen equipped with ADA appliances which enable individuals to learn to cook basic meals, use a microwave, access to a lowered sink, and dishwasher.

We have an equipped exercise room and a video room with a large screen TV. We also have a music room used for monthly drumming and dance classes. Our conference room is used for meetings with parents and guardians and team plan meetings. Please come by and visit us or call at 828-354-0296. Lynda Beck-Cowan is the Program Director.

## Pathways Thrift Store

**\$5 Bag day  
every Saturday**



### 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](mailto:thriftstore@disabilitypartners.org)

**We now  
accept:**

**VISA**



**New items  
added to  
our**

**Facebook  
page on a  
regular  
basis.**

*Your Donations Help Us  
Create Opportunities  
for People with Disabilities!*



*Your Donations help us  
**Reduce, Reuse, and Recycle**  
to help save our planet.*



*Thank you!*

**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**

**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 the store at 828-631-5533.

Like us on Facebook: [www.facebook.com/pathways.thrift](http://www.facebook.com/pathways.thrift)





# NEW!!!

## CyberPals Program is NOW offering Basic Computer Skill Sessions

Want to learn more about your computer and what it can do?

**Call us soon!**

**Space is limited to 4 individuals per session!**

**Our March session will be:**

**Wednesday, March 28th**

**2:30PM—3:30PM**

**Session Facilitator**

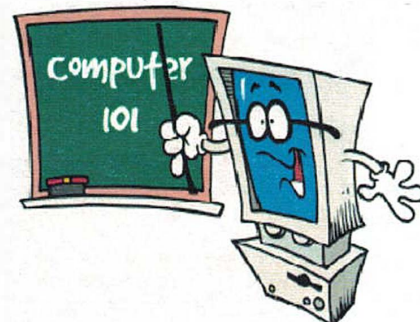
**Della Sue Bryson**

**CyberPals Coordinator & IL Specialist.**

We hope to have two monthly sessions available soon.

For more information and to register:

**Call Della at: 828-631-1167**



Alternative formats of our newsletter are available upon request.

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

*Created by: Cindi Hall*



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