

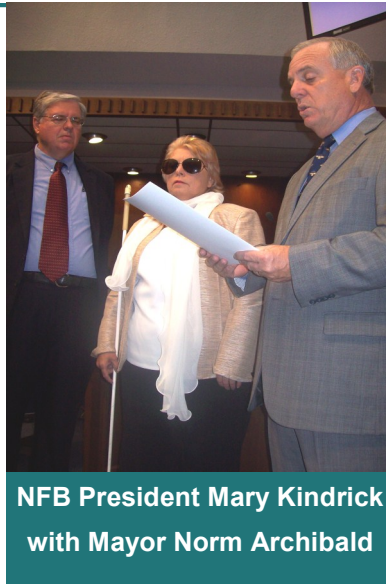
Not Without Us!

Disability in Action

SEPTEMBER 2011 –NOVEMBER 2011

“White Cane Safety Day”

Not Without Us! was invited to City Hall on October 11, 2011 to celebrate “White Cane Safety Day”. The event began with a rally where the National Federation for the Blind (NFB) kicked off “Meet the Blind” month. Speeches on the steps of City Hall prior to the Council meetings included local blind leaders talking about the various aspects of being blind and living in Abilene. Topics included how the lives of people with blindness are improving, transportation & sidewalks, education (including Pre-K through college), employment & unemployment, canes & guide dogs, and civil rights. Susan King, Texas House Representative attended the rally as well.



NFB President Mary Kindrick with Mayor Norm Archibald

The founder and president of the NFB, for its first twenty years, was Dr. Jacobus TenBroek, a professor, lawyer and constitutional scholar. The NFB’s first logo was a circle with the words “Security, Equality, and Opportunity” forming a triangle at the center of the circle. TenBroek led early battles to obtain a modest stipend for those with blindness so they could live independently (security), have equal access to jobs in Civil Service where candidates with blindness had been prohibited from applying (opportunity), and have equal access to housing, transportation, and places of public accommodation (equality).

Mary Kindrick, President of the local Abilene Chapter of the NFB, spoke about how people with blindness are much like those who have sight. Understanding that blindness is only a physical difference that may bring challenges, but that those challenges are faced and overcome by people in our communities everyday.

Following the rally, guests and NFB members made their way into the chambers of City Hall, where Mayor Norm Archibald read the Proclamation, stating that October 11, 2011 is “White Cane Safety Day” in Abilene. The award was accepted by Mrs. Kindrick, on behalf of the NFB.

INSIDE THIS ISSUE:

Learn more about BPD 2

COLA for Social Security Recipients 3

Man with Deafness Wants to Serve 4

ADAC Luncheon 6

Holiday Resources for those in Need 7

Learn More: Borderline Personality Disorder

A personality disorder is a type of mental illness in which a person has trouble perceiving and relating to situations and to people, including themselves. There are many specific types of personality disorders. In general, having a personality disorder means you have a rigid and unhealthy pattern of thinking and behaving no matter what the situation. This leads to significant problems and limitations in relationships, social encounters, work and school. In some cases, the person may not realize that they have a personality disorder because the person's way of thinking and behaving seems natural to them. One of these disorders is borderline personality disorder.

The main feature of Borderline Personality Disorder or (BPD) is a pervasive pattern of instability in interpersonal relationships, self-image and emotions. People with Borderline Personality Disorder are also usually very impulsive. This disorder occurs in most by early adulthood.

Characteristics of BPD

- Fear (real or imagined) of abandonment
- A pattern of unstable and intense interpersonal relationships (swings back and forth between extreme emotions of love and unconcern)
- Identity disturbance, such as significant and persistent unstable self-image
- Impulsive behavior in at least two areas: spending, sex, substance abuse, reckless driving, binge eating
- Emotional instability
- Chronic feelings of emptiness
- Inappropriate, intense anger
- Paranoid thoughts ("someone is out to get me")

Borderline personality disorder is more prevalent in females (75 percent of diagnoses made are in females.) It is thought that borderline personality

disorder affects approximately 2 percent of the general population.

How BPD is Diagnosed

Personality disorders such as Borderline Personality Disorder are typically diagnosed by a trained mental health professional, such as a psychologist or psychiatrist. Family physicians and general practitioners are generally not trained or well-equipped to make this type of psychological diagnosis. So while a person can initially consult a family physician about this problem, they should refer them to a mental health professional for diagnosis and treatment.

People with personality disorders in general, do not often seek out treatment until the disorder starts to significantly interfere or otherwise impact a person's life. A diagnosis for BPD is made by a mental health professional comparing the person's symptoms and life history with those listed here.

Causes of BPD

Researchers today don't know what causes BPD. There are many theories, however, about the possible causes of the illness. Most professionals subscribe to the theory that it is due to biological and genetic factors, social factors (such as how a person interacts in their early development with their family and friend and other children) as well as psychological factors.

Treatment of BPD

Treatment of this disorder typically involves long-term psychotherapy with a therapist that has experience in treating this kind of mental health issue. Medications can also help.

Social Security Announces Cost of Living Adjustment



Officials announced a cost of living adjustment in 2012 for people receiving Social Security.

The 3.6% cost-of-living adjustment (COLA) will begin with benefits that nearly 55 million Social Security beneficiaries receive in January 2012. Increased payments to more than 8 million SSI beneficiaries will begin on December 30, 2011. The last COLA, at 5.8 percent, took effect in 2009.

Because there will be a cost-of-living increase for Social Security recipients in 2012, the Part B premium will increase, but only by \$3.50 - from \$96.40 in 2011 to \$99.90 in 2012. For those individuals who did have Part B premium increases in 2010 and 2011, the premium will actually decrease by \$15.10 in 2012, from \$115 to \$99.90. The Part B premium reductions are a result of slower Part B growth due in part to the new health care reform plan.

To sum it up, between reduced Part B premiums and increased Social Security payments, the average Social Security recipient will have a net cost-of-living increase of \$40 per month in 2012.

If you have a Medicare Part B Premium deducted from your Social Security check, please check with your IL Specialist at Not Without Us! to see if you

are eligible for any of the Medicaid-sponsored Medicare Saving Programs benefits that may pay your Part B deductible.

Program			Countable Resource Limit*	
	Individual	Couple	Individual	Couple
QMB	\$908	\$1,226	\$6,680	\$10,020
SLMB	\$1,089	\$1,471	\$6,680	\$10,020
QI-1	\$1,226	\$1,655	\$6,680	\$10,020

Complimentary Haircuts

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To make an appointment

Call Not Without Us!

At

(325) 672-5460

or

Toll Free (888) 672-5460

In the event of inclement weather, the Center may close or cancel activities for Consumer safety. During bad weather, please call in advance.

City Bus Tickets are provided to anyone who needs to access the Center. If you want to

attend an event and ride the Handivan, call the Center at least 24 hours prior to the time that you want to come and staff will arrange the trip. If you live outside of the Abilene area, City and Rural Rides may be able to bring you. Call us to find out more. (325) 672-5460 or (888) 672-5460



Man who is Deaf at War with Army Policy

Keith Nolan comes from a heritage of family members who served in the military. His grandfather and his great-uncle both fought in World War II. After finding out more about their experiences, he too wanted to fight for his country. The only barrier keeping Keith from living out his dream was that the U.S. Army requires all soldiers to pass a hearing test. Keith was born deaf to deaf parents.

After visiting a Navy recruitment office, where he was handed a piece of paper that said "Bad Ear Disqualification", Nolan decided to become a teacher and get his Masters in Deaf Education. Not willing to give up, he looked for opportunities to participate with the military and began auditing classes at an Army Reserve Officers' Training Corps' program. Accompanied by an interpreter, Nolan was up and on the field at 5 a.m. for exercises. He received perfect scores in his military science classes. But when others graduated that year to a status of second lieutenants, Keith returned to teaching.

Although Keith admits that there are duties he could not perform in the military, there are many positions he could easily fill and become an asset to the military. He points out that areas like computer technology, military dog training and intelligence (where he dreams of working) would be a perfect fit.

Many believe that communication would be too challenging. But there are many ways that persons with deafness can communicate in the hearing world; such as lip reading, gesture, sign language, text and email.

He points out that there is a double standard in the Army Policy: soldiers who suffer hearing loss while enlisted are allowed to continue their service. *USA Today* reports that one in four soldiers serving in Iraq or Afghanistan in 2008 had damaged hearing according to the Army. In fact, all through history, Nolan discovered that individuals with deafness

fought in the Texas War for Independence and in both sides of the Civil War.

A student came to Keith and said that he wanted to be a soldier. He had to tell him no, he couldn't do that because he was deaf. It made him think. He did not want to discourage anyone from their dreams.

Nolan then decided to start a Facebook Page called "**Commission Cadet Nolan Now**" his page urges people to contact Representative Henry A. Waxman, of California and pressure him to sponsor a bill allowing people who are deaf to enlist. It currently has over 3,000 fans.

Original article by Claire Gordon and aol.jobs



Not Without Us! programs are free and open to anyone with a disability. If you need help to participate (interpreters, etc.), please let us know 24 hours in advance, so that we can provide these services.





Happy Holidays!

Not Without Us! Invites you to join us in the KTXS Christmas Parade

Walk, Roll or Ride! We will have a float

Be at 702 S. 3rd St. (Mayfield Paper Co.) in Abilene

5:00pm November 29, 2011

Bundle Up, Bring a flashlight and your Santa Hat!

Call the Center at (325) 672-5460

For more information

Not Without Us! is on the Web!

Not Without Us! has just launched a new website: www.notwithoutus.org. New information is being added as it happens. We hope you'll enjoy our new look!

You can also visit the Not Without Us! Facebook page by going to Facebook and search for:

[Not Without Us! Disability in Action](#)

We keep announcements, calendars and important disability news posted on the page. Come on and visit us, like our page and let us know what you think.



Halloween Fun at the Center!



Local Businesses Recognized for Hiring People with Disabilities

Abilene Christian University hosted the annual Abilene Disability Advisory Committee (ADAC) Luncheon on October 18th. The beautiful Hunter Welcome Center was the back drop for this event that recognized employers in Abilene and surrounding areas that hire people with disabilities. Some of the businesses that attended were Albertsons Grocery, Old Navy, Walgreens and United Grocers.

Mr. Bontke has a Master's degree in Education. He has also worked as a Training Coordinator for the Americans with Disabilities Act Technical Assistance Center. He was recently named as the Chair of the Governor's Committee for People with Disabilities by Texas Governor Rick Perry. Mr. Bontke spoke during the lunch session about generalizations that are made about people with disabilities and how it is important to set those aside to see the person's skills and assets rather than their disability.



Joe Bontke, EEOC Ombudsman for the Houston District Office

During the second session entitled "Supervising and working with Generational Differences" Joe discussed the changing work environment in which older generations are working longer, due to the cost of living increases and how young and old working together can sometimes be stressful. This would also apply to working with people who have disabilities and how their needs are sometimes different from those employees without disabilities. He stressed the importance of learning to be open minded and making efforts to understand people's needs.

Not Without Us! is proud to be a member on the ADAC committee. Events such as these are examples of what can be done to encourage acceptance of people with disabilities. Contributions can be made by everyone who has the desire to make a difference in their communities by working, volunteering and participating in activities. Many thanks and gratitude to those employers who are supporting our philosophy of "full inclusion".

Did you know that one American survey reported that after one year of employment the retention rate of people with disabilities is 85%?

Persons who are interested in joining or returning to the workforce can come to the Center to get assistance.



Voted Best Overall Employer of People with Disabilities by the ADAC Committee Presenter and City Council Member, Place 3, Anthony Williams and Winner, General Manager for United Grocery Stores

Holiday Resources for those in Need

First Central and Westminster Presbyterian Churches will be providing Thanksgiving Baskets on:

- Tuesday, November 15, 2011
- Tuesday, November 22, 2011

They will also provide Christmas Toys to families in need:

- Tuesday, December 7, 2011
- Tuesday, December 14, 2011
- Tuesday, December 21, 2011

Times for Pick-Up on each of the Tuesdays is from 1:00-4:00 only.

- Families may choose either the Thanksgiving Basket or the Christmas Toys, but not both.
- No Registration or Application is needed, just show up.
- Social Security Cards for every member in the household must be presented at time of pick up, unless the person has received assistance from First Central/ Westminster before.

Address for Pick-Up:
333 Orange St.
Abilene, TX. 79601
(325) 677-3501



Your donation to the Not Without Us! Center for Independent Living is tax deductible. It will be used to further enhance the quality of services offered to Consumers, and to promote equality, dignity, independence and the full inclusion of people with disabilities into every aspect of their communities.

To give, please clip this and mail it with your donation to:

Not Without Us!
3305 N. 3rd St. Suite 320
Abilene, Texas 79603
I would like to donate:

\$5 ___ \$10 ___ \$25 ___ \$50 ___ \$100 ___ \$1,000 ___

Or go to www.notwithoutus.org

Not Without Us! *Disability in Action*

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Contact Us!

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325-672-2903 Fax
888-672-5460 Toll Free

Hours of Operation

8:00 a.m. - 6:30 p.m.
Monday through Thursday