

## The Importance of Employment

You may be sitting there reading this thinking “I’m on disability, I can’t work!” or “Why work?” Set aside your concerns regarding working with a disability and your fear of losing your benefits. There are plenty of work incentives that will protect your benefits. Let’s look at what work provides to you!

When you ask people why they work, a lot of them



will say they’re “only in it for the money”. When you work for money, you can be financially independent and have some control over your life. Sometimes money truly is the only reason a person works. But most people have more substantial reasons for working. For example:

- They like to spend their days doing something they’re good at.
- They like being productive
- Other people need their skills and they feel obligated to supply them

The benefits you get from paid and unpaid work are strongly linked to your values. When you know what your values are regarding work, you can choose jobs that will satisfy you in ways that are deeper than your “hip pocket”. The two main rea-

allows you to :

- Fulfill most of your material needs
- Meet your financial obligations
- Feel as if you fit into and contribute to society
- Feel a sense of well-being and accomplishment
- Meet and interact with people of different backgrounds and cultures

Companionship at work means having continued, shared interaction with other people, including sharing the rewards of a job well done, whether they be a sales bonus or a commendation from the managing director. Finding a job and becoming employed is an important part of becoming independent. Make an appointment with the staff at Not Without Us! to review your current situation regarding employment. There are many options for working while receiving Social Security benefits. Yes, you CAN work!



Remember: a disability descriptor is simply a medical diagnosis.  
People First Language respectfully puts the person before the disability.  
A person with a disability is more *like* people without disabilities than different!

**SAY:**

**INSTEAD OF:**

People with Disabilities

The handicapped or disabled

He has a cognitive disability/diagnosis

He's mentally retarded

She has autism (or a diagnosis of..)

She's Autistic

He has Down Syndrome

He's Down's/ a mongoloid

She has a learning disability

She's learning disabled

He has a physical disability

He's a quadriplegic/is crippled

She's of short stature/she's a little person

She's a dwarf/midget

He has a mental health condition

He's emotionally disturbed/mentally ill

She uses a wheelchair/mobility chair

She's confined to/is wheelchair bound

He receives special education services

He's in special ed

She has a developmental delay

She's developmentally delayed

Children without disabilities

Normal or healthy kids

Communicates with her eyes/device/etc.

Is non-verbal

Consumer

Client, patient

Congenital Disability

Birth Defect

Brain injury

Brain damaged

Accessible parking, hotel room etc.

Handicapped parking, hotel room

She needs....or he uses

She has problems with ...has special needs

Keep Thinking.....there are many other descriptions we need to change.

businesses in the Abilene area for accessibility. The following locations were visited by a person in a wheelchair.

#### **New York Pizza 934 N. Mockingbird:**

The waitperson told the individual needing accessibility that their business was not “handicap accessible”. There is a curb cut at the sidewalk, but there is also a three inch threshold at both doors that would make it impossible for someone in a wheelchair to gain access to the old building.

#### **Nikki’s Swirl Shoppe 3470 Catclaw Dr:**



This frozen yogurt shop is in a newly constructed shopping center, therefore accessibility to the store front is very good. The square footage of the

## **Legislative Updates Online**

The 82nd Texas Legislature adjourned from its Regular Session on May 30, 2011, and a Special Session ended on June 29. The legislature passed numerous bills that will impact people with disabilities, including a budget bill that allocates \$172 billion for fiscal years 2012-2013. This is \$15 billion, or eight percent, less in state and federal money than the current budget. State dollars were reduced about two percent. The biggest budget cuts are in education and in health and human services, which together make up 75 percent of the total budget. The budget cut about 17.2 percent, or \$11.3 billion, from health and human services programs, and \$844 million from public and higher education. The Texas Council for Developmental Disabilities staff prepared summaries of the 2012 – 2013 State Budget and key bills that will impact people with disabilities. More information on the legislative session - including links to other legislative summaries provided by key state agencies

at a fairly accessible height.

#### **Game Stop 4241 Southwest Drive:**



Also in a more newly constructed shopping center, this establishment has good access to the front door. Inside, most of the product is displayed on the walls, rather than on the floor, making it easier to move around in the small space.

#### **Belle’s Chicken House 2002 N. Clack**



Even though this is an old building, owners have created good access with ramps and wide doorways. Access at this business is good and so is the food!

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.



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

Come get out of the heat and enjoy a movie on our big screen TV at the Center.

Bring your favorite movie from home or pick one of our movies. Not Without Us! will provide the popcorn and drinks.

The Center can provide your transportation on the City Bus or on Handivan.

Call (325) 672-5460 for more information.



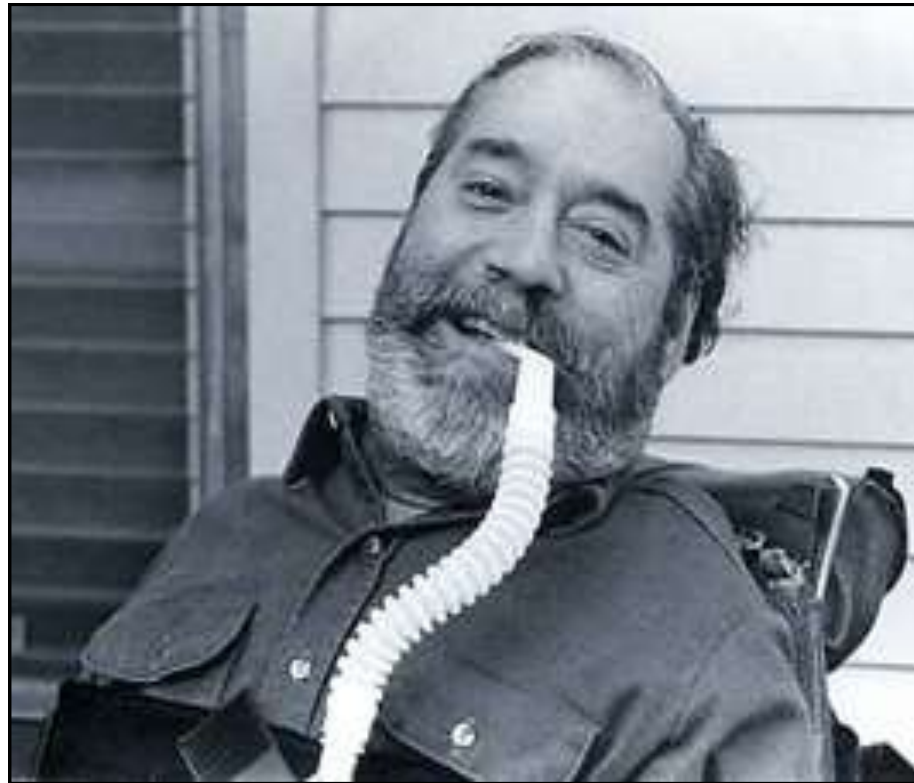
In order to make it easier for consumers to attend activities at the Center, Not Without Us! will now provide a round-trip bus pass to a Center-sponsored activity. You must attend an activity or appointment to qualify for transportation assistance.

## Ed Roberts: The Father of Independent Living

It is important to understand and remember the people who pioneered the independent living movement. As we celebrated the “Americans with Disabilities Act in July of this year, it was the perfect time to recognize those who made a difference.

Mr. Roberts was a young man during the sixties at Berkley college in California. As a teenager, he contracted polio, which left him with no useful body movement. Berkley told him “we tried cripples before but it didn’t work out.” He was determined that his disability would not stop him from getting his education. Berkley reluctantly agreed to let him attend and he lived in the student health center. Several people with severe disabilities followed him and began attending college there.

They formed a group called the “Rolling Quads” and pressured the campus to become more accessible and to fund support services so that they could attend classes while living independently. The Rolling Quads’ advocacy helped launch the Physically Disabled Students Program, the first such student-led campus organization in the country. That program gave rise to



both in political science. He also taught in Berkeley’s political science department for six years. Roberts went on to lead the Center for Independent Living. In 1975, Gov. Jerry Brown appointed Roberts director of the Department of Rehabilitation, a position he held until 1982 when he co-founded the World Insti-

where Community Action Program (CAP) left off. Residents of Shackelford, Stephens and Taylor counties may now submit applications for utility assistance.

Comprehensive Energy Assistance Funds (CEAP)



funds are available to people with disabilities who are receiving benefits. Rolling Plains will evaluate the financial situation and also provide a analysis of the usage to determine how much utility assistance can be provided. Also under the CEAP umbrella

is a fund that would allow one time assistance to families that qualify according to the income guidelines.

To get started, several specific documents will be required, along with the application. It is important to gather these documents ahead of time, which will make the process move more quickly.

18 years of age

- Proof of benefits if you receive them. This must be a letter from the funding source that is dated in 2011.
- If receiving food stamps, a letter from the food stamp office, stating the amount of the benefit. This letter must be for the current year.
- Current utility bills for gas and/or electric. Cut off notices are not sufficient.

Rolling Plains also provides weatherization to homes that qualify. This is an important program that can help save on electric and gas costs through insulation, weather stripping, new doors, new windows and in some cases, new appliances.

The sooner the better when applying for assistance. Gathering documents and getting qualified may take a few days. Evaluate the situation as soon as the bills come and call Not Without Us! for an application or contact the office of Rolling Plains in Abilene at (325) 672-3969 or Toll Free at 1-877-450-7616. They are located at 807 N. Judge Ely Blvd.

## Social Security Offices Change Hours



Effective August 15, 2011, Social Security field offices nationwide close to the public 30 minutes early each day. For example, a field office that is usually open to the public

Monday through Friday from 9 a.m. to 4 p.m. will

to complete face-to-face service with the visiting public without incurring the cost of overtime for our employees," said Michael J. Astrue, Commissioner of Social Security. "Congress provided our agency with nearly \$1 billion less than the President requested for our budget this fiscal year, which makes it impossible for us to provide the amount of overtime needed to handle service to the public as we have in the past."

Most Social Security services do not require a visit to an office. For example, anyone wishing to apply for benefits, sign up for direct deposit, replace a Medicare card, obtain a proof of income letter or inform us of a change of address or telephone number may do so at

- ♥ J.R.'s Appliance Repair
- ♥ Johnnie Nall and Lucky Six Ranch
- ♥ Richard Ford
- ♥ Abilene Evening Lions Club
- ♥ Gilbert and Tula Zapata
- ♥ Mardel Christian Bookstore
- ♥ The Forresters, Magnolia Branch
- ♥ Lavon, Tx.
- ♥ Jackson Brothers Feed and Seed
- ♥ A & A Gifts and More
- ♥ Texas Farm Bureau
- ♥ Palazzo Reale Home Furnishings
- ♥ Jumburrito
- ♥ Cassey's
- ♥ Emerge Jewelry and Apparel
- ♥ The Honeycomb Tree

- ♥ Thomas Everett Fine Furniture
- ♥ Thomson's Kountry Fried Chicken
- ♥ Andrews Furniture
- ♥ Rick's Collectables
- ♥ Jordan Taylor Company
- ♥ Andrews Furniture
- ♥ Together Hair
- ♥ Beal's Appliance
- ♥ Ya Ya Gurlz
- ♥ Dream of the Decorator
- ♥ Farmer's Co-op Gin
- ♥ Mezamiz Deaux Coffee House
- ♥ Monterrey Restaurant

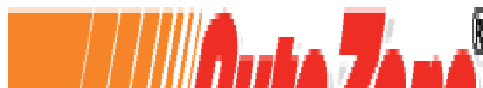
**LUSKEY'S** / *Ryon's*<sup>TM</sup>  
WESTERN STORES SADDLE & RANCH SUPPLIES






Here Everything's Better.™



Here Everything's Better.™



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	We provide bus passes for programs attended at the Center			1 Movie Day at the Center 1:00 - 3:00	2	3
4	5 Center Closed 	6 Exercise with the Wii Gaming System Let us show you how! 2:00 - 3:00	7 Money Management Avoid the Pay Day Loan 10:00 - 11:00	8 IL Skills Make your own Cleaning products 2:00 - 3:00	9	10
	12 Computer Class 11:00 - 12:00 Peer Support 2:00 - 3:00	13 Craft Class Make your own scrapbook page Bring 3 pictures 11:00 - 12:00	14 Consumer Advisory Committee Meeting 1:00 - 3:00	15 Drawing Class 1:30 - 2:30 Job Readiness Dressing for Success 3:00 - 4:00	Find us on Facebook! 	
16	19 Center Closed for Staff Development	20 Center Closed for Staff Development	21 World Alzheimer's Day	22 IL Skills Dental Hygiene 2:00 - 3:00	23 First Day of Autumn	24
25	26 Computer Class 11:00 - 12:00 Peer Support	27 Exercise with the Wii Gaming System 2:00 - 3:00	28 You are invited to celebrate the September birthdays with games and refreshments	29 Cooking Class Tasty Casserole 10:30 - 12:00 Come Cook and Eat!	30	

**3305 N. 3<sup>rd</sup> Suite 320  
Abilene, TX 79603**

**Abilene, TX  
Permit No. 777**

**Return Service Requested**

**Not Without Us! Staff**

Michelle Crain	Executive Director
Nancy Penland	Director of Programs
Leah Beltran	Center Coordinator
Cynthia Dearing	Independent Living Specialist
Michele Nall	Asset AmeriCorps Navigator
Eva Ortega	Independent Living Specialist

**Contact Us!**

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

Find us on Facebook @  
[http://www.facebook.com/pages/Not-Without-Us-Disability-in-](http://www.facebook.com/pages/Not-Without-Us-Disability-in-Abilene-TX/10250120700)



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