

REACHing OUT

HELPING PEOPLE WITH DISABILITIES REACH FOR INDEPENDENCE

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REACH OF DALLAS JOB FAIR for People with Disabilities

**Come Help Us Celebrate October As
National Disability
Employment Awareness Month!!!**

**October 9th, 2003
10:00am to 2:00pm
at the
Center for
Community Cooperation
2900 Live Oak in Dallas
Call Kevan or James
at**

**REACH of Dallas
for more information
214-630-4796 (Voice)
214-630-5595 (TTY)**

CALENDAR OF EVENTS FOR REACH OF FORT WORTH

Call us if you need any accommodations such as a sign language interpreter, Braille materials, etc.

SEPTEMBER 2003

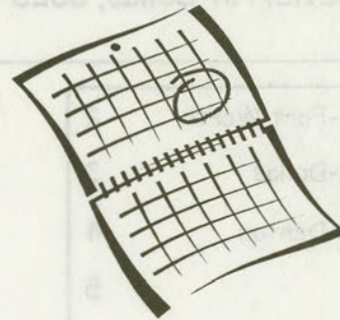
- 1 Office Closed (Labor Day)
- 4 Support Group @ the center (Come and meet your new Support Group Leader) 1:30-3:00pm
- 4 Adjustment to Disability Group Counseling 11:30am-12:30pm
- 11 Support Group @ the center (Come and meet your new Support Group Leader) 1:30-3:00pm
- 12 Adjustment to Disability Group Counseling 11:30am-12:30pm
- 18 Support Group @ the center (Calendar planning for October & November) 1:30-3:00pm
- 19 Adjustment to Disability Group Counseling 11:30am-12:30pm
- 25 Recent Release Movie Day @ the center 1:30-3:30pm
- 26 Adjustment to Disability Group Counseling 11:30am-12:30pm

OCTOBER 2003

- 2 Support Group (Call for scheduled activity and location) 1:30-3:30pm
- 2 Adjustment to Disability Group Counseling 11:30am-12:30pm
- 9 Support Group (Call for scheduled activity and location) 1:30-3:30pm
- 10 Adjustment to Disability Group Counseling 11:30am-12:30pm
- 13 Office Closed (Columbus Day)
- 16 Support Group (Call for scheduled activity and location) 1:30-3:30pm
- 16 Adjustment to Disability Group Counseling 11:30am-12:30pm
- 23 Support Group (Call for scheduled activity and location) 1:30-3:30pm
- 23 Adjustment to Disability Group Counseling 11:30am-12:30pm
- 30 Recent Release Movie Day @ the center 1:30-3:30pm
- 30 Adjustment to Disability Group Counseling 11:30am-12:30pm
- 31 Office Closed (Joint Staff Meeting)

NOVEMBER 2003

- 6 Support Group @ the center (Calendar planning for December/January/February)
- 6 Adjustment to Disability Group Counseling 11:30am-12:30pm
- 13 Support Group (Call for scheduled activity and location) 1:30-3:30pm
- 13 Adjustment to Disability Group Counseling 11:30am-12:30pm
- 20 Recent Release Movie Day @ the center 1:30-3:30pm
- 20 Adjustment to Disability Group Counseling 11:30am-12:30pm
- 27-28 Office Closed (Thanksgiving Holiday)



CALENDAR OF EVENTS FOR REACH OF DALLAS

Call us if you need any accommodations such as a sign language interpreter, Braille materials, etc.

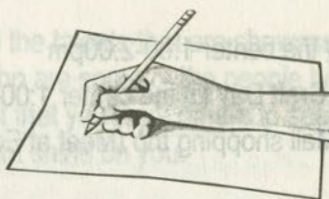
SEPTEMBER 2003

- 1 Office Closed (Labor Day)
- 3 Adjustment to Disability Group Counseling 9:30-10:30am
- 10 Adjustment to Disability Group Counseling 9:30-10:30am
- 16 Dr.Lane Cowthon discusses healing methods @ the center 11:30am-12:30pm
- 17 Adjustment to Disability Group Counseling 9:30-10:30am
- 23 Elaine Collins (featured in New Mobility's summer issue)-teaches Tai Chi for people with disabilities @ the center 11:30am-12:30pm
- 24 Adjustment to Disability Group Counseling 9:30-10:30am
- 30 Nutrition with Julie Espinoza @ the center 11:30am-12:30pm



OCTOBER 2003

- 1 Adjustment to Disability Group Counseling 9:30-10:30am
- 7 Mental/Intellectual Health with Laurie Truesdell @ the Center 11:30am-12:30pm
- 8 Adjustment to Disability Group Counseling 9:30-10:30am
- 13 Office Closed (Columbus Day)
- 14 Home Remedies with Julie Espinoza @ the center 11:30am-12:30pm
- 15 Adjustment to Disability Group Counseling 9:30-10:30am
- 21 Spiritual Issues with Laurie Truesdell @ the center 11:30am-12:30pm
- 22 Adjustment to Disability Group Counseling 9:30-10:30am
- 28 Writer's Workshop, Part 1 @ the center 11:30am-12:30pm (reservations required for all 4 workshops)
- 29 Adjustment to Disability Group Counseling 9:30-10:30am
- 31 Office Closed (Joint Staff Meeting)



NOVEMBER 2003

- 4 Writer's Workshop, Part 2 @ the center 11:30am-12:30pm
- 5 Adjustment to Disability Group Counseling 9:30-10:30am
- 11 Writer's Workshop, Part 3 @ the center 11:30am-12:30pm
- 12 Adjustment to Disability Group Counseling 9:30-10:30am
- 18 Writer's Workshop, Part 4 @ the center 11:30am-12:30pm
- 19 Adjustment to Disability Group Counseling 9:30-10:30am
- 25 Brown Bag Thanksgiving luncheon @ the center (Bring your own lunch & join us for the fun)
- 26 Adjustment to Disability Group Counseling 9:30-10:30am
- 27-28 Office Closed (Thanksgiving Holiday)



CALENDAR OF EVENTS FOR REACH OF DENTON

Call us if you need any accommodations such as a sign language interpreter, Braille materials, etc.

SEPTEMBER 2003

- 1 Office Closed (Labor Day)
- 2 Adjustment to Disability Group Counseling 1:00-2:00pm
- 3 Support Group @ the center 1:00-2:00pm
- 10 Support Group & Craft Day @ the center 1:00-3:00pm
- 16 Adjustment to Disability Group Counseling 1:00-2:00pm
- 17 Bingo Day @ the center 1:00-3:00pm
- 24 Support Group @ the center 1:00-2:00pm



OCTOBER 2003

- 1 Support Group @ the center 1:00-2:00pm
- 8 Support Group & Craft Day @ the center 1:00-3:00pm
- 13 Office Closed (Columbus Day)
- 15 Support Group @ the center 1:00-2:00pm
- 22 Support Group @ the center 1:00-2:00pm
- 29 Halloween Party @ the center 12:00-2:00pm
- 31 Office Closed (Joint Staff Meeting)



NOVEMBER 2003

- 5 Support Group @ the center 1:00-2:00pm
- 12 Support Group & Craft Day @ the center 1:00-3:00pm
- 19 Golden Triangle Mall shopping trip (Meet at Eckerd's) 11:00am-2:00pm
- 26 No Group
- 27-28 Office Closed (Thanksgiving Holiday)



Hello Everyone! My name is Laurie Truesdell.

I have been volunteering at REACH of Dallas for about six months. I feel honored to be a part of such a great team of staff and consumers. For those of you who have not met me yet, let me take a moment to introduce myself. I am a graduate of Texas A & M University-Commerce with a Bachelor of Social Work Degree. Through my personal and work experience, I am involved with disability issues. I assist with independent living skills training workshops at REACH of Dallas. My mission is to help people with disabilities reach their full abilities.

Julie Espinoza, REACH of Dallas' IL Skills Training Specialist, and I have upcoming projects that will knock your socks off! Okay, I will try not to get too dramatic. The next six week workshop will be all about leading a healthy life. Are you ready to get healthy? Ask yourself these questions. Do you want more out of exercise than just finger lifts on the keyboard? Do you catch yourself thinking "outside the bun?" Do you crave food other than fast food? Do you want to think of ways to give your brain a workout? Are you sick of going to the doctor when you get the sneezes? Achew!!!! Do you want to empower yourself with the healing methods for minor ailments? Do you want to find peace within, but you find life is not without obstacles? If you answered yes to any of these questions, then this workshop series is for you. If you can't come to the in-office workshops, there is an online component made just for you: www.reachcils.org/classindex.html.

Plans are underway to add an "Ask Laurie" section to REACH's website. What kind of questions can you write in and ask me? I am glad you asked. I wonder what is on your mind. Maybe you have a family issue that is getting on your nerves. On the other hand, maybe your new computer is stressing you out. Perhaps you need beauty tips for a special occasion. Maybe you want to be included in game night at your church or recreation center and you need some adaptive game ideas. You are the expert on your life. You know what has worked for you and what has not. However, I will be here to give you options to think about. Let's brainstorm together.

I look forward to sharing what I have learned. More importantly, I am excited about the opportunity for consumers to learn from one another. Do you want insight from your peers? Maybe you want to host a topic online. An online peer counseling option is also under development. Go to www.reachcils.org for the latest scoop.

Have you heard that REACH has a museum online? Ponder all the talents that are showcased there. to www.reachcils.org/html/showcase.html, and view the creativity. Who are some of the people behind such great talents? REACH consumers of course. Do you have a talent that you want others to see? Call Julie to apply 214/630-4796 or 214/630-5995. Come on. Let the spotlight shine on you.





Dioxins

Carcinogens cause cancer. Especially breast cancer. Don't freeze your plastic water bottles with water as this also releases dioxins in the plastic.

Dr. Edward Fujimoto from Castle Hospital was on a TV program explaining this health hazard. He is the manager of the Wellness Program at the hospital.

He was talking about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers. This applies to foods that contain fat. He said that the combination of fat, high heat and plastics releases dioxins into the food and ultimately into the cells of the body. Dioxins are carcinogens and highly toxic to the cells of our bodies.

Instead, he recommends using glass, Corning Ware, or ceramic containers for heating food. You get the same results without the dioxins. So such things as TV dinners, weight watchers dinners, lean cuisine dinners, instant ramen cup of noodles, and soups, etc., should be removed from the container and heated in something else. Paper isn't bad but you don't know what is in the paper. Just safer to use tempered glass, Corning Ware, etc.

He said we might remember when some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons.

To add to this: saran wrap placed over foods as they are nuked, with the high heat, actually drips poisonous toxins into the food, use paper towels.

The contents of this newsletter were developed, in part, under grants from the U.S. Department of Education and the Texas Rehabilitation Commission. The contents, however, do not necessarily represent the policies of the Department of Education or TRC and you should not endorsement by the federal or state government.

REACH receives a majority of its funding to operate the Centers from grants from the U.S. Department of Education and the Texas Rehabilitation Commission. REACH of Denton receives 100% of it funding (\$131,419) from the Department of Education; REACH of Fort Worth receives 100% of its funding (\$224,659) from TRC; and REACH of Dallas receives 87% of its funding (\$344,466) from The Department of Education and 13% (\$49,900) from TRC.

FROM THE DIRECTOR'S DESK by Charlotte Stewart



Public Hearing

On November 6, the Texas State Independent Living Council (SILC) will hold a Public Hearing from 1:00-3:00PM at the REACH Resource Center on Independent Living in Fort Worth. The Council members want to hear from people with disabilities, their families and friends, and rehabilitation professionals about what independent living services are needed in Tarrant County.

Please plan to join us for this important opportunity to provide input to the SILC.

First Time Event

REACH of Dallas played host to the first joint meeting of the REACH Consumer Advisory Committees. Vans were rented from the T in Fort Worth and SPAN in Denton to transport Fort Worth and Denton Consumer Advisory Committee members to Dallas so that they could participate in the meeting and ADA celebration with the members of the Dallas Consumer Advisory Committee. Everyone who attended had a great time getting to know one another, eating a picnic lunch, playing an ADA game, and drawing names for door prizes.

Spanish Brochure Available

The Spanish language version of the REACH brochure is now available for distribution. If you'd like a copy or know places where we should distribute it, please call any of the REACH offices and let us know.

HIPAA

REACH, along with many other entities, must comply with the privacy provisions of the Health Insurance Portability and Accountability Act of 1996 (HIPAA). As you have probably experienced on recent visits to your doctor's office or local pharmacy, you were given information about your privacy rights under HIPAA. REACH will be doing the same thing by advising all consumers receiving services through the centers of REACH's HIPAA privacy policy.

Good News

Helping Restore Ability (HRA), a local organization that provides personal assistant services to people with disabilities living in the North Texas area, has just received its license from the state of Texas to provide home health care services. For more information, call HRA at 817-469-1977



MOM'S MUSINGS

By Charlotte A. Stewart, Sr.

Several weeks ago I had the distinct pleasure of visiting with my youngest grandchild, Jessica. She is seven years old and I hadn't seen her in a few years. Even so, she remembered exactly where I had stopped reading a favorite story to her the last time we were together. She also knew precisely where her toys and books are kept at my house. She remembered, too, the many games we had played that last time we were with each other.

This reminded me of something my father told me when I became a mother. He said that you never knew what a child would remember about his or her childhood. "So", he continued, "always make sure that her memories are pleasant ones".

This column I will devote to some of my earliest childhood memories. My first recollection is of sitting on a sturdy shelf over the sink in our bathroom watching my father while he shaved. He would tell me a different and wonderful story that he made up. He told me the best stories I have ever heard. This was our daily routine and it was a special time for me. Unfortunately, I cannot recall all of the stories anymore. I would love to be able to put them all in a book so that other children could be treated to his genius in creative storytelling.

In kindergarten my teacher's name was Miss Angel. Can you imagine a better name for a first teacher? She lived up to her name and was as patient as a saint. She never raised her voice. I also remember that one day, while walking to kindergarten, I saw a milkman delivering milk to the back door of the school. He was in a horse-drawn milk truck. It was the first, and only one, I've ever seen.

I remember that every weekend my mother and I took the subway from Queens, NY where we lived, all the way to the Bronx where my maternal grandmother lived. The trip took over an hour and a half, an enormously long time for a small child to be sitting quietly, doing nothing but waiting to get somewhere. Sometimes, to amuse myself and to make the time pass more quickly, I would yawn quite animatedly. Then I would watch the people sitting across from me in the long car start yawning, too. Before long the people sitting on my side of the subway car would also start to yawn. I'd have everyone in the car yawning and stretching before anyone realized what I'd done. (There could be as many as 50 or more people on the two sides of the subway car). What fun for a child. And what power I thought I had.

HUGHES REVIEWS
By Paul Hughes, REACHing OUT, Advocacy Coordinator

HIPP Health Insurance Premium Payment for Texas Medicaid Recipients and Their Family Members

Need help paying for health insurance?

If someone in your household is on Medicaid and someone in your household is employed or has access to group health insurance, you may qualify for the HIPP Program.

What is HIPP?

The Health Insurance Premium Payment (HIPP) Program is a reimbursement program that can help pay for health insurance premiums for eligible Medicaid recipients and their families. HIPP may determine that it is less expensive to pay the insurance premiums than the projected Medicaid cost.

Who is Eligible?

Families with at least one family member on Medicaid.

Families with access to group health insurance (for example: through an employer.)

HIPP must determine that it is less expensive to pay the insurance premiums (group rate) than the projected Medicaid cost.

Who benefits from HIPP?

Medicaid Recipient and their Families

- * HIPP will pay the premiums for group health care insurance.
- * The Medicaid recipient maintains Medicaid and group health insurance.
- * All members of a family who are not eligible for Medicaid may be covered under the group health insurance plan.
- * Group health insurance may pay for services not normally covered under Medicaid.

Employer

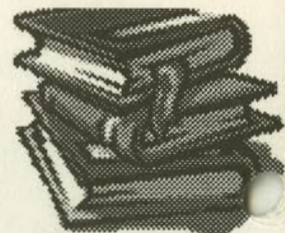
- * Employers who enroll eligible employees in the HIPP program may receive a tax credit under the TWC Welfare-to-Work Tax credit.
- * Affordable health insurance for eligible employees who otherwise would not be able to enroll in group health insurance.
- * Under House Bill 3038, HIPP eligibility becomes a qualifying event for enrollment in private insurance. Employers have 90 days to enroll clients upon notification and 30 days to dis-enroll upon notification. Mandatory client participation.

How to apply for HIPP?

Call the HIPP client line at: 1-800-440-0493

HUGHES REVIEWS

By Paul Hughes, REACH/Dallas, Outreach & Advocacy Coordinator



For those of us who live in the Dallas/Fort Worth area, you may remember a bookstore chain called Taylor's. This is not to be confused with Lord & Taylor's. This Taylor's bookstore chain prided themselves on specialized help for the book hunter long before the Border's and Barnes & Noble national chains got here. In between radio jobs in the past, I'd work in bookstores and Taylor's just happened to be one of those stores. They had a monthly newsletter in which I had a column. In it, I'd do the usual reviews or author interviews, and on occasion (when the moon was full), I'd let my hair down and write a nonsense column. This nonsense column consisted of popular titles or best sellers and a one line synopsis or critique.

For example:

Jaws by Peter Benchley—Collection of obscure tales of a high priced dentist whose patients called him "shark."

Catch-22 by J. Heller—Sequel to 52-Pick-up with illustrations

Now you get the idea. Here is a list of more recent titles:

The Universe in a Nutshell by S. Hawking—Bad news: We're all nuts in this universe, some more cracked than others.

Running with Scissors by Burroughs—Dedicated specialists keep Robert Young's brain.

The Secret Life of Bees by S. Kidd—True tales and what they were called when the killer D's returned to Texas.

Living History by H.R. Clinton—Surprise! There's a test at the end!

Skinny Women Are Evil by Mo'Nique—Watch out! Hillary's skinny!

And so it goes.

Two newsletters ago, I wrote a shameless plug for a 4-week writers workshop being offered at REACH Dallas. This is your last chance to sign up for this workshop. If you're interested in writing and want to learn how to break into the writer's arena, and master the tools you'll need to finely hone your skills as a writer, join us for this 4-week workshop.

Every Tuesday during the 4-week period, you can come away with a goldmine of information to help you with your budding writer's career! Seating is limited, so I suggest you contact me at 214-630-4796 or 214/630-5995 TTY. The workshop dates are October 28, November 4, 11, & 18; the time: 11:30am to 12:30pm; the location: REACH of Dallas. Reservations are required to participate, so contact me to reserve your seat. Please let me know if you will need any accommodations in order to participate.

Next issue: reviews of Christmas gift books! Happy reading...

DEFENSIVE WALKER

by Ramona Rice/REACH of Dallas Consumer

Losing vision can be extremely traumatic. No one gets this news without having a complex set of reactions including denial, anger, fear, and depression. If you have recently learned that your vision is diminished or is likely to worsen in the future, you may be experiencing some of these feelings. You may be wondering how you will go on doing what you have always done, how you will maintain your independence, and how you will take care of yourself and your family. Believe me when I say that I have had these horrible reactions while wondering how to go on.

Being a defensive walker while traveling on foot is a real challenge to me as well for all the other productive citizens with visual impairments living in North Texas. Let me tell you why. Texas is considered one of the five worst states in the country for pedestrian-vehicular accidents. I have had several encounters with North Texas drivers on Preston and Coit Roads who ignored the *White Cane* and *Pedestrian Right Of Way* laws on Preston and Coit Roads. Sadly, the "White Cane" law is not clearly stated in the Texas Driver's Manual.

In order to obey these laws, drivers should be aware, AT ALL TIMES, of any pedestrians waiting to cross an intersection. Once the intersection light changes in the pedestrians' favor and the pedestrians' walk sign shows, drivers need to come to a complete stop and not proceed until the pedestrians safely reach the other side of the intersection or the median/island. It would also be very helpful if all drivers would stop behind the crosswalk markings at an intersection so pedestrians with visual impairments can cross the street safely.

I have been diagnosed with Usher Syndrome II which is a progressive deterioration of my vision and hearing senses. I have been working with Beth Ramirez, Manager of Traffic in the City of Dallas, to have audio buzzer devices installed on Maple Shade/Preston Roads and Genstar/Preston Roads. It gives me a sense of independence and freedom to cross the intersections with my beautiful seeing-eye dog, Zabrina. Do I feel safe while crossing? Sadly, the drivers are still not looking in all directions, which has caused me to act as a "defensive walker" while crossing these streets with my guide dog. I am hoping to get a movement started that will give drivers stiffer penalties and/or fines when they do not obey the *White Cane* and *Pedestrian Right of Way* laws.

I now realize that blindness does not equal helplessness or despair. There are millions of people in the United States with visual impairments who live happy, healthy and productive lives. They pursue relationships, jobs, hobbies, civic duties, volunteer work, parenting, and the other components of human endeavor with the same effectiveness and satisfaction as do sighted people. We will strive to travel safely everywhere because we want to live!!!!



FOR SALE

Wheelchair accessible home. Many amenities including 4 bedrooms, 3 baths, roll-in shower, 3 ramps.
SW Fort Worth. Crowley School District.
Call 817-294-7626 for more information.

Emergency Evacuation Preparedness Guide For People with Disabilities and Other Activity Limitations

The Center for Disability Issues and the Health Professions (CDIHP) at Western University of Health Sciences in Pomona, California has recently published an *Emergency Evacuation Preparedness Guide For People with Disabilities and Other Activity Limitations*. The CDIHP has asked for help in spreading the word about this guide. You may reprint any of the written text in this document on your web sites, listservs, mailing lists, newsletters, and flyers. You can even print the guide in its entirety. The guide can be found in pdf format at <http://www.cdihp.org/pdf/finalv4brochure.pdf>.

Dissemination of this guide was made possible, in part, through the generous support of the Christopher Reeve Paralysis Foundation.

"In this post-9/11 world, people with disabilities must take responsibility for their own safety," said Brenda Premo, CDHIP Director. "There is a universal human tendency to avoid thinking about possible emergencies. This avoidance has greater consequences for people with disabilities than for people without disabilities."

"No matter what laws & public policies say, it's up to us, as people with disabilities, to individually & collectively do what we need to do to prepare for disasters. If we just rely on employers, building managers, or fire inspectors to make sure things are in place, they may not happen. It is not safe to assume that people with disabilities have been included in evacuation plans. People with disabilities must take an assertive, proactive approach to ensure that our life safety needs are included in all emergency planning," says June Isaacson Kailes, the guide's author and CDIHP's Associate Director. Kailes is known internationally for her disability-related work in access, health and wellness, aging and disaster preparedness.

The guide is available at no cost from <http://www.cdihp.org/evacuationpdf.htm>. To order a hard copy, send a check payable to: CDIHP for \$24.00 (includes shipping, handling and applicable tax) to CDIHP, 309 E. 2nd Street, Pomona, CA 91766 -1854. Contact CDIHP for pricing on bulk or international orders at (909) 469-5380 Voice, (909) 469-5520 TTY, (909) 469-5407 Fax, or Email: evac@westernu.edu <<mailto:evac@westernu.edu>>.

Emergency Evacuation Preparedness: Taking Responsibility For Your Safety, A Guide For People with Disabilities and Other Activity Limitations <http://www.cdihp.org/evacuationpdf.htm>.



NOTES FROM THE 2003 TX TRANSPORTATION SUMMIT

By Paul Hughes, Outreach, Advocacy & ADA Specialist @ REACH of Dallas

I recently attended the 2003 6th Annual Texas Transportation Summit. The thrust of this year's meeting was a re-examination of what progress has been made transportation-wise over the past year and where public transit is heading next year. Some of the speeches were pep talks designed to re-ignite the fires and passion for mass transit on a grand scale. Most of the speakers shot from the hip with honesty saying that "something" has to be done in the great State of Texas related to mass transit.

The big topic at the Summit was the Texas High Speed Rail & Transportation Corporation (THSRTC). This nonprofit corporation includes members from the public transit sector as well as elected officials from across the state. The corporation's mission is to create a collaborative effort to realize the first-ever, high-speed, rail passenger system and multi-modal transportation corridor in Texas.

One of the goals of the THSRTC is to provide innovative solutions to the growing national transportation crisis by developing a plan that will connect millions of people from around the county by linking airports and facilitating our military's ability to efficiently and quickly deploy to protect our Homeland.

On the federal level, plans to develop a High Speed Corridor (HSC) that would connect all of Texas' major population and economic centers into one continuous, multi-modal corridor that would foster the effective expansion of Texas' multi-modal and intermodal capabilities. A collaboration nicknamed the Texas "T-Bone" has been established to help plan for the HSC.

As the Texas population grows from its present 22 million people to a projected 50 million people by 2040, 78% of the population is expected to live and work within the Texas "T-Bone." This corridor would serve Fort Hood, one of the largest military installations in the free world, in deployment to Beaumont, its primary port of embarkation. This corridor would also serve as a FEMA evacuation route during times of natural disaster and provide much-needed relief to our State's deteriorating highways.

One of the manufacturers of the bullet train, Transrapid International, showed a video at the Summit touring this marvelous train from inside and out. One comment I overheard was "It's too roomy." The answer was quick in coming from the presenter, "It's to accommodate sports and power chairs." Another concern voiced was about the technology (Maglev) involved in powering the train. (The Maglev system enables the train to glide along a magnetically-charged track at speeds of upwards of 230 MPH.) Wouldn't the technology interfere with pacemakers and scooters another participant asked? The answer was a resounding, "no." (The flooring of the train prevents the magnetism from affecting the passengers.) This train is a very safe mode of transportation and can be ready, in case of a natural disaster or Homeland Security issue, to move passengers from point A to point B in a brief span of time.

These are just a few of the highlights from the Summit. I'll share more in the next edition of this newsletter. As the gasoline mascot of old used to say, "Happy Motoring!" until next time.

Speak Up Texas!

SpeakUPTexas! is a program offering a **FREE** service dedicated to helping Texans with speech-related disabilities communicate more effectively using the telephone.

SpeakUPTexas! Provides personal at-home training to individuals with speech disabilities who could benefit from Speech-to-Speech, a telephone assistance service provided by the Public Utility Commission of Texas' Relay Texas Program. The Speech-to-Speech Program connects individuals with speech disabilities with specially trained telephone operators who can help them communicate with others on the telephone. Free equipment consultation is also provided as part of the program.

For more information on Speak Up Texas!, write, call, email, or visit:

Speak Up Texas!

1-512-282-3724 or

c/o Technology and Inclusion

Toll free 1-877-325-8789

P.O. Box 150878

Austin, Texas 78715-9802

Email: speakuptexas@taicenter.com

Website: www.taicenter.com



Helping People Help Themselves since 1968



LIFT-AIDS, INC.

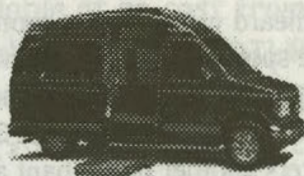
1500 Westpark Way, Euless, TX 76040
 Metro 817/835-0035, Toll Free 800/351-LIFT (5438)
www.lift-aids.com, lift-aids@sbcglobal.net



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- *Ricon Sales, Inc. *Access Industries
- *Braun/Crow River *Inclinitor Co.
- *Bruno Independent *Garaventa (Ltd.)
- *Living Aids, Inc. *National Wheel-O-Vator



VEHICLE DIVISION

- *Complete vehicle modification for the physically challenged
- *Hand and Foot controls
- *Para/Quad Driving Systems
- *Raised tops and doors
- *Drop floor minivans
- *Wheelchair lifts
- *Scooter lifts



CERTIFIED TECHNICIANS

24 HOUR EMERGENCY SERVICE

FULL SALES AND SERVICE FACILITY

TRC, VA, CIDC, & TX DH APPROVED VENDOR

ELEVATOR DIVISION

- *Residential elevators and dumbwaiters
- *Stairway lifts for straight, curved and spiral stairways
- *Inclined wheelchair lifts
- *All applications Residential and Commercial



211 TEXAS

What is 211?

211 is the free, confidential, and easy to remember number to call and locate hundreds of community services in Texas.

What are Community Services?

Community services includes things like emergency shelter, temporary financial assistance with things such as rent, utility bills, elder care, health care, senior services, food and clothes, and home delivered meals.

When should I call 211?

Call when you need information. When you need help in a crisis. Call when you need temporary financial help. Or simply when you need answers.

When can I call?

24 hours a day, 7 days a week.

Does 211 replace 911? Or 311?

No. 211 is simply your gateway to community services. You should still call 911 in a life threatening emergency or in case of fire. Call 311 when you need information regarding the City of Dallas.

Who will answer the phone?

When you dial 211 from anywhere in Texas, a trained professional will answer, usually right in your hometown. He or she will help you find the information you are seeking and/or help you deal with a crisis and discover your options.

Do I have to give my name?

No. 211 can be completely anonymous if you desire.

What languages are available with 211?

Bilingual staff members are waiting for your call. Other language interpreters are also available.

I want to volunteer, can I call 211?

Yes, just call. We can help you with donations, too!

Call 211

We'll help you find answers to life's questions

2-1-1 Texas is public-private partnership of the Community Council of Greater Dallas
and the Texas Health and Human Services Commission.

Additional support comes from the United Way of Metropolitan Dallas

HONOR YOUR LOVED ONES WITH A GIFT TO REACH INC.

Donations in memory of a loved one, to commemorate a loved one's birthday or wedding anniversary, or just to brighten a friend's life will help REACH continue providing services to people with disabilities and education to the community on disability-related topics. If you'd like to make a donation, please complete this form and return it with your donation to:

REACH Inc., 1205 Lake Street, Fort Worth, TX 76102-4501.

Enclosed is my contribution of \$ _____ in Memory or in Honor of:

For: Memorial _____ Anniversary _____ Birthday _____ Other _____

Send an Acknowledgement to (Name & mailing address): _____

From (Donor's name & mailing address): _____

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MOTION
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SETTING YOUR WORLD IN MOTION

In Memory of Lea Marek 1967-2003

On June 21st, 2003 ILRU's Disability Law Resource Project lost treasured "family" member—Lea Marek. Lea was born with Spina Bifida and over the course of her life had more than 15 surgeries. At age 33 she was diagnosed with bladder cancer. She fought bravely for three years, eventually succumbing to the disease.

Some of you may have known Lea personally, others may have just spoken to her over the phone. Lea was on the front lines answering our ADA technical assistance line for five years. She loved it and people loved her! Lea and her service dog, Molly, also conducted a number of trainings over the years.

For all of us at ILRU, Lea was more a friend than a co-worker. She was also ILRU's "chairman." She cheerfully greeted everyone everyday, regardless of how she feeling. Lea never forgot a co-worker's birthday (or their age, unfortunately) and always celebrated holidays with special gifts for everyone. Lea loved life, people and animals passionately (she never let on what her favorite species was). We all miss her immensely!

Lea is survived by her husband Dana, three dogs (Molly, Radar and Casey), and cat Satchmo, as well as her mother, two sister and two brothers. During the course of her illness, Lea kept a journal. We wanted to share this with you in celebration of a life well-lived and to pass on something from Lea.

Lea wrote this after talking to a mother of a little boy with some serious disabilities. The mother asked Lea, "what can I expect for my son life's." This is what Lea wrote:

Expect him to have tears, but hope that he has more laughter.
Expect him to be afraid at times, but hope that he has more peace.
Expect him to be judged, but hope that he has enough respect to not judge others.
Expect him to fall and hope that he has the strength to get back up again. Repeatedly
Expect him to have anger at times, but hope that he will turn anger into something positive.
Expect him to make mistakes, but hope that you have the strength to allow him to learn from his own mistakes. That is how he will learn boundaries and confidence.
Expect him to be loved, and hope that he will learn to give that love in return.
If he is able to do all of these things, then he will be the definition of success, disabled or not.

Lea concludes with this: These are the same standards that I hope that I can achieve in my life. If I am able to, then whether or not I see my next birthday, or 50 more birthdays, my life will have been complete. This life has given me way more than I ever dreamed of and certainly more than I have ever deserved, so every good thing that I have beyond this point, I will just consider icing on the cake.

Lea will be missed by the staff at REACH. We were fortunate to have had a training class with Lea on the Americans with Disabilities Act. Lea had a good sense of humor and was a joy to be around or talk to on the phone. You never heard her complain about her condition. We'll miss hearing her voice when we call the ADA hotline at ILRU. The REACH staff sends our deepest sympathy to Lea's family and co-workers. We'll never forget her.

The following quotes are from Lea's website:

The game of life is not so much as getting a good hand as it is playing a poor hand well. H.T. Leslie

Life is very much like a card game, you can pull up ace after ace, however, sooner or later, you will pull up a joker.

Here is the real kicker, are you ready? Life will come to an end, no matter what we do. The sooner we accept that, then we can learn to appreciate the blessing of it all.

**New Six Week Series of Workshops on Healthy Lifestyles
Is Being Offered at REACH of Dallas and Online on REACH's Website**

**The in office sessions will be held at REACH of Dallas on Tuesdays from 11:30AM—12:30PM
The online sessions can be accessed by visiting REACH's website @ www.reachcils.org**

Topics for the Healthy Lifestyles Series of Workshops to be offered September 16—October 21

- Sept 16th—Dr Lane Cowthon discusses healing methods
- Sept 23rd—Elaine Collins—as featured in New Mobility magazine's Summer issue— teaches Tai Chi for people with disabilities
- Sept 30th—Nutrition with Julie Espinoza, IL Skills Training Specialist @ REACH of Dallas

- Oct 7th—Mental/Intellectual Health with Laurie Truesdell, REACH of Dallas Volunteer
- Oct 14th—Home Remedies with Julie Espinoza
- Oct 21st—Spiritual Issues with Laurie Truesdell



For more information, contact Julie at REACH of Dallas
8625 King George, Suite 210

Dallas, Texas 75235-2275

214/630-4796 Voice or 214/630-5995 TTY

214/630-6390 Fax

Email: jespinoza@reachcils.org

CHECK OUT REACH'S WEBSITE

www.reachcils.org

We offer online classes.

The current edition of the REACH newsletter, plus back issues.

A listing of the services offered at each REACH center.

Puzzles.

Useful links.

Information about upcoming events.

Disability Information.

A listing of the Texas Centers for Independent Living.

Showcase the artistic talents of consumers and staff.

Accept donations.



ANNE'S FYI

By Anne Ancy, REACH/Fort Worth, Information & Referral Specialist

HONORING THOSE WHO HAVE FOUGHT THE BATTLE

June 1st marked the official kickoff of the Honoree Name Gathering Campaign for the Cancer Monument, Inc. This monument brings new meaning to the phrase "The War on Cancer." The Monument is the vision of Michelle Miller of Allen, Texas who is a cancer survivor. Michelle was diagnosed with Hodgkin's Lymphoma in March 2000 and conceived the idea of The Cancer Monument early in her cancer journey. While home one day on chemotherapy and after seeing a news story about the Vietnam Veterans Memorial wall she realized, "If cancer is a war, then I must be a soldier." "It's a different kind of battle, but still a battle. I've met so many people with cancer that are heroes - just ordinary people that you meet at Mimi's Café or the post office. You might not look at them and see them as heroes, but just living each day with cancer takes courage." (Allen Magazine, by Lorri Allen, November, 2002 Issue)

The Cancer Monument is a monument to cancer heroes that will have its home in Allen, Texas. It will be a symbol of our community's commitment and leadership in the war on cancer. The monument will contain the inscribed names of 60,000 people who have fought a battle with cancer regardless of disease status or cancer type. The Cancer Monument, Inc. seeks to create, fund, and donate a permanent structure to a park site allocated by the City of Allen Parks and Recreation Department at Allen Station Park on Cedar Avenue, located between McDermot and Exchange Parkway. The site will be suitable to the long term goals of the monument and will celebrate the values of human courage, inspiration, unity, diversity, and hope. It will be a peaceful retreat in which to remember others and will also serve as the starting point for many cancer-related events. Most importantly, the monument will provide psychological healing to the countless thousands of cancer survivors and their families who have been affected by cancer. "This monument is the first of its' kind for those touched by cancer. It will create conversations, awareness and education. What a wonderful gift to the community," The American Cancer Society - Allen Magazine, November 2002 Issue.

"The Cancer Monument will improve the quality of life of patients and their families. The monument recognizes the struggle of those who battle cancer and will also educate with the many cancer awareness facts that will be engraved in the floor of the monument. It will be visited by many for years to come and will continue to be our hope toward a cure," The Leukemia Lymphoma Society. The campaign for gathering Honoree Names for Inscription on the Cancer Monument is in full force. The fee will be \$135. Also, the Honoree Name Gathering campaign will be opened nationwide on October 1, 2003. To honor someone on the Cancer Monument, registration forms for individual Honoree Inscriptions or Corporate/Family Sponsor inscriptions can be found on the website: www.cancerwallofhope.org or by mail at The Cancer Monument, Inc., 1208 E. Bethany Drive, Suite 2, Allen, TX 75002.

EASTER SEALS OF GREATER NORTHWEST TEXAS CELEBRATES THE GRAND OPENING OF ITS NEW FACILITY OPEN TO ADULTS WITH DISABILITIES by Weldon Clark

Easter Seals Adult Day Services opened its new facility at an open house for the public on May 8. With a new facility available for seniors, it truly is an innovative response to the need for a safe, secure, daytime, homelike environment for seniors in our community who need a little extra attention. At a cost significantly less than other care options, it allows assets to be preserved for future needs. Your loved one will make new friends, stay active and independent, and enjoy popular planned individual and group activities like games and exercise, outings, delicious meals and snacks without having to shop, cook or clean up, and spending time in the garden-like courtyard. Participants will receive special attention from compassionate staff members who are aware of the specific needs and abilities of seniors with disabilities.

Easter Seals of Greater Northwest Texas has been serving the needs of children and adults with disabilities and other special needs since 1947. Respect and dignity are paramount in their caregiving philosophy. Enrollment for this new program is now underway at Adult Day Services, 508 South Adams St., Suite 200, one block east of the intersection of Henderson and Pennsylvania Avenue in Fort Worth. Contact Angelyn Glancy at 817-759-7936 or 817-536-8693 Voice/TTY for more information.

ACCESS LOANS AVAILABLE FROM DIGITAL FEDERAL CREDIT UNION

Members of the American Association of People with Disabilities (AAPD) can join the Digital Federal Credit Union (DCU) to take advantage of this new loan product. Access Loans are now available for any product, device, or building modification designed to assist someone with a disability. Borrow from \$1,500 to \$25,000 or more for up to 72 months with no down payment required. The borrower need not be the beneficiary of the purchase. Qualified purchases include, but are not limited to:

Powered-non-vehicle transportation such as scooters, power wheelchairs, stair-climbing power chairs, all-terrain wheelchairs.

Manual transportation such as standard manual wheelchairs, custom sport wheelchairs, and specialized hand cycles.

Adaptive computer and communications equipment such as air tube systems for spinal cord injuries, voice systems for the blind, educational and rehabilitation systems for children and adults.

Durable medical equipment such as slings for lifting paraplegics and quadriplegics, breathing systems, specialized beds.

Rehabilitative equipment such as motorized equipment that exercises muscles and limbs.

Accessible building modifications such as bathroom and kitchen accessibility, ramp installation and widening doorways.

MOBILITY VEHICLE LOANS ALSO AVAILABLE FROM DCU

If you have a disability, there are several types of modified vehicles on the market to help you get around. Unfortunately, lift-equipped vans, vehicles with hand controls, and other modifications can be very expensive. DCU can help make them more affordable by spreading the cost over time. The borrower need not be the beneficiary of the purchase.

You may open a Mobility Vehicle Loan from \$5,000 to \$100,000 and take up to 120 months to repay.

DCU offers convenient repayment methods, including electronically, at a DCU ATM, at any DCU branch, or by mail with a loan payment coupon. If you direct deposit your net pay, Social Security, or pension into your DCU Checking Account and make electronic payments for the full term of your loan, your interest rate will be 1/2% below that for other payment methods. Rates are also based on your personal credit history.

Join AAPD so you can take advantage of DCU's financial benefits. There is no fee to join the credit union; all you have to do is open a savings or checking account for as little as \$5.00. If you are already an AAPD member, or if you would like to join AAPD and DCU at the same time, you can call DCU directly for further information and an application at 1-800-328-8797 or 1-800-395-5146 TTY or visit DCU's website at www.dcu.org for further information and applications.



Helpful Housekeeping Tips



Vacuuming too often weakens the carpet fibers.



Dust bunnies can evolve into dust rhinos when disturbed.



Layers of dirty film on windows and screens provide a helpful filter against harmful and aging rays from the sun.



Cobwebs artfully draped over lampshades reduce the glare from the bulb, thereby creating a romantic atmosphere.



The mound of pet hair brushed up against the doorways is being saved to stuff hand sewn play animals for underprivileged children.



If dusting is REALLY out of control, simply place a showy urn on the coffee table and explain, "This is where Grandma wanted us to scatter her ashes."



Rather than repainting, scribble lightly over a dirty wall with an assortment of crayons, and muster a glint of tears as you say, "Junior did this the week before that unspeakable accident... I haven't had the heart to clean it."



Mix one-quarter cup pine-scented household cleaner with four cups of water in a spray bottle. Mist the air.



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WEB WORLD



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www.design.ncsu.edu/cud—Another good resource for barrier-free homes.

www.afb.org—The American Foundation for the Blind.

www.nfb.org—The National Foundation for the Blind.

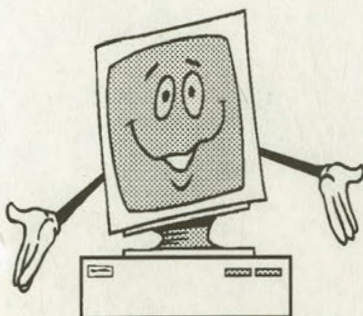
www.sbdallas.org—Spinal Bifida Association of Dallas.

www.scipilot.com—New educational materials about assistive technology and spinal cord injury.

www.alphaonenow.com—Making ice rinks accessible.

www.ndsaonline.org—National disability sports alliance.

www.eparent.com—Exceptional parent magazine.



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REACH OF FORT WORTH RESOURCE CENTER ON INDEPENDENT LIVING
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817-870-9082, 817-654-9614 METRO, 817-870-9086 TTY, 817-877-1622 FAX
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E-MAIL: reachden@reachcils.org

REACH's web site address: www.reachcils.org

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