North Texas Giving Day Now

The board of directors, employees and consumers extend a BIG thank you to our supporters who designated REACH as the recipient of their financial gifts during the May 5th North Texas Giving Day Now special event. Our generous donors helped us out by contributing $648.00 that we will use to continue providing an array of independent living services that will assist REACH consumers during the pandemic and beyond.

Donors:
Maria Bean
Patt Bourland
Julia Chalker
Carla Forman
Myrna Gorchoff
Brooke Lewis
Sharon McGrath
Pat Nehr
Janie Peachee
Charlotte Stewart
### Call us if you need any accommodations such as a sign language interpreter, Braille materials, etc.

**Please call for information.**

### June 2020

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Wed.</td>
<td>Adjustment to Disability 12:30 – 2:30 p.m. Must be registered to participate.</td>
<td>Center</td>
<td>Miaka @ 817-870-9082 or <a href="mailto:mpowers@reachcils.org">mpowers@reachcils.org</a></td>
</tr>
<tr>
<td>4 Thurs.</td>
<td>1:00 – 2:15 p.m. Olive Garden, 4700 SW Loop 820, <a href="http://www.olivegarden.com">www.olivegarden.com</a>. Lunch is on your own, costs range from $10+. Please don’t forget money for a tip.</td>
<td>Center</td>
<td>Miaka @ 817-870-9082 or <a href="mailto:mpowers@reachcils.org">mpowers@reachcils.org</a></td>
</tr>
<tr>
<td>9 Tues.</td>
<td>Face-to-Face Registration for Youth Camp from 10 am - 3 pm. Student must be present with parent/guardian. Please contact Miaka Powers @ 817-870-9082 or <a href="mailto:mpowers@reachcils.org">mpowers@reachcils.org</a> for more information.</td>
<td>Center</td>
<td>Miaka @ 817-870-9082 or <a href="mailto:mpowers@reachcils.org">mpowers@reachcils.org</a></td>
</tr>
<tr>
<td>10 Wed.</td>
<td>Adjustment to Disability 12:30 – 2:30 p.m. Must be registered to participate. If we are still under quarantine, the session will be held via teleconference. Please call for information.</td>
<td>Center</td>
<td>Miaka @ 817-870-9082 or <a href="mailto:mpowers@reachcils.org">mpowers@reachcils.org</a></td>
</tr>
<tr>
<td>11 Thurs.</td>
<td>City View Bowling Lanes 6601 Oakmont Blvd. Please call for prices. 1:00 – 3:00 p.m.) You will be able to purchase items from the concession stand.</td>
<td>Center</td>
<td>Miaka @ 817-870-9082 or <a href="mailto:mpowers@reachcils.org">mpowers@reachcils.org</a></td>
</tr>
<tr>
<td>12 Fri.</td>
<td>Reaching Out – Face-to-Face Registration for Youth Camp from 10 am - 3 pm. Student must be present with parent/guardian. Please contact Miaka Powers @ 817-870-9082 or <a href="mailto:mpowers@reachcils.org">mpowers@reachcils.org</a> for more information.</td>
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<tr>
<td>17 Wed.</td>
<td>Adjustment to Disability 12:30 – 2:30 p.m. Must be registered to participate. If we are still under quarantine, the session will be held via teleconference. Please call for information.</td>
<td>Center</td>
<td>Miaka @ 817-870-9082 or <a href="mailto:mpowers@reachcils.org">mpowers@reachcils.org</a></td>
</tr>
<tr>
<td>18 Thurs.</td>
<td>Movie at the Center. Popcorn and drinks will be provided. 2:30 p.m. Movie at the Center. Refreshments will be provided. Please bring $5.00 for pizza.</td>
<td>Center</td>
<td>Miaka @ 817-870-9082 or <a href="mailto:mpowers@reachcils.org">mpowers@reachcils.org</a></td>
</tr>
<tr>
<td>22 Wed.</td>
<td>Chuy’s 2401 West 7th St. Lunch is on your own, prices start at $8+. For dessert Tiff &amp; Treat’s is within walking distance. Please bring extra cash for a nice treat. <a href="http://www.chuys.com">www.chuys.com</a> <a href="http://www.cookiedelivery.com">www.cookiedelivery.com</a></td>
<td>Center</td>
<td>Miaka @ 817-870-9082 or <a href="mailto:mpowers@reachcils.org">mpowers@reachcils.org</a></td>
</tr>
<tr>
<td>26 Thurs.</td>
<td>Crawlin Crab 6080 S. Hulen St., Suite #710. Lunch is on your own. Bring $20.00 <a href="http://www.crawlincreels.com">www.crawlincreels.com</a></td>
<td>Center</td>
<td>Miaka @ 817-870-9082 or <a href="mailto:mpowers@reachcils.org">mpowers@reachcils.org</a></td>
</tr>
</tbody>
</table>

**Please bring lunch or lunch money to events.**

### July 2020

<table>
<thead>
<tr>
<th>Date</th>
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<tr>
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<td>Center</td>
<td>Miaka @ 817-870-9082 or <a href="mailto:mpowers@reachcils.org">mpowers@reachcils.org</a></td>
</tr>
<tr>
<td>2 Thur.</td>
<td>1:00 – 2:15 p.m. Chuy’s 2401 West 7th St. Lunch is on your own, prices start at $8+. For dessert Tiff &amp; Treat’s is within walking distance. Please bring extra cash for a nice treat. <a href="http://www.chuys.com">www.chuys.com</a> <a href="http://www.cookiedelivery.com">www.cookiedelivery.com</a></td>
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</tr>
<tr>
<td>4 Center</td>
<td>Closed in observance of Independence Day</td>
<td>Center</td>
<td>Miaka @ 817-870-9082 or <a href="mailto:mpowers@reachcils.org">mpowers@reachcils.org</a></td>
</tr>
<tr>
<td>8 Wed.</td>
<td>12:30 – 2:30p.m Adjustment to Disability. Must be registered to participate. Please call for information.</td>
<td>Center</td>
<td>Miaka @ 817-870-9082 or <a href="mailto:mpowers@reachcils.org">mpowers@reachcils.org</a></td>
</tr>
<tr>
<td>9 Thur.</td>
<td>1:00 – 2:15 p.m. Crawlin Crab 6080 S. Hulen St., Suite #710. Lunch is on your own. Bring $20.00 <a href="http://www.crawlincreels.com">www.crawlincreels.com</a></td>
<td>Center</td>
<td>Miaka @ 817-870-9082 or <a href="mailto:mpowers@reachcils.org">mpowers@reachcils.org</a></td>
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<td>Adjustment to Disability 12:30 – 2:30 p.m. Must be registered to participate. Please call for information.</td>
<td>Center</td>
<td>Miaka @ 817-870-9082 or <a href="mailto:mpowers@reachcils.org">mpowers@reachcils.org</a></td>
</tr>
<tr>
<td>16 Thur.</td>
<td>Activity @ the center. 1:00 – 3:00 p.m.</td>
<td>Center</td>
<td>Miaka @ 817-870-9082 or <a href="mailto:mpowers@reachcils.org">mpowers@reachcils.org</a></td>
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</tr>
<tr>
<td>23 Thur.</td>
<td>1:00 – 3:00 pm Movie at the Center. Refreshments will be provided.</td>
<td>Center</td>
<td>Miaka @ 817-870-9082 or <a href="mailto:mpowers@reachcils.org">mpowers@reachcils.org</a></td>
</tr>
<tr>
<td>28 Tue.</td>
<td>10:00 am - 12:00 p.m. Cooking Matters Course, 2600 Cullen Street. You must preregister with Miaka Powers. Contact her at (817) 870-9082</td>
<td>Center</td>
<td>Miaka @ 817-870-9082 or <a href="mailto:mpowers@reachcils.org">mpowers@reachcils.org</a></td>
</tr>
<tr>
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<td>Center</td>
<td>Miaka @ 817-870-9082 or <a href="mailto:mpowers@reachcils.org">mpowers@reachcils.org</a></td>
</tr>
<tr>
<td>30 Thur.</td>
<td>1:00 - 3:00 pm – Game day at the Center. Please bring $5.00 for pizza.</td>
<td>Center</td>
<td>Miaka @ 817-870-9082 or <a href="mailto:mpowers@reachcils.org">mpowers@reachcils.org</a></td>
</tr>
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**CLOSED ON INDEPENDENCE DAY 7/04/20**

### August 2020

**Continued on page 3**
Participants in any of the eight support assistance programs listed below now qualify for Dallas Area Rapid Transit’s (DART) Discount GoPass® Tap Card for riding public transit at half the fare. DART is promoting their new, two-year, pilot-program designed to lend a hand to riders who need assistance affording public transit with outreach through media, printed materials and a partnership with eligible agencies to inform eligible riders.

Anyone, current or new riders, who participate in any of the following programs is now eligible for DART services at half the fare:

- CHIP (Children’s Health Insurance Program).
- TANF (Texas Temporary Assistance for Needy Families).
- CEAP (Comprehensive Energy Assistance Program).
- SNAP (Supplemental Nutrition Assistance Program).
- Housing Choice Vouchers
- Medicaid
- Medicare,
- Texas WIC (Texas Special Supplemental Nutrition Program for Women, Infants & Children)

There are additional merits of the program besides transportation options at a reduced rate. This program can reduce social and economic inequalities by making mobility financially feasible to more people. Discounted fares can help retain low income riders and it could attract additional customers.

To apply, bring proof of participation in one of the eight listed programs to the DARTmart located at DART Headquarters (Akard Station) 1401 Pacific Ave., Dallas, TX 75202, from 8:00a.m to 5:00p.m., Mondays through Fridays.

Program participants will need to purchase a Discount GoPass Tap Card with an initial loaded value of $6.00 that will be good for two discount-fare day passes.

The payment system will deduct fares at a 50 percent discount as the customer rides DART and will automatically monitor and provide the benefit of daily and monthly fare capping.

Cards can then be used on any DART bus or light rail, including TRE between EBJ Union Station and Centerport/DFW Station.

More information is available at dart.org/TapForHalf or by calling Customer Service at 214-979-1111.

"23 Plus" Young People’s Group

REACH of Dallas is starting a new group aimed at young people who have aged out of the youth transition group. It’s a new year and a chance for a fresh start in 2020. I would like to invite all former members of the Dallas youth transition group to join me in having quarterly dinner meetings. The new group is called “23 Plus”. We will meet at Dunston’s Steakhouse, 8526 Harry Hines Blvd., Dallas, 75235 for every meeting. Dates:

FAÇ-TO-FACE MEETINGS ARE CANCELLED DURING THE SUMMER OF 2020.

IF YOU ARE INTERESTED IN ONLINE OR TELECONFERENCE MEETINGS CALL Pam Momon, REACH of Dallas Youth Transition Specialist at 214-630-4796.

CONTINUED CALENDAR OF EVENTS

CALL US IF YOU NEED ANY ACCOMMODATIONS SUCH AS A SIGN LANGUAGE INTERPRETER, BRAILLE MATERIALS, ETC.

All face to face meetings will be by appointment only during the summer 2020.

Don’t forget your mask when coming to REACH.

June 2020

1. Independence & Beyond @ the center 1:30 - 3:00 PM. In a group setting, topic discussions include self-esteem, family relationships, anxiety, medical stress, depression, setting boundaries & goal setting. Preregister with Kiowanda if this will be your 1st time attending. Meeting will be Online, not face-to-face.

8-12 Youth Summer Camp. Call Pam Momon at 214-630-4796 to register. Basic Computer IL Skills Training classes must be scheduled with Harvey Spears at 214-630-4796.

July 2020


6. Independence & Beyond @ the center 1:30 - 3:00 PM. Call Kiowanda for meeting details. Basic Computer IL Skills Training classes must be scheduled with Harvey Spears

Aug 2020

3. Independence & Beyond @ the center 1:30 - 3:00 PM. Preregister with Kiowanda.

TBA — Dallas ISD at REACH, Transitioning Youth Independent Living Skills Training 11am - 2:30 PM

REACH of Dallas 2020 Youth Summer Camp, Expected Dates June 8th – June 12th, 10 AM - 3 PM

Preregister with Pamela Momon by contacting her at 214-630-4796

REACHing Out - June - August 2020

Page 14
Call us if you need any accommodations such as a sign language interpreter, Braille materials, etc.

June 2020
3 “Let’s talk!”
10 “What happened to winter?”
17 No group. Youth camp
24 “My leg hurts!”

July 2020
1 General support group
4 Center closed for Independence Day
8 Doctor visits “How to.”
15 Bastille Day! “Let them eat cake!”
22 ADA Celebration
29 No group

August 2020
5 “Depressed? Tired of summer?”
12 “Being judged”.
19 “Ready to vote?”
26 General support group

All face-to-face meetings will be by appointment only during the summer of 2020.
Don’t forget your mask when coming to REACH.

Meetings may be online or via teleconference this summer due to COVID-19 concerns.
Call the center to get final details. Please preregister for offered activities.

“TASTE of REACH” COOKBOOK
The deadline for submissions has been extended to July 1st 2020.

Here at the Denton center we are hosting a “Taste of REACH” activity with some of our consumers and staff. In conjunction with this event, I want to put together a cookbook with recipes from all four of the REACH locations. So, please send your top 3 recipes to me, Sarah Stepp at sstepp@reachcils.org. Please include your initials and mention which REACH center you attend. I am really excited to see how many recipes I get in response to this request. Once I have the cookbook completed, I will email a copy to anyone who would like one.

The REACH Resource Centers on Independent Living are members of the Texas Association of Centers for Independent Living, the National Council on Independent Living, and the Coalition of Texans with Disabilities.

COVID-19 IMPORTANT LINKS
https://www.dshs.texas.gov/coronavirus/
https://gov.texas.gov/coronavirus
Secretary DeVos Announces New, Proactive Civil Rights Compliance Center Within The Office for Civil Rights

“OPEN Center” will focus on Outreach, Prevention, Education and Nondiscrimination to Promote Equal Access to Education

January 21, 2020
Contact: Press Office, (202) 401-1576, press@ed.gov

Washington—U.S. Secretary of Education Betsy DeVos announced today that the Office for Civil Rights (OCR) at the U.S. Department of Education will launch the Outreach, Prevention, Education and Nondiscrimination (OPEN) Center to focus on proactive compliance with federal civil rights laws. The OPEN Center will provide assistance and support to schools, educators, families, and students to ensure better awareness of the requirements and protections of federal nondiscrimination laws.

“The creation of the OPEN Center is yet another example of this Department’s focus on supporting school districts, colleges, and those closest to students,” said Secretary DeVos. “The OPEN Center underscores OCR’s efforts to support all schools and provide technical assistance to help them come into compliance with federal civil rights law prior to the filing of a complaint. This agency will continue supporting school districts and colleges by working with them cooperatively to ensure that every child has access to a quality education.”

While OCR typically enforces federal civil rights laws through the traditional complaint-resolution process, OCR will, through the provision of targeted support to recipient institutions and the public, also be able to work more proactively—prior to the filing of complaints—to ensure that schools are aware of their obligations under federal civil rights law. By investing resources in technical assistance and public education, OCR will provide not only much-needed assistance to recipients, but also better support students, families, and stakeholders.

“The OPEN Center is all about strengthening civil rights compliance through voluntary, proactive activities,” said Assistant Secretary Kenneth L. Marcus. “Instead of waiting for violations to occur before responding, OCR will get in front of the problem, partnering with educators and other institutions to better protect students. As the name implies, we want to be a better resource, more welcoming and supportive of students, families, educators, and communities.”

The OPEN Center, established within OCR headquarters, will provide OCR with a dedicated team that focuses on education, prevention, and outreach. It will also provide for improved technical assistance to recipients and the public through a dedicated team to ensure that technical assistance is high-quality, accurate, thorough, and legally sound. The OPEN Center will be staffed by OCR civil rights attorneys and will be led by Acting Director Christian Corrigan.

OPEN Center inquiries can be sent to OPEN@ed.gov.


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

CALENDAR OF EVENTS

REACH of Plano Quarantine Support Group

The Quarantine Support Group started meeting on April 15th. Group members will discuss stress caused by the pandemic and being quarantined as well as offer peer support to each other. Suggestions of activities to cope with the stress will be shared. The Group will meet via teleconference from 2:00-3:00 PM every Wednesday.

Quarantine Tips:
1. Stay hopeful and safe. Remind yourself you are taking the necessary precautions to prevent risks.
2. Keep in contact with supportive friends and family, either through mail, email, text, or phone calls. Make it a weekly routine to still stay in contact with positive influences in your life.
3. Create an organized list of goals/tasks for each day. Whether that is organizing your closet or reading that book you been meaning to read. This is a time where you can accomplish all the things that you were too busy to accomplish before the pandemic.
4. Find online support groups to help manage the stress. Take some time to browse virtual tours, such as the San Diego Zoo, Curiosity Rover (explore the surface of Mars), or look at beautiful geysers from the Yellowstone National Park’s website.
5. Make a daily list of a few things that you are grateful for each day, to encourage a more positive mindset.
6. Resist the need to check the news/Internet each hour, on any updates of the circumstance, or reserve limited time to look online for updates. If you are in full quarantine, you’re already doing everything you need to do to prevent risks.

Kathryn Kososki, Community Living & Youth Transition Specialist, REACH of Plano
“The Initiative”

Welcome readers! I want to start this edition of The Initiative by thanking everyone who has sacrificed their time, skills, education, experience and life to serving humanity during this pandemic. The Initiative will continue to support their efforts as we fight the Coronavirus Disease 2019 (COVID-19) epidemic. This catastrophe has caused everyone to adjust their everyday lifestyle, which includes, education, entertainment, communication and employment. While adjusting to those changes, employees have questions about COVID-19 in the workplace. The Equal Employment Opportunity Commission (EEOC) posted a short question and answer document on their website for public viewing. I want to share some of the questions and answers.

A. Disability-Related Inquiries and Medical Exams

A.2. When screening employees entering the workplace during this time, may an employer only ask employees about the COVID-19 symptoms EEOC has identified as examples, or may it ask about any symptoms identified by public health authorities as associated with COVID-19? (4/9/20)

Answer: As public health authorities and doctors learn more about COVID-19, they may expand the list of associated symptoms. Employers should rely on the CDC, other public health authorities, and reputable medical sources for guidance on emerging symptoms associated with the disease. These sources may guide employers when choosing questions to ask employees to determine whether they would pose a direct threat to health in the workplace. For example, additional symptoms beyond fever or cough may include new loss of smell or taste as well as gastrointestinal problems, such as nausea, diarrhea, and vomiting.

C. Hiring and Onboarding

C.5. May an employer postpone the start date or withdraw a job offer because the individual is 65 years old or pregnant, both of which place them at higher risk from COVID-19? (4/9/20)

Answer: No. The fact that the CDC has identified those who are 65 or older, or pregnant women, as being at greater risk does not justify unilaterally postponing the start date or withdrawing a job offer. However, an employer may choose to allow telework or to discuss with these individuals if they would like to postpone the start date.

D. Reasonable Accommodation

D.4. What if an employee was already receiving a reasonable accommodation prior to the COVID-19 pandemic and now requests an additional or altered accommodation? (4/9/20)

Answer: An employee who was already receiving a reasonable accommodation prior to the COVID-19 pandemic may be entitled to an additional or altered accommodation, absent undue hardship. For example, an employee who is tele-working because of the pandemic may need a different type of accommodation than what he uses in the workplace. The employer may discuss with the employee whether the same or a different disability is the basis for this new request and why an additional or altered accommodation is needed.

For additional information, please visit the U.S. Equal Employment Opportunity Commission website at https://www.eeoc.gov/. Remember, Take the Initiative!!!

Reference/Sources & Citations:

Kevan Johnson, Employment Consultant, REACH of Dallas
REACH is Awarded a $5,000 Grant from Superior Healthplan

The funds were used to purchase four laptop computers with essential software in order to conduct basic computer skills training with interested individuals with disabilities and seniors who live in Dallas or Collin County assisted living facilities or retirement communities. Training sessions may also be offered at senior centers, libraries, schools, and community and recreation centers.

The goal of the project is to educate 50 individuals 18+ years of age over a 4-year period about computer basics, how to safely navigate the Internet, master using Microsoft office software, set up an email account, insure online privacy and security, etc.

Harvey Spears, Outreach, Advocacy & IL Skills Training Specialist at the REACH of Dallas center, is coordinating this project. Harvey has been a REACH employee for 10 years and one of his favorite job responsibilities has been conducting in-office basic computer skills training with consumers who’ve had little or no computer, Internet and/or email experience.

For more information about this project, please contact Harvey via phone at 214-630-4796 or email at hspears@reachcils.org.

Words to Live By!

“There is no greater disability in society, than the inability to see a person as more.”

Robert M. Hensel®

(*Wheelchair user who holds the Guinness World Record for the longest non-stop wheelie of 6.178 miles in a wheelchair.)
CARING to HELP

Honor your loved ones with a gift to the REACH Resource Centers on Independent Living. Donations in memory of a loved one or to celebrate a birthday, anniversary, wedding, Christmas, Valentine’s Day, etc. will help REACH continue its work in providing an array of independent living services to North Texans with disabilities.

Enclosed is my contribution of $____________

In Memory or Honor of (Name): _________________________________________

Check one: Memorial ____  Birthday____  Anniversary____  Wedding____  or Other (Explain)________________________________________________________

Send acknowledgement to (Name, Address, City, State & Zip Code):
_____________________________________________________________________

From (Your Name, Address, City, State & Zip Code):
_____________________________________________________________________

Make checks payable to REACH, Inc. and mail with this form to 1000 Macon Street, Suite 200, Fort Worth, TX 76102-4527. THANK YOU FOR YOUR FINANCIAL SUPPORT.

The contents of this newsletter were developed, in part, under grants from the U.S. Department of Health and Human Services (HHS) and the Texas Health and Human Services Commission (HHSC). The contents of this newsletter do not, however, necessarily represent the policies of HHS or HHSC and you should not assume endorsement by either the federal or state government.

REACH receives a majority of its funding to operate the centers from grants from HHS and HHSC. REACH of Denton receives 100% of its funding ($249,631) from HHS; REACH of Fort Worth receives 100% of its funding ($262,280) from HHSC; REACH of Dallas receives 100% of its funding ($481,520) from HHS; and REACH of Plano receives 100% of its funding ($262,279) from HHSC.

JUST A REMINDER

REACH generates additional funds to enhance its mission by participating in the Tom Thumb, Kroger and Amazon Smile donor programs. Each company allows its customers to register so that donations go to a nonprofit organization that the customer supports. Then every time a purchase is made by the customer, the nonprofit receives credit for the total amount of the purchase. The Tom Thumb, Kroger and Amazon companies then periodically issue a donation check or make an automatic bank deposit to REACH for a percentage of the total of our supporters’ purchases.

If you and/or your family and friends shop at or online at any or all of these companies and would like to make sure that REACH is able to continue providing services to North Texans with disabilities, please call any of the REACH offices for more information on how to enroll in these no cost to you donor programs. Thank you.

From the Director’s Desk

Employee News

Martyn Rodriguez, Office Clerk at the REACH of Dallas center, transitioned to the position of Records Manager at the REACH of Plano center beginning on February 3rd. Erica Valencia was hired and began working as the Receptionist at the REACH of Dallas center on March 2nd.

Board News

Mary May, a retired clinical social worker/case manager/director of social work and therapy services at the department of psychiatry for the JPS Health Network, was appointed to the REACH Board of Directors by President Sylvia Hodgins.

FYI

On March 23rd, Netflix streamed the documentary Crip Camp by Nicole Newnham and Jim LaBrecht. The film shows how a group of hippie activists with disabilities in the 1950s-1970s who were associated with an upstate New York summer camp for teenagers with disabilities fostered the development of the disability civil rights movement and passage of the ADA. For more information, see the April 6-13, 2020 edition of Time magazine.

Molecules whose levels in the bloodstream differ before and after a seizure have been identified by molecular biologist Marion Hogg and her colleagues at the Royal College of Surgeons in Ireland. This discovery may lead to a blood test that determines when a seizure is likely to occur so that the individual can take immediate preventative action. For more information, check out the article Seizure Warnings in the November 2019 edition of Scientific American magazine.

The March 16-23, 2020 edition of Time magazine, 100 Women of the Year, highlighted the contributions of influential women around the world from the 1920s to present day. One of the women featured was long time disability rights and independent living activist Judith Heumann. For further information about Judith’s accomplishments, read Page 100 in the edition of Time magazine cited above.

Enjoy a Healthy & Safe Summer,
Charlotte Stewart