



The disAbility Resource Center Quarterly Newsletter

Volume I,
Issue I

Spring 2008

The disAbility Resource Center, Fredericksburg, Virginia

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- Tennie Gratz

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- Gail Krpata
- Diann Drew

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- Kim Lett

Personal Assistance Services

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- Jennifer Ryan
- Sue Moore

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Kim Baker

Community Action Specialists

- Shawn Lawrence
- James Rapp

Equipment Connection

- Michael Hamlett
- Roy Murphy
- Richard Hawkins

Message from the Executive Director

Debe Fults, Executive Director

This is an exciting time for the disAbility Resource Center. We have grown to twenty staff, serving over 700 consumers in 2007. I want to take this opportunity to thank our Board and Staff for their dedication to **Independent Living** for people with disabilities. Our goal is a community that welcomes diversity and includes people with all abilities.

It surprises me every time I hear "I didn't know you were here" or I meet someone who had no idea of all the services the dRC has to offer. If you have a need for dRC brochures, we welcome an opportunity to keep you stocked with our information to share with your friends, family and consumers.

It is our great pleasure to open our doors to a host of community groups each week. Do you need a location for your next meeting? If you'd like to know more about dRC, we invite you to stop by and take a tour. We also are available to speak to your group about the disAbility Resource Center and Independent Living Services.

Words from the Editor

James Rapp, Newsletter Editor

The disAbility Resource Center (dRC), one of sixteen Centers for Independent Living (CILs) in the state of Virginia, serves the City of Fredericksburg, and Spotsylvania, Stafford, King George, and Caroline Counties.

On July 20, 2007, the disAbility Resource Center celebrated the grand opening of the Equipment Connection, a program that accepts new or gently used durable medical equipment, sanitizes and refurbishes it, and then returns it to the community. The donated items—wheelchairs, walkers, portable bath seats, and other items—are given away for free to those in need.

This quarterly newsletter describes new programs at the dRC. Hopefully you will find information that will be beneficial to you and other members in your community.

Finally, we would like your opinion about the newsletter and our programs. Please feel to write or e-mail your thoughts or opinions using our office contact information listed above.

EQUIPMENT CONNECTION

1503 Princess Anne St.
540-373-6464
866-632-8006 toll free

Do you need adaptive medical equipment? Do you have equipment that no longer works for you? Donate it to EC!

Board of Directors

- Ted Webster, President
- Woody Van Valkenburgh, Treasurer
- Terry Hurst
- Thomas Frank
- Mike King

2008 schedule:

May 21 July 16
Sept. 17 Nov. 19

Meetings are held at the Equipment Connection 1503 Princess Anne St. at 6:30 p.m. and are open to the public.

Special Note:

Alternative Formats of the dRC newsletter are available upon request.

Newsletter Editor: James Rapp

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Center News



Second Annual dRC-YMCA Wheelchair Tennis Tournament July 19 & 20, 2008



The disAbility Resource Center is pleased to celebrate the 18th Anniversary of ADA with the *Second Annual dRC-YMCA Wheelchair Tennis Tournament*. We invite you to participate in this friendly, fun event in historic Fredericksburg that is sanctioned by USTA.

Entry Fees: Entry fee is \$48.88 for one event or \$51.00 for two events. Deadline for receipt of registration is Wednesday, July 9, 2008. Phone and fax entries will be accepted or register online at www.usta.com.

Meals Provided to Players: Breakfast will be provided on both Saturday and Sunday, including lunch on Saturday, as well as courtside snacks, water and sports beverages. Concessions will be available for family members and spectators. Saturday night join us for a Southern Barbecue.

Tournament & Match Information—Singles & Doubles: All matches are best of three sets with regular scoring 12 point tie breaker at six games. Regular matches begin on Saturday, July 19, at 9:00 AM. You will be notified for first round match times.

Tournament Chairman: Trent Billings

Corporate Sponsorships Available

Club Level - \$5,000
Net Level - 2,500
Ball Level - 200

Spectators are welcome! Bring your friends and family to watch exceptional wheelchair athletes from all over the East Coast. Proceeds from the tournament will benefit people with disabilities in the Rappahannock Region.

Board Member
Terry Hurst



Fredericksburg Christian School
Students organizing emergency kits

EMERGENCY PREPAREDNESS FOR PEOPLE WITH

DISABILITIES is a topic that the dRC has focused on this year. Through funding from the Rehabilitative Services Fund, dRC purchased supplies for 300 personal emergency kits.

On March 20, 2008 students from Fredericksburg Christian School spent the day volunteering with us. They put together emergency bags for people with disabilities. dRC members are utilizing the American Red Cross Workbook Emergency Preparedness for People with Disabilities to develop their personal plan which will identify their support system and evacuation plan, personal items to add to their kits, and additional needs to be addressed.

dRC is recruiting volunteers organized for disaster response to support people with disabilities who may need assistance in evacuation or sheltering in place. Call the dRC for more information.

A-Team



The A-Team Mission Statement & Values

Mission Statement: To advocate for accessibility in our communities that will raise the quality of life for people with disabilities. To work for the removal of barriers, both physical and attitudinal. To build positive relationships within our communities. To work with the state legislators to bring about changes.

I. We believe that systems change can give people with disabilities freedom and flexibility to live more productive lives.

II. We act on our belief that change is not only possible, but inevitable.

III. We work in our community to unite people with disabilities, and to provide a voice for advocacy.

IV. We seek people with whom to share our vision of positive change and who want to join the advocacy movement.

The A-Team meets every Friday from 1:00-2:30 PM at the disAbility Resource Center. It is open to all community members who want to get involved and learn how they can make a difference and become effective agents of change. In addition to weekly meetings, there are special activities and trainings which provide opportunities to meet new people and learn more about important issues that affect people with disabilities. To learn more, please contact jrapp@cildrc.org or slawrence@cildrc.org

Friendly Business Award to MWH

Michael Hunter, A-Team Member

As you may know, this past September 2007, I was admitted to Mary Washington Hospital. For most people going to the hospital can be a difficult experience. But for people with disabilities, it is more frightening because these workers may not know the impact that added fear has on your health related to your disability.

I would have to say my experience with Mary Washington Hospital was pretty smooth. The emergency room was quick, perhaps because they had a warning by my doctor that I was on my way. They were very kind and sincere. When I was moved to the ICU, the nurses and doctors were very kind as well. So with that being said, I presented both the emergency room and the ICU with a Certificate of Appreciation from the disAbility Resource Center the Friendly Business Award.

My Thoughts on the Trip to Richmond on January 28, 2008 for CIL Day

Antoine Frye, A-Team Member

The trip to Richmond helped me to learn how to do things on my own and to interact with other people in society. I also had a chance to meet with the most top delegates and senators and see how they do their jobs in the General Assembly.

The trip was very interesting because I never knew that there were so many disabled citizens in this country that care about their rights. After meeting with some of the delegates, I knew we did something right for the community.

Delegates Bobby Orrock, Mark Cole, and Senator Bill Howell were just a few people whom I met at General Assembly in Richmond. We went to tell them our personal stories about problems we are having in our community and what they can do to improve making our community a better place for everybody. The reason I went on this trip was to learn how to overcome several obstacles that we face in our community by becoming independent and understanding how the legislative system works in this country.

Thanks to the meeting, I really enjoyed every minute of it and the chance to meet some of our state leaders. I've really got to admit that I don't think there was one thing wrong about this trip. I can say to my kids (if I'd decide to have some) that I had a chance to meet some of the top delegates and senators in the state of Virginia. It was nice to get out and be involved with our community of the disability world, because one day it could happen and we would not be able to stop it. So it is the best to start to work on our community issues now.

Community Integration Information and Training Sessions

Overview of the Olmstead Strategic Plan and the Money Follows the Person Demonstration Project Housing and Transportation Initiatives

April 24, 2008, from 2:00 PM to 4:00 PM

This training session will provide specifics on the housing and transportation implementation plans contained within the *Cross-Government Strategic Plan for Continued Community Integration (Olmstead Plan)* and the Housing and Transportation section of the Money Follows the Person Demonstration Project Operational Protocol. The session will also include an opportunity for question and answer from participants.

New Services under the Money Follows the Person Demonstration Project

May 15, 2008, from 2:00 PM to 4:00 PM

This training will provide participants with specific operational details of the new services under the Money Follows the Person Demonstration Project that are contained within the Operational Protocol (Guidebook). The training will focus on the specifics of each of the new services including service definitions, qualifications, eligibility, and general coverage. The session will also include an opportunity for question and answer from participants.

Youth Leadership Team

YLT Mission Statement

To empower youth and young adults with disabilities to develop self advocacy and leadership skills by defining life goals and promoting and participating in community advocacy.

Youth Leadership Team Online Group

The Youth Leadership Team has developed an internet group for members to talk to each other outside of team meetings. Members can post messages and answer questions, participate in a chat room, and talk with the group moderator, James Rapp. To join, register at www.Yahoo.com and then go to "Group" and search for the "dRC Youth Leadership". The moderator will approve you for membership.

YLT Staff Members

Kim Lett, Youth Transition Specialist
e-mail: klett@cildrc.org

James Rapp, Youth Mentor
e-mail: jrapp@cildrc.org

Shawn Lawrence, Youth Advisor
e-mail: slawrence@cildrc.org

Youth Leadership Team Program at the disAbility Resource Center

James Rapp, Youth Mentor



On September 25, 2007, the disAbility Resource Center held its first Youth Leadership Team (YLT) meeting for youth and young adults with disabilities aged 17 through 21. The dRC Youth Services Transition Specialist, Kim Lett, developed the YLT through a grant from the Catholic Campaign for Human Development. Two other dRC staff members, Shawn Lawrence and James Rapp, help facilitate the YLT.

During YLT meetings members learn about self advocacy and community advocacy. Each week they interact with their peers to work on real life issues such as advocating for themselves at school meetings, finding employment, and tackling legislative concerns.

The YLT has also hosted speakers to inform members about post secondary education, public transportation services, waiver programs, and employment opportunities. Also, on January 28, 2008, the YLT participated in the Centers for Independent Living (CIL) Day at the Virginia General Assembly. This provided an opportunity for them to meet with their legislators to discuss issues both of personal and community-wide concern.

These activities are helping YLT members prepare for their future. They each have a dream for their life and the YLT is showing them how they can make their dreams come true.

Youth Leadership Team Meeting

The YLT meets every Tuesday from 3-5 p.m. at the dRC. For more information, please contact YLT Staff.

EPSDT WORKSHOP

EPSDT (Early & Periodic Screening, Diagnosis & Treatment) is a comprehensive and prevention child health program for children under the age of 21 who are Medicaid eligible. This workshop is recommended for parents, agency staff, educators, and community organizations.

Location: The dRC

Date: April 18, 2008

Time: 10:00 to 11:30 a.m.

Presenter: Kalena Ek & Sophia Nelson from VOPA

Cost: Free but registration is required. For special accommodations, please contact us by April 4, 2008.

Contact Brenda Wickard at the dRC for more information.

Other News

disAbility Resource Center

Health & Wellness Program Spring 2008 Sessions

Dates:

- Session I: Apr. 8-May 6, 2008
- Session II: May 13-27 & June 10-17, 2008

Time: 10:30 to 11:30 AM

Place: dRC Conference Room

Cost: \$10 per 5 week session

For: Five week exercise class for people with disabilities, family members and personal attendants.

Note: Contact Tennie Gratz at dRC for more information on scholarships and accommodations.

SIBSHOP

Do you have a child with a disability? Do their brothers or sisters want to meet children who share their experiences of living with a sibling with a disability? The SibShop is a way for your children to meet new friends in a fun and supportive environment.

Our first get-together, for children ages 7 to 13, will be held on Saturday, April 12, 2008, 10:00 a.m. It will be facilitated by Diane Kellison, LCSW, and Brenda Wickard, dRC Youth Services Specialist. To register call Brenda Wickard.

The dRC Staff Highlights

Arva Priola

Arva is the Outreach Coordinator for the Deaf, Deaf/Blind and Hard of Hearing Program for the disAbility Resource Center. Arva is a late-deafened adult having dealt with hearing loss since her sophomore year at James Madison University. Due to profound hearing loss, she was forced to retire from her professional career as a health and physical education teacher. She began work at the disAbility Resource Center on June 1, 1996.

Arva is one of the founding members of the Hearing Loss Association—Rappahannock Chapter (HLA- Ra) and a recognized speaker for the Better Hearing Institute's Speakers Bureau. She has also helped to develop a communication access program at Mary Washington Hospital and has worked with Mary Washington for the past 16 years.

Arva has been a Hearing Loss Association of America (HLAA) member since October 1991. The 2008 Virginia Senate passed Resolution #203 for her work with VA Relay Partners, and Arva received a commendation for being the first person nationwide to receive the Advocacy Award from HLAA. Arva is President of the Hearing Loss Association—Rappahannock Chapter in Fredericksburg.

Gail D. Krpata

Gail is an Outreach and Information & Referral Specialist in the Deaf and Hard of Hearing department. She has volunteered and worked with disAbility Resource Center since 1998. Gail works with our TAPLOAN equipment and Technology Assistance Program (TAP) and does the billing.

Community Events

The Fredericksburg Club of the Deaf

The FCD gathers for fellowship at the dRC every Friday from 7:30 p.m. to 11:30 p.m. The FCD hosts many events including bingo and picnics. All Deaf and Hard of Hearing are welcome to attend including American Sign Language students. If you want more information, go to the FCD website: www.deafmall.net/FCD

Monthly Deaf Chat Coffees

- 2nd Thursday, 7 p.m. Starbucks, Route 3 next to the Mall.
- 4th Thursday, 7 p.m. Starbucks Route 1, Massaponax.
- Last Friday, 7 p.m. Daily Grind, Route 17N Falmouth.

UNIVERSAL DESIGN Home for a Lifetime CONFERENCE

April 24

Germanna Community
College - Fredericksburg
9:00 a.m. – 3:00 p.m.
\$75.00

A must for those building
and designing for the future.

A.M. Session

Bill Fuller, Ph.D Universal
Design in the Built
Environment

P.M. Session

Leon Harper: Universal
Design Features & Principles

Call the dRC to register.

What	When
The A Team	Every Friday 1-2:30 pm
Fredericksburg Club of the Deaf	Every Friday 7-12 pm
Youth Leadership Team	Every Tuesday 3-5 pm
Health and Wellness	Every Tuesday 10:30 am
Violence & Vulnerable Population Coalition	April 3, May 1 10:30-12 pm
Rap. Area Disability Network	April 3, May 1 2-2 pm
Fredericksburg Amputee Support Group	April 8 7-9 pm
National Federation of the Blind	April 10 7-9 pm
Sibshop	April 12, 10 am -12 noon May 10
EPSDT training	April 18 10-11:30 am
Money Follows the Person	April 24 2-4 pm
Universal Design Conference Germanna Community College	April 24 9 am – 3 pm
Parkinsons Support Group	April 30 10:30-12 noon
American Sign Language Beginning Classes	Tuesdays 6-8 pm May 6 – June 10
Autism Support Group	May 8 10-11:30 am
National Federation of the Blind	May 8 7-9 pm
Fredericksburg Amputee Support Group	May 13 7-9 pm
Money Follows the Person	May 15 2-4 pm

SAVE THE DATE

dRC-YMCA WHEELCHAIR
TENNIS TOURNAMENT
July 19-20, 2008

VIRGINIA FEDERATION OF THE
BLIND
STATE CONVENTION
Fredericksburg
Hospitality House
Oct. 24-26, 2008

PATHWAYS TO THE FUTURE
Transition Conference
Spotsylvania
November 15, 2008

**For more information or to
register for events please call the
disAbility Resource Center**