

Disability Connections

Center for Independent Living

San Angelo, TX

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Disability Connections is Growing!

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Disability Connections is proud to announce that the Center has been awarded funding for new Aging and Disability Resource Center (ADRC) services in Tom Green and surrounding counties. The new "Concho Valley Aging and Disability Resource Center" will be located within the offices of Disability Connections. The Concho Valley ADRC will be the first in Texas operated under a Center for Independent Living. We, at Disability Connections, believe that the ADRC services blend perfectly with current Center services.

Concho Valley Aging & Disability



ADRCs are the place to go to get accurate, unbiased information on all aspects of life related to aging or living with a disability. ADRCs are friendly, welcoming places where anyone, individuals, concerned families or friends, or professionals working with issues related to aging or disabilities, can go for information specifically tailored to their situation. The ADRC provides information on broad range of programs and services, helps people understand the various long-term care options available to them, helps people apply for programs and benefits, and serves as the access point for publicly-funded long-term care. These services can be provided at the ADRC, via telephone, or through a home visit, whichever is more convenient to the individual seeking help.

The ADRC provides a "One Stop Shop" for all your resource needs, helping individuals to make informed choices for everyday living.

Watch for our new website!
dcciitx.org



Season's Greetings
 From all of us here at Disability Connections

Holiday Recipe

Apple Bread Pudding Cake

Ingredients

- 4 tablespoons unsalted butter, melted, plus enough to butter the baking pan
- 2 1/2 cups chunky applesauce
- 1/2 cup golden raisins
- 1 teaspoon finely grated lemon zest
- 1 teaspoon ground cinnamon
- 1/2 cup milk
- 2 large eggs, separated
- A 1-pound loaf sliced whole-wheat or cinnamon-raisin bread, crusts removed
- 1/2 cup confectioners' sugar
- 3/4 cup apricot preserves

Directions

Preheat the oven to 375 degrees F. Butter an 8-inch square baking pan and line with foil, leaving a 2-inch overhang on all sides; butter the foil.

Mix the applesauce, raisins, lemon zest and cinna-

mon in a bowl and set aside. Whisk the melted butter, milk and egg yolks in a shallow dish.

Dip half of the bread slices in the egg mixture and layer in the prepared pan, trimming as needed. Spread the applesauce mixture over the bread. Dip the remaining bread slices in the egg mixture and layer on top. Bake until the egg mixture is set and the bread is golden, about 35 minutes.

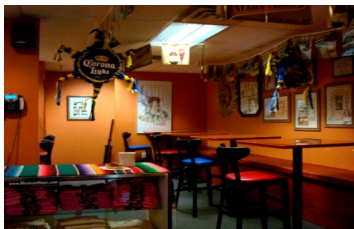
Meanwhile, beat the egg whites and confectioners' sugar in a bowl with a mixer on medium-high speed until stiff peaks form. Spread the apricot preserves on top of the cake. Spread the egg white mixture on top of the preserves, forming peaks with the back of a spoon. Return to the oven until the meringue is golden, 5 to 7 minutes.

Let the cake cool in the pan, about 1 hour. Lift out of the pan using the foil and slice into squares.



Accessibility Check

La Esperanza Restaurant



2218 W. Avenue M
San Angelo, TX 76901
(325) 223-0204

- Attire: Casual
- Waiter Service: Yes
- Wheelchair Accessible: Yes



- Convenient wheelchair ramp at entrance
- Limited accessible parking
- Wide pathways between center tables for wheelchair mobility.

www.laesperanzarestaurant.com

Category: Restaurants, Mexican

Price Range: Economical

Accepts Credit Cards: Yes

Hours of Operation
Sunday - Thursday 11 a.m. - 9 p.m.
Friday - Saturday 11 a.m. - 10 p.m.

Winter Resources



Hope for the Holidays is a community-based program designed to provide assistance to individuals who are unable to receive assistance from existing services or agencies.

How the Program Works:

Individuals needing assistance may be nominated by an agency, a family member or can be self nominated.

Nominations are only accepted in writing. The nomination can be submitted through a letter explaining the specific circumstances of the case including needs and contact information or by completing a nomination packet. A committee of community volunteers will review all nominations and select the recipients.

Not all nominations result in the acceptance of the person or family in the program.

Once selected, the person or families will be contacted and interviewed. An article will be published in the San Angelo Standard Times, telling their story. Foster Communications will also do promotional

ads to publicize the need for funds or community resources and the community can begin sending money or offers to donate in kind contributions.

This program will not provide cash assistance to selected recipients. All disbursement of funds will go to qualified vendors who provide specified items or service on behalf of the recipients.

Individual Nominations:

If you would like to nominate yourself or someone you know for assistance from Hope for the Holidays, simply write a letter describing the situation and tell us what is needed to solve the problem. Include all contact information and the projected cost.

Address the letter to:

Hope for the Holidays
 PO Box 3710
 San Angelo, TX 76902-3710

Agency or Organization Nominations:

Complete an application online at:
www.uwconchovalley.org

Any medical conditions must be documented and permission must be given to verify any medical conditions.



Disability Connections

Will be closed on Following dates through the Holiday Season

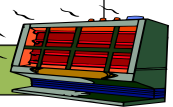
**November 23rd at Noon
November 24th**

**December 22nd at Noon
Through January 2nd**



Concho Valley Winter Resources

Organization	Service	Phone
Salvation Army	gifts, clothing, assistance	325-655-6981
Project Dignadad	food	325-658-7885
Children's Advocacy Center	toys for children	325-653-4673
Rust Street Ministries	household needs	325-486-1004
Toys for Tots	toys for children	325-340-0940
Christians in Action	gifts, clothing, assistance	325-655-5127
Goodwill	gifts, clothing, assistance	325-223-5744



Special Olympics come to San Angelo!



Provided by San Angelo Standard Times

Smiles and cheers filled Stadium Lanes on Friday, November 11th as 120 athletes competed in the third annual Big Country Special Olympics bowling competition. Groups from Mosaic, MHMR, DNS Services and others joined in the fun and friendly tournament. Goodfellow Air Force Base personnel also volunteered their time.

According to Beth Bye, Area 14 Big Country Director of Special Olympics Texas, the program has provided those with mental disabilities in Texas the chance to compete in Olympic-type sports for 42 years. This is the third year the bowling competition has taken place in San Angelo.

The Big Country area serves Brown, Callahan, Coke, Coleman, Comanche, Concho, Eastland, Fisher, Haskell, Irion, Jones, Mason, McCullough, Mitchell, Nolan, Runnels, SanSaba, Scurry, Shackelford, Stephens, Sterling, Stonewall, Taylor and Tom Green counties. This area provides programming for 913 athletes who train and compete in athletics (track and field), basketball, bocce, bowling, golf, powerlifting, softball, tennis and volleyball. The area has 72 coaches.

Special Olympics Texas has 19 offices throughout the state and holds more than 300 competitions in 22 sports each year.

Special Olympics Texas - Chapter Headquarters

7715 Chevy Chase Drive
Suite 120
Austin, Texas 78752

512.835.9873 or 800.876.JOIN (5646)

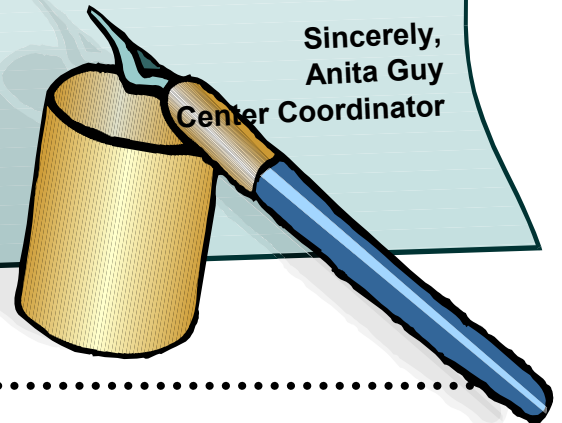
512.835.7756 fax

info@sotx.org

Coordinator's Corner

Season's Greetings! It's been a great year here at Disability Connections! We have made many strides and helped so many people. We could not have done this without the support of our staff, Consumers, volunteers and our community. I would like to personally thank everyone that has helped us help so many. THANK YOU ALL! As we look towards next year, our location is a main focus for us. We will soon be relocating, and with this relocation we hope to become a more accessible and visible resource to all of you in the Concho Valley. Look for updates and more information as the date approaches.

Sincerely,
Anita Guy
Center Coordinator



Programs You Should Know



You don't have to have a visual disability to have trouble reading labels, menus newspapers, and instructions. It can be extremely frustrating; especially when you really do need to read the fine print and a

magnifying glass is nowhere to be found. For people with a visual disability, it's frustrating to be in a work environment, and have to ask for help.

That's what happened to Maurie Hill, who works for Ai Squared, a maker of visual assistive technology. Sitting at her desk waiting for a document to print she instead heard a "beep-beep" from the copy/prINTER machine alerting her to a paper jam. Now, for anyone who could read the LCD screen, they would know to open the draw on the right and pull out the jammed paper, clear the machine and press the start button. But Maurie has a visual disability and couldn't see the screen. That was before the ZoomReader iPhone App. Today, Maurie uses her iPhone 4 App to take a picture of the screen, and then listens to a voice-activated message instructing her how to clear the jam.

ZoomReader, is the latest technology from the company, who, for over 20 years, has been the global leader of assistive technology for people with visual disabilities. "This new product can take a picture of what you are looking at, and using Optical Character Recognition (OCR) Technology and Text-to-Speech Technology, convert the letters in the image to actual text and then read that text back to you." Doug, also an employee of Ai Squared, continued, "And what's really useful is that it is convenient and portable. Most people have their cellular phones with them at all times."

For more information on ZoomReader goto: mobile.aisquared.com/zoomreader/



Your City/County Emergency Management uses NIXLE Emergency Notifications System for EMERGENCIES ONLY.

To register go to:

www.nixle.com

You can also find San Angelo emergency updates on facebook:

www.facebook.com/

[SanAngeloEmergencyManagement](https://www.facebook.com/SanAngeloEmergencyManagement)



Vocational Rehabilitation Program

The Vocational Rehabilitation (VR) Program helps people who have physical or mental disabilities prepare for, find or keep employment. Gaining skills needed for a career, learning how to prepare for a job interview or getting the accommodations needed to stay employed are just a few of the ways this program helps people with disabilities increase productivity and independence.

The VR program also provides services to eligible persons with disabilities who have been injured on the job and partners with the Office of Injured Employee Counsel (OIEC) when needed. The OIEC is a State agency created by the Texas Legislature to represent the interests of injured employees in the workers' compensation system. OIEC's Mission: "To assist, educate, and advocate on behalf of the injured employees of Texas". For further information about the agency and the services provided please visit the OIEC website at www.oiec.state.tx.us.

You can Contact DARS Vocational Services Division in your area at: 1-800-392-1945 or 1-325-657-7420.

Can you learn to drive with a disability?

Can you learn to drive with a disability? You bet! Driving with a disability is simply a matter of having the right equipment and being trained in how to use it. As more and more people with disabilities are finding, with the right adaptive equipment and the right coaching, driving can once again be a source of fun and independence.

Driver Rehabilitation Specialists Help People with Disabilities Learn Adaptive Driving

Anyone with a disability should have a driver rehabilitation evaluation. A driver rehabilitation specialist has special training in the area of disability and medical conditions. The American Occupational Therapy Association has a listing of Driver Rehabilitation Specialist on their website. www.aota.org

Adaptive Equipment Funding

State vocational agencies such as the Department of Assistive and Rehabilitative Services (DARS), may cover the services for people who have a goal to become employed, return to employment or remain employed. The Veterans Administration may provide funding for veterans. Some programs may have grants or self-pay discounts for people who do not have insurance that will cover the cost of driver rehabilitation services. There are many resources for funding the adaptive equipment for your vehicle. If you were injured at work or in an auto accident you should check with your auto insurance or worker compensation insurance to see if they are responsible to pay for the adaptations on your vehicle. All of the United States car manufacturers will rebate the cost of adaptive driving aids up to \$1,000 for new vehicle purchase or lease. Many of the foreign car manufacturers do so, as well. If you are purchasing a vehicle from a manufacturer without a mobility rebate plan, ask the dealer to meet the offer from manufacturers that do have a rebate program. Many people with Multiple Sclerosis (MS) have hand controls donated to them from the MS Society, so you may want

to check with disability advocacy agencies such as Disability Connections, to see if they offer or can locate a similar program. Finally, friends and family can throw benefit events; churches can have a potluck dinner with a silent auction, where the proceeds go into an account for vehicle adaptations and maintenance or other household modifications and adaptive equipment.



Use Good Defensive Driver Skills

Increase distance with adaptive equipment. Driving in a new way or with adaptive equipment is not an ideal driving condition. Reducing driver distractions, such as limiting the use of in-vehicle technology and nomadic devices such as iPods or cell phones will allow you to maintain safety while increasing skill. Similarly health and taking multiple medications are often conditions that are true for those with a disability and may make driving an increased risk. Fortunately for most, using good defensive driving skills such as using a 12 second visual lead, using a four second following distance, and maintaining a proper stopping distance can reduce risk.

Regardless of age or disability, over the years the driving environment for everyone has changed. Traffic density is greater and more technology is available in vehicle or can be brought into the vehicle making the driving task more demanding for everyone.

So, don't give up! Check out YOUR options and see if driving is still right for you!



Good news for people who receive Social Security!



Good news for people who receive Social Security! Officials announced a cost of living adjustment in 2012 for people receiving Social Security benefits.

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

Because there will be a cost-of-living increase for Social Security recipients in 2012, the Part B premium will increase, but only by \$3.50 – from \$96.40 in 2011 to \$99.90 in 2012. For those individuals who did have Part B premium increases in 2010 and 2011, the premium will actually decrease by \$15.10 in 2012, from \$115 to \$99.90. The Part B premium reductions are a result of slower Part B growth due in part to the new health care reform plan. To sum it up, between reduced Part B premiums and increased Social Security payments, the average Social Security recipient will have a net cost-of-living increase of \$40 per month in 2012.

If you have a Medicare Part B Premium deducted from your Social Security check, please check with your Independent Living Specialist at Disability Connections to see if you are eligible for any of the Medicaid-sponsored Medicare Savings Program benefits. That may pay your Part B deductible.

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



In the event of inclement weather, the Center may close or cancel activities for Consumer safety.

During bad weather, please call the Center in advance: (325) 227-6624



Denied Social Security?

Over 60% of Social Security claims are denied at the Initial Stage. Even if you have a strong case, the Social Security Administration may deny your claim because of lack of documentation or proof of disability.

The Social Security Administration allows you 60 days to appeal this decision. If you decide to appeal, your claim enters the Reconsideration Stage. If you do not appeal within the 60 day appeal period, you have to start over.

If the Social Security Administration has denied your claim for disability benefits, do not give up. You must appeal immediately to ensure that the claim is processed quickly.

For more information and assistance contact Disability Connections at (325) 227-6624.






**3184 Executive Drive
San Angelo Texas 76904**

Disability Connections - A Center for Independent Living

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Opinions expressed in this newsletter do not necessarily represent those of Disability Connection’s funding sources.

Find us on  www.facebook.com/sanangeloDC

Watch for our new website!
dccciltx.org