

## **PENNSYLVANIA REHABILITATION COUNCIL (PaRC)**

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### **WEEKLY UPDATE August 28, 2020**

\*If you no longer wish to receive this update, please contact Katie Haley at [mary.haley@ucpcentralpa.org](mailto:mary.haley@ucpcentralpa.org) to have your name removed.\*

**NOTE:** This update is for informational purposes only. The PaRC and Support Staff are not responsible for the accuracy of this information. Some of the information found in this update you may have already received from another source. The PaRC or the Support Staff do not use this update as a vehicle to express their views and positions. As of **August 28, 2020**, all links have been verified. Please credit the PaRC Support Project for any information forwarded to others. Thank You.

**MISSION STATEMENT:** The mission of the Council is to inform and advise the Office of Vocational Rehabilitation, the State Board of Vocational Rehabilitation, the Legislature, and the Governor on the diverse issues affecting employment of people with disabilities.

**The PaRC 2019 Annual Report can be found on our webpage or by clicking on the following link**

<http://parac.org/reports/2019AnnualReport.pdf>

**Find Your Local CAC Meeting Dates:** Please go to our website [www.parac.org](http://www.parac.org) and click on the Citizen Advisory Committee (CAC) link to find dates, locations, times, agendas and minutes, etc. for information on your CAC.

**\*\*\* PaRC Calendar Year 2020 –Please Mark your Calendars \*\*\***

### **FULL COUNCIL MEETINGS**

PaRC Full Council meetings will be held at the **Harrisburg Hilton** from 9:30 AM until 3:30 PM (unless otherwise noted). We will also have parking passes for those who park in the Strawberry Square Parking Garage. Please plan to stay for the entire meeting.

**November 18, 2020**

The agenda will be posted on the PaRC website.

[http://parac.org/council\\_mtgs.html](http://parac.org/council_mtgs.html)

**PaRC Member Committee Conference Calls – Please Mark your Calendars**

**CareerLink/WIOA**

Next Call: To be Determined

**Executive Committee Conference Call**

Next Call: To be Determined

**Legislative and Public Awareness Conference Call**

Next Call: To be Determined

**OVR Policy and State Plan Committee / Customer Satisfaction Conference Call**

Next Call: Friday September 4, 2020 at 9:30 AM

## **Social Media/Outreach Committee Conference Call**

Next Call: To be Determined

## **Transition & Education**

Next Call: Friday October 9, 2020 at 2:00 PM

The PaRC Social Media and Outreach Committee in partnership with the Office of Vocational Rehabilitation (OVR) produced 6 videos, 5 of which are OVR individual and business success stories, as well as a PaRC Recruitment video. We want to thank both the individuals and companies that participated in making these videos and OVR for supporting the project. The PaRC is pleased to present the following 6 videos. Please feel free to share.

[PaRC Recruitment](#)

[PaRC Aha Moment](#)

[PaRC Dream Partnership](#)

[PaRC Herr Foods Inc.](#)

[PaRC Keystone Blind Association](#)

[PaRC Assistive Technology](#)

**PaRC COUNCIL OPENINGS:** The PaRC is looking for candidates to fill new openings on the council. If interested, please go to our website ([www.parac.org](http://www.parac.org)) and fill out an application.

### **1.) PaRC Reminds Pennsylvanians to Respond to the U.S. Census**

This is a reminder for Pennsylvanians to fill out the U.S. Census form and make sure friends, family, and neighbors are also counted. Residents can respond to the form by mail, by phone, and for the first time, online until September 30, 2020.

The U.S. Constitution requires a census count every ten years, and documents population increases, decreases, and changes in community demographics. Those statistics are then used to decide how many seats each state gets in the U.S. House of Representatives and determines the amount of federal funding Pennsylvania receives for essential programs and services, including healthcare, food assistance, education, transportation, housing, community development, and more.

“Despite being in the middle of a global pandemic, Pennsylvania remains committed to encouraging residents to respond to the 2020 Census as it determines our state’s funding for the next 10 years,” said Norman Bristol Colon, Executive Director for the Governor’s 2020 Census Complete Count Commission. “Based on our last population count, Pennsylvania receives \$26.8 billion annually for our 16 largest federally-funded programs alone. At this time, I am asking Pennsylvanians to take 10 minutes out of their schedules to respond to the 2020 Census, whether by phone, mail, or online. We need everyone’s help to ensure that our communities receive their fair share of federal public funding and influence.”

Pennsylvanians who have not responded to the 2020 Census should expect a Census enumerator to contact them in person or over the phone. All Census workers must carry a valid ID badge with their photo, U.S. Department of Commerce watermark, and expiration date. Residents can call [800-923-8282](tel:800-923-8282) to check if a visitor works for the Census.

Residents do not need to be concerned about safety and security, as Census answers cannot be used against an individual, and data security is managed by security experts operating at the highest levels. Under Title 13 of the U.S. Code, the U.S. Census Bureau cannot release any information that identifies individuals, and anyone who breaks this law faces a fine of up to \$250,000 and/or up-to five years in prison.

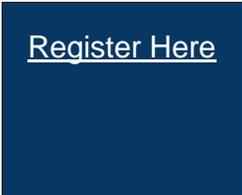
Your voice matters in shaping Pennsylvania's future. For more information and resources related to the 2020 U.S. Census, please visit [pa.gov/census](https://pa.gov/census).

## **2.) Forwarded From Passle Helminski**

You are invited to "Election 2020: What You Need to Know to Cast Your Ballot!" Join Disability Rights Pennsylvania for an evening with panelists Elysia Duerr, Voting Advocate with DRP and Director of Operations at H-CAN, Whitney Quesenbery of the Center for Civic Design and Ray Murphy of Keystone Votes to Discuss what voters need to know to cast their vote during Election 2020. As the election nears in the midst of a global pandemic, many voters fear they do not know enough to cast their ballots. The panel aims to address those concerns and prepare voters for November.

This digital event will take place:

**August 28, 2020**



[Register Here](#)

**6:00 PM – 7:30 PM EST**

\*Please note that after completing your registration, login information to the panel will be sent to you at noon on the day the panel is to take place.

- All of us at Disability Rights Pennsylvania

## **3.) When the World Shut Down, They Saw It Open**

**By Zoë Beery**

**Aug. 24, 2020**

This April, Maria Sotnikova attended her first Seder: a virtual dinner held over the videoconferencing app Webex. Though she

has many Jewish friends, she had never been asked to share in the Passover ritual before.

Ms. Sotnikova, a 33-year-old data scientist in Atlanta, uses a power wheelchair. For years, people have admitted to excluding her from parties, picnics, and other gatherings that they assumed, often incorrectly and always patronizingly, she would not be able to attend. To read more, go to:

<https://www.nytimes.com/2020/08/24/style/disability-accessibility-coronavirus.html>

#### **4.) How Do Disabled People Feel About Discussing Their Disabilities?**

**By Andrew Pulrang Contributor Diversity & Inclusion  
Aug 22, 2020**

For people with disabilities, talking about our disabilities is complicated.

Sometimes, when people ask their perennial questions, or just look at us in a certain way, we can almost hear them say it:

“Go on! Do that thing you do, where you remind me how my own little problems are not so bad. Do that ‘inspiration’ thing that makes me feel better about myself for admiring you.” To continue reading, go to:

<https://www.forbes.com/sites/andrewpulrang/2020/08/22/how-do-disabled-people-feel-about-discussing-their-disabilities/#258fe5ab335a>

#### **5.) As restaurants take over sidewalks to provide pandemic-safe dining, people with disabilities encounter barriers.**

**By Erika Mailman  
August 23, 2020**

When New York began allowing outdoor activities in June, Emily Ladau, 29, ventured out in her Long Island town of West Babylon after long months of staying inside because of the novel coronavirus. But her moment in the sun was marred — as a

wheelchair user, she found that restaurants spilling over onto the sidewalk blocked her path.

“Throughout the whole main street,” of nearby Bay Shore, she says, “I couldn’t be on the sidewalk at all.” To read more, go to: [https://www.washingtonpost.com/health/coronavirus-sidewalk-seating-disabilities-barriers/2020/08/21/02ede6b8-e24c-11ea-8181-606e603bb1c4\\_story.html](https://www.washingtonpost.com/health/coronavirus-sidewalk-seating-disabilities-barriers/2020/08/21/02ede6b8-e24c-11ea-8181-606e603bb1c4_story.html)

## **6.) Libraries virtual exhibition highlights 100 years of national disability rights August 2020**

UNIVERSITY PARK, Pa. — To coincide with the 30th anniversary of the Americans with Disabilities Act (ADA), a new online exhibition, “Celebrating the ADA: The Legacy and Evolution of Disability Rights & Lived Experience at Penn State,” explores the first 100 years of national disability rights legislation and the movement’s impact on the Penn State community.

The exhibition is now available at <https://sites.psu.edu/celebratingada>.

To read more, go to: <https://news.psu.edu/story/629067/2020/08/20/arts-and-entertainment/libraries-virtual-exhibition-highlights-100-years>

## **7.) Forwarded from Linda Williams from CSAVR Weekly Update**

**On August 27, 2020, 3:00-4:00 ET the Employment First Community of Practice Monthly Webinar topic will be *Inclusive Apprenticeship: The Future of Work*.** This webinar will share an overview of the Apprenticeship Inclusion Models (AIM) initiative supported by the U.S. Department of Labor’s (DOL) Office of Disability Employment Policy (ODEP). The presenters from ODEP will discuss how inclusive apprenticeship can facilitate entry into well-paying careers in high-growth, high-demand fields for underrepresented population groups, including youth and adults with disabilities.

**[Register Here](#)**

**disABLEDperson, Inc. Announces its Fall 2020 National Scholarship** Competition for College Students with Disabilities.  
Details at

<https://www.disabledperson.com/scholarships/29>

**#disability #jobs #scholarships**

### **8.) Double amputee paddles Mississippi River to inspire others with disabilities**

**By Vicksburg Post Staff**

**August 24, 2020**

Paddling the Mississippi River would be a difficult task for most people. For Nate Denofre — a double amputee — the trip is a challenge of a lifetime.

“I’m pretty tough, but this is pushing my limits,” Denofre said.

Denofre and his wife Christa launched their canoe at the Vicksburg riverfront Friday to continue their trip down the river.

To continue reading, go to:

<https://www.magnoliastatelive.com/2020/08/24/double-amputee-paddles-mississippi-river-to-inspire-others-with-disabilities/>

### **9.) Integrating A Sustainable Accessibility Program: A Digital Transformation Imperative**

**By Dylan Barrell Forbes Technology Council**

**Aug 24, 2020**

Digital transformation has become a buzzphrase. While it may be overused, its main focus will not go away and cannot be overstated: leveraging technology in the service of your customers.

As businesses become increasingly agile and their IT matures, we cannot forego the underlying reason for these transformations: Users demand it. In these times of uncertainty with the global pandemic, that demand is louder than ever. Unfortunately, many organizations swept up in transformation projects have forgotten about their users, and most notably, people with disabilities. That

is roughly 1 billion people worldwide. To continue reading, go to: <https://www.forbes.com/sites/forbestechcouncil/2020/08/24/integrating-a-sustainable-accessibility-program-a-digital-transformation-imperative/#3d9f1dfa16d0>

## **10.) States Pressured To Remove Disability Bias From Medical Care Guidelines** **by Shaun Heasley** **August 21, 2020**

In what is being called a national precedent, yet another state is agreeing to change its approach to providing medical care during the pandemic in order to prevent disability discrimination.

The U.S Department of Health and Human Services' Office for Civil Rights said Thursday that it has reached a resolution with the state of Utah to revise its crisis standards of care guidelines. To read more, go to:

<https://www.disabilityscoop.com/2020/08/21/states-pressured-to-remove-disability-bias-from-medical-care-guidelines/28783/>

## **11.) I have Been Paralyzed Since I Was 3. Here's Why Kindness Toward Disabled People Is More Complicated Than You Think** **BY REBEKAH TAUSSIG AUGUST 20, 2020**

I am a magnet for kindness. Like the center of a black hole, my body attracts every good deed from across the universe to the foot of my wheelchair. I move through parking lots and malls, farmers' markets and airports, bookstores and buffets, and people scramble to my aid.

O.K., so there are plenty of people who do not seem to notice me, and some people who are actually repelled. They look down, pull their bag or their child closer to them, draw their legs up to their chest as I roll by. (Yeah, it does not feel great.) But it is the abundance of kindness that gets me all tangled. It is the fly that will not stop buzzing, will not hold still long enough for me to

swat it, will not die. To continue reading, go to:  
<https://time.com/5881597/disability-kindness/>

**12.) Students Create Job Platform For People With Developmental Disabilities**  
**by Emma Harville, Pioneer Press/TNS**  
**August 25, 2020**

ST. PAUL, Minn. — Bethel University senior Ben Hernes and his sister Anna Substad, a 2019 Bethel graduate, are preparing to launch a platform that will help individuals with intellectual or developmental disabilities jump-start their careers.

The online job board, called RecruitABLE, will offer individuals with IDD creative ways to showcase their talents and expertise beyond a traditional resume or cover letter. To read more, go to:  
<https://www.disabilityscoop.com/2020/08/25/students-job-platform-disabilities/28805/>

**13.) The Wariness That Comes with Disability**

**BY YOUNG LEE**  
**AUGUST 25, 2020**

Although there are many words to describe the disabled experience, I have been thinking a lot about the word “wariness” this week. Many of us in the disabled community are indeed wary of many things. We go through great lengths to anticipate pitfalls, challenges, and risks in our everyday lives.

We plan out our days carefully and prudently. We make accommodations for ourselves and come up with workarounds. We have our own kind of internal calculus to consider dangers, because our bodies are not always dependable, and the world is not as inclusive as it should be. To continue reading, go to:  
<https://charcot-marie-toothnews.com/2020/08/25/wariness-living-with-disability/>

## **14.) 'There's just something about being together': In the age of COVID, Interact Center maintains community for its artists**

**By Andy Steiner | MinnPost contributing writer  
Aug. 25, 2020**

The first time Jill Reedy visited Interact Center for the Visual and Performing Arts, she knew she had found a new home.

Two years ago, Reedy, who said that creating art helps manage her anxiety, epilepsy, and traumatic brain injury, was looking for a place where she could spend her days. She had already been attending a day program for adults with disabilities but was underwhelmed by its limited arts offerings. ("They said they'd have art as part of the program," she said, "but the art time was very minimal. It was once a week, a half hour a day.") To continue reading, go to: <https://www.minnpost.com/mental-health-addiction/2020/08/theres-just-something-about-being-together-in-the-age-of-covid-interact-center-maintains-community-for-its-artists/>

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