

PENNSYLVANIA REHABILITATION COUNCIL (PaRC)

Office Location / Mailing Address: 55 Utley Drive,

Camp Hill, PA 17011

Voice: (717) 975-2004 or (888) 250-5175

TTY (717) 737-0158 Fax: (888) 524-9282

Email: racucpa@ucpcentralpa.org www.parac.org

WEEKLY UPDATE October 2, 2020

If you no longer wish to receive this update, please contact Katie Haley at 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 **October 2, 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 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

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 October 2, 2020 at 9:30 AM

Social Media/Outreach Committee Conference Call

Next Call: Wednesday October 7, 2020 at 9:30 AM

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) and fill out an application.

1.) New \$4.6 million award will help provide a voice to the voiceless

Aaron Wagner

September 24, 2020

UNIVERSITY PARK, Pa. — Communication is central to every human being's ability to develop relationships, work, and navigate the world. According to researchers, however, approximately five million Americans have complex communication needs. For those individuals, speaking or writing are not possible in many day-to-day situations.

Because of this critical need, a new, five-year, \$4.6 million award from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR) will fund research, technology development, training, and dissemination to assist people who cannot communicate through speech or writing. To continue reading, go to:

<https://news.psu.edu/story/633017/2020/09/24/research/new-46-million-award-will-help-provide-voice-voiceless>

2.) How people with disabilities are using and improving accessible technology to achieve more **By Vanessa Ho**

Accessible technology helps people with disabilities live better and achieve more, from finding jobs to learning new skills to navigating transportation. But it is a two-way street: The technology would not exist without input from people with disabilities, making them powerful contributors to cutting-edge innovations that make the world more inclusive. These stories showcase recent research and development on accessible technologies, devices, and games — and how people with disabilities are using and enriching them. To read more, go to: <https://news.microsoft.com/features/people-disabilities-using-improving-accessible-technology/?ocid=lockas>

3.) Study finds university recreation programs severely lacking in disability-inclusive language, images **by Molly Rosbach, Oregon State University** **SEPTEMBER 29, 2020**

Thirty years after the passage of the Americans with Disabilities Act, universities still have a long way to go toward making their

campus recreation programs accessible and inclusive to people with disabilities, a new Oregon State University study found.

The study, published Thursday in the Journal of Kinesiology and Wellness, analyzed the language and official statements relating to disability access on university recreation program websites along with the photos used to promote those programs online.

To continue reading, go to:

<https://medicalxpress.com/news/2020-09-university-recreation-severely-lacking-disability-inclusive.html>

4.) Federal Autism Committee Goes Dark by Michelle Diament September 29, 2020

A long-established federal autism advisory committee charged with coordinating the government's activities related to the developmental disorder has been defunct for the last year.

Every member of the panel known as the Interagency Autism Coordinating Committee, or IACC, saw their term expire at the end of last September. To date, no new members have been appointed. To read more, go to:

<https://www.disabilityscoop.com/2020/09/29/federal-autism-committee-goes-dark/29012/>

5.) What We Know About Homelessness and Intellectual Disability Sep 29, 2020

There are more than a half million homeless people in the United States; more than half of them sleep unsheltered each night, while the other half use emergency shelters and transitional housing.

Research demonstrates that 30 to 40 percent of homeless people have a cognitive impairment, including traumatic brain injury, learning difficulties, intellectual disabilities, autism spectrum disorder, and attention deficit hyperactivity disorder. To continue reading, go to:

<https://www.psychologytoday.com/us/blog/evidence-based-living/202009/what-we-know-about-homelessness-and-intellectual-disability>

6.) Why Resilience Has Been Key to My Success in Life With a Learning Disability

Michelle Steiner

September 28, 2020

One of the most important lessons I have learned with having a learning disability is resilience. Resilience is defined as the capacity to recover quickly from difficulties and toughness. Being resilient is important when you have a disability or face any type of adversity.

I had to learn not to give up early on in my life. I can remember being frustrated when it took me longer to pick up on simple concepts such as tying my shoes, math, and handwriting. I watched my peers achieve these tasks with less effort. I can remember being upset about having to try and fail. My teachers knew I could do it and encouraged me. One teacher remarked that I would think I could not do something and then I would surprise myself when I could get it. To read more, go to:

<https://www.msn.com/en-us/money/careersandeducation/why-resilience-has-been-key-to-my-success-in-life-with-a-learning-disability/ar-BB19tOnN>

7.) Words Have Power: How To Get Comfortable Talking About Disability

Nancy Doyle Contributor Diversity & Inclusion

Sep 30, 2020

Last week I had two different people say to me that they have never heard the word "ableism" before. If this is you do not feel bad, this is actually fairly common. I responded to explain that it was the name for discrimination and prejudice against disabled people. I do not think anyone would deny that such discrimination exists and yet most people do not know the word for it. To continue reading, go to:

<https://www.forbes.com/sites/drnancydoyle/2020/09/30/words->

[have-power-how-to-get-comfortable-talking-about-disability/#1cee35bb5e01](#)

8.) 2020's Best & Worst Cities for People with Disabilities

By Deb Nicolson, Community Contributor

Sep 30, 2020

Since the Americans with Disabilities Act was enacted in 1990, many social barriers have been removed or reduced for people with disabilities. But there is more work that needs to be done for people with disabilities to become more independent and involved in their world.

People with intellectual and/or developmental disabilities, like all Americans, have a right to live in their own homes, in the community. Adults should control where and with whom they live, including having opportunities to rent or buy their own homes, and must have the freedom to choose their daily routines and activities. To continue reading, go to:

<https://patch.com/michigan/farmington-mi/2020-s-best-worst-cities-people-disabilities>

9.) COVID-19 pandemic reversed decades of employment gains for disabled, but advocates see glimmers of hope

By Catherine Thorbecke

October 1, 2020

Dr. Oluwaferanmi Okanlami, or "Dr. O" for short, is a former All-American college athlete and Stanford University track team captain. He now works as a physician and medical school professor with a handful of degrees and titles under his belt.

Still, Okanlami says he is aware that some just see him as a "Black man who uses a wheelchair."

"Disability is one of the only things that we characterize someone by that," he said. "I have people that will see me, and they'll say, 'Well, what do we call you?'"

"Should I say 'handicapped,' should I say 'disabled,' should I say 'differently-abled'?" he added. "You could have picked my name. You could have picked 'doctor.'" To continue reading, go to:

<https://abcnews.go.com/Business/covid-19-pandemic-reversed-decades-employment-gains-disabled/story?id=73174454>

10) Here Are Some Dos And Don'ts Of Disability Language

**Andrew Pulrang Contributor Diversity & Inclusion
September 30, 2020**

What's the right way to refer to someone in a wheelchair, or a someone who can't see, or see well, or a person who can't hear, or hear well, someone who doesn't speak, who has noticeable trouble understanding things, someone who is sick a lot, or always in pain, or who just seems strange or "off" in some undefinable way?

The contentious debate never seems to end over what are the right and wrong words and phrases to use to discuss anything to do with disabilities and disabled people. The question resists all attempts to forge broad consensus. Disabled people, their families and friends, their allies and casual acquaintances, and their antagonists cannot agree on which words strike the right balance between accuracy, clarity, realism, and positivity. Some of us hammer away at words we find outdated and offensive. Others look around, confused, wondering when the disability words they once learned as progressive suddenly became not only passé, but provocative. To continue reading, go to:

<https://www.forbes.com/sites/andrewpulrang/2020/09/30/here-are-some-dos-and-donts-of-disability-language/#67a63cd1d170>

11.) Disability Benefits Are Not Welfare

**By Tom Margenau
September 30, 2020**

It never ceases to amaze me how millions of misinformed Americans think that Social Security disability benefits are some

form of welfare. They think Congress tacked on the program to the original Social Security Act as a kind of afterthought to provide benefits to the poor and indigent. (And the really nasty naysayers out there think it is a program specifically designed for cheaters and deadbeats.)

Even people who get a monthly Social Security disability check are confused. I constantly hear from them with questions similar to this one, which was in my inbox this morning: "I am getting Social Security disability benefits. I just won \$5,000 from our state lottery. Will I lose my disability check?" Quick answer: Of course, you will not lose your benefits. Let me repeat: Social Security disability is not welfare! To read more, go to:

<https://www.creators.com/read/your-social-security/09/20/disability-benefits-are-not-welfare>

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