

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

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### **WEEKLY UPDATE November 13, 2020**

**We are social and want to connect with you! That's right, please visit the PaRC Facebook page at <https://www.facebook.com/Pennsylvania-Rehabilitation-Council-1587882184858917> and like us! This is where you can find the latest happenings with the PaRC events, meetings, latest news, and info about OVR, legislation, and information regarding employment for people with disabilities. See you there!**

\*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 **November 13, 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 \*\*\***  
**Audio Conference Meeting**

**Link to agenda:** [Agenda for the PaRC FC meeting on](#)

[November 18, 2020](#)

[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: To be Determined

**Social Media/Outreach Committee Conference Call**

Next Call: To be Determined

**Transition & Education**

Next Call: To be Determined

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 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.) Miss Georgia Teen USA Declares Her Hearing Loss Is Not a Disability but an Ability by Afouda Bamidele November 09, 2020**

Shayla Jackson is an inspiration to teens everywhere as she has achieved success despite her hearing impairment. The winner of the 2020 Miss Georgia Teen USA recently disclosed how she stays positive.

Shayla Jackson is a young girl from Valdosta with big dreams. She is a star pupil who has carved her name into the pageant world and she is also a social media influencer.

The 18-year-old was crowned Miss Georgia Teen USA and she achieved her goals while living with a hearing condition. When she was three, Jackson was diagnosed with hearing loss, which required her to get hearing aids. To read more, go to:

<https://news.amomama.com/236799-miss-georgia-teen-usa-declares-her-heari.html>

## **2.) Forwarded from Linda Williams**

SSA is making it easier for people who receive Social Security disability benefits or Supplemental Security Income payments to submit their [Disability Update Report – SSA Form 455](#) online. This form is completed periodically by some beneficiaries for their Continuing Disability Review (CDR). The law requires us to complete a CDR to determine if a beneficiary still has a disabling condition.

In addition to completing the form online, beneficiaries can still submit it by mail or over the phone with a representative by calling our customer service number at 1-800-772-1213.

The notices sent to beneficiaries this month explain that the online option is coming soon. Future mailed notices will provide information about the option to submit the form online.

## **3.) Forwarded from Linda Williams**

### **ACL Awards Contract for Disability Employment Technical Assistance Center**

The Administration for Community Living's (ACL) Administration on Disabilities (AoD) is pleased to announce funding of a new Disability Employment Technical Assistance Center that will provide AoD grantees with the tools and resources they need to more effectively help individuals with disabilities achieve meaningful employment with competitive wages in integrated settings. The Employment TA Center will be a comprehensive source for disability employment information, resources for AoD grantees, and will maximize knowledge transfer across programs by identifying and providing training on innovative, promising, and emerging practices. **The five year contract (one base year plus four option years) at \$710,920 per year has been awarded to the Lewin Group starting on September 30, 2020.**

Visit the ACL website for [more information on the center](#)

## **4.) TOP 10 AI-POWERED MOBILE APPLICATIONS FOR PEOPLE WITH DISABILITIES**

**by Adilin Beatrice**

**November 10, 2020**

According to WHO, about 15% of the world population (over one billion people) have some type of disability

“Necessity is the mother of invention,” said the great philosopher Plato. This is being proven every day by technology. As people’s needs grow, researchers and scientists work on more handy and accessible technology for everyone. Where do people with disabilities come in this circle of technology? Do not worry! They are not left behind by Artificial Intelligence (AI) and its applications. According to the World Health Organization (WHO), about 15% of the world populations (over one billion people) have some type of disability. Technology has been opening doors for individuals with impairs since long back. For normal people, AI is just a futuristic technology, but for people with disabilities, it is the light at the end of the tunnel. Henceforth, Analytics Insight brings you the list of AI-powered applications that makes a change in the life of people with disability. To continue reading, go to: <https://www.analyticsinsight.net/top-10-ai-powered-mobile-applications-for-people-with-disabilities/>

## **5.) Paralympic Swimmer Jessica Long Wants More Visibility for Pro Athletes With Disabilities**

**BY CHLOÉ TOSCANO**

**November 10, 2020**

My first encounter with 13-time Paralympic Champion Jessica Long was two years ago. I was sitting on the bleachers at my first Paralympic swim meet, and I was terrified. In an attempt to distract myself, I complimented the woman sitting down in front of me, who somehow looked extremely put together in her racing suit. It was probably better that I did not find out I was talking to Long until after the meet, because I would have wound up even more nervous than I already was. Instead, this kind woman in the cool swimsuit made me feel better. To read more, go to:

<https://www.allure.com/story/jessica-long-paralympic-swimmer-interview>

## **6.) US Students With Disabilities Afforded Equality** **By Char Freedberg** **November 10, 2020**

Catherine Wilson is a senior at the University of Maryland College Park majoring in journalism and minoring in history. She also gets distracted easily. Loud noises, a cough or even tapping can break her concentration.

Consequently, Wilson has help to ensure her success in college: extended time for exams and an alternative testing environment, called “reasonable accommodations.”

“I have been really successful with (extended time). I am able to prove I know the material. And even better, I am actually able to finish (exams),” she said in an email to VOA. To continue reading, go to: <https://www.voanews.com/student-union/us-students-disabilities-afforded-equality>

## **7.) Ron Kirkpatrick: 'I do not regret my disability from the war'** **JENNY DRABBLE Special to the Journal** **November 11, 2020**

Ron Kirkpatrick was aboard a Navy ship a mere 125 miles away when the largest bomb ever exploded by the United States went off.

Due to a miscalculation, the 1954 hydrogen bomb was more than 1,000 times as powerful than the atomic bomb dropped on Hiroshima in World War II, according to the National Museum of Nuclear Science & History.

Kirkpatrick’s exposure to the blast — a part of thermonuclear weapons tests known as Operation Castle — resulted in skin cancer and lifelong hearing loss for the Kernersville resident. To read more, go to: <https://journalnow.com/news/local/ron->

[kirkpatrick-i-do-not-regret-my-disability-from-the-war/article\\_c01ce312-192c-11eb-9c52-23d7645eb292.html](http://kirkpatrick-i-do-not-regret-my-disability-from-the-war/article_c01ce312-192c-11eb-9c52-23d7645eb292.html)

## **8.) Disability Advocates Want To Permanently Expand Curbside Voting In Ohio**

**By ADORA NAMIGADDE**

**November 12, 2020**

During the 2016 election, fewer than 100 people in Franklin County voted curbside. This year, in large part because of the COVID-19 pandemic, the Franklin County Board of Elections says just under 1,600 people utilized the option.

Curbside service allows voters to cast their ballots from within their vehicles, with workers bringing the materials to and from the polling place. To continue reading, go to:

<https://radio.wosu.org/post/disability-advocates-want-permanently-expand-curbside-voting-ohio#stream/0>

## **9.) Teens in Covid Isolation: 'I Felt Like I Was Suffocating' By Emma Goldberg**

**Nov. 12, 2020**

Before the pandemic, Aya Raji's days were jam-packed. She woke up at 6:30 a.m. and took the subway to school. At night, she practiced kick-flips with her skateboarding club and hosted "Twilight" movie nights for friends.

Once her school in Brooklyn turned to remote learning, starting last spring, and continuing this fall, the days grew long and lonely. Nothing could distract her from the bleak news, as she stared at her laptop for hours during virtual class. She could not sleep, up until 4 a.m., her mind racing with anxiety. To read more, go to:

<https://www.nytimes.com/2020/11/12/health/covid-teenagers-mental-health.html?action=click&module=Well&pgtype=Homepage&section=Health>

## **10.) 3 Models Underlying Assumptions About Disability**

**Kathleen R. Bogart Ph.D.**

**Nov 12, 2020**

Think about your underlying assumptions about disability. What causes disability? What are the sources of and solutions to disability-related challenges? Experts categorize ways of thinking about disability into three general models: moral, medical, or social (Olkin & Pledger, 2003). Our beliefs about disability are reflected in and perpetuated by media depictions. To continue reading, go to:

<https://www.psychologytoday.com/us/blog/disability-is-diversity/202011/3-models-underlying-assumptions-about-disability>

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