

# AZ LINKS NEWSLETTER

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## It's official! The heat is on!!

Summer is here! Whether you go by the calendar or the thermometer, it is official that the heat has arrived in many parts of Arizona. I want to thank all of the ADRC partners that submitted news and updates for this newsletter. Without your contributions, this valuable resource doesn't exist! And don't let the heat of summer stop you from attending some of the great opportunities to learn and network that are presented in this newsletter. I'd also like to welcome Scott Geiger as a new colleague within the Arizona Division of Aging and Adult Services. (see page 5 for more)  
– David Besst, ADRC Project Director

## Women's Empowerment Group

Join us for Sacred Play at ABIL

1<sup>st</sup> Saturday Of every month, 1-3pm

Upcoming Dates: July 5 and August 2, Classroom A  
Submitted by Amina Kruck, VP of Advocacy Programs, ABIL

Join us as we try on the experience of the 21 dynamic and powerful divine qualities that already exist within each of us. This is an empowerment experience – not just sitting around talking, though we do a bit of that as well. Women are invited to adopt this practice as a recipe for empowerment, no matter your spiritual tradition, ability to move or sing. All abilities welcome! We learn as we go.

No experience necessary! As women with disabilities, we are subjected to many negative stereotypes, some of which we have come to believe as our own identity. This practice is an opportunity to tune into and honor ourselves as women through the revealing of our divine qualities within. One way to do that is through a Tibetan Buddhist practice called the 21 Praises of Tara. You do not have to be any particular

### INSIDE THIS ISSUE

Welcome	1
Women's Empowerment Group	1
Transportation News	2
News from Social Security	3
Arizona Secondary Transition Services Awards	4
Welcome to New Staff	5
Domestic Violence Resources	5
Mental Health First Aid Training	6
New Horizons Employment Services	6
Arizona Disability Advocacy Coalition	7
ABIL Wants to Empower You to Vote	7

religion to do this practice because all its elements can be translated to whatever tradition you follow. We will learn more about these 21 qualities such as Wisdom, Compassion & Power, Transformer of Poisons, Remover of Sorrow, Invincible Courage, True Refuge, Joy & Bliss, Radiant Health and more!

Been thinking about joining us? Sound interesting? Feel familiar or like a stretch? Good! Think of this as self-esteem aerobics. This is one sure way for women to step outside of negative disability stereotypes and feel empowered by honoring the sacredness of our Being... together!

Please register at least two days before the group and let me know if you need any reasonable accommodations to participate. **Contact Amina at 602-443-0722 or email at [aminak@abil.org](mailto:aminak@abil.org)** and please use the subject line: "Women's Group".

*Remember: Please do not wear any scented products to this group or any other event at ABIL out of consideration of those with allergies and chemical sensitivities. Thank you!*



## Transportation News...

Submitted by Jean Lasher, Community information Coordinator/Outreach, New Horizons Disability Empowerment Center

**Success Stories:** *This feature shows how individuals' lives are positively changed by using services at New Horizons. Please note that names have been changed to protect their privacy.*

This Success Story Comes From New Horizons' Transportation:

A senior couple who lived in the Cordes area desperately needed transportation to get to urgent medical treatments since they lived quite a long way from the medical services in both Prescott and Prescott Valley. As they were seniors living on a low income and the wife did not drive, it was critical that the husband get to medical care. After being given numerous rides to necessary doctors' appointments provided through a senior funding resource, they indicated that he would have died without transportation to get to his appointments. After being given information about benefits, they now receive benefits assistance for disability and from Arizona Long Term Care. They informed New Horizons that they were in dire straits and were so grateful for New Horizons' transportation that got him to many necessary medical treatments and saved his life.

### **New Horizons Transportation is available Monday - Friday**

**Call 928-775-8870** for our low rates and to schedule rides to shopping, appointments, medical, work, movies, and more. Transportation services are provided to anyone, any age, not just for individuals with disabilities. Vehicles include accessible, lift-equipped vans, trained drivers, and passenger cars. Call about rides out of the area. Vouchers accepted.

### **New Lions Program Provides Free Rides to the Blind**

The Lions Volunteer Transportation for the Blind group will use their own vehicles to provide rides at no cost for blind residents to life-enriching or educational or entertainment events which are not readily available due to lack of mobility. An answering service will take calls from pre-qualified riders and schedule rides within 24 hours of the call. For information and qualifying, **contact Larry Krejci at 928-273-9039 or email to [prescottlionsrides@gmail.com](mailto:prescottlionsrides@gmail.com)**

**New Horizons- 8085 E. Manley Dr., Prescott Valley, AZ 86314**

**928-722-1266; website: [www.newhorizonsilc.org](http://www.newhorizonsilc.org); Blog: [www.newhorizonsilc.org/blog](http://www.newhorizonsilc.org/blog)**

## Updates from the Social Security Administration

Submitted by Kari Sanderfer, Public Affairs Specialist, SSA

Below is this quarter's update from the Social Security Administration (SSA). Don't forget to visit the SSA website at [www.socialsecurity.gov](http://www.socialsecurity.gov) for information and answers on all social security topics.

### Social Security

I lost my Social Security card, but I remember my number. Do I really need a new card?

No, probably not—but it *is* important to know your number. The only time you may need the Social Security card is if your employer asks for it when you get a new job. If you do decide to get a new card or your lost one turns up, don't carry it with you. Keep it with your other important documents. Generally, you are limited to three replacement cards a year and 10 cards during your lifetime. Legal name changes and other exceptions do not count toward these limits. Keep in mind this is a free service. Learn more at [www.socialsecurity.gov/ssnumber](http://www.socialsecurity.gov/ssnumber).

I noticed that my date of birth in Social Security's records is wrong. How do I get that corrected?

To change the date of birth shown on our records, take the following steps:

Complete an *Application For A Social Security Card* (Form SS-5);

Show us documents proving:

- U.S. citizenship (if you have not previously established your citizenship with us);
- Age; and
- Identity; and

Take (or mail) your completed application and documents to your local Social Security office.

### Medicare

I am 65 and my wife is 62 and receiving spouse's benefits. When will she qualify for Medicare benefits?

Most people must wait until age 65 to qualify for Medicare benefits. Some people can get Medicare at any age, including those who:

- Have been getting Social Security disability benefits for 24 months or more;
- Have kidney failure and require dialysis;
- Have had a kidney transplant; or
- Receive disability benefits because they suffer from amyotrophic lateral sclerosis (also known as Lou Gehrig's disease).

You can apply online for Medicare at [www.socialsecurity.gov/medicareonly](http://www.socialsecurity.gov/medicareonly).

## Nominations Now Being Accepted for Arizona Secondary Transition Services Awards!

Submitted by Amina Kruck, VP of Advocacy Programs, ABIL

On behalf of the Arizona Department of Education, Exceptional Student Services, the Arizona Department of Economic Security, Rehabilitation Services Administration and other sponsoring agencies, you are invited to nominate a youth or young adult, an individual, parent, agency, agency owner, business, or business owner to receive recognition and an award at Arizona's Fourteenth Annual Transition Conference, *Promote Strengths and Inspire Success*, which will be held on August 25<sup>th</sup> – 27<sup>th</sup>, 2014, at the Talking Stick Resort in Scottsdale, AZ.

It is very important to us to recognize at least a few of the many successes in the provision of transition services that occur year after year across Arizona. We would like your help in doing so. We need your nominations! Read the information below, and then click on the following link to complete the nomination form: <http://tinyurl.com/pmmot2m>.

On the first page of the link, you will be given four categories to choose from to nominate someone for an Arizona Secondary Transition Services Award. After choosing a category, simply click on the category and you will be provided with the form you need to complete. Be prepared to write a brief justification for your nomination (approximately 250 words). The categories of awards we will be honoring are:

### 1. Youth/Young Adult Nomination

*Do you know of a youth or recently graduated young adult who has benefited from successful secondary transition services?*

Nominate a youth or young adult to receive this award.

### 2. Community-Based Nomination

*Do you know of an individual, a business or business owner, or an agency or agency owner who has superior experience or skill in the provision of secondary transition services?*

Nominate an individual, a business, a business owner, an agency, or an agency owner to receive this award.

### 3. School-Based Nomination

*Do you know of a certified staff, classified staff, or support staff member, a related service provider, or an administrator who is an example to others in the provision of superior secondary transition services?*

Nominate a certified staff, classified staff, or support staff member, a related service provider, or an administrator to receive this award.

**Please do not nominate programs or groups for this award.**

### 4. Secure Care Nomination

*Do you know of a secure care certified staff, classified staff, or support staff member, a related service provider, or an administrator who is an example to others in the provision of superior secondary transition services?*

Nominate a secure care certified staff, classified staff, or support staff member, a related service provider, or an administrator to receive this award.

**Please do not nominate programs or groups for this award.**

## DAAS Welcomes New Legal Services Developer/Tribal Liaison



My name is Scott Geiger and I am the new Legal Services Developer/Tribal Liaison at the Division of Aging and Adult Services. I earned my BA in Social Science from the State University of New York at Stony Brook and my JD from the University of Massachusetts at Dartmouth. My legal background includes compliance with State and Federal regulations, contracts, and healthcare law.

I am excited to be here at DAAS and hope to put my legal background and skills to good use. I am anxious to help those in need but also realize there is so much to learn in my new position. I look forward to the challenges ahead and hope to do as well as my predecessor. My first goal is to learn all the acronyms here at DES. Feel free to stop by and say hello if you are in the area.

***Do you know someone who might need resources for victims of domestic violence?***



*There are resources available 24 hours a day to assist persons and children at risk.*

*The DES/DAAS/Domestic Violence webpage has information on resources throughout Arizona.*

[DV webpage](#)

## Bringing Mental Health First Aid to Our Community

Submitted by Jacqueline Romero, Program Development Specialist, WACOG

Western Arizona Council of Government's Area Agency on Aging in partnership with Cenpatico of Arizona provided an Adult Mental Health First Aid Training for the Yuma community on May 20<sup>th</sup>, 2014. A total of 25 individuals successfully completed the training.

The training is a public education program that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and overviews common supports. This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect persons to the appropriate professional, peer, social, and self-help care. Like CPR, Mental Health First Aid prepares participants to interact with a person in crisis and connect the person with help.

First Aiders do not take on the role of professionals — they do not diagnose or provide any counseling or therapy. Instead, the program offers concrete tools and answers key questions, like “what do I do?” and “where can someone find help?”



## NEW HORIZONS EMPLOYMENT SERVICES

Submitted by Jean Lasher, Community Information Coordinator/Outreach, New Horizons Disability Empowerment Center

New Horizons Employment Services provides employment services to people on disability who are interested in returning to work. For questions, **contact Cynthia Morton, Employment Network Coordinator, Ticket to Work Program, at 928-772-1266 Ext. 309 or Email to: [cmorton@newhorizonsilc.org](mailto:cmorton@newhorizonsilc.org).**

There will be a free workshop “Orientation to the Ticket to Work Program” on **Wednesday, July 16 from 10:00 a.m. to noon**. Learn about Ticket to Work, how work affects your benefits and the work incentives available to you while participating in Ticket to Work. If you are on SSI or SSDI and interested in returning to work, this is the workshop for you! Space is limited. **To register, call Deborah at 928-772-1266 Ext. 301.**

## Call for Nominations for Arizona Disability Advocacy Coalition (AzDAC) 2014 ADA Awards

Submitted by Amina Kruck, VP of Advocacy Programs, ABIL

Help us celebrate our own advocates and community members who further the intent of the Arizona Disability Advocacy Coalition. Each year the Coalition recognizes individuals, organizations, employers and public policy makers that have demonstrated commitment to full accessibility and integration of people with disabilities in our communities. If you have someone or some organization that you think deserves recognition for their commitment to full civil rights and accessibility for Arizonans with disabilities, let us know about them. Below are some of the awards presented in the past. Please note that we do not always have the same awards every year.

- ADA - Title I - Employment Liberty Award
- ADA - Title II - Public Entities (State and Local Government) Liberty Award
  - ADA - Title III - Private Entities/Public Accommodations Liberty Award
- ADA - Title IV - Telecommunications Liberty Award
  - 2013 ADA Liberty Pioneer Award
- ADA Liberty Community /Accessibility Advocate Award
- ADA Liberty Copper Canyon Public Policy Maker Award

Please include the following in your nomination: Who you are nominating; their contact information (phone, address and email); why they deserve an ADA award and which category (if one fits); your contact information – name, email and phone where you can be reached. **Nominations are due July 12th. Make nominations at [www.abil.org/adanominate](http://www.abil.org/adanominate)**

Having difficulty registering or making nominations? Contact John Beaubien at [johnb@abil.org](mailto:johnb@abil.org) or 602-443-0738, or send to c/o John/AzDAC at 5025 E. Washington St. Suite 200, Phoenix, AZ 85034-2005.

## Newsletter Submissions

Dear AZ Link Partners,

This is your newsletter – let us know what you would like to see included.

We are especially interested in hearing about regional partners and the work they do. Please send any news or updates, special projects, activities, calendar pages, any photos or brief notices that you may want to include in the newsletter to: [Tpankey@azdes.gov](mailto:Tpankey@azdes.gov).

Next newsletter: September 2014

Deadline for submissions: September 15th

I look forward to hearing from you all!

## ABIL wants to empower you through voting...

→ You can register on line or check your registration at [www.servicearizona.gov](http://www.servicearizona.gov)

→ Find information on Elections the candidates and propositions at [www.azsos.gov](http://www.azsos.gov) and choose the Elections tab.

→ Send in your voting questions. Don't be shy! Ask Shoshanna at [sfawley@abil.org](mailto:sfawley@abil.org) or go to the ABIL website [www.abil.org](http://www.abil.org) for the frequently asked questions document.