

Friends of WVSILC:

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THE IL EDGE
 FALL 2019 - WVSILC - PO Box 625 - Institute, WV 25112

SILC UPDATE

As we move into Fall and cooler weather (we hope!) I start thinking about family get-togethers, reflecting on the events and accomplishments of 2019, and looking toward the new year. While accomplishments have been made, much work lies ahead of us.

The I/DD Waiver program and the Community Living Services Program (CLSP) both still have significant waiting lists with no end in sight. The only solution is increased funding – the challenge is finding and securing that funding. Individuals in 35 of West Virginia’s 55 counties still do not have full access to a Center for Independent Living (CIL). Again, funding is the solution. Emergency and Disaster planning and response are still not adequately addressing the needs of survivors with disabilities. The solution requires more education and awareness by ALL of us.

So, as you think about the close of 2019 and look forward to the bright promise of a New Year – I urge you to think about what YOU can do to help address these challenges. All of us need to make sure we communicate the need for these programs – the need for full funding – the right of West Virginians with disabilities to live and participate fully in their communities. If you (or a family member) are a person with a disability – make sure you talk with your legislators, county commissioners, city councilmen/women, county emergency planning groups – all policymakers – about what YOU need to be able to live and participate fully in your community. If you are an advocate or you work at a CIL – be sure to invite those policymakers to visit so you can show them what you do and why these programs are important to individuals with disabilities.

Make a New Year’s Resolution to do whatever YOU can do to share your story, our story, and encourage increased funding and support for the programs that can make it possible for ALL West Virginians with disabilities to live free, fulfilling lives.



MISSION

“To ensure persons who have disabilities have access to community-based resources that promote personal choice and facilitate the achievement of their independent living goals.”

From the desk of:

Ann McDaniel
Executive Director

IN THIS EDITION:



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WV Centers for Independent Living

Appalachian CIL
Elk Office Center
4710 Chimney Dr.
Charleston, WV 25302
1-800-642-3003

Northern WV CIL
601-603 East Brockway Ave.
Suite A & B
Morgantown, WV 26505
1-800-834-6408

109 Randolph Ave.
Elkins, WV 26241
304-636-0143

Mountain State CIL
821 Fourth Ave.
Huntington, WV 25701
1-866-687-8245

329 Prince St.
Beckley, WV 25801
304-255-0122





Thanksgiving Dinner Annual meeting

The Mountain State Centers for Independent Living's Board of Directors Cordially invite you to their 38th Annual Meeting November 21, 2019 11:30 am at the Conference Center in the Huntington Corporate Office. It will be held in conjunction with the annual Thanksgiving luncheon held every year for consumers, family members, and friends.

If you would like to attend the luncheon, please contact Stephanie Hill in Beckley at 304.255.0122 or Angela Adams in Huntington at 304.525.3324 by November 14, 2019, so we can be sure to have enough turkeys on hand!

Board Members Needed

The Mountain State Centers for Independent Living's Board of Directors is currently accepting nominations for board members.

Applications can be secured from either office and returned to Linda McLain at 821 Fourth Avenue, Huntington, WV 25701.

Please contact Stephanie Hill in Beckley at 304.255.0122 or Angela Adams in Huntington at 304.525.3324 to ask them to send you an application. ■

Employment Services Specialist

Mountain State Centers for Independent Living has a position available for a full-time Employment Services Specialist in the Beckley office.

The Employment Services Specialist helps people with disabilities find jobs, offering support through the job search process. The Employment Specialist will work with employers who are hiring.

The Employment Specialist also provides vocational assessment, basic life skills and work readiness training in a classroom setting.

Contact Stephanie Hill in the Beckley office at shill@mtstcil.org. ■

NWVCIL Changing of the Guard

By Jan Derry

After 26 years, NWVCIL says good bye to their Executive Director, Jan Derry and welcomes it new director, Willis McCollam. Jan began working in IL in 1991 when the center for independent living was part of the Coordinating Council for Independent living. In 1993 she was hired as the first Executive Director of the Northern West Virginia Center for Independent Living, when it became a free standing not for profit providing IL services in 13 north central counties.

Jan writes, "During the past 7 months, my team, the board, and I have worked to ensure that NWVCIL has the structure in place to remain effective and strong under new leadership. My success as an Executive Director must be attributed to the talented, hardworking staff and the guidance provided by the committed board of directors that have stood beside and with me for the past 26 years.



Jan's surprise party at the WVSILC Council meeting on October 2, 2019.

Additionally, I want to express sincere appreciation for the many community partners who have embraced and supported our mission. Through collaboration, sharing of resources and providing technical assistance, these partners have made it possible for me and NWVCIL to continuously work towards our vision of equality, choice, and full community inclusion.

I am extremely excited, and a little terrified, if I'm perfectly honest, for the next chapter in my life, but what I've gained and learned through my work at the center and the wonderful people that surround NWVCIL will remain with me throughout those adventures.

I am optimistic about the opportunities that the new leadership will create for NWVCIL knowing that the staff, board and community partners will be there to support and steer the center in the direction it needs to go to remain the resource and advocacy center our consumers and community have come to know and count on."

Willis hails from Beverly, WV where he lives with his wife and teenage son. Willis has a master's degree in public administration from WVU with years of experience working directly with individuals with disabilities. He has served as the coordinator of Crisis & Admissions Services for Appalachian Community Mental Health Center, was Director of Institutional research at Davis & Elkins College, served as a consultant for the Job Accommodations Network, a Community reentry specialist at Huttonsville Correctional Center, and a YouthBuild Director.

He states his personal philosophy to be "Everyone is important. Respect their dignity. Attend to their purpose."

Please extend a warm welcome to Willis and if you are looking for me, you will find me playing in the dirt somewhere. ■

Access Living founder Marca Bristo, a leading voice for disability rights, dies at 66

Source: [Chicago Sun Times](http://www.chicagosuntimes.com)

Former President Bill Clinton called her “a courageous, visionary leader who dedicated more than 40 years of her life to breaking down barriers for people with disabilities.”



Marca Bristo, who rose to become one of the world’s most influential advocates for the rights of disabled people through her Chicago group Access Living, died Sunday morning, September 8, 2019, at age 66.

Bristo grew up on a farm in New York and studied to become a registered nurse in Chicago before a diving accident at age

23 left her paralyzed from the chest down, according to the group.

That set her on a path to activism, as she founded Access Living in 1980 and quickly became a leading international voice against civil rights violations against the disabled.

Bristo led protests that famously blocked CTA buses in 1984, and she filed the lawsuit that forced city officials to make buses accessible with wheelchair lifts.

She helped author landmark legislation in the Americans with Disabilities Act and was appointed by former President Bill Clinton in 1994 to chair the National Council on Disability, a post she held until 2002.

News of Bristo’s death following a two-year battle with cancer drew an outpouring of condolences from the top political ranks, including Clinton.

“Marca Bristo was a courageous, visionary leader who dedicated more than 40 years of her life to breaking down barriers for people with disabilities,” Clinton said in a statement. “From her pioneering advocacy with Access Living, to her role in drafting the Americans with Disabilities Act, to her outstanding service as Chair of the National Council on Disability during my Presidency, Marca helped give millions of Americans the opportunities to participate in all aspects of our nation’s life. She touched hearts, opened minds, and changed America forever. We should all give thanks for her life, service, and example.”

Senator Tammy Duckworth called Bristo a friend and counselor, recalling how Bristo reached out after Duckworth lost her legs to combat wounds in Iraq.

“Without Marca’s work over the last 30 years, the Americans with Disabilities Act would not be in existence and I would not be a U.S. Senator,” Duckworth said. “Because she crawled up the steps of the United States Capitol to pass the ADA, I get to roll through its corridors to cast my votes in the U.S. Senate.”

Tee Shirts For Sale

Fair Shake Network tee shirts are now available for sale at the cost of \$10 for members and \$12 for non-members. The cost of shipping is \$3 if you need the shirt to be mailed to you. The shirts are available in 3XL, 2XL, XL, M, L and S. They are red and have the FSN logo in the center of the shirt. You can go online and order at www.fairshake.org or call 304-766-0061. ■



Jan Derry, Anne Weeks and Ann McDaniel



(See Marca p4)



(Marca continued from p3)

Gov. J.B. Pritzker said: "Marca Bristo leaves an incredible legacy of making the world most just and accessible for everyone in her community. Her work will live on with the countless friends and colleagues she inspired, including me."

Rep. Jan Schakowsky described Bristo as "an unparalleled fighter for the rights of people with disabilities."

"Marca will go down in history as one of the most influential leaders of the disability rights and independent living movements. Because of Marca, countless people have been freed from confining living arrangements and liberated to live independently in communities," Schakowsky said.

Bristo stepped down as CEO of Access Living in late August due to her prognosis.

"I step down from my leadership with pride, gratitude, and love for the entire Access Living and disability rights community," Bristo wrote then. "Together we have shared victories and setbacks in our fight for disability rights. The greatest joy of my professional life has been helping young people find their power and seize their rightful place in the world." ■

VITA 50 ANNIVERSARY

VITA - One Tax Season At A Time Since 1969!



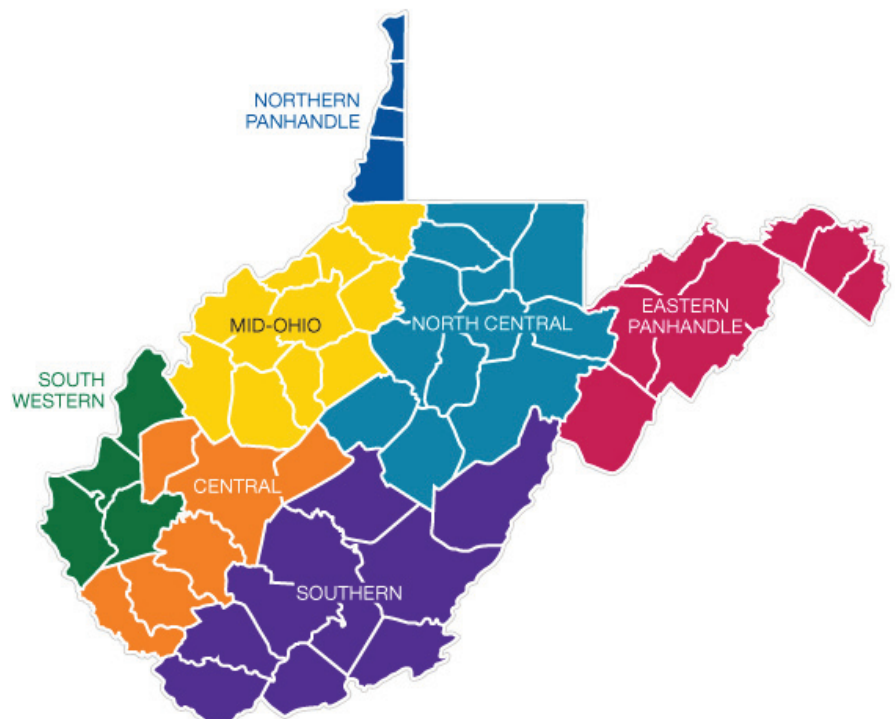
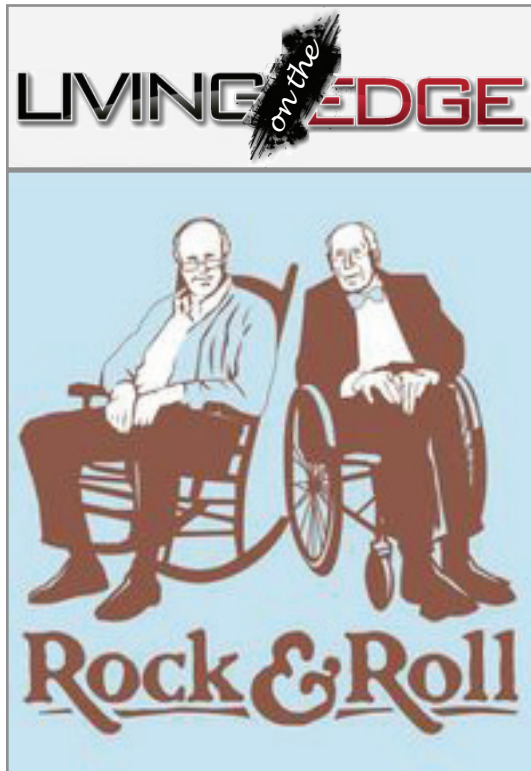
Source: www.irs.gov
www.wveitc.com

The Volunteer Income Tax Assistance (VITA) program offers free tax help to people who generally make \$56,000 or less, persons with disabilities and limited English speaking taxpayers who need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals.

In addition to VITA, the Tax Counseling for the Elderly (TCE) program offers free tax help for all taxpayers, particularly those who are 60 years of age and older, specializing in questions about pensions and retirement-related issues unique to seniors. The IRS-certified volunteers who provide tax counseling are often retired individuals associated with non-profit organizations that receive grants from the IRS.

Before going to a VITA or TCE site, see [Publication 3676-B](#) for services provided and check out the [What to Bring](#) page to ensure you have all the required documents and information volunteers will need to help you. *Note: available services can vary at each site due to the availability of volunteers certified with the tax law expertise required for your return.

There are over 100 VITA sites located statewide. Dial 211, click the source sites above or on the map below to find a VITA site near you. ■



One in Ten Elected Officials Has a Disability

Source: [NCIL](#)

New Report Finds Gap in Political Representation of People with Disabilities

Washington, D.C. – According to a new study by Professors Lisa Schur and Douglas Kruse, co-directors of the Program for Disability Research in the Rutgers School of Management and Labor Relations, an estimated 10.3 percent of elected officials serving in federal, state, and local government have disabilities. That is more than five percentage points lower than the overall disability rate in the adult population studied in this data.



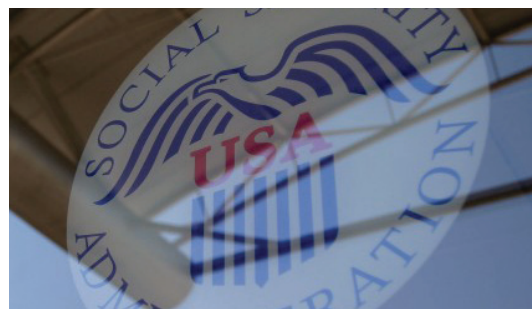
This report marks the first quantitative study of representation of people with disabilities in elected office. Schur and Kruse analyzed 2013-17 data from the U.S. Census Bureau's American Community Survey, which measures disability on four kinds of impairment (hearing, visual, mobility, cognitive) and difficulty with basic activities inside or outside the home. The researchers' key findings include:

- 15.7 percent of adults and 10.3 percent of elected officials have a disability. That is a gap of 5.4 percentage points, suggesting that people with disabilities are underrepresented in elected positions.
- 12 percent of elected officials in local government have a disability, compared to 6.9 percent at the state level and 6.3 percent at the federal level.
- The rate of disability is slightly lower among women elected officials at 8.3 percent, than among men elected officials at 11.4 percent.
- The vast majority of elected officials with disabilities are white, non-Hispanic men.

The National Council on Independent Living (NCIL) has created Elevate: Campaign Training for People with Disabilities to begin to close the gap in political representation of people with disabilities. It is the first and only nonpartisan campaign training program created to help prospective candidates with disabilities learn essential skills for running a political campaign. In addition, NCIL maintains two databases, Candidates with Disabilities and Elected Officials with Disabilities, which list prospective and current elected officials with disabilities at the local, state, and federal levels.

"Achieving equal representation in all levels of government is critical to ensuring that people with disabilities have our voices heard," said Kelly Buckland, Executive Director of NCIL. "For the first time, we have a way to quantify the gap in political representation for people with disabilities. NCIL will continue to work on creating programs and information to help people with disabilities close the gap in political representation."

Read the full Rutgers report, [Elected Officials with Disabilities \(PDF\)](#) ■



Lawmakers Look To Update SSI Program

Source: [Disability Scoop](#)

People with disabilities who receive Supplemental Security Income would be allowed to keep substantially more assets and would no longer be penalized for marrying under a new proposal.

Currently, in order to retain benefits, SSI recipients generally can have no more than \$2,000 to their name at any given time.

Lawmakers in the U.S. House of Representatives are looking to significantly increase that ceiling, with a bill introduced this month that would raise SSI's asset limit to \$10,000 for an individual and \$20,000 for couples.

In addition, the Supplemental Security Income Restoration Act, or H.R. 4280, would increase the amount of disregarded income that beneficiaries can take in each month. And, the bill would repeal penalties for marrying or receiving financial, food and housing assistance from family members.

Backers say the time has come to update Social Security's SSI program, which has remained largely static since 1972.

"This issue is one I have heard about directly from autism advocates and families in our district, particularly parents preparing for children with disabilities to transition into adulthood," said Rep. Elissa Slotkin, D-Mich., who introduced the measure along with Rep. Raúl Grijalva, D-Ariz. "This bill brings the Supplemental Security Income (SSI) program's outdated limits up to speed with inflation — a common-sense adjustment that will make a huge difference for individuals and families caring for someone with disabilities. ■



Northern West Virginia Center for Independent Living



Jan Derry to Retire

By Paulette Southerly, Program Director
Northern WV Center for Independent Living

It is with a mixture of sadness and gratitude that the Northern WV Center for Independent Living announces Jan Derry's departure as Executive Director, effective October 15, 2019.

Since 1993, Jan has played an integral role in the formation, development, and continued success of the NWVCIL. NWVCIL, community partners, and consumers alike will miss her presence, her passionate leadership and advocacy, and infectious laugh around the office. We sincerely wish her the best of luck and success in her newest journey: a well-earned retirement.

We want to thank her for the 26 years of dedicated service which involved many accomplishments, including:

- Grew the NWVCIL budget from \$220,100 to \$2,000,000
- Served on 19 boards and commissions and provided technical assistance to ensure that the voice of people with disabilities was represented and heard
- Honored with countless awards, including a 2006 induction WV Independent Living Hall of Fame, 2011 National Council for Independent Living (NCIL) Region III Advocacy Award
- Served as the Region Representative on the NCIL Board of Directors for 6 years, representing, WV, VA, MD, PA, DE, and D.C.
- Served 6 years on the City of Morgantown's Human Rights Commission; 5 years serving as Chair

Again, we cannot thank Jan enough for the dedication, passion, enthusiasm and motivation she has given the Northern WV Center for Independent Living over the past 26 years. She will be greatly missed by the

We Are Proud to be West Virginians

Source: [MTSTCIL](http://MTSTCIL.org)

Through the power of community, neighbors, kindness, and the do unto others spirit; one of the people who has been waiting for years for a ramp was recently served by the community.

We are proud of our community and we are proud to call ourselves West Virginians

How Do You Build a Ramp?

First, you need an angel.

Mrs. Green lives with asthma, COPD, neuropathy, and three heart stints. She was bedridden due to these illnesses for such a long period that she became too weak to walk. Mrs. Green started using a wheelchair to get around.

She lives with husband, daughter and granddaughter. When Mrs. Green needs to go out, father and daughter carry mom to the car and back into the home. Her daughter is also her part-time care giver.

A friend told her about MTSTCIL and she was put on the waiting list for services, specifically a ramp so that she could get into and out of her home on her own.

Mother Susan Claytor of the Saint Stephen's Episcopal and Saint Luke's Lutheran churches in Beckley, was interested in Mountain State Centers for Independent Living, and it's Community Living Service Program. Through her mission work, Mother Claytor has had much experience building ramps as well



as homes. She committed to building a ramp for their local neighbor with the support of her churches.

Families, husbands and wives, and mothers and daughters volunteered to help build the ramp. Mother Susan bought the lumber at Lowes, a rented auger to make the post holes and

more. Mother Susan and her husband Parr brought the tools they use when on missions in southern West Virginia and in Central America.

Mother Susan and her husband Parr are old hands at this type of build and they showed us the meaning of many hands make light work.

Thank you to all the wonderful people who donated their time, talents and resources to make the ramp happen for Mrs. Green.

If you are interested in volunteering to build a ramp, or donating wood and other supplies, please contact Kelly Elkins at kelkins@mtstcil.org or call 304-255-0122 in Beckley. ■



Art Therapy Class

In a Psychology Today article from March 22, 2018, the title tells us that Art Therapy Can Reduce Depression and Anxiety.

In a study of over 12 weeks of art therapy, the participants experienced reduced levels of depression, stress, and anger. High levels of depression and anxiety can take a toll not just psychologically but physically as well. It also helps relieve some of the fatigue of depression.

At Mountain State Centers for Independent Living in Huntington, they already know this. Joanna Hammond and Sarah Bowles added a new class to the skills training classes offered titled Coping with Depression through Art Therapy.

Consumers have told us that “it takes my mind off my problems” and “it makes me happy”. The consumers are very enthusiastic about this class and recommend it to anyone who is battling depression as a way of getting some relief. Being with peers who share and understand the issues related to depression can also provide support. The activities of art therapy can also be continued at home.

If you are interested in joining us in Huntington, reach out to Sarah at sbowles@mtstcil.org or call 304-525-3324 for more information. ■



(Derry continued from p6)

staff, Board, consumers, and community partners alike. We look forward to hearing stories of her newfound spare time and are hopeful and optimistic for the next chapter of NWVCIL as we continue to support our community and consumers. If you have any questions or concerns during this transition process, please do not hesitate to reach out to me directly at psoutherly@nwvcil.org. ■

DMV encouraging customers to obtain the Federal REAL ID driver's license or ID card as soon as possible

Source: WV Division of Motor Vehicles

National Transportation Security Administration announces one year countdown to October 1, 2020 deadline

CHARLESTON, WV – Starting in October 2020, citizens wishing to board aircraft or gain entry into federal buildings will need to present a Federal, “REAL ID”-compliant driver’s license or Identification card, or an approved alternative.

The West Virginia Division of Motor Vehicles is encouraging DMV customers to obtain the REAL ID license or card as soon as possible.

“We anticipate an increase in the number of customers that will need to obtain a new driver’s license or ID card in the next year, due to the federal timeline of October 1, 2020 approaching,” DMV Commissioner Adam Holley said. “We are focused on providing the best service possible for our customers, and will work together with TSA and DOT officials to ensure that West Virginia continues to be a REAL ID-compliant state, providing federally approved credentials for their convenience and safety.”

In general, to obtain a REAL ID, or “Gold Star” driver’s license or ID Card, customers must provide the following:

- One proof of identity
- One proof of Social Security Number
- Two Proofs of West Virginia Residency
- Proof of legal presence

Customers present the necessary documents, which are then scanned securely.

(See DMV p12)



NCIL Mourns the Loss of Duane French

Source: www.ncil.org



It is with great sadness that we inform you of the passing of a giant in the disability rights field, Duane French. Duane was a longtime member of the Independent Living community and a previous NCIL Board Member. Duane died on September 12, 2019 at 65 years old, from cancer.

Duane was a lifelong advocate who began empowering others early in his involvement with the disability community. Lou Ann Kibbee, NCIL's Secretary and longtime friend said, "Duane was the first disability advocate I met in 1977 when I started at Emporia State University (ESU) in Kansas, not long after acquiring my own disability. He was the President of the Handicapped Students Association. Duane got me fired up when I listened to him about making changes on the campus. I soon became the Secretary of the student group. He got me started on the advocacy road to making a difference for other people. Not sure what road I would have taken if I had not spent that first year at ESU and met Duane."

Duane served in various roles in the Independent Living community. He was the Director of the League for Human Dignity, a Center for Independent Living (CIL) in Lincoln, Nebraska. He later moved to Alaska and became the Director of Access Alaska, the CIL in Anchorage.

After his time with Independent Living, Duane went on to become the Director of Vocational Rehabilitation in Alaska (while simultaneously heading up a local ADAPT chapter), and then moved to Washington to become the Director

(See Duane p11)



Disaster Preparedness for Individuals with Disabilities

Source: www.ready.gov

Get Informed

- Know what disasters could affect your area, which could call for an evacuation and when to shelter in place.
- Keep a NOAA Weather Radio tuned to your local emergency station and monitor TV, radio, and follow mobile alert and mobile warnings about severe weather in your area.
- Download the FEMA app, receive weather alerts from the National Weather Service for up to five different locations anywhere in the United States.

Make a Plan

How might a disaster affect you? Could you make it on your own for at least three days? After a disaster, you may not have access to a medical facility or even a drugstore, so it's crucial to plan for the resources you use regularly, and what you would do if those resources are limited or not available. Additional planning steps should include:

- Create a support network. Keep a contact list in a watertight container in your emergency kit.
- Be ready to explain to first responders that you need to evacuate and choose to go to a shelter with your family, service animal, caregiver, personal assistant, and your assistive technology devices and supplies.
- Plan ahead for accessible transportation that you may need for evacuation or getting to a medical clinic. Work with local services, public transportation or paratransit to identify your local or private accessible transportation options.
- Inform your support network where you keep your emergency supplies; you may want to consider giving one member a key to your house or apartment.
- Contact your city or county government's emergency management agency or office. Many local offices keep lists of people with disabilities so they can be helped quickly in a sudden emergency.
- If you are dependent on dialysis or other life-sustaining treatment, know the location and availability of more than one facility.
- If you use medical equipment in your home that requires electricity, talk to your doctor or health care provider about how you can prepare for its use during a power outage.
- Wear medical alert tags or bracelets.
- If you have a communication disability, make sure your emergency information notes the best way to communicate with you.
- If you use an augmentative communications device or other assistive technologies, plan how you will evacuate with the devices or how you will replace equipment if lost or destroyed. Keep model information and note where the equipment came from (Medicaid, Medicare, private insurance, etc.)

(See Ready p9)

(Ready continued from p8)

- If you use assistive technology devices, such as white canes, CCTV, text-to-speech software, keep information about model numbers and where you purchased the equipment, etc.
- Plan how you will communicate with others if your equipment is not working, including laminated cards with phrases, pictures or pictograms.
- Keep Braille/text communication cards, if used, for 2-way communication.
- Preparedness tips for diabetics.
- The U.S. Department of Health and Human Services online tool helps people locate and access their electronic health records from a variety of sources.
- Plan for children with disabilities and people, who may have difficulty in unfamiliar or chaotic environments.

Get your benefits electronically

A disaster can disrupt mail service for days or weeks. If you depend on Social Security or other regular benefits, switching to electronic payments is a simple, significant way to protect yourself financially before disaster strikes. It also eliminates the risk of stolen checks. The U.S. Department of the Treasury recommends two safer ways to get federal benefits:

- Direct deposit to a checking or savings account. Federal benefit recipients can sign up by calling (800) 333-1795 or sign up online
- The Direct Express® prepaid debit card is designed as a safe and easy alternative to paper checks. Call toll-free at (877) 212-9991 or sign up online

Build a Kit

In addition to having your basic survival supplies, an emergency kit should contain items to meet your individual needs in various emergencies. Consider the items you use on a daily basis and which ones you may need to add to your kit.

Tips for People who are deaf or hard of hearing:

- A weather radio with text display and a flashing alert
- Extra hearing-aid batteries
- A TTY
- Pen and paper in case you have to communicate with someone who does not know sign language

Tips for People who are blind or have low vision:

- Mark emergency supplies with Braille labels or large print. Keep a list of your emergency supplies, and where you bought it, on a portable flash drive, or make an audio file that is kept in a safe place where you can access it.
- Keep a Braille, or Deaf-Blind communications device as part of your emergency supply kit.

Tips for People with Speech Disability:

If you use an augmentative communications device or other assistive technologies, plan how you will evacuate with the devices or how you will replace equipment if lost or destroyed. Keep Model information, where the equipment came from (Medicaid, Medicare, private insurance, etc.)

Plan how you will communicate with others if your equipment is not working, including laminated cards with phrases and/or pictogram.

(See Ready p10)



SSI, Social Security Payments To Rise In 2020

Source: [Disability Scoop](#)

People with disabilities who receive Social Security or Supplemental Security Income benefits will get more money next year.

The Social Security Administration said Thursday that benefits will rise 1.6 percent for 2020.

The increase is due to an automatic cost-of-living adjustment, or COLA, that's mandated by law and is tied to inflation. It's triggered when the Consumer Price Index from the U.S. Department of Labor's Bureau of Labor Statistics goes up.

The change will take effect beginning Dec. 31 for over 8 million SSI beneficiaries across the country and in January 2020 for more than 63 million Americans receiving Social Security.

With the uptick, the maximum federal SSI payment for an individual will go from \$771 per month to \$783 per month for 2020. For couples, the federal maximum will rise from \$1,157 to \$1,175 per month.

Some states offer additional money to SSI beneficiaries, so actual payments may be higher.

Though beneficiaries will see bigger payments in 2020, the COLA for the coming year is down substantially from last year's adjustment. Benefits grew 2.8 percent for 2019 compared to the year prior. ■



(Ready continued from p9)



Cremini Mushroom Pasta

Source: www.silk.com

Impress your guests with this simple, delicious and oh-so-mmm dairy-free pasta dish.

Prep Time	Servings
30 Min	6

Ingredients

- 1 LB fettucine or linguine
- 1/4 cup olive oil
- 5 cloves garlic, minced
- 2/3 cup shallots, finely chopped
- 7 cups cremini mushrooms, sliced
- 3 tbsps unbleached all-purpose flour
- 3 cups Silk Unsweet Almondmilk
- 1 TBSP NUTRITIONAL YEAST
- 2 cups frozen peas, thawed
- Salt and pepper
- 1/3 cup fresh parsley, chopped (optional)

Preparation

1. Prepare pasta according to package directions.
2. In a large skillet over medium heat, disperse olive oil. Add garlic, shallots, mushrooms and a pinch of salt and pepper. Stir occasionally until mushrooms are tender, then reduce heat to low.
3. Add flour over the mushrooms and stir for one minute allowing them to coat. Bring heat up to medium-high.
4. Add Silk (soy milk) and stir occasionally until the sauce thickens.
5. Remove skillet from heat and stir in nutritional yeast and peas. Wait until peas are heated to serve.
6. Add the pasta to the mushroom sauce and toss to coat and serve.
7. Garnish with parsley if desired. ■

Tips for People with a mobility disability:

- If you use a power wheelchair, if possible, have a lightweight manual chair available as a backup. Know the size and weight of your wheelchair in addition to whether or not it is collapsible, in case it has to be transported.
- Show others how to operate your wheelchair. Know the size and weight of your wheelchair, in addition to whether or not it is collapsible, in case it has to be transported.
- Purchase an extra battery for a power wheelchair or other battery-operated medical or assistive technology devices. If you are unable to purchase an extra battery, find out what agencies, organizations, or local charitable groups can help you with the purchase. Keep extra batteries on a trickle charger at all times.
- Consider keeping a patch kit or can of sealant for flat tires and/or extra inner tube if wheelchair or scooter is not puncture proof.
- Keep an extra mobility device such as a cane or walker, if you use one.
- If you use a seat cushion to protect your skin or maintain your balance, and you must evacuate without your wheelchair, take your cushion with you.

Tips for individuals who may need behavioral support:

- Plan for children with disabilities and people including individuals who may have post-traumatic stress syndrome (PTSD), who may have difficulty in unfamiliar or chaotic environments.
 1. This may include handheld electronic devices loaded with movies and games (and spare chargers), sheets and twine or a small pop up tent to decrease visual stimulation in a busy room or to provide instant privacy, headphones to decrease auditory distractions, and comfort snacks and toys that meet needs for stimulation.

Additional Items:

- At least a week-long supply of prescription medicines, along with a list of all medications, dosage, and any allergies
- Extra eyeglasses and hearing-aid batteries
- Extra wheelchair batteries (manual wheelchair if possible) and/or oxygen
- A list of the style and serial number of medical devices. Include special instructions for operating your equipment if needed.
- Copies of medical insurance and Medicare cards
- Contact information for doctors, relatives or friends who should be notified if you are hurt.
- Pet food, extra water, collar with ID tag, medical records and other supplies for your service animal
- Handheld electronic devices loaded with movies and games (and spare chargers), headphones to decrease auditory distractions, and comfort snacks and toys that meet needs for stimulation.

For more information visit www.ready.gov ■

“Every person encounters challenges in their life. It’s the oppression, the prejudice and the discrimination that holds back far too many people from achieving the full extent of greatness in them. I hope in my lifetime I’ve done something to break through some of that oppression - that prejudice and discrimination - and made a difference for others so they wouldn’t have to experience it in their lifetime. To that extent, if people say I’m an inspiration, I’m ok with that.”

- Duane French, 2016



Trump Signs Autism Act

Source: [Disability Scoop](#)

With little time to spare, President Donald Trump approved an extension of the nation's primary autism law, authorizing \$1.8 billion in spending on the developmental disorder in the coming years.

Trump signed the Autism Collaboration, Accountability, Research, Education and Support, or Autism CARES, Act, late Monday. Without action, the prior incarnation of the legislation was set to expire at the end of September.

The act, which originated in 2006, allocates funding for research, prevalence tracking, screening, professional training and other government activities related to autism.

The latest version of the Autism CARES Act renews the legislation for another five years, tagging \$369 million annually for autism efforts through 2024.

The measure expands the government's focus on the needs of individuals with the developmental disorder of all ages, with the phrase "across the lifespan" added to several provisions of the law.

In addition, the number of self-advocates, parents and autism group representatives on the Interagency Autism Coordinating Committee — a federal autism advisory panel — will increase from two to three each as part of the renewal. And, officials from the U.S. Departments of Labor, Justice, Veterans Affairs and Housing and Urban Development must be added to the committee's membership.

What's more, the Autism CARES Act calls for the Department of Health and Human Services to produce a report for Congress on the health and well-being of individuals with autism.

Kim Musheno, Vice President of Public Policy at the Autism Society of America, said her group is "very relieved" that the bill was signed before the previous version expired. Advocates had warned that if the Autism CARES Act was allowed to lapse, they would face an uphill battle since the funding would then be seen as a request for new money rather than a continuation of existing offerings.

"The improvements included in the reauthorized law have the potential for big outcomes," Musheno said.

Rep. Chris Smith, R-N.J., who authored the legislation, hailed its passage.

The "comprehensive new law ... will fund critical biomedical autism research as well as the development of best practices to enhance the lives of persons with autism," he said. "We need answers now and treatment options and interventions that work." ■

(Duane continued from p8)

of Disability Services for the Department of Social & Health Services until he died. Aside from these roles, Duane fought, got arrested for, and was present for the signing of the Americans with Disabilities Act; ran for the Alaska Legislature multiple times; and was inducted into the Spinal Cord Injury Hall of Fame as an inaugural inductee in 2005.

Duane was a mentor to many. He was a quiet leader who encouraged and pushed with a smile. He expected greatness and lived his life as a model of that. "Duane was a great man," said Kelly Buckland, NCIL's Executive Director. "A great leader, a visionary and a great friend. I will miss him being here, making the world a better place!"

Our sincerest condolences go out to Duane's family and friends during this difficult time. Read more about Dwayne's legacy. ■

(DMV continued from p7)

An additional \$10 fee is collected from the customer to cover the cost of production and mailing. A temporary credential is issued for the customer to carry with them while the hard copy license or ID is manufactured at a secure facility, and then mailed to them within 10 to 14 business days.

According to Commissioner Holley, REAL ID is not new to West Virginia.

"West Virginia began issuing Real ID-compliant licenses and ID cards in January of 2012 through the central issuance process, another component of the REAL ID Act of 2005," Holley said. "We've also been promoting REAL ID since late 2011 in our renewal forms, regional offices, brochures, press releases, and on our website, in the hopes of reaching as many citizens as possible regarding REAL ID and future enforcement by the federal government.

"However, with the new federal guidelines less than a year away, now is as good of a time as ever to get a REAL ID to make sure you're prepared and ahead of the curve for next year's changes."

For questions regarding the upcoming REAL ID changes, please visit our web site at dmv.wv.gov. ■

WVSILC Welcomes New Board Members and Congratulates Newly Elected Officers

The WV Statewide Independent Living Council is proud to announce and welcome our new board members whose 3-year terms began July 1, 2019.

The new members are:

Adrienne Michaud
Christine Wilcox
Melissa Southall
Grace Wine
Elliott Birkhead

Congratulations to the following newly elected officers:

Anne Weeks - Chairperson
Mark Fordyce - Vice Chairperson
Ardella Cottrill - Secretary
William Blosser - Treasurer
Cara Price - Member at Large
Michelle Norweck - Member at Large

The West Virginia Statewide Independent Living Council was established under the 1992 amendments of the Rehabilitation Act of 1973. Council members are appointed by the Governor and include representatives from the Centers for Independent Living, the West Virginia Division of Rehabilitation Services (WVDRS), and other state agencies that provide services for individuals with disabilities.

The Council consists of twenty-four voting members and seven ex-officio non-voting members. A majority of the members are individuals with disabilities who are not employed by a center for independent living or by a state agency. This means that the council is consumer controlled and directed, in keeping with the independent living philosophy.

The independent living philosophy is one of consumer control, peer support, self-help, self-determination, equal access, and individual and systems advocacy in order to maximize the leadership, empowerment, independence, and productivity of individuals with disabilities, and the integration and full inclusion of individuals with disabilities into the mainstream of society.

The Council meets Quarterly and all meetings are open to the public. If you have an issue you would like the Council to address, or if you would like to speak at a meeting, contact the SILC office two weeks prior to the scheduled Council meeting. ■

Mission - To ensure persons who have disabilities have access to community-based resources that promote personal choice and facilitate the achievement of their independent living goals.

Vision - To be a consumer-controlled council that is effective in leading a statewide independent living movement that empowers persons who have disabilities.

Values - The West Virginia Statewide Independent Living Council is committed to the following values: freedom of choice; diversity; respect for others; quality of life; equality; excellence; fiscal responsibility; self-reliance and self-sufficiency; and inclusion.

UPCOMING EVENTS

WVSILC Executive Committee

November 6, 2019
1:00 PM, SILC Office

December 4, 2019
1:00 PM, SILC Office

WVSILC Board Meeting

February 5, 2020
9:00 AM
Location TBA

Employment Services Specialist

Mountain State Centers for Independent Living and the Foundation for Independent Living are recruiting for a full-time Employment Services Specialist (ESS) for the Beckley office. The Employment Services Specialist navigates consumers through the job search process and offers support to both consumers and employers in community-based competitive jobs. The ESS provides vocational assessment, basic life skills and work readiness training in a classroom setting.

For more information visit:
<http://mtstcil.org/about/ess.html>

The CIL Creative Craft Classes

November 16, 2019 3pm - 5pm
December 14, 3pm - 5pm

NWVCIL Office
601-3 E Brockway Ave
Morgantown WV 26501

Refreshments and supplies will be provided. Keep an eye on Facebook @NWVCIL for more information or contact us at 304-296-6091. We are thrilled to use this Community Arts Grant to offer free classes to members of our community with all types of disabilities. Follow us on Facebook @NWVCIL for future classes and updates!



AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to WVSILC. To shop at AmazonSmile simply go to smile.amazon.com from the web browser on your computer or mobile device and choose WV Statewide Independent Living Council