



THE IL

EDGE

SPRING 2022 - WVSILC - PO Box 625 - Institute, WV 25112

# SILC UPDATE

While the weather is still all over the map, one sign of Spring is the end of the 2022 WV Legislative Session. 293 bills were passed, some good and some not so good and, as is typical, that is about 13% of the total bills introduced (2,216). What is not typical is that the dates for Interims have already been set and will be held at the Capitol unless otherwise designated:

- April 24-26
- May 22-24 (at Morgantown/WVU)
- June 12-14
- July 24-26
- September 11-13
- November 13-15 (at Cacapon State Park/Berkeley Springs)
- December 5-6
- January 8-10, 2023

As you may know, legislative interims are meetings “in the interim” between regular legislative sessions. Joint committees, with members of both the House and Senate, meet to hear reports and study issues. While they cannot pass any bills, this is a great time to talk with legislators about your issues and concerns and to become more familiar with all the legislators and where they stand. Interims are generally 3 days and the schedule of meetings is released the week before. You can find the schedule on the home page of the legislative website and also check the agendas to see what the committees will be talking about. Just another opportunity for you to get involved and make your voice heard!

### MISSION

*“The mission of the WVSILC is to promote the value, equality, full-inclusion, and freedom of choice of all West Virginians with disabilities.”*

From the desk of:

Ann McDaniel  
Executive Director

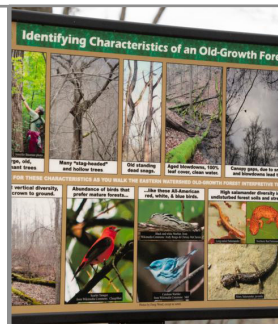
## IN THIS EDITION:



Kanawha State Forest  
Accessible Playground p.4



West Virginia Independence  
Network p.3



Kanawha State Forest  
Driving Tours p.5



WVSILC Hosting a  
WVABLE Webinar p.2

## WV Centers for Independent Living

**Appalachian CIL**  
Elk Office Center  
4710 Chimney Dr.  
Charleston, WV 25302  
304-965-0376

**Northern WV CIL**  
601-603 East Brockway Ave.  
Suite A & B  
Morgantown, WV 26505  
304-296-6091

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



**Mountain State CIL**  
821 Fourth Ave.  
Huntington, WV 25701  
304-525-3324

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





## NWVCIL Success Story

JK is 65-year-old woman who is deaf, and the pandemic has made communication difficult. She reads lips and masks have made it impossible to see the mouths of those with



whom she is trying to communicate; this is especially detrimental when trying to communicate with those in the medical field.

NWVCIL helped by explaining to the medical professionals that she could not read lips with the mask on;

most medical professionals were able to go to a shield so the consumer could communicate independently. She had to teach physical therapists, doctors, nurses, secretaries, and even bankers.

This consumer achieved a lot during the pandemic - not just educating the public. She also came to NWVCIL and said that she wanted to effectively utilize the money from her stimulus checks. After some discussion about items she needed, JK realized she would gain independence by purchasing a vehicle.



With our assistance, she opened a WVABLE account and deposited all her stimulus funds in her account.

Upon finding a vehicle she could afford we went to the bank to help them understand that she had no credit but was willing to work at it. The bank was extremely helpful, and she received her very first loan. By utilizing her learned budgeting skills and the resources available to her, she now owns an affordable, safe vehicle.

This consumer is also going to be helping a young lady in the school system to navigate the fact that she is going deaf. JK is working with her to understand what a cochlear device is and how to embrace using one. ■



Empowering individuals with a disability to live more independently

Learn all about WVABLE saving and investments accounts:

Who is eligible | How to open an account | How the accounts work  
Advantages & special considerations | Program updates and enhancements for 2022

*Presented by Roxanne Clay, WVABLE Director, WV State Treasurer's Office*



Friday, March 25, 2022

1:00pm - 2:30pm

Zoom Webinar

WVABLE  
webinar  
hosted by



Email [wvable@wvsto.com](mailto:wvable@wvsto.com) to register!

## WV Statewide Independent Living Council is hosting a WVABLE webinar, and you are invited!

WVABLE: Empowering individuals with a disability to live more independently

Friday, March 25, 2022

1:00 pm to 2:30 pm

The rules have changed...the WVABLE program allows many qualifying individuals with a disability the ability to save and invest more than \$2,000 without losing eligibility for certain government benefits that are critical to their health and well-being, such as SSI and Medicaid. Up to \$16,000 per calendar year may be contributed into a WVABLE account, and an additional \$12,880 of income may be contributed by employed beneficiaries - increasing the total annual contribution limit to \$28,880. Earnings grow tax free and can be spent at any time for qualified disability expenses.

During this webinar, you will learn all the basics of the WVABLE Savings program including the following:

- What is WVABLE and why is it important?
- What are the benefits and who is eligible?
- How to make contributions and withdrawals?
- What can WVABLE account funds be used for?
- Special considerations and important benefits to owning a WVABLE STABLE savings account.
- Program updates and enhancements for 2022

Webinar presented by Roxanne Clay, WVABLE Director

TO REGISTER, EMAIL [WVABLE@wvsto.com](mailto:WVABLE@wvsto.com) & INCLUDE the following:

- 1) First & Last Name
- 2) Email address for sending webinar link
- 3) WV SILC – March 25, 2022 webinar

Within one business day after registering, you will receive a confirmation email from [WVABLE@wvsto.com](mailto:WVABLE@wvsto.com) containing the Zoom webinar link to join.

[www.wvable.com](http://www.wvable.com) ■



Centers for Independent Living in the West Virginia Independence Network share the purpose of helping West Virginians with disabilities be productive, valued members of their community.

Our mission is to provide support, assist with strategy, advocate for centers in our network, & their consumers. WIN helps facilitate efforts and maintain open lines of communication between organizations in the network.

What is a Center for Independent Living? The term “center for independent living” (CIL) means a consumer controlled, community based, cross disability, nonresidential private, nonprofit agency that is designed and operated within a local community by individuals with disabilities and provides an array of independent living services. CILs are governed by their board of directors and services vary based on the needs of individuals with disabilities in their service areas.

**Core Independent Living Services (required):**

1. Advocacy – Individual & Systems
2. Independent Living Skills Training
3. Peer Support
4. Information and Referral
5. Transition services- this includes the following:
  - Transition from nursing homes and other institutions to home & community-based residences
  - Diversion from nursing home and other institutions
  - Transition of youth (who were eligible for Individualized Education Plan (IEPs) to employment or postsecondary education)

**Other Independent Living Services (optional):**

- Home Modifications, Equipment, and Technology
  - o State IL Services funding is used to provide the Community Living Service Program (CLSP) statewide through contracts (with the three non-profits) for all four CILs.
- Personal Assistant Services
- Employment Services (including supported employment)
- ADA Compliance Surveys
- Housing (CILs are not allowed to own or operate housing and are not places for people with disabilities to live)
- Transportation
- Recreation Services
- Other services as determined by the CIL Board of Directors

**20 Counties directly served by a CIL:**

1. Appalachian CIL – serving Kanawha, Clay, Boone, and Putnam
2. Mountain State CIL – serving Cabell, Wayne, and Raleigh
3. Northern WV CIL – Monongalia, Barbour, Braxton, Doddridge, Gilmer, Harrison, Lewis, Marion, Preston, Randolph, Taylor, Tucker, and Upshur (many of these counties are underserved)

**Priority Areas for the Establishment of New CILs:**

## NWVCIL Success Story



Garry Biddle is an NWVCIL consumer. Mr. Biddle has a seizure disorder - epilepsy - but doesn't let that stop him from living his best life.

When Gary's landlord opted to occupy his rental, Garry was left nearly homeless. With hard work, budgeting learned from NWVCIL, and some elbow grease, Gary now owns his own tiny home.

Like many Americans, Gary was left with little in his bank account at the end of the month. Working with NWVCIL, Garry has maintained a modest savings account for a year and wants to open an ABL account in 2022. ■







## Taco Stuffed Shells

[Mamamia Recipes](#)



Simple, easy and cheesy! My whole family loves this recipe so much. If it were for them, I'd be making this every day! Give it a shot, you'll love it! Taco stuffed shells: pasta shells get a south of the border makeover when filled with taco ingredients and smothered in cheese! Taco and Mexican food lovers will go crazy for these! To Make this Recipe You' Will Need the following ingredients:

### Ingredients

- 1 lb. ground beef (or ground turkey)
- 1 package low-sodium taco seasoning
- 4 oz. cream cheese
- 14-16 jumbo pasta shells
- 1.5 cup salsa
- 1 cup taco sauce (smooth, tomato-based sauce found in the Mexican section)
- 1 cup cheddar cheese
- 1 cup Monterey jack cheese
- 3 green onions, chopped
- Sour cream, for topping

### Instructions

Preheat oven to 350°. In a frying pan cook ground beef; add taco seasoning and prepare according to package directions. Add cream cheese, cover and simmer until cheese is melted. Blend well. Set aside and cool completely. While ground beef is cooking, cook the pasta shells according to directions; drain and rinse with cold water to stop the cooking process (since they will be baked later on). Set shells out individually on cutting board/baking sheet so that they don't stick together.

Pour salsa on bottom of 9x13 baking dish. Stuff each shell with the meat mixture. Place shells in 9x13 pan open side up. Cover shells with taco sauce. Cover with foil and bake for 30 minutes.

After 30 minutes, add shredded cheese and bake for 10-15 more minutes, with the foil removed. Top with any condiments you'd like (green onions, black olives, etc...whatever you like on tacos!) I left mine plain because I didn't have much of anything on hand. Serve with sour cream and/or more salsa. ■

## Wheelchair-Accessible Playground

The first wheelchair-accessible playground in the West Virginia State Parks System has been installed next to the paved Spotted Salamander Trail at Kanawha State Forest, thanks to a combination of grant funds, corporate and private donations.

The new playground includes a solid rubber foundation which allows handicapped visitors to propel themselves on the smooth surface to access a platform swing while remaining in their wheelchairs.



Jennifer Bauman Photos

The playground also includes an all access-swing with a safety harness and a patented "Jenn-Swing" to provide full-body support for a child with cerebral palsy.

Able-bodied children and adults have plenty of options too, so they can swing, spin and climb with the opportunity for inter-active play on ADA compatible equipment.

This is the second of a three-phase accessibility project, launched by the Kanawha State Forest Foundation. The first was the renovation of the Spotted Salamander Trail and addition of a paved parking lot. Phase-3 will be the installation of an ADA vault toilet, when sufficient funding is available.

For more information, you may contact: Jennifer Bauman, Board Member Kanawha State Forest Foundation [jabauman123@gmail.com](mailto:jabauman123@gmail.com)



Jennifer Bauman Photos





# Driving tours make Kanawha State Forest's old growth more accessible



Driving tours of Kanawha State Forest's East Boundary area allow people with limited mobility to see and experience the area's old-growth forest. The tours, led by volunteers from the Kanawha State Forest Foundation, give insight into the benefits old-growth trees bring to a woodland ecosystem.

Unlikely as it might seem, patches of old-growth forest exist within 10 miles of downtown Charleston. They're located on the back side of Kanawha State Forest, in an area that's not easy to get to, especially for people with limited mobility.

Until now.

The Kanawha State Forest Foundation has begun offering driving tours of the old-growth area, catered especially to people who have trouble walking.

"It's a wonderful opportunity," said Doug Wood, one of the tour's organizers. "I don't think you could find another place in the Eastern United States where you can do this in an old-growth forest."

The tours, which take almost three hours to complete, have participants caravan in their vehicles along the forest's East Boundary Road to a series of interpretive signs, where guides point out features of old-growth trees and describe the unique ecosystem associated with them.

The road is ordinarily closed to motorized traffic, but park officials make an exception for the outings. Wood said each tour can accommodate only a handful of people, mainly because parking space along the dirt-and-gravel road is so limited.

The tours can even accommodate people who are unable to leave their cars. Each participant gets outfitted with a Bluetooth speaker they clip onto their ears. The guides wear microphones and transmitters so their presentations can be heard clearly, even if the guide is masked and the listeners are socially distanced.

Wood said the Bluetooth setup was made possible by a grant from the C.C. Dickinson Family Giving Circle, a local charitable foundation.



Before a recent tour, Kanawha State Forest guides Doug Wood (left), Chris Gatens and Sara Miller take a few minutes to test the microphones and transmitters that will allow them to broadcast their presentations directly to tour participants.



To make sure vehicle-bound participants can hear the guides' presentations, each person on the tour gets a Bluetooth earpiece that transmits the presentation directly.



Naturalist Doug Wood, who helped identify Kanawha State Forest's old-growth areas and get them on a national registry, said patches of the forest that were never timbered contain white oak trees that may be more than 300 years old.



## Disney Implementing Changes To Disability Access At Theme Parks

Source: [DisabilityScoop](#)

Eight years after overhauling its approach, Disney is once again rolling out a new system for accommodating visitors with disabilities at its theme parks.

Walt Disney World visitors with disabilities can now start to take advantage of updated protocols that allow individuals to arrange disability accommodations in advance of their trip to the parks and to set up a return time for some experiences before their arrival.



The new offerings are not yet available at Disneyland, the company said, though they are still expected to begin at that location this fall.

Disney said earlier this year that it was “making some enhancements” to its disability accommodations at both Disney World and Disneyland. The updates are part of a broader revamp of procedures at the parks including an end to the FastPass system — a free offering that has allowed visitors to skip the line for a limited number of attractions — in favor of a fee-based model.

Notably, with the updates, visitors with disabilities can seek accommodations from Disney’s Disability Access Service, or DAS, program between two and 30 days before arriving at a park through a live video chat with a cast member. At the same time, individuals will also be able to choose two experiences per day from a select group of options and they will get a one-hour return window for those activities on the day of their visit.

Now, Disney says that these advance arrangements can be made for Disney World visits scheduled for November or later.

In addition, park visitors who are registered for the Disability Access Service program will be able to get a return time for rides and other experiences via the My Disney Experience

*(Old-Growth continued from p5)*

“They also helped us with funding for the interpretive signs we’ve placed around the old-growth area,” Wood said.

About 1,350 acres of Kanawha State Forest have been acknowledged by the Old-Growth Forest Network as containing old-growth stands. Wood called most of it “secondary old growth,” grown back after being cut more than 150 years ago, but he said several small stands were never cut.

According to the Old-Growth Forest Network listing, those stands contain white oaks, chestnut oaks, red oaks and yellowpines that are more than 250 years old. Some of the white oaks, the listing said, might exceed age 300.

“It’s kind of surprising to have old-growth forest this close to Charleston,” Wood said, “but there are chunks of original old growth where no timbering was done.



To help visitors better understand what to look for, Kanawha State Forest Foundation volunteers have erected a series of interpretive signs along the park’s East Boundary Road and Hoffman Hollow Road/Trail.

“As far as we know, no widespread clearcutting was ever done on the forest. Aside from a few pastures that were cleared near the old town of Chilton, it was all selectively cut.”

During a recent tour, Wood and other presenters showed the benefits of having old-growth forests — erosion control, enhanced water quality, increased biodiversity and better soil, among others.

Wood described how some wildlife species thrive in old growth.

He said cerulean warblers, a little blue bird whose numbers are declining elsewhere, thrive in forest-canopy openings created when old-growth trees die and fall to the forest floor.

“You can probably see and hear more ceruleans here in this part of Kanawha State Forest than just about anywhere else,” he added.

He also explained why black bears are so attracted to oldgrowth trees.

(WIN continued from p4)

**Priority 1.** Increase Title VII, Part C funding for the current centers for independent living meeting the Federal standards and indicators for CILs to achieve the established minimum funding level to sustain current operations, given the increased costs of operating since the CILs were originally funded, and to build the capacity of those CILs. New Part C funds shall be distributed commiserate with the percentages listed below, to increase the CIL Part C grants by the following amounts (until the identified increase amount and established minimum funding level are achieved):

- Appalachian CIL – currently \$208,974 – increase by \$241,026 to reach \$450,000 (21.4593% of all new Part C funding available until the established minimum level is reached)
- Mountain State CILs – currently \$527,893 (to operate 2 CILs) – increase by \$372,107 to reach \$450,000 per CIL (54.2087% of new Part C funding available until the established minimum funding level is reached)
- Northern WV CIL – currently \$236,947 – increase by \$213,053 to reach \$450,000 (24.3318% of new Part C funding available until the minimum funding level is reached)

This will require \$826,186 additional Part C funds for the existing CILs. In order to grow the network, while working to reach the minimum funding level for the existing CILs, the SILC and CILs have agreed that when the Part C appropriation provides an increase of \$400,000 or more, \$200,000 of those funds will be used to start a new CIL in the next priority area and the remainder of the funds will be distributed to existing CILs using the percentages detailed above. State funding appropriated for the general operations of CILs at \$200,000 or more will also be used to start new CILs. As new CILs are established, they will be added to that distribution and the percentages will be adjusted accordingly until all have reached the minimum funding level of \$450,000.

Priorities for establishing new CILs, accounting for the unreasonable size of the Northern West Virginia CIL's service area and allowing NWVCIL to spin off counties for new CILs, are:

**Priority 2:** Spin off the following counties from NWVCIL service area to establish a new CIL: Barbour, Randolph, Tucker, and Upshur.

Then spin off the following counties from NWVCIL service area to establish an additional new CIL: Braxton, Gilmer, Harrison, and Lewis.

This will result in the remaining NWVCIL service area including Marion, Monongalia, Preston, and Taylor counties.

**Priority 3:** Establish a new CIL serving the following counties: Brooke, Hancock, Marshall, Ohio, and Wetzel counties.

**Priority 4:** Establish a new CIL serving the following counties: Greenbrier, Nicholas, Pocahontas, and Webster counties.

**Priority 5:** Mountain State CILs add Lincoln County to the Huntington service area and add Fayette County to the Beckley service area.

**Priority 6:** As additional funding (Part C, Part B, and/or State IL funds for the general operation of CILs) becomes available, establish new CILs serving the following counties:

(Old-Growth continued from p6)

"There was a study done on the den sites of female black bears," he said. "It showed that their favorite sites were in hollow trees. You only find hollow trees of that size in oldgrowth forest."

No dates have yet been established for future tours, but Wood said people interested in participating may do so by leaving contact information on the Kanawha State Forest Foundation website, [www.ksff.org](http://www.ksff.org).

"We'll be keeping a list, and we'll let people know when we have a tour coming up," he said.

People without mobility issues can do self-guided tours along two routes: the East Boundary Road, which is gated to motorized vehicles but is open to hikers and mountain-bike riders; and the Hoffman Hollow Road and Trail. ■

(Disney continued from p6)

app once they are at a Disney park rather than having to go to each attraction or a kiosk. This option is already available at Disney World, the company says.

Disney last altered its disability access policies in 2013 amid what the company described as widespread abuse of its existing system, which had often let people with disabilities jump to the front of lines. Under the Disability Access Service program that has been in place since then, visitors with disabilities could obtain a return time for one ride at a time so that they did not have to physically remain in line to wait.

The change prompted lawsuits from dozens of families of children with autism and other disabilities who claimed that the return-time offering was not an adequate accommodation and that it violated their rights under the Americans with Disabilities Act.

A federal judge ruled in favor of Disney last year in the first of the lawsuits to go to trial, but the case is currently being appealed. ■



(See WIN p8)



## Fresh and Easy Veggie Spaghetti

[Inspired Taste](#)



Quick and easy vegetable spaghetti with lots of veggies and a simple tomato sauce made completely from scratch. For vegan spaghetti, skip the cheese and serve with a little nutritional yeast scattered on top. The sauce can be made in advance and kept in the refrigerator for 3 to 4 days. Makes 4 to 6 servings (About 6 cups of sauce)

### Ingredients

- 12 ounces spaghetti or pasta of choice
- 4 tablespoons olive oil
- 1 cup (140 grams) chopped onion
- 2 medium zucchini, chopped (1/2 pound)
- 2 medium yellow squash, chopped (1/2 pound)
- 3 garlic cloves, minced (1 tablespoon)
- 1/2 teaspoon dried oregano
- 1/4 teaspoon red pepper flakes
- 2 tablespoons tomato paste
- 1 (28-ounce) can whole peeled tomatoes
- One (12-ounce) jar roasted red peppers, drained and cut into 1/2-inch pieces (1 heaping cup)
- 2 to 3 teaspoons mushroom powder, optional, see notes
- 5 cups (1/2 pound) spinach leaves
- Handful fresh basil leaves, plus more for garnish
- Salt and fresh ground black pepper
- Parmesan cheese or nutritional yeast for serving

### Instructions

#### Make Sauce

Heat olive oil in a wide skillet with sides over medium heat. Add onion and cook, stirring occasionally until translucent; 3 to 5 minutes.

Add zucchini, yellow squash, garlic, oregano,

(WIN continued from p7)

- Mercer, Monroe, and Summers counties;
- Doddridge, Pleasants, Ritchie, Tyler, Wirt, and Wood counties;
- Berkeley, Jefferson, and Morgan counties;
- Calhoun, Jackson, Mason, and Roane counties;
- McDowell, Mingo, Logan, and Wyoming counties; and
- Grant, Hampshire, Hardy, Mineral, and Pendleton counties.

### Concerns:

- Lack of understanding of what a CIL is and what CILs do and confusion with other services like “assisted living”
- CILs are underfunded with no increases to their federal grants from their founding in the early 1980s until 2018 & 2019 when small increases were received
- **35 counties (191,947 West Virginians with disabilities) do NOT have full access to a CIL**

### Goals:

- Educate the public and policymakers about what CILs are and what CILs do
- Collaborate with the CILs on resource development to expand capacity of current CILs and to establish new CILs
- Secure additional federal funds to bring the existing CILs to a minimum funding level of \$450,000 each
- Conduct leadership development activities for current and potential SILC members and/or potential board members for new CILs
- Conduct outreach and leadership development activities for youth with disabilities
- Conduct research to gather data on the return on investment and the economic impact of CILs
- Collaborate with the CILs, SILC, and the school system to educate youth about disability history and the IL Philosophy
- Use new funding to establish a statewide network of CILs

[For additional information please contact:](#)

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<https://wwwin.org>





# Federal Jobs Program Moves To End Subminimum Wage

Source: [DisabilityScoop](#)



A massive program that puts people with disabilities to work through federal government contracts across the country plans to no longer allow workers to be paid less than minimum wage.

The U.S. AbilityOne Commission issued a proposed rule this month barring any new contracts under the AbilityOne Program that pay people with disabilities what's known as subminimum wage.

The program, which dates back 83 years, directs federal contracts to a network of nearly 500 nonprofits that provide products and services for the government. Over 42,000 people who are blind or have significant disabilities are employed through AbilityOne at over 1,000 locations nationwide including dozens of government agencies and military facilities. In fiscal year 2020 alone, AbilityOne provided nearly \$4 billion in goods and services to the government.

Under the proposal, people employed through AbilityOne contracts would have to be paid at least the federal minimum wage of \$7.25 per hour. However, many jobs would actually pay more due to higher local minimum wages or federal pay requirements for certain types of jobs, according to officials with the AbilityOne Commission, an independent federal agency that administers the program.

The rule would apply to new contracts as well as those that are extended or renewed.

The move to end subminimum wage within the AbilityOne program is years in the making. In 2016, the AbilityOne Commission issued a declaration calling for all participating nonprofits to commit to paying at least minimum wage. At the time, the commission indicated that 90% of those employed through the program were already earning at least that much.

In 2019, the commission took another step by asking SourceAmerica — one

*(See Wage next column)*

*(Wage continued from previous column)*

of two central nonprofits that facilitate the relationship between participating nonprofits and the government — to remove payment of subminimum wage from all AbilityOne contracts within three years.

The AbilityOne Commission says that all of the nonprofits working with its other central nonprofit, National Industries for the Blind, already pay at least the prevailing minimum wage on AbilityOne contracts.

“Moving from a voluntary process of ending payment of subminimum wage to a mandatory requirement is a significant step,” said Chai Feldblum, vice chairperson of the AbilityOne Commission. “Wages paid for work send a message of how that work is valued and the work performed by people with disabilities should be valued equally with others. At the same time, we are committed to addressing all issues that may arise as a result of this requirement and we therefore look forward to receiving public comments as part of the rulemaking process.”

The proposal comes as the AbilityOne Program has faced criticism for being outdated. A 2020 report from the National Council on Disability, an independent federal agency, called for the program to end, arguing that it promotes segregation and is not increasing employment opportunities for people with disabilities.

Meanwhile, California and Delaware are among the latest states to join a growing list in phasing out subminimum wage and President Joe Biden has thrown his support behind ending the practice. An executive order Biden signed earlier this year, which will apply to many AbilityOne contracts, requires federal contractors to pay at least \$15 per hour to those employed through new contracts starting next year.

The proposed rule from AbilityOne is up for public comment through Nov. 12. ■



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# UPCOMING EVENTS

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(Veggie continued from p8)

Add zucchini, yellow squash, garlic, oregano, red pepper flakes, and a generous pinch of salt then cook, stirring occasionally until softened but still with some crunch; 5 to 8 minutes. Stir in the tomato paste and cook another minute. (When making this sauce, we usually end up using between 1 and 1 1/2 teaspoons of fine sea salt.)

Add the roasted red peppers, tomatoes, and mushroom powder. Bring to a low simmer and cook until the liquid has thickened and reduced by half; about 10 minutes. As the sauce cooks, use a spoon to break up the whole tomatoes into smaller pieces for a chunky sauce.

### *Cook Pasta*

While the sauce simmers, bring a large pot of salted water to the boil then cook pasta according to package directions.

### *To Finish*

Take the sauce off of the heat, and then stir in the spinach and basil. Taste then adjust with additional salt if needed. Toss in the cooked pasta, and then leave for a minute so that the pasta absorbs some of the sauce and the spinach wilts. Toss again, and then serve with parmesan or nutritional yeast sprinkled on top. ■

## TEAM Tuesdays!

*Together Educating, Advocating & Making a difference*

You are invited to a Zoom meeting.

When: Second Tuesday of each month 04:00 PM

Register in advance for this meeting:

[https://us02web.zoom.us/meeting/register/tZYufuCurjosGd3CREWQxJxhMZvx8WqyWczZ](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZYufuCurjosGd3CREWQxJxhMZvx8WqyWczZ)

After registering, you will receive a confirmation email containing information about joining the meeting.

### WV STATEWIDE INDEPENDENT LIVING COUNCIL MEETING SCHEDULE

#### **April 6, 2022**

Full Council Meeting  
9:00 AM - 5:00 PM  
Location TBD

#### **May 4, 2022**

Executive Committee  
1:00 PM  
Location TBD



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

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