

NO LIMIT NEWS

Living Life Without Limits



The Official Newsletter of New Horizons Disability Empowerment Center

AZ CLA ARIZONA Community Leadership Academy



CLA Class from April 2018

COMMUNITY LEADERSHIP ACADEMY

By: Joan Baum, Director of Program Services

New Horizons Disability Empowerment Center (NHDEC) is proud to announce its Fall CLA Course. With over 50 million Americans identifying as having a disability, it is becoming increasingly important that this segment has more of a voice. Our Community Leadership Academy is a FREE 6-week course. This course presents participants with information covering a brief history of the Independent Living Movement, the ADA (Americans With Disabilities Act), the IL Network and Centers as well as knowledge about the services they provide, along with the opportunities available to become more involved in system-wide efforts to protect the rights of people with disabilities.

This curriculum gives participants (disabled, caregivers or friends) the opportunity to discover their own personal goals related to independent living, community engagement possibilities and participation in the IL movement and even learn about Robert's Rules of Order. We welcome anyone with an interest in helping to create an impact in their community. Call for more info!

For more information on CLA
Call (928)772-1266 ext. 113

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- 5 Ways to Happy Holiday's with MCS
- Groups, Events, Holiday Hours
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Connect With Us

9400 E Valley Rd
Prescott Valley, AZ 86314

MAIN

(928) 772-1266

TRANSPORTATION

(928) 775-8870

We're Social

www.nhdec.org



NewHorizonsDEC



#NewHorizonsDEC



https://www.youtube.com/channel/UCbkFL_dgpw9jPoK-zc0JQgA

Living with Multiple Chemical Sensitivity

By: Treesha deFrance, writer for Chemical Injury Information Network (www.ciin.org)

Multiple Chemical Sensitivity (MCS) is a worldwide disabling illness characterized by chronic adverse health effects from exposure to low levels of chemicals in the modern human environment. Symptoms can be moderate to disabling. MCS illness occurs in about 13% of the US population with up to 33% non-MCS reporting they are also sickened by chemicals. The most common chemical triggers are pesticides, paint, fragranced products, petrochemicals, household cleaners, engine exhaust, smoke, and laundry products. As an example, fragrances are a main trigger for symptoms. The term “fragrance” actually represents a chemical cocktail that can be made up of several dozen to several hundred ingredients including formaldehyde. Fragrances are found in thousands of consumer products with little regulation and no accurate labeling to protect “trade secrets”. A recent analysis of fragranced consumer products found they emitted over 150 different volatile organic compounds.



But I'm not wearing any fragrance!

READ the LABELS

shampoo conditioner hand sanitizer fabric softener laundry detergent dryer sheets lipstick lotion deodorant make-up

seriously "sensitive" to pollution

Choose products without "fragrance", "parfum", or essential oils

source: <https://lindasepp.files.wordpress.com/2016/12/but-1.jpg>

For more information on MCS
www.ciin.org
www.mcs-aware.org

5 WAYS TO HAPPY HOLIDAY'S WITH MCS

ASK All humans are unique. What severely sickens one person with MCS may cause milder problems in another. Avoiding triggers is the best practice, but how to do that and socialize? It can be very daunting for the MCS person to bring up their special needs to ask for accommodations. If you bring it up, it is much appreciated and lets them know you care. It is important to pass info about what to avoid along to other guests (such as using no perfumed products).

BELIEVE Some people are so reactive to peanuts; a bit of their dust can kill them. With the tens of thousands of untested chemicals present in our world, it is reasonable to expect they might impact or injure some people. Some have asthma, others have MCS. People with MCS often face disbelief, minimization, rejection, and lack of understanding regularly. Imagine if people sensitive to peanuts were treated this way! Believing the needs of your MCS person will go a long way to creating a healthy relationship and environment.

TALK During a holiday visit, many unexpected situations can occur. It is important to frequently check in with your visitor to see how it's going and if they are encountering any unforeseen problems — often it is as simple as having scented soap in the bathroom. Let them know you care and want to make the visit a good one.

NOT ABOUT YOU The issue is not you, it's the chemicals emitted from the hand lotion or the soap on you. The issue is not your freshly cleaned house, it's the lingering "pine scented" cleaner. The issue is not about manipulation, it is about having genuine special health needs. The issue is environmental hazards, not a personal problem with you or your home.

ENJOY It is challenging for an MCS person to encounter chemicals in the modern human/home environment and challenging for non-MCS persons to understand their health problems from such commonly used products. Having all parties involved do their best can make a holiday visit not only possible but more enjoyable with a good bonding experience

For Information on Support Groups or Events

Mary Hesselschwerdt
 Outreach Coordinator
 (928)772-1266 x 109
 Direct Dial (928)515-2529

Jean Lasher
 Community Information Coordinator
 (928)772-1266 ext 108

Happy holidays * **HOLIDAY MEET & GREET**
 9400 E Valley Rd. Prescott Valley, AZ 86314
 December 3rd & 4th
 11:30am to 3:30pm
 cookies, apple cider, & eggnog provided

* **Office will be closed**
 Thanksgiving Thursday & Friday November 22 & 23
 Christmas Monday & Tuesday December 24 & 25



2nd Thursday of Month

Traumatic Brain Injury (BIG)	3-4 pm
Diabetes Resource Group	4-5 pm
Dave's Out to Lunch Brunch	NOON

Social gathering at various local restaurants to meet people and enjoy a meal together. Contact office for monthly location.

3rd Tuesday of Month

Multiple Chemical Sensitivities 2-3 pm

3rd Thursday of Month

Chronic Fatigue Immune Dysfunction Syndrome (CFIDS) & Fibromyalgia 2-3 pm

Please remember, the NHDEC office is a

SCENT FREE ENVIRONMENT



COMPUTER MENTORING

Discovering Computers can be fun!
 Bring Your Questions!
 Tuesdays 10-11:30am
BEGINNERS WELCOME!



EMPLOYMENT INFO
 Meet with Job Developer
 Last Wednesday of Month
 11am - 12pm

Remember to register:

THE ManKind Project
U S A
 Inspiring Men Since 1985
 NWTA.MKP.org

November 30 – December 2, 2018
 Sleeping Dog Ranch, Prescott, AZ (2-1/2 hours north of Phoenix)

Self-examination warrior training for men with disabilities

Adaptive Fitness Center

Open 8:30a-5:00p Monday to Friday
 Personal Training with Andrew Bogdanov
 by appointment, call (928)772-1266 x116



Prescott Computer Society is presenting a FREE discussion and demonstration of 3D printers on November 10th from 1-2 pm at the Prescott Library, Founders Suite.
 Website: www.pcs4me.com

For additional events please visit our website at www.nhdec.org

Year End Call to Action

By: Darlene Golson, Program Developer/Grant Writer

It is hard to believe the end of another year is quickly approaching. It is the time of year that many of us give thanks for the many blessings and opportunities we have had. It's also a time of giving and sharing with others.

Our mission at New Horizons Disability Empowerment Center is to assist people with any disability across Northern Arizona to live the most independent, self-directed life possible. We are so thankful to have had the ability to provide quality services since 1992 and we look forward to being able to improve and expand on our existing programs and services.

Your end of the year donation will help us to continue to provide services to people like Aziza Austin. Aziza was one of the many people diagnosed with polio during the outbreak in the 1950's and 1960's. She has been living with polio since the age of six and has a fused left knee and a weak right leg that makes mobility a challenge.

Aziza was referred to New Horizons Disability Empowerment Center by a friend six years ago and has been utilizing our transportation service since. She is extremely thankful as it allows her to



remain as independent as possible in her community. Her life has not been easy; however, Aziza believes that everyone can conquer anything as long as we are determined. She believes that we can all use our minds and hearts to help others.

As we enter the holiday season, we ask you to take Aziza's words to heart, "New Horizons Disability Empowerment Center gives hope for those who may need encouragement through life's long journey." Please help us to continue to encourage and empower those with disabilities.

Finally we would like to leave you with Aziza's heartfelt words, "May peace and good health be with you always!"

(To hear more from Aziza, go to our YouTube Channel. See the link on front cover).

Next Issue...

Positive
Changes

NHDEC is a NPO, 502c(3) charitable organization and we are grateful to receive funds from many sources, including: individuals, businesses, private and public foundations, Area Agency on Aging-Nacog, Arizona DES, Rehabilitation Services Administration, ADOT, Federal govt/title 7, and more. Your support is needed and appreciated! NHDEC acknowledges Pacific ADA Center, NIDRR and NIDILRR sponsorship, and the Department of Health and Human Services Administration for Community Living.

NHDEC Now in Mohave County

David Seigler, Executive Director

New Horizons DisAbility Empowerment Center reached Mohave County area in mid-2017 with the presentation of a new Community Leadership Academy (CLA) course. Our organization saw a need for people with disabilities to get the training needed to learn the skills of how to advocate and take on local leadership roles in various capacities such as being a member of a nonprofit board or being appointed to committees, councils or commissions by local government and nonprofits.

We know that by including people with disabilities in leadership roles in their communities, we can eliminate many problems before they arise. As we moved into the area, we also began to see other gaps in services across the Mohave Valley area.

Transportation represents a huge gap in service for many communities across Mohave County, and we are carefully stepping in to assist as needed. New Horizons DisAbility Empowerment Center started placing a supervisor and a couple of buses in Mohave Valley 5 months ago.

Also, Douglas Sieker, a member of our Board of Directors is from the Lake Havasu area and is considered an expert in ADA (Americans with Disabilities Act) issues. Douglas has many years of experience helping people with disabilities and businesses understand the ADA. Doug is working closely with the community to ensure that New Horizons DisAbility Empowerment Center is a welcome resource to this area.

We are working with local government, other non-profits, and citizens to determine how we can best help. As part of this move, we are being careful to hire local people as our drivers. Currently we have 4 employees working in Mohave County. We currently cover areas such as Mohave Valley, Bullhead City, Kingman, Peach Springs and Lake Havasu and the communities between. If you are living in Mohave County, please know we are here to help with education and self-advocacy training, as well as being able to help you find other resources that may be available.

SPOTLIGHT OF THE MONTH

Doug Seiker, Board Member and CLA Facilitator

Douglas Sieker received Applied Sciences and Certificate in compliance of the ADA in Computer Sciences, Business and Human Resources from Mohave Community College and is currently teaching Community Leadership Academy with NHDEC. A strong advocate for making lives better for people with disabilities, he is a great advocator for his students. His professional interests focus on

ADA Law, and his current projects include giving understanding to both Fair Housing Law as well as ADA Law. In addition, he serves as an advocate for New Horizons Disability Empowerment Center, and is a member of NHDEC Board of Directors. He was recently honored for his contributions to helping companies understand the need for accessibility .



Easy Ways to Make Your Caring Continue

#GIVINGTUESDAY™
November 27, 2018

Stay tuned to our website www.nhdec.org for more information on how you can give on #GivingTuesday.



Shop at AmazonSmile and they will donate 0.5% of the purchase price from your eligible purchases to your chosen charity. You use the same account on Amazon.com and AmazonSmile.



Shop. Swipe. Share!
Enroll now for the Fry's Community Rewards Program.
Go to www.frysfood.com/topic/new-community-rewards-program
New Horizons Disability Empowerment Center Organization # TM686



Arizona taxpayers can claim a tax credit for cash donations made to NHDEC get it all back as dollar for dollar state Tax Credit. The Arizona law doubles the maxi allowable amount taxpayers may claim from \$200 to \$400 for a single individual and from \$400 to \$800 for a married couple filing jointly.



Word Picture Puzzles

Try to figure out what each picture is saying

1. <div style="border: 1px solid black; padding: 5px; display: inline-block;"> TAILR RIALT AIRTL TLRIA </div>	2. <div style="border: 1px solid black; padding: 5px; display: inline-block;"> JOBINJOB </div>	3. <div style="border: 1px solid black; padding: 5px; display: inline-block;"> FAREDC E </div>
4. <div style="border: 1px solid black; padding: 5px; display: inline-block;"> L O V E </div>	5. <div style="border: 1px solid black; padding: 5px; display: inline-block;"> ABCDEFGHIJKLM NOPQRSTUVWXYZ </div>	6. <div style="border: 1px solid black; padding: 5px; display: inline-block;"> VA DERS </div>
7. <div style="border: 1px solid black; padding: 5px; display: inline-block;"> 1,2,3,...,38, 39,40 LIFE </div>	8. <div style="border: 1px solid black; padding: 5px; display: inline-block;"> LE VEL </div>	9. <div style="border: 1px solid black; padding: 5px; display: inline-block;"> TRY STAND 2 </div>

Answers: 1. Trail Mix 2. In between jobs 3.Red in the face 4. Falling in Love 5. Missing U
6. Space Invaders 7. Life begins at 40 8. Split level 9. Try to understand