

NO LIMIT NEWS

Living Life Without Limits



The Official Newsletter of New Horizons Disability Empowerment Center

NHDEC'S DURABLE MEDICAL EQUIPMENT LOAN CLOSET

By: Cindy Bradshaw, Office Assistant and Tiffany Kronz, Marketing Manager

Have you, or a loved one, ever found yourself in need of a wheelchair, walker, or other type of medical equipment only to find out your insurance doesn't cover the cost, or you are unable to afford it, making it unaffordable? There is another option... to borrow equipment from New Horizons Disability Empowerment Center's Durable Medical Equipment Loan Closet.

The Durable Medical Equipment Loan Closet inventory alters according to donations given and, at any one time, offers a varied assortment of medical equipment, such as wheelchairs, walkers, crutches, shower chairs, and more. Over the past 5 years we have been able to assist an estimated 150 people with their special needs. Many people tell us how important these loans were to their recovery. In one instance, we had a lady who had an accident resulting in broken leg bones. She was first able to borrow a wheelchair, and then a walker. Upon returning the equipment she stated the loan of the medical equipment immediately increased her mobility and enabled her injuries to heal completely. Since then, she has been able to move forward, working on goals she set for herself.



photo:
Sample
of durable
medical
equipment



If you are interested in borrowing, or donating, to the Durable Medical Equipment Loan Closet, we are available during regular office hours Monday through Friday, 8:30 am to 5:00 pm. You may also call 928-772-1266 with any questions you have regarding the Durable Medical Equipment Loan Closet.

WHAT'S IN THIS ISSUE

- NHDEC's Durable Medical Equipment Loan Closet
- 2019 is the Year for Positive Changes
- Thank You to 2018 Sponsors
- What does NHDEC Mean to Me?
- Ways to Make Your Giving Count
- Mohave County: Driver Training
- Word Search
- Coming 2019

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

2019 is the Year for Positive Changes

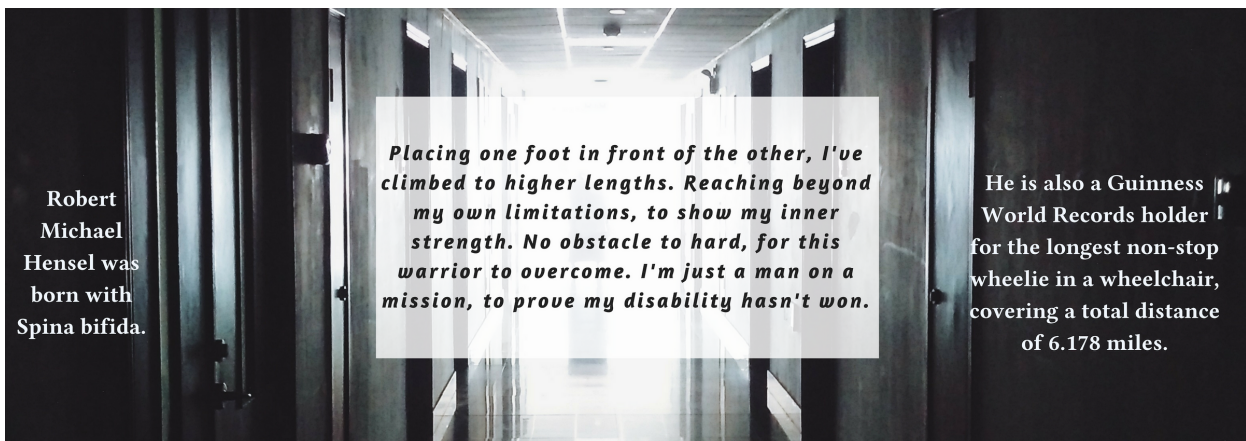
By: David Seigler, Executive Director

New Year... New beginnings, a new day to look towards a new future - look far enough and you can see the New Horizon. With the new year, many people plan big changes - a fresh start. At NHDEC, we are not much different. We are putting together some new programs intended to help people with disabilities make an impact on the world around us. From our sports and fitness programs, to our computer lab, we are implementing changes to better serve YOU.

We are very excited about our newest class - Arizona Education and Empowerment Initiative (formerly Arizona Community Leadership

Academy). This is a comprehensive education and empowerment initiative, designed to give the tools and expertise needed to initiate powerful, meaningful change in the communities we live in. NHDEC knows the more information we have, the more influence we have.

We ask YOU to consider this New Year as a new opportunity to be a positive influence on those around you. Our purpose for existing is to help you access your Civil Rights, to help you live the most independent, self-directed life possible. This year, let's work together to fix what is broken, to make tomorrow better for ourselves and our children. Let's make 2019 the year of positive, lasting Change!



Robert
Michael
Hensel was
born with
Spina bifida.

Placing one foot in front of the other, I've climbed to higher lengths. Reaching beyond my own limitations, to show my inner strength. No obstacle too hard, for this warrior to overcome. I'm just a man on a mission, to prove my disability hasn't won.

He is also a Guinness World Records holder for the longest non-stop wheelie in a wheelchair, covering a total distance of 6.178 miles.

Thank You to Our 2018 Sponsors

By: Tiffany Kronz, Marketing Manager

With gratitude and sincerity, New Horizons Disability Empowerment Center would like to thank each of you for your kind and thoughtful sponsorship's, donations and contributions. From the bottom of our hearts, THANK YOU!

2018 SPONSORS

NHDEC thanks you for your generosity!



ABILITY360

KC Auto Repair

CABLE ONE



**Special Thanks To
Our Hole-In-One Sponsor
Findlay Prescott Toyota**

Our Par Sponsors

- ❖ Angels In the Attic
- ❖ Lamb Auto
- ❖ The Palace Restaurant & Saloon
- ❖ SC Audit & Accounting Solutions, LLC
- ❖ The Frame & I

Our Birdie Sponsors

- ❖ Leslie & George Pelton
- ❖ Total Employer Solutions
- ❖ Hotel ST. Michael
- ❖ Footework
- ❖ Dream Scope Specialty, LLC

Donations Made By:

Prescott Athletic Club
Artful Eye Jewelry Design Center
Prescott Golf Club
Trader Joe's

Home Slice Pizza company
Raskin's Jewelers
Prescott Valley Ace Hardware
Yavapai Exceptional Industries

Sprouts
Action Automotive
Clothes Hound Clothing Co., LLC

For Information on Support Groups or Events

Mary Hesselschwerdt

Outreach Coordinator

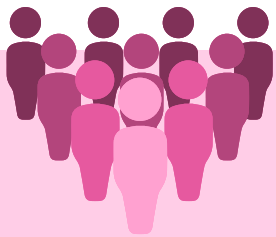
(928)772-1266 x 109

Direct Dial (928)515-2529

Jean Lasher

Community Information Coordinator

(928)772-1266 ext 108



Support Groups

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

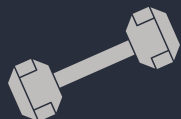
3rd Thursday of Month

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

Adaptive Fitness Center

Open 8:30a-5:00p Monday to Friday

Personal Training with Andrew Bogdanov
by appointment, call (928)772-1266 x116



January

CLOSED

February

1st - New Years Day
Transportation CLOSED

21st - Martin Luther King Jr. Day
Transportation OPEN

18th - President's Day
Transportation OPEN

*Please remember,
the NHDEC office is a*

**SCENT FREE
ENVIRONMENT**



Need a ride?
Call (928)775-8870

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

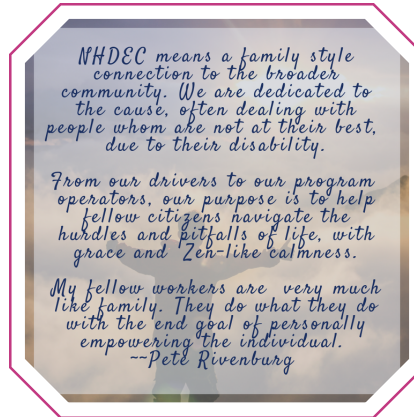


Photography Club
11am Last Tuesday of Month

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

What Does NHDEC Meant to Me?

We asked our employees to tell us what NHDEC means to them, here are the top responses:



Ways to Make Your Caring Count

2019 Is here! A new year, a new blank page for all of us. Do you want to be kinder, do more, and be more? At New Horizons Disability Empowerment Center, we have plans to provide new programs and to expand current programs in 2019! With your help, our plans and goals will be that much closer to being achieved. It is not too late to donate to our #GivingTuesday Campaign that ends on January 11, 2019. Go to <https://fundraise.nhdec.org/GivingTuesday> to make your gift. Our goal is \$3,000 and because of your generosity, we have raised \$1,348. Only \$1,652 left to go! Don't forget you can always give to new Horizons through Amazon Smile and the Fry's Community Rewards Program. It is as simple as choosing NHDEC

as your charity and then shop your heart out! Tax time is almost here! Did you know that Arizona taxpayers might also claim a tax credit for cash donations made to qualifying charitable organizations? Happy New Year from all of us at New Horizons Disability Empowerment Center! We wish you a year filled with health and happiness!

Goal \$3,000
#GivingTuesday and Beyond
Now through January 11, 2019
Together we can make a difference!

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.

THE ARIZONA TAX CREDIT

Next Issue...



NHDEC is a Fragrance Free Facility

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.

PASS Course Training & Driver Certification Program

By: Darlene Golson, Grant Writer & Program Development

New Horizons Disability Empowerment Center held its first PASS (Passenger Service and Sensitivity Training) Course in Mohave County on December 1, 2018. The PASS Training and Driver Certification Program is designed to ensure that community transportation drivers have the most current expertise in passenger assistance for techniques and sensitivity skills appropriate for serving people with disabilities. The training was held to instruct six NHDEC drivers whom started transporting individuals for Medical Transportation Brokerage of Arizona (MTBA) and other contracts on December 6, 2018. All six drivers passed the training at 100% and are now PASS Certified! Five months ago, the services that we provided in Mohave County required one van and now we will be utilizing five vans per day. Rod Lusk, Director of Transportation at New Horizons stated, "We are very excited with the opportunity to increase our services to people in Mohave County. Assisting others to remain

independent in the community is what we do and love."

Thank you to Larry Laidler for driving to Kingman from Prescott Valley to provide this much-needed training! This was Larry's first time as a PASS Trainer and he did an amazing job. Larry stated, "I am looking forward to our next PASS Training Course to be held in January 2019 at our facility in Prescott Valley. This was my first time as a trainer so I look forward to becoming a better instructor and continuing to teach these much needed skills."

Special thanks also to Mojave Community College for allowing us the use of one of their classrooms.



R L S X E L X S V O E Y C X O
E E T U C Y O L A Z N V W R Q
Z T R D N D T V L K P O I P Y
O T A I A L F U E D U Q T R R
R E E L M L S H N W L K A I I
O R H M O D G R T D E U P L I
S S T W R C A M I G R B A P A
E Y E G D C O T N B Q P I C O
S R E D O Z Y H E Y B H Q F M
S G W K A U A F C R S O G I L
I G S G T P D E A T C A N D Y
K P P P R P I A R E E E U E W
Y O W F E H L U D O M X S P W
K O Q E P V O Q D P F U Q Q I
R G Y C W C H V E S Y S I I J



LOVE
POETRY
SECRET ADMIRER
ROMANCE
VALENTINE CARD
KISSES

CHOCOLATE
FLOWERS
BE MINE
HOLIDAY
COURTSHIP
ROSES

CANDY
RED
LETTERS
SWEETHEARTS
FEBRUARY 14
RIBBON

Answers can be found at www.nhdec.org

Coming in 2019

COMING SOON



AZEEI
Arizona Education &
Empowerment Initiative
Sign up NOW for 2019 classes
Call 928-772-1266 x113



Health & Wellness Fair



May 2019

Wreaths Across America Day

By: David Seigler, Executive Director

Each December on National Wreaths Across America Day, our mission to Remember, Honor and Teach is carried out by coordinating wreath-laying ceremonies at Arlington National Cemetery, as well as at more than 1,400 additional locations in all 50 U.S. states, at sea and abroad.

Wreaths across America is a National Program dedicated to Remembering the fallen, Honoring those who serve, and Teaching our children the price of Freedom. NHDEC participated in the 2018 Prescott Wreath Ceremony on Saturday, December 15th by providing transportation to those who attended. We are pleased to say that NHDEC donated the use of our shuttle vans and our drivers donated their time. This is

just one of several veteran focused activities that New Horizons is proud to be a part of. NHDEC partners with American Legion Post 140 to provide service opportunities, job training, small peer support groups, sports and fitness programs and more! If you are a veteran, and want to chat about our services, feel free to contact us! If you want to help, feel free to direct your gift our way. We will make your donated dollars count!



NHDEC is a Fragrance Free Facility