



CommunicAbility

A Quarterly Newsletter For Our Community Members with Disabilities

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Articles and Features

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NHU Highlights

- Small Actions = Big Changes
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“No one is useless in this world who lightens the burdens of another.”

- Charles Dickens

No Internet?

If you do not have access to the Internet at home, and are unable to access the websites listed in this newsletter, we would be happy to mail you a printed copy of the information that is available online.

To request a printed copy, please contact us via phone 414-299-0124.

Thank you!

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” - Aristotle

The Habits of Successful (and unsuccessful) People

Do yourself a favor this week, pay attention to how many times you say “I can’t” or “I won’t.” It’s smart to have limits. We should have limits. However, if “I can’t” or “I won’t” is uttered more than “I can” in any given day, we’re going to hit a wall; we’re going to stand still.

In fact, our chance of success correlated with “I can’t,” or worse, “I won’t,” is pretty much zero. Even a slight thought adjustment to something along the lines of “I wish I could” will vastly improve the probability of success.









Of course we must also define what success looks like to. Perhaps it’s simply leaving the house to meet with a friend, or taking 30 minutes to exercise, or maybe it’s making a phone call to set up an appointment with an employment counselor. Successes do not have to be grand. In fact, we should celebrate even the finest of successes to build us up for the bigger and better successes to come!

It’s a fact that the vast majority of successful people tend to have positive thought processes and habits.

Let’s take a look at our habits! Do you have habits that hold you back or those that propel you forward?

Be honest with yourself...

Habits That Will Hold You Back

-  Fearing change
-  Giving up too easily
-  Blaming others
-  Having a sense of entitlement
-  Thinking, saying, and doing negative things
-  Acting first, thinking second
-  Lacking goals
-  Lacking a desire to learn

Habits That Will Propel You Forward

-  Taking risks
-  Being joyful
-  Having goals and “to do” lists
-  Accepting responsibility for your failures
-  Being open to learning and growing
-  Having passion and commitment
-  Being solution focused

New Horizons Un-Limited is a Milwaukee-based, non-profit organization that provides individuals with lifelong disabilities increased access to the information, tools and life experiences that will enable them to improve their lives.



new-horizons.org



facebook.com/NewHorizonsUnLimited



twitter.com/newhorizonsmke

Living With Intention

My Personal Goal Worksheet

Successful people set goals. Take some time to think about what you want to accomplish. Write it down. Hang this sheet where you will see it every day. Keep your goals close!

Health and Wellness Goals

Weight and fitness goals, eliminating unhealthy foods and habits

Goal 1: _____

Goal 2: _____

Goal 3: _____

Goal 4: _____

Education Goals

What do you want to learn how to do?
What topics do you want to learn about?

Goal 1: _____

Goal 2: _____

Goal 3: _____

Goal 4: _____

Personal Goals

What can you do to improve your quality of life?

Goal 1: _____

Goal 2: _____

Goal 3: _____

Goal 4: _____

New Frontier Goals

Your "bucket list," things you've always wanted to try or do

Goal 1: _____

Goal 2: _____

Goal 3: _____

Goal 4: _____

Relationship Goals

How will you proactively engage your friends and family?

Goal 1: _____

Goal 2: _____

Goal 3: _____

Goal 4: _____

Long-term Goals

What do you hope to accomplish in the next 3 to 5 years?

Goal 1: _____

Goal 2: _____

Goal 3: _____

Goal 4: _____

Advocacy in the Everyday

*We are done with being a silent many
Every voice rings out and carries
No we won't just go back
Home without you hearing
The sound when the many say
We are done*

-Madden Brothers

Have you heard the song We Are Done by The Madden Brothers? It's a good song by most standards, but for us, for disability advocates, it's more than just a good song; it's a call to action! It's a call to end our silent servitude...to stop allowing others to define us...to stop allowing ourselves to place a value on the narrow-minded definitions of us! It's a call, to show the world, who we are!

You don't need to chain yourself to a pole, or tip your wheelchair and crawl up the stairs of a national monument to be heard. No, in fact, sometimes it's what happens in the mundane quiet of your EVERYDAY that speaks the LOUDEST.

We mustn't hang our heads and hide. We must come out into the day and LIVE OUT LOUD! We must advocate by being and by doing. We must live our lives on the sidewalks and in the stores and in the parks and in the cafes of our communities. We must live our lives among the masses.

We must move and communicate with confidence.

We must do what we can on our own, but admit when we need help, and not be ashamed about it.

We must be teachers to those who just don't seem to get it and counselors to those who just don't seem to care.

We must allow ourselves to have bad days and forgive ourselves when we do.

We must empathize with and support our fellow advocates, no matter the severity or absence of disability.

We must embrace and acknowledge our limitations while at the same time celebrate our abilities.

We must be advocates EVERYDAY!

It's a big responsibility! But we need you! Are you up for the challenge? Will you join us in telling the world, WE ARE DONE?!

**SMALL ACTIONS
X LOTS OF PEOPLE
= BIG CHANGE**

Can you believe that New Horizons Un-Limited will be celebrating 20 years of disability advocacy this December?! Since 1994, we have been providing our community members with disabilities the information, tools, and experiences that enable them to become confident, contributing citizens!

Throughout this 20 year journey we have seen our community members become advocates, earn their GEDs, graduate college, find jobs, start businesses...all because they were given the tools and ongoing support they needed to succeed.

Our 20 year journey is only thanks to hundreds of advocates just like you who believe in our community members with disabilities. Advocates like you, who volunteer, and contribute, year after year! We tip our hats to you, dear friend!

2014-15 Annual Fund Drive

We need your help to ensure that we can continue to support our motivated community members with disabilities!

Please talk to your friends and family about all the good that we do for our community members with disabilities and ask them to invest in their futures!

We are confident that if we come together, build each other up, and support each other, we can realize our vision – a world that values individuals with disabilities as contributing members of our communities, our workplaces, and life itself.

Please use the enclosed envelope to contribute what you can!

Or, visit us online at new-horizons.org/donate.html

THANK YOU!!!

Return Service Requested

The Habit of Excellence

This edition focuses on self improvement through creating healthy, positive habits. As you search for the words, think about how you can find balance, happiness and success in your life. We cannot eliminate our hardships, but we can change how we deal with them.

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|----------------|--------------|
| ACCOMPLISH | PLAN |
| BELIEVE | REACH HIGHER |
| BE ACCOUNTABLE | SCHEDULE |
| COMMIT | SET GOALS |
| DO | START TODAY |
| DREAM | STRIVE |
| EMBRACE CHANGE | SUCCEED |
| FIND BALANCE | TAKE RISKS |
| LEAD | TRY AGAIN |
| LEARN | |

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new-horizons.org



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horizons@new-horizons.org



Since 1994, New Horizons Un-Limited has supported our community members with disabilities on their personal journeys. We provide the information, tools, training, and personalized guidance they need to find purpose and fulfillment in their lives.

Nearly all of our services are offered completely FREE of charge to ensure that every individual may benefit. Your contribution will provide FREE consultations, FREE job skills development, FREE home computers, FREE computer training, FREE computer support services, and more. Please consider giving so that others may receive the gift of growth and progress. THANK YOU!!

Via mail: New Horizons Un-Limited, 811 E Wisconsin Avenue, Ste. 937, Milwaukee, WI 53202

Online: new-horizons.org/donate.html