



CommunicAbility

A Quarterly Newsletter For Our Community Members with Disabilities

Winter 2011, Vol. 11, Ed. 1

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"Reasonable people adapt themselves to the world. Unreasonable people attempt to adapt the world to themselves. All progress, therefore, depends on unreasonable people."
~ George Bernard Shaw ~

New Horizons Un-Limited is a Milwaukee-based, non-profit organization with a mission to provide individuals with lifelong disabilities increased access to the information, tools and life experiences that empower them to seek out the opportunities that can improve their lives.

To learn more about what we do for our community members with disabilities, please visit us online at www.new-horizons.org.

No Internet?

If you do not have access to the Internet and cannot visit the websites listed in this newsletter, please contact us directly at 414-299-0124.

We would be happy to mail you the information available online.

National Interest

NPR: More young people with disabilities entering nursing homes than ever before

Based on federal data from the Department of Health and Human Services, the NPR reported in their December 9, 2010 story, *A New Nursing Home Population: The Young*, that "young people ages 31 to 64 now make up 14 percent of the nursing home population. That's up from 10 percent just 10 years ago."

Even more unsettling is that this group, referred to as the "working-age," has been the fastest-growing population in nursing homes over the same 10 year period. While the Health and Human Services report does not speculate as to why this trend is occurring, the NPR story suggests that it may have to do with budget cuts:

"According to a study by the AARP Public Policy Institute, the cost of attendant care is about a third the cost of providing care in a nursing home or institution. But there's an upfront cost to states to hire the case managers and aides, find the housing, and pay for other things that make this home-based care work. So as states face record budget gaps, the programs that help people live at home are cut."

To read more about this issue, check out the online NPR News Investigation, *Home or Nursing Home: America's Empty Promise to Give the Elderly and Disabled a Choice*:

npr.org/series/131105200/home-or-nursing-home

To learn more about or become involved in advocacy efforts related to this issue, check out ADAPT online:

adapt.org

Wisconsin Interest

Plans for "Jim's Cabin" at Harrington Beach underway

Plans are underway to build Wisconsin's 8th wheelchair accessible cabin at Harrington Beach State Park in Belgium. With existing cabins booked to near capacity, this cabin will be a welcome addition to Wisconsin's accessible outdoors.

The cabin will be built in memory and honor of Jim Schendel, an active member of Wisconsin's disability community (and former volunteer of NHU), who unexpectedly passed away in January 2008.

The Harrington Beach Friends group is in the initial planning and fundraising stage and is working to raise the \$150,000 required to make this cabin a reality over the next two years.

You can help make this cabin available to those who might not otherwise be able to experience camping in the great outdoors!

To learn more about this project and how you may be able to assist with their fundraising efforts, call the park at (262) 285-3015.

Contributions can be mailed to:

Friends of Harrington / Accessible Cabin
c/o Neil Kraemer
531 County Road D
Belgium, WI 53004

Save a Tree: Receive CommunicAbility via E-mail

Help us cut down on paper waste! E-mail us at horizons@new-horizons.org to request an electronic version of CommunicAbility via e-mail. Please be sure to include your complete name in your e-mail.

Return Service Requested

CommunicAbility: Disability News You Can Use

Volume 11 • Edition 1

Facebook 101

This tutorial was created to help you create, use, and maintain a Facebook page.

Visit GCFLearnFree.org:
gcflearnfree.org/facebook101



NHU has taken the plunge into the phenomenon that is Facebook.

If you are already on Facebook, become a fan of NHU so that you can stay on top of all the latest disability-related news, events and conversations.

 Visit our homepage at new-horizons.org

 Click on the "Find Us On Facebook" icon

 Click "Like" to receive NHU posts on your wall

If you are not on Facebook, join today, by visiting facebook.com.

We look forward to seeing you there!

Wisconsin Interest

Taking Care of You: Powerful Tools for Caregivers

If you are the primary Caregiver for a family member with a disability or chronic illness, you have likely felt overwhelmed and overworked, unable to find the time to take care of your needs.

If this is the case, you should consider attending the FREE*, six-part educational support program, *Taking Care of You: Powerful Tools for Caregivers*. This nationally recognized program is designed to help family caregivers provide better self care and identify ways to meet the challenges involved with caregiving.

The Family Caregiver Support Network (FCSN) of Interfaith Older Adult Programs will be offering a Saturday, 9:30-11:45am Powerful Tools session, free of charge, starting March 5, 2011 and running through April 16th, 2011 (skipping March 26th) at Parklawn Assembly of God Church, 3725 N Sherman Blvd in Milwaukee.

Call FCSN at (414) 220-8600 for class information and to possibly arrange for care of your loved one in order for you to attend.

* Donations are graciously accepted.

NHU's 9th Annual Raffle

Grand Prize

2 Round Trip Airfare
on Southwest



\$800 Value

Additional Prizes

Philips 22" LED-LCD HD TV

LG Blu-ray Player

Apple 2GB iPod Shuffle

And More!!!

Drawing

Thursday, March 24, 2011

Need Not Be Present to Win

Tickets

\$2 each, 3 for \$5, 7 for \$10, 20 for \$20

Raffle entrants who purchase multiple tickets are eligible to win multiple prizes.

To request your tickets:

Call: (414) 299-0124

E-mail: horizons@new-horizons.org

New Horizons Un-Limited

Serving Our Community Members with Disabilities Since 1994

9th Annual Benefit Raffle

Four Fabulous Top Prizes

Two Roundtrip Tickets
on Southwest
\$800 Value



22" Philips LED
HDTV



2 GB iPod Shuffle



LG Blu-ray Player



Drawing:
March 24, 2011
US Bank Center Galleria
Need Not Be Present to Win

Tickets:
\$2 ea • 3 for \$5 • 7 for \$10

Best Luck Special:
20 tickets for \$20

Raffle entrants who purchase multiple tickets are eligible to win multiple prizes.

Additional Prizes Include Theater Tickets, Restaurant Certificates, Museum Passes, Festival Tickets, Sports Tickets and More

Raffle Ticket Order Form

1 Ticket for \$2 3 Tickets for \$5 7 Tickets for \$10 20 Tickets for \$20

Name: _____ Phone: _____

Address: _____

City _____ State: _____ Zip: _____

Enclosed please find my check made payable to New Horizons Un-Limited in the amount of \$ _____

Please charge \$ _____ to the following credit card: ___ VISA ___ MasterCard ___ AmEx

Exp. Date _____ Card No. _____

Signature _____ Date _____

Please return this form, with your payment, by March 21, 2011 to:

New Horizons Un-Limited Inc., 811 E. Wisconsin Avenue, Suite 937, Milwaukee, Wisconsin 53202