



CommunicAbility

A Quarterly Newsletter For Our Community Members with Disabilities

Winter 2012, Vol. 12, Ed. 1

National

- Improve Your Skills Through GCFLearnFree.org
- A Story of Success
- Give and Gain Through Volunteering
- Access Together Smart Phone App
- Word to Live By Word Search

NHU Highlights

- 10th Annual Raffle
- Grand Prize: 32" Toshiba LCD HD TV

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.

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

No Internet?

If you do not have access to the Internet, and are unable to access the websites listed, we would be happy to mail you the information that is available online. To request a printed copy, please contact us at 414-299-0124.

Improve your employment skills with GCFLearnFree.org

Do you know how to type a letter in Microsoft Word?

How about creating a presentation in Power Point?

Or better yet, do you know what prospective employers want to see on your resume?

If not, gaining these skills has never been easier! All you need is a computer, speakers and Internet connection to get started.

Type **gcflearnfree.org** into your web browser's address bar to discover more than 750 FREE online lessons, including:

➤ Computer Skills

- Internet and E-mail Basics
- Social Media, including Facebook and Twitter
- Microsoft Office, including Word, Excel, Access and PowerPoint
- And **MUCH MORE**

➤ Career Planning and Preparation

- Resume and Cover Letter Development
- Interviewing
- Job Searches
- And **MUCH MORE**

These lessons, which are accessible 24 hours a day, 7 days a week, allow you to learn at your own pace. Perfect for beginners, each lesson focuses on one concept at a time and includes easy-to-follow videos and interactive demonstrations that take you through the concept step by step.

(Continued from previous column)

Prepare for your GED and learn Life Skills

GCF Learn Free is also great for those of you who are hoping to earn your GED, or for parents that want to teach their child basic life skills, with such lessons as:

➤ Math and Reading Basics

- Addition and Subtraction
- Fractions
- Sound-Word Match

➤ Everyday Life

- Count Change
- Telling Time
- Bus Maps
- ATM

Visit **gcflearnfree.org** to get started!

“It is not what we read, but what we remember that makes us learned. It is not what we intend but what we do that makes us useful. And, it is not a few faint wishes but a lifelong struggle that makes us valiant.” ~ Henry Ward Beecher

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.

When the world screams, "give up," hope whispers, "try it one more time!"

We all need a little nudge from time to time to remind us that life is only what we make of it. Often times that nudge comes in the form of a story; a story from a fellow citizen with a disability that proves success isn't simply found, but earned, through hard work and tireless perseverance!

L. Vance Taylor is a successful husband, father, and highly esteemed homeland and environmental security consultant in Washington, D.C. He also happens to have Muscular Dystrophy.

Despite the rather grim predictions of his childhood doctors that he would never graduate high school, he went on to earn a master's degree in homeland security and become a policy expert, trusted advisor, and co-owner of a government affairs and business development firm in D.C.

In a recent blog post on Disability.gov, Mr. Taylor reflected on his journey, saying:

"Mine is a story of success. I studied diligently, worked exceptionally hard and fought with every fiber of my being to "prove" I deserved the same opportunities afforded to the non-disabled. Once I entered the workforce, I put the pedal to the metal and have never stopped pushing forward. That I could do so is wonderful; that I had to is tragic."

Mr. Taylor goes on to describe a disastrous early interview, during

which an ill-informed hiring manager grilled him about his disability, and how an un-paid internship allowed him to shine.

It is an exceptional story that should be read by all. Visit:

usodep.blogs.govdelivery.com/2012/01/12/the-fight-to-work

For even more light-hearted inspiration, visit Mr. Taylor's personal blog at:

rollingperspective.blogspot.com

"Patience & perseverance have a magical effect before which difficulties disappear & obstacles vanish."

- John Quincy Adams

Give and Gain through Volunteering

You'd be surprised at the variety of valuable work and social experiences volunteering can bring into your life. Volunteering can bring friendships, enhance work skills and create confidence.

Even if you cannot work full time due to a disability, consider giving a few hours each week to your favorite charity. Chances are they are looking for compassionate, hard working volunteers to help them carry out their mission.

Don't know where to start?

First, find your passion. Is it animals, children, older adults, the environment, music, art?

Second, find an organization that works in support of this passion. There are certainly dozens of non-profits organizations that serve your community.

If you don't have one in mind, contact your local chamber of commerce or non-profit/volunteer center. You could also use the phone book to find local organizations.

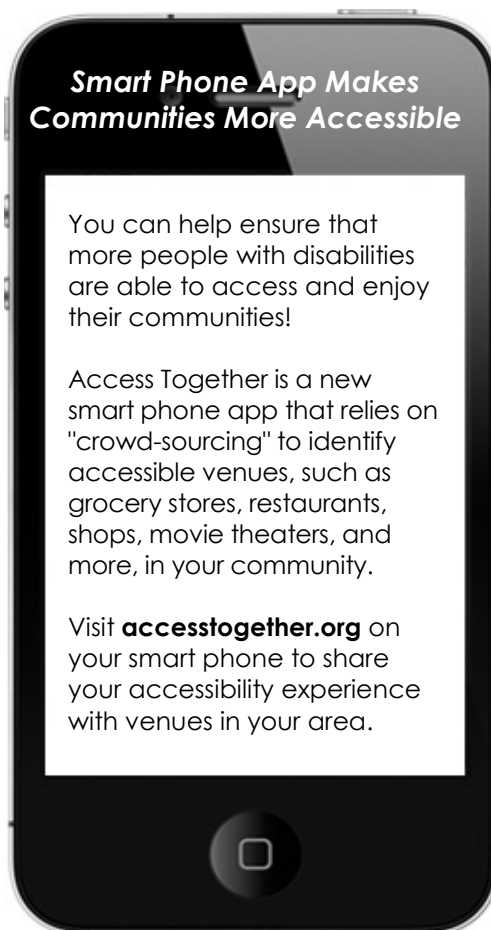
If you have access to the Internet, Volunteer Match is a great resource to locate volunteer opportunities. You can search by location and keyword so that only the most appealing opportunities are listed.

Visit volunteermatch.org to find an opportunity that fits your interests.

✍

"You make a living by what you get. You make a life by what you give."

-Winston Churchill



New Horizons Un-Limited

Serving Our Community Members with Disabilities Since 1994

10th Annual Benefit Raffle

Grand Prize

32" Toshiba Flat Panel
HD LCD TV



Raffle Drawing
March 22, 2012
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!!!

Please contact us to request a prize list or to purchase your tickets:

414.299.0124 • horizons@new-horizons.org • www.new-horizons.org/pdf/raff12.pdf

A complete list of prizes is also available online!
new-horizons.org/pdf/flyr12.pdf

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Words to Live By

As you find each word, take a moment to reflect on how you can incorporate each into your life, or help others incorporate these ideas into theirs.

And remember, life is only what we make of it. "Cease the Day" and enjoy this little exercise for your mind and soul!

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|---------------|------------------|
| BRAVERY | PERSEVERANCE |
| COMPASSION | PUSH YOUR LIMITS |
| CONFIDENCE | RESPECT |
| EXPECTATION | RESPONSIBILITY |
| EXPERIENCE | STRENGTH |
| EXPLORE | STRIVE |
| INDEPENDENCE | SUCCESS |
| NEVER GIVE UP | TRYAGAIN |
| PATIENCE | |

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



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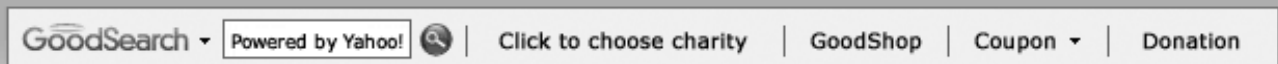
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Indicates the school or
nonprofit you support

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GoodShop.com

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Coupons &
deals

↑
% that will go
to charity

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