

Fall 2024

Volume 21 Edition 3

**NHU Outlook Newsletter is published quarterly by New Horizons Un-Limited Inc. (NHU)**, a 501(c)3 tax exempt non-profit disability advocacy organization that provides our disabled community members the information, tools and experiences that encourage lifelong learning and service, so that we may all work together to create a more inclusive, accepting society. Our programs are possible through the generous contributions of our community partners, member and donor families and many in-kind donors. To contribute to New Horizons Un-Limited, see page 6.

To learn more about NHU, visit our website at [new-horizons.org](http://new-horizons.org) or send us an e-mail at [horizons@new-horizons.org](mailto:horizons@new-horizons.org)

**“There is no greater disability in society, than the inability to see a person as more.”**

— Robert M. Hensel, author and Guinness World Records Holder

## In this newsletter

August, September, October 2024

- How We Use Your Donations
- You Don't Look Disabled - Blog
- Story Of Being Human – Our New Social Media Page
- Social Anxiety – A Guide on Developing Social Skills
- How To Hire Disabled Employees
- Voting Guides & Articles
- **Join Us In Our Grassroots Effort**

### NHU 2024 Benefit Golf Outing

—  
A Shout Out To Our Sponsors and Golfers!

**NHU Outlook Newsletter published quarterly by:**

**New Horizons Un-Limited Inc.**  
811 E. Wisconsin Avenue, Suite 937  
Milwaukee, WI 53202  
414.299.0124  
[new-horizons.org](http://new-horizons.org)  
[horizons@new-horizons.org](mailto:horizons@new-horizons.org)



***It is through your help, that we have been able to train and provide employment opportunities for disabled people.***

Did you know that our website receives approximately 5,500 visitors each day? This equates to over half a million individuals with disabilities and their caregivers accessing a wealth of information, including our extensive collection of guides and links tailored for specific disabilities. Our homepage features up-to-date information on legislation, assistive technology, medical research, and human interest stories relevant to the disabled community.

Your generous donations significantly support our research on our website, as well as our social media platforms, which we utilize to keep our visitors informed about voting initiatives, Social Security updates, and current disability-related news.

In addition, we offer internet safety training and assistance with computer applications to disabled individuals within our community. Starting next month, we will also begin publishing articles focused on the latest technology and best practices for its use among disabled individuals.

Furthermore, we are committed to preparing disabled individuals for the workforce with the help of your contributions. Thanks to your support, we have successfully hired two disabled employees. Thank you for enabling us to make a meaningful impact in the lives of so many.

*- Continue on Page 2*

**A Story of Being Human** brings disabled voices and their lived experiences into the light. Every word is their own or those of their family members, because disabled voices matter.

Follow along:



"Growing up, I didn't have any sense that my disability wouldn't let me do something. I remember all the way up until I was 12 years old, I was always saying that I would be a Marine or that I'm going to be Special Forces I remember people asking "Well, how's that going to work?" I just thought, "Oh, I'll figure it out." - *Nick*

Connect with us:



[new-horizons.org](http://new-horizons.org)



[facebook.com/NewHorizonsUnLimited](https://facebook.com/NewHorizonsUnLimited)



[twitter.com/newhorizonsmke](https://twitter.com/newhorizonsmke)



[newhorizonsunlimited.wordpress.com](https://newhorizonsunlimited.wordpress.com)

### You Don't Look Disabled

A few weeks ago, I had a number of people (friends and coworkers) express confusion over the state of my husband's health. They saw my pictures of us sailing, that I posted on facebook and said things like "I thought he wasn't doing so well?" and "I'm surprised he could do that." My husband has a progressive lung disease and like most people with chronic diseases or hidden disabilities, he has good days and bad days. I, myself have a peripheral neuropathy (CMT – type 1X) and chronic kidney disease. We both look good though and a lot of people get confused by that.

I'm not sure why we tend to only associate disease and disability with images of wheelchairs and "blind" canes. Sure, we can all point to the universal blue and white handicap signs and stickers that have been around for decades, but it's more than this symbol that's at play here, when we try to imagine what it's like to have a disease or disability. The trouble with empathy in these scenarios, is that most of us have not grown up with our disabled friends and family fully integrated into everyday society. Some of us are old enough to remember as kids, our older relatives whispering about the "big C" and other "sad things" like a relative who couldn't be at a social function because their needs couldn't be accommodated. Looking back, I can see all of the "ableism" in these fear based assumptions and decisions.

Ableism is a relatively new term that describes discrimination in favor of non-disabled people. **"It is based on an assumption that the physical, cognitive and sensory differences with which disabled people live with are deficits"**, and it is rooted in the medical model of disability that assumes that disabled people need to be 'fixed'. - *To Continue Visit:*

<https://newhorizonsunlimited.wordpress.com/2024/08/22/disability-looks-good-on-you/>



### Developing Social Skills to Manage Social Anxiety: A Practical Guide

Social anxiety can be debilitating, making everyday interactions challenging and stressful. Some anxiety disorders are so life-restricting, like obsessive-compulsive disorder (OCD) and generalized anxiety disorder (GAD), that they require professional help and qualify as a disability according to the SSA. If you have not been diagnosed or treated for these disorders but feel that social anxiety affects you on a regular basis, there is something you can do: build stronger social skills. You can access our guide at:

<https://newhorizonsunlimited.wordpress.com/2024/05/21/developing-social-skills-to-manage-social-anxiety-a-practical-guide/>

## Tips for Business Owners Looking to Hire Disabled Employees

The U.S. Department of Labor's Office of Disability Employment Policy (ODEP) supports several initiatives that help employers interested in hiring individuals with disabilities, including tax incentives, recruitment and hiring strategies, free, expert advice on workplace accommodations, and job posting websites. For more information, go to: <https://www.dol.gov/general/topic/disability/hiring>



## Please Join Us in Our Grassroots Effort

Just once per year, New Horizons Un-Limited actively reaches out to our community for financial support. As a grassroots, non-profit organization we rely wholly on the contributions of businesses and individuals right here in our community. Without this support we couldn't provide our community members with disabilities the tools, training and encouragement they need to move forward in their lives.

We are only 6 degrees of separation away from everyone in the World? It's a fascinating concept! We believe the only way to ensure real change is to tap into this idea. You surely know someone who has been affected by disability, and they surely know others who know others.

**Please think about everyone you may know who might have a connection to our mission and talk to them about the good things NHU is doing to support our community members with disabilities.**

Please consider sharing our story and an attached donation form with two individuals who may be interested in supporting our work and the futures of our community members with disabilities.

If you know more than two people, call us for additional copies of this flyer or download copies from our website: [new-horizons.org/pdf/anappl.pdf](http://new-horizons.org/pdf/anappl.pdf)

### Yes, I Want to Help!

Please accept my contribution in the amount of \$ \_\_\_\_\_ in support of our community members with disabilities.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_

Please find my check enclosed

Please charge my contribution to the following credit card:

Visa     MC     AmEx    Exp. \_\_\_\_\_

Card No. \_\_\_\_\_ Exp. Date: \_\_\_\_\_ CVV: \_\_\_\_\_

Signature: \_\_\_\_\_

**New Horizons Un-Limited Inc.**  
811 E. Wisconsin Avenue, Suite 937  
Milwaukee, Wisconsin 53202  
[www.new-horizons.org](http://www.new-horizons.org)

NONPROFIT ORG.  
U.S. POSTAGE PAID  
MILWAUKEE, WI  
PERMIT NO. 3271

**Return Service Requested**

**Fall 2024**

**NHU Outlook**

**Page 6**

For resources on everything disability, visit NHU's website: [new-horizons.org/datcat.html](http://new-horizons.org/datcat.html)

**Please accept my contribution for NHU  
in support of our community  
members with disabilities:**

\$500  \$250  \$100  \$50 Other \$ \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

I would like to designate my contribution in memory of:

\_\_\_\_\_

I would like for my gift to remain anonymous. Do not include my name in any publication acknowledging donors.



**NEW HORIZONS UN-LIMITED  
OUTLOOK QUARTERLY NEWSLETTER**

*Your gift will ensure that we may continue our work of advocating for a fully accessible, inclusive society for our family, friends and neighbors with disabilities.*

Checks may be made payable to:

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