



- Peer Support
- Advocacy
- IL Skills Training
- Information & Referral
- Nursing Home & Youth Transitions



2016 National Disability Employment Awareness



Inclusion Works
for Opportunity




Inclusion Works
for Business



National Disability Employment Awareness Month

#InclusionWorks



OFFICE OF DISABILITY EMPLOYMENT POLICY
UNITED STATES DEPARTMENT OF LABOR
dol.gov/odep




Inclusion Works
for Innovation





Voting Accessibility

WHERE WE ARE IN NORTH CAROLINA?

Requiring Accessible Polling Places. Polling sites are required to be accessible. Voters with disabilities or older voters may require removal of barriers at polling or registration sites in order to make the voting program accessible to them.

If a voter cannot access a polling place because of physical barriers, there is no way that the “voting system” is accessible and provides for the same opportunity for access and participation to persons with disabilities as for other voters. Therefore, precincts must provide access on a permanent or temporary basis on Election Day. Curbside voting, voting assistance, and absentee voting, as explained below, offer options that persons with disabilities may use to vote, but are not considered substitutes actual accessibility to the voting location.

The North Carolina State Board of Elections has:

- Surveyed and photographed every North Carolina polling place as to accessibility needs.
- Provided grants to county board of elections to improve accessibility based upon these surveys.
- Posted on its website, for use by voters, pictures of every polling place in North Carolina in regards to pathways to, accessibility from outside, and accessibility within the each polling site. Voters can access these pictures by going to the website and clicking the “Voting in North Carolina” menu item at the left of the page and then click on “View Your Polling Place”. If you do not know your polling place name follow this link www.ncsbe.gov where you can enter your address to find your information.

Please contact any accessibility problems at polling sites that you may encounter to your county board of elections.

Obtaining Accommodations as to the Voting Procedure. Voters may need accommodations for a mental, aged or physical condition when actually registering to vote or casting a ballot on a voting system.

Voting a mail-in absentee ballot at home is another option used by elderly and disabled voters. Contact your county board of elections as to how to obtain a mail-in absentee ballot.

Assistance to voters from the voter's close family members is allowed as to:

1. Entering the voting booth
2. Preparing the ballot
3. Exiting the voter booth

A voter in any of the following four categories is entitled to assistance from a person of the voter's choice, other than the voter's employer or agent of that employer or an officer or agent of the voter's union:

- a. A voter who, on account of physical disability, is unable to enter the voting booth without assistance.
- b. A voter who, on account of physical disability, is unable to mark a ballot without assistance.
- c. A voter who, on account of illiteracy, is unable to mark a ballot without assistance.
- d. A voter who, on account of blindness, is unable to enter the voting booth or mark a ballot without assistance.

Curbside voting is an option offered at each polling location where a voter can vote while in a vehicle outside the polling location. This includes all one-stop absentee (early voting) sites. A curbside voter has same rights to assistance as any other voter. Information as to curbside voting can be obtained from your county board of elections.

Voting Equipment

Both federal law and state requirements mandate that voting systems be equipped for voters with disabilities, which allows such voters to have the same opportunity for access and participation as non-disabled voters have. It is required that every precinct must have at least one accessible voting machine available for use by voters with special needs. This includes all one-stop absentee (early voting) sites.

Direct Record Electronic (DRE) touch screen voting machines offered audio cue capacity for visually impaired that allows the machine to mark the electronic ballot based upon the voter's instructions. The DRE machine will also produce an oral report to the voter as the choices selected prior to the voter casting the ballot.

Optical Scan voting systems where marked paper ballots are submitted into a tabulator by the voter can use paper ballots marked for the voter by AutoMark marking devices that also use audio cue capacity for visually impaired. The AutoMark also has a feature that will greatly magnify the ballot for voters that have limited visual impairment. This is a page on how to use the AutoMark in the back of this voter guide. The AutoMark will also produce an oral report to the voter as the choices selected prior to the voter casting the ballot.

The North Carolina State Board of Elections is committed to making voting as accessible for all elderly and disabled voters. Please let us know how we can improve such accessibility by calling us at (866) 522-4723 (toll free) or (919) 733-7173. You may also e-mail us at elections.sboe@ncsbe.gov.

How to Find Trustworthy Health Information from the Internet

- *Tips to finding health information that you can trust*
- *Tips for using search engines such as Google or Yahoo*
- *Tips for sharing Internet information with your health care providers*
- *A few trustworthy websites to get you started*
- *Resources*

People with disabilities and older adults often use the Internet to find health information but may experience difficulties in finding information that they can trust. The information below aims to answer frequently asked questions and provide tips on how to identify trustworthy health information on the Internet. It is important to evaluate what you find on the Internet because:

- *Anyone can post information on the Internet*
- *Search engine results are selected by computer software and not by human experts*
- *Websites may be sponsored by companies that are selling products so may not provide objective information.*

Tips to finding health information that you can trust.

- *Is the source of information respected and credible?*
- *Look at the web address (also called URL) to see what type of organization is sponsoring the website.*
- *Websites sponsored by government, educational institutions, or credible professional organizations are more likely to provide unbiased information than commercial websites.*
 - .gov = U.S. government*
 - .edu = educational institution*
 - .org = professional or non-profit organization*
 - .com = commercial website such as a website for a drug company*
- *Avoid websites that are someone's personal website.*
- *If there is an 'About Us' link, review the purpose of the organization. If the purpose is to promote commercial products or services, the health information provided may not be trustworthy.*
- *Be cautious of information presented if there are advertisements on websites. If there are ads they should be separate from health information.*
- *Is there contact information for the organization such as an email or phone number so you can contact them to learn more about their organization or website information?*
- *Be careful with links. If a link on a trusted website directs you to an entirely new website, do not assume that this new website also has trustworthy information. You will need to evaluate the new website to ensure it is trustworthy.*
- *You will need to evaluate the new website to ensure it is trustworthy.*
- *Is the information up-to-date?*
- *Look for the phrase 'last updated' on the webpages to see if the pages are current. If there is no indication of when the information was last updated then do not assume it is current.*
- *Look for other indications that the website is not up to date such as an outdated events page or outdated news under 'Latest news' feed.*
- *If links on the website do not work, the website may be outdated.*
- *Is the information presented based on facts (evidence)?*

- *Does it sound too good to be true? Be skeptical of health information that contains claims of a 'miracle cure.'*
- *Look for indications that the information on the webpage is based on research or expert review and not just opinion.*
- *Are research articles or other original sources of information cited?*
- *Is there a clear statement of where the information presented comes from or how it is reviewed?*
- *Compare credible websites. Compare the info you find on one credible website with information on other websites to see if it is consistent.*
- *Verify health claims that are based on personal testimony through multiple credible sources. Online support groups, forums or blogs are a great way to share experiences and information but should not be considered a trusted source of health and medical advice.*
- *Evaluate the strength of the health claims presented. For example, a health claim based on one small study is not as strong as a health claim based on the findings of multiple large scale studies. To learn more about evidence-based research, go to US Cochrane Center or e-Source for Behavioral & Social Science Research.*

How to avoid scams and viruses

- *Be careful if the website asked that you register or sign up to access information on the website, or receive information or other free products in the mail.*
- *Review the privacy policy to make sure the website will not share your information with a third party.*
- *Avoid websites that have pop-ups.*
- *Do not download files from a website unless you know the documents are trustworthy.*

Tips for using search engines such as Google or Yahoo

- *Combine terms in order to focus your search. For example, if you want to find information on dealing with pain for people with MS, enter pain AND multiple sclerosis.*
- *Use double quotes to find an exact phrase ("assistive technology").*
- *Use OR to search for both words and phrases (exercise OR "physical activity").*
- *These tips also apply when searching Google Scholar, a search engine for finding scholarly literature such as academic articles.*

Tips for sharing Internet information with your health care providers

- *Research shows that most doctors (80%) see patients who have gotten health information from the internet. The tips below will help you make the most out of your time with your health care provider.*
- *Share only health information that comes from multiple and credible websites.*
- *Don't share complete documents but make a brief bulleted list of your questions.*
- *Ask your doctor to suggest some websites that might be useful to you.*



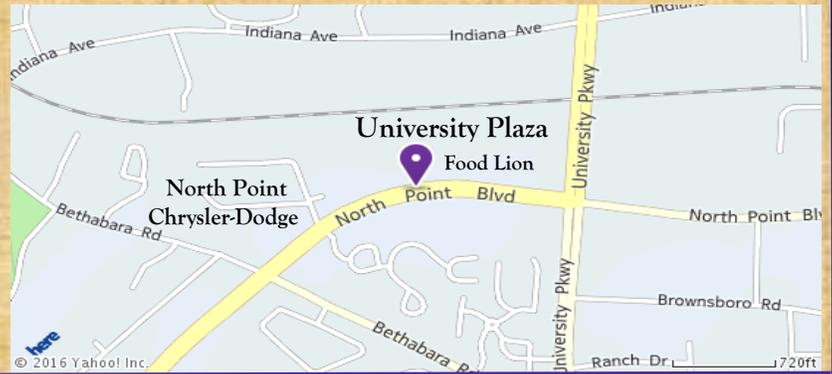


The View from Where I Sit

By Mark Steele

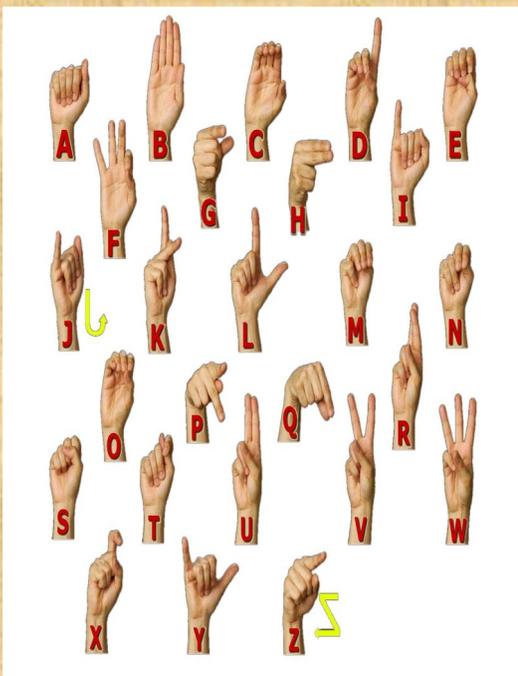
To Better Serve our Consumers

The Adaptables, Inc.
Center For
Independent Living
MOVING!



Please stop by and say hello and see how we can serve you!

BASIC SIGN LANGUAGE CLASSES



Details:
6 (1 hour) sessions

Every Tuesday
October 18 to November 22,
2016

(Learn basic grammar, vocabulary, finger spelling, numbers and about Deaf Culture)

Price:
\$25.00
(includes materials)

TIME:
4:00pm – 5:00pm

Location:
7744 North Point Blvd.

Winston-Salem, N.C. 27106

To Register or for Questions
Contact:

Jane McCann

336-767-7060 (Voice)

jmccann@theadaptables.com



Deadline:

Friday, September 30, 2016



*A Photo ID Will be Required to Vote in 2016

Beginning in 2016, voters will be required to show a photo ID that bears a reasonable resemblance to the voter.

Acceptable forms of photo ID include:

- N.C. driver's license
- North Carolina ID card issued by DMV
- U.S. passport
- Military or Veterans ID
- Tribal ID from a federally or state recognized tribe
- Out-of-state driver's license (only valid if voter registration occurred within 90 days of the election)



***NOTICE**
July 2016
 Appeals court strikes down North Carolina's voter-ID law. No ID will be needed in the November General

NOTE: North Carolina voters who do not already have an acceptable ID can get one for free from the DMV.



The Adaptables, Inc.
Center For Independent Living
 7744 North Point Blvd.
 Winston-Salem, NC 27106

336-767-7060
 866-894-3103 or
 Fax to 336-760-7240

Detach and Mail , call or fax to The Adaptables

Make your Tax Free Donation Today

Online Donations now available through the Website

Sign up for:

- To Volunteer Time _____
- Contribution Amount _____

Method of payment

- Check
- In Person

 Name

 Address

 Phone

 Signature



VOLUNTEERS NEEDED

- ⇒ Teach basic computer skills
- ⇒ Help with school based programs
- ⇒ Develop computer refurbish program seeking community donations
- ⇒ Office Duties
- ⇒ Assist with Community Activities

DONATE NOW
[Click Here](#)



Deaf and Hard of Hearing Advocacy Program



*At the
Adaptables CIL*

October

October 7, Silent Dinner at Hanes Mall Food Court, 6pm-9pm at Hanes Mall 3320 Silas Creek Parkway Winston Salem, N.C. 27103 For more information please contact Tan Lynn at email: tan4goduke@aol.com

October 20, Deaf Women Lunch Social- BJ's Restaurant & Brew house 12pm-2pm at 192 Hanes Mall Cir, Winston Salem, NC 27103. For more information please contact Corene Brown at Corenebrown1970@gmail.com

November

November 4, Silent Dinner at Hanes Mall Food Court 6pm-9pm at Hanes Mall 3320 Silas Creek Parkway Winston Salem, N.C. 27103 For more information please contact Tan Lynn at email: tan4goduke@aol.com

November 4 - 9am - 3pm ~ N.C. Council for the Deaf and the Hard of Hearing Quarterly Meeting at Joint Force Headquarters - Situation Room (ID is required) 1636 Gold Star Dr, Raleigh, NC 27607 NOTE: All Council meetings are open to the public but **RSVP is requested** so the staff can go to the meeting room the afternoon prior to the meeting to make the arrangements to place sign language interpreters and assistive listening devices to ensure effective communication for everyone which is a rather complicated and time-consuming process. For more information please contact Rene' Raeford to RSVP by November 2 Contact: Rene' Raeford, 919-874-2245 or rene.raeford@dhhs.nc.gov

November 6 - 2am -Daylight Saving Time Ends

November 8- December 13, The Adaptables, CIL will be providing Basic Sign Language level 2 Classes on Tuesdays for 6 weeks at 6pm till 7pm for \$25.00 at 3908 Westpoint Blvd., Suite B, Winston-Salem, N.C. 27103. Please call or sign up by November 4th. For more information, please contact Christina Moore at email: christina.moore@theadaptables.com

November 11, Veteran's Day, The Adaptables, CIL will be CLOSED.

November 27-28, Thanksgiving, The Adaptables, CIL will be CLOSED.

December

December 2, Silent Dinner at Hanes Mall Food Court 6pm-9pm at Hanes Mall 3320 Silas Creek Parkway Winston Salem, N.C. 27103 For more information please contact Tan Lynn at email: tan4goduke@aol.com

26th Celebration of the Signing of The Americans With Disabilities Act (ADA)



A new accessible picnic shelter will welcome families with and without disabilities to enjoy a day at Hanging Rock State Park to further the mission of accessibility and Inclusion for people with disabilities.



**Hanging Rock State Park
1790 Hanging Rock Park Rd
Danbury, NC 27016**

Triad Trackers Schedule - 2016-2017 Season

<u>Date</u>	<u>Away Team</u>		<u>Home Team</u>
October 15, 2016	- Triangle Thunder	@	Triad Trackers
October 22, 2016	- Triad Trackers	@	Charlotte Hornets B
December 10, 2016	- RCRC Lightning	@	Triad Trackers
January 7, 2017	- Triad Trackers	@	Triangle Thunder
January 14, 2017	- Charlotte Hornets B	@	Triad Trackers
January 21, 2017	- Triad Trackers	@	RCRC Lightning
January 28, 2017	- Spartanburg Pistons	@	Triad Trackers
February 4, 2017	- Triad Trackers	@	Fayetteville Flyers
February 18, 2017	- Triad Trackers	@	Spartanburg Pistons

March 3-5, 2017 CWBC Tournament in North Myrtle Beach, SC

*Games are Free to the public and start at 1PM.

All Triad Trackers Home games are played at:
The Gateway YWCA
1300 S. Main St.

S
U
P
P
O
R
T



Black & White Television Classics



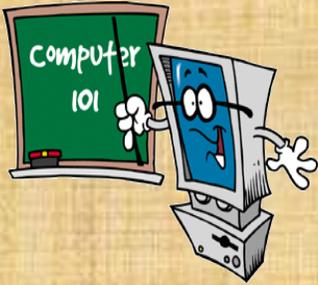
- | | | |
|---------------------------|----------------------------------|----------------------------|
| Lassie | Howdy Doody | Danny Thomas Show |
| Dennis the Menace | Zorro | Lone Ranger |
| I Love Lucy | Ozzie and Harriet | Addams Family |
| Leave It to Beaver | Donna Reed Show | Munsters |
| Andy Griffith Show | Dick Van Dyke Show | My Three Sons |
| Betty White Show | Mickey Mouse Club | Make Room For Daddy |
| Mister Ed | Alfred Hitchcock Presents | |

To answer the trivia question, look for a word or phrase that is hidden in the puzzle, but not in the word list.

Trivia: This popular sitcom received excellent ratings when it first aired in 1956, yet only a total of 39 episodes were made before the show was cancelled in 1957. What is the name of the show?

Answer: _____

Super Word Search Puzzles - www.superwordsearchpuzzles.com



Join us on the fourth Monday of each month from 1-4 PM for basic computer training. Please call by the 10th of each month to sign up.

The Adaptables Center For Independent Living

7744 North Point Blvd

Winston-Salem, NC 27106

336-767-7060

2016 Training Dates—September 26—October 24—November 28



Please follow our BLOGS on the website at www.theadaptables.org



OFFICE



Find us on Facebook



Happy Thanksgiving

November 24 and 25

The Adaptables, Inc.
Center For Independent Living
7744 North Point Blvd.
Winston-Salem, NC 27106
336-767-7060 —866-894-3103



Scan this code and connect directly to theadaptables.org



Alternative Formats and Print Copy Available Upon Request