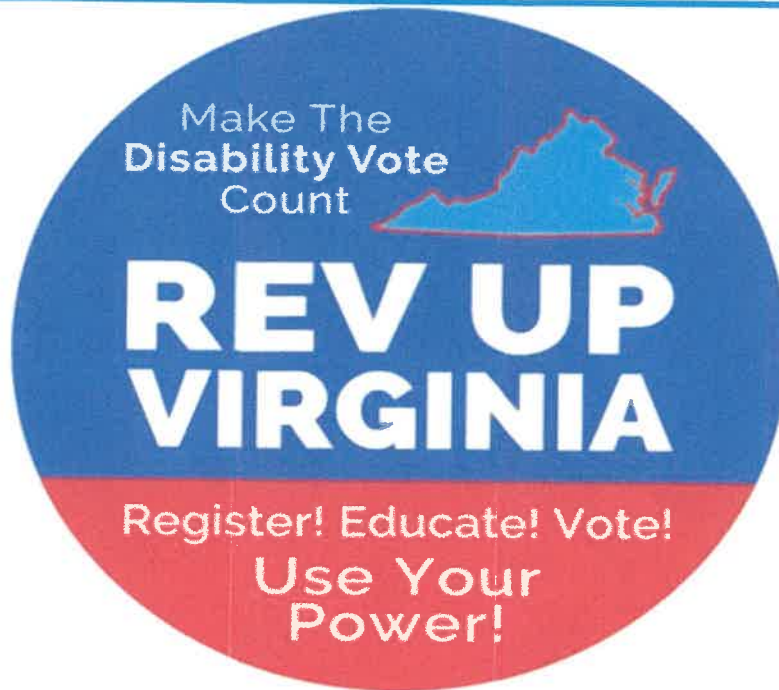




UPWARDLY MOBILE



REV UP Virginia is a nonpartisan coalition whose mission is to build the power of the disability vote through increasing civic engagement in the disability community and improving the accessibility of elections.

REV UP stands for: **Register**
 Educate
 Vote
 Use YOUR Power

BLUE RIDGE INDEPENDENT LIVING CENTER RECOGNIZES TUESDAY,

SEPTEMBER 17 AS

NATIONAL VOTER REGISTRATION DAY

JUSTICE DEPARTMENT TO PUBLISH FINAL RULE TO IMPROVE ACCESS TO MEDICAL CARE FOR PEOPLE WITH DISABILITIES

On the 34th anniversary of the Americans with Disabilities Act (ADA), Attorney General Merrick B. Garland signed a final rule under Title II of the ADA to improve access to medical diagnostic equipment (MDE) for people with disabilities. MDE includes equipment like medical examination tables, weight scales, dental chairs, x-ray machines and mammography machines. Accessible MDE is essential for people with disabilities to have equal access to medical care.

The final rule will soon be available for review on the Federal Register's website at www.federalregister.gov. A fact sheet that provides information about the final rule will soon be available on ada.gov.

"Thirty-four years after passage of the ADA, people with disabilities should not have to forgo needed medical care due to inaccessible medical diagnostic equipment," said Assistant Attorney General Kristen Clarke of the Civil Rights Division. "This rule marks a significant milestone in our ongoing efforts to ensure that people with disabilities can get the medical treatment they need. Whether you are talking about access to mammograms or access to general OB/GYN services, it is critical that hospitals and doctors' offices provide equipment that is accessible to patients with disabilities."

The rule clarifies how public entities that use MDE, such as hospitals and health care clinics operated by state or local governments, can meet their obligations to ensure accessibility under the ADA. The department has heard from many individuals with disabilities who have been denied basic, critically important health care services because medical providers lacked accessible MDE. For example, patients with disabilities reported receiving only a cursory physical examination in their wheelchair because they could not be transferred to the examination table for a full examination. Other patients reported forgoing basic preventative health care, such as dental examinations and mammograms, because providers did not have accessible MDE.

The rule adopts a technical standard for accessible MDE. The rule also establishes requirements that will help make accessible examination tables and weight scales more available. This will make it easier for people with disabilities — especially people who use wheelchairs — to receive medical care.

For more information on the Civil Rights Division, please visit the department's website at www.justice.gov/crt. For inquiries regarding the ADA, please contact the department's toll-free ADA Information Line at 800-514-0301 (voice) or 833-610-1264 (TTY) or visit the ADA website at www.ada.gov.



"It's your outlook on life that counts. If you take yourself lightly and don't take yourself too seriously, pretty soon you can find the humor in our everyday lives. And sometimes it can be a lifesaver."

Betty White

UNITED WAY TAKES OVER WDBJ7'S HOMEPAGE

August is National Make-A-Will month and United Way of Roanoke Valley is offering a free will-making service via FreeWill. They have partnered with WDBJ7 for this initiative so you can easily access this free service when you visit WDBJ7's homepage.

Thanks to FreeWill, in just 20 minutes you can create a will or update your legally binding will. This free service is a gift to you and your future as a thank you from UWRV and will be offered throughout the entire month of August.

- Do I need a will?

A will is important for everyone and can be useful regardless of estate size. It's a way to support the people and causes important to you. Having a will ensures that your wishes are known, saving your loved ones the stress and cost of intestate probate proceedings.

- Why is FreeWill free?

FreeWill's no-charge product is supported by nonprofit organizations. Many of our will-makers choose to leave a portion of their estate to charity, and we hope you'll consider doing the same. FreeWill never sells your personal data to the third-parties.

- Does FreeWill offer other end-of-life planning documents?

Yes! We have advance healthcare directives (opens in new window) (also known as healthcare proxies or living wills), and durable financial powers of attorney (opens in new window) as well. All are free to create.

- Can I change my will?

Yes! Your circumstances and wishes may change after you've completed your will, and if that happens, you can make a new will to replace your old one. All you have to do is sign the new will with witnesses and remember to destroy the previous one.

Visit www.freewill.com/learn/10-reasons-to-have-a-will, or www.freewill.com to complete the online application.



United Way
of Roanoke Valley



BRILC CHARITY LIST

Like to shop at Amazon? While you are there visit our wish list on Amazon.com on the link below:

<https://a.co/gzoiCAp>

MOBI-CHAIR

BRILC is fortunate to have a Mobi-Chair for your use. The Mobi-Chair is a floating beach wheelchair. Families interested in using the chair should contact BRILC at 540-342-1231 or Virginia Relay 711 for further information, eligibility and availability. It is important to note that although the Mobi-Chair floats, it is not a boat. The sitting position is stable and users should not slip out under normal conditions of use. However, for safety reasons, a life jacket is still required for non-swimmers (and may be required by law), and the chair is not intended for areas with currents or strong waves.



The Winner is.... 987678

The winner of the \$10 Kroger gift card for returning their survey by the deadline is 987678. If you have the blue winning ticket stub, please call us at 540-342-1231 or VA Relay 711 so that we can tell you how to claim your prize. If you don't claim your prize a new number will be selected and shown in the next Newsletter. For all of you that returned your completed survey, **Thank You!**



AMPUTEE & LIMB DIFFERENCE SUPPORT NETWORK

ALL amputations result in limb difference but not all limb differences are from amputation. When people are born with absent or partial limbs, it is referred to as congenital limb deficiency.

The Amputee & Limb Difference Support Network (ALDSN) is a support group for adults with all forms of limb difference. These differences can be congenital in origin or resulting from amputation. Amputations often stem from accidents or illness and are sometimes performed to preserve one's life.

The ALDSN will provide an opportunity for adults with all forms of limb difference to come together in a safe space to discuss their challenges, share success stories and provide moral support. Topics like phantom pain management techniques, residual limb care and prosthetic options will also be discussed.

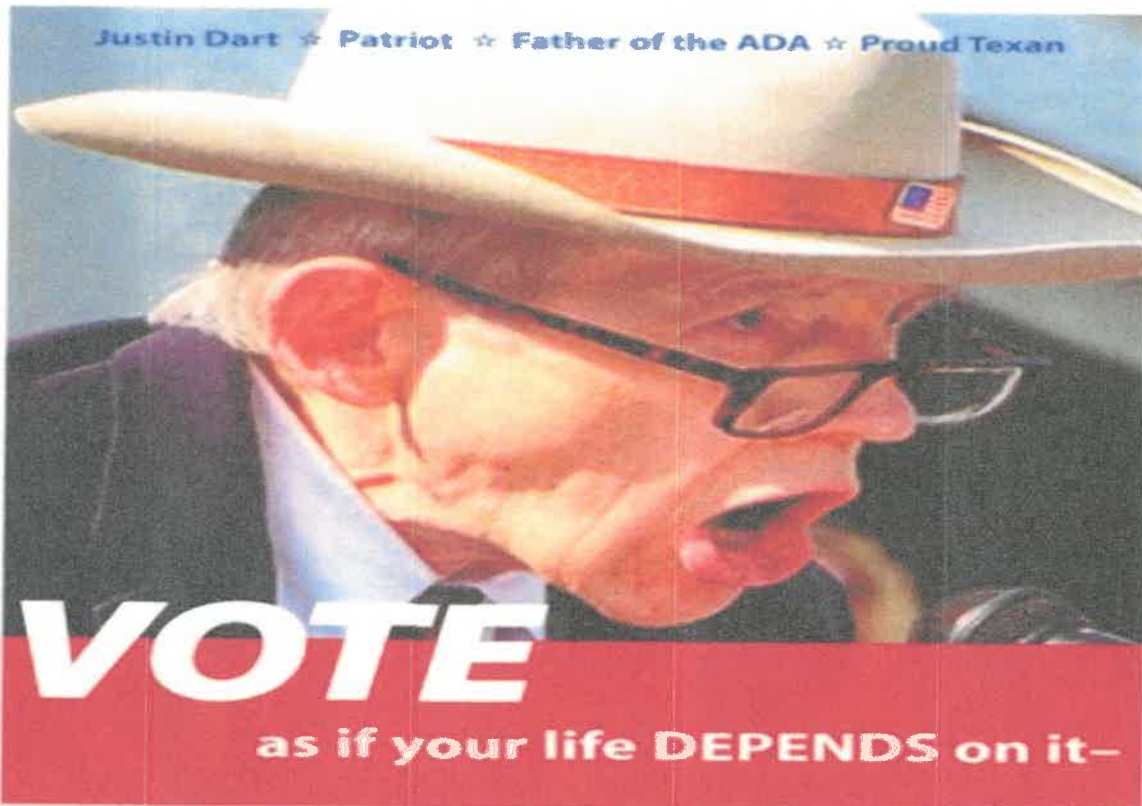
The ALDSN will meet at BRILC once a month. Time and day of the week are yet to be determined. This group is in the developmental stages with two members on board at the time of this listing. We are hoping to add additional members in the days and weeks to come. Startup date will be in April 2024, in observation of Limb Difference Awareness Month.

If you know of someone who may have interest in joining the ALDSN, please have them contact Marc Davis @ 540-342-1231 x106 or VA Relay 711 or send an email to mdavis@brilc.org.



Blue Ridge
Independent
Living Center

**JUSTIN DART, FATHER of the AMERICANS WITH
DISABILITIES ACT
SAYS**



Because it DOES!

**Blue Ridge Independent Living Center
1502B Williamson Rd. N.E.
Roanoke, VA 24012-5100
www.brilc.org**



ON TUESDAY, NOVEMBER 5th

WE'RE MEETING IN PERSON!!!

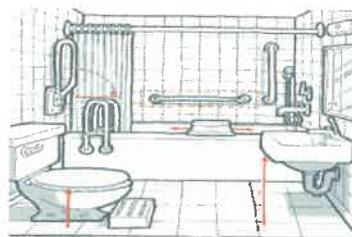
BRILC has a support group for all people with disabilities. Both men and women of all ages are invited to join us on the 4th Wednesday of each month from 1 p.m. until 2:30 p.m. We discuss issues or concerns that you might have, socialize and play games. The group is run by the members. We hope you'll join at the next meeting. If you have any questions, contact Jon Weems at (540)-342-1231 or VA Relay 711.



HAVE A DISABILITY? NEED HOME MODIFICATIONS?

Are you a person with a disability? Would a home modification help you to remain independent in your home? BRILC might be able to assist you.

Want to learn more about this program? Contact us at 540-342-1231 or VA Relay 711.



BRILC YOUTH TRANSITION PROGRAM

We are currently looking for youth with disabilities between the ages of 17-24 who had an IEP and have completed high school. We will assist youth with transitioning from high school to college and/or employment by providing peer mentorship, goal planning, and providing a youth group support meeting. Please contact us, or email at BRILC at brilc.org or at (540) 342-1231 or VA Relay 711 for more information.



Thank You!

For Your Contribution to BRILC

Ellen Gunter, Charles Harlow

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- * **Charles Harlow, Chair**
- * **Garrett Brumfield**
- * **Matt Crookshank**
- * **Byron Hamlar**
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- * **Jessica Swanson**
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- * **Mary Worthington**
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Independent Living Coordinator
- * **Beth Ann Gregg**
Independent Living Coordinator
- * **Jon Weems**
Independent Living Coordinator
- * **Darnita Stone**
Social Support Specialist



UPWARDLY MOBILE – Is available upon request in alternate formats: Braille, audiotape, large print, and Email **DISCLAIMER STATEMENT** – The views expressed in this newsletter do not necessarily reflect the views of the Blue Ridge Independent Living Center.

NATIONAL IMMUNIZATION AWARENESS MONTH GET BACK ON TRACK WITH ROUTINE VACCINATIONS

August is National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life. AAI knows that busy schedules can sometimes impact your ability to attend important appointments and receive routine vaccinations. During NIAM, AAI encourages you to talk to your doctor, nurse, or healthcare provider to ensure you and your family are protected against serious diseases by getting caught up on routine vaccinations.

Why is it so important to get regular immunizations, especially for children? Many people think that so-called natural immunity or herd immunity will keep them safe, or that many of the diseases for which we immunize don't exist anymore. But that's not true. First of all, diseases like polio or measles, are rare because generations of people were immunized against them. But outbreaks do occur all over the world and in today, with so many people able to travel frequently, exposure can happen.

Second, getting immunized protects you and those around you by limiting the spread of disease. The more people who are vaccinated, the less likely a major outbreak will occur. Immunization is key to creating herd immunity!

Lastly, vaccination is much safer than trying to develop natural immunity from a disease because some diseases can have lasting, damaging effects on your body—which can be completely avoided by getting vaccinated instead!

Another myth about vaccines is that they make you sick, overload your immune system, or can even cause autism in children.

None of this is true. Vaccines help our immune systems fight infection faster and more effectively. Vaccines are made of very small amounts of weak or dead germs, so they won't make you sick. Some people can experience mild side effects from some vaccines, such as soreness at the injection site, but these dissipate quickly. When you get a vaccine, it sparks your immune response, and trains your body to recognize disease-causing germs and fight them off if they ever invade your body.

Finally, the idea that vaccines cause autism came from a long-since-discredited and retracted study that incorrectly linked the measles, mumps and rubella (MMR) vaccine to autism. This connection has never been accurately confirmed.

Before a new vaccine is ever considered for approval by the FDA, pre-clinical and clinical studies are conducted to determine safety, effectiveness, and dosing. Vaccine trials have to involve even more participants than standard drug clinical trials because vaccines are intended for the entire population. Once a vaccine reaches the FDA approval phase, it is again evaluated for safety, effectiveness, and consistency of batch purity and potency. Learn more with this board game infographic: www.aai.org/About/The-Path-to-Vaccine Approval.

