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Santa Fe - Lex [Disabled Expo] [1984]

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**NEW VISTAS
INDEPENDENT LIVING CENTER**

December 23, 1983

Lex Frieden, Director
Independent Living
Research Utilization Project
P.O. Box 20095
Houston, Texas 77225

Dear Lex,

I'm glad you can make it. I hope Joyce can come also. Linda Tonsing really enjoyed your staff and program in Houston last week. "Developing ILP's in Rural Areas", should fit right in with our workshop agenda, focusing on the Independent Living Movement. I'll let you know on the stipends as soon as I can.

Have a good holiday y Prospero Ano Nuevo.

Yours for Independent Living,

Andy Winnegar, Director

AW/tm

585

BREAKING
BARRIERS TO
INDEPENDENT LIVING

RECEIVED APR 25 1984

DISABLED EXPO - NEW MEXICO '84

presents

"BREAKING BARRIERS TO INDEPENDENT LIVING"

CONFERENCE

May 18, 1984

8:00 a.m. - 5:00 p.m.

SOUTHWEST ANNEX
College of Santa Fe
Santa Fe, New Mexico



NEW VISTAS INDEPENDENT LIVING CENTER

"BREAKING BARRIERS TO INDEPENDENT LIVING"

Come join us as we discuss the issues and concerns for people with disabilities in the 1980's.



CONFERENCE AGENDA

Morning

8:00 a.m. -

9:00 a.m. Registration/Coffee Hour

9:00 a.m. - Breaking Attitudinal Barriers

10:30 a.m.

A panel of leaders from the disabled community will discuss the impact of attitudes on their professional, personal, and social lives.

Tom Holguin, Case Manager, Coordinated Community In-Home Care, (CCIC), Albuquerque

Mary Pierce, Pres., S.F. Mayor's Committee on Concerns of the Handicapped

Doug Koehner, Director, Client Assistance Project, (CAP)

Ralph Markward, Exec. Director, Paralyzed Veterans of America, (PVA)

Daisy Rice, President, Governor's Committee on Concerns of the Handicapped

Mary McGinnis, Counselor, Division of Vocational Rehabilitation, (DVR) - Santa Fe

MODERATOR: Linda Tonsing, Counselor, NVILC

11:00 a.m.

Breaking Geographic Barriers

Lex Frieden, Guest speaker and one of the Independent Living Movement's key figures, will address the vital issue of independent living programs in rural areas. Frieden is director of the Independent Living Research and Utilization Project, Houston, Texas. Laurie Gerken, Rural Project Coord., ILRU, will also be presenting with Mr. Frieden.

12:00 p.m. - Lunch Break/NVILC Open House

Afternoon

1:30 p.m. - Breaking Bureaucratic Barriers

3:00 p.m.

Representatives from the fields of education, economics, accessibility, and rehabilitation will present their views on the barriers to these important needs, and make recommendations for alleviating the problems defined.

Ross Sweat, Supervisor, DVR Albuquerque Area

Terry Brigance, Grants Administrator, DVR State Office

Judy Myers, Director, Gov.'s Comm. on Concerns of Handicap.

Gary Wilbur, Accessibility Consultant, College of Santa Fe

Kathy Valdez, Coordinator, CCIC N.M. Human Services Dept.

Joseph Cordova, Handicapped Affairs Coord., City of Albuquerque

Marilyn Finkelstein, Legal Assistance, Protection and Advocacy for people with Developmental Disabilities.

Gene Rodgers, Advisory Board, NVILC - A.S.B./U.N.M.

MODERATOR: Lou Landry, Chief Development Disabilities Bureau, H.E.D.

3:30 p.m. -

Breaking Institutional Barriers

5:00 p.m.

"The Plight of the Mentally Retarded in our Prisons"

(Choose one)

Ed Chacon, Special Educator at the New Mexico State Penitentiary, will bring to light little known facts about the mentally retarded offender in the state prison system.

Breaking Communication Barriers

A special presentation on Neurolinguistic Programming, or how to become familiar with different language systems. Helen Kuntz, Steve Brown, and Suzette Bacon will come from Cleveland County Independent Living Center in Norman, Oklahoma to make this presentation.

BREAKING BARRIERS TO INDEPENDENT LIVING Conference May 18, 1984

☐ \$25.00 - Pre-Registration (Postmarked on or before May 1, 1984)

☐ \$30.00 - After May 1, 1984, or at the door.

Enclosed find registration for \$_____. (Make check payable to New Vistas Independent Living Center, Box 2332, Santa Fe, NM 87501.)

NAME _____ ORGANIZATION _____

BUSINESS OR PERSONAL ADDRESS _____

TELEPHONE _____

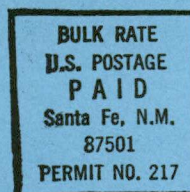
☐ Please send me more information about Disabled Expo - New Mexico, May 18-19, 1984, in Santa Fe, New Mexico.

☐ Fee Waivered. Call Linda Tonsing 473-0550/TDD 473-1414

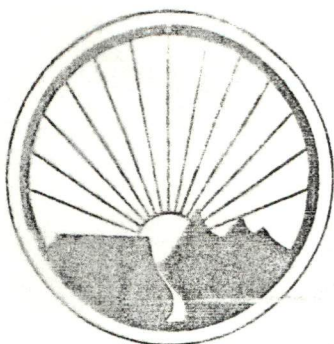
☐ I will need transportation assistance.

☐ I will need a Sign Interpreter.

NEW VISTAS
Independent Living Center
St. Michael's Hall
College of Santa Fe
Santa Fe, New Mexico 87501



ILRU
The Institute of Rehab. & Res.
1333 Moursund
Houston, TX 77030



NEW VISTAS INDEPENDENT LIVING CENTER

March 6, 1984

Lex Friden, Director
ILRU
P.O. Box 20095
Houston, Texas 77025

Lex
Dear Southwest Coalition Member:

This is a call for agenda items for the Regional Coalition meeting to be held at the College of Santa Fe, Santa Fe, New Mexico, May 17, 1984. Roland Skyes is on the agenda to discuss computerization of I.L.C. information and data management. Helen Kuntz and Lex Frieden have agreed to present workshops the following day as part of the "Breaking All Barriers" Disabled Expo New Mexico Conference. Events for the Expo also include a Mary McLaslin concert the night of the 17th, a Rocky Mountain Wheelchair Exhibition game, the night of the 18th, an Art show and Plaza Exhibits on the 19th. If you can stay for the Expo, I think you'll enjoy yourself.

I am enclosing lodging information. We are also securing dormitory rooms from the College at \$14.00 a day.

I look forward to your participation.

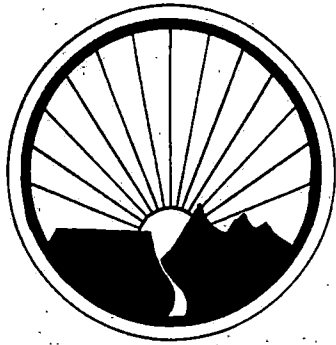
Yours for Independent Living,

Andy Winnegar
Andy Winnegar,
Director

AW/sg

Enclosure

P.S. Please Note: University of Arkansas information regarding Vocational Evaluation and Work Adjustment training enclosed.



NEW VISTAS INDEPENDENT LIVING CENTER

April 6, 1984

Lex Frieden
ILRU
P.O. Box 20095
Houston, Texas 77225

Dear Lex Frieden,

Thank you for being a part of the Disabled Expo New Mexico "Breaking Barriers to Independent Living Conference". I have enclosed our brochure and your professional contract. Let me know if you need any assistances making arrangements.

Sincerely,

Andy Winnegar

NEW VISTAS PROFESSIONAL SERVICES AGREEMENT

This agreement between New Vistas, a private, non-profit corporation, and LEX FRIEDEN, hereafter identified as consultant, verifies the terms of employment of the consultant for the period 11:00 AM 5/18/84 through 12 pm 5/18/84.

Consultant LEX FRIEDEN, whose Social Security number is _____, and address is P.O. Box 20095
HOUSTON TEXAS 77225 and professional service license or Certification numbers are _____

agrees to provide RURAL I.L.P. Workshop professional services to meet general purposes and goals of New Vistas.

Consultant further agrees to:

- 1) Perform professional services described below or on the attached job description.

RURAL I.L.P. Workshop 5/18/84

- 2) Perform the above stated services under the direction of the New Vistas Executive Director or her designee and to render such services at the following location.

SOUTHWEST ANNEX College of
SANTA FE SANTA FE NEW MEXICO 87501

- 3, Hold harmless New Vistas from any and all damages that may result from any work performed under this agreement.

- 4) Maintain financial records relating to all work provided and materials supplied and to present said records to New Vistas for examination upon request.
- 5) Maintain monthly time sheets and travel records distributed by New Vistas, and submit completed records for approval by New Vistas prior to reimbursement for services rendered.
- 6) Be reimbursed for services at a rate of \$100 per Workshop for a maximum of ONE hours.
- 7) Adhere to all policies directing the operation of New Vistas and employment of New Vistas staff contained in the New Vistas By Laws and Personnel Policies.

This agreement may be amended by mutual written consent of both New Vistas and Consultant.

In the event that either New Vistas or Lex Frieden desires to terminate this agreement, thirty days notice of such intent shall be given.

This agreement is contingent upon sufficient funds being made available to New Vistas through local, state and federal funding sources.

The foregoing terms being clearly understood and agreed to, the parties executed this agreement on May 7 day

1984.

Signature

Lex Frieden
Consultant

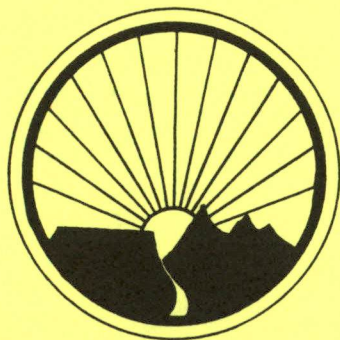
Mary K. Russell

Mary K. Russell
Executive Director,
New Vistas

New Vistas Independent Living Center (NVILC) is a non-profit service agency dedicated to assisting people with disabilities in moving toward more independence in their lives.

We believe that, given the opportunity, disabled people will elect to live independently through self-determination, accessible environments, and support services.

Our agency is involved in training people with disabilities to represent themselves and to develop services which they feel are needed.



Through Disabled Expo New Mexico, we hope to share with you ideas about independent living.

MARY McCASLIN & JIM RINGER



Mary McCaslin and Jim Ringer
renowned folksingers and songwriters
from Southern California
will appear at

The Line Camp, Pojoaque
Thursday, May 17, 8:00 pm
in a benefit concert for
New Vistas Independent Living Center

Ticket Information

\$5.00	Available from NVILC staff
\$5.50	Santa Fe Candyman, Hastings Records, Music 'n' More
	Taos Que Pasa
	Albuquerque Natural Sound
	Pojoaque The Line Camp
\$7.50	At the door

SECOND ANNUAL DISABLED EXPO NEW MEXICO



"Breaking all barriers."

Friday and Saturday
May 18 - 19, 1984
Santa Fe, New Mexico

Sponsored by
NEW VISTAS INDEPENDENT LIVING CENTER

EXPO ACTIVITIES

"Breaking Barriers to Independent Living" Conference

A day-long conference with workshops exploring relevant issues on disability for the 80s.

Adaptive Equipment

The newest technology in adaptive aids will be displayed and demonstrated.

Information Booths

Providers of services for the disabled will display literature and be available to discuss their programs.

Career Fair

New Mexico employers will present information on their companies/agencies, answer questions, and meet prospective disabled employees.

Art Show

Artwork by artists with disabilities will be displayed.

Wheelchair Basketball Game

Zia Wheelers vs. Santa Fe personalities. Half-time entertainment by the New Mexico School for the Deaf Sign Choir.

Entertainment

Ongoing music and theatre on the Plaza.

Happy Hour

An opportunity to relax and talk with other Expo participants.

For information about accessible accommodations, contact Stella Tohl or Norah Schwartz, New Vistas I.L.C., P.O. Box 2332, Santa Fe, NM 87501.

505/473-0550 or TTY 505/473-1414

EXPO SCHEDULE OF EVENTS

Friday, May 18

CONFERENCE: BREAKING BARRIERS TO INDEPENDENT LIVING

College of Santa Fe, Southwest Annex

- 8:00 - 9:00 Registration / Coffee Hour
- 9:00 - 10:30 Breaking Attitudinal Barriers
- 11:00 - 12:00 Breaking Geographical Barriers
- 12:00 - 1:30 Lunch Break / NVILC Open House
- 1:30 - 3:00 Breaking Bureaucratic Barriers
- 3:30 - 5:00 Breaking Institutional Barriers

OR

- 3:30 - 5:00 Breaking Communication Barriers

ART SHOW

College of Santa Fe, Southwest Annex

- 9:00 - 3:00 Disabled artists will display their work concurrently with the Conference.

HAPPY HOUR

- 5:30 - 7:00 *Hilton Inn Lounge*
No host reception.

WHEELCHAIR BASKETBALL GAME

- 7:30 *College of Santa Fe Gymnasium*
Zia Wheelers vs. Santa Fe personalities

Saturday, May 19

Santa Fe Plaza

DISPLAYS

- 9:00 - 5:00 Adaptive Equipment
Information Booths
Career Fair

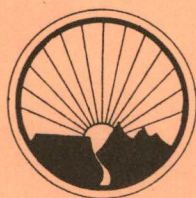
ENTERTAINMENT

- 10:00 - 10:30 Vicente Montoya & Margarito Olivas
- 11:00 - 12:00 Watermelon Mountain Jug Band
- 12:00 - 1:00 Lumbre del Sol
- 2:00 - 2:30 Sign Fest
- 3:00 - 4:00 Distilled Spirits
- 4:30 - 5:00 Roberto Mondragon

KEYNOTE SPEAKER

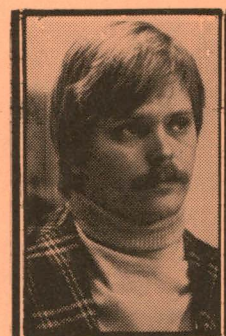
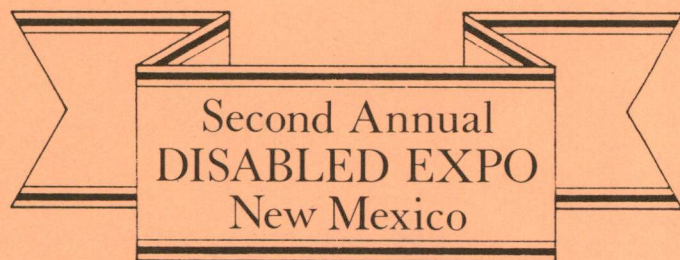
- 1:30 Santa Fe Mayor Louis Montaño





UTREACH

SPRING 1984



LEX FRIEDAN
Guest Speaker

New Vistas Independent Living Center is pleased to be able to present a series of workshops in conjunction with Disabled Expo New Mexico, at the Southwest Annex, College of Santa Fe, Friday, May 18, 1984, from 8:00 a.m. to 5:00 p.m. "Breaking Barriers to Independent Living" Conference will include independent living national figure Lex Friedan with a presentation on rural independent living, as well as other workshops, addressing attitudinal, bureaucratic, institutional, and communication barriers.

Mr. Friedan, a quadriplegic due to a spinal cord injury, is Director of the Independent Living Research Utilization Project at the Institute for Rehabilitation and Research in Houston, Texas. He helped organize the American Coalition of Citizens with Disabilities, and has served as a consultant panel member for the U.S. House of Representatives Committee on Science and Technology, to mention just a couple of his many achievements and contributions to the independent living movement.

In addition to Mr. Friedan, other professionals, consumers, nondisabled and disabled will gather to discuss the problems and concerns as we enter this "Decade of the Disabled". A complete conference agenda is available upon request.

Running concurrently with the conference will be an art show at the Southwest Annex, College of Santa Fe. Artists with disabilities from around the state will be displaying their artwork from 9:00 a.m. to 3:00 p.m., and selected artists will participate in a month-long art show at the Santa Fe City Hall in September.

EXPO FEVER



Catch it!

BREAKING BARRIERS TO INDEPENDENT LIVING

It's that time of year again - springtime in Santa Fe. That means lilacs and emerald green leaves, picnics in the park and celebrations of growth and rebirth. It also means the celebration of the Second Annual Disabled Expo New Mexico on May 17, 18, and 19, 1984.

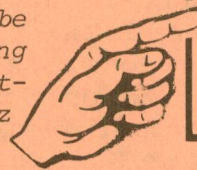
From the concert at the Line Camp on Thursday night to the Plaza activities on Saturday, this year's Expo promises to be bigger and better than last year's. The accompanying stories in "Outreach" give details, as does the enclosed brochure.

We know we won't have to convince those who attended last year's Expo to come out, again. But for those of you who missed it, here's your chance to see, hear, learn, experiment, and just plain enjoy.

Besides being an informational, educational, and entertaining event, "Breaking Barriers to Independent Living," this year's Expo theme, is an awareness event, a consciousness raising for the nondisabled as well as for the person with a disability. Be a part of this memorable celebration!

ART SHOW

The Disabled Expo Art Show will be expanded this year. All artists with disabilities are invited to display their work on Friday, May 18, in conjunction with the EXPO workshops at the College of Santa Fe. Selected artists will be invited to display their work for a month-long show in September at Santa Fe City Hall. Interested artists should contact Norah Schwartz at the ILC.



"If someone tells you you won't fit in, tell them to build a bigger door." Anonymous

FOLK MUSIC LIVES

Mary McCaslin, says the "New York Times", sings about the 'old west... Her music career began in the Folk-Rock scene of the 1960's with a distinctive vocal style, sensitive songwriting and unique acoustic interpretations of rock classics.' Jim Ringer has played with David Bromberg and the Kenny's Sweet Mill String Band. "Bluegrass Unlimited" said, "If you think you know what makes country music so viable, listen to Jim Ringer."

Both will play the Line Camp May 17, 1984, as a benefit for New Vistas Independent Living Center. Sound system provided by Music Union and the Candyman. Sign interpretation by Nancy.

CALL FOR VOLUNTEERS

The Disabled Expo New Mexico is a project that involves us all. Right now the staff is busily organizing events for the Expo. Volunteers are needed on May 18th and 19th to help set up and break down booths, to assist at information booths, to clean up after the basketball game, and to decorate and clean up the Plaza. If you have some free time, and would like to get personally involved in this exciting project, call Norah Schwartz at the ILC, 473-0550.

BASKETBALL GAME

An exciting part of the Expo this year will be a repeat performance of the wheelchair basketball game. The Zia Wheelers from Albuquerque will again be participating against local personalities. The game will be held Friday night, May 18, 7:30 p.m., at the College of Santa Fe Gym. Admission price is \$3 for adults and \$1.50 for students. Half-time entertainment will be provided by the New Mexico School for the Deaf Sign Choir. If you've never seen a wheelchair basketball game, you're in for an exciting evening of action and fun. It should be a great game. Hope to see you there!

Legislation

C.A.P.

The U.S. Congress has approved funding of the Client Assistance Program (CAP) and required that each state must have one to receive Vocational Rehabilitation monies. It is rumored that the Governor will designate P&A for D.D. as the operator for next year.

CAP is a program to assist people with disabilities into the Department of Vocational Rehabilitation (DVR) system and to investigate any concerns they might have. Assisting people with disabilities is a perfect role of New Vistas Independent Living Center (one of five ILC's in the United States to have a CAP program). New Vistas personal services approach, with home visits and peer counseling, assures that many, otherwise unqualified persons with disabilities, get a chance to succeed with DVR. For more information or assistance through the DVR process, call Doug Koehner or Stella Tohl at 473-0550.

S.2053 FULL PARTICIPATION IN COMMUNITY AND FAMILY LIFE

An important bill is now before the subcommittee on health in the U.S. Senate. Senate Bill 2053 would amend existing Medicaid legislation to shift funds from institutions to community settings. Although, this will be a slow process, it is important that people with disabilities support this issue. There is strong opposition already voiced from nursing homes and state facility operators. Support letters should be sent immediately to:

Senator Robert Dole
U.S. Senate
Washington, D.C. 20510

Senator Pete Domenici
U.S. Senate
Washington, D.C. 20510

Senator Jeff Bingaman
U.S. Senate
Washington, D.C. 20510

Senator John Chafee
U.S. Senate
Washington, D.C. 20510

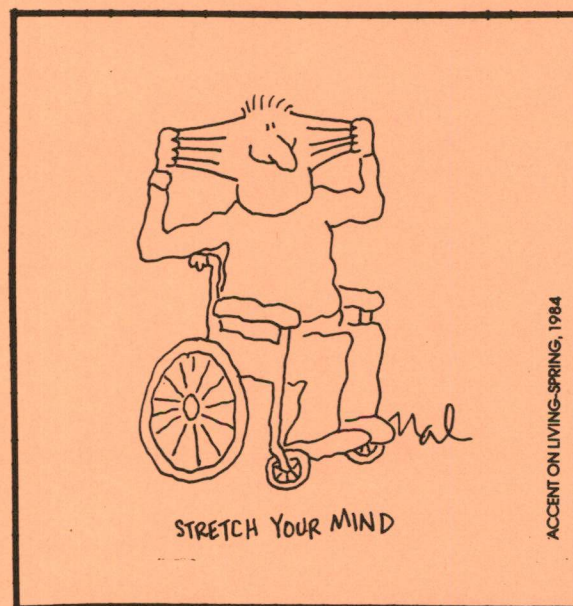
VIEW POINT

Yes, the 60's are over. And so is the time when all the charismatic leaders who say they represent people with disabilities and then turn around and tell us what to do, where to go and what to think. People with disabilities, today, like anyone else, do not want leaders any more! People today want to lead themselves to think and to live independently.

The time for fist waving and shouted slogans is long over; the disability movement is frozen in place, gotten as far as it's going to go for the time being. The movement will now best serve its aim by the enrichment and consolidation of previous gains.

Some of these gains are 1) a new awareness on the part of the disabled that it's okay to be disabled, that it's okay to be anything and that being disabled is just like having red hair, speaking Spanish or being an advertising executive, and 2) now that we're equal, let's get some of that good stuff like jobs, housing, transportation and the kinds of services that really mean something. Let's get started!!

Doug Koehner



Celebrate!

Programs

PEER COUNSELORS

Peer counselors are being trained in many areas of our twelve county catchment. Josephine Duran is available in the Cimarron-Springer-Raton-Taos area. Ken LaCome traveled from Questa to Cimarron to attend the peer training workshop there. Three new people were also trained recently in Santa Fe. Novert Rodriguez, Jane Bendt, and Gary Wilber join active counselors Tim Bieri and Mary Pierce as peer counselors in the Santa Fe-Espanola-Rio Arriba County areas. Another training will occur later in April for residents of the Albuquerque area, and in Los Alamos this summer.

Research has supported the theory that "peers" (others who are similar in age, sex, disability, experience, etc.) are effective in communicating with and relating to persons who may be experiencing lack of motivation, poor self image, family problems, and other areas of interpersonal relations.

It is the goal of the independent living movement to have persons with disabilities involved with the delivery of services and programs. We would like to have "peers" available in every area of Northern New Mexico.

If you live in a rural area, and if you think you have time and energy to share, and if you feel generally happy and confident in yourself, you may be interested in becoming a peer counselor with the ILC.

On the other hand, if you feel you're under par and could benefit from knowing and talking to someone who appears to be "making it", let us know. The unique value of a peer counselor is that he/she has "been there".

CCIC SERVICES TO CONTINUE

Five pilot counties in New Mexico will continue to receive personal care, homemaker, day care and respite care services for the disabled and elderly under the Coordinated Community Inhome Care (CCIC) Program operated through the Department of Human Services, through July of 1985. Although the administration of the program has been ridden with delays, paperwork, disorganization and misinformation, services are being provided in Bernalillo, Eddy, Grant, Rio Arriba, and Union Counties for people who choose not to reside in nursing homes or other institutions.

New Vistas Independent Living Center in cooperation with St. Joseph's Rehabilitation Hospital provided a forty hour respite training program for care providers in Bernalillo which Carla Baron coordinated through our Albuquerque office.

In Rio Arriba County, Jono Stewart, ILC consultant, has provided forty-nine caretakers with training through a thirty-two hour course at Northern New Mexico Community College. Alfred Chavez, CCIC Case Manager for Rio Arriba Social Services, stated that this program has utilized 100% of their positions, receiving twenty slots from other counties for a total of 69. Rio Arriba currently has a waiting list of 25 qualified applicants.

On the contrary, the eight northern pueblos have only had nine positions approved of their potential 40 slots. If you're lucky enough to qualify for services and you live in a pilot area, contact your local social service office .

STATS ON THE RELAY SYSTEM

The "Relay System" at the New Vistas Independent Living Center is now four months old!!

For those of you who missed the introductory article about the "Relay System" in our last Outreach newsletter (Winter 1983), the "Relay System" is a service which enables hearing impaired consumers who have access to a TDD (Telecommunication Device for the Deaf) to place calls to people in the community and vice versa. For further details, please call Lori Beene at 473-0550 (voice) or 473-1414 (TDD).

During the month of March this year, there were 30 relay calls. The majority of these calls were made by hearing impaired callers to others in the community.

For those of you who need to contact a deaf individual and don't own a TDD, please feel free to call New Vistas to place the call through the "Relay System."



NO FLATS

Questions: What is it that users of wheelchairs hate the most? Flat tires. There is still no panacea as all solutions to this problem involve some trade offs. For instance:

1. Solid rubber tires. While these are puncture-proof they are not as fast or smooth as pneumatic tires.
2. Puncture-proof tires. These have no tube, hence no puncture possibilities but they are heavy which makes them slower than regular, inner tube type tires.
3. Toughies. This product has a tough plastic liner that fits along the whole length of the tire between the tube and the outer wall. The trade off here is also one of weight. These are the equivalent of puncture-proof tires only they are less expensive.
4. Lastly, because all flat-free tires involve a weight consideration most people who are seriously committed to wheelchair roadwork keep an eyeball trained to surface consideration in order to avoid flats. However, to the average wheelchair driver these new flat free products are useful.

EMPLOYERS ACKNOWLEDGED

Job Placement

The Job Placement program here at ILC has been active for the past 18 months. During that period of time, we have had to opportunity to work with many businesses and individuals throughout Northern New Mexico that have given our placements an opportunity to be gainfully employed in the larger community.

At this time, we would like to take the opportunity to acknowledge some of these businesses for their support. We hope for a continuing relationship in the future. Thanks to: The New Mexican, La Posada de Santa Fe, Four Seasons Nursing Home, Tiles de Santa Fe, St. Vincent's Hospital, Maid in Santa Fe, Nu-Way Cafe-Clayton, Santa Fe Computer School, State of New Mexico Department of Taxation and Revenue, Big O Tires, Natural Cafe, Coca Cola, Furr's Cafeteria, Albertsons & Osborne's Warehouse Market.

Deaf Project

New Vistas Independent Living Center would also like to thank all of the employers who participated in the work experience project for the deaf. These include: Pasqual's Restaurant, Wendy's, Garcia Street Club, Santa Fe Medical Labs, City of Santa Fe, County of Santa Fe (road equipment and land use), Division of Finance Administration, Furr's Supermarket. The eight students from the NM School for the Deaf enjoyed four paid work experiences.

We would also like to thank Gary Beene, State Coordinator for Deaf and Learning Disabled Services, from the Division of Vocational Rehabilitation, who wrote the grant which enabled us to develop and complete the project. We greatly appreciate all the hard work and cooperation to make the project a success

NVILC JOB PLACEMENTS(33 of them!)
11/1/83 - 4/15/84
average pay: \$3.82/hour

..FOR YOU...

COMING EVENTS

- May 5 Sign Fest UNM
Albuquerque, NM
- May 17, 18, 19 Disabled Expo New Mexico
Santa Fe, New Mexico
- June 17 - 22 Second International
Conference on Rehabilitation Engineering
Ottawa, Canada
- June 20 - 22 National Rehabilitation
Association Regional
Meeting, Albuquerque, NM

SOCIAL CLUB

- May 1 Fire Prevention and
Safety Workshop.
2:00 p.m. at the ILC.
- June 5 Smart Shopping - How
to Save Money at the
grocery store. 1:30 p.m.
at the ILC.
- July 3 Pot Luck Picnic. Leave
from ILC at 12:00.
Transportation will be
provided.

CLASS SCHEDULE

Did you know that the College of Independent Living is offering Sign Language classes taught by Robert Clingenpeel? Classes cost \$50.00 for a 6 week series but they are offered free to volunteers working at the ILC.

The College of Independent Living offers many classes including: BASIC Computer Language Programming, Budgeting, Job Readiness and many others.

We also offer instruction and information on communication devices and adaptive aids. Please call Cindi Diamond for more information.
473-0550/473-1414-TTY.

CAPTIONED MOVIES

The captioned movies for the hearing impaired are shown on the first and third Friday of each month and are held in St. Michael's Hall. College of Santa Fe at 7:00 p.m.

- April 6, 1984 Starting Over (R)
- April 20, 1984 Sammy, the Wayout
Seal (G)
- May 4, 1984 Same Time Next Year (A)
- May 18, 1984 Ransom Money (A)
- June 1, 1984 The Prisoner of
Second Avenue (A)
- June 15, 1984 Poco (G)
- July 6, 1984 I Never Promised You
a Rose Garden (R)
- July 20, 1984 In Search of the
Castaways (G)
- August 3, 1984 The In-Laws (A)
- August 17, 1984 Equus (R)
- September 7, 1984 The Odessa File (A)

Come on down and have fun watching the movie together! For more information, please call Susan Connolly at 473-1414 TDD

LETTERS OF LOVE

Write a letter of thanks to Mason Rose whose class action suit will allow people with disabilities to gain access to all leased post offices throughout the U.S. There are 33,500 Postal Services, of which 29,500 are leased! If you can't fit in your local post office, let us know.

VOTER REGISTRATION Anyone in Santa Fe County needing to register to vote for the first time, or change information on their voter registration can register through the ILC. If you wish to register contact Norah Schwartz. Home visits can be arranged as well as absentee ballots.

WANTED: Persons to act as advocates for developmentally disabled adults in a self-directed Case Management project. Contact Linda Masco Meyers at NVILC, 473-0550.

Toll-Free Operator Assistance Available for TDD Users

Persons using Telecommunication devices for the Deaf (TDD) may now dial 1 (800) 855-1155 for free operator assistance. The TDD operator can help the user in reaching or finding numbers, reporting problems and getting credit for overpayments. The TDD operator can also assist persons in the use of telephone credit cards and in making collect calls or person-to-person calls.



PAIN SUPPORT GROUP

Those interested in a support group for people with arthritis or a chronic pain, please contact Sandy Vieth. Sandy has an extensive background in stress management and will present a series of techniques for relaxation and pain reduction.

CLOUD DANCERS OF THE SOUTHWEST

A new horseback riding program for children and adults with disabilities sponsored by the New Mexico Health Coalition, 404 Marble, N.W., Albuquerque Office.

ENERGI CALL

tm

is a telephone assistance device that electronically dials law enforcement, fire or medical agencies and automatically delivers a recorded emergency message, giving the caller's name and address and other pertinent details, all at the push of a button. Available at major department stores or write to People Protection Products, Inc., 5150 Rosecrans Avenue, Hawthorne, CA 90250 or call toll free 800-421-2996.

★ "And in today already walks tomorrow."
Samuel Taylor Coleridge
(1772-1834) ★

The Independent Living Center has a ½ video regarding wheelchair tie down safety produced by the Human Factors Division, Texas A&M University available for free loan.

BROW WRINKLE SWITCH

The Prentke Company's Brow Wrinkle Switch can be activated by slight movement of a variety of body parts including the eyebrow, forehead, wrist or other appropriate places. Such movement will enable the user to operate an expressive communication aid or environmental control system. This switch may be appropriate for those with high level spinal cord injury, stroke or late stages of ALS and MD. For further information, contact: Prentke Romich Co., 8769 Township Rd. 513, Shreve, Ohio 44676.

FREE TELECAPTION DECODERS FOR VETERANS

Qualified deaf veterans are now eligible for consideration to receive free TeleCaption decoders from the U.S. Veteran's Administration. To take advantage of this benefit, qualified veterans should apply for a decoder at the nearest VA medical facility.

SCHOLARSHIPS FOR DEAF STUDENTS

from the Alexander Graham Bell Association. Students must be profoundly deaf; must use speech, residual hearing and speechreading as a primary mode of communication; must be prelingually deaf; must be attending or planning to attend a college for hearing students. For an application write to AGB Scholarship Program, 3417 Volta Place, Washington, D.C. 20007.



Coping with Inaccessibility

is a manual which displays photographs and diagrams to assist wheelchair users in situations of inaccessibility. Call the ILC for more details.

Spotlight

Cynthia Barron knows what it's like to be independent and care for herself and her family. She also knows about the loss of self-esteem and the humiliation from running up against constant barriers to that independence. She has Spinal Bifada, a disability that occurs from an incomplete closure of the spine, which occurs during prenatal development. She walked with crutches most of her life and has been in a wheelchair for the past six years.

Cynthia is also a perfect example of a person who has not let her disability stand in her way.

She grew up in Cleveland, Ohio and, after graduating, she moved to New Jersey where she worked as a Speech Therapist for seven years. She has since been a busy wife and mother of four children living in Connecticut and Ann Arbor, Michigan before moving to Los Alamos. Cynthia feels that Ann Arbor is a model other cities should follow for accessibility. She was able to go anywhere and do anything independently within the town, and she didn't give her disability a second thought. People in wheelchairs were as common a sight and as acceptable a part of the community as abled bodied people.

Moving from Ann Arbor to Los Alamos was a drastic change in Cynthia's life style. She found that she could not take part in activities at her children's school, attend church activities in the church hall in White Rock, supervise her youngest children in the wading pool at the swimming facility, or even go shopping at most local businesses.

She approached pool managers, school principals and church officials, all of whom were very accommodating, but Cynthia felt there to be an apathy in Los Alamos which was very frustrating to her. She wondered where the other people with disabilities were. Surely she wasn't the only person with a mobility impairment, but why was no one else speaking up? Being bedridden from several operations gave her the opportunity to meet many church members who volunteered to help her during her recovery. She discovered that most of the people she met knew at least one person who had a disability. By the time Cynthia called the ILC to ask for assistance in her fight for accessibility, she knew enough interested people to believe that a committee to address these issues might be viable. One town meeting was all it took. Cynthia is now President of the Los Alamos Council on Accessibility and she is finding that position to be almost full-time job. She receives many phone calls daily from people telling her about their accessibility needs, people commending the council, and others interested in helping all the talk become reality.

Three cheers for a motivated lady who knew what she and others needed to enable them to be independent, and who took action to see that it happened.

"My interest is in the future because I am going to spend the rest of my life there."

Charles F. Kettering (1876-1958)

The Los Alamos Council on Accessibility (LACA) became a reality for citizens of Los Alamos at a meeting in February of this year. Over 40 people attended an organizational meeting spearheaded by LA resident Cynthia Barron. Barron was named as president of the newly formed council.

Both nondisabled and persons with disabilities joined forces to commit to making Los Alamos an accessible city.

City and county officials are receptive to the Council's concerns for more curb cuts, designated handicapped parking places, and accessibility to county buildings, including bathrooms. Future activities involve accessibility in schools and private businesses and providing education and consultation on accessibility to the community. LACA will act as an information center for persons who want (or need) to make their buildings or grounds accessible. Call Cindi Diamond at the Independent Living Center if you want to be involved in LACA or are interested in forming a similar committee in your community.



Dear Gary:

"Outreach" is pleased to announce the inception of a new feature. Beginning with the next issue, Gary Wilber, a New Vistas peer counselor and accessibility consultant, will be available to personally address any disability-related problem or issue our readers may have. Write to:

Dear Gary
c/o New Vistas Independent
Living Center
St. Michael's Hall
Santa Fe, NM 87501

"There are substantial differences in the costs of caring for handicapped people in their own homes with supporting services, as compared to the much higher costs of keeping them in various institutions." (Simkins) "Keeping disabled people in dependency is costing many times more than helping them to achieve independence. The cost of not eliminating the dependency will vastly exceed the costs of spending to make the disabled independent." (Bowe) (Operation News Link)

A new technique may offer men with spinal injuries the possibility of fathering children: The Institute for Rehabilitation and Research, a comprehensive rehab facility which is part of the Texas Medical Center in Houston, has a new fertility service for men who have sustained spinal cord injuries. One of the primary reasons for fertility problems among this group is their lack of ability to ejaculate due to the damage of the nerves to the spinal column. A technique called chemical ejaculation was developed a number of years ago in England and is now available to individuals in the US as a part of the TIRR spinal cord injury fertility program. Lauro Halstead, M.D. of TIRR explained that the technique is relatively simple and completely safe when performed in a hospital. A drug called Neostigmine is injected into the spinal canal which then stimulates portions of the nervous system. If successful, the injection will produce ejaculation within several hours. On occasion, repeat injections are necessary to build up the number of sperm. If the number and quality of sperm are satisfactory, the sperm can then be artificially inseminated into the man's partner. Possible complications of chemical ejaculation have been identified as including headache and elevated blood pressure. Persons interested in learning more about this service should write to: Lauro Halstead, M.D., The Institute for Rehabilitation and Research, 1333 Moursund, Houston, TX 77030, or call (713) 797-1440, ext. 246.

(This was reprinted from the Winter Quarter 1983 issue of The Coalition on Sexuality and Disability newsletter.)



BREAKFAST OF CHAMPIONS

George Murry will be seen on nearly four million packages (8 and 18 ounce sizes) of Wheaties cereal arriving on store shelves during May and June. George was one of two disabled athletes to be the first to cross the U.S. in the wheelchair. George is one of six champions chosen from over 6,400 amateur athletes.

Reprinted from Accent
on Living - Spring,
1984.



ILC Staff

(Not pictured are
Robert Clingenpeel, Nancy Berlove and Jono Stewart.)



Mary, Jane, Gary, Tim
Peer Counselors

(Not pictured are peer coun-
selors Josephine Duran, Ken
LaCome and Novert Rodriguez.)



The staff at the Independent Living Center would like to extend it's gratitude and appreciation to four outstanding interns who will be completing their service with us at the end of April.

MARGY ANN BRADLEY will be receiving her Master's Degree in Counseling from UNM and will be joining the Southwest Counseling Association of Santa Fe in the near future. Margy was working with ILC Counselor Linda Tonsing.

SHERRI BARNHILL will be earning her Master's Degree in Vocational Rehabilitation Counseling from Gallaudet College in Washington, D.C. in May. She has been interviewing for several positions and hopes to work in a setting similar to New Vistas. Sherri's supervisor is Community Resource Coordinator Lori Beene.

DORA GOMEZ is also graduating this May from the College of Santa Fe with a Bachelor of Art in Social Work. She has intern placements at other New Vistas components, as well as the ILC. She has worked with Norah Schwartz on updating files and the community resource guide and teaching classes.

BARBARA CLIVNER has been with the ILC since last September. She has now completed her first year of the graduate program in Social Work at Highlands University. Barbara, who plans to eventually go into social work in a private agency, has worked with Case Manager Sandy Vieth.

All of these women have contributed immeasurably to the ILC and will be missed by us all. and Thanks Jackie!

JACKIE CABALLERO is a beginning freshman at the College of Santa Fe and has been working sixteen hours a week at NVILC since mid-January of this year through the College of Santa Fe Work-Study Program. After a summer of money making somewhere unknown now, she will be returning to school and NVILC in the fall.



There is only one success
-to be able to spend your life
in your own way.

Christopher Morley
(1870-1957)





WHAT IS IN A WORD?

It is said that a picture is worth a thousand words", but it might also be stated that "words create a preconceived image or picture". Take, for instance, words such as "crippled", "patient", "handicapped", "retard". They all bring to mind an image of someone who is unable, lacking, sickly, dependent, etc. Negative images are what the independent living movement is trying to dispell. It's a long and arduous battle, as many agencies have more or less institutionalized words that imply that a person with a disability is sick, helpless and needs to be taken care of. Catch words like "the disabled" or "the handicapped" are convenient, but misleading. Granted, there may be individuals who need protection and advocacy in many or all areas of their life. But a vast majority of persons with disabilities are capable of living a fulfilling, independent life, given opportunities to get accessible housing, a means of transportation, and incentives to return to the workforce.

But back to the "words" business. We, here at New Vistas ILC, who try to embody the independent life style, have been tossing the word "client" around. Are we professionals with skills and trades to impart upon you our "client"? Or are we just more of you, people who know the ropes, having "been there" either ourselves directly, or through personal experiences with others? Are you a "member" of our club, a "participant" in our program, a "consumer" of our services or a "client" with our center?

What's in a word? Maybe nothing - but it's worth a thought - what do you think? We'd like your input.

Linda Tonsing

ANOTHER VIEW

The user of an independent living center (ILC) can be called "participant", "member" or "consumer" by the people who work at an ILC. Words like "client" or "patient" are incorrect when referring to a group of people who want to become more independent, have a say in their health care and direct their own destinies.

The people who use the services of an ILC are much the same as the staff who, not only have accomplished areas of expertise helpful to users of an ILC, but are, themselves, mostly disabled in various ways.

An ILC is the place to go for the best in programs and services delivered by and for people with disabilities. In an ILC there is a feeling of tremendous dedication to an attitude that we are all in this together, that we each have survived a great river flood and that we are pitching tents on the slippery muddy shores.

Doug Koehner

"To believe your own thought,
to believe that what is true
for you in your private heart
is true for all men,
-that is genius."

Ralph Waldo Emerson
"Self-Reliance"

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Center:

Linda Tonsing - Editor, Andy Winnegar,
Pat Herrick, Sandy Vieth, Lori Beene,
Norah Schwartz, Dora Gomez, Cindi
Diamond, Doug Koehner, Selina Gonzales,
Linda Berardinelli, Jackie Caballero,
Sue Swink, Stella Tohl and Linda Masco-
Meyers.(layout design...Jackie and Linda M.-M.)

All correspondence regarding contri-
butions or futher information should
be addressed to:

New Vistas Independent Living Center
St. Michael's Hall
College of Santa Fe
Santa Fe, NM 87501

(505) 473-0550 or 473-1414 TTY



GUIDES FOR THE TRAVELER



With summer approaching, here are some "musts" for the mobility impaired who love to travel . . .

ACCESS AMTRAK, National Railroad Passenger Corp., 400 No. Capitol St., N.W., Washington, D.C. 20001, free.

ACCESS NATIONAL PARKS: A GUIDE FOR HANDICAPPED VISITORS, National Park Service, 1978, \$6.50, order it by number SN024-055-00691-5 from the U.S. Government Printing Office in Washington, D.C. 20402.

ACCESS TRAVEL: AIRPORTS, Airport Operators Council International, 1982, single copy free from Consumer Information Center, Dept. 632 K, Pueblo, Colorado 81009.

HIGHWAY REST AREAS FOR HANDICAPPED TRAVELERS, The President's Committee on Employment of the Handicapped, 1111 20th St., N.W., Washington, D.C., free.

1981/1982 INTERNATIONAL DIRECTORY OF ACCESS GUIDES, Rehabilitation International USA, 1123 Broadway, New York 10010, individual copy free, additional copies \$1 each.

NEW VISTAS
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NEW VISTAS' INDEPENDENT LIVING CENTER

DATE: MARCH 27, 1984

TO: REGION VI INDEPENDENT LIVING CENTERS

FROM: ANDY WINNEGAR, DIRECTOR

RE: REGION VI SOUTHWEST COALITION MEETING MAY 17, 1984

The second meeting of the Region VI Southwest Coalition of Independent Living Centers is planned for May 17, 1984, 2 p.m.- 6 p.m. at New Vistas Independent Living Center. We all felt it was important to visit various I.L.C.'s to hold these meetings so we're expecting all of your attendance. Helen Kutz, Director of Total Independent Living Today will be joining the two other ILC's from Oklahoma.

The agenda is still open but accessible lodging is going quick so call as soon as possible for the best deal.

S.C.I.L.C. Agenda 5/17/84

2:00-----Introductions
2:05-----John Weir (Medicaid Services)
2:45-----Lex Friedan (Discussion Evaluation Standards)
3:15-----Royland Sykes (Computer Management)
4:00-----Helen Kutz (To be announced)
4:30-----Andy Winnegar (EXPO Review)
4:45-----Open
5:15-----Open
5:30-----Open
6:00-----End of Meeting

8:30-----Mary McCaslin/Jim Ringer Concert

Enclosures