

LIFE/RUN is Growing!

With the advent of baby boomers reaching senior citizen status, maintaining health and fitness is more important than ever. However, many of LIFE/RUN's Consumers can rarely afford access to commercial health clubs, nor are those health clubs typically accessible to people who use wheelchairs or have other physical disabilities, such as arthritis, artificial joints, bone diseases, etc. Being able to maintain muscle tone, flexibility and stamina are key factors towards independence and can often help avoid institutionalization in a nursing facility.

Future plans for **LIFE/RUN** include the Larry C. Gardner Activity Center, which will contain fully accessible exercise equipment and serve as a forum for social and recreational activities designed to bring people of all ages, with different types of disabilities together to encompass the mental aspects of wellness and encourage physical fitness and nutritional health.

LIFE/RUN's health and fitness program will be staffed by a Health & Fitness Specialist (HFS), whose responsibilities will include assessment of Consumer fitness levels, development of appropriate exercise programs, one-on-one fitness training, proper use of equipment, scheduling of fitness activities, and safety maintenance of equipment. The HFS will also provide information on health topics, such as diet and recreational sports. The ultimate goal of the program is to enable LIFE/RUN's Consumers to combat chronic health conditions,



strengthen their muscles, boost their energy level, enhance their quality of sleep, manage their weight, and most importantly, enjoy the benefits of living a healthier, more independent lifestyle.

The Larry C. Gardner Activity Center will be located in LIFE/RUN's newly constructed building, made possible through local support and a generous donation. The new Center will be located at 8240 Boston Avenue in Lubbock, Texas, with its tentative grand opening scheduled for next spring.

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DOJ Rules are Stricter for Service Animals

In 1991, following the enactment of the ADA, regulations stated that public accommodations (restaurants, stores, theatres, etc.) must allow service animals to accompany a person with a disability, even if they had a policy against admitting pets.

At that time, most service animals were service dogs, specifically trained to assist a person with a visual disability.

Over time, however, a variety of species came to be characterized by their owners as service animals, including pigs, horses, monkeys, snakes, lizards, birds, and rodents. Also, dogs and other animals that merely provide emotional comfort to their owners also have been characterized as service animals.

The U.S. Department of Justice has issued new regulations effective March 15, 2011, however, which will substantially limit the types of animals that will qualify as service animals under the ADA.

First, only dogs (and miniature horses in some cases) will qualify as service animals under the new regulations. "Other species of animals, whether wild or domestic, trained or untrained," will not qualify. The new regulations, however, do not place limits on breed or size of dog.

Second, the dog must be "individually trained to do work or perform tasks for the benefit of an individual with a disability,



including a physical, sensory, psychiatric, intellectual, or other mental disability." The regulations go on to state that the work or tasks performed by the service

animal must be directly related to the handler's

disability. Examples of work or tasks set forth in the regulations include:

1. Assisting people with visual disabilities with navigation or other tasks
2. Alerting people with hearing disabilities to the presence of people or sounds
3. Providing non-violent protection or rescue work
4. Pulling a wheelchair
5. Assisting an individual during a seizure
6. Alerting an individual to the presence of allergens
7. Retrieving items such as medicine or the telephone
8. Providing physical support and assistance with balance and stability to individuals with mobility disabilities
9. Helping persons with psychiatric and neurological disabilities by preventing or interrupting impulsive or destructive behaviors

Under the new regulations, the mere "provision of emotional support, well-being, comfort, or companionship does not constitute work or tasks" for purposes of the definition of service animal. Thus, animals that provide only comfort or emotional support for their owners will no longer qualify as service animals.

The new regulations also formalize prior Justice Department technical assistance addressing the use and handling of service animals. The regulations provide that a public accommodation may ask an individual with a disability to remove a service animal from the premises if the animal is not housebroken, or if the animal is out of control, and the animal's handler does not take effective action to control it.

Social Security Office Closes Earlier



Effective August 15, 2011, Social Security field offices nationwide close to the public 30 minutes early each day. For example, a field office that is usually open to the

public Monday through Friday from 9 a.m. to 4 p.m. will close daily at 3:30 p.m.

“While agency employees will continue to work their regular hours, this shorter public window will allow us to complete face-to-face service with the visiting public without incurring the cost of overtime for our employees,” said Michael J. Astrue, Commissioner of

Social Security. “Congress provided our agency with nearly \$1 billion less than the President requested for our budget this fiscal year, which makes it impossible for us to provide the amount of overtime needed to handle service to the public as we have in the past.”

Most Social Security services do not require a visit to an office. For example, anyone wishing to apply for benefits, sign up for direct deposit, replace a Medicare card, obtain a proof of income letter or inform us of a change of address or telephone number may do so at www.socialsecurity.gov or by dialing our toll-free number: 1-800-772-1213 (TTY 1-800-325-0778).

This publication is supported by funding through DARS, U.S. Dept. of Education, DADS and other grants and contracts received by the LIFE/RUN Center.

Opinions expressed in this newsletter do not necessarily represent those of LIFE/RUN’s funding sources.

In order to make it easier for Consumers to attend activities at the Center, LIFE/RUN will now provide Citibus transportation to Center-sponsored activities and appointments. Tell the Bus driver you are going to LIFE/RUN.



Activities at LIFE/RUN

Be sure to watch your calendars in the coming months for holiday activities! Beginning in October, LIFE/RUN will have fall activities, including a fall festival, with bingo and a costume party.

November and December will have a variety of traditional holiday activities for Consumers, including a Thanksgiving dinner and Christmas party with a gift exchange.

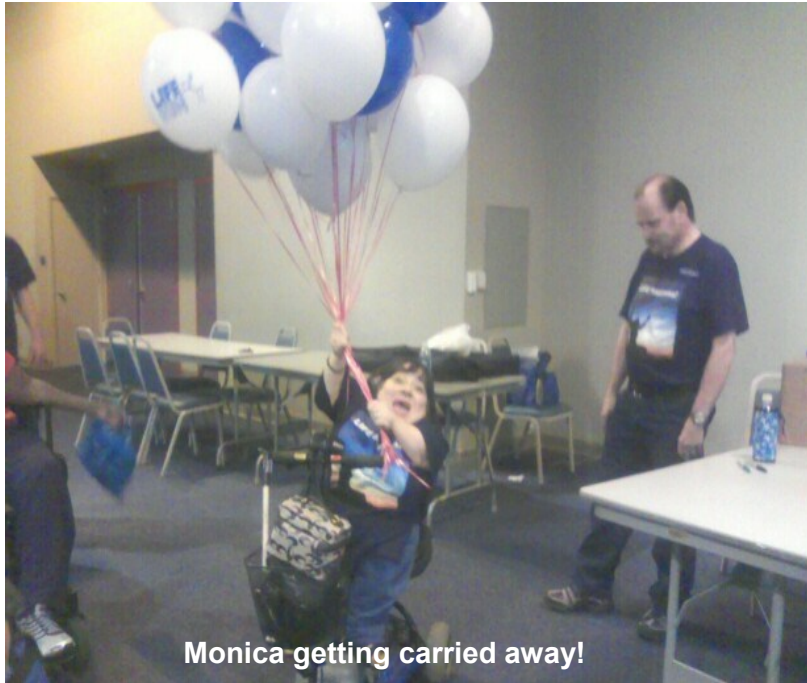
LIFE/RUN knows that holidays can be lonely, so, don’t sit home alone! Come on out and be part of this year’s activities!

Holidays!

LIFE/RUN ADA Celebration!

This year's Americans with Disabilities Act (ADA) Celebration was a great success! Twenty-one years after the ADA was signed, 300 Consumers, businesses and agency representatives met at the Science Spectrum to recognize the changes and benefits that the ADA has brought.

Over the years, LIFE/RUN has had formal, informal, organized and well, a little less than organized celebrations. In 2011, We had a great celebration, that went off without a hitch!



Monica getting carried away!

Between some wonderful music, great food and excellent door prizes, our Annual Celebration was a great success. Terri Furman returned to emcee the festivities. Music was provided by Shunn Harvey, Tunismus and Rex Brooke. Lubbock City Councilman, Todd Klein read the Governor's Proclamation for the ADA.

Twenty-one vendor booths were available for Consumers to learn about resources in Lubbock. Open Road Mobility brought a 2011 Red Chevy Silverado Pickup with the GoSchichi access system

that allows people in wheelchairs to drive a BIG RED TRUCK!

We want to thank all the agencies and businesses who helped make this year's Celebration possible. They are:

- ◆ Uniting Parents
- ◆ Heritage Apartments
- ◆ Arctic Ice
- ◆ The Aging and Disability Resource Center
- ◆ South Plains Community Action Association
- ◆ Skilled Nursing and Head Start Programs
- ◆ Open Road Mobility
- ◆ The Student Occupational Therapy Association
- ◆ Temple Community Church
- ◆ Lubbock Area Client Council
- ◆ Planks A-C & Heat
- ◆ Lula B's Shabby Chic Boutique
- ◆ Royal Package Store
- ◆ Home Instead Senior Care
- ◆ Disability Rights, Texas
- ◆ The Department of Assistant and Rehabilitative Services (DARS)
- ◆ Early Childhood Intervention (ECI)
- ◆ Texas Department of Aging and Disability Services (DADS)
- ◆ Lubbock Citibus
- ◆ Woman's Protective Services
- ◆ Hub City Access
- ◆ Workforce Solutions
- ◆ West Texas Parkinsonism Society
- ◆ Advanced Home Health & Hospice
- ◆ Hold Your Horses Therapeutic Riding Center
- ◆ Community Services for the Deaf
- ◆ Terri Furman
- ◆ West Texas Vocational Corporation

Board of Directors and PAIMI Advisory Council



Disability Rights Texas, the designated protection and advocacy agency for Texans with disabilities, welcomes all nominations for its Board of Directors and Protection and Advocacy for Persons with Mental Illness (PAIMI) Advisory Council.

A majority of members of both the Board and Council must be persons with disabilities or family members of persons with disabilities.

The Board and PAIMI Advisory Council value diversity of culture, disability and other life experiences. In order to assure that the Board and the PAIMI Council reflect, to the greatest extent possible,

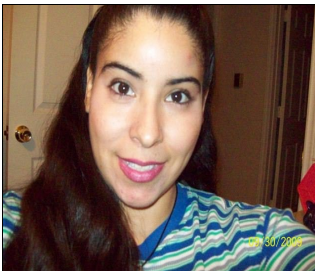
the geographic and ethnic diversity of Texas, Disability Rights Texas encourages individuals from rural areas, bilingual and distinct ethnic communities, and other traditionally underserved communities to apply for positions to the Board and PAIMI Council.

The Board or PAIMI Council Nominating Committee will review all applications, select some candidates for an interview, and make recommendations to the Board and the PAIMI Council.

For more information or to apply online, go to:

<http://www.disabilityrightstx.org/contact/volunteer-opportunities/>

New Staff At LIFE/RUN



Hi! I'm Stephanie Reyna and I first came to LIFE/RUN seeking rent assistance. Little did I know they would pave my way to independence.

I graduated with the class of '97 from Estacado High school. I was eager to continue my education and enrolled at South Plains College. I quickly learned the "real world" was not as confident in my independence as my mother was. While at South Plains, I studied Early Childhood Development for Children with Special Needs. I assumed that would be an easy subject for someone who "lived it". That's when I learned what the word "liability" meant. I was not permitted to do hands-on training with small children because I was deemed a "liability" due to being in a wheelchair. I decided to do the next thing I was passionate about, becoming a housewife. I got married but that dream was short-lived with the passing of my husband of 5 years.

I sought the assistance of LIFE/RUN, needing to find housing and fast. I have since found a beautiful new home and a support group to help me go through my depression. I also found a new lease on life and purpose. I have since worked for Goodwill Industries, been a volunteer at LIFE/RUN, joined the Getting Out Group, and served on the LIFE/RUN Board of Directors. I'm now excited to start a new position at LIFE/RUN as a Receptionist! I'll be answering the phones, helping with some activities and greet you when you come into the Center. I'm looking forward to meeting you!

LIFE/RUN programs are free and open to anyone with a disability. If you need help to participate (interpreters, etc.), please let us know 24 hours in advance, so that we can provide these services.



Yes, You can Work!

You may be sitting there reading this thinking “I’m on disability, I can’t work!” or “Why should I work?” Set aside your concerns regarding working with a disability and your fear of losing your benefits. There are plenty of work incentives that will protect your benefits. Let’s look at what work provides to you!

When you ask people why they work, a lot of them will say they’re “only in it for the money”. When you work for money, you can be financially independent and have some control over your life. Sometimes money truly is the only reason a person works. But most people have more substantial reasons for working. For example:

- They like to spend their days doing something they’re good at.
- They like being productive
- Other people need their skills and they feel obligated to supply them

The benefits you get from paid and unpaid work are strongly linked to your values. When you know what your values are regarding work, you can choose jobs that will satisfy you in ways that are deeper

than your “hip pocket”. The two main reasons that people work are to perform rewarding and meaningful activities and for companionship. “Rewarding” and “meaningful” work, is work that allows you to :

- Fulfill most of your material needs
- Meet your financial obligations
- Feel as if you fit into and contribute to society
- Feel a sense of well-being and accomplishment
- Meet and interact with people of different backgrounds and cultures.

Companionship at work means having continued, shared interaction with other people, including sharing the rewards of a job well done, whether they be a sales bonus or a commendation from the managing director.

Finding a job and becoming employed is an important part of becoming independent. Make an appointment with the staff at LIFE/RUN to review your current situation regarding employment. There are many options for working while receiving Social Security benefits. You can learn about work incentives, learn how to use a computer or find out what assistance is out there for you. Yes, you CAN work!

Your donation to the LIFE/RUN Center for Independent Living is tax deductible. It will be used to further enhance the quality of services offered to Consumers, and to promote equality, dignity, independence and the full inclusion of people with disabilities into every aspect of their communities.

To give, please clip this and mail it with your donation to:

LIFE/RUN Center
4902 34th Street, Suite #5,
Lubbock, TX 79410

I would like to donate:

\$5___ \$10___ \$25___ \$50___ \$100___ \$1,000___



SEPTEMBER 2011

LIFE/RUN Hours of Operation

Monday through Thursday

7:30 a.m. to 6:00 p.m.

Web: www.liferun.org

facebook.com/liferunlubbock



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
We provide Citibus Transportation for programs attended at the Center.				1	2	3
4	5 Center Closed 	6 Cooking Class Heart Healthy 10:30 - 12:00 Crafts Class Ceramics 1:00 - 3:00	7 Exercise Class Sit 'n' Fit 10:30 - 11:30 ASL Class 1:30 - 2:30 Computer Class 2:30 - 3:30	8 Reading Group With David 1:30 - 3:00 Pilot Meeting for Your Input	9	10 Traumatic Brain Injury Support @ LIFE/RUN 10:00 a.m.- 1:00 p.m.
11 	12 Community Services for the Deaf AT Presentation 1:30 - 3:00 Rolling Queens 2:30 TOPS Meeting 5:00	13 Benefits Planning with Stacey Lewrets, Imagine 11:00 - 12:30 DARS Counselors @ LIFE/RUN	14 Wii Exercise Class 10:30 - 11:30 ASL Class 1:30 - 2:30 Computer Class 2:30 - 3:30	15 Craft Class 1:30 - 3:30	16 17 The West Texas Native American Association Meets the 2nd Saturday of the Month at 6:30. Call Darlene for more information @ 795-5433, ext. 106	
18	19 Center Closed for Staff Development	20 Center Closed for Staff Development	21 Exercise Class 10:30 - 11:30 ASL Class 1:30 - 2:30 Computer Class 2:30 - 3:30	22 Cooking Class 10:30 - 12:00 Peer Support Getting Started in Making Changes 1:30 - 2:30	23 First Day of Autumn! Native American Day	24
25	26 TOPS Meeting 5:00	27 CAC Meeting 10:30 - 12:00 Movie Day 1:30 - 3:30	28 Wii Exercise Class 10:30 - 11:30 ASL Class 1:30 - 2:30 Computer Class 2:30 - 3:30	29	30	

LIFE/RUN Center for Independent Living
Lifetime Independence for Everyone, Inc.
4902 34th Street, Suite #5
Lubbock, TX 79410

Non Profit Organization
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Lubbock, TX
Permit No. 325

WE'RE ON THE WEB

WWW.LIFERUN.ORG

[http://www.facebook.com/
liferunlubbock](http://www.facebook.com/liferunlubbock)



LIFE/RUN Center for Independent Living Staff

806-795-LIFE

Michelle Crain	Executive Director	Extension 123
Nancy Penland	Director of Programs	Extension 111
Irean Harvey	Office Manager/Volunteer Coordinator	Extension 124
Darlene Leadingham	Human Resources Manager	Extension 106
Terry Walker	Financial Officer	Extension 112
Stephanie Reyna	Receptionist	Extension 101
Monica Pratt	Special Projects Coordinator	Extension 104
John Hobgood	Special Projects Coordinator	Extension 122
Tonji Shorter	Community Integration Specialist	Extension 117
Sheryl Young	Computer Trainer/Advocacy Specialist	Extension 109
Rosa Trevino	Advocacy Specialist	Extension 105
Donna Cheshire	Advocacy Specialist	Extension 121
Carol Ann Trammell	Advocacy Specialist	Extension 102
Vivian Saldivar	Advocacy Specialist	Extension 113
Cathy Boden	Advocacy Specialist	Extension 103
Andy Kochis	Certified Sign Language Interpreter	Extension 110
Kimberlee Scott	Relocation Specialist (Lubbock)	Extension 114
Annabell Mendoza	Relocation Specialist (Midland/Odessa)	432-978-8763
Kim Sorrells	Relocation Specialist (Amarillo)	806-535-4786
Kendal Johnston	Relocation Specialist (Abilene)	325-829-3125
Addy Perez	Relocation Specialist (Wichita Falls)	940-642-8420