



# Lifelines

MARCH 2011 - MAY 2011

LIFETIME INDEPENDENCE FOR EVERYONE, INC.

## It's That Time Again!

The 21<sup>st</sup> Annual LIFE/RUN Americans With Disabilities Act (ADA) Celebration is coming up fast! Each year, the Center remembers the anniversary of the signing of the ADA, by bringing Consumers, service providers and community leaders together in a party designed to remind us all what the ADA has done for people with disabilities.

The ADA, a law that outlines the rights of people with disabilities, was signed in January of 1990 by President George H.W. Bush. Since that time, there have been some great advances in the cause of Disability Rights. We still have a way to go, but as a movement, we are going forward. This year, LIFE/RUN looks back to the past to show just how far we have come!

This year's theme is "Now and Then!". We will attempt to illustrate the differences that have made life better for people with disabilities, their families and communities over the last century. Language, attitudes, access, technology have all changed. Granted, everything isn't perfect, and there are still people who don't "get it". They may not "get it" until disability hits home, and hit home it will. There are over 54 million people with disabilities in the United States. That's not a population that can be ignored any longer.

On July 22, 2011, LIFE/RUN's Annual ADA Celebration will be held at the Science Spectrum, from 11:00 - 2:00. The event will include vendor booths with great information, bingo, entertainment, karaoke and door prizes. All that and lunch is included!. Tickets will be available for purchase beginning July 1<sup>st</sup> at the Center. Ticket prices are \$2.00 in advance, \$3.00 at the door.

### INSIDE THIS ISSUE:

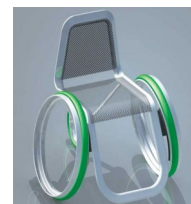
Accessibility Check	2
Social Security Go Direct!	3
SILC Conference	4
Focus on Access Gala	5
New Car	5
Computer Classes	6
Calendar	7
Contact Information	8



Science Spectrum  
2579 S. Loop 289  
11:00 a.m. - 2:00 p.m.



Then



Now

## Accessibility



LIFE/RUN Center continues to take part with Hub City Access, by helping to make Lubbock more accessible to ALL of its citizens. To that end, we asked a staff member to relay back her experiences at various restaurants in Lubbock, to see how accessible it is for a person using a wheelchair.

These are Monica's observations:

**Which Wich?: 1021 University Ave.**



If you are looking for a sandwich shop that is a little edgy and you love variety, you may want to try "Which Wich?". Which Wich? has a dizzying array of options to build your very own signature sandwich to delight your taste-buds.

The ordering system is what makes this restaurant stand apart from others. Upon entering, you will see an island with a round table and brown paper bags affixed to a pole above. There is also a wall mounted counter with the same bag choices above it and a board menu. The island and counter are high to accommodate people as they stand. There is no low counter for those who are shorter or wheelchair mobile. If you are unable to navigate a few stairs, you will need to go back through the line to reach the ramp on the opposite side of where you began your ordering process.

When your order is completed your name is called, however if you are not seated nearby, you may not hear your name as they do not use a mike or number board of some sort. Also, if you are using a wheelchair, there is not much room for you to wait near the preparation area until your sandwich is ready, which may take about 15 minutes.

There are two levels at Which Wich?, and all tables and chairs are metal, free standing, and standard height. The seating area in front of the preparation area on the lower level is packed tightly. There is sufficient room for wheelchairs on the upper level, which is also where the fountain drink dispenser is located. The only drawback is that when you suspect that your sandwich is ready, if you are unable to navigate stairs, you'll have to go down the ramp and around the seating area to retrieve it, and back again to eat.

Since Which Wich? is near Texas Tech, the clientele is mostly college age. With one TV that is set to the Disney channel, and no carpet, upbeat music and metal furniture, the volume of the place can seem high. On the upper level are the restrooms, which are suitable for companion assistance. With wide doors, spacious turn around area, grab bars and accessible sink, most people will find the facilities easy to manage.

In addition to sandwiches, they also offer warm cookies, shakes, and standard bagged chips. While the quality was good, the sandwich itself was rather small for the price.

This accessibility check reveals:

Citibus route

Some accessible parking

No automatic doors

Seating is accessible but some is tight

Companion restrooms

Ramp inside to upper level

No paper or Braille menus

## Social Security Checks Go Direct!



In a new video public service announcement, George Takei and Patty Duke are helping Social Security get the word out that the best way to get your benefit payment is to

“Go Direct.”

“Getting your Social Security or Supplemental Security Income payment by direct deposit or Direct Express is safer and more reliable,” said Michael J. Astrue, Commissioner of Social Security. “You don’t have to worry about your check being lost or stolen and your money is available immediately on your payment date. There is no need to wait for the mail to arrive.

The U.S. Department of the Treasury announced a new rule that will extend the safety and convenience of electronic payments to millions of Americans and phase out paper checks for federal benefit and non-tax payments by March 1, 2013. Anyone applying for benefits on or after May 1, 2011, will receive their payments electronically, while those currently receiving paper checks will need to switch to direct deposit by March 1, 2013.

Electronic payments also will provide significant

savings to American taxpayers who will no longer incur the \$120 million a year price tag associated with paper checks and save \$1 billion over the next ten years. Eliminating paper checks also will provide positive benefits to the environment, saving 12 million pounds of paper in the first five years alone.

To learn more about direct deposit or the Direct Express® Debit MasterCard® card or to apply, visit [www.GoDirect.org](http://www.GoDirect.org).

SSA Press Office 440 Altmeyer Building 6401 Security Blvd. Baltimore, MD 21235

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 the event of inclement weather, the Center may close or cancel activities for Consumer safety. During bad weather, call in advance.**

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.



## State Independent Living Conference, 2011

Austin and the Sheraton Hotel Downtown were host to this year's Annual State Independent Living Conference, April 3rd - 5th. Approximately 350 individuals were in attendance this year, making it a successful event for all involved.

One of the most prominent issues discussed throughout, was the massive budget shortfall and the effects that it will have across the board to anyone receiving benefits or programs in the State of Texas. Organizers of the event brought front line presenters who were able to give up-to-date information of what was happening just blocks away at the State Capitol. Representatives from the Coalition of Texans with Disabilities (CTD) and members of ADAPT provided conference attendees with the proposed cuts to the counties where they work and live. Lubbock County, for example, is projected to lose **\$196 Million** in state Health and Human Services funding with \$89 million of that from Medicaid funds. That can also mean a loss of 1,817 jobs in the County. Conference goers rallied at the Capitol building on April 5th, in an effort to bring attention to the fact that people with disabilities will not stand idly by and watch their services and their independence be taken away from them.

Changes are coming daily, as legislators continue to turn to the programs that are sorely needed, to make their budget cuts. Representatives are proposing that CBA (Community Based Alternatives) take a cut in the wages of attendant care from \$8.00 an hour to minimum wage which is \$7.25 an hour. These cuts to wages could mean that someone on CBA would no longer be able to continue living in their home.

Hiring and keeping employees becomes too difficult.

People's livelihoods are at risk. Call your Representatives and tell them not to take



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.



## Focus on Access Gala

The weather was cool, and the music was hot, when we all got together for the Second Annual Focus on Access Gala at the Frazier Alumni Pavilion on Texas Tech Campus.

The Gala is a fundraiser that honors individuals, businesses and organizations in the community who help make Lubbock more accessible. Ron Roberts served as the emcee, for the second year, and Dr. Roger Wolcott and his band, Tunesmus provided some great music. Shunn Harvey, Kandra Scott and Rex Brooks also provided some wonderful entertainment for the participants.

The Focus on Access Gala was a special tribute to Christie Gutierrez, who passed away from cancer last November. Christie was honored with the first Annual Christy Gutierrez Award.

Other awards were:

- Outstanding Community Organization Award
- ADA Champion Award
- HCA Gold Seal Award

Others honored with certificates were Saigon Café, Texas Tech Occupational Therapy Master's Program, Hold your Horses Equitherapy and, Arbor Inn Hotels and Suites.

If you are interested in being part of Hub City Access (HCA), contact LIFE/RUN Center at 795-5433. You can also get more information about HCA by going to [www.hubcityaccess.org/](http://www.hubcityaccess.org/).

If you don't have the time to join HCA, you can still help! If you see a business or organization that is not accessible, contact HCA. We can make contact and help to educate that business to be more available to people with disabilities.

## LIFE/RUN is on the Web!

LIFE/RUN has just launched a new website, with the same web address: [www.liferun.org](http://www.liferun.org). New information is being added as it happens. We hope you'll enjoy our new look!

You can also visit LIFE/RUN's Facebook page by going to Facebook and search for:

<http://www.facebook.com/#!/pages/LIFE-Inc-CIL-Lubbock/118284578229991>

We keep announcements, calendars and important disability news posted on the page. Come on and visit us, like our page and let us know what you think. We want to hear from you!

## Congratulations!

Congratulations to Nadine Ashley, a new LIFE, Inc. Board member, on winning a brand new car at the Annual State Independent Living Conference in Austin.

Nadine went to the Conference to learn more about disability issues, but also had a great time at activities at the event. On the final day, her name was chosen as the big winner!

Nadine chose a beautiful 2011 Hyundai Sonata as her prize! Congratulations Nadine!



## Sign Up for Computer Classes

LIFE/RUN has restructured Computer classes on Wednesday afternoons, from 2:30 – 3:30 p.m. Each Class will last 6 weeks and you **must** sign up to be part of the class.



Even if you have never touched a computer, you can learn basic functions and be able

to write a letter, make flyers, resumes and use the internet.

LIFE/RUN Staff person, Darlene Leadingham, will be the instructor for this basic class. This class is designed for the beginning computer student.

In order to get the most out of this 6-week course, we ask that you commit to attending each week. Bus tickets are available for those who use Citibus or CitiAccess.

This training is offered at no cost to Consumers. The first class is booked up but we will begin a new class starting July 13th. Call to reserve your spot!

Contact Darlene at 795-5433, Ext. 106 for more information or to sign up for the class.



**Here is what is on the schedule!**

1. Introduction to the Computer
  - Using the Mouse and Keyboard
  - What are Windows?
  - Moving Windows
  - Opening and Closing Windows
2. Opening and Closing Programs
3. Word Processing
  - Creating a document
  - Formatting a document
  - Inserting text boxes and pictures
4. Editing a Document
5. Saving a Letter or Document
6. Printing
7. Internet
  - Search the Internet
  - Set up E-mail
  - Checking mail
  - Being Security Conscious
  - What can you do on the Internet?

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 \_\_\_



# JUNE 2011

**LIFE/RUN Hours of Operation**  
**Monday through Thursday**  
 7:30 a.m. to 6:00 p.m.

Web: [www.liferun.org](http://www.liferun.org)

Find us on Facebook!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Muscular Dystrophy Group meets first Wednesday of each month 1:30 p.m.	June is: National Aphasia Month National Scleroderma Month		1 Exercise Class Wii Exercise 10:30-11:30 ASL Class 1:30-2:30 Computer Class 2:30-3:30	2 Cooking Class 10:30-11:30 Peer Support Setting Goals 1:30-2:30	3 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	4
5	6 TOPS Meeting 5:00	7 Crafts Class Ceramics 10:00-12:00	8 Exercise Class Sit 'n' Fit 10:30-11:30 ASL Class 1:30-2:30 Computer Class 2:30-3:30	9 Cooking Class Heart Healthy 10:30-12:00	10	11 Traumatic Brain Injury Support @ LIFE/RUN 10:00 a.m.- 1:00 p.m.
12	13 Rolling Queens Support Group 1:30-3:00 TOPS Meeting 5:00	14 Imagine Enterprise's Benefits Planning 10:30-2:00 DARS Counselors @ LIFE/RUN 2:00-4:00 Flag Day!	15 Exercise Class Wii Exercise 10:30-11:30 ASL Class 1:30-2:30 Computer Class 2:30-3:30	16	17	18
19 HAPPY FATHER'S DAY Juneteenth!	20 Inspirations Presentation 10:00-11:00 TOPS Meeting 5:00	21 Peer Support Knowing When You Need Help 2:00-3:00 First Day of Summer!	22 Exercise Class Sit 'n' Fit 10:30-11:30 ASL Class 1:30-2:30 Computer Class 2:30-3:30	23 Cooking Class Summer Smoothies 10:30-12:00 Using Coupons 1:30-3:00	24	25
26	27 TOPS Meeting 5:00	28 CAC Meeting 10:30-12:00  Movie Day 1:30-3:30	29 Exercise Class Wii Exercise 10:30-11:30 ASL Class 1:30-2:30 Computer Class 2:30-3:30	30 Craft Class Butterflies 10:30-12:00	1	We provide Citibus Transportation for programs attended at the Center.

4902 34th St., Suite 5 (806) 795-5433 (Voice) (806) 795-5607 (Fax)

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

**Non Profit Organization**  
**U.S. Postage Paid**  
**Lubbock, TX**  
**Permit No. 325**

---

**WE'RE ON THE WEB**

**WWW.LIFERUN.ORG**

---

---

**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
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
Rex Brooks	Senior Aid	Extension 101
Andy Kochis	Certified 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, Wichita Falls)	325-829-3125