DISABILITY NETWORK OF MID-MICHIGAN

January 2021 NEWSLETTER

**ARTICLE 1 – FEATHERS AND FEDORAS is SATURDAY, JANUARY 13**

Our annual fundraiser has gone virtual. We've tried to recreate as many aspects of the Feathers and Fedoras experience you've come to love over the past five years. We hope you'll join our honorary chairs, Shauna and Paul Barbeau for a fun evening benefiting DNMM's independent living programs for people with disabilities.

[Click here to register for our Live and Silent Auctions.](https://dnmm.cbo.io)

[Click here to register for our In-Home Dining Experience.](http://www.dnmm.org/gratzi)

[Click here to register for our virtual Casino.](http://www.dnmm.org/casino)

[CLICK HERE FOR MAIN EVENT DETAILS.](http://www.dnmm.org/faf)

YOUR DOLLAR GOES FURTHER!

Thanks to a generous grant from the Herbert H. and Grace A. Dow Foundation, all donations will be matched up to $50,000!

EVENT SPONSORS

This year’s event sponsors are Dow and Dupont.

**ARTICLE 2 -** MARTIN LUTHER KING, JR. DAY OF SERVICE

Disability Network is once again proud to be a part of The ARC of Midland's 3rd Annual Day of Service in honor of Dr. Martin Luther King, Jr.

The COVID-19 pandemic has hit many families hard. The isolating effects of business closures and stay-at-home orders have been especially hard on people with disabilities, many of whom already faced isolating circumstances. Times are increasingly difficult and many people with disabilities are facing food insecurity and even homelessness.

In order to attempt to lessen the burdens caused by COVID on people with disabilities, DNMM will be joining staff and volunteers from The ARC of Midland, Corteva Agriscience, the Great Lakes Loons, the Michigan Baseball Foundation, Hidden Harvest, and the Food Bank of Eastern Michigan in a food packaging and distribution drive at the Midland Mall, Yonkers Entrance on Monday, January 18.

Over 500 boxes of food - a full two semi-trucks full - will be distributed during two shifts. The first starts at 10:00am and the second at 2:00pm. If you are in need, please consider attending this food drive. For safety concerns, the food drive is Drive-Thru only. There is no need to get out of your vehicle.

Volunteers are needed for a variety of food distribution jobs. Please click here if you are interested in volunteering.

If you have questions or need additional information about the Food Drive, please contact Rachel Baker at the ARC of Midland. 989-631-4439.

**ARTICLE 3 –** **ED ROBERTS DAY IS JANUARY 23**

Who was Ed Roberts (1939-1995) and why did the US House of Representatives designate January 23 to honor his life?

After contracting polio at 14 in 1953, which left him paralyzed from the neck down, Roberts spent 18 months recuperating in the hospital. When he consciously decided to live, he decided to live his life with a vengeance, no matter what obstacles might lay ahead of him. People with disabilities in the 1960s were not as visible as they are today. The barriers to inclusion in the community were physical as well as attitudinal. Ed set out to change all that. He advocated to get admitted into the University of California, Berkeley (Cal) and to get one of the hospital infirmaries changed into a dorm for students who, like himself, needed wheelchair accessible housing. Several of these students formed a group they called "The Rolling Quads."

They were champions of independent living in the community for all people with disabilities and instrumental in getting the first curb cuts installed in Berkeley which they recognized made the physical world accessible to more people than just wheelchair users.

That was just the beginning. Ed earned undergraduate and graduate degrees, taught at Cal and went on to help found the first center for independent living. He was named to head the California Department of Rehabilitation, founded the World Institute on Disability, married, had a child, and traveled the world to spread the word about disability rights, accessibility, and inclusion. He is widely considered to be the father of the independent living movement. [To learn more about Ed Roberts and his contributions and to get a feel for what a great spirit he had, click here to visit a special section of the Minnesota Council on Developmental Disabilities.](https://mn.gov/mnddc/ed-roberts/)

[Click here to view a short film about Ed Roberts and his philosophy called: "Free Wheeling."](https://youtu.be/ci3ek-tqiGQ)

[Click here for more ways to celebrate the Ed Roberts legacy](http://yodisabledproud.org/ed-roberts-day/), including downloading the Ed Roberts Board Game and purchasing mugs, t-shirts, and posters.

**ARTICLE 4 - Virtual Peer Group Events**

Please note the time changes for BINGO and the Amazing Women’s Peer Group.

“Just Dance!” Mondays at 11:00 a m

"Social Lunch" Tuesdays - 11:30am - 1:30pm

Grab a bite to eat and join us for a friendly chat about whatever topics you want. A chance to get together - virtually - and hang out for a while!

"Amazing Women" Group - Tuesdays from 3:00 - 4:30pm

Women need to talk to each other! Here is a chance to get on and share your day, ask each other what they think about something or share your experiences with other peers. Come join us twice a month to talk and hang out!

"Bingo!" Wednesdays – 3:00 pm Just a little friendly competition!

 "ACTIVITY GROUP" Thursdays - 2:00pm

Everything from virtual tours of museums, theme parks to cooking demonstrations. From arts and crafts to live music. Maybe even some magic from time to time. Peers pick the activity each week. Join us!

"MOVIE MATINEE" Mondays and Fridays - 1:00pm

Pop some popcorn and join your peers for an afternoon at the movies! Classic 80s comedies, recent Pixar classics, always something fun! January shows include: Zookeeper, Mulan, Wonder Woman 1984, and Soul.

**ARTICLE 5 – OFF THE SHELF VIRTUAL BOOK CLUB**

DNMM has launched a virtual book club open to everyone. We'll be focusing on books dealing with issues of diversity - from stories about people with disabilities to books pertaining to social justice. Our hope is to offer a wide range of life perspectives and experiences.

 Our next book is "Riding The Bus With My Sister" by Rachel Simon. Rachel Simon's sister Beth is a spirited woman who lives intensely and often joyfully. Beth, who has an intellectual disability, spends her days riding the buses in her unnamed Pennsylvania city. The drivers, a lively group, are her mentors; her fellow passengers are her community. One day, Beth asks Rachel to accompany her on the buses for an entire year. This wise, funny, deeply affecting true story is the chronicle of that remarkable time.

The next meeting of "Off The Shelf" is Wednesday, January 20th at 6:00pm. Copies of the book can be found on Amazon for around $6, Kindle for $1.99 and it is available on Audible and on Thriftbooks.

The club is open to the public, so feel free to invite your friends and family to join. For now, the conversations take place on Zoom. Click here to contact Matthew Ivan if you are interested in joining.

**ARTICLE 6–**  DNMM'S MEDICARE SPECIALISTS ARE HERE TO ANSWER YOUR QUESTIONS

Do you need extra help paying for your Medicare Part D prescription plan?

Call one of our MMAP-certified Medicare Specialists to see if you are eligible for the Low-Income Subsidy for Medicare Prescription Drug Coverage. We can help with screening questions and do the application over the phone in as little as 15 minutes!

Our certified MMAP counselors can also assist you with general questions about your Medicare Part D coverage. We can help you compare plans to find the best fit for your needs.

CALL US TODAY! WE'RE HERE FOR YOU!

1-800-782-4160

**ARTICLE 7 - STATEMENT OF INCLUSION**

At Disability Network of Mid-Michigan, inclusion is a universal human right for all people, regardless of race, gender, religion, disability, sexual orientation, or any other discernible quality. To be inclusive is to promote a sense of belonging, respect, and value for who you are as a person. It is about equal access and opportunities for everyone. Inclusion is an integral part of our Independent Living philosophy and of our agency's vision of "Accessible and Inclusive communities that provide opportunities for individual choice."

In the twelve counties we serve in Mid-Michigan, Disability Network offices have been, and continue to be, places of solace, understanding, and information for all. We are committed to promoting and protecting diversity and inclusion, within our offices, among our community partners, and throughout the 15 Centers for Independent Living in Michigan.

**ARTICLE 8 – STATEMENT OF ACCESSIBILTY**

DNMM advocates for the removal of barriers to independence and full inclusion of people with disabilities throughout the Mid-Michigan area. DNMM pledges to ensure accessibility. Each year, DNMM conducts a review of its own architectural, environmental, attitudinal, employment, communication, transportation, and other barriers that may exist which prohibit full access to our services.

 If you have any issues of concern regarding the accessibility of DNMM services and facilities, we encourage you to share that information with us.

 Please send your concerns or suggestions to:

Executive Director
Disability Network of Mid-Michigan
1705 S. Saginaw Road
Midland, MI 48640