

- Peer Support
- Advocacy
- IL Skills Training
- Information & Referral

That's IL Baby Newsletter



2014

Steps for Filing for Disability By Ariel Waters,

The Social Security Administration (SSA) is responsible for deciding eligibility for disability benefits. Properly filling out a disability benefits application and report can make the difference between receiving the financial support and having to appeal a rejection. The Social Security Administration (SSA) is responsible for deciding eligibility for disability benefits and helping current benefit recipients with any issues. If you are disabled and need financial support to meet your expenses, you should file an application for disability. Be careful when filing, and do not forget to include your disability report and disclosure authorization forms.

Things You'll Need

- Adult Disability Checklist
- Online Disability Benefit Application
- Online Adult Disability Report



We can help!
Give us a call

Apply for Social Security Disability Benefits

Get the Adult Disability Checklist from the Social Security Administration's website or your local Social Security office. Review this form to understand the forms and details you will need to complete your disability benefits application. The SSA encourages users to print out the checklist to have it on hand while they fill out the application and disability report.

Fill out the Disability Benefit Application online. Be as honest and thorough as possible. The SSA recommends reading the page entitled "Using This Disability Application" before filling in the application to learn about what benefits are for, appealing decisions, documents you will need based on who you are applying for (yourself or another person) and other benefits that may be available to you. Once you review the "Using This Disability Application" page, you will need at least 10 to 30 minutes in order to read the instructions, gather the requested information and answer the questions.

Fill in the online Adult Disability Report with your medical and work history. The report has seven sections, each with instructions on how to answer. At the end, you can put any additional information in the "Remarks section," then review all your answers and submit the form. You are only given 25 minutes on each page before you receive a warning. After the third warning, the website will automatically log you off, and you will lose any work you did not save. The report automatically saves whenever you move forward, back or sign off. You do not have to fill the Adult Disability Report entirely in one sitting and the SSA estimates the entire process should take an average of 90 minutes.

Sign the Authorization to Disclose Information to the Social Security Administration and send or deliver it to your local Social Security office. The form acknowledges that you are voluntarily allowing the SSA to receive medical information from your doctors and other health professionals. You will need to sign and date the form, and have a witness sign as well. When you have signed the disclosure agreement, you need to mail it to the nearest Social Security office or you can deliver it in person.

Make an appointment to fill out your benefits application if you have more questions or want to do it in person. Call 1-800-772-1213 (TTY 1-800-325-0778), Monday through Friday, from 7 a.m. to 7 p.m. to make your appointment. You can also use the SSA website to find the office nearest to your home and go in to set up your appointment.



Deaf and Hard of Hearing Advocacy
 Program
 At The Adaptables Inc., CIL



Upcoming Events



June

- ⇒ June 21- Davidson County Association of the Deaf Summer Festival will be at Services for the Deaf and Hard of Hearing of Davidson County (SDHDC), 8 Franklin Street, Lexington, NC. At (9:00 a.m. - 5:00 p.m.) For more information, contact Ginny Clark VP: (336) 899-8331 or ginny.clark@sdhdc.org.
- ⇒ June 30-August 4, 2014- Basic Sign Language Classes at the Adaptables, CIL (See flyer on page 3)

July

- ⇒ July 4- Independence Day- Adaptables CIL Office Closed
- ⇒ July 4- No Silent Dinner at Hanes Mall Food Court 6pm-9pm. 3320 Silas Creek Parkway Winston-Salem, NC For more information contact Sylvia Likely at: Sylvia.Likely@FaceBook.com or Christina Moore VP: (336) 793-8010 or Christina.Moore@TheAdaptables.com
- ⇒ July 12- PAD Summer Fling Time: 4pm-11pm Date: July 12, 2014 Where: Moose Club 1800 New Garden Rd. Greensboro, N.C. 27410 Will serve fried chicken and drinks Cost: \$5 with cover dish \$ 10 without cover dish \$5 College Student with ID \$3 for children from 6-17 years old Free for children who are under 6 years old We will have Raffle tickets for sale at the door! Prizes TV, Mini I-pad, Ice Cream maker, and much more you do not want to miss!! Fun Activities: CornHole Tournament Water Activities Dingo For more information: Wendy Paschal (Email) wpaschal@hotmail.com or Christina Moore's (VP) 336-793-8010

August

- ⇒ August 2- No Silent Dinner at Hanes Mall Food Court 6pm-9pm. 3320 Silas Creek Parkway Winston-Salem, NC For more information contact Sylvia Likely at: Sylvia.Likely@FaceBook.com or Christina Moore VP: (336) 793-8010 or Christina.Moore@TheAdaptables.com
- ⇒ August 6 – Deaf Women Social Lunch at BAD Daddy's Burger 12-2pm, 504 Hanes Blvd Winston-Salem, NC For more information contact Corene Brown at corenebrown1970@gmail.com or Christina Moore VP: (336) 793-8010 or Christina.Moore@TheAdaptables.com

September- Save The Date! Deaf Awareness week is during September 14-20th.



Basic Sign Language Classes at the Adaptables, CIL

Details:

6 (1hour) Sessions

Every Monday

June 30, 2014 – August 4, 2014

(Learn basic grammar, vocabulary,
finger spelling, numbers and Deaf
Culture)

Price:

\$20.00 (includes printed materials)

Time:

2:00pm – 3:00pm

Location:

3908 Westpoint Blvd., Suite B

Winston-Salem, N.C. 27103

To Register or for Questions Contact:

Christina Moore

336-767-7060 (Voice)

336-793-8010(VP)

Christina.moore@theadaptables.com

Deadline: Monday June 23, 2014





What Difference Can a Day Make?



Have you ever had the feeling that something is missing but you aren't quite sure what it is? Maybe packing for a vacation with feeling you forgot something? Then when you figure out what it was it's usually the most obvious, like your toothbrush, keys, or glasses (that happen to be on your head). I recently had this experience but in a very different way and it had profound results.

A little bit of background: I grew up on the south eastern coastline of South Africa, in a town called East London. It is a town about the size of Winston-Salem. One of the big tourist draws is the beautiful beaches with huge sand dunes, rocky outcrops, fishing, shell hunting, soul searching walks, and for me and many more like me, world-class surfing. Surfing is feeling that is indescribable. There is simply nothing else in this world that comes close. It is one of very few times were I have connected to nature on a physical and spiritual level. I missed the ocean when we came to America and that played a big part in my choice to move to Charleston SC to continue my college education and hopeful career. While in Charleston I was at the beach at least 3 days a week, surfing when the conditions were acceptable, or just looking out over the water or walking along the beach when they weren't. March 3rd 2005 I was involved in a car accident that left me paralyzed from the waist down. While I still love the beach, beaches and wheelchairs DO NOT get along. Beach sand is by the worst surface to try to push through, even with someone helping. Because of that, and without me even realizing it, the thought of surfing again faded from my mind.

That all changed May 17. I had heard of adaptive surfing before but without ever seeing it my thought was that it was just a "feel good" thing. In my mind it was, "Aww, look at them, pretending to surf." I never thought that I would have the same satisfaction as I did before I got hurt. Luckily for me I have a friend that volunteers me to do certain things. She signed me up, and I therefore didn't have a choice but to go. Honestly, I thought, "If nothing else, I get to go to the beach." Saturday morning when I got there I was surprised by the number of people at the event. I was partnered up with a "deep water", shallow water, and beach partner and off we went toward the water in one those PVC beach chairs with the balloon tires. We waded out into the water and then out to the "deep water" where the swells roll in and break. It still didn't feel real, until I was pushed into the wave by my partner. I slid down the face, turned at the bottom, ran along the face, and then... the wave peeled over my head and I was in a barrel. A feeling that I hadn't felt for over 9 years cursed through my veins. I WAS SURFING AGAIN! The smile on face couldn't have been wiped off with sandpaper. I stayed out in that cold water until my nose started going numb, still smiling like kid on Christmas. Eventually I was persuaded to get out the water and warm up again. I got to go out later that day, but by then the waves were almost flat and I was pretty sunburned so I didn't stay out as long.

I got to meet some really nice people that day, but most of all, I filled a huge hole in my soul. I realized I can surf again. And even though I'm not standing when I do it, I felt that connection to nature. I felt whole again. I still feel whole again. I am a new man. I am "me" again.

There is something I overheard that Saturday that keeps replaying in my head, something one of the volunteers said. "Today I went to rehab, therapy, and church, in one trip to the beach." I couldn't agree more.

So, what difference can a day make? For me, more than ever thought it would.

For information about adaptive surfing check out:

Oceancureinc.com, Carolina Beach based adaptive surfing non-profit organization

Liferollson.org, a nonprofit that holds adaptive surfing clinics across the country

[Adaptive Surf Project](#), a group raising funds to make adaptive surf equipment



Medicaid - Who is Eligible -A question most asked??

You may be eligible for Medicaid if you are age 65 or older, blind, or have a disability. Eligibility for Medicaid is based on your family's monthly income and the amount of resources you own. To receive Medicaid for the blind or disabled, you must be evaluated by a doctor.

Effective November 1, 2008, a disabled and/or blind individual may be able to go to work or increase their hours of work and still receive Medicaid through the Health Coverage for Workers with Disabilities Act.

If you receive Supplemental Security Income , you are eligible for North Carolina Medicaid. You do not need to apply.

When you apply for Medicaid, your family's monthly income is calculated by subtracting certain deductions from your gross income. Social Security, veteran's benefits, wages, pensions and other retirement income are counted. The deductions vary with each Medicaid program. Your county worker will calculate your monthly family income.

Your monthly countable income cannot be more than the amounts listed below.

Monthly Income Limits for Medicaid for Adults

Monthly Income Limits for Medicaid for Adults (Effective April 2014)	1	2
Family size		
Monthly Income Limit	\$973	\$1,311

Your resources may not be more than \$2,000 for an individual or \$3,000 for a couple. Resources include the following:

- ◇ cash
- ◇ bank accounts
- ◇ retirement accounts
- ◇ stocks and bonds
- ◇ cash value of life insurance policies
- ◇ other investments.

The value of your home, a car, home furnishing, clothing and jewelry are not counted.

If your family income and/or resources are over the limit and you have high medical bills, you may still qualify for Medicaid and have a Medicaid deductible.

Medicaid may also help pay for nursing homes and intermediate care facilities, as well as long-term care in the home.

If you think you may be eligible—Apply Online—Apply in Person, you can apply at the County Department of Social Services (DSS) in the county where you live.

QUESTIONS? 336-767-7060 -The Adaptables



Members Needed!

NORTH CAROLINA STATEWIDE INDEPENDENT LIVING COUNCIL

Membership Application

Date: _____

Name: _____

Street Address: _____

City: _____ Zip: _____ County: _____

Phone Number: _____ E-Mail: _____

** More space needed, use separate sheet of paper*

1. Why are you interested in becoming a member of the NC Statewide Independent Living Council?

2. Which Centers for Independent Living have you visited or which State Independent Living programs (VR, VRILP, DSB) are you familiar with?

3. What are some community activities that you are or were involved in that are disability related?

By law, the NCSILC has to have a majority of people with significant disabilities representative of these following categories. If applicable, please check all the areas that apply to you.

Seeing Disability Learning Disability Parent of an adult child with a disability

Hearing Disability Cognitive Disability Physical Disability

Emotional or Mental Health Disability Parent of a school age child with a disability

Systemic Disability (Lupus, CFIDS, renal, chemical/electrical sensitivity)

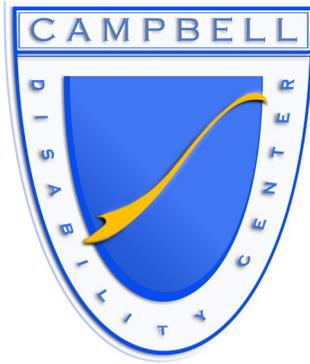
Information call Debbie Hippler 919-835-3636 or visit NCSILC.org

505 Oberlin Rd. Suite 206 Raleigh NC 27605



Have a happy and safe 4th of July

The Adaptables will be closed in observance of Independence Day, July 4 and Labor Day, September 01.



Campbell Disability Center



Campbell Disability Center is a Community Partner of The Adaptables. Its mission is to help people try to win Social Security disability claims. Its owner, Ginny Campbell, has been a non-attorney claimant's representative for twenty four years. She is an Accredited Disability Representative (ADR). That means she passed a federal exam for non-attorney representatives and a criminal background check. She fulfills yearly continuing education requirements and remains in good standing with the Social Security Administration.

Ginny works with each of her clients directly. She handles all aspects of each case, and spends time educating clients about the disability process and what to expect. Since SSA relies on medical treatment notes to decide if a person is disabled, Ginny looks for opportunities to educate healthcare providers about the disability process. She reasons that if people knew more about how disability is defined and determined, an appropriate outcome could be achieved.

One of the most important tasks of a representative is to articulate clearly why her client meets the criteria for disability under SSA regulations, and what part of the medical or education records supports this conclusion. Her job is to persuade the decision-maker to award benefits and to outline a reason for doing so. This is done with each appeal, and in a written brief before a hearing with an Administrative Law Judge. It's also done verbally at the hearing. Another important task is to prepare each client for each level of appeal, and especially for the hearing with an Administrative Law Judge.

Ginny enjoys the challenge of being a representative, even after twenty four years. Each person she works with is unique, and so are their circumstances. She is intrigued to comb through hundreds of pages of medical records to find the snippets of quotes and evidence she uses to build a case. She emphasizes the human aspect of the transition from health and employment to disability, to help the decision-maker remember this is a person and not just a file. Sharing the SSA disability experience of each person she works with has shaped Ginny's life and made her a better person, she believes.



336-995-5746 or toll free @ 866-807-5835

PO Box 5746 – Winston Salem, NC



Join us on the fourth Monday of each month from 1-4 PM for basic computer training. Please call by the 10th of each month to sign up.

The Adaptables Center For Independent Living

3908 Westpoint Blvd. Suite B

Winston-Salem, NC 27103

336-767-7060

2014 Training Dates—June 23—July 28—Aug 25—Sept 24



Please follow our BLOGS on the website at www.theadaptables.com

prevail
2014 Annual Conference
on Independent Living



Grand Hyatt, Washington, DC



877.525.3400

Save the Date! July 27-July 31 2014

- Sunday, July 27: Pre-Conference + Orientation Session
- Monday, July 28: Day 1 – Opening Plenary + Legislative & Advocacy Update + Regional Caucuses
- Tuesday, July 29: Day 2 – Day on the Hill
- Wednesday, July 30: Day 3 – Workshops + Awards Banquet + Annual Meeting + Reception
- Thursday, July 31: Day 4 – Workshops + Legislative & Advocacy Debriefing + Closing Plenary
- Board meetings, which are open to the public, will be held on Saturday, July 26 and Friday, August 1

The Adaptables CIL

3908 Westpoint Blvd. Suite B

Winston-Salem, NC 27103



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